

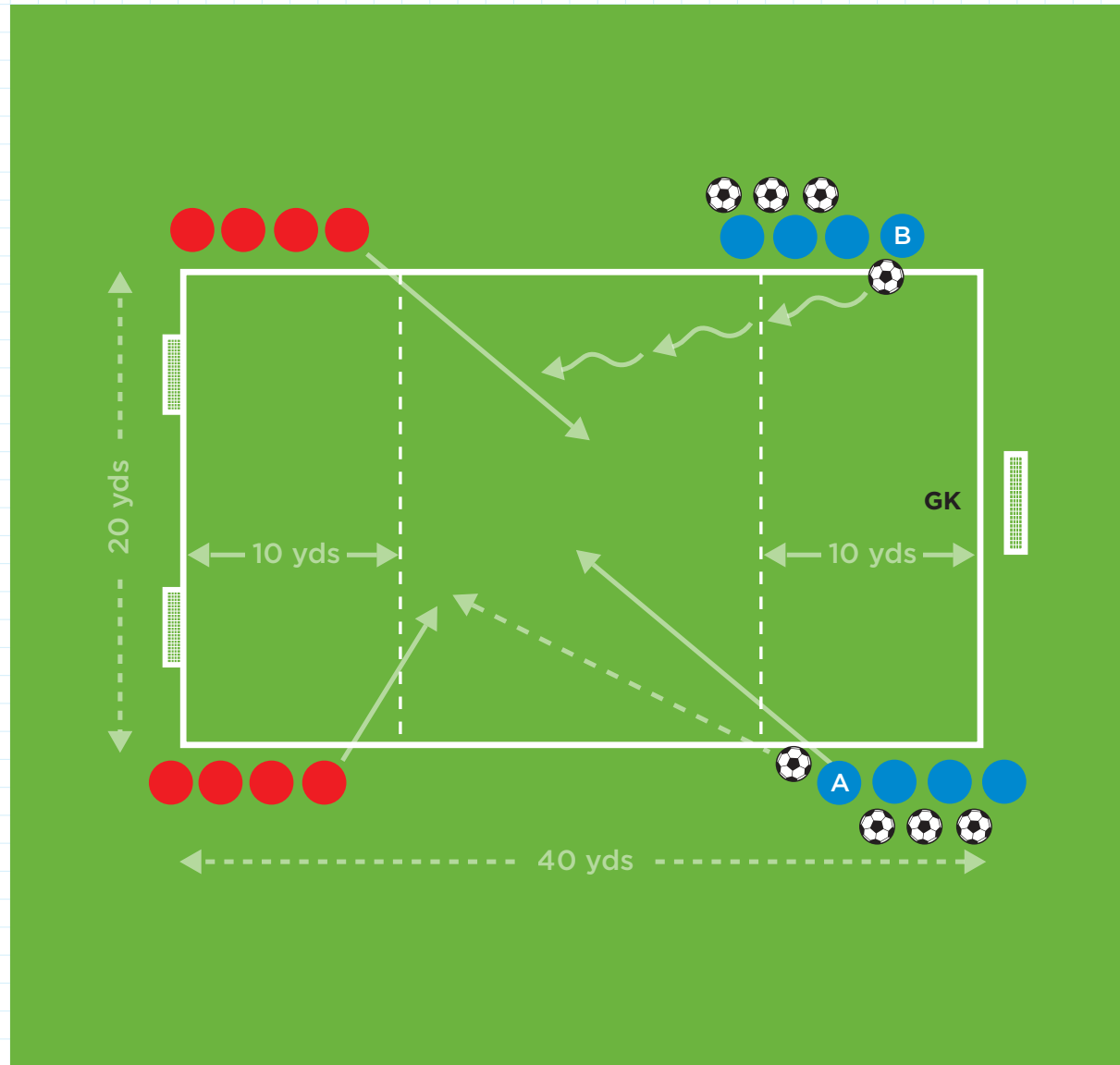
# Attacking & counter-attacking

## Practice organisation

- Area 40x20yds, with 2 zones marked 10yds into each end.
- 2 small goals at one end, to serve as targets & one normal goal, set back 5yds behind opposite end line, defended by GK, as illustrated.
- 17 players (incl. GK) divided into 2 teams of 8 (Reds & Blues).
- Players in each team work in pairs.
- All balls with Blues.
- Practice starts with: Blues serve ball forward to Reds, who send-out 2 players to receive & attack goal.
- Blues send-out 1 player (A) to make 1v2.
- Reds objective is to get ball into Blues end zone & shoot at goal.
- If Blue Defender wins ball: a 2nd Blue (B) takes a ball & attacks either of the 2 goals at opposite end to score.
- 2 Reds become recovering D's attempt to stop this.
- Reverse roles of team after suitable period of practice.

## Detail

- Make sure organisation & pattern of the practice is fully understood by the players.
- For very young players: this may mean going through it with ball in hands first.
- Practice can be operated from an attacking or a defending perspective.
- Emphasise need to think about space & time & how this affects decision-making.
- Monitor physical load on the GK.
- Simple progressions for this practice are:
  - If Blue Defender (A) wins ball in middle area: 2nd. Blue (B) can support to make 2v2 & attack small goals to score.
  - If Blue D delays long enough (decided by the coach): 2nd. Blue (B) can join in to create 2v2.
  - Reds send out 3A's & Blues send out 2D's to create 3v2, with normal rules applying.



## Key coaching points

- 1v1 skills & individual attacking techniques.
- Creating 2v1 passing opportunities with individual techniques.
- Isolating individual D & making through pass to attack goal.
- Shooting to score on the move, versus GK.
- Individual defending in 1v1 & 1v2 situations.
- Use of pitch perimeter to trap Attacker & deny pass to supporting player.
- Delaying & denying space to pass behind.
- Recovering & blocking possible shots