

Counter-attacking from wide areas

Practice organisation

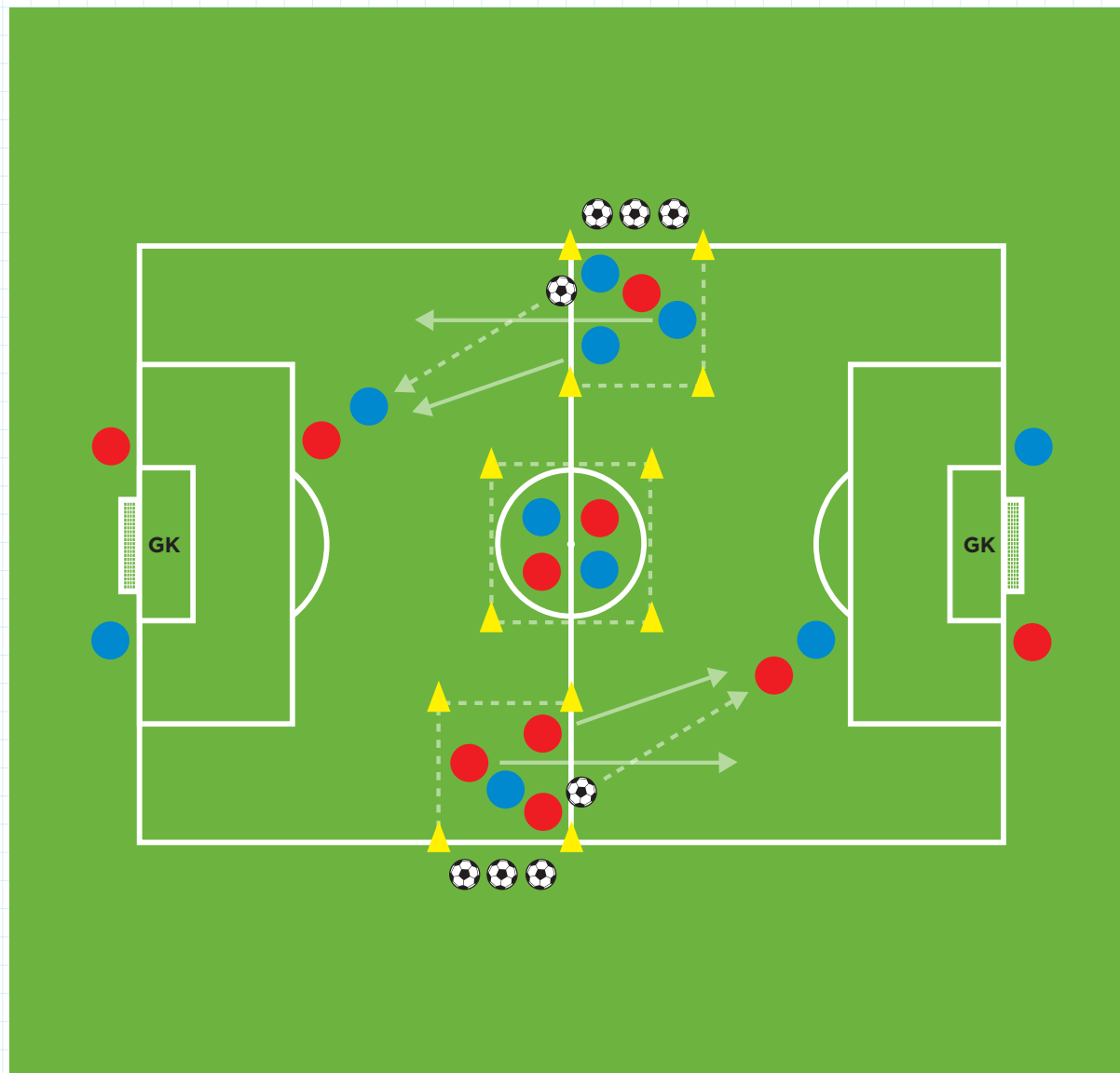
- Full pitch including goals, with three 10x10yd boxes: two in wide positions, one in centre circle, as illustrated.
- 22 players (incl. 2GKs), divided into 2 teams of 11, 2 balls.
- Players arranged 3v1 in each wide box, with 2v2 in centre.
- 1v1 outside each penalty area (approx. 25yds from goal) & 2 players from each team by goals ready to rotate into practice.
- Practice starts with: 3v1 in each wide box, with players keeping possession whilst looking for passing opportunity into striker.
- Once ball is played to striker: 2 players break from box to support, creating 3v1 to produce a strike at goal.
- 2 players from centre circle move into wide box to balance numbers & renew 3v1.
- If D's win possession, ball is transferred (unopposed) to either wide box to continue practice.
- MF's recover to centre circle.
- A & D alternate with 2 end players waiting by goal after each attack.

Detail

- Movement to support Striker & maintain momentum of attack through support from side, behind or beyond.
- Remaining on-side.
- Finishing skills involving Striker & MF's.
- Building crossing & finishing opportunities with numerical advantage.
- Simple progressions for this practice are:
 - D's send player back from wide box to challenge 2 breaking players (& create a 3v2).
 - Limit 1 breaking player to support Striker (& create 2v1).

Key coaching points

- Striker adjusts position to be in range of quality passes from wide box.
- Timing of movement to receive exit pass.
- Recognition of action required on first touch (hold-up or release to support player)



Attacking when opponents are 'out of balance'

Age group
17-21 years

- Execution of link-up play & actions after releasing ball to support player.
- Striker looking for opportunity to turn D to threaten goal or play through pass to running MF player.
- Observation of opportunity to play ball forward from box.
- Nature & quality of pass from wide box.
- Execution of forward passing.