

PROGRESSION

2. Fast Transition to Attack from the Back by Exploiting Space in Behind in a 3 Zone SSG



Description

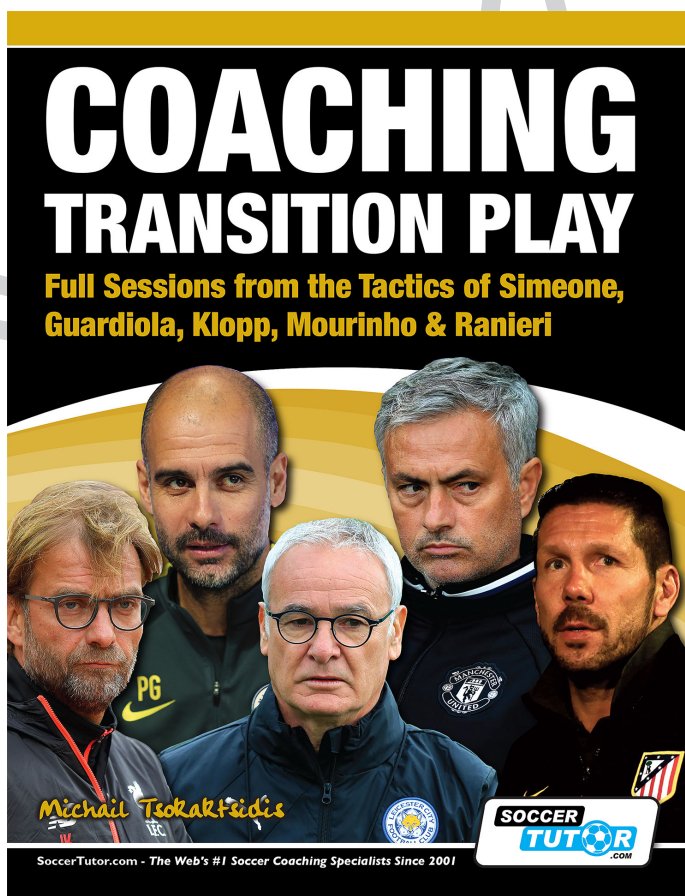
In a 30 x 45 yard area we divide the pitch into 3 equal zones (30 x 15 yards each) and we have 2 full size goals with goalkeepers. Each team has 5 outfield players who start in the low zone. There are also 2 support players (blue) with 1 in the middle zone and 1 in the end zone.

One team starts with the ball in the low zone (whites) and tries to score. The reds defend and try to win the ball before passing to the support player in the middle zone. They then make a quick transition to attack as all their players move into the middle zone. The white players also move into the middle zone to track back and defend.

Once all the red players are in the middle zone, they can pass to the support player in the high zone and finish the attack very quickly. The practice then starts in the low zone again but the team's roles are reversed - the red team attack and the white team try to win the ball and make a quick transition from defence to attack.

Rules

1. The team that starts with the ball (whites in diagram) have unlimited touches and the team that makes the transition from defence to attack are limited to 2/3 touches. The support players are limited to 1/2 touches.
2. Players have 5 seconds to move into next zone, or the game is stopped and the ball given to the opposition.



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