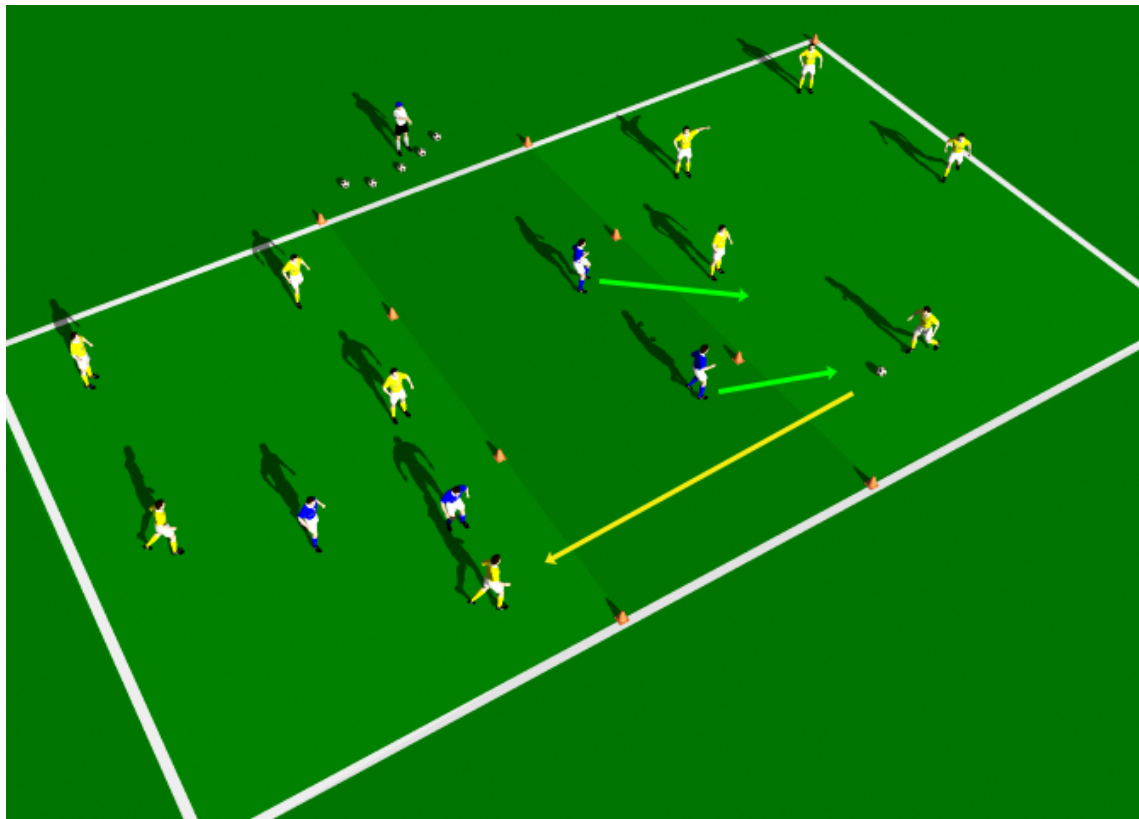


Tottenham 4v2 Transition Game



Objective of the Practice:

This practice is designed to improve each player's technical ability in short range passing with an emphasis on "disguise, pace, accuracy and timing".

Field Preparation:

Area 10 x 25 yards. Large group of players. Balls. Cones. Colored bibs.

Coaching Points:

An area is marked out approximately 10 yards by 25 yards. The grid is divided into three grids, two 10 yards by 10 yards and one 5 yards. A group is placed in each end square. Four defenders are in the middle square. Teams wear different colored vests.

The practice starts with coach serving the ball into one of the end squares. When the ball enters the square, two defenders enter the square and try to win the ball as quickly as possible. The team in possession must get five passes before they can transfer the ball to their team mates in the opposite square. They can pass the ball on the ground or in the air.

Pressurizing players cannot enter the square until the ball enters the square.

The supporting players should ask themselves two questions when supporting the player in possession:

How wide can I get to give the best possible passing lane?

How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise his passing intentions and have the discipline to hold on to the ball and commit the defender towards him.

If he releases the ball too early the defender will have less ground to cover to put pressure on the receiving player