

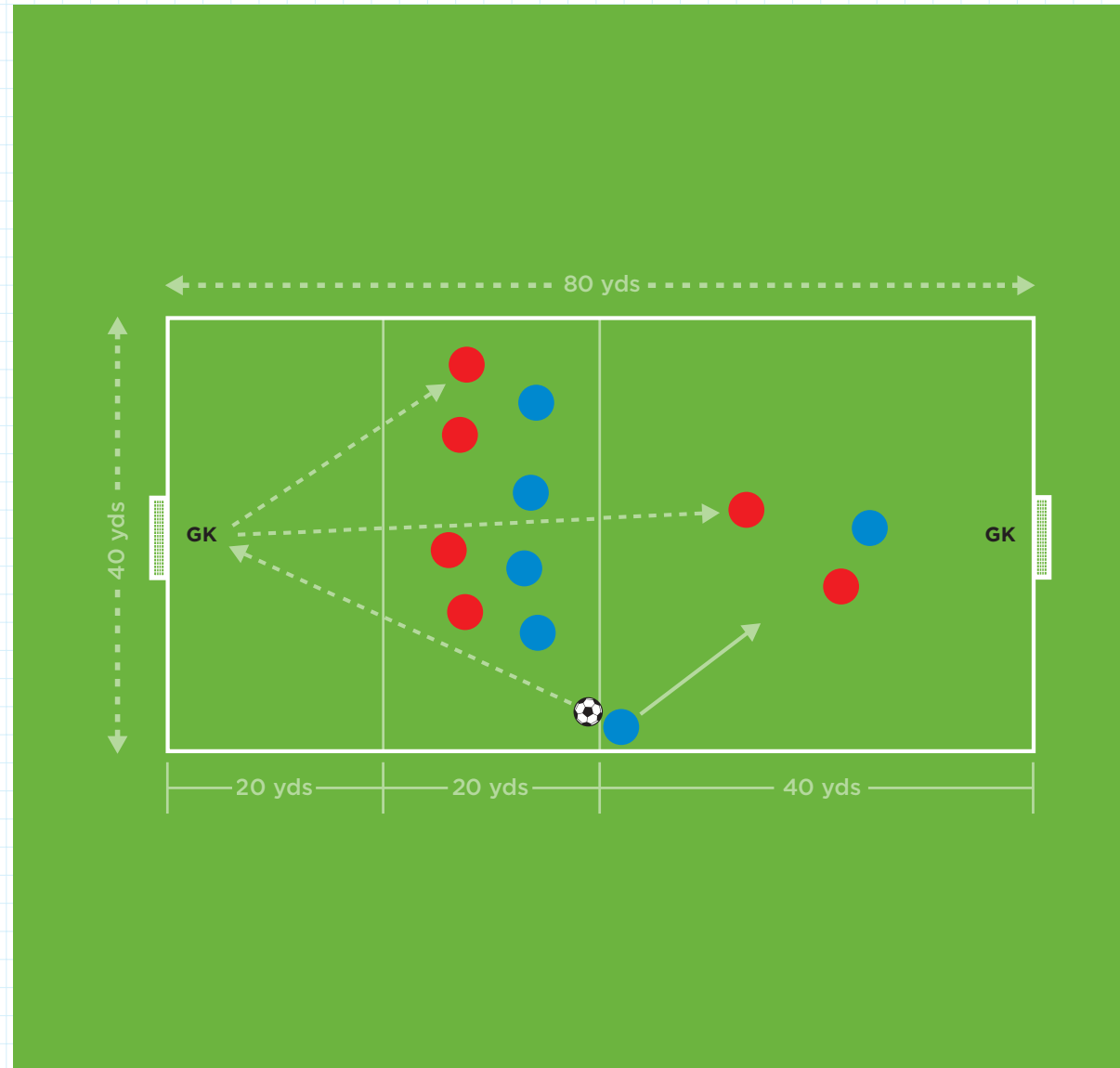
Counter-attacking from deep 2

Practice organisation

- Area 80x40yds, divided into three zones, with goals at each end, as illustrated.
- 14 players (incl. 2GKs), arranged 7v7, 1 ball.
- Teams are arranged 4v4 in centre zone, 2v2 in opposite half.
- Practice starts with: an Attacking player serves into GK from wide position.
- This player then recovers to establish a good marking position in 2v2.
- GK distributes ball to A team, who attack his goal.
- D's work to nullify the attack & on gaining possession, initiate counter-attack through playing quickly into strikers or breaking from defensive areas with 2 players able to support, unopposed.
- The team has 10 seconds to create a goal scoring opportunity & shoot on goal.

Detail

- If recovering team regains possession it can initiate its own counter-attack.
- Quick change of defending to attacking attitude.
- Moving the play forward early, accurately & quickly.
- Actions by players ahead of ball to ensure quick attack & strike at goal.
- Ensure defensive security as team counters the counter-attack.
- Simple progression for this practice is:
 - Challenge counter-attacking team to score within a time frame (e.g. 6 seconds from regaining possession of ball).



Attacking when opponents are 'out of balance'

Age group
12-16 years

Key coaching points

- Speed of initiating attack after gaining possession.
- Accuracy & speed of the passing over ground.
- Timing & speed of supporting runs from players breaking forward.
- Moving forward quickly with ball under control.
- Assessing play whilst moving quickly with ball.
- Inter-play & movement of forwards (in 2v2 situation).