

QPR

## Steve McClaren Transition, rotating and attacking

### Overview:

This session is about counter-attacking, transitioning, and players rotating in their positions.

It relies on good link-up play and positive attacking, combining fast-paced and measured attacks on goal.

Defenders benefit from dealing with overloads in this session, which we always find important to practise, given that there are 200 turnovers per team in each game.

## TRANSITION, ROTATING AND ATTACKING

### SET-UP

#### AREA

Up to a full pitch

#### EQUIPMENT

Balls, cones, goals

#### NUMBER OF PLAYERS

Up to 11v9

#### SESSION TIME

Transition and rotation drill 3 x 12mins,  
11v9 3 x 12mins

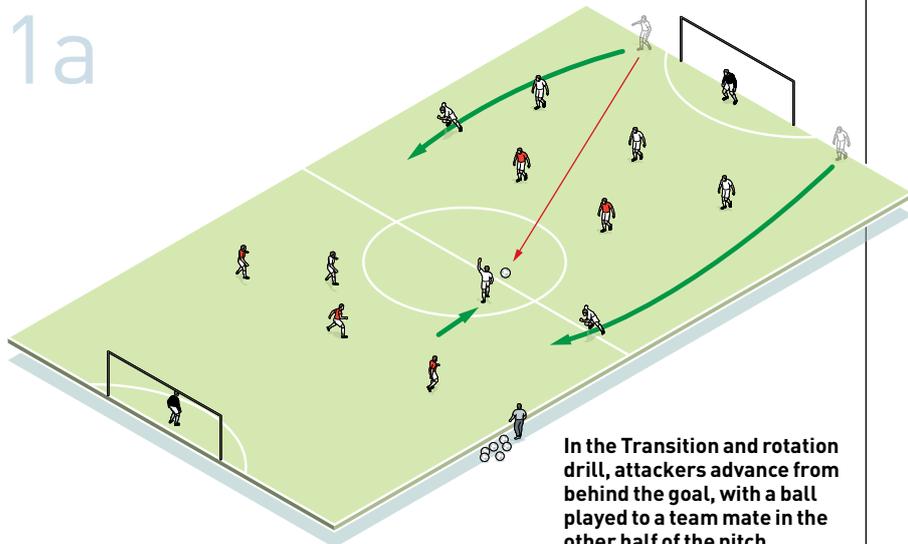
### What do I get the players to do?

#### Transition and rotation drill

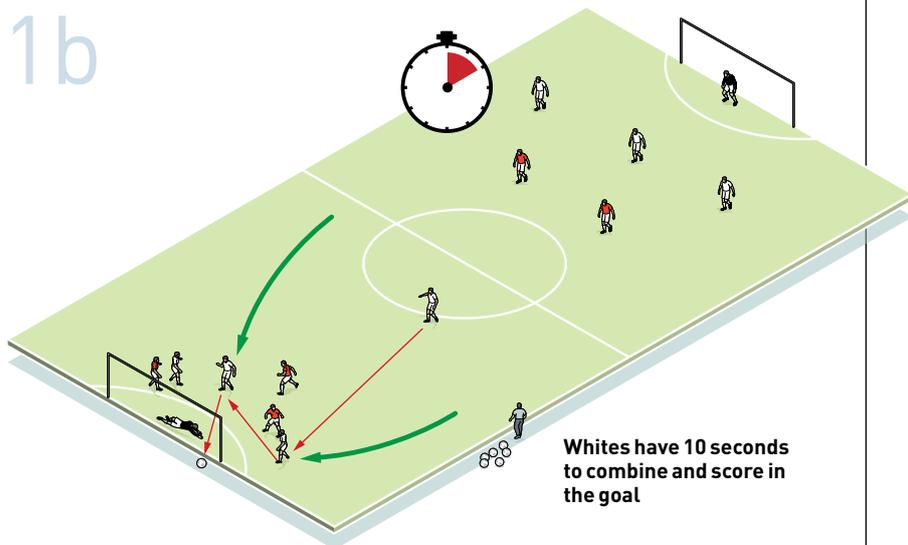
We set this up as shown, using the space in between the penalty areas (1a). To begin, both attackers emerge from behind the top goal - one of them has the ball. This man lays a pass into the feet of one of two team mates in the other half. Both 'start' players then go to support - so four attackers move in on goal against three defenders. Attackers have 10 seconds to score a goal (1b). If after 10 seconds there is no goal, or possession is turned over, the ball is returned to the server.

Straight away, the server puts a second ball into play for another 4v3 (1c), except this time attackers can take as long as they need to find the net.

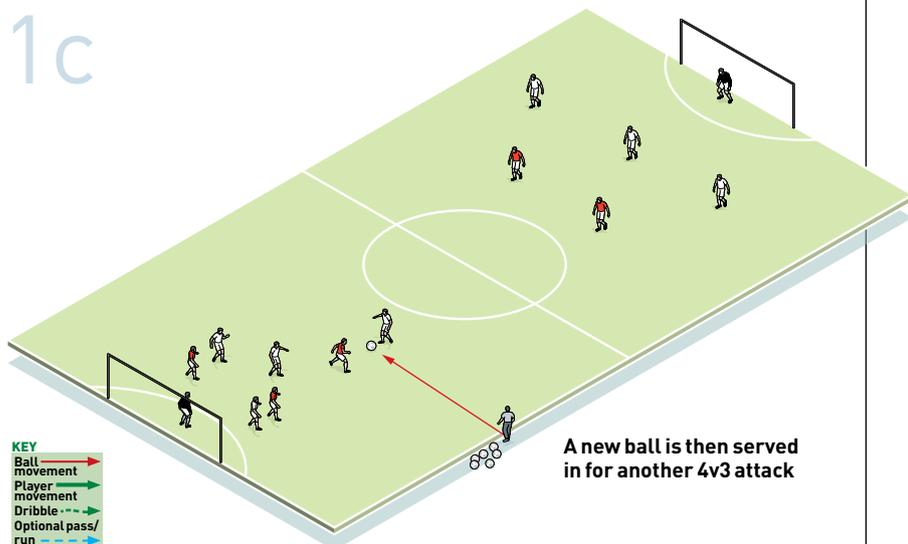
All players reset after the second attack, which begins from the other end of the playing area (2).



In the Transition and rotation drill, attackers advance from behind the goal, with a ball played to a team mate in the other half of the pitch



Whites have 10 seconds to combine and score in the goal



A new ball is then served in for another 4v3 attack



“Transitioning from attacking to defending and reorganising quickly for this change is essential.”



**Steve McClaren**

**QPR**

Former England boss Steve McClaren has a fantastic coaching and management CV, and is currently working under Harry Redknapp at Sky Bet Championship side QPR.

The 52-year-old is best known for his two-year spell in charge of the national team, having previously been assistant manager during Sven-Göran Eriksson's tenure. In McClaren's time leading the Three Lions he achieved a 50% win ratio.

In 2008 he joined FC Twente, helping the Dutch side embark on the most successful in their period, during which they won the Eredivisie title and finished runners-up.

After a spell in Germany with Wolfsburg, McClaren returned to Twente in 2012. He has also managed Middlesbrough - where he won the League Cup and took the club to a UEFA Cup final - and Nottingham Forest, and spent 11 years as assistant to Sir Alex Ferguson at Manchester United.

“This session is great for helping players use the ball in small and compacted areas.”

**TRANSITION, ROTATING AND ATTACKING**

**What are the key things to look out for?**

Defenders must act exactly as they would in a match situation – so that means organising and communicating well and protecting against offsides.

Each attacker must advance quickly and pressure defenders, whether or not he has the ball. Offensive moves must penetrate in behind the defenders, with attackers always looking to make forward runs or forward passes.

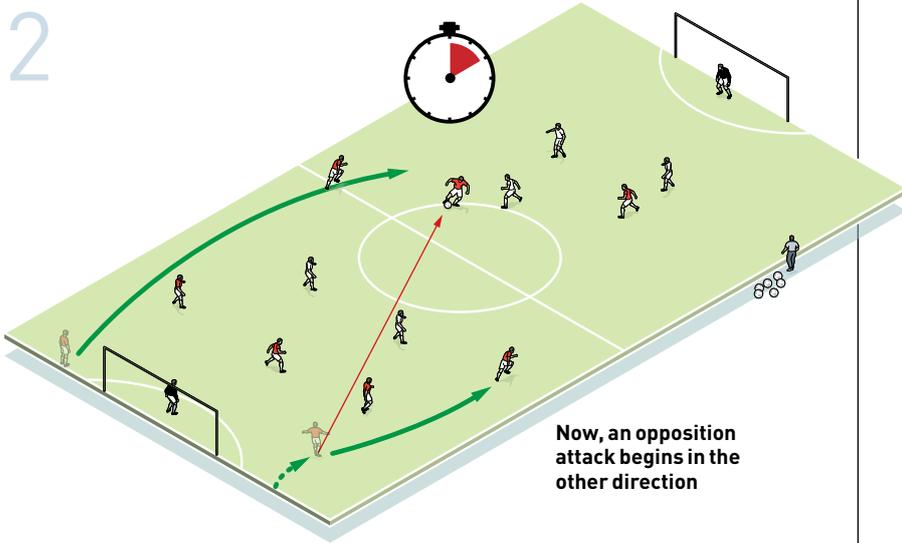
Look to see how attackers act differently for the second phase. Here, the ball is delivered into a confined space, whereas in the initial phase the attack came together gradually.

Transitioning from attacking to defending and reorganising quickly for this change is essential.

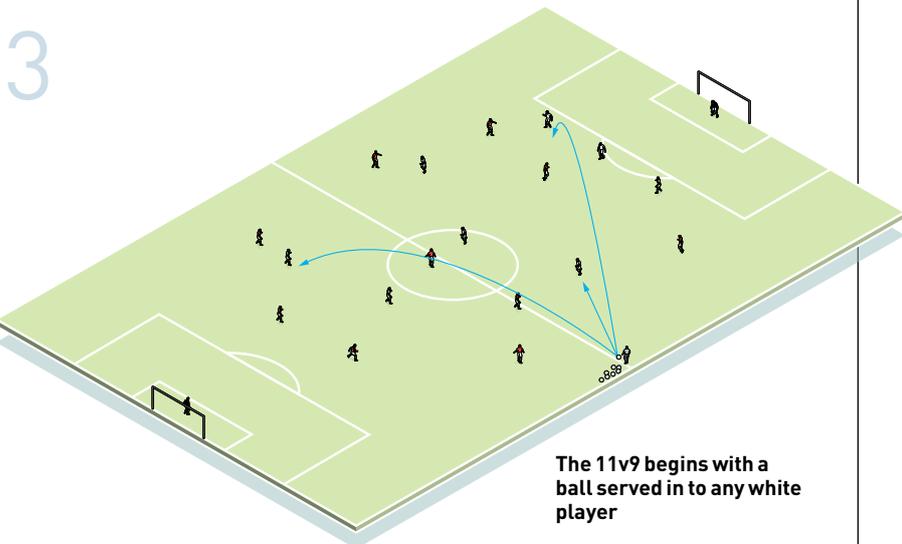
**11v9 game**

Now on a full pitch, we play 11v9 (reds versus whites). The ball is fed to the whites (3), who must attack the bottom goal at their own pace. Play as you would a normal game, but now, when reds turn over possession, they have 10 seconds to score a goal (4).

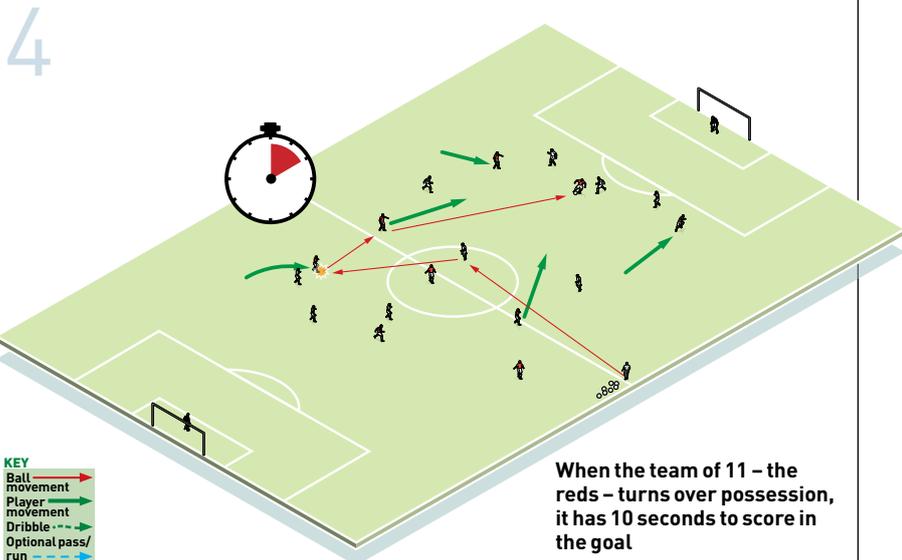
If they fail to score, the ball is kicked out of play and a new one served in. Ensure the ball comes from different parts of the pitch whenever it is reintroduced. ■



Now, an opposition attack begins in the other direction



The 11v9 begins with a ball served in to any white player



When the team of 11 – the reds – turns over possession, it has 10 seconds to score in the goal

**KEY**  
 Ball movement →  
 Player movement →  
 Dribble →  
 Optional pass/run →