



# Counter Attacking



<b>Fundamentals ( Warm up)</b>	<b><u>Organization</u></b>	<b><u>Coaching Points</u></b>
	<ul style="list-style-type: none"> <li>• Area should be age and field size appropriate.</li> <li>• Each player has a ball</li> <li>• Low key movement warm up.</li> <li>• Introduce controlling movement of the ball</li> <li>• O pass to X. X plays to O</li> <li>• Light Stretching exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Relaxed movement with the ball, good body shape.</li> <li>• Close control, changing angles and direction of ball.</li> <li>• Players head up, being aware of the spaces around the grid area. Observe awareness of players without the ball.</li> <li>• Good balance and coordination with the ball.</li> <li>• Exploiting gaps between players with zigzag movements. Changing pace, playing at speed.</li> <li>• Observe pace angle and accuracy of the passing</li> </ul>
<b>Match Related Activity</b> 	<p style="text-align: center;"><b>One v One fast break counter attack</b></p> <ul style="list-style-type: none"> <li>• Players O starts play by running the ball from the goal-line towards the opposite goal to score.</li> <li>• Player X chases O to prevent O from scoring in the opposite goal Area 35 x 15 yards</li> <li>• When O shoots at goal the next O player plays the ball out of the feet and runs with the ball to score at the opposite end</li> <li>• Play continues back and forth. If defending players wins the ball they become the attackers</li> </ul>	<ul style="list-style-type: none"> <li>• Control ball out of feet, head up play across the front of recovering defender</li> <li>• Play the ball out of the feet using the laces of the shoe.</li> <li>• Use good first touch out of feet into running technique.</li> <li>• Remain calm when shooting at goal</li> <li>• Use change of pace if chasing defender gets back into play</li> <li>• Shoot as soon as you are able to do so.</li> </ul>
<b>Match Related Activity</b> <p style="text-align: center;">Coach with supply of balls</p>	<p style="text-align: center;"><b>Two v Two to targets in end zones</b></p> <ul style="list-style-type: none"> <li>• Area of field 30 x 20 yard</li> <li>• 3 v 3 plus, 2 targets each end.</li> <li>• 10 players in practice Targets create 5 v 3 can play with team in possession.</li> <li>• 2 zones 5 yards in from the end of the field 2 players as targets.</li> <li>• On receiving the ball the targets play back to the team that they received the ball from.</li> </ul>	<ul style="list-style-type: none"> <li>• Observe the game creates 5 v 2</li> <li>• Observe the team keeping possession and remaining patient.</li> <li>• Observe good passing and control of the ball.</li> <li>• Observe the players ability to exploit space in front and behind the defender.</li> <li>• Observe the ability to play at speed</li> <li>• Encourage movement from attackers away from the ball.</li> <li>• Players without the ball need to unbalance the defense</li> </ul>
<b>Game Condition Activity</b> 	<ul style="list-style-type: none"> <li>• Area of field 35 x 25 yard.</li> <li>• 4 v 4 plus keepers, a good supply of balls.</li> <li>• Two goals.</li> <li>• Unrestricted play</li> </ul>	<ul style="list-style-type: none"> <li>• Observe the players comfort and confidence level on the ball and ability to look away from the ball.</li> <li>• Observe the players, recognizing when, and where to dribble.</li> <li>• Observe the players, ability to disguise their intentions to unbalance the defender.</li> <li>• Observe the ability to create space off the ball.</li> <li>• Observe the ability of the players without the ball to unbalance the opposition with runs away from the ball.</li> </ul>

## Cool-Down Stretching