

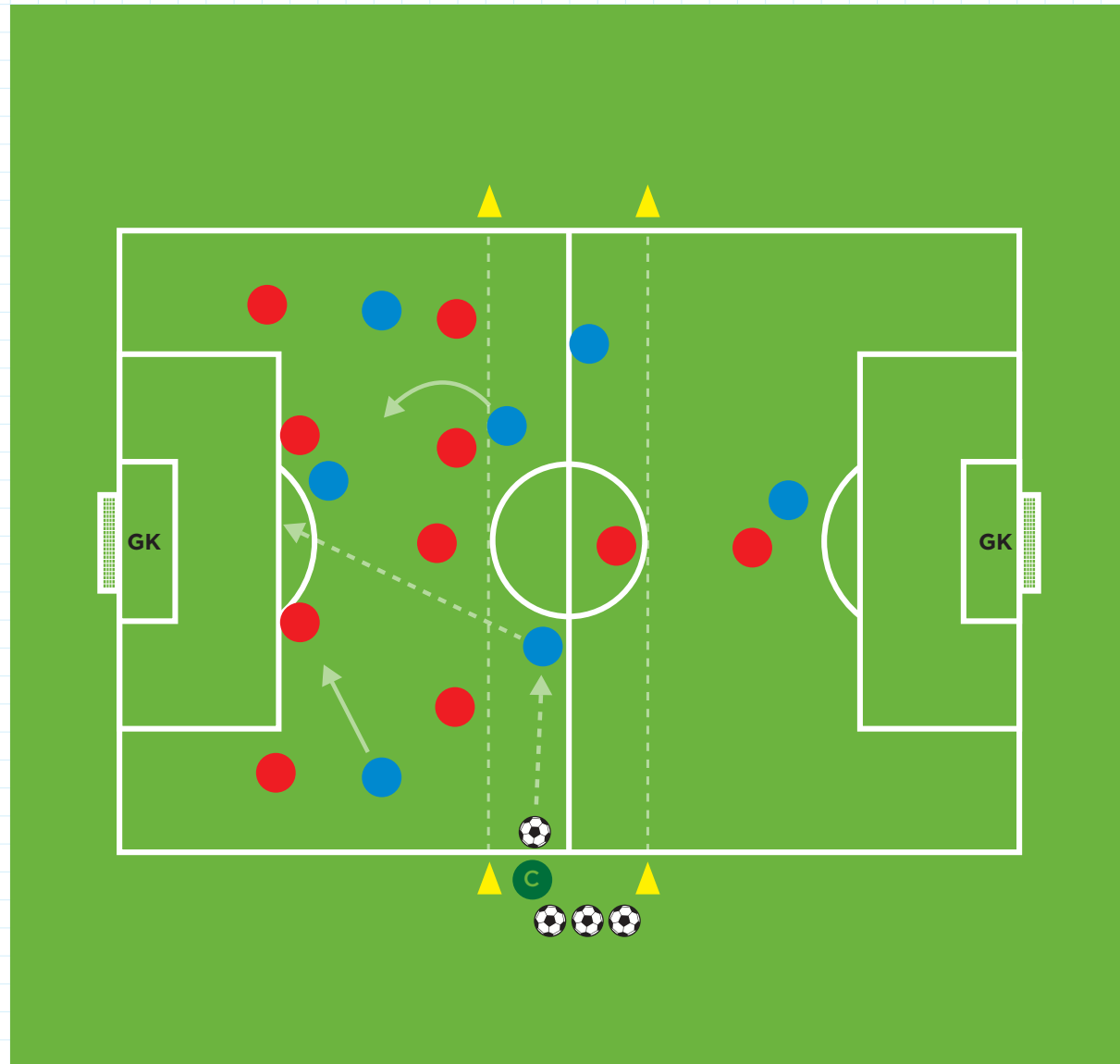
Counter-attacking & shooting 3

Practice organisation

- Full pitch with goals & central zone 20yds wide marked across full width, as illustrated.
- 19 players (incl. 2GKs), 1 ball.
- Inside defensive area, 2 banks of 4 Defenders line-up against 3 Forwards.
- Attacking team has 3MF's who start in central zone, unopposed.
- Practice starts with: ball fed by coach into 3MF's, who proceed to attack the 8D's (6v8).
- Defending team has 1 player in centre circle & 1 (opposed) CF in opposite attacking zone.
- When D's gain possession: objective is to quickly play into free player in central zone or the furthest A with quick support of 3 players.
- Off-side rules apply.
- MF's are able to recover to combat counter-attack.
- Counter-attacking team has 12 seconds to achieve shot on goal.

Detail

- On interceptions of ball: rapid decision-making as to how to proceed with attack must be made.
- Strength & direction of receiving/first touch is a vital factor to counter-attack success.
- Players breaking from back must cover ground quickly, whilst assessing potential support positions from which they may strike at goal.
- Simple progressions for this practice are:
 - A in central zone is marked by opponent.
 - On regaining possession from 1st counter-attack, team gaining possession attempt to score quickly in response to counter.



Key coaching points

- On gaining possession: move play forward as early & accurately as possible.
- If D's gain possession, run ball out from back & players ahead of ball make intelligent runs to become outlets for passes if needed.
- When moving forward on counter-attack: defence move forward, retaining compactness to ensure security against breakdown in play.
- Ensure accuracy of passes that may need to be released whilst moving at speed.
- Any counter-attack must finish with a strike at goal.

Attacking when opponents are 'out of balance'

Age group
17-21 years