



Counter Attack

Category: Tactical: Counter attack

Difficulty: Difficult

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Individual-Adult Member

Description

Counter attacking

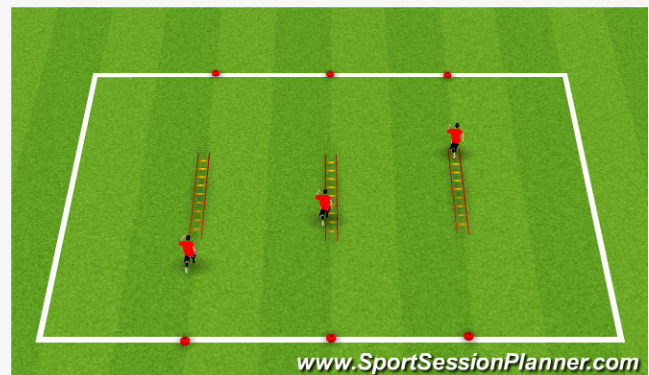
Warm Up

Organization 30 x 40 square
Split players into 4 groups
Players pass and move with one ball per group.
when coach calls "Counter" the player with the ball must dribble to the furthest line away, then turn an passs back into the group
Addy Dynamic stretches
High Knees, Heel Flicks, Kick through, open gate, windmills



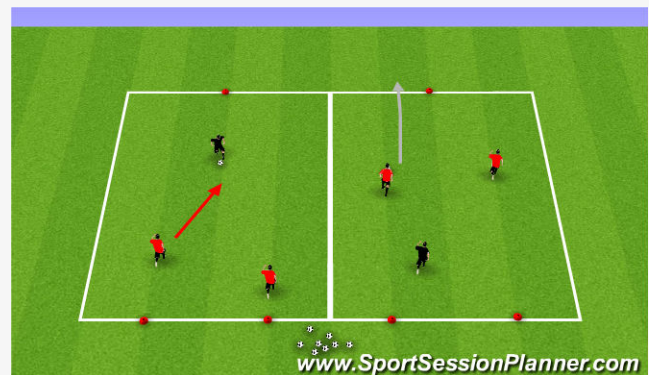
SAQ

Line 1 Fast feet
Line 2 side to side
Line 3 hopscotch



Counter Attack 2v1

Organization 30 x 40
Defenders pass the ball down to the attacker, whos aim is to dribble across the line behind the defenders.
Defenders must try to win the ball back as a group, and then attack the line in front.
Rotate players
Coaching Points
1. can we get quick pressure on the ball, closer to their line.
2. work as a pair to win the ball
3. ball is won can we both get across the line as quick as possible.
4. Can we cover the ground quicker with big touches?



5v4

Organization 30 x40

with a endzone 18 yards away from the goal

5v4 attacking team is set up as a 4 1, defending team is 1 -2. no more than 2 defenders in endzone

Instructions

defending team is trying to score by dribbling over the line.

Attacking team can only score once all players are in the endzone

Coaching Points

1. Defend as a group
2. win the ball and get forward quick.
3. combination play
4. finish



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8v5

Organization 30 x40 8v5

Attacking team set up as a 3 3 1. Defending team setup as a 2 1 2.

Coaching Points

1. can we play out of defense - opposite side to where ball came from
2. get forward quick,
3. where is the space - can we switch? can we see a clever pass.
4. penetration - through passes dribbling or finishing?
5. Be creative



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Game 8v8

Organization

40 x40.

Both teams 3 3 1.



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