

# Counter Attacking - Winning The Ball Back (skill)

Category: Attacking

Length: 00:15 Rec. Players: 10

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## Practice Theme/Topic

Counter attacking, wing the ball back

### General Notes

UEFA B Skill Practice on counter attacking and winning possession

### Aims & Objectives

Begin working on defending principles to win ball back, then focus on attacking phase in counter attack

### Organisation & Setup

30x30 square

4v2 in the middle, with four more players on outside of square

2 x target goals in opposite corners (see slide)

Four on outside and two in middle (blue) attempt to maintain possession.

Four in middle (red) defend to win ball and counter attack

### Coaching Factors & Outcomes

See Coaching Points

### Adaptation & Progression

Focus on defenders counter attacking into space first and foremost. Then promote goal scoring

Outside players restricted touches

### Technical

N/A

### Physical

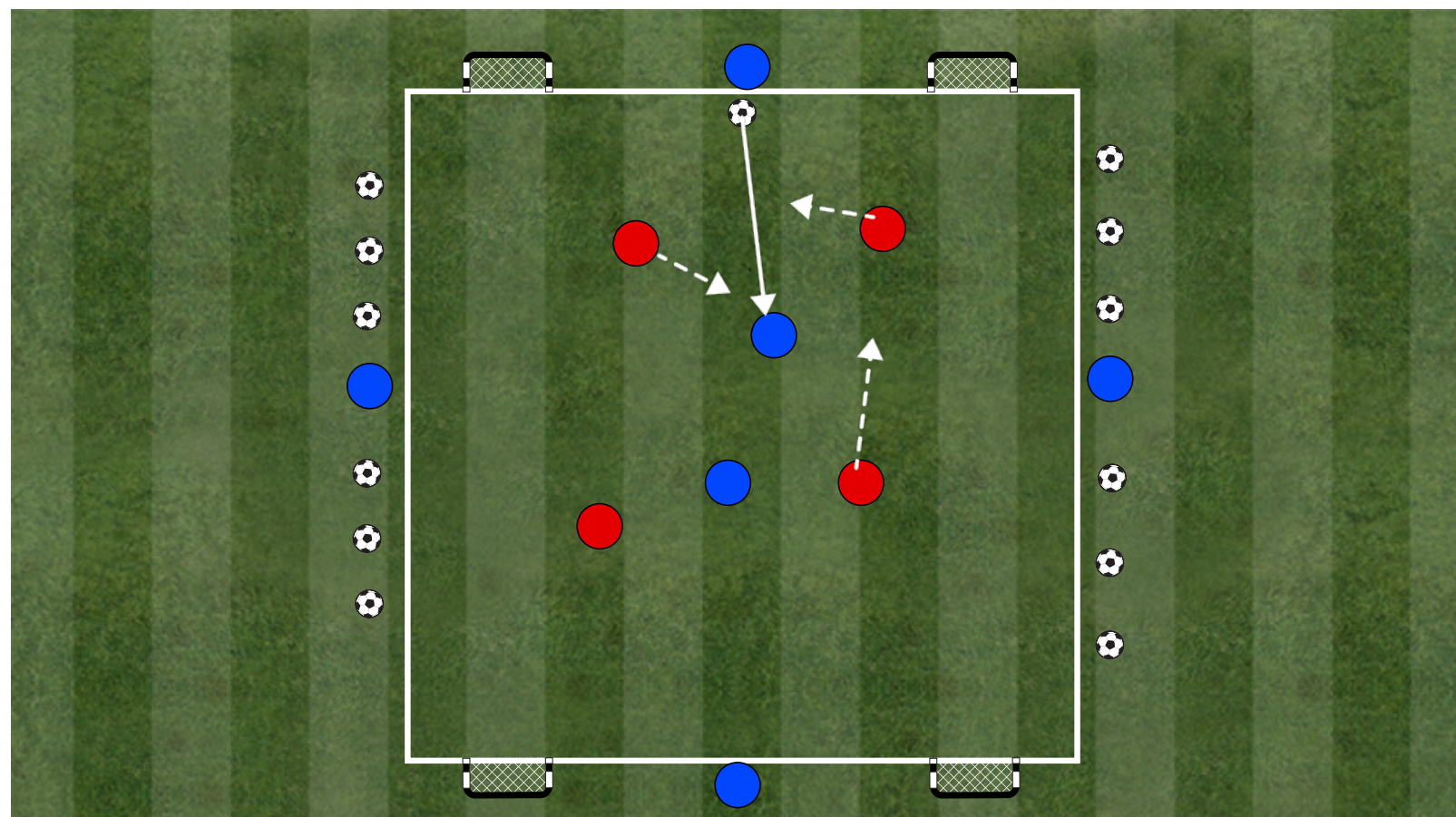
N/A

### Psychological

N/A

### Social

N/A



### Coaching Point #1

Defenders:  
Decision-making - press the ball, patience, support

### Coaching Point #3

In possession:  
Early decisions to counter attack; where, how, who

### Coaching Point #2

Defenders:  
Preventing passes  
Challenges/tackles  
Intercepting

### Coaching Point #4

In possession:  
Support the counter attack  
Change direction of attack to continue momentum

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