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25 TRANSITION PRACTICES

*Designed by Professional Coaches
Worldwide*

25 Transitional Practices



Online Publishing 2018
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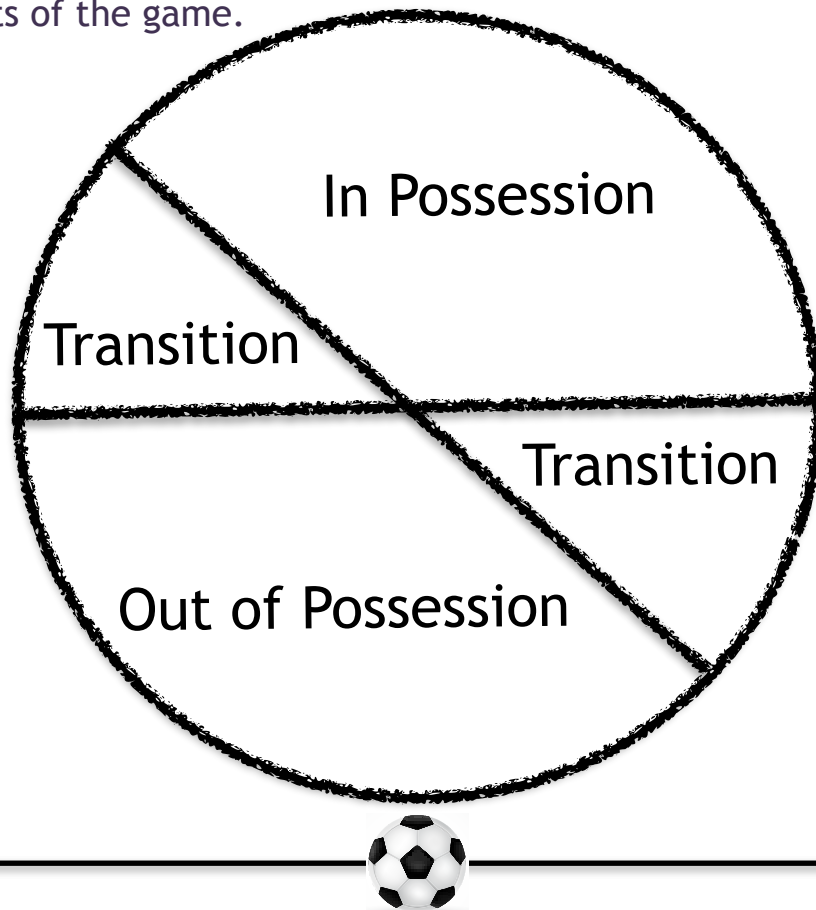
25 Transitional Practices

Transitions

The transition is an area of the game that has seen increased focus in the last 10 years, this is the time where a team going from 'In Possession' to 'Out Of Possession' or visa versa, the defensive transition is where the team go from in possession to out of possession, the attacking transition is where a team go from out of possession to in possession.

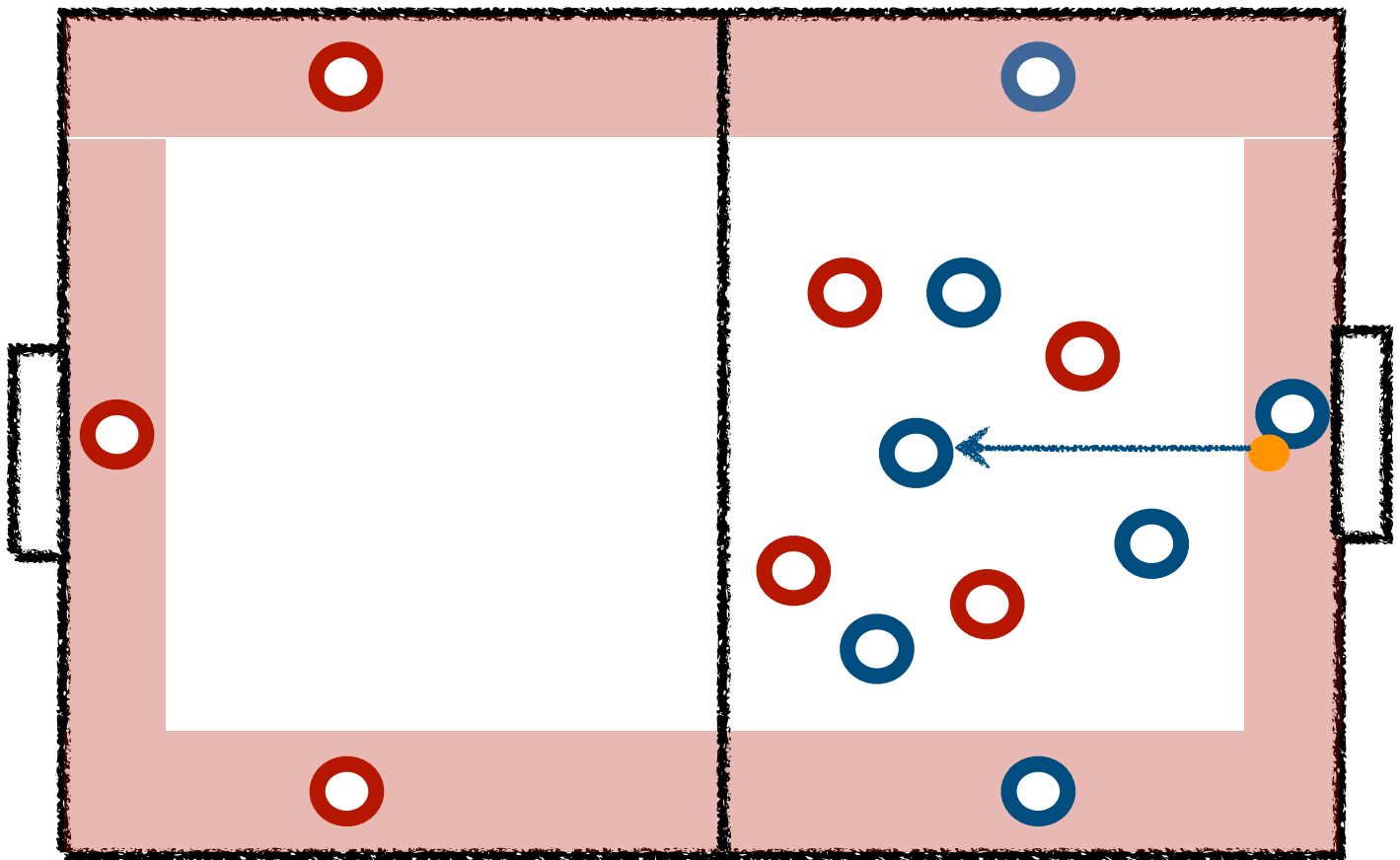
This area of the game has received increased focus due to the vulnerability seen in teams during these moments, it is often where a team are most suspect to being attacked as they have not been able to organize defensively. In the defensive sense the team who lose the ball have the best opportunity to win it back in the earliest moments.

Training these moments allows your team to become more effective in the key moments of the game.





6v6 Rondo With Goals



Practice Design:

Practice takes place with a 4v4 in central areas, 2 outside players and a GK, the game is played with the outside players playing as CB. The team in possession look to play centrally in the attacking third and score

Practice Objective:

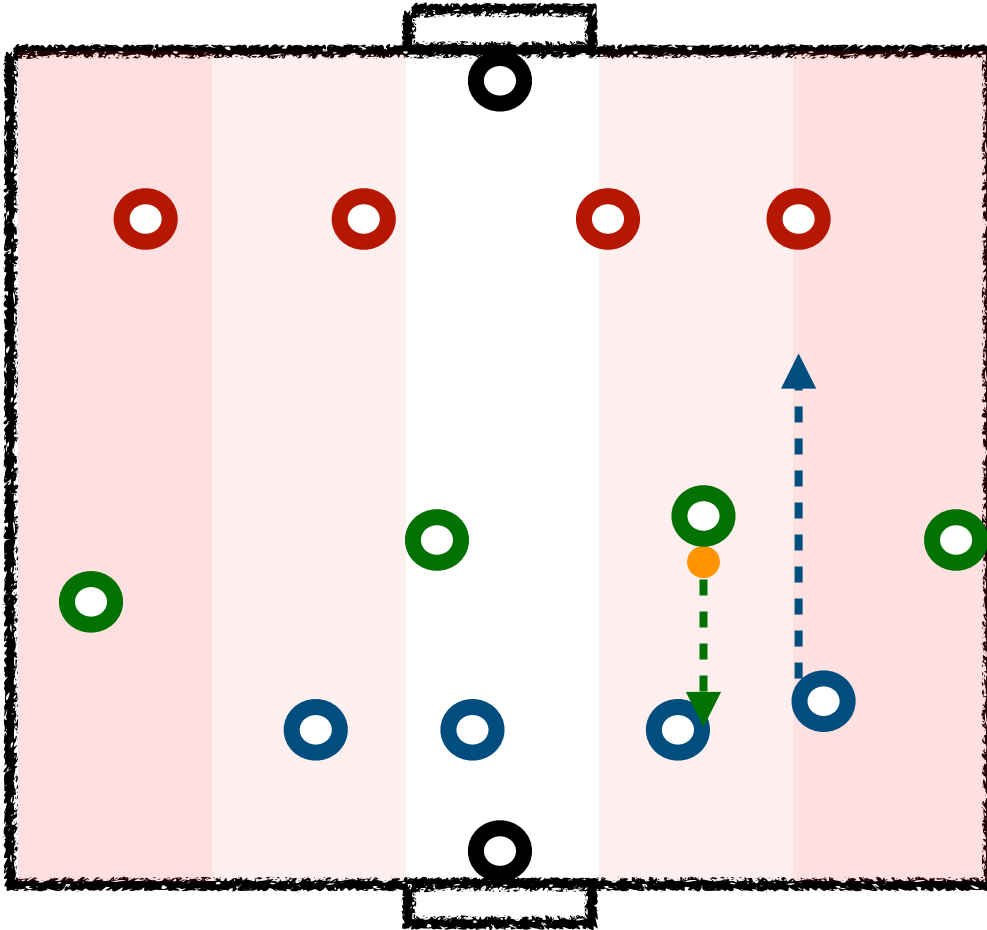
Look to win the ball in the defensive half and counter quickly in to the attacking half. This is important as attacking centrally is key when attacking. Out of possession players looking to force play wide in to the defensive support

Practice Detail:

Can players in possession still take up supporting positions that allow them to be effective during the transitional moments of the game. When out of possession can players be direct and look to penetrate the attacking half, speed of attack is the most important component in this practice.



4v4v4



Practice Design:

Greens attack blues, on the transition, the team that keeps the ball then attacks the reds, the reds then attack the team at the other end. Constantly 4v4.

Practice Objective:

Quickly react to the attacking transition, can you occupy space, the pitch shows all 5 attacking lanes, can you make sure your 4 players occupy at least 4 and both of the wide lanes, stretch the opponent and play forward quickly

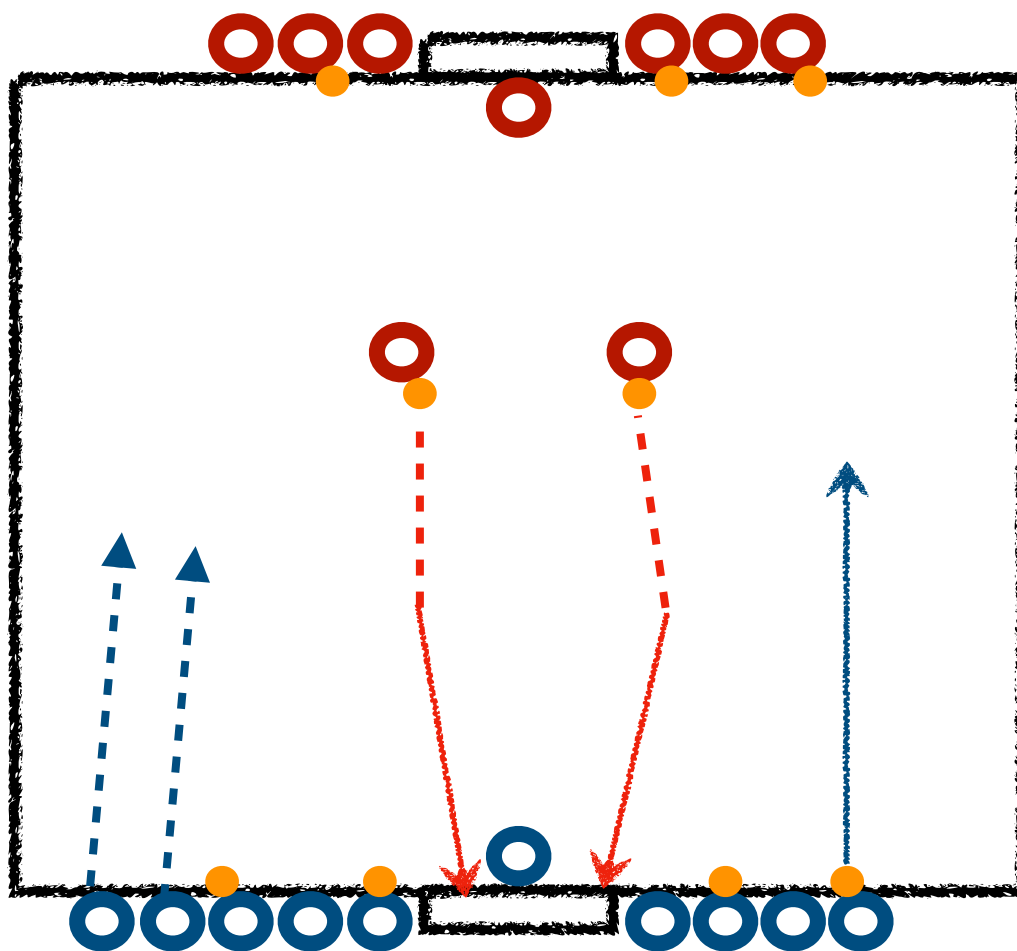
Practice Detail:

Ensure the players regaining possession (attacking transition) are aware of how to play forward early to get away from the opponent, recognising the benefit of this as it can allow the team to break in to space and play forward quickly attacking space left by the opponent who have just lost possession of the ball. This might be the best opportunity to break the opponent down.





End to End Transitional Game



Practice Design:

Both players will shoot one after the other, on the second shot, 3 blue players break out to create a 2v3, when this breaks down 2 reds break out creating a 3v4, followed by 2 more blues, to create a 5v4 until there are no players left

Practice Objective:

Create attacking players aware of when to transition and how to break with the ball quickly, train the players reaction out of possession of how they need to quickly act to an overloaded counter attack.

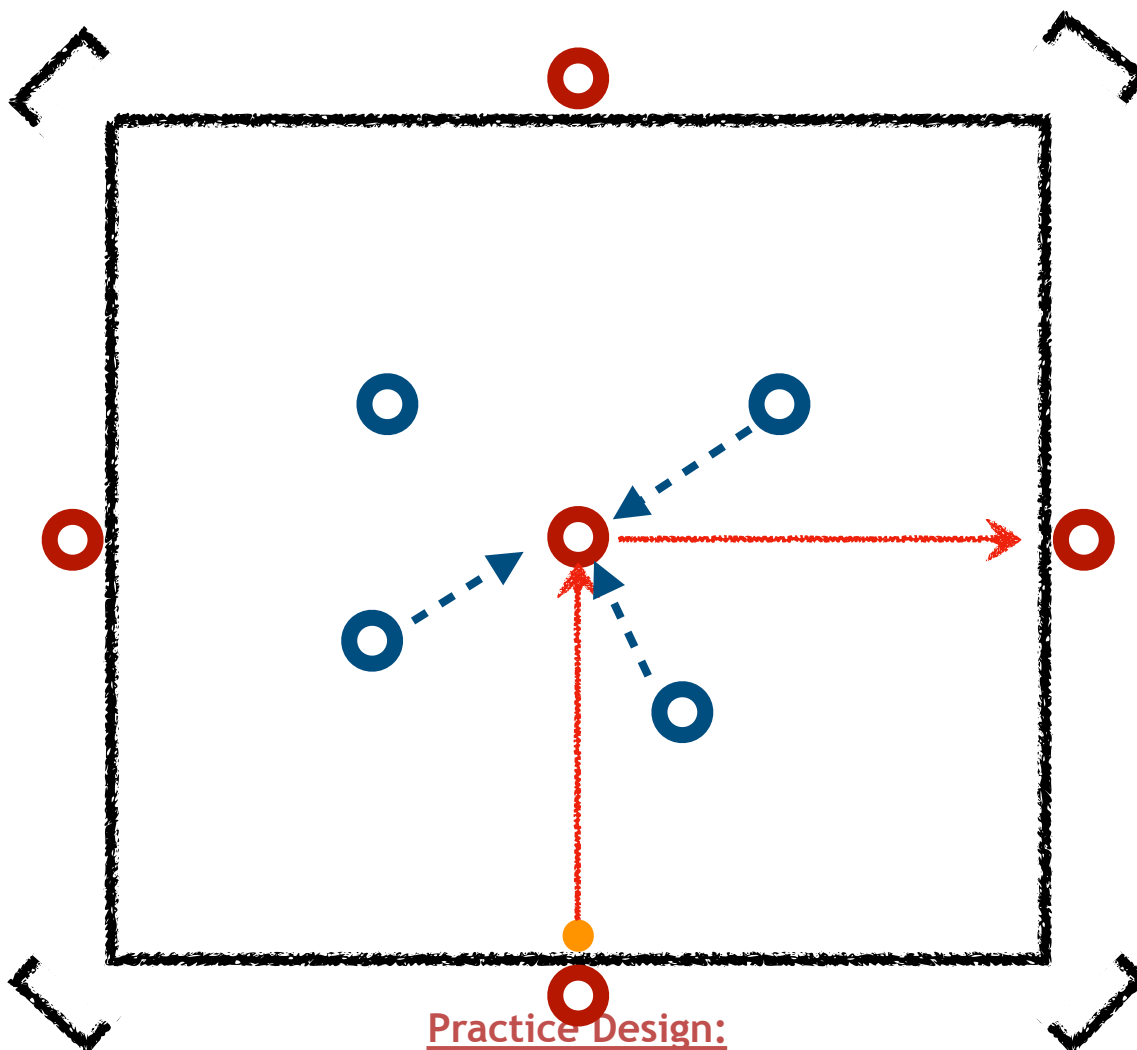
Practice Detail:

Coach vital in rewarding and reinstating the tactical detail needed, the physical output is important, so information needs to be shared during the session, and not stopping the session.



25 Transition Practices

5v4 break out game.



Reds look to keep possession of the ball using the 4 outside players, as well as the central red in order to keep possession from the blues, once the blues win possession of the ball, they must look to transition out and score via dribbling the ball in to one of the 4 goals, at this point the reds can break in to the area and prevent the counter attack

Practice Objective:

Create players who value effective possession of the ball (As there is less physical work required) further to this players who can react quickly to both the defensive and offensive transition and have a positive effect on the outcome by making quick movements towards the goal

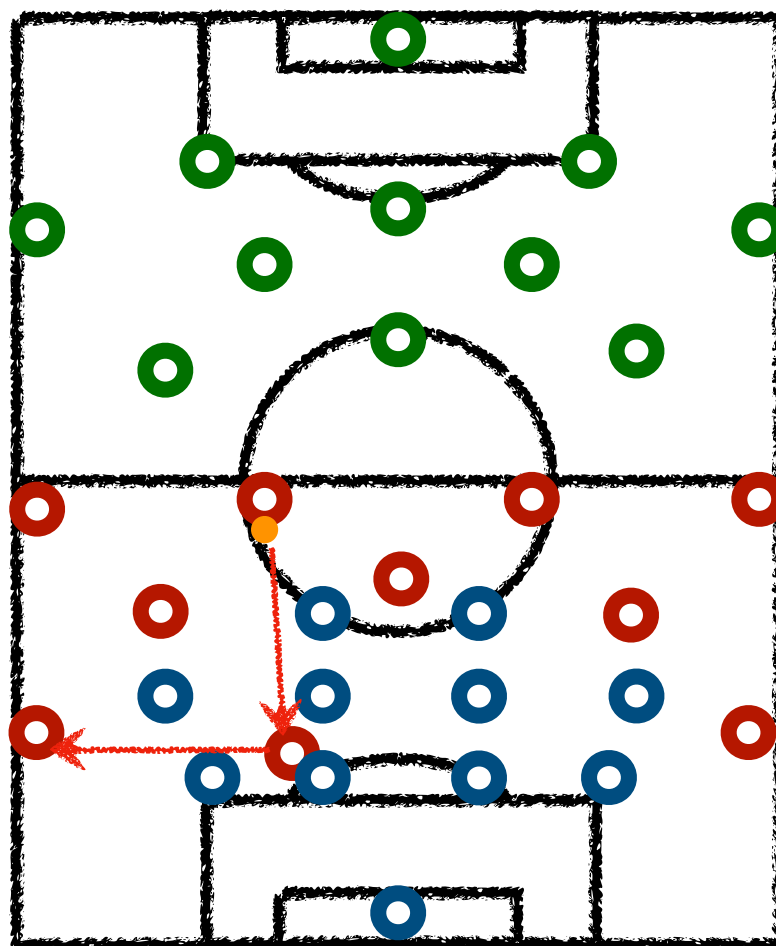
Practice Detail:

Angle of approach key both in and out of possession, how do you angle your body to force the attacker away from the goal.





11v11v11 Transition game



Practice Design:

Practice requires 3 equal teams, eg 9v9v9, 11v11v11. The First team (Red In diagram) attack the blues making it a 11v11, on the transition the blues then break out and attack the greens, this continues in a cycle on the next transition the greens (or blues if they score) then attack the reds.

Practice Objective:

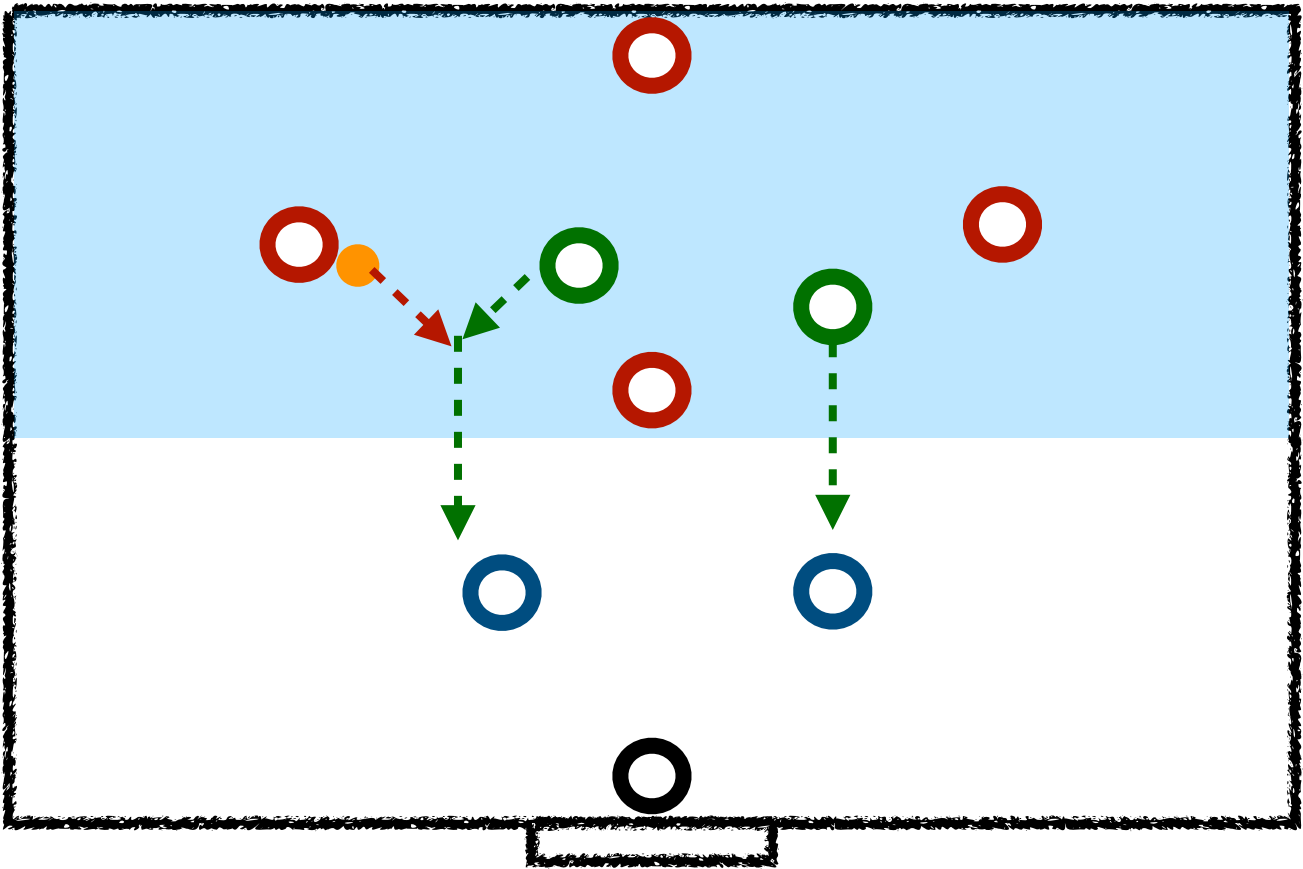
This practice looks at the wider individual and unit roles of the transition, how do we transition as a larger unit from out of possession to in possession focusing around the attacking transition.

Practice Detail:

What is the role of the player closest to the ball, can he penetrate space? What is the role of the second player, can he offer a forward option can the widest player feel the outside lane etc. these are based around your tactical philosophy.



4+2v2 Transitional Practice.



Practice Design:

4 Reds look to keep possession against the 2 greens in the blue area, when greens win the ball back, they attack quickly in to the white half creating a 2v2, the reds can then recover to prevent the greens scoring.

Practice Objective:

Quick transitional nature means greens have to break quickly and respect the attacking transition due to the recovering defenders behind. Important that the Blues delay the opponent allowing the reds to have an influence on the defensive objectives of this session.

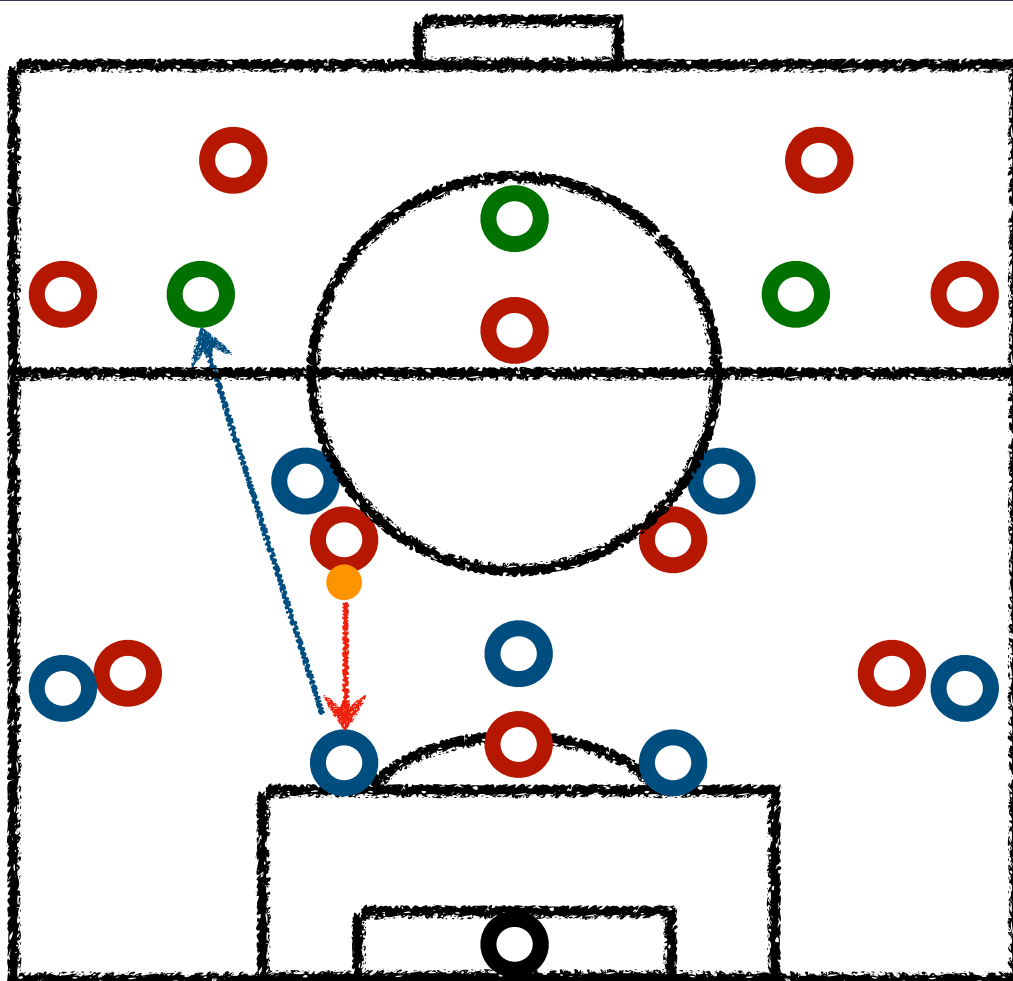
Practice Detail:

Can blues delay the opponent and deflect the attack away from goal, can the greens attack at pace and isolate the greens with forward runs. Can the reds recover to have an influence on the practice.





11v8+3



Practice Design:

11v8+3, The reds(11) attack the blues(8) in a standard game across 3/4 of a pitch, the blues defend with out attackers this gives the reds a numerical superiority however, when the blues win possession back, the greens come to life and can now be attackers this creates a 11v11 . The coach can also transition anywhere on the pitch by dropping a ball and restarting play from a different location

Practice Objective:

By starting in random positions, makes players conscious of the transition at all times checking for coach location

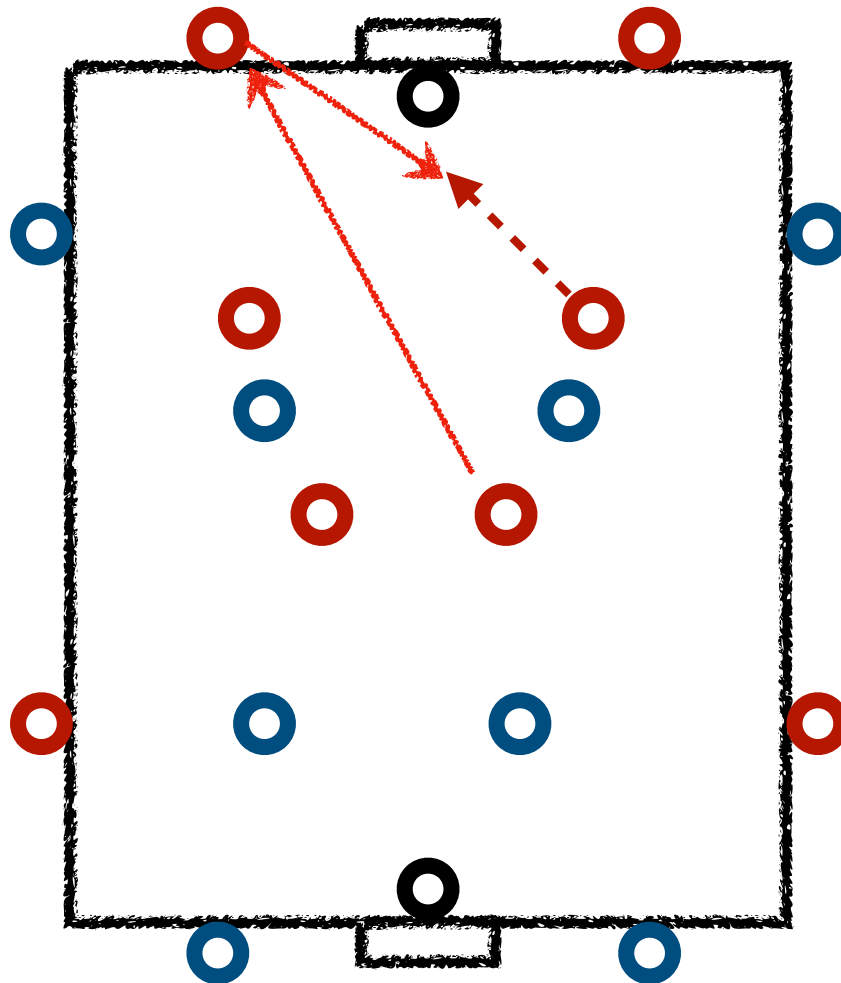
Practice Detail:

How can we react to the defensive transition quicker, more aware players, checking for coach location as well as attacking green players, training the transitional behaviors are vital to development in young players.





8v8 Rondo Practice



Practice Design:

Practice involves 8v8 with 4v4 in the middle and 4v4 on the outside, the players are looking to find their team mates next to the goal, to set cut backs and passes back across goal to finish, the practice looks at using quick forward passes to play through the opponent on the attacking transition.

Practice Objective:

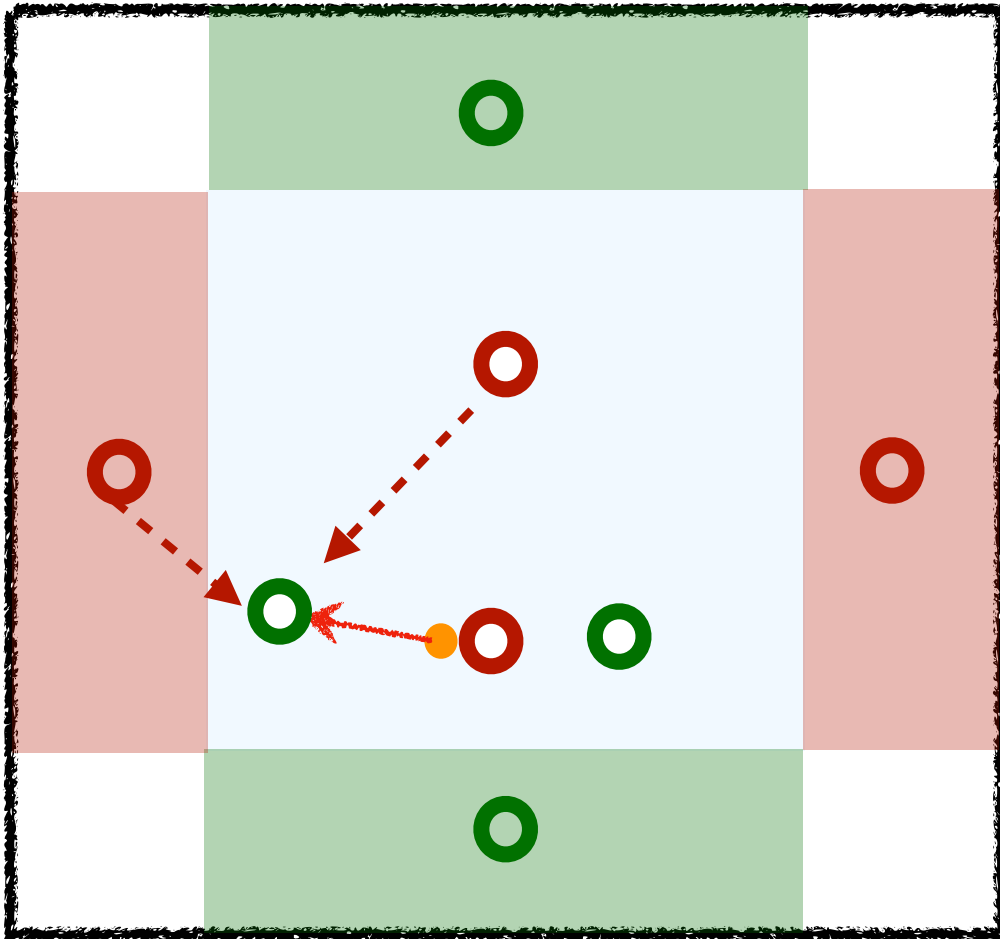
Play forward quickly through the unorganized opponent to take advantage of the turn over of possession

Practice Detail:

Forward pass on attacking transition, forward run after pass. If possession is lost can you be brave and step forward and press the opponent to ensure they can not play a forward pass, preventing the forward pass is key in this practice



4v4 Rondo Practice



Practice Design:

Greens and Reds play 2v2 in the central area, both teams have players on the outside, the team in possession look to move the player from one end to the other, the team who won possession back look to find the end man quickly

Practice Objective:

Find forward passes when in the offensive transition, can you find the forward most player quickly when regaining the ball before the opponent can reorganize

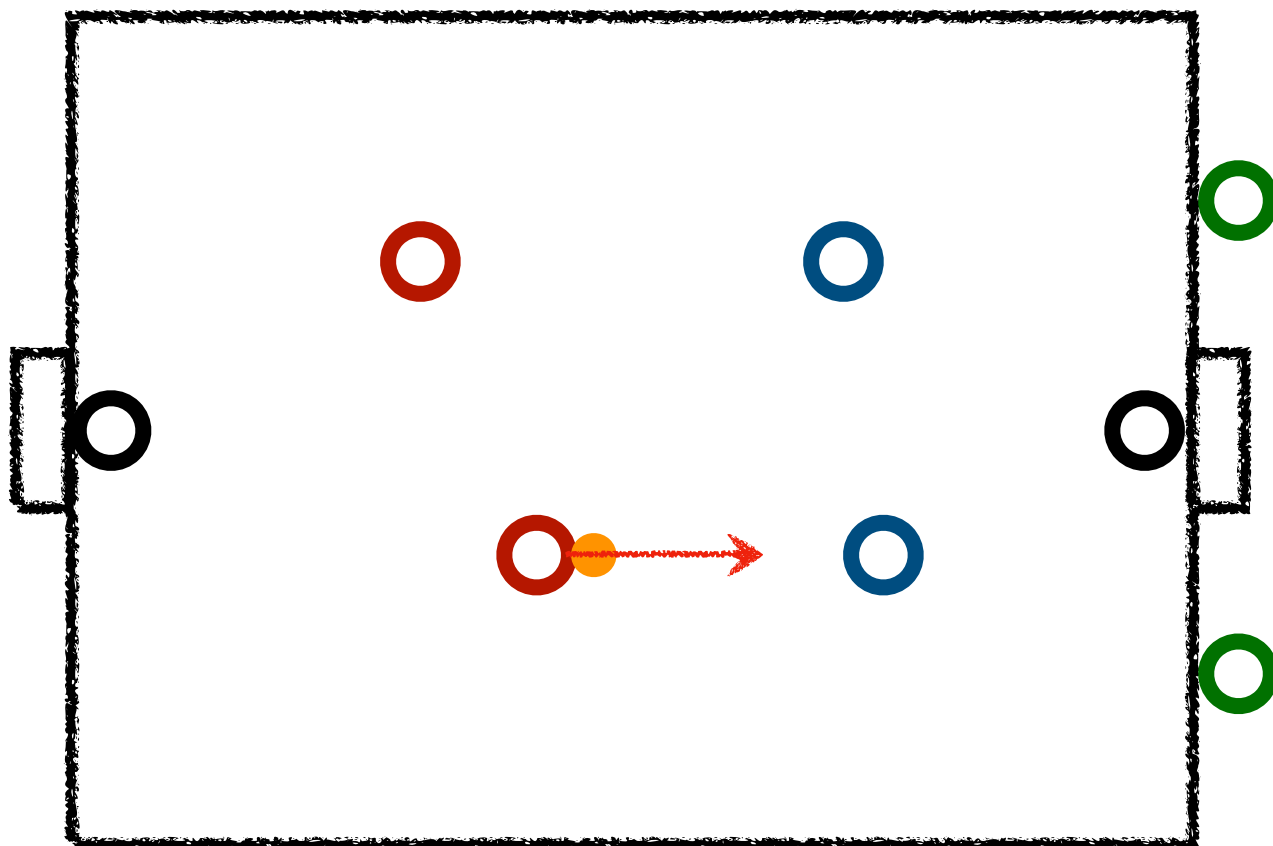
Practice Detail:

Use the width to make it difficult for the opponent to win the ball back, when losing possession quickly step in and force play wide towards your team mate on the outside. When regaining possession look to play quickly through the opponent who is out of balance and keep possession.





2v2v2 End to End Game.



Practice Design:

Reds attack blues, on the transition, the team that keeps the ball then attacks the Greens, the Greens then attack the team at the other end. Constantly 2v2.

Practice Objective:

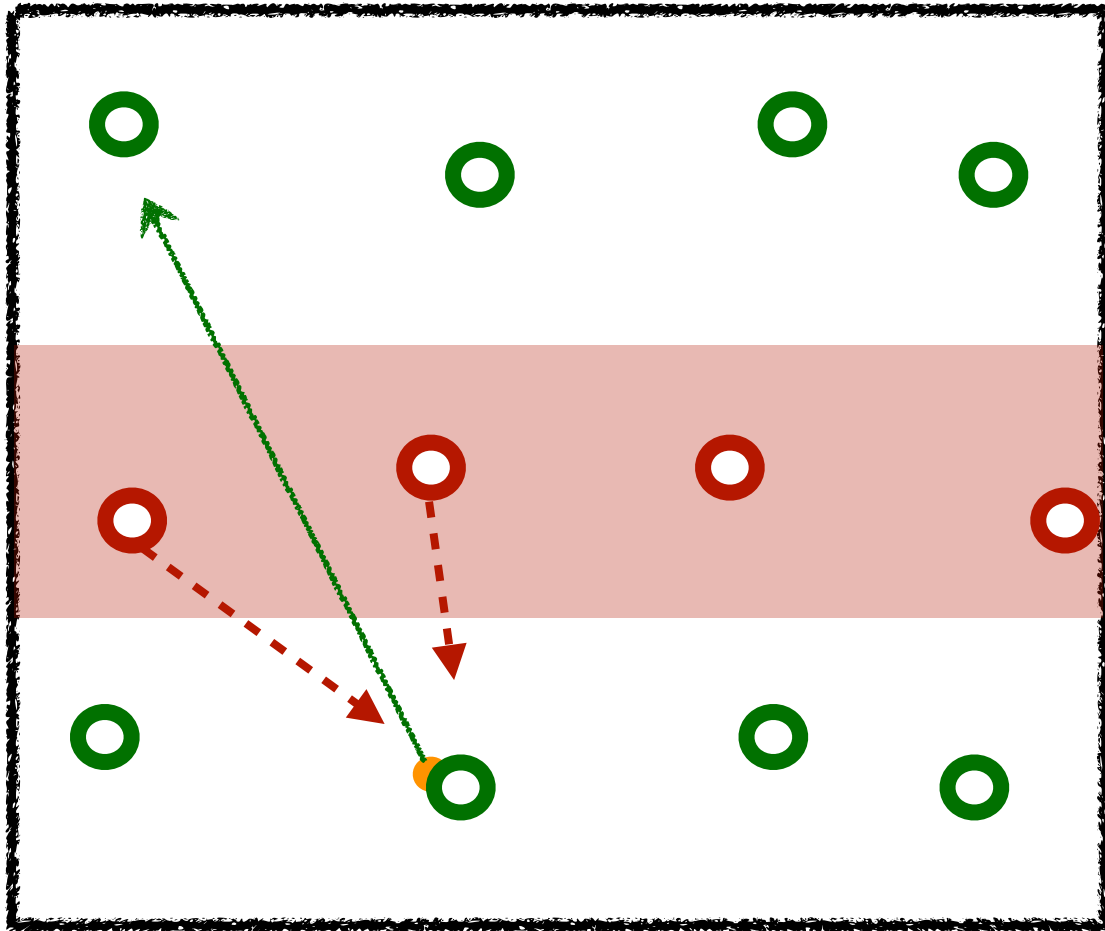
Transition quickly and look to dominate the 1v1, different from the larger format practices, ensure players can dominate individual and dual battles using pace, power and persistence isolating the opponent and beating them 1v1 on the transition

Practice Detail:

Recognize when to step in and win from the opponent then look to attack with speed, can you break quickly and isolate one of the two defenders, if you can look to drag them away from their team mate and beat them 1v1, if you are the second player look to stay away and stretch the opponent to allow for space to attack and run in to.



4+4v4 Rondo



Practice Design:

This is a simple 4v4v4 where the central players press and the outside players look to keep possession amongst them

Practice Objective:

Central players react to possession moving, how does the unit become compact, where and when do they press and how do the greens move the ball in order to keep possession

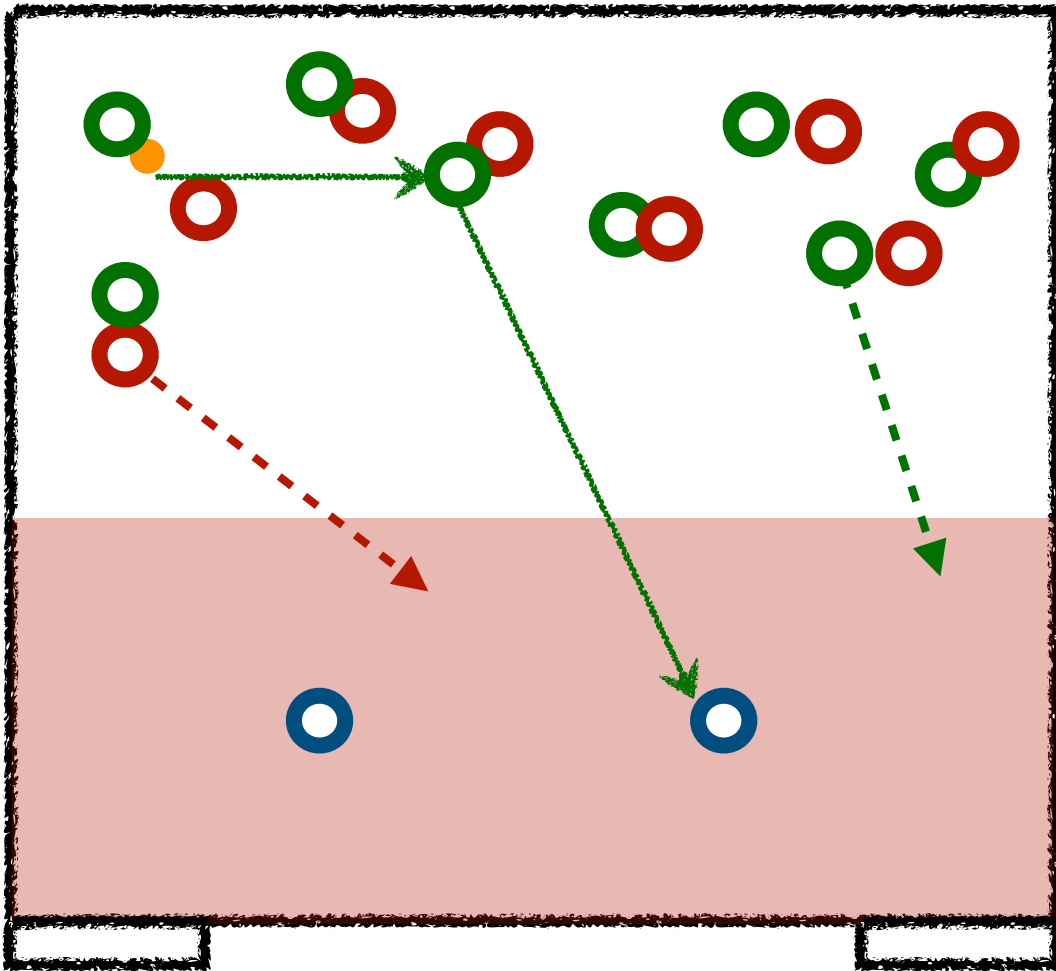
Practice Detail:

When can you play across (Score points by switching the ball across) So playing early through a defense that has lost its shape may be beneficial. When do you step out and press, when is the ball opposite you, when the reds win possession back who can step in tight and force the ball away from the reds.



25 Transition Practices

8v8+2 Transitional Game



Practice Design:

Play takes place in the white half 8v8 green v red. Once the reds or greens make 5 passes they can transition out through the blue, in order to score in either of the goals.

Opponents can recover in to that zone

Practice Objective:

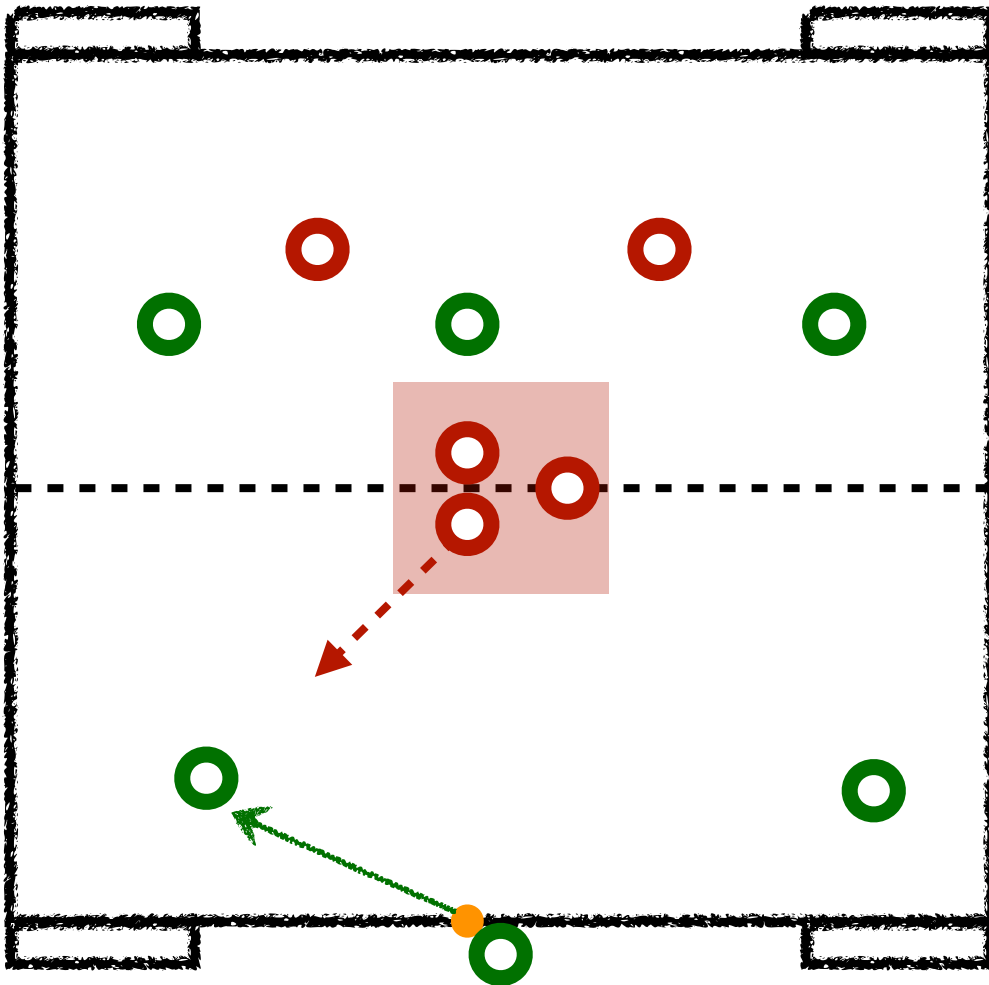
Score using the blue players, once you've made 5 passes in the top zone. Team out of possession must transition out, and prevent the opponent scoring in either goal.

Practice Detail:

Once 5 passes are made, recognize the space and make penetrating runs in to the opponents half to prevent any chance of the opponent defending. The opposite applies to the defensive side who focus on preventing the opponent breaking at pace, preventing the blues playing back to the offensive team and getting bodies behind the ball.



6v5 Transition Boxes



Practice Design:

Greens play out from the back using the player on the outside of the practice, as this first pass takes place, the 3 central reds (in the red square) can break out in to try and win the ball from the greens, greens look to play the ball in to the other zone to allow their team mates to play 3v2 if reds win possession of the ball they score in the two nearest goals.

Practice Objective:

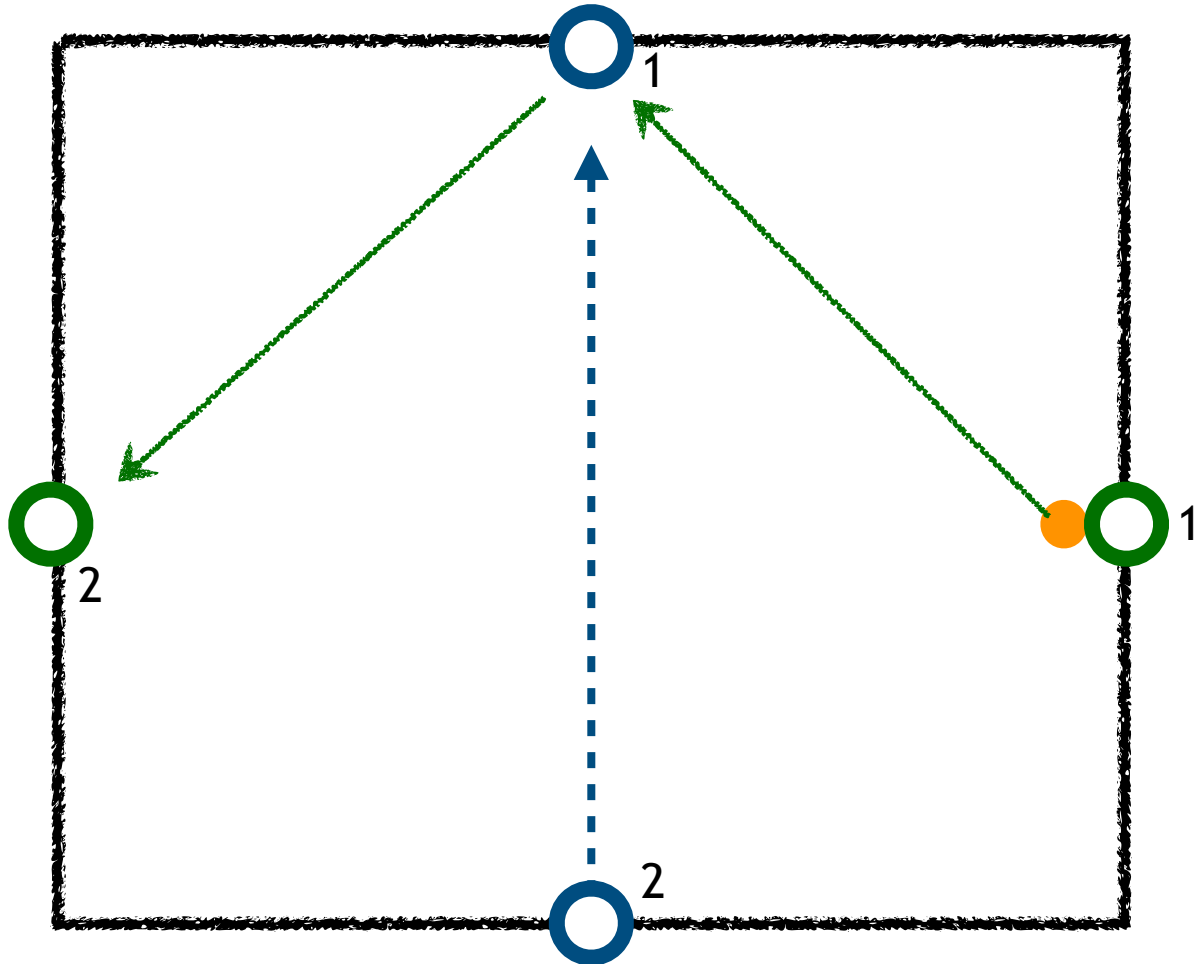
Create players who can stop the forward pass just after the transition by getting across quickly and getting down the line of the ball. But also create players capable of being able to play quickly through the oncoming press and play to attacking team mates.

Practice Detail:

Detail is very important in this practice, red players must travel as the ball travels to give them a chance to stop the forward pass, they must angle their runs so they end up between the ball and the opponent, secondary players must protect passing lanes



Transition Passing Practice



Practice Design:

Very Simple passing practice, the player with the ball passes the ball to his right, the player opposite then presses, so in this example Green 1, passes to Blue 1, as this happens Blue 2 presses blue 1, Blue 1 then passes to Green 2, who is pressed by Green 1, then Green 2 passes to blue 2, who is pressed by blue 1.

Practice Objective:

Create players who are able to stay focused in and out of possession and recognize when to press, they must stay engaged in the practice as they are likely going to need to press and recognize when to do it.

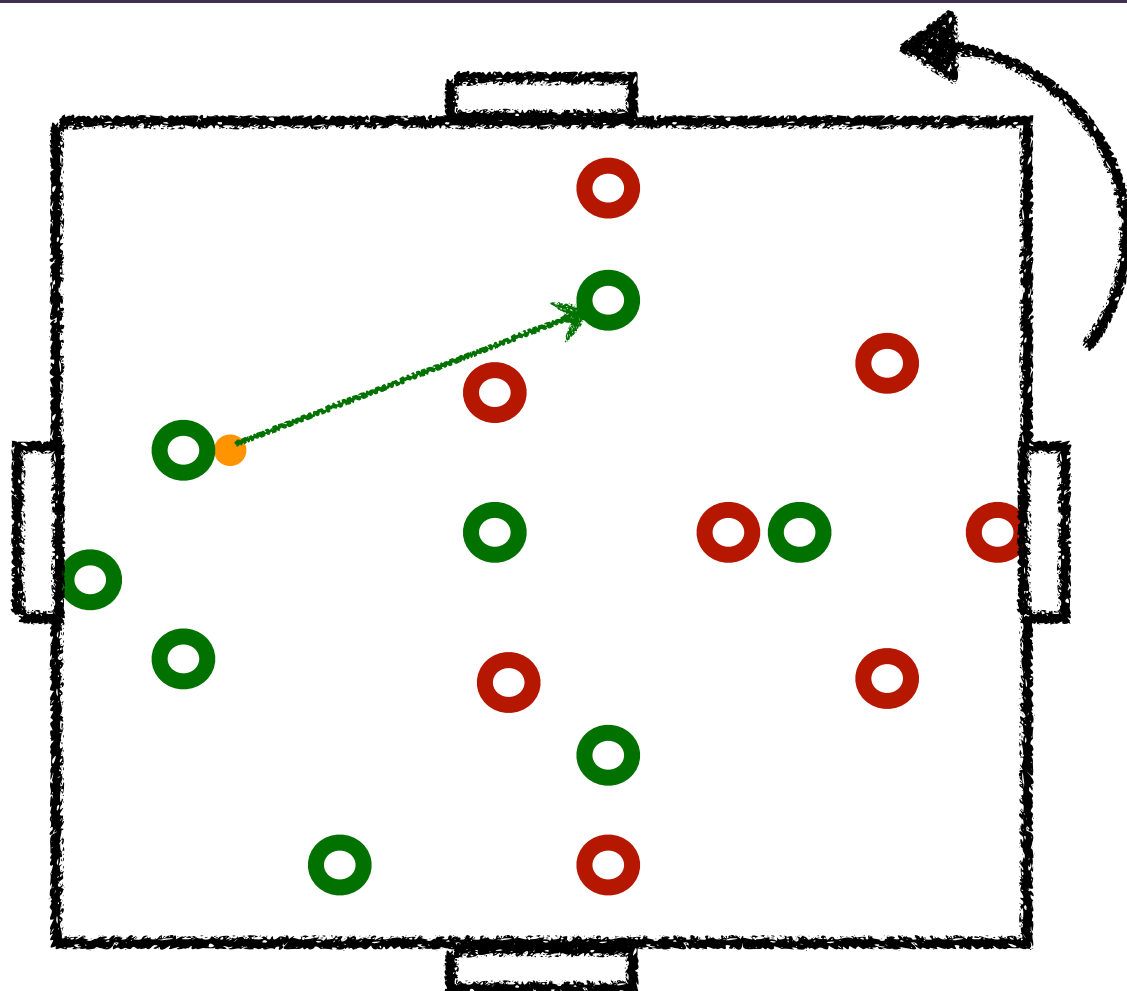
Practice Detail:

Detail of passing very important as it will deny the opponent the chance to win the ball. When pressing make sure the players travel as the ball travels to make it realistic.





Rotating Game



Practice Design:

Game is played 8v8 on a 30x30 area, when a goal is scored you then attack the goal to your right, so the pitch is constantly moving

Practice Objective:

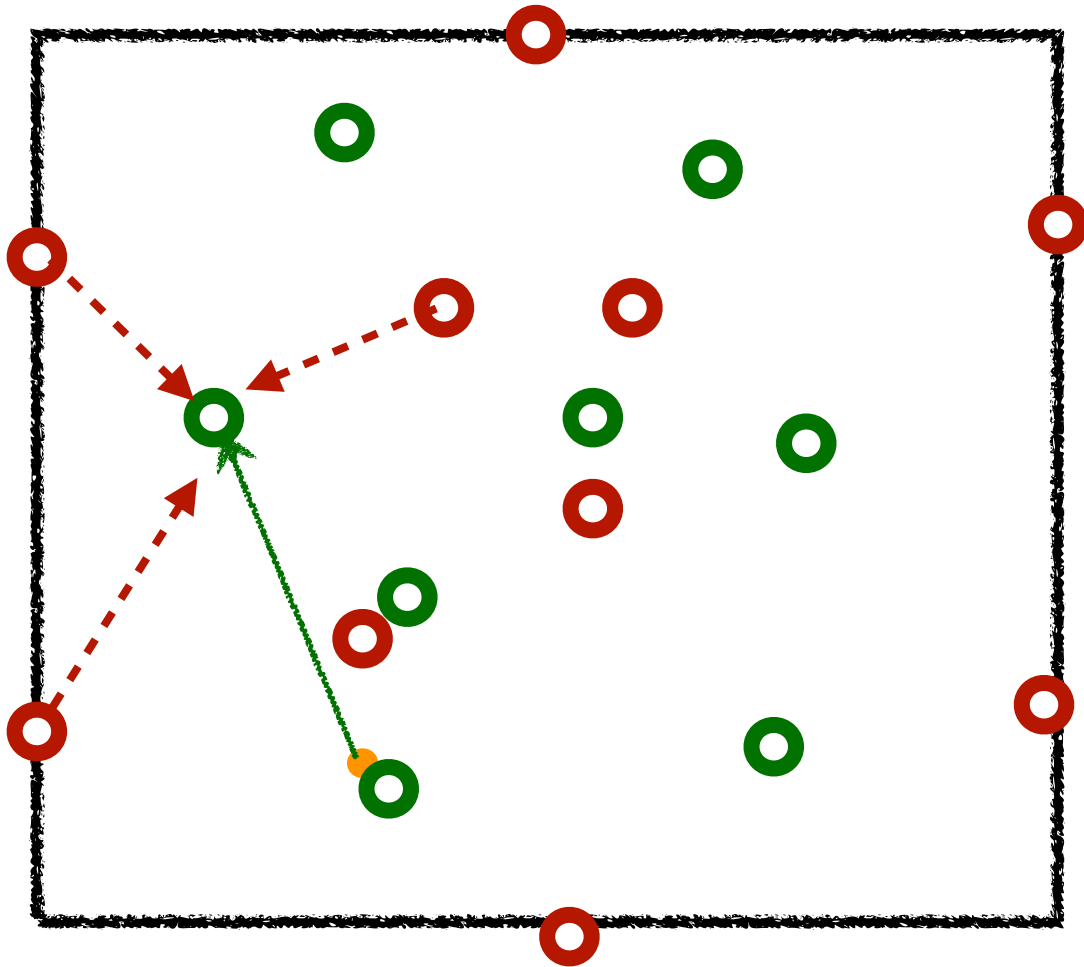
This will create players capable of thinking about the game out of possession even when in possession, it. Will even influence the starting position of the GK. Teams will recognize to play quickly during the frenzy of the transition to play through the opponents

Practice Detail:

Movement of players towards new goal, who can delay the opponents first pass? In possession who can pick up space in between the opposition lines in order to play through the opponent whilst they organize. Encourage players to be direct and attacking and look to create advantages in the transitional moments of the practice.



10v8 Counter Pressing



Practice Design:

Game starts with 6 outside reds, 4 reds inside the area, and 8 green defenders in a very large practice, the reds look to keep the ball whilst greens look to win it. If greens win it reds must come inside to create 10v8 and create a frenzy and win the ball back as quick as possible.

Practice Objective:

Recognize the frenzy needed when counter-pressing can you win the ball as early as possible, can you force the opponent backwards and away from goal.

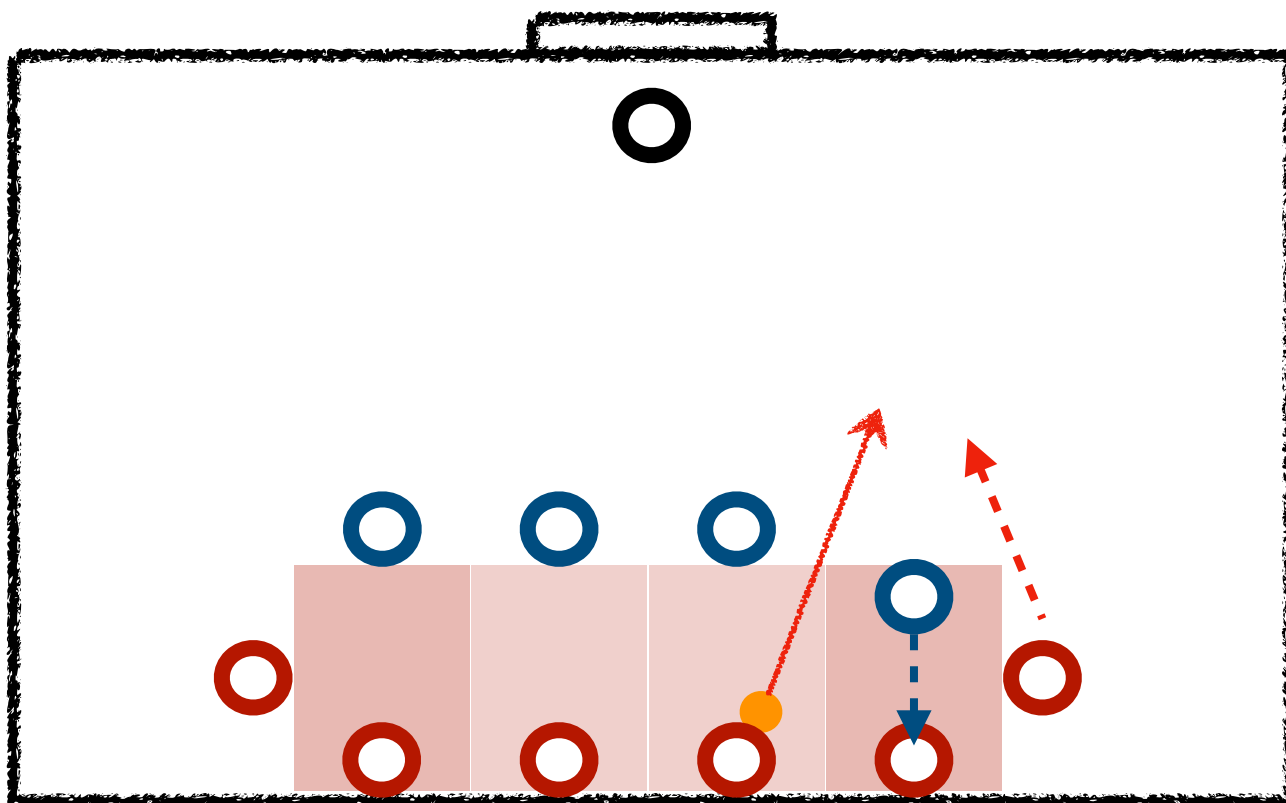
Practice Detail:

Movement of central players out of possession must be to get tight to the greens and show them towards the outside of the practice where they may've numerical advantages. Encourage defensive overloads and become as tight as possible to one area of the pitch with a huge numerical advantage.





4 Lane Recoveries



Practice Design:

Practice begins with 4 small lanes at the top of the practice, with a red and a blue at each end, and 2 reds on the end, as a red receives possession, the opposite blue will step towards him and look to win possession. The reds then need to move the ball to try and use the space left behind the defender, once they find the space (As shown in diagram) then the blues and reds can recover in to the attacking zone (White Zone)

Practice Objective:

Can we use bounce passes to find the space left behind the opponent, once the attackers play behind the defensive unit, can they transition quickly to protect the space left behind

Practice Detail:

Angle of recovery run, can you keep the attacker wide, keep the attacker away from goal. Can the attackers look to make their runs between the width of the box to commit the defenders, can team mates try and pull support away to isolate 1v1

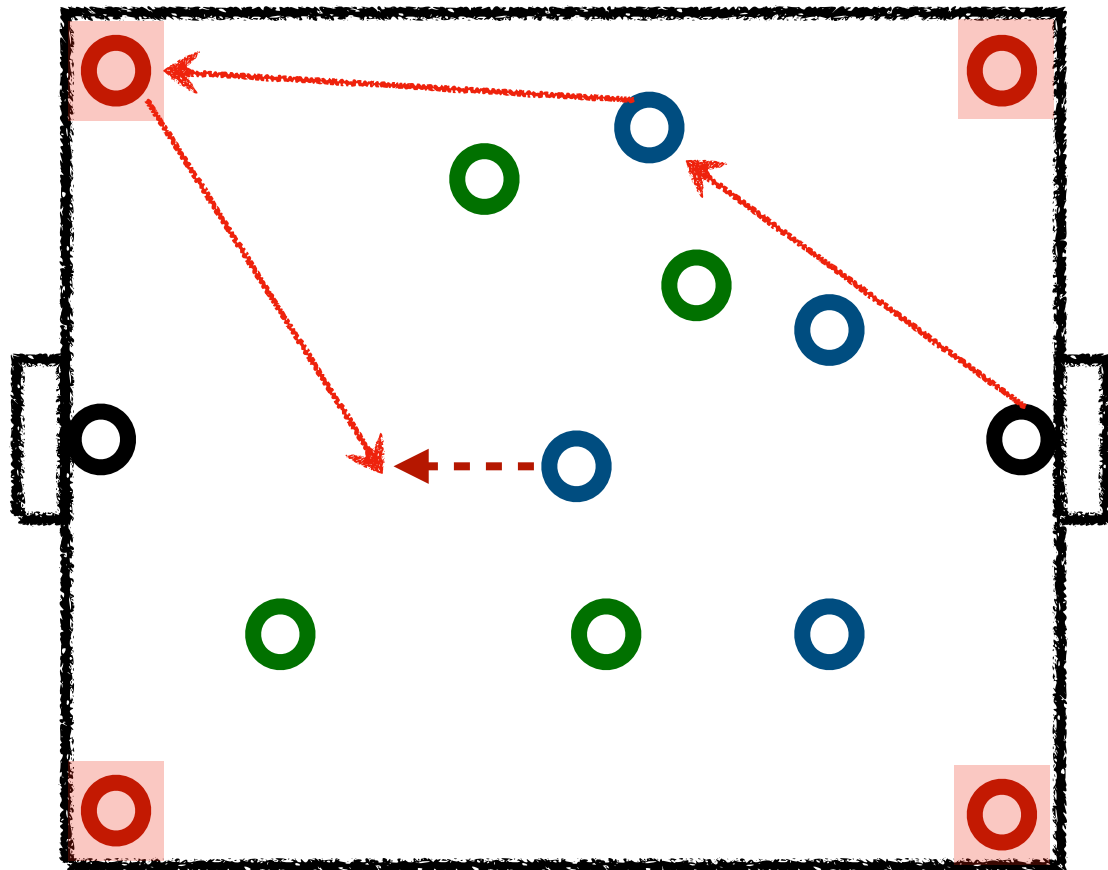


25 Transition Practices



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4v4+4 Diamond Attacking Game



Practice Design:

Practice has 2 goals, one each end, with 4 neutral players in each corner of the practice. The central players then compete 4v4 using the corner players to Create attacking opportunities, by transitioning out through the red players and receiving cut backs across goal to finish

Practice Objective:

High intensity practice, challenging players to play forward under the duress of physical intensity. Can players still practice making positive decisions when to play forward when to transition and play forward, how to support play in the box?

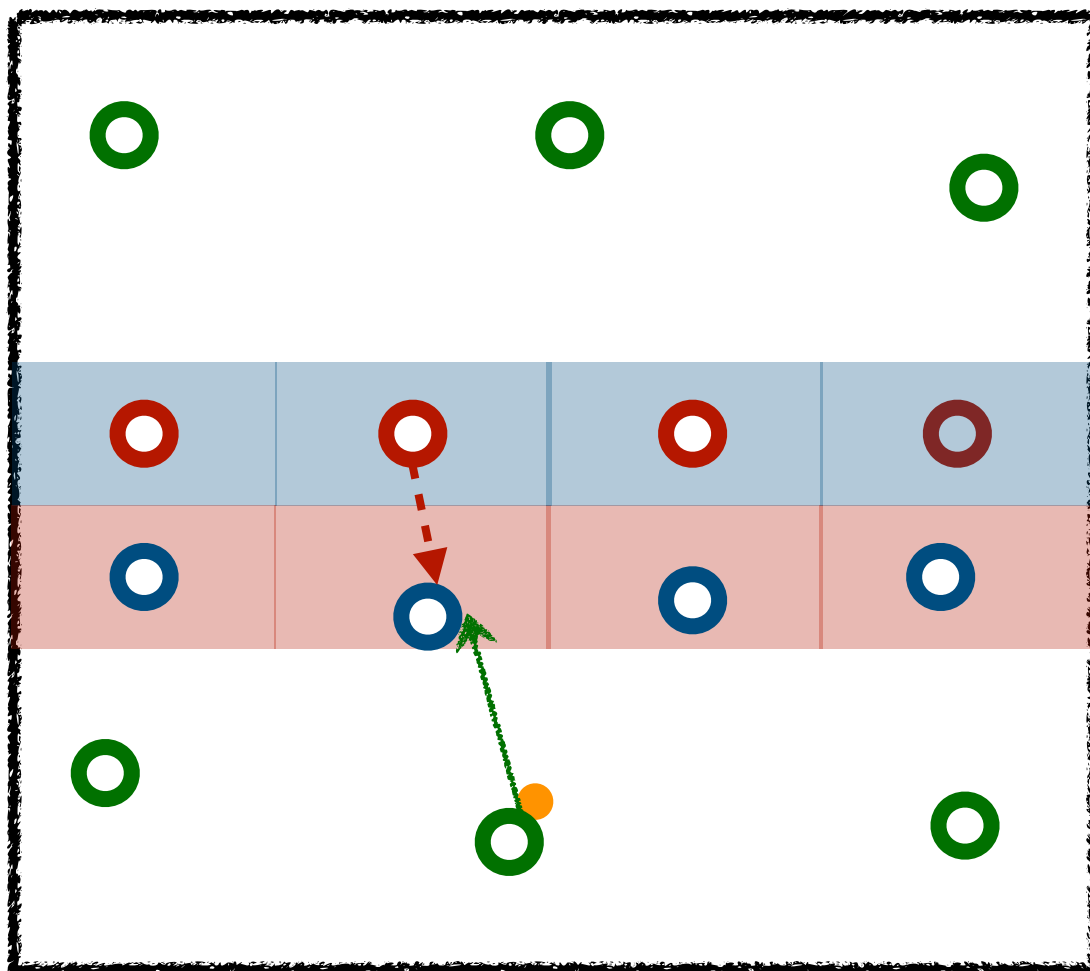
Practice Detail:

Detail is significantly important in this practice, can players get on the half turn early and play in to space or wide outside players, then can players attack the box to score, before recovering to protect the defensive transition.





12 Man Possession Block



Practice Design:

Practice has 4 lines of 4, Greens need to work possession from one side to the other using the central players closest to them, in the example shown its Greens+Blues+Greens. As possession switches Greens+Reds+Greens.

Practice Objective:

The objective of the practice is to get players used to receiving with play with their back to goal, and how when transitioning to the offensive transition you must be aware and able to receive comfortably with your back to goal in order to be able to play forward and positively influence the game

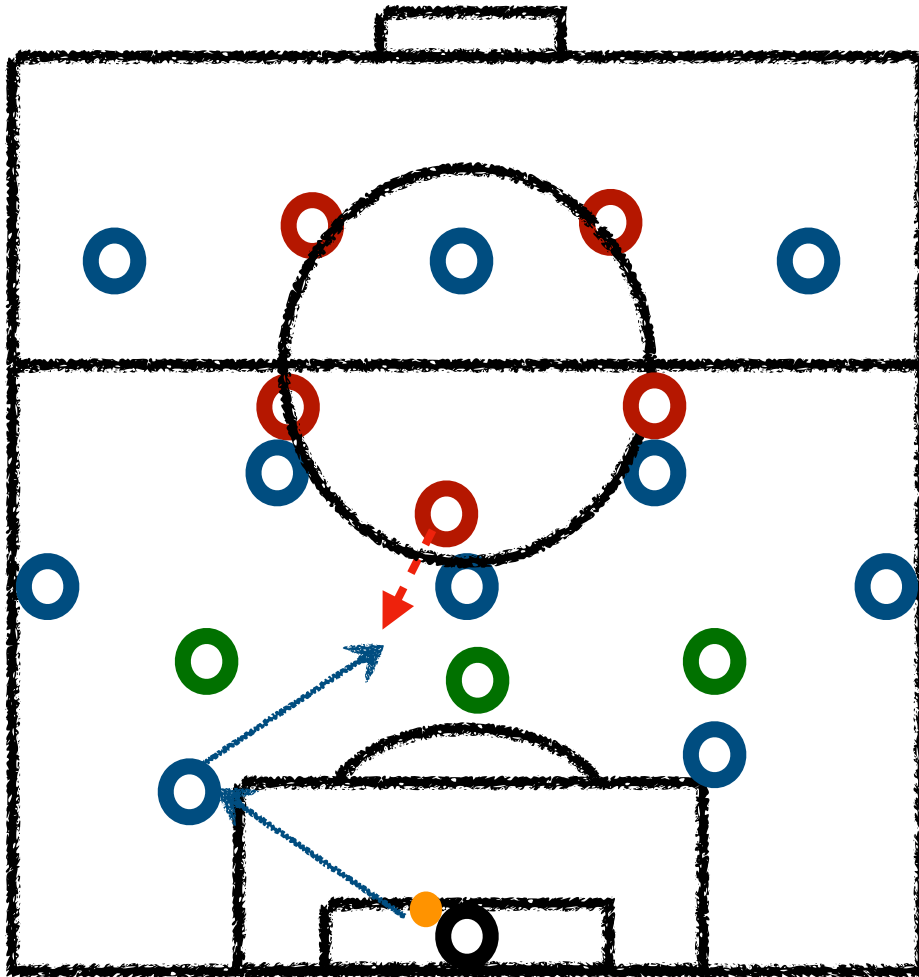
Practice Detail:

Make sure the greens cover 3 different lanes whilst the team in the central area cover at least 2 other lanes ensuring all 5 lanes are covered, if the opponent wins possession they can counter quickly playing back in to the greens keeping possession of the ball.





Half Pitch Rewards



Practice Design:

Risk-Reward practice, Blues set up 1-4-3-3 V the greens and reds who set up 1-2-3-3. The Greens are in a different color just to amplify their significance in this practice, blues play out, greens press high and look to win it. Simple half pitch practice.

Practice Objective:

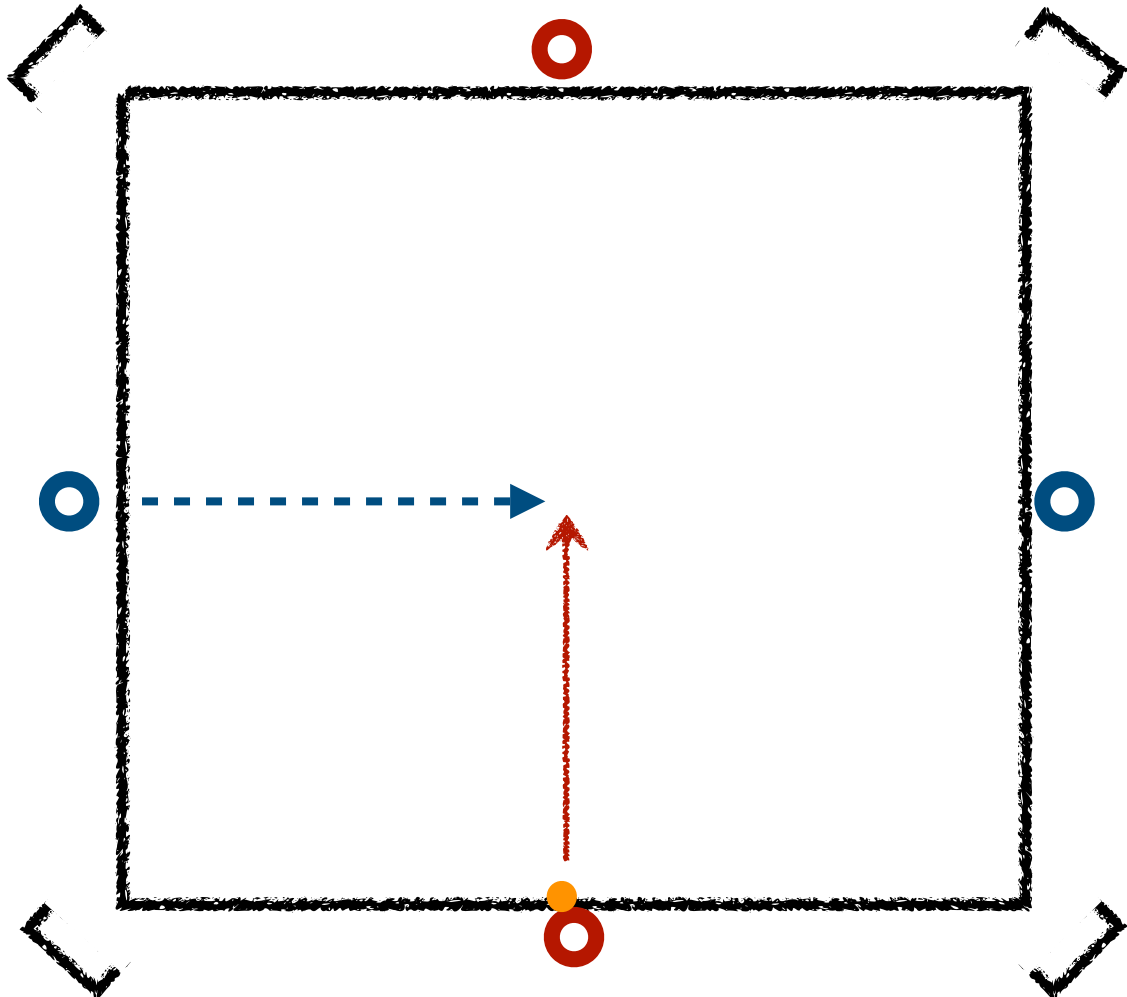
Objective is clear blues have a numerical overload so half to risk playing out to to get in to more advanced areas with numerical overload. Greens are challenged to stay high and press and attack on the change over of possession.

Practice Detail:

Red central players lock on to midfield players in order to influence the game in possession if possession is over turned. Greens look to isolate play on one side of the pitch and the press and win possession if this is successful direct movements towards goal is key.



1v1 Transitional Duals



Practice Design:

Very simple but effective practice, red player drives out attacking the 2 far goals, the blue runs out to defend and force the opponent wide, as this practice breaks down the red runs from the other end and the blue from the right side presses, this is a continuous practice working bottom to top.

Practice Objective:

Players who can react quickest to the transition occurring in the game before them will have the greatest opportunity for success, encourage a highly competitive environment where players who remain engaged have the greatest opportunity to be successful.

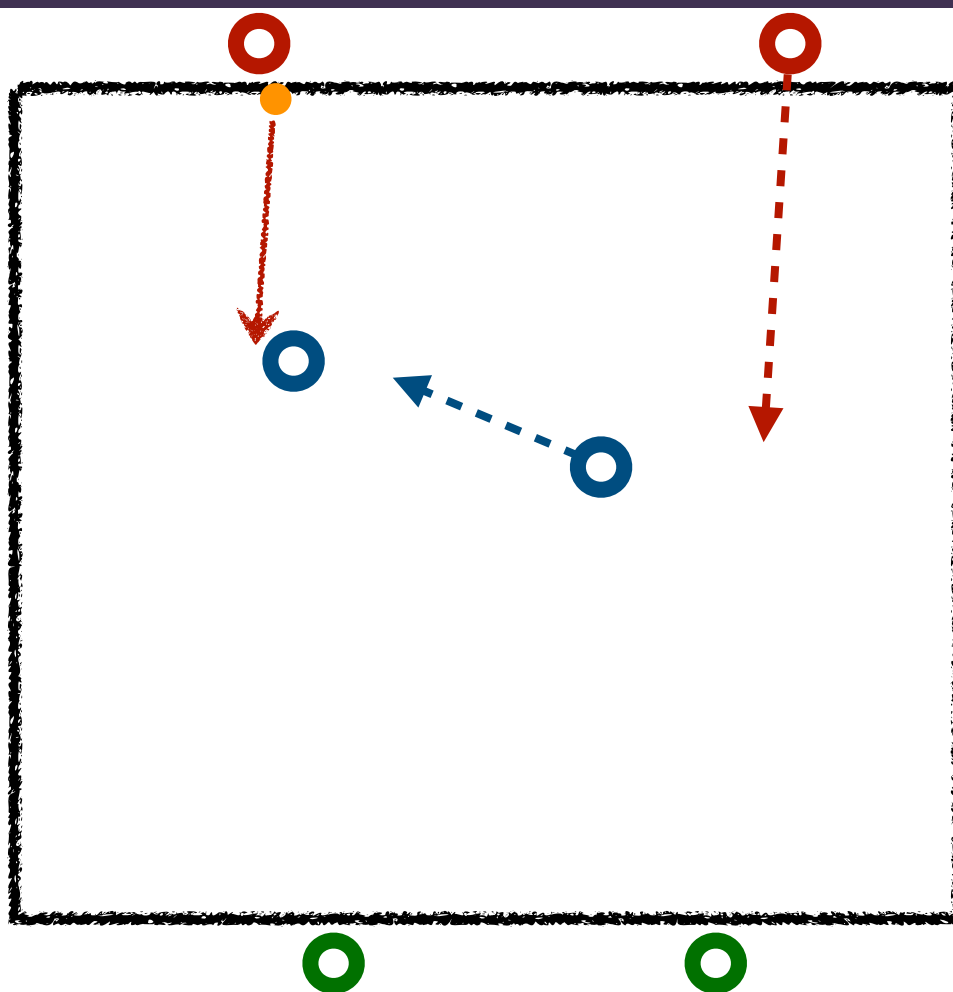
Practice Detail:

A big touch out of the attacking players feet will allow the player to be effective, when driving in to the space commit to the goal furthest away from the opponent and be direct. Out of possession can players look to make contact with the opponent and force them wide.





2v2v2 Duals



Practice Design:

Practice is made of 3 pairs. The first pair attack the central pair, this would be the red pair attacking blue, the winner of this dual would then have to defend against the green pair that broke out, whilst the losing pair would drop on to the outside, this would continue in order for the duration of the practice.

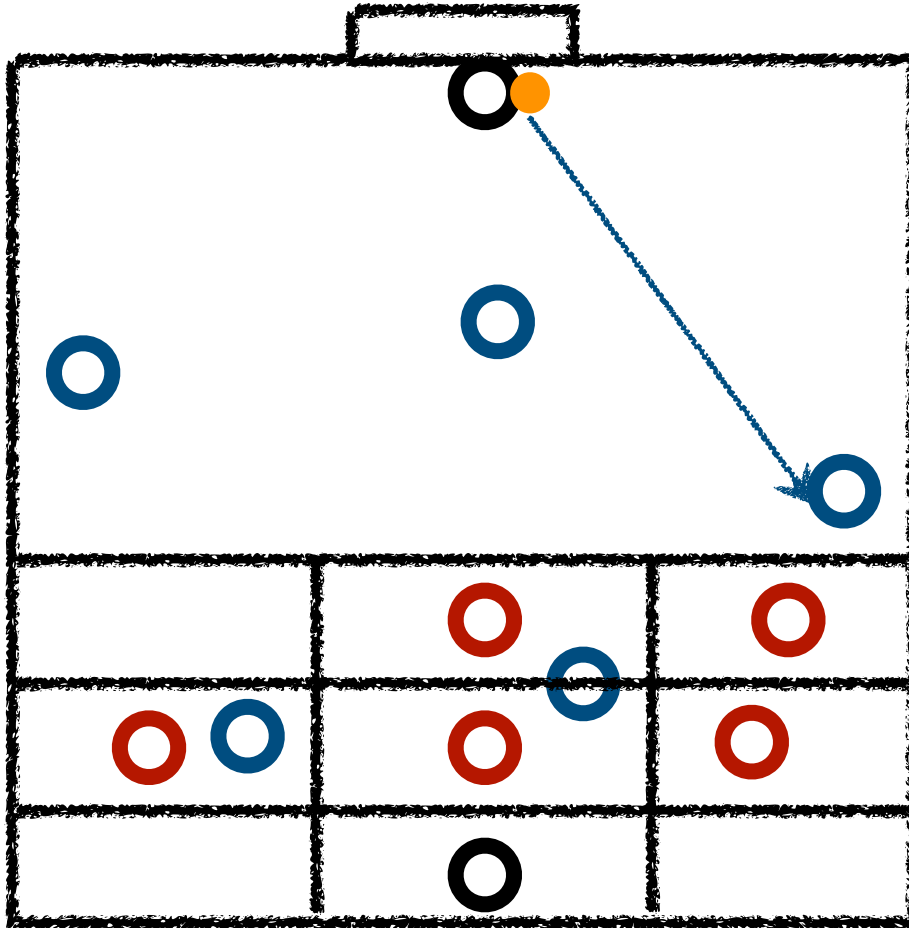
Practice Objective:

The objective is consistent with the idea of training the transitional needs of football, players must be proactive in taking up positions to defend against the counter attack

Practice Detail:

Important in how players break out in the offensive transition, taking advantage of the space left. It is important out of possession that the team defending can react quickly and look to get in to an athletic position quickly so they are able to influence the opponent. Forcing the player wide is key.

5v5 Grid Game



Practice Design:

Gk Plays out to one of 3 players in the first zone, they then look to pass in to the 5v2 grid, blues then look to combine and play in to the end player (Black Player), if the reds win possession they transition out in to the defensive half as well as the 2 blues creating a 5v5

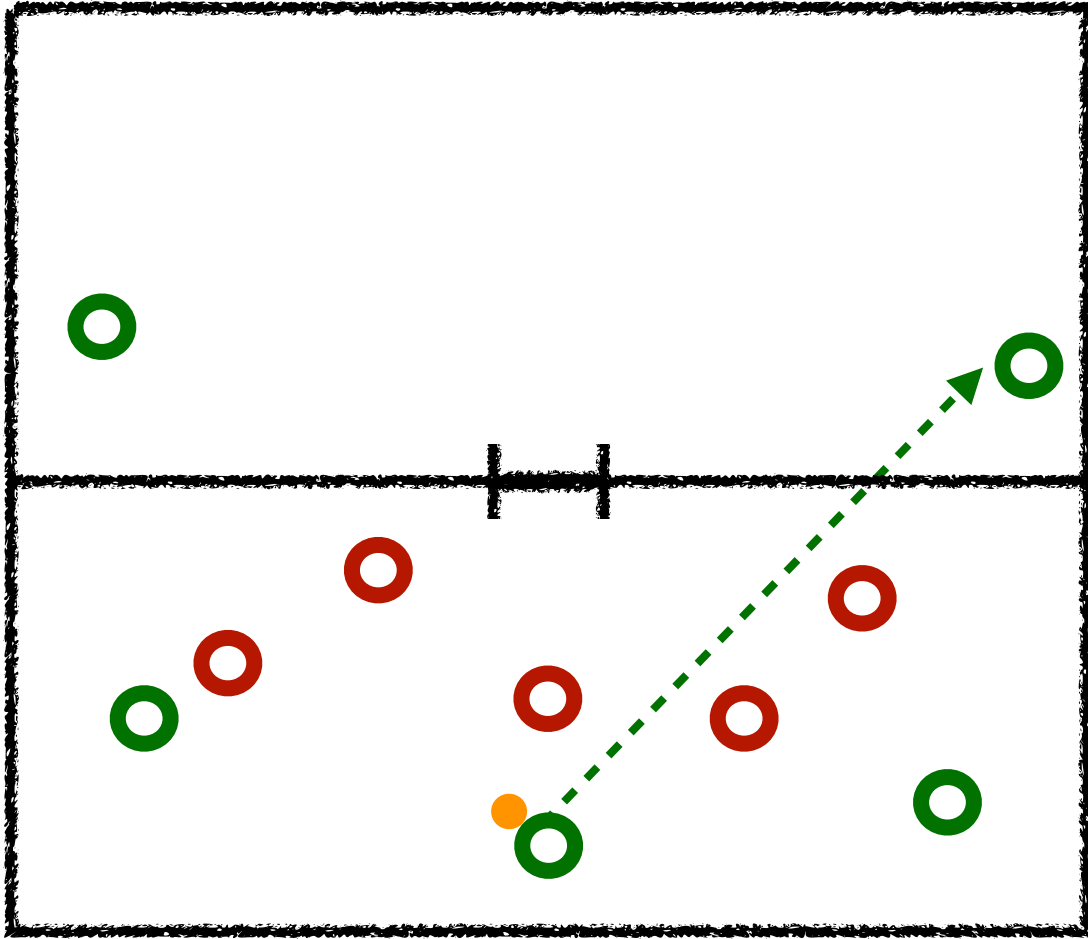
Practice Objective:

Recognize where and when to press, and how to break quickly when winning the ball on a transition. Can you attack the space can you attack quickly whilst the practice is 5v3 before it becomes 5v5

Practice Detail:

When stepping in and winning possession, can the reds be direct and attack centrally to create a 3v5 practice and not a 5v5. The team out of possession (Blue) must look to try and win the ball high before the practice breaks out of the gridded area and will then become a 5v5, better chance of winning the ball when the play is high.

Back to Back Goal Game



Practice Design:

6v6 Practice taking place with the goals centrally back to back, the team in possession keep 4 on one side, and then look to play through the reds and score on the opposite side. If the reds win it they look to score quickly in the nearest goal, with the greens counter pressing quickly to win possession of the ball

Practice Objective:

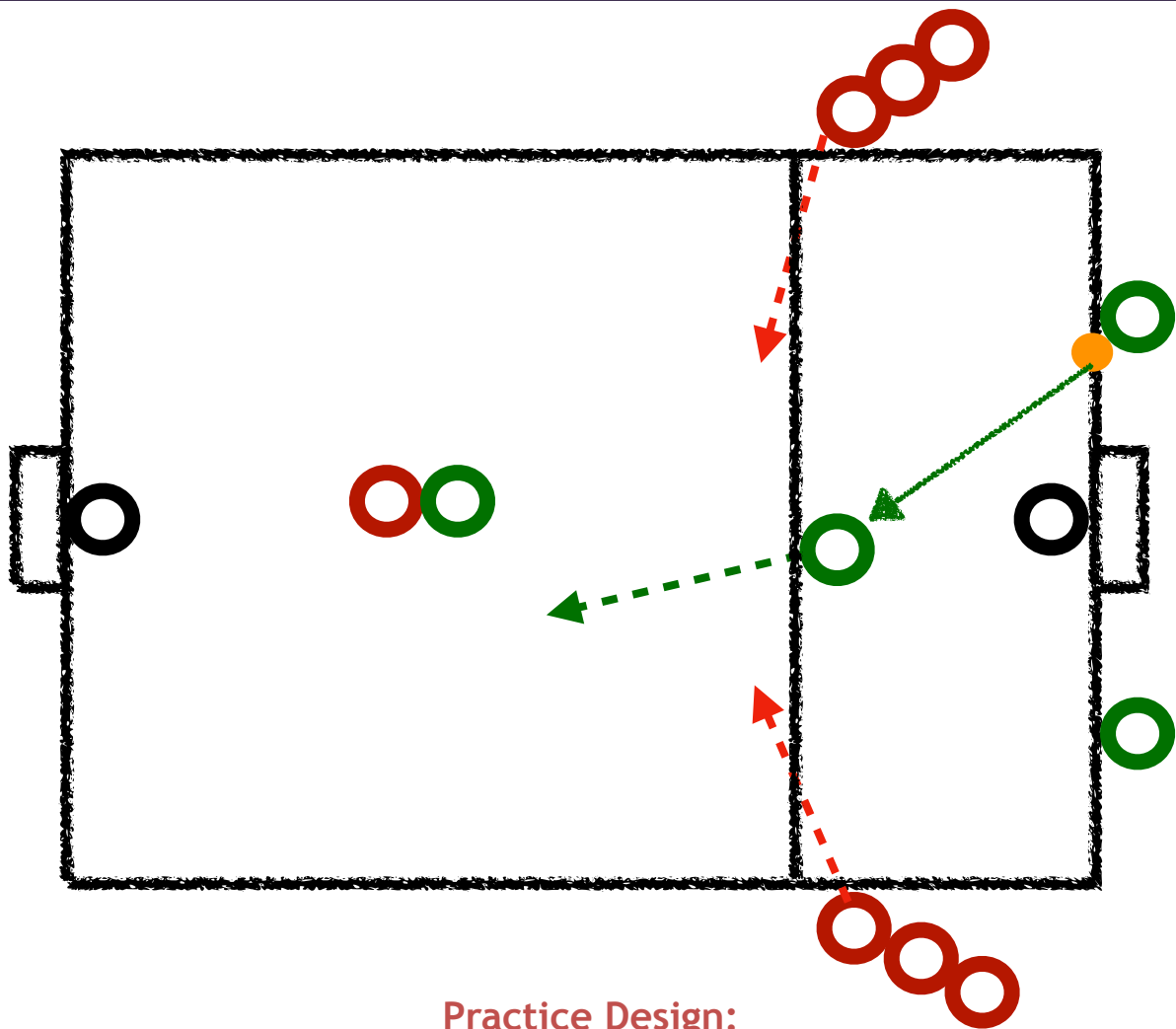
The Objective of the practice is for the players to recognize the transition and go to the relevant space (e.g. to other side if in possession) it is also important that the team winning possession recognize how beneficial it can be if you can win possession and score in the nearest goal whilst you have the overload

Practice Detail:

Can you create a frenzy around the ball in order to win the ball early. The team in possession must look to play as quickly as possible to the opposite side where the team can look to score.



Sprinting Transition Practice



Practice Design:

Green outside player, passes in to the first green player, as this happens the two reds break out, this then creates a 3v2 with the two players in the attacking half. Greens look to attack the goal to the left, the reds look to win the ball and score in the goal to the right hand side.

Practice Objective:

The objective of the practice is for the greens to receive quickly, and attack the second half, using the team mate effectively, with that team mate running away from goal (wide) to stretch the defensive unit and not allow the defender to delay the attack and allow the recovering red defenders to influence the practice.

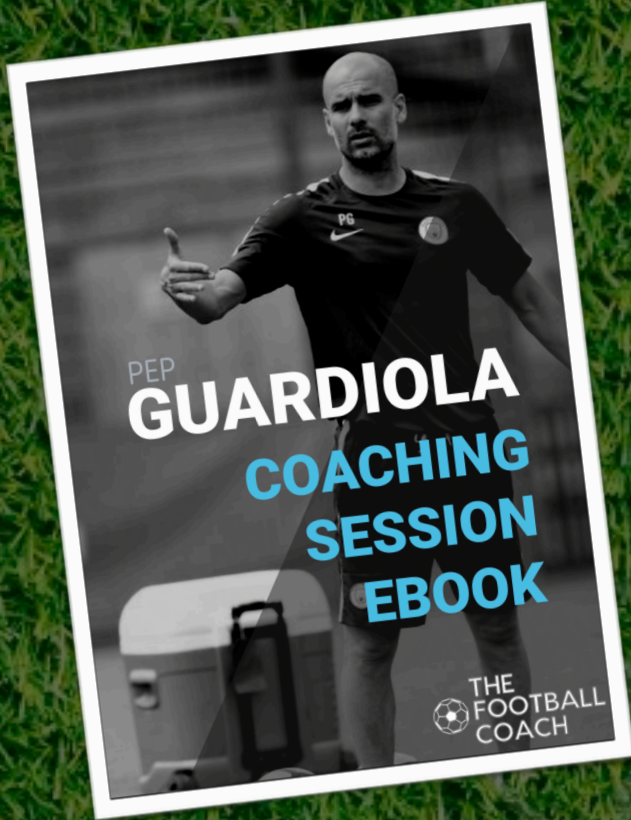
Practice Detail:

Ensure the Greens are comfortable making decisions and high speed
Ensure the Reds can delay the opponent to allow the counter attack.





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