

### Purpose

To develop counter attacking in a small sided game.

### Organization

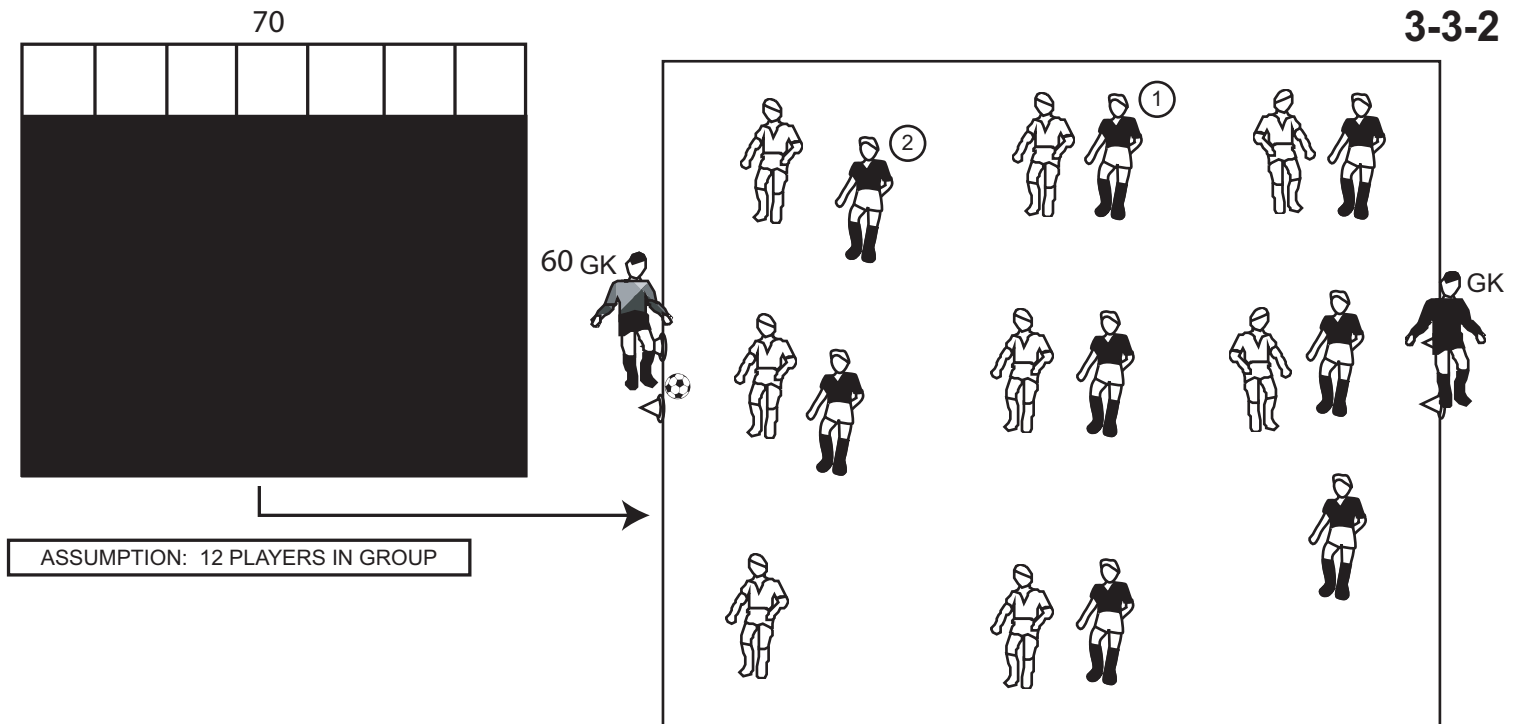
Set out a 70x60 yard area. Station one goal in the center of one end line, with two five-yard goals in the corners at the opposite end, five yards in from the sideline. The dark team plays 4-4-2 plus a keeper, the light team plays 2-3-2 against them initially.

### Game Objective

The dark team is defending the main goal trying to score a point by running the ball through one of the small goals or have possession on the opposition end line. The light team tries to score in the main goal. The dark team has twelve seconds or six passes to score once they have possession or a free kick is awarded against them.

### Key Coaching Points

1. Make sure the midfield and defense are compact and organized behind the ball.
2. Do not press the ball until it is in the defensive half.
3. Once possession is won, look to attack the spaces between opponents and behind them.
4. Push out from the back as you attack to compress the space in the event possession is lost.



## Purpose

To improve defending as a team in a small sided game.

## Organization

Set out a 70x50 yard area. Both teams play a 3-3-2 formation plus keepers. Coach the dark team first and then switch if required. The light team has a two-touch restriction initially.

## Game Objective

Starting position 1 is a dark team midfielder over hitting a pass to the opposition goalkeeper. Starting position 2 is a dark team striker hitting a weak shot on goal.

## Progressions

1. If a regained possession in the attacking third results in a goal, it is worth 5 points.

## Key Coaching Points

1. As soon as the ball is with the opposition goalkeeper, strikers retreat and split the opposition defenders. Defending starts in the attacking third!
2. If the ball is played wide to a defender on the outside, strikers should make recovery runs.
3. Midfield players shift across to the side of the field where the ball is and stay compact, ensuring there is always pressure on the ball and balance.
4. As the ball reaches the defensive third, defenders should also become compact and look to make play predictable.