

# Counter-attacking & shooting 1

## Practice organisation

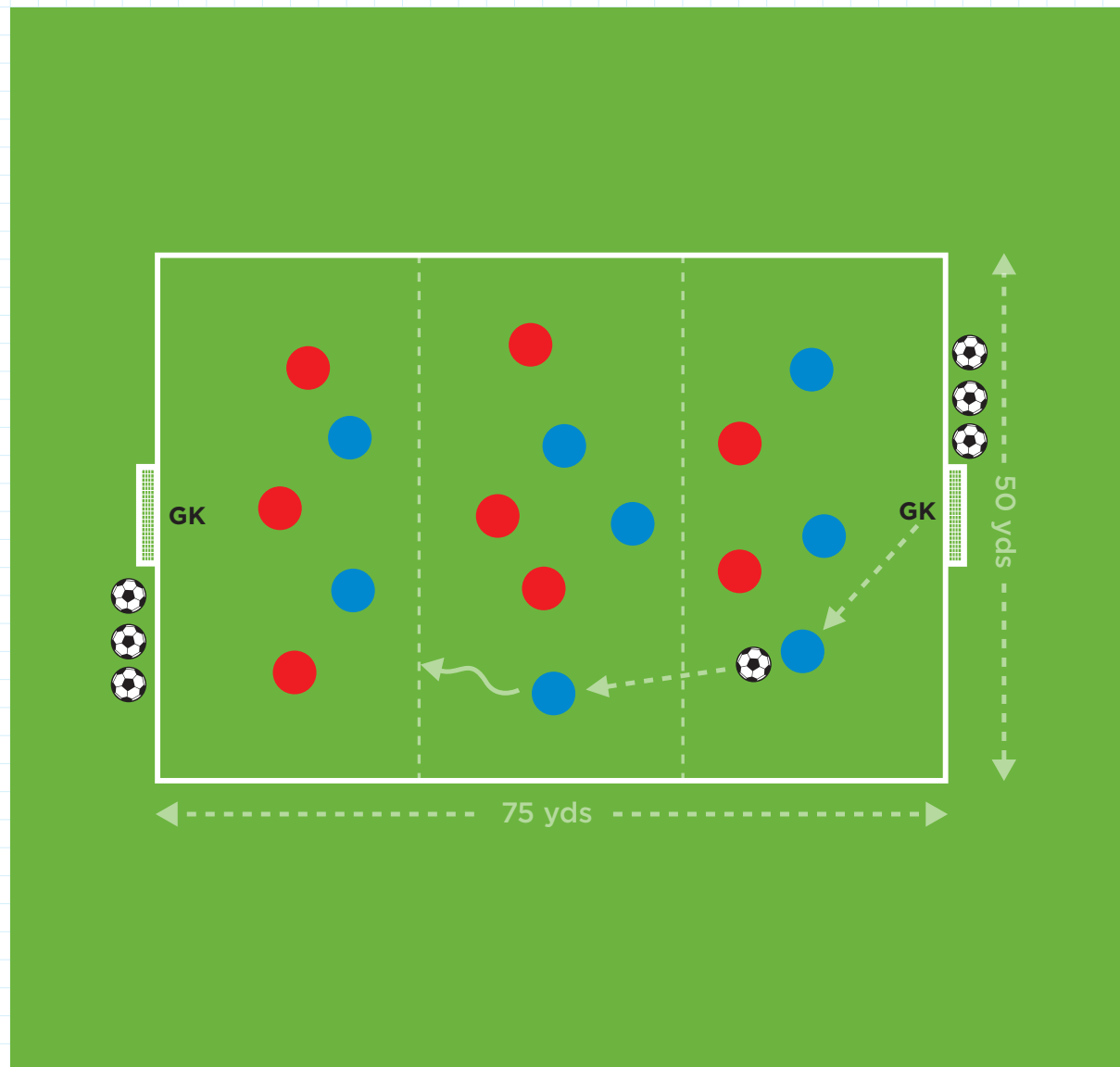
- Area 75x50yds, marked in thirds with goals at each end, as illustrated.
- 18 players (incl. 2GKs), arranged 9v9, 1 ball.
- Players arranged in 3-3-2 formation with each unit confined to their own third.
- Practice starts with: ball rolled-out by GK into defensive third.
- Teams score by delivering ball into GK's hands at opposite end of pitch, from any position on field when opportunity arises.
- Practice is developed by requiring teams to score a goal past GK, but from shots delivered only from midfield and attacking thirds.
- Forwards look for rebounds to score.
- On gaining possession in the middle zone teams have 8 seconds to shoot on goal; 12 seconds from regains in defensive third.

## Detail

- Urgency, but controlled defensive mind-set from players.
- Early defending (in initial phase especially), to deny passes to GK.
- Anticipate passes & prepare to intercept as first option where possible.
- Team pressing, compactness & support.
- Good spacing when team recovers into defensive areas before applying pressure to team in possession.
- Simple progression for this practice is:
  - Play becomes free without conditions so that players understand when to press early & when to drop to a deeper defending position & counter-attack.

## Key coaching points

- Early pressure by opponents can be applied in initial start to practice when ball can be delivered from anywhere into GK's hands in order to score.
- When opponents can only score from either middle or attacking thirds of area: defending team should drop to edge of middle third or deeper & defend later, before counter-attacking.



- On gaining possession: counter-attacking team movement & player dispersal ahead of ball.
- Accurate, quick & incisive forward ball movement to get into shooting range.
- Support for counter-attack from players moving off the ball.

- Individual concentration from players supporting counter-attack from behind to safeguard any potential opposing counter-attack moves, on breakdown of play.
- Focus on quick direct counter-attacking.
- If counter-attack is denied: re-establish & retain team possession.

Attacking when opponents are 'out of balance'

Age group  
17-21 years