



Recovery Runs — What Happens When It Goes Wrong

Session 23 • Transitions • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Get Goal-Side

0:10 – 0:25 • 15 MIN

The Recovery Line

0:25 – 0:40 • 15 MIN

Stop the Counter

0:40 – 0:55 • 15 MIN

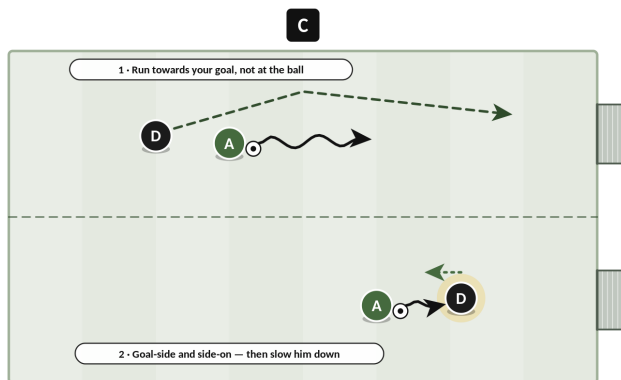
The Two Who Stay

0:55 – 1:00 • 5 MIN

Questions and homework

23.1 GET GOAL-SIDE

Warm-up • 10 min



THE FIRST DEFENDER BACK BUYS TIME • HE DOES NOT WIN THE BALL

SET UP

- 32 × 18 m split into two lanes, each with a mini goal at the far end.
- Pairs — one attacker, one defender — working in each lane, queue of two behind each start.

RULES

- Attacker starts four metres ahead and attacks the mini goal.
- The defender may not tackle from behind. He must get goal-side first.

COACH IT

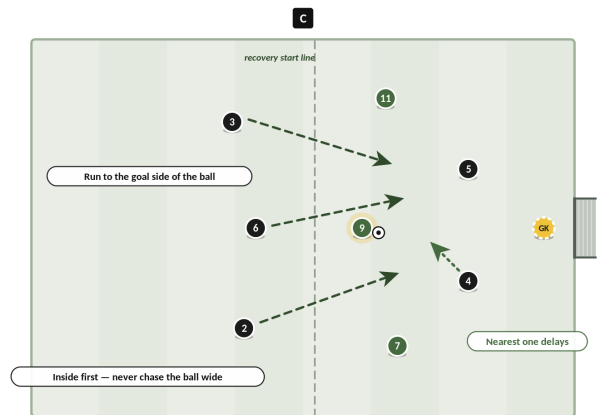
- Technical: Running mechanics: sprint the first four steps, then get low and small as you arrive. Body turned so you can see the ball and your goal at the ...

SAY

- Where's your goal? Run at that.
- Side-on. Show him the outside.

23.2 THE RECOVERY LINE

Technical practice • 15 min



DELAY • RECOVER INSIDE • MAKE IT THREE V FOUR BEFORE THEY SHOOT

SET UP

- 46 × 32 m with a full goal and goalkeeper at one end.
- Three attackers break from the halfway line; two defenders are set in front of the goal; three ...

RULES

- Attackers score 1 in the full goal. Defenders score 1 for winning it or forcing it backwards, 2 for finishing the phase with four behind the ball.
- Recovering defenders start on the coach's call and ...

COACH IT

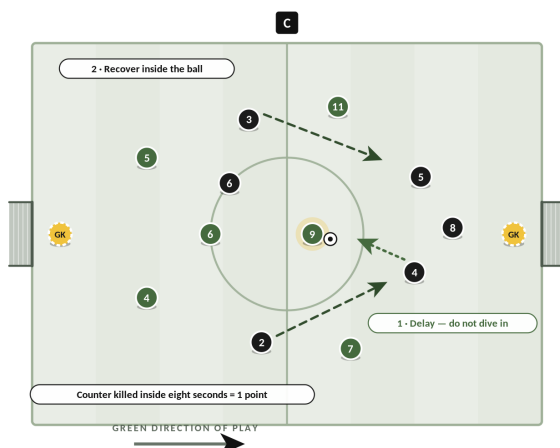
- Technical: Sprinting while looking over the shoulder; arriving balanced enough to change direction.

SAY

- The one thing worth freezing for. Show it once and then ask rather than tell.

23.3 STOP THE COUNTER (6 v 6 + GKs)

Skill game • 15 min



GREEN DIRECTION OF PLAY

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 within eight seconds of winning the ball = 2 points. Any other goal = 1 point.
- Killing a counter within eight seconds = 1 point to the defending team — the ball won, forced ...

COACH IT

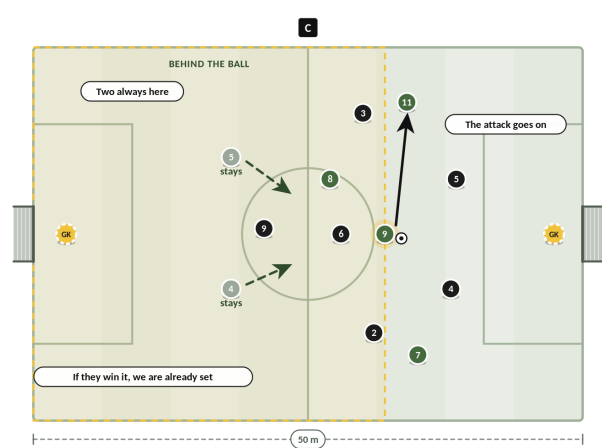
- Technical: Jockeying at speed — the hardest defensive skill there is, because the defender is running backwards and sideways while the attacker ...

SAY

- The two-second rule will fix it faster than any instruction.

23.4 THE TWO WHO STAY (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

- Two named players per team must always be behind the ball while their team has possession.
- Breach: indirect free-kick to the other team where the ball was.

COACH IT

- Technical: Nothing new. Tonight is positional.
- Tactical: Rest defence is what makes attacking safe. Two players behind the ball turn a conceded ...

SAY

- The free-kick teaches it faster than you can.
- Behind the ball, not on the goal line. Stay ...