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TEAM: A License Staff Session

DATE: July 29, 2014

TRAINING OBJECTIVE(S):

A License Staff Session: Counter Attack
- Sharpen the skills of counter attack - Quality passing and receiving, running with ball into space, turning or touching off passes to teammates, passing off the dribble, quality of finish.
- Illustrate the phases of successful counter attacks; strategy to steal the ball, speed of thought and action in possession, support for the counter, sustaining the momentum, strike on goal and security.

I. WARM-UP

DURATION: 20m  INTENSITY: MED  INTERVALS: 2 WORK:REST 1:2

ORGANIZATION (Physical Environment / Equipment / Players)
16 players - 2 groups of 8
Passing diamond technical work + 6 v. 2 box "transfer" possession

COACHING POINTS / KEY CONCEPTS:
Passing Diamond: Quality passing and receiving skills - skill variations
6 v. 2 box "transfer" possession - Keep possession and look for the opportunity to play long to the target player in the far box. Defenders tries to intercept

II. MAIN PART: SMALL-SIDED ACTIVITY

DURATION: 15m  INTENSITY: HIGH  INTERVALS: 2 WORK:REST 1:2

ORGANIZATION (Physical Environment / Equipment / Players)
16 total players - 2 teams of 8 split into two groups (4 v. 4 + 2 GKS)
Two small sided goals placed back to back (35 x 30)

COACHING POINTS / KEY CONCEPTS:
Blue shirt team scores in goal #1 White shirt team scores in goal #2
Upon winning possession, counter quickly to attack your designated goal
GKS can be used by either team but cannot score – 3 min games

III. MAIN PART: EXPANDED ACTIVITY

DURATION: 15m  INTENSITY: HIGH  INTERVALS: 1 WORK:REST

ORGANIZATION (Physical Environment / Equipment / Players)
Full field - 11 v. 9 (Including 2 GKS) - Quick counter attacks with strikes on goal
20 yard wide zone across the width of the pitch as shown

COACHING POINTS / KEY CONCEPTS:
Defending team 8 + GK in the back half vs. 4 attackers + 3 MF players joining in
Defending team has a free player (#10) in the center zone unopposed + a CF in the attacking who is marked. Def. teams wins the ball and counters + 3MF

IV. GAME

DURATION: 20m  INTENSITY: HIGH  INTERVALS: 1 WORK:REST

ORGANIZATION (Physical Environment / Equipment / Players)
11 v. 11 match with the white team playing 4-3-3 vs. blue team in a 4-4-2

COACHING POINTS / KEY CONCEPTS:
White team sets a deep line of confrontation near the half line
White team looks for re-quests in central areas of their back half to launch counter