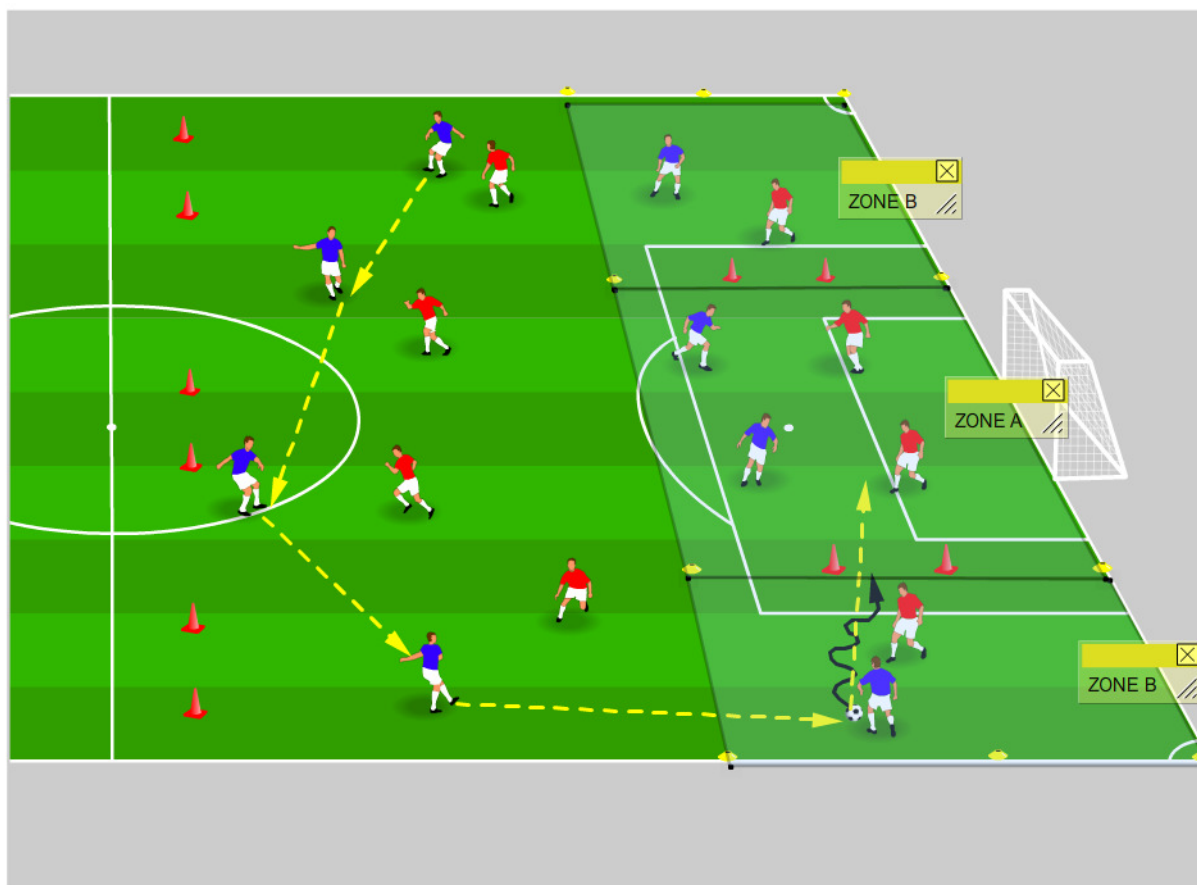


## Transition Attacking and Zonal Defending Game



**Date:** 15 Apr 2011

**Measurement:** Half-Field

**Time:** -

**Players:** 16

**Duration:** 20 Min

**Level/Age Group:** U14+

**Description:** The blue team, after 5 passes can pass the ball in Zone A - 2v2 or Zone B - 1v1. In Zone A one of the forwards must receive the ball first.

In Zone B, the winger scores a point if he can cross the ball or dribbles through the cones and gets into Zone A where the objective is to score a goal. If the red team wins the ball, after 5 passes they can score by dribbling through one of the three goals.

**Objective:** To develop attacking, transition and zonal defending.

**Coaching Points:**

1. Attacking team should look to create space and get away from their marker.
2. Body shape in relation to the ball and surrounding players is important.
3. Defenders should delay the attackers forcing them away from the target cones and goal

**Progression:**

1. If attacker plays the ball into Zone A or B he can join the attack to make an overload.
2. Defender from Zone A or B can support the defending team score in the 3 goals.