

Title: Counter-Attacking Masterclass

Phase: 2, Finish The Attack

Age: Professional Phase

Intensity: Medium

Technical

- Passing
- Receiving
- Dribbling / Running with the ball

Tactical

- Breaking Lines
- Defending with anticipation
- Counter-Attacking

Physical

- Speed
- Agility
- Reactions

Psychological

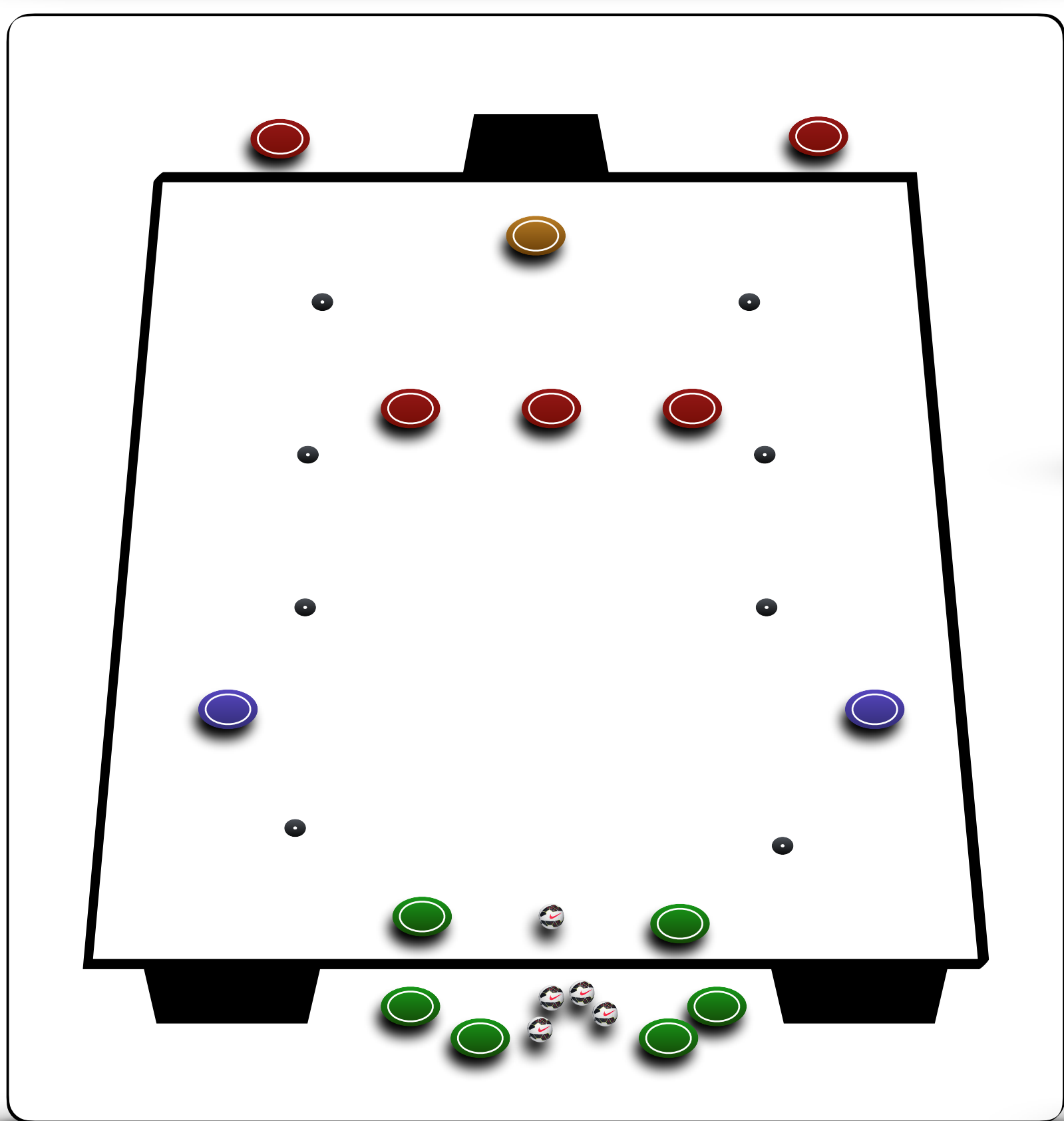
- Organisation
- Concentration
- Anticipation

Area Size: 30x40 Area

Players: 12 +

Duration: 20 Minutes

Session



Set Up / Organisation

- 1) 30x40 Area
- 2) Attacking & Defending Teams
- 3) Wide Players (Support Players)

Key Coaching Points

- 1) Quick & Creative Movements
- 2) Counter-Attacking Principles
- 3) Transition Work

Progressions

- 1) Bring in the competitive side with consequences
- 2) Progress into a small sided game

Player Challenges

- 1) Can you set up to counter with speed?
- 2) Can you win the ball to maintain possession?
- 3) How can you draw defenders out to exploit space elsewhere?

Reflective Practice

What Went Well...

- _____
- _____
- _____

What Needs Changing...

- _____
- _____
- _____

Future Considerations...

- _____
- _____
- _____

