



Practice Builder



Team: _____

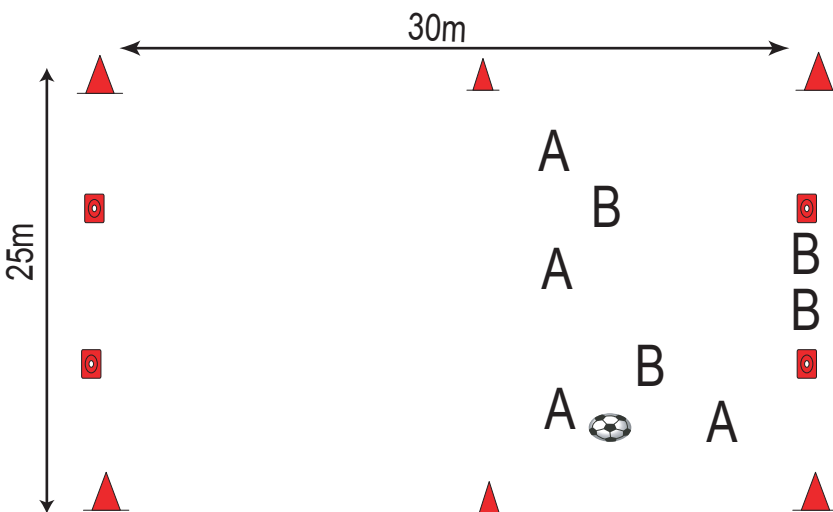
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical Skill #4: Transition Play (25 min.)



4 v. 4 on two full size goals.

- two defenders (B) must be on goal line before other players (B) can tackle attackers (A).

- after change of possession to defending team (B) or goal, A's must get two players on goal line before other two can tackle the other team (B's).

- meanwhile, attacking team must have all 4 players in other half before they can score.

This drill requires a lot of positive communication, who's on goal line, when, etc.