# POSSESSION AND TRANSITION

Keep possession -> find the target -> travel with the ball -> support the next action

## SESSION OVERVIEW

### SESSION AIM

Develop possession with purpose, fast transitions and awareness of when to use target players to move the attack into the next

| THEME | PRACTICE 1 | PRACTICE 2 | END GOAL |
|---|---|---|---|
| **Possession & Transition** | **5v2 + Targets** | **5v5 Transition** | **5v5 to Goal** |

## WARM-UP | 8V8 POSSESSION

### ORGANISATION

Mark out a 50 x 30-yard area. Organise an 8v8 possession game. Goalkeepers move freely inside the area and may use their hands to distribute the ball. Equipment: 12 cones, 12 balls, 2 goals, 16 outfield players and 2 goalkeepers.

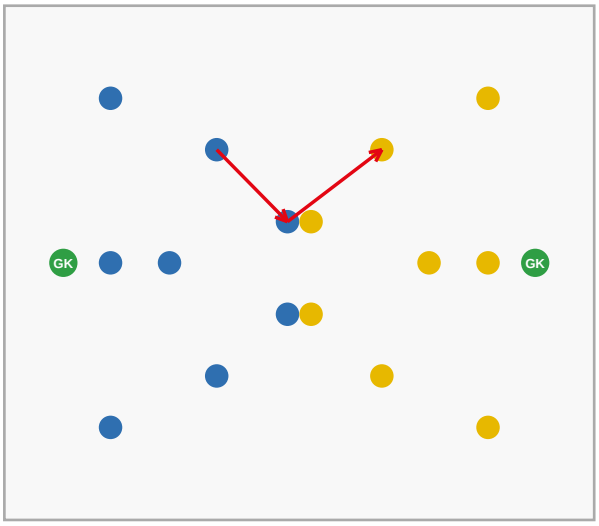
### HOW IT WORKS

Play a basic keep-away game. Encourage players to create support angles, move the ball quickly and react when possession changes. Goalkeepers act as additional support options and should help the team keep the ball circulating.

### COACHING POINTS

- Create clear passing angles around the ball.
- Move the ball quickly enough to shift the opposition.
- Use the goalkeeper as an extra support option.
- React immediately when possession changes.

### DIAGRAM




8v8 possession with goalkeepers available as roaming support players.

### PROGRESSIONS

1. Limit outfield players to two or three touches.
2. Award a point for completing a set number of consecutive passes.

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## ACTIVITY 1 | 5V2 + TARGET TRANSITION

### ORGANISATION

Create two adjacent 30 x 35-yard areas. Organise a 5v2 possession game in each area, with target players positioned on the outer sides so they can support both games.

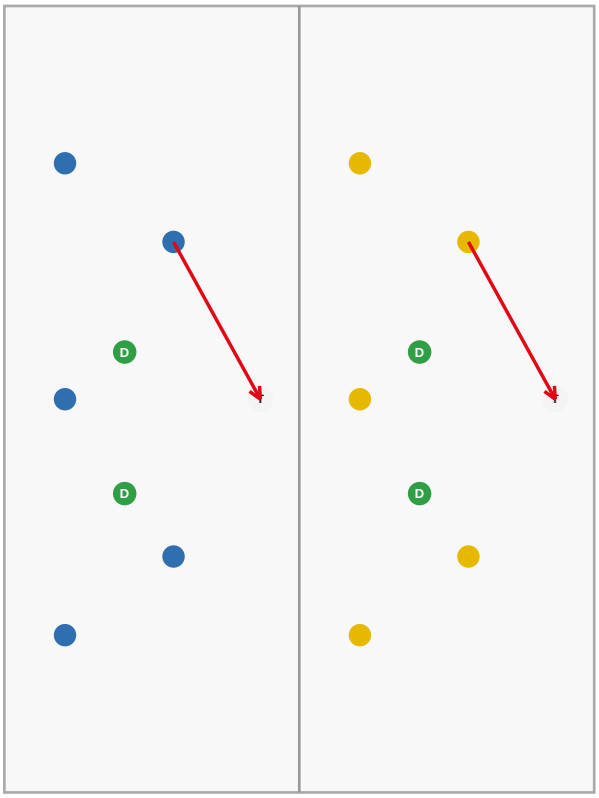
### HOW IT WORKS

The five attackers keep possession against two defenders and score by finding a target. Players are limited to two touches and every attacker must touch the ball before the team can transition to a target. The passer switches places with the target. If defenders win the ball, they return it and play continues. Rotate defenders frequently.

### COACHING POINTS

- Move and think quickly to keep the ball circulating.
- If facing the target, play forward rather than turning back into pressure.
- Targets must stay alert because they support two games.
- Travel quickly to support the target as the ball is moving.

### DIAGRAM




Two 5v2 games run together while targets move to support both possession groups.

### PROGRESSIONS

1. Reduce the number of required touches before the target can be found.
2. Award bonus points for one-touch passes into the target.

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## ACTIVITY 2 | 5V5 TRANSITION TO TARGET

### ORGANISATION

Use a 30 x 50-yard area split into two halves. Play 5v5 inside with one target player positioned on each end line.

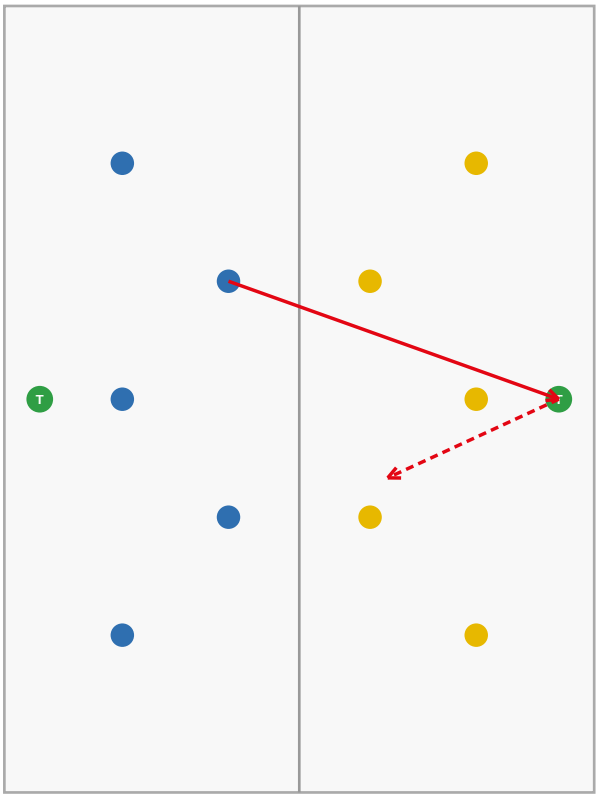
### HOW IT WORKS

Teams compete for possession and try to play into the target at the opposite end, then transition into the next half. The target in the current half may also be used to create a 6v5 overload. Passes into targets are one touch, and targets return the ball to the team that found them. Points are awarded for successful passes to the target in the opposite half.

### COACHING POINTS

- Travel quickly as the ball travels to the target.
- Scan early to locate both target players.
- Make quick decisions about whether to retain or transition.
- Look for diagonal passes that move the attack forward.

### DIAGRAM




Find the far target, then both teams transition quickly into the next half.

### PROGRESSIONS

1. Limit central players to two touches.
2. Award an extra point when the transition is completed with a diagonal target pass.

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## ACTIVITY 3 | 5V5 WITH TWO TARGETS

### ORGANISATION

Use the same 30 x 50-yard area. Play 5v5 with two target players positioned at each end. Targets stay wide to create space through the middle.

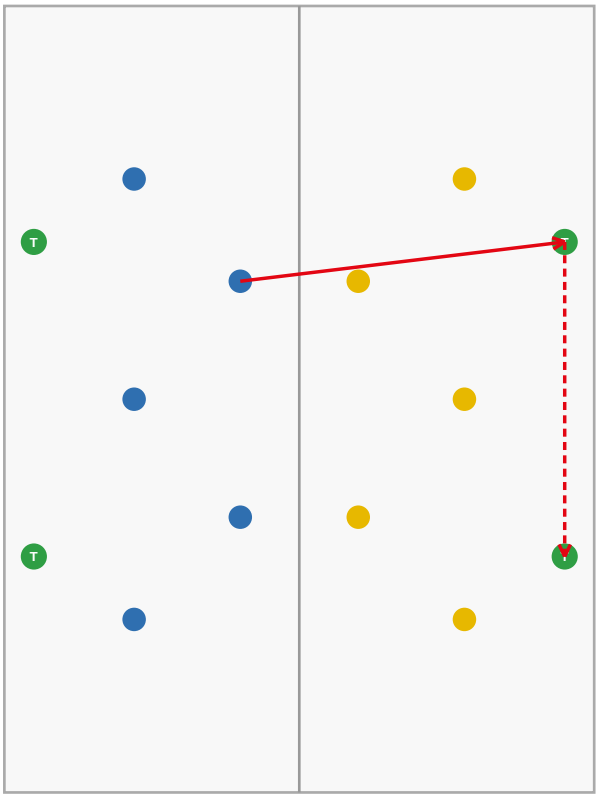
### HOW IT WORKS

Teams maintain possession and score by finding a target in the opposite half. Targets in the current half may be used as outlets, creating a 7v5 overload. Encourage quick central progression while targets provide width and support.

### COACHING POINTS

- Transition quickly while the ball is travelling.
- Scan to decide which target offers the best option.
- Make quick, positive decisions.
- Use diagonal passes to change the angle of attack.

### DIAGRAM




Two wide targets create support options while the central team looks to transition forward.

### PROGRESSIONS

1. The receiving target passes across to the second target before returning the ball inside.
2. The target lays off to a supporting player, who must find the other target one touch.

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## ACTIVITY 4 | 5V5 TRANSITION TO GOAL

### ORGANISATION

Use the same split playing area. Play 5v5 with two target players at each end and add a goalkeeper in each goal.

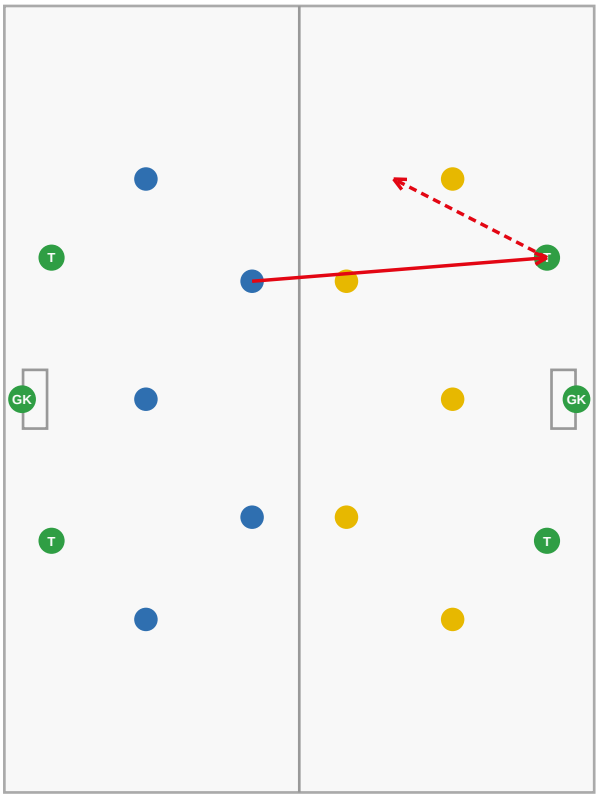
### HOW IT WORKS

The game begins in one half. The team in possession keeps the ball until the opportunity to transition appears. A target must be used as part of the transition. After receiving, the target returns the ball to a supporting runner for an attack on goal. Once the target has played the return pass, target players become live and may join the attack. The game flows in both directions.

### COACHING POINTS

- Recognise the right moment to transition - do not force the pass.
- Travel quickly while the ball is moving.
- Scan to select the best target.
- Make fast decisions and use diagonal passes where possible.

### DIAGRAM




Use a target to trigger the transition, then support quickly for the attack on goal.

### PROGRESSIONS

1. Limit targets to one touch to increase speed of play.
2. Award bonus goals for attacks completed within a set time after the transition.