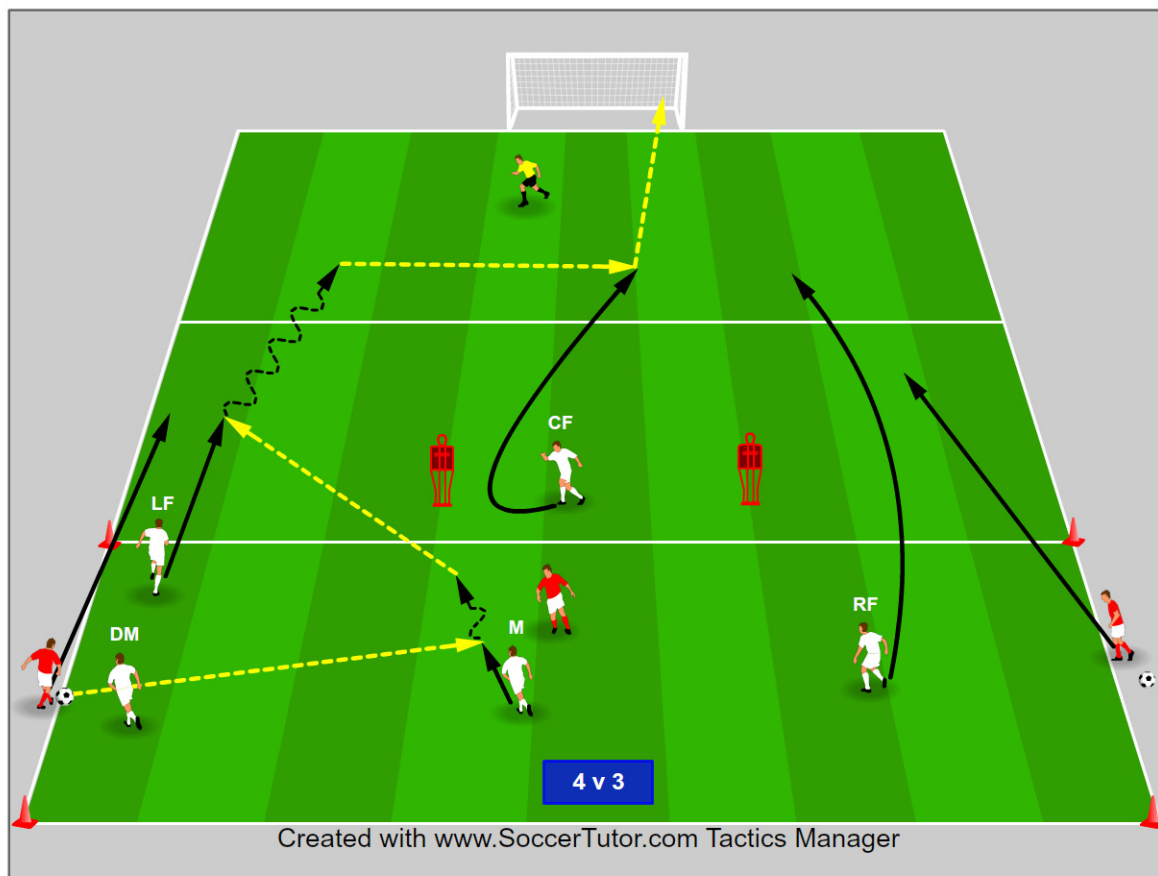


Counter-Attacking Drill - inspired from Jose Mourinho's Tactical Analysis Books



Date: 27/Feb/2013
Time: N/A:N/A
Duration: N/A
Measurement: 60 x 40 Yards
Players: 9
Level/Age Group: U11 - 18+

Description: In the bottom zone play 4v3. The 2 red players on the sides can only move sideways within the bottom zone. The reds objective is to switch the play from one end to the other using the central red midfielder scoring a point each time.

The whites objective is to win the ball and quickly counter-attack. As soon as this happens, all 3 reds can defend.

Objective: To develop winning possession in the middle third, quickly counter-attack and finish.

Coaching Points:

1. Close the ball down at angles in a way to limit the passing angle for the only red player in the centre.
2. Angle and timing of runs - NOT TOO EARLY, think about offside
3. Good weight of pass

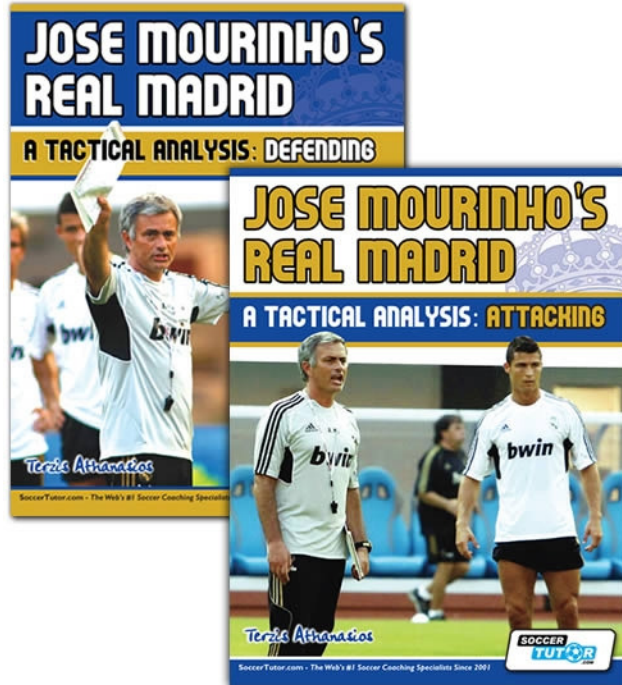
Progression:

1. Progress with 2 thirds of a full size pitch.
2. Replace mannequins with 2 centre back defenders
3. Add more defenders as the players progress

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**Diagrams were created using www.SoccerTutor.com Tactics
Manager Software**

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