

**3 Team Transition SSG - Valenica C.F.****Date:** 22 Oct 2010**Measurement:** 3 Quater pitch**Time:** -**Players:** 23 - can use less**Duration:** 45 mins**Level/Age Group:** 12+

**Description:** The game is played on three quarters of a field, divided in two. In one half, two team of 7 players play, in the other half 7 players wait. The game consists of one team trying to score in the other team goal. The defensive team tries to win the ball back. Once the defensive team has won the ball they attack the other team on the opposite half, and so on. If a team scores, they keep possession and attack the other goal.

**Objective:** To develop possession and transitional play. Taken from the book - TECHNICAL PRACTICES OF THE PROs

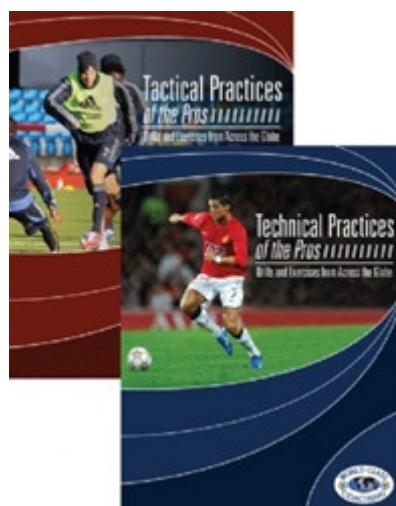
**Coaching Points:**

1. SSG should be played at fast tempo
2. Players need to create space when needed
3. Movement, timing, angle and speed of support is crucial especially in transition.

**Progression:** 1. Conditions - 3 touch only, 2 touch only etc.

# **This Practice was taken from the Book - “Technical Practices of the Pros” Part of a 2-Book Set**

This two book set contains practices that focus on techniques, tactics and systems of play from top professional teams and their **Academies like Manchester United, Chelsea, West Ham United, America F.C. - Brazil, Aston Villa, Everton F.C., Bordeaux - France, VVV-Venlo - Holland, Inter Milan, River Plate, F.C. Porto, Aston Villa F.C Valencia C.F.** and more..



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