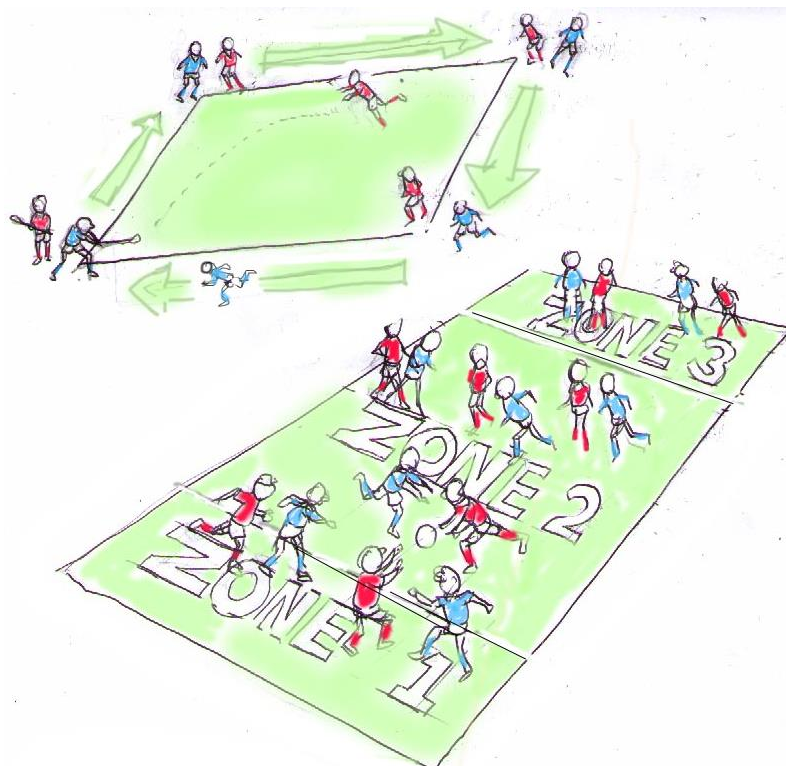


# Transition from Defence to Attack

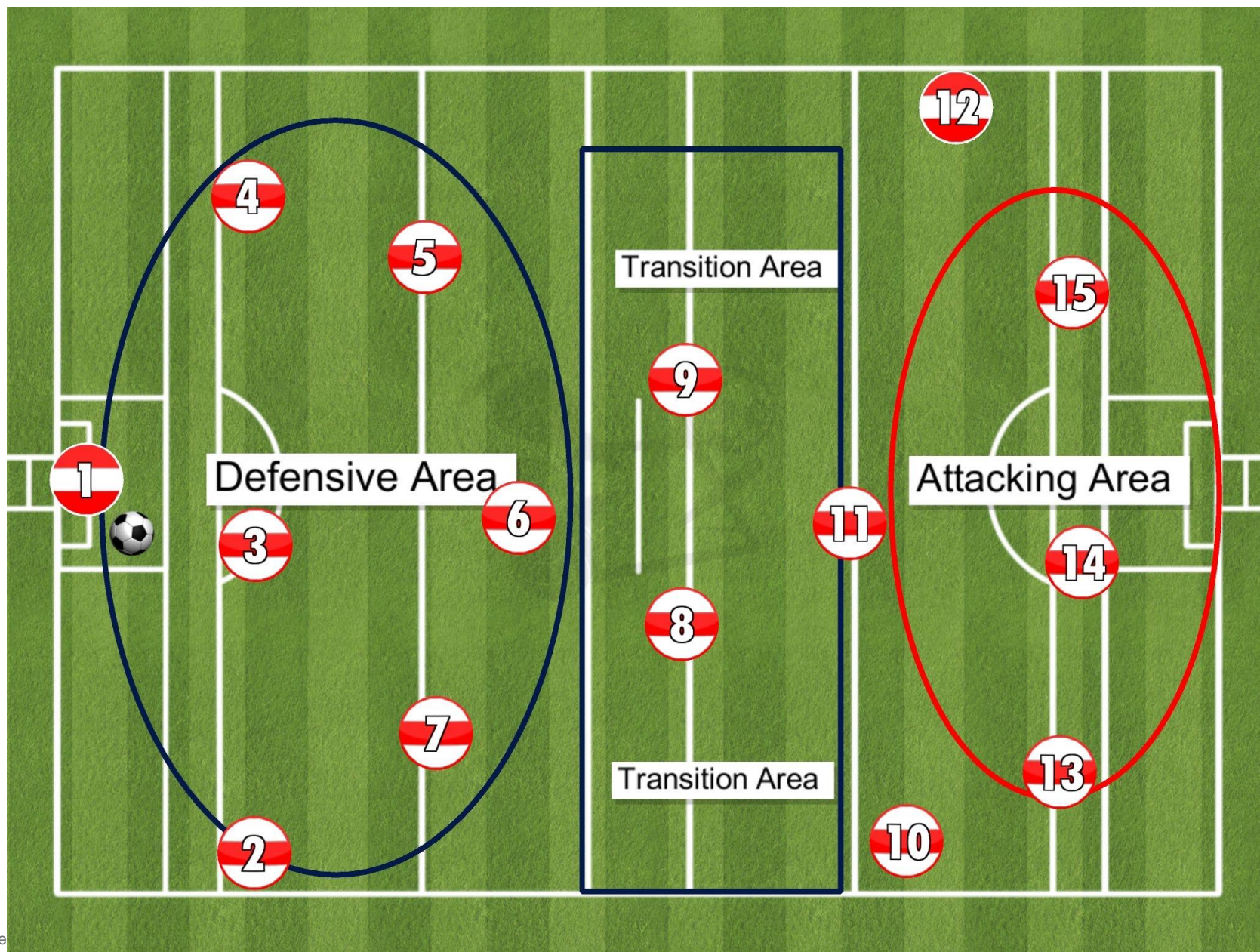


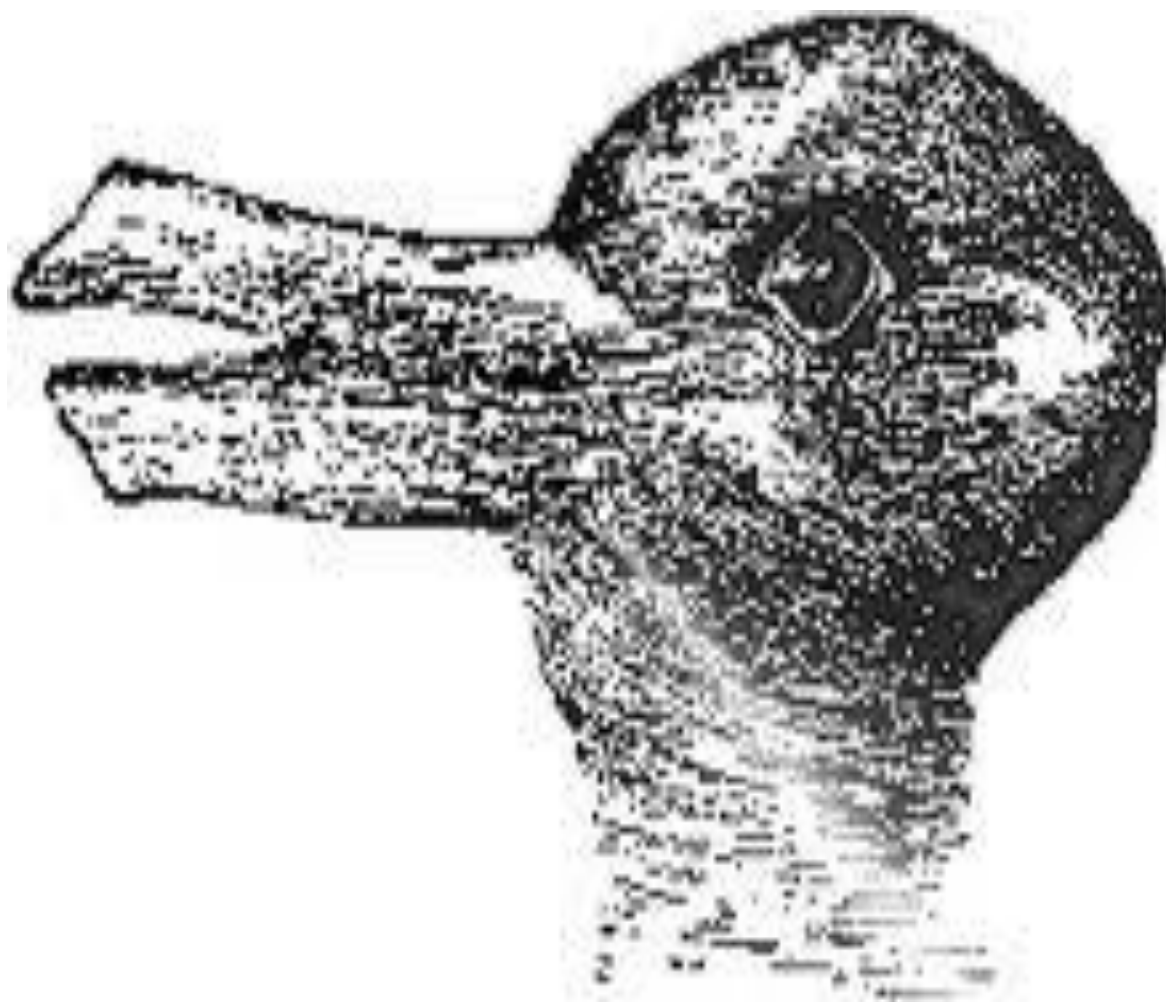
## Outcomes for this webinar:

- Using the Analysis to help us see the facts.
- Identify the principles of Defence & Attack.
- Implementing the components of Tactical Transition
- Demonstrate what good transition looks like in a game.
- How to integrate this into your coaching practice

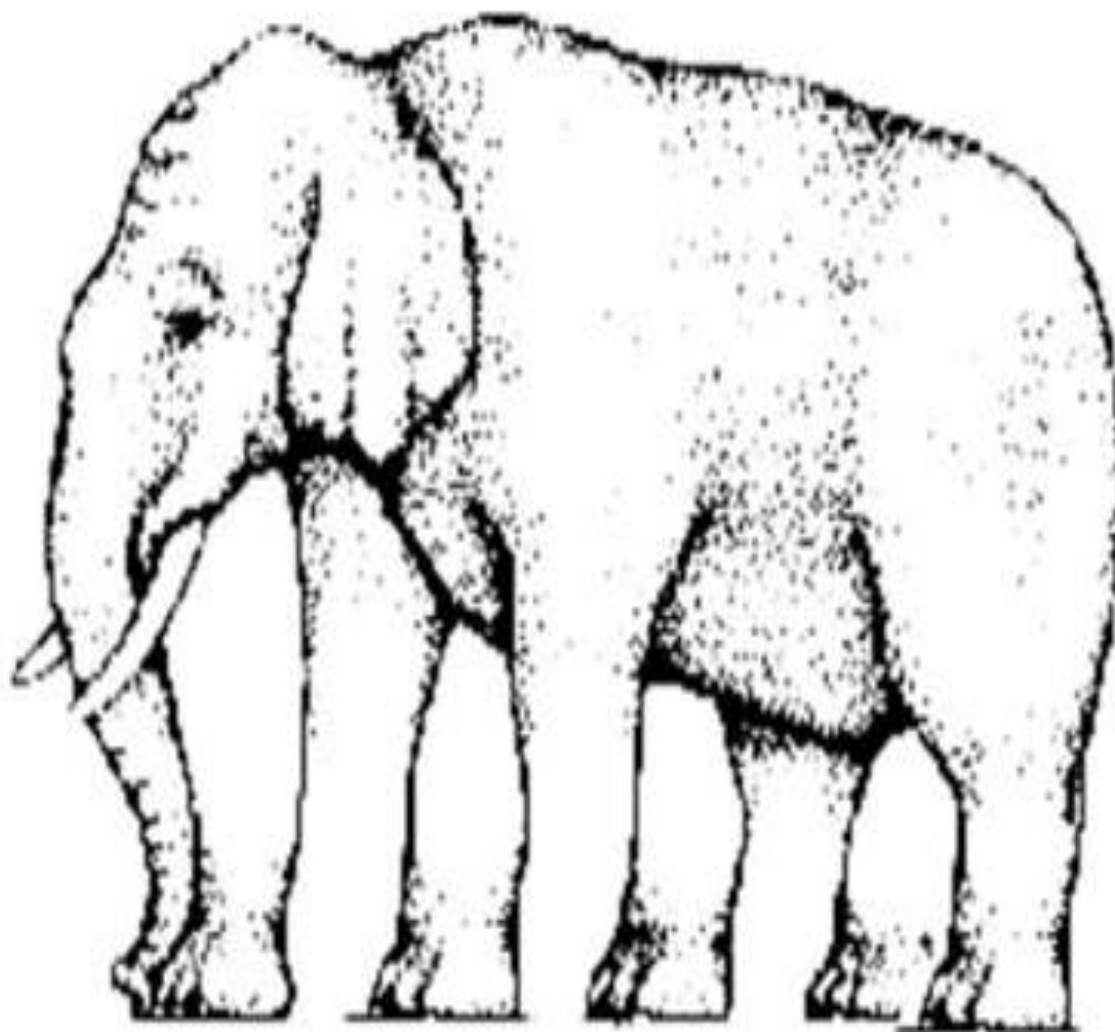








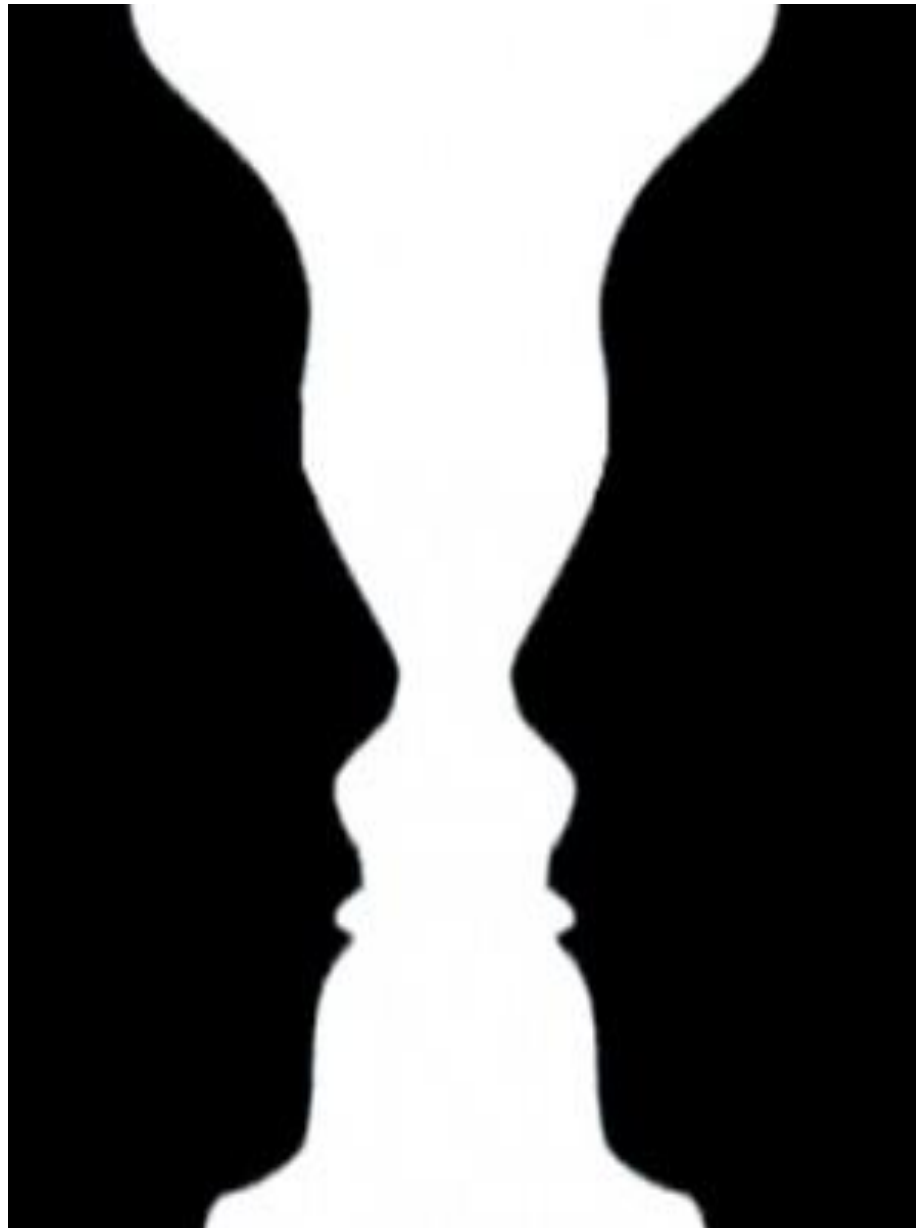




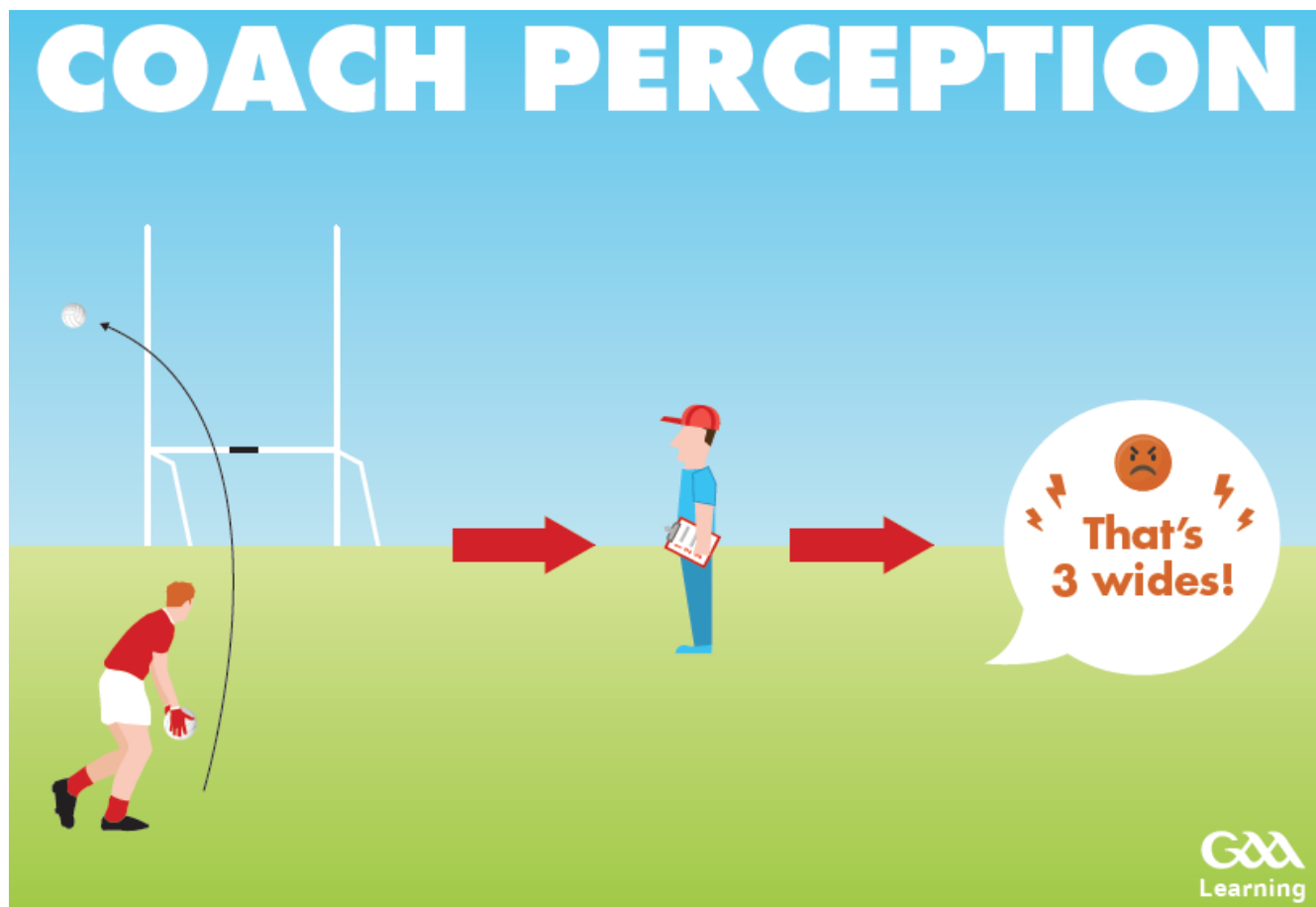








# It Is All Perception



Your perception of the games is not necessarily the same as what is actually occurring. opinion is your opinion, your perception is your perception. Do not confuse them with the facts

# Analysis of What?





Turnover what do we mean

Well this is how I defined it

1. You have possession someone takes it off you

2. You have possession and you give it away because of pressure.

## Turnovers

50/50

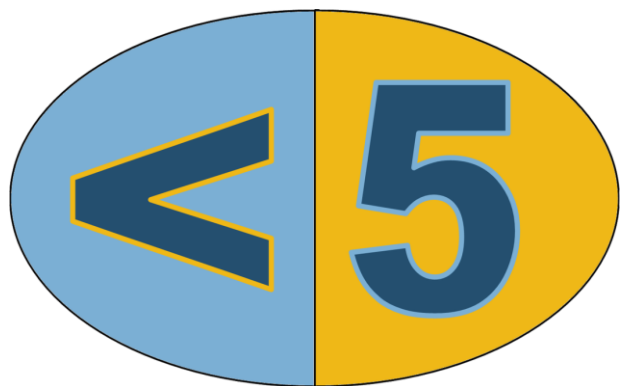
Dispossessed

Poor Hand Pass

Poor Kick Pass

Fouled Ball

Shorts

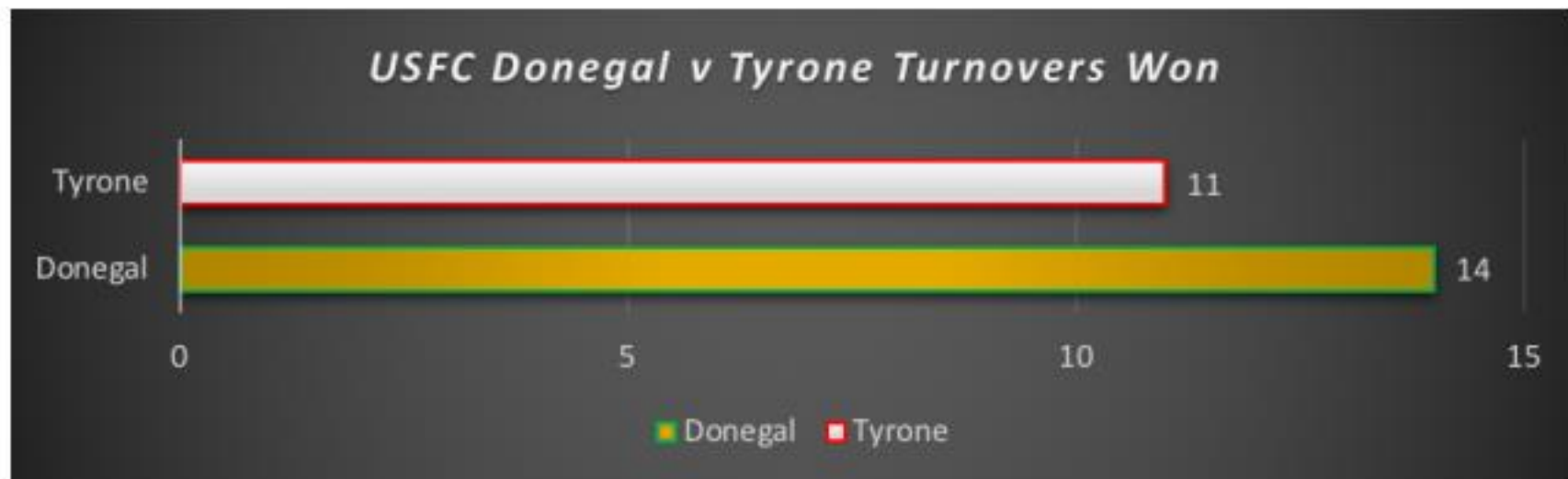




$\overline{X}$



# Ulster Final 2019



Only 12% of counterattacks initiated with a kick pass resulted in a score



compared to 25% when a hand pass was used, the latter enabling more players to support the attacking play and for offensive players to initiate their penetrating runs (Bradley & O'Donoghue, 2011).

The results show that successful counter attacks occurred in more central areas (60%).

Bradley and O'Donoghue (2011) reported that the majority of successful counterattacks leading to scores in AIC games during the 2007 and 2008 seasons originated in a team's defensive or midfield zone, commenced following a dispossession, were between 26 and 35 s in duration, involved  $\geq 5$  passes and penetrated into the opposition's 21 m defensive zone



# Principles of Defence & Attack.



# PRINCIPLES OF DEFENCE



**DELAY:** Pressing the attackers, forcing lateral movement, delaying and limiting attackers' ability to scan and execute the best available options, forcing errors...

---



**BALANCE:** Ability to maintain good defensive positions while countering the attacking movements of opponents. Be conscious of space away from the ball that could be exploited by a 'switch of play'. Involves acute awareness, good decision-making and communication.

---



**COMPACTNESS/CONCENTRATION:** Managing to get greater number of players to defend the scoring area thereby limiting space to opponents in attacking the dangerous central zone. Players need to 'funnel back' and concentrate this area. Clear understanding of defensive roles within this zone – 'nose' defender, support defender, cover defender.

---



**COVER:** Adapting to provide defensive cover for a beaten team mate. Avoiding straight line defence vulnerable to a ball played over the top. Managing a defensive situation where there are greater attacking numbers e.g. 2v1, 3v2, 4v3.....

---



**SUPPORT:** Provide options and assistance to colleagues in bringing the ball safely from defence. Providing relief support in tight high-pressure defensive situations. Anticipating, reacting to and recovering breaking ball.

---



**COMPOSURE/ RESTRAINT:** Avoid 'diving' into tackle, maintain pressure with restraint. Be patient and disciplined, don't concede unnecessary frees. Avoid following opponents out of the play. (decoy runs).

---



**TRANSITION:** Changing quickly from defensive to attacking mode. Advance the ball quickly and accurately to exploit the opponents' vulnerability to a quick counter attack. Provide close support to maintain possession in the face of a 'high press' by opponents. Moving forward to support the attack both on/off the ball.



# PRINCIPLES OF **ATTACK**



**PENETRATION:** Attacking opponents' goal at speed, thereby limiting their ability and opportunities to re-organise and defend effectively.

---



**MOBILITY:** Continuous cohesive movement and interchange of positions to create imbalances in opponents' defensive formation, creating mismatches in players abilities and creating confusion amongst defending players. Creating space for a teammate to exploit.

---



**WIDTH:** Stretching the defence wide to create space in attack. Prevent defenders from supporting each other. Exploit the wide spaces with speed and ball-carrying ability. Create open attacking channels through the centre.

---



**DEPTH:** Maintain good attacking positions with 'scoring' forwards within scoring range. Preserving the space between the inside and outside forward lines to allow for quick and accurate delivery.

---



**SUPPORT:** Creating passing options, making decoy runs, relieving a colleague under pressure, maintaining possession while creating and exploiting a range of scoring opportunities.

---



**CREATIVITY / FLAIR:** Being able to do the unpredictable to unhinge a defence. Improvising to create and take an unlikely scoring opportunity i.e. a flick on, a pull back, dummy solo, disguised pass.....

---



**ACCURACY:** Accuracy in shooting to ensure scoring opportunities are maximised. Accuracy in delivering the ball off both hand and foot helps to create the time and space needed to enhance scoring opportunities.

---



**TRANSITION:** Attackers must react quickly to 'turnovers' to immediately adopt a defensive role i.e. pressing high up the pitch while teammates funnel back into good defensive positions. Imposing delay to opponents attack, - forcing the build-up of play to side of pitch,...



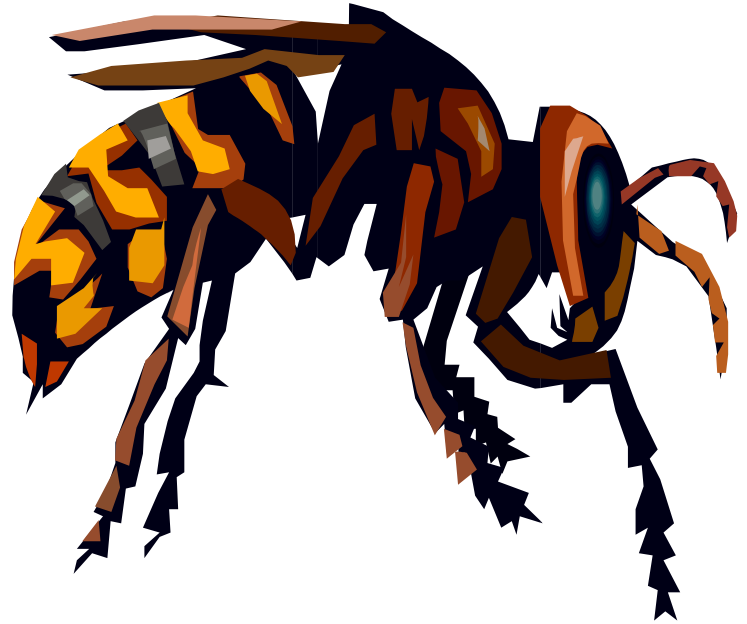
# Principles of Defence

- **A** – Anticipation
- **D** – Depth
- **D** - Delay
- **D** - Determination
  
- **S** - Support
- **C** – Concentration & control
- **A** – Accuracy
- **B** - Balance

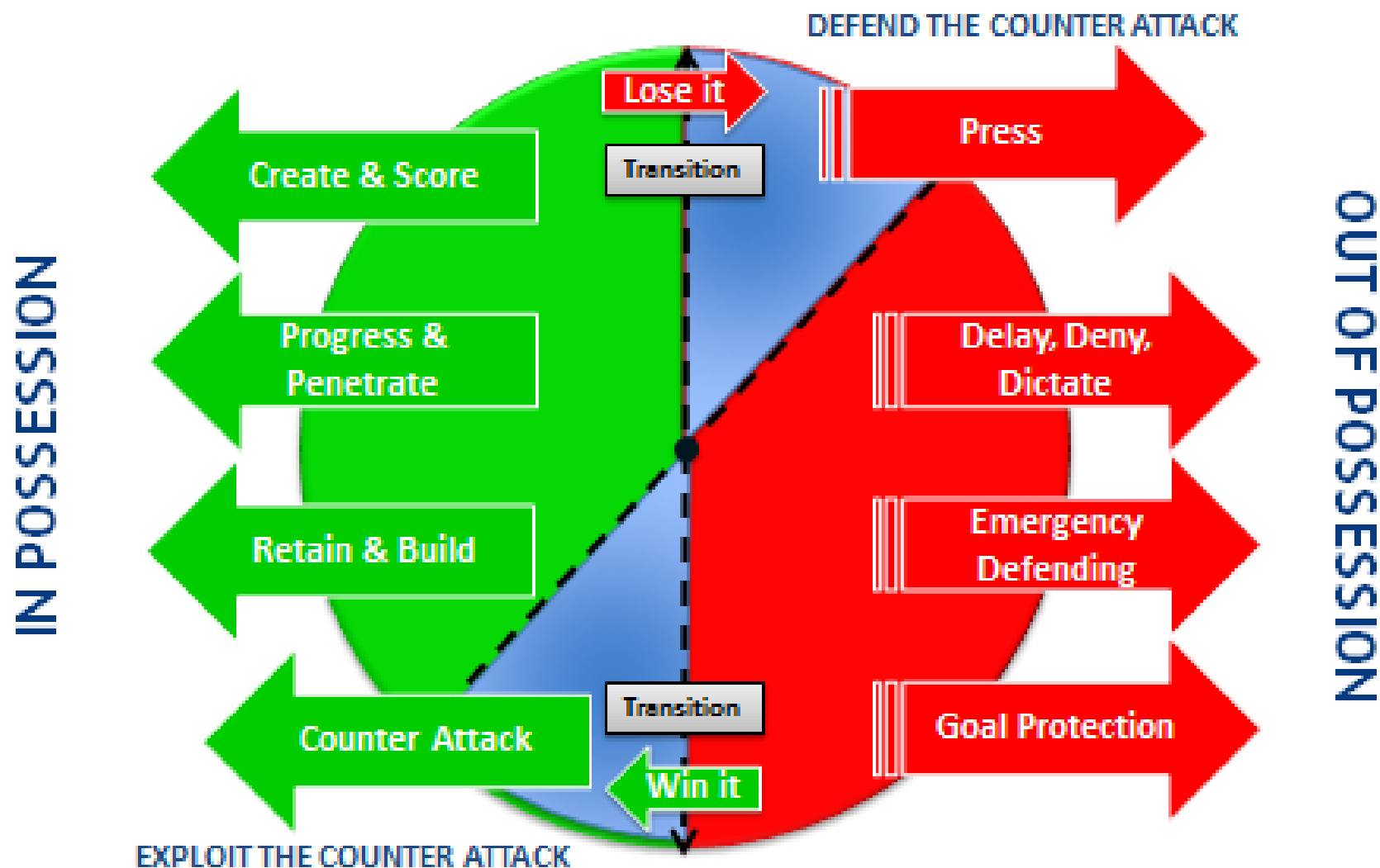


# Principles of Attack

- **M** - Mobility
- **A** - Anticipation
- **D** - Determination
  
- **W** – Width
- **A** - Accuracy
- **S** - Space
- **P** - Penetration









# Key Principles for Good Transition ?



Are there other principles ?

# Demonstrate what good transition looks like in a game

What Option would you take ??





# What Option would you take ??



Count the number of passes from the Transition to the score ??





What type of a turnover was this ?

Q. What was the first pass initiated in this Transition ?



# Short Restart and high press



# 3 pass move

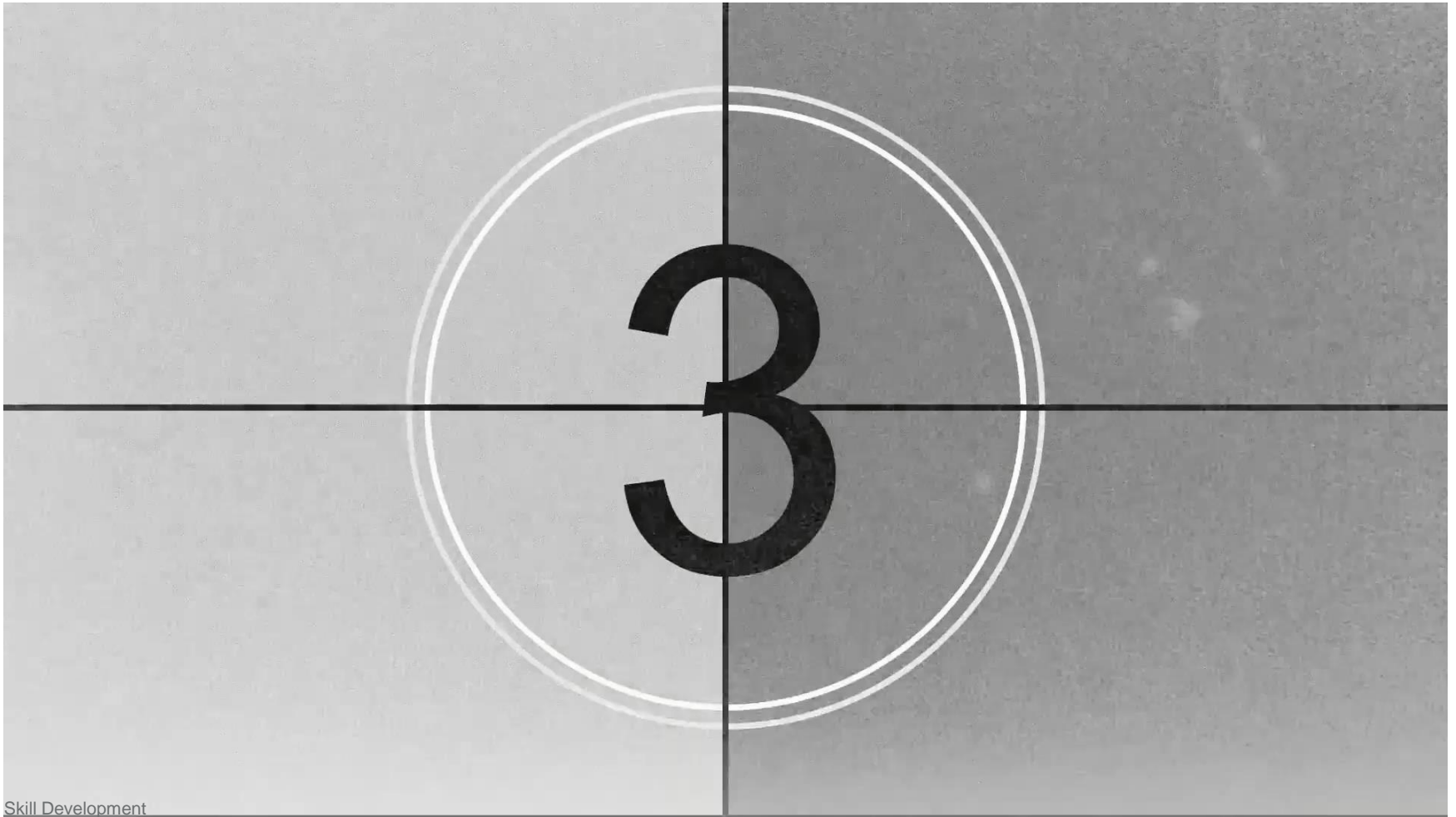




What options would you take ?



What Option would you take ??





What Option would you take ??



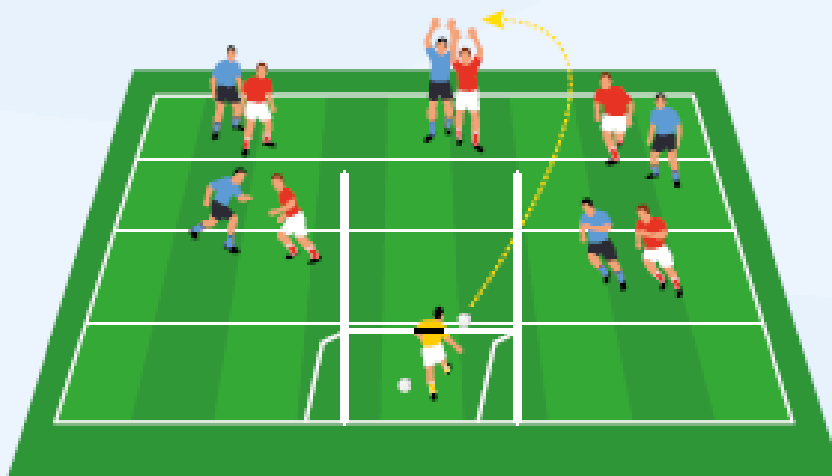
# How to integrate this into your coaching practice

# Creative Game Sense

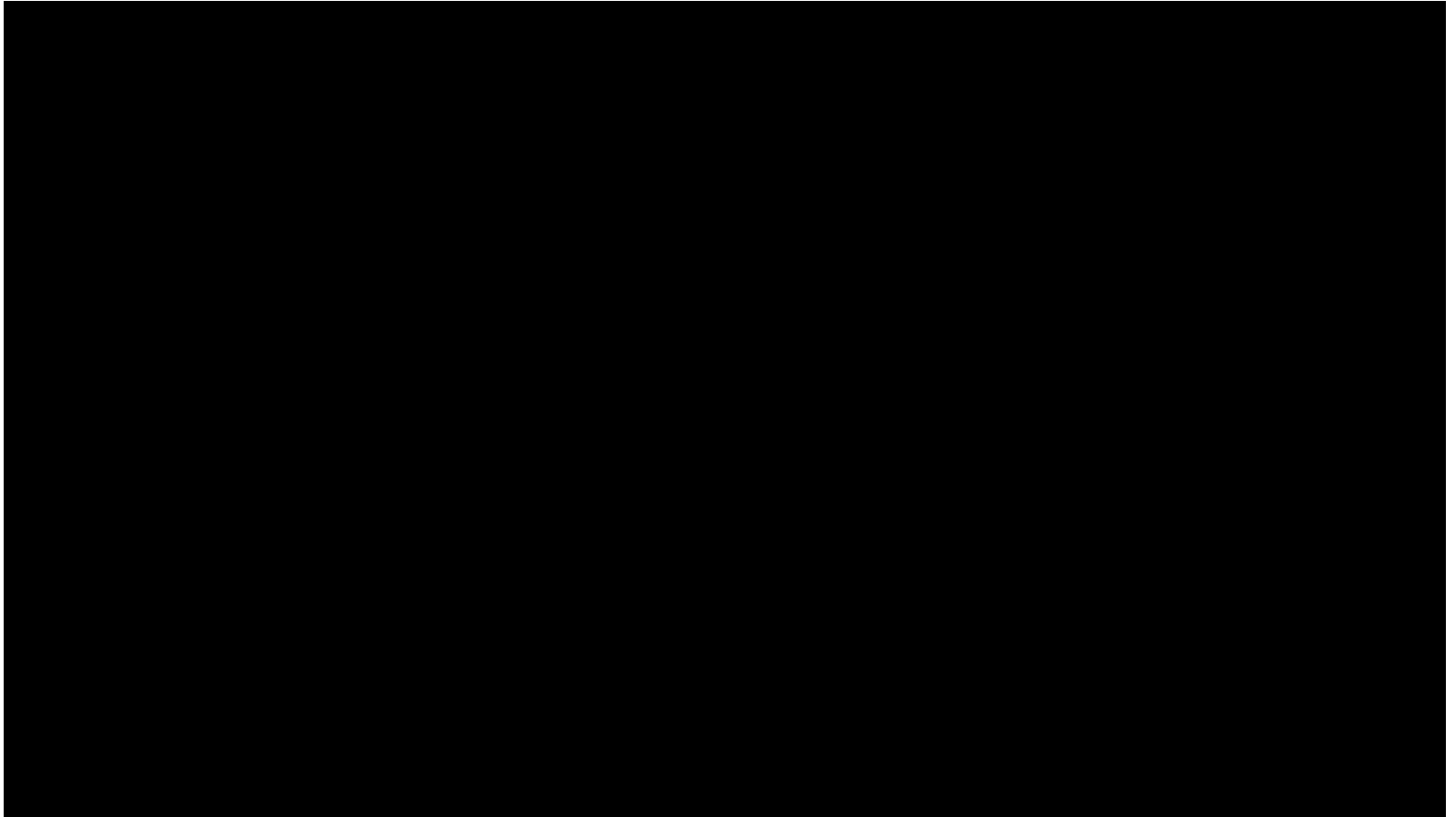


## GAME (A): **TWO BALL GAME** 3 MINUTES

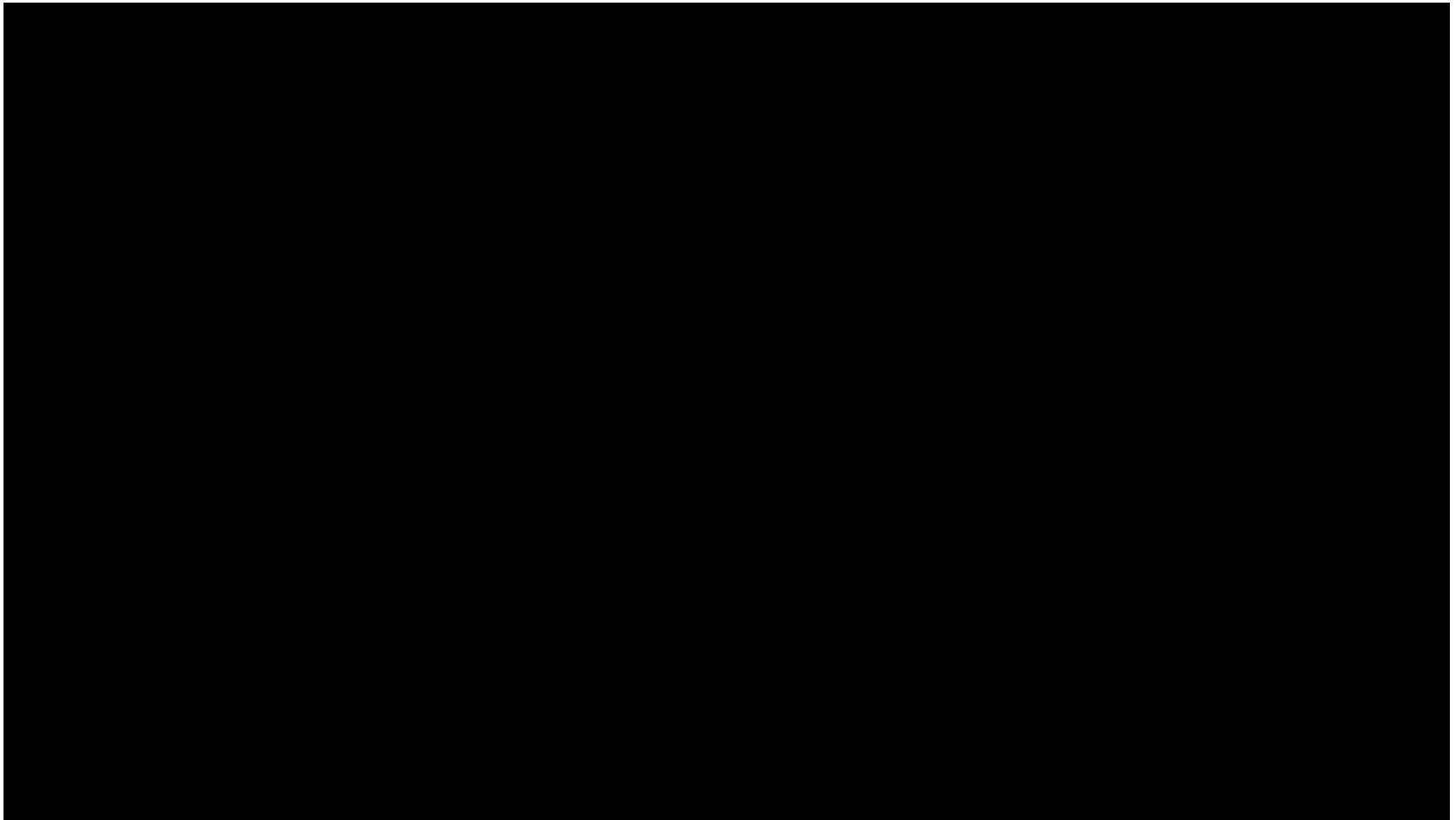
- This game can be played with 6 vs 6 and up to 8 vs 8.
- In this game, the goalkeeper will take a kick out and immediately after will take a second.
- This means two balls are now in play and the two teams will battle to win the ball and work a score.
- This game is all about 'decisions' as the team needs to try and work out who will be attacking/defending the first ball and attacking/defending the second ball.



## Advanced Games Sense “Turnover count”



# Advanced Games Sense “5 to 2”





# Give us a Game 2<sup>nd</sup> edition

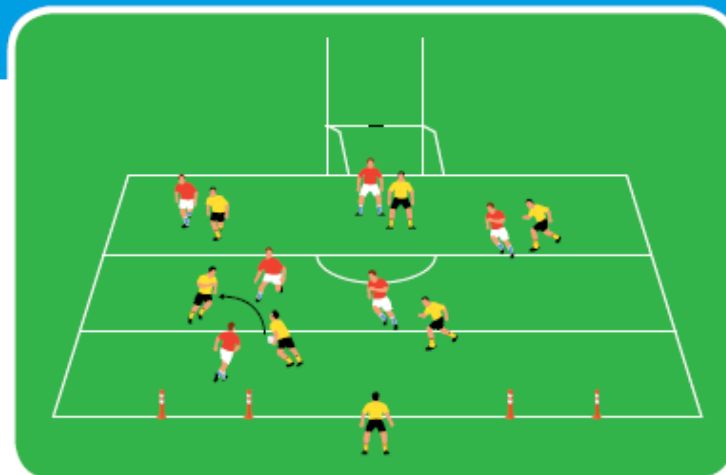
## WHO'S ATTACKING WHO'S DEFENDING

**HOW TO PLAY:** 2 Teams play against each other

- The defending team (Blue) with an extra player aim to score by hand/fist passing and then soloing the ball through either goals formed by two sets of cones as shown 20/30m from the end line
- If successful the extra player, waiting behind the goals, plays for the attackers and attacks the defender's goal who must retreat immediately after scoring
- If either team lose possession on the way out or in they change roles

**PROGRESSION:** Add in extra attacker.

**WHAT IT DEVELOPS:** Working the ball from defence, defending on the back foot & continuously ready for the ball



## E) 9 SECONDS TO SCORE, 6 SECONDS TO GET IT BACK 5 MINUTES

- This game starts with a throw in. When one team gains possession, **one** coach loudly counts out in seconds 9-8-7-6 etc. until team in possession scores or hits the ball wide before coach shouts 0 (zero).
- If, however, the team has been dispossessed or hits the ball over the side line, the 'same' coach (may have reached say '5' with the team that lost possession immediately starts called 9-8-7-6 etc.) again for the team now in possession.



# Give us a Game 2<sup>nd</sup> edition

## 10-7-5 SECOND GAME

**HOW TO PLAY:** Mark out a large zone 60m x 20m with 3 equal zones • Two teams 3 v 3 aim to solo the ball past their opposite end line • The team in possession must keep possession of the ball for 10 seconds in their defending zone, 7 seconds in their middle zone and 5 seconds in their attacking zone before crossing their end line for a score • If a team regains possession of the ball in their attacking or middle zone they must first solo back to their defending zone before they may start the game

**PROGRESSION:** When a team gets to their attacking zone they may go for a score after a set number of passes. This game encourages players to play 'Keep Ball' in their defending zone, 'Set Up Ball' in their middle zone and 'Score Ball' in their attacking zone.

**WHAT IT DEVELOPS:** Maintaining possession & hand-passing





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Thank you