



Colorado United U11-U15 Academy Program



Session Date:		Time:	75 mins	Age Group:	U11-U15
Session Theme:	Transition				

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<p>The key to winning a soccer game is winning the transition. Winning the ball back is great but the players must know what to do when they win it back. The first two activities aim to win the ball, and find the furthest pass forward. The first activity they join to maintain, the second activity is finding the open side of the field.</p>	<p>Transition with a target 20x40 grid can make it smaller to increase the difficulty. Green starts with the ball on their half, with their target player aiding in maintaining possession. Green tries to connect 6 passes to get a point. Every 6 passes is a point. Blue is looking to steal the ball and then play to their target player within 2 passes. Then both teams transition into the other zone. Blue then is looking to keep the ball and green is looking to win and transition forward.</p>	<p>Three Zone Transition 20x30, three 10 x20 grids Coach plays to one of teams in one of the outside grids. The team in the middle sends in 2-3 players to defend. If the team in possession connects 4 passes the play to the opposite zone. The other defenders then defend in that zone. If the defenders win the ball, they play to the opposite side and switch with the team they stole the ball from.</p>	<p>Quick Transition 20x20 square Blue has 4 in the middle against 4 green. There are 4 blue on the outside. Blue is looking to connect 6 passes for a point. All blues are on offense. When green wins the ball they aim to dribble outside the grid. This symbolizes dribbling to relieve pressure after winning the ball back. When green wins the ball, the four blues help their teammates in the middle win the ball back. Once blue wins the ball back four players again go to the outside.</p> <p>Created by Josh Beaty</p>