



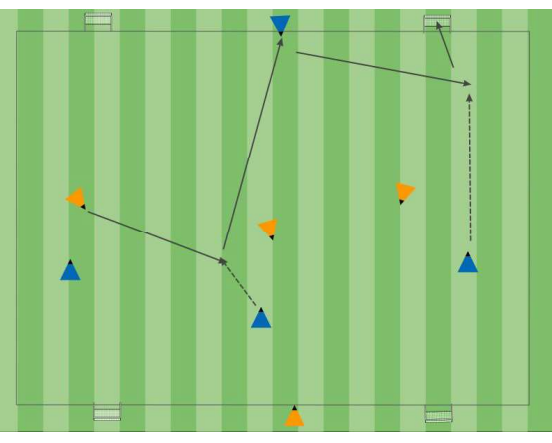
Topic: Preventing opponents buildup out of their own half - THEN COUNTER

Objective: To score more goals by winning the ball in the opposing half and creating quick scoring chances

Player Actions: Defending (pressure and cover), dribbling, passing, shooting

Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



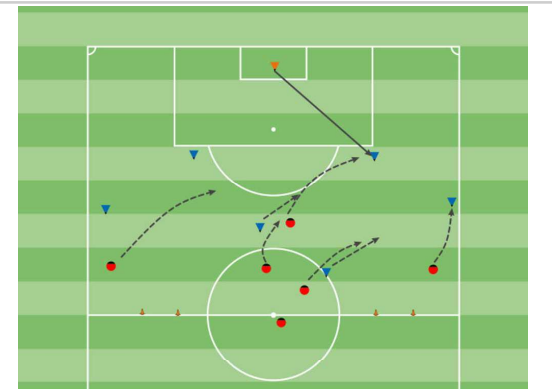
Objective: To prevent opponents buildup to create more chances to score goals

Organization:

35w x 25l grid - Can play to one large goal to gain repetition on realistic and game like opportunities or to two counter goals to focus on the quick counter

Coaching Points/Guided Questions

When we win the ball, can we go forward quickly
Is the opponent spread out or compact when we win the ball high? Is it best to attack right away or wait?



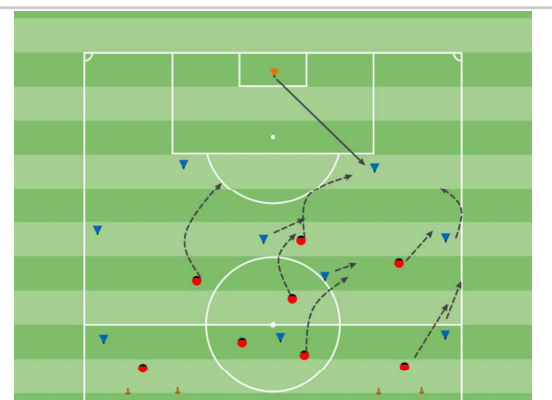
Objective: To prevent opponents buildup to create more chances to score goals

Organization:

Width of field to half line
5v6 on the field with GK and support player
Red plays to goal, blue plays to counter goals OR target
GK starts with ball, but let play flow as well with rules of the game sometimes starting with the support player to keep motivation high.

Coaching Points/Guided Questions

When should we pressure? As soon as GK plays it
Where should we go when GK plays it? Each player has a role
Where do we force them? Can we prevent the opponent from moving the ball forward?
The cue of when to move to defend is extremely important
AGAIN TO ATTACK. IF THEY PRESS ALL OF OUR BACKS, CAN WE PLAY IT OVER TO TARGET?
When we win it, where do we go? How?



Objective: To prevent build up in large numbers and counter to score

Organization:

8v9+GK Blue(1, 2, 3, 4, 5, 6, 8, 10, 7, 11) vs Red (2, 3, 6, 8, 10, 7, 9, 11)
Two counter goals over half line.

Coaching Points/Guided Questions

What is my role? What can I do to help now? What can I do to help next?
Role of players within the objective - prevent the ball from moving forward (DONT HAVE TO WIN IT NOW, WILL WIN IT WITH PRESSURE)
Where do we go when we win it? Where is the space? How do we attack it quickly?

Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play 1-4-3-3 (1-4-2-3-1) or 1-4-4-2

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next



4v4 7v7 9v9 11v11

Moment: Defending in opponents half

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