For this book, we have divided the chapters by which zone the transition starts in. There are 3 zones:

1. **Low Zone**
2. **Middle Zone**
3. **High Zone**

This diagram shows an example of a team that has won the ball in the middle zone. In this situation, the white team have players behind the ball when defending. To win the ball, they need to limit the their opponent’s time/space, block potential passing options and demonstrate good anticipation.

The red team are trying to build up play from the back. The right back (2) had received a pass from the centre back and is closed down by the white team’s left winger (11). The attempted pass inside to red No.8 is intercepted by the white No.10.

The No.10 runs forward with the ball and the red team are left unbalanced. The striker (9) makes a run out wide and receives the pass. The red centre back (4) has to follow him, which creates space in the centre for the No.10 to run into. No.9 dribbles towards the box and passes the ball across to No.10 to finish. The right winger (7) also makes a run into the box to support the attack.

The aim after winning the ball in the middle zone should always be to pass/move the ball forward quickly to exploit the disorganised defence of the opposition, before they have time to recover.
TACTICAL SITUATION 2

JOSE MOURINHO TACTICS

Creating an Overload with a Fast Break Attack

Analysis taken from ‘Jose Mourinho’s Real Madrid: A Tactical Analysis - Attacking in the 4-2-3-1’ (Athanasios Terzis 2012)

Available to buy from SoccerTutor.com (paperback + eBook)

The analysis is based on recurring patterns of play. Once the same phase of play occurred a number of times (at least 10) the tactics would be decoded, with the positioning of each player on the pitch studied in great detail, including their body shape. Each individual movement with or without the ball was also recorded in detail. The analysis on the next page is an example of the team’s tactics being used effectively.

The analysis is then used to create a full progressive session to coach this specific tactical situation.
Creating an Overload with a Fast Break Attack

In this example, Real Madrid’s No.10 Ozil wins the ball in midfield.
Ozil moves forward with the ball and Ronaldo moves into a wide position to receive the pass from Ozil on the run.

Ronaldo draws one of the centre backs away, so Benzema makes a run in behind him and receives the pass from Ronaldo.

The other centre back (No.5) is drawn to Benzema and the opposition’s defenders have large distances between them.

Ozil makes a direct run into the centre forward position. Benzema crosses to him and Ozil scores into the far corner.
PROGRESSION

3. Fast 5 v 3 (+2) Overload Attacks in a Dynamic Transition Game

Objective: To work on fast break attacks with a numerical advantage (overload).

Description
In a 30 x 30 yard area we have 2 full size goals with goalkeepers. We also have 4 poles positioned near the corners, as shown in the diagram. Both teams have 5 outfield players and they are numbered 1-5.

One team starts with the ball (blues in diagram example) and try to score in the opponent’s goal.

When the attack is finished, the ball goes out of play or the defending team win the ball, the 2 players that the coach calls out must run to the corner of the pitch and around a pole before running back inside to join the play. In the diagram example, this is after blue No.2 shoots at goal.

The coach quickly passes a new ball into play and the other team (whites) must make a quick transition from defence to attack and exploit the temporary numerical advantage (5 v 3) they have to score a goal as quickly as possible, before the 2 extra players (No.2 & No.4) are able to track back and help defend.

Coaching Point: The players should sprint towards the poles, then slow down using shorter steps. They can then bend their knees to turn and move off quickly again to sprint back and defend.
COACHING TRANSITION PLAY
Full Sessions from the Tactics of Simeone, Guardiola, Klopp, Mourinho & Ranieri

BUY NOW
Worldwide Shop

BUY NOW
USA / Canada Shop

Available in Full Colour Print and eBook!
PC | Mac | iPhone | iPad | Android Phone/Tablet | Kobo | Kindle Fire

FREE COACH VIEWER APP
www.SoccerTutor.com
info@soccertutor.com