

### Transition to Attack in our Defensive third

**OBJECTIVE:** From a compact defensive shape, regain the ball and form an effective counter-attack.

**TEAM TACTICAL PRINCIPLES:** Pass/dribble, Keep the ball

**WHAT** Force the opposition in to areas where you can easily regain the ball. Understanding the cues of when to counter-attack vs when to try and play out.

**WHEN:** When we win the ball back from the opponent close to our own goal.

**WHERE:** defensive-third

**WHO:** Back four and midfielders.

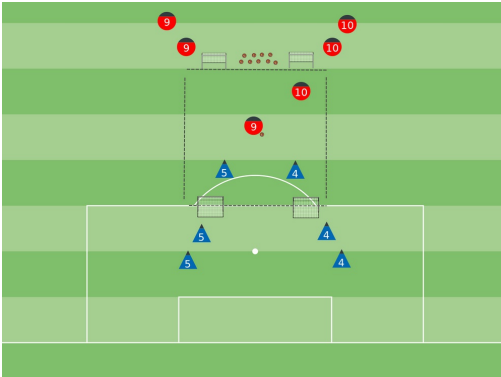
**WHY:** To exploit the opponents imbalance or to create imbalance in order to advance up the pitch and score goals.

Stuart Barlow

AGE: U14 / U19 / 18 players

Defending to Attacking

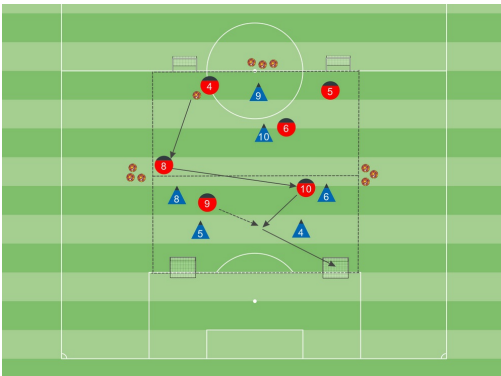
DURATION: 90 min



#### 2v2

**EXERCISE RULES:** This is a great activity to use as players show up to practice. Consider setting up two grids if you have 16+ players. 25 yards wide x 30 yards long - small goal at each end. This activity should be intensive with players working hard for a short while then getting a rest. Players enter the field as a team of 2 vs 2 To progress we can replace the FOCUS TEAM OBJECTIVE: Players should be patience on defense - holding their shape and looking for mistakes. As soon as they regain the ball they should be trying to quickly attack and find a passing lane between the opposition.

**NOTES:** As players finish their turn, use your time to coach them on what you saw. Defenders should be 1-1 formation, with one high and one low. When attacking, players may start as a 2 but we'd like to see some quick combination play and player rotation.



#### 4v2 / 2v4

**EXERCISE RULES:** 50 yards long x 30 yards wide - two small goals at end each to the sides. Each team has six players and is assigned to one half of the field, each team will send two players in to the opposite half of the field to create a 4v2. Players must stay in their assigned half. You may need to set this up twice if you have a large group.

**FOCUS TEAM OBJECTIVE:** Each team has two out-numbered players who they are trying to get the ball to, to score. The out-numbered players can work together but whatever they do should be quick as they are 2v4.

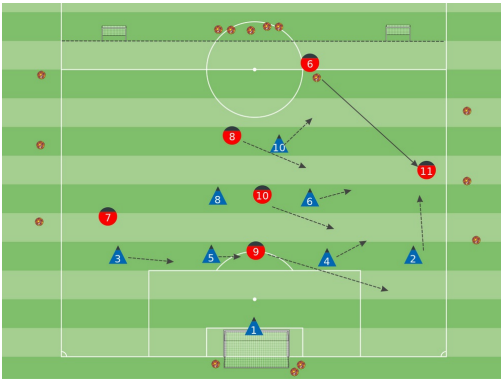
**NOTES:** Players without the ball should be compact and organized with the out-numbered players in positions ready to transition quickly if the ball is regained. Progress this activity by allowing an extra player to cross over and help when their team has the ball (creating a 3v4 situation). You can challenge your players by only allowing them to score with their

## 8v6

**EXERCISE RULES:** Half field plus ten yards - mini goal at end side on the half line.

**FOCUS TEAM OBJECTIVE:** Stop the opponent scoring, regain the ball and score in either of the mini goals.

**NOTES:** We now take away the lines from the last activity and let the game flow. Again the starting point for this game is the team attacking the big goal in possession and trying to keep the ball and look for opportunities to score. Once we see that we can work with our focus team on cues to press the ball and try to regain possession before heading up the



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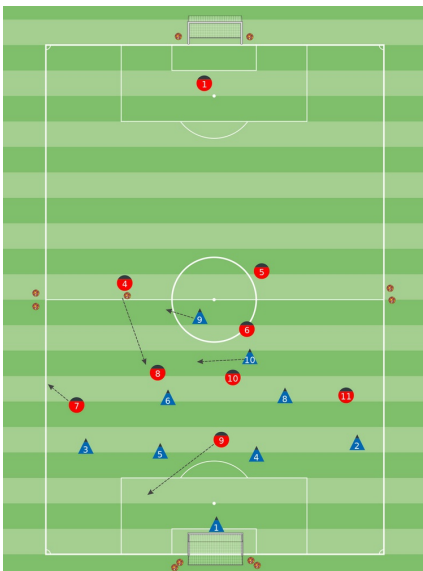
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### Small Sided Game

**EXERCISE RULES:** Set-up two teams and set formations similar to what you'd use in your games.

**FOCUS TEAM OBJECTIVE:** Stop the opposition scoring, regain possession and counter-attack.

**NOTES:** Prioritize an organized midfield and defensive line. These will become the foundation for your attack - if your team is in position then they are ready to attack should you get the ball back. Look for opportunities to high-light the coaching points from your session in a full-field setting.

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?

4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there effective coaching, based on the age and level of the player?

2. What did you do well?

3. What could you do better?