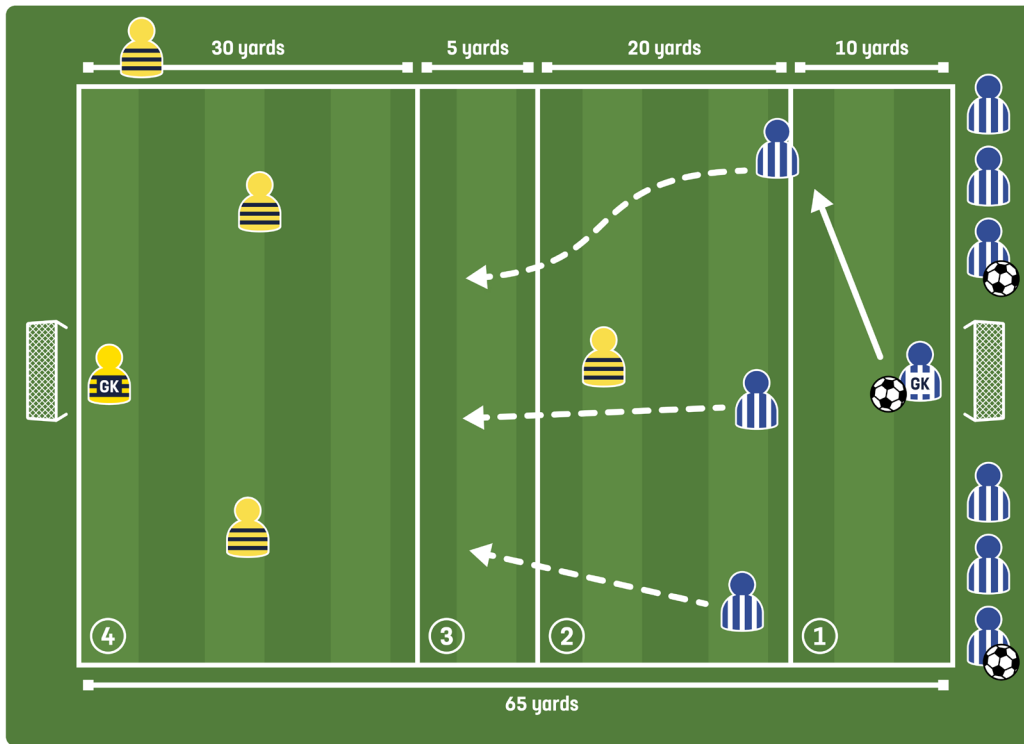


SESSION PLAN

ATTACKING AND COUNTER-ATTACKING



Ball:



Attacker:



Counter-attacker:



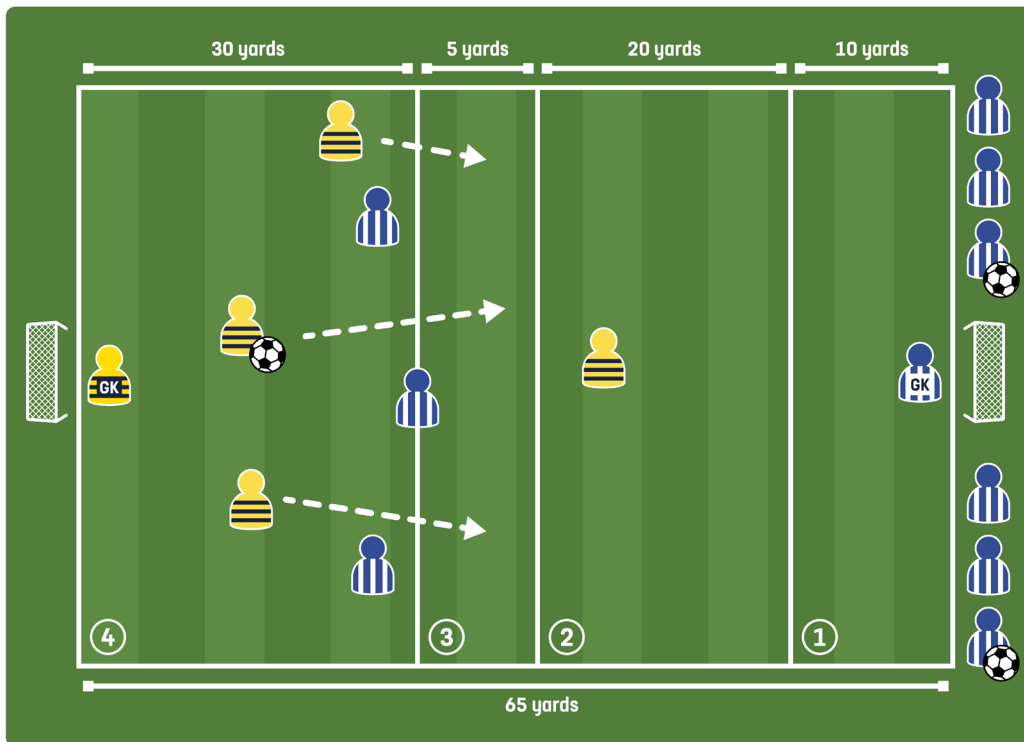
Player movement:



Ball movement:



Goal:



Ball:



Attacker:



Counter-attacker:



Player movement:



Ball movement:



Goal:



OBJECTIVES

Players will develop their understanding of:

- creating space and communicating to beat the opposition
- passing with accuracy and with the appropriate weight
- counter-attacking quickly to maximise the space behind their opponents.

ORGANISATION

- Set up a 65x20 yard area and place three lines across it – one at 10 yards, one at 30 yards and one at 35 yards – to create four zones
- Zone one is the 10-yard zone, zone two is the 20-yard zone, zone three is the 5-yard zone, and zone four is the 30-yard zone
- If you're struggling for space, use what you have to create a long and narrow area with similarly proportioned zones
- Place a goal at each end
- For this practice, we have 15 players – two goalkeepers (one in each end), three attackers, four counter-attackers and two teams of three attackers waiting off the pitch (behind the attacking team's goal)
- All three attackers start in zone two
- Two of the counter-attackers start in zone four, one starts off the pitch to the side of zone four, and one starts in zone two
- Give the two attacking teams off the pitch a ball so that they're ready to play when it's their turn
- Adapt the practice to suit your numbers – you could create more teams or have fewer teams and more rest breaks

HOW TO PLAY

- The aim of the game (for both teams) is to combine with teammates to score as quickly as possible
 - To start, the attacking team's goalkeeper distributes the ball to a teammate who drops into zone one to receive
 - The receiving player then takes the ball into zone two – here, the attacking team play 3v1 against the counter-attacker and try to get to zone three
 - Zone three is the safe zone – only the attackers can go in there
 - When ready, the attacking team progress into zone four – they're trying to get past the two counter-attackers and score
 - If successful (or the ball goes out of play), the next attacking team enter the pitch with their ball to have a go
 - If the counter-attacking team win the ball, they spring to life – their extra player gets to join in to create an overload and help launch an attack
 - To keep the waiting teams engaged, encourage them to discuss tactics and observe others
-