



Defending to a counter attack

Category: Tactical: Defensive principles

Difficulty: Moderate

Howard Rushton, CG, United States of America

Stage 1 (20 mins)

Organization:

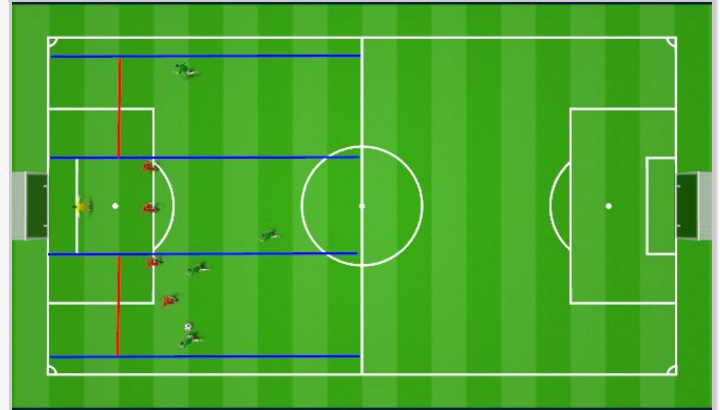
- 1v1 Principles

Instructions:

- Players can switch zones for a maximum of 2 players in the zone
- 1 vs 1, 2 vs 1 or 2 vs 2, between offense and defense.
- Defense - How to react to an overload
- Offense - How to switch the ball to create an overload

Coaching Points:

- 1 vs 1 - 2 vs 2 principles to protect the goal
- Body shape
- Don't dive in
- Force offense away from goal



7 vs 6 (20 mins)

Instructions:

- Use the skills learned in the last drill to create overloads
- Offense, green, gets 1 point for dribbling through cones and 3 points for a goal
- If defense, red, win the ball back they should use a quick counter attack to score on small goals, 3 points for a goal

Coaching Points:

- Defense must remain compact
- Offense does not have to dribble between the cones to shoot, that is a bonus
- As soon as the defense wins the ball back they should IMMEDIATELY turn to attack. Look up and play the ball.
- Through balls for a counter attack



8v8 (30 mins)

Instructions:

- 8 vs 8
- Half field scrimmage
- One team, green, attacks a standard goal with a goalkeeper
- The other team, red, attacks 3 small goals with no defender

Coaching Points:

- Switch the play
- Speed of attack
- Defensive compactness
- Defensive pressure, cover, balance.
- Switch sides after 5 minutes
- Continue to switch until they start to get it



Half field scrimmage (20 mins)

