

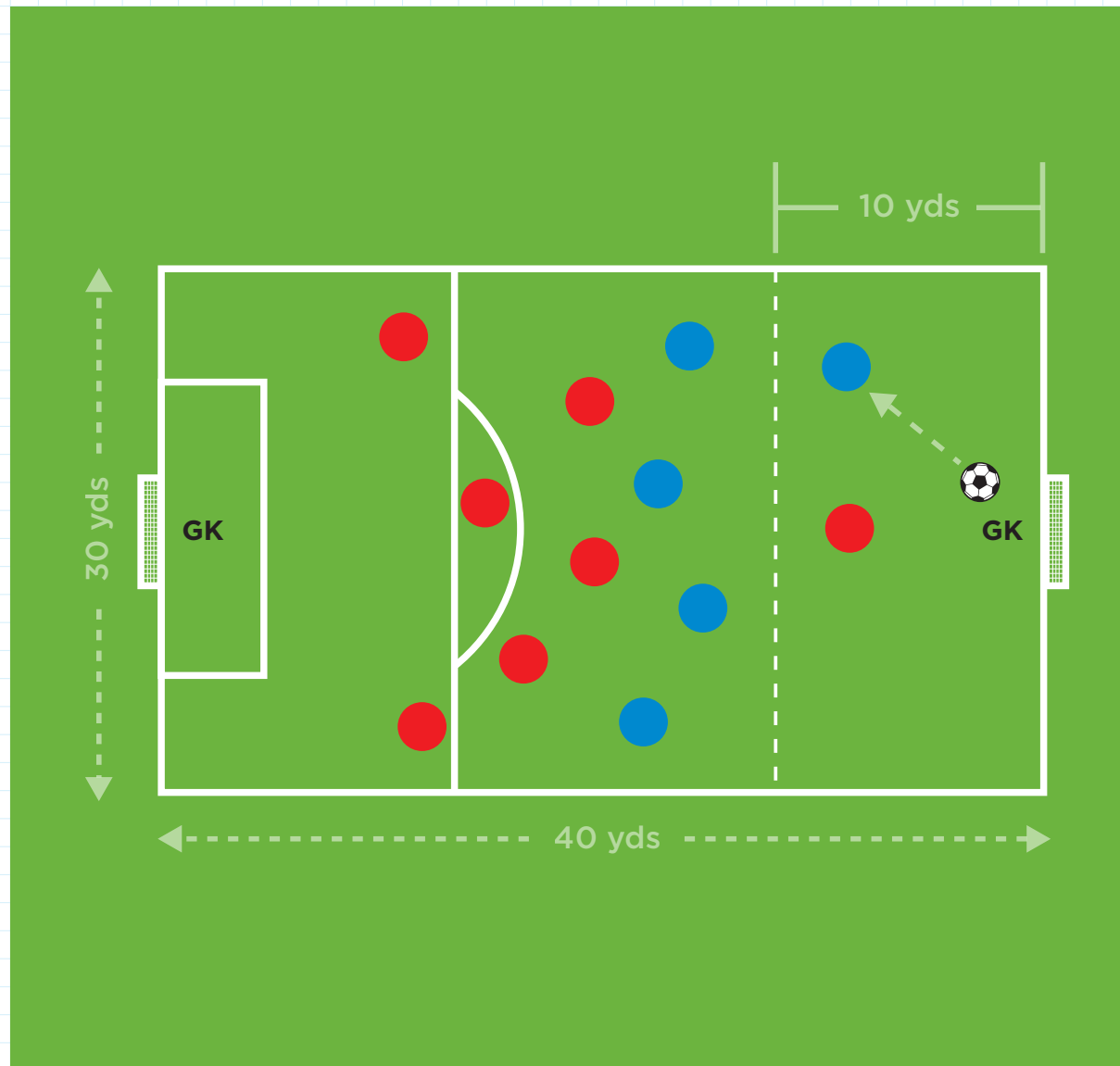
# Counter-attacking 2

## Practice organisation

- Area 40x30yds, using penalty area divided into 2 zones (30x30 & 10x30), appropriate size goals at each end, as illustrated.
- 14 players (incl. 2GK's), arranged 5 Attackers v 7 Defenders, as shown in the diagram.
- Off-side lines may be drawn, or practice can operate with (or without) normal off-side rules applying.
- Practice starts with: GK rolls out to A's who play out from the back.
- D's leave 1 striker in advanced zone who can try to win the ball early.
- Remaining D's drop into deep zone & can only win ball back there.
- If D's win ball: they counter-attack, playing initially through lone striker.
- If A's regain possession whilst defending the counter-attack: D's retreat back to deep zone to defend & practice continues with A's in possession.
- When ball goes dead: practice recommences with initial set-up arrangements.

## Detail

- Size of area can be adjusted according to age & ability of players.
- This practice can be developed for counter-attacking or for play against a compact defensive block.
- Simple progressions for this practice are:
  - Reduce numerical advantage of D's in deep zone.
  - Reverse overload, so that A's have numerical advantage.



## Key coaching points

- D's need to be patient, slide, cover & communicate.
- D's looking for interceptions & being aware of possibility to act fast & counter-attack, should the opportunity arise.
- D's require defensive security to safeguard against the possible threat of a counter of the counter-attack from A's.
- A's looking for quality of passing, movement & support play to break down the defensive block.
- D's looking for opportunity to pass forward quickly with quality & precision to lone striker.
- Supporting runs, distances & angles by breaking players combining with lone striker.