



Milton YS -- Week 6: Counter attacking/decisive through balls

Category: Tactical: Counterattack
Difficulty: Moderate

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Description

- Counter attacking with the front 3
- Principles:
 - If player on ball is facing forward, run in behind
 - Vary the runs between and behind the lines of the opponent

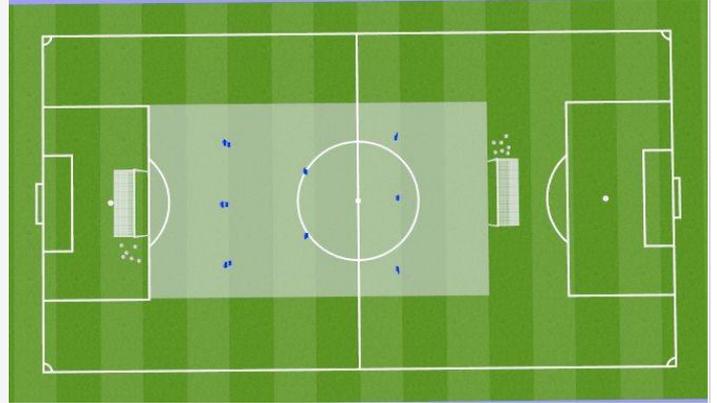
3 man technical attacking (20 mins)

Objective: Develop players ability to run at speed on the counterattack as well as connect quality passes

- Start from GK (hands or feet)
- All players must touch the ball at least once
- Can drive with the ball through any line but the final line
- Offsides (watch the run into the final area)

Coaching points:

- Lead your teammate with passes to make sure they don't have to slow down
- Driving with the ball to break the middle line
- Switching lanes to make sure all three lines are filled
- Quality of speed and movement to create a shot in 10 seconds or less



End with a full scrimmage, but only the width of the 18-yard box

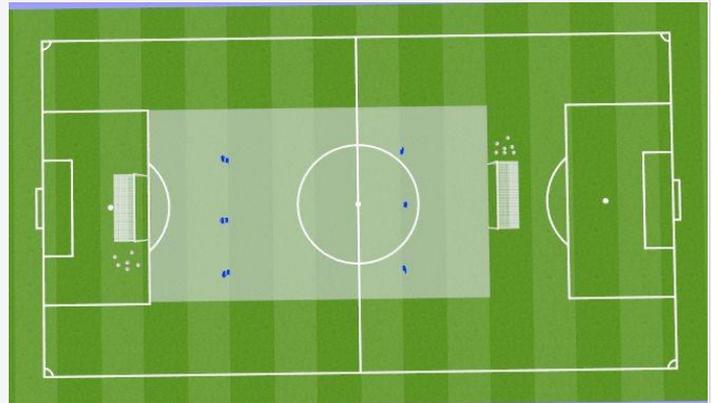
3v3 Depth counter game (25 mins)

3v3 counter game - Transition and decision making

- Same as unopposed
- After shooting/finishing, those three immediately transition to defend
- Always rotate the attacking team (even if the ball is won/scored in positive transition)
- Offside line in the mannequins, not defenders

Coaching points:

- **Lead your teammate with passes to make sure they don't have to slow down**
- Driving with the ball to break the middle line
- **Switching lanes to make sure all three lines are filled**
- Quality of speed and movement to create a shot in 10 seconds or less
- Find space with your movement off the ball, create an angle and be ready to run behind
- **Make the run even if you don't get the ball (can pull a defender away from the ball)**
- **Principle: If a player is facing up the field with space, make the run behind!**



7v7 +3 game (40 mins)

- All players except GKs start in central area
 - Team in possession must make at least three passes before playing a through ball in behind
 - Turns into a full game until a shot/ball into touch
 - If defending team regains the ball, they must make at least 3 passes in the defensive or central zone to attack in behind
 - Defending team can't defend in their defensive third until the ball is played into that area
 - Game starts with a punt/long loft pass from GK into central area
- Principle: If a player is facing forward with no pressure, make the run behind
- Bend/time runs to make sure you stay outside
 - Backspin on the ball to slow it enough for a teammate to get on the end of it
 - Straight ball, diagonal runs
 - Diagonal ball, straight run



