Coaching Outline

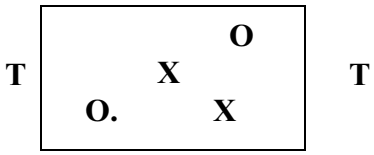
Name: Lang Wedemeyer

Topic: Offensive and Defensive Transition Area: ½ - ¾ field

PHASE	ACTIVITY	ORGANIZATION	COACHING POINTS

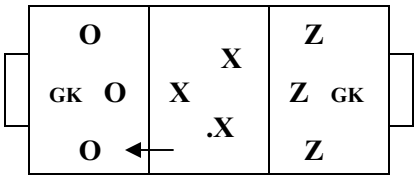
Warm Up: (Dynamic Warm up)
1) 2v2 to targets:
go in both directions

1A) Go in one direction only
Grid: 20 yards by 15 yards



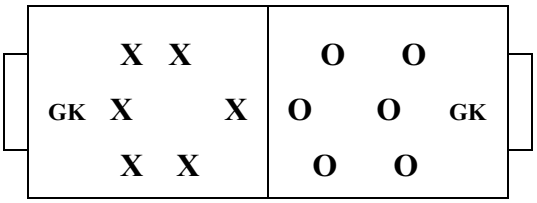
Don't hesitate when lose or gain possession of the ball.
Recognition of rhythm of play.

Main Activity:
1) 3 grid game with 3 separate teams.
Xs attack Os, when Os win ball, they transition into neutral zone and then attack Zs in far grid.
Continuous game.
(#s & grid size will vary)



Defensive positions to counter attack.
Patience vs. speed in attack.

2) 2 teams play to big goals. Use half-field line for tactical cues. 1 player from each team stays in offensive end-
In transition, ball must be played and laid back before team can score.
Size of field depends on #s.



Decisions when to press and when to drop off to best utilize defense and counter attack.
When and how to effectively transition.
Most dangerous ball forward.

Game:
Regular game to big goals with emphasis on getting numbers behind ball defensively and numbers into attack in transition.

1) NO points allowed unless attacking team has all players in offensive half of field when goal is scored.
2) Unrestricted game