



Counter Attacking From Deep

Category: Tactical: Counter attack

Skill: U18 | Start Time: 30-Jan-2014 10:30h

Pro-Club: York City FC
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Warm Up 1 (10 mins)

Team Learning Objectives - For the session are how and where to counter attack from deep.

Session Organisation - 20x20 passing square with discs placed 2 yards inside each corner.

How to Play - simple pass and follow routine, controlling tempo and changes of direction.

Progressions

1. No players on the inside

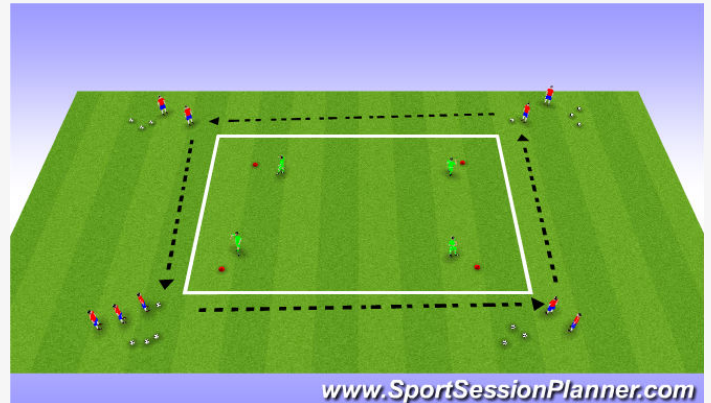
2. One player starts at the disc (green player), when the ball is received in the corner the player plays a wall pass with the player at the disc.

Tech/Tact Focus - Fast, accurate passes to the outside of the corners. Receiving on the back foot.

Physical Focus - Warming up.

Social Focus - Working as a team.

Psychological Focus - setting an appropriate standard.



Warm Up 2 (15 mins)

Team Learning Objectives - As previous screen.

Session Organisation - As previous screen.

How to Play - Apart from the 2 corner players with the ball, everyone else starts inside at the disc. Movement is triggered by rolling the ball then making the pass. The players inside the grid now have to get to receive the ball as before to continue the sequence.

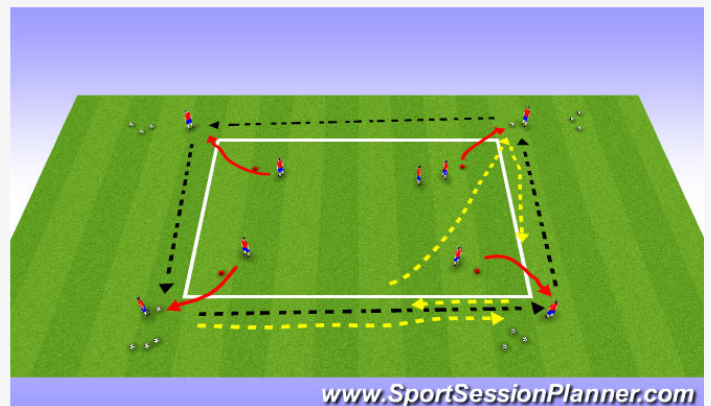
Progressions - pass, set & spin (yellow dotted line).

Tech/Tact Focus - realistic movement and passes. Open body to receive on back foot.

Physical Focus - increased pace and tempo of movement

Social Focus - working as a group

Psychological Focus - concentration



Warm Up 3 (20 mins)

Team Learning Objectives - as previous

Session Organisation - split the area into 4 squares with a defender locked into each. Reds play as per their positions.

How to Play - positional rondo. Reds try to keep possession and work the ball from back to front and can use the CM at any time. Once the ball goes into the forwards they can re-circulate. (if we had the keepers at this stage the forwards could go to goal for a finish). If the blues win possession the nearest 2 reds must press to try to win the ball back.

Progressions - if the 2 deeper defenders go tight on the CM then the CB can clip the ball into the FWDs.

Tech/Tact Focus - as previous with passing & receiving.

Decision making on when to play short & when to play long.

Physical Focus - game tempo (in restricted area)

Social Focus - working in game specific units

Psychological Focus - concentration, decision making



Counter Attack (45 mins)

Team Learning Objectives - as previously stated.

Session Organisation - pitch is approx 60x40. 7v7 incl keepers

How to Play - 2 nominated strikers (1 per team) have no defensive responsibilities and wait around the half way line. Reds would start with the ball and, when appropriate, try to play into the striker. When the ball is on it's way to the striker, up to 3 blues can drop in to defend. 3 reds can join in to complement the attack. Play to a finish in that half and then reset with the blues gaining possession.

Progressions - keep possession after your team scores.

Tech/Tact Focus - encourage the forward pass when it is "on". FWD has to decide whether to go it alone or hold the ball up. MF must support quickly. Defenders must recover quickly.

Physical Focus - match pace

Social Focus - team and unit work

Psychological Focus - correct mentality to attack and defend at pace.



Finishing & Transition (20 mins)

Team Learning Objectives - finishing & defending under pressure.

Session Organisation - as shown with mini-goals.

How to Play - coach feeds the ball in & teams play 2v2 to start (1st ball only). After the first attack, the player who took the shot defends against 2 from the opposite team. Coach feeds the attacking team.

Progressions - 3v2

Tech/Tact Focus - quick breaks. Transition from attack to defence.

Physical Focus - speed of movement

Social Focus - fun practice with a purpose

Psychological Focus - ruthless mentality to both score and defend

