



TRAINING EXERCISE

Counter Attacking from the Midfield 3rd



Objective

To create space behind the opposition in their defensive half, regain possession in the midfield 3rd and transition into counter attacking the space created, create and finish goal scoring opportunities.

Description

10 (4-2-3-1) vs. 10 (1-4-2-3) Field 80 by 75 yards, team creating and counter attacking defends the 3 small goals and attacks the large goal, this team sets a line of defensive confrontation at the half way line or behind it to create space behind the opposition in their defensive half of the field, off side law in affect in attacking the large goal, balls located around the field for transition into counter attack from restarts. This exercise can begin with the team who is counter attacking (defending the 3 small goals) counter attacking versus a limited number of defenders (White/Blue team only defend with their #1, #2, #3, #4, #5) and eventually add numbers to this defending group. Team defending large goal upon loss of possession can defend immediately in their attacking 3rd of the field

Coaching Points

Principles of attack for individuals, groups, lines of the team and full team in the counter attack. Possession vs. penetration when counter attack is not a option. Verbal/visual communication, roles/functions of positional

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Counter Attacking
Attacking Principles
Transition
Possession
Combination Play
Switching Play
Finishing Final Third
Passing and Receiving
Running with the Ball
Dribbling
Turning
Ball Control
Individual attacking
Shielding the Ball
Receiving to Turn
Crossing and Finishing

 **U15 to U18**

 **22 Players**

 **1 Large goal, 3 Small goals, Bibs- 2 colors, Extra balls around the field**

 **Intensity: 5**

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

play #9, #11, #7, #10, #8, #6, #2, #3, tactical application of technique, offside tactics, finishing, roles/functionsto defend the counter attack.