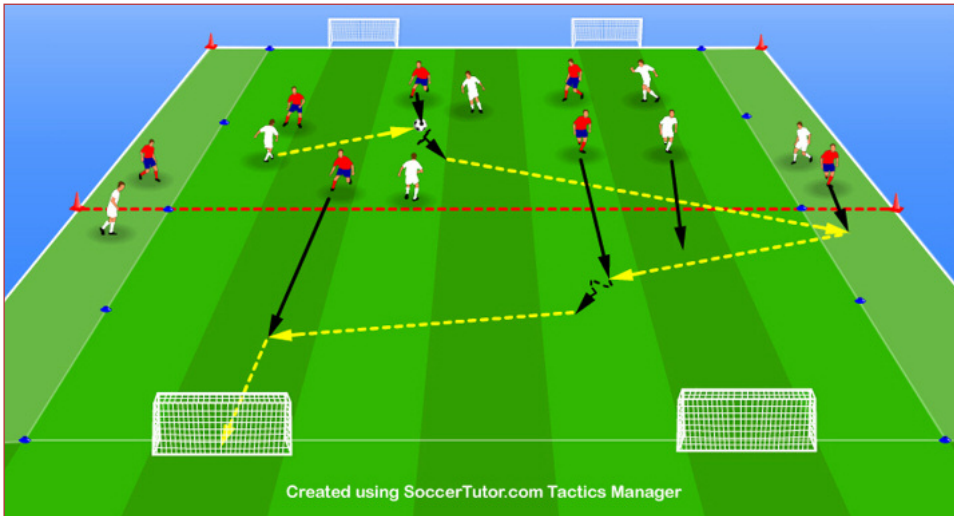


Quick Counter Attack with Wide Support Play in a 4 Goals Small Sided Game

25 min



Objective

To develop possession and finishing with wide support play.

Description

In an area 50 x 60 yards, 2 teams (5v5) attack and defend 2 goals. There are 2 additional players for each team situated in 4 side zones as shown (5 x 30 yards each).

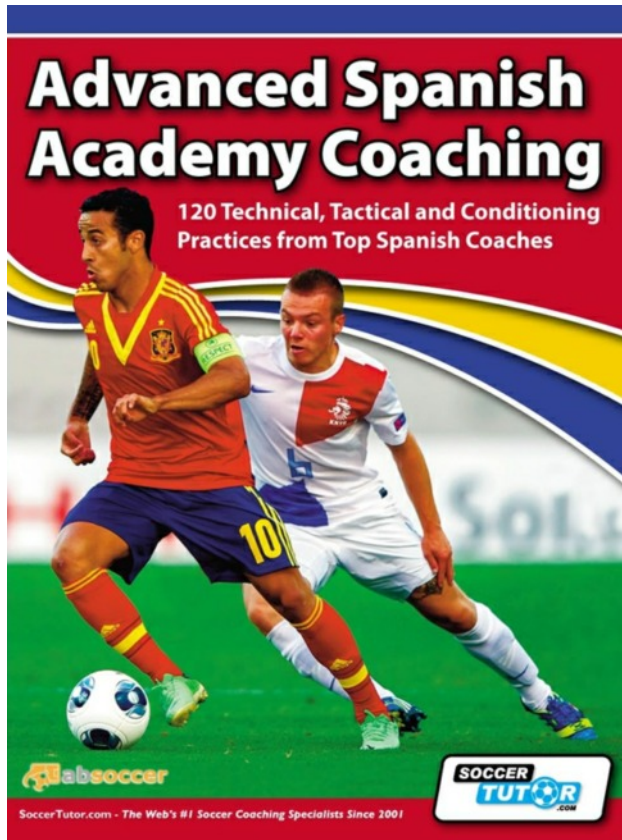
One team starts in possession and attack 2 goals (with the use of their wide players).

If the defending team wins the ball, they should play a pass out wide to one of their teammates in the side zone and mount a quick counter attack. An example of a quick counter attack is shown in the diagram.

Coaching Points

1. There should be a rapid transition from attack to defence.
2. Make sure the player that intercepts the ball does not hang onto it, but releases the ball quickly.
3. Players should try to finish the attack as quickly as possible (shoot quickly).

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