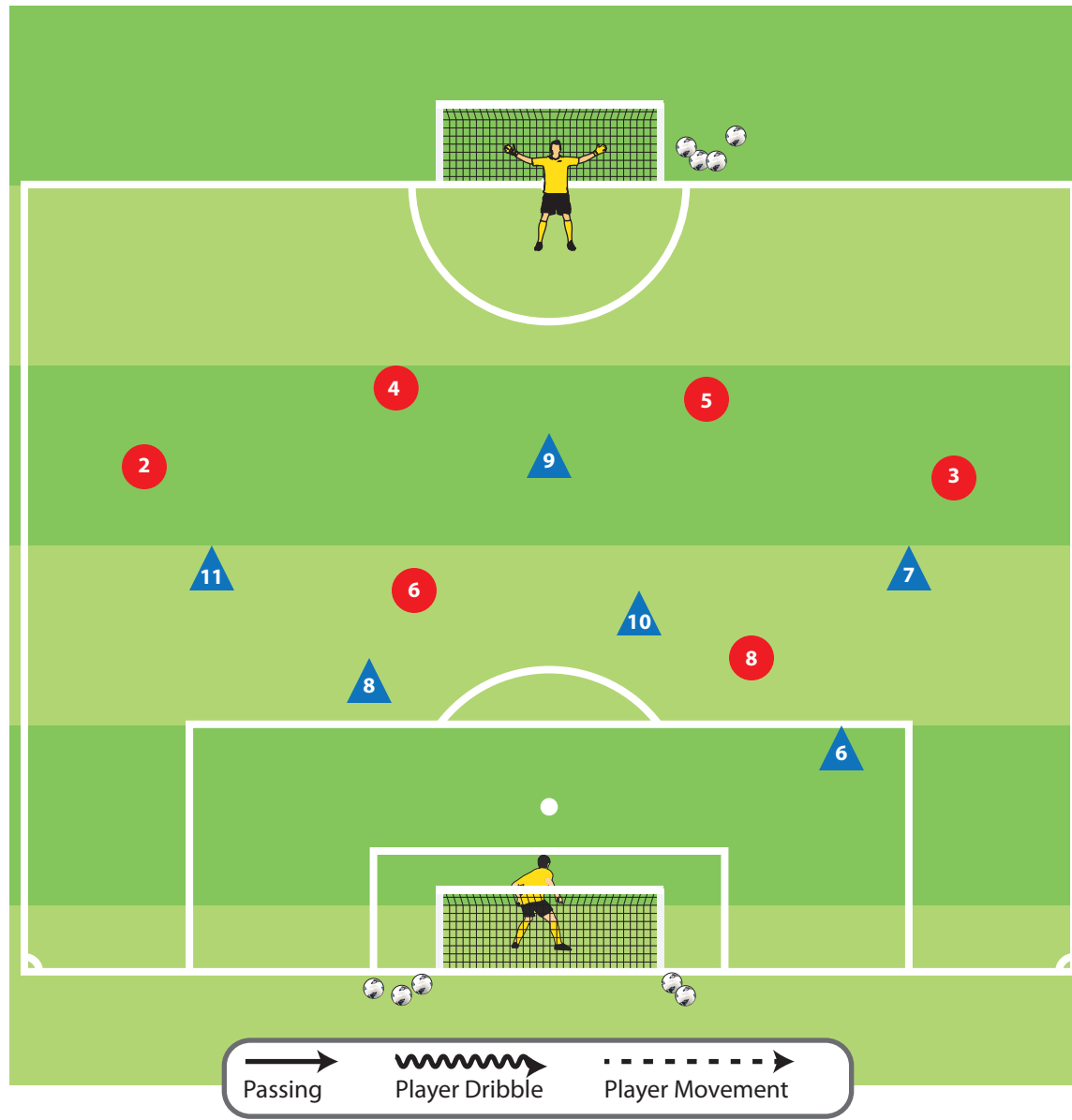


Defending: Preventing Counter Attack: Stage IV Game

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



Setup

Half of a normal field with 2 full sized goals. Place extra balls behind each goal, goalkeepers place ball into play. This is a Stage IV game, wait for natural stoppages before making coaching points, let them play.

Sequence

- Divide into teams of 6 players (or 5v5 or 7v7)
- If you have more than 2 teams, have the 3rd and/or 4th teams recover on the side. When a goal is scored, the scoring team stays on the field and the losing team changes with the recovering team.
- If a goal is not scored within 5 minutes, swap 1 or both of the teams.
- Play with offside law in effect.
- First team to reach 3 goals is the winner.

Coaching Points

- NOTE: Make coaching points during natural stoppages or in-flow.
- Continue coaching points from stages II and III.
- Players should be executing play at full game speed.
- Verbal and visual communication, goalkeeper and backs should be coaching the teammates in front of them.
- Players should shoot when within 20-25 yards from goal
- Hunt for rebounds, never switch off, stay focused 100% of time.
- Blue team should press hard.
- Don't forget cool down and static stretch the last 10 minutes of practice, take care of the leg muscles.