
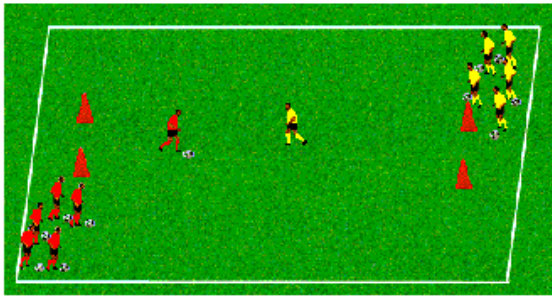
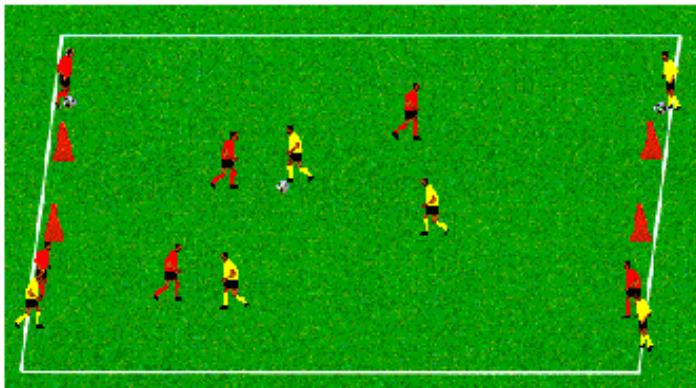


Condition to Transition

This is one of the sessions that I observed at the NSCAA convention in Indy. Our very own George Perry, who is the Boy's ODP Director and Wabash College coach filled in for Mike Freitag for this session. The focus was to work on defensive and attacking transition or to condition the players to get into the transition mode.

<p>Coaching Points</p>	<p>Work on defenders speed and angle of approach. Told the player coming on the field with the ball, to shoot right away for the 1st activity.</p>
<p>Warm-up <i>5v3 Keepaway</i></p> <p>Play is 5v3 in an area. The 5 players in attack keep the ball from the 3 defenders. When the 3 defenders win the ball, they are instructed to keep it and the 5 players have to win it back.</p>	
<p>1st Activity <i>1v1</i></p> <p>Split teams into 2. Each team takes a place by a goal. Every player needs a ball. Activity is started with a player from one end playing to the opponent on the other end. When the player receives the pass on the other end, they try and score against his/her opponent. If the defender wins the ball, they go to goal. <i>After a player shoots, they play defense right away.</i> If a ball gets played out on an end, then the player that has a ball from the end that is closest to where the ball came off of brings on a ball, and the player that shot the ball originally plays defense.</p>	
<p>2nd Activity <i>2v2</i></p> <p>Activity is the same as above except now put players on each side of a goal. One side has balls, the other does not. Now you get into working on small group tactics and communication. Progress to 3v3.</p>	
<p>3rd Activity <i>3v3 to large goals</i></p> <p>This activity was a little different. Each team split into groups of 3. One group of 3 from a team plays 3v3 against the other team. The other group of 3 puts 2 players by the goal that they are defending and 1 player to the goal that they are attacking. There was no offsides. Teams were allowed only one back pass. If the attacking team shoots the ball and it goes out, then the 2 players that are standing by their defending goal bring a ball on and the team that shot, plays defense.</p>	