



Transition and fast break counter attack

Category: Tactical: Counter attack
Skill: U15

Continental Football Club, Philadelphia, United States
of America
Individual-Adult Member

Description

To contain and play under pressure and then counter at pace.

Transition in the midfield (25 mins)

4 v 4 + 4

Purpose: A possession game that focuses on specific positional requirements

Blues begin with ball, attempting to play the ball from end to end (i.e. through the midfield). All effort is made to play through as many gates as possible during the possession to develop the positional requirements.

If Red steals, two Blues quickly change with the two outside Red continues to play (quick transition!)

Notes:

-Game may be played as 3 v 3 + 3 if required for your particular numbers

Coaching points:

-Body shape upon receiving

-Utilize ball movement to free up areas around the gates

Technical.

Work on Receiving skills, dealing with the ball under pressure, passing and keeping possession by using the ball effectively.

Tactical

Individual rolls and responsibilities, positive play, identifying when to run and when to retain possession.

Physical

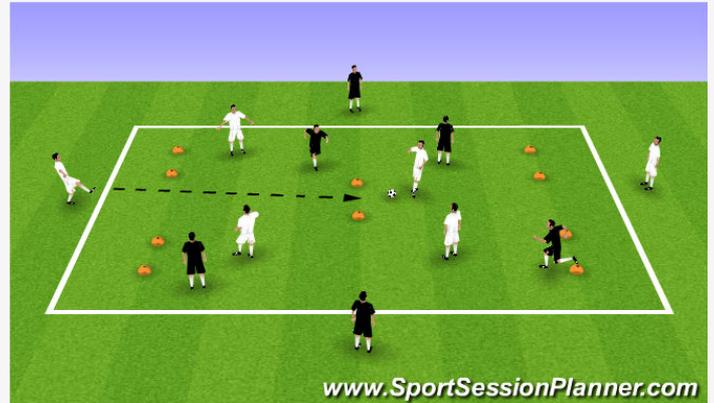
Develop. Aerobic and Anaerobic capabilities of players. Game specific work

Psychological.

Test the ability to work under pressure, scenario

Social

Encourage your team mates



Fastbreak (25 mins)

Session Organisation

60x40 play area + 2 10x40 target free zones. Play 5v5; 6v6 + 1 floater.

Detail

High intensive session. Team in possession to score need to receive from team player in a target zone and pass the ball into the opposite target team player, the final pass must be made inside the final 20yd zoned area. Target player receives the ball unopposed and runs the ball back into play. Player who made the pass becomes the zonal target player. Floating player can only combine with team in possession and not swoop positions with target zone player.

Four Corners

Technical.

Work on Receiving skills, dealing with the ball under pressure, passing and keeping possession by using the ball effectively.

Tactical

Individual rolls and responsibilities, positive play, identifying when to run and when to retain possession.

Physical

Develop. Aerobic and Anaerobic capabilities of players. Game specific work

Psychological.

Test the ability to work under pressure, scenario

Social

Encourage your team mates



Overload Phase of Play (30 mins)

Session Organisation

Half pitch with goals at each end, as illustrated. 17 players (incl. 2 GK's) organised 9v8, supply of balls by goal with GK. Practice starts with: GK rolling ball to either MF for attacking team.

Four Corners

Technical

Quality & timing of A's passing & movement. Receiving, screening & turning skills in MF & quality movement, crosses and finish in attacking areas. Effective ball retention in all areas & precise passing execution. Individual creativity in 1v1 2v1 situations, looking for goal scoring opportunities.

Depth of D's back line & position of screening player. D's marking & covering positions. Speed & precision of counter-attack by D's, breaking out into MF areas.

Concentration of A's defenders to safeguard against possible counter-attack.

Tactical

Speed & movement of ball by A's. Individual & combined decisions on passing, dribbling, turning, running with the ball, quality crosses and finishing.

Movement & support to exploit space available in front, behind & between D's. Overlapping timely runs from deep. Maintain composure in possession, looking for penetrating pass, cross and finish but having patience to explore alternative options. Pass selection: when to play to feet, when to play to space.

Physical

Improve Aerobic Fitness through Game Situations. Speed/Strength and Power will be achieved through game specific work.

Psychological

Communication & coordination of team movement to unbalance D's.

Social

Encourage team players

