

## Attacking Transitions - Counter Attacking from Midfield

TEAM TACTICAL PRINCIPLES: Stay compact, Create passing options, Pass/dribble

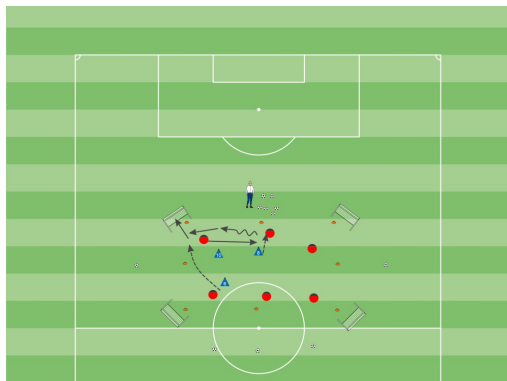
Anna-Kate DePaolo

AGE: U15 / Senior / 22 players

Defending to Attacking

DURATION: 90 min

DATE: Nov 10, 2025

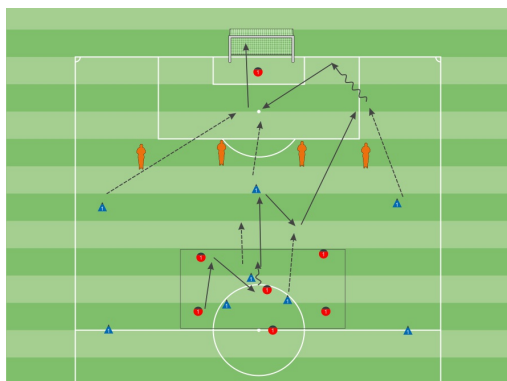


### 6v3 Transition Part 1 (Warm Up)

**EXERCISE RULES:** Team of 6 attempts to keep possession of the ball. Every 6 consecutive passes is a point. The team of 3 defends, attempting to win the ball. Upon winning possession they look to attack any of the 4 counter goals. Duration: 15 minutes; Restarts from coach or nearest ball

**FOCUS TEAM OBJECTIVE:** Defend as a unit to regain possession of the ball and transition towards targets as quickly as possible.

**NOTES:** Dimensions: 20x25. Can use target players instead of goals. Coach pressing and defending together and quick transition towards goal during change of possession.

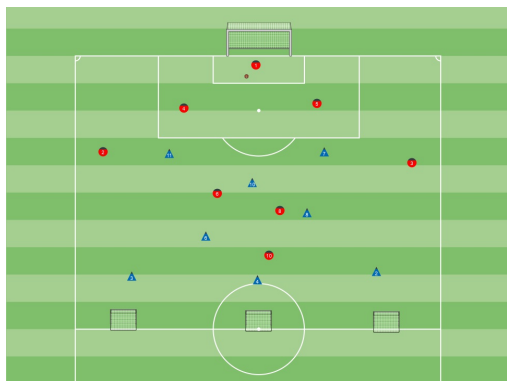


### 6v3 Transition Part II (6v3 to 8v0)

**EXERCISE RULES:** Set up a 6 (9, 7, 11, 6, 8, 10) vs 3 (6, 8, 10) as well as 5 Counter Attacking Targets (9, 11, 7, 2, and 3). 6 attempt to keep possession for 8 consecutive passes. 3 attempt to intercept and transition by playing any of their target players. The Counterattacking group then transitions 8v0 at fast break to goal

**FOCUS TEAM OBJECTIVE:** Counter Attacking Team works on attacking principles and finishing techniques once able to break out of the 6v3 rondo.

**NOTES:** Rotate players positionally. Coach patterns and encourage game speed attack even with 8v0.

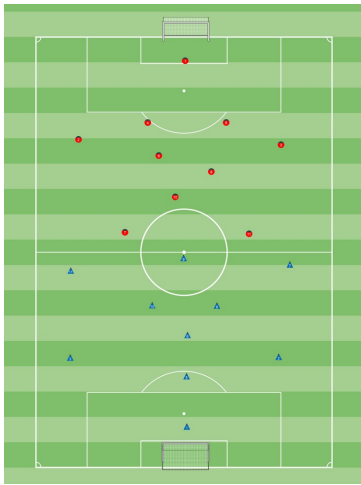


### 8v8 Transition Game

**EXERCISE RULES:** Focus Group: (4-3-2) v Defending Group (1-4-3-0) Ball always starts with Defending Group (Red) GK try to build and score in target goals (3). Half Field

**FOCUS TEAM OBJECTIVE:** Focus group (Blue) attempts to win ball in midfield and transition to attack quickly and score in full sized goal.

**NOTES:**



### 10v10

EXERCISE RULES: Focus Group 1-3-3-3 v 1-4-3-2 90x70 Field

FOCUS TEAM OBJECTIVE:

NOTES: Coach Focus Group on breakouts and transitions. Encourage quick counter attacks and to attack the goal (central channel or find space)

#### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

#### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?