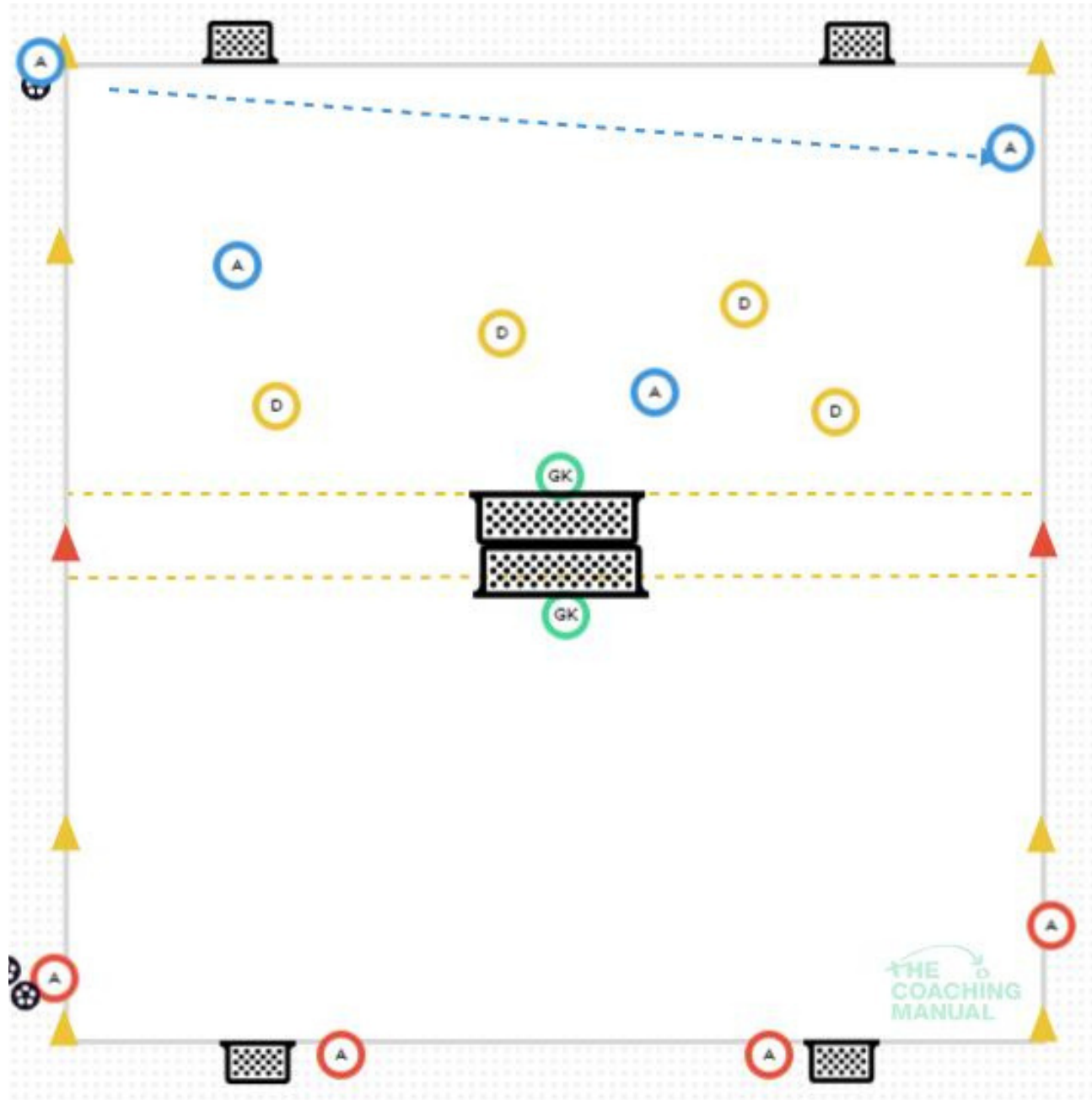


SCORPION WAVES - TRANSITION GAME



TECHNICAL

- Dribbling
- Running With The Ball
- Twisting
- Teasing
- Tackling
- Passing
- Protecting
- Shooting

TACTICAL

- Dribble/Protect?
- Dribble/Shoot
- Take On/Or Turn Away?
- Dribble/Run With The Ball
- Pass/Shoot?
- Dribble/Shoot?

PHYSICAL

- Walking
- Sprinting
- Jogging
- Kicking
- Pushing
- Shielding

PSYCH/SOCIAL

- Fail & Try Again
- Teamwork
- How are your friends playing?
- Experiment
- Deal With Pressure
- Up Next Game

How To Play: (3 x 5-6 minute games)

- 3 Teams, Red, Yellow & Blue
- 1 Team = Attacking team (Blue) - 1 Team Defending (Yellow) - 1 Team On Deck (Red)
- Two fields back-to-back
 - roughly a midfield 1/3 10-15 yards
 - 1 final 1/3, 5-8yards long 1
 - 15-20 yards across
- 3v3/4v4 Plus goalkeeper
- The coach plays a ball into one attacking team
- The game finishes (ball out, goal, foul), If the designated attacking team doesn't score the transition (change from attackers to defenders) and move to the second field to play the on deck team.
- Keep score
- Double goals/points for the defending team

Progressions

- Allow the Attacking team switch play (change the ball from one side to the other) to the on deck team
 - goals = 2
 - switches = 1

Coaching Points		
<u>In Possession (Me)</u>	<u>In Possession We (Team Mate ON Ball)</u>	<u>Out Of Possession</u>
<ul style="list-style-type: none"> • BE A MAGNET! <ul style="list-style-type: none"> ◦ Can you attract a defender to you? • Can you beat your player? <ul style="list-style-type: none"> ▪ Dribble/Run With The Ball • Can you play away from the defender with a pass? • Can I Keep The Ball? <ul style="list-style-type: none"> ◦ Dribble/Protect • Can I create a chance to score <ul style="list-style-type: none"> ◦ twist, turn, tease & "create a yard" for a shot on goal 	<ul style="list-style-type: none"> • Get Away From Danger • Get Away From Team Mate • Create A Clear Path • Communicate <ul style="list-style-type: none"> ◦ time or man on? ◦ Ball to feet or in space? • Support the play <ul style="list-style-type: none"> ◦ movement behind the ball ◦ move ahead of the ball ◦ stretch the play wider 	<ul style="list-style-type: none"> • Get The Ball back <ul style="list-style-type: none"> ◦ Get/Stay Behind The Ball • Can you win and keep the ball? • If you can keep the ball, can you score? <ul style="list-style-type: none"> ◦ With teammates, keep the ball by finding one
Super Power: Instant Replay	Coaching Spectrum: <<<Super Power or Constraint>>>	Constraint: 1 Touch Finish