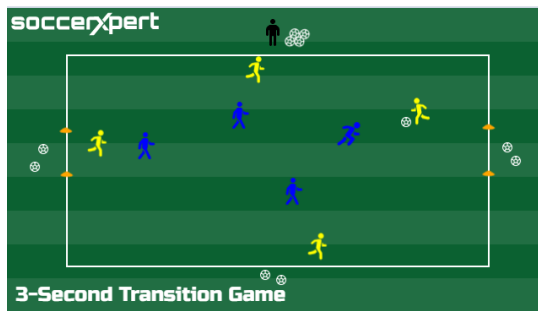




Drill Quick Glance

Age: 12+	Field: 20x25
Players: 8	Time: 20 min.
Difficulty: Medium	Focus: Transitions
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

3-Second Transition Game

Objective:

The first three seconds after a turnover are the most important moments in any game. This drill puts your players right in the middle of that chaos and trains them to handle it. When a team wins the ball, the clock starts. They have three seconds to complete three passes or attack a target gate. That pressure forces fast thinking, quick movement, and clear communication. On the flip side, the team that just lost possession has to react just as fast. No standing still. No watching. They need to press, close space, and get compact before the other team can hurt them. This is a game-like drill that builds real habits. Players stop drifting and start making sharp, confident decisions at the exact moment it matters most. Run it often and you will see those habits show up on match day.

Setup

- Set up a 20x25 yard grid using flat cones or disc cones.
- Place two target gates (each about 2 yards wide, made from cones) on opposite ends of the grid.
- Scatter 6 to 8 extra balls around the outside of the grid so play restarts quickly after each turnover.
- Split players into two teams of 4. No goalkeepers needed.
- Each team wears different colored bibs.

Instructions

1. Both teams start inside the grid. Assign one team to begin with possession.
2. Teams play a live 4v4 possession game inside the grid.
3. When a team wins the ball, the coach or a player calls out "Go!" to start the 3-second count.
4. The team in possession has 3 seconds to either complete three consecutive passes or dribble through one of the target gates.
5. If they succeed, they earn a point and play continues.
6. If they fail to complete the challenge in 3 seconds, possession resets to the other team. Coach rolls in a new ball to keep the tempo high.
7. When possession is lost, the new defending team must sprint to press the ball and get compact shape behind it immediately.
8. Play for 4 to 5 minute rounds. Give teams a short rest between rounds. First team to 10 points wins the round.

Coaching Points

- Watch for the first reaction after a turnover. Players should take their first steps toward the ball or toward cover within one second, not three.
- The player nearest the ball must press immediately. No watching from a distance.
- The team in possession needs to show support angles fast. Make it easy for the ball carrier to pass.
- Compact shape means no big gaps between defenders. Push players to stay tight and connected.
- Look for communication. Players should be calling for the ball or calling out the press, not staying quiet.
- If players are losing the ball and not reacting, freeze play and walk through the correct response together.

Variations

- Add one neutral player (a "floater") who always plays with the team in possession to create a 5v4 overload and more passing options.
- Shrink the grid to 15x20 yards to increase pressure and force faster decisions.
- Remove the 3-second time limit for advanced groups. Focus purely on the quality of decisions and movement after turnovers.
- Award a bonus point if the team scores through a target gate within 3 seconds of winning the ball, to reward explosive transitions.
- Add a rule that all three passes after winning the ball must be one-touch only, to sharpen quick combination play.