TRANSITION TO 11V11

Possession -> support -> switching -> targets -> game management

SESSION OVERVIEW

SESSION AIM

Prepare players for the larger game while continuing to develop technical quality, support, decision-making and small-group

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Game Development	**3V3+3 POSSESSION**	**4V4+1 ON FOUR GOALS**	**Transfer principles into 9v9/11v11**

PRACTICE 1 | 3V3+3 POSSESSION

ORGANISATION

Mark out a 20 x 30-yard grid. Create three teams of three and play 6v3.

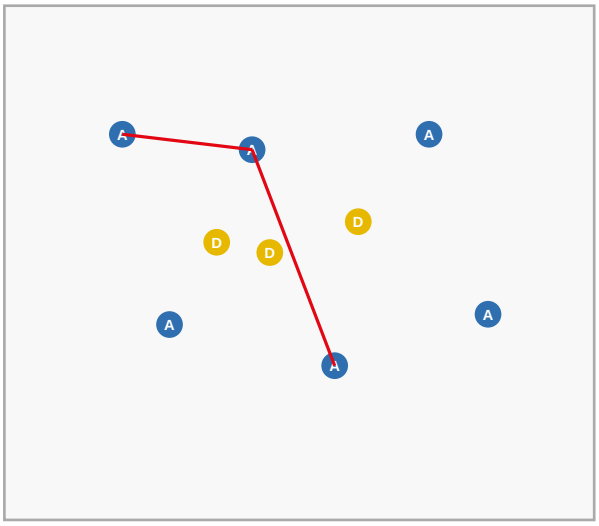
HOW IT WORKS

The six attackers keep possession for one minute before roles switch. Defenders score by winning the ball; attackers score by completing six passes.

COACHING POINTS

- Create short, middle and long support around the ball.
- Use good passing angles and first touch.
- Move the ball quickly.
- Communicate before and after receiving.

DIAGRAM



Create support at different distances to keep possession.

PROGRESSIONS

1. Attackers switch immediately to defence when possession is lost.
2. Limit touches to four, then two, then one where appropriate.

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PRACTICE 2 | 4V4+1 ON FOUR GOALS

ORGANISATION

Mark out a 25 x 35-yard grid with four small goals. Play 4v4 plus one neutral player.

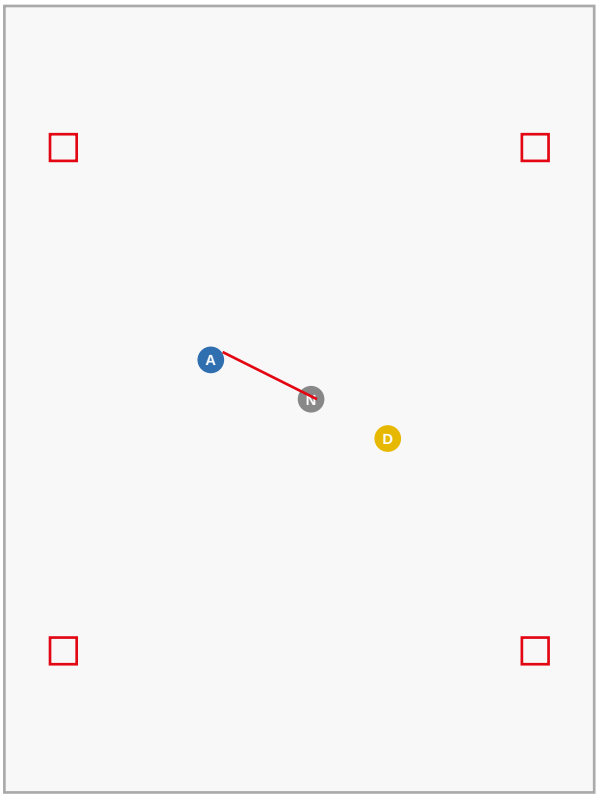
HOW IT WORKS

A team scores by passing through any open goal and having a teammate receive and control the ball on the other side.

COACHING POINTS

- Spread out to cover the area.
- Switch play quickly to attack an open goal.
- Use correct weight and quality of pass.
- Read opportunities early and time runs.

DIAGRAM



Recognise and exploit the open goal through quick switching.

PROGRESSIONS

1. Award one point for six passes and two for a goal pass.
2. Allow players to score by dribbling through a goal.

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PRACTICE 3 | 4V4+1 WITH TARGETS

ORGANISATION

Mark out a 20 x 40-yard grid. Play two teams of four, one neutral player inside and one target player at each end.

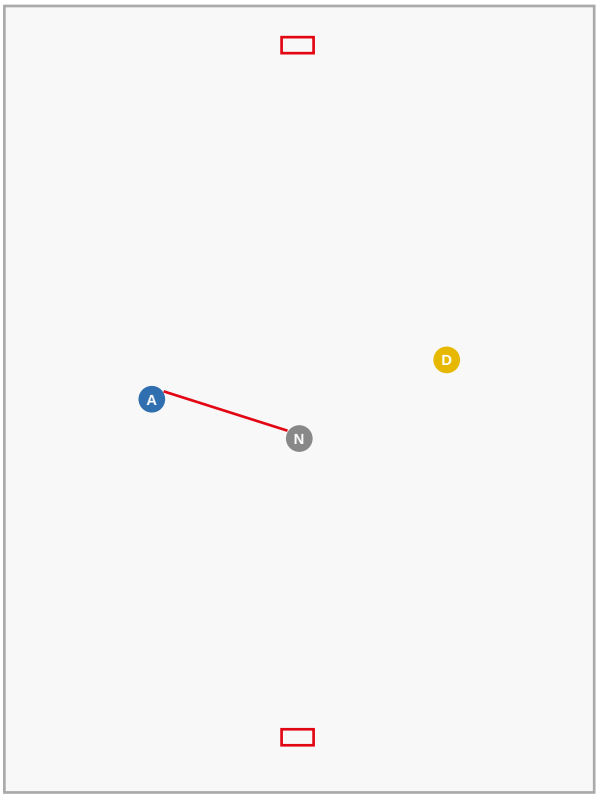
HOW IT WORKS

Attackers score by passing into the target player. The ball then goes to the other team. Teams may use their own target player to recycle possession if needed.

COACHING POINTS

- Create support behind, beside and ahead of the ball.
- Think ahead before receiving.
- Make eye contact before passing.
- Use the neutral player to create overloads.

DIAGRAM



Build through support angles and connect with end targets.

PROGRESSIONS

1. After scoring, keep the ball and attack the opposite end.
2. Limit the number of touches in the central area.

TRANSITION TO 11V11

Possession -> support -> switching -> targets -> game management

PRACTICE 4 | 4V4 WITH WALL PLAYERS

ORGANISATION

Use a 20 x 40-yard grid. Play 4v4 inside with two neutral wall players outside and a target player at each end.

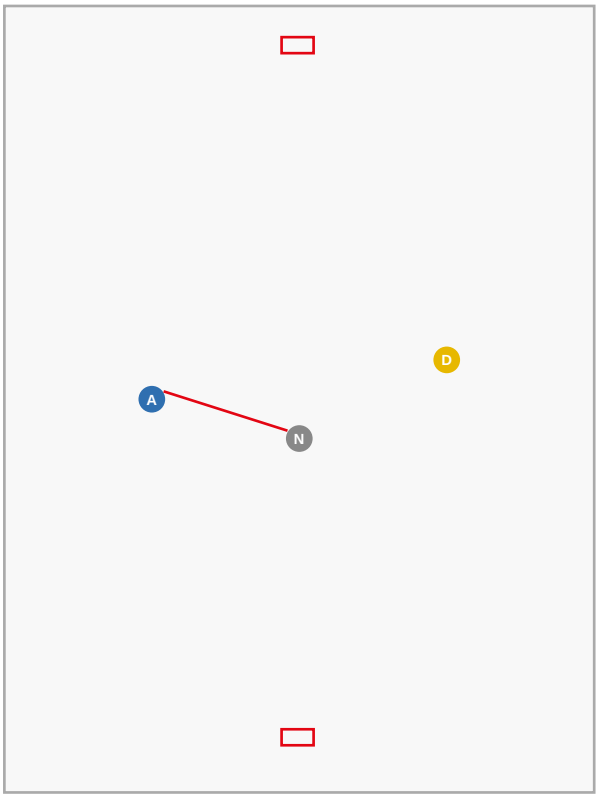
HOW IT WORKS

Teams score by finding a target player. Outside neutral players support the team in possession and play one-touch wall passes.

COACHING POINTS

- Use deception before passing.
- Play wall passes at the correct speed.
- Create angles for support.
- Move immediately after releasing the ball.

DIAGRAM



Use wall players to create quick combinations and penetration.

PROGRESSIONS

1. Players who pass to a target switch positions with them.
2. Require all players to enter the attacking half before a score counts.

TRANSITION TO 11V11

Possession -> support -> switching -> targets -> game management

FINAL GAME | 9V9 TRANSITION GAME

ORGANISATION

Mark out an approximately 70 x 60-yard field with two standard goals. Play 9v9 including goalkeepers.

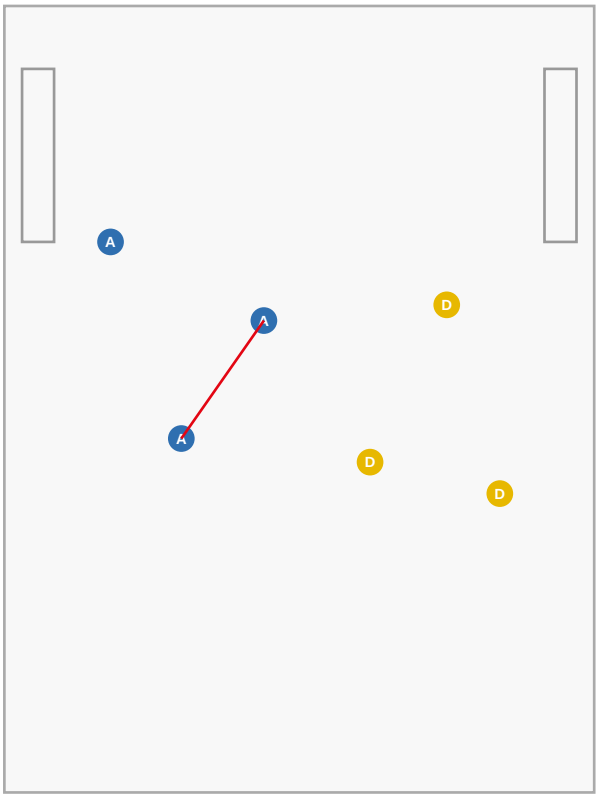
HOW IT WORKS

One team starts 1-0 ahead and must manage possession for five minutes. They cannot score again until the opposition equalises. Restart with the other team ahead, then finish with unrestricted play.

COACHING POINTS

- Use the full width of the field.
- Understand when to keep possession and when to penetrate.
- Support the ball in all directions.
- Manage the game situation intelligently.

DIAGRAM



Transfer small-sided principles into a larger game environment.

PROGRESSIONS

1. Play the final ten minutes without restrictions.
2. Ask teams to change shape depending on whether they are leading or trailing.