



## Transition - Recognize & React

**Category:** Tactical: Counter attack  
**Difficulty:** Advanced

Continental Football Club, Philadelphia, United States  
of America  
Individual-Adult Member

### Warm-up (30mins) (30 mins)

1. Players Juggle 300 touches
2. Players compete on juggles. Team juggles the most wins.  
-stretch

#### **3. Organization:**

-3v3 in a 15x10 yard grid

#### **Activity:**

-Orange team connect 5 passes to go to goal. If blue team wins ball connect 5 passes to go to goal. Team who scores transitions to defense and new team come in to attack. Team that got scores on goes outside.

-Everytime a team goes outside does a set of 25 crunches and 10 push ups

#### **Variations:**

-3 touches per player

-30secs to finish

#### **Coaching Points:**

-The possession team will focus on playing quickly and accurately passes and shots

-Defending team defend with intent to in the ball and have immediate combination play and a shot at goal.

-Outside team is ready to play and connect quickly



### 4 v 2 + 4 (20mins) (20 mins)

#### **Organization:**

4 vs 2 + 4 with goalkeepers in a 30 x 25 yd grid. Attacking team includes 4 outside players, the two inside and goalkeepers.

#### **Activity:**

-The four inside player(orange) must defend first and win the ball and then attack at either goal, playing 4 v 2. The team of eight is playing possession, the team of four is playing to score goals.

#### **Coaching Points:**

#### **Possession Team:**

-Play three touches and keep the ball moving quickly with constant changing direction.

-The inside players may play one-touch.

-Goalkeepers play as field players with their feet.

-The inside player will transition to defenders when the ball changes possession.

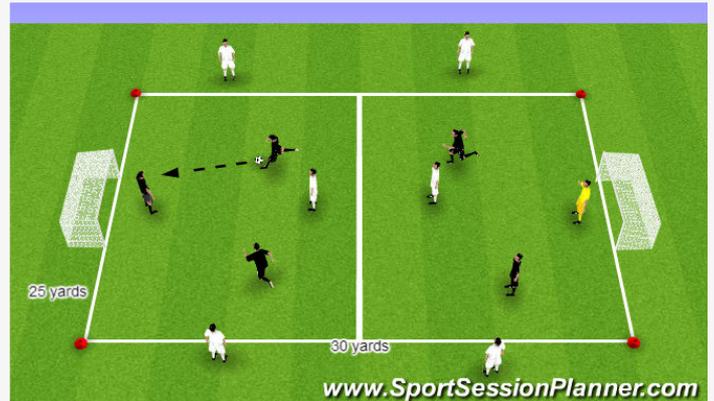
#### **Inside Team:**

-Defend in a diamond shape.

-Stay compact.

-Work hard and communicate.

-Reward is to attack either goal once ball is won.



### Three Team Transition (20mins) (20 mins)

#### **Organization:**

-Three even numbered teams.

-Two goals with keepers.

-Field set up with three zones 35 yds each.

#### **Activity:**

-Team 1 will attack, Team 3 will defend and Team 2 will wait.

-Team 1 attacks the goal and if Team 3 wins the ball, they attack Team 2.

-Teams may regroup in the middle zone.

-If attacking team scores, they maintain possession and attack the third team.

#### **Variations:**

-Attacking team in the middle zone is allowed 10 seconds to regroup and gain their shape.

-Attacking team has 3 touches per player.

#### **Coaching Points:**



- When possession is lost, transition into defense.
- Work hard and communicate to score or transition out of defense.