



Counter-Pressing

Session 21 • Transitions • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Five Seconds

0:10 – 0:25 • 15 MIN

The First Three Jobs

0:25 – 0:40 • 15 MIN

Lose It, Win It

0:40 – 0:55 • 15 MIN

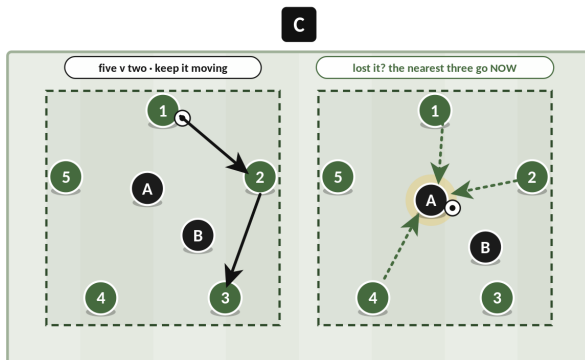
The Five-Second Match

0:55 – 1:00 • 5 MIN

Questions and homework

21.1 FIVE SECONDS

Warm-up • 10 min



THE BALL IS NEVER MORE WINNABLE THAN IN THE FIRST FIVE SECONDS

SET UP

- Two 12 × 12 m grids, seven or eight players in each.
- Five outside, two in the middle to start.
- One ball per grid, spares on the outside.

RULES

- Two touches for the possession team.
- Lose the ball and the nearest three go immediately — the player who lost it plus the two closest.
- Won back inside five seconds: everybody keeps their ...

COACH IT

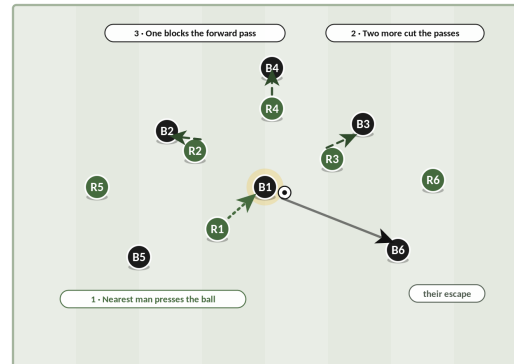
- Technical: Two-touch passing under pressure; the tackle or interception itself, made front-on and at speed.

SAY

- Three of you. Who are the three?
- Count with me. Five, four...

21.2 THE FIRST THREE JOBS

Technical practice • 15 min



PRESS IT • CUT IT • BLOCK IT • ALL THREE IN THE SAME SECOND

SET UP

- 36 × 26 m, no goals — this is a possession practice with a transition rule.
- Six v six. With 14–16, add two neutrals who always play with the team in possession, or run rotations ...

RULES

- Six consecutive passes = 1 point. Winning the ball back within five seconds of losing it = 2 points.
- Two-touch maximum for the team in possession.
- Only the nearest three or four counter-press — the ...

COACH IT

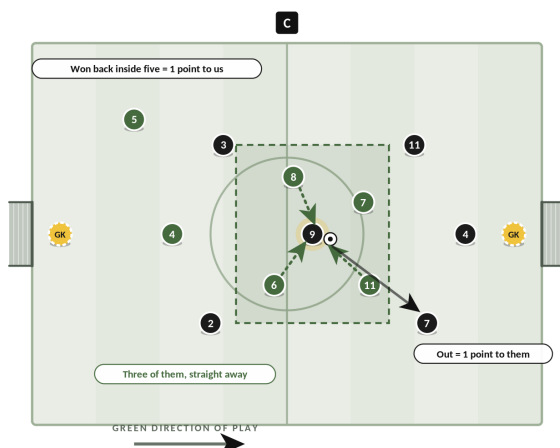
- Technical: Approaching the ball at speed then decelerating to arrive balanced. A counter-press that ends in a lunge is a counter-press that ends ...

SAY

- He's gone. Who's cutting the pass?
- Three. The rest of you get behind the ball.

21.3 LOSE IT, WIN IT (6 v 6 + GKs)

Skill game • 15 min



SET UP

- One pitch, 40 × 30 m, both full goals with a goalkeeper in each.
- 6 v 6 outfield plus two goalkeepers (14). With 15–16, roll substitutes every two minutes.

RULES

- Goal = 2 points. Winning the ball back inside five seconds = 1 point. Escaping the counter-press with a completed pass to a free player = 1 point.
- Goalkeepers restart within eight seconds — a slow ...

COACH IT

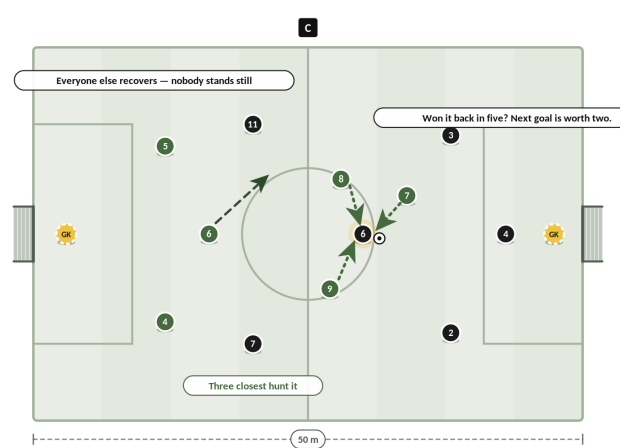
- Technical: Two techniques matter: the front-on tackle or interception, and the first touch away from pressure by the player being counter-pressed.

SAY

- Say nothing for two more minutes. If it still doesn't come back, one reminder only.

21.4 THE FIVE-SECOND MATCH (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals and marked boxes.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll substitutes every two minutes.
- 2-3-1 shape assigned.

RULES

- Winning the ball back inside five seconds of losing it makes your next goal worth 2. Otherwise a goal is 1.
- From minute 7: counter-pressing from more than ...

COACH IT

- Technical: Everything at match speed. Note the tackling technique and whether players arrive balanced.

SAY

- Expected and worth naming: last ten minutes of a match — this is when it's hardest and most ...