

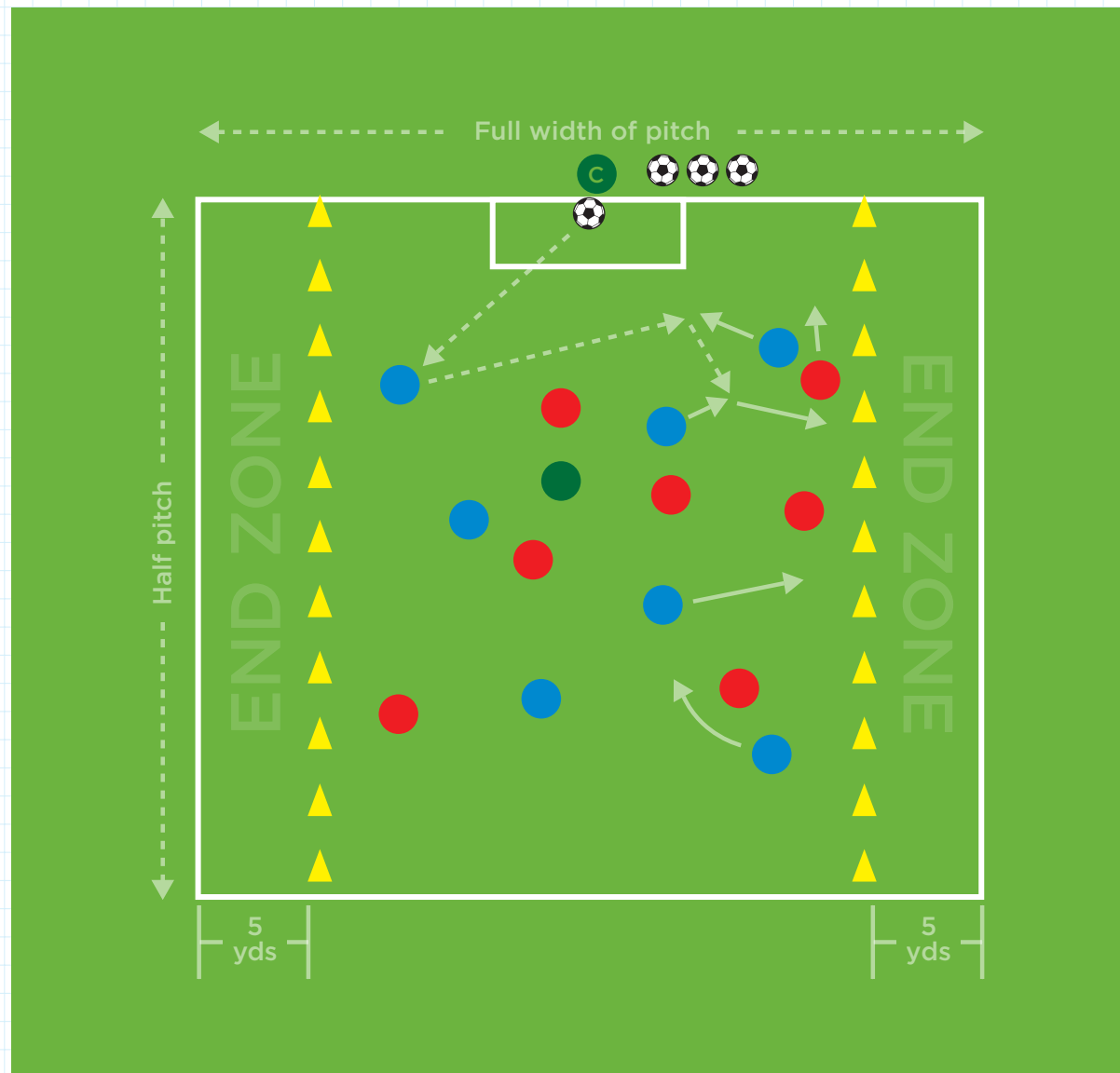
Counter-attacking

Practice organisation

- Half pitch, working across the width, with 5yd channel marked by cones at each end, as illustrated.
- 15 players, arranged 7v7, plus one floater, who plays for the team in possession at all times.
- Practice starts with: Coach passes into practice area, to either team.
- A's look to keep possession & look for opportunity to get ball into opponent's end zone.
- Passer must make forward run until team mates have achieved 2 consecutive passes elsewhere.
- On loss of possession D's look to quickly break forward to other end & score by running ball into opposite end zone.
- After counter-attack attempt: coach restarts practice by feeding into previous counter-attacking team & roles are reversed.

Detail

- Area modified, depending on numbers & age of players.
- Timing, speed & angle of forward runs to support receiving player.
- Assessing build-up play whilst making runs.
- Encourage flowing combination play, to establish good tempo of forward passing moves.
- D's to defend realistically at all times, tracking runs & challenging.
- Simple progressions for this practice are:
 - Introduce 2GK's (one at either end), initially without goals to act as 'sweepers' & defend end zones.
 - Introduce goals for GK's & D's to defend.



Attacking when opponents are 'out of balance'

Age group
12-16 years

Key coaching points

- Quick reaction to movement of players to initiate counter-attack.
- Look to penetrate behind opposition with runs & well-placed passes.
- Intelligent use of possession, movement & individual skills, on & off the ball.
- D's deny space & delay progress, looking for opportunities to intercept, spoil & initiate counter-attack from regains of possession.