



3v2 Attacking Transition Game

Set-Up:

Play in a 40x30 yard area.

Place two cones on each touchline. Each cone should be 10 yards in from the corner of the area.

Four players from each team - two on each cone - begin on the touchline, ready to enter play.

Each team selects a forward who is always on the pitch.

The rules:

One player from each cone enters play and heads to the half the blue player is attacking, therefore providing a 3v2 overload situation.

Once the attack is completed - whether or not it ends in a goal - the two blues who entered, now leave the playing area.

The two red defenders make a counter-attack to the opposite goal.

Now this team can combine with their forward for a 3v2 situation against two new blue defenders.

Each time the defenders break out to counter attack, two new players must take up their positions.

Play for 15 minutes.