

Transition Between Lines
NSCAA Special Topics Course
Lang Wedemeyer, Regional Technical Director



Session 2: Transition from the Midfielders to the Forwards to Finishing & Bringing it all Together

| Phase | Activity | Organization | Coaching pts. |
|---------------------|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| Warm up | Tactical Back to Pressure | Groups of 3 or 4 with functional passing | Creating space and timing of runs penetrating options |
| Main Theme 1 | 3v2+1 Transition game | 2 cone goals 25-30 yds.apart Offense has 3 attackers vs. 2 defenders and a GK Upon possession, team must play back to GK before attack (see Figure 1A) | Timing of runs Tactical options for penetration Isolation |
| Main Theme 2 | Offense vs. Defense | Half field divided into 3 zones 6+2 vs. 4+4 to big goal. Attack can score on big goal or 2 small goals on flanks. Defense scores by distributing to target in center circle. (see Figure 2A) | Possess for Penetration. Decisions. Timing of runs Creativity |
| Main Theme 3 | Offense vs. Defense | Half field: Offense attacks big Goal, Defense has target outlet. Flank goals are now gates for uncontested crossing (See Figure 3A) | Penetration on flanks. Box Organization |
| Game | Putting it all together: 8v8 with 3 zones | $\frac{3}{4}$ field with 3 zones Allow teams to discern own formations (See Figure 4A) | Connecting lines for transition and penetration |

**Session 2: Transition from Mids to Forwards to Finishing
& Putting It All Together**

Figure 1A:

3v2 transition game
to small goals

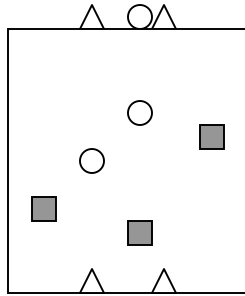


Figure 2A:

○ Are attacking
Goal and work to
Transition ball from
back to Mids to
Forwards

■ Are defending big
Goal. They score by
Working ball out to
Target in center circle.

Two ■ in cone goals
Must stay on line and
Defend that goal only.

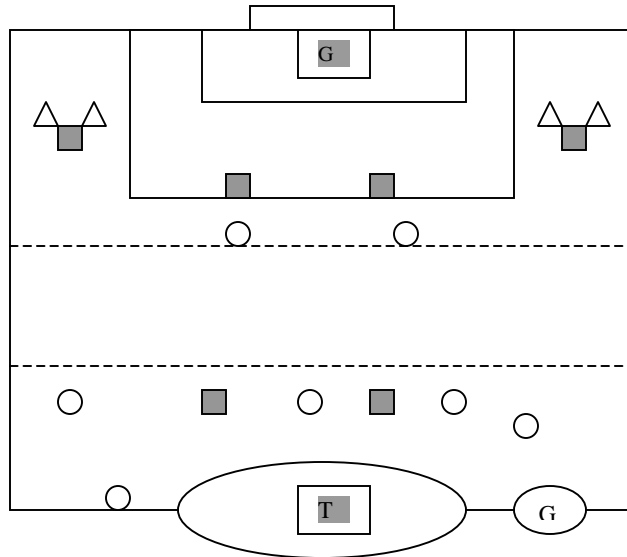


Figure 3A:

Zones define
Who can move
Freely = ○

■ Still scoring
By hitting
Target.
And they
Must stay in
Their zones.

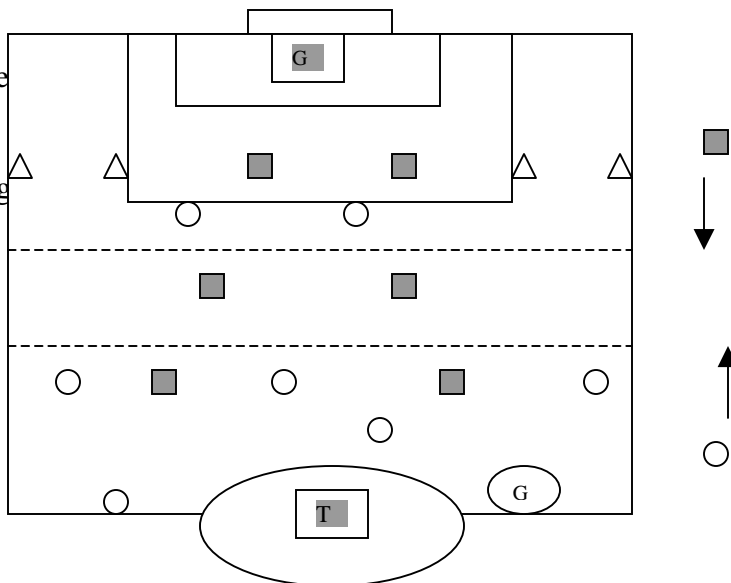
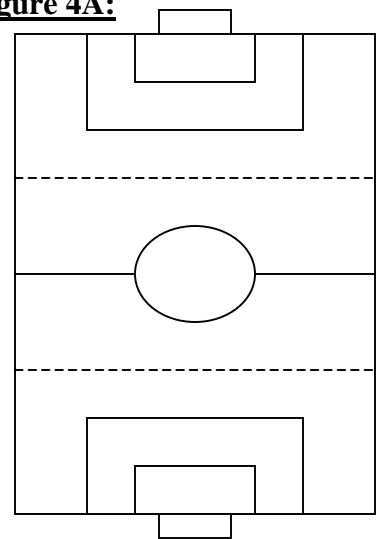


Figure 4A:



Go full field or $\frac{3}{4}$ field for
8v8 with 3 zones.

Restrict movements to create
successful offensive
transition between lines

Vary environment to get desired
transition = numbers in each zone,
movement restrictions, etc.