



Drill Name: Transition Support Play Activity

Set up :

Set up grid depending on amount of players present at practice.

Instructions:

Players will play normal possession in the middle of field and go to goal. If they choose to pass back to their supporting players who have to remain outside of game until their teammates pass them the ball. Once they receive a pass both players are allowed to join which would give their team two extra players. If they lose the ball then the other team can do the same and two players have to go back outside and does not have to be the same ones. If you have odd player they can be a neutral player who will play on both sides on the attack.

Coaching Points:

Do players take advantage of numbers up to create opportunities to penetrate and attack. The supporting players would create more opportunities to start from the back and get everyone back in some form of shape.