



TRAINING EXERCISE

Counter Attacking Numerical Superiority in the Attacking Half of the Field



Objective


Develop the roles/functions of the #9,10, 7 and 11 in advance of the ball as support players to initiate the counter attack. Develop the roles/functions of the players transitioning to support both on and off the ball to create numerical superiority and create and finish goal scoring opportunities.

Description

Rotation by players in groups of 2 - defend 3v2, attack 3v2, defend 3v2, attack 3v2 then rest, goals/shots saved begin with distribution from the GK, 3 attacking players have the option upon loss of possession to press the defending team to regain possession in attacking half and counter, if defending 2 players and GK break this pressure (at offside line) they attack the opposite end of the field where if that defensive team wins the entry ball they can not be defended, offside law in effect from goal line to (40 yard off side line on each end). Demonstrate organizing the players in their positional roles to assist them in gaining a greater understanding of their positional team mates (6-8, 7-10, 11-9, 8-10)


Coaching Points

Apply principles of attack in individual and group counter attacking. Transition from defense to attack to develop the counter attack. Tactical application of technique, verbal/visual communication, role/function of

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Counter Attacking
Attacking Principles
Possession
Transition
Combination Play
Switching Play
Passing and Receiving
Running with the Ball
Dribbling
Finishing Final Third
Shooting
Individual attacking
Maximal speed
Shielding the Ball
Acceleration
Ball Control
Turning


U13 to U18


22 Players


2 Large goals, cones, extra balls, bibs 4 colors


Intensity: 7


30:00 min
 (3 x 05:00 min, 05:00 min rest)

supporting player in advance of the ball, role/function of GK in transition to develop the counter attack.