

# Transition Drills

## Transition Drill #1

**Concept:** This drill utilizes the full field, 5 on 4, 4 on 3, man on man situations and stresses communication between offensive midfielders and attack in unsettled situations. Defensively, the players must communicate.

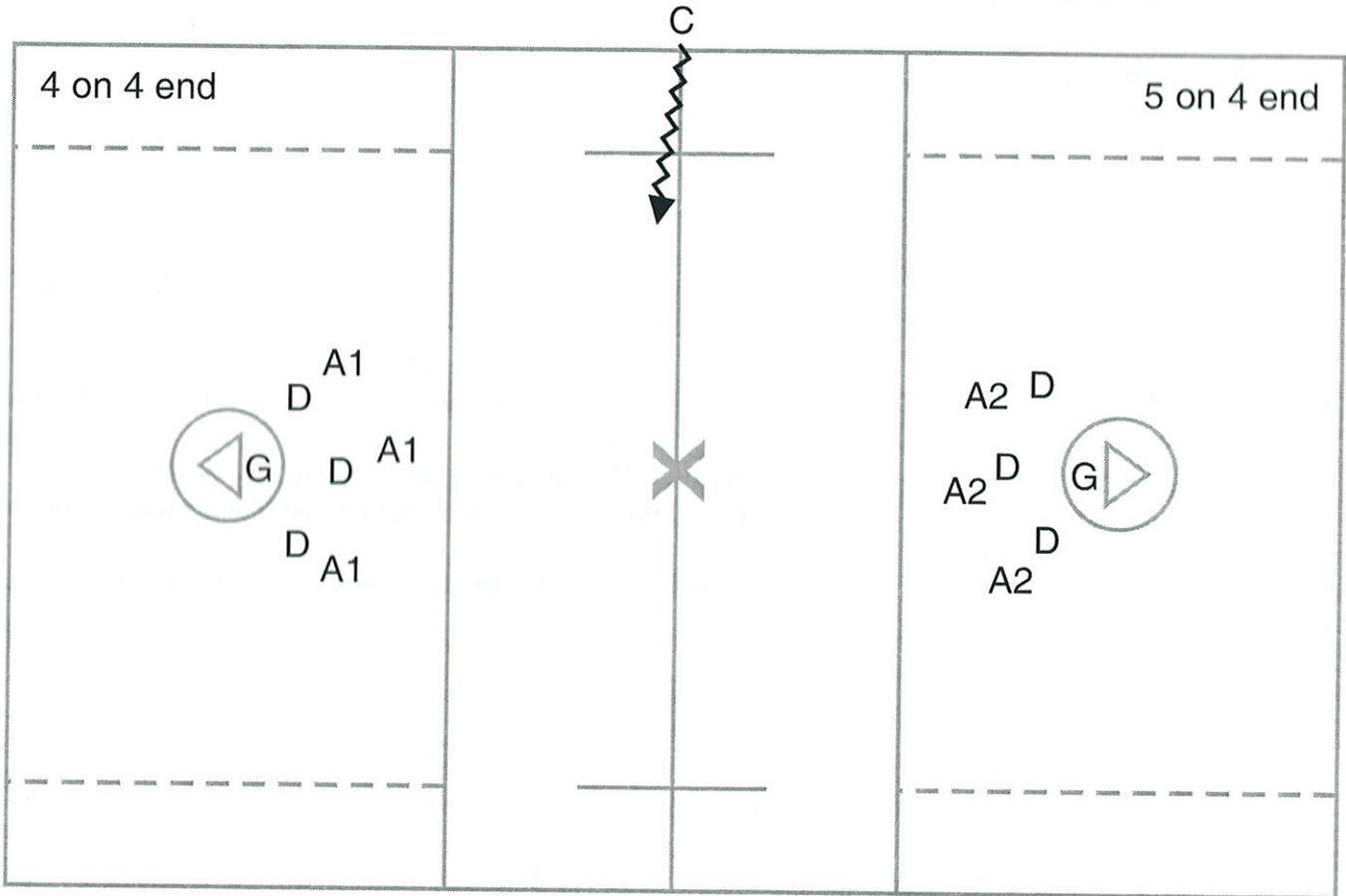
1. Set up three (3) attack and corresponding defensivemen at opposite ends of the field; for example White attack versus Blue Defense at one end with Blue Attack versus White Defense at the other. Goalies at each end should have extra balls in the net.
2. Midfielders are divided equally into three lines at the midfield. The outer lines in Blue jerseys, the inner line in white.
3. The coach rolls the ball out at the midfield line. All first three midfield players struggle for control of the ball. The Blue midfielders must communicate the Man or Ball call. The White midfield struggles alone.
  - a. If the blue midfielders gain control of the ball, then begin to execute a 5 on 4 fast break toward the attack area with the three (3) Blue attackmen.
    1. If a clear 4 on 3 develops, execute a basic 4 on three fast break.
    2. If a 5 on 4 develops, ball should move down the side to the X point behind the cage and attackman should look for backside cutters.
  - b. If white midfielder secures the ball, he advances toward the white attack area.
    1. Only one blue midfielder is able to play defense; therefore communication between the two is crucial.
    2. White midfielder looks for unsettled 4 on 3 fast break or looks to settle the ball and work 4 on 4.
4. When a goal is scored, the coach rolls out another ball to three new midfielders.
5. If a save is made or a shot is wide and goes out of bounds, the goal tender responds by throwing an outlet pass to one of the appropriate colored midfielders at the midline.
  - a. Communication here is key.
    1. If the White Goalie makes the save, he will hit a new white midfielder breaking at the midline. Since only one Blue midfielder can chase, the two playing offense must communicate quickly who is going to be the chaser.
    2. If the Blue Goalie makes the save, he will hit one Blue midfielder breaking at the midfield line. The other Blue midfielder playing defense must hustle downfield to assist with the offense. The white middle hustles back to play defense.
  - b. The goaltender is able to clear with a defenseman if necessary; however he too should look for the breaking midfielder.

*\*Drill continued on next page:*

# Transition Drills

## Transition Drill #1 (continued)

M2	M1	
M2	M1	M2
M2	M1	M2
M2	M1	M2

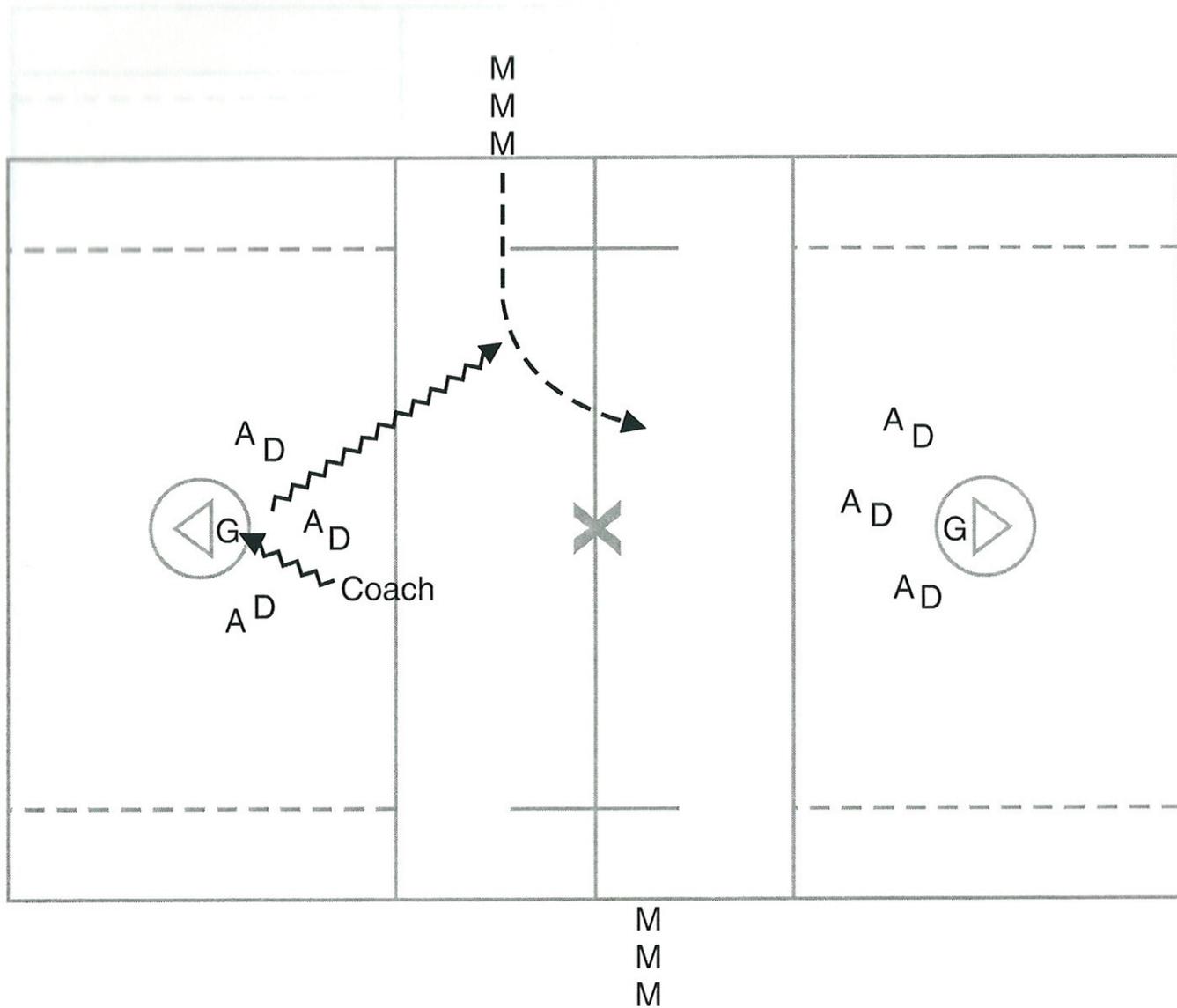


# Transition Drills

## Transition Drill #2

**Concept:** This drill is a variation on the previous drill in that it utilizes the same transition principles; however it has more emphasis on conditioning. The drill resets when there are six on six.

1. Set up three attack and opposing three defensemen at opposite ends of the field. Midfielders are at the midfield line in two groups
2. The goalie makes a save and initiates a 4 on 3 fast break in opposite direction. Upon a save or a goal, the opposite goalie makes an outlet pass to the corresponding jersey at the midfield. Each time the ball is cleared, another player is added to the equation until the balance of 6 on 6 is established.
3. With each run the unsettled situation changes; it could be a 4 on 3, 4 on 4, 5 on 4, 5 on 5, 6 on 5, and 6 on 6. The first midfielder to start the drill will be subjected to at least 5 full field runs.
4. If you have enough midfielders, you could divide them to opposite sides of the midfield; thus you alter the goalie's clearing passes.

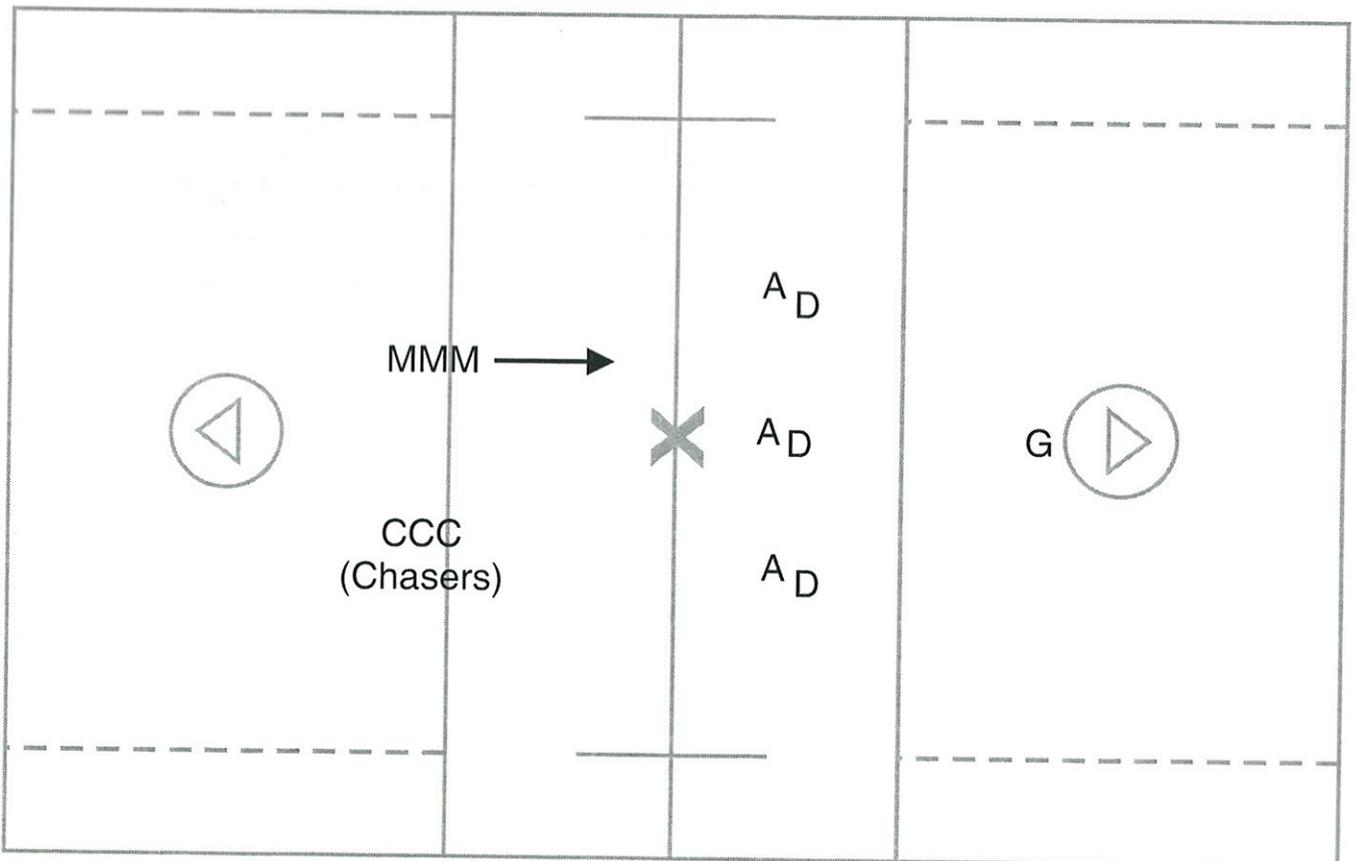


# Transition Drills

## Transition Drill #3

**Concept:** This drill attempts to approximate the positioning of a game 4 on 3 fast break. It can be modified to a 5 on 4 or 6 on 5 fast break.

1. The drill involves three attack, three defensivemen, a goaltender, an offensive runner and a chaser.
2. The drill begins with the offensive runner and chaser inside the far restraining box. The goalie is above his crease; the other offensive men are between the restraining line and the midfield line.
3. The coach can roll the ball to either the offensive runner or roll the ball to one of the attackmen. The chaser allows for a realistic lead by the offensive runner.
4. The defensive players must read the situation, help with the ground ball if necessary, slide and eventually form their triangle.

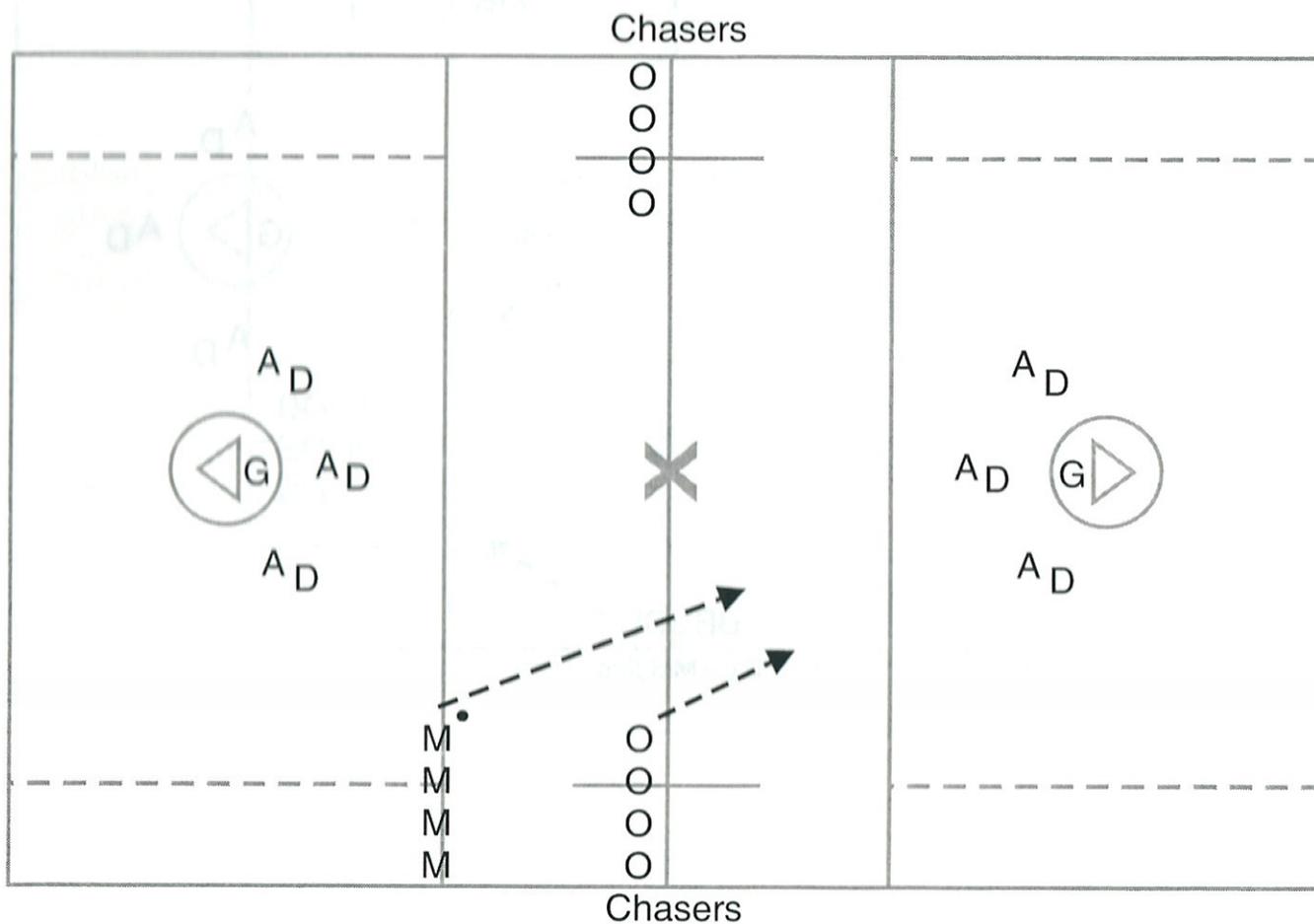


# Transition Drills

## Transition Drill #4

**Concept:** This drill is a modification of the previous drill.

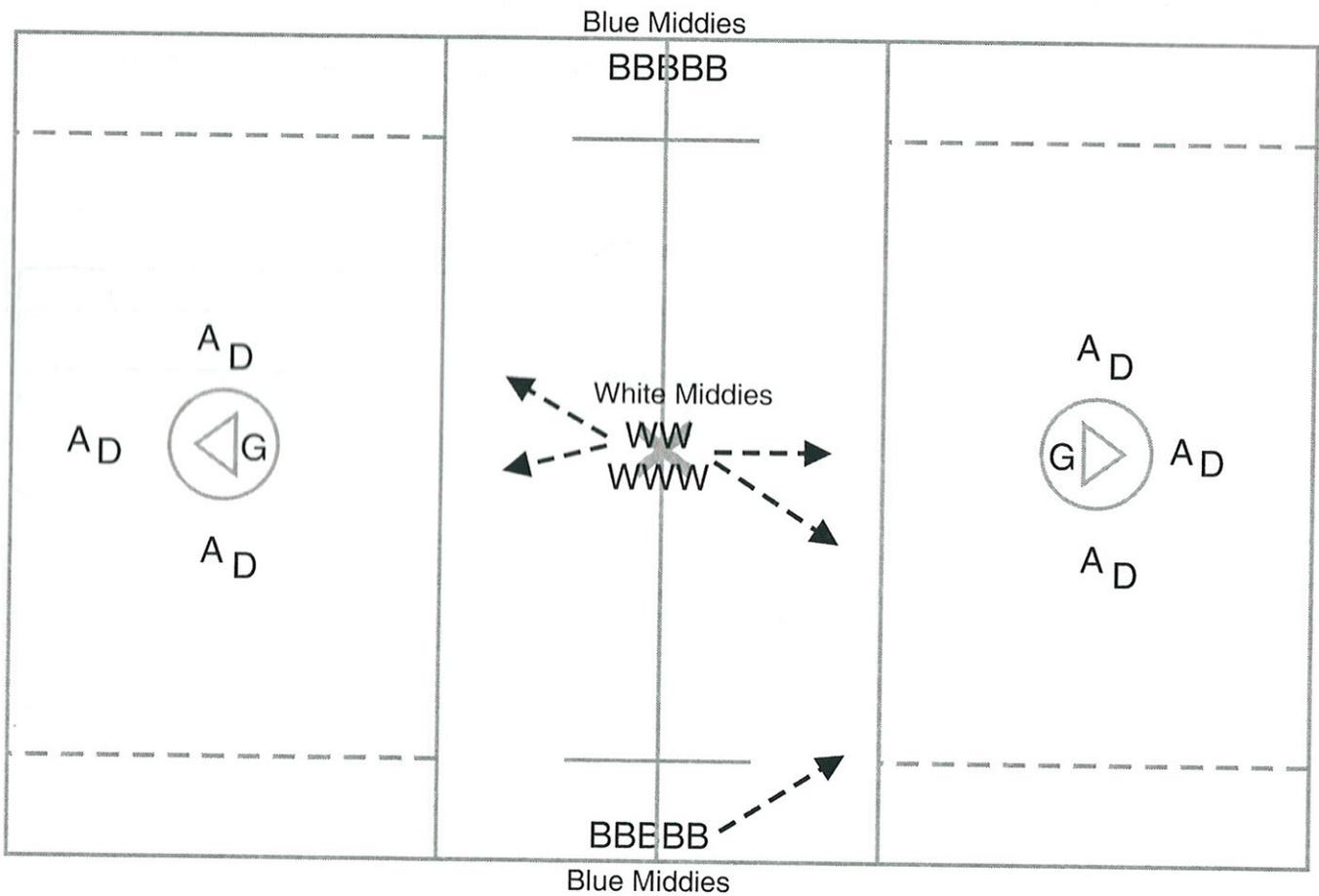
1. The drill involves three attack, three defense, and a goaltender at each end of the field.
2. Each goal has a few balls in it ready of quick use.
3. One player (M) with a ball is on the restraining line with all other players behind the coach at the midfield line.
4. When the ball carrier hits the midline, a chaser from behind the coach enters the player. A regular 4 on 3 fast break is run.
5. Immediately after a shot (goal or not), the goaltender outlets a pass to the chaser who advances the ball in the opposite direction. As he hits the midfield, another chaser is released.
6. Insist that the restraining box is cleared when ball is at far end to realistically simulate the falling back and setting up of a fast break.
7. In this drill all players, since all players can be involved in a fast break.



# Transition Drills

## Blue and White Transition Drill

- Offensive Middies (Blue) - on sidelines
- Defensive Middies (White) - bunched at Center Midline
- Offensive Attack in both ends of the field - Blue
- Defensive Players in Both ends of the field (White)
- On save or outlet - Middie Breaks to ball, rolls and moves initiates break
- Defensive Midfielder tries to anticipate outlet or breaks to stop break

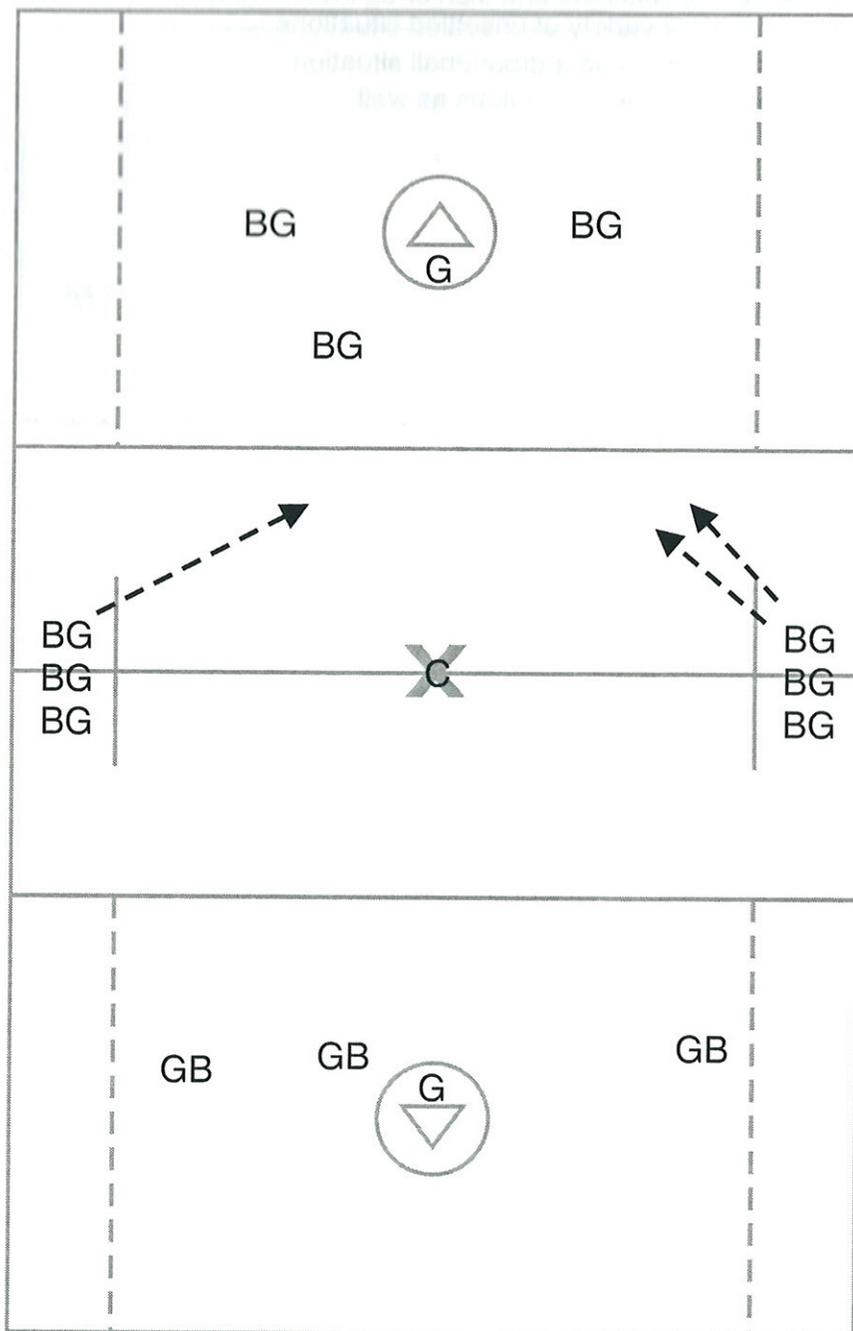


# Transition Drills

## Blue Gold Drill

This drill is a full field 5 on 4 transition drill. The squad is divided into a blue attack with a gold defense and the opposite at the other end of the field. The midfielders are divided into two (2) groups - Blue and Gold, and placed on the midfield line into two groups. The coach rolls a ball between the two who scramble for the ball. If Gold midfielder gains control of the ball, the opposite gold midfielder is released and allowed to play. The losing Blue midfielder becomes the defensive midfielder. Goalies have plenty of balls to outlet on an errant pass or a poor shot. If a score

occurs,



# Transition Drills

## Create a Situation / Full Field

**Concept:** This drill allows the coach to add players by calling numbers, creating certain situations.

- Midfielders line up on sideline; half one side of midfield line, half on the other.
- Each midfielder is assigned a number depending on place near the midfield.
- Attack and Defense set up inside restraining area.
- As coach calls out a number, the first number refers to the midfielders to the left of the midfield, the second number refers to the midfielders to the right of the midfield.
- Thus, if the coach yells 20, the #2 refers to the first two midfielders in the 1st number line and 0 refers to no players in the 2nd number line.
- The coach can create a variety of unsettled situations.
- Drill starts with coach creating a groundball situation.
- Can also be used for 1/2 field situations as well.

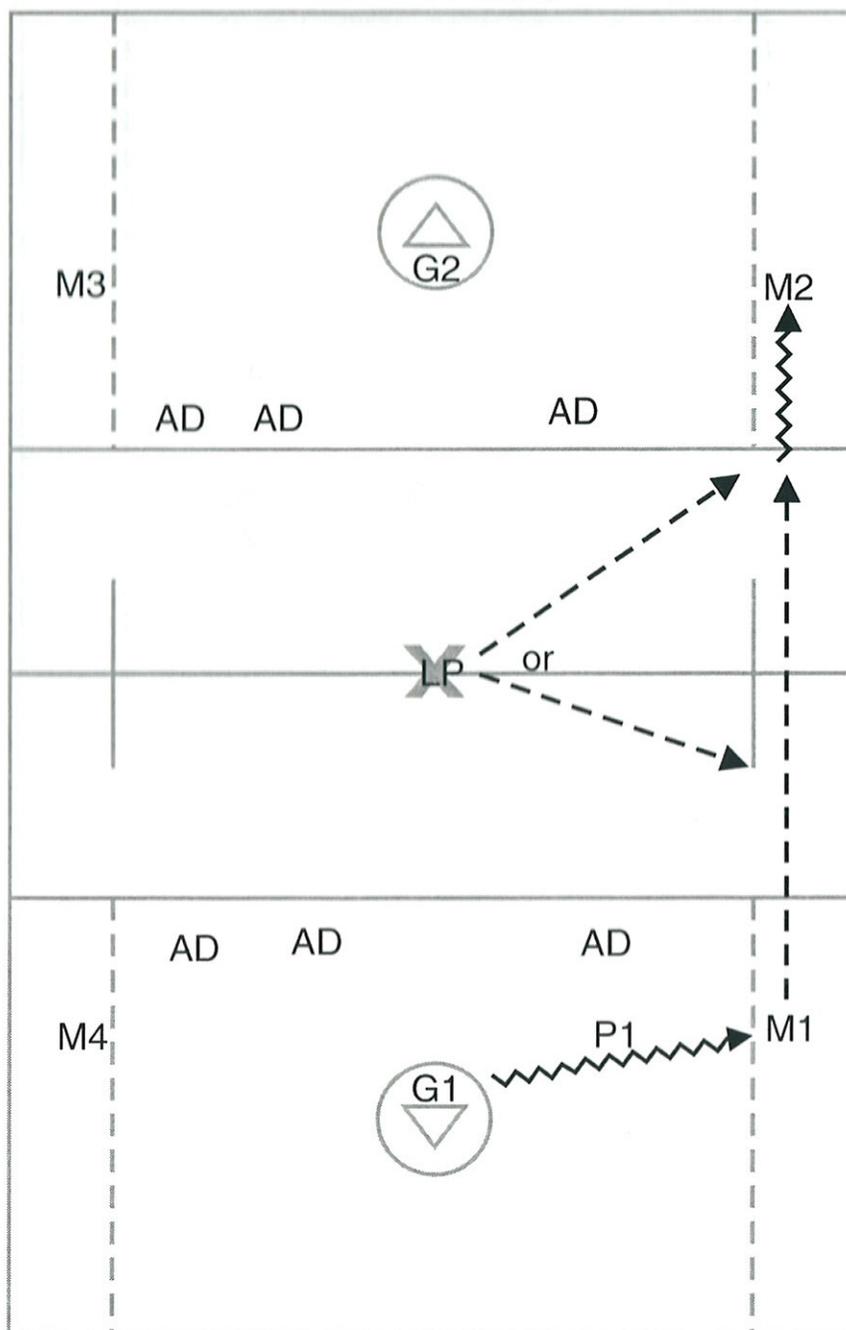


# Transition Drills

## Midfield 4 on 3 Alley or 4 on 4 Slide

**Concept:** This drill utilizes a Long Pole at the midfield line, who tries to bait or run with a midfielder who initiates the drill from the corner.

1. Goalie outlets to M1, who races upfield.
2. Long Pole at Midfield, either feathers or baits M1.
3. M1 passes to M2, who tries to force Defensive slide for unsettled situation.
4. Upon a shot, goal or losing the ball G2 releases ball to M3 who races upfield in opposite direction.
5. Long pole, if beaten badly should go to hole and then check backside pipe.

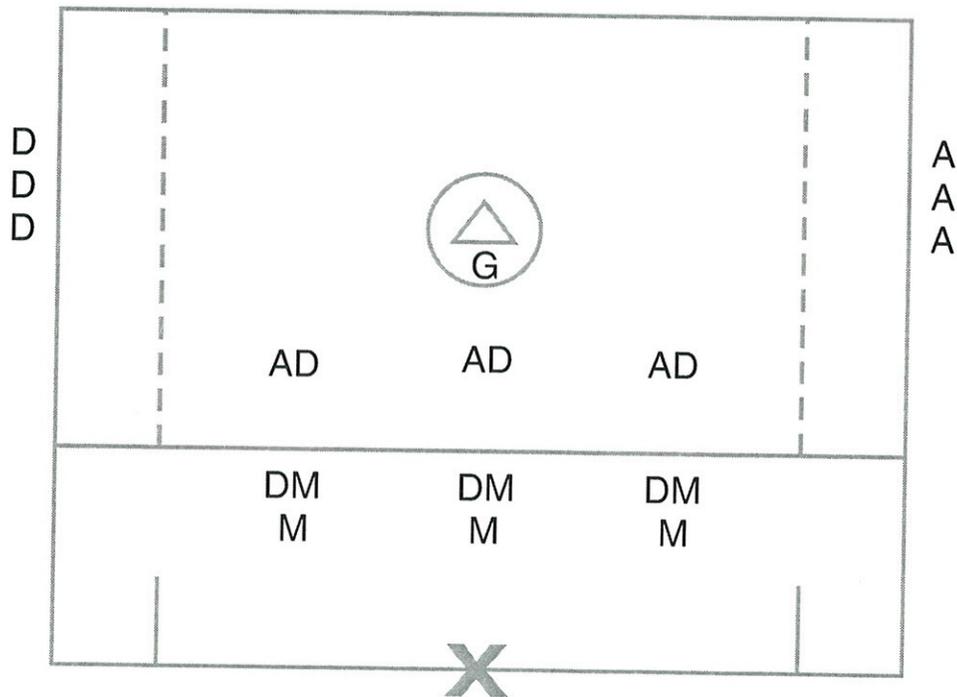


# Transition Drills

## Half Field Scramble

**Concept:** This drill tries to emulate a ½ court basketball game. On one half of the field, Attack and Defense match up; middies on middies. Offense attempts to score; if possession is lost, midfielders must clear ball to midline. Attack and defense then change from the opposite sides. Midfielders must push the ball and take advantage of unsettled situation.

1. Loss of possession, offensive midfield must play defense, defensive midfielder play offense.
2. Defense must switch out, from opposite sides.

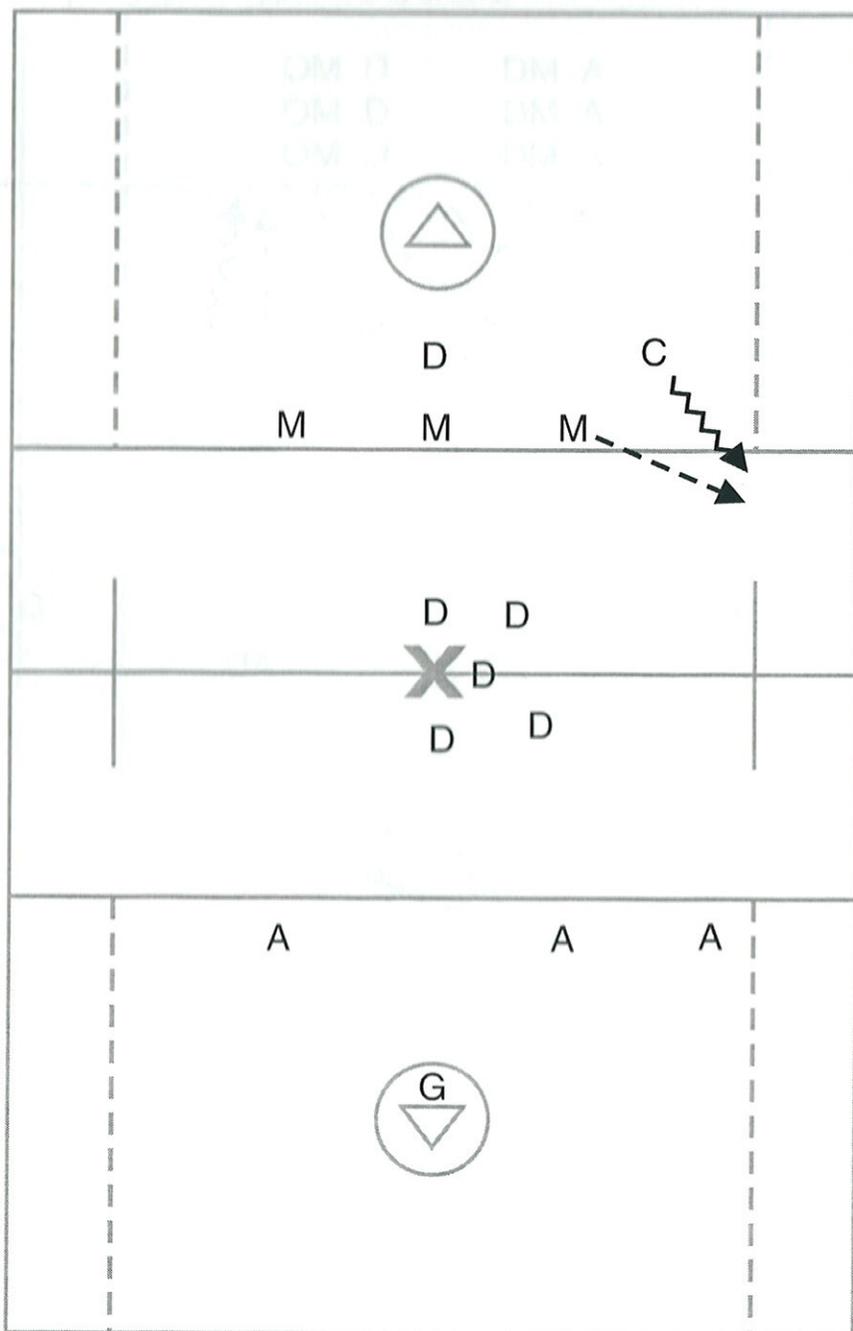


# Transition Drills

## 6 on 5

**Concept:** This drill forces midfielders to condition, defensemen to react to the hole and attack to recognize the unfolding unsettled transition situation.

1. Midfielders at one restraining line.
2. Attack in side the opposite box.
3. Coach initiates drill by rolling ball to midfielders; defense must get into the hole, Attack must recognize situation (4 on 3, 4 on 4, 5 on 4, etc.).
4. On Shot, goalie must clear ball; next group goes when ball is returned to coach.

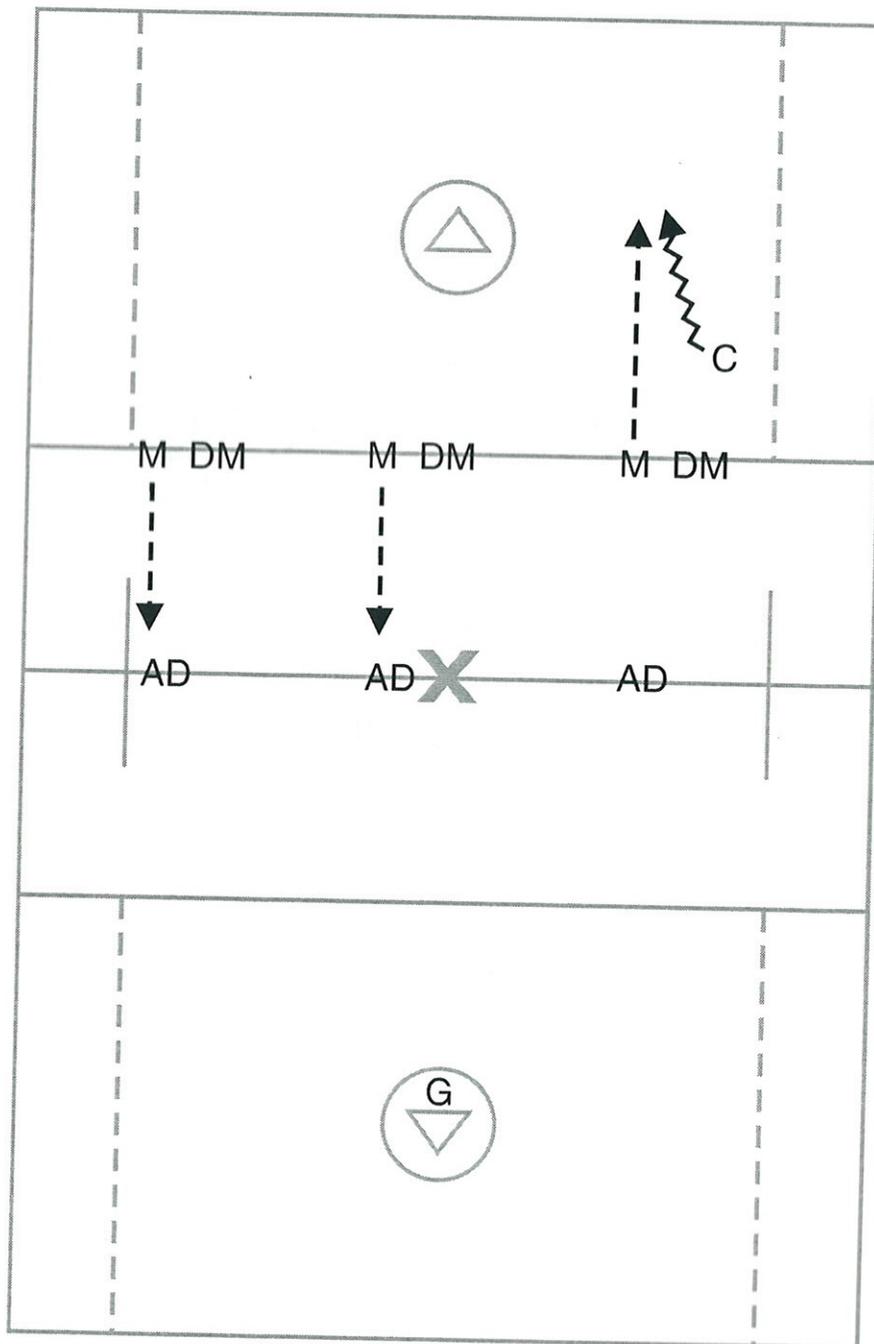


# Transition Drills

## Transition / Conditioner

**Concept:** This drill tries to develop the transition games as well as build conditioning into the program.

1. Midfielders and Defensive midfielders at one restraining box.
2. Attack and defense at the Midfield line.
3. As coach rolls a ground ball, one offensive midfielder must touch Goal line extended before returning to play.
4. As the offensive midfielders advance the ball upfield, the attack must recognize the actual transition situation.



# Transition Drills

## Hub Drill

**Concept:** A variation on transition drill also forces players to play 6 on 6 and ride after a save.

1. Defense and offensive midfielders on one side of the midfield.
2. Attack and defensive midfielders on the other.
3. Coach initiates drill by rolling ball toward one end of the field.
4. All 6 players recognize the situation and take advantage of offensive and defensive situations as they unfold.
5. Upon shot, score or loss out of bounds or change of possession, offensive team rides.
6. Other group engages at opposite end of field.

