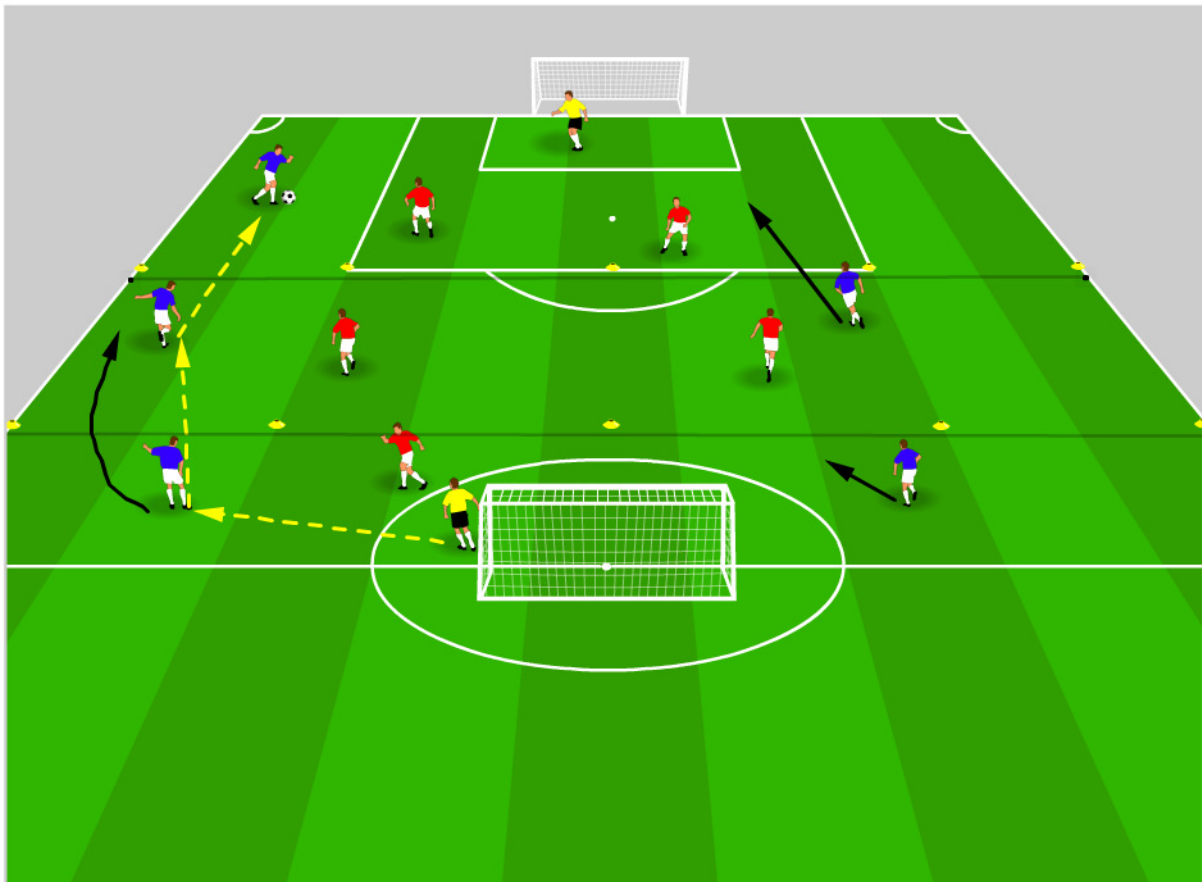


Transition 5v5 Small Sided Game

**Date:** 11 March 2011**Measurement:** Half Pitch**Time:** -**Players:** 12**Duration:** -**Level/Age Group:** U10+**Description:** Divide field in 3 areas, the centre area is designed for the midfielder to start the attack, nobody is allowed to mark on the centre area.

The shape of the teams is 2-2-1, the forwards are not allowed to leave the attacking area.

Objective: To develop quick transition and attacking play.**Coaching Points:**

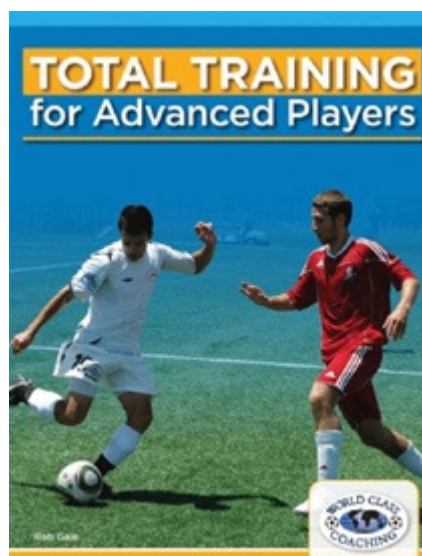
1. Attacking mentality and aggressiveness
2. Message on the pass
3. Quickness of the attack
4. Combination plays
5. Body position

Progression: 1. Allow centre players to challenge for the ball

This Practice was taken from Total Training for Advanced Players Book

The chapters each build on the one before, starting with basic skill work done in isolation and moving toward realistic game situations. The chapters include: **Touch Drills, One v One, Possession, Transition, Position Specific Training and Working in Small Groups.** More than 240 diagrams and descriptions explain the drills, exercises and small-sided games that will take your players to the next level.

By Rob Gale - Canadian U17 Men's National Team Assistant Coach. Gale is the former Director of Score UK Soccer Fulham Academies and author of English Professional League Academy Training Sessions, Volume 1 & 2.



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