

LMA AMBASSADOR
Anthony Hudson
Transition from attack to defence

SET-UP
AREA
Up to 50x15 yards
EQUIPMENT
Balls, bibs, cones, 2 full size goals
NUMBER OF PLAYERS
Up to 12 players + 2 goalkeepers
SESSION TIME
Transition practice: 10mins
Small-sided game: 20mins

Overview
This session is all about working on the transition from attack to defence. Making this quick transition is a critical part of the game and when performed properly in matches, it is a highly effective tactic. This session encourages an immediate reaction when teams lose possession of the ball and it builds good habits and team cohesion. It's a challenging and demanding practice and there really is no

hiding place for the players. Ideally, I would run this activity once a week, usually on the hardest session of the week.

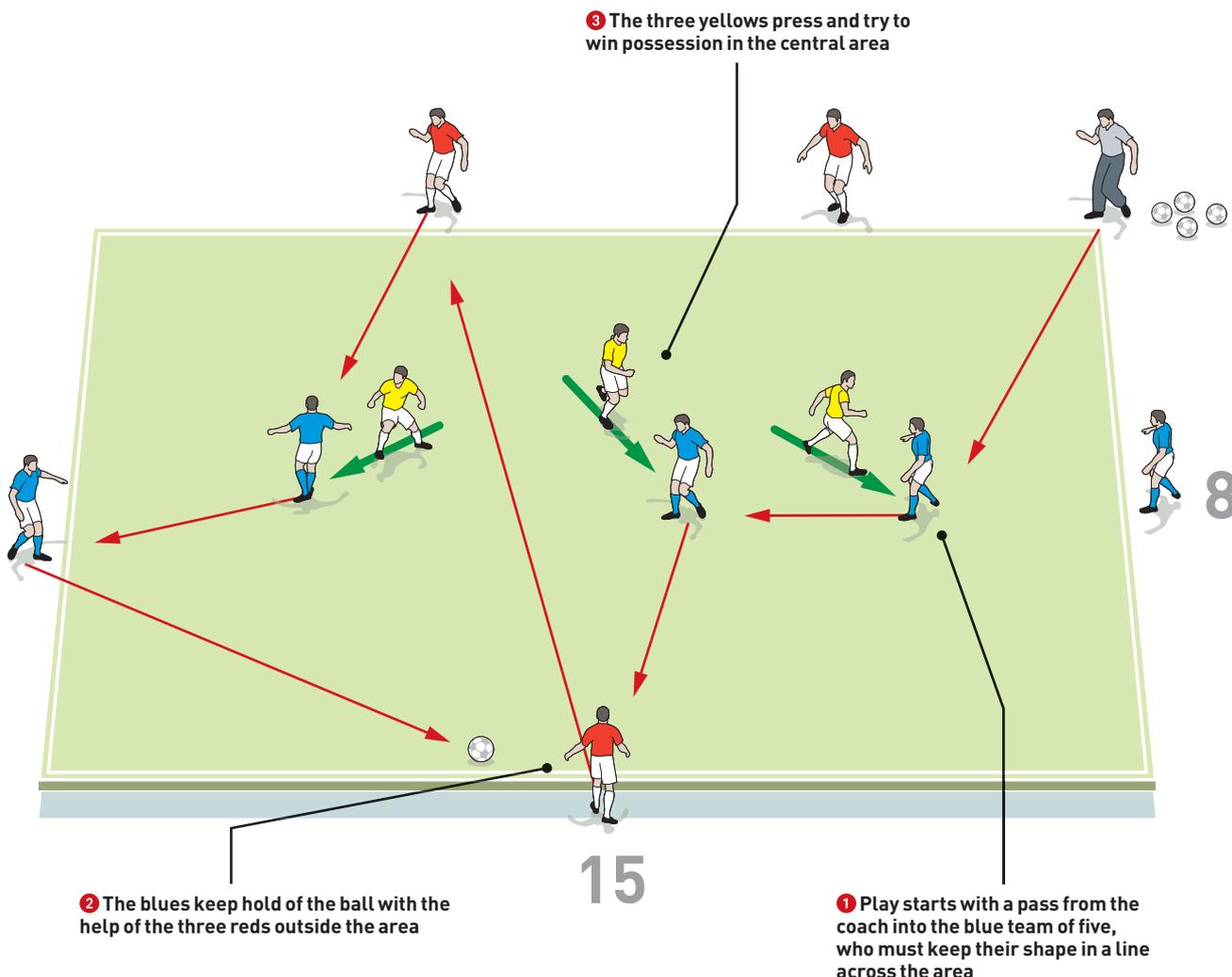
KEY

- Ball movement
- Player movement
- Dribble

What do I get the players to do?
Transition practice
We set up an area of 15x8 yards. We're using 11 outfield players split into one team of five (the blues) and two teams of three (the reds and the yellows), set up as shown [1a]. The three yellows start in the

“This session encourages an immediate reaction when teams lose possession of the ball and it builds good habits and team cohesion”

1a TRANSITION PRACTICE



ANTHONY HUDSON: TRANSITION FROM ATTACK TO DEFENCE

outfield players split into two teams of six plus keepers. We play a 6v6 game, as shown [2], and look for the players to make fast transitions from attack to defence when possession of the ball is lost.

What are the key things to look out for?

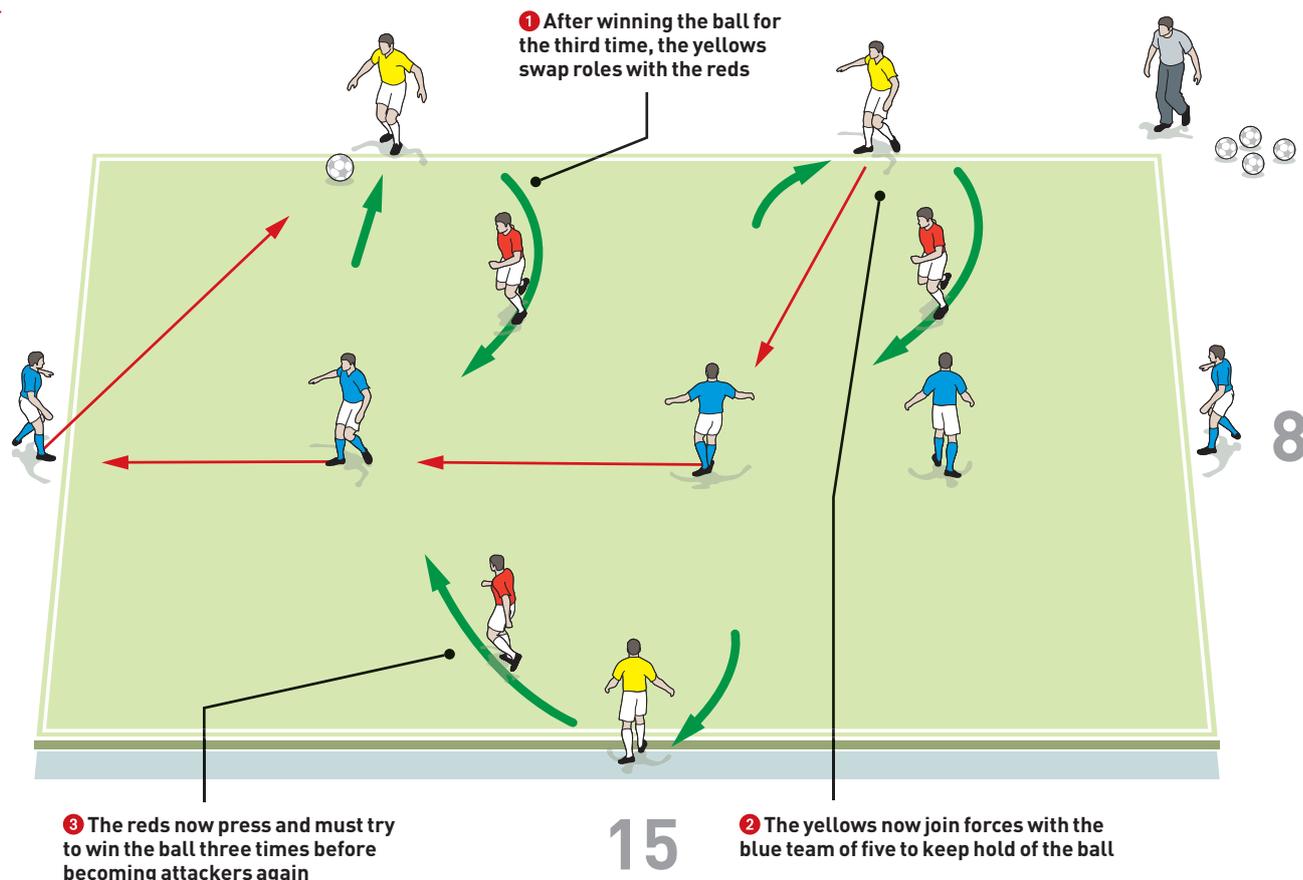
We want to see players react immediately when the transition from attack to defence occurs. They should work together and hunt in packs

in order to regain possession as quickly as possible. Communication is vital when defenders put pressure on the ball and they should try to force play in order to cut out opposition attacks.

KEY

- Ball movement →
- Player movement →
- Dribble →

1c



2 SMALL-SIDED GAME

