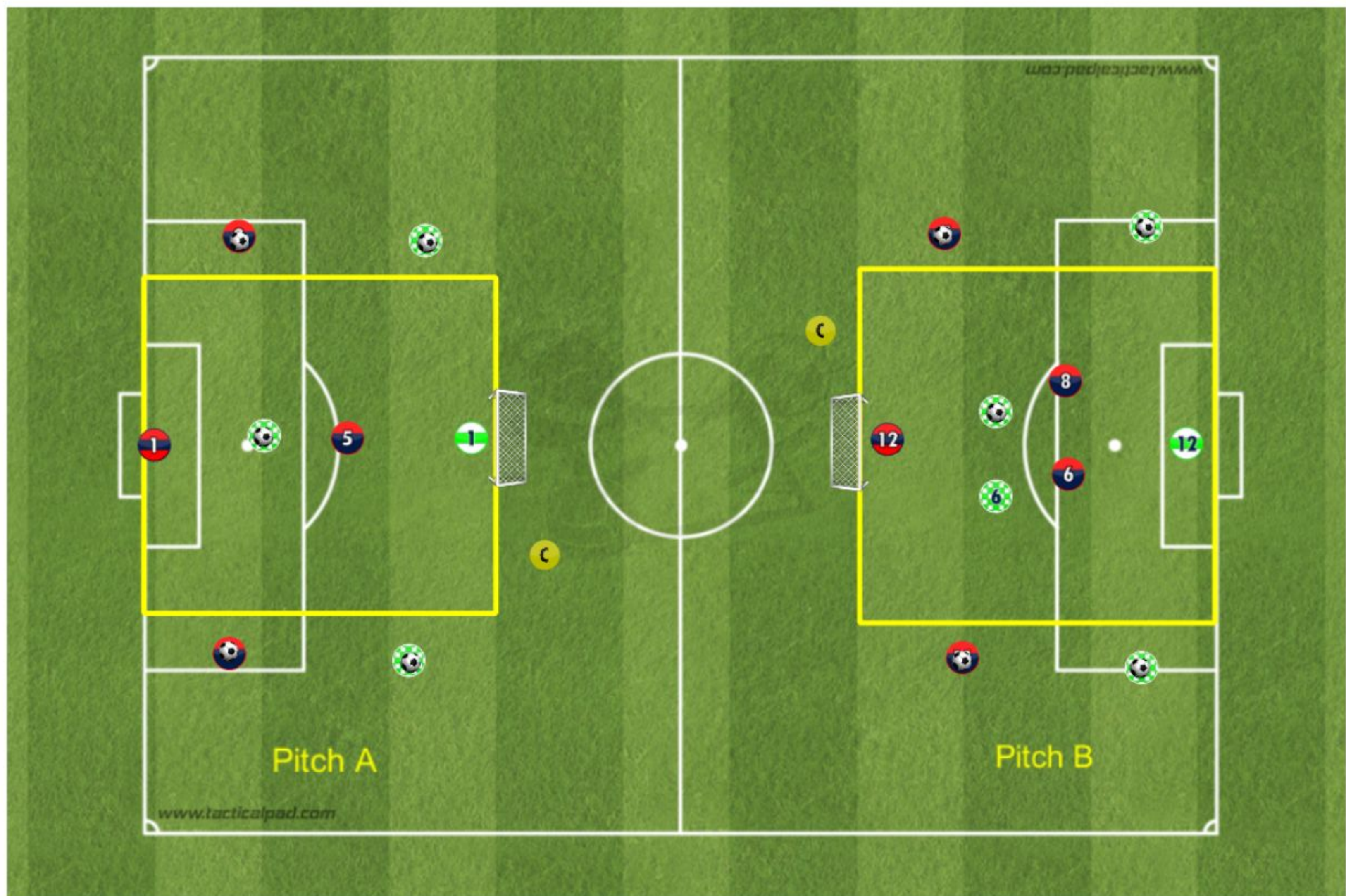


1VS1&2VS2 TRANZITION GAME



Players	Space	Intensity	Act. Time	Rest	Repetitions
18	30x35m	high	1'	1,5'	4

Set up: Pitch: 30x35m; balls, cones ...

Description: (Pitch A) The exercise starts with 2 inside players passing the ball to each other. Predetermined player by the coach becomes the attacker and tried to score after successful 1vs1 game. After the action is completed by a score or shot, the defender becomes an attacker and tries to cooperate with the side player to score. The action are repeated in a tranzition until the side players cross their balls.

(Pitch B) Same as a Pitch A but play 2vs2 game.

Coaching points: To improve tranzition play
To improve 1vs1 and 2vs2 finishing
To improve sub-sub prnciples of the Game model

Progression: Side players with 2 or 3 balls
Elevation finishing
Finishing by the passing in the depth