

ATTACKING QUICKLY - COUNTERATTACK

After winning the ball a team in possession of the ball has two options:

1. Maintain possession, coordinate your attack and give your opponents a chance to get organized; OR
2. Attack “QUICKLY” while the opposing team is disorganized defensively.

Teams must train to “Counterattack” in order to have it as a team tactic.

FACTORS TO CONSIDER AFTER WINNING THE BALL

1. WHERE DID YOU WIN THE BALL?

- On the Flank?
- In the middle?
- In the attacking third?
- In the middle third?
- In the defensive third?

2. WHO WON THE BALL?

- Strikers? Then they will have no forwards to pass to.
- Midfield/Defenders? This may call for decisive combination play and playing quickly and direct to players who can get forward.

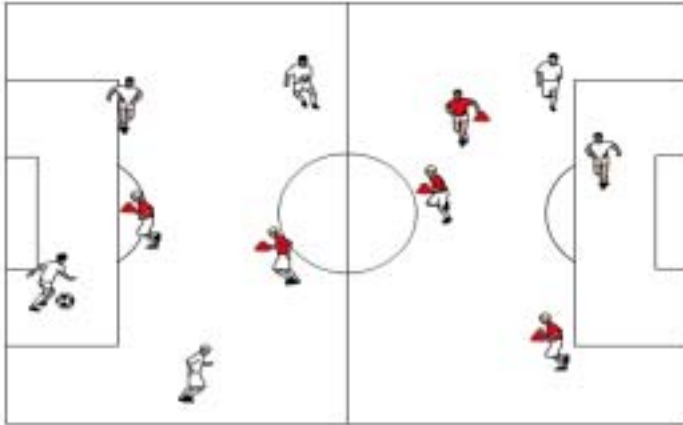
When to Counterattack:

- Defend as a team behind the ball and near your own half of the field. This will force opposing defenders to join the attack and leave themselves exposed with gaps to be exploited during a counterattack.

SUCCESSFUL COUNTERATTACKING:

- The ONLY way to train strikers is to constantly place them in situations that simulate game situations that will train them to make decisions that will enable them to successfully cope with the challenges they will face in actual games.

WARMUP – CONE SWITCH



Set-up

50 X 40 Yd grids

Two teams of 4, 5 or 6 (max of 8 per team). Goalkeepers are optional.

Sequence

Defending team attacks quickly while defending must at all times carry a small cone in one hand. When the defending team wins the ball they must immediately drop their cone. The attacking team which

is now the defending team must can only participate in the defense after retrieving any of the dropped cones. Teams alternate attacking after winning the ball but each member of the defending team must be in possession of a cone. If the attacking team scores they get keep possession and start from their own half of the field.

Variation

Add goalkeepers.

May be used as a main coaching session.

Coaching Focus

- Defenders must drop the cone immediately after winning the ball.
- Attackers must take advantage of a disorganized defence that is busy looking for cones to hold.
- Attackers should attempt a shot at goal as quickly as possible.

2 V 1



Set-up

20 x 30 yd field with a centre line
Teams of 2 strikers and 1
Defender

Sequence

One server serves the ball to the strikers in the other half of the field. Teams play 2 v 1. Goals scored in set period of time (e.g. 5 minutes)
Change defenders and attackers each time.

Variation

Progress to 3 v 2

Coaching Focus

- Attack quickly while maintaining possession of the ball.
- Look for early goal scoring opportunities.
- Creating space for the ball carrier
- Use of combination play

2 V 2 Plus 1 V 1 (Progression)



Setup

Same setup as previous but on attacker must remain in defenders half of field while other two attackers attack the other lone defender through the middle of the field

Sequence

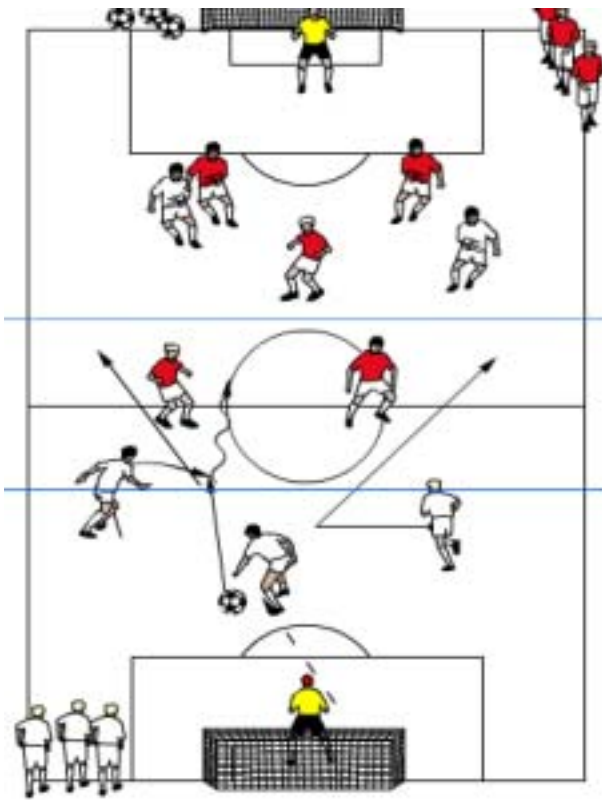
Two attackers attempt to get into the defending third as quickly to create a 3 v 2 situation.

Lone striker attempts to create space for the two attackers attacking through the middle.

Coaching Focus

- Creating space
- Attacking quickly to shoot at goal

5 V 3 Plus 3



Setup

50 x 40 yd grid with two goals and two goalkeepers and a 40 x 10 yd middle area. 2 attackers V 3 defenders in defending third. 3 attackers V 2 defenders in middle third

Sequence

3 attackers attack the two defenders in the middle third and advance into the defending third of the opponents creating a 5 v 3 situation. The middle defenders cannot retreat into the defending third.

If defenders win the ball they quickly counter attack by playing the ball forward to the two middle players who attack the opposite goal.

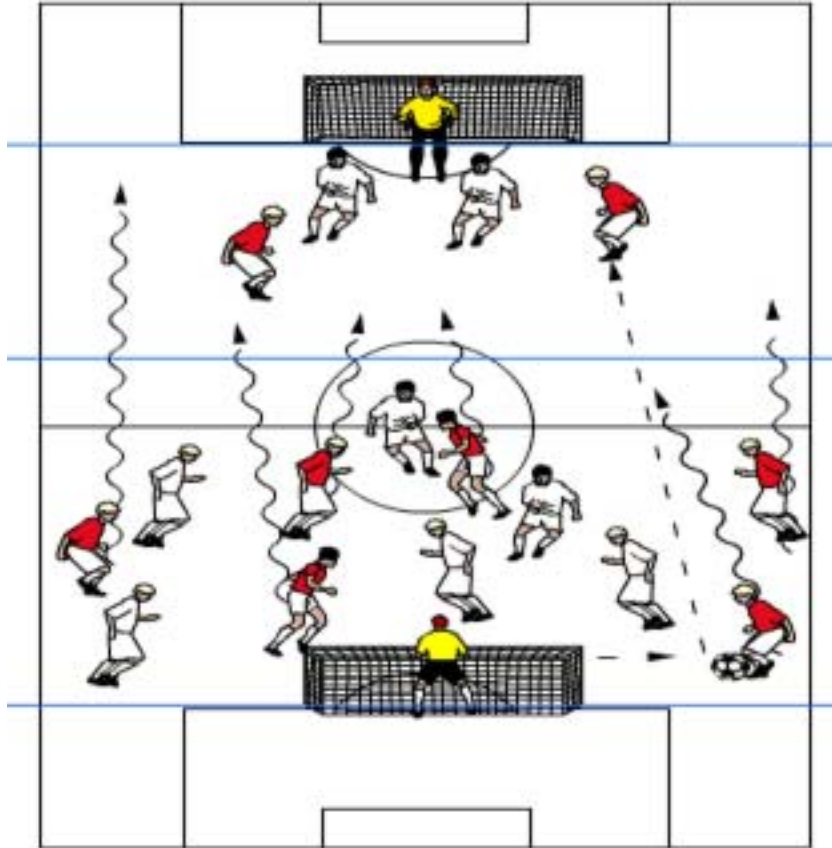
Variation

If the two middle defenders are beaten they may retreat into their own third to help defend and the three end attacking players join in the attack creating a 8 v 5 situation.

Coaching Focus

- Getting the ball quickly through the middle third
- Looking for and taking shooting opportunities quickly
- Attackers joining the attack must do so with urgency

6 V 6 Plus 2 V 2



Setup

Field between the two 18 yd boxes.

Two teams of 6 plus goalkeeper and two teams of two in front of one goal

Sequence

The 6 v 6 GK starts the play by passing to one team. The teams then play 6 v 6 while attempting to play the ball forward to one of their strikers in the attacking third. A team successfully playing the ball forward can then join the attack creating an overwhelming 8 v 2 situation

Variation

A specified number of the defending team (e.g. 2 or 3) of the 6 player team may retreat into their defending third to help defend their goal.

Coaching Focus

- Use this session to stress all points of counterattack
- Speed and possession are critical