



Counter Attacking

Category: Tactical: Counter attack
Difficulty: Moderate

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Individual-Adult Member

Description

Counter attacking

Warm up (10 mins)

Organization 40 x 40 square with a 5 yard channel at each end split the team into 2 groups, you will also need an additional 2 players that are neutral, one in each endzone

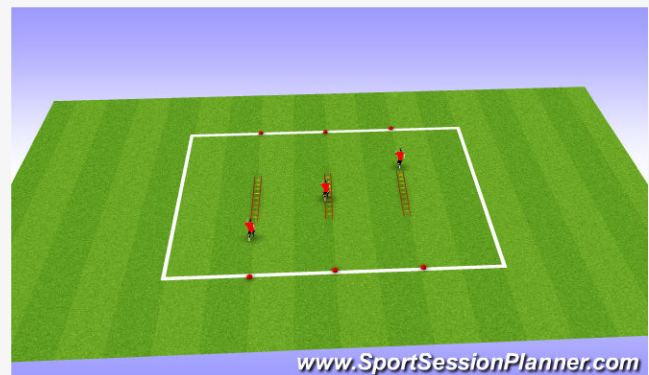
The aim is for each team to make as many passes as possible to players in the endzones. if there team completes a pass the neutral must play back to them. if the black team wins the ball back they should try and get the ball to neutral as soon as possible.

Add dynamic stretches High Knees, Heel flick, open the gate, kick through and windmills



SAQ (10 mins)

Line 1 fast feet
Line 2 two forwards one back
Line 3 hopscotch



Technical (15 mins)

Organization same as warm up, same game as warm up.

Coaching points

1. Can we get pressure on the ball and win it back quick. once won, how quick can we get it to a neutral player.
2. Speed of play - can we get it to the neutral, if not can we keep possession.
3. Quick movement in support - can we offer good angles



Line Game (15 mins)

Organization 40 x 40 with two neutral players on the side
each team must dribble across the line in front of them.
neutral players have as many touches as they want, but can not dribble across the line

Coaching Points

1. how quick can we win the ball, be positive with first touch.
2. can we counter quick - use wide players to get the ball forward quick?
3. Pass or dribble - best way to counter? penetrating runs?
4. restrict wide players touches



Line Game Prog (15 mins)

Organization 40 x 40 3v3 or 4v4 to goal
split into two zones, add goals

Coaching Points

1. win it and go forward
2. always try and counter be aggressive.
3. Be creative
4. Supporting runs, overlaps



Game (15 mins)

Formation 4-2-1

Players must try and get forward at every opportunity.

Coaching Points.

Speed of play

Penetration through pass, dribble or movement

