

Fast breaks

This session is designed to develop counter attacking breaks. The players will learn to pass forward and make quick supporting runs in order to get forward and create goal scoring opportunities.



What you tell your players the session is about

1. Improving the counter attack.
2. Improving forward passing and support runs.
3. Improving the speed of the attack.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm-up	#17 colour react	Players react to the colours
The session	Balls, cones	The players are passing forward and making supporting runs
Development	Goals, balls, cones	The players pass forward and support to score a goal
Game	Goals, balls, cones	The team is able to demonstrate good counter attacking skills
Warm-down	n/a	Gentle jogging and stretching exercises



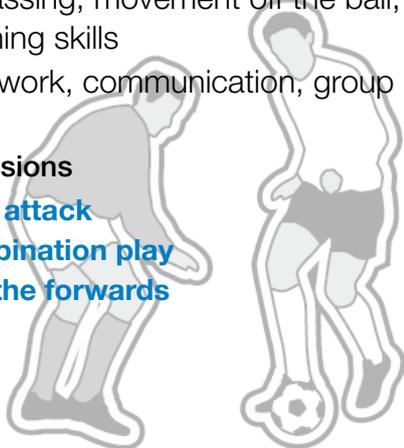
Where it fits

Individual skills: Passing, movement off the ball, crossing and finishing skills

Team skills: Team work, communication, group attacking

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What to think about

The ability to counter attack is one of the most important skills that any team can have in modern football.

This ability to spring from defence into attack at top speed is a lethal weapon and constantly keeps your opponent on their toes.





Set-up

- 50 x 30 yard area.



What you get your players to do

The three players must combine as quickly as they can to get the ball to the opposite end. The central player start with the ball and passes into the neutral player.

This starts the fast break and now all three players must sprint forward to support.

The passing combination does not have to copy the sequence in the first picture (right).



What to call out

- “Pass forward”
- “Get forward to support the ball”
- “Keep the ball moving”
- “Play at top speed”



Development

The players must combine with two neutral players in order to get a shot at goal as quickly as possible.

To progress this practice further have the neutrals become defenders after the first pass is made.

Now the attackers have to break quickly and get past the two defenders in order to score a goal.



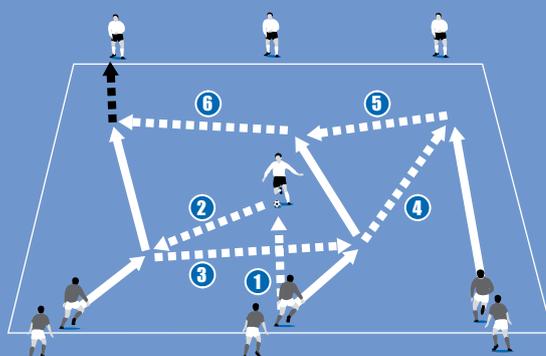
Game situation

Play a normal game but encourage the players to attack quickly when possession is regained in order to catch the opponents out of position.

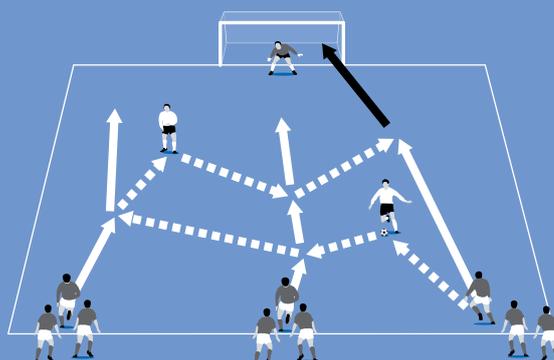
Award extra points for goals that are scored within 10 seconds of winning possession.

Fast breaks

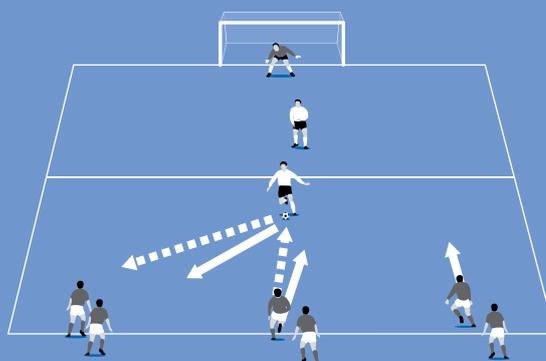
direction of run pass
dribble shot



The players make a quick break from one end of the area to the other by using the neutral player.



The players make a quick break to shoot at goal by using the two neutral players.



The three players make a quick break and beat both defenders to score a goal.