



# Colorado United U11-U15 Academy Program

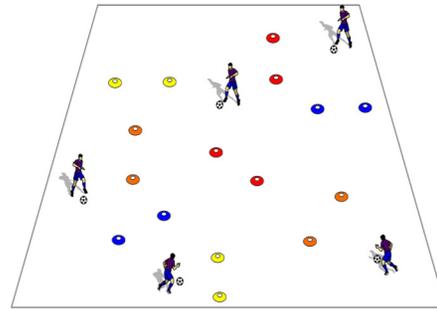


Session Date:	Week 6	Time:	75 mins	Age Group:	U11-U15
Session Theme:	Transition				

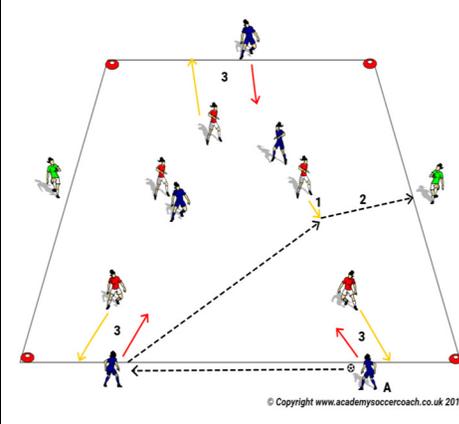
Whole: First and Last 15 minutes

**Objective:**

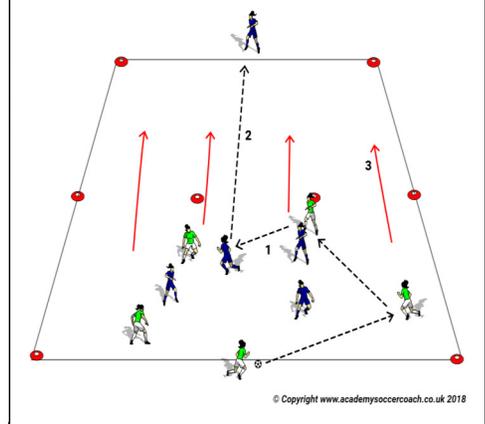
Using half the field, split the team in half, one side defends the big goal, one defends three small 2-3 yard goals on the halfway line. If you have odd numbers use a neutral player so both sides have a numbers up scenario when in possession.



© Copyright www.academysoccercoach.co.uk 2018



© Copyright www.academysoccercoach.co.uk 2018



© Copyright www.academysoccercoach.co.uk 2018

**Transition**

Transition is the key to the game. If you win the transitional periods of the game you will have a better chance of winning the game. Our focus will be on winning the ball and finding the open player. In the first activity it is the width. In the second activity it is the player furthest up the field. But the objective always remains to play the player that is open furthest from the point of winning the ball.

**Command Grid**

15 minutes  
20x20 grid

Players dribble around performing different technical touches, and moves at the command of the coach. When players perform moves, their final touch should be through the gates.

**5v5+2**

15 minutes  
25x25 grid.

Blue starts with the ball, they have three players on the outside as shown and 2 players in the middle. 2 neutral players are on the outside as well. Blue is looking to connect 4-6 passes for a point. When red wins the ball, they look to play one of the neutrals on the outside, finding the open player. Three red players take the position of the three blue players on the outside.

**2 zone target**

15 minutes  
25x25 grid

One player on each team stands on end-line of each zone. Green looks to maintain the ball and complete 4-6 passes for a point. When blue wins the ball they play it as quickly as they can to their target on the other side. Then all players transition to the blue grid, except the green player on the outside. We are working on winning the ball and playing it to the player that is open furthest up the field.

Created by Josh Beaty