

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.

Shooting & Finishing Warm-up Game

Set-up

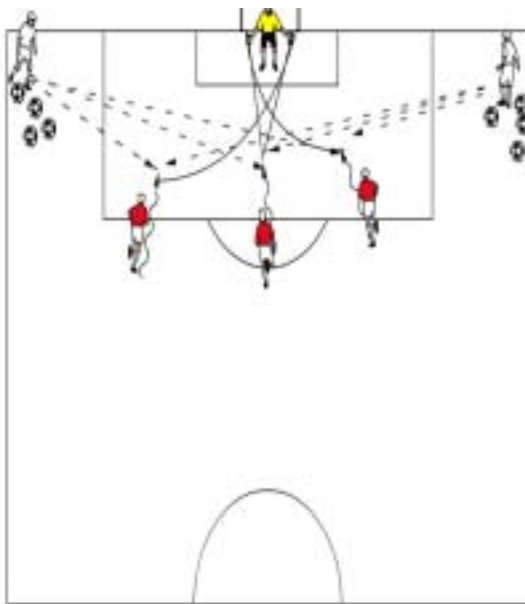
Two teams of 4 players with no goalkeeper play for a set period of time in a 40 x 30 yd field.

Sequence

Play starts from a server at the centre of the field on the sideline. Both teams try to score as many goals as possible in a set period of time (5 minutes). After each goal the play is restarted by the server.

Variation

Insert goalkeepers. Play is restarted after each goal by keeper being scored upon throwing the ball to the scoring team who gets to restart with possession of the ball.



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 (e.g. 1 minute)

Variation

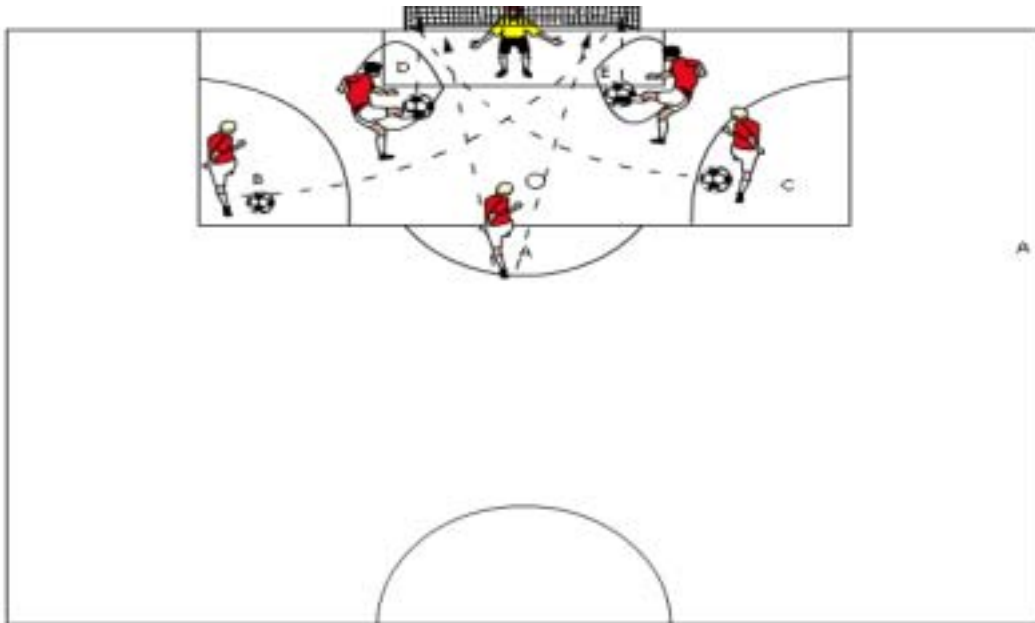
Teams play 2 v 2, 3 v3, 3 v 3 etc.

Coaching Focus

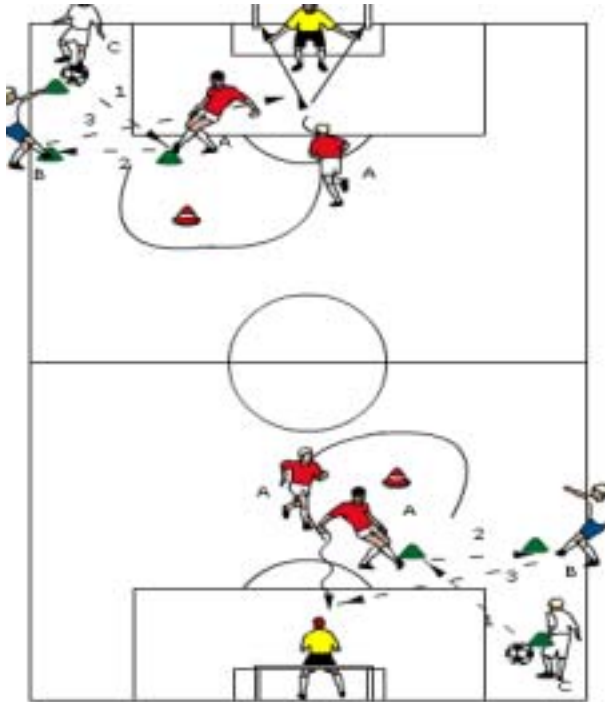
- Getting away from defenders

- Making decisions
- Maintaining good ball control
- Playing fast combinations

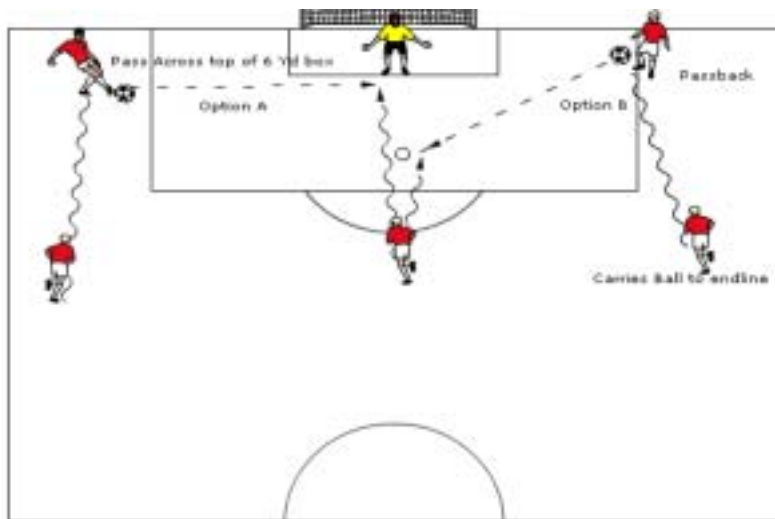
SHOT SELECTION (DIFFERENT ANGLES = DIFFERENT SHOTS)



SHOOTING AREAS



SHOOTING OPTIONS



SNIFFING FOR REBOUNDS

