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<https://youtu.be/GuqNU95Th1w>



Attacking Transition and

Counter Attacks

By

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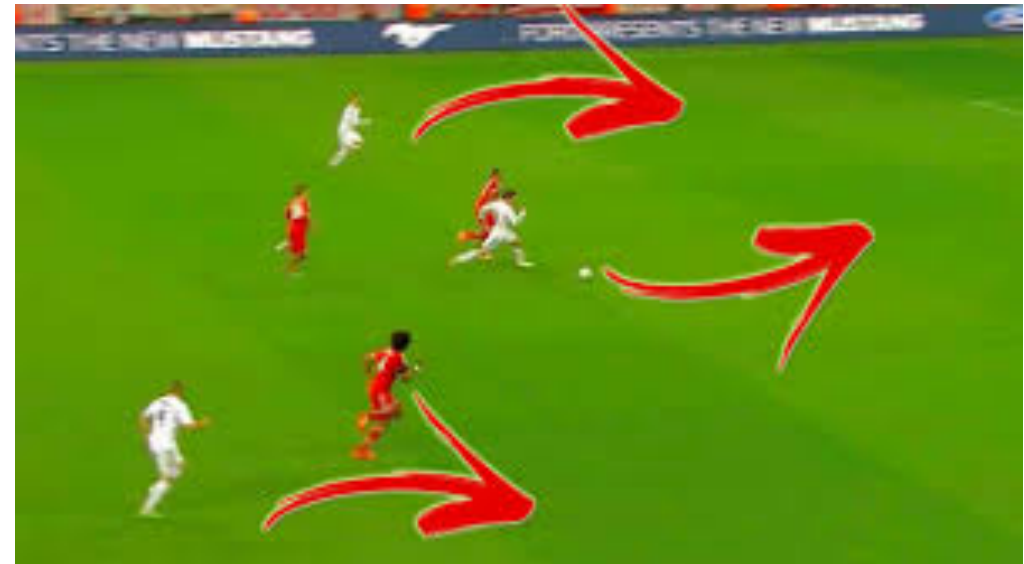
- "Transitions have become crucial. When the opponent is organized defensively, it is very difficult to score. The moment the opponent loses the ball can be the time to exploit the opportunity of someone being out of position." (José Mourinho)



- “I want players who can attack opponents before they are set – win the ball and attack in a fast break format” J. Cruyff
- *“There’s only one moment in which you can arrive in time. If you’re not there, you’re either too early or too late” J. Cruyff*



- “The focus is on the first pass after regaining the ball. It may be a long pass to an attacker in an open space, combined with fast forward running by teammates, to support the player who receives the ball,”
P Glynn. FA Tutor
- “The process of recognition and response in the first few moments following the regain or loss of possession” FA DNA



WHO

WHAT

WHEN

WHY

HOW

EMOTIONS

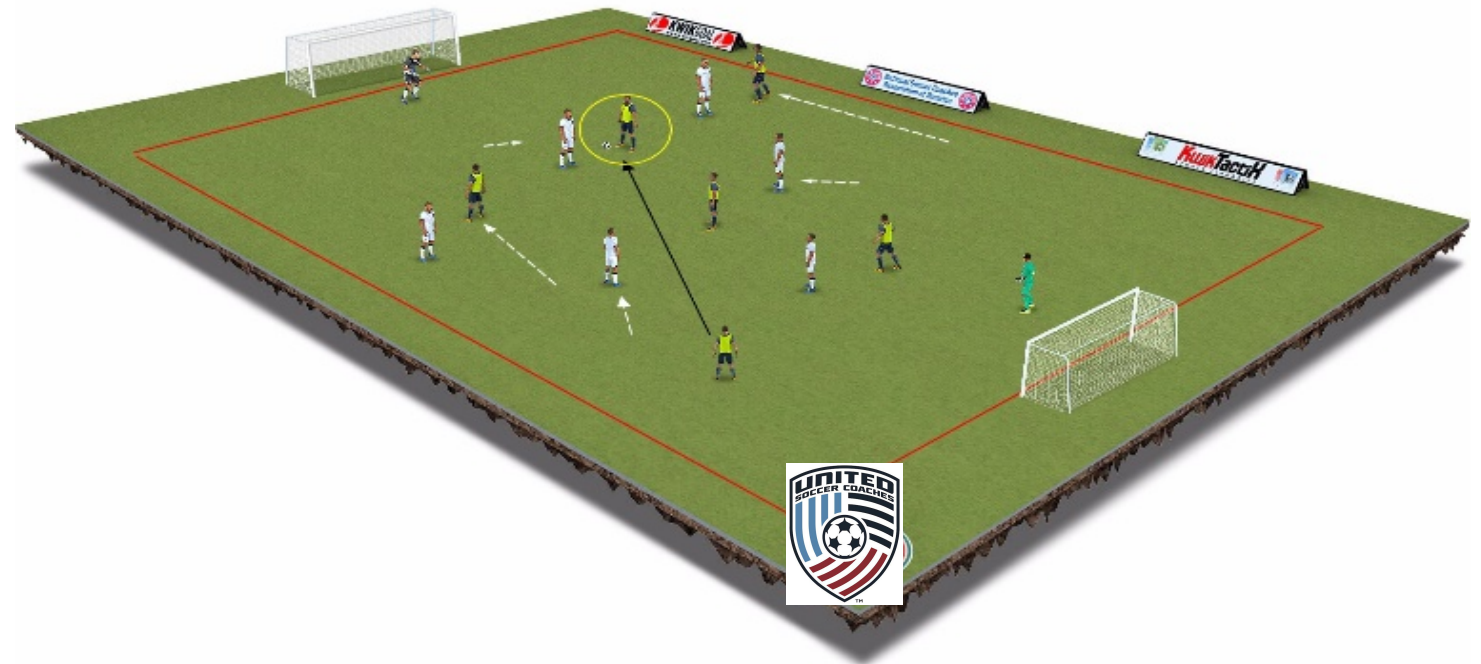
COGNITIVE

CHALLENGES

ATTACKING TRANSITIONS

WHAT ARE & WHEN DO TRANSITIONS HAPPEN?

- Transition is the ultimate moment when we have either just loss, or just about to regain possession, 'the no mans land' of the game.
- At the moment of transition, it is not only the players eyes and ears, but their 'knows' that make the difference.



WHY DO WE WANT TO TRAIN THEM?

To create, imprint and reinforce transitional moments through:

- Speed of play of an individual and a collective basis.
- Speed of thought / Vision.
- Speed of execution.
- Speed of movement, on and off the ball;

Using the moment / momentum as the teacher.



HOW DO WE EXECUTE THEM?

- Through training, and understanding of the knowledge behind these moments
- As a team trains to use, and understand these moments, at a faster smarter rate than their opposition, then, they will **win** the moment of transition, gaining the attacking or defending momentum.



WHO IS INVOLVED?

- The positive primary player(s)
- Players prepared for the moment.
- Circular support



WHERE IS THE MOMENT TRAINED?

- Risk vs. Reward
- Area of field
- Space –
Available and the creation of..



EMOTIONAL CONTROL AT THE MOMENT OF TRANSITION

- The key to decision making
- 'PASS' through the game don't 'kick' around it!



Cognitive Control

- If this happens What might you do?
- If this has just happened.....What can you do?
- Speed of thought vs. speed of action.
- Practice scenarios
- Develop the transitional moment progressively
- Finger painting not Pollacks! K.I.S.S.



Player Challenges

- If we do win it back now – who is the player furthest forward that I can play to **effectively**?
- Where are my passing **options** or space to run into if I intercept the next pass. Do I know?
- If this pass fails, **where** will I have to go to block a forward pass that the opposition may play?
- If the next pass in this move fails, what will I have to do to **prevent** the opposition from hurting us?

• Marianne Spacy



Transitions playing
through midfield

Jeff Bookman
Chelsea FC academy



Counter Attacking

AN ATTACK IN REPLY TO AN ATTACK



Who?

Keeper
New Attackers
Targets
Space
Team

What?

Attack on flanks
Attack from
Attacking 1/3

How?

Visual Cues/Clues
Speed: Thought (mind), Pass (direct
indirect), Play (10 sec).
Mobility, Run/Dribble/Pass
Solo/Classic/Collective
Pressing

When?

Clearance, #s Up
Set Piece, Set Play
Risk v Reward
Trigger, Time?

COUNTER ATTACKING

Why?

Speed of play, disorganization, #s
Up, Strategy, Mental/ Mindset

Where?

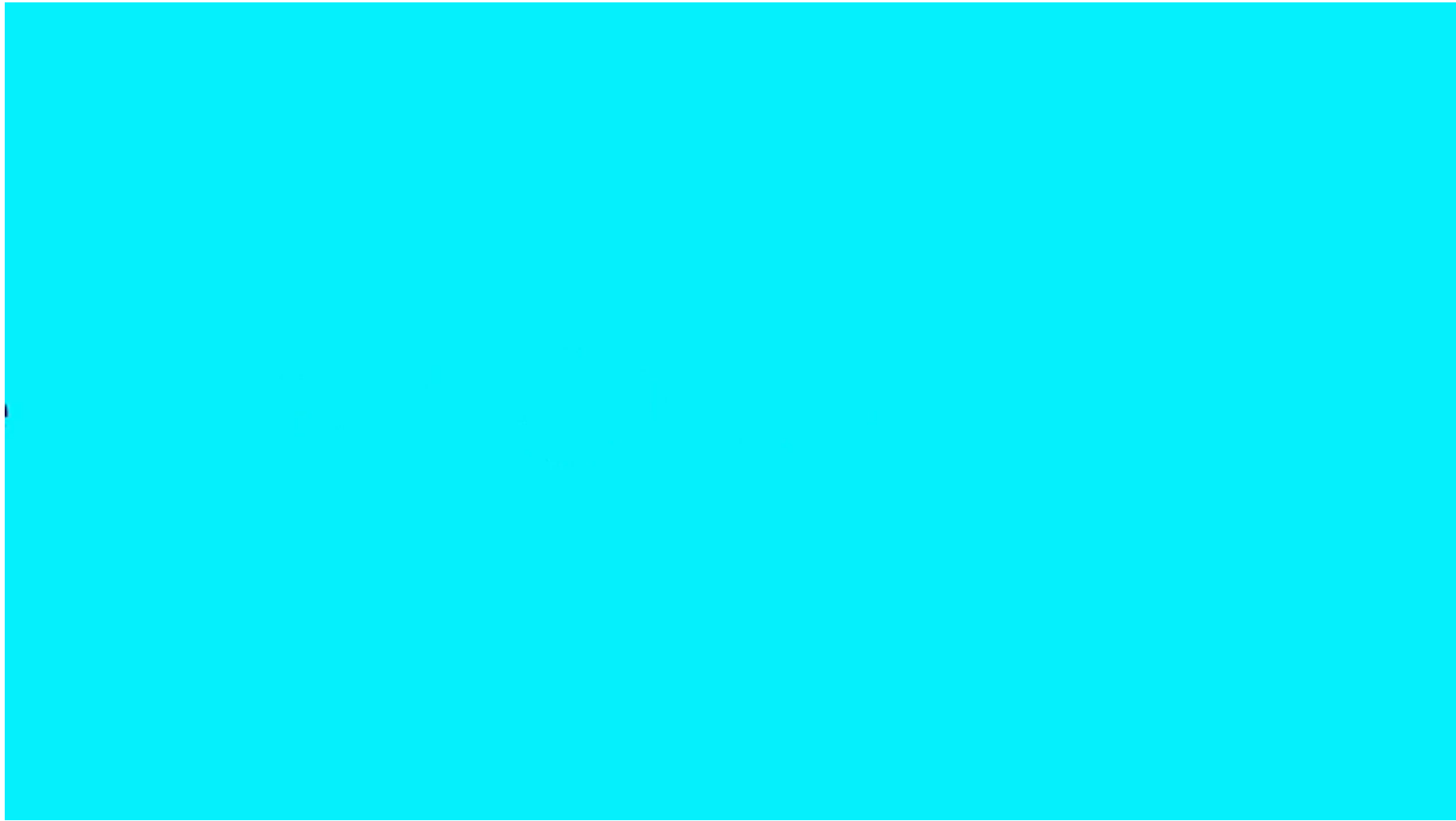
1/2 Field, Risk v Reward,
Change POA, Opposition
Weakness

STYLES OF COUNTER ATTACKING

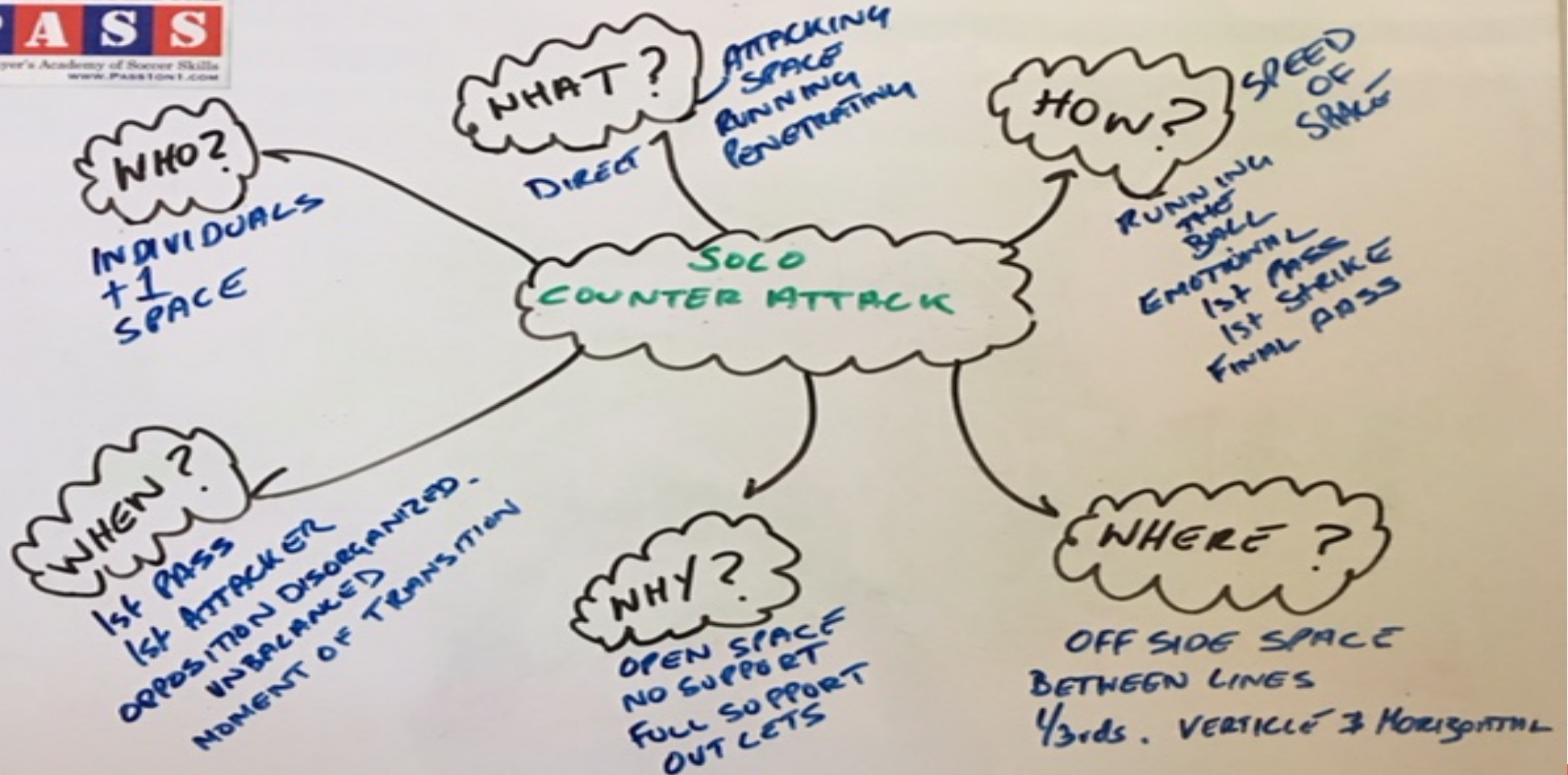
- SOLO
- CLASSIC / DIRECT
- COLLECTIVE / INDIRECT
- PRESSING



What Can You See?



Solo Counter Attack



Who?

Individuals
Plus 1
Space

What?

Direct Play

Attack Space
Penetrating Actions
With & without Ball

How?

Speed of Space
Running With The Ball
Mindset - Emotion
First Pass, Final Pass, First Strike

**SOLO
COUNTER ATTACKING**

When?

1st Pass
1st Attacker
Opposition Disorganized
Un Balanced
Moment of Transition

Why?

Open Space, No Support, Full
Mobility Support, Outlets

Where?

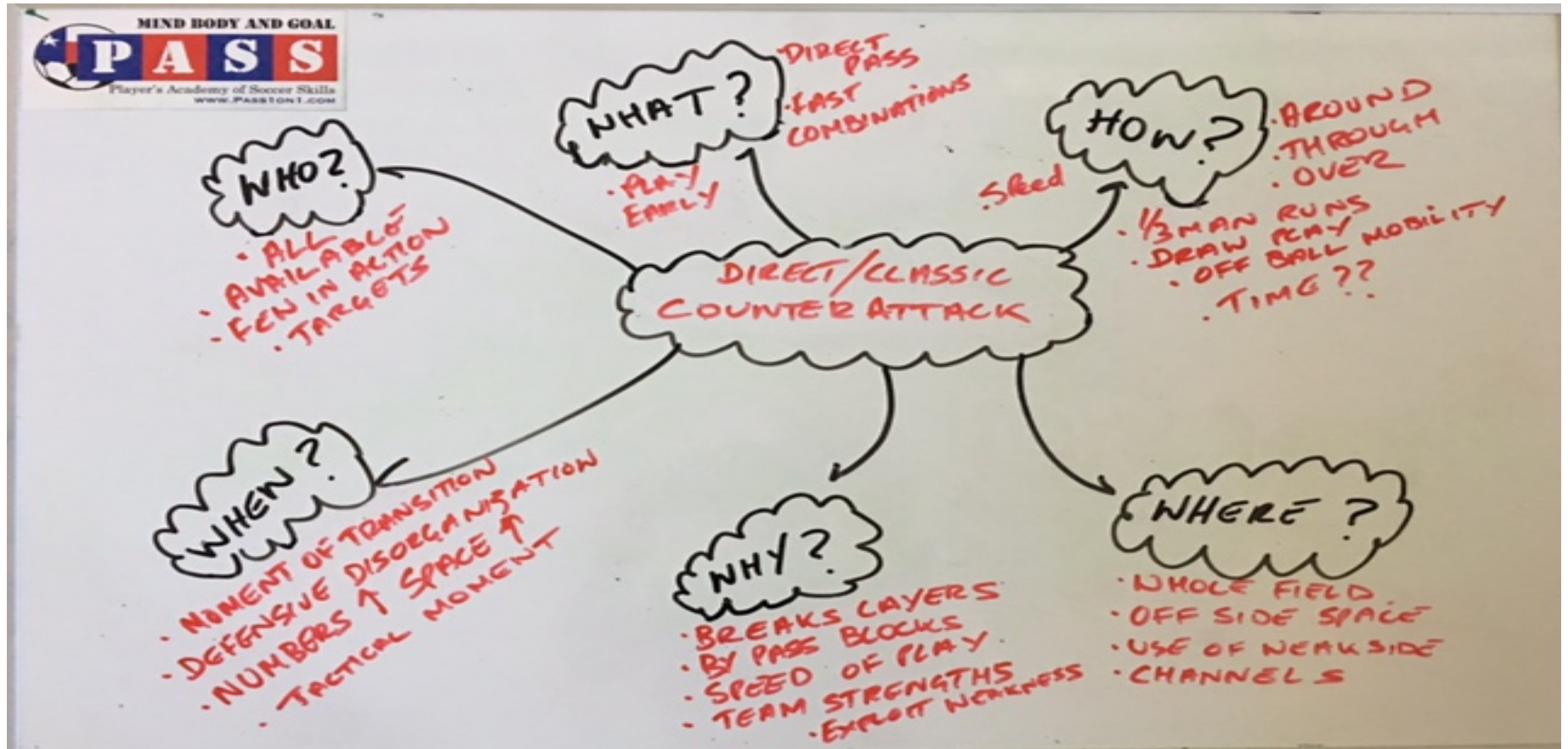
Offside Space, Between
The Lines, 1/3rds Vertical
and Horizontal

Solo Counter Attack

Ryan Giggs: Man Utd V Arsenal



Direct / Classic Counter Attack



Who?

All Available
Few in Action
Targets

What?

Play Early

Fast Combinations
Direct Play

How?

Around, Through, Over
3rd Man Runs
Off Ball Mobility
Timing / Speed

**DIRECT / CLASSIC
COUNTER ATTACKING**

When?

Moment of Transition
Defensive Disorganization
Numbers up
Space Up
Tactics

Why?

Break Layers, By Pass Blocks,
Speed of Play, Team Strengths,
Exploit Weakness

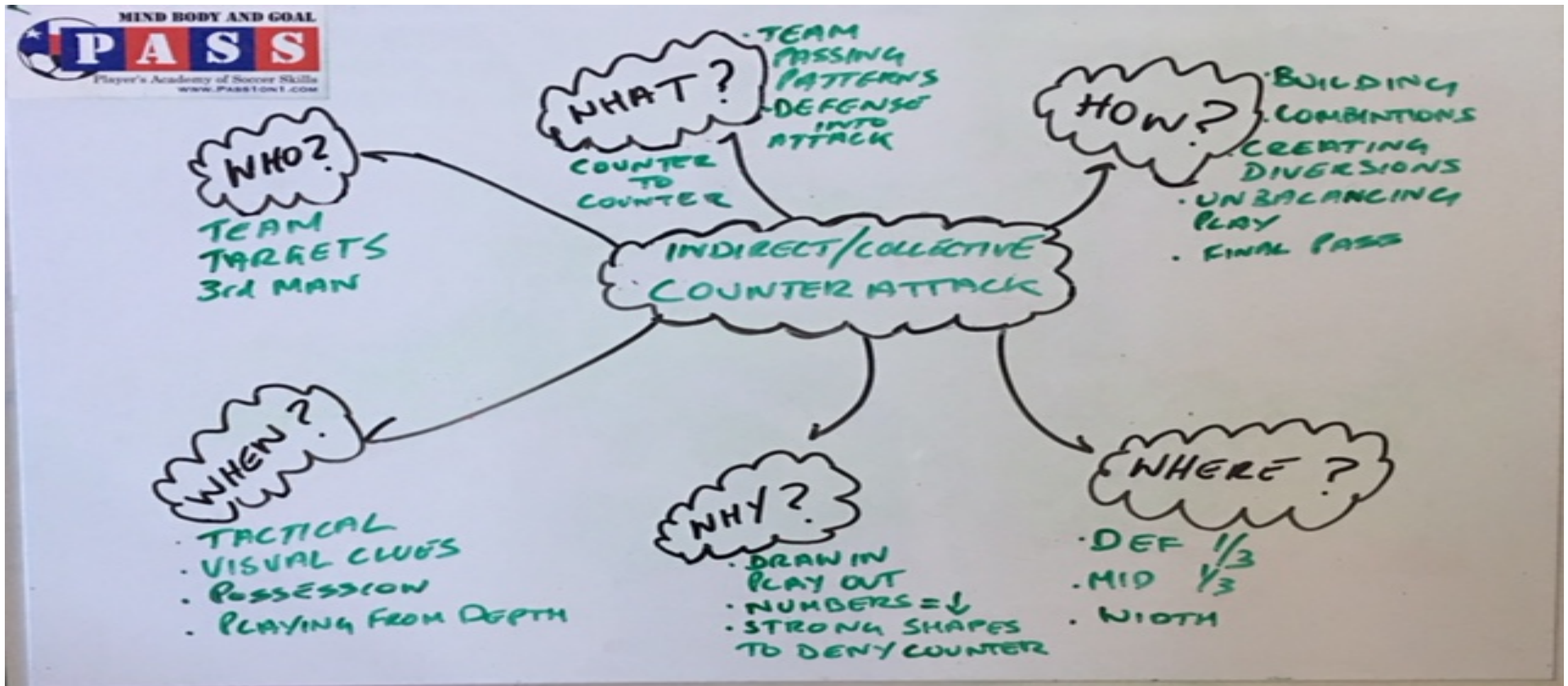
Where?

Whole field
Off Side Space
Channels
Use of Weak side

Direct / Classic Counter Attacks



Building Attacking Transition Through An Indirect Counter Attack



Who?

Team
Target
Third Man

What?

Counter to Counter
Team Passing Patterns
Defend to Attack

How?

Building Combinations
Creating Diversions
Un Balancing Play, Final Pass

**INDIRECT / COLLECTIVE
COUNTER ATTACKING**

When?

Tactical
Visual Cues
Possession
Playing From Depth

Why?

Draw in - Play Out
Numbers Down,
Strong Shapes to Deny Counter

Where?

Defensive 1/3
Mid 1/3
Width

What is the Indirect / Collective Counter Attack?

The collective or indirect counter attack is the quick build between the lines to gain numbers up by using mobility to create width vertically and horizontally



Introduction to the Collective / Indirect Counter Attack

- Why do you want to use the collective counter attack?
- How will we use indirect counter attack to break down the opposition?
- When is the best time to expose transition?



Why do you want to use an indirect counter attack?

- Allows team to stretch the defense out
- Forces a different kind of defending
- Creates more of a rhythm for the attacking team
- Keeps all the lines connected





When should we use indirect counter attack?

As soon as team regains possession

- Numbers up situation
- Longer pass allowing a bigger shape to occur
- Exposing space and gaps in opposition





How will we use indirect counter attack to break down the opposition?

Creating a big shape

- width
- height

Mobility

- movement off the ball

Passing

- simple
- safe
- quick

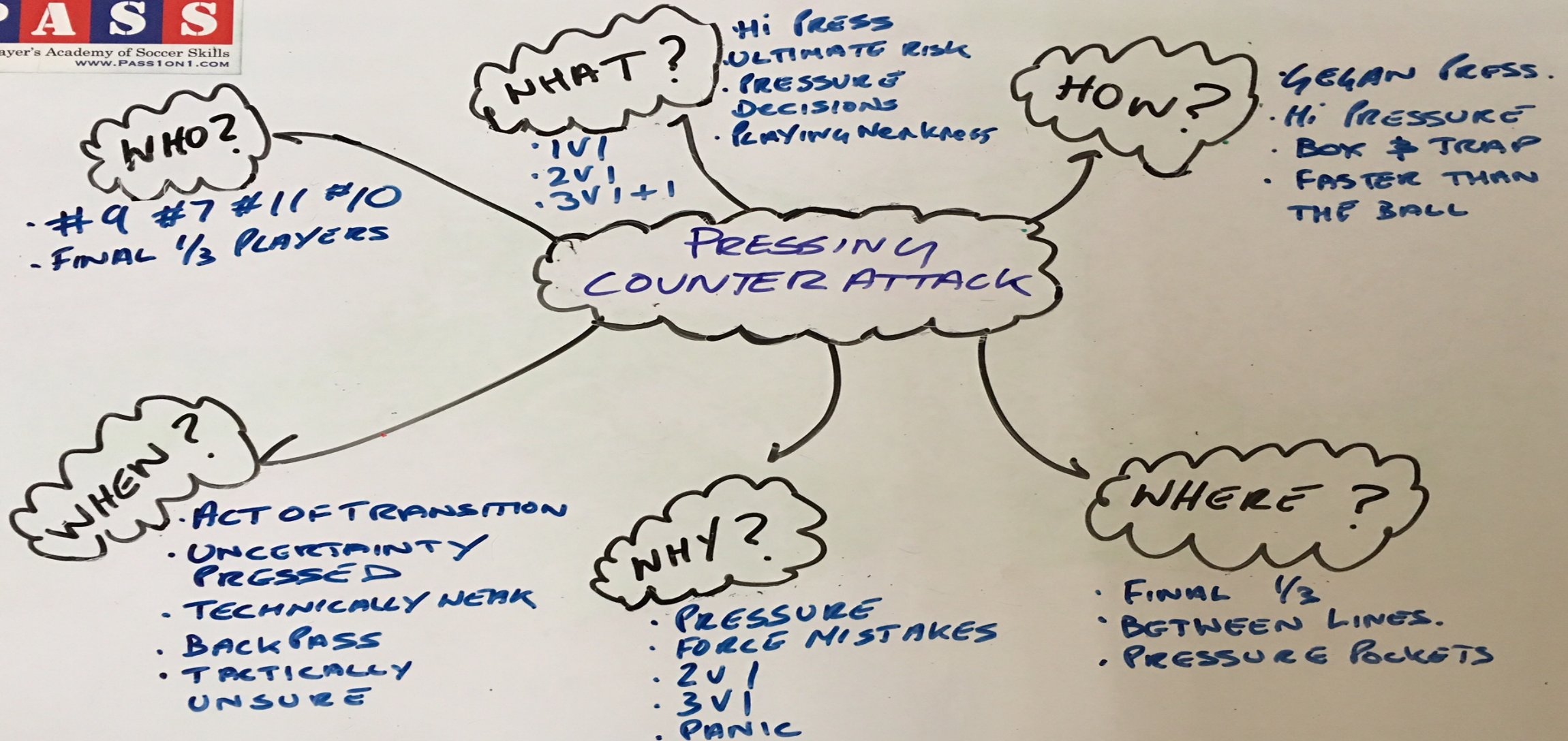




10 - Alex Iwobi - Arsenal



Pressing Counter Attacking Winning the Ball Higher Up the Field



Who?

#9 #7 #10 #11
Final 1/3
Players

What?

1v1 2v1 3v1 + 1

Ultimate Risk
Exploiting Weakness
Pressure Decisions

How?

Gegan Press, High Pressure,
Box & Trap
Faster Than The Ball!

**PRESSING
COUNTER ATTACKING**

When?

Act Of Transition,
Uncertainty, Technically
Weak, Back Pass
Receiving the Ball
Facing Own Goal

Why?

Pressure, Force Mistakes, 2v1 3v1
Panic!

Where?

Final 1/3,
Between Lines,
Pressure Pockets

Pressing to win the ball back- defending to attack

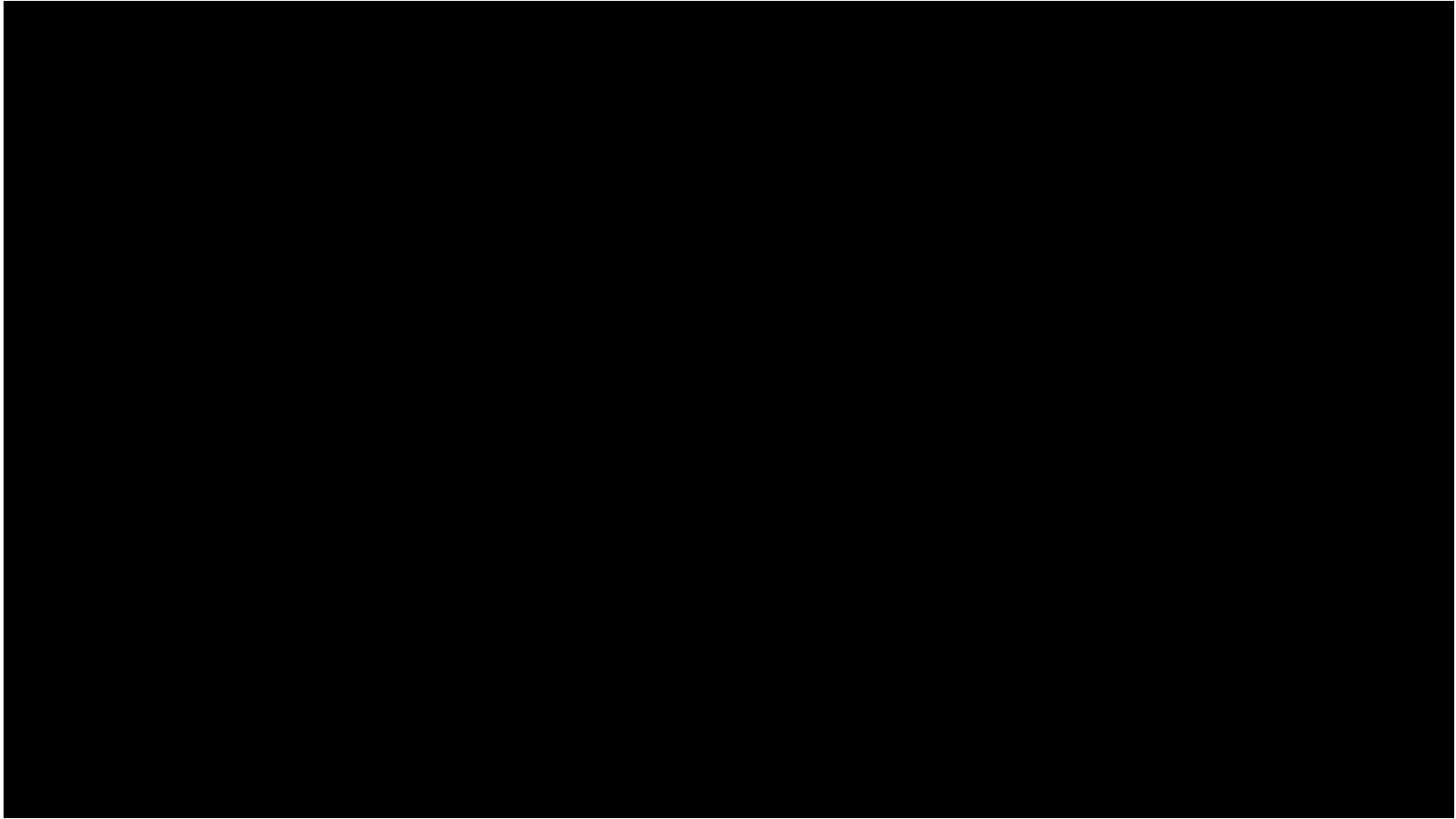
- High pressure to win the ball higher up the field
 - Pressing in oppositions defensive third by using the front 4 or 5 players
- Controlled defending by:
 - Cutting off passing lanes
 - Closing down space at a high pace

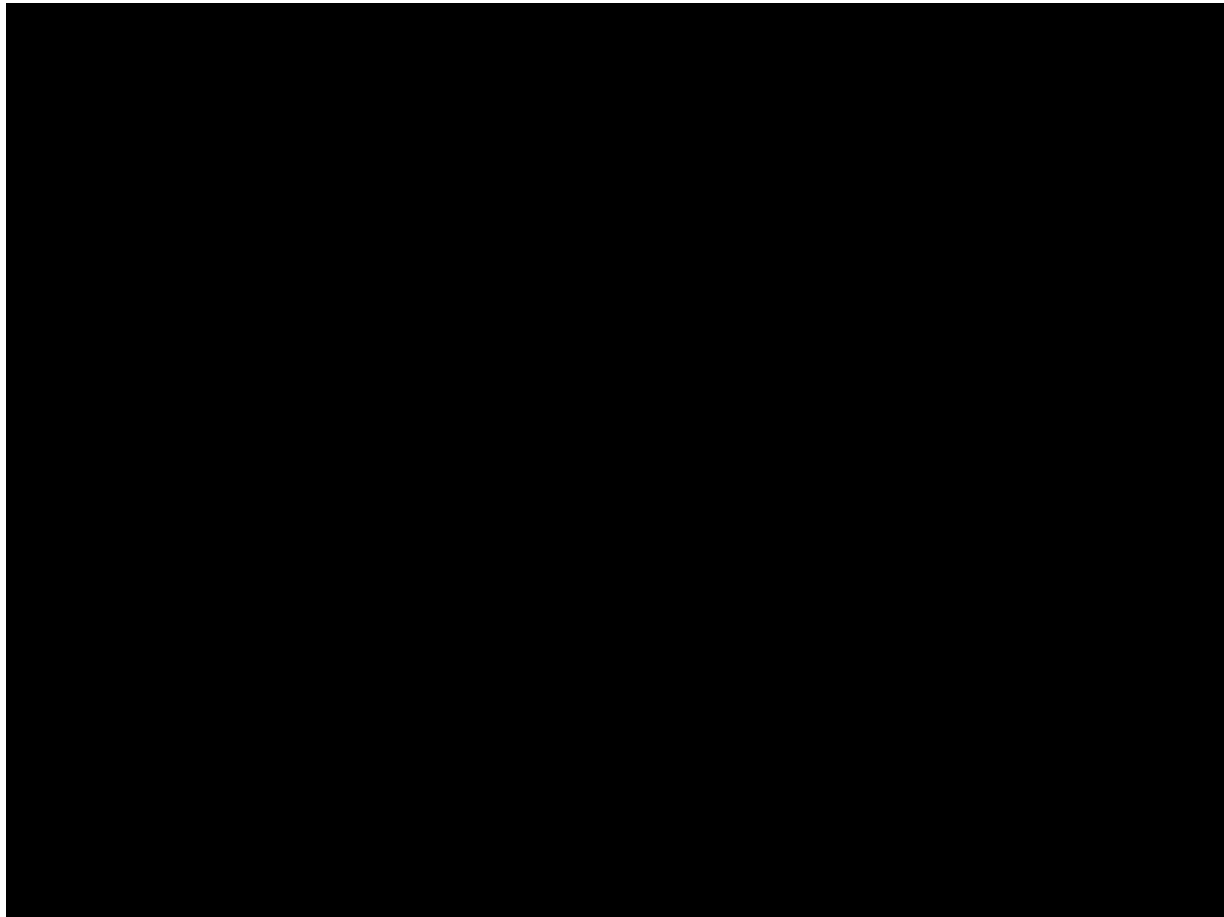


Counter attacking after winning the ball back in the final third

- Catching opposition out of shape from trying to play out of the back
- Quick decision making as soon as ball is won
- First thought is how to get to the goal the quickest



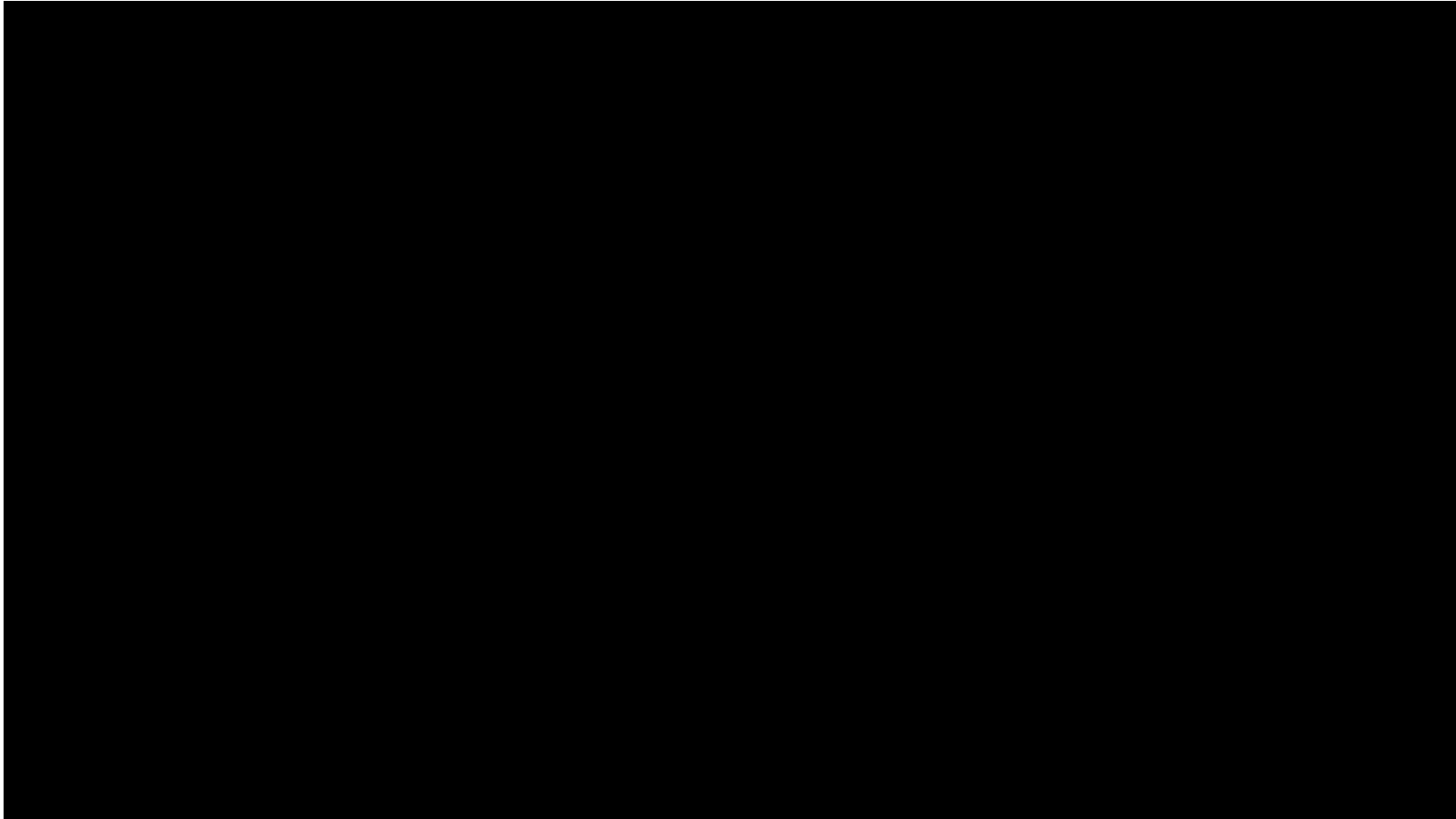




Liverpool and Klops Gegen Pressing

- What happens in immediate loss of possession?
 - Recognition of enough players around the ball to successfully press
 - Fit
 - Commitment
 - Organization
 - Those not close to the ball dropping to deny long service



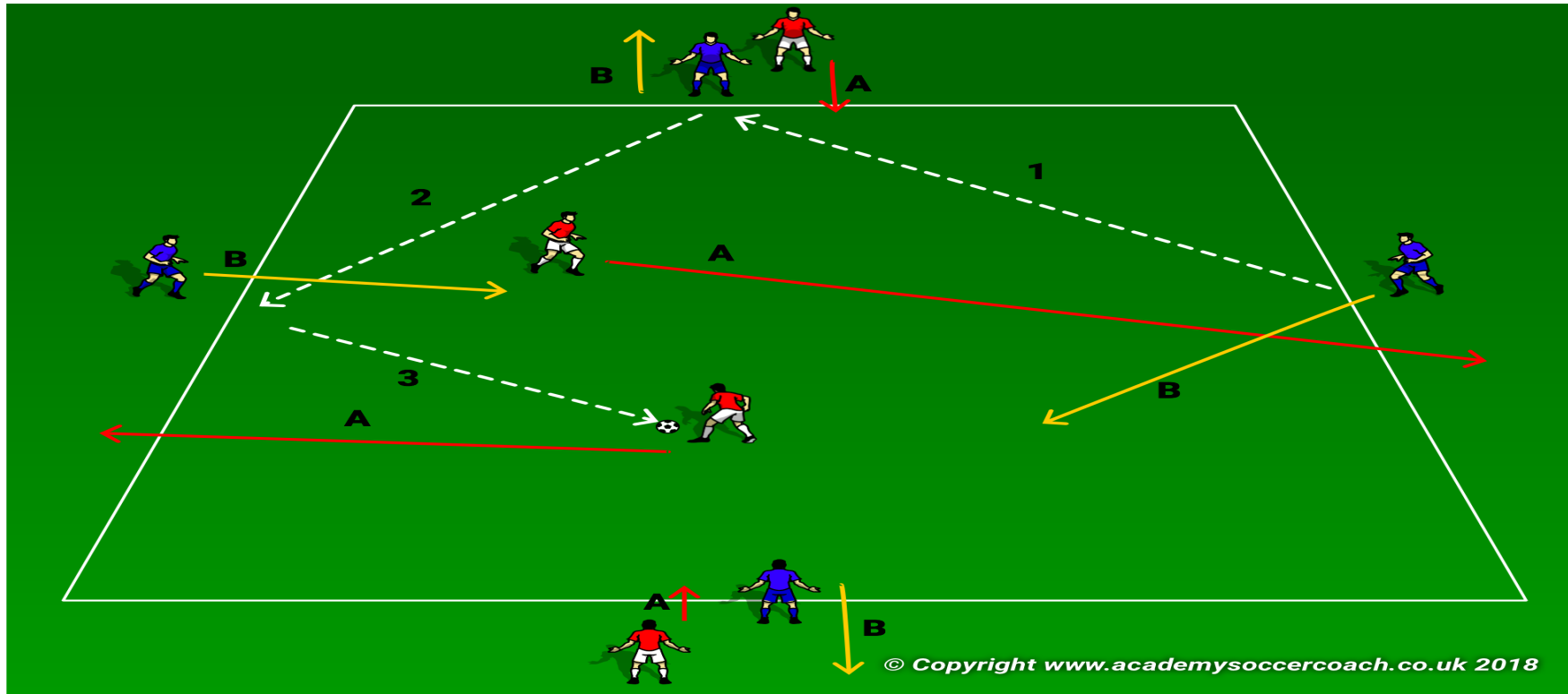


Conclusion

- Questions I ask myself as a coach are:
- Who are these activities applicable to?
- Their level and ability?
- Why am I choosing this activity?
- What is the playing environment I am looking to create with this activity?
- How can I implement, personalize, expand, create functionality in this activity?
 - Where can I fit it into my player's training cycle?



Methodology sessions



Transitional Rondo Warm up: 4v2 with 2 resting

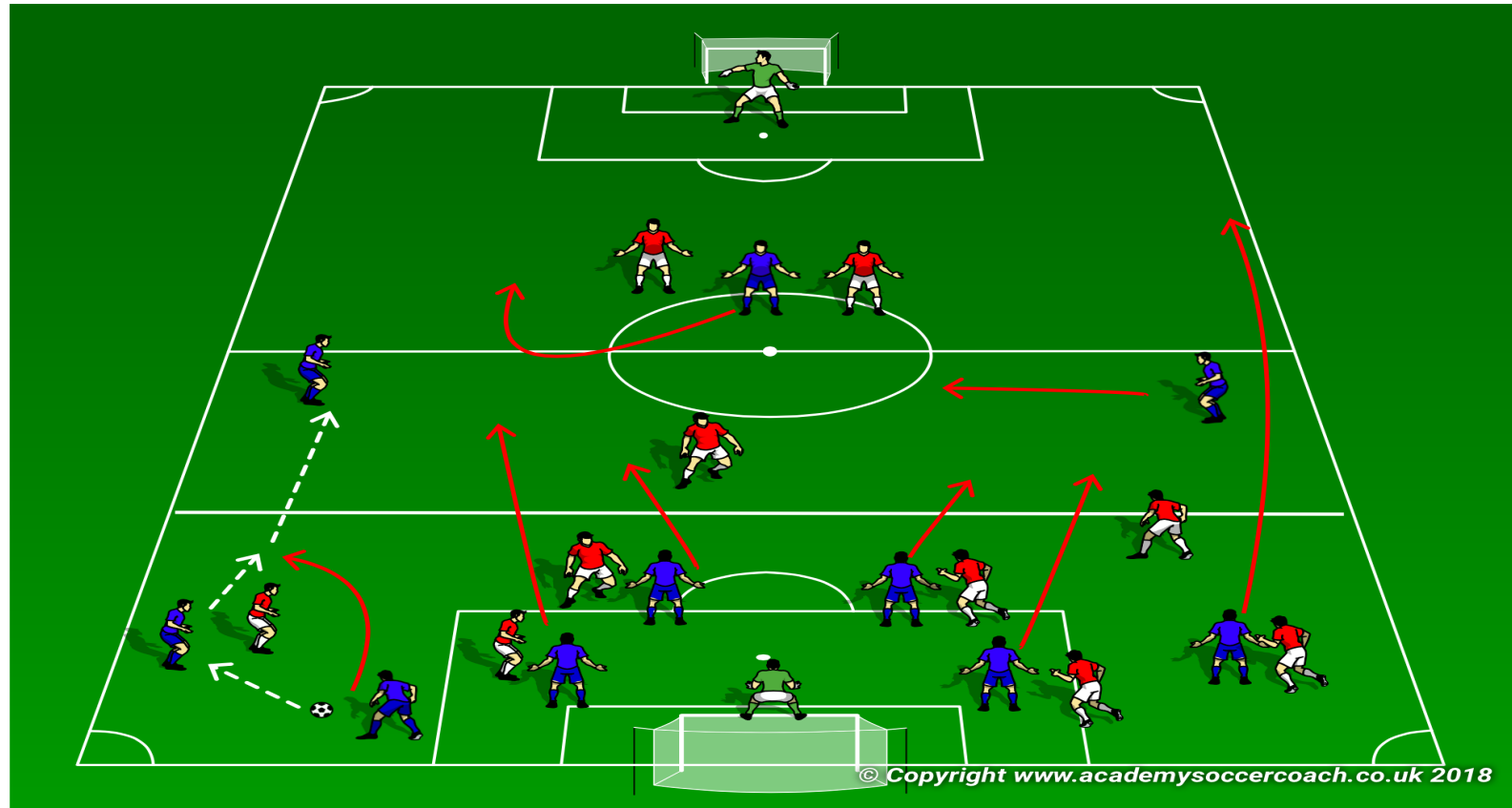
Objective: Coach the moment of transition to maintain possession

Set Up: As shown in a 10x10 or required size

Directions: 4 Blue V 2 Red with two reds sitting out. Blue try to maintain possession (1,2,3) passing red try to contain, win and counter. On red win, reds leave the grid and transition (A) out of grid and into role. Two new blues (B) come into the grid, other blues rest

Coaching points: Moment of transition. Organization. Communication. Look to create good decision making. Take advantage of opposition organization

Methodology sessions



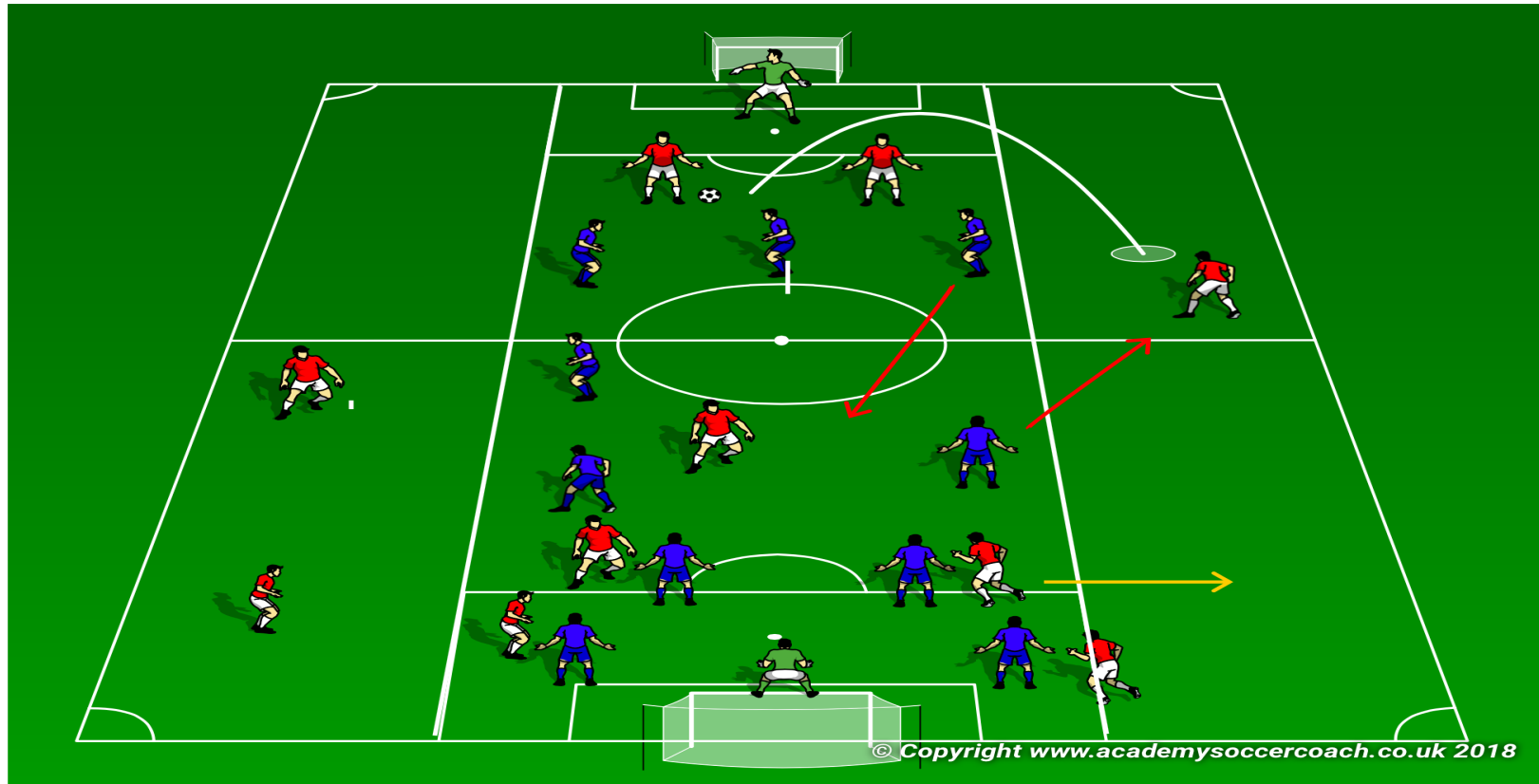
Transitional Methodologies: Half Field Breakout

Objective: To break out of the defensive quarter into the oppositions defensive half at speed and organized. Preventing the 'counter to the counter' by using the offside trap.

Coaching Points: Gain Positive possession. Play forward to targets. Push up and push out. Dependent on opposition shape and structure, continue counter attack or stabilize possession and time and build.

Methodology questions: Why & When would you use this? How do you create this scenario

Methodology sessions



Transitional Methodologies: Inside Out

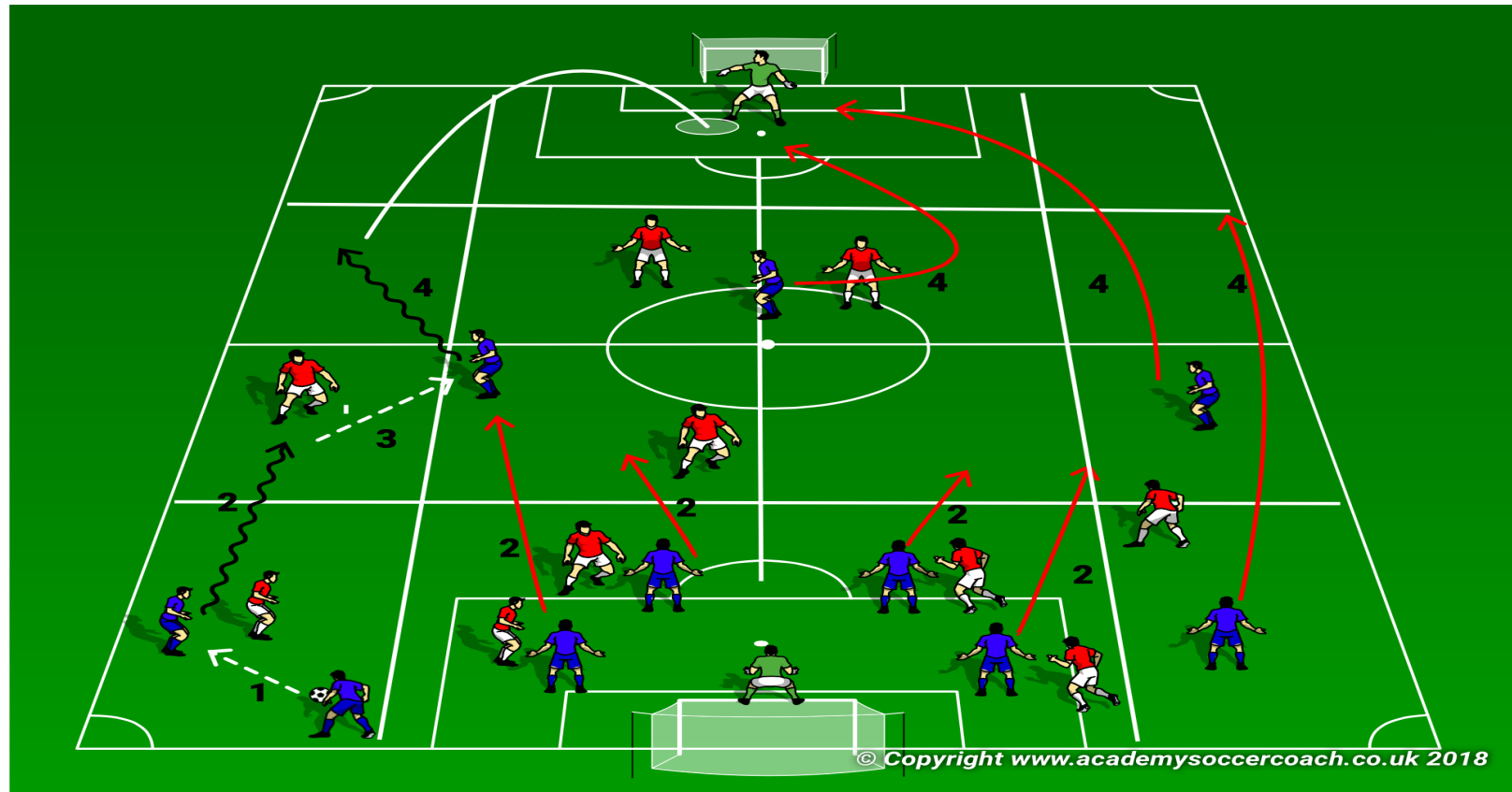
Objective: Red can attack using the full width of the field. Blue can defend the full width of the field, But blue can only attack through the central channel

Coaching Points: Red at moment of transition take advantage of the width and compactness of blue. Speed of play to get the ball forward using an outside in style of play

Methodology questions: How to use width, space and time? Which System would best benefit this methodology.

Adapted from a Tony Mee session

Methodology sessions



Transitional Methodologies: Breakout Squares

Objective: To break out of your square asap either by passing or dribbling into a new square

Coaching Points: Gain Positive possession. Play forward into a new square. Push up and push out. Dependent on opposition shape and structure, Look for opposition dis organization, zero players in a square or two or more players in same squarer. Continue counter attack through space and speed or stabilize possession, time and build. Exchange and occupy through mobility. Utilization of the reverse pass is key through the attack

Methodology questions: Bringing the small sided game into the full sided game?

Methodology sessions



REFERENCE SLIDE

- English FA
- Sky Sports
- John Peacock
- Marianne Spacey
- Peter Glynn
- Dick Bate



Thank You

- LOOK FORWARD TO:
- PRACTICAL FIELD SESSIONS

