

Coach Name:

Club:

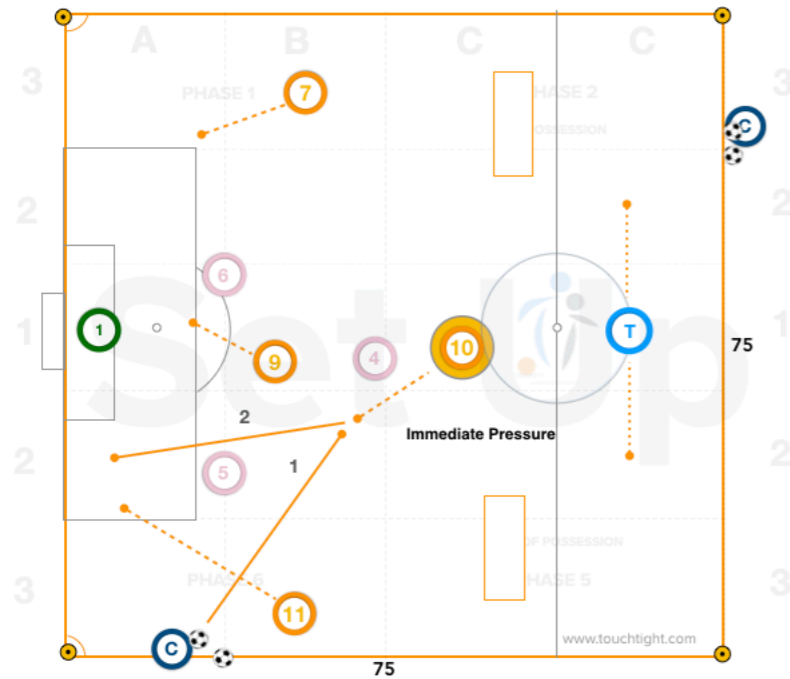
Age Group:

Theme:

Duration:

Objectives

- 1. Recognition of forward runs to penetrate defenders
- 2. Incisive forward runs to break defensive lines
- 3. Combine quickly with sort passes to break immediate pressure



Additional Notes

Practice Title: Counter Attacking Lead Practice

Practice Detail / Notes:

This Lead Session is played in an area 50(W) x 50 (L). 3 Pinks managed against 4 coached Oranges plus a target player for Pinks to play into to score in either of 2 mini goals. Coach Oranges to counter in a 13 against managed Pinks in a 21. This will allow you to really focus on movement patterns in the final third. This practice simulates situations where both full backs have advanced and the opposition central midfielder aims to protect a vulnerable central defensive pair; work out how to break this situation down.

Progressions / Constraints

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

Key Coaching Points

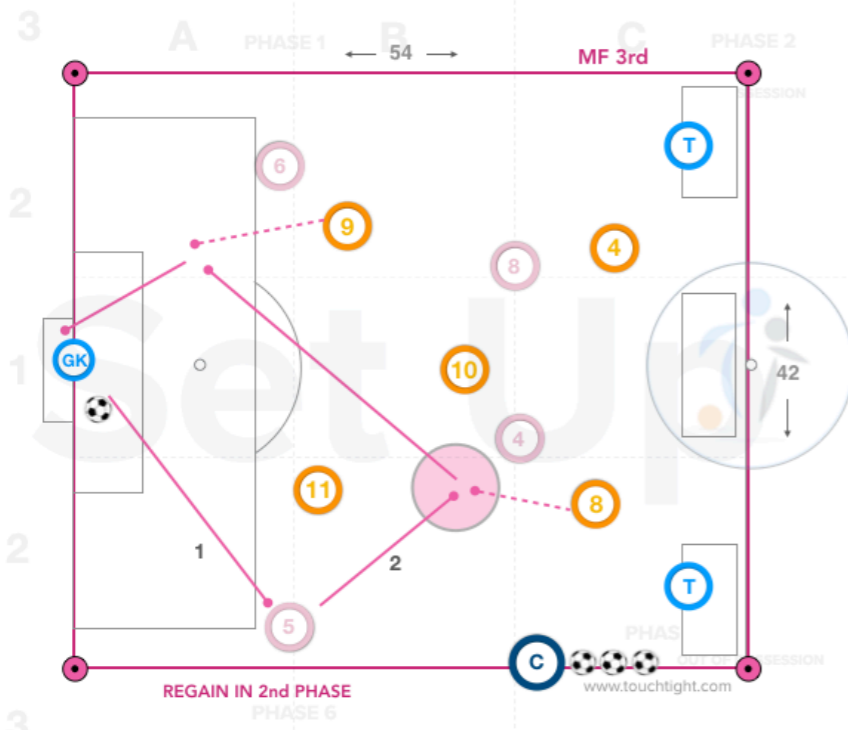
- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.



Additional Notes

Practice Title: Counter Attacking Functional Practice

Practice Detail / Notes:

This Counter Attacking Function is played in a 54 long x 42 wide area with an end goal to counter attack against. 4 Pinks play out in a 22 (central defenders and midfielders in a 442) against Oranges in a 212 (possible attacking 442 diamond), who must defend and counter quickly on regaining possession. Pinks must attempt to link with 1 of 2 attacking floaters at the opposite end to score in central mini goal. Focus on positioning to regain quickly and provide immediate support for regain player.

Progressions / Constraints

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

Key Coaching Points

- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.

Coach Name:

Club:

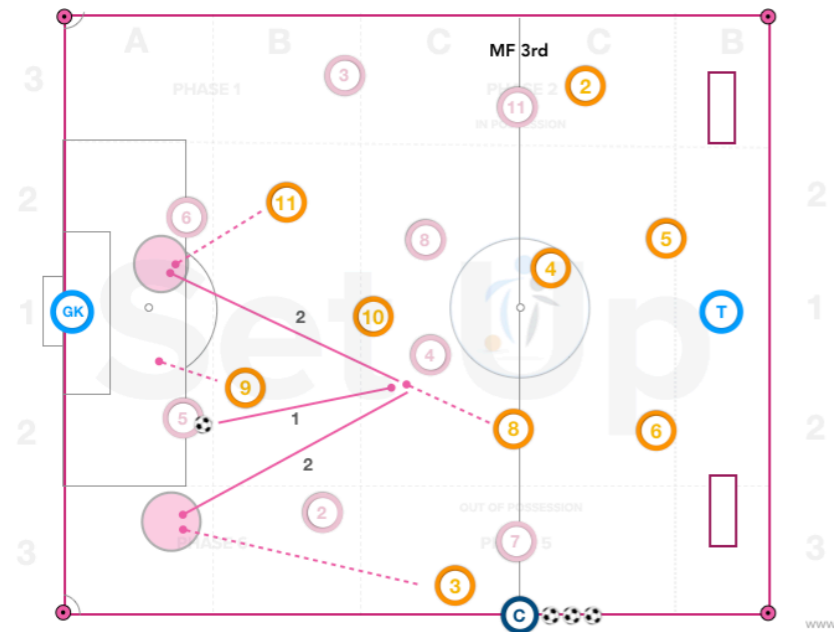
Age Group:

Theme:

Duration:

Objectives

- 1. Recognition of forward runs to penetrate defenders
- 2. Incisive forward runs to break defensive lines
- 3. Combine quickly with sort passes to break immediate pressure



Additional Notes

Practice Title: Counter Attacking Phase of Play

Practice Detail / Notes:

This Phase is played in an area of full pitch width and 2/3s length. A single full size goal at one end for Oranges to attack and 2 mini goals for Pinks to score into. Pinks play out in a 440 (replicating a 442 without strikers) against Oranges in a 252 (352 without CB), who must defend and counter quickly on regaining possession. Pinks must attempt to link with 1 of 2 attacking floaters at the opposite end to score in central mini goal. Focus on gaps in wide areas, after encouraged full back overloads results in wide area counter attacks.

Progressions / Constraints

Space	Time
Players	Equipment
Practice Duration:	Work / Rest Ratio:

Key Coaching Points

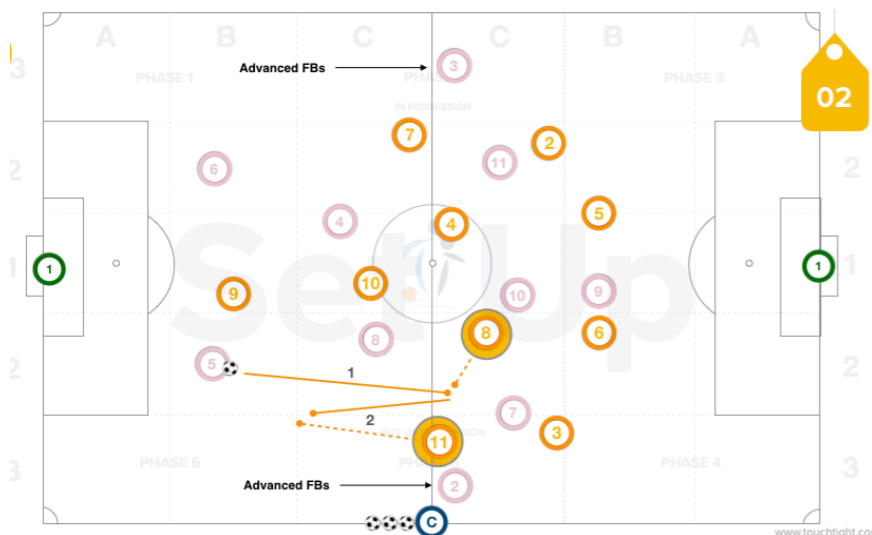
- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.



Additional Notes

Practice Title: Counter Attacking 11 v 11

Practice Detail / Notes:

This full 11 v 11 practice focuses on the quick counter attack. Pinks are managed to defend the counter in a 442 and Oranges are coached to counter attack in a 352 formation. This practice can be used as a follow up to many other sessions such as Lead, Phase, Functions and Small Sided Games. With central defenders added to the Phase of Play example, establish how central defenders can play direct on gaining possession. They must identify immediate gaps and decide if they should counter short or long.

Progressions / Constraints

Space	Time
Players	Equipment
Practice Duration:	Work / Rest Ratio:

Key Coaching Points

- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.

Coach Name:

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Age Group:

Theme:

Duration:

Select your Individuals, pairs, trios and units that you wish to work on in the group and specify what specific detail you will be developing within each session element.

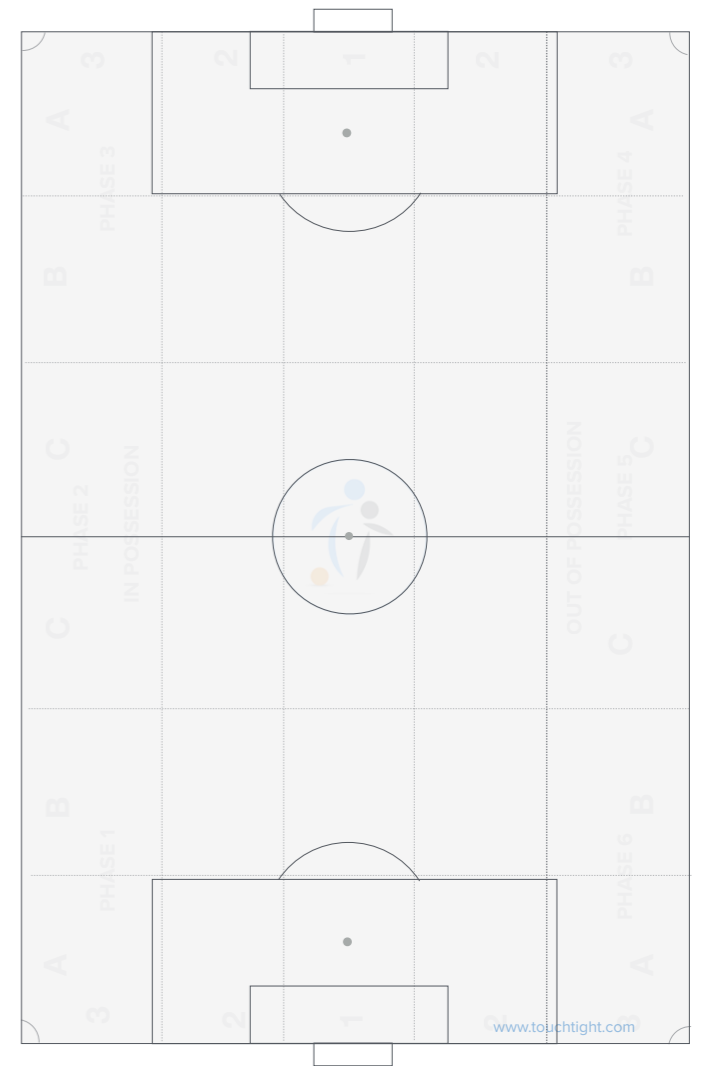
	Player	Technical	Tactical	Social	Psychological
1.					
2.					
3.					
4.					

Player Pairs	Objectives
1.	
2.	
3.	

Player Trios	Objectives
1.	
2.	
3.	

Player Units	Objectives
1.	
2.	
3.	

What went well:	Even better if / Future Changes:



Big Game Question

How will we apply this session to a game situation?

