

FAST BREAK SOCCER TRANSITION PLAY # 3

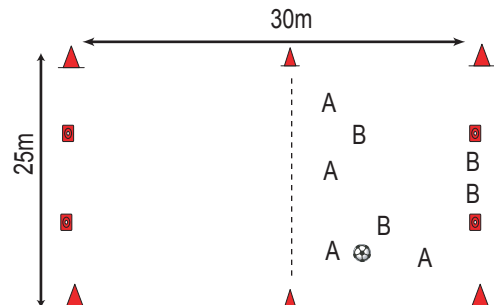
4 v 2 in a 4 v 4

4 v. 4 on two full size goals.

Two defenders (B) must be on goal line before other players (B) can tackle attackers (A), who must have all players in opposing half before they can score.

After change of possession to defending team (B) or goal, A's must get two players on goal line before other two can tackle the other team (B).

Meanwhile, new attacking team (B) must have all 4 players in other half before they can score.



Coaching Points

1. Attacking team always plays 4v2.
2. Players must communicate (before drill starts or during drill) which two players will defend the goal line. They could decide that the players closest to the goal line must defend the line.
3. After change of possession (goal, out of bounds, successful tackle), both teams must transition into the other half as fast as possible - look for sprinting, not jogging or walking.
4. The team that was defending and now is breaking to attack must get all players across half as fast as possible, with as few team touches as possible. Watch for the players on goal line to be delayed due to "ball watching".
5. It is critical that two defenders get back on the goal line - they cannot challenge at all.
6. Match your teams according to your game formation - in a 4-4-2, you might have two midfielders and two strikers against two defenders and two midfielders. Or mix it up, four midfielders v four defenders, etc.

This drill should be moving at a high pace. Communication, reaction and sprinting speeds are all developed.

Game Application

This drill requires fast transition to attack and fast transition to defense. Training quick transition from attacking to defending actually allows your team to attack with more players than most teams. This is because your players know that if they lose possession, they will transition back fast enough to gain defensive shape back.

Having the closest players to the goal in this drill come back to the goal line represents recovery runs by your players during a game.

By transitioning to attack fast and with numbers after gaining possession, particularly in the opposing half, you will catch the opponent off-balance and create more scoring chances.

This is one of the few drills that encompasses all essential elements of modern soccer.