

LEVEL

- U8-U11

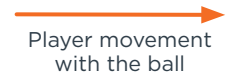
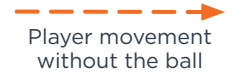
PRINCIPLES OF PLAY

- Pressing intensity
- Recognising space
- Secondary defenders

TRANSITIONAL RONDO

- This practice challenges the defenders to manage spaces over short and long distances.

KEY



Players



Cones



Flat marker



Cones with flat marker



Goal



Mini-goal



Mannequin



Pole



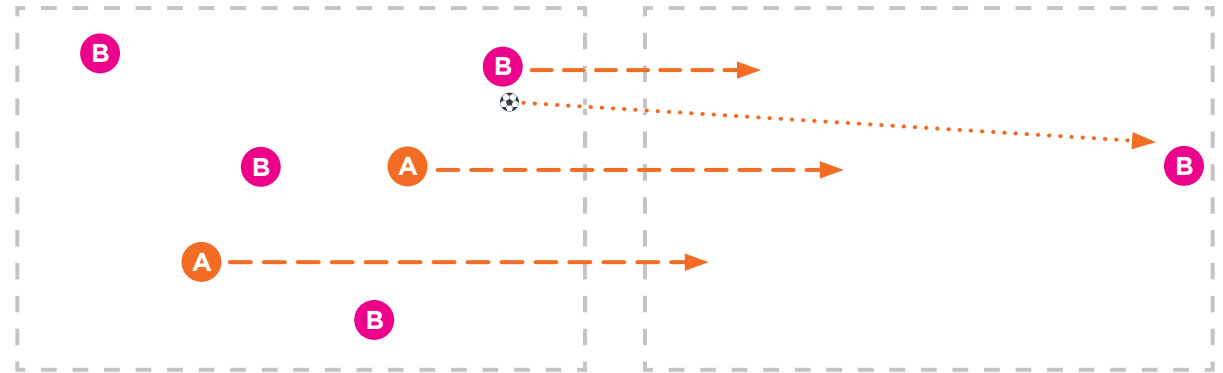
Soccer Ball

TRANSITIONAL RONDO

DEFENSIVE TRANSITION PRINCIPLES

FUNCTION

- This practice consists of a 4v2 in one area, and an attacker player standing at the opposite side of the secondary area (as seen above).
- The four attacking players (**Team B**) aim to keep the ball for a set number of passes before switching the ball to the attacking player in the secondary area.
- As the ball is switched to the secondary area, three attackers and the two defenders (**Team A**) move into the secondary area, with one attacker staying in the primary area. This recreates the 4v2 scenario in the secondary area. **Team B** again attempt to keep the ball for a set amount of passes before switching the ball back to the attacker in the primary area.
- Defenders work for a set period of time to ensure they press over both longer and shorter distances several times.



COACHING DETAIL: TECHNICAL POINTS

ANGLES OF PRESS

- The defender's body shape can influence the options available to attackers. The defender's body shape can help shut off passing angles and show the attackers into less space, which will help create scenarios in which the ball can be won back quickly.

MANAGING SPACE

- When pressing over short distances the defenders should aim to be close enough to the attackers to compete for the ball and make tackles.
- When moving from one area to the other area, defenders should recognise where potential passes are and aim to shut these off while travelling towards the ball. In a simple term for this age group, the defenders should aim to limit the available passing options for attackers.

SECONDARY DEFENDER

- Highlight the importance of how the secondary defender can help out the first defender by supporting them. They should aim to occupy areas to stop passes.

COACHING DETAIL: OFFENSIVE TRANSITION

BALL SPEED & AREA SIZE

- Encourage attackers to make the area as big as possible to open up more passing angles, and to play passes fast to continuously give the defenders something to think about.