

FAST BREAK SOCCER TRANSITION PLAY # 1

4 v 4 With 3 Groups

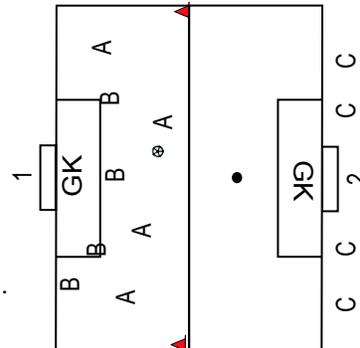
Field of play is an area twice the size of the penalty box.

A attacks goal 1 which B defends. If A scores, a save is made by GK, B wins ball, or ball goes out of bounds, B gets possession of ball and attacks goal 2.

Goal 2 will immediately be defended by team C coming off goal line.

Team A immediately drops to goal line 1 and waits to defend attack by C.

Attacking team always drops to goal line as quickly as possible.



Coaching Points

1. It is critical that the team waiting on the goal line perceives change of possession in the other half and comes out to challenge the attacking team as quickly as possible.
2. All regular soccer rules apply: challenging player with ball, covering other players, closing passing lanes for defenders, two touch passing, give and gos, overlaps, crosses, finishing, for attackers.
3. To keep the game flowing, the attacking team has to get off the field as fast as possible once their play is over. They need to be watching the game on the field and get ready to come back off the line and defend.
4. Communication is very important so that all teams are organized all the time.
5. Create the groups of four based on how they play together in a game. For example, have four defenders on team A, four midfielders on team B and four attackers on team C. Then mix it up based on how your team transitions in a game. Team A could be 2 defenders, one midfielder, one forward; team B could be 2 defenders, 2 midfielders; team C could be one defender, one midfielder and 2 forwards.
6. Substitute extra players in freely.

It is recommended to plan out the compositions of each group and variations before practice.

Game Application

In fast break soccer, teams need to transition from defense to offense and from offense to defense very fast.

Closing down and pressuring the opponents quickly to gain possession and then transitioning to be in a goal scoring position as fast as possible is vital.

Perception of passing lanes by opponents and closing them down while maintaining team shape is important.