

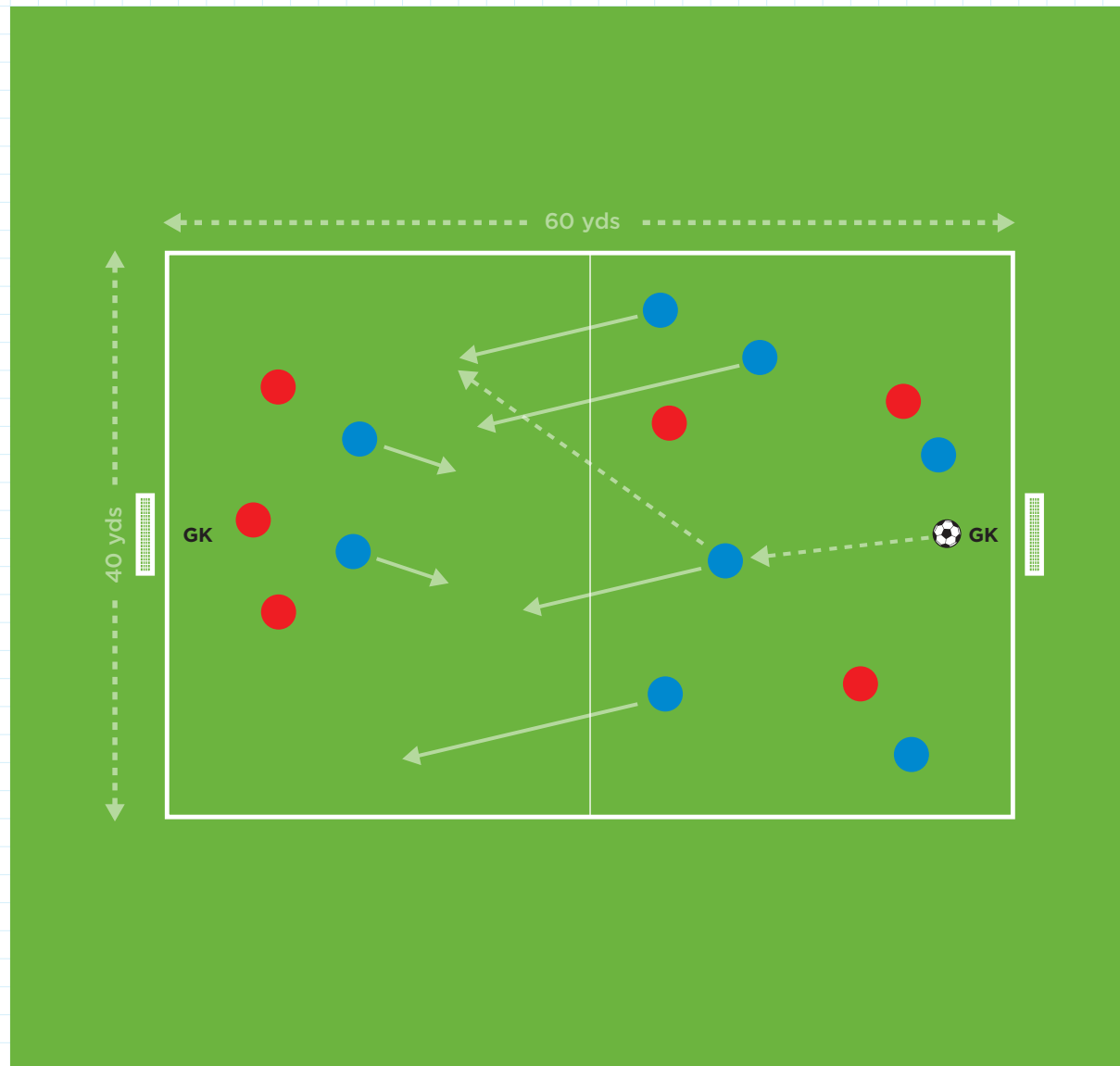
Counter-attacking from deep 1

Practice organisation

- Area 60x40yds, with pitch divided into halves, with goals 6yds behind each end of area, as illustrated.
- 16 players (incl. 2GK's), 1 ball.
- Practice starts with: GK rolls ball-out to Attacking team which has a 6v3 numerical advantage in its own half.
- In attacking half, there are 2A's v 3D's.
- A's, in possession pass-out from back.
- 4A's advance into opponents half to make 6v3 in attacking half.
- Half way serves as off-side line, with A's only able to cross into attacking half once ball has been played into space.
- Objective of game is to move advancing A's rapidly into D's half, bringing A's into game & get early strikes on goal.
- Play resumes in opposite direction from GK, using same playing numbers.
- One team has a period of attacking (to & from both ends), before players re-organise to change roles (& understanding).

Detail

- Challenge 1: Try to use one touch opportunities to change the tempo of attacks.
- Challenge 2: Try to score using 4 passes.
- Coach needs to connect questions to individual player's needs, based on technical execution & decision-making demands.
- Timing, distance & angles of support as play develops.
- Noticing opportunity to feed runner into attacking half & supply with a variety of measured, accurate passes.
- Ability of receiving player to control ball when moving at speed.
- Early support for ball receiver to produce strike at goal.
- Simple progressions for this practice are:
 - Extra D recovers into defending half.
 - Allow/encourage realistic defending in challenge areas.



Key coaching points

- Other challenges for players include:
 - Determine length of time to retain possession before releasing first breaking A (with supporting runners) into D's half.
 - Timing runs from MF areas.

- Angle of runs & passes into opponents half, including when & where to release forward pass.
- A's timing their movement to link-in with advancing support players.
- Changing tempo of attacks.

Attacking when opponents are 'out of balance'

Age group
12-16 years