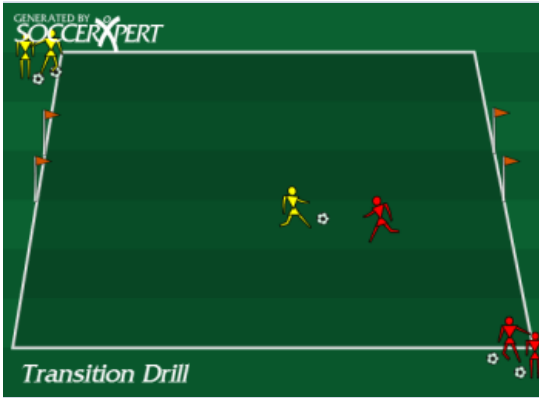




Drill Quick Glance

Age: 9+	Field: 15X20
Players: 6+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: 1v1
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Training Sticks | Pugg Goal

1v1 Transition Drill

Objective:
This dynamic game will allow you to focus on the transition from offense to defense. This soccer transitional drill is designed to be played at a quick pace.

Setup

1. Create a grid that is 15X20 yards.
2. Set 2 small goals on either end (approximately 1 yard).
3. Split the team into 2 teams (Red and Yellow).
4. Each team should start at diagonal corners of the grid.
5. Players defend the goal on the inline closest to them.
6. Each player in line should have a ball.

Instructions

1. The coach will begin the transition drill by playing a ball into the field of play.
2. One player from each team plays a 1v1 game to their assigned goal.
3. The play is continuous until the ball goes over the end line or a goal is scored.
4. The defending player is out, and the first player in the defending team's line immediately attack the goal against the same offensive player.
5. The offensive player them must quickly transition into a defensive player and defend their goal.
6. The play continues until one team scores five goals.

Coaching Points

- Help players identify transition situations and take advantage of those situations whether they are defending or attacking.
- The quicker the player can recognize the situations, the easier it is for them to exploit their options.

Variations

- Play 2v2 or 3v3.