

COUNTER ATTACKING

Small-Sided Game

Skills Developed

Finishing, Passing, Control, Shot Stopping

Equipment

- ✓ 2 Large Goals
- ✓ 5 Bibs
- ✓ Markers

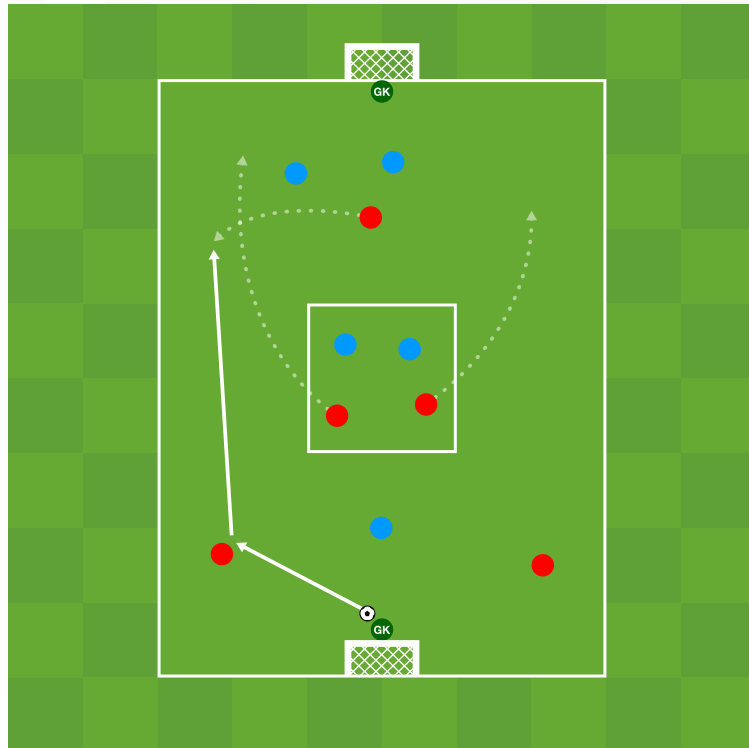
Set-Up

- 1 Goal at each end complete with GK. In the centre of the pitch mark an area of 10x10.
- 6v6 including GKs.
- Both teams will set up with 2 attackers, 2 midfielders (who start inside the 10x10) and 1 striker.
- The coach will start play by calling out the name of 1 of the GKs. The chosen GK will roll the ball to 1 of his defenders. Simultaneously the 2 midfielders on the same team can attack making it a 3v2.
- The 2 opposing midfielders must remain in the 10x10 but can still interfere if they get chance.
- The aim is to play combinations to create a chance to shoot.
- If the defending team win the ball the attacking midfielders must return to the 10x10. Simultaneously the 2 defending midfielders become attackers.

Age 12-16 years

Area 40x30

Time 20-30 mins



Coaching Points

- Attack at pace
- Quick tempo
- Utilise the spare player
- Switch play
- Interchange