

## WORK OF TRANSITIONS

### 3x2 Disordered situations

- **Concepts:** Offensive and defensive tactical principles for 3x2 transitions.
- **Contents:** Decision making, defending in inferiority, transition and finishing.
- **Goals:** To improve offensive transitions, defending in inferiority and decision making.
- **No. of players:** 6 + 1 goalkeeper.
- **Equipment:** Balls and bibs.
- **Space:** 40x20m.
- **Time:** 10-12 minutes.

## DEVELOPMENT:

In the upper part of the court (20x20m) we play a 3x3 ball possession with the technical and tactical variations considered by the coach.

At the coach's signal, we start a 3x2+1 transition to the other side of the court following the next rules:

- At the moment of the signal, the defensive pair of the player in possession of the ball is disconnected from the ball possession and must touch the goal line and come back to the other side of the court.
- The rest of the players start a 3x2 transition towards the other court and must order and finish it before the player who is coming back arrives and re-establishes equality.

Once the action is finished, the ball possession - transition sequence starts again, changing the team that initially has the ball and so on.

