CHAPTER 5

TRANSITION FROM DEFENCE TO ATTACK IN THE MIDDLE ZONE
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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 a team winning 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 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 6

LEONARDO JARDIM TACTICS

Fast Break Attacks with Many Support Players

Content taken from Analysis of Monaco during the Ligue 1 Title Winning 2016/2017 season

The analysis is based on recurring patterns of play observed within the Monaco team. Once the same phase of play occurred a number of times (at least 10) the tactics would be seen as a pattern. The analysis on the next page is an example of the team’s tactics being used effectively, taken from a specific game.

Each action, pass, individual movement with or without the ball, and the positioning of each player on the pitch including their body shape, are presented.

The analysis is then used to create a full progressive session to coach this specific tactical situation.
Fast Break Attacks with Many Support Players (4-4-2 vs 4-2-3-1)

In this situation, the Lille left back (3) attempts to pass inside to the left winger (11), but plays a poor pass.

The Monaco central midfielder Bakayoko is able to collect the ball, dribble forward and then switch the play to the left winger Lemar, as shown.

Lemar receives the pass in lots of space, so is able to dribble forward. The 2 forwards Mbappe and Falcao + the right winger Bernardo Silva are all able to make forward supporting runs.

The Lille right back (2) is able to put pressure on Lemar but he is able to play a perfect diagonal ball over the top for the forward Mbappe to run onto.

Mbappe plays a first time volley cross into the centre, perfectly weighted and timed for Falcao’s run, ahead of the defenders tracking back.

Falcao finishes with a first time left footed volley into the corner.
In this situation, the Bordeaux forward (9) is in a very deep position and plays a poor pass, which gives the ball to Monaco central midfielder Bakayoko.

Bakayoko passes inside to the forward Germain, who then plays a first time pass into the space for the winger Lemar to receive and dribble forward.

Lemar dribbles inside, plays a one-two with the forward Falcao and then passes inside for central midfielder Fabinho, who has made a supporting run.

Fabinho has space to run into and Monaco have a 6 v 6 situation for their attack.
The right winger Bernardo Silva has space to run into out wide and Fabinho passes for him to run onto the ball.

Bernardo Silva cuts inside and is tracked by the Bordeaux left back (3). The Monaco right back Sidibe has made a bursting forward run to create an overlap and Bernado Silva passes ahead of him and into the penalty area, as shown.

Sidibe is able to control the ball with one touch and then score into the far corner with his second.
PROGRESSION

3. Fast Break Attacks with Support Players in a Position Specific Small Sided Game

Description

In a 40 x 60 yard area, we split the pitch into 2 equal zones. We play a 7 v 7 game with 2 extra neutral players on the sides, who play with the team in possession. Each team has 1 centre back (5), 2 central midfielders (6 & 8), 2 wingers (7 & 11) and 1 forward (9) from the 4-4-2 (or 4-2-3-1) formation.

The practice starts with one team (navy) attacking in one zone with a 5 (+2) v 5 situation, as they try to score a goal. In the other zone, we have 1 navy defender and 1 white forward (9).

If the white defending team win the ball, they then quickly make a transition from defence to attack with help from the neutral players in a 6 (+2) v 6 situation. As soon as they win the ball, all players are free to move into the other zone.

The counter attacking team (whites in diagram) should try to pass to the forward (9) as quickly as possible, make fast supporting runs and combine with him to score within 8-10 seconds - if they achieve this, the goal counts double.
PROGRESSION

4. Fast Break Attacks with Many Support Players in an 11 v 11 Tactical Game (4-4-2 vs 4-2-3-1 or 4-4-2)

Description
In this progression, we now use a full pitch and mark out a middle zone as shown. We play an 11 v 11 game, with all the outfield players except for 2 white forwards and 2 navy centre backs starting within the middle zone. The white team are in a 4-4-2 formation and the navy team are in a 4-2-3-1.

The practice starts with a pass into the middle zone from the navy team’s goalkeeper. The navy team try to break through the pressing, build up play, pass into the end zone and score.

The defending team (whites) apply collective pressing to try and win the ball. If they are successful, their aim is then to launch a fast and direct counter attack. They must do this by quickly passing to one of their forwards (9 or 10) in the end zone.

From the point the whites win the ball, all players are free to move across the zones to attack/defend. The white players’ aim is to run forward quickly to support their 2 forwards and finish the counter attack as quickly as possible. If the whites score within 10 seconds of winning the ball, the goal counts double.