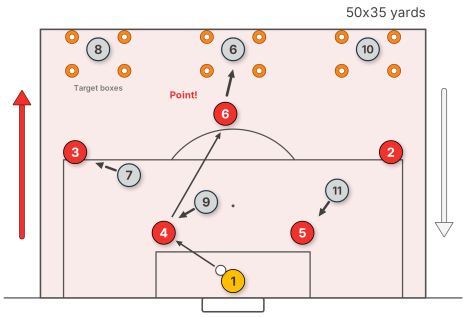
TRANSITION TO DEFEND · DEFENSIVE THIRD

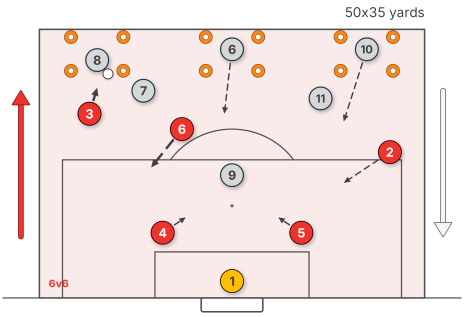
6V3 TO 6V6 TRANSITION

Build out 6v3, find a target, then react and stop the 6v6 counter

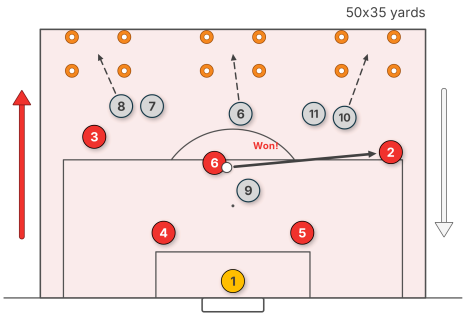
1 · FIND A TARGET



2 · REACT: 6V6



3 · WIN IT BACK AND RESET



SPACE	PLAYERS	SETS	WORK	REST	TOTAL
50x35 yds	12 (incl. GK)	4	3 min	1 min	15 min

SETUP

- The goalkeeper starts every attack from the big goal.
- Each target player stays in a small cone box on the far line until the 6v6 starts.
- The 3 pressers press aggressively, which leaves space to play behind them.
- The focus team builds out 6v3 and scores a point by passing into any of the 3 target players.
- When a target is found, or the pressers win the ball, the 3 targets join the pressers: 6v6 to the big goal.
- If the focus team wins the ball back, the targets go back to their boxes and the focus team tries to find them again.

FOCUS TEAM'S OBJECTIVE

Move the ball quickly to find a target, then react straight away to the turnover and stop the opponents from playing through to the big goal.

WHAT OPPONENT FOCUSES ON

Press the build out, then counter quickly 6v6 and score in the big goal.

KEY COACHING POINTS

- Speed of play.
- Reaction to turnover.
- Preventing penetration.