



Name: Steve Senna

Area: CRRP#2/U13G-SNU Furies

Topic: Transitioning from offense to defense  
To create the habit of transitioning from offense to defense.

Objectives: When ball is lost create mentality to defend and win it back immediately. Look to counter defense when ball is won.

**Organization and Equipment**

Outfield Players [ 14 ]      Goalkeepers [ 2 ]      Balls [ 16 ]  
Other Equipment Cones Pennies ( 4 ) 4 x 6 goals

Warm Up Individual player technical ball work.

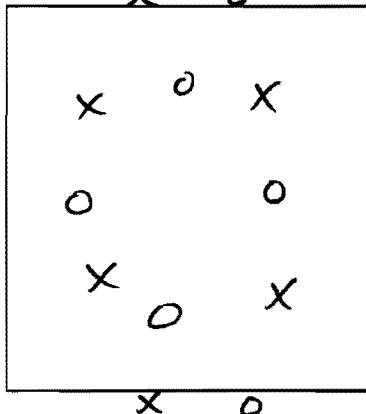
Grid 25 x 25. Work touches on all surfaces [ inside, outside, right, left, soul ] Encourage players to be creative - take risks.

\* Incorporate stretching - end with cone pick up activity

**Coaching Points**

Head up while dribbling - see field  
Find open space  
Avoid contact with other players  
Take small/short touches  
Have complete control of ball  
Ball close to your body

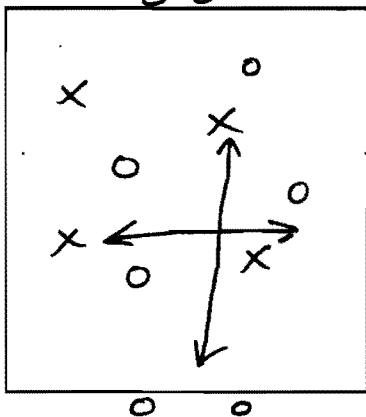
**Exercise 1**



**Organization and Coaching Points**

Grid size is 25 x 25 ( 2 Grids )  
Vary size based on skill level of players  
4 v 4 play for possession inside grid  
one player from each team is on each side of grid, free to move up & down that side  
When a player in the middle uses a player on the outside, the outside player enters the grid with passer replacing them outside  
Can limit # of touches, or # of players on outside as needed.

**Exercise 2**



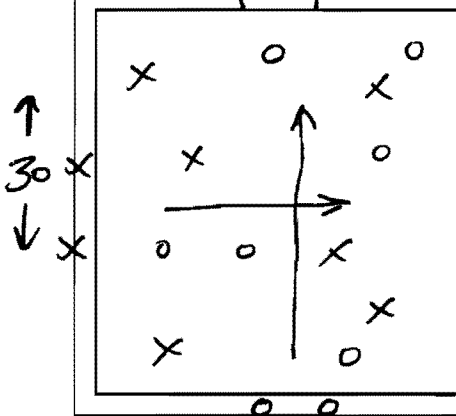
**Organization and Coaching Points**

Same as Exercise # 1

\* Direction Added \*



### Exercise 3 ← 30 →

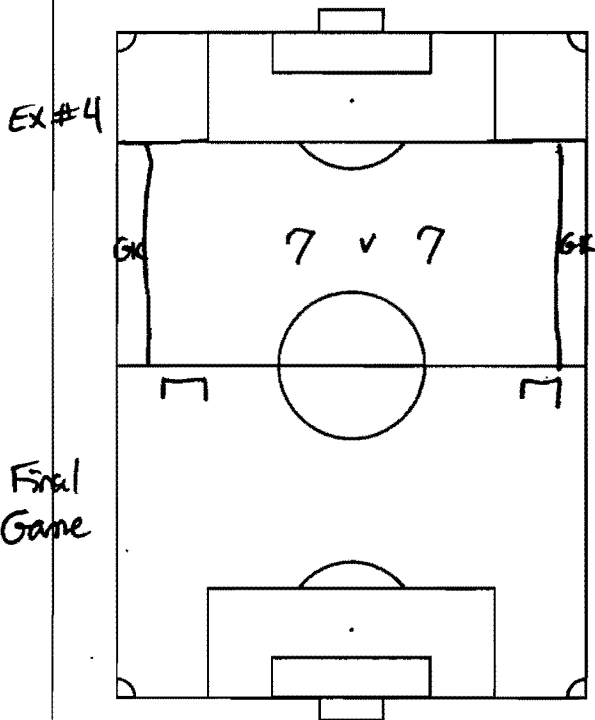


#### Organization and Coaching Points

Same as Exercise # 2

- Increased size of grid to 30 x 30
- Now 6 v 6 inside grid
- Still directional - Now going to goal (4x6) goal - No GK's
- Can limit touches to increase speed of play

### Final Game Exercise # 4



#### Organization and Coaching Points

- In space between top of 18' & halfway line
- With cone end zones created at end of space for GK.
- play 7 v 7 transitioning from end to end. team scores by playing ball in the air to GK (GK must catch ball to score)
- Only GK allowed in end zone
- After a team scores, the GK distributes ball (with head) to other team.
- when defending, when team wins ball, look to counter immediately
- Take risks

#### Final game

- 7 v 7 (Included GK)
- one team defends Big goal
- team defending big goal looks to win ball and counter to 4x6 counter goals.