



## WOMEN'S CONTINUOUS TRANSITION DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Transition

**Field Position:** Offense, Midfield, Defense

**Time Needed:** 15 Min

**Drill Style:** Game, Conditioning, Skill

**Field Location:** Full Field

**Skill Level:** Advanced

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### OBJECTIVE:

To complete a successful offensive transition within the drill limitations.

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### DRILL DESCRIPTION:

Split players into two teams. Divide the field in 3 parts; defensive third, midfield third, and offensive third. You need a goalie in both cages, 2 pairs of attack and defense in the defensive third, 4 pairs of attack and defense in the midfield, and 2 pairs of attack and defense in the offensive third. All the pairs in each third must STAY WITHIN their own third. The ball will start with a goalie clear to the 2 defenders in the defensive third with attackers re-defending them. Connecting cuts need to be timed in the midfield because the ball carriers CAN'T cross into another third. Once the midfielders have possession, they must connect a pass into the offensive third. If the offensive transition is successful, they can take a shot on goal. If there a turnover anywhere, the roles are switched and the ball is going back in the other direction. This drill is continuous and very tiring for the midfield if there are a lot of turnovers.

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### SKILLS PRACTICED:

- Goalie Clears
  - Connecting Cuts
  - Re-defending
  - Defending Transitional Cuts
  - Timing and Ball Movement
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## VARIATIONS:

Variations can include adding more players into each third. Allowing players to cross over into other thirds to make connecting cuts.

Building to a 7v7 on a successful transition with players allowed to cross over into different thirds.

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## DRILL DIAGRAM:

