

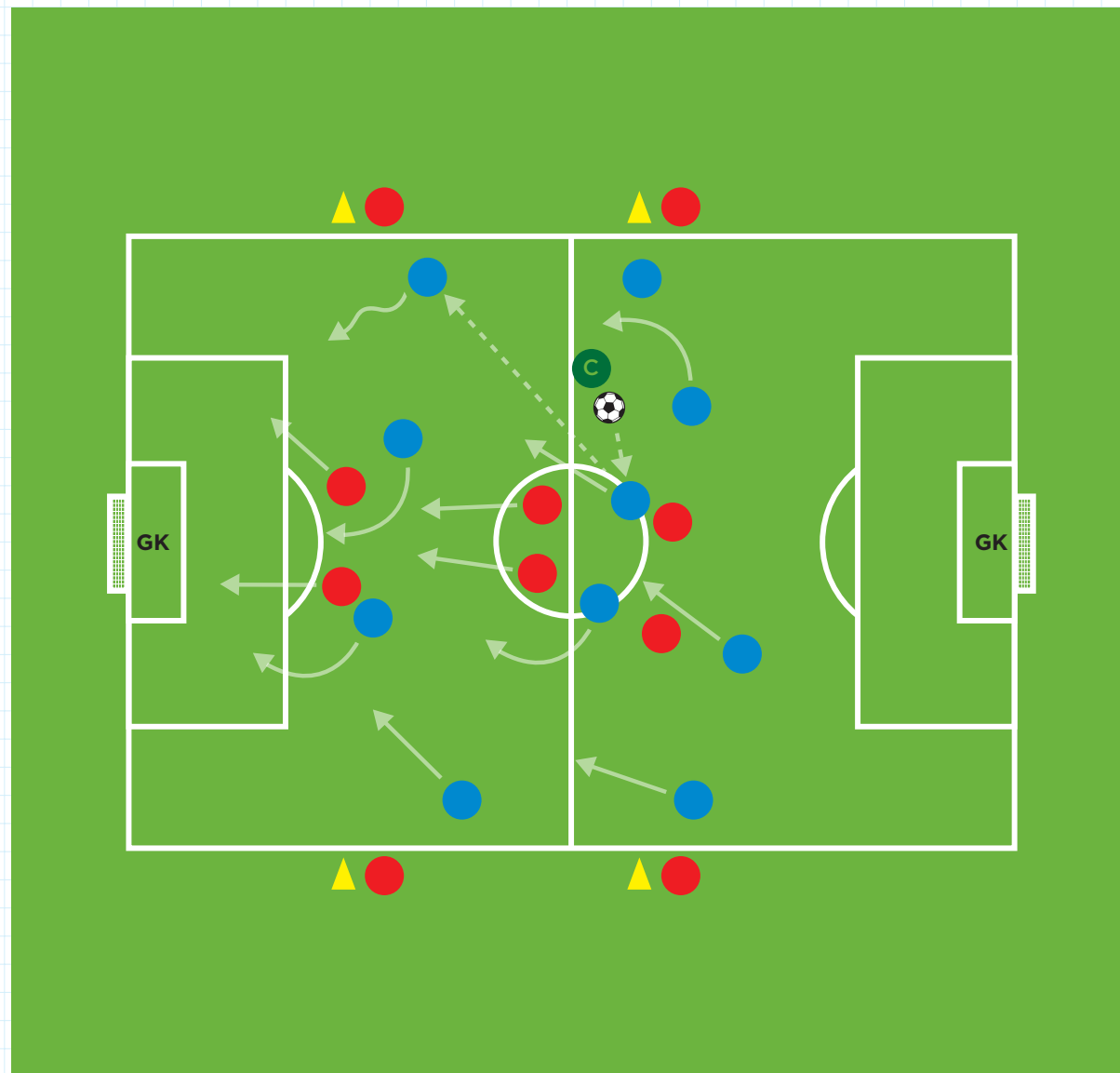
Counter-attacking & shooting 2

Practice organisation

- Full pitch with goals, as illustrated.
- 22 players (incl. 2GKs), organised into 2 teams of 11, 1 ball.
- Attacking team arranged 4-4-2, with strikers positioned 20yds over halfway line, as shown in diagram.
- 4 players (2FB's & 2 Wide MF's) for Defending team stand off the side of pitch at marked points.
- Practice starts with: ball fed by coach into MF pair (opposed by their opposite numbers) within centre circle.
- MF's feed available wide or central strikers & team has 8 seconds to strike at goal.
- After quick attack: 4D's from outside the area quickly enter pitch.
- Possession is immediately fed (by coach) into the same attacking team's central MF's & normal build-up play develops.
- Play then continues in slow build-up or quick attacks.
- Whichever team takes possession: objective is to produce a strike at goal either quickly or in a slower attack.
- At conclusion of slower build-up attack: original set-up is re-established.

Detail

- Early decisions to be made by individual players on reception of ball on whether to pass or run with ball.
- Strength & direction of receiving/first touch important & body shape to receive.
- Timing & quality of passes for runners, in behind, between or in front of D's.
- Players need to understand whether to continue with counter-attack or whether to change the tempo & intent of the attack
- Simple progression for this practice is:
 - After a sequence of 10 attacks: teams change places.



Key coaching points

- On taking possession: move play forward as early & quickly as possible with a pass or run.
- After A's first touch: attack centrally as quickly as possible to produce a strike on goal.
- Examine movement off ball to receive passes to conclude counter-attack.

- Slow-build-up play needs to focus on dispersal of players as a team & as units.
- Movement of supporting players to ensure possession in build-up play.
- Decision-making, accuracy, variety of passes & passing tempo in possession during slow build-up.

Attacking when opponents are 'out of balance'

Age group
17-21 years