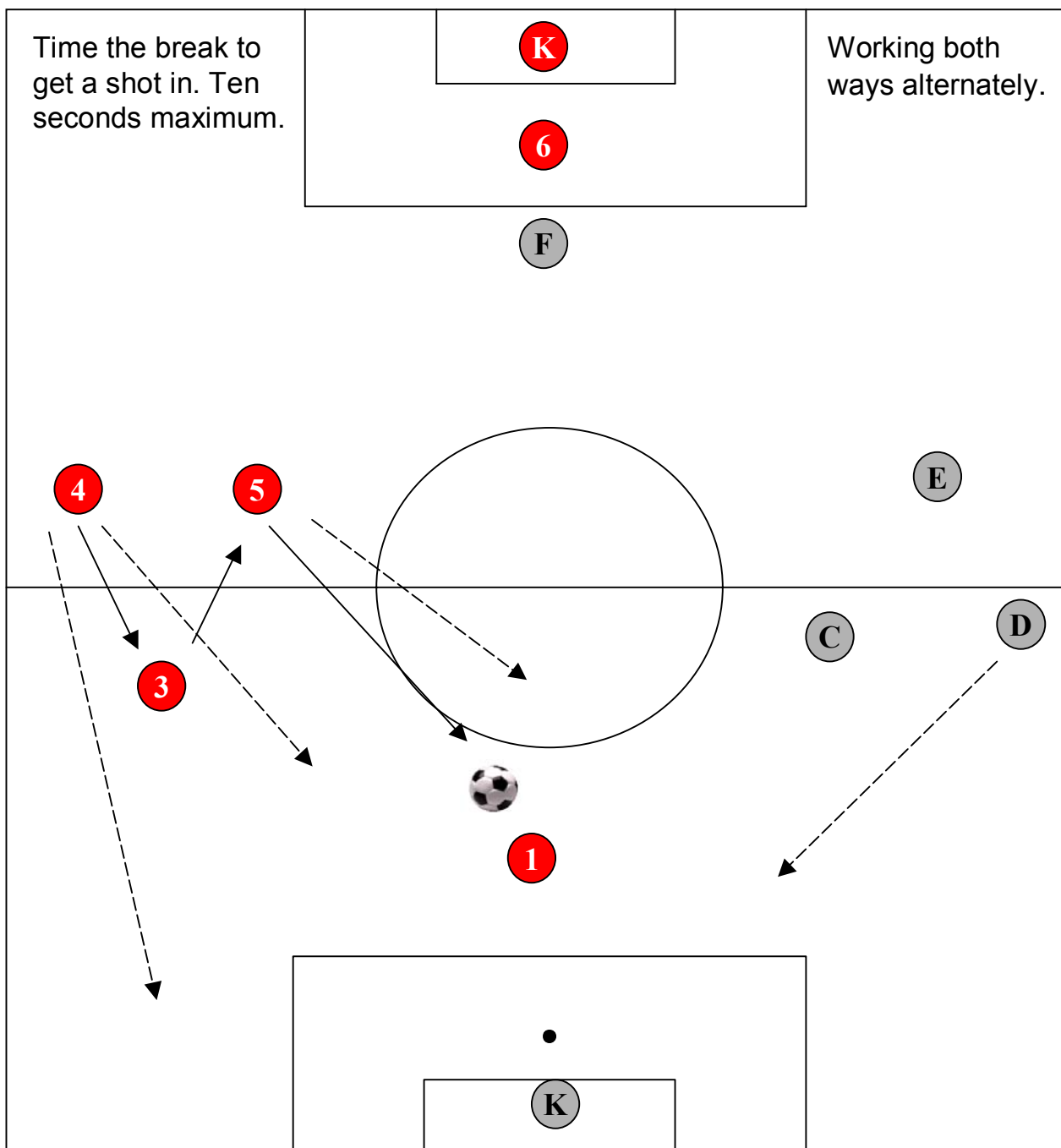
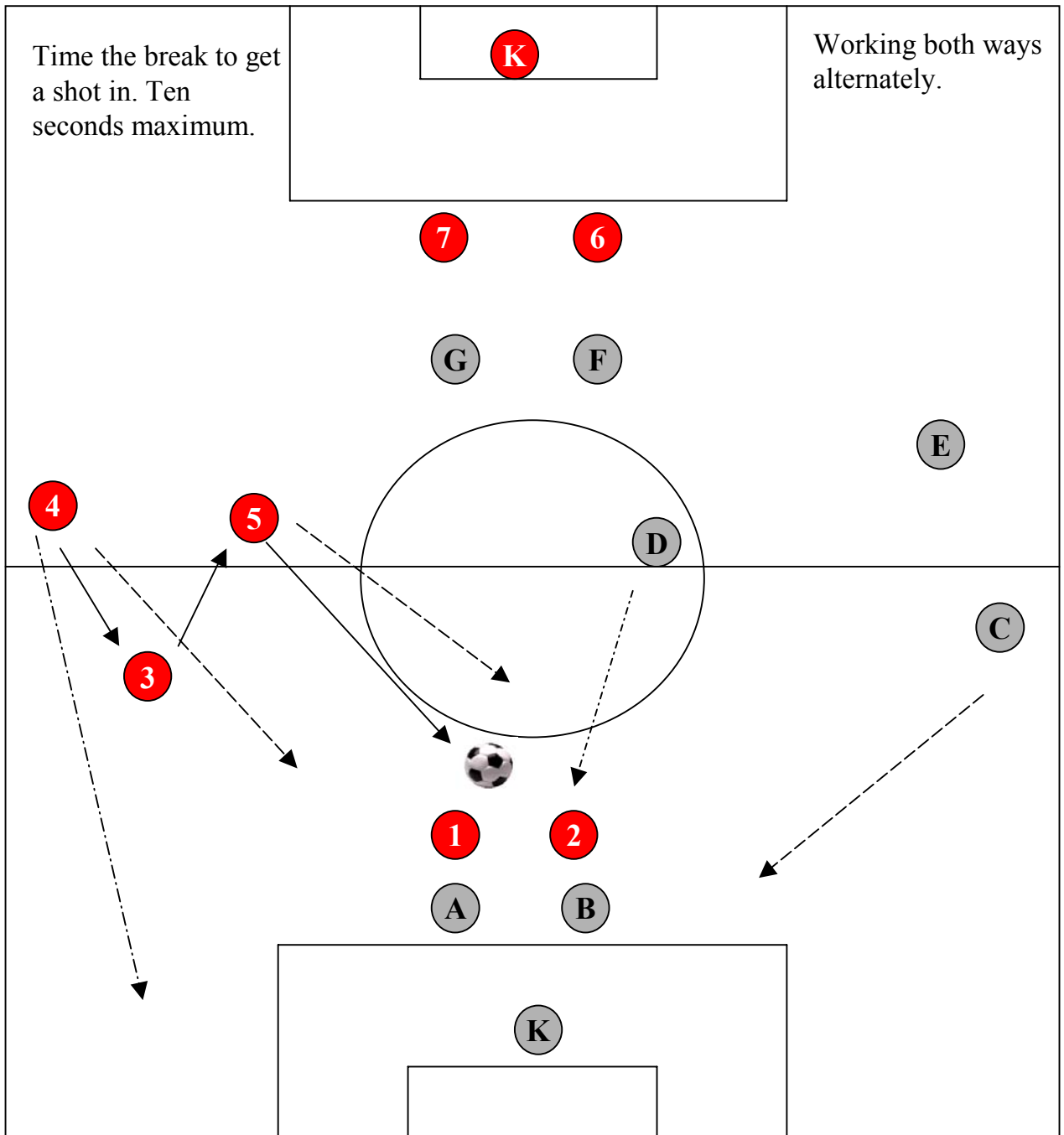


QUICK BREAK COUNTER ATTACKING SESSION



1. Pass to space for (1) to come off the defender and turn. Three players break quickly to support. Two central and one wide. One defender makes a recovery run to help (4 v 2).
2. **Develop** – Introduce a second defender. This means it's difficult for (1) to receive especially if the two defenders screen both sides so support players can run the ball out to start the play.
3. It is now a 4 v 3 situation and the striker has to get free of the defenders and create space for the attacking support players. (Wayne Harrison)

QUICK BREAK COUNTER ATTACKING SESSION



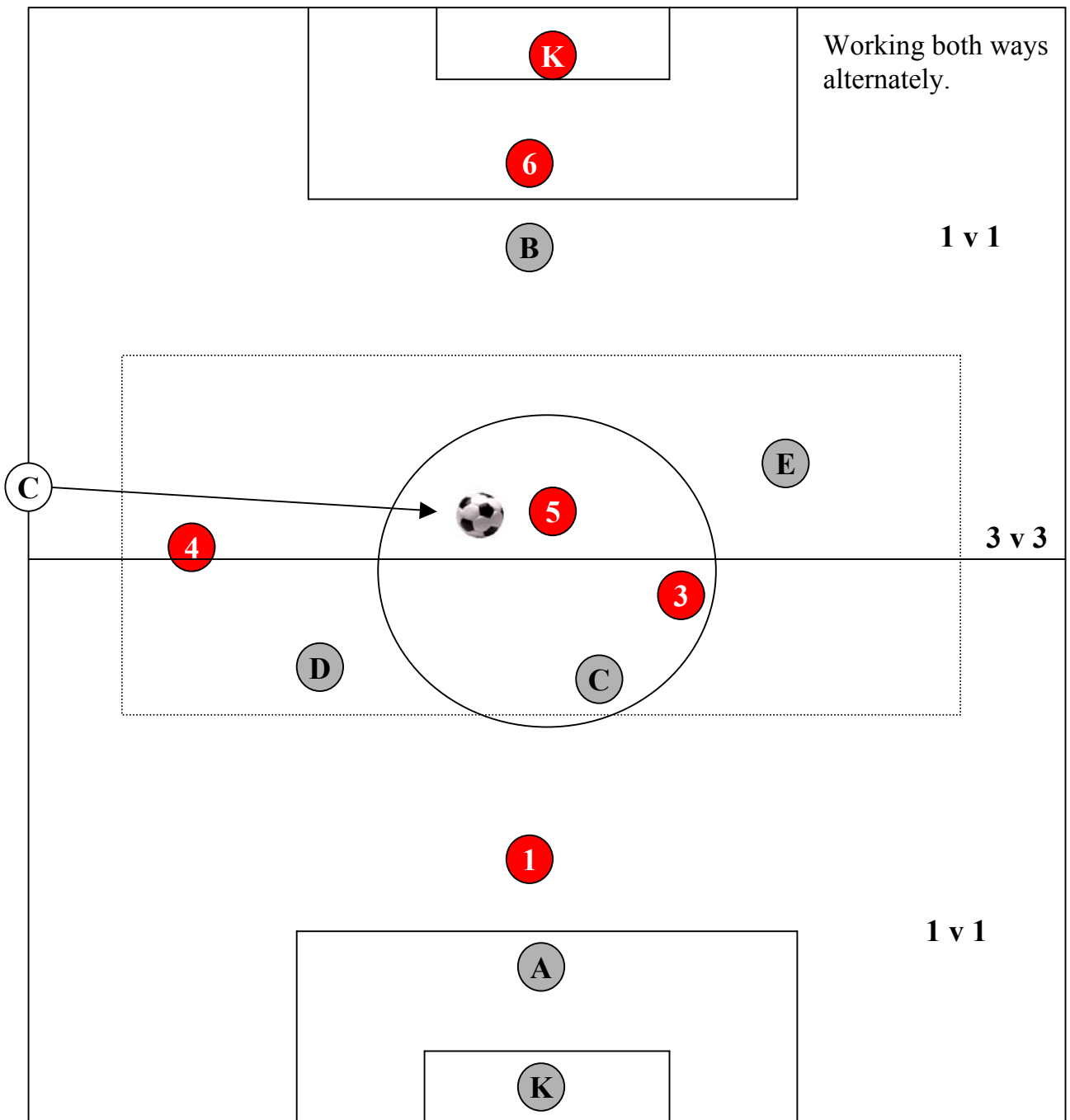
Time the break to get a shot in. Ten seconds maximum.

Working both ways alternately.

1. Introduce another striker so it is a 2 v 2 up front plus have two recovery players. This creates a 5 v 4 situation. Pass the ball into space to bring the strikers off the marking defenders to receive the ball.
2. Working both ways alternately. This teaches the players to be quick and decisive in their decision making when they have the chance of an overload counter attack.

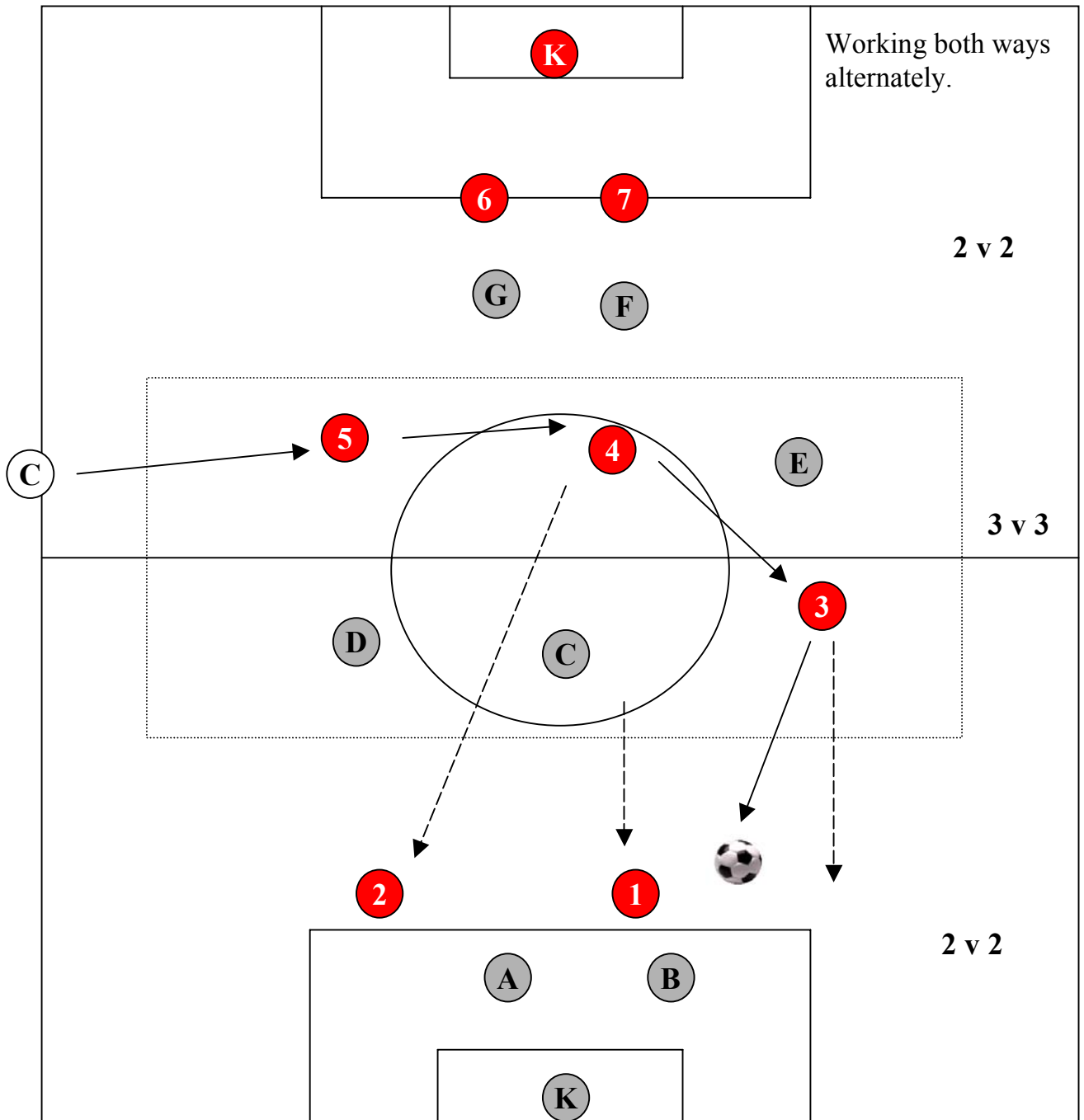
(Wayne Harrison)

QUICK BREAK COUNTER ATTACKING SESSION



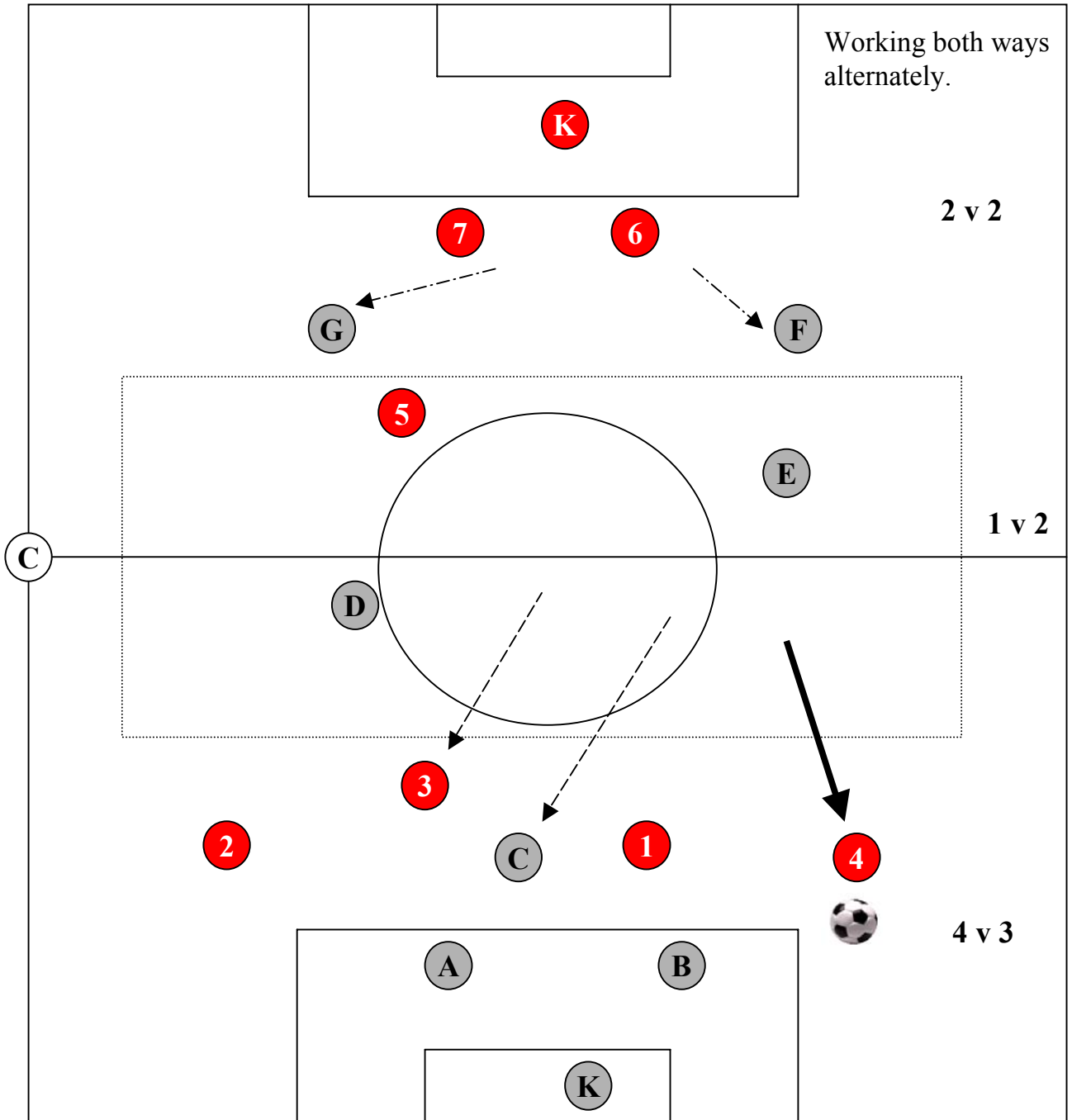
1. **Directional session.** Team in possession have to make three passes then they can pass into the striker. Two midfield players break quickly to support and one defensive midfielder recovers.
2. This leaves a 2 v 1 situation in the middle zone in favor of the other team who are currently defending. If the defenders win the ball or the keeper receives it, the ball is played quickly into the middle zone where they make three passes then get the ball into the striker to attack.

(Wayne Harrison)



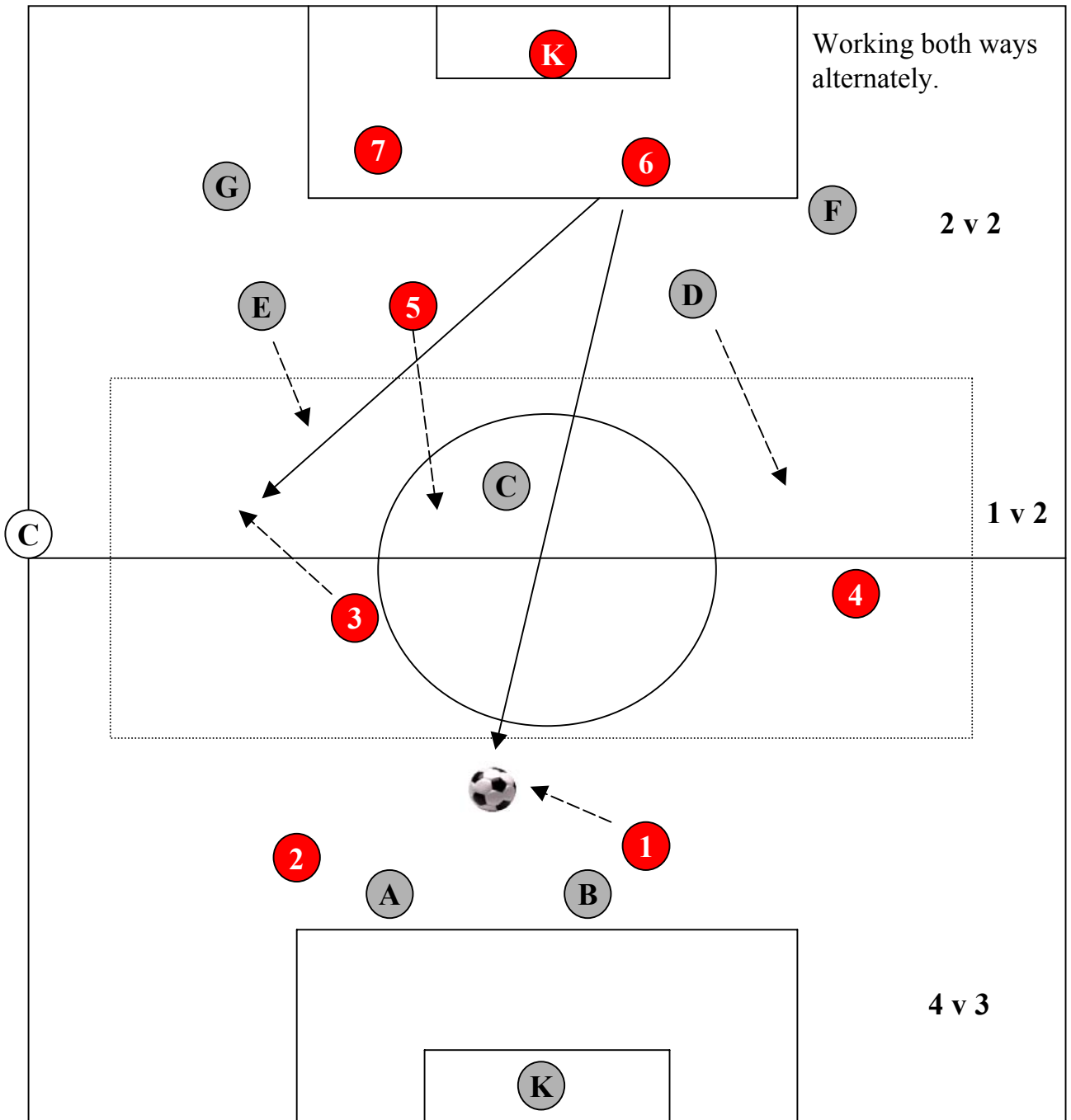
1. **Develop** – Introduce a second defender versus one striker so midfielder may need to run the ball in. Introduce a second striker as above and strikers can move defenders around, work split runs to get a midfielder in. If the condition on passing becomes false then midfield just pass the ball in when it's on. It may take three passes or maybe only one.
2. Whilst a team is attacking one way the strikers of the defending team must move players around and make themselves available incase they regain the ball and break quickly.

(Wayne Harrison)



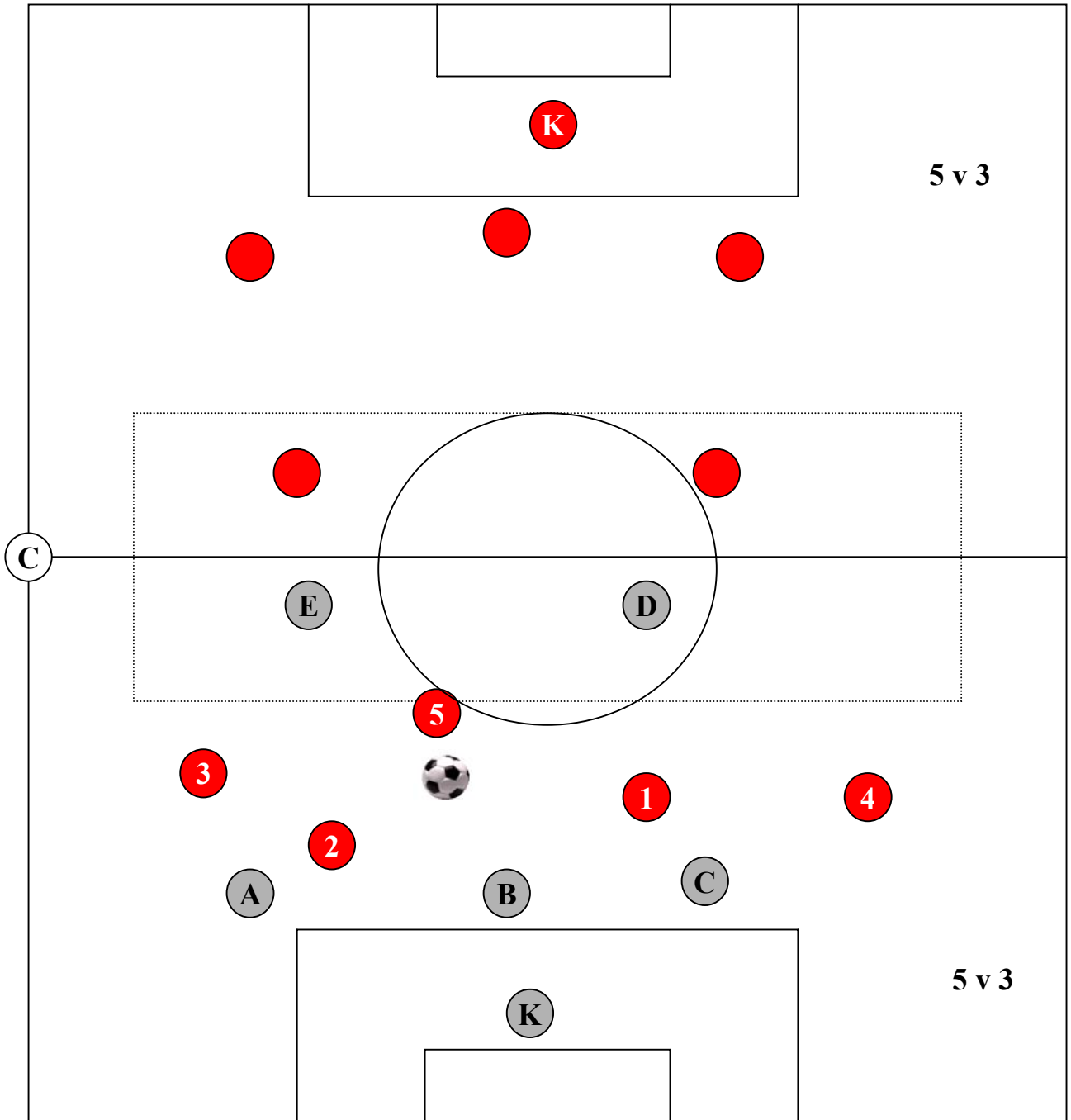
1. Players have broken forward, it leaves a 2 v 1 in the middle zone going the other way for the quick break if the defenders win possession.
2. **Coaching Points**
 - a) Quick Breaks in attack.
 - b) Passing and Support play.
 - c) Early shots on goal.
 - d) Regains of the ball and quick counter attacks going the other way.

(Wayne Harrison)



1. The numbered team have been caught on the break but win the ball back. Choices can be now a quick counter attack playing through the **midfield** or a **direct ball** into the strikers and the midfield can then link up with them.
2. (5), D) and (E) run back to the middle zone ready for the next counter attack going the other way. You can work on **defending** against a counter attacking fast break overload too.

(Wayne Harrison)



1. Three teams of five players so you always have a 5 v 3 overload. Here the numbered team attack, the defending team leave two players in the middle zone.
2. If the defenders win it or keeper gets the ball it is immediately transferred to the middle players (D) and (E) and they attack the third team with the help of (A), (B) and (C). You can work how to attack in a 5 v 3 and / or how to defend in a 3 v 5 situation.