

Key:

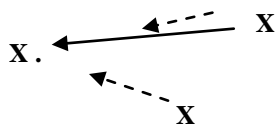
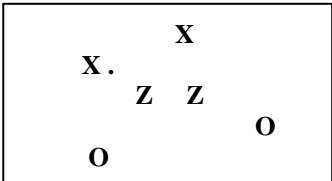
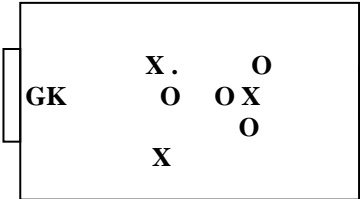
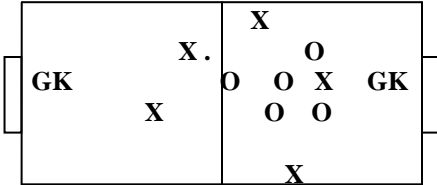
Running without the ball 

Running with the ball 

Pass 

# TOPIC: Transition to Defense

## 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, pass and move</li> <li>• At random, player steps on ball; trigger for other two to close down</li> <li>• Option: Player dribbles at other two or dummies ball for different responses</li> </ul>	<p><b><u>Key Coaching Points</u></b></p> <ul style="list-style-type: none"> <li>✓ Recognition of change in situation (e.g. immediate chase)</li> <li>✓ Communication (“Ball”)</li> <li>✓ Pressure/cover roles</li> </ul>
<p><b><u>Small Sided Activity</u></b></p> 	<p>15x10</p> <ul style="list-style-type: none"> <li>• 2+2v2 possession in pairs</li> <li>• Team that turns ball over becomes defending team</li> </ul>	<ul style="list-style-type: none"> <li>✓ Mentality to transition instantly (e.g. immediate chase)</li> <li>✓ Communication on turnover (“Ball”)</li> <li>✓ Pressure/cover roles</li> <li>✓ If disorganized/lose pressure squeeze together to avoid split pass</li> </ul>
<p><b><u>Expanded Small Sided Activity</u></b></p> 	<p>40x30</p> <ul style="list-style-type: none"> <li>• 4v3 + GK to big goal/small goal</li> <li>• Different goals provide different problems to solve</li> </ul>	<ul style="list-style-type: none"> <li>✓ Speed and angle of pressure</li> <li>✓ Delay by pressuring or by positioning (drop/squeeze centrally)</li> <li>✓ Compactness</li> <li>✓ Recovery runs (in direction of near post)</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>• Halflines for offsides</li> </ul>	<ul style="list-style-type: none"> <li>✓ Change of team shape upon losing ball</li> <li>✓ Collective effort to control opponent’s space</li> <li>✓ Team shape in attack to prepare to defend (balance behind the ball)</li> </ul>