

4th Ball (3v3 Transition)



4th Ball (15-17). As soon as the 3rd ball phase is complete, **W4** passes a new ball into play for the reds and their objective is to score in the same goal as they did with the previous 3 balls (*free play*).

Y1, **Y2**, and **Y3** all sprint into the area to create a 3v3 situation.

The 3 yellow players press the reds and try to win the ball. If they succeed, they then make a quick transition from defence to attack (to score).

Source: Jürgen Klopp's Liverpool pre-season training session in Tyrol, Austria - 25th July 2021