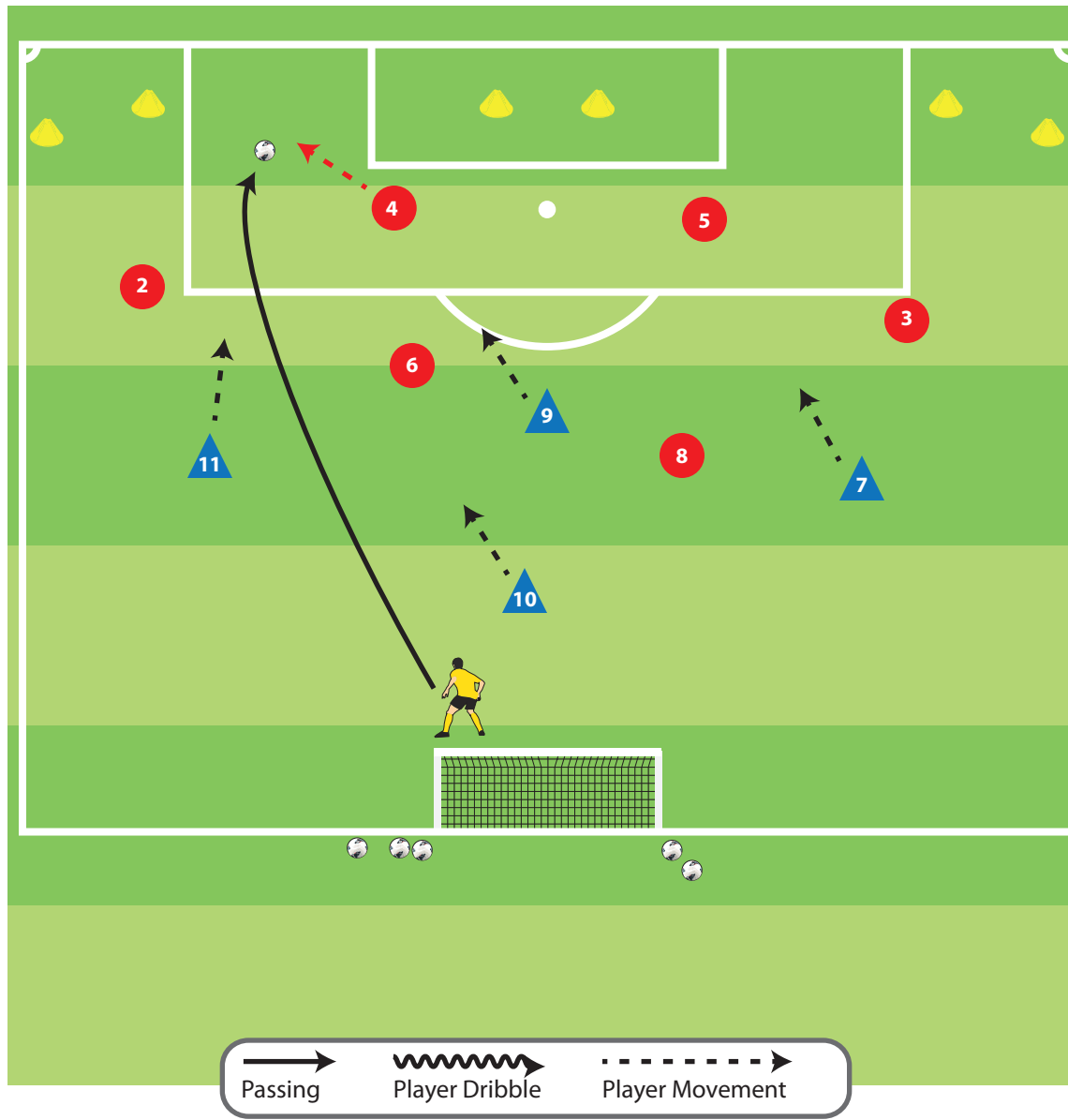


# Defending: Preventing Counter Attack: Stage III Expanded Activity

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



## Setup

Half field with a full sized goal on half line and 6 large cones (3 mini goals) at opposite end goal line. 11-15 players, 1 GK. Note coaching points should be focused on Blue team preventing Red from counter attacking.

## Sequence

- Divide into 6 (red) v 4 (blue) and 1 Goalkeeper
- Goalkeeper begins action by punting or kicking the ball down to Red or distributing to Blue, if distributed, Blue must dribble (no passing).
- Red begins their counter attack i.e. fast with a long ball or may build their attack using possession.
- If a Blue player wins the ball, they must try and dribble thru one of the yellow mini goals without passing to another Blue teammate. This restriction will most likely result in Blue losing the ball to Red who will then restart the sequence by attempting to counter attack.

## Variations

- Restrict Red to only 2-touches
- Change 6v4 by adding Blue players or removing a Red player.
- Goalkeeper may punt to Red or distribute to Blue to begin action.

## Coaching Points

- Blue defenders should stay compact and balanced, stay organized and provide cover/support for 1st defender who should pressure quickly.
- Blue defensive team should slide as a unit while red possesses and moves the ball around the playing field.
- Force Red team to turn, eliminate Reds passing options and try to intercept any aerial or ground passes.