



THEME 02:

COUNTER ATTACKING

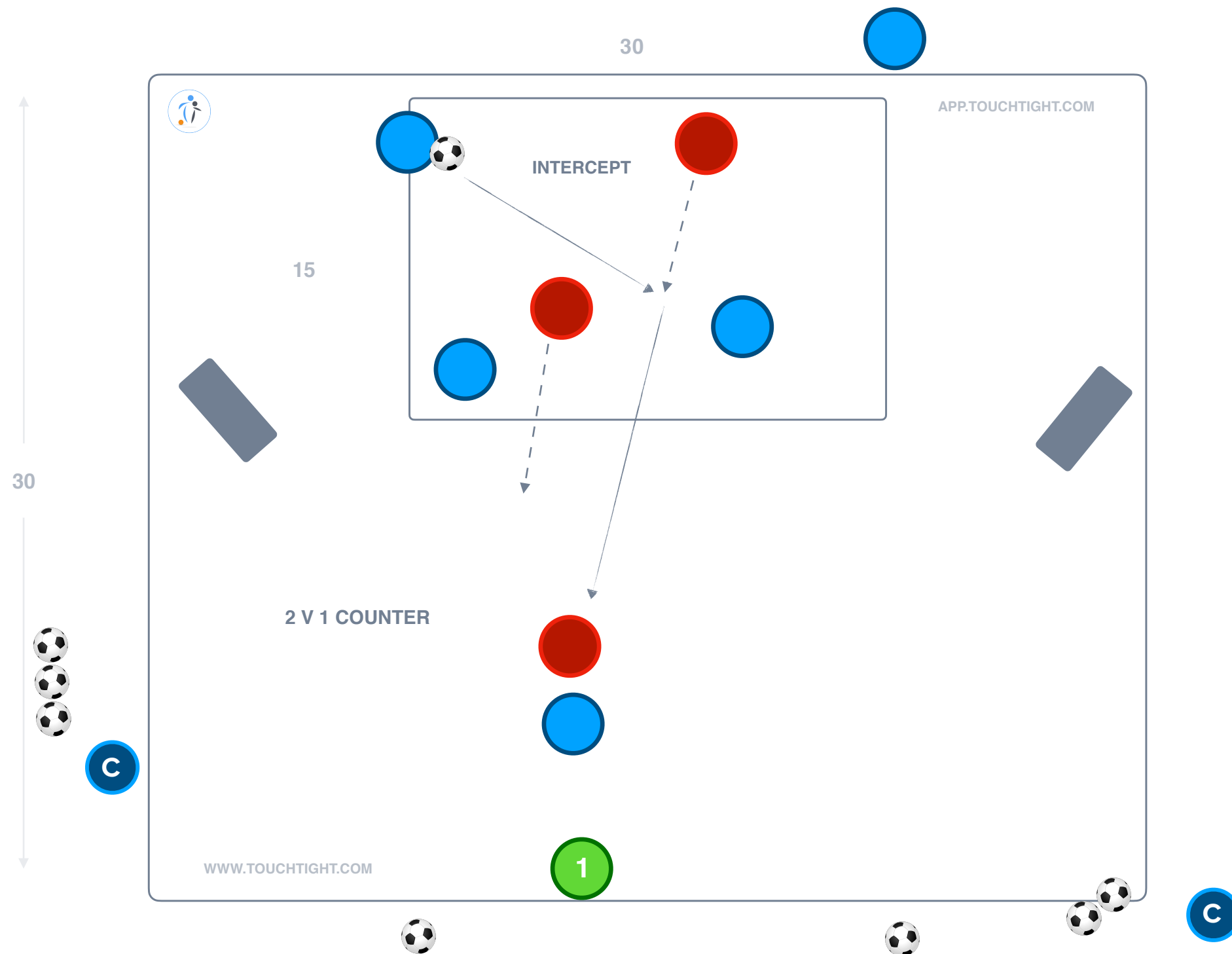
PRACTICE 5: POSSESSION & ATT V DEF

AGE GROUP: 10 TO ADULT



Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO COUNTER WITH SMALL NUMBERS



ORGANISATION:

This Counter Attacking practice is set up in a 30 by 30 yard area, together with a 15 by 15 yard area at the top of the pitch where players will begin the practice keeping possession. There are 3 goals in the session, with 1 main goal protected by a goalkeeper and 2 mini goals for players to score into. The objective here is for 3 players to make 10 passes before breaking out **via the floater** to score. The 2 defenders must gain possession to pass into the Striker who is marked by an opposition defender, before one player breaks out to combine and finish in a 2 v 1.

KEY COACHING POINTS:

- Movement to create space for teammates
- Communication (verbal and non verbal in pairs)
- Recognition of when to increase attacking tempo to break lines
- Support from behind and in front.



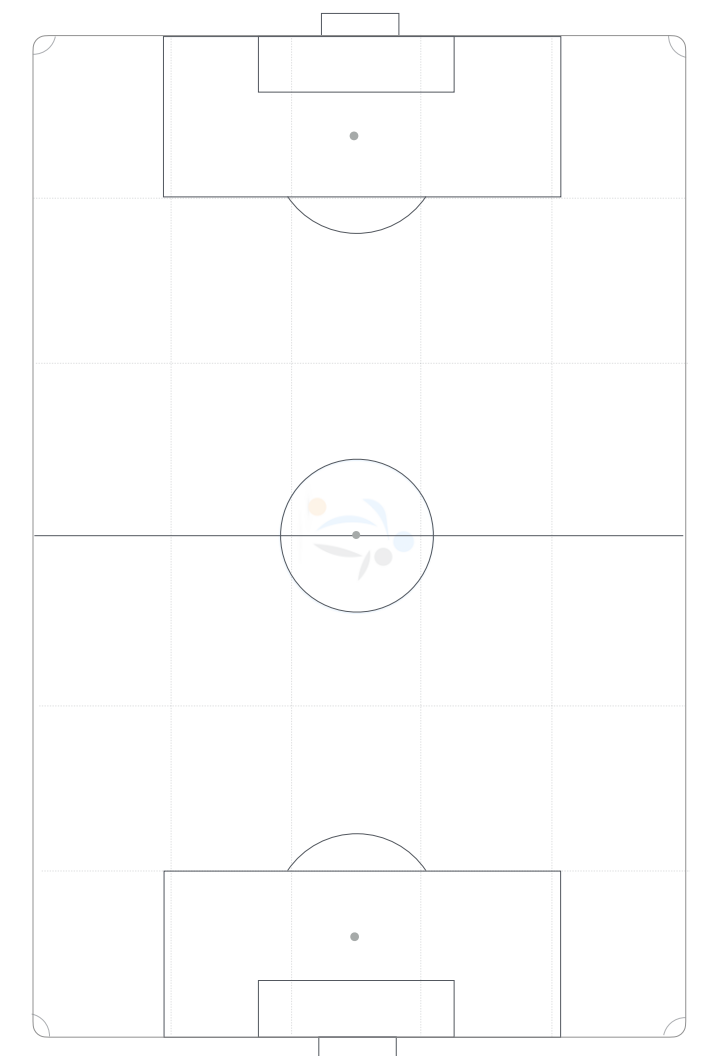
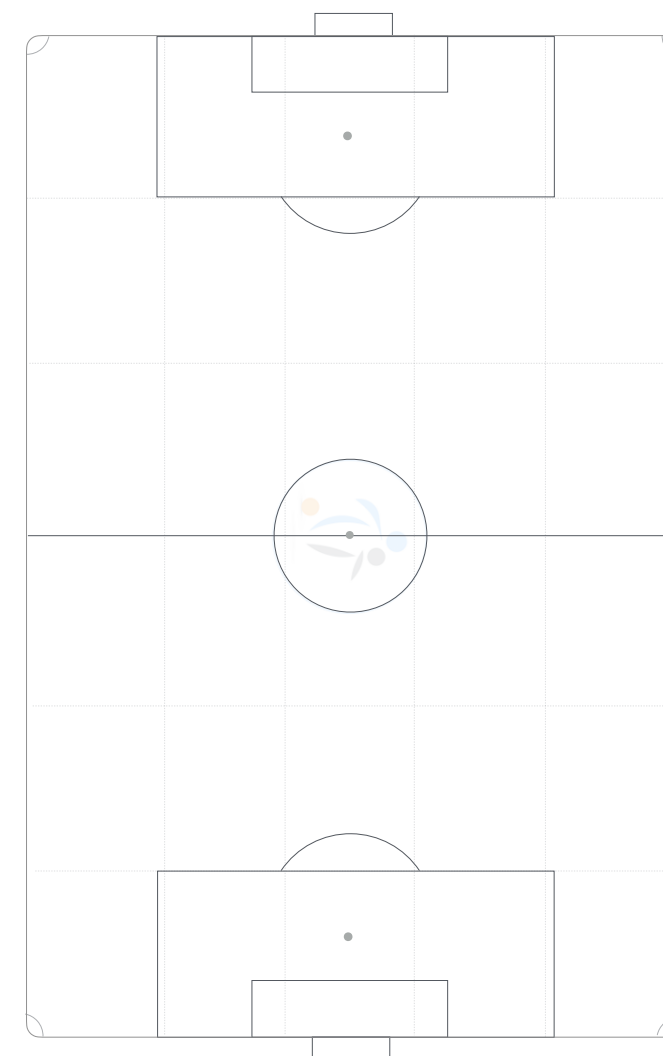
PROGRESSIONS:

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

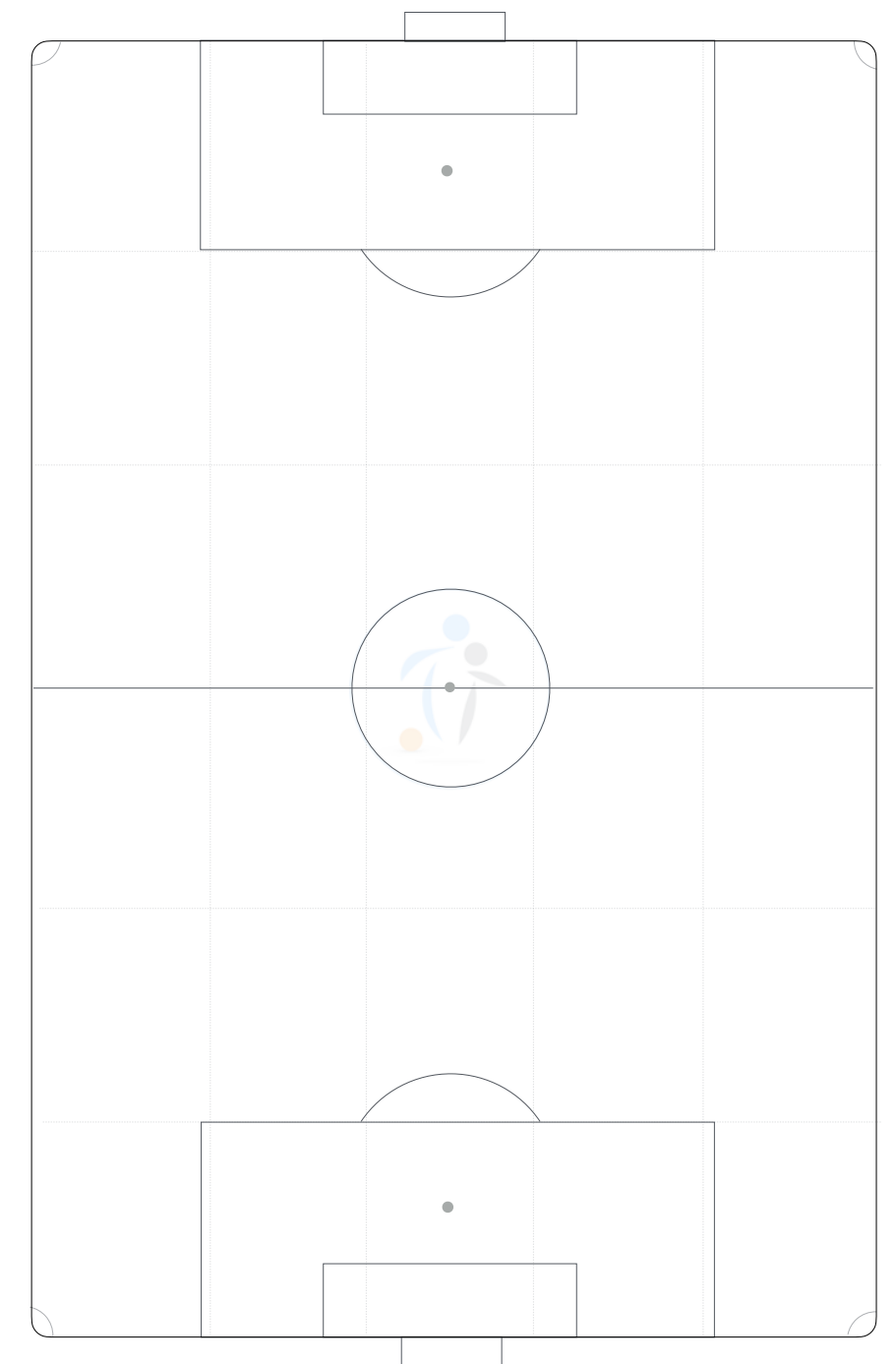
Player Trios initials	Objectives

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?

