

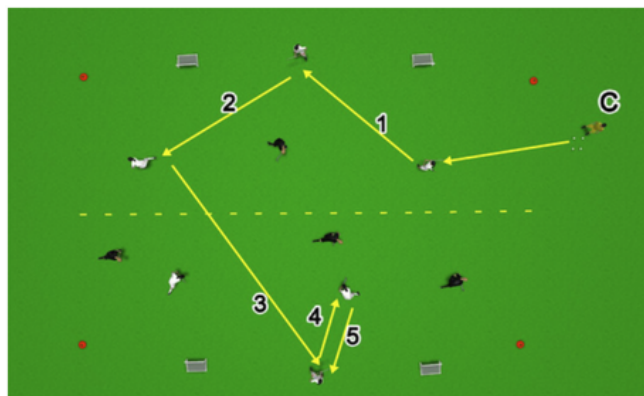
Quick Transition Defense to Attack & Finish

Submitted by Amber Beaudoin, Fairfax High School, FYPC Field Hockey

OBJECTIVE

Train players to recognize a turnover and immediately transition from defending to a quick attacking finish.

DIAGRAM



SETUP

Players

- At least 10 Field Players - 4v4 plus two wall passers

Area

- 15 x 15 or 20 x 20 yard grid

Equipment

- Balls and cones
- 4 mini-goals or gates

EXECUTION

1. Coach feeds a ball into the grid.
2. The team in possession uses two wall passers and earns a point for every five consecutive passes.
3. The defending team attempts to intercept.
4. After an interception, the defending team immediately attacks any mini-goal.
5. If the original team wins the ball back, possession play resumes.
6. Use normal sideline restarts; coach restarts balls that go over an end line.

POINTS OF EMPHASIS

- React immediately when possession changes.
- Counterattack before the opponent reorganizes.
- After losing the ball, recover and deny the first shot.
- Maintain supporting angles in possession.

VARIATIONS

- Add a halfway line.
- Require the counterattack to finish in the same half as the interception.
- Adjust grid size to favor possession or pressure.

Drill Booklet Key

-  Pass
-  Run without the ball
-  Dribble
-  Shot