

UEFA 'A' Licence 11 v 11 Defending Ready to Counter Attack Quickly

In a 4-4-2 formation how to develop the understanding how to counter attack a team once regaining possession (Game Transition)

The practice will develop player, unit and team understanding of how to counter attack a team with speed and precision

This practice is a direct progression from the Function of Defenders Playing out From the Back

Pre Session Focus

- ✓ Organisation for both teams 11v11
- ✓ Right players in right positions
- ✓ Free Play to develop realism
- ✓ Realistic Start Positions
- ✓ Good Coaching Position



Player Running with the Ball ↗ ↘ ↙ ↚ ↛ ↜ ↝ ↞ ↠

Pathway of the Ball →

Player Running without the Ball - - - - - →

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Organisation

Os 4-4-2 (Coaches Team)

Xs 4-4-2 (Managed Team)

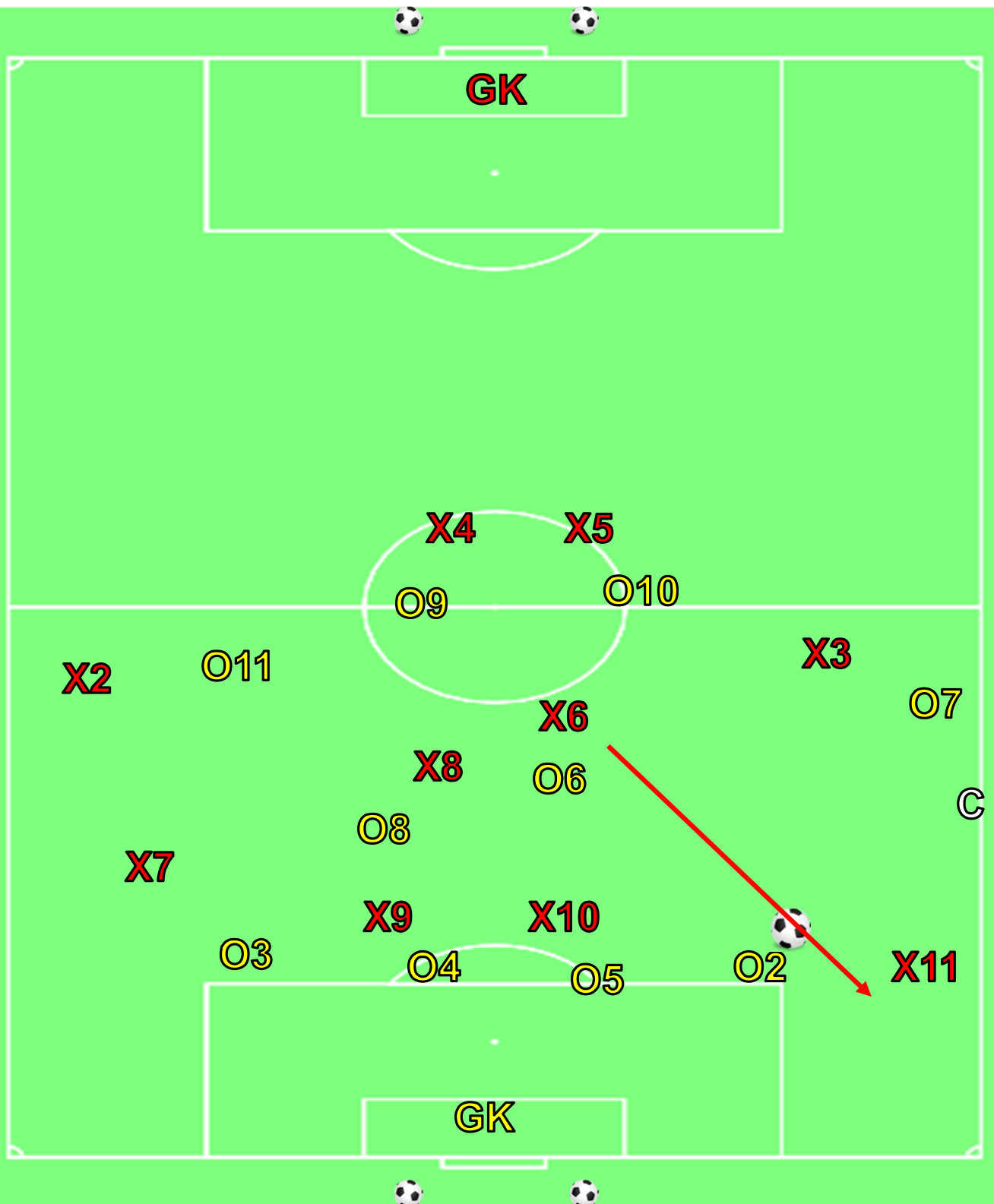
Start Point No1

FB Intercepts & Counter

- Xs (reds) on the attack
- Os (yellows) Narrow & Compact
- **X6** attempts pass to wide player **X11**
- **O2** intercepts

Transition

- Os now have the ball
- Dispersal (create and exploit space)
- Speed is the first thought to counter attack
- Passing Priorities and decision making



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Session Development No1 Exploit Space Early

Scenario

Xs will drop and narrow on game transition so its imperative that **Os** counter Quickly

Primary Players (O9 & O10)

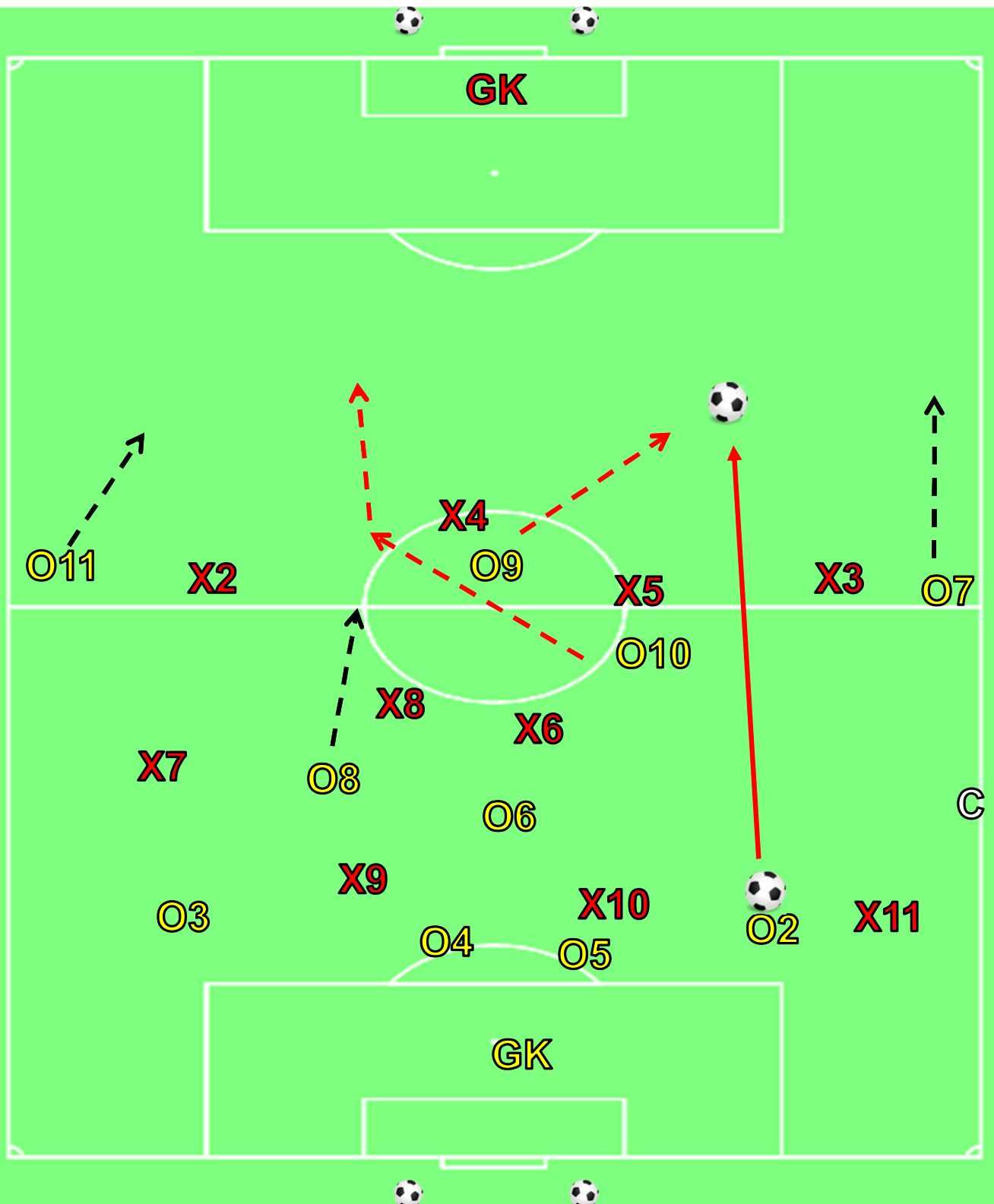
- **O10** Drops into the pocket as an option (Zone 14)
- **O9** Exploits the Space behind **X5**
- **O10** Makes and runs blind side
- **O2** Passes into space

Secondary Players

- **O11 & O7** move to high positions on the shoulder of the last defenders and attack space in wide areas

Fringe Players

- **O8** high supporting position
- **O6** Holding role
- Back 4 defenders move out and support behind the ball



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Session Development No2

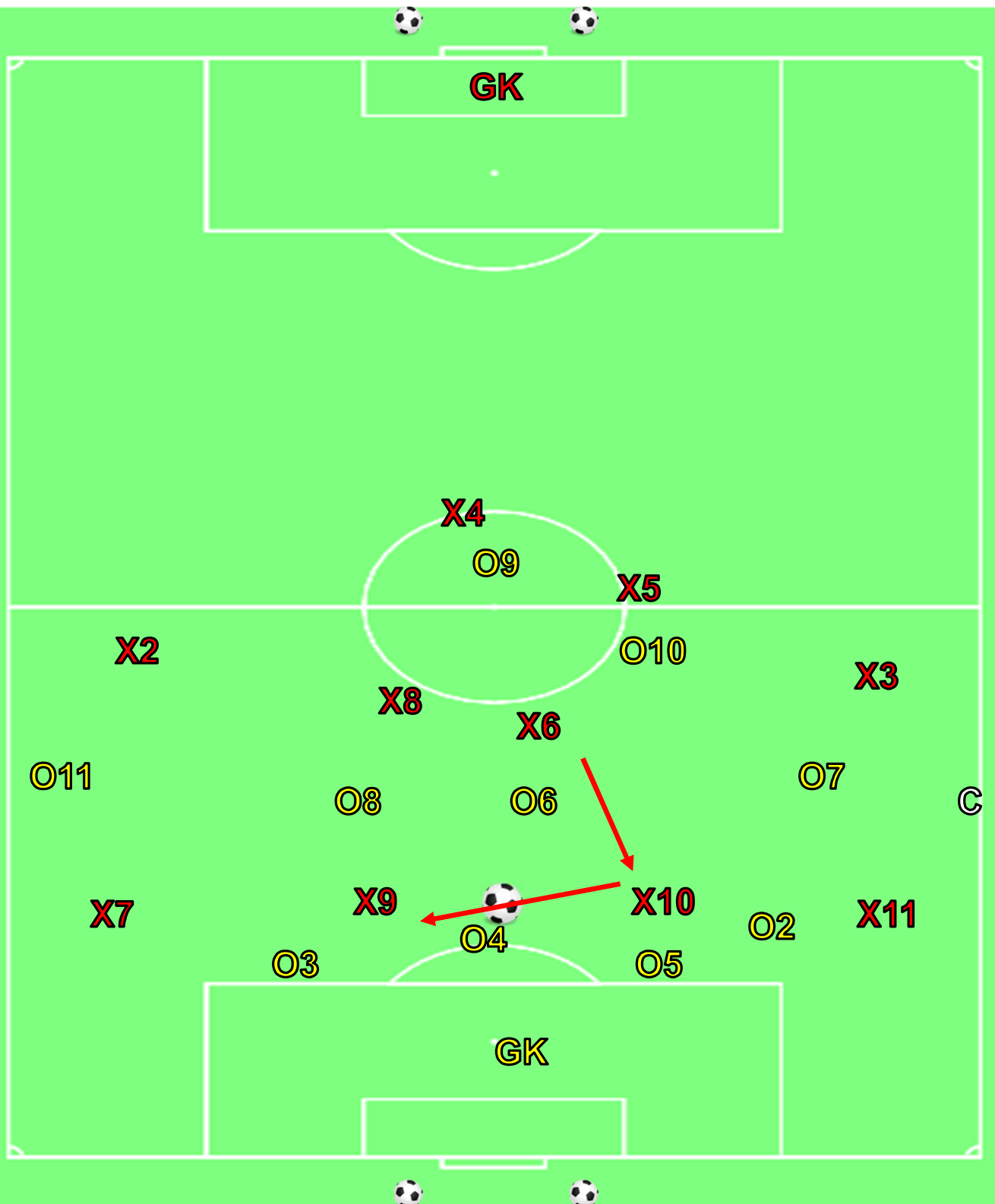
Exploit Space Early by
Switching Play

Scenario

1. Xs on the attack
2. **X6** passes to **X10** who is marked tight by **O5**
3. **X10** passes round the corner to **X9**
4. **O4** intercepts on the edge of the box and moves forward

Transition

X5 are high in the attacking
third with space in behind



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Session Development No3

Exploit Space Early by
Switching Play

Primary Players (O9 & O10)

- Both strikers show to take defenders away to one side of the pitch suggesting counter attack right side
- **O8 & O11** make decisive runs in behind **X2**
- **O7** plays reverse diagonal pass to exploit space behind **X2**

Secondary Players

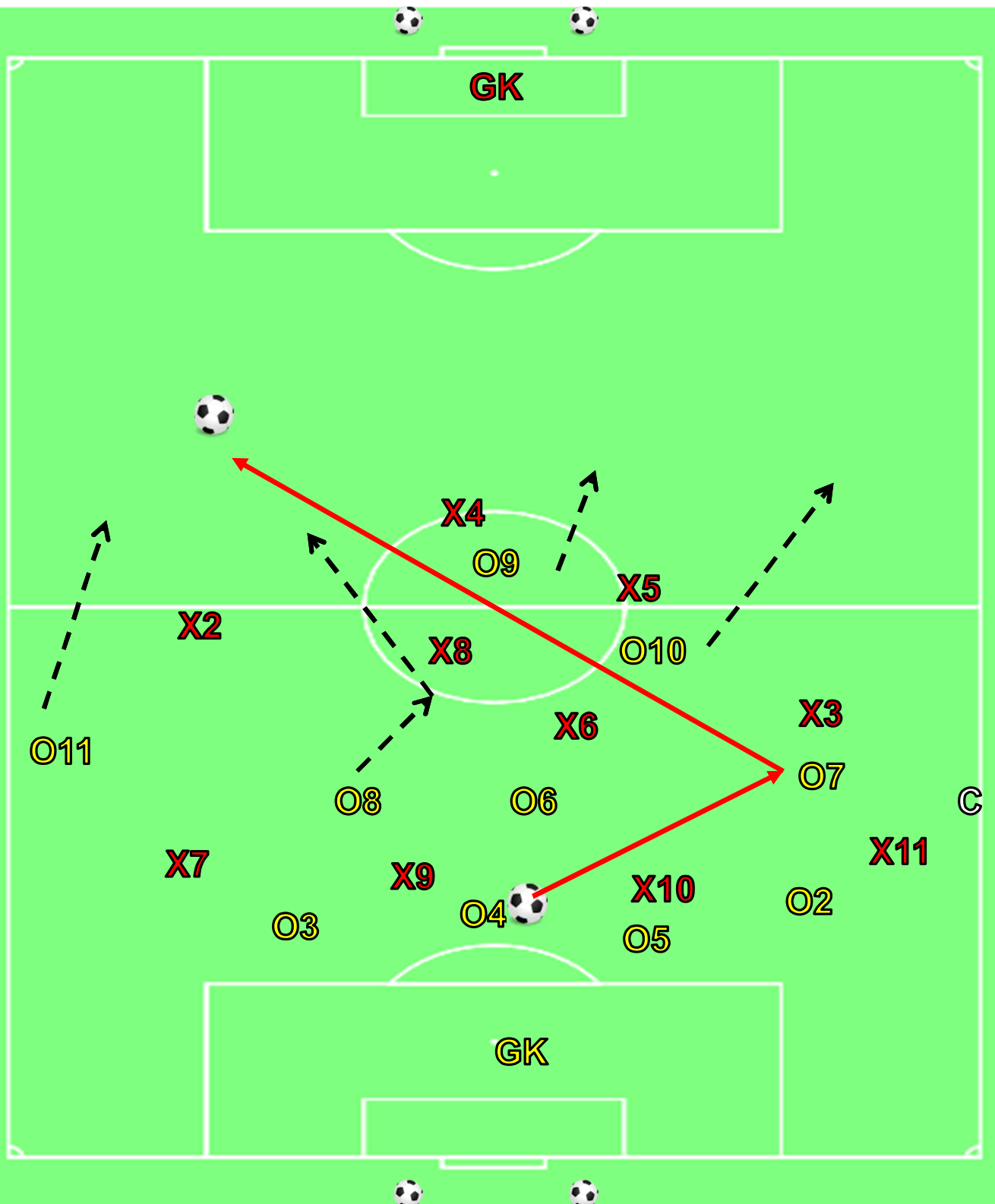
- **O8** supports the attack from deep position

Fringe Players

- Back 4 defenders move out and support behind the ball

Coaching Points

- ✓ Disguised runs away from one side of the pitch to open the other side
- ✓ Speed of movement and passing



Areas to Consider

Collectives

- ✓ Players prepared to defend on the right side of attackers on the front foot ready to intercept
- ✓ Game Transition every player switches on ready to counter

Key Factors

- ✓ Marking ready to intercept
- ✓ Creating & Exploiting space early with disguised runs off the ball
- ✓ Release Skills
- ✓ Movement to interchange, angle of runs
- ✓ Timing of Runs
- ✓ Link to others
- ✓ Speed of movement and decision making

Associated Factors

1. Passing precision of all players
2. Quick movement to draw players out of position

Practice Priorities

1. Interception
2. Creating Space and movement
3. Movement of players in advance of the ball
4. Support play from midfield
5. Variations on areas of interception
6. Speed of Counter
7. End Product

End Session Evaluation

- ✓ Success?
- ✓ Players enjoyed the session?
- ✓ It was a Level 4 coaching practice not a drill?
- ✓ What are you taking forward from this session

Have You

- ✓ Devised a positive practice and positive experience for the players?
- ✓ Coached your topic?
- ✓ Coached Primary, Secondary and Fringe players?