



Defend the Counter Attack

Category: Tactical: Counter attack

Difficulty: Moderate

Am-Club: Illinois Youth Soccer Association
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Defending and Counter-Attacking (20 mins)

Defending the Counter-Attack Play

Practice Organization

- Half of field, restricted in length with appropriate size goal at one end & 3 small gate goals across field as shown.
- 13-15 Players (incl. GK), arrange 6v6 or 7v7 in teams formation 3v3 (Counter-attacking team) & 4-2 (Team attacking 3 goals), as shown.
- Practice starts with: GK rolls ball-out to the Defending team.
- D's (Blue) look to build-up play & score in any of the 3 goals.
- A's (Red) are looking to gain possession & quickly counter-attack to single goal with GK.
- After conclusion of an attack; practice restarts from GK
- Roles of teams can be reversed after a defined period of play or number or restarts.

Detail:

- D's work ethic getting back behind ball to defend.
- D's to defend realistically at all times, tracking runs & challenging.
- Quick reaction to adjust position & depth of defensive line in relation to ball movement.
- Engage player on ball swiftly to delay & deny forward passing.
- Sliding across as a unit, remaining compact & leaving furthest attacker away from ball.
- Ensure a quicker tempo in passing & movement from team in possession (2-3 touch)
- Encourage creative & clever play in advance areas
- Simple progression for this practice are:
 - Replace 3 goals with one & GK, to develop full game.

Coaching Points:

- Players ahead of ball to recover at pace to establish defensive block behind ball.
- Once goal-side; adjust from pressing to cover & balance in relation to ball & defensive line.
- Engage player on ball (if possible) on recovery run.
- Quick reaction to movement of players to initiate counter-attack.
- Quick change of defending to attacking attitude from players (& vice versa).

