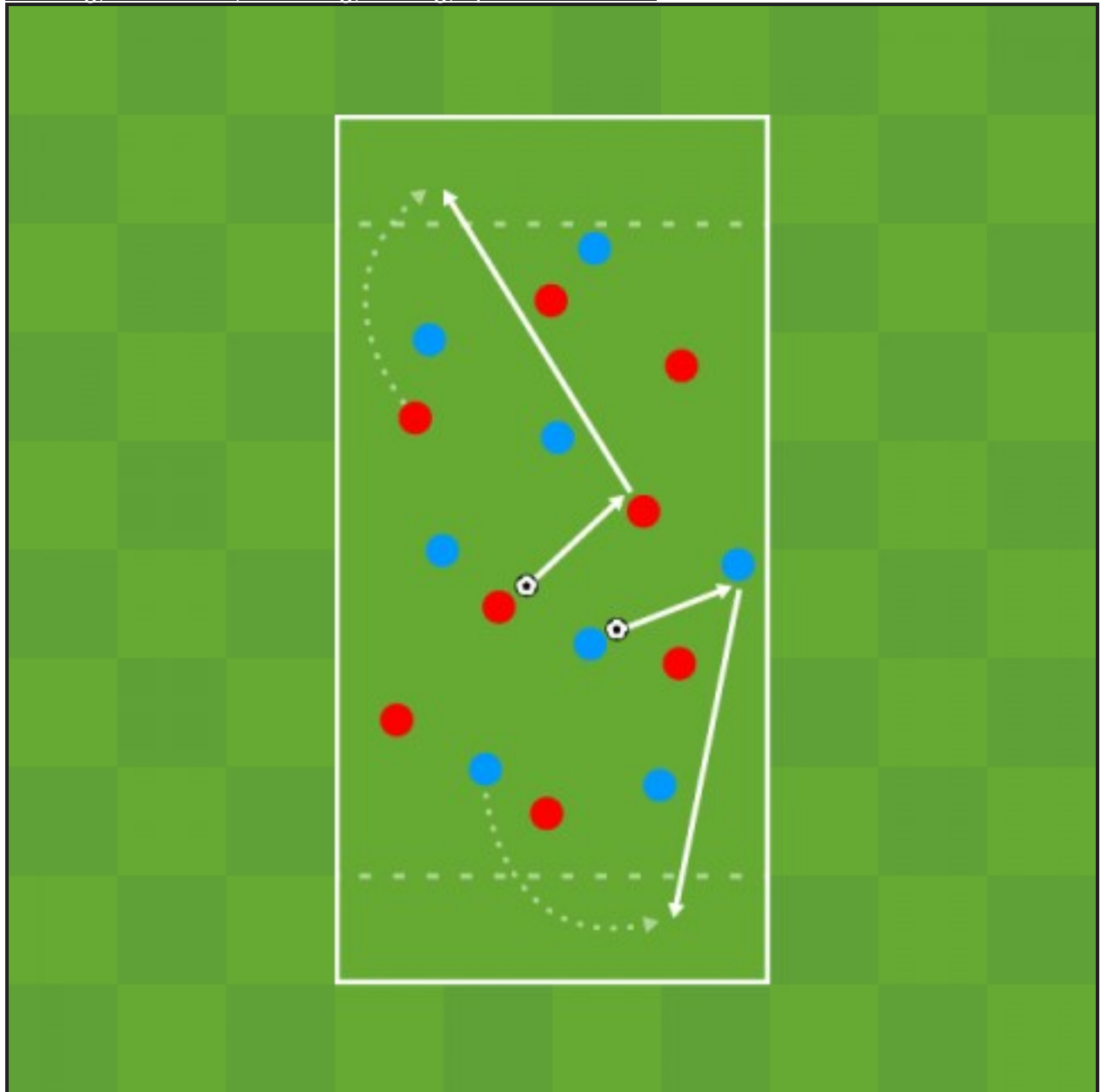


## Introduce Transition Themes

This session develops players awareness during transitions. The warm-up introduces the themes for the rest of the session

## Skills Developed

Passing, movement, receiving, turning, spatial awareness



# Organisation

20x40m area with 5m end-zone at either end

Two teams of eight in central area

Each team has a ball and passes to their teammates

If a player drops in to either end-zone, their team should try to get the ball to them as quickly possible.

# Coaching Points

- Rotation
- Communication
- Awareness

- See more at:

[http://thecoachingmanual.com/sessions/transitional-play-warm-up?utm\\_source=buffer&utm\\_campaign=Buffer&utm\\_content=buffer9ecfc&utm\\_medium=twitter#sthash.qtcfcRX.dpu](http://thecoachingmanual.com/sessions/transitional-play-warm-up?utm_source=buffer&utm_campaign=Buffer&utm_content=buffer9ecfc&utm_medium=twitter#sthash.qtcfcRX.dpu)