



COUNTER-ATTACKS: FINAL-THIRD REGAINS

SESSION OVERVIEW

PART 1: 3v2 INTO A 4V3 WAVE GAME.

- This high-intensity practice introduces basic counter-attacking principles.
- Players engage in a 3v2 situation, focusing on quick decision-making and exploiting numerical advantages.
- As the game progresses, it transitions into a 4v3 scenario, encouraging players to maintain the attacking momentum and exploit spaces created by the overload.

PART 2: 6v6 COUNTER ATTACKING GAME.

- This practice emphasises directional counter-attacks.
- The pitch is divided into two halves, and the team in possession must complete 10 passes in their own half before breaking out to score.
- If the opposition regains possession, they immediately counter-attack in an attempt to score quickly.
- This game promotes quick transitions and encourages players to recognise and exploit counter-attacking opportunities.

PART 3: 6v6 INTO 6V4 GAME.

- This position-specific game focuses on playing out from the back and executing effective counter-attacks.
- The team in possession initiates play by attempting to build from the back and create scoring opportunities.
- Successful play into a central target goal earns two points, while progressing through the wide gates encourages carrying the ball forward and crossing to a teammate.
- Simultaneously, a new ball is served to start a 6v4 counter-attack, challenging the defensive team to quickly regain possession and launch a counter-attacking move.

This session is designed to develop the players' understanding of counter-attacking principles, including setting traps, making quick forward runs, and utilising numerical overloads. Through progressive and position-specific games, players will enhance their decision-making abilities, execution of counter-attacks, and positional awareness. Adapt the session to suit the age, skill level, and needs of the players.

3v2 INTO A 4V3 WAVE GAME (PART 1)

The objective of this practice is to develop attacking skills and encourage quick counter-attacks. The session involves two teams, Team A and Team B, with Team A starting with the ball from their goalkeeper. The practice progresses as follows:

ATTACKING.

- Team A aims to play out from the back and score into one of the mini-goals.
- If they successfully score, they restart with the ball and continue the attacking phase.
- If Team A misses the target goals, two players from Team B waiting on the outside join in to initiate a 4v3 counter-attack



COUNTER ATTACKING

- Team B, after winning possession or intercepting a missed attempt, immediately transitions into a counter-attack to score in the goal guarded by the goalkeeper.
- Team A may have recovering defenders behind the waiting attackers to provide support and increase the speed of the counter-attack.

PROGRESSION

- Additional recovering defenders can be added to Team A to aid in recovery runs during counter-attacks, enhancing the speed and efficiency of the attack.
- The two waiting defenders can guard the mini-goals and actively intercept the ball to initiate immediate counter-attacks.

Throughout the practice, players from both teams have the opportunity to rotate positions, allowing them to develop a comprehensive understanding of both attacking and defensive roles. The session promotes quick decision-making, precise execution, and effective transitions in order to score goals. Adapt the practice according to the number of players and desired level of challenge.

COACHING PROCESS

SETTING TRAPS

- Emphasise the importance of setting traps for the opponents to win the ball back in advantageous areas of the field.
- Encourage players to anticipate and react quickly to intercept passes and disrupt the opponent's build-up play.

QUICK FORWARD RUNS

- Highlight the significance of immediate forward runs after regaining possession.
- Encourage players to accelerate quickly, both with and without the ball, to exploit space and create goal-scoring opportunities.

USING AN OVERLOAD TO ATTACK

- Teach players to recognise and utilise numerical advantages in attack.
- Emphasise the importance of using the spare player as a passing option or decoy to create openings and penetrate the opposition defence.

PASSING DETAIL

- Stress the importance of high-quality passing in this practice.
- Encourage players to deliver accurate and well-weighted forward passes that allow teammates to make progressive runs without needing to check their movement.



OUT OF POSSESSION

PRESS OR DELAY

- Guide the defending team in making effective decisions on when to press and when to delay the opposition's attack.
- Teach players to recognise moments to apply immediate pressure or to adopt a more patient approach to disrupt the opponent's rhythm.

By focusing on these technical aspects, players will develop the skills necessary to execute successful counter-attacks and effectively transition from defence to attack. Provide specific feedback to improve passing accuracy, timing, and decision-making in order to maximise the effectiveness of the counter-attacking play-style.

6v6 COUNTER ATTACKING GAME. (PART 2)

This session focuses on developing counter-attacking skills in a 6v6 game played on a split pitch.

PART 1: ATTACKING TEAM

- Team B starts with the ball in their own half and aims to make 10 passes before progressing into Team A's half to score a goal.
- If Team B successfully scores, the game transitions to the other half, and Team A becomes the attacking team.

PART 2: DEFENDING TEAM

- If Team A wins the ball, they must quickly transition into an attacking mindset and attempt to score as fast as possible.
- If they score, the game continues in the same half, and Team B restarts from their goalkeeper.

DEVELOPING THE PRACTICE

- Adjust the number of passes required for Team B to progress if they find it challenging.
- Introduce a variation where the team that regains possession can score with just one pass, earning 2 points. This encourages forward passes and dynamic attacking runs.

By playing this game, players will improve their ability to execute effective counter-attacks, make quick decisions under pressure, and demonstrate efficient passing and finishing skills. Continuously provide feedback and encourage forward-thinking play to enhance the effectiveness of counter-attacking strategies.

COACHING PROCESS

SETTING TRAPS

- Teach the defending team to set traps for their opponents, forcing them to play into areas that can be easily pressured and won back.
- Emphasise winning the ball as high up the field as possible, both centrally and out wide.
- Encourage immediate pressing once the opponents fall into the trap.



QUICK FORWARD RUNS

- Install the importance of swift forward runs once possession is gained.
- Challenge players to accelerate to sprinting speed rapidly, whether they are on or off the ball.

UTILISING OVERLOADS TO ATTACK

- Encourage players to exploit the numerical advantage when attacking, using the spare player as a passing option or decoy.
- Teach players to deceive opponents by shaping to make a pass in one direction and then swiftly moving the ball in the opposite direction, or by driving at defenders before delivering a pass to a teammate in open space.

PRECISE PASSING

- Place emphasis on high-quality passing during the practice.
- Encourage forward passes that allow teammates to run onto the ball without needing to check their runs.
- Stress the importance of accuracy, weight, and timing of passes.

OUT OF POSSESSION

COUNTER-PRESSING

- Teach the defending team the concept of counter-pressing.
- Emphasise immediate pressure on the opposition after losing possession, preventing them from launching a swift counter-attack.

By focusing on these technical aspects, players will develop the necessary skills and decision-making abilities to execute effective counter-attacks. Promote precision in passing and rapid forward movement to maximise the effectiveness of counter-attacking strategies. Additionally, install a proactive defensive mentality with counter-pressing to disrupt the opponent's counter-attacking opportunities.

6v6 INTO 6V4 GAME. (PART 3)

This session is a directional 6v6 game with a potential 6v4 counter-attack. The pitch is divided into two zones: the main playing zone and the finishing zone.

- The objective for the attacking team (Team A) is to play out from their goalkeeper and score in two different ways.
- Scoring in the mini-goal located in the middle of the pitch (as shown in Diagram 1) earns Team A 2 points.
- Alternatively, they can dribble through one of the wide gates and enter the finishing zone to deliver a cross for a teammate to finish
- When two players from Team A are in the finishing zone, the coach serves a new ball into the main playing zone, initiating a 6v4 counter-attack for Team B.
- The counter-attack scenario is shown in Diagram 3. After completing their attacking move in the finishing zone, the two Team A players aim to recover quickly and transition back into a 6v6 situation in the main playing zone.
- If Team B wins possession before Team A scores, they are free to launch a counter-attack immediately.



DEVELOPING THE PRACTICE:

- To add complexity to the game, the defending team can be awarded 2 points if they manage to score a goal without the attacking team completing a set number of passes. This encourages the defending team to apply pressure and disrupt the attacking flow.

By incorporating these elements, the session focuses on directional play, counter-attacking, and effective transitions between attack and defence.

COACHING PROCESS

SETTING TRAPS

- The out-of-possession team should strategically set traps to force their opponents into playing the ball where they want.
- These traps should aim to win the ball high up the pitch, either centrally or out wide.
- Once the opponents fall into the trap, players should apply intense pressure to regain possession quickly.

QUICK FORWARD RUNS

- Following a successful transition, players from the team that has won possession should make immediate forward runs.
- Players need to accelerate to sprinting speed as quickly as possible, both with and without the ball.

USING AN OVERLOAD TO ATTACK

- Encourage players to take advantage of numerical superiority in attack by utilising the spare man effectively.
- The spare player can be used as a passing option to create openings or as a decoy to manipulate the opposition's defensive structure.
- Players can deceive opponents by shaping to pass in one direction and then quickly changing the direction of the ball to beat their marker. They can also engage in one-on-one situations before passing to a teammate in open space.

PASSING ACCURACY

- Emphasise the importance of quality passing in this practice.
- Encourage players to make forward passes that enable their teammates to run onto the ball without interrupting their momentum.
- Focus on the weight, accuracy, and timing of passes to ensure successful execution.

OUT OF POSSESSION

DELAYING COUNTER-ATTACKS

- Team A should prioritise delaying the opposition's counter-attacks.
- Encourage players to guide the play away from dangerous areas and towards less threatening zones, giving the recovering players ample time to regain their defensive positions.