

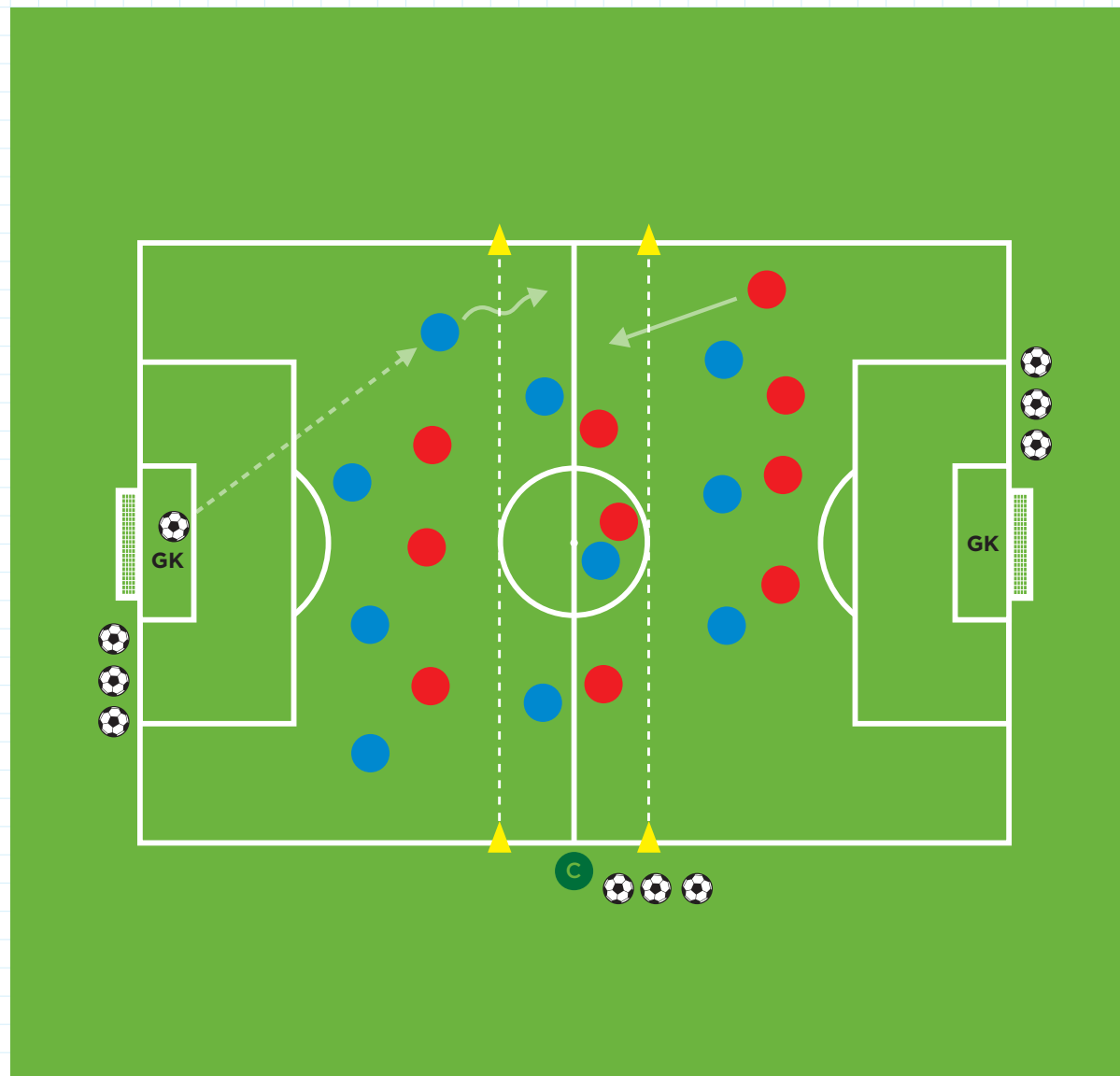
Defending the counter-attack (11v11)

Practice organisation

- Full pitch including goals, with 20yd channel marked by cones across full width, set-out as illustrated.
- 22 players, supply of balls with GK's & on half way, with coach.
- Practice starts with: GK throws ball out to FB & Attacking team work ball into MF to create overload with FB (making 4v3).
- A's make 5 consecutive passes in middle zone to score a point.
- Defending team can push a D forward into MF area to deny possession.
- Once this happens: A's move ball quickly into attacking third (where there is 3v3) & a designated number of MF's can create attacking overload (e.g. 2 players go forward to support attack).
- A's have 6 seconds to score a goal.
- If D's win ball: pass quickly into MF where there are extra numbers & counter-attack.

Detail

- Players ahead of ball recover at pace to establish defensive block behind ball.
- Engage player on ball on recovery run, if appropriate.
- Once goal-side: adjust from pressing to cover & balance, as required.
- Understanding which D needs to apply pressure (effective communication necessary).
- Simple progressions for this practice are:
 - Coach feeds ball into MF & A's progress 3v3 in MF, attacking D's.
 - Remove restriction of number of A's able to join-in attack.



Key coaching points

- D's readiness as individuals & unit behind ball.
- Quick reaction to adjust position & depth of defensive line on change of possession.
- Funnel back towards goal to quickly establish numbers in central areas.
- Attempt to negate overload on each touch by A: poor touch-win ball or press away from danger areas & support players.
- Maintain high defensive line (looking to trap A off-side).
- Engage player on ball & team mates adjust covering & marking positions.
- Individual players must have ability to tackle off front & back foot without fouling.