



THEME 04:

COUNTER ATTACKING

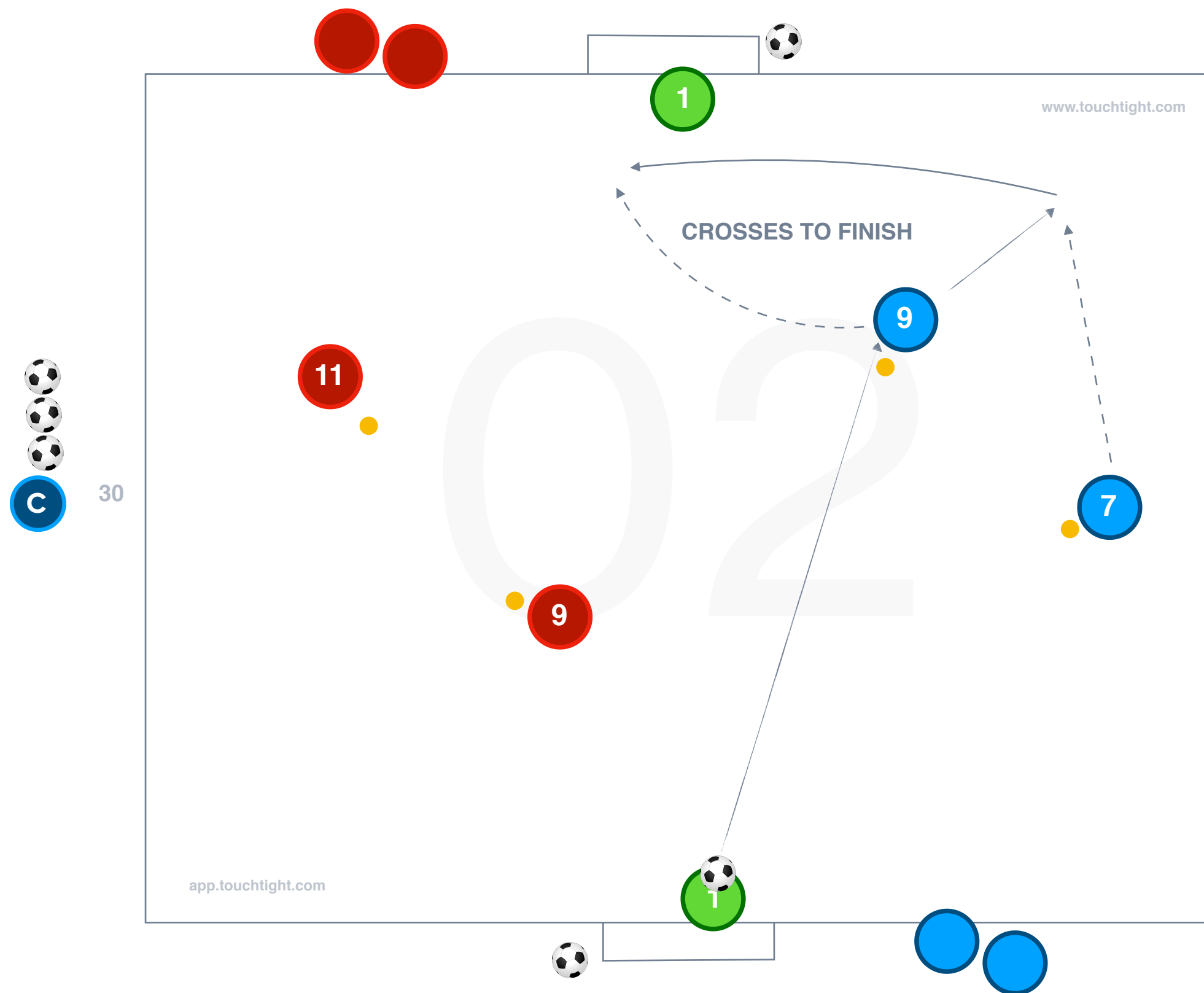
PRACTICE 4: TECHNICAL PRACTICE

AGE GROUP: 10+



Title	Date	Start Time	Duration	No. of Players	Area Size

HOW WM AND ST CAN CONNECT ON COUNTER



ORGANISATION:

Practice 4 of theme 2 is played in a 30 by 30 yard square, with a goalkeeper at each end and 2 groups of players at the side of each goal, combining to score.

Players must combine in one and two touches to get a shot off on goal or for a cross to be delivered for a finish. Players must move to the next station once each sequence is complete.

KEY COACHING POINTS:

- Quality of pass (short and long)
- First touch to maintain practice tempo
- Timing and angle of supporting run
- Finishing quality in 1 v 1 with GK



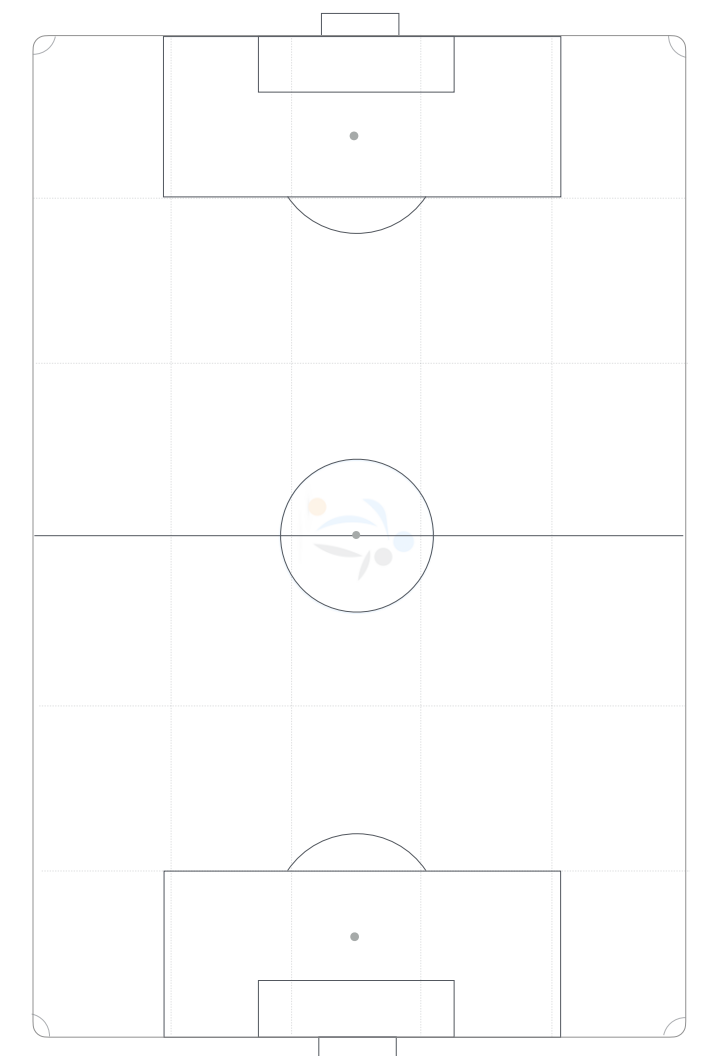
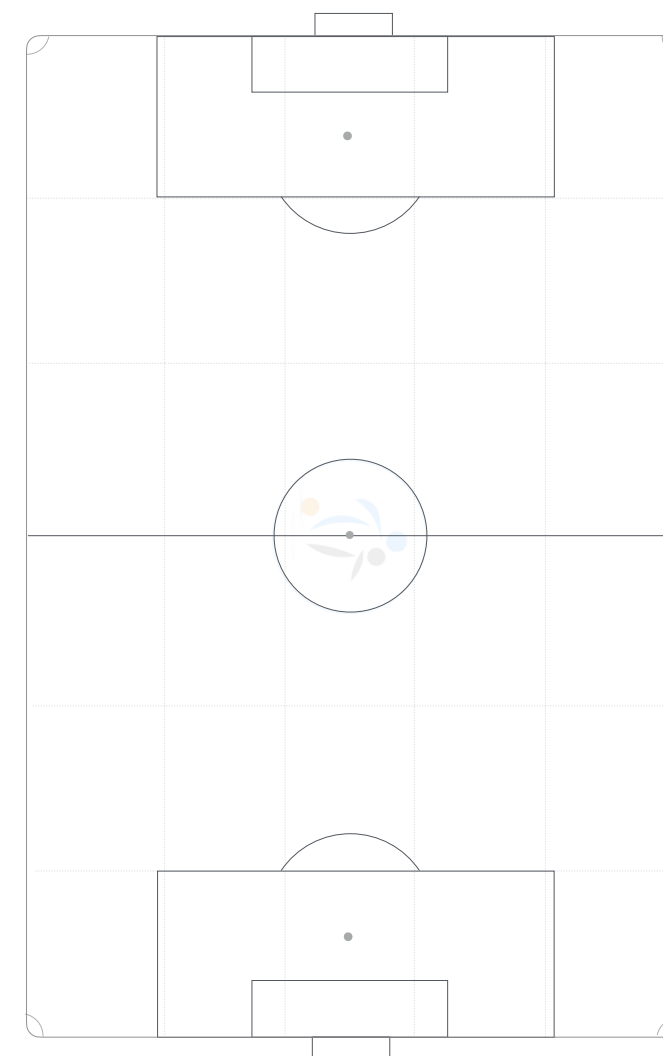
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

COACH PLANS



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

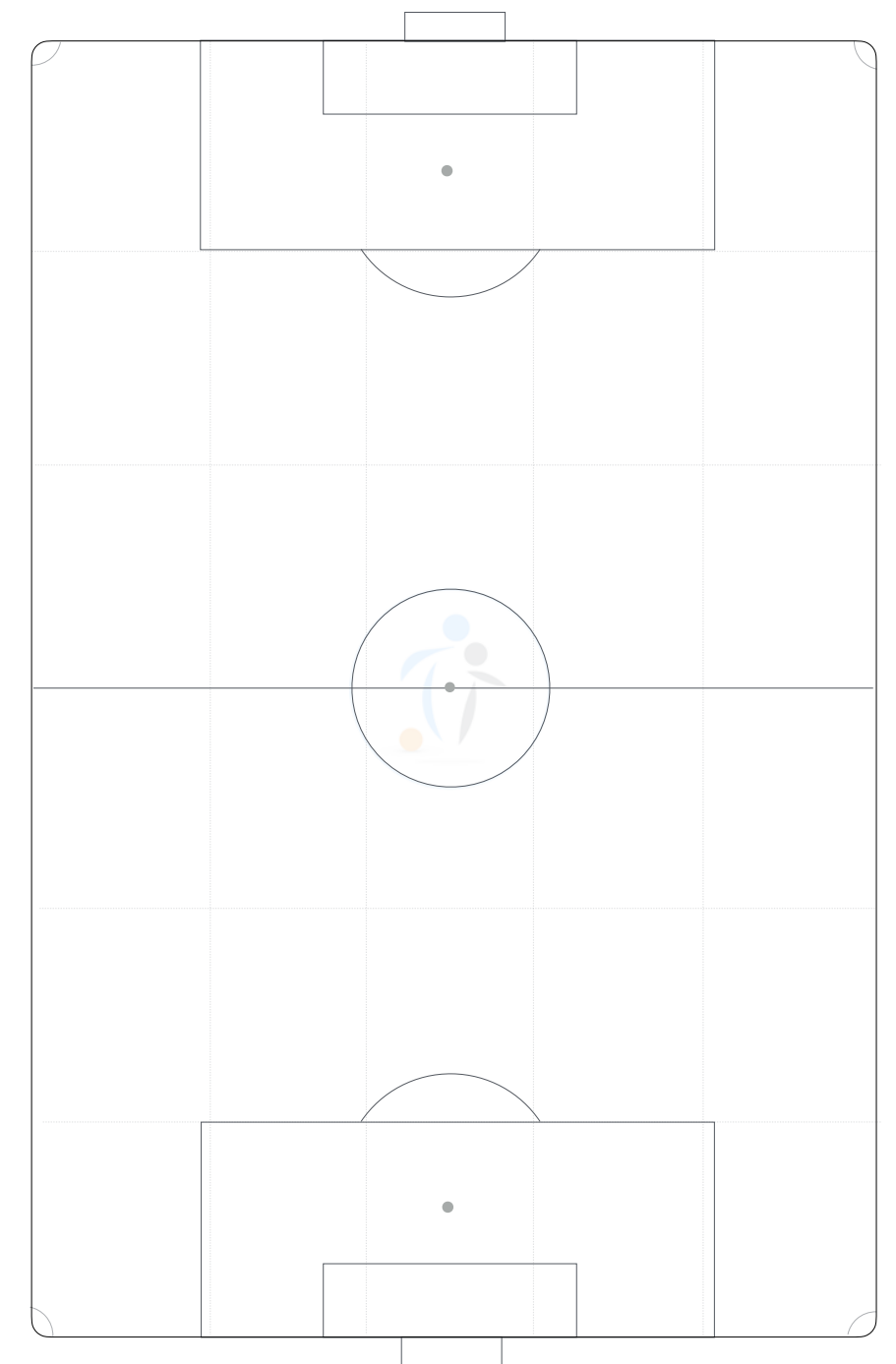
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?

