



## THEME 02:

# COUNTER ATTACKING

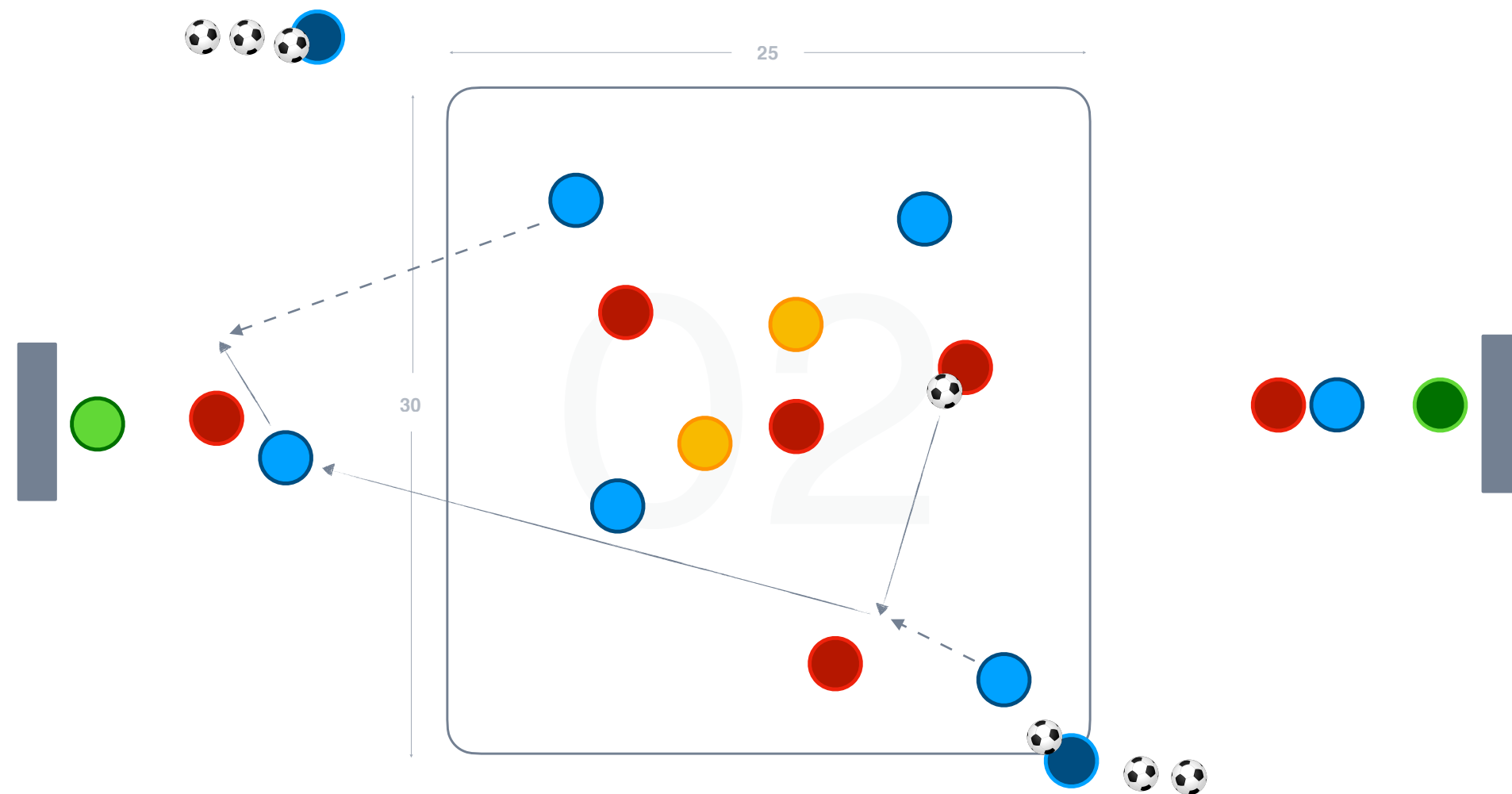
## PRACTICE 1: OPPOSED SKILL

AGE GROUP: 10 TO ADULT



Title	Date	Start Time	Duration	No. of Players	Area Size

## HOW TO COUNTER ATTACK FROM MIDFIELD



### ORGANISATION:

This skill practice has 16 players with a 7 v 7, including goalkeepers, and 2 additional floating players to support. A 4 v 4 plus 2 takes place in a 25 by 30 yard central area, with an attacker and defender for both teams positioned outside of the area either side. The objective is to break quickly on gaining possession to create an initial 2 v 1 overload in the final third to finish.

### KEY COACHING POINTS:

Identify spaces where you have overload advantage  
Look to penetrate gaps where  
Progress the practice by allowing 2 support runners to link up with the striker and a single defender tracking runners, resulting in a 3 v 2. Our final progression allows our striker to drop in to combine, encouraging a teammate to make an off the ball run into the attacking zone.

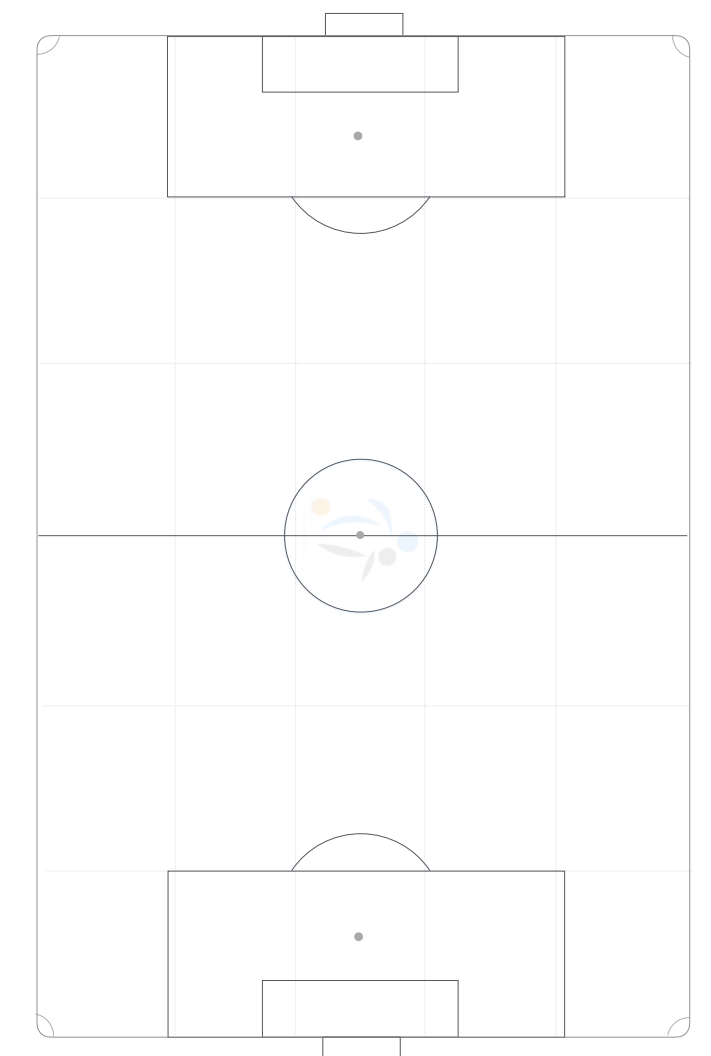
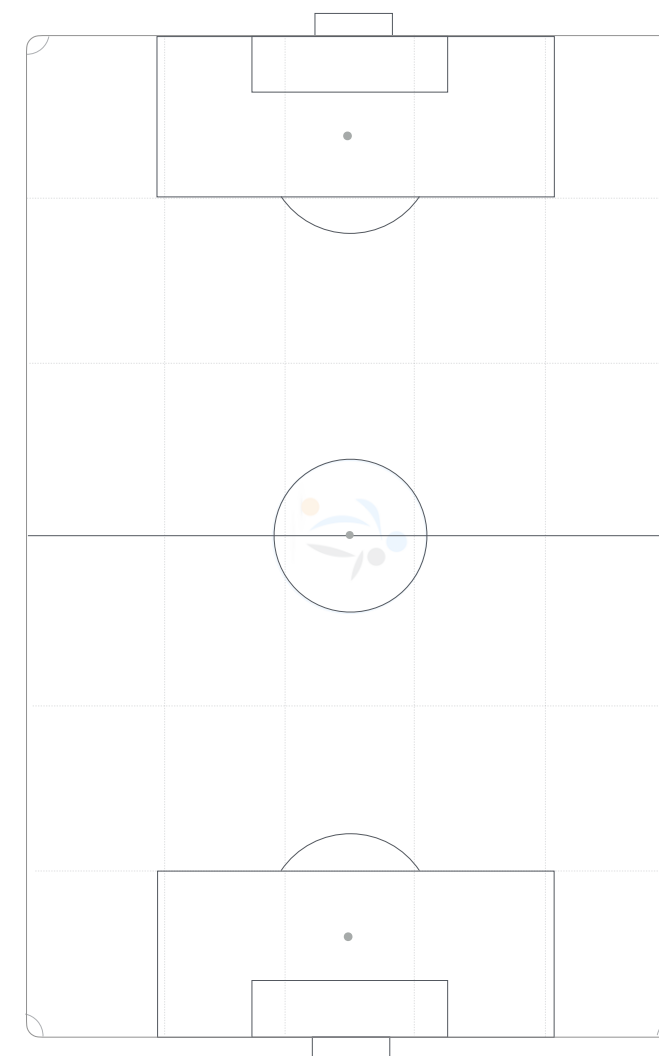
## PROGRESSIONS:

## 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

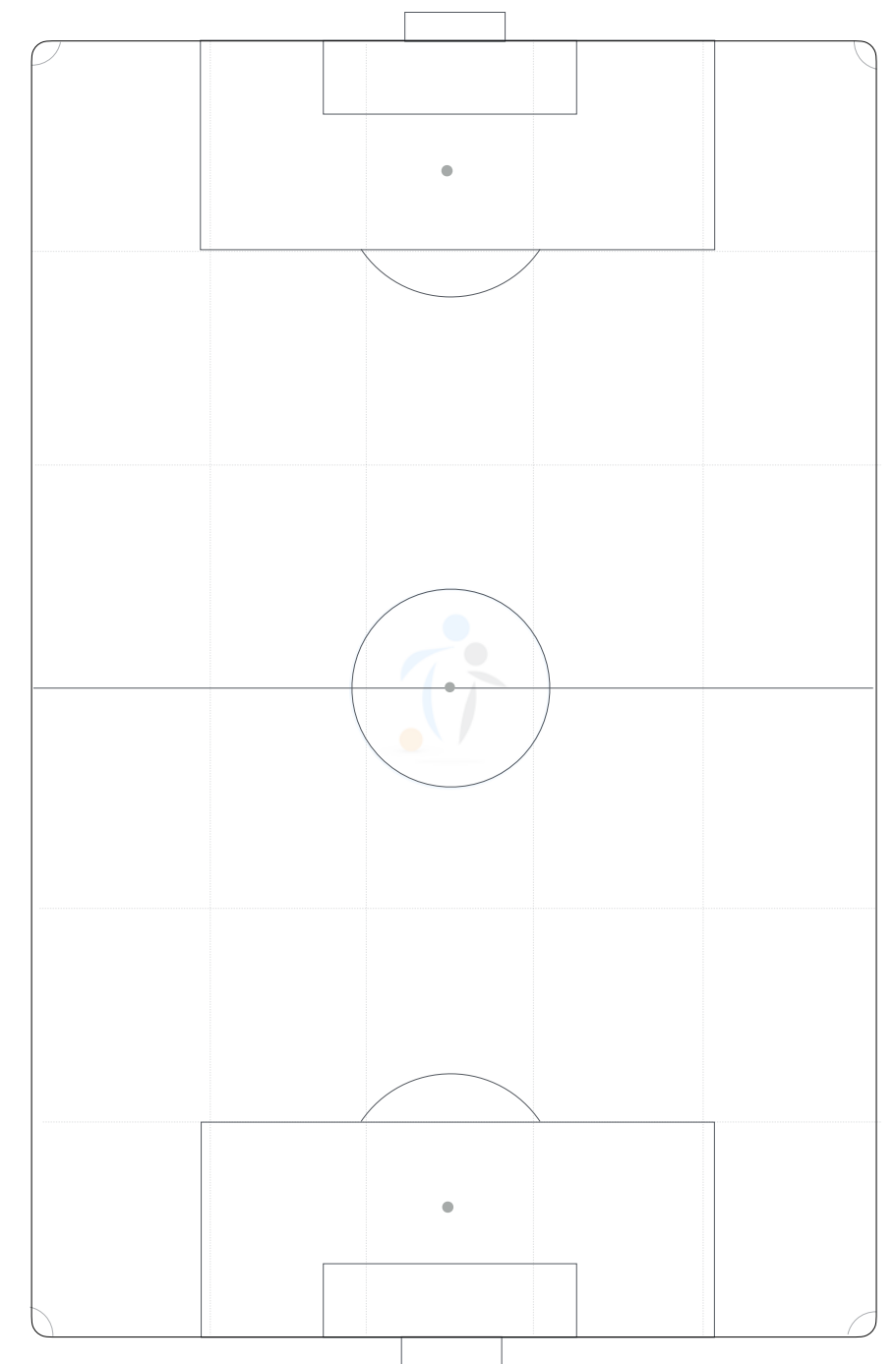
Player Trios initials	Objectives

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?

