



## Pacific coaches conference

**Category:** Tactical: Counter attack

**Skill:** Mixed age

Pro-Club: Canada's Women's Excel Program  
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### 20 min SSG: Attacking transition

#### Organisation:

Pitch size approx - 45x65m

Thirds marked for an offside line (defending team to step up when ball in opp half)

Middle box (Split into quarters) 35x20m

Players confined to space zones as per diagram (to start - progressions)

1-4-2N-3 vs 1-4-2N-3 plus a spoiler (Defender) - Replicating 433

#### Rules:

##### SSG

Open play to start - Once the ball is turned over, the attacking transition principles are coached

Progressed SP - Coach always with ball in hand to catch teams off guard by throwing the ball in and allowing teams to react

Players look to find one of the two "N" Mid field players

2 "N" midfielders on 2 touch - join in with attacking play - Use

middle box as a reference to be on opp angles

Spoiler can choose to press either player at any time

Once the attacking third has been entered - the attacking team has 3 seconds per side in the attacking half (Can be reasonably lenient on this but encourage the opposite side mindset in attacking half)

##### Progressions

One player can join the attack from defensive half (i.e Fb) + 1 def

Front 3 can back press in to middle zone

If score with in 5 secs, worth 2 points

Don't have to use the MF, can play directly to front 3

#### Competencies

One/Two touch mentality and combinations in attacking half

Off the front/In behind movements from front 3

Creating and recreating triangles in wide areas

Width, depth, support

