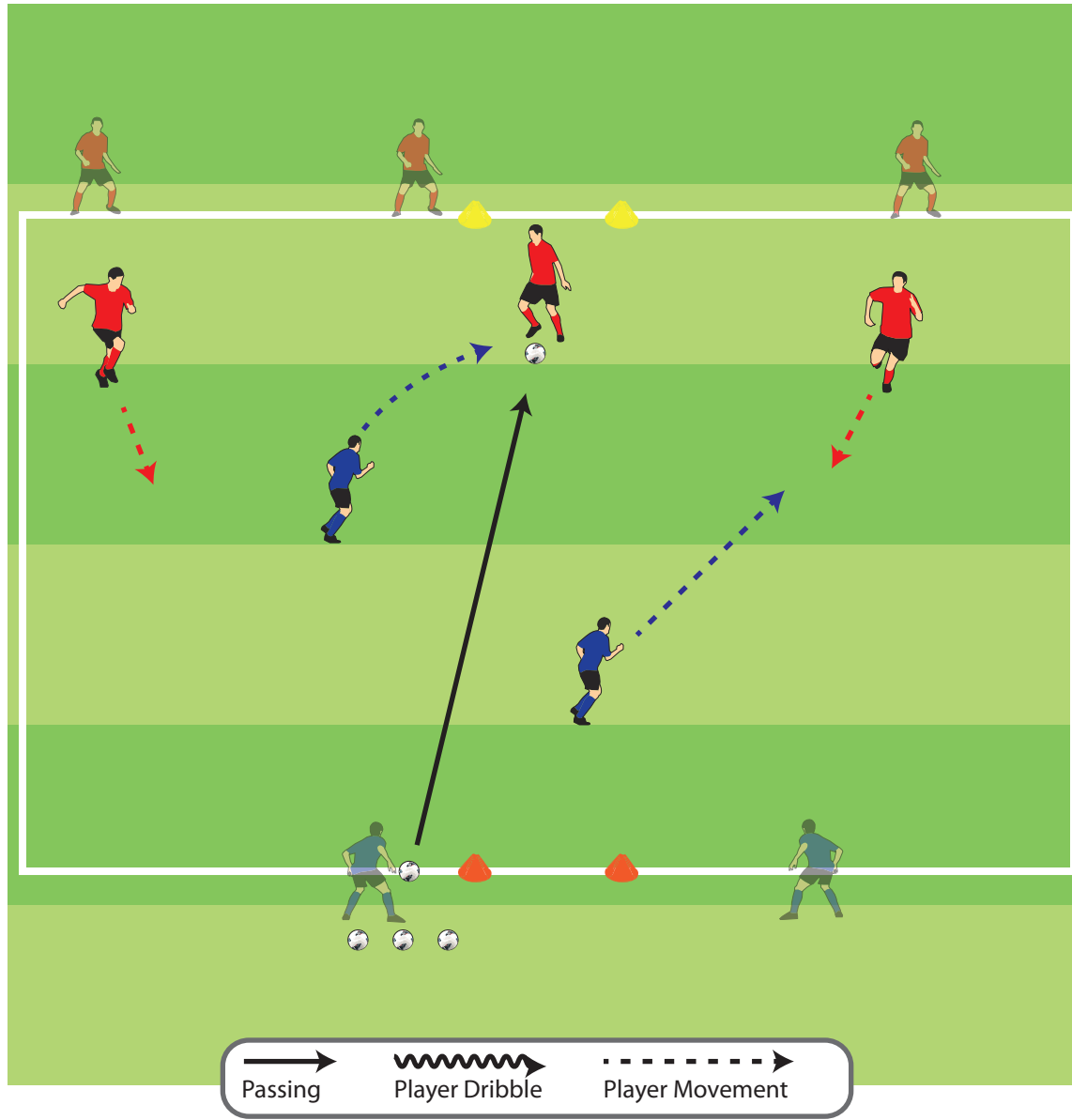


Defending: Preventing Counter Attack: Stage II Small-Side Activity

Topic: Improve your team's ability to defend against the counter attack.



Setup

30 x 25 yard area with 1 mini goal at each end. 5 or more soccer balls and colored pinnies. Note coaching points should be focused on Blue team who are trying to prevent Red from counter attacking.

Sequence

- Divide players into 2 equal teams.
- Ball is served to Red by a coach or player to begin the action.
- Red has an advantage with 3 players initially but if Red passes to a teammate then a 3rd Blue player may enter the game.
- Blue should quickly pressure red, if successful they earn a point for clearing the ball and 2 points if they can dribble thru Reds goal.
- Red scores a point either dribbling or passing thru blues goal.
- Players rotate with their subs at the end of every play.
- First team to score 5 or more points wins, teams reverse roles.

Variations

- Restrict the Red team to 2-touches.
- Allow blue to start with 3 players making it a 3v3 from the beginning.
- Expand or contract the playing area. Serve an aerial ball.

Coaching Points

- Cut passing options for red. Angle of run by 1st defender as he presses ballcarrier. 2nd defender must recognize 1st defenders body position
- Cover and squeeze red into a pocket by working together.
- Immediate pressure, force red to turn back under duress.