



Transition Between Lines
NSCAA Special Topics Course
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Session 1: Transition from the Goal Keeper through the Backs to the Midfielders

Phase	Activity	Organization	Coaching pts.
Warm Up	passing and moving Evolving into possession	2 teams of 8 (7+GK) 60X44 grid to start with (Figure 1)	Body shape First touch Preparing the ball GK Distribution Timing of runs
Main Theme 1	End Zone Possession Game Chip ball into GK hands for pt.	7v7 to GKs in end zones Create 1/3s of field (Figure 2)	Distribution by GKs Possess vs. penetrate Utilize/create space
Main Theme 2	8v8 to big goal and 2 counter goals	60-70 long X 65-70 wide Field divided into 1/3s Defending forwards must drop behind behind line when GK has the ball (Figures 3)	Defining when space is available for penetration Early looks forward
Main Theme 3	8v8 to big goal and 2 counter goals	Organize specific numbers in each area. Work with GK to Backs & Backs into Mids. (Figure 4)	Determining where space is by numbers in each area
Game	8v8 to 2 big goals	Allow teams to organize Their own formations	Coach teams in decisions on how to best transition from one line to the next with an emphasis on GK to Backs to Mids

Session 1: Transition from GK to Backs to Mids

Figure 1:
7v7 + GKs
Possession with
Out direction

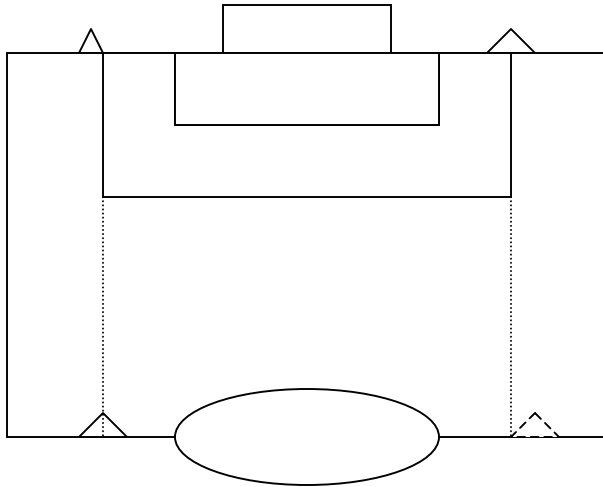
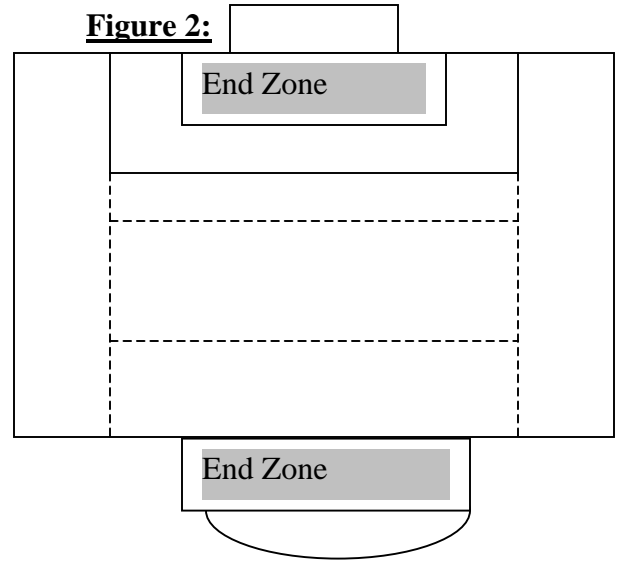


Figure 2:



7v7 + GKs to End Zones
Field divided into 1/3s

Figure 3:
1-3-3-1 vs. 1-3-3-1
Transition from
GK to Backs

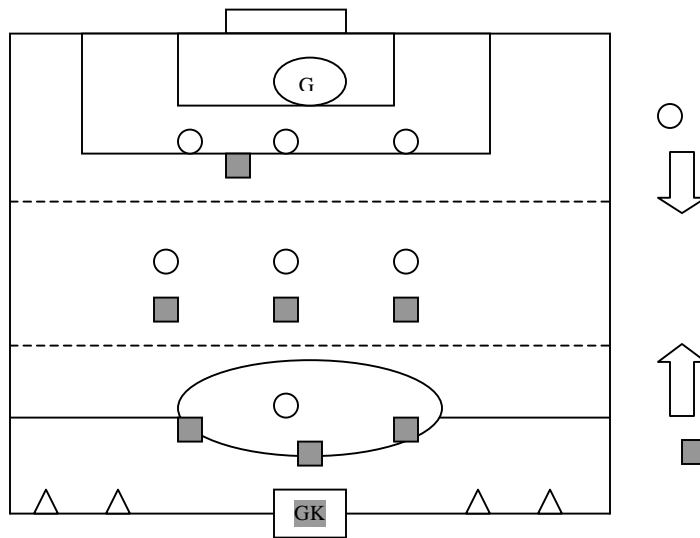


Figure 4:
○ 1-3-3-1
Focus on
Transitioning ball
From Backs to Mids
■ 1-3-2-2
Focus on defending
And attacking in
Transition

