ATTACKING FROM THE TRANSITIONAL MOMENT

Win possession -> recognise the opportunity -> attack before the opposition can recover

SESSION OVERVIEW

SESSION AIM

Encourage players to attack quickly and positively immediately after winning possession.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Transition to Attack	**2v2 Transition Game**	**2v2 + 1**	**8v8 Transition Game**

WARM-UP | REACT & SHARE

ORGANISATION

16 players work inside a suitable area with 8 balls. Equipment for the full session: 16 players, 2 goalkeepers, 16 bibs, 40 disc cones, 2 full-size goals and 20 balls.

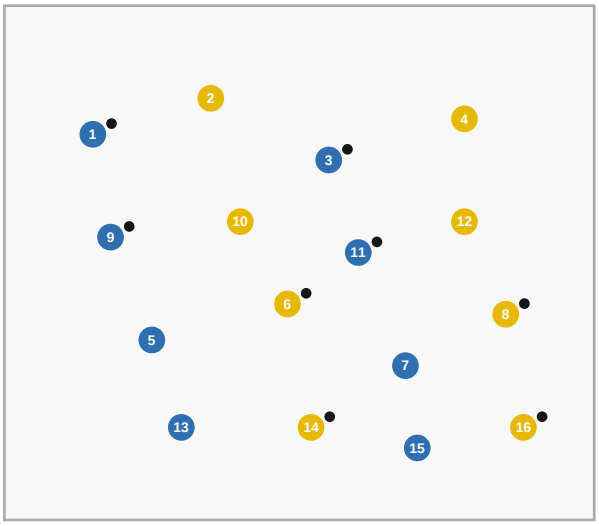
HOW IT WORKS

All players move constantly. If a player does not have a ball, they must go and receive one from another player. If a player has a ball, they must find and play to someone without one.

COACHING POINTS

- Scan continuously for the next available option.
- Move immediately after releasing the ball.
- Communicate clearly to receive.
- Keep the tempo high and avoid standing still.

DIAGRAM



Eight balls circulate continuously among sixteen moving players.

PROGRESSIONS

1. Limit players to two touches before releasing the ball.
2. Require players to receive with one foot and pass with the other.

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PRACTICE 1 | 2V2 TRANSITION GAME

ORGANISATION

Split the squad into two teams. Position players in lines beside each goal with a supply of balls. Goalkeepers start in both goals.

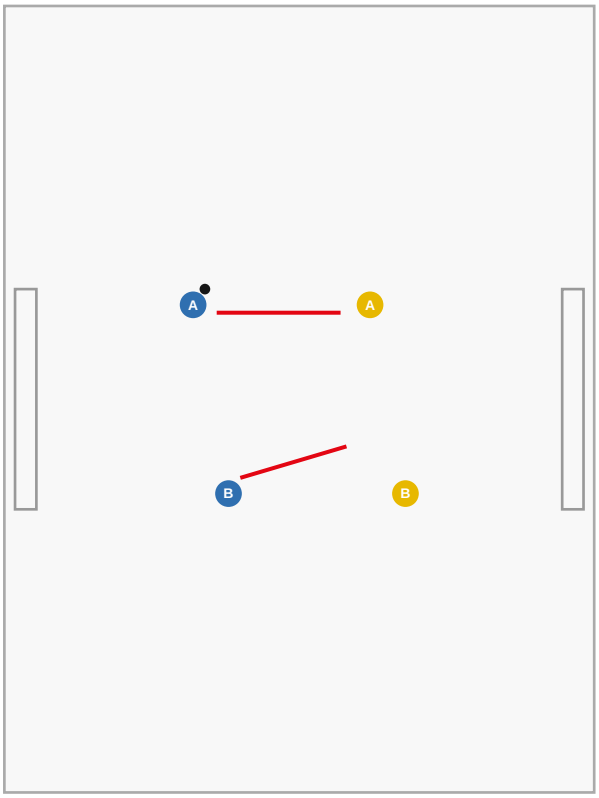
HOW IT WORKS

Two attackers play 2v2 toward the opposite goal. As soon as they shoot or the ball leaves play, those attackers become defenders. Two new opponents immediately enter with a new ball and attack the other way. Play continuously.

COACHING POINTS

- Attack at pace before defenders can get set.
- Identify the penetrating option quickly: shoot, pass or dribble.
- React instantly after the attack ends.
- Keep transitions sharp and the tempo high.

DIAGRAM



Attack, finish, then immediately become the defending pair.

PROGRESSIONS

1. Set a target number of goals for each team.
2. Limit the attack to a set number of seconds.

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PRACTICE 2 | 2V2 + 1 TRANSITION

ORGANISATION

Use the same two-goal transition setup. Add one neutral player inside the area who always plays with the team in possession.

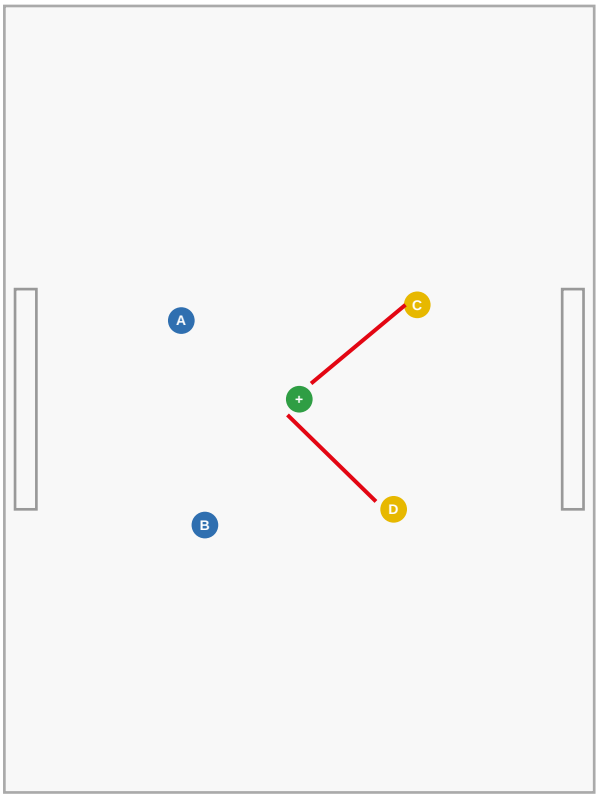
HOW IT WORKS

The attacking pair must connect with the neutral player before going to goal. This creates a 3v2. After the attack finishes, the two attackers become defenders and the next pair attacks in the opposite direction. Rotate the neutral player regularly.

COACHING POINTS

- Find the penetrating option quickly.
- Use the overload to create a clear scoring chance.
- Avoid unnecessary passing sequences.
- Play forward as soon as the picture is available.

DIAGRAM



Use the neutral player to create a quick 3v2 before finishing.

PROGRESSIONS

1. Limit the neutral player to one touch.
2. Require the final attack to finish within a set time after finding the neutral.

ATTACKING FROM THE TRANSITIONAL MOMENT

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PRACTICE 3 | 3V3 TRANSITION GAME

ORGANISATION

Use an area from the width of the penalty box to the halfway line, with a full-size goal and goalkeeper at each end. Players wait in groups behind each goal.

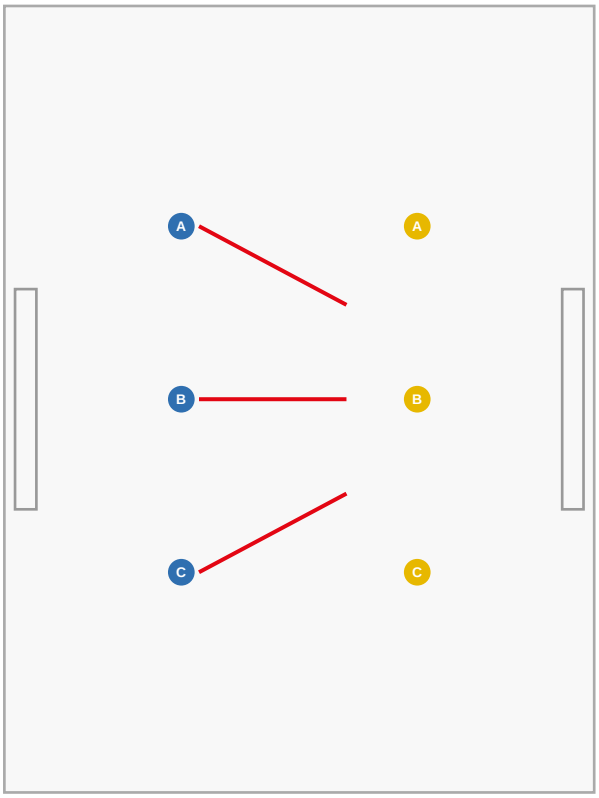
HOW IT WORKS

Three players attack 3v3 toward the opposite goal. After a shot or when the ball leaves the area, the attacking three immediately become defenders and a new group of three attacks the other way.

COACHING POINTS

- Transition quickly before the new defenders are organised.
- Choose the best attacking option: pass, shoot or dribble.
- Support the ball at speed.
- Commit defenders and exploit the space created.

DIAGRAM



Three attackers finish, then immediately defend the next wave.

PROGRESSIONS

1. Add a countdown for each attack.
2. Award a bonus for goals scored within the first few seconds of transition.

ATTACKING FROM THE TRANSITIONAL MOMENT

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PRACTICE 4 | 3V3 + 1 TRANSITION

ORGANISATION

Use the same area as Practice 3. Add one neutral player inside the playing area who always supports the team in possession.

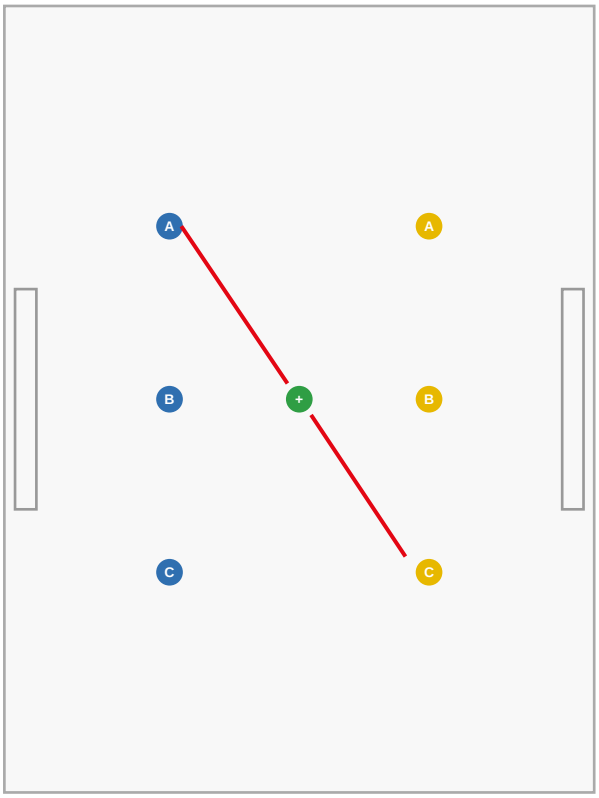
HOW IT WORKS

The attacking team plays 3v3 plus the neutral, creating a 4v3. The attackers must find the neutral player before going to goal. Rotate the neutral player regularly. Play continuously.

COACHING POINTS

- Use the overload quickly and positively.
- Look forward before playing sideways or backwards.
- Avoid long passing sequences.
- Attack before the defensive unit can recover its shape.

DIAGRAM



Use the neutral player to create a fast 4v3 transition attack.

PROGRESSIONS

1. Limit the neutral player to one touch.
2. Allow the neutral to score after a return pass to encourage combinations.

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FINAL GAME | 8V8 TRANSITION GAME

ORGANISATION

Organise an 8v8 game on approximately half a pitch with full-size goals and goalkeepers.

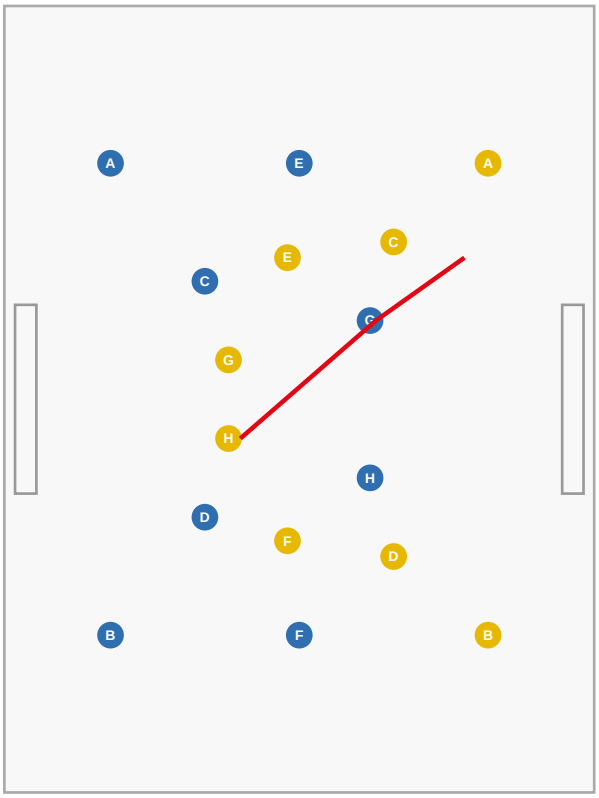
HOW IT WORKS

Both teams compete normally. On regaining possession, players immediately look for a forward pass, dribble or run that can exploit the opposition before they recover. If the forward option is not on, retain possession rather than forcing the play.

COACHING POINTS

- On winning the ball, scan forward immediately.
- Do not give possession away needlessly.
- Attack before the opposition can get organised.
- Play at pace and be creative with forward runs and combinations.

DIAGRAM



Look forward immediately on regain and attack the space before recovery.

PROGRESSIONS

1. Award bonus points for goals scored soon after a regain.
2. Finish with unrestricted play and observe whether the transition habits remain.