

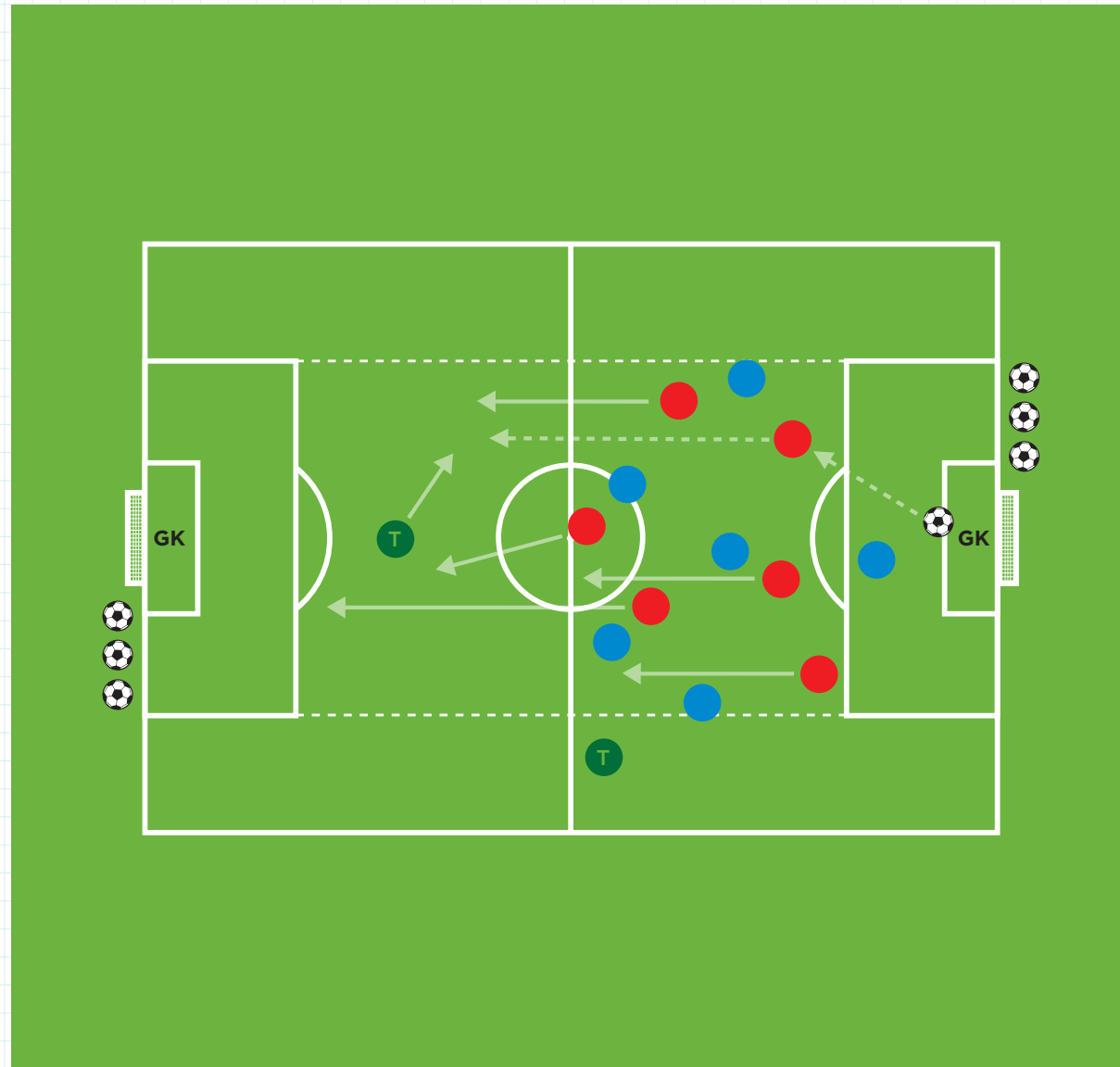
# Counter-attacking from deep

## Practice organisation

- Full pitch with goals, coned-off between 2 penalty areas, as illustrated.
- 16 players (incl. 2GK's), 1 ball.
- Players arranged 6v6 in defensive half, with 1 Target player in opposite half & 1 player starting on side of pitch on halfway.
- Practice starts with: GK rolls ball out to Defender.
- Objective is to keep possession in deep area before looking to play into T in opposite half, or run ball into opposite half before linking-up with T.
- Once T is found: 6D's move into opposite half to combine & score past GK, as 2 DFs recover immediately.
- When objective is achieved: player on outside of practice area becomes T at opposite end & play is resumed with same arrangements.

## Detail

- Excellent support & passing skills when in congested playing areas.
- Recognition of when to continue passing within one half & when to pass forward to T.
- Execution & nature of forward passing, with emphasis on accuracy & weight, whether delivering aerial or along ground.
- Speed of support for T on receiving ball.
- Simple progression for this practice is:
  - Strike at goal within a time frame (e.g. 10 seconds from regain of possession).
  - Reduce the area and increase the numbers for the counter attack from the congested areas.
  - T is marked by a defender.



## Key coaching points

- T looking to adjust position to remain in range of build-up play.
- Recognition & execution of appropriate techniques to move & receive possession from build-up by T.
- T assessing need to hold-up ball with individual skill or release early to quick supporting player(s).
- Quality & variety of receiving & passing skills in build-up play.
- Timing of release of forward pass to T & runs to offer support.
- Maintaining momentum of attack through support from side, behind & in front of player in possession in build-up play.

Attacking when opponents are 'out of balance'

Age group  
17-21 years