

Key:

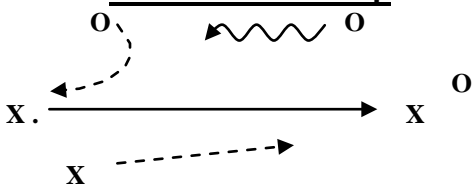
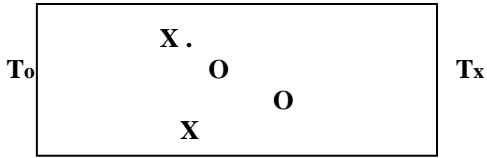
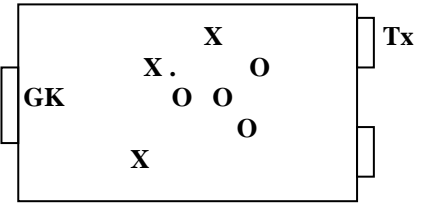
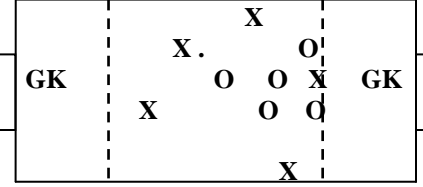
Running without the ball 

Running with the ball 

Pass 

# TOPIC: Transition to Attack

MYSA 'D' License Course

<p><b><u>Technical Warm-Up</u></b></p> 	<p><b><u>Organization</u></b></p> <p>Free space</p> <ul style="list-style-type: none"> <li>• Groups of 3 w/ 1 ball</li> <li>• Short and long passing</li> <li>• Dribble at far player who bends away or thru ball</li> </ul>	<p><b><u>Key Coaching Points</u></b></p> <ul style="list-style-type: none"> <li>✓ Body prep and vision</li> <li>✓ Pace/accuracy of long pass</li> <li>✓ Change of pace to support long pass</li> <li>✓ Read cues of player with ball</li> </ul>
<p><b><u>Small Sided Activity</u></b></p> 	<p>30x20</p> <ul style="list-style-type: none"> <li>• 2v2 to targets</li> <li>• Option: Targets must 1-touch to teammates to score</li> </ul>	<ul style="list-style-type: none"> <li>✓ First look forward to target</li> <li>✓ Short pass or dribble to create lane to target</li> <li>✓ Hold ball/Possession</li> <li>✓ Angle and timing of support</li> </ul>
<p><b><u>Expanded Small Sided Activity</u></b></p> 	<p>50x30</p> <ul style="list-style-type: none"> <li>• 4v3+GK to big goal and counter gates w/ target</li> <li>• Target must receive ball through gate to score</li> </ul>	<ul style="list-style-type: none"> <li>✓ Change shape upon winning ball – create depth and width</li> <li>✓ Angles and distance of support</li> <li>✓ Decision to play forward quickly or possess safely</li> <li>✓ Speed of play</li> </ul>
<p><b><u>Game to Big Goals</u></b></p> 	<p>60x40</p> <ul style="list-style-type: none"> <li>• 6v6 incl GKs</li> <li>• Restraining (offsides) lines at 18' s</li> </ul>	<ul style="list-style-type: none"> <li>✓ Establish attacking shape quickly</li> <li>✓ Look for ball forward to feet or space</li> <li>✓ Risk/reward decisions</li> <li>✓ Speed of play</li> <li>✓ Defensive shape that allows for attacking transition</li> </ul>