

WHO: NUWFC Development Squad

WHEN: 13/09/2016

WHERE: NUFC Academy

THEME: Defending the counter attack

Pitch Set-up:

Condition:

Football Dialog Box:

3:1 +2 Defending counter attack 15x30 yards T/P

Player plays ball into 3 attackers to start

DEFENDING

SWITCH – ON

Defending counter attack from Midfield – PoP  
30 yards (from behind centre circle)

Coach plays into GK, GK plays to defenders

Defending counter attack – SSG  
20 yards (line from up from goal)

FB drops to receive ball from GK, then play

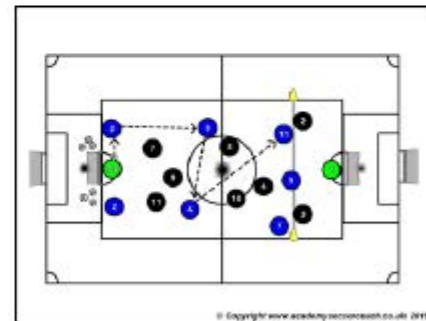
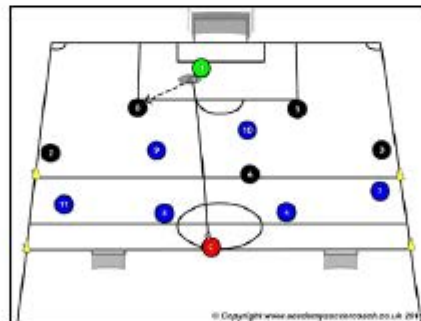
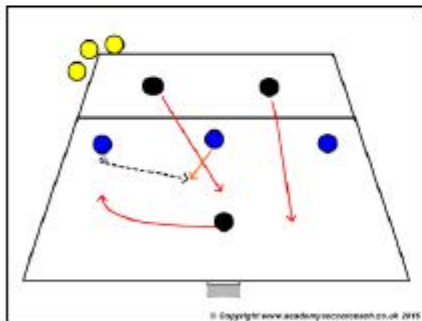
QUICKLY

TALK

Practice 1: 3:1+2 recovering

Practice 2: Counter attack from MF 6:6

Practice 3: Counter attack SSG 9:8



Coaching Points:

1

DELAY – forward progress to player with ball – stop at source

4

RECOVERY RUNS – track players – cover vital spaces/gaps

2

DENY – passes into key spaces, in behind &amp; in front – compact/narrow lines

5

DEFEND – WIN ball back immediately to counter the counter attack

3

DEFLECT/DICTATE deflect &amp; contain danger in one area of pitch

6

TRANSITION – from defending to attacking fluid and quick to score!