



Counter-Attacking

Session 22 • Transitions • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Win It and Go

0:10 – 0:25 • 15 MIN

The First Pass Forward

0:25 – 0:40 • 15 MIN

Go or Keep

0:40 – 0:55 • 15 MIN

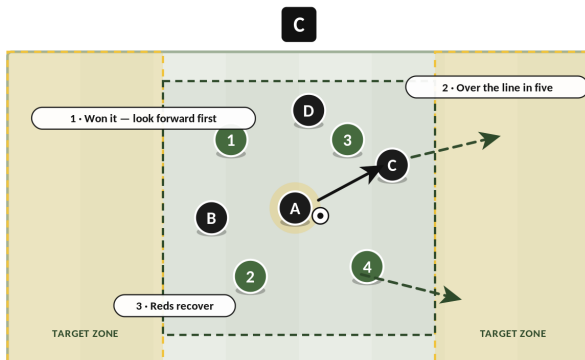
The Counter Match

0:55 – 1:00 • 5 MIN

Questions and homework

22.1 WIN IT AND GO

Warm-up • 10 min



THE FIRST LOOK AFTER YOU WIN IT IS ALWAYS FORWARD

SET UP

- 30 × 16 m, with a 14 × 13 m square in the middle and an 8 m target zone at each end.
- Four v four inside the square. With 14–16, run two areas or rotate a group in every ninety seconds.

RULES

- Four v four in the middle square, both teams free to move anywhere.
- Win the ball and you have five seconds to get it into the opposite target zone — carried in or ...

COACH IT

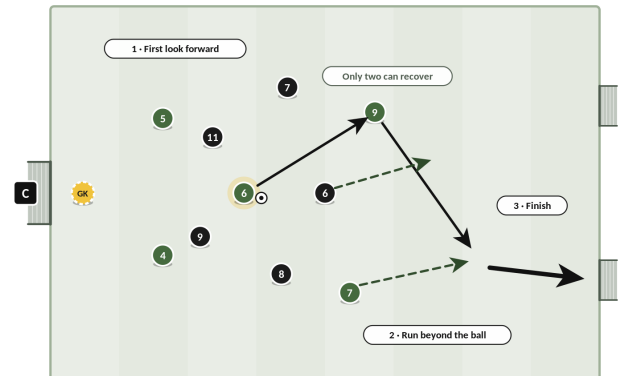
- Technical: The first touch after winning the ball must go forward or into space, never back under your own feet.

SAY

- Which way are you facing when you win it? Turn as you take it.

22.2 THE FIRST PASS FORWARD

Technical practice • 15 min



WIN IT • FORWARD FIRST • RUN BEYOND • FINISH IT INSIDE EIGHT SECONDS

SET UP

- 44 × 30 m with a full goal and goalkeeper at one end and two mini goals at the other.
- Five blues attacking the full goal; five reds defending it and countering into the mini goals.

RULES

- Blues score 1 in the full goal. Reds score 2 in a mini goal within eight seconds of winning it, 1 after eight seconds.
- Only two blues may recover once the ball is won ...

COACH IT

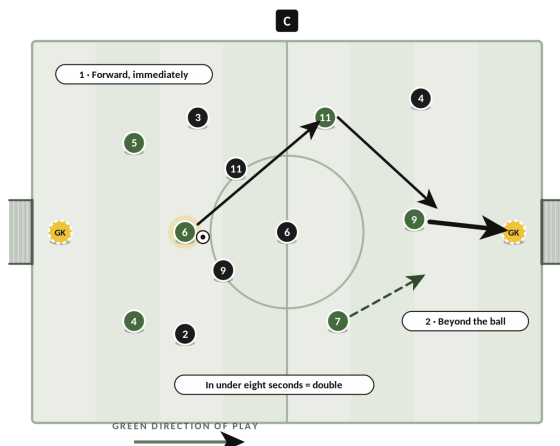
- Technical: Two techniques carry the whole practice: the forward pass of 15–25 m played first time or in one touch, and the finish into a small target under ...

SAY

- Look before you touch it. What did you see?
- The pass exists because you run. Go before he looks ...

22.3 GO OR KEEP (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

- A goal scored within eight seconds of winning the ball = 2 points. Any other goal = 1 point.
- Goalkeepers restart within eight seconds.
- No offside.

COACH IT

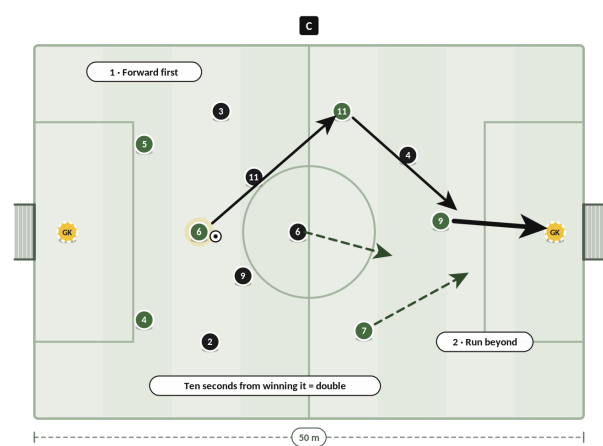
- Technical: Passing range under fatigue. A counter usually needs one pass of 20 m or more played accurately while sprinting.

SAY

- Three things have to be true. Which one was missing?

22.4 THE COUNTER 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

- Goal within ten seconds of winning the ball = 2 points.
- Winning the ball back within five seconds of losing it makes your next goal worth 2 (carried over from ...)

COACH IT

- Technical: Everything at match speed — the forward pass, the run beyond, the finish while breathing hard.

SAY

- Drop one for five minutes. Clarity beats completeness.