

Coach Name:

Club:

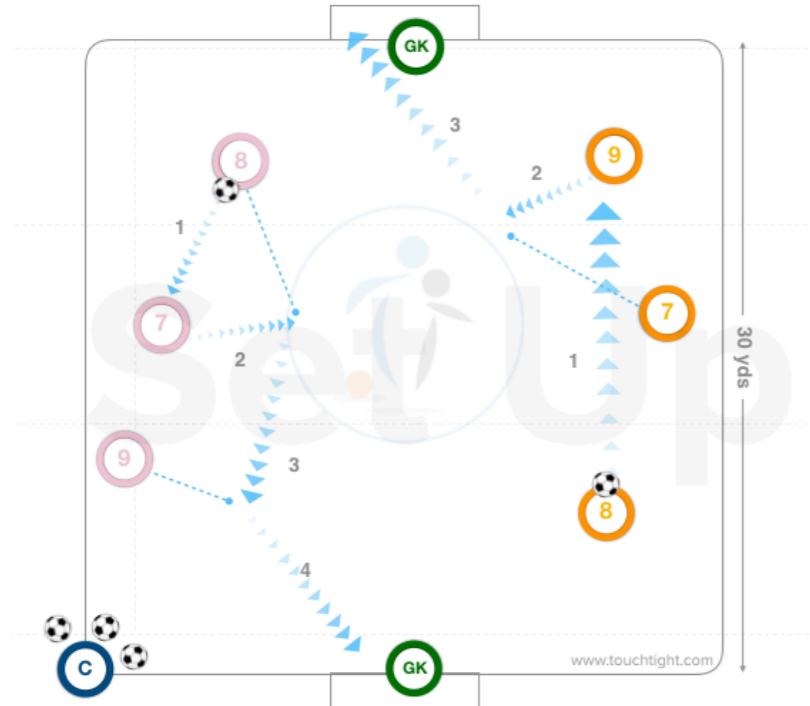
Age Group:

Theme:

Duration:

Objectives

- 1. Well timed runs to link up in attack in one and two touches
- 2. Incisive forward runs to break defensive lines
- 3. Combine quickly with sort passes to break immediate pressure



Additional Notes

Practice Title: Counter Attacking Technical Passing Practice

Practice Detail / Notes:

This practice area is in a 30 x 30 Yard square, with a GK at each end keeping goal and 2 groups of players at the side of each goal to combine to score. 3 Cones positioned for each group (CB,WM,ST), with 1 player on each to begin. See combination shown between players to get a shot off on goal or for cross to be delivered. Players must move to the next station once shot has been taken.

Progressions / Constraints

Space	Time
Players	Equipment
Practice Duration:	Work / Rest Ratio:

Key Coaching Points

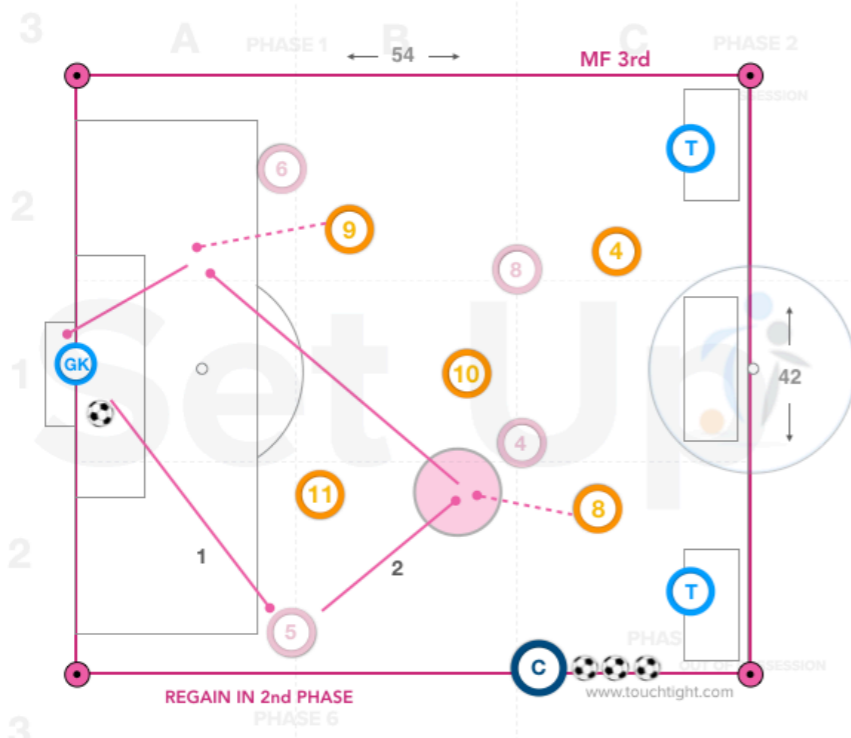
- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.



Additional Notes

Practice Title: Counter Attacking Functional Practice

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:

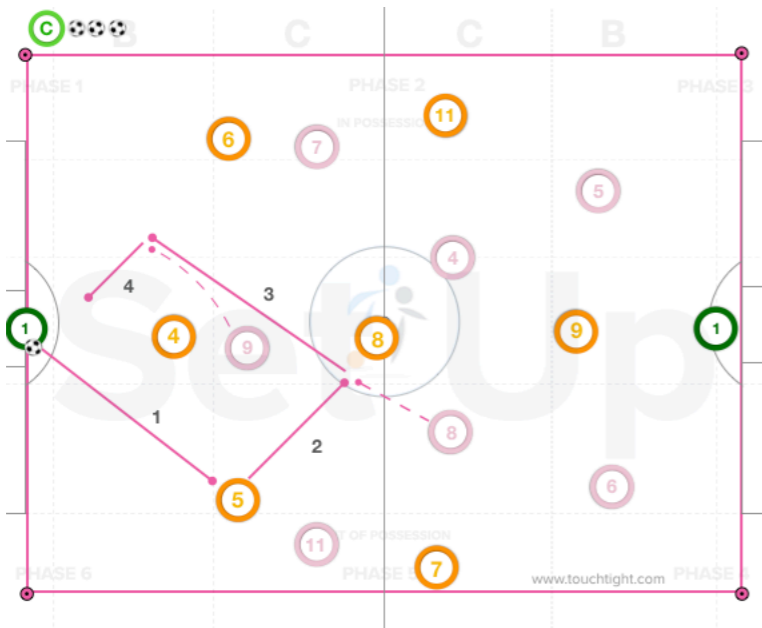
Age Group:

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 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

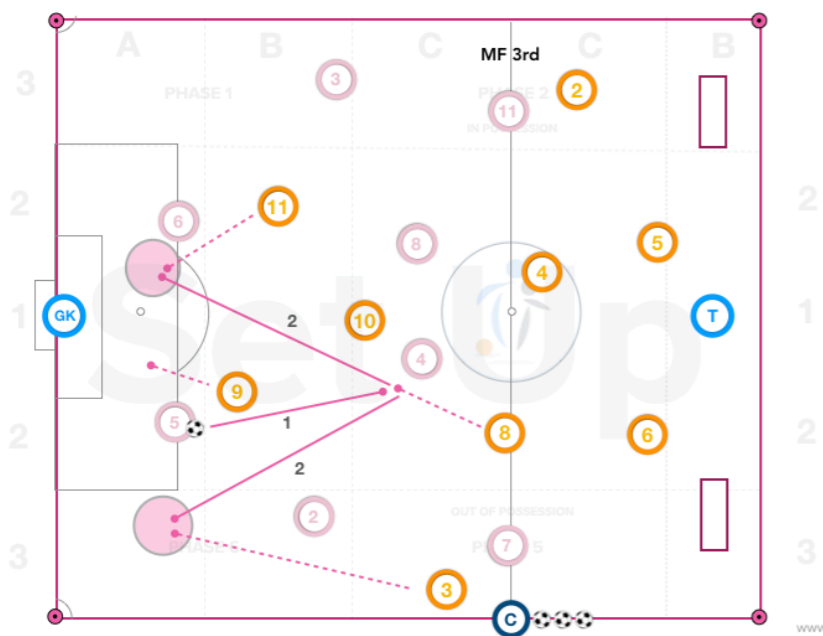
- 1.
- 2.
- 3.

Individual Challenges

- 1.
- 2.
- 3.

Player & Coach Questions

- 1.
- 2.



Additional Notes

Practice Title: Counter Attacking Phase of Play

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.

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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.

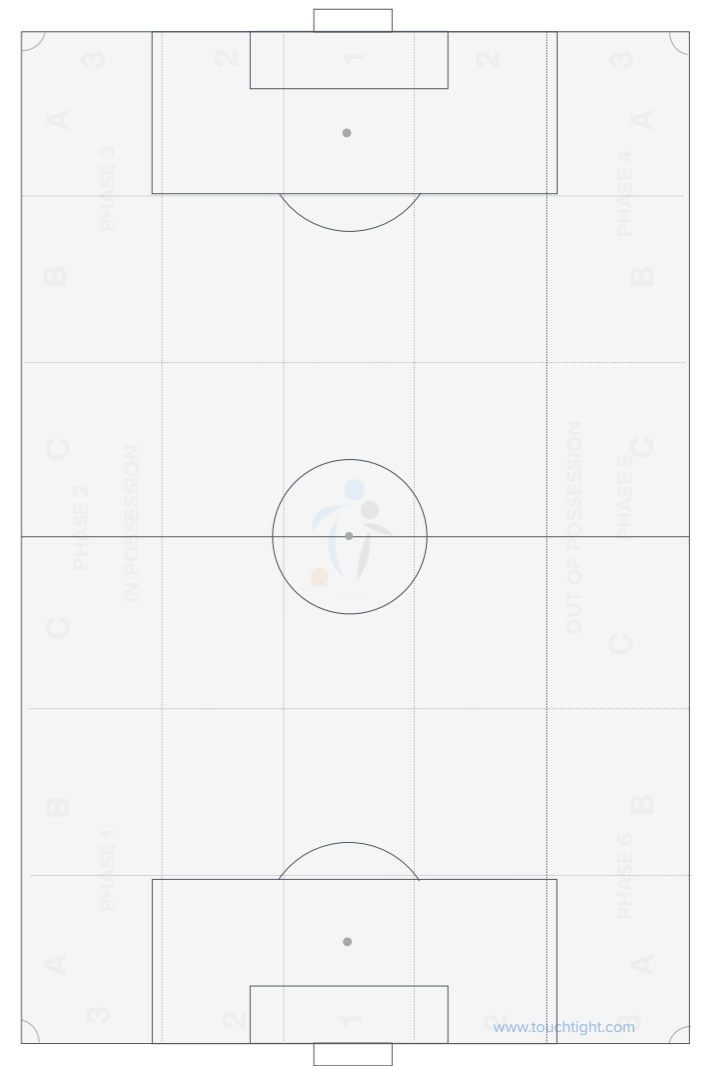
	Player	Technical	Tactical	Social	Psychological
1.					
2.					
3.					
4.					

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?

