



Attack to defense in own half, rebuild defensive structure

Category: Academy: Counter/Reactive pressure
Difficulty: Moderate

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Description

Transition Attacking - Defending (own half).

Basic Principle: REBUILD THE SHAPE TO DEFEND/PROTECT THE GOAL AFTER LOSING POSSESSION

Sub Principle: Rebuild the defensive structure behind the ball.

Sub-Sub Principle: 8-9+GK behind the ball / 1-2 Attacker high on ball side.

Player Actions: Defensive style our run.

4 vs 4+1 (20 mins)

Instructions:

- Green have 4+1 and attack small goal
- Red have 4 outfield players and attack large goal

Coaching Points:

- Reaction to the press, how do I use the extra player.
- Recover to get players behind the ball
- Defend as a team.
- Close middle to find moment to step again.
- Force offense wide



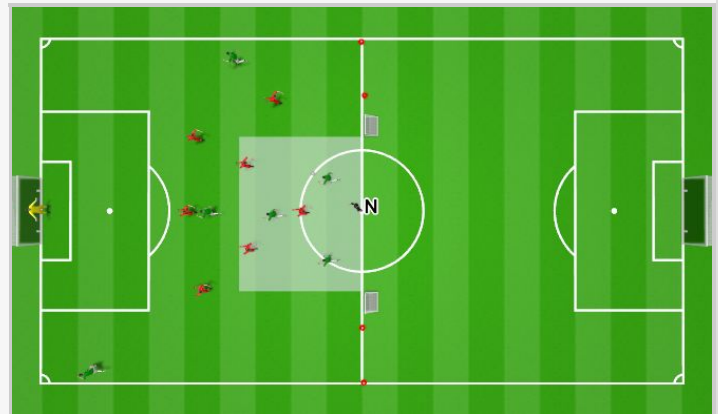
8v8 (40 mins)

Instructions:

- 3 + N (green) makes 3 passes in the zone before passing to attackers
- All green players and 1 red player from the zone can join the play, once the ball is distributed
- Green looks to use overlaps and switches to score on the large goal
- Red keep compact shape and looks for opportunities to press.
- If red win the ball back they should look to counter quickly
- After goal or out of bounds, the game restarts on the zone.

Coaching Points:

- Direct reaction to the loss of possession.
- Rebuild defensive structure on turnover
- Get compact shape to force opponent wide, to not allow switch and win ball wide.
- Get into attacking shape on transition from defense to attack.



Half field scrimmage (30 mins)

