



Transition Game: 5 v 3

The playing area should be 25 X 20 yards.

The five red players must keep possession versus three yellow players in the grid. The three yellow players must try to gain possession and score on one of the four small goals. This game can be used to coach the five red players to make immediate defensive transition to deny the yellow a scoring opportunity. The game can also be used to coach the yellow players to transition offensively once they win the ball.

Use scoring method to coach denying a pass or dribble outlet.

- 1) You can score by passing/shooting on the small goals.
- 2) You can score by dribbling through the small goals (cones in this case).