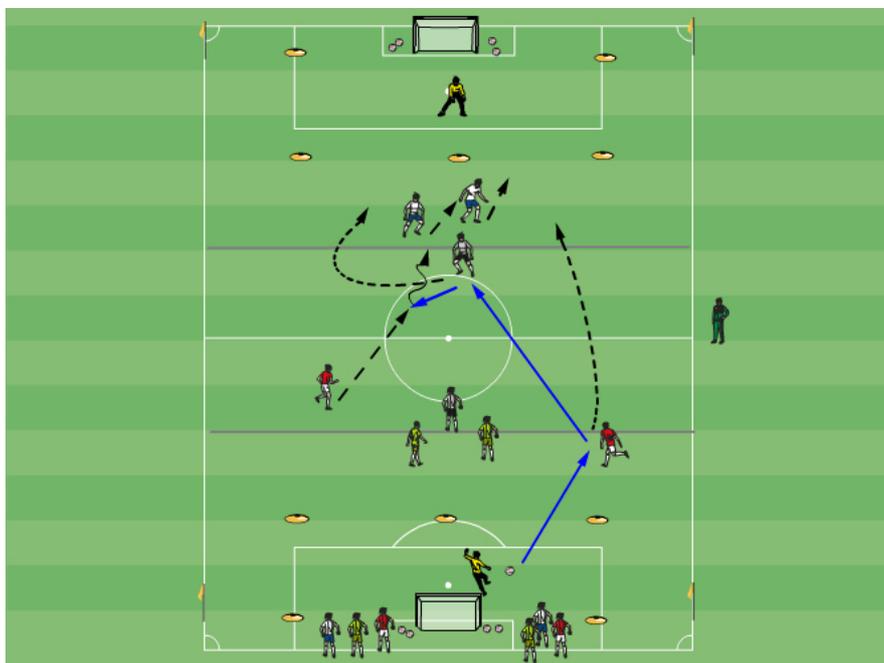




## TRAINING EXERCISE

### Defending in Defensive Half of the Field (Counter Attack)



#### Objective

Develop the communication and relationship the Goal Keeper and players defending vs. numerical superiority in attack in the defensive half of the field on the counter attack. Force the attack into wide positions for finishing. Defensively create even numbers or numerical superiority situations to regain possession. Transition into attack.

#### Description

Large goals on 6 yard line, 18 yard box outlined, offside line 40 yards from goal, positional #9/10/11/7 on each end (frequently rotations for this player due to level of intensity required), exercise rotation by players (in groups of 2) defend (3v2), attack 3v2, defend (3v2), attack (3v2) then rest, goals scored shots saved begin with distribution from GK to either the 2 players attacking or playing to the forward at opposite end, 3 attacking players have the option upon loss of possession to press the defending team in order to try to regain possession, defending group upon breaking this pressure is now attacking 3v2 at the opposite end, if defending team wins the entry pass into the forward opposition can only defend in their attacking half of the field, from offside line to goal offside law in effect. AR - for calling offside. Developing functional group training can be demonstrated by organizing the 2 player groups by their positional roles to assist them in gaining a greater understanding of their positional teammate (#3 #5/ #4 #2/ #6 #8/ #4 #6 for example).

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

**U15 to Senior**

**22 Players**

**2 Full Size Goals, extra balls both ends, cones, 3 color bibs, corner flags**

**Intensity: 7**

**00:24 min**  
 (4 x 03:00 min, 03:00 min rest)

Application of the principles of play in individual and group defending to:  
regain possession, delay the attack and establish a point of confrontation  
that forces the opponents wide and away from goal and attempts to reduce  
numerical superiority in the attack. Verbal and visual communication. Role  
and functions of the goal keeper. Transition from defending to attack.  
Application of offside tactics