

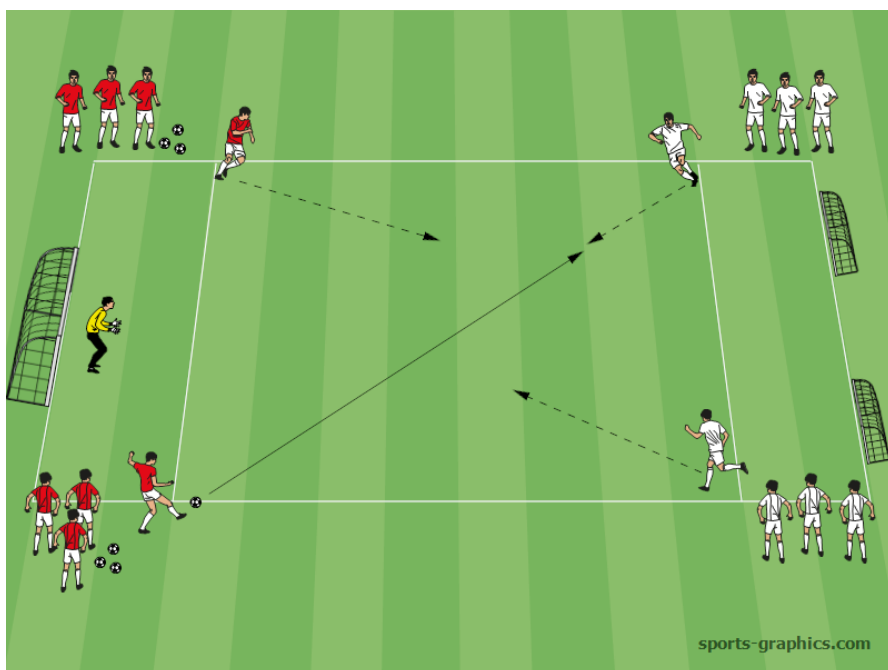
ATTACKING AND COUNTER ATTACKING IN PAIRS

Develop basic attacking principles in a skill related practice

TACTICAL

Attacking and Counter Attacking

Playing Forward



Set up a 40x20 playing area with two zones marked 10-yards into each end.

Use two small goals at one end as targets and one normal goal at the opposite side with a goalkeeper.

Any number of players can be used.

Players in each team work in pairs.

Practice starts with a pass to the diagonal opponent.

Two players attack the main goal (whites) against one defender (red) to make a 1v2 overload.

Objective is to get the ball into the opposing end zone and shoot at goal.

If the defender wins the ball, a second player from the defending team takes a ball and attacks either of the two goals at the opposite end to score (2v2).

The practice ends when a goal is scored at

either end or the ball goes out of play.

The next defender then passes to the opposite corner and the practice continues.

Reverse roles of teams after suitable period of practice.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Creating 2v1 passing opportunities with individual techniques.
- How to support in attacking situations.
- Isolating individual defender and making through pass to attack goal.

KEY FACTORS

- Communication
- Decision making
- End product
- Good first touch
- Head up
- Keep the ball moving
- Movement

FOCUS AREAS

- Angles and distance of support.
- Decision making.
- Individual defending in 1v1 and 1v2 situations.
- Isolating individual defender and making through pass to attack goal.
- Move the ball off straight lines.
- Play forward if possible.
- Shooting to score on the move, versus GK.

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