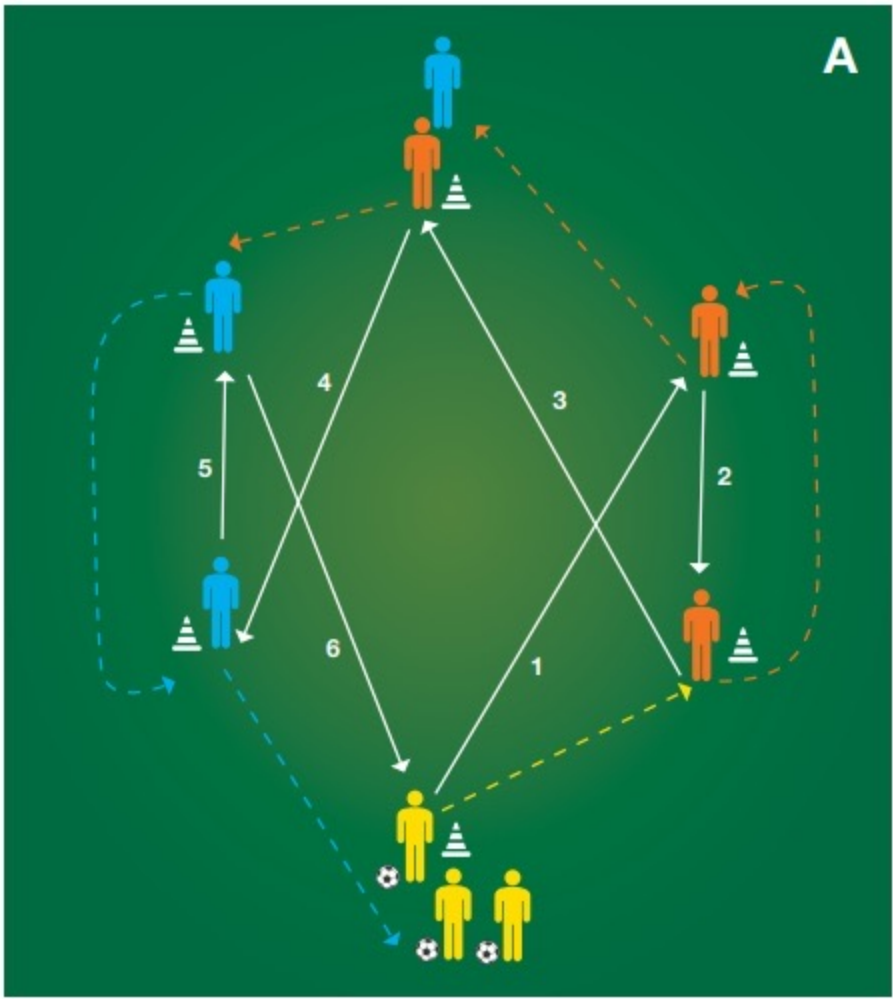


Transitioning Model Session 2 (BPO>BP)

1. Warm-up: passing exercise

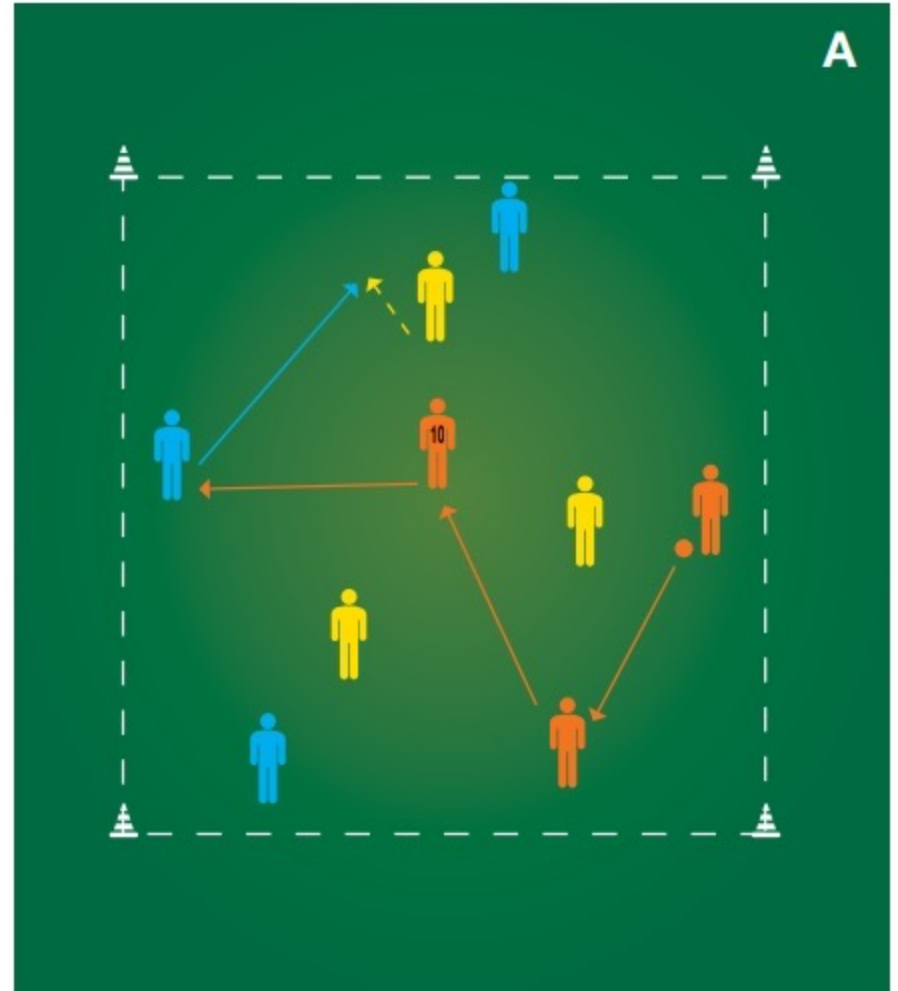
- Cones positioned as shown in diagram. Distance between the cones 5m-10m depending on ability
- 9 players divided in 3 groups of three (different colours)
- Each group with a ball, 3-5 min random passing and moving in the area between the cones
- Next they perform the passing drill shown in the diagram
- Players move to the **next** cone after each pass
- Change direction regularly (to left/right)



Transitioning Model Session 2 (BPO>BP)

2. Positioning game: 6 v 3

- 9 players divided in three groups of 3
- A grid of 30m x 30m (dependent on ability of players)
- Orange and blue (6) keep possession while yellow (3) tries to win the ball (diagram A)
- 6 v 3 always requires a 'link' player in the centre (orange #10 in diagram as an example)
- As soon as an orange or blue player makes a mistake (interception by yellow defender or ball out of grid) the defenders swap roles with the team of the player that made the mistake (blue in diagram A)



Transitioning Model Session 2 (BPO>BP)

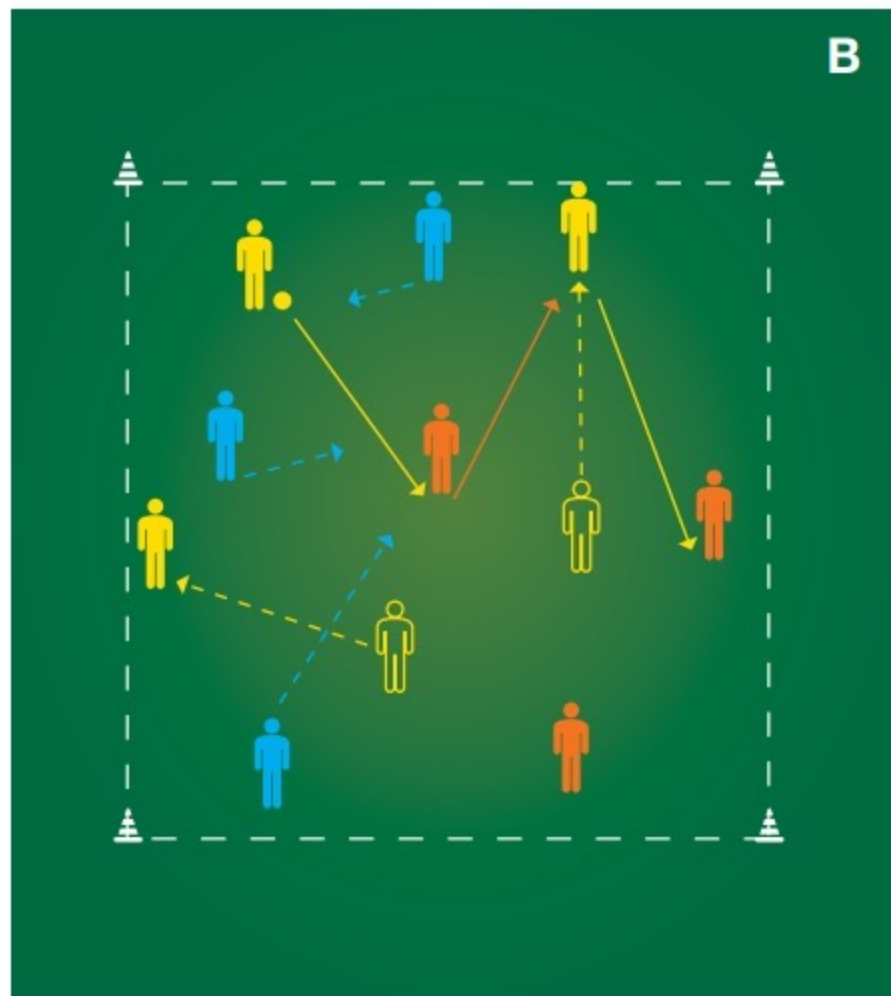
- Blue must immediately start defending which forces yellow to also make a quick transition to BP (see diagram B)
- Play in series of 3-4 minutes

Step down (too difficult)

- Allow a stop to change roles when the 6 players in BP make a mistake and gradually reduce the duration of the stop
- Make the grid bigger

Step up (too easy)

- Reduce the size of the grid
- Limit the number of touches (2-3)



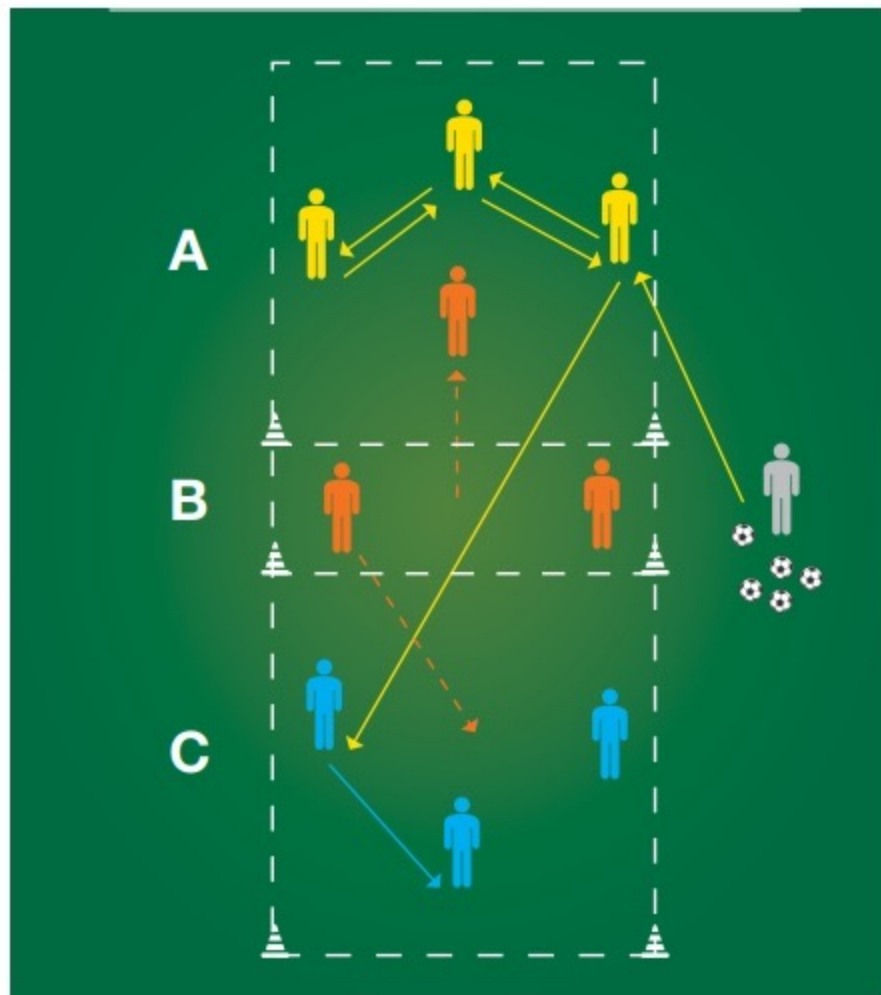
Transitioning Model Session 2 (BPO>BP)

Exercise development:

- The coach starts the game with a pass to a yellow player in grid A
- At that moment one orange player from grid B sprints into grid A to defend:
3 v 1 in grid A
- Yellow must now look for the right moment to play a killer pass through grid B (with the two remaining orange defenders) to a blue player in grid C
- Then immediately another orange player sprints into grid C to defend while the defender from grid A returns to grid B
- If:
 - either team in BP passes the ball out of the grid, or
 - the defender wins the ball, or
 - the defenders in grid B intercept the killer passthen the team that lost possession immediately changes grids/roles with the defending team (**emphasis on transitioning**)

Step up or down:

- Make easier: 6 players (2 per grid: 2 v 1), or more difficult: 12 players (4 per grid: 4 v 2)
- Make the grids bigger/smaller
- Limited (2/3) or free touches
- Killer pass: only on the ground or lofted pass allowed as well.



Transitioning Model Session 2 (BPO>BP)

Progression:

- 6 players perform the passing drill **without** following their ball, while 3 players (one group) defend passively (yellow in diagram B)
- On the coach's call (colour) the group that are defenders change with the group that's been called by the coach:
- 'Flying' change over; no/minimal stop

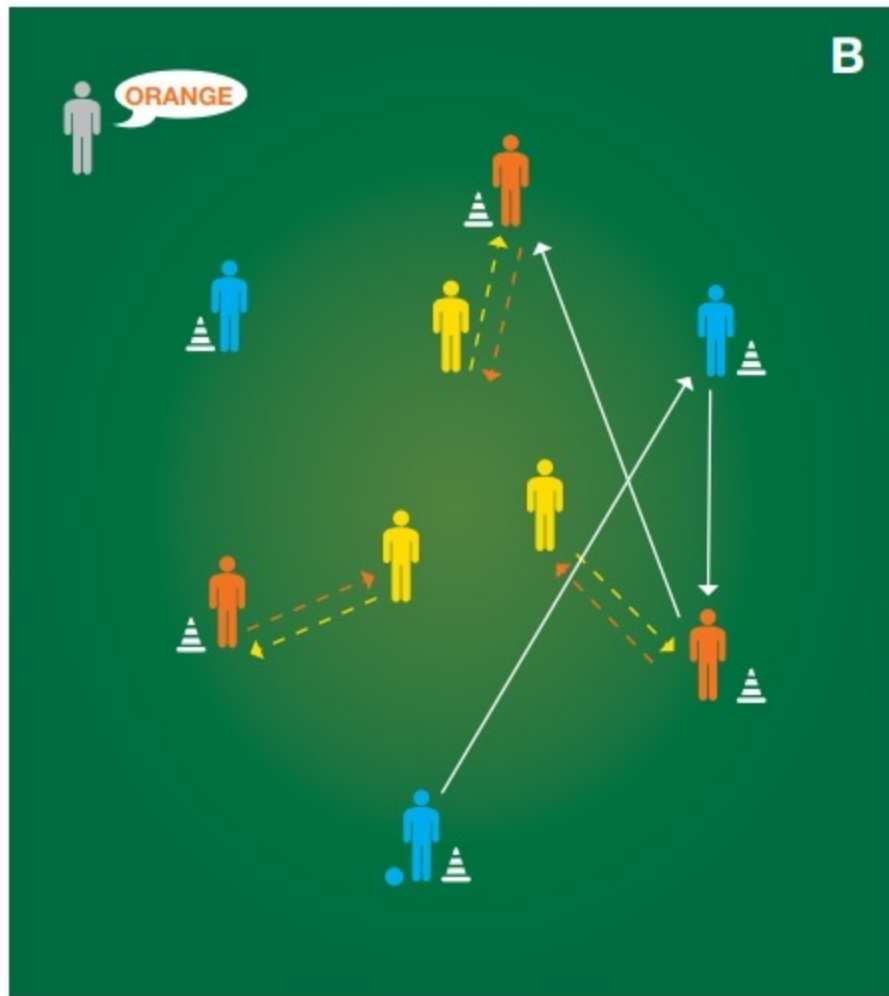
Possible Coaches Remarks:

- "Immediately focus on your new task"
- "Know where you have to pass"
- "Which group makes the least mistakes"

Progression (advanced only):

- Regularly change the pass direction on the run (orientation)
- Change defenders roles at random intervals

Are the players able to transition and adjust immediately?



Transitioning Model Session 2 (BPO>BP)

4. Training game

'Transitioning game' 6 v 6 + 1 goalkeeper (smaller/bigger teams: adjust pitch size)

- Pitch 40m x 40m divided in two equal halves (see diagram on the right)
- A 'neutral' goalkeeper in the goal with plenty of balls next to the goal
- Two 5m -7m 'gates' on the back line
- The coach with plenty of balls on the halfway line between the gates
- The coach serves a ball to the yellow team who try to score in the goal with the goalkeeper

