

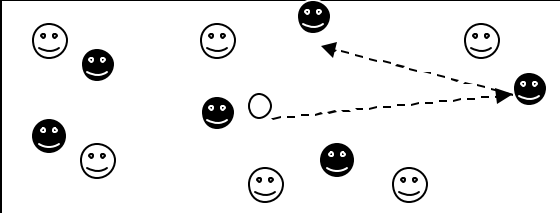
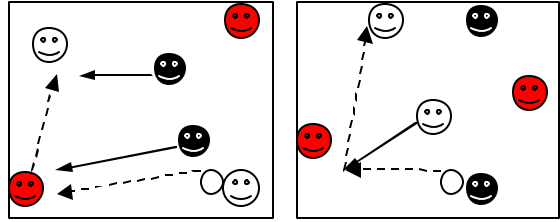
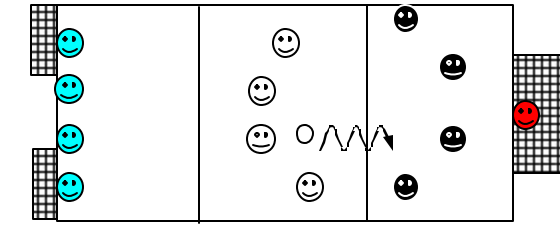
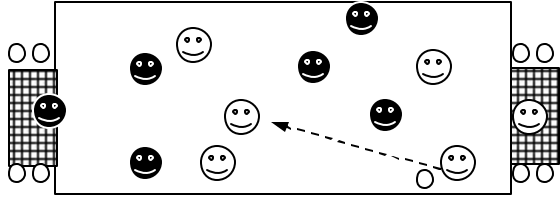


**Amherst Soccer Association
Director of Coaching Lesson Plan**



Session: Transition

Coach: Adrian Parrish

UNRESTRICTED SPACE- WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Keep Away * Divide the group in to two equal teams * When the team has the ball they score 1 point for 5 consecutive passes * The defensive team must be encouraged to win it back as soon as possible 	<ul style="list-style-type: none"> * Mentally switch from offense to defense * Immediate chase on loss of possession * On winning possession secure the pass * Move the ball away from pressure
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> * 4v2 * Divide the group in to 3 different teams * Start with one team on defense * In order for the defense to switch they must gain complete possession of the ball * If the ball goes out of bounds, who ever touched it last goes in the middle 	<ul style="list-style-type: none"> * Quality of the pass * Support Play, both offensively and defensively * Movement of the ball * Angles of support
<p>ONE GOAL WITH COUNTER GOALS</p> 	<ul style="list-style-type: none"> * Divide the field into thirds, one team in each third * Middle team starts with the ball and attacks one side * If the defending team wins the ball they then become the attacking team, but the team that lost the ball, must try to stop them getting into the middle zone which is neutral * If successful they then attack the other side * If goal is scored, GK starts with the ball and plays to the defenders 	<ul style="list-style-type: none"> * Length (creating space) * Passing accuracy * Checking * Width * Penetration * Mobility
<p>MATCH CONDITION ACTIVITY</p> 	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 3 attacking players and 2 defenders * Keep field wide and long 	<p>LEGEND</p> <p>☺ ☹ = Players</p> <p>○ = Ball</p> <p>→ = Run with out the ball</p> <p>- - - - -> = Pass</p> <p>⊘ = Goal Net</p>
<p>COOL DOWN</p>	<p>Player's dribble around with a ball then stretch</p>	



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