QUICK PASSING & COUNTER ATTACKING

Quick passing -> positive runs -> fast transition to goal

SESSION OVERVIEW

SESSION AIM

Develop fast, controlled forward play and coordinated counter-attacking movements.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Counter Attacking	**Quick Forward Passing**	**Read the Pass**	**Fast transition to goal**

PRACTICE 1 | QUICK FORWARD PASSING

ORGANISATION

Mark out a 15 x 25-yard area. Place A, B and C on three outside cones and D in the centre. A starts with the ball.

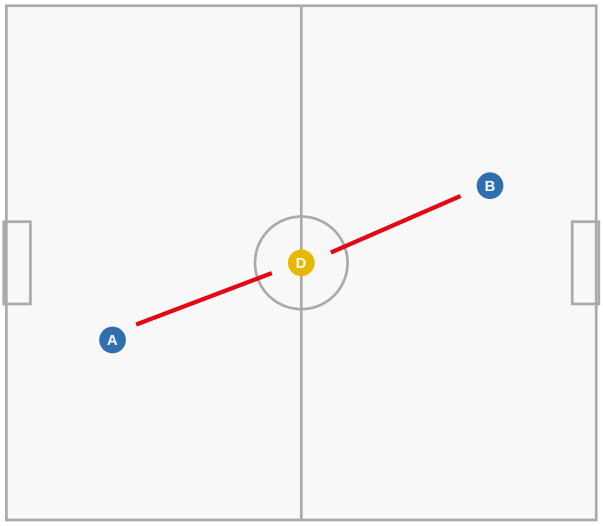
HOW IT WORKS

A plays into D and receives the return. A then passes to B, who moves to meet it. B plays diagonally to C, runs forward to the spare cone and receives a square return before the pattern restarts.

COACHING POINTS

- Play forward quickly and under control.
- Pass into the path of the runner.
- Outside players accelerate to show for the ball.
- Inside players use an open body shape and receive on the foot away from pressure.

DIAGRAM



Quick forward combinations and supporting runs.

PROGRESSIONS

1. Increase the tempo while keeping the passing sequence clean and accurate.
2. Ask players to use one touch whenever the picture allows.

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PRACTICE 2 | READ THE PASS

ORGANISATION

Use the same 15 x 25-yard setup and player positions as Practice 1.

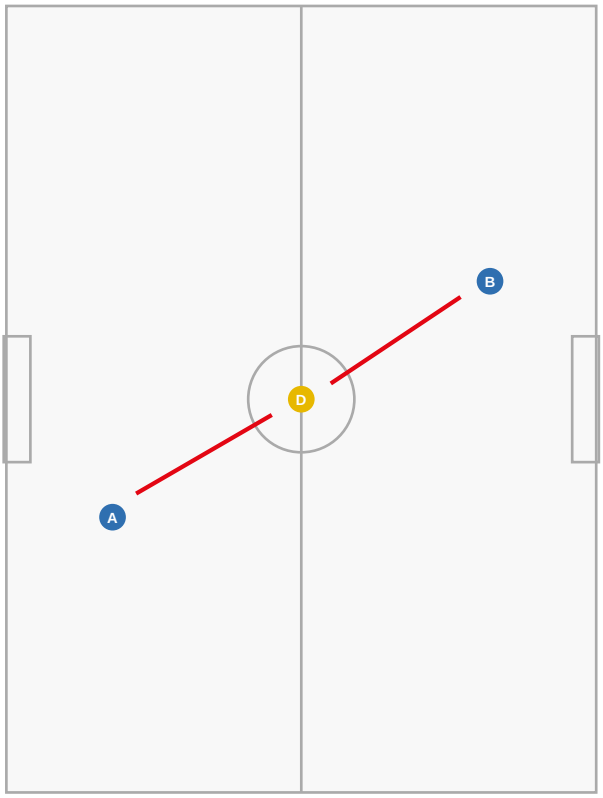
HOW IT WORKS

The player in the middle can choose whether to return the ball to the passer or switch play directly to the opposite outside player. A firm pass can signal a switch; a softer pass can signal a return.

COACHING POINTS

- Read the weight of the pass.
- Recognise when to run and when to hold position.
- Use changes of speed to support the attack.
- Use an open body position to see more of the field.

DIAGRAM



The central player decides whether to return or switch play.

PROGRESSIONS

1. Add a passive defender to increase the need for disguise.
2. Limit touches for outside players.

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PRACTICE 3 | WIDE-BOX COUNTER ATTACK

ORGANISATION

Use a 75-yard field at standard width. Mark a 5 x 5-yard box on each touchline at halfway. Put three players in each box, plus a forward against a defender in front of goal.

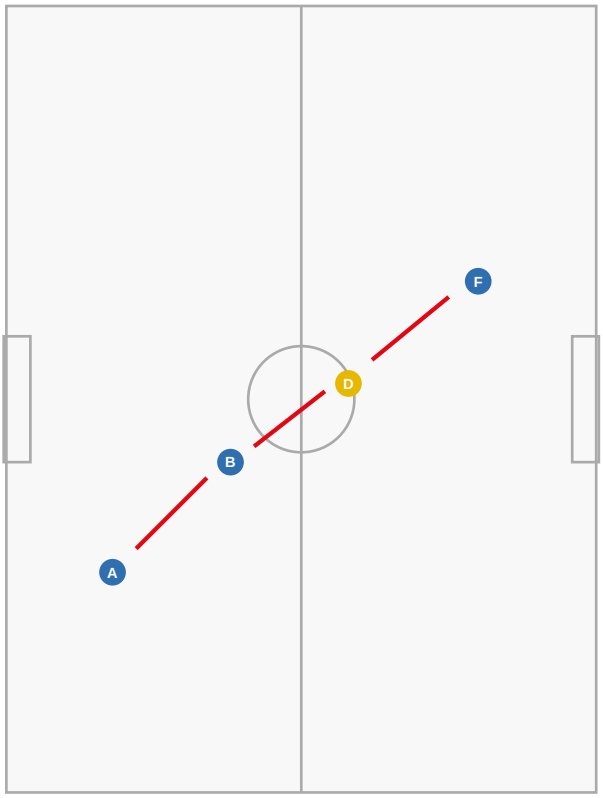
HOW IT WORKS

Players in each box pass one-touch. On the coach's signal, one group explodes out of its box and attacks with the forward. Left and right groups alternate.

COACHING POINTS

- Maintain attacking shape while breaking forward.
- Set clear passing lanes and running paths.
- The forward stays active, using changes of speed and body feints.
- Shoot as soon as a good opportunity appears.

DIAGRAM



Explode forward from the wide box and support the striker.

PROGRESSIONS

1. Allow the defender to step higher and press the break earlier.
2. Reward goals scored within a set number of seconds.

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PRACTICE 4 | 5V5 COUNTER-ATTACK GAME

ORGANISATION

Play 5v5 on two goals with goalkeepers. Use roughly half a pitch to attack and a quarter to defend, adjusted to ability. One forward from each team starts high against a defender.

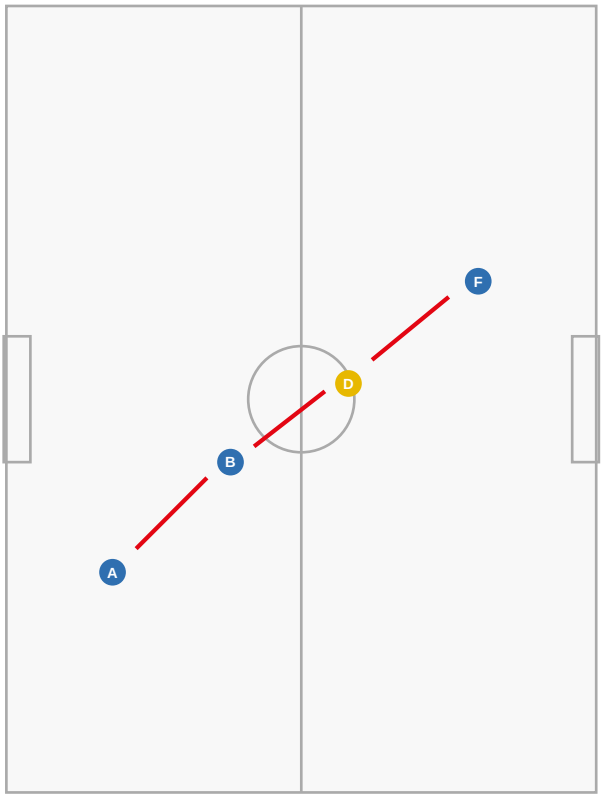
HOW IT WORKS

The coach serves into one team. They secure possession while opponents press, then counter through the high forward. If possession changes, the new team immediately counters the opposite way.

COACHING POINTS

- Spread out immediately after winning possession.
- Use one touch when possible to speed up the break.
- Support forward quickly from behind the ball.
- Attack positively before the opposition can recover.

DIAGRAM



Transition quickly from regain to forward attack.

PROGRESSIONS

1. Add a time limit to score after regaining the ball.
2. Award double for goals scored from a one-touch combination.