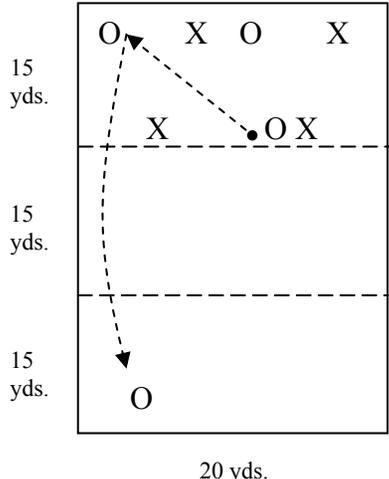
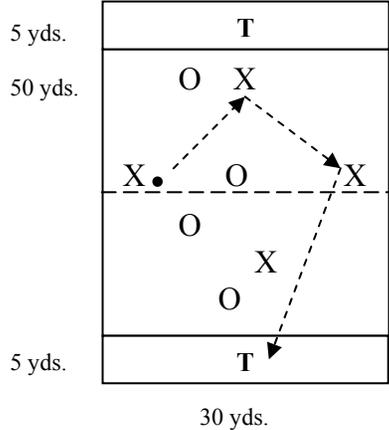
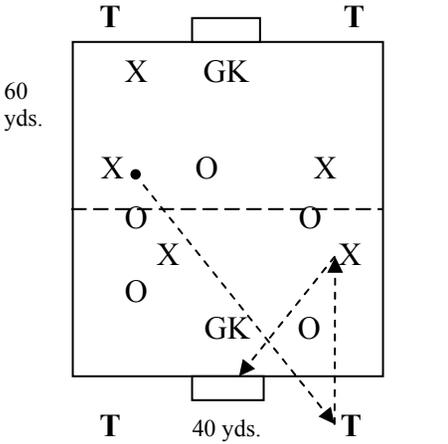
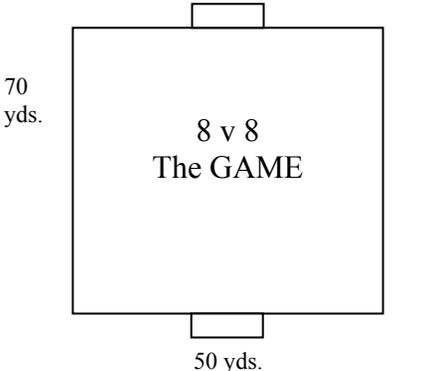


Topic: **Counter Attacking**

Organization	Variations	Diagram	Coaching Points
Phase I			
<p>4 v 3 exercise to counter grids. (Three 15 x 20 yard areas or as needed). Space can be increased to accommodate a larger number of players.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> “O” players must work together to win back the ball as quickly as possible. Upon the “O’s” winning the ball, they are to quickly counter attack and play the ball to their teammate in the opposite grid. The “O” team players join their teammate in the opposite grid and try to maintain possession. One player from the “X” team remains in the current grid, while the other “X” players try to win the ball back and counter attack. Continuous for time. 	 <p>15 yds. 15 yds. 15 yds. 20 yds.</p>	<ul style="list-style-type: none"> ✓ Verbal and visual communication ✓ Group defending tactics ✓ Look to penetrate quickly once possession is won ✓ Transition in support of the ball to maintain possession
Phase II			
<p>4 v 4 + 2 target players (30 x 60 area or as needed). Directional game. Each team has one target player at the far end of the area in the 5 yard end zone.</p>	<ul style="list-style-type: none"> Divide field into two equal halves and allow players to move freely (no defending in the target end zones). Award one point for passing to your target player and two points for hitting a long ball from your defensive half of the field that your target player catches. Once a point has been scored or the ball is played out of bounds, the ball is played to the opposing team. Rotate target players as necessary. Play to points or time. 	 <p>5 yds. 50 yds. 5 yds. 30 yds.</p>	<ul style="list-style-type: none"> ✓ Look to penetrate long immediately and short only if necessary ✓ Proper selection of striking surface ✓ Recognition of time and space to play the appropriate and accurate long ball ✓ Be patient and allow opportunities to develop – just don’t “kick it”

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Phase III			
<p>5 v 5 + 4 target players with goalkeepers to two large goals (40 x 60 area or as needed). Directional game. Four target players play on the end line and link with the attacking team once they receive a long ball.</p>	<ul style="list-style-type: none"> Objective is to win the ball quickly and counter attack into one of the two target players. Once achieved, the target player then links a pass with the attacking team to score. Award (1) point for hitting a long ball to your target player from your defensive half of the field and (2) points for scoring from a long ball played to your target player from the defensive half of the field. Play to points or time. 		<ul style="list-style-type: none"> ✓ Proper shape and balance for team in possession ✓ Change of rhythm to exploit opportunities to counter quickly ✓ Transition to attack in possession ✓ Speed of play and accurate decisions
Phase IV			
<p>7 v 7 with goalkeepers to two large goals (50 X 70 area or as needed).</p>	<ul style="list-style-type: none"> Possible formation 1:2:3:2 vs. 1:3:2:2. Restrict team in possession to only 8 seconds before they must get a shot, or possession changes to the opposition. Restrict team in possession to only 6 passes before they must get a shot or possession changes to the opposition. No restrictions. 		<ul style="list-style-type: none"> ✓ Vary the attack (indirect versus direct) to unbalance the defending team. ✓ Implement the offside rule to improve timing and execution in the counter attack ✓ Find the most efficient way possible to score
Phase V			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session