

# 3v2 Counter Attack



**Topic:** Transition

**Practice type:** Phase of Play

**No. of Players:** 10 – 20

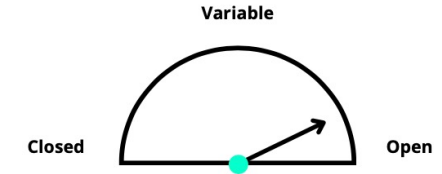
**Offsides:** Optional

**Timing:** 15 - 20 mins

**Goalkeepers:** Yes

**Pitch size:** 60 x 40

**Age group:** U12+



## Objective:

This practice provides an opportunity for repeated high speed runs in attacking or transition moments.

## Organisation:

Set up a long narrow pitch with enough length for the players to move into space at full speed. Set up 3 mini goals/gates on half as an incentive for the defending team. The attacking team attacks towards the large goal & GK. The practice starts with an attacking player serving the ball into the 2 defenders. The defenders have 5 seconds to score into the mini goals. If the attackers win the ball, they have 8 seconds to score. If the defenders successfully score, have a player on hand to serve a second ball in to the attackers who break out on attack. Rotate defenders in from the side, and rotate attackers from behind the mini goal. Adapt time limits according to age/ability of your players. The defenders must be set up above the halfway line (see image) to ensure there is adequate space behind them for attackers to exploit.

## What you might see

- Players attacking too slowly
- Players not being direct in the attack

## Actions you might take

- Adjust time limit for attacks
- Encourage forward passing/running

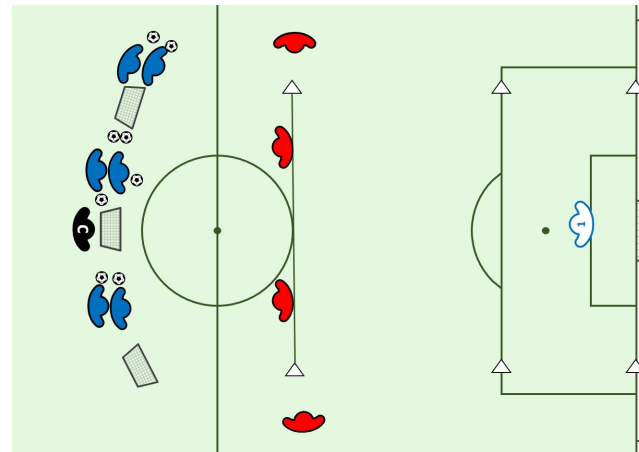
## Adaptations:

### Is the session too easy?

- Make the space narrower
- Reduce time limits on attack

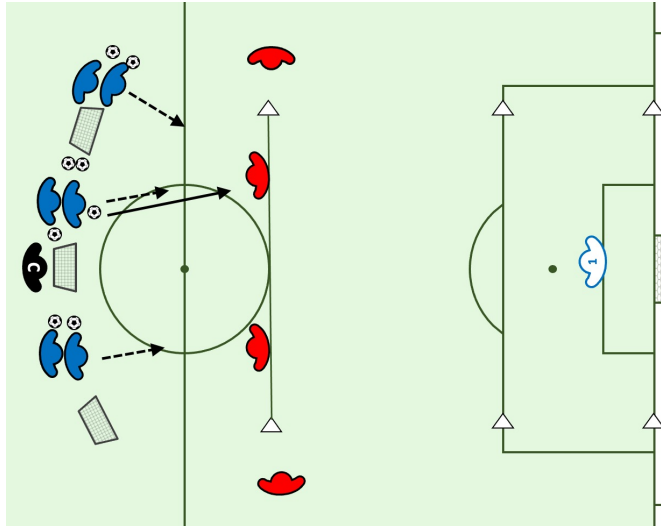
### Is the session too hard?

- Make the space bigger to allow both teams more space
- Increase time limits

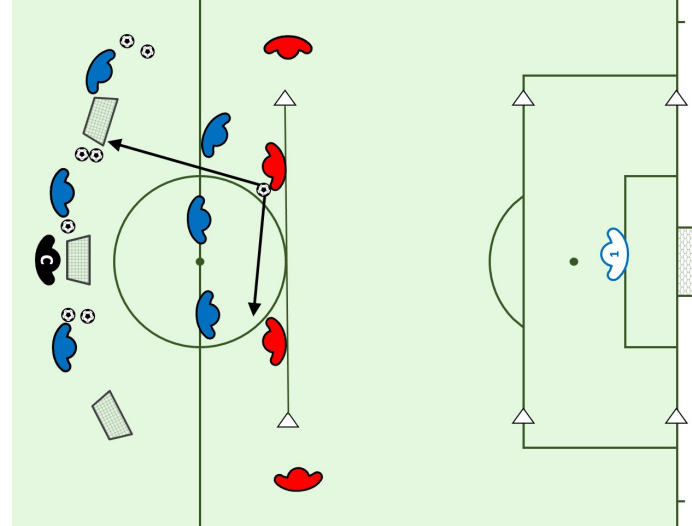


Set up a long narrow pitch in a central area. Attackers start behind the line or beside mini goals (as pictured). Defenders start above the red line. Attackers serve the ball in to start the practice.

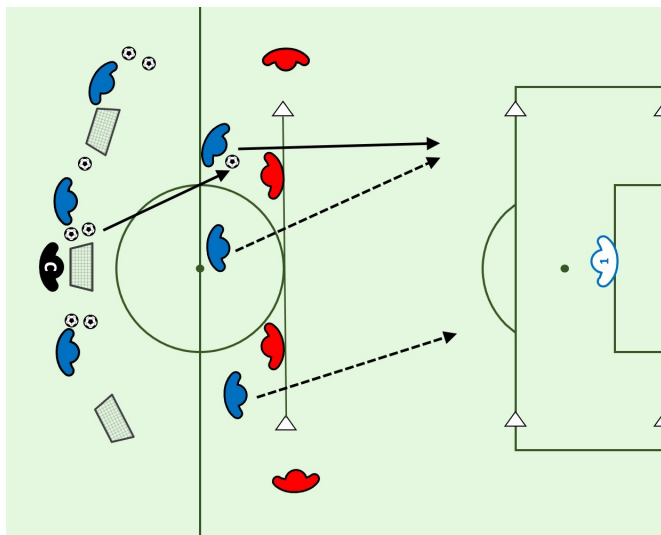
Technical	Psychological
Releasing Receiving RWTB	Persistence Determination
Speed Acceleration Deceleration	Teamwork Support
Physical	Social



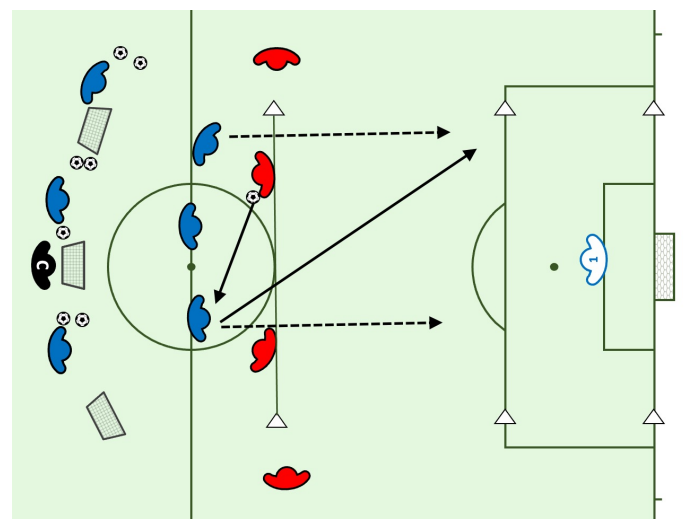
Blues start the practice by serving the ball into the two central defenders. The reds have 5 seconds to score. Blues are tasked with pressing as quickly as possible. If blue win it, they counter-attack. If reds are successful in scoring in the mini goals, a second ball is served in and the blue players attack. Each set includes two chances to attack and defend.



This image shows the reds with an option to score or pass. Should the reds score, a blue player would serve a second ball in to the three attackers and play restarts.



This image shows the second ball being served in by the blue server should the reds score and the blues attacking



This image shows blues successfully pressing and intercepting the pass from the red defenders which triggers a counter-attack. Blues pass forward and run forward, limit the blues to 8 seconds to score to encourage positive intent.