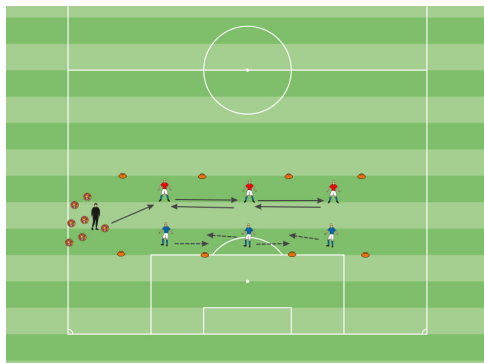


TRAINING SESSION: IMPROVE TEAMS ABILITY TO DEFEND AGAINST THE COUNTER ATTACK

Objectives

Who? #9, 11, 10, 7, 6, 8 - Where? Central channels of both middle 3rd and attacking 3rd of field and where the ball is lost and opposition can quickly counter - When? When ball is turned over to opposition, as quickly as possible within 3-5 seconds - Why? To prevent opponents from quickly turning around and countering into your defending 3rd. - What?

Warm Up - 3 v 3 Defending the Counter Attack



3 v 3



Cones, Soccer Balls



Intensity: 5



15:00 min

(x 00:00 min, 00:00 min rest)

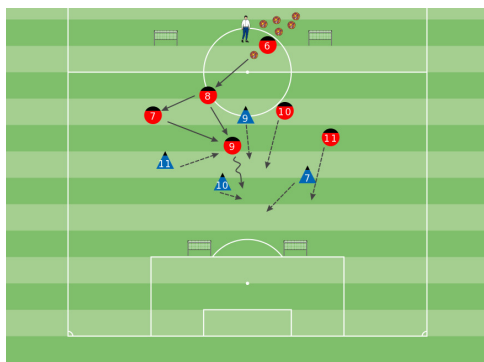
Coaching Points

Angle and speed of approach by defenders to block attackers, body shape and position of 1st defender (closest to the ball), 2nd defender (next to 1st defender) and 3rd defender (support player). Creating immediate pressure on the ball to not allow movement forward.

Description

3 v 3 warm up in a 45Wx 20L grid in which opposition passes back and forth to make the defending team move out of position.

Small Sided - 4 v 6 Defending the Counter Attack



4 v 6



4 mini goals and soccer balls



Intensity: 7



15:00 min

(x 00:00 min, 00:00 min rest)

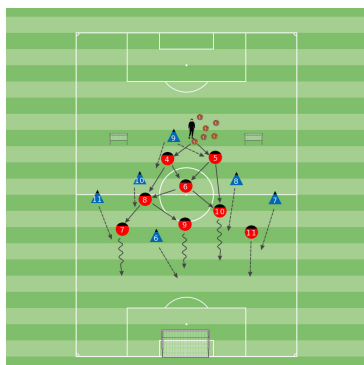
Coaching Points

When we lose possession how quickly can we retreat and cover the passing angles and counter, Immediate pressure on the ball, Keeping the ball in front of us. Using visual cues to identify the countering players and where they move.

Description

In the middle 3rd to attacking 3rd of field using 4 small goals opposition team in red tries to penetrate the target team in blue creating a counter attack to penetrate the defensive 3rd. Who? #9, 11, 10, 7 - Where? Central channels of both middle 3rd and

6 v 8 - Expanded Defending the Counter Attack



6 v 8



Intensity:



15:00 min

(x 00:00 min, 00:00 min rest)

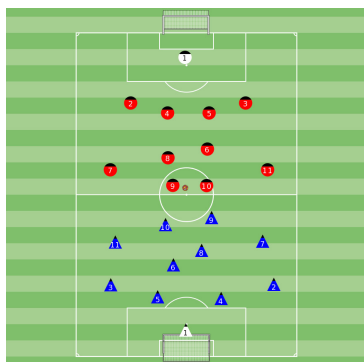
Coaching Points

When we lose possession how quickly can we retreat and cover the passing angles and counter, Immediate pressure on the ball, Keeping the ball in front of us. Using visual cues to identify the countering players and where they move.

Description

In the middle 3rd to attacking 3rd of field using 2 small goals and 1 large goal opposition team in red tries to penetrate the target team in blue creating a counter attack to penetrate the defensive 3rd. Who? #9, 11, 10, 7, 6, 8 - Where? Central

11 v 11 Game - Defending Counter Attack



11 v 11



Full Field and Pennies



Intensity: 8



30:00 min

(x 00:00 min, 00:00 min rest)

Coaching Points

When we lose possession how quickly can we retreat and cover the passing angles and counter, Immediate pressure on the ball, Keeping the ball in front of us. Using visual cues to identify the countering players and where they move.

Description

Who? #9, 11, 10, 7, 6, 8 - Where? Central channels of both middle 3rd and attacking 3rd of field and where the ball is lost and opposition can quickly counter - When? When ball is turned over to opposition, as quickly as possible within 3-5 seconds -