

Martin Lee Herdman Session Planner

Session; Counter Attacking (Direct style – 3)

Part 1; Arrival

Part 2 ; Technique



Part 3; Skill- SSG

Additional aspects ;



Explore;
 1- what makes an effective direct style counter attack?
 2- why are Leicester City successful and who is key to this?
 3- If they can't pass what can they do?



Technical Challenges;

1. Receive the ball facing forward - hips open
2. Passing accuracy – in to space or feet
3. First touch – cushioned or in to space
4. Hold up play – back in, hold off
5. Finishing skills

Key Individual Challenges, "TRY TO";

1. Play on 1-2 touches as much as possible
2. Recognise when to run behind defenders and when to show information
3. Recognise when to play first time or when to hold up

Four Corner Focus;

Long passing	Solution box – players spend time in there
Speed	

Triggers;

1. "Decision"
2. "Deploy"
3. "Deliver"

Team/Player Mentor;

1. Leicester
2. Mahrez & Vardy