

# St. Mary's Youth Soccer Training Series

**Topic:** Counter Attack (2)

**Age/Level:** ALL

**Type:**

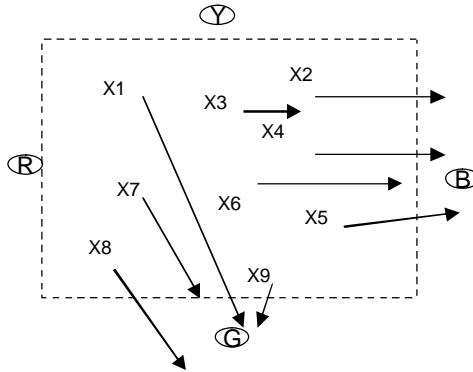
→ Run    ..... Pass    ●-▲ Dribble



**Notes:** This session is a continuation of Counter Attack (1), with Emphasis on winning the ball with numbers up and getting players

Forward as quickly as possible.

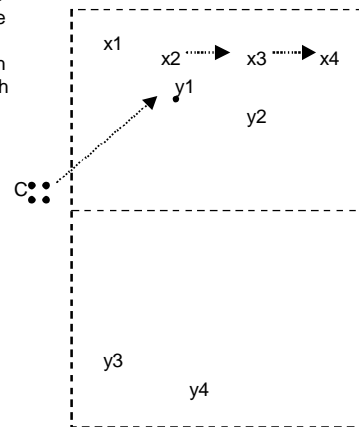
Progression: 1 (Warm-up)  
Exercise: Counter Attack Dribble  
Time: 10 Minutes



Take a 20x30 grid, with 2 or 4 color cones, penny's... 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 calls 2 colors, all players must sprint, with a ball, out and around designated color object. This warm up is designed to get the heart rate going, and also introduce the concept of counter attack with dribble, and introduce vision.

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

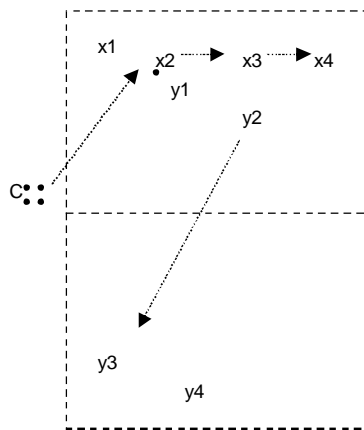
Progression: 3  
Exercise: Quick counter attack  
Time: 20 Minutes



Split one half of the field into two sections, one half will contain four attackers and two defenders, while the other half contains the other 2 defenders. This drill will focus on counter attack after winning ball from with numbers up. The ball will start with coach kicking ball to Y's who play keep away with partner, X's need to win ball from Y's and play to X players as they move into other half quickly, who will then play 4v2 and controll ball for a touch by each X player after entering other half without losing possession to Y3 & Y4. Repeat game over with Y's in numbers up position.

**Variation-** play 4v3 in each half and allow extra defender into other half after ball played across.

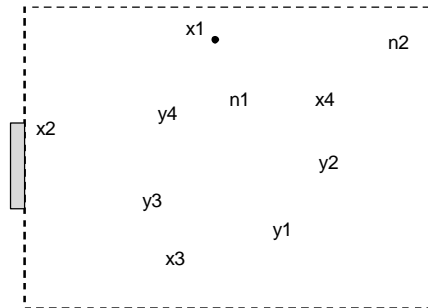
Progression: 2  
Exercise: Quick counter attack  
Time: 20 Minutes



Split one half of the field into two sections, one half will contain four attackers and two defenders, while the other half contains the other 2 defenders. This drill will focus on counter attack after winning ball from with numbers down. The ball will start with coach kicking ball to X's who play keep away with partners, Y's need to win ball from X's and play to Y players in other half quickly, who will then play 4v2 as 2 of the X players decide who will join to become defenders against Y players. Repeat game over and over.

**Variation-** allow one additional player from each side to enter the other half and join in.

Progression: 4  
Exercise: 4v4+2 (to goal)  
Time: 20 Minutes



Take a 30x45 grid, 2 goal with or without GK's. Basically playing 6v4 now using 2 neutral players. Object is to use the 2 xtra players to help get ball to goal as quickly as possible.

**Variation-** make teams find and play ball to neutral player, encourage neutral players to be in forward position on field.