

MIDDLESBROUGH

**Aitor
Karanka
Transition
to attack**

Overview:

This session examines players' ability to attack quickly and create overloads from an organised team shape.

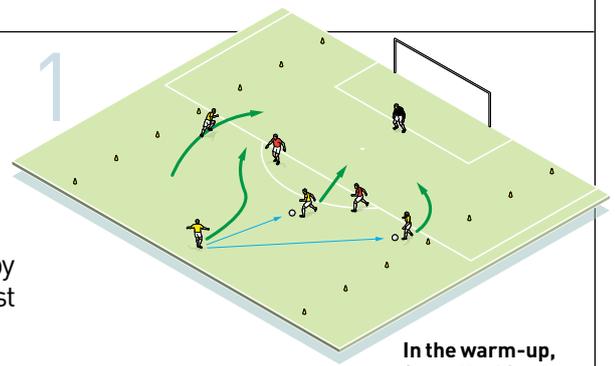
It's a modern trend within the game and offers our team a clear route to goal, with players taking on and mastering defined roles as part of a tight and efficient unit.

TRANSITION TO ATTACK

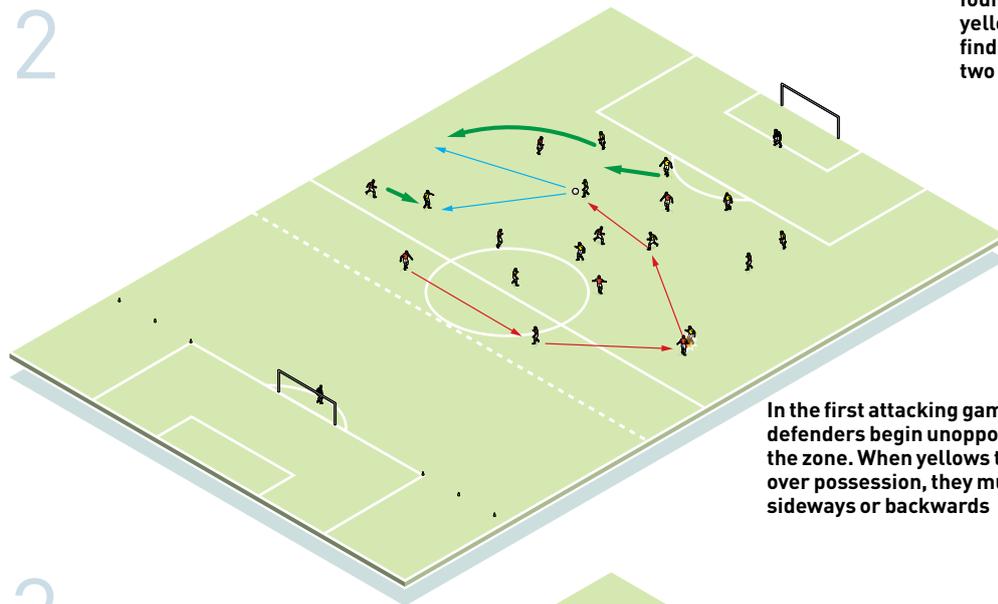
What do I get the players to do?

Overload exercise

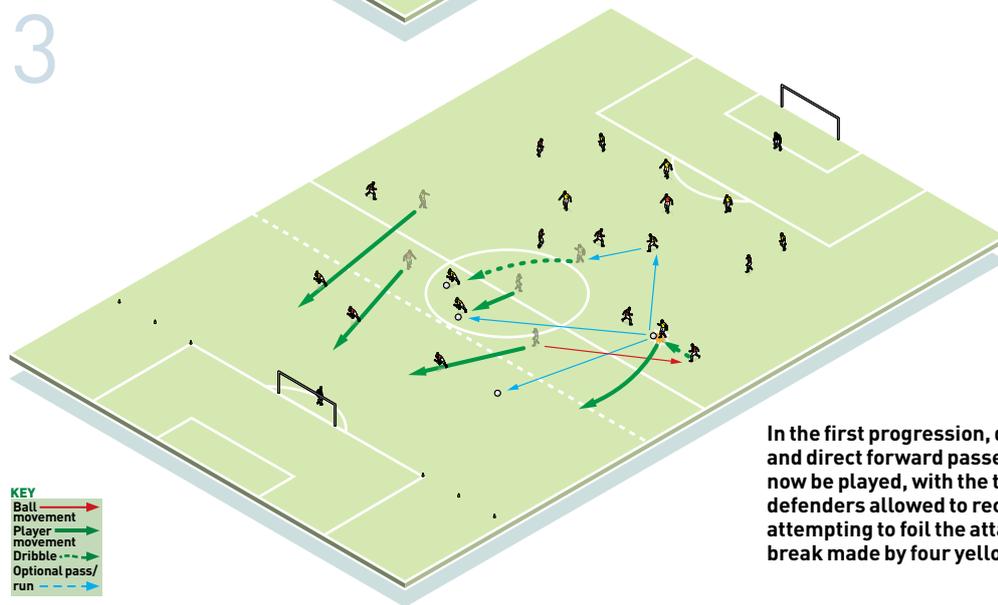
We begin with a 4v2 overload warm-up in a narrowed penalty box extended down the pitch. Two red defenders must organise to repel the threat of the four yellow attackers. If they win the ball back the practice restarts. We progress this by telling the deep midfielder to recover after the first pass, with the main attack being a 3v2 (1).



In the warm-up, four attacking yellows attempt to find a way past the two defenders



In the first attacking game, red defenders begin unopposed in the zone. When yellows turn over possession, they must play sideways or backwards



In the first progression, quick and direct forward passes can now be played, with the two red defenders allowed to recover in attempting to foil the attacking break made by four yellows

KEY
Ball movement →
Player movement →
Dribble →→
Optional pass/run - - ->

SET-UP

AREA	Up to a full pitch
EQUIPMENT	Balls, cones, goals
NUMBER OF PLAYERS	Up to 9v9
SESSION TIME	Overload exercise 10mins, Game 1 20mins, Game 2 20mins

Attacking game 1

We set up with a goal on the 18-yard line, with the pitch coned across 10 yards into the bottom half. This small area represents a 'safe zone', where two unopposed defenders sit. They pass the ball out to

begin the attacking move. Should yellows turn over possession they cannot immediately counter-attack - we want them to think about switching, making a square pass or even playing the ball backwards,

before then going forward, in order to keep opponents from immediately pressing the ball (2). When a pass breaks the coned line, both defenders can move back to defend, though four attackers can move into the space.

To progress, yellows can now make any pass, including a quick ball forward (3). And in the final progression, only one red can defend behind the coned line, against as many as five attackers.



Aitor Karanka
MIDDLESBROUGH

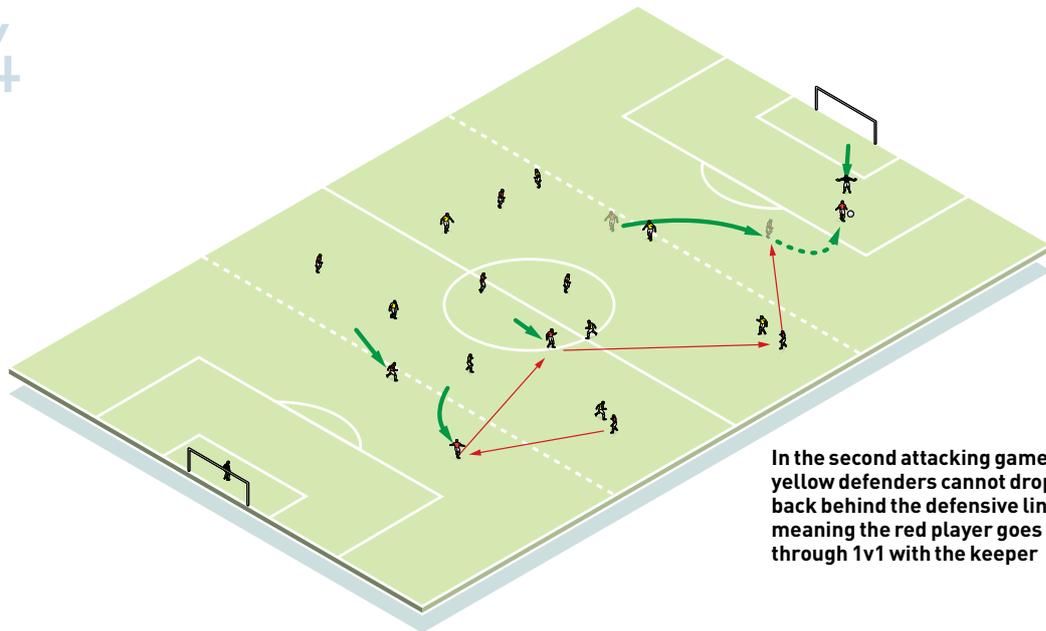
Spaniard Aitor Karanka enjoyed an impressive playing career, which included winning the UEFA Champions League with Real Madrid in 2000. He also played for Athletic Bilbao and Colorado Rapids, and appeared for the Spanish national team.

It was as assistant to Jose Mourinho at Real in 2010 that the 40-year-old's reputation as an innovative coach really developed, and leaving the post in 2013 he accepted the offer to become Middlesbrough's first ever overseas manager.

With the club mid-table in the Sky Bet Championship and going through something of a transitional period, Karanka is looking to express more of his Spanish influence as the club aim for a concerted promotion push next term.

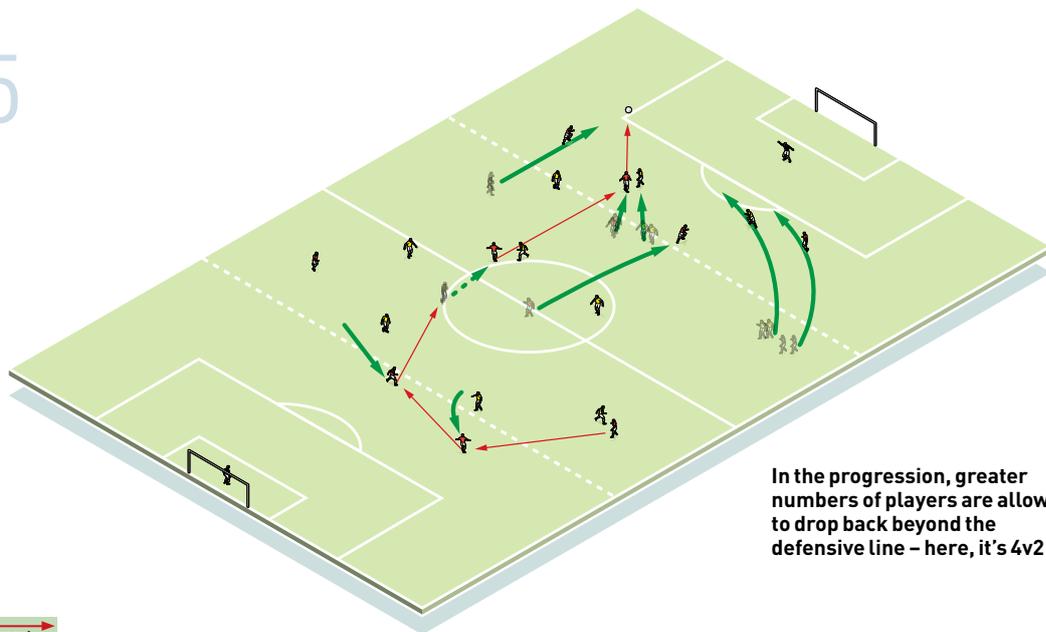
TRANSITION TO ATTACK

4



In the second attacking game, yellow defenders cannot drop back behind the defensive line, meaning the red player goes through 1v1 with the keeper

5



In the progression, greater numbers of players are allowed to drop back beyond the defensive line – here, it's 4v2

KEY

- Ball movement →
- Player movement →
- Player movement →
- Dribble - - - - -
- Optional pass/run - - - - -

“This session examines players’ ability to attack quickly and create overloads from an organised team shape.”

Attacking game 2

Next we play 9v9, full pitch, with zones at both ends, which act as offside lines. Attackers can have two players running beyond this line who will be unopposed if a pass can be played through. Defending players cannot drop deeper than this line, allowing space into

which we can play through-balls and create 1v1 situations against the keeper (4). To progress, we can allow more attackers and defenders beyond that line, such as 4v2s or 4v3s (5).

What are the key things to look out for?

Technically, we want to see players running with the ball, playing with their heads up, a good quality of pass and movement and accomplished decision making.

Tactically, the session relies on good

organisation, players being able to break the lines when regaining, and movement in the sense of how, when and where we can get to where we need to be on the pitch. ■