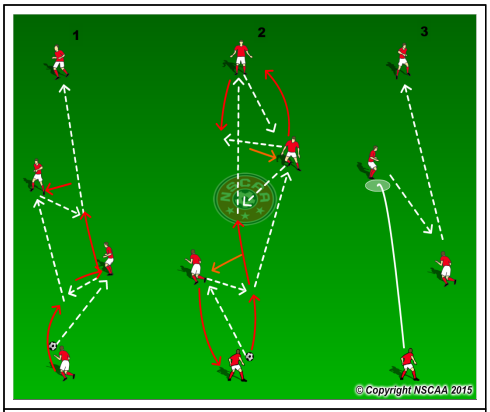
Interactive Session Plan ™

Coach: Michael Herman | Session date: 12/14/15 | Time available: 90

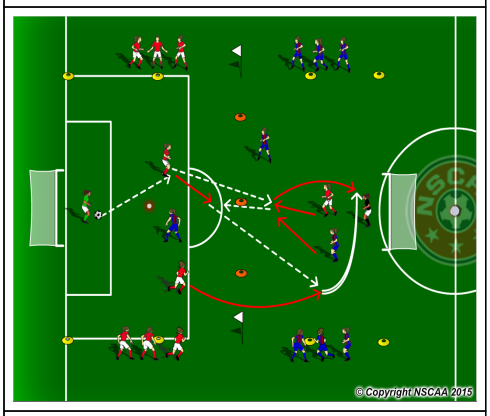
Topic: Counter Attacking in a 1-4-2-3-1 against a 1-4-3-3

Technical / Tactical ☐
Tactical / Technical ☑



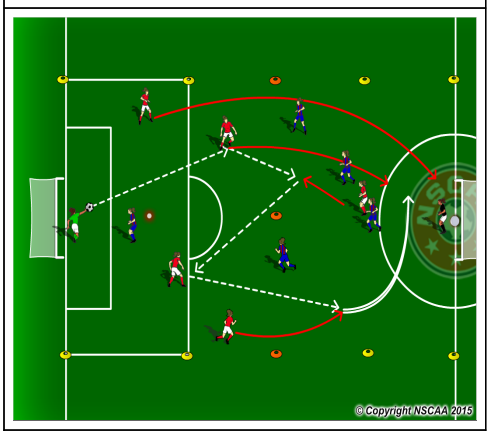
WARM-UP

Organization	Key Coaching Points
3 Separate Patterns. Players work in groups of 4 to execute patterns to assist in counter attacking. For patterns 1 and 2, Players are spread out over approximately 25 yards. Pattern 3 is executed over approximately 40 yards. Pattern 1: Up-back-through. Player 1 plays to player 2 who lays it back to the first player. Player 1 then passes to player 3 who lays it back to player 2. Player 2 then plays to the other end where the pattern begins again Pattern 2: Player 1 plays Player 2. Player 2 lays the ball back	Pace of passing must be high. Players need to move toward the ball to make the timing between passes short. Constant movement off the ball to find the ball. Be constantly aware of where your support is. Lots of communication. High energy.



ACTIVITY 1

Organization	Key Coaching Points
2v2 + a target with goalkeepers. Width of the 18 by 40 yds. Target player must stay in the attacking half at all times. Two new players rotate in off the sideline after the ball enters into the team's attacking half. Any ball that goes out of bounds restarts with the GK	Try to find the target early. Target's movement must create opportunities to get the ball. Players off the ball need to read where the defense vacates and move into that space. High tempo and energy! Counter-attacking needs to happen quickly.



ACTIVITY 2

Organization	Key Coaching Points
4v4 + Target and goalkeepers. Width of the 18 by 60 yards. Building off of the previous activity, add in two more players to give more options off the ball and add on 20 yards of space to incorporate longer passes. Same rotation as the previous activity, once the 4 players enter their attacking half, 4 new players come on.	Look to go forward quickly. Rotation of players means you don't have to recover defensively so once you have the ball put your energy into attacking and getting into dangerous spaces. No flat balls. Only play backward to go immediately forward. How do we penetrate? On the dribble, passing, long balls.

GAME

Organization	Key Coaching Points
Full field 11v11 The team you're coaching is in a 1-4-2-3-1 playing against a 1-4-3-3 Team in a 1-4-2-3-1 has a line of confrontation 70 yards from goal.	Invite the team to come forward to open up space to counter into in your attacking half Want to attack the space in between lines, getting the 7, 10 & 11 on the ball behind their mids but in front of their backs. The 7 and 11 stay pinched to offer close passing options and quick support and open space for the 2 and 3 to get forward wide. Energy and movement as a team is key to

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