

Developing a Counterattack Mentality

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WHY COUNTERATTACK?

- The Opposition
 - slow in the defense
 - fast runners in attack
 - tougher time breaking defense in final third
 - line goalkeeper
- Our Team
 - Speed up front
 - Good long passers
 - Tough time breaking packed defense in final third
- The Conditions
 - Long narrow field
 - Surface not conducive to building from back (rough, rain, etc)
 - Wind
 - Time and score

THE NECESSITIES:

- Technical Abilities
 - Good long passers
 - Able to receive at speed
 - Running with ball at speed
 - Finishing at pace
- Mental abilities
 - Patience in defense
 - Quick transition
 - Reading when to continue and when to pull out
 - Willing to risk up front
- Physical abilities
 - Top end speed up front
 - Quickness elsewhere

See Team Training below...

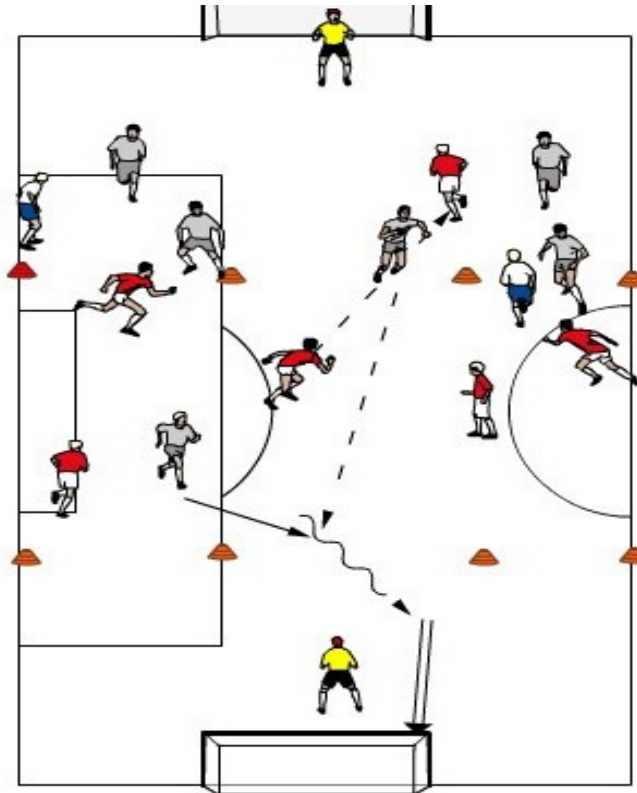
TRAINING TO COUNTER

Warm up:

- Players in 5s pass and move the ball and positions on the field (some passes must be long)
- Players in 5s pass and must play no more than 3 short passes before one long.
 - LP must be to target for 1 touch layoff
 - LP must be to player on move and received at speed

Coaching Points:

1. speed of passing
2. accuracy of passes (especially long passes)
3. quality of layoffs
4. quality of reception (especially at speed)



Phase 2:

- Long pass with possession to score 7v7+2
 - in 75x40 space play to score every time 30 yard plus ball is received (vary with type of reception (layoff, on move, etc))
 - add zonal change to score (the ball must be played past two lines) add off-sides at second line
 - add GKs and goals at ends and play 8v8 (widen to 60 yards; one team must push up; vary with #s up/#s down)

Coaching Points:

1. All above plus
2. decisions of when to play long vs short
3. timing/vision of runs
4. receptions under pressure

Phase 3:

- 11v 11 with coaches serves to start from situations

Coaching Points:

1. all above plus
2. critique off ball positions at crucial instants (i.e. transition, defense when attack is mature, etc)