

Coach Name:

Club:

Age Group:

Theme:

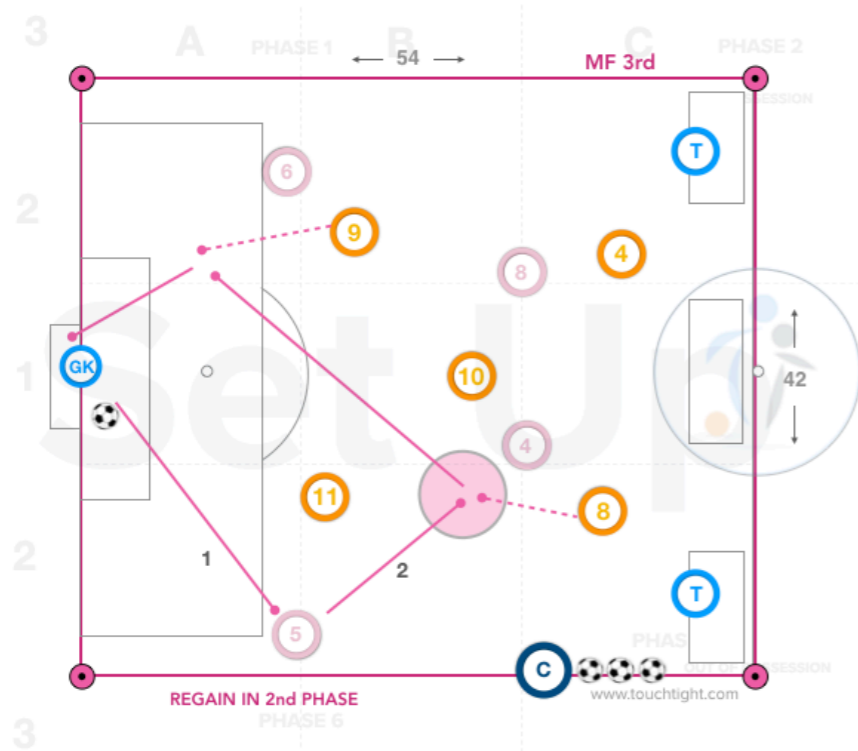
Duration:

Objectives

1. Recognition of forward runs to penetrate defenders

2. Incisive forward runs to break defensive lines

3. Combine quickly with sort passes to break immediate pressure



Practice Title: Counter Attacking Function

Practice Detail / Notes:

This Counter Attacking Function is played in a 54 long x 42 wide area with an end goal to counter attack against. 4 Pinks play out in a 22 (central defenders and midfielders in a 442) against Oranges in a 212 (possible attacking 442 diamond), who must defend and counter quickly on regaining possession. Pinks must attempt to link with 1 of 2 attacking floaters at the opposite end to score in central mini goal. Focus on positioning to regain quickly and provide immediate support for regain player.

Progressions / Constraints

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

Key Coaching Points

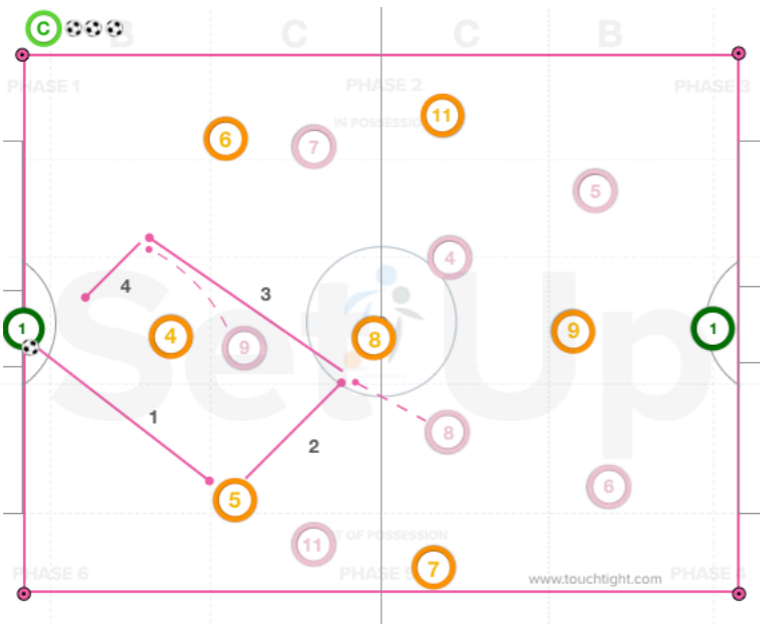
- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.



Practice Title: Counter Attacking 8 v 8 SSG

Practice Detail / Notes:

This Small Sided Game is played in an area 50 Yards wide by 60 Yards in length. Normal 8 v 8 Small Sided Game practice. Coach Pinks to attack in a 241 (simulating the 352) against a managed Oranges in a 331 (simulating a 442). Oranges can start in possession and Pinks must defend to counter quickly when they regain possession. Initiate counter attacks in different areas of the pitch after Orange attack or as ball goes out of play. Focus on immediate support and direct counter opportunities.

Progressions / Constraints

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

Key Coaching Points

- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.

Additional Notes

Coach Name:

Club:

Age Group:

Theme:

Duration:

Select your Individuals, pairs, trios and units that you wish to work on in the group and specify what specific detail you will be developing within each session element.

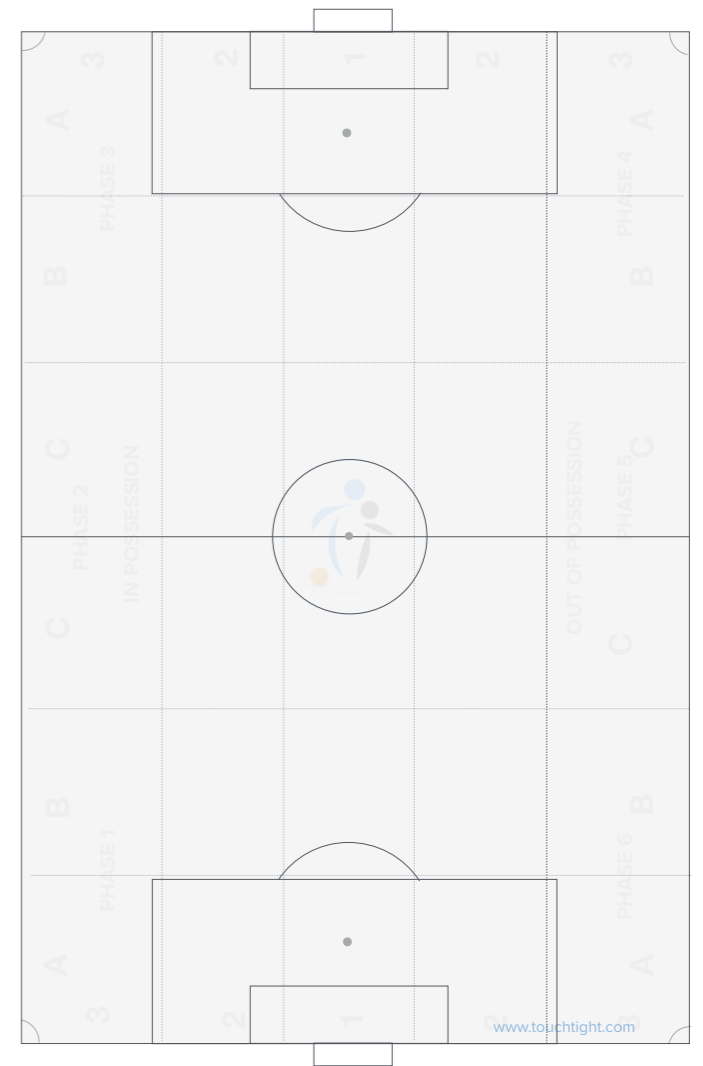
	Player	Technical	Tactical	Social	Psychological
1.					
2.					
3.					
4.					

Player Pairs	Objectives
1.	
2.	
3.	

Player Trios	Objectives
1.	
2.	
3.	

Player Units	Objectives
1.	
2.	
3.	

What went well:	Even better if / Future Changes:



Big Game Question

How will we apply this session to a game situation?

