

# QUEST TEAM TRAINING

## TOPIC: Possession Play: Switching / Transition

COMPONENT	ORGANIZATION	TEACHING POINTS						
<b>WARM-UP</b>	<ol style="list-style-type: none"> <li>1. Pairs passing and moving</li> </ol>							
<b>TECHNICAL/ TACTICAL EXERCISES</b>	<ol style="list-style-type: none"> <li>1. Keep-away: Five passes = 1 point  <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 5px 0;"> <math>2 \text{ v } 2 + 1 \quad 2 \text{ v } 2 + 1</math> </div> </li> <li>2. Five consecutive passes = 1 point  <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 5px 0;"> <math>4 \text{ v } 4 + 2</math> </div> </li> <li>3. Fifteen consecutive passes wins the game  <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 5px 0;"> <math>3 \text{ v } 3 + 4</math> </div> </li> <li>4. Pass to any target player (T) = 1 point  <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 5px 0;"> <table style="border-collapse: collapse; margin: auto;"> <tr> <td style="padding: 5px;">T</td> <td style="padding: 5px;"><math>3 \text{ v } 3 + 1</math></td> <td style="padding: 5px;">T</td> </tr> <tr> <td style="padding: 5px;">T</td> <td></td> <td style="padding: 5px;">T</td> </tr> </table> </div> </li> </ol>	T	$3 \text{ v } 3 + 1$	T	T		T	<ul style="list-style-type: none"> <li>Movement to support</li> <li>Communication</li> <li>Be selfish as a team</li> <li>One / Two touch passing</li> <li>Switch fields</li> <li>Counter attack quickly</li> <li>Defend Zonally and centrally when numbers down</li> <li>Get numbers Up in attack</li> </ul>
T	$3 \text{ v } 3 + 1$	T						
T		T						
<b>CONDITIONED GAME(S)</b>	<ol style="list-style-type: none"> <li>1. Back to Base: 5 v 5 plus neutral (N)               <ol style="list-style-type: none"> <li>a) Team must return ball to one of its two base players before attacking</li> <li>b) Opposing base players must recover into their corners</li> </ol> </li> <li>2. As above, except ball must be returned to goalkeeper before attacking</li> </ol>	<div style="border: 1px solid black; padding: 10px; margin: auto;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="border: 1px solid black; padding: 5px;">B</td> <td style="border: 1px solid black; padding: 5px;"><math>5 \text{ v } 3 + 1</math></td> <td style="border: 1px solid black; padding: 5px;">B</td> </tr> <tr> <td style="border: 1px solid black; padding: 5px;">B</td> <td></td> <td style="border: 1px solid black; padding: 5px;">B</td> </tr> </table> </div>	B	$5 \text{ v } 3 + 1$	B	B		B
B	$5 \text{ v } 3 + 1$	B						
B		B						
<b>FINAL GAME/ FITNESS</b>	<ol style="list-style-type: none"> <li>1. 5 v 5 + 1: All players including the neutral and goalkeeper must be across the half-way line to score</li> </ol>							