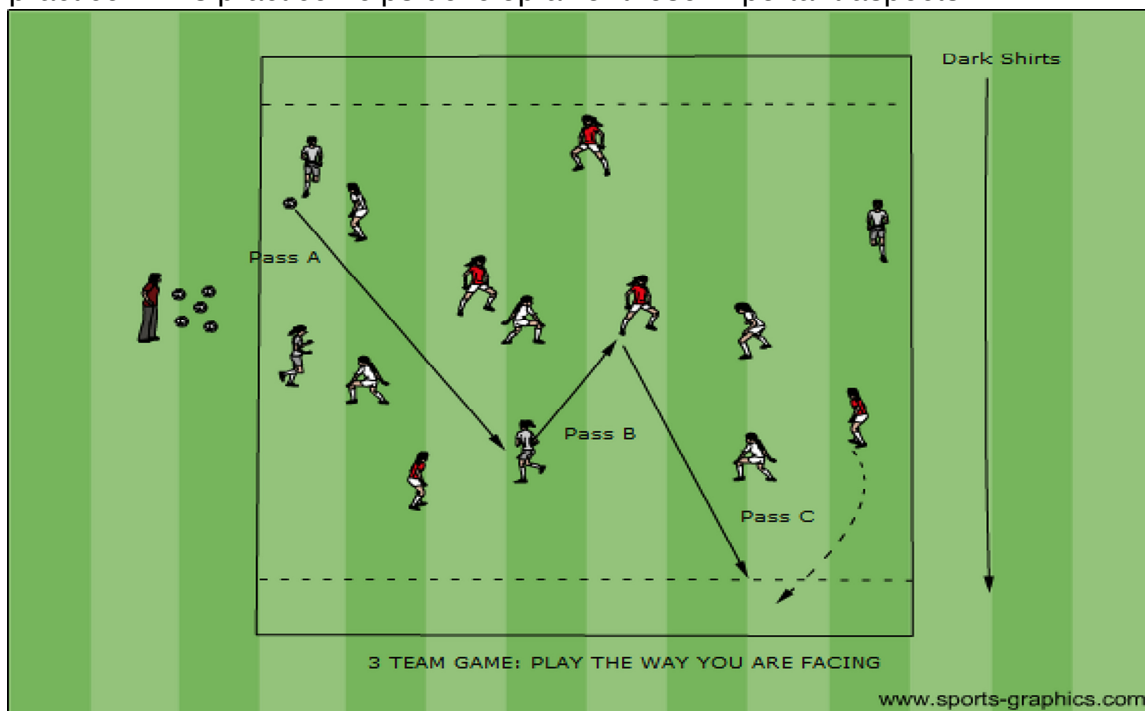


## TC United Practices: Speed of Play & Transitions

### 3 Team Game: Play the Way You are Facing

Possession, ball movement, speed of play, team shape are all important to practice. This practice helps develop all of these important aspects.



Organization	Coaching Points
<p>A grid 18-20 yards wide by 28 yards wide (depending on #'s) with a 2 yard zone at each end is laid out as shown above. 3 teams (Gray, Red and White) play each other, 2 teams versus 1 team. In the diagram the Gray and Red team play the White team. The two teams play one touch, while the one defending team plays with unlimited touches when it wins the ball. The objective for the two teams is to keep the ball and score in the end zone as shown. The defending team pressures and when the ball is won, plays possession all around the grid. When the two teams win the ball in an end zone, they turn and then attack the opposite zone. The two teams can “only play the way they are facing” in the game. The game is played in rounds of 3 minutes. 1 goal is awarded to the team of two when scoring in a zone and the team of 1 scores a goal when completing “x” number of passes in a row.</p>	<ul style="list-style-type: none"><li>▪ Good passing and receiving is of paramount importance (not too hard, too soft).</li><li>▪ The game is fast, players must constantly work to open up support positions on the ball and away from the ball.</li><li>▪ Getting into the zone requires players to be able to “spin” and run forward in combination with players that are facing that space.</li><li>▪ A turn-over results when a player on the team of two turns with the ball (must play the way the player faces).</li><li>▪ The White team must pressure and win the ball—working to keep possession when the ball is turned over.</li></ul>

# TC United Practices: Speed of Play & Transitions

## 3 Team Game: Making Transitions

In this second practice suggestion, key “moments” in the game are practiced: the time when “WE” have the ball; the time when the other team, “THEY” have the ball and the time in the game when it is not clear as to “WHO” has the ball.



Organization	Coaching Points
<p>On a field 50 yards wide by 60 yards wide two teams (Gray and Red) play the White team in a 3 team game. The field has penalty areas marked out (40 yards wide and 16 yards between the end line and the top of each box). A restraining line (denoting offsides for each team) is also laid out. The team of two plays the one for 4 minutes. A goal for the team of two equals one point; a goal for the one team (playing on the counter) is worth 3 points. Score should be kept from round to round (teams keep a cumulative score). Game ends after “x” number of rounds or “x” number of points.</p>	<ul style="list-style-type: none"><li>▪ When “we” have the ball, what is the plan for possession or ball movement. The same concepts as were used in the 3 Team possession game carry forward (play quick, play the way you are facing etc).</li><li>▪ The two teams should have good movement on and off the ball and look to have options to penetrate the one team’s goal.</li><li>▪ Finishing chances should be well organized with options to shoot or pace being well executed.</li><li>▪ The one team should push their line forward quickly when winning the ball and combine quickly to earn shooting opportunities on goal.</li><li>▪ The team of two should organize and press the team of one when possession is lost.</li><li>▪ If it is not clear which team is in possession, both sides must organize for the pending win or loss of possession.</li></ul>

# TC United Practices: Speed of Play & Transitions

## 4 v 2 + 2 to Two Goals

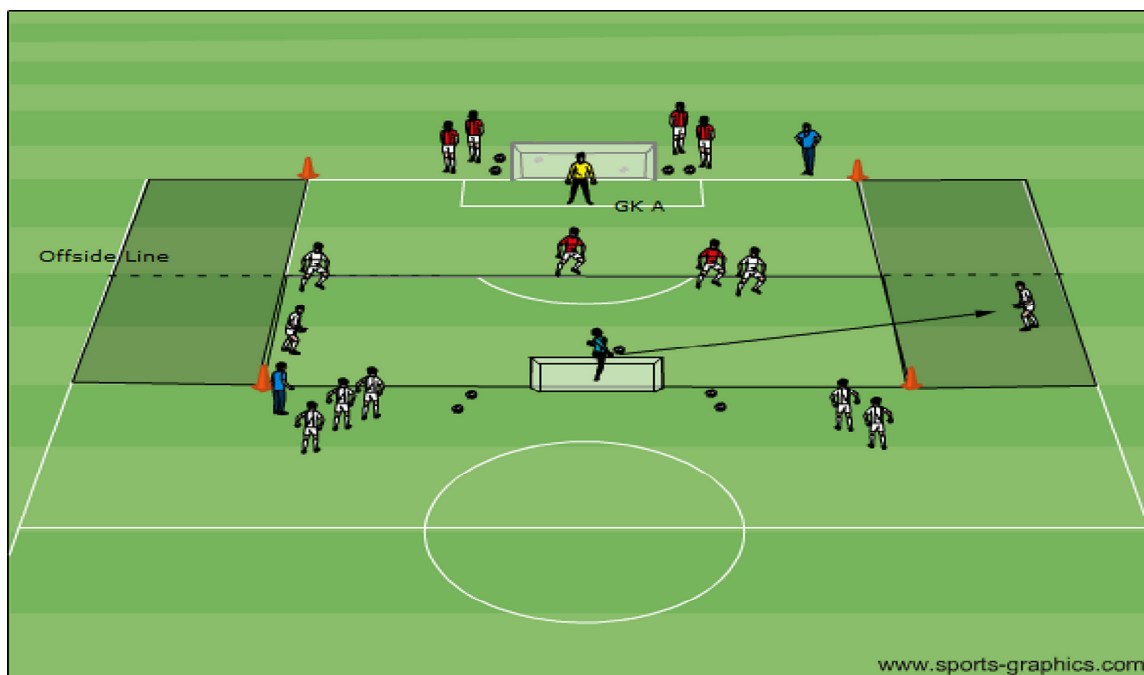


Diagram--3: Whites vs Reds 4 v 2 + 2 to Two Goals

Organization	Coaching Points
<p>The double box organization with a goal on each end and channels (shaded in Diagram—3 above) is set up. The White team starts out playing with 4 players in attack and plays against two Reds. Width is added to the game now as the game is played on a pitch's full width.</p> <p>The Reds defend intelligently with two players on the field and use the top of the penalty area as an Offsides line. When the Reds win the ball, they have two options: counter to the White goal with the two on the field, or pass back to the goalkeeper and add two reds to attack the White goal. When the Red team plays the ball back, the White team "drops" two players to create the 4 v2 situation coming the other way. When a ball goes over either end line, the whites restart with a 4 v 2 situation.</p> <p>After 4 minutes with the White team beginning each restart with a ball in, the roles reverse for the next 4 minutes with the Reds taking on the "starting" role. The game should be played for "x" number of rounds to "x" number of goals.</p> <p>This game now expands from the central attacking concepts described in previous games to incorporate crossing and finishing. Variation: Numbers can be added to the sequence 5 Whites vs 3 Reds, 6 vs 4 etc. The game can finish with each team playing with 6 attacking and defending players.</p>	<ul style="list-style-type: none"> <li>▪ The Shape of the White Team can now expand to pulling wide or staying in the confines of the penalty area.</li> <li>▪ As before, the ball must move quickly, with the White team looking to keep the ball, but also look to penetrate the Red defense.</li> <li>▪ As the game goes wide, the emphasis on quality service to the near post, mid goal and far post areas should be emphasized with quality running (and adjusting of runs by the White players).</li> <li>▪ Coaching good finishing is critical here too: heading or striking through and "down" on the service or receiving and laying the ball off to the most open teammate will be important.</li> <li>▪ The White team must organize quickly to press the Reds when the ball is lost.</li> <li>▪ The Red team must defend with a high enough line to be able to close White players who have "stepped out" of the play. In stepping up, the Whites also use the Offsides law to their advantage.</li> <li>▪ The Red team should make a quality decision when the ball is won (typically 2 goals are awarded when the Reds counter without playing back to "add / drop" numbers.</li> <li>▪ As this game progresses, numbers are added to add to the flank attacking and defending strategies and add realism to the game.</li> </ul>