

COACHING SESSION PLANNER

Practice 1: Counter attacking from a corner/GK save

Organisation:

Players set up in a 5v5 SSG.

Scenario 1 set up – corner or GK save.

Blue players (Chelsea) defend the corner if they regain the ball back they attack quickly.

If reds (Tottenham) score they are 1-0 up and play continues.

(20 mins).

Practice 2: Counter attacking from a kick-in

Organisation:

Players set up in a 5v5 SSG.

Scenario 2 set up – kick in.

Blue players (Chelsea) defend the kick-in if they regain the ball back they attack quickly.

If reds (Tottenham) score they are 1-0 up and play continues.

(20 mins).

Practice 3: Counter attacking from a free-kick

Organisation:

Players set up in a 5v5 SSG.

Scenario 3 set up – free-kick.

Blue players (Chelsea) defend the free-kick if they regain the ball back they attack quickly.

If reds (Tottenham) score they are 1-0 up and play continues.

(20 mins).

Practice 4: Counter attacking from a deep pos. in open Play

Organisation:

Players set up in a 5v5 SSG.

Scenario 4 set up – deeper position from open play.

Blue players (Chelsea) defend in a deeper position from open play if they regain the ball back they attack quickly.

If reds (Tottenham) score they are 1-0 up and play continues.

(20 mins).

4 Corner conditions:

Defending to counter attack

Awareness of players to counter attack

Speed of the counter attacker

Communication when/where to release ball

Questions/challenges for players:

1. What?
2. Who/when?
3. Where/why?
4. How?

Intervene on players:

1. Technique
2. Actions
3. Positional awareness
4. Tactics

Session variations:

Buzz words:

S-T-E-P-S

1. Set up
2. Break up
3. Play up
4. Finish up

Coaching Points:

1. Set up – are we in a good defending position
2. Break up – regaining ball quickly
3. Split up – creation of space in key areas
4. Play up – play ball in front to advance
5. Move up – players move up as ball moves
6. Close up – distant players make pitch compact
7. Finish up – quality of productivity