



THEME 04:

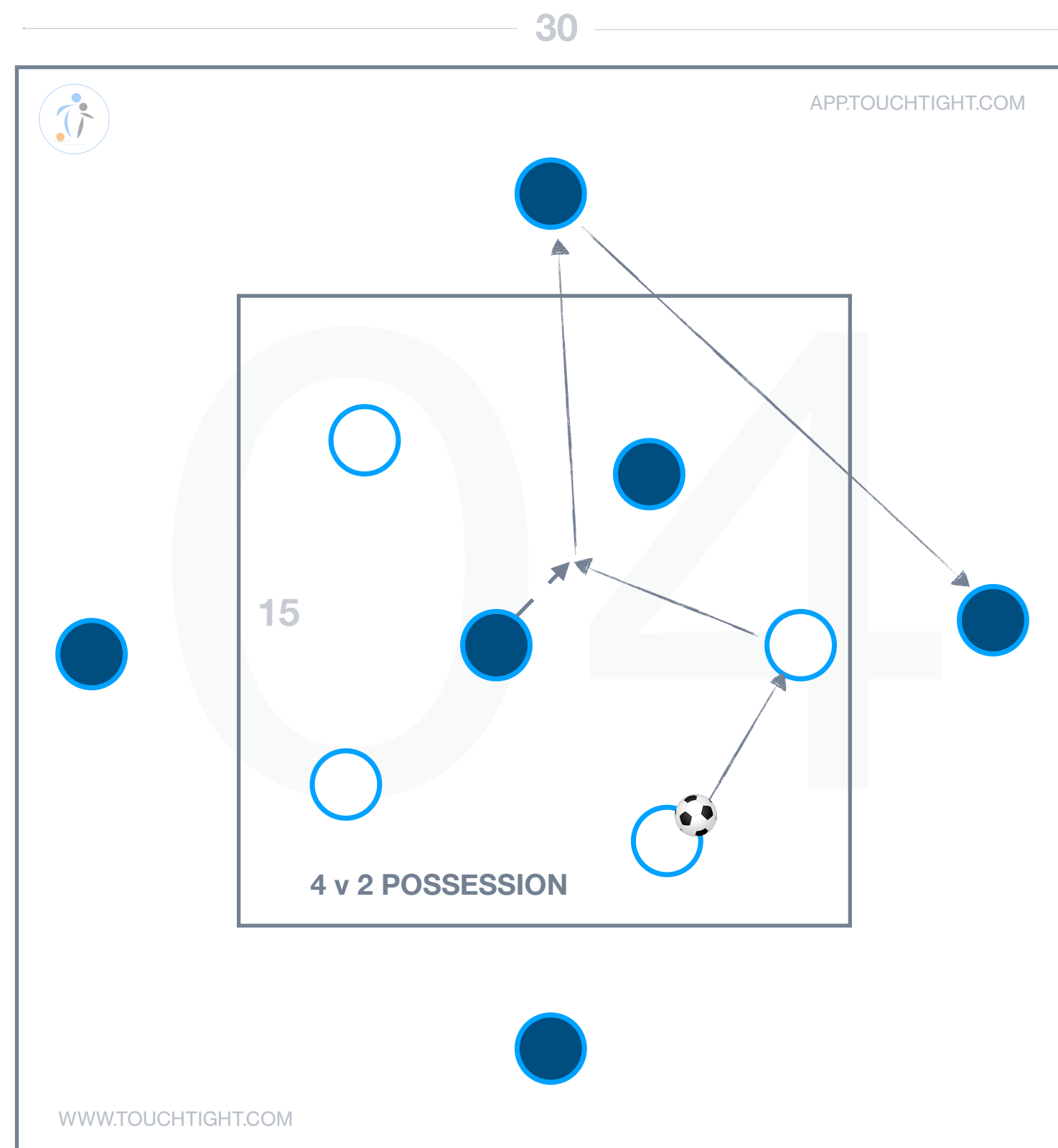
INTERCHANGING POSITIONS

PRACTICE 02: OPPOSED SKILL - TRANSITION

AGE GROUP: 11+

Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO ROTATE EFFECTIVELY WITH OVERLOAD



ORGANISATION:

This practice focuses on player's rotational movement to create space in a central area, reacting to winning possession through quick transition. With a 30 by 30 Yard playing area and a 15 by 15 Yard central possession zone, 4 players must keep possession against 2 defenders. When possession is won, play can breakout with 4 support players creating a 6 v 4.

KEY COACHING POINTS:

Develop rotational movement between individuals both inside and outside of the central zone, to create space to exploit. Progress by constraining those in possession in the 4 v 2 to rotate after each 5 pass sequence, through effective verbal and non-verbal communication between teammates. Our 2nd progression allows our defending team to rotate, increasing challenge for those in possession with possible pressure coming from behind.

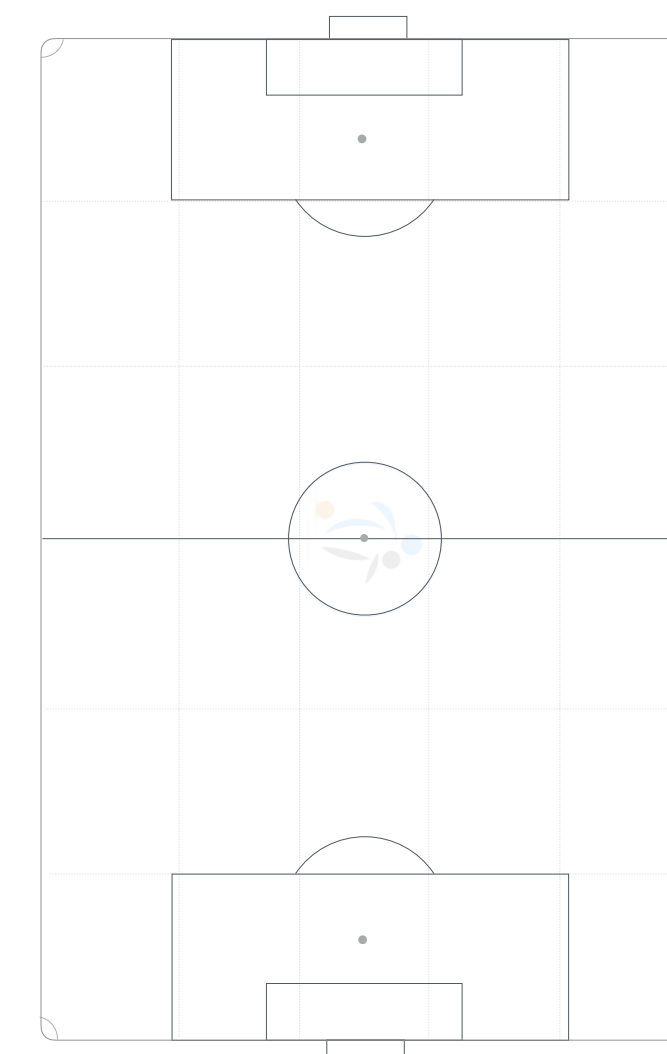
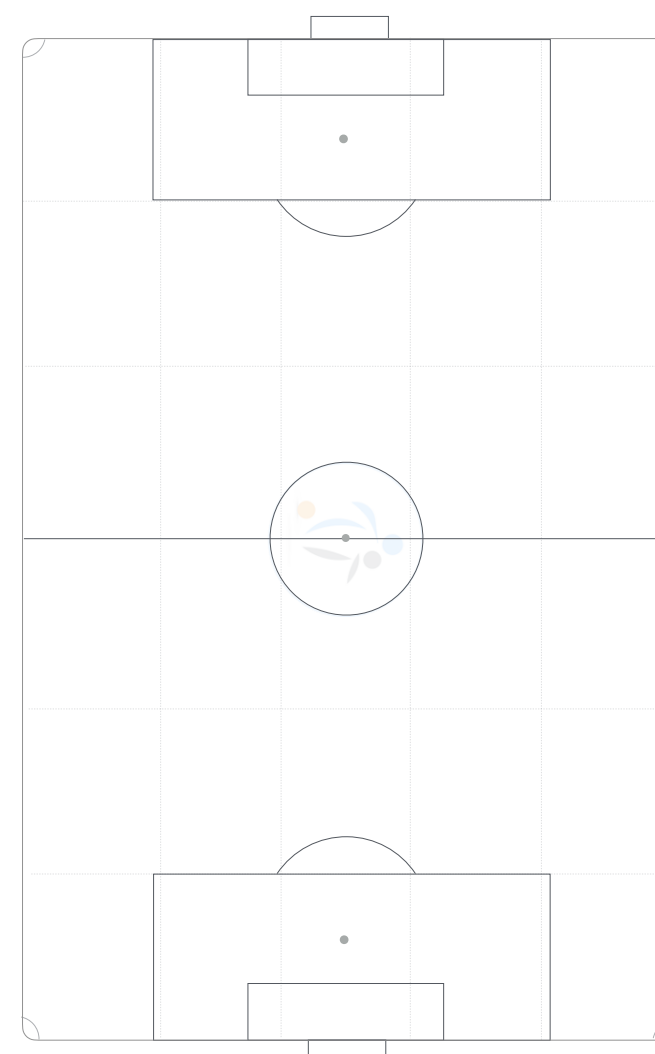
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

COACH PLANS



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

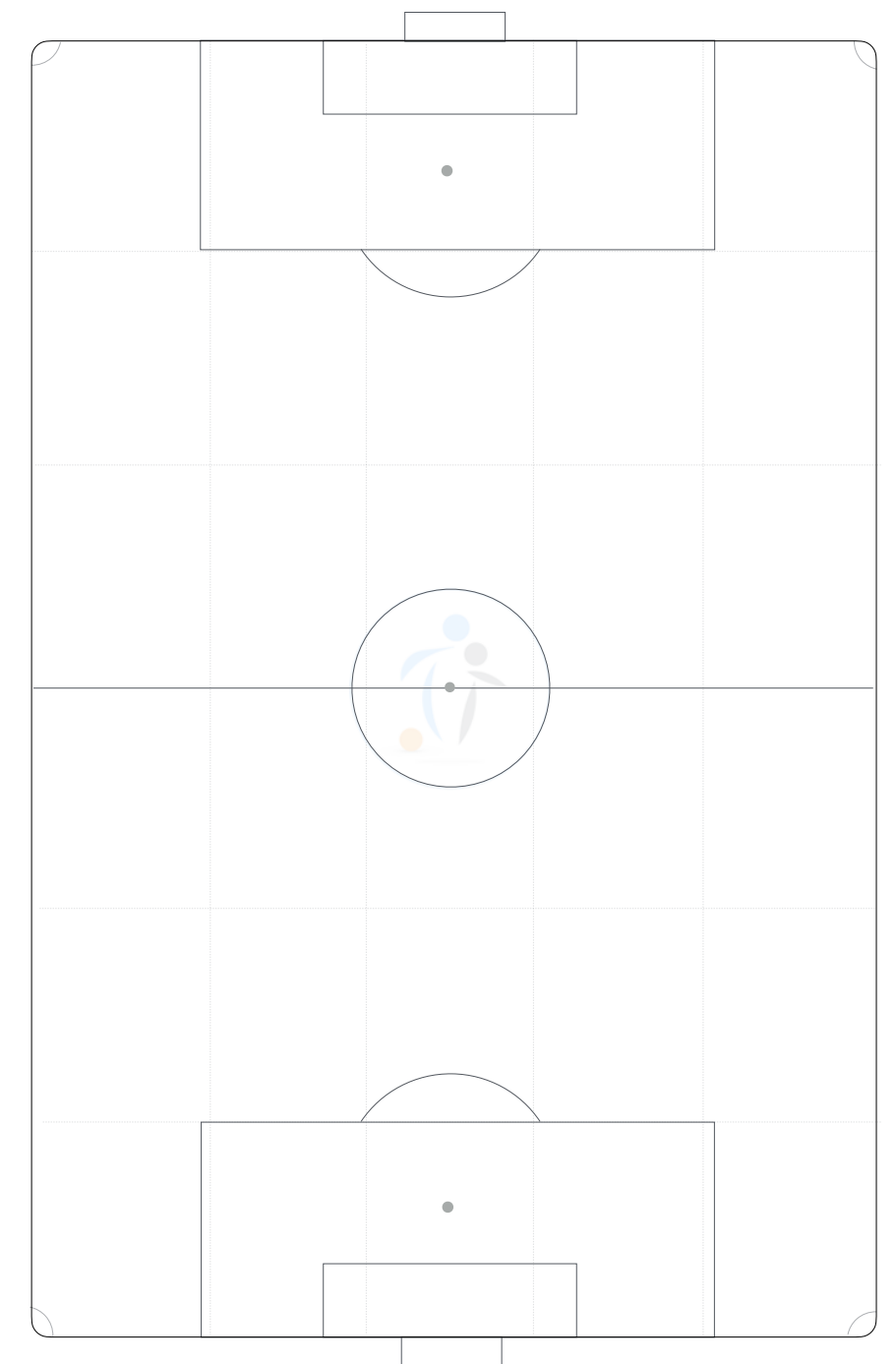
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

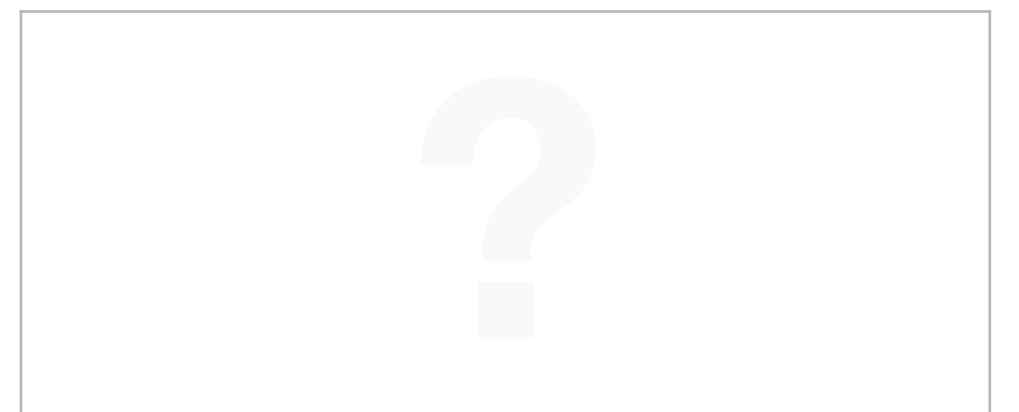
What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation



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