

Balls 3-4 (Transition 1 + 2)



3rd Ball (9-10). All 4 outside yellow players (**Y1-4**) enter the pitch and the Coach feeds one of them the ball. They launch a **5v4 attack** against the reds, who must make a **fast transition from attack to defence** by pressing the ball carrier and tracking the runners.

Y4 receives from the Coach and passes forward to **Y5**.

11-13. **Y5** dribbles forward and passes the ball across for **Y1** to shoot and score past the GK.

4th Ball (14). **R8** dribbles the 4th ball into play and the other 3 outside red players (**R5, R6 & R7**) enter too. The reds launch an **8v5 attack** and try to score. The yellows must make a quick transition from attack to defence.

15-17. In this example, **R8** plays a diagonal through pass to **R5**, who then delivers a final pass into the box for **R2** to score.

Source: Jürgen Klopp's Liverpool training session at AXA Training Centre, Liverpool - 16th November 2021