



## Week 11 - Counter Press

**Category:** Academy: Counter/Reactive pressure  
**Difficulty:** Moderate

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### Warm Up - Topic intro

#### Organization

1v2 Tag

Gold player runs through far blue gate for 3pts

Maroon players tags Gold player for 1pt

Alternate sides which Gold run from after every rep (Maroon players get reps from below and above ball)

Switch Gold to the taggers

#### Coaching Points

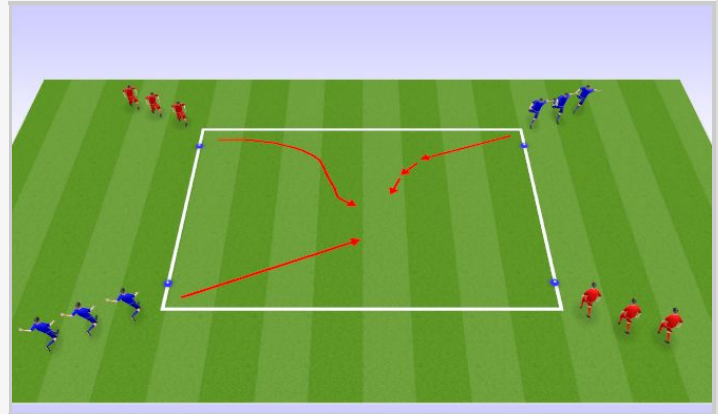
**1st Defender:** delay runner - angle, distance and speed of approach from goal side and force player towards the recovery run from 2nd defender

**2nd Defender:** quickly recover to location runner is expected to arrive - angle, distance and speed of approach from above the 1st attacker (runner).

**Group Concept:** Trap and Collapse

#### Regression(s):

1v1 Face on Tag



### Group Opposed

**Organization:** Diagram shows moment red has scored a point and the game moment is created

2v2 Flying Changes - dribble ball through opponent's blue gate for 1pt.

Ball is triggered with team anytime the ball leaves field in their defensive half

The pair of players who's team triggers the ball then rotate off field and back to their corner

#### Coaching Points:

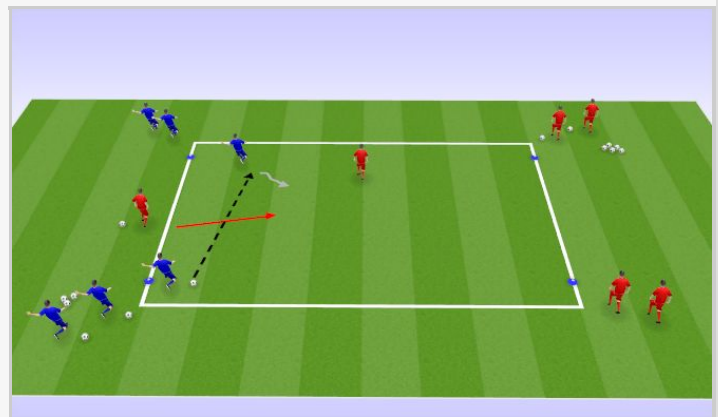
**1st Defender:** encourage dribble - angle, distance and speed of approach from goal side to force player towards the recovery run from 2nd defender

**2nd Defender:** quickly recover to location ball is expected to arrive - angle, distance and speed of approach from above the 1st attacker (runner).

**Group Concept:** trap, collapse and regain possession

#### Progression(s)

3v3 Flying changes - one player from Red & Blue remain on the field through all transitions



**Objective:** Isolate and repeat specific game moment

**Organization:**

2v5 transitions to 4v5

Ball is triggered to the two Red attackers any time ball leaves field

Gold play 2v5 to goal (expect the turnover - transition THEY to WE)

When Blue win ball they score on two mini goals

When Red Maroon win ball two gold players join game to create 4v5 - deny forward pass, recover and collapse on ball

**Coaching Points:**

1st Defender:

encourage dribble to delay - angle, distance and speed of approach from goal side to force player towards the recovery run from 2nd defender and deny forward passing lanes (to the mini goals)

2nd Defender:

quickly recover from above ball to location ball is expected to arrive - angle, distance and speed of counter press run f

Group Concept:

Funnel, trap, collapse, regain ball possession and go score

**Regression/Progression(s):**

2v4 to 4v4

3v5 to 5v5



## Phase Play

**Organization:**

5v7 - vary the ball trigger points

Red defend the end zone and attack to goal (in defense Red #8 and #10 are restricted to below green line)

Blue control ball in to end zone and defend goal

**Coaching Points:**

Define positional roles at least 2 lines in the team and apply learned concepts from SSG - game moments

**Progression(s):**

Remove restriction

Increase or decrease players or lines in either team

