

# Transition Drills

## Blue and White Transition Drill

- Offensive Middies (Blue) - on sidelines
- Defensive Middies (White) - bunched at Center Midline
- Offensive Attack in both ends of the field - Blue
- Defensive Players in Both ends of the field (White)
- On save or outlet - Middie Breaks to ball, rolls and moves initiates break
- Defensive Midfielder tries to anticipate outlet or breaks to stop break

