



TRAINING EXERCISE

Defending the Counter Attack in the Defensive Half of the Field




Objective

Develop the communication and relationship the #1/#2/#3/#4/#5/#6 in defending vs. numerical superiority in the counter attack in the defensive half of the field. Delay, force the opposition into areas where the defending team can create even numbers or numerical superiority and define where and when to regain possession. Transition into defending and into attack.

Description


10 (4-2-3-1) vs. 9 (1-4-2-#10-#9) Field 80 by 75 yards, team defending the counter attack defends large goal and attacks 3 small goals, team counterattacking attacks the large goal, defends 3 small goals and sets a line of defensive confrontation at the half way line or if needed behind the half way line on their defensive half to create space for developing the counter attack, offside law in effect on the large half of the field, balls located around the field for transition to counter on restarts. Team of 9 attack 3 small goals, team of 10 upon regaining possession attempt counter attack with everyone who is effective to create this demand, team of 9 can defend in their attacking half if this demand is solved defending team can only defend with #1/#2/#3/#4/#5 (6v5, 7v5, 8v5), add the defensive role and function of the #6 (7v6, 8v6). This exercise can also be expanded to add the roles and functions of the #7 #11.

Coaching Points

 **Counter Attacking**
Transition
Defending Principles
Zonal Defending
Retreat & Recovery
Compactness
1v1 Defending

 **U14 to Senior**

 **22 Players**

 **1 large goal, 3 small goals, cones, bibs 2 colors, extra balls**

 **Intensity: 5**

 **00:30 min**
 (3 x 07:00 min, 03:00 min rest)

Application of the defending principles of play to individual, group, lines of the game and team defending the counter attack. Verbal and visual communication, recovery and tracking runs, defining a line of defensive confrontation, offside tactics, position specific roles and functions, transition from attack to defending and defending to attack. Application of technique.