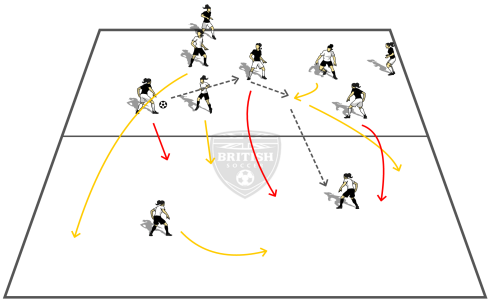
Organization: **Lucan Soccer Club**
Age Group: **U15-U18**
Category: **Competitive**
Week: **Week 8**
90 Minutes

Topic: Counter Attacking

Objective: To teach how to draw in the opposition for good counter attacking opportunities and develop ability on how to capitalize on these

Session Part: Technical Warm-up

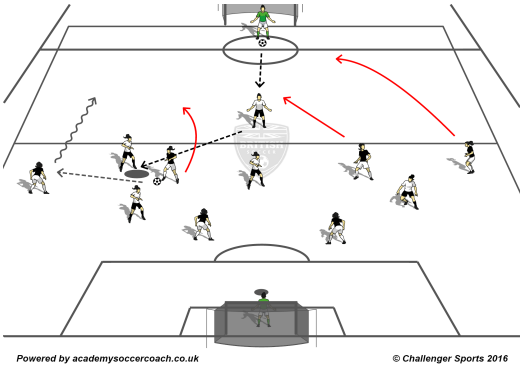


Organization	Time: 15
Area:	30x30
Numbers:	10

- 5v3+2
- The objective is to keep the ball in your attacking half. As the black team possess the ball as a 5, the 3 whites attempt to regain possession to play into the opposite grid to their 2 forwards. When this is achieved, all white players transition and support the 2 to make a 5 while the black team only send 3 players over, leaving their 2 forwards high. Every 5th consecutive pass is 1 point

Progressions	Coaching Points
- Add small goals on the end lines - once forwards get the ball the team in possession must make 3 passes before scoring - will help increase their speed of play as the defenders look to get behind the ball	- Quick transition once the ball is won, make the space big when moving into the opposite grid. - Multiple options on the ball to increase speed of play to get quick points/goals

Session Part: Small Sided Game

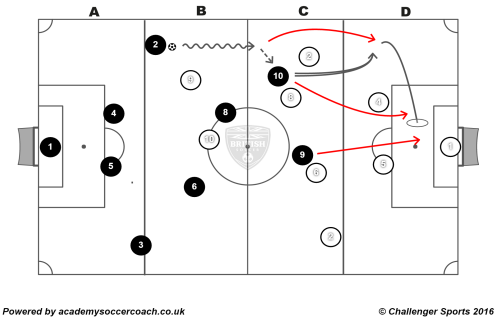


Organization	Time: 20
Area:	50x40
Numbers:	13

- 6v4 +GK's. 2 teams compete and attempt to score in the full size goals. Defending teams must have all their players recover into their own half before any player is allowed to tackle or challenge for the ball. If the Counter Attack Team win possession of the ball they have 7 seconds in which to score from the moment they regain possession.

Progressions	Coaching Points
- All counter attacking players need to be in their opponents half of the field for a goal to count.	- Force players inside when pressing high up the field (forcing them back into the midfield masses to deny space in the hope to dispossess high). - Good mobility in attack, quick moves to get space to go forward as soon as possible

Session Part: Expanded Small Sided Game

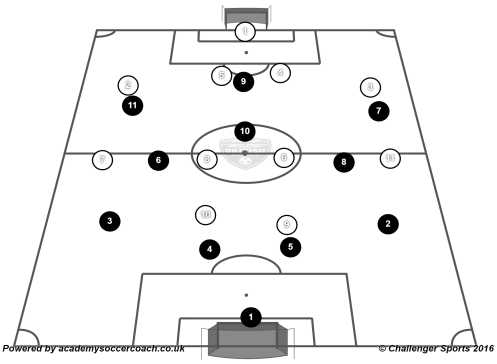


Organization	Time: 25
Area:	
Numbers:	

- 8v8 +GK's play through 4 zones. The counter attacking team have a limitation on how many passes they can make in each zone; A=4 passes, B=3 passes, C=2 passes, D=1 pass. Also, a goal will only count if all counter attacking players are in attacking half.

Progressions	Coaching Points
- Remove pass limit to see if they still play as direct	- Awareness to recognize opportunities for an effective counter attack. i.e. Space behind the oppositions defending line, numbers forward,

Session Part: Game



Organization	Time: 30
Area:	Full Field
Numbers:	11v11

- 4-3-3 vs 4-4-2
- 4-3-3 gives good options for counter attacking play

Progressions	Coaching Points
- Change tactics; press hard in their attacking third to attempt to win possession high up the field. OR drop off and invite the opposition to play into their half before trying to intercept and then attack quickly using a counter attack	- Direct mentality - Support players get high quick - Take risks towards and in final third

Email Session
Print Session
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