

## Getting Behind the Defense: Teaching the Counter



**The Set-up:** Field should be approximately 65 yards x 45 yards divided into two zones. The Restraining line, dividing the zones, should be approximately 40 yards from the end-line.

**The Game:** A team of 7 reds attacks two (or three) small goals defended by 5 whites. The teams of 5 whites' attack the larger goal with the goalkeeper. Coach should start the activity by passing the ball into the 7 red players.

### Restrictions:

- The 7 red **cannot** drop deeper than the restraining line.
- Upon winning the ball, the 5 whites must get behind the

red team within 4 passes or less.

*Coach can ask the 7 red to dribble the small goals if they are having too much success passing through the gates.*

### Focus:

- Attacking the space behind the defense as quickly as possible!
- Is it better to play backward to get forward?
- Can we get a third man running behind the defense?

**Coach should be observing the white teams' movements.** Once the ball is played behind the restraining line all players should play "live" until a shot is taken or the ball runs out of play.

**Note:** If you (the coach) notice too many balls aimlessly kicked into space, stop the play and ask whether there was a better option. Encourage players to play the way they are facing. Ex. Player who wins the ball, drops it back to a teammate who "can see the field", and penetrate from there, to a "3rd man running". Up- Back and-Through Pattern.

**If you enjoy this exercise Coach Donahue recommends:**

### Possible Warm-up/1<sup>st</sup> Activity:

Team Triangle Warm-up  
Ajax Passing Circuit

### Progress to:

Barry Gorman 4v4 with Servers  
Dutch Box to Goal