



Counter Attacking

ORGANISATION: Three teams. One team as the counter attacking team (yellow team) starting in the middle strip, two teams as the possession teams in the end zones (red / blue teams). Goals off the pitch.

Ball starts with one of the possession teams in an end zone. The yellows send a maximum of 3 players in to press. The possession team aims to complete 5 passes and then switch play across to the other possession team. If they succeed, the yellows move over to press on that side.

If the yellows win it, they try and break past the end line with a pass or dribble and then they can score in the goal. Defenders can't drop back past the end line to defend.

EQUIPMENT: Footballs, cones, goals.

CORE TOPIC: Counter attacking – movement.

COACHING POINTS / PROGRESSIONS:

General Points:

- Hard run ahead of the ball when counter attacking.
- Runs between the defenders – affect 2 defenders instead of just 1.
- Timing of when to 'jump' for the press – recognise when there's pressure on the ball and the player has their head down.
- Timing of run – accelerate and change of pace when close to breaking the line.

Progression: Switch to 2v2s attacking one of the goals at random times on the coach's signal to focus on coaching individual attacking runs.

Progression: 1 defender can drop past the end line to defend the goal.

