



TRAINING SESSION
TRANSITION TO DEFENDING



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TRAINING SESSION
DESCRIPTION



TRAINING SESSION
PLAN



TRAINING SESSION DESCRIPTION



Training Session

Club: PROX Soccer

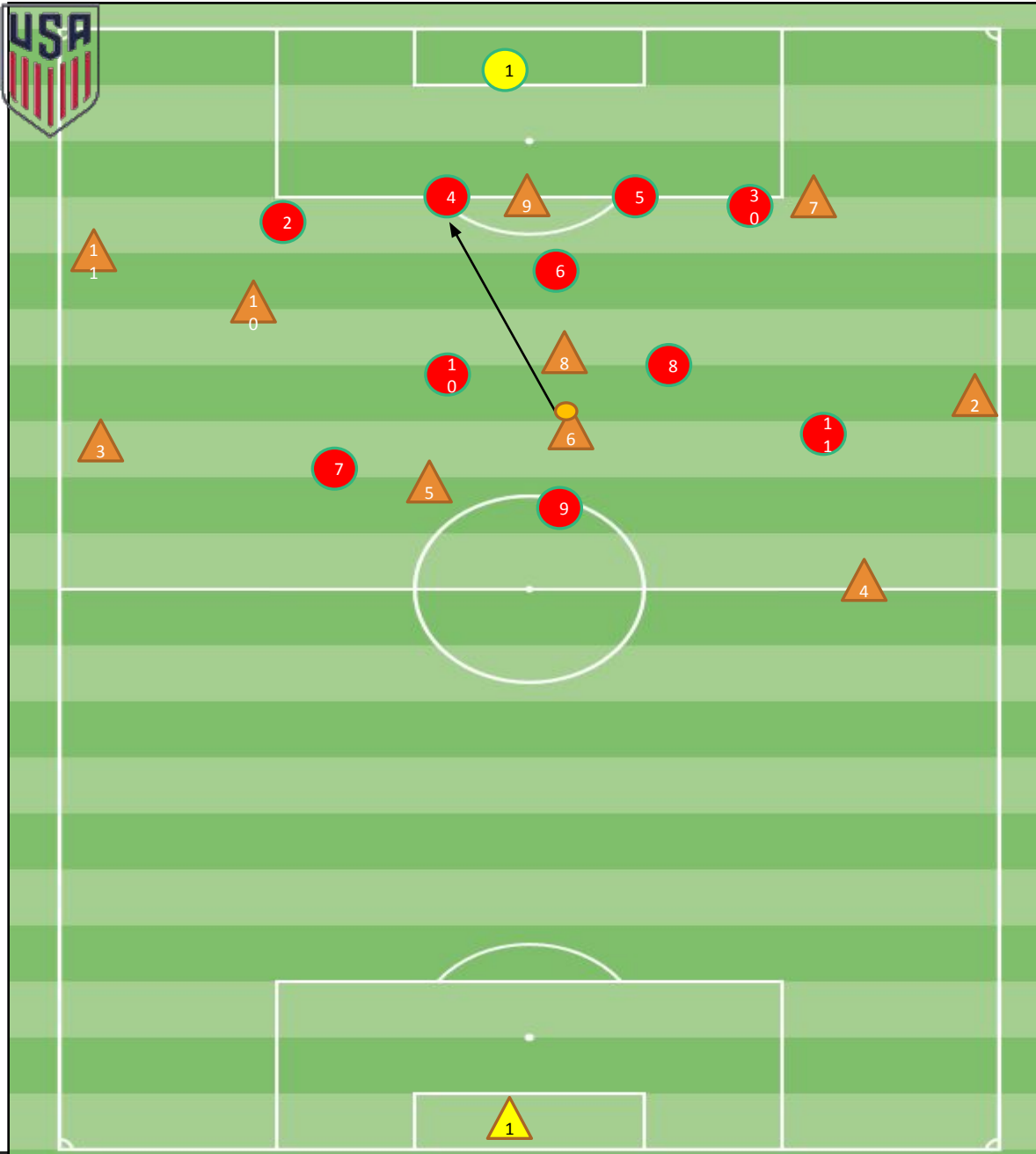
TRAINING SESSION GOAL (DESIRED OUTCOME): Today we aim to improve the team's ability to transition to defense in our attacking 3rd by immediately pressuring the on-the-ball opponent with intent to recover the ball back as soon as possible and preventing our opponent from counter-attacking.

Our team plays in a 1-4-2-3-1.



TRAINING SESSION PLAN

Description of the Current Behavior



What is currently happening?

Our opponents primarily play in a 1-4-3-3 and a low defensive block. With four in the defense and typically 1 pivot protecting their defensive third, upon loss of possession we struggle to recover the ball back quickly and preventing the opponent from easily exiting their defensive third, counter-attacking.

Where on the field is this happening?

Our Attacking 3rd

Who are players involved?

6, 7, 8, 9, 10, 11

Opposition is playing a 1-4-3-3 low block with a pivot protecting their backline.

When is this exactly happening?

When we lose possession in our attacking 3rd (opponents defensive 3rd)

Why is this happening?

Because we are not able to:

- ***Our reaction to recover the ball back quickly after loss of possession is too slow***
- ***Our rest defensive shape is poor.***
- ***Our team defensive transition is lacking full team commitment***
- ***We do not always use verbal and non-verbal communication effectively in transition***

Description of the Desired Behavior

What should happen?

Upon loss of possession, our players closest to loss of possession should immediately react and pressure the opponent that recovered the ball, the entire team rest defensive shape should be better distributed, our team should work as a collective unit, and our team should maximize verbal and non-verbal communication with each other.

Where on the field is this happening?

Our Attacking 3rd (Opponents Defensive 3rd)

Who are players involved?

6,7,8,9,10,11

Opposition is playing a 1-4-3-3

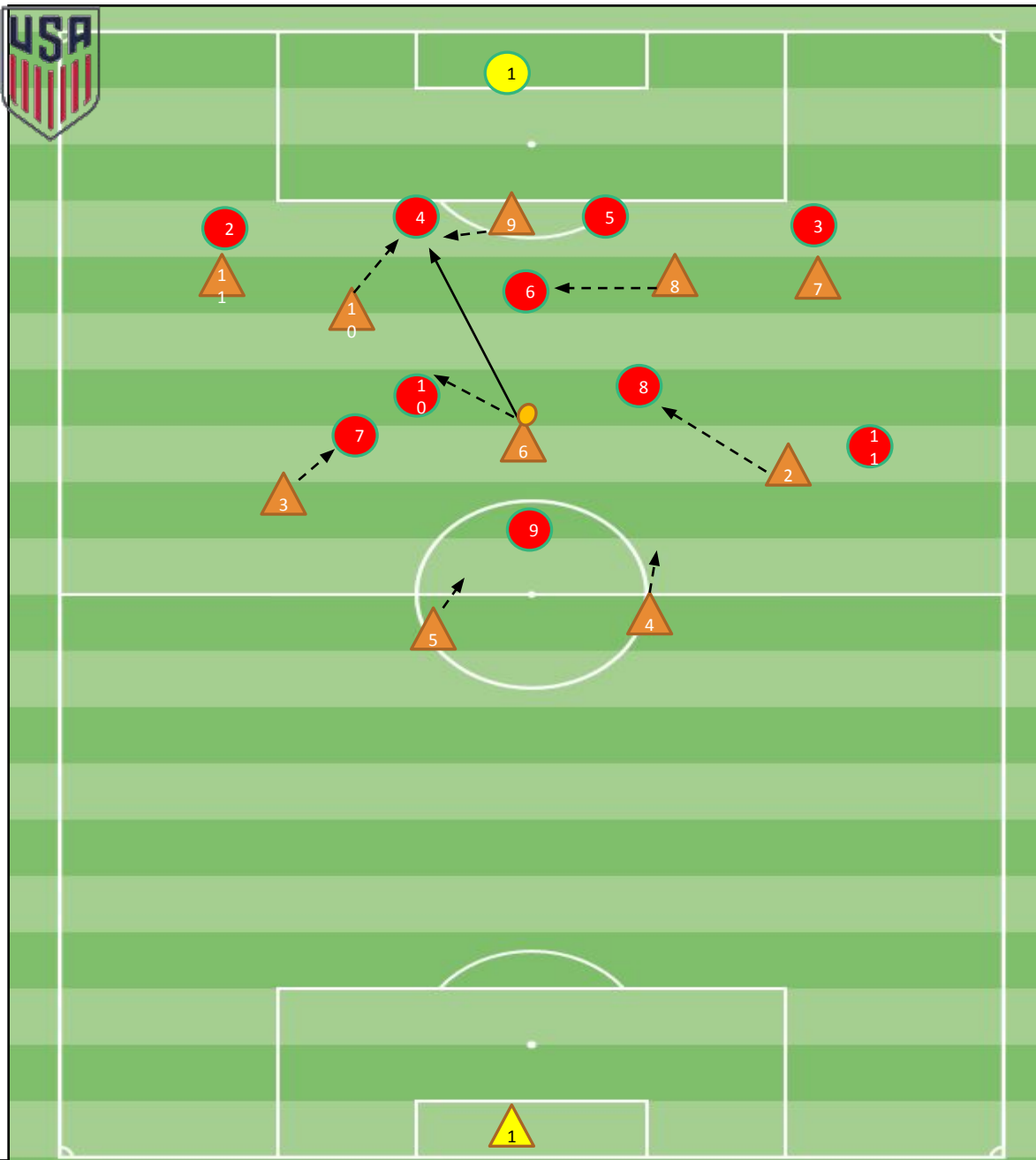
When is this exactly happening?

When we lose possession in our attacking 3rd (opponents defensive 3rd)

Why is this happening?

Because we are able to:

- *Our reaction to recover the ball back quickly after loss of possession is faster*
- *Our rest defensive shape is better distributed for better reaction if loss of possession occurs*
- *Our team is collectively working together upon defensive transition*
- *We always use clear verbal and non-verbal communication effectively in transition*





THE SESSION



Training session goal (Desired Outcome):

Today we aim to improve the team's ability to transition to defense in our attacking 3rd by immediately pressuring the on-the-ball opponent with intent to recover the ball back as soon as possible and preventing our opponent from counter-attacking. Our team plays in a 1-4-2-3-1.

Key Progress Indicators:

- Good localized reaction to pressure the ball upon loss of possession
- Good team anticipation and movement upon loss of possession
- Good positional awareness of #6-11
- Good verbal and non-verbal communication by team

How do you structure your training session from warmup to cool down? Why?

- Progressive Methodology was used primarily to a) start small and grow to full size game. We will incorporate the WOLI teaching method into the session. Our objective is to first ensure the opposition is creating the low defensive block we typically see in our league. Upon this being satisfied, we will work into the session teaching our #6-11's ways to think about improving the team's ability to transition to defense in our attacking 3rd by immediately pressuring the on-the-ball opponent with intent to recover the ball back as soon as possible and preventing our opponent from counter-attacking.

Give an overview of the structure of the training session (number and format of exercises/ activities) ?

- This is an early Cycle and Week, MD-4 session. A warm-up, 3 sessions and a cool down are expected. The first session will incorporate a SSG, followed by an Orientation Session focusing on getting the opposition to create the moment, followed by a Learning Session whereby we teach our #6-11's on today's focus, and hopefully have time for coaching moments in an 11 v 11 game. We will end with a Cool Down and a Team Talk.

GAME SCENARIO FOR THE TRAINING SESSION

FOCUS TEAM

Objective (application of a principle):

Find creative solutions using positional principles to find free space and then play forward move forward into the attacking 3rd and find goal scoring opportunities.

Team structure (organization):

Formation: 1-4-2-3-1

System in Selected Area: 2 pivots (#6,#8) and 3 mids (#7, #10, #11) and 1 striker (#9)

Principles:

- #1 Find ways to beat opposition low block and score goals.
- #2 Quick reaction to pressure opponent with ball (and regain possession) after loss of possession
- #3 Good rest defensive shape when in possession
- #4 Collective teamwork to defend when loss of possession occurs
- #7 Team use of verbal and non-verbal cues upon loss of possession to collectively organize defensively with intent to recover the ball back as fast as possible and prevent opponent from counter-attacking.

OPPONENT

Objective (expectations on what they need to do):

Create a realistic picture of a 5 man defensive backline (#2,#3,#4,#5,#6) plus 3 (#8,#9,#10) that we often face. Organize in a low block, specifically make the #6 sit in front of the #4 and #5, and force the opposition to take unnecessary risks and set-up a counter-attack.

Team structure (organization):

Formation: 1-4-3-3

System in Selected Area: 4 (#2,#3,#4,#5,#6) plus (#8,#9,#10)

Principles:

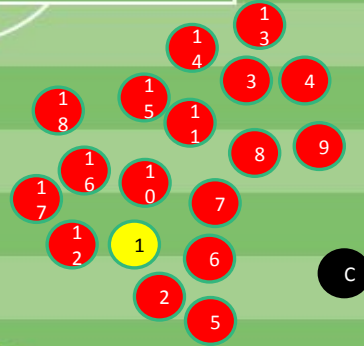
- 5 Defenders at all times playing a low block.
- Stay Organized and Compact
- Force high-risk passes/ decisions by Focus Team.
- Pressure, Cover Balance unless ball comes near back line then compact and clear any threats.
- Prepare to counter-attack and/or reorganize back block in the event of a transitional moment.



Team with Coach Talk :



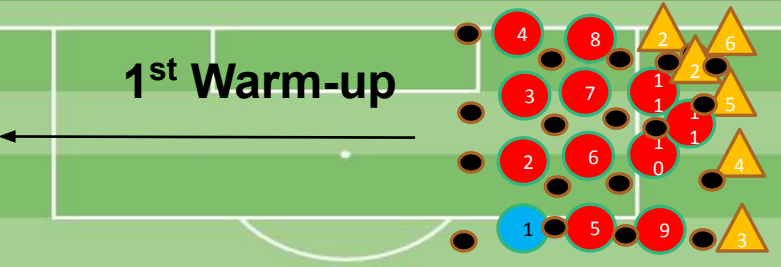
- **Number of players:** 18
- **Field size:** (20yds x 20 yds)
Duration: Approx. 5 min. pre-training team talk with coach.



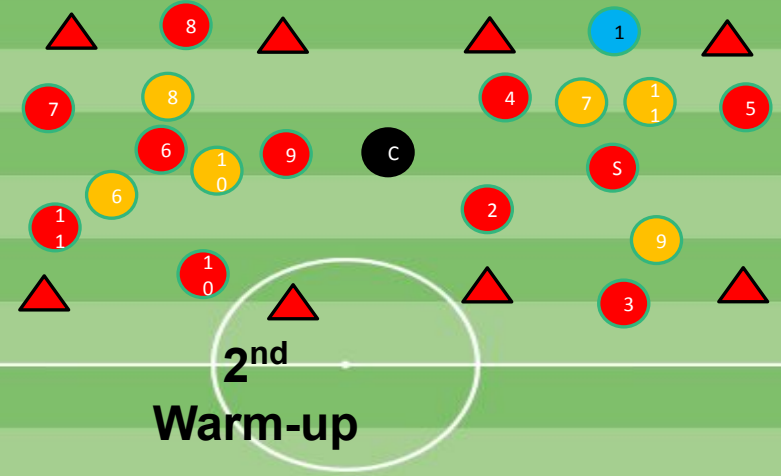
- **Planned interactions with players:** Check-in with captains to find out if any issues arose during their warm-up and chat session. Check on player status. Reminders of special conditions. Introduction to today's focus and topic. Question and answer moment to probe players thinking and relate it to something specific that they can use to visualize the purpose of the drill. Start first exercise.



1st Warm-up



2nd Warm-up



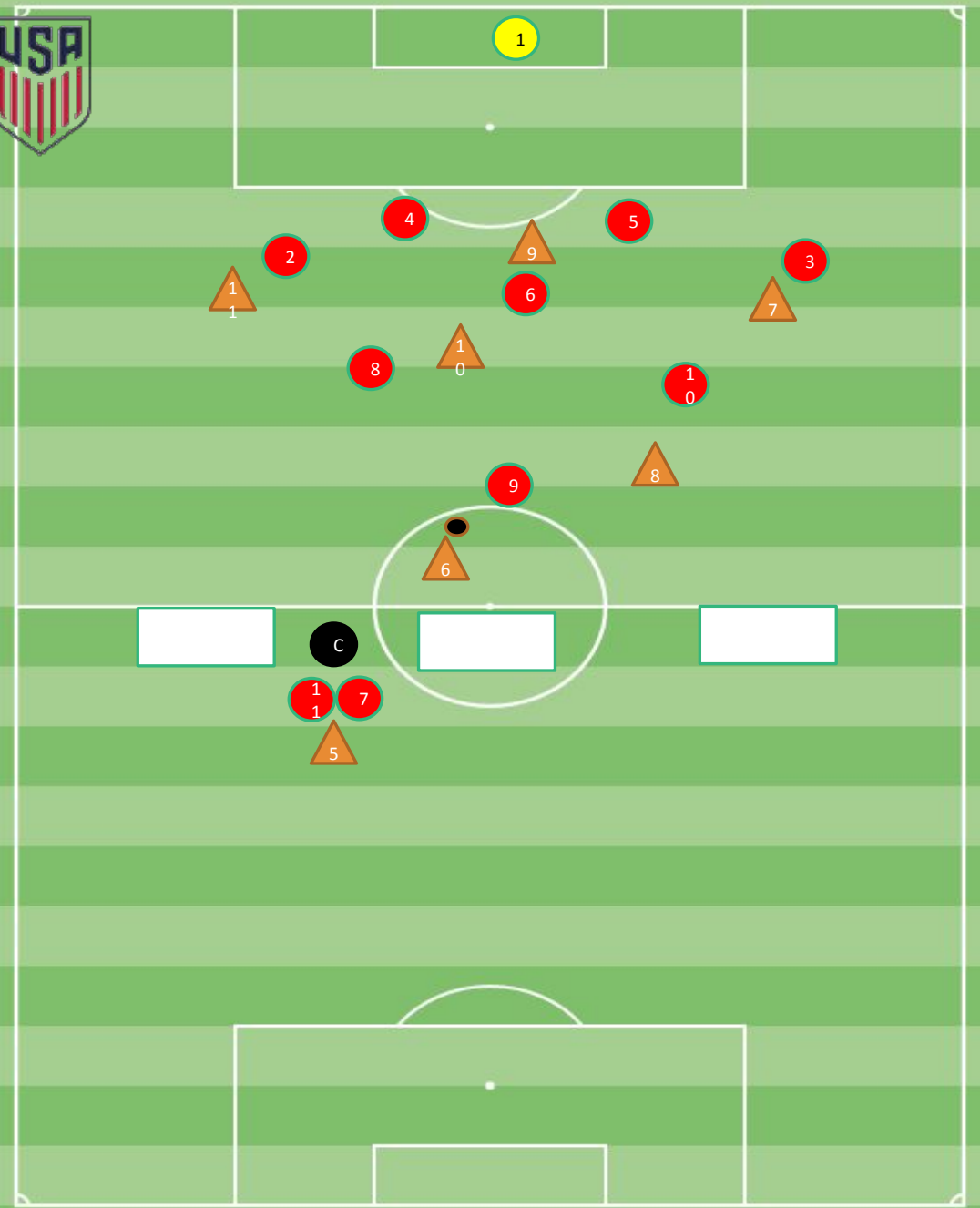
Warmup:

- **Number of players:** 18
- **Field size:** (Full-Field for 1st & 25yds x 25 yds for 2nd)
- **Duration:** For 1st 2-minute private team "chat" jog around pitch w/o coach; each player with a ball. For 2nd, 5 v 3 +1 Escape Rondo
- **Rules of the exercise:** 2-minute team "chat" to catch-up and mentally prepare for practice; light individual stretch; 5 v 3 +1 Escape Rondo: 5 outside players play with 1 inside player to create a 3 man advantage vs 3 opponents in the middle. Upon the 6 losing possession, the 3 attempt to quickly dribble or pass outside the Rondo area. 6 score 1 point if they successfully create a pass to the central player and connects to a different player; 3 score a point if they escape rondo.

- **Objective (Expected application of a principle):** To maintain proper movements, collective shape, angles, and combinations with fellow players. Immediate reaction to recover the ball upon loss of possession, verbal and non-verbal skills are also encouraged to work collectively.
- **Organization:** 2 rondo squares created with cones (25 x 25), 8 players per rondo with playing pairs playing together (starting #6-11 versus .backup 6-8) and (starting #1-5 versus backup #9-11).

- **Objective (expected behavior):**
 - Work on defensive principles of pressure cover balance.
 - Prevent opposition from "passing/breaking the lines"
 - Communicate Forward to stay Organized
 - Correct defensive body shape
 - Take calculated risks to recover the possession
 - Act quickly/counter outside rondo
- **Organization:**
- 3 Players (#6,8,10) & (#7,9,11)

- **Planned interactions with players (when):**
 - 1st: Observing and then providing verbal reminders, if needed, to start preparing for today's work.
 - 2nd From the start, reminding players of rules of the exercise and then focusing them on the expected application of principles and expected behavior
 - Roles and responsibilities (staff - who is doing what)
- Lead Trainer with Focus Team
- Assistants work with Opposing Team



Orientation: Exercise 1: 6 Focus Team Players Attempt to Score on a Big Goal in Attacking 3rd vs 8 + 1 Counter-attacking on 3 x Small Goals



- **Number of players:** 14-16
- **Field size:** ½ Field **Duration:** 15-18 minutes (5-6 min with 1.5-2-minute rest) x 3
- **Rules of the exercise:** This is an **ORIENTATION** exercise. 6 Focus Players (Orange) play toward big goal and attempt to find creative solutions to score goals against 8 Opponent Players (Red). 8 Opponent Players (Red) focus on defensive principles and seek opportunities to counter-attack on 3 smaller goals at the center of the pitch. Any out of bounds results in a restart for the Orange Teams at the center of the pitch. If the Opponent GK gets the ball he will distribute to attempt a quick-counterattack against the focus Team.

FOCUS TEAM

Team structure (organization):
6 (#6,7,8,9,10,11)

Description of what you want them to experience:

Find ways to beat opposition low block and score goals. Quick reaction to pressure opponent with ball (and regain possession) after loss of possession, good rest defensive shape when in possession, collective teamwork to defend when loss of possession occurs, and clear verbal and non-verbal communication when loss of possession occurs.

Sub - Principles: body positioning, movement, good passing technique, anticipation of play, always scanning for proper positional roles and duties, good body language and clear communication.

OPPONENT

Team structure (organization):
8 + 1 (#1,2,3,4,5,6,8,10)

Description of what you want them to experience:

The focus is for the Opponent Team to recreate an organized, pressure, cover defensive low block to prevent goals (as we experience in our league) so that the Focus Team has to take risks to score goals.

Principles: Pressure, Cover, Balance, Counter-Attack

Sub - Principles: Proper body angles, Forward communication, Quick-transitions, High-Tempo

- Planned coaching behavior and interactions with players (script):**
- **What are you going to do (say?) to help players to recognize the game situation and the key moment. When? I will speak with the OPPONENT TEAM to insure they are clear on the defensive & offensive objectives for the exercise. I will observe initially and then will ensure that the OPPONENT TEAM is creating the correct and desired defensive challenge and counter-attacking opportunities (that we see in the games). I will also speak to the FOCUS TEAM to insure they are clear on the transition to defense objectives for the exercise.**
 - **What are you going to do (say / demonstrate ?) to help key players to make the appropriate decision. When? I will pause the session, provide verbal feedback, and provide demonstration of what I am looking for but only in a general sense; my preference is to leave something to the imagination, so players will (a) question the ask/provide input or (b) move forward with the drill and provide their interpretation of what they understand is a solution to the exercise. I typically pause during the beginning and in non-linear times during the session, as necessary.**
 - **How would you adjust the demand during the sessions (cognitive & physical)?**
Add/subtract a player to the FOCUS or OPPONENT Team
Add touch restrictions if necessary
Roles and responsibilities (staff - who is doing what)
-Lead Trainer with Focus Team
-Assistants work with Opposing Team

Learning Exercise 2: 6 Focus Team Players Attempt to Score on Big Goal in Attacking 3rd vs 8 + 1 Counterattacking on Other Big Goal



- **Number of players:** 18
- **Field size:** ½ Field **Duration:** 15-18 minutes (5-6 min with 1.5-2-minute rest) x 3
- **Rules of the exercise:** This is a LEARNING exercise. 6 Focus Players (Orange) play toward big goal and attempt to beat opponents low block to score goals against 8 Opponent Players (Red). 8 Opponent Players (Red) focus on defensive principles and seek opportunities to counter-attack on 1 large goal at the center of the pitch. Regular rule of soccer apply.

FOCUS TEAM

Team structure (organization):

6 (#6,7,8,9,10,11)

Description of what you want them to experience:

Find ways to beat opposition low block and score goals. Quick reaction to pressure opponent with ball (and regain possession) after loss of possession, good rest defensive shape when in possession, collective teamwork to defend when loss of possession occurs, and clear verbal and non-verbal communication when loss of possession occurs.

Sub - Principles: body positioning, movement, good passing technique, anticipation of play, always scanning for proper positional roles and duties, good body language and clear communication.

OPPONENT

Team structure (organization):

8 + 1 (#1,2,3,4,5,6,8,10)

Description of what you want them to experience:

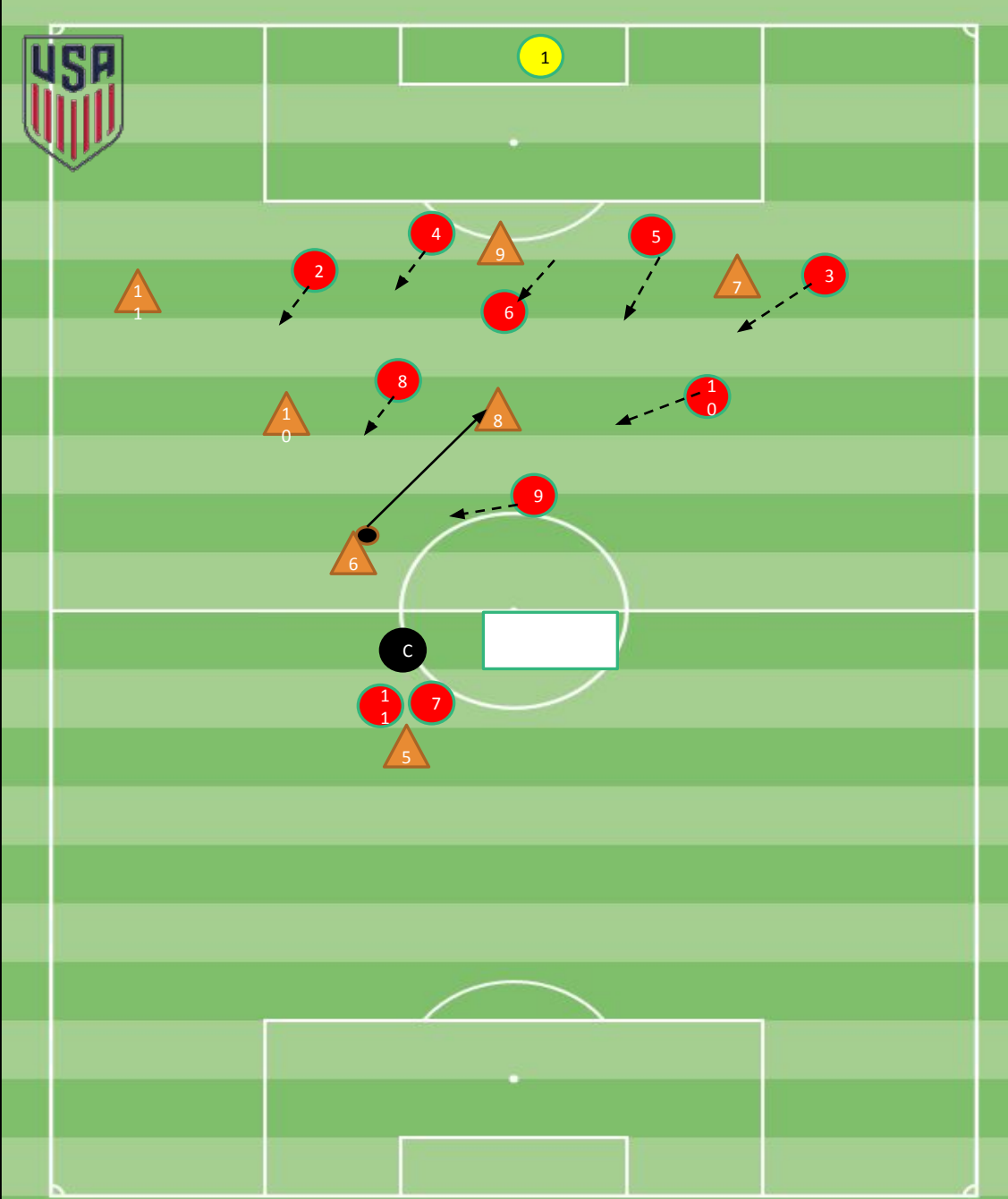
The goal is for the Opponent Team to recreate an organized, pressure, cover defensive low block to prevent goals (as we experience in our league) so that the Focus Team has to take risks to score goals.

Principles: Pressure, Cover, Balance, Counter-Attack

Sub - Principles: Proper body angles, Forward communication, Quick-transitions, High-Tempo

Planned coaching behavior and interactions with players (script):

- **What are you going to do (say?) to help players to recognize the game situation and the key moment. When?** I will speak with the OPPONENT TEAM to insure they are clear on the offensive & defensive objectives for the exercise. I will observe initially and then will ensure that the OPPONENT TEAM is still creating the correct and desired defensive & counter-attacking challenge (that we see in the games). I will also speak to the FOCUS TEAM to insure they are clear on the defensive transition objectives for the exercise (as well as creating goal scoring opportunities). Once I confirm the OPPONENT TEAM is still creating the necessary defensive & offensive objectives, my primary concern will be the FOCUS TEAM. I will use the freeze technique to stop the play and ask FOCUS players to help me see what they see. I will also speak to individual FOCUS players during rest periods to discuss what they see and what transition to defense principles they are attempting in the game.
- **What are you going to do (say / demonstrate ?) to help key players to make the appropriate decision. When?** I will pause the session, provide verbal feedback, and provide demonstration of what I am looking for but only in a general sense; my preference is to leave something to the imagination, so players will (a) question the ask/provide input or (b) move forward with the drill and provide their interpretation of what they understand is a solution to the exercise. I typically pause during the beginning and in non-linear times during the session, as necessary.
- **How would you adjust the demand during the sessions (cognitive & physical)?**
 - Add/subtract a player to the FOCUS or OPPONENT Team
 - Add touch restrictions if necessary or add an incentive for the opponent/focus team (such as pushups, etc.)
 - Adjust the pitch size
- **Roles and responsibilities (staff - who is doing what)**
 - Lead Trainer with Focus Team
 - Assistants work with Opposing Team



Exercise 3:

- **Number of players:** 11 v 11
- **Field size:** 60 yds x 100yds **Duration:** 20 minutes
- **Rules of the exercise: (Focus Team is Orange):** Play 11 v 11 Seek to dominate possession, experiment with defensive transitions discussed and trained today when losing possession in the attacking 3rd via our #7,#9, #10, #11 (primarily) and #6 and #8 (secondarily).

FOCUS TEAM

Team structure (organization):

Starting 11 from previous game 1-4-2-3-1

Description of what you want them to experience:

Testing retention of key principles trained today when in possession and immediately upon loss of possession.

Principles: quick reaction to pressure opponent with ball after loss of possession, good rest defensive shape when in possession, collective teamwork when loss of possession occurs, and clear verbal and non-verbal communication when loss of possession occurs.

Sub - Principles: anticipation of play, always scanning for proper positional roles and duties, good body language and clear communication.

OPPONENT

Team structure (organization):

1-4-3-3

Description of what you want them to experience:

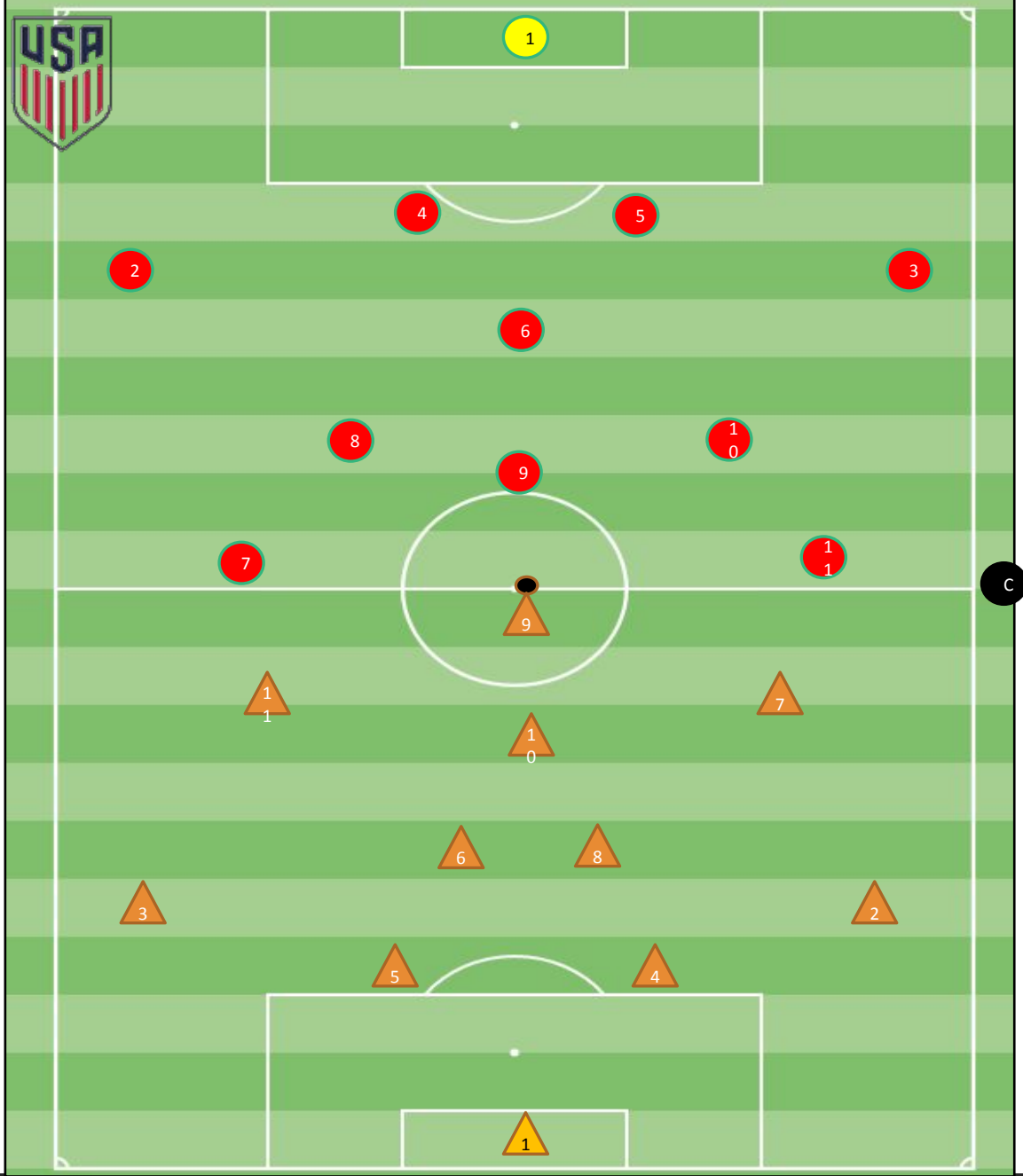
I want the opponent to experience initial disorganization, followed by them finding initial pressure and then organizing into a cover, balance structure, ultimately finding the right moment to counter-attack as quick to goal as possible.

Principles: Upon recovery of possession, play forward quickly, play a defensive low block, and counter-attacking.

Sub - Principles: Body positioning, man nearest ball pressure, retreat & reorganize, take calculated risks to recover the ball and counter-attack quickly when appropriate.

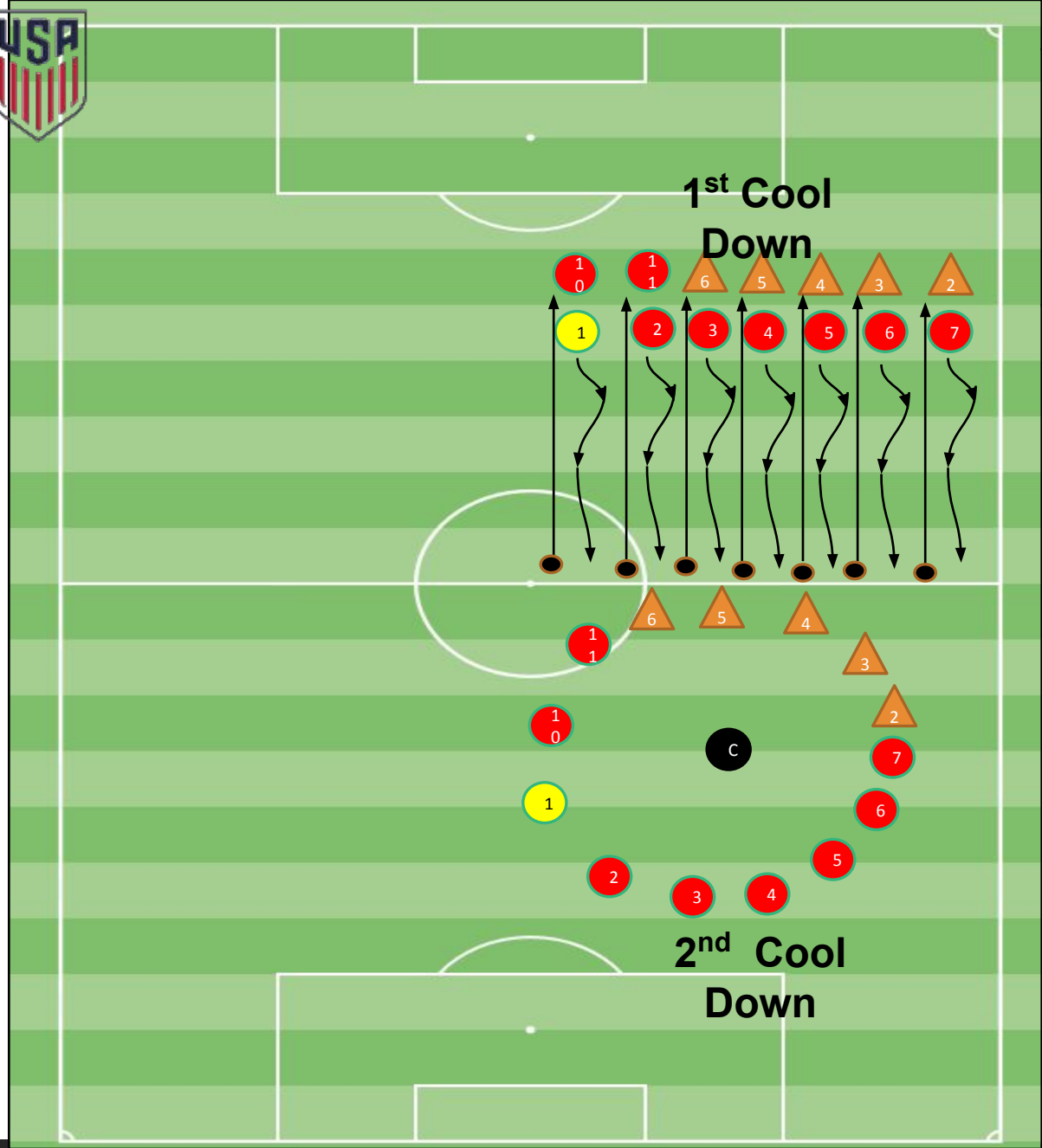
Planned coaching behavior and interactions with players (script):

- **What are you going to do (say?) to help players to recognize the game situation and the key moment. When?** I will observe initially and then will communicate from the sidelines to key focus players (#6,7,8,9,10,11) to mind the defensive transitional principles we worked on today. The key moments are usually at stoppages or when our team clearly missed opportunity during the play.
- **What are you going to do (say / demonstrate ?) to help key players to make the appropriate decision. When?** I will allow the players to play, provide verbal feedback in process (especially individually), and occasionally work directly with a player (like moving him to a position) more deliberately I ask for feedback from players to test a player's interpretation and takes notes on anything that needs further discussion in the future.
- **How would you adjust the demand during the sessions (cognitive & physical)?**
I will sub various players in and/or move players around during the session. I will also ask the other team to take more risks defensively to create counter-attack moments with more or less players. Finally, I will switch the players, so they have a different visual in the second half.
- **Roles and responsibilities (staff - who is doing what)**
I will focus on my team and the opposing coach will be advised to help our team by making sure his team plays a low block defensively and his #6 covers his backline. And to specifically focus defensively on numbers #6, #7, #8, #9, #10, #11 on our team.





Cool down - Debrief:



- **Duration:** 10 minutes
- **Activities:** 1st: team organizes into two lines of 7 or as player numbers are for the session. For approximately 5 minutes, 1st row dribbles with ball at 25% pace approximately 20 yards, turns and passes to the 2nd line of players awaiting at the starting point. Players should keep the passes on the ground and vary their passing foot each round while the receiving player should vary his trapping foot and should vary their verbal and non-verbal communication to ask for the ball. The second 5 minutes the captains will be asked to have the team form a circle and stretch based on their bodies needs.

- **Planned interactions with players:** Although I will monitor the first part to make sure tempo and pace is as close to 25%, I will only provide initial cool down rules, keep time, and then ask captains to take the lead in making sure the team is following instructions for the cool down.

During the second or last 5 minutes of the cool down, I will walk in the middle of the circle, and probe players feedback on positives and learning opportunities from today's session. I will probe players on:

- What were we trying to accomplish today when the opposing team in training or the scrimmage was pressing us?
 - Where on the field were we trying to solve for this challenge?
 - Who are of our players were being targeted the most?
 - When was our team experiencing this during the session/scrimmage?
 - Why is this the case?
- Ask players if they have any questions or injuries that I need to know about,
 - Remind players to rest the following day, drink water to hydrate and eat healthy, to get a good night sleep.
 - Release players.

