



Individual Transition BP>BPO

Category: Technical: Shooting

Skill: Mixed age

Pro-Club: Performance FC
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Description

Practice develops players mental and visual awareness by quickly changing focus from attack to defend.

Screen 1 (20 mins)

SETUP

Set goals up as two 18 yard boxes. Have lines on the side of the goal you want players to be pressured to shoot with. In the example players are lined up on the left of the goal so the defender will be pressuring the attacker from the right.

ACTIVITY

The practice starts with player 1 dribbling at goal and having a shot. At the moment player 1 strikes the ball this is the cue for player 2 to attack the opposite goal.



Screen 2

PROGRESSION

Player 1 then has to transition from attacker to defender and try and stop player 2 from shooting.



Screen 3

ROTATION

When player 2 strikes the ball this is the cue for player 3 to attack and player 2 transitions from attacker to defender and player 1 joins the end of his original line.

