



THEME 02:

COUNTER ATTACKING

PRACTICE 06: SMALL SIDED GAME

AGE GROUP: 9+



Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO COUNTER WITH QUICK COMBINATIONS



ORGANISATION:

This SSG is played in a 25 by 30 yard area, with a goal and GK at each end, and 4 v 4 in pitch area. Objective is for players to develop quick counter attacks through effective defending and then make full use of overloads and spaces created.

Encourage immediate counter attacks through start positions, or allow to free flow and focus on coaching to press high and manage opposition to keep possession with task constraints.

KEY COACHING POINTS:

Recognition of most effective type of counter (individual, combination)

Only score when they have all players in attacking half, so identify space to exploit (attacker)



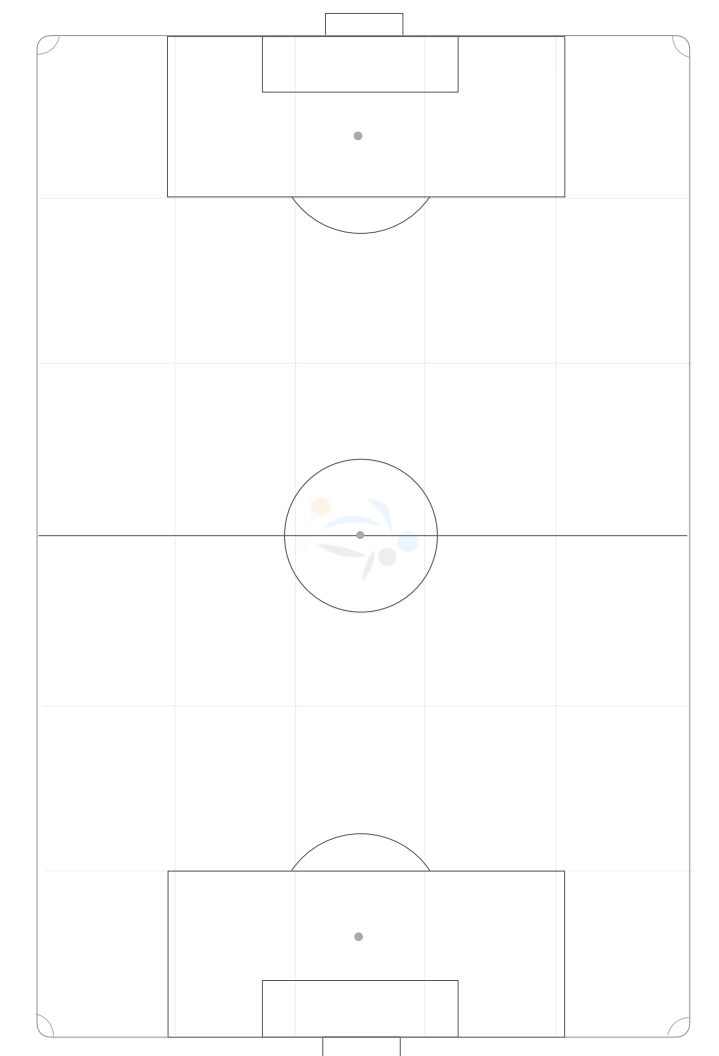
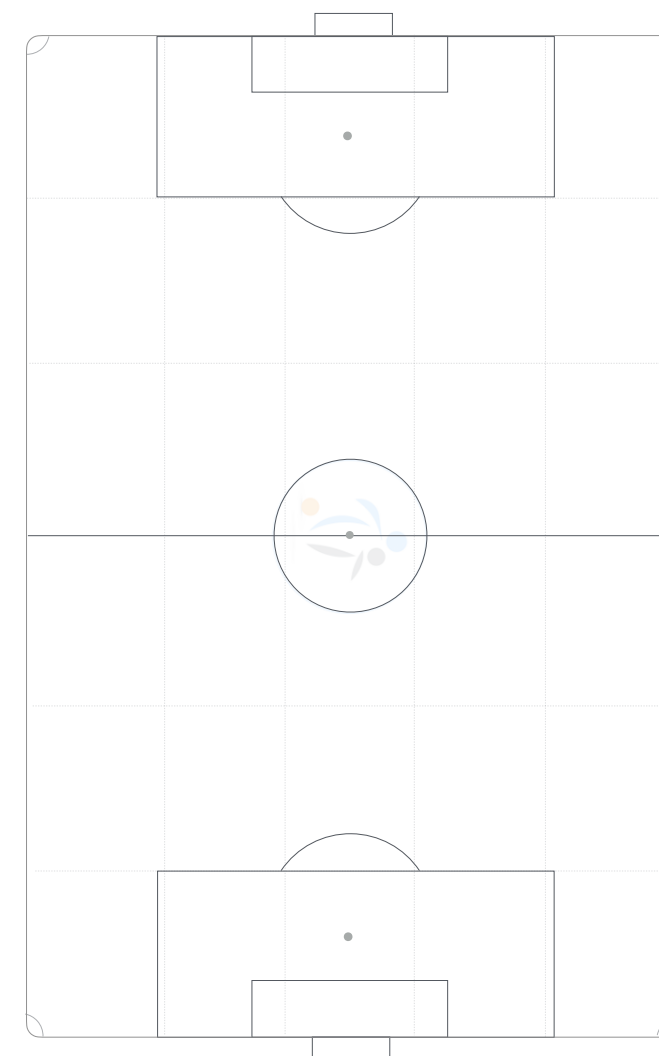
PROGRESSIONS:

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

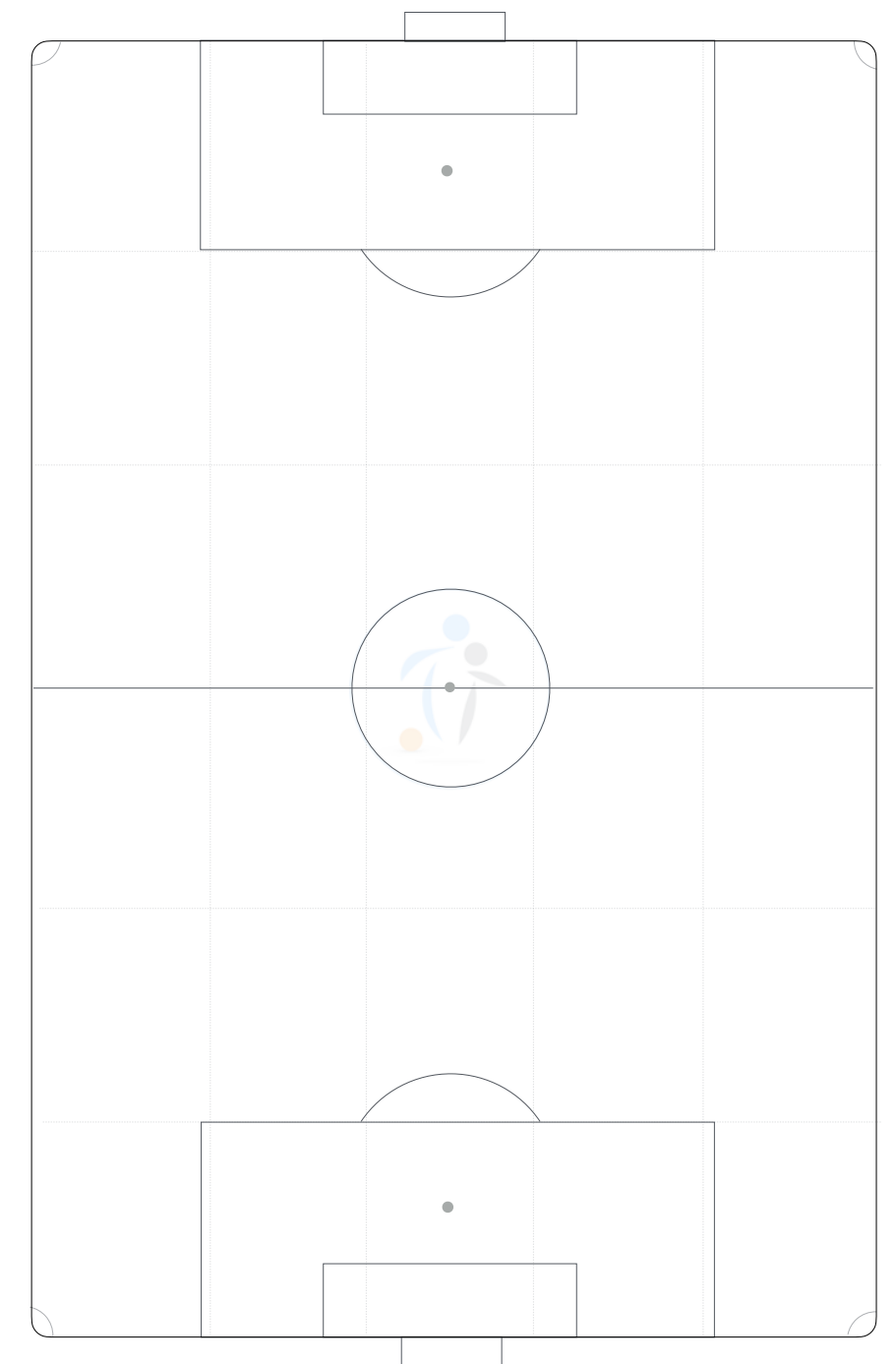
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

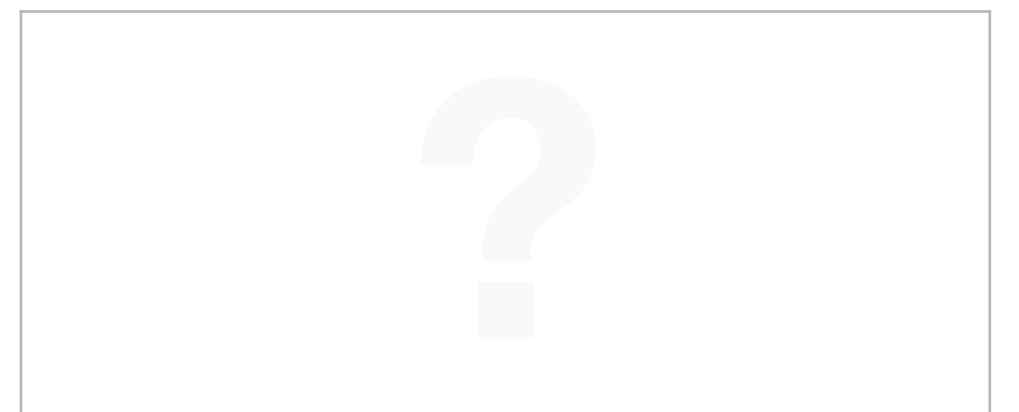
What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation

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