

Coach Name:

Club:

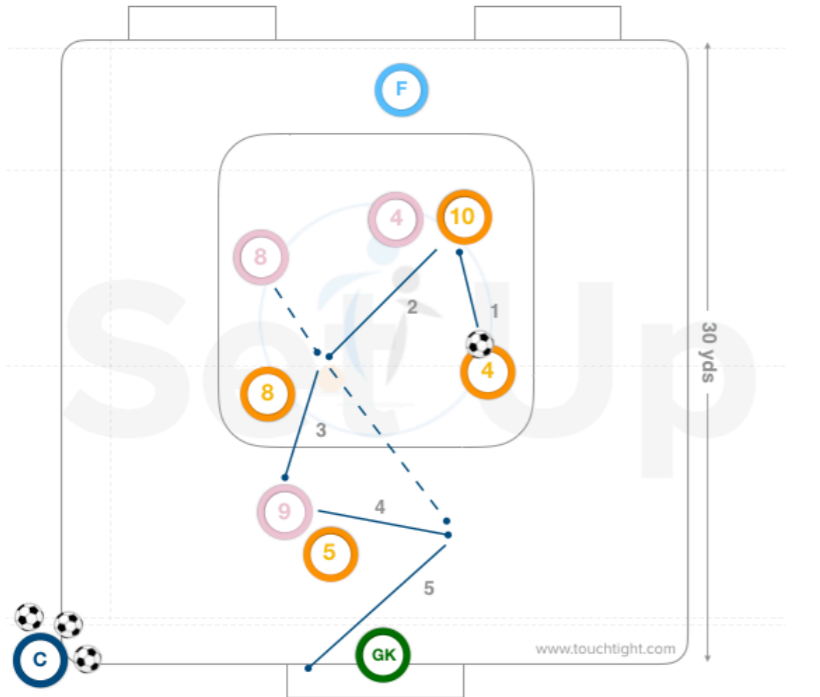
Age Group:

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



Additional Notes

**Practice Title:** Counter Attacking Opposed Skill

**Practice Detail / Notes:**

This Counter Attacking Practice is set as shown, with a 30 x 30 Yard area in which to work, as well as a 15 x 15 area at the top of the pitch for players to keep possession. There are 3 goals, 1 main goal protected by a goalkeeper and 2 mini goals for players to score into. We have a floating player from which possession team can bounce ball into to score quickly. Objective here is for 3 Oranges to make 10 passes before breaking out via floater to score and for 2 Pinks to regain possession to pass into ST (marked by a DF) and break out to combine and score in a 2 v 1.

**Progressions / Constraints**

Space

Time

Players

Equipment

Practice Duration:

Work / Rest Ratio:

**Key Coaching Points**

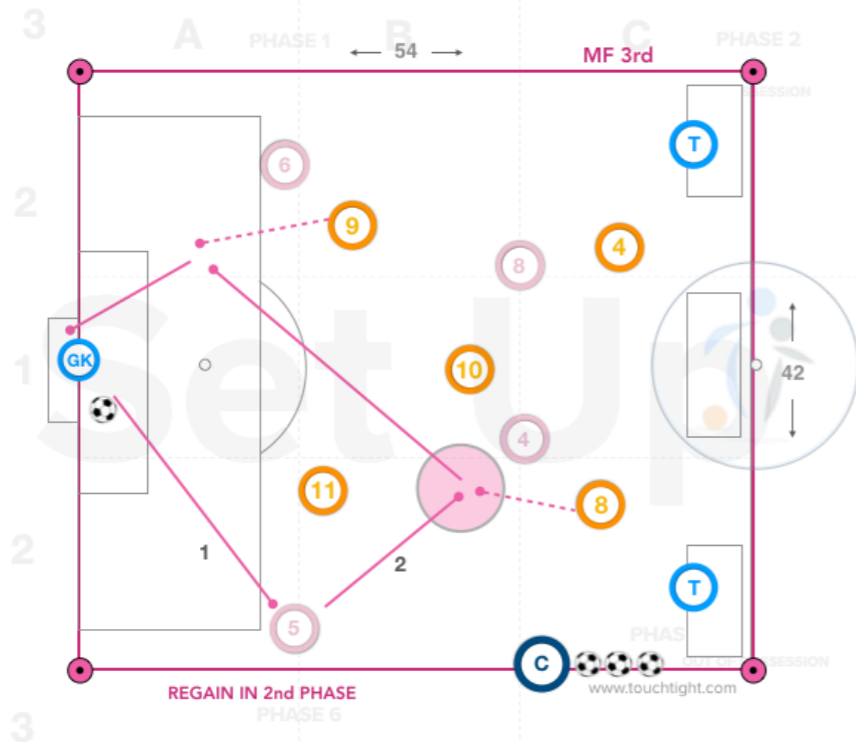
- 1.
- 2.
- 3.

**Individual Challenges**

- 1.
- 2.
- 3.

**Player & Coach Questions**

- 1.
- 2.



**Practice Title:** Counter Attacking 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.



Coach Name:

Club:

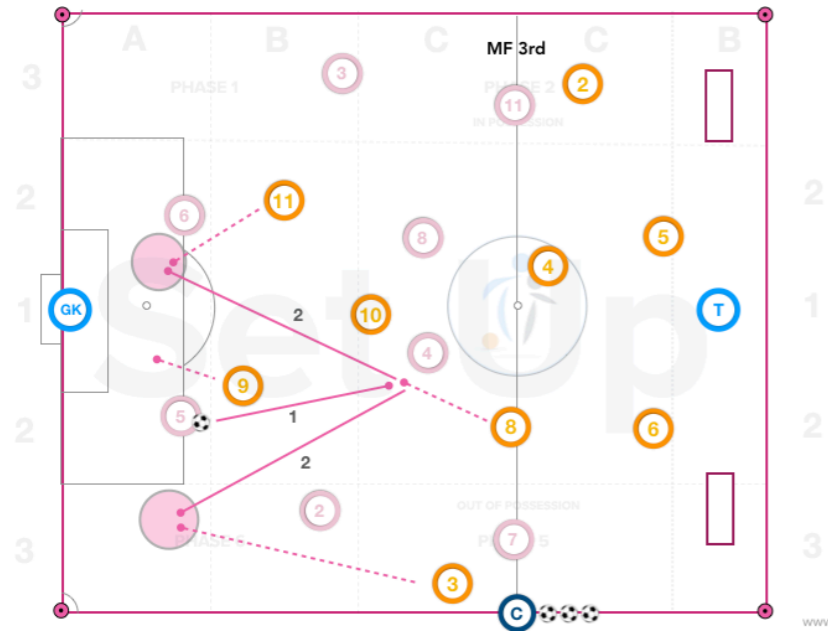
Age Group:

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



Additional Notes

**Practice Title:** Counter Attacking Phase

**Practice Detail / Notes:**

This Phase is played in an area of full pitch width and 2/3s length. A single full size goal at one end for Oranges to attack and 2 mini goals for Pinks to score into. Pinks play out in a 440 (replicating a 442 without strikers) against Oranges in a 252 (352 without CB), 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 gaps in wide areas, after encouraged full back overloads results in wide area counter attacks.

**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.

**Key Coaching Points**

- 1.
- 2.
- 3.

**Individual Challenges**

- 1.
- 2.
- 3.

**Player & Coach Questions**

- 1.
- 2.

**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.

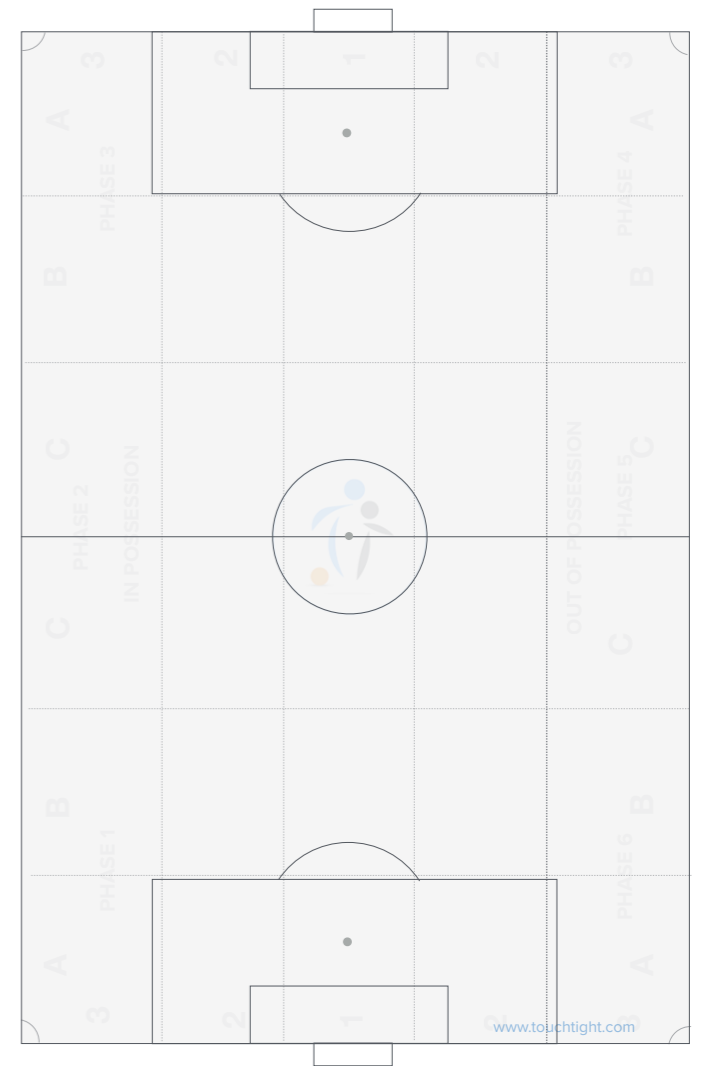
	Player	Technical	Tactical	Social	Psychological
1.					
2.					
3.					
4.					

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?

