



THEME 02:

# COUNTER ATTACKING

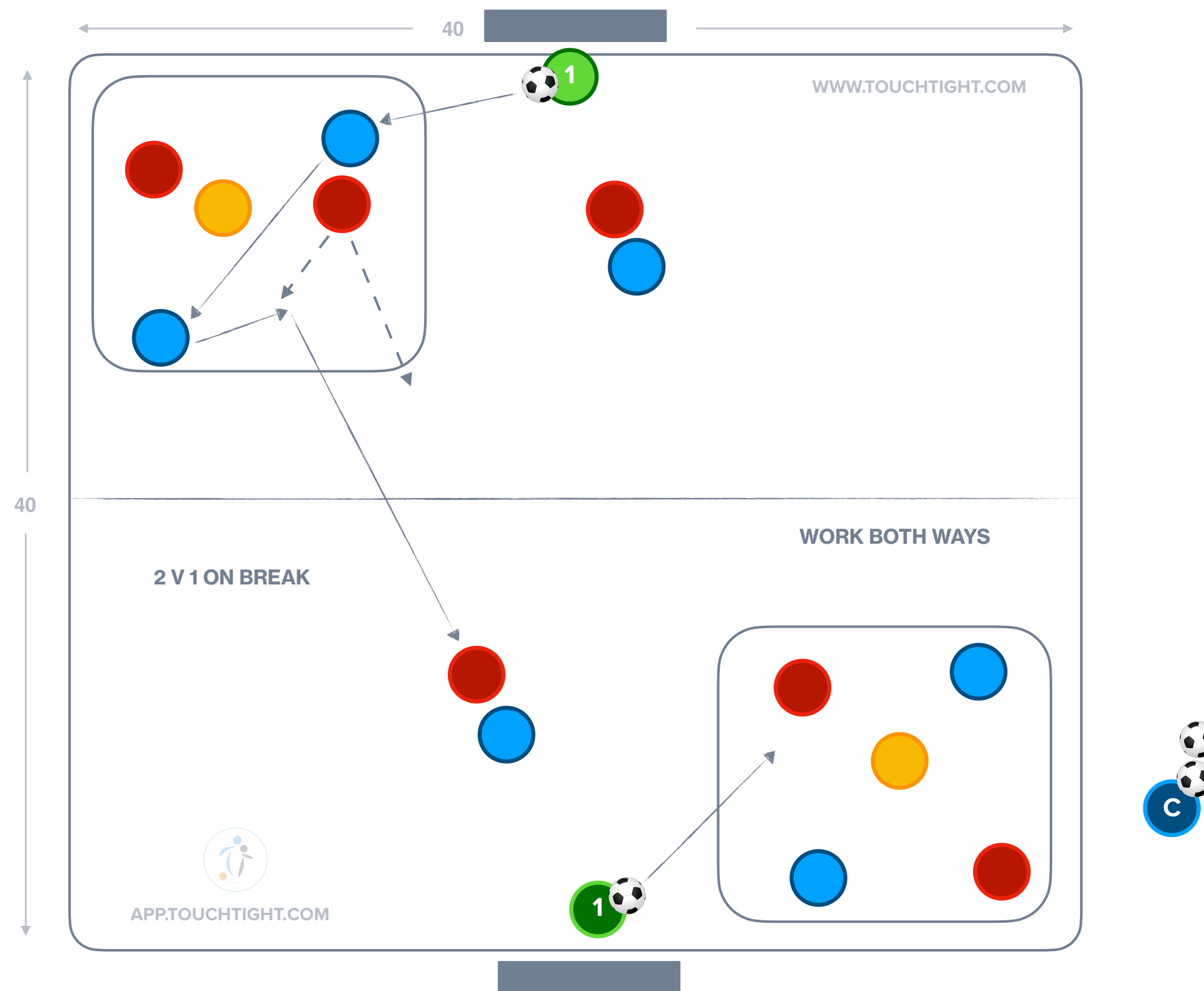
## PRACTICE 03: OPPOSED SKILL

AGE GROUP: 11 TO ADULT



Title	Date	Start Time	Duration	No. of Players	Area Size

## HOW TO SUPPORT THE STRIKER



### ORGANISATION:

Practice 3 of our counter attacking theme has a 2 v 2 with a floater in a 15 by 15 square in each corner of the practice. When possession is won, one of two players must play the ball into an awaiting striker with one player able to support, creating a 2 v 1 to finish; the practice must work in both directions.

### KEY COACHING POINTS:

- Increase tempo on winning possession
- Quality of forward pass to initiate the counter
- Timing of single and double player support
- Ability of striker to hold up play
- Final pass to create opportunity and finishing technique



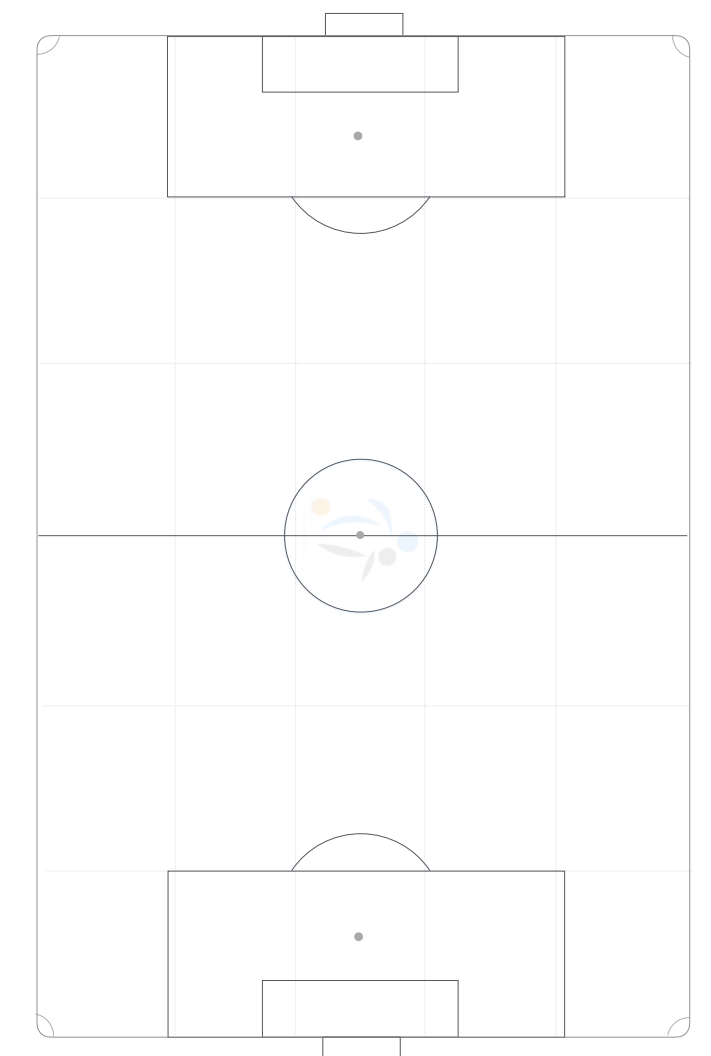
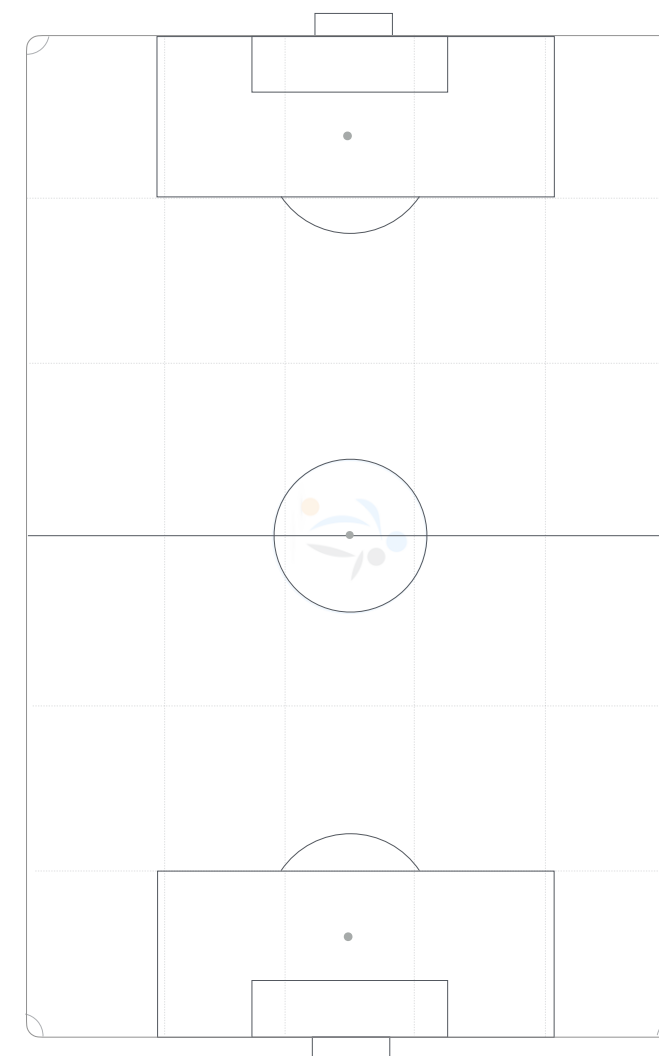
## PROGRESSIONS:

## ADDITIONAL INFORMATION

## PLAYER QUESTIONS:

## ADDITIONAL INFORMATION:

## COACH PLANS



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

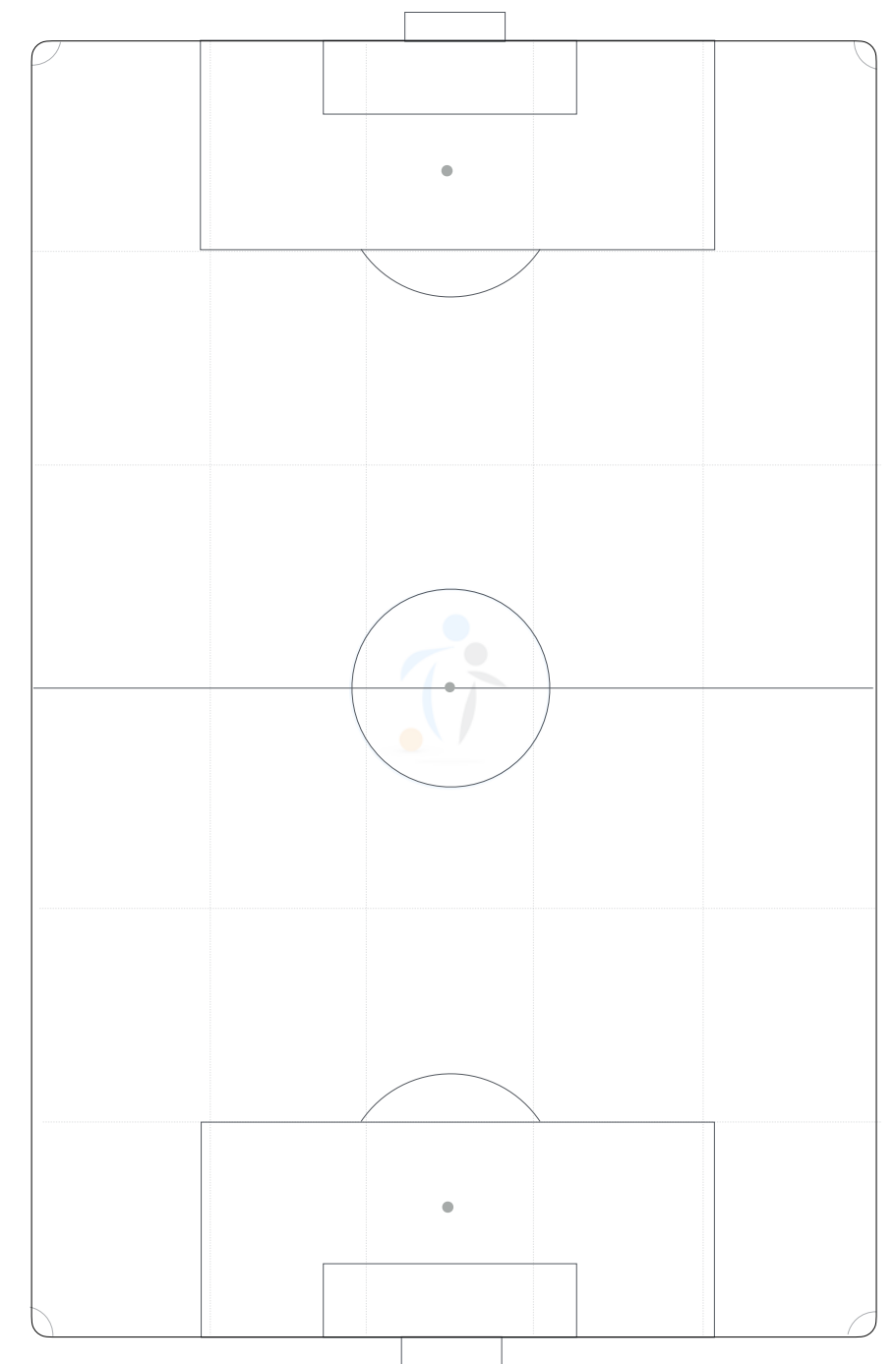
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

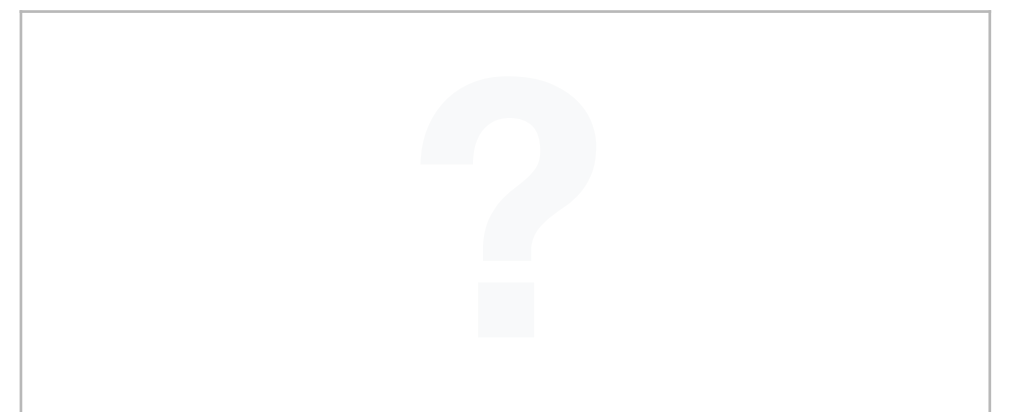
What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation

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