



3v3 plus a front player (counter attack)

Category: Tactical: Counter attack

Difficulty: Difficult

Am-Club: North Shore Girls Soccer Club
Colin Miller, abbotsford, Canada

Description

playing against a high press and counter attacking

Screen 1

Organization - two teams, two keepers, two servers, head coach on the sideline

Field Set up- width of the 18yd box, 40 yds long

Detail - the practice begins with a 5yd pass from one of the coaches either side of the goal- the head coach stands on the outside of the field - the coach calls what side the ball is to be played from so it's not always the goalscoring team that get the ball - play through the pressure up to the front player then supporting runs from deep - the attacking team cannot score until the front player lays the ball off - the defending team must press high and try to block the forward pass - they cannot defend the ball forward - the game continues for 1 minute then the next 6 players play - the front player stays on for every game until they are rotated - once the front player has laid the ball off they are now live making it a 4v3 - after the ball is laid off, offside applies

Progressions

Competencies - players not in possession having the mindset to push up to support as quickly as possible

