

22 March 2023

Coach Name: Liam Lacy

Session Duration: 90 Mins

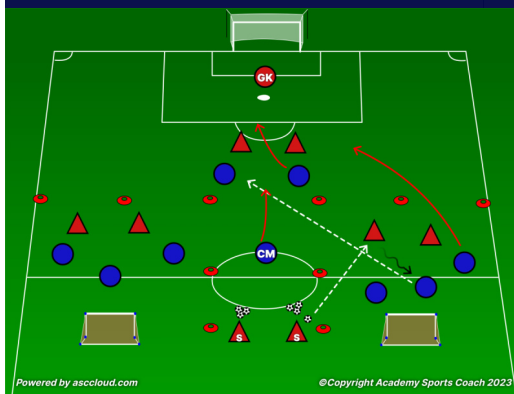
Counter Attack

4-4-2

Component 1

2v3 (x2) + 2v2+1 to Goal & Counter Goals

15-20 Mins



Organization

- Full width with 2 x 20x30yd boxes marked on the left & right side
- Length of field is 15yds into other half (create space in behind)
- Red servers play into 2 x red players in box who try to score in small goal - Play one side at a time
- Blue to win ball and counter into 2v2 or can use CM as outlet to play entry pass / drive at defense

Progression / Scenarios

- Remove CM to encourage 3 x blue to play ball forward into 2 x forwards
- Remove 2 x red servers and add into game - play 3v3 on each side
- Initially two runners out of box - can add in recovery runners and / or additional attacker

Objectives / Coaching Points

- Attempt to force opposition to play wide - double team on touchline (sideline trap - one in front and one from side) - use additional player to press hard and force turnover
- Win ball and first priority is to play forward quickly - can be a pass or player driving out of box
- If first pass forward is not on, play inside to CM who can pass or drive forward to engage opposition
- speed of play to goal is key to create & finish goalscoring opportunity

Component 2

9v9 Conditioned Game

20 Mins



Organization

- 2 x full size goals - field is 25yds into opposite half
- Play full width but cut off corners to encourage play towards goal
- 8v8 on field with 2 x GK's
- Blue team (primary team) play 2-1-3-2
- Red team (secondary team) play 3-1-3-1

Conditions / Scenarios

- Attacking team (blue) have to have all players above mannequin line for shot / goal to count
- Consider putting 5 pass limit on attacking team (blue) to encourage play to goal (rather than prolonged possession)

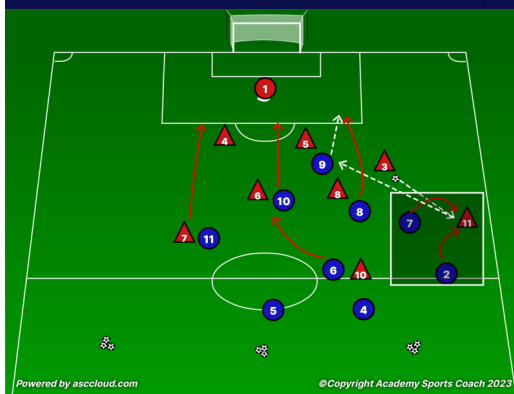
Objectives / Coaching Points

- Set traps to win the ball - highlight use of touchline / wide area
- Pressing as a team / unit - overload area to cut off options and win ball
- Minimize number of touches and / or passes to assist with speed of play - quality of execution
- Support to man on ball as they break - speed / pace to burst into box as option for finish

Phase of Play

9v8 + GK Phase(s) of Play

20-25 Mins



Organization

- 9v8 + GK - Working in different areas of the field (1 x Counter from Def Third, 2 x Counter from Mid Third & 1 x Counter from Att Third)
- Blue team play to win ball and counter to full size goal (with GK included)
- Red team play over line under control in Options 2, 3 & 4 and play to goal in Option 1 (Coach may need to stand as GK)

Option 1

- Counter from Wide Area in Defensive Third

Option 2

- Counter from Central Area in Middle Third

Option 3

- Counter from Wide Area in Middle Third

Option 4

- Counter from Wide Area in Attacking Third

Objective / Coaching Points

- Included in Phase of Play descriptions and as above
- Start with counter from Defensive Third for 1st Option as this includes more high intensity running & distance

11v11 Game

4-1-3-2 v 4-2-3-1

25 Mins



Organization

- Full Field - play 2 x 12 mins with 1 min coaching break
- Blue team (primary team) to play 4-1-3-2 - players in same positions as Component #1, Component #2 and Phase of Play
- Red team (secondary team) to play 4-2-3-1 - can change to 4-3-3 after break to give primary team different issue in wide areas (will change positions for trap)

Objectives / Coaching Points

- Individual, unit and team coaching points as in Component #1, Component #2 and Phase of Play

Other

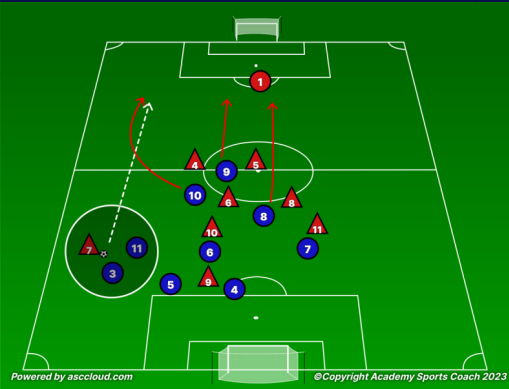
- Coaching Style - can be active to encourage press to force counter (1st half)
- Coaching Position - can be in game to allow for good view of positions on both sides of field

Phase of Play Options

Option 1

Counter Attack - Defensive Third to Attacking Third (Wide Area Win)

5-6 Mins



Option #1 - Counter Attack - Defensive Third to Attacking Third (Wide Area Win)

- 1) Ball is played from central area (CB or CM) out to wide right area (could be RB or RF)
- 2) LB (#3) presses to deny dribble forward with LF (#11) doubling up to win the ball - push towards touchline and deny ball out.
- 3) On winning ball, CF (#10) spins immediately to run down the outside of the CB into the channel.
- 4) CF (#9) and ACM (#8) break forward at pace to support the run. Remaining players move up with the game (to halfway line as quickly as possible)

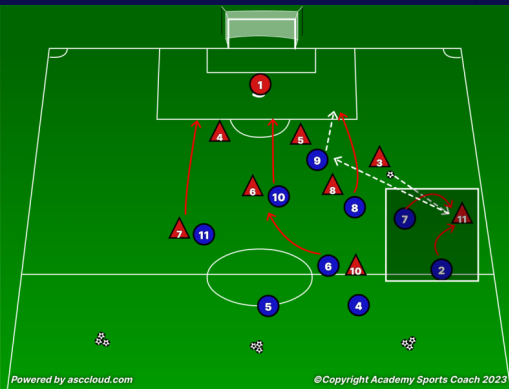
'What If' - CB (#4) tracks / marks run into channel and keeps CF (#10) in front of them.

Solution: Ball can be played into CF (#9) if they can check towards the ball and get

Option 2

Counter Attack - Middle Third to Attacking Third (Wide Area Win)

5-6 Mins



Option #2 - Counter Attack - Middle Third to Attacking Third (Wide Area Win)

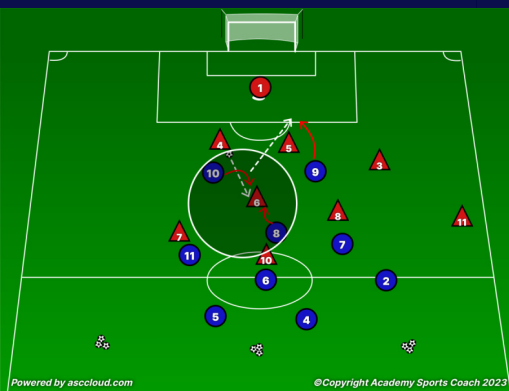
- 1) As ball is played into LF (#11) we set the trap and double team to win in the wide area.
- 2) On winning the ball, first pass is forward into the feet of CF (#9). As this happens ACM (#8) bursts from midfield and CF (#9) can play them into the box on the run.
- 3) Both CF's and ACM's make runs forward into the box for options to finish.
- 4) HM (#6) moves to center to offset any potential counter attacks the other way.

'What If' - CB (#5) tracks CF (#9) and doesn't allow turn to play through to ACM (#8).

Option 3

Counter Attack - Middle Third to Attacking Third (Central Area Win)

5-6 Mins



Option #3 - Counter Attack - Middle Third to Attacking Third (Central Area Win)

- 1) CF's approach from outside to in to encourage pass from CB into central area. CB attempts to find HM (#6).
- 2) As ball is played ACM (#8) locks on to the HM and makes contact to unbalance. CF's (#9 & #10) cut off options back to CB's, with the ball side CF approaching to press from the other side (double up).
- 3) On winning the ball, ACM (#8) or CF (#10) immediately look to play through for opposite side CF (#9) who should be running off the shoulder of the CB.
- 4) Ensure runs to support but likely that CF (#9) will go to goal to shoot / finish.

'What If' - CB's instantly drop to defend space in behind which makes it difficult for CF to get in behind.

Solution: ACM (#8) or CF (#10) drives at the CB's to engage and draw one of them out. If the engage, slip the ball in behind for diagonal run of CF (#9). If they do not engage keep

Option 4

Counter Attack - Attacking Third to Goal (Wide Area Win)

5-6 Mins



Option #4 - Counter Attack - Attacking Third to Goal (Wide Area Win)

- 1) From a goal kick, CF's start high on edge of box, in line with opposition CB's.
- 2) Allow the first pass to either CB (#5 as example) and then allow second pass into FB (#3).
- 3) As this is happening, midfield shift across and allow RF (#7) to jump out to press FB. Timing and distance is key to ensure not to arrive late and leave space in center.
- 4) Ball side CF (#9) cuts off ball back to CB and doubles to win on FB. Immediate counter into opposite CF (#10) for finish.

'What If' - CB's close up option for immediate finish for CF (#10).

Solution: #8 & #11 should be making forward runs off their marks. Ball can come into #10 for lay off & shot or #7 / #9 can drive to box and cut ball back to either as

Name: Liam Lacy	Coach ID:
UEFA A Licence	Topic: Counter Attack in a 4-1-3-2
22 March 2023	Venue: IMG Academy, Florida

Which parts of the session did you feel went well?

Component #1 - 2v3 (x2) + 2v2+1 to Goal & Counter Goals

- I didn't want to just play a ball in and 'manufacture' the counter attack so this set up allowed for us to actually win the ball in a specific area of the field and play from there. The activity went well, with counter attacks created from most repetitions (with was the hope in the 3v2 situation).

- The use of the CM as an out ball option was good as it allowed for a quick transition straight into attack without having to play an additional pass within the activity area. This allowed us to focus on the counter within the attacking third.

Component #2 - 9v9 Conditioned Game

- The boys complained a bit to begin with but cutting off the corners of the area worked well to funnel attacks to dangerous areas / goal. Once they got used to the area and saw how the activity worked they seemed to be on board with it.

Phase of Play - 8v9 + GK

- Starting with the deeper (defensive third) option was a good choice as it got the longer runs in first, rather than waiting until we had completed the other options and possible issues with fatigue.

- Option #2 worked relatively well with 3 x goals scored from either the option or the 'what if' scenario. The only challenges was #10 wanting to show underneath #9 for the drop rather than making the run forward into the box but we highlighted this and he tried to do it.

Which parts of the session did you find to be challenging?

Component #1 - 2v3 (x2) + 2v2+1 to Goal & Counter Goals

- The entry ball into the CF's wasn't good enough at times. Other times the CF's did not get separation (either in front or the priority run of in behind) from their CB's so there were break downs at times either through poor technical ability or incorrect body position / runs from CF's. We had to spend an initial part of the session focusing on this as they were often flat and too close together which made it easier for the CB's to defend.

Component #2 - 9v9 Conditioned Game

- We struggled to get runners coming from midfield as they were either A) deep when defending and couldn't catch up to the ball when it was played forward or B) unable (or unwilling?) to make the 30+yd sprints in some cases. To break from deep takes explosive speed which we do not have in certain positions. This meant the 2 x CF's were often countering on their own and had to delay to allow time for the runners to get forward as options (or play 2v3, which they did to good effect on a couple of occasions).

Phase of Play - 8v9 + GK

- In Option #4, #7 struggled to be able to arrive in time to press. If playing this system, they may need to take a position between the two players (FB & CM) rather than directly on the CM. They just need to make sure they do not overcommit to the FB and leave us light in the center.

What might you change for future sessions?

Component #1 - 2v3 (x2) + 2v2+1 to Goal & Counter Goals

- I considered taking out the CM option and only using the 2 x CF's with supporting runs having to come from the activity. With the challenges the CF's were having I decided to keep the CM option to get the opportunities and situations we were looking for through him.

- It may also have been useful to have a runner come out of the opposite box. This would have been more game specific as if the CF, CM and WF on one side win the ball, the weak side may be where the space is that we want to exploit through a run from the opposite WF or FB.

Component #2 - 9v9 Conditioned Game

- The 5 pass limit may have been too few for the counter team as they ended giving the ball back to the opposition on a number of occasions. I still think it is needed to encourage the quick play but maybe we could use limited touches for players instead (so each has 2 touches on winning the ball and we can play 5 passes but the 6th has to be forward).

Phase of Play - 8v9 + GK

- As highlighted above I'd change the starting position of #7 for the press in option #4 so that they are doing a double job.

- In none of the options do I have a FB bursting forward from a deeper position. This run can be very difficult to track / mark so it may be worth including in one of the options (maybe in option #1 and the ball from the channel is played across to the opposite channel for the FB run).

Three Personal Improvement Goals?

1. I did a good job of allowing the game / activity to create the conditions for the counter attack rather than manufacture it through a serve or ball in. Use this within other sessions to allow for the mental switch / decision making as the transition moment is key to the next phase (whether it is countering forward or establishing possession).

2. In Component #1, the CF issue may have been created by a lack of space between them and the activities. Consider moving the activity areas back into the opposition half so they have more space to either show into or play in behind (while still making the distances game realistic).

3. While the CF's and ACM's / WF's role is key within the counter, consider the role of the other players (as highlighted by the FB example above). The third man run out of the midfield area can be very difficult to mark or track so how might we better utilize this if we cannot be direct through the runs and movement of the CF's.