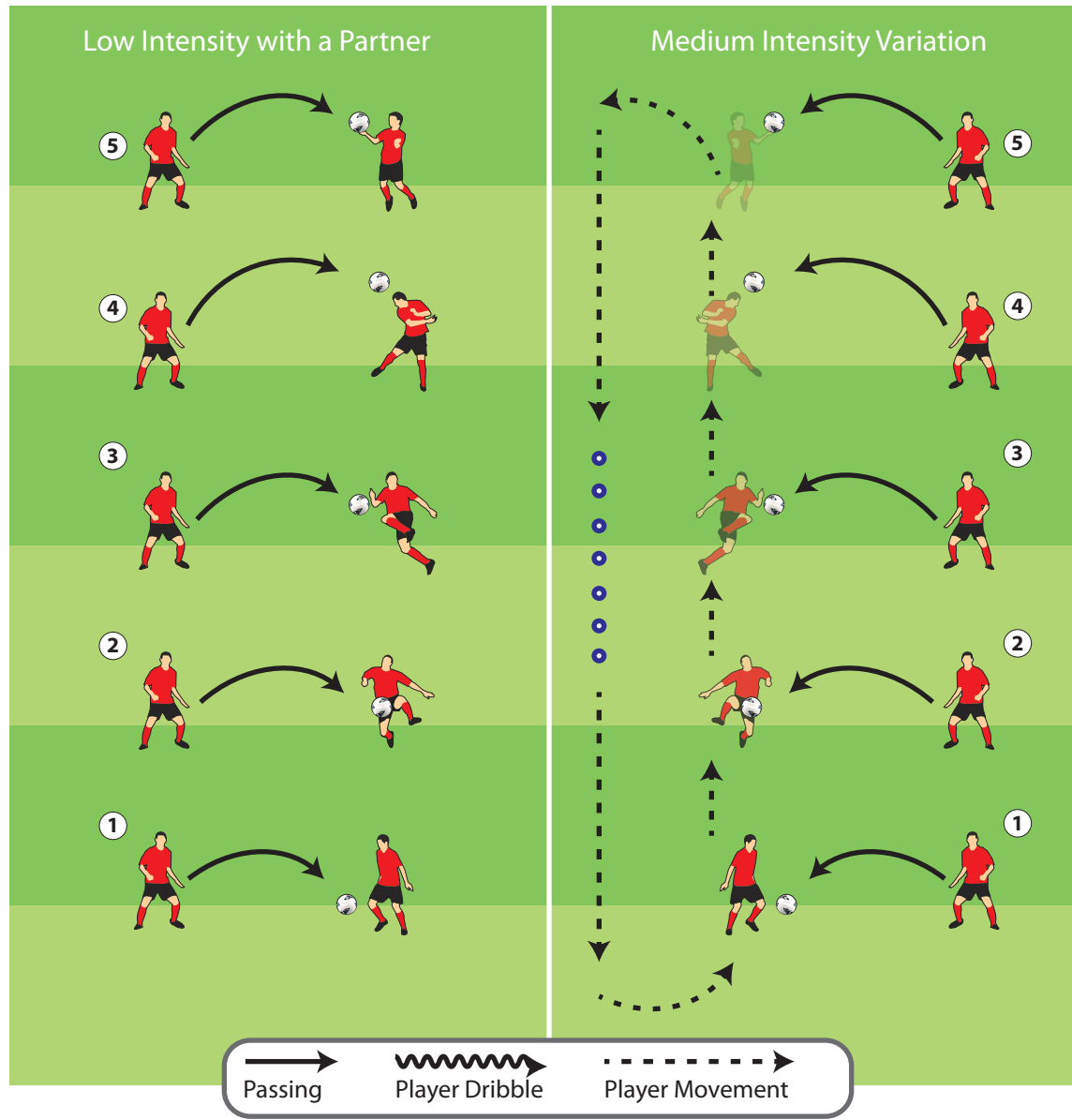


# Defending: Preventing Counter Attack: Stage I Warm-Up

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



## Setup

This is a simple low-intensity warm-up. You don't need any equipment other than some soccer balls. I've seen coaches setup grids for this warm-up but it's not necessary. Players pair up with a partner and 1 ball, they should stand about 2-3 yards apart from each other with a little space between them and others around them.

## Sequence

- One player is the thrower, the other is the receiver. Exercises are done in 1 minute intervals, then players change roles.
- Exercise 1: Laces Volley, toss an underhand ball to the receivers feet, the receiver should use his/her laces to tap the ball back.
- Exercise 2: Inside Foot Volley
- Exercise 3: Thigh to Foot Volley
- Exercise 4: Defensive Header, (head ball up and away)
- Exercise 5: Chest to Foot Volley

## Variations

- Rather than pair players, have a line of throwers, players go thru from one thrower to the next and jog back to the beginning.
- Add a speed ladder (or use cones 1ft. apart) as players run back

## Coaching Points

- Mental focus when touching ball back to their throwing partner.
- Stay on your toes, fast feet, throwers should toss the ball to the players right and then left feet, alternating each time.
- Players should be executing quickly but without sacrificing quality.