

BSC CURRICULUM



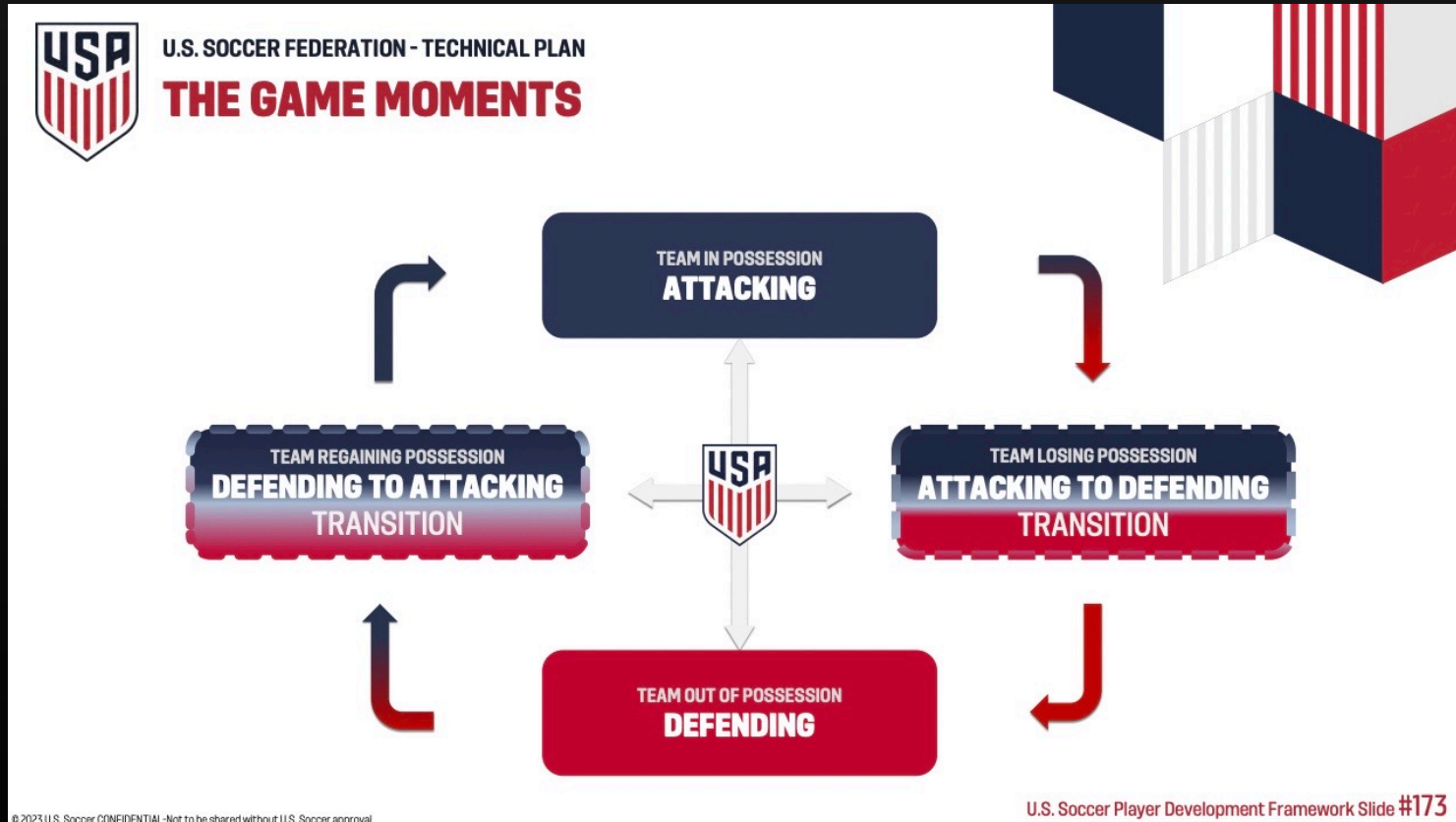
TRANSITION

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- Mourinho: "In soccer today, the two most important moments of the game are the moment you lose the ball and the moment you win the ball "
- "When you lose and when you win possession, it's important for each player to be aware that there is an intermediate period between attacking and defending and attacking again, and also to know what they have to do, in other words, the roles they have to play. **THE COACH HAS THE DIFFICULT TASK OF MAKING HIS PLAYERS UNDERSTAND THAT THEY HAVE TO QUICKLY CHANGE THEIR MENTALITY AND BEHAVIOR FROM ONE MOMENT TO THE NEXT.** Their tasks, regardless of the positions they occupy in the team, are not exhausted in one moment of the game (Vásquez, 2003)."

Transition





ATTACKING TO DEFENDING TRANSITION

Main Principles

- 1- Apply immediate pressure
- 2- Delay the counterattack
- 3- Recover with speed
- 4- Deny finishing from the counterattack

Sub Principles

- () Get numbers back quickly and take defensive position
- () Press to regain or prevent progress of the ball
- () Defend the goal and create conditions to engage
- () Challenge to protect against a goal attempt
- () Provide cover and balance: eliminate options
- () Drop off and block direct path to goal
- () Slow down and dictate opponent
- () Press from behind as quickly as possible



ATTACKING TO DEFENDING TRANSITION

- When? When the team loses the ball
- Who? The player who will lose the ball
- How ? Pressing, delaying, recovering
- What? unpredictable because I don't know what will happen (THAT'S WHY PLAYERS SHOULD MAKE THE DECISION)
- Why? The opposing team will regain the ball and we will be disorganized defensively, possibly leaving open spaces



DEFENDING TO ATTACKING TRANSITION

Main Principles

1- PLAY FORWARD QUICKLY

2- SECURE THE BALL

3- JOIN THE ATTACK WITH SPEED

4- FINISH THE COUNTERATTACK AS FAST AS POSSIBLE

Sub Principles

1- First action forward

1- Continue to play forward

2- Play out of pressure

2- Keep the ball: initiate build up

3- Provide support in front of the ball

3- Provide as much width as possible

4- Create and exploit space for self or teammate

4- Attack space or engage opponent

4- Recognize player in a better position to score

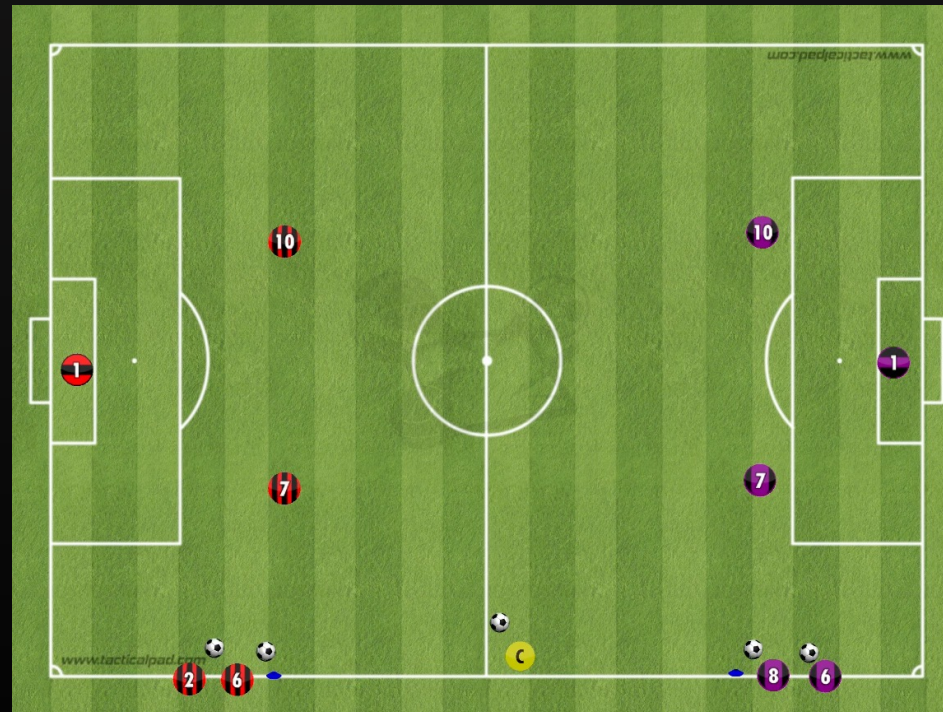


DEFENDING TO ATTACKING TRANSITION

- When? When the team regain the ball
- Who? The player who will still the ball or the players who will get the second ball
- How ? Long ball, dribbling forward with speed, possessing
- What? unpredictable because I don't know what will happen (THAT'S WHY PLAYERS SHOULD MAKE THE DECISION)
- Why? The opposing team will lose the ball and will be disorganized defensively, possibly leaving open spaces



ACTIVITY EXAMPLE 1





ACTIVITY EXAMPLE 2

