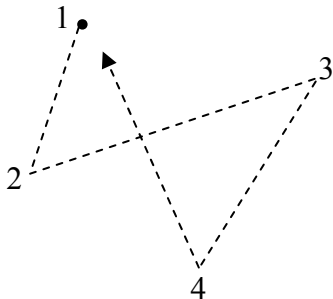
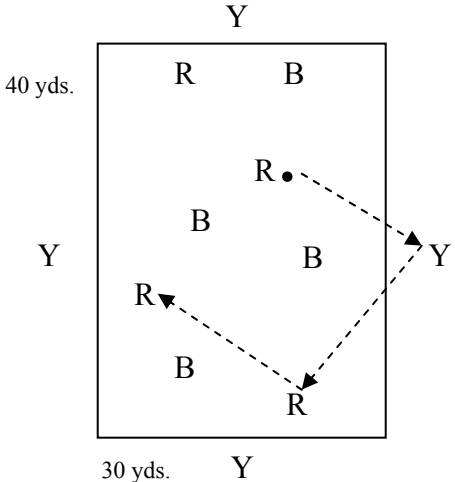
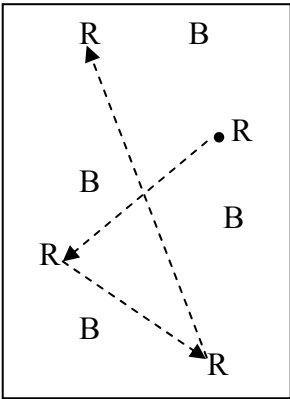
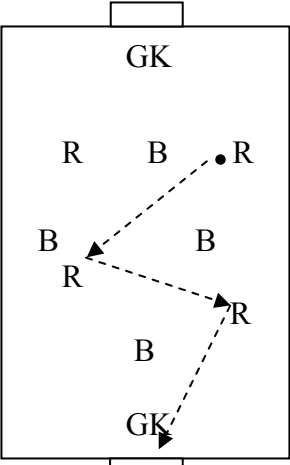


Topic: 4 v 4 Attacking Transition

Organization	Variations	Diagram	Coaching Points
Warm Up			
<p>Divide team into groups of four. Each group begins with one ball passing and moving collectively.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> ▪ Number passing – each player counts off one through four and then pass in numerical order. Change the order of passing (i.e., reverse order, odds then even, etc.) to increase the demand and thought process. ▪ Two touch mandatory. ▪ One touch mandatory. ▪ One touch, two touch, one touch passing sequence. 		<ul style="list-style-type: none"> ✓ Body mechanics and general technique ✓ Accuracy and weight of the pass ✓ Passes to feet versus passes to space ✓ Movement off of the ball and correct supporting angles
Phase I			
<p>4 v 4 + 4 (30 x 40 area or as needed). Divide into three equal teams – red, blue, and yellow.</p> <p><i>Note: all exercises can be done 5 v 5 or 6 v 6 depending on available space or players.</i></p>	<ul style="list-style-type: none"> ▪ 4 v 4 possession or keep-away in the middle. The team on the outside (i.e., yellow), is neutral and plays for the team in possession. ▪ To score, the team in possession must combine with each of the four yellow neutral players without losing possession of the ball. ▪ Once a point is scored, the losing team immediately transitions with the team on the outside and the roles are reversed. Continuous. ▪ Limit the number of touches if necessary. 		<ul style="list-style-type: none"> ✓ Maintain proper balance and angles of support ✓ Vision and awareness away from the ball ✓ Appropriate technique while receiving and passing the ball ✓ Speed of play and decision making

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Phase II			
<p>4 v 4 (30 x 40 area or as needed). Divide into three equal teams – red, blue, and yellow.</p>	<ul style="list-style-type: none"> 4 v 4 possession or keep-away in the middle. The team on the outside (i.e., yellow), is not playing, but is actively watching the run of play. To score, the team in possession must link 6-8 passes without losing possession of the ball (coach determines the number of passes for a point). Once a point is scored, the losing team immediately transitions with the team on the outside. Continuous. Limit the number of touches if necessary. 		<ul style="list-style-type: none"> ✓ Supporting shape and balance in possession ✓ Change of rhythm to exploit opportunities to penetrate ✓ Decision making and speed of play ✓ Movement and timing of 2nd and 3rd man runs
Phase III			
<p>4 v 4 to two goals with goalkeepers (30 x 40 area or as needed). Divide into three equal teams – red, blue, and yellow.</p>	<ul style="list-style-type: none"> 4 v 4 in the middle – define direction. Regular rules of soccer apply. The team on the outside actively watches the run of play and is ready to transition immediately into the game. If a team finishes with a shot on goal that is saved or missed, that team immediately transitions off of the field and is replaced by the team on the outside. If a team finishes with a shot and scores, they transition to the opposite side, and the team scored-upon, transitions off of the field and is replaced by the team on the outside. Continuous. 		<ul style="list-style-type: none"> ✓ Quick transition and confidence to attack ✓ Quality and efficiency of finishing ✓ Find the most efficient way to score ✓ All of the above



Topic: **4 v 4 Attacking Transition**

Cool Down			
Dynamic movements and static stretching.	<ul style="list-style-type: none">▪ Focus on major muscle groups.▪ Reduce heart rate.		✓ Review Session