

# St. Mary's Youth Soccer Training Series

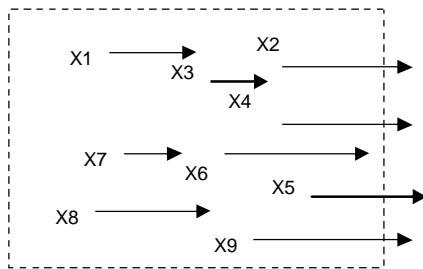
**Topic:** Counter Attack (1)  
**Age/Level:** ALL  
**Type:**

→ Run    ..... Pass    ●~▲ Dribble



**NOTES :** The counter attack is another effective way to carve opportunities out for the attacking players. If used effectively your team will have plenty of success.

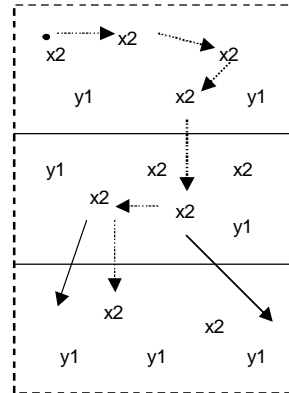
**Progression:** 1 (Warm-up)  
**Exercise:** Counter attack warm up  
**Time:** 10 Minutes



Take a 20x30 grid and position everyone inside it with a ball. All players should be dribbling around the grid avoiding each player as they go. As soon as the coach says go, all players must sprint, with a ball, to a designated side. This warm up is designed to get the heart rate going, and also introduce the concept of counter attack with dribble.

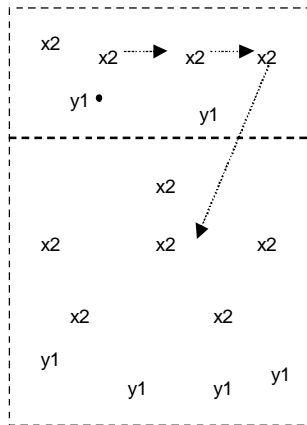
**IMPORTANT** – make sure the players stretch thoroughly, and have plenty of breaks

**Progression:** 3  
**Exercise:** Patient counter attack  
**Time:** 25 Minutes



Split half of the field into three sections, and have the players positioned so that there are four defenders versus two attackers in the 1st section, four midfielder verses two in the 2nd section, and three defenders verses two attackers in the 3<sup>rd</sup> section. The four defenders must complete three passes before it can be transferred into the middle section. The four midfielders must then touch the ball twice (between them) before passing the ball the the attacking third. Once this has occurred, two midfielders can then step up and help with the counter attack. The purpose of this session is to try and counter attack patiently, yet effectively.

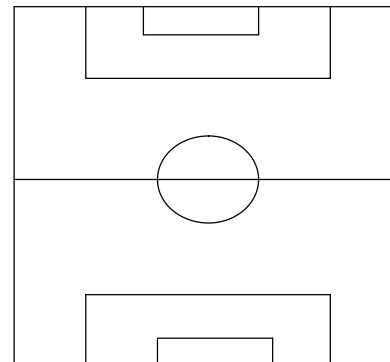
**Progression:** 2  
**Exercise:** Quick counter attack  
**Time:** 20 Minutes



Split one half of the field into two sections, the defensive section smaller than the attacking. The defensive section will contain four defenders and two attackers, while the attacking section will contain four defenders and six attackers. The ball will start with Y1 who plays keepaway with partner, X's need to win ball from Y's and play to X players in other half quickly, who will then play 6v4 and dribble ball over end line as quickly as possible.

**IMPORTANT** - Make sure that the attacking passes and runs are quick and effective, emphasize speed

**Progression:** 4  
**Exercise:** Scrimmage  
**Time:** 35 Minutes



The only way to see if the kids have grasped any of the concepts above is to have a scrimmage. Allow the game to develop for the first 10 minutes, if by then you have not seen any success, force the players to counter attack. This can be achieved in many ways, for example make the teams unequal, practice players verses the starters, or stop the game every five minutes and send one team on a counter attack.

**IMPORTANT** – Give plenty of time for the game to develop, make sure everything is done at pace with the fewest touches.