

MANCHESTER CITY

**Manuel Pellegrini
Deadly transitions**

Overview:

This session examines how we condition a player technically, tactically, physiologically and psychologically when attacking and defending transitions in a small-sided competition-based game.

It's important to practise this because it improves our mastering of a scenario that appears regularly in matches – namely the attacking team regaining possession and aiming to create space, passing the ball quickly, then playing to a target player in a zone to score.

The session is also good for defenders – their task is simply to organise well, stay alert and aim to regain possession as quickly as possible.

“It's important to practise this because it improves our mastering of a scenario that appears regularly in matches.”

DEADLY TRANSITIONS

SET-UP

AREA

Up to 60x40 yards

EQUIPMENT

Cones, goals, bibs

NUMBER OF PLAYERS

5v5 plus two targets and two wide players

SESSION TIME

Main session 30mins,
Progressions 20mins

What do I get the players to do?

Setting up as shown (1a), the ball starts with the two wide players – we will alternate which of these starts. Only one player from each team is allowed in the end zones – these are the target players and must remain in that space. No other players can enter.

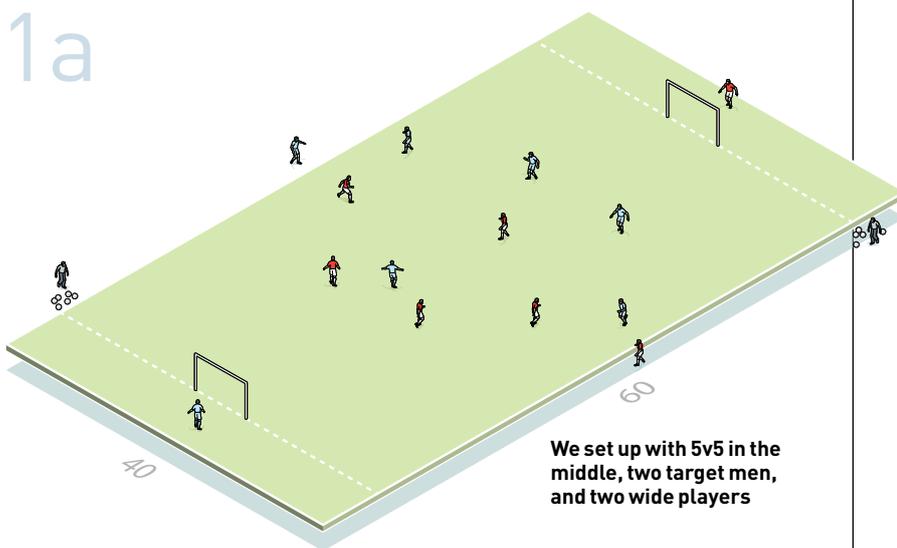
It's 5v5 in the middle with the aim of the team in possession working space so as to float the ball into the target player (1b), who must finish one-touch (1c).

Should the ball go out of play, a new ball comes back in from the wide player as quickly as possible.

In addition, the two wide players and the target men can offer support to the 5v5 and can be passed to if needed, but unless a pass is played in the air a target man cannot make a scoring attempt.

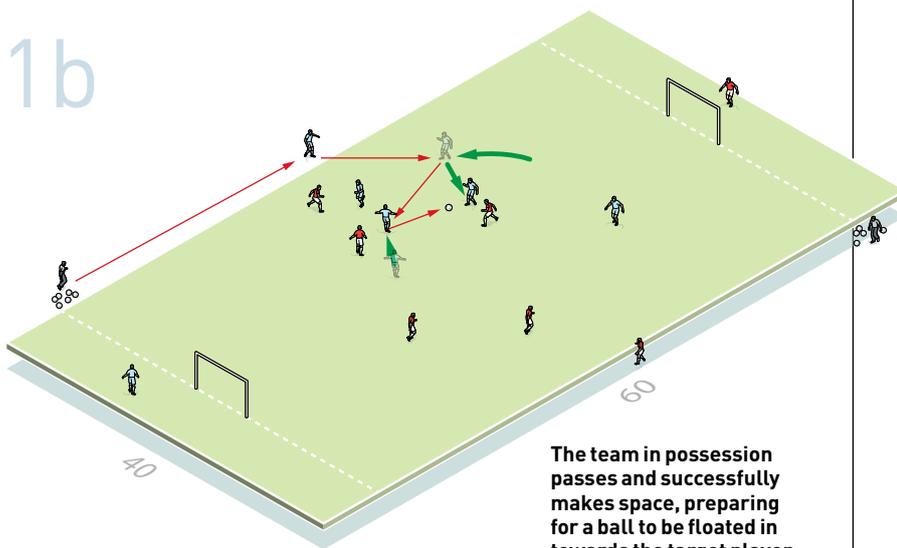
Each game should last three minutes with 45 seconds rest before the next one begins. We repeat this eight times, ensuring the two target players and two wide players are rotated for each game.

1a



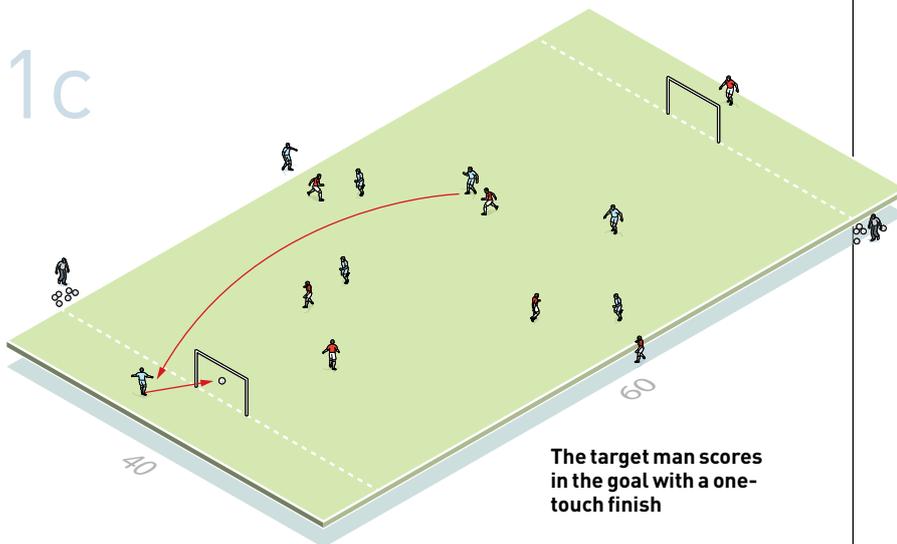
We set up with 5v5 in the middle, two target men, and two wide players

1b



The team in possession passes and successfully makes space, preparing for a ball to be floated in towards the target player

1c



The target man scores in the goal with a one-touch finish

KEY
Ball movement →
Player movement →
Player movement →
Dribble - - - →



Manuel Pellegrini

MANCHESTER CITY

Manuel Pellegrini has enjoyed an incredible first six months in charge of Manchester City, taking the club to the top of the league standings with some of the most expansive, attacking football witnessed in the Barclays Premier League.

The club has also impressed in this season's Champions League and has breezed through both FA and Capital One Cup campaigns.

Chilean Pellegrini joined Manchester City with a wealth of managerial experience accumulated in both South America and Europe. Amongst those clubs was Argentine side River Plate where in 2003 he led his team to the Clausura Championship.

In Spain he has managed Villarreal and reached the semi-finals of the Champions League.

Three years later his abilities were rewarded when he secured one of the biggest jobs in world football with Real Madrid.

In 2010, Pellegrini guided Malaga to a fourth-placed finish in La Liga, and secured the club Champions League football for the first time in their history.

As a player, he made 451 appearances for Universidad de Chile.

DEADLY TRANSITIONS

What are the key things to look out for?

2

Maintaining a high tempo is very important so as to ensure pressure is placed on transitions for both defenders and attackers.

In terms of technical proficiency, speed and accuracy of pass is important, particularly the pass made in the air to the target man.

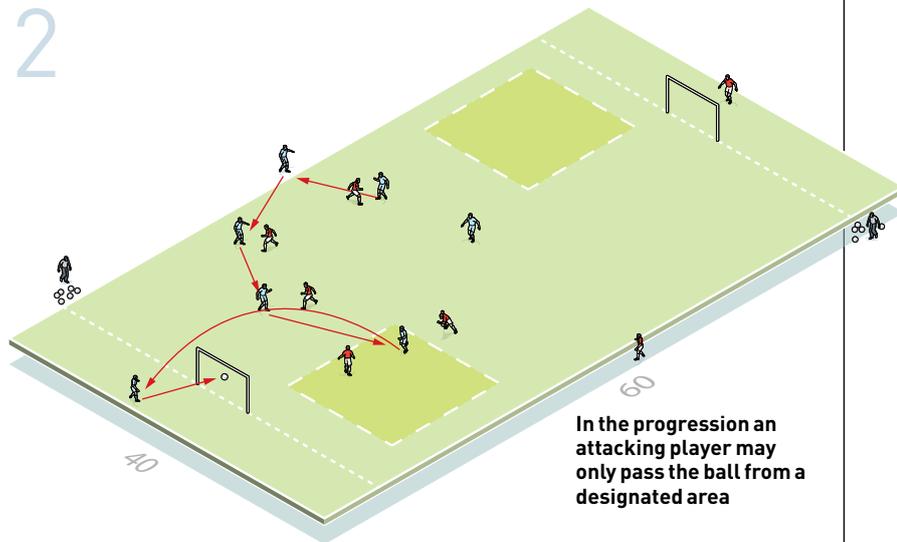
Tactically, each team of five must rotate positions so as to create space for players, whilst maintaining awareness of defensive balance. For the defending team, we're looking at their ability to press quickly and be compact.

Physically, repeated sprints, continued movement and high-intensity activity is important. And we're looking for players to understand the psychological aspects of the practice as well, to include good communication with team mates to coordinate attacks and 'the press', whilst also being alert to deal with fast transitions, even with little recovery time.

How do I progress the session?

To progress, we can reduce the number of touches allowed, change the number of passes required (minimum of three), or condition the pass to the target man to come from a first-time pass.

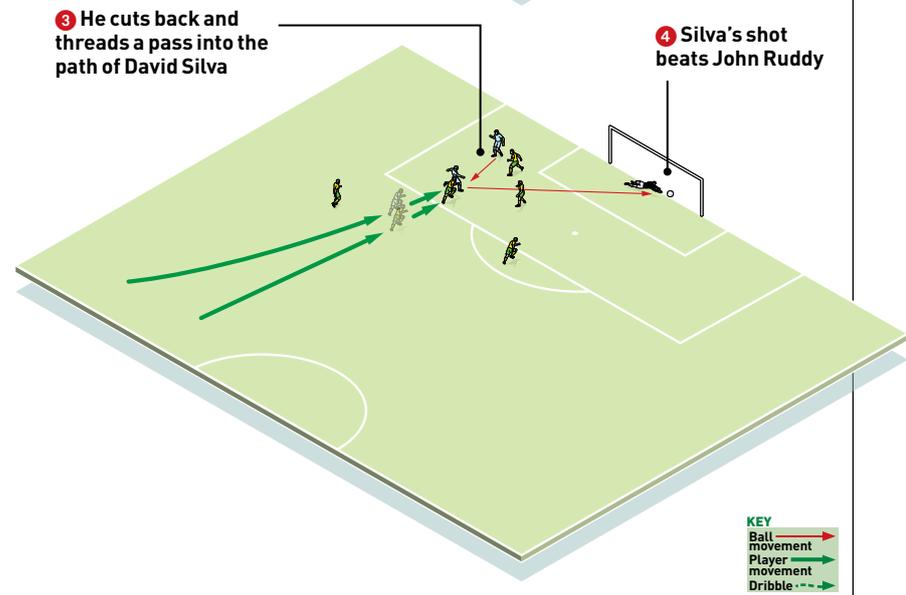
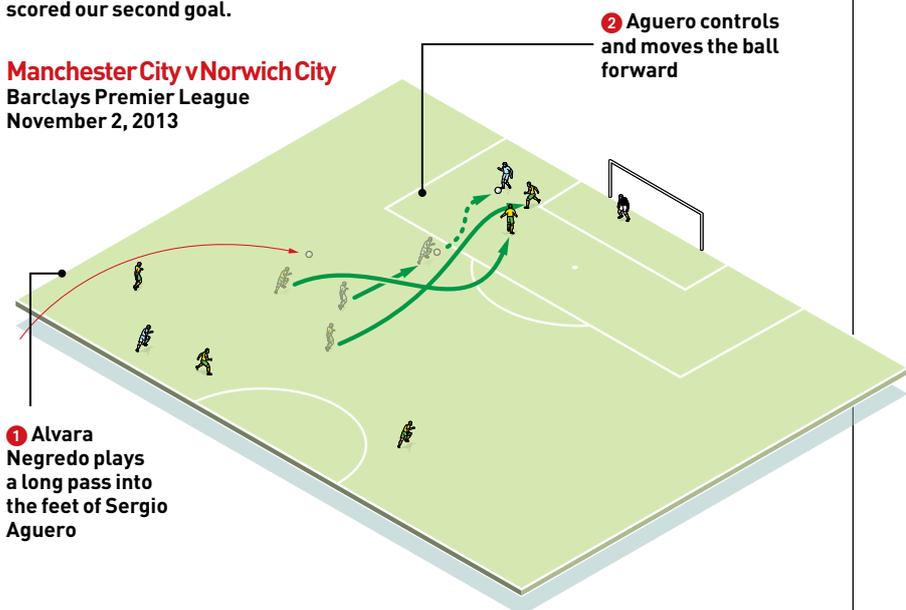
We can also create specific areas on the pitch where the attacking team must move the ball to before the final pass (2). ■



Proving the practice

In our 7-0 Barclays Premier League victory over Norwich City this season, we saw the elements of this session played out brilliantly as David Silva scored our second goal.

Manchester City v Norwich City
Barclays Premier League
November 2, 2013



KEY
Ball movement →
Player movement →
Dribble - - - →