



TRANSITION GAME

Emphasis:

This is a quick paced, dynamic game which allows you to focus on transition from offense to defense.

Game Info:

This is for ages U8-U14. It is best run with at least 8 players but no more than 8 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, alternate jerseys

Setup:

Create a 20x20 grid and set 2 goals on either end approximately 1 yard apart. Create 2 teams (Red and Yellow).

Instructions:

One player from each team will begin the match playing a simple 1v1 game to goal. Play is continuous until the ball goes over the end line or a goal is scored. The defender is out, and the first player in line at the end at which the ball goes through the goal or over the line should immediately attack the opposite goal against the remaining player. The play continues until one player scores 5 goals.

Progression:

- Play 2v2 or 3v3
- Limit touches

Coaching Points:

- Early identification of transition situations and take advantage of those situations whether they are defending or attacking.
- The quicker the player can recognize the situations, the easier it is for them to exploit their options.