



Controlling Transitions

Counter Pressing
Counter Attacking
Pre-Transitions
Multi-Transitions



Controlling Transitions

- Counter Pressing

The act of 'pressing after a loss of possession'

- Counter Attacking

The act of direct attacking after a regain of possession

- Recovery Running

The movement to quickly return to defensive position after a loss of possession

- Transition Passes

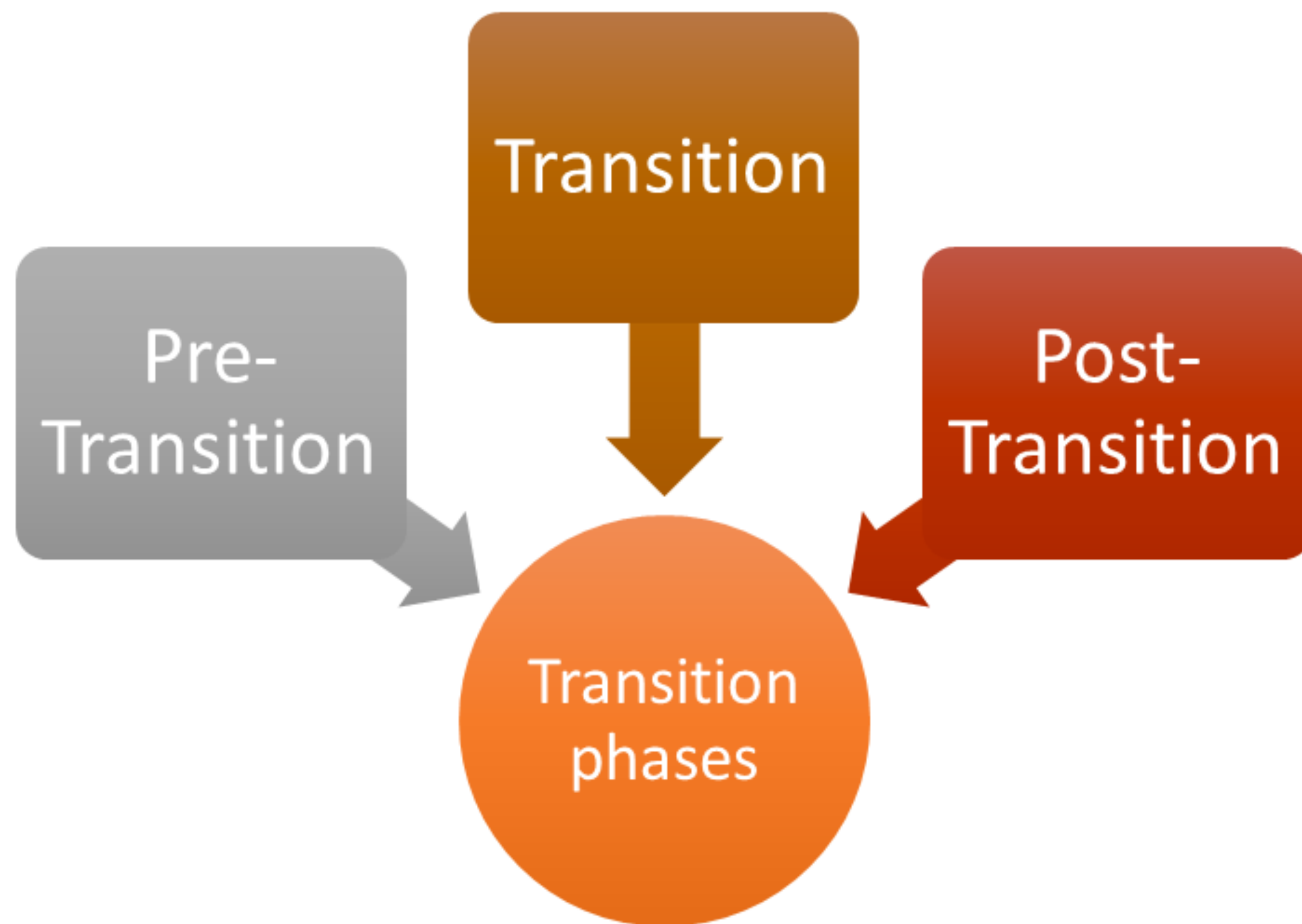
Passes made after a regain to re-establish possession

- Pre-Transition phase

The few seconds before it is clear an attack will be completed and a transition may follow



Transition Cycle



Before a transition starts, we must be in position to control the outcome of this phase.

Do we want to be in position to counter press?

Are we a counter pressing team?

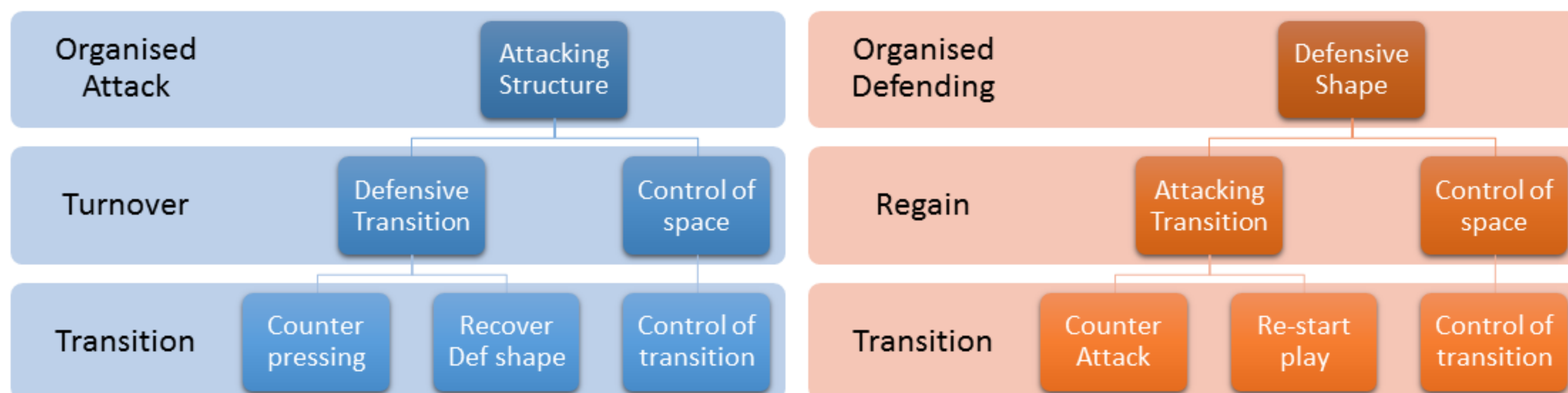
Will we simply drop into an organised block?

After a regain, how do we start a new attack?

Do we re-start possession, play direct, or maintain more transition cycles?

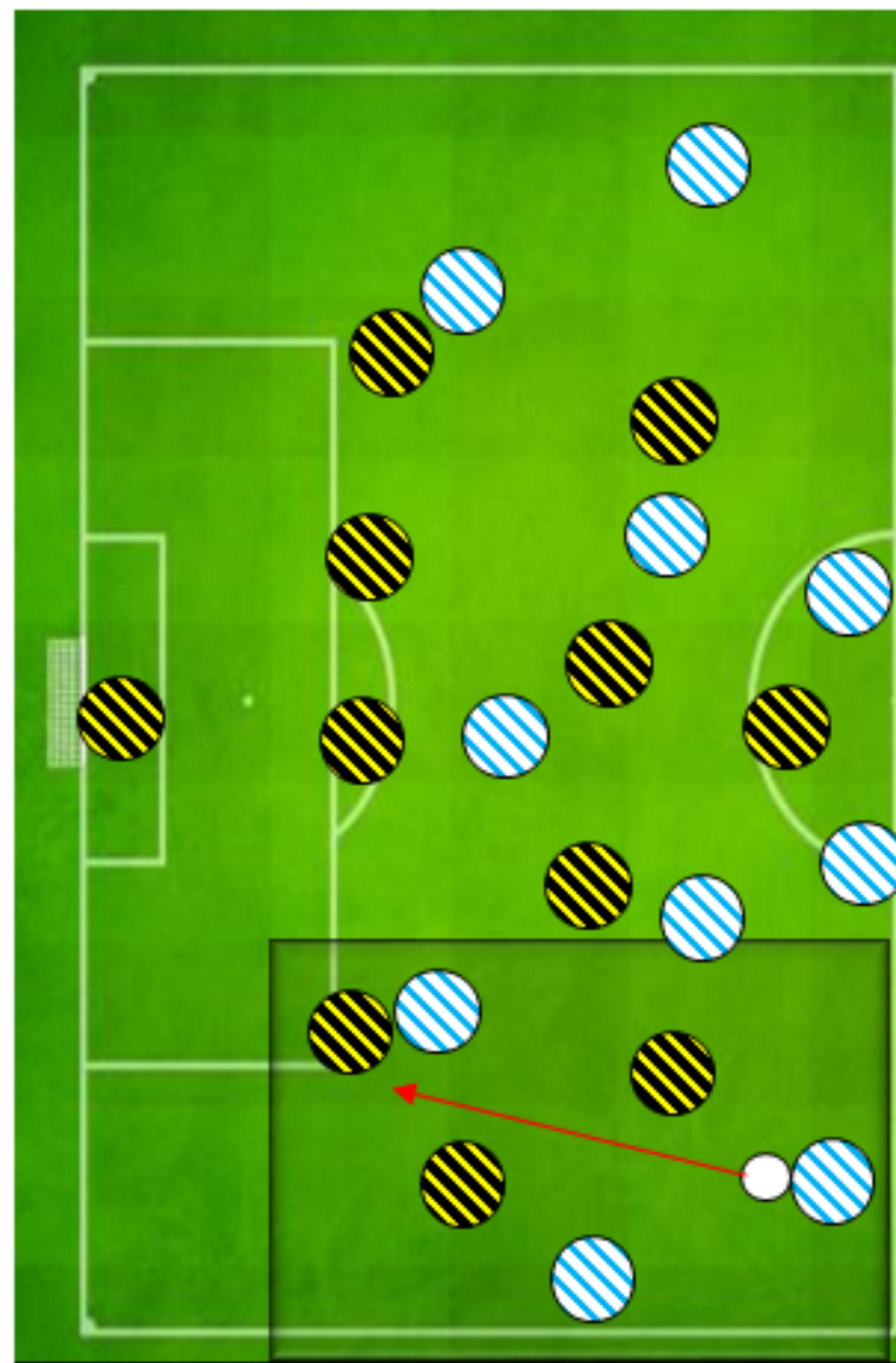
If we play in multiple transition phases, how do we maintain fitness across the match?

Structure to control transitions

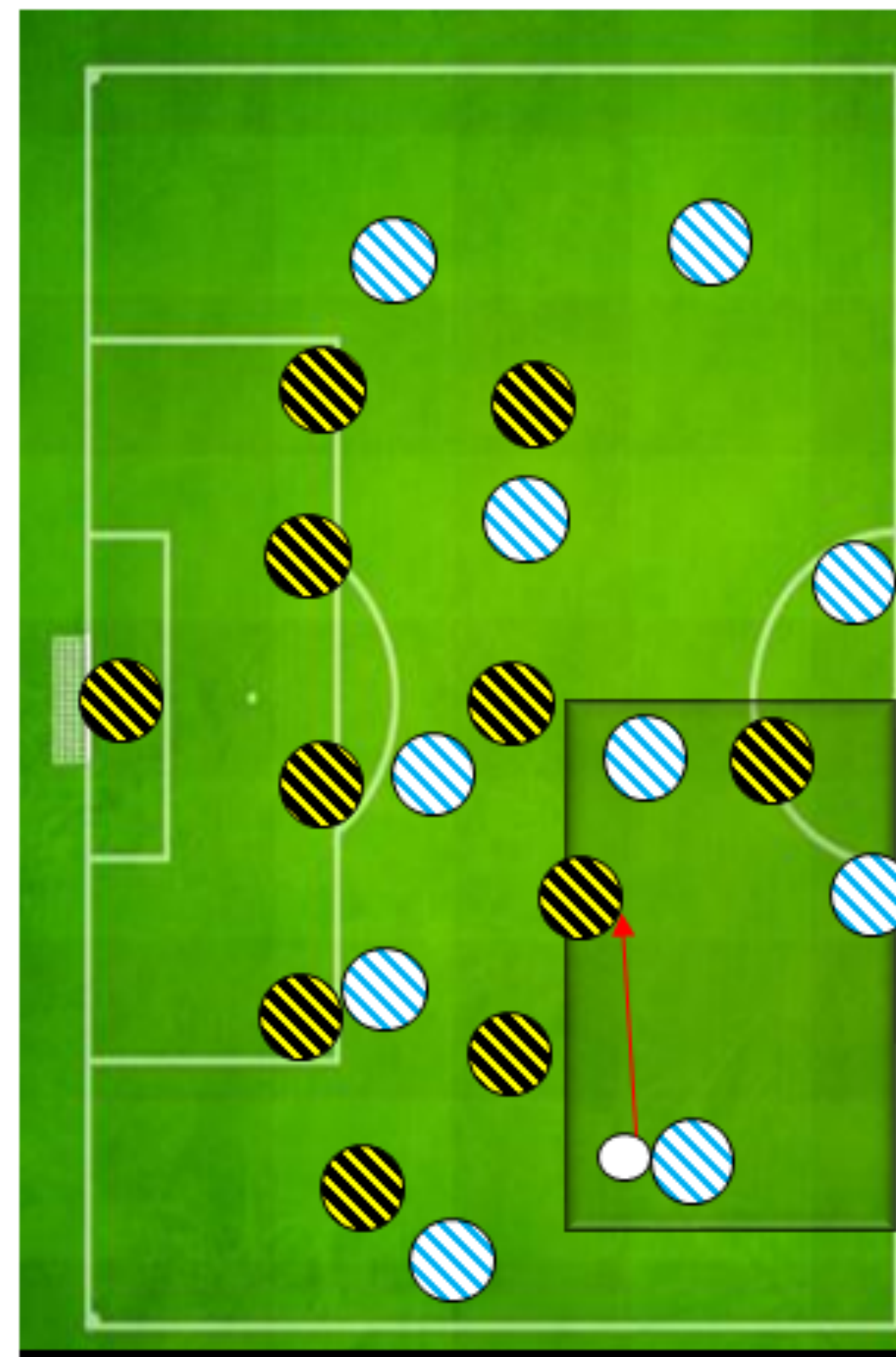


Transition is the most frequent phase of the game, so our organised shape will help us take advantage of the phases of the game which are disorganised. Within our attacking shape we must be looking to control the space behind and around the ball. Within our defending shape we must be looking to find the free player.

Individual play in transition



Forward pass is easy to control the next phase in transition with stability



Sideways pass is intercepted. Defence is exposed centrally



Backwards pass. The CBs are 2v3 with no ability to press the ball

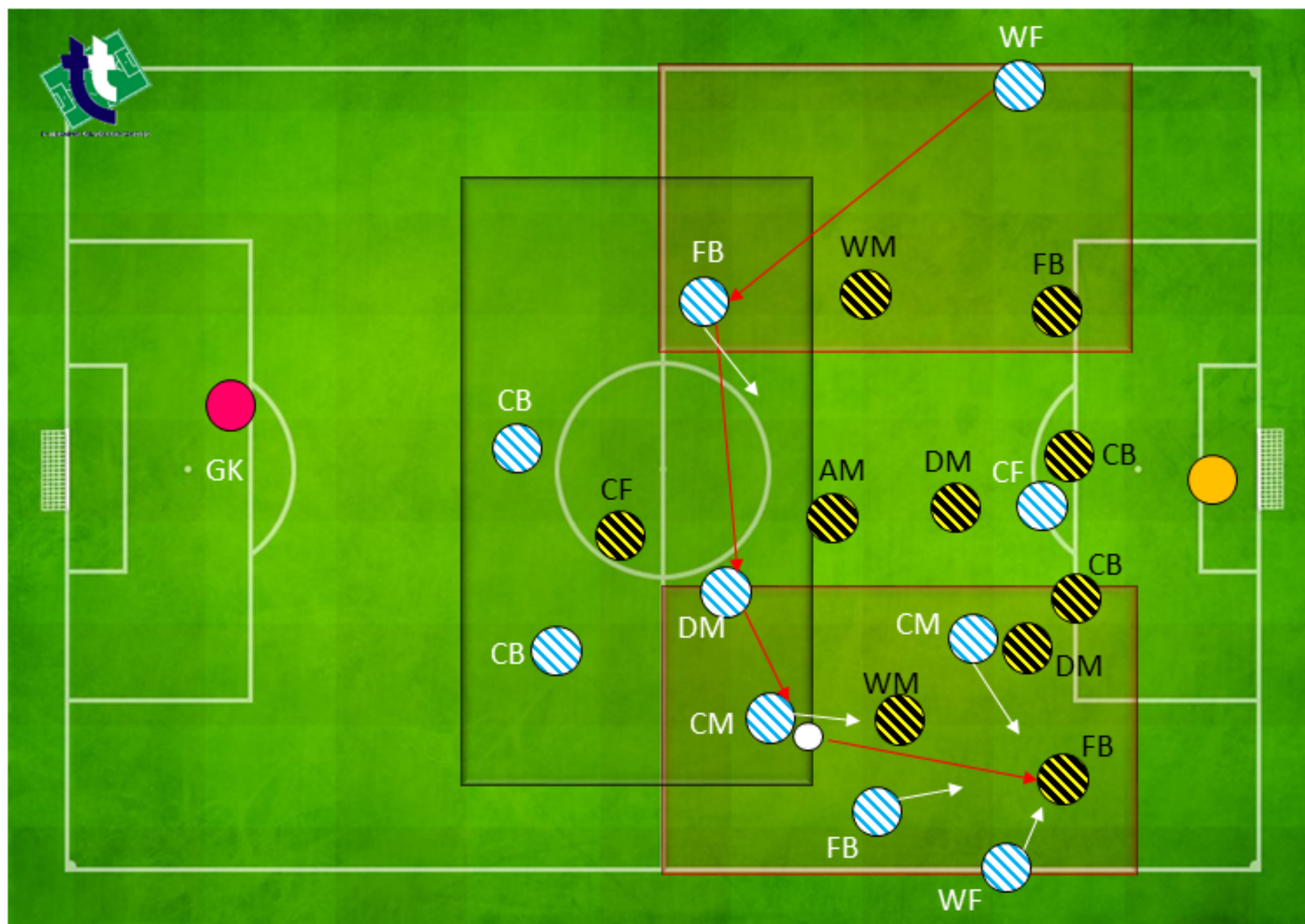
In each situation, the LB loses possession. By being attacking and trying to play forward, they lose the ball in a stable position.

When losing the ball with a sideways pass, you need another covering player behind the passing target to cover the space to control the transition. On a backwards pass, you can't recover quickly and this can often lead to conceding goals from counter attacks.

Playing forward is often the 'safest' pass to control space.



Attacking Structure pre-transition



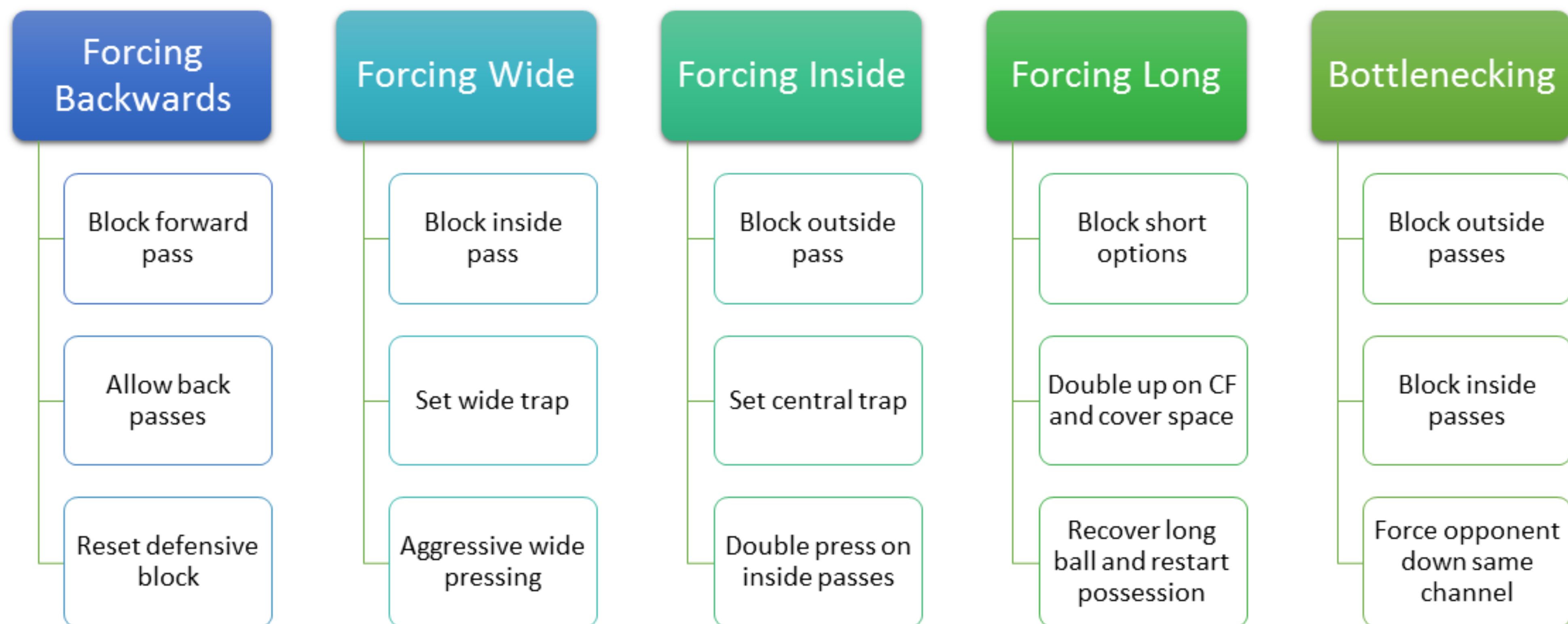
When in possession, we know we will not complete every attack, and when possession is lost, we would rather run 10m forward to press, than run 60m to recover a long pass or block a shot.

Accumulatively, 10 players running 10-20m to press is more efficient than 7 players running 60m to get back into an organised block. If we can maintain energy levels though organised possession, we can also maintain higher energy levels by running less after a turnover.

We can force the opponent to feel stress by being on the attack constantly, and using the counter press to create scoring chances in transition.

Often we will see FBs 'inverted' to control the counter attacking space for wide attackers.

Directing play when pressing

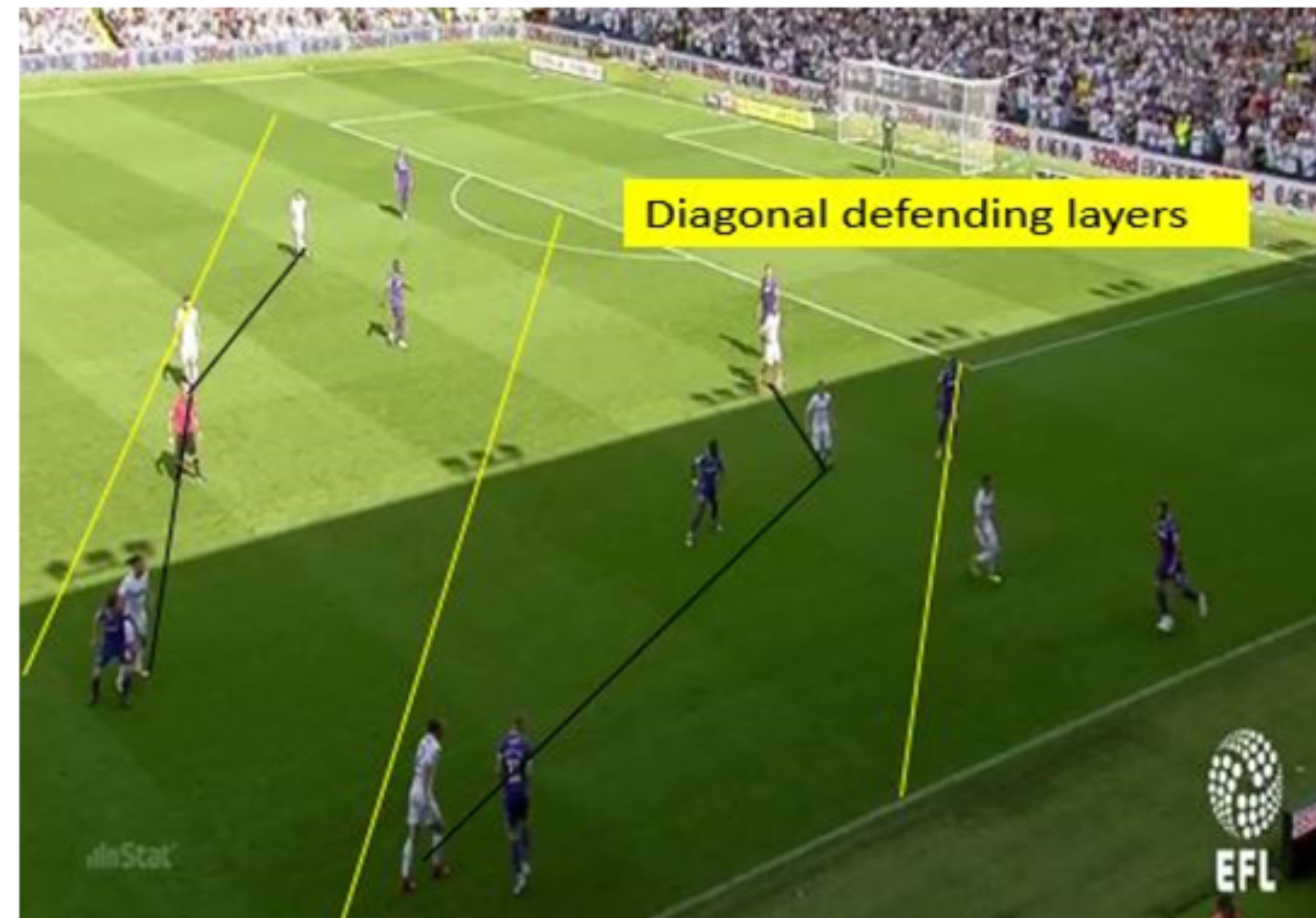
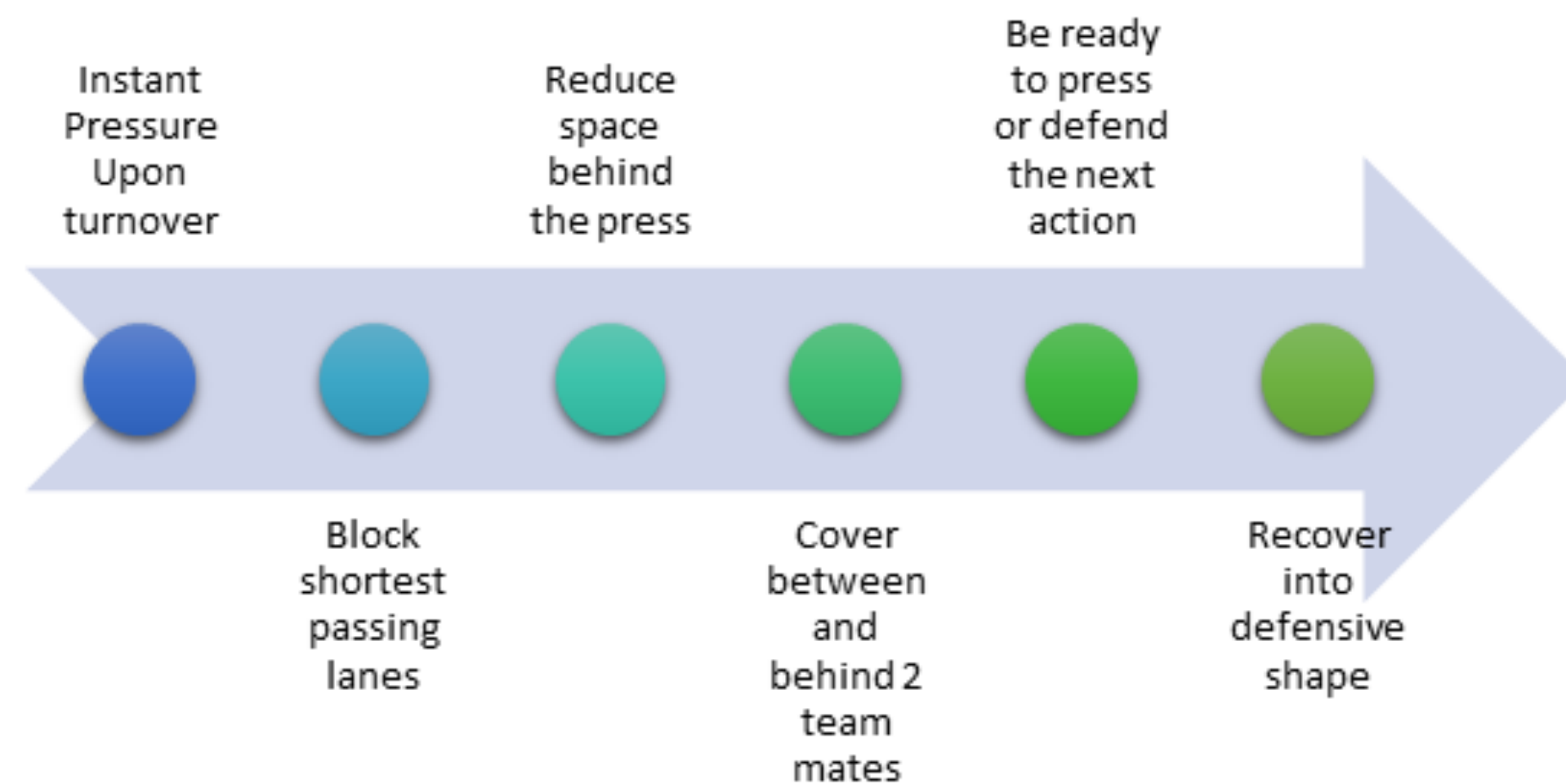


Counter Pressing Process

Transition Pressing

Block forward access – press - reshape

Press with cover around all angles behind pressure to press the pass



Counter Pressing Structure

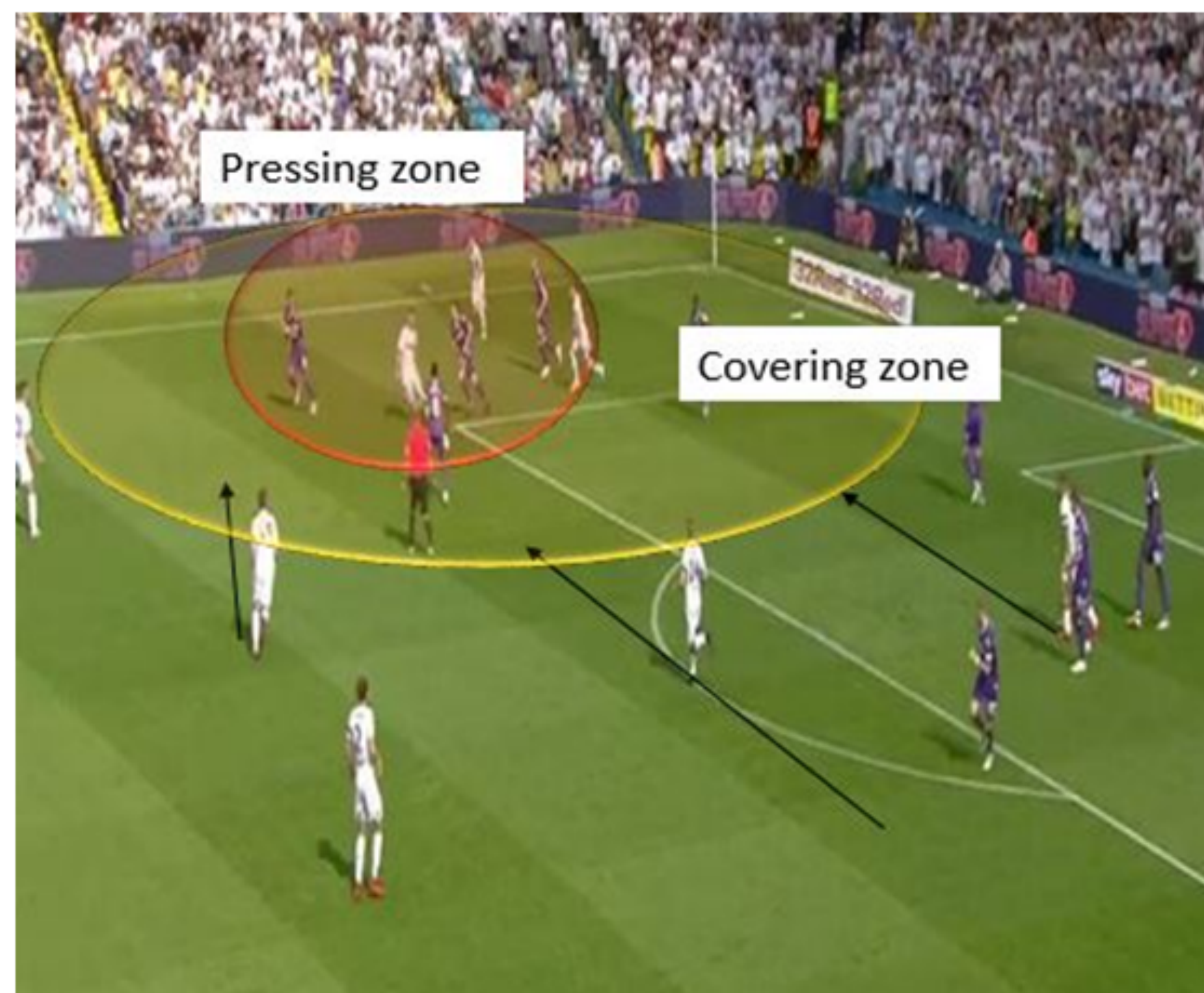
We can see that the red zone is the immediate pressure zone

The 3 players who lost the ball will instantly apply pressure and attempt to block a direct attack

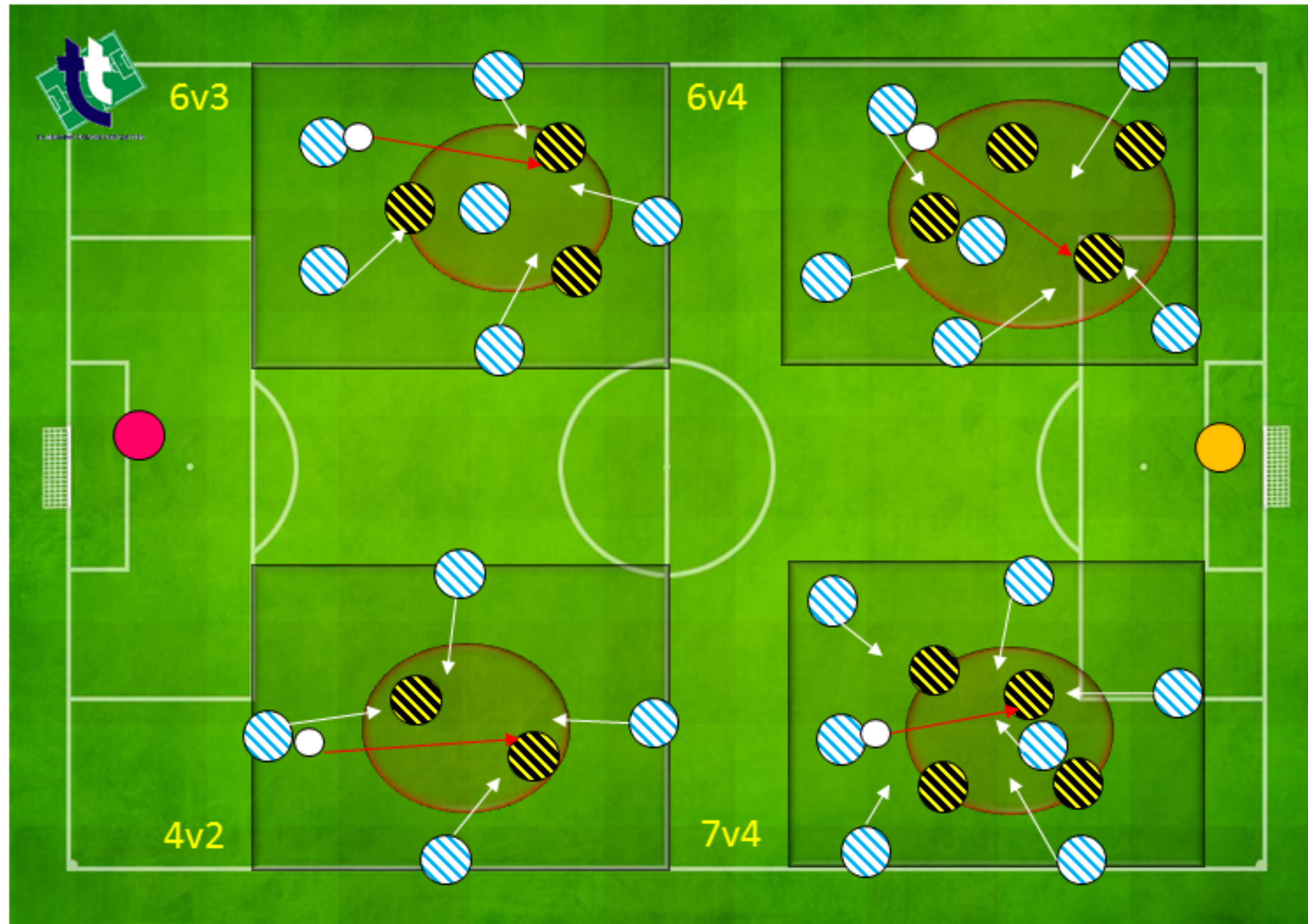
The player directly behind the ball must control the space rather than chase the ball and leave the team exposed

Everyone else will recover around the yellow covering zone between and behind 2 team mates to create defensive triangles to help regain possession quickly

By creating additional layers behind the ball, there are more players to evade to break pressure, making interceptions easy



Common Scenarios: Counter Pressing



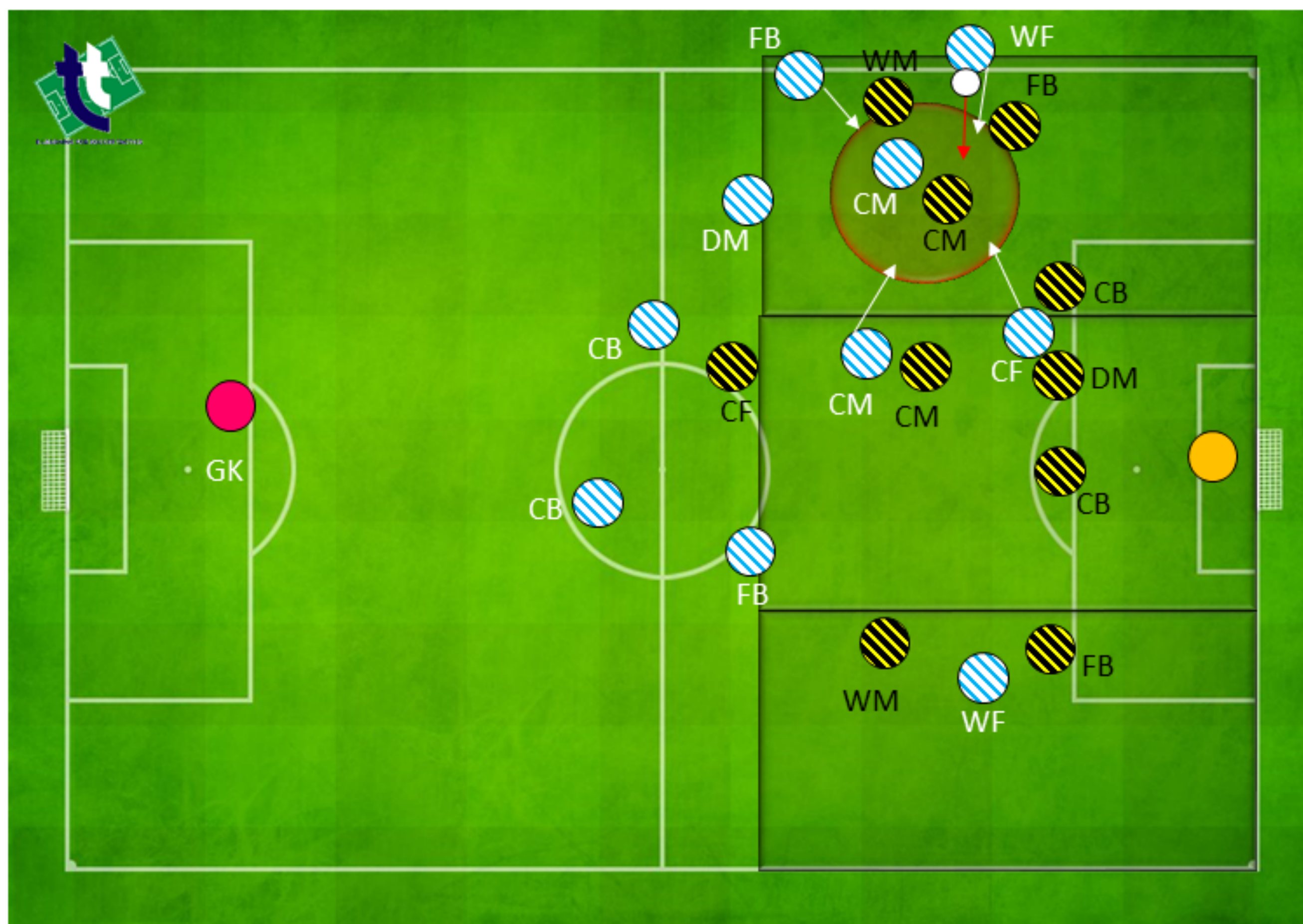
What is the common theme among all of these situations?

Each formation has width, a central connecting player, a base at the back and the ability to quickly reduce the space around the ball as the ball is lost.

The red circle is the area we need to get into within 2 seconds by the 1st player, and 3 seconds by the 2nd player.

We must press all exits and ensure that we keep the ball inside the turnover zone, with at least equal or 1 player more than the opponents attacking line.

Areas of Counter Pressing: Wide



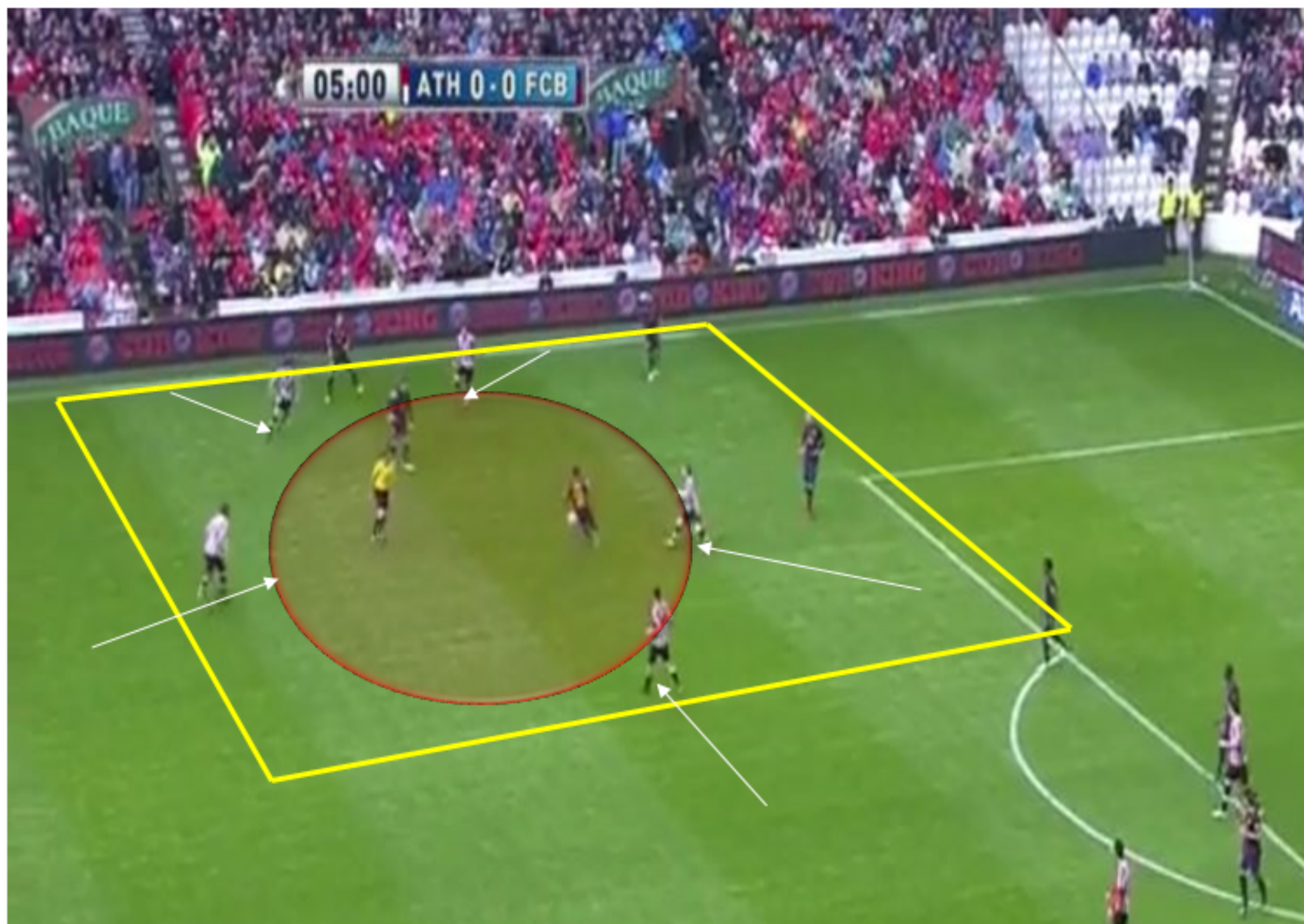
When counter pressing, it is common to try to press and keep the ball within the same zone the ball was lost inside, particularly in wide zones.

In this example, when the ball is lost in the red area, the players around the zone of possession will press inside the red circle to reduce any player in possession time/space to start a counter attack.

The attacking structure allows for a quick counter press from outside the red circle, to inside it, reducing the time/space of the player in possession and reducing the exits angles.

If there is hesitation in the counter press, this can be difference between and regain and having to run back 60m to prevent a shot on goal.

Wide Zone Counter Press



When the ball is lost, Bilbao players move inside to press within the red zone to put immediate pressure on the ball from all angles, reducing exit areas, passing lanes and looking to regain possession from a quick turnover.

Players have started on the edge of, or outside the yellow area where possession was lost to move within the red zone to quickly press the ball, completely reducing any time and space the player in possession can have in transition.

This is an example of 'ball-oriented' counter pressing' where all players are drawn to quickly reduce the space of the player in possession, rather than marking opponents or tracking runners, or blocking passing lanes.



Thank you for subscribing

This is the end of the Controlling Transition module

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OnsideSC@Hotmail.com

@Onside_SC

@StevieGrieve

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