

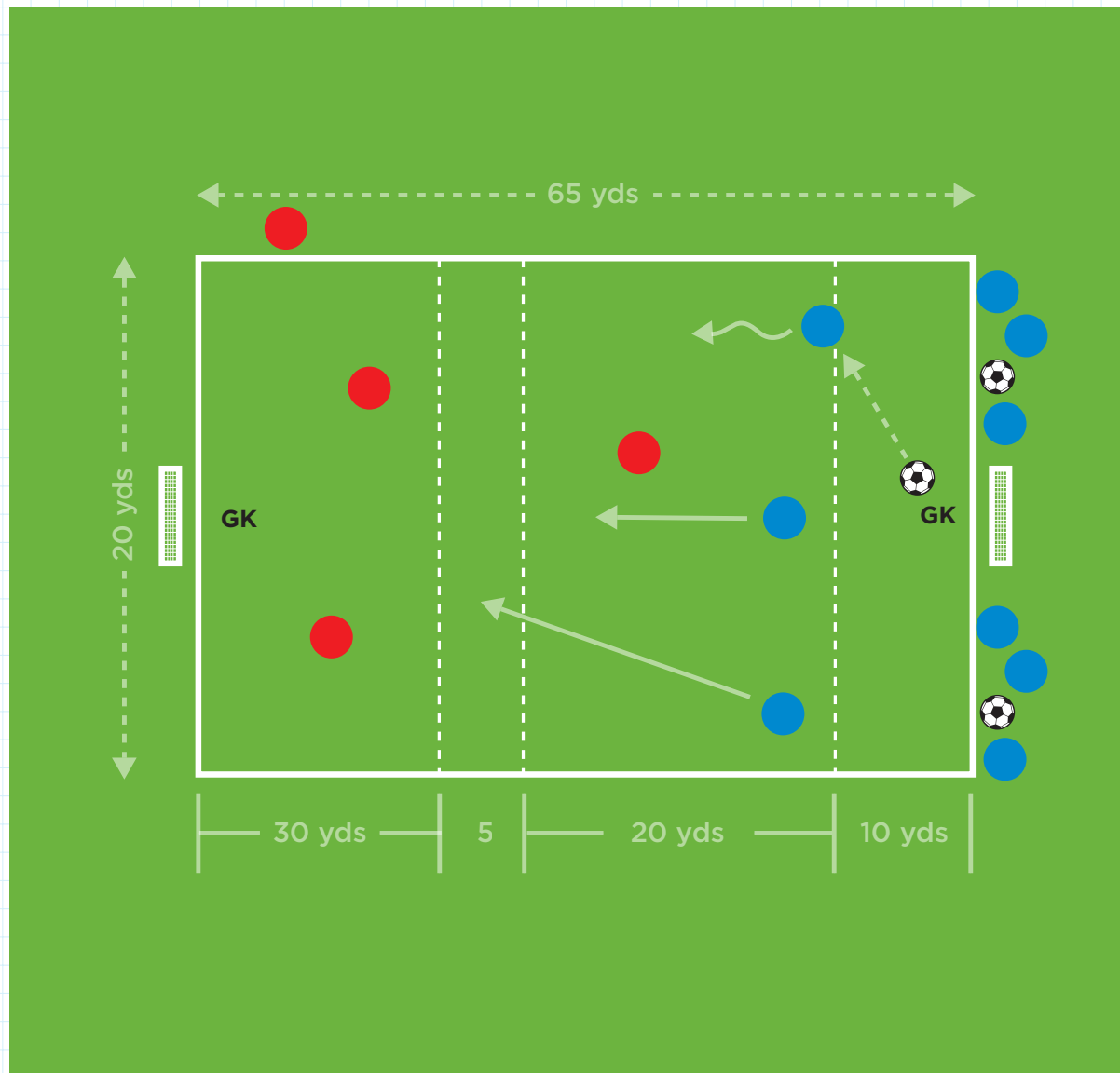
Counter-attacking 1

Practice organisation

- Area 65x20yds, divided into 4 zones (30x20; 5x20; 20x20 & 10x20yds), as illustrated.
- 1 set of goals at each end, set back 5yds from practice area.
- 15 players (incl. 2GK's), arranged 4 Defenders (3 in practice area, 1 on side) & 9 Attackers (who operate in 3's), as shown in the diagram.
- An off-side line may be drawn, or practice operates with (or without) normal off-side rules applying.
- Practice starts with: 3A's receive ball rolled-out by GK & attack single D in 1st. zone.
- Progress is made to 2nd. zone (which is safe for A's), prior to attacking 3rd. zone which contains 2D's.
- Objective is to score in opposite goal.
- D's avoid safe zones until they have won the ball back.
- If D's win possession: they counter-attack opposite goal adding 4th. D from side, as additional support.
- D's rotate positions after each phase of attack.
- Practice recommences from GK as previously described.

Detail

- Size of area can be adjusted according to age & ability of players.
- Use of safe zones as 'breathing spaces' for preparation and planning.
- Simple progressions for this practice are:
 - Deploy a striker in each free play zone that both teams (attacking or counter-attacking) can use to make a quick forward pass to initiate attack.
 - Start practice with 4A's & allow D's to use the 4th player from the side.
 - A's elect to start practice with 2 players & if they score: goal counts as double.



Key coaching points

- Control, passing & support play skills needed to keep possession & break through defensive lines created by D's.
- Change of pace & angle of attack according to pressure, varying tempo to suit situation (not always fast).
- Rotation of movement & quick play when appropriate, maintaining 'security' behind (do not attack in a 'flat wave').
- Looking for opportunities to move ball forward with good quality, speed & precision.