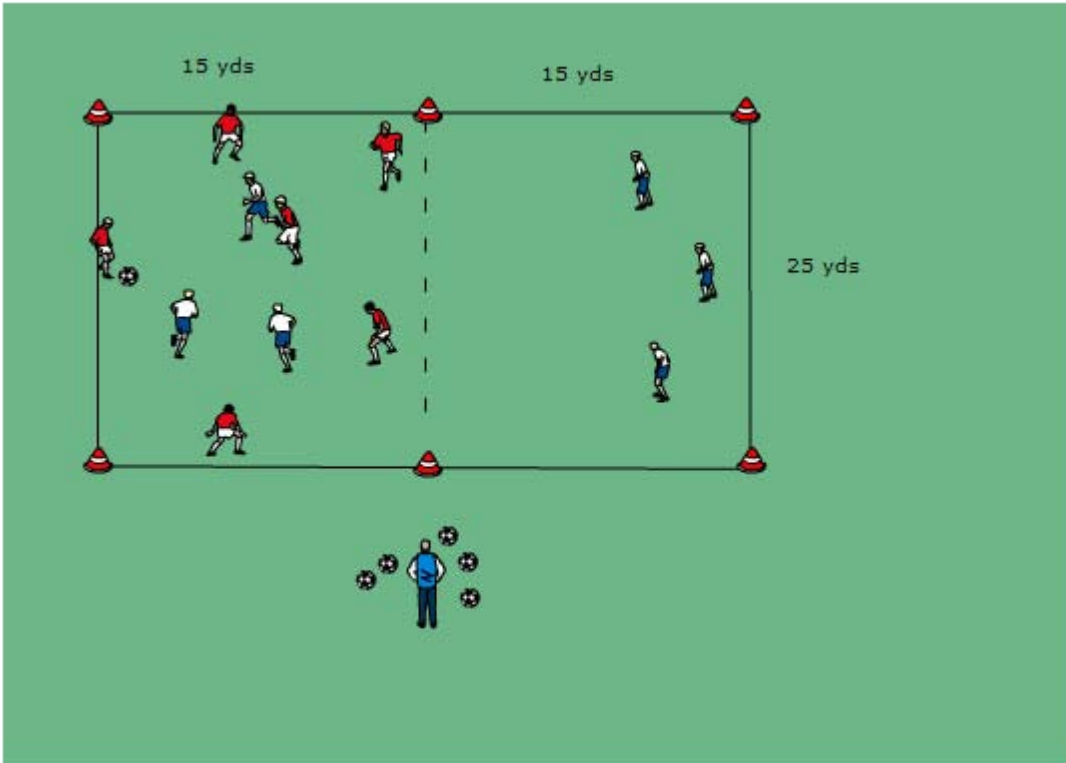


Transition Combined



The Set-up: two 25 x 15 yd boxes are connected.

The Game: 6 Red players are keeping possession against 3 white defenders. When white win the ball they play to their resting teammates and transition to support. Red now sends three defenders over to try to win the ball back and play to their teammates

Focus:

- Offensively- can we keep possession, make the space big.
- Defensively defend in a triangle. Play to our teammates when we win it.
- Transition: Quickly move to support, quickly move to defend.

Coach should have a supply of balls to keep the game moving.

Note: Coach can change the amount of pressure by increasing or reducing the number of defenders. Coach can also restrict the attackers' number of touches on the ball.