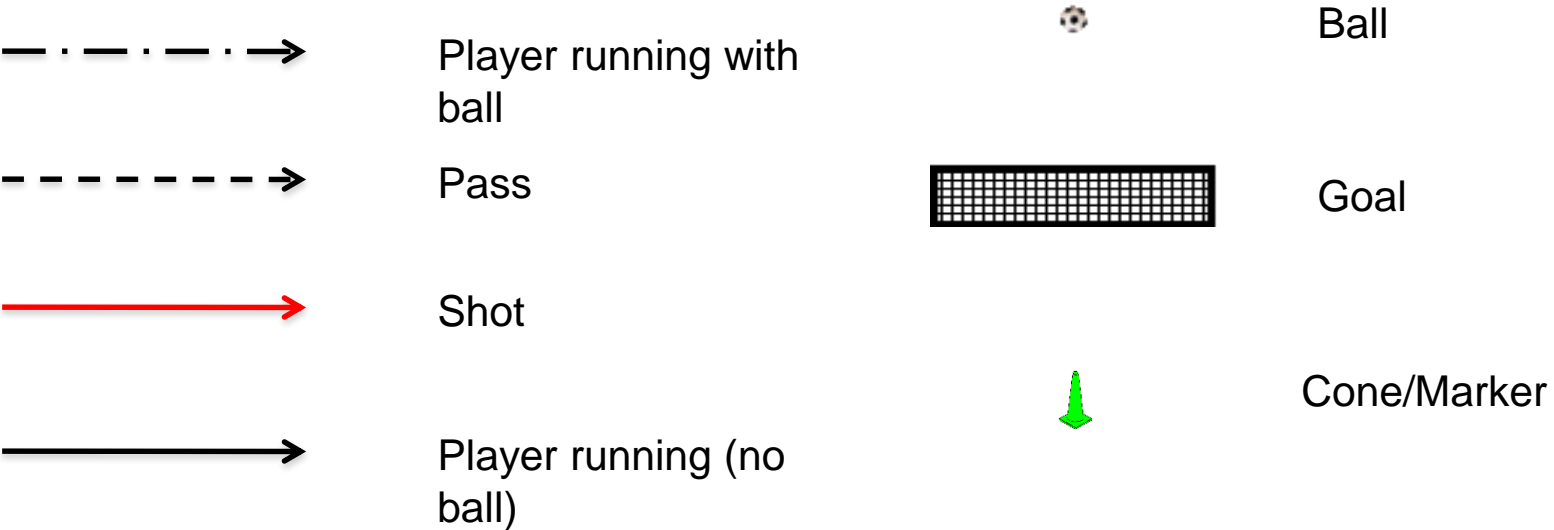




Diagram Key:



## ***2v1 Transition***

**Category:** Small Sided Games

### **Practice Segment:**

- Technical/Tactical
  
- **Skills:**
- Passing and Receiving
- Dribbling/1v1
- Ball Striking/Shooting
- Defending

**Players:** Full Team

**Time:** 20 min

## 2v1 w/ transition:

### Set Up:

- Field divided into 3 zones with goals at each end.
- End 1/3's are about the width of the penalty area or slightly wider and extend 20-25 yards toward the center of the field depending on the depth at which the coach wants the back to defend.
- Center 1/3 is 6-8 yds in length
- 2-3 players from one of the two teams are placed on the sides of the center zone as target players for transition

### Action:

- Play starts with GK giving the ball to the player on his side (A). That player plays to a transition player of the same color.
- The 2<sup>nd</sup> attacking player enters from the side and receives the ball. The attackers cross over and attack the opposing goal 2v1.
- As soon as the players exit their end to attack the opposite goal, the next defender comes from beside the goal to take up his positions (B).
- Team with ball attacks 2v1 at the opposite end. When defender wins ball, he attempts to play out to his "transition player" (C) and successfully exit zone to attack the opponent's goal.

