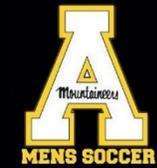


TRANSITION SESSION'S





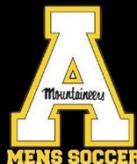
Gerard Houllier, former coach of Lyon, Liverpool and Aston Villa says that

“The most important moment in the modern game is when the ball is won or lost.”

Houllier is referring to the moment of interception of a pass, a goalkeeper’s save, a tackle in free play, or the ball going out of bounds. The reason this moment has become so critical is that defenses are so well organized that many teams can only be scored upon when they are attacked before they get into their defensive shape.

The Dutch FA highlight the four main moments in the game;

- 1) We have the ball. **Attacking**
- 2) We lose the ball. **Transition (from attacking to defend)**
- 3) They have the ball. **Defending**
- 4) They lose the ball. **Transition (from defending to attacking)**



Soccer Tactics - Transition Play

Transition Play

Stepping back for a second, the aim of the game of soccer hasn't changed since its inception: Score goals and prevent the opposition from scoring on you. Sounds simple, but with today's athletic ability, technical ability and sophisticated training methods, its not so simple anymore, or is it?

Looking at the game from a different perspective, one can say that soccer is a game of constant change of possession. So one team is always defending trying to win the ball, while the other wants to move the ball into scoring position and score. Unless the team in possession scores, there will be a change of possession. After change of possession, both teams will need to transition:

The team that lost the ball now needs to transition from attacking to defending, trying to force a turnover. The team that was defending now needs to transition to attacking. How best to do this?

The simple answer in today's soccer is:

AS FAST AS POSSIBLE

Speed is of the essence. Looking at it from both teams' point of view:

Transitioning to Defense:

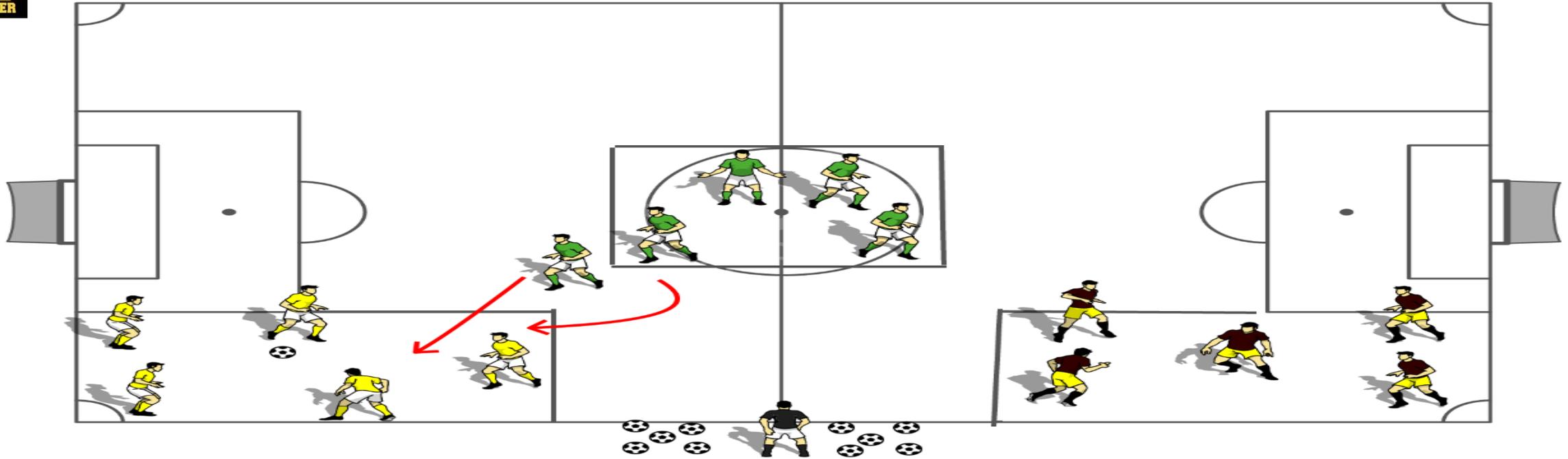
You want your team to immediately pressure the ball and not let the opponent get organized into an attacking mode. This is best done by putting a challenging and a support player on the opponent with the ball and everyone else to close down passing options by marking players and closing down passing lanes. This requires mental and physical speed. Mentally, your players need to react extremely quickly to a change of possession, perceive the position and movement of opponents and anticipate possible plays so they can prevent them. This requires lots of training sessions, co-ordination of positional responsibilities and communication. Physically, players need to be able to get to their destinations as fast as possible, sprinting and not jogging is the requirement.

Transitioning to Offense:

Your team has won possession of the ball. It should already know what the opponent wants, i.e. see comments above. Your goal is to get the ball moving towards the opponent's goal as quickly as possible, before the other team has done its job of marking and closing down options. In this transition, your players also need to react quickly, perceive where the spaces and opponents movements are, anticipate plays and make the runs and passes quickly. This requires technical accuracy (passing in particular), physical speed and mental speed.

If you train your team to be fast in both transitions, faster than any opponent you can imagine, and train to execute accurately at high pace, you will be successful.

3 Team's of 5 - 5 v 2 Transition Game "Over The River"



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3 grids of 15 x 15

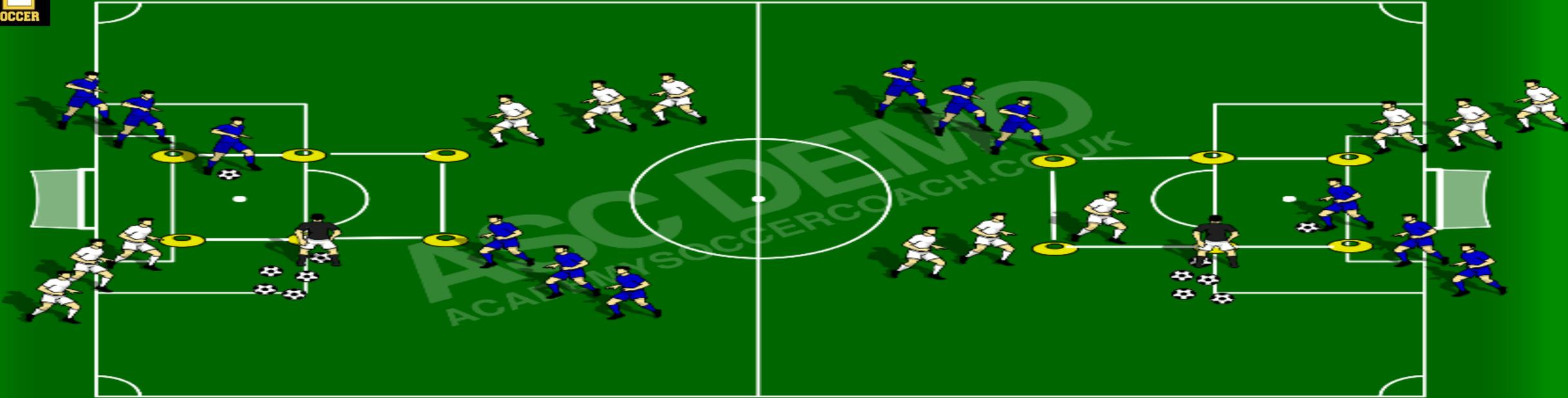
Phase 1 - Warm Up, 4 vs 1 in each grid. Att players have 1 touch and Def just need to touch to get out of the middle. Players will move from grid to grid on command doing dynamic stretches in between or sprinting to another grid based on certain instructions.

Phase II - Balls are played in from the coach to either grid on the right or left. Once the ball is played then two Def's from the middle grid go into that grid and play 5 v 2. Att team has to connect 10 passes to get a point. Def's just need a touch to send the 5 into the middle and 2 continue on to Def in the other grid. The middle group walks into the grid their teammates just touched the ball in. They will now wait for the coach to play a ball into their grid where they will play 5 v 2. 1st team to 5 goals wins.

Phase III - Same as previous phase except now the Def team must win the ball and connect a pass or dribble out of the grid. The Att team must have everyone touch the ball and then play across to the opp grid. If this happens then 2 new Def's will come out of the middle and the 2 who were Def go back into the middle grid until their team wins the ball and connects or dribbles out. Att team can win the ball back if they loose it to the Def 2 and keep the possession going and scoring points. 1st team team connect 10 passes between grids will win.

Coaching Points - Att team - 1st touch, movement off the ball, support angles, tempo, patience & quality in the final penetrating ball to opp grid. Def team - close the ball as quickly as possible, work hard/together, make play predictable and disrupt tempo and service.

1 v 1 Transition



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Grid is 20x10 can vary depending on age and level. Adjust to 24x12 for 2v2 progression.

Phase 1 - Speed of Approach - MUST SCORE FROM ATT HALF

Rules: Ball is played in by coach in the middle of the grid. Att Player must get into the Att half then complete a pass to his teammate in opp corner. If the Def gets beat they stay on and Def the new Att. Def wins the ball and can score to either corner. Then the Att player becomes the Def. Ball goes out of play a new ball is played and two new players begin. Play until one team scores 11 goals.

Coaching Point - Def; direct pressure on the ball as fast as you can, most direct line to the ball, Def chop steps as the get closer to the ball. Stay disciplined, move your feet and block penetrating passes. **Att;** Good 1st touch, get the Def unbalanced so you can penetrate via the dribble or pass

Phase 2 - Angle of Approach - CAN SCORE FROM ANYWHERE

Rules: All rules stay the same, except now the Att player can score from any where on the field

Coaching Point - Def; Cut out the penetrating pass with your angle of approach then close down the ball., Def chop steps as the get closer to the ball. Stay disciplined, move your feet and block penetrating passes. **Att;** Head up and penetrate on 1st touch if you can. Look to play around or through the Def, get the Def unbalanced so you can penetrate via the dribble or pass

> 2v2 Transition



**1 Def from each corner comes out
2 Att from same corner comes out**

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Adjust to 24x12 for 2v2 progression.

Phase 1 - Speed of Approach - MUST SCORE FROM ATT HALF

Rules: Ball is played in by coach in the middle of the grid. Att Player's must get into the Att half then complete a pass to his teammate in opp corner. If the Def's get beat they stay on and Def the new Att's. Def's win the ball and can score to either corner. Then the Att players becomes the Def's. Ball goes out of play a new ball is played and FOUR new players begin. Play until one team scores 11 goals.

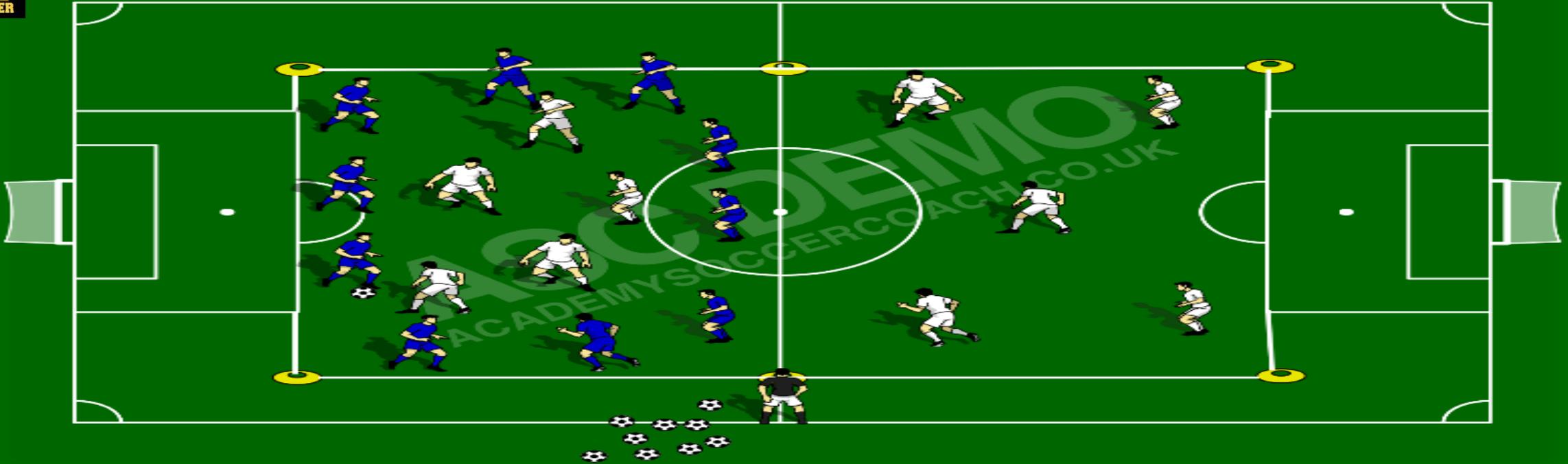
Coaching Point - 1st Def or closest; direct pressure on the ball as fast as you can, most direct line to the ball, Def chop steps as the get closer to the ball. Stay disciplined, move your feet and block penetrating passes. 2nd Def cuts out the penetrating pass and covers the 1st Def. Roles Alternate with each pass usually. Att; Good 1st touch, get the Def unbalanced so you can penetrate via the dribble or pass

Phase 2 - Angle of Approach - CAN SCORE FROM ANYWHERE

Rules: All rules stay the same, except now the Att player's can score from any where on the field

Coaching Point - Def; Cut out the penetrating pass with your angle of approach then close down the ball., Def chop steps as the get closer to the ball. Stay disciplined, move your feet and block penetrating passes. Att; Head up and penetrate on 1st touch if you can. Look to play around or through the Def, get the Def unbalanced so you can penetrate via the dribble or pass

10 v 5 Transition



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Grid is 55x65 depending on age, level and numbers.

Phase 1 - Speed of Play for Att team. 1st touch, creating space, support angles. Def team -working together to make play predictable for the defenders to limit the Att team's options.

Rules: Att's can score by connecting passes in the Att half (5 passes = 1 goal or everyone touches it = 1 goal. Def team just has to touch the ball then a new ball is played in from the coach to the opp half. The white jersey's then keep it from the blue with the same rules.

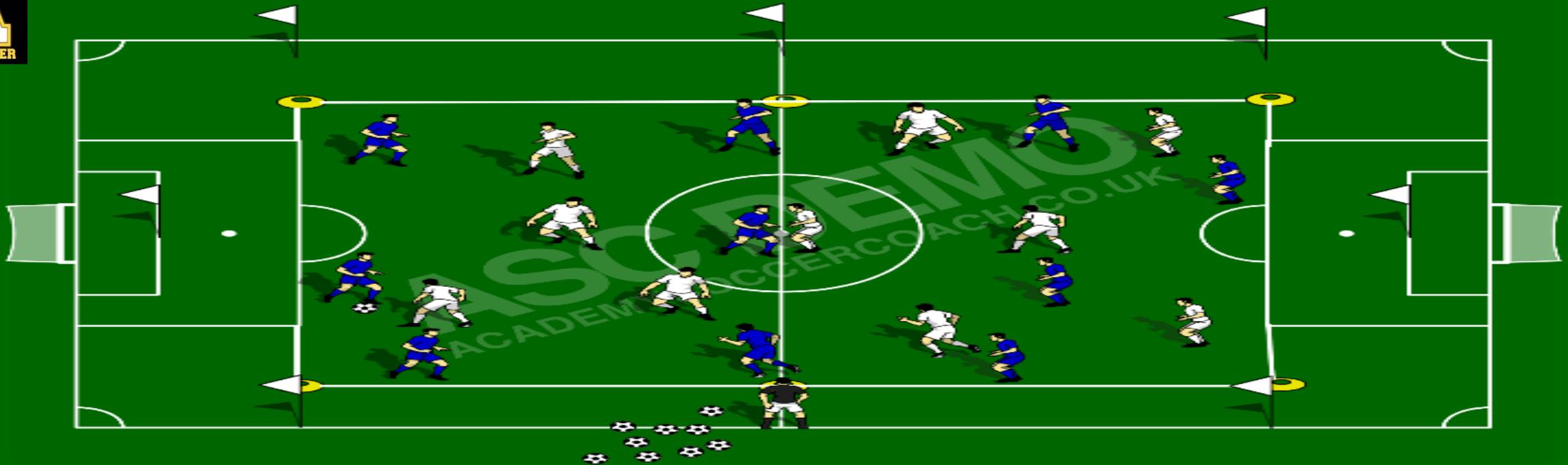
Coaching Point - Att always create Width, Depth & penetration. Def always stay compact and rotate roles of pressure, cover and balance.

Phase 2 - Create combo's and split Def for points. Def must now win the ball and penetrate to their side to score a point.

Rules: Def team must win the ball and penetrate to teammates in other half. Att team immediate pressure if lost to win back before the Def can connect across.

Coaching Point - Att is movement off the ball to create space for teammates to combine or open up passing lanes to penetrate. Def stay composed enough to win the ball back and then transition from Def to Att. Def 5 in transition grid have good shape so you can keep the ball once you win it.

10 v 10, 8 v 8 or 6 v 6 - Transition Possession



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Grid is 55x65 depending on age, level and numbers.

Phase 1 - Speed of Play for Att team. 1st touch, creating space, support angles. Def team -working together to make play predictable for the defenders to limit the Att team's options. Communication & Decision making for both teams being a man up or man down for moments.

Rules: Att's can score by connecting passes (5 passes = 1 goal. If Att player turns the ball over then that player has to sprint around the nearest flag. (7 of them are placed around the field) Def team transitions to Att team and plays a man up for 10 secs or so. 1st team to 10 cumulative goals wins.

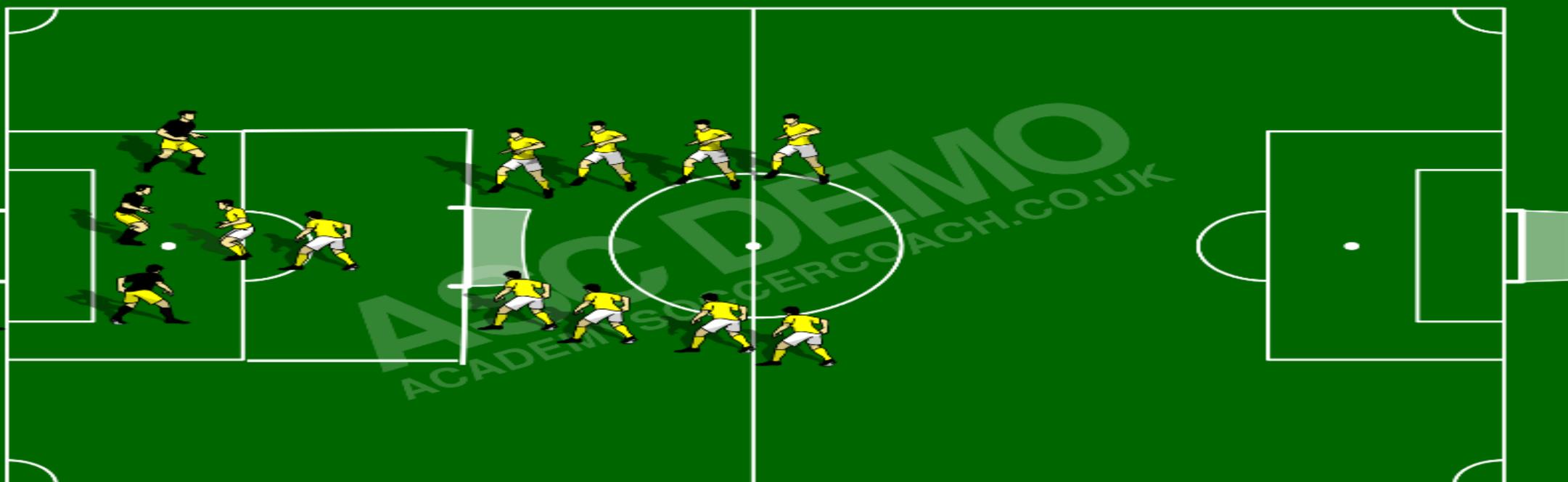
Coaching Point - Att always create Width, Depth & penetration. Don't force things and turn the ball over easily. Def always stay compact and rotate roles of pressure, cover and balance. Team transitioning to Def needs to get pressure on the ball and make play predictable. Don't chase and over commit especially early as you are down a man. Att team make quick decisions and exploit the number up advantage.

Phase 2 -Speed of Play for Att team. 1st touch, creating space, support angles. Def team -working together to make play predictable for the defenders to limit the Att team's options. Communication & Decision making for both teams being a man up or man down for moments.

Rules: Player that turns the ball over has to sprint around a flag and one other player as well. Only score off of one touch passes connected. Team that connects 21 one touch passes cumulatively first wins.

Coaching Point - All the same now you add in figuring out where the pressure is coming from and what spaces to play into that have been vacated by players leaving the grid on a turnover. Want to get players to recognize where space is in transition so they can secure the ball 1st and get at the other team 2nd.

3 v 2 -> -> 2 v 1 Transition to 2 Goals



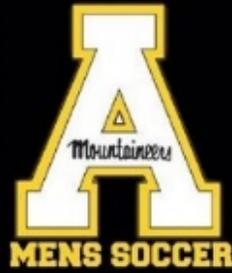
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Grid is 44 x 36 depending on age and level

Phase 1 - Att players try to combine as quickly as they can to create scoring opportunities, get shots and score. Def work to get pressure on the ball, delay the Att's and eventually destroy the attack and look to counter attack.

Rules: Def team (2) plays into the Att team (3). Att team scores then it resets with 5 new players and the Att team now becomes the the Def team. If the Att team turns the ball over ie: pass, missed/saved shot attempt the Def (2) teams GK outlets a ball into them and whomever made the turnover (ie: missed/saved shot etc..) then defends the 2. after that sequence it resets with 5 new players. NO sequence will go past an attacking and defending opportunity for each team.

Coaching Points - Att - Go as fast as you can while maintaining a level of control. Go fast but not in a rush. When numbers up you need to be aggressive to combine and get a shot off. Look to overlap, and create 2v1 scenarios. Need 3rd man to break lines and open up space. Def - Be disciplined, use the sidelines & off sides line as your 3rd Def. Delay, Deny penetration and block shots. VERY important to be on the same page with the GK. When the ball is in a wide area the GK will protect the near post and the Def job is to block/protect the back post from a shot or cross. Players out of control or lacking discipline will over commit and an Att player will be able to cut back and have the whole goal to pass into.



Questions??

Thoughts....Discussion

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