

St. Mary's Youth Soccer Training Series



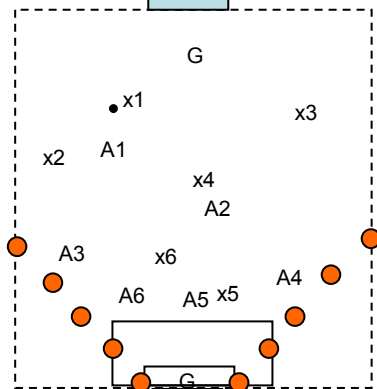
Topic: Counterattacking
Age/Level: U-12 and up
Type:

→ Run Pass ●~~~~~ Dribble

Notes:

This session was by the coaches enrolled in the UEFA "B" Course that we witnessed. It progresses from functional play through phase of play training. The coaches were instructed to coach the team in the style of Arsenal, leading to this session that progresses the counterattacking in the Gunners' style. Each part of the practical was limited to 20 minutes.

Progression: 1
 Exercise: Functional Session- Wingers forced in.
 Time: 20 Minutes

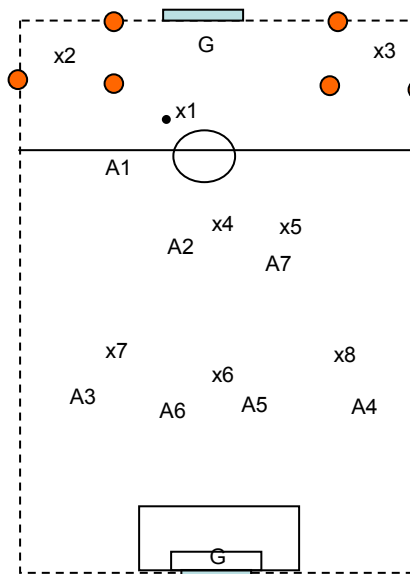


The players warmed up on their own by playing 7 v 7.

On half of the field with the goals on the midline and the endline, play 6v6 plus goalkeepers. The channel marked by the orange cones cannot be entered. Play always starts with the x team's centerback (x1). Be sure to start play close to midfield enough so there is space to attack.

Emphasize quick passing and support angles; quick decisions to go inside at defenders; going to goal quickly.

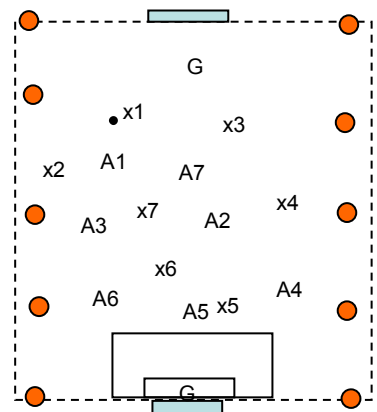
Progression: 3
 Exercise: Phase of Play-Middle Third to Final Third
 Time: 20 Minutes



On a field extending about 20 yards beyond midfield play 8 attackers (x) versus 7 defenders (A). The x outside backs must start in the 10x10 boxes on the sides of the field, simulating the overlapping play of Arsenal's outside backs as they get up the field. The boxes ensure the outside backs return to their natural position and so are not ahead of the central midfielder. The play starts with the goalkeeper playing to the x centerback.

Emphasize the quick overlapping play and the quick finding of targets. This requires quality runs off of the ball.

Progression: 2
 Exercise: Quick Counters
 Time: 20 Minutes



With one goal on the edge of the circle and the other on the endline (the circle is omitted from the diagram), and cones narrowing the field by 10 yards on either side, play 7v7 plus goalkeepers.

It is necessary to have space to counter. Conditions might also be necessary, such as a "portable halfway line" marked with cones instead of using the backs as an offside line to keep the forwards from getting too deep; less than 5 passes to score; etc.

Emphasize finding the pass that will move the ball forward quickly as soon as possession is won.