

Transitioning Model Session 1 (BP>BPO)

3. Game training component:

Transitioning BP > BPO for attackers (yellow) and BPO > BP for defenders (orange)

- 6 attackers/midfielders (yellow) against 6 defenders/midfielders + goalkeeper (orange) on one half of a full pitch, everyone in their usual 'game positions'
- The blue goalkeeper on the halfway line has a dual role of playing for both teams in BP
- The 'neutral' goalkeeper starts an attack for yellow by playing to one of the yellow players. As long as the yellow team is in possession, the goalkeeper can stay involved as an **outfield** player but positioned in/around the centre circle (see diagram)
- Yellow tries to build a successful attack and score in the goal defended by the orange goalkeeper

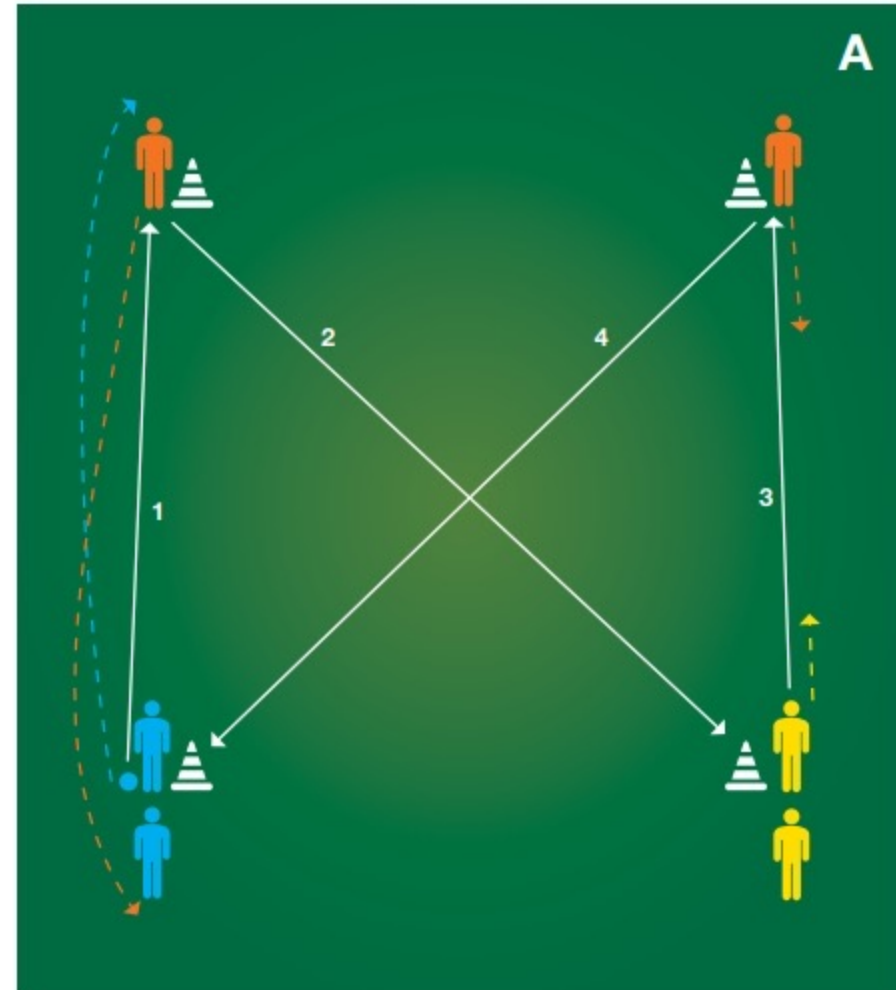


Game Training Phase Model Sessions

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1. Warm-up: passing exercise

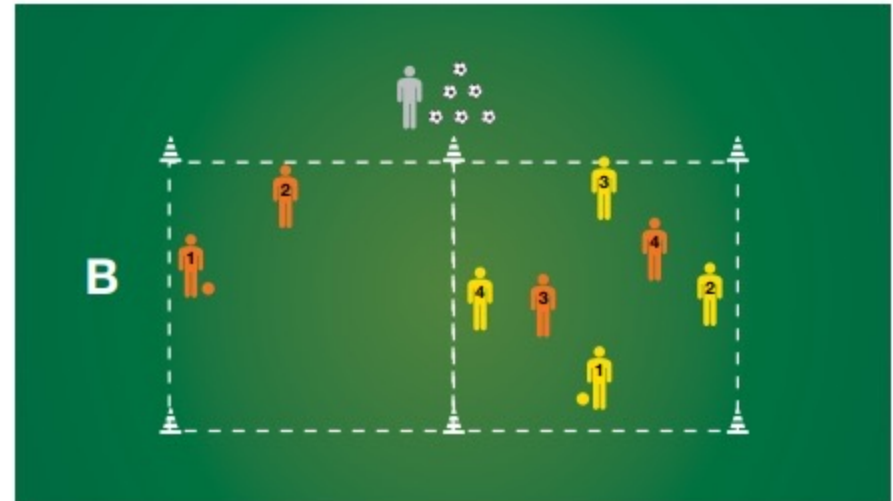
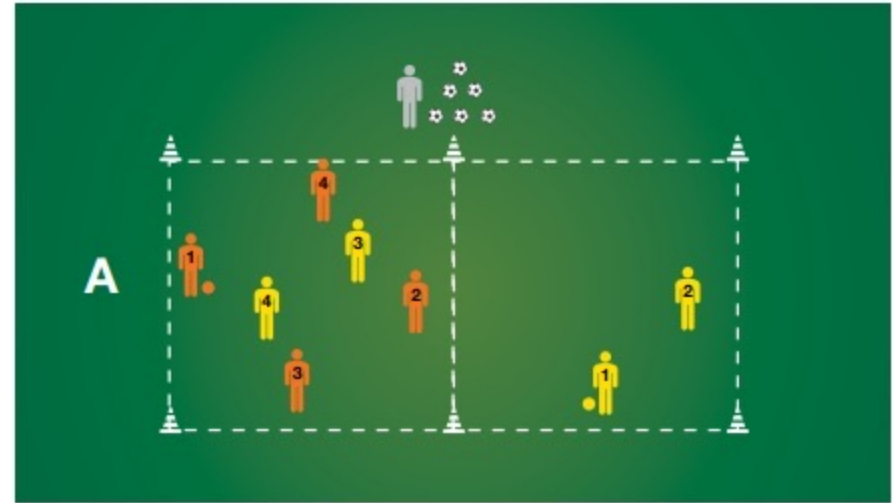
- 4 cones placed in a 15m x 15m square
- 6 players divided in 3 pairs (different colours) and positioned as shown in the diagram
- Players pass the ball in sequence (1-4). Players only run to their **opposite side** (as indicated by the dotted lines) after passing
- Change direction regularly (pass in opposite directions)
- "Precision and ball speed"



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2. Positioning game 4 v 2 with 8 players

- 8 players divided in two groups of four (yellow and orange)
- Two adjacent squares of 10m x 10m/15m x 15m (dependent on ability of players)
- 4 (orange) v 2 (yellow) in one grid; 2 yellow waiting with a ball at the end of the adjacent grid (situation A)
- As soon as orange makes a mistake (interception yellow or ball out of grid) the game moves to the adjacent grid (situation B) using the ball that the two spare players have
- Orange #3 & #4 can immediately pressure yellow #1 & #2; this forces yellow #3 & #4 to also make a quick transition to BP
- If orange makes a mistake everyone goes back to their initial starting positions in situation A
- #3 & #4 (of both teams) are the 'shifting' defenders; swap with #1 & #2 (of both teams) every two minutes



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- When orange wins the ball, they must immediately open up, move into proper BP positions and try to pass into the hands of the neutral goalkeeper who must **catch the ball** inside the centre circle
- The yellow team must try to avoid this by quick transitioning and pressing the ball (see diagram)
- After every sequence (attack yellow; counter attack orange) there is a new restart from the neutral goalkeeper
- The coaching focuses on the speed of transitioning from both teams but **yellow** in particular (BP>BPO)

4. Training game

- The same organisation but now as a non-stop game with 'coaching on the run'
- 3 points for every goal scored by yellow; 1 point for every time orange succeeds in passing the ball into the hands of the neutral goalkeeper
- Offside rule applies

If too easy for orange:

- Limited touches (2-3) only for orange
- Decrease the area where the neutral goalkeeper can catch the ball (i.e. only the back half of the centre circle)

