



Hooked on Games

15 Play-Practice-Play Session Plans



Session 15 Counterattacking

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of running completed in this session it is essential there is a longer than normal warm up that should emphasise the following: • *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some running and footwork drills before commencing the stick and ball section. Running should include sharp changes in direction.

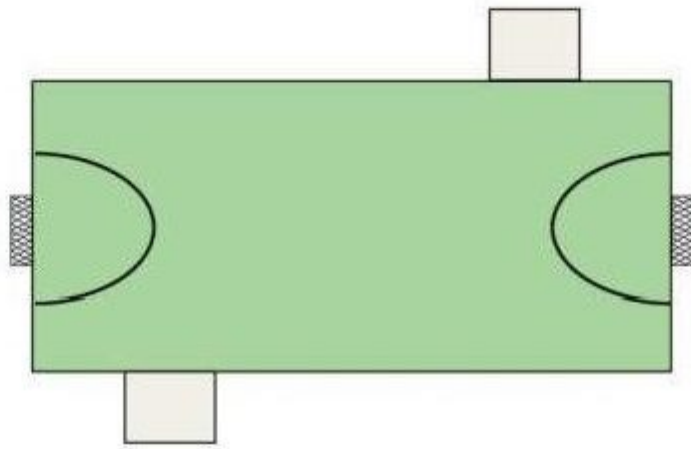
10 mins

1. Play

10-15 mins

OBJECTIVE

To demonstrate what a counterattack is. The aim of the game is for teams to be continually counterattacking (and then defending a counterattack). The game may appear confusing until the game has started and everyone remembers that they attack first and then defend in that order.

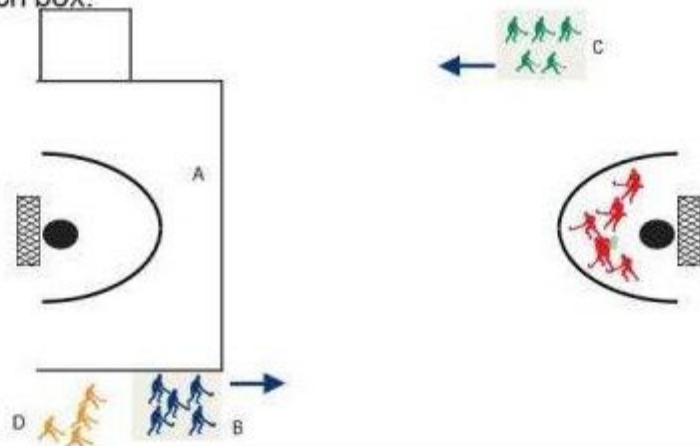


SET UP

This game requires three quarters of the whole pitch (but can be done over half a pitch) along with 16 players minimum (best number is 20). The side-line should be brought in 5-10 meters to narrow the full pitch width.

Move the goal at one end to the 23m line and make a scoring circle around this using throw down lines or talc. Two 5m x 5m boxes should be made along the side-line which are level with the top of the circles as shown below. Balls should be placed in both goals.

Divide the players into four equal teams giving each bibs and a name (A-B-C-D). Team A (red) starts in one circle, team B (blue) in the side box at the other end to A. Team C (green) start in the box beside where A starts. Team D (yellow) starts outside the box where Team B are. Once the game starts there should be two teams playing and one team in each box.



SAFETY POINTS

- Be careful to ensure there is only one ball on the pitch at any time and that the balls stored are in the back of the goal
- After a team has defended they should move swiftly off the pitch to the relevant box
- Be sure balls being played out to the next attacking team do not hit anyone
- Players on the defending team should take care when they are tackling back – they should be warned against making rash tackles from behind the attacker

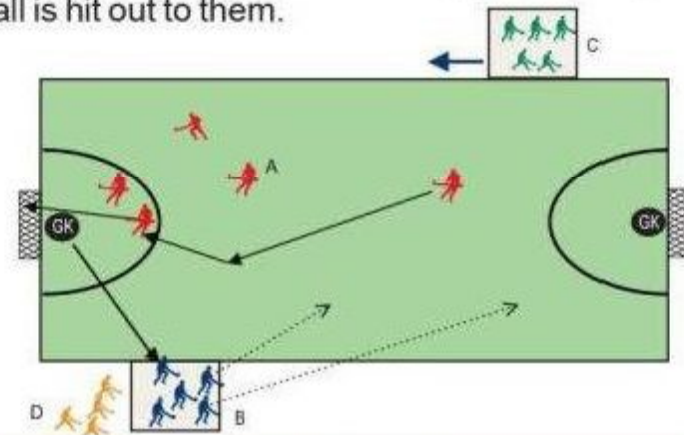


1. Play (continued)

RULES

1. Team A (red) is given a ball by the GK
2. They counterattack towards the other end and try to score
3. Once the ball becomes dead another ball is hit to Team B (blue) who counterattack to the other end as shown below
4. As soon as the ball is hit to Team B (blue), Team A (red) have to turn and defend that ball (they will have some running to do!)
5. Once Team B (blue) finish a ball is hit to Team C (green) and they attack against Team B (blue)
6. Team C (green) then defend against Team D (orange) and so on
7. This continues on for 5-10 minutes. It will be very tiring! Play this for 2-3 periods.

Note: Once a team has defended they move to the box closest to the end where they have just defended. Players must stay IN the box until the ball is hit out to them.



2. Practice

35-45 mins

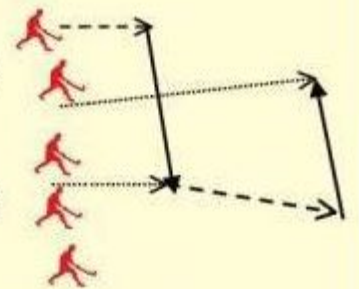
OBJECTIVE

The objective of this section is to develop the most common passing and receiving techniques used in the counterattack situation (see Sessions 10 and 11) along with ball carrying (Session 1) and goal scoring skills (Session 13). These components are then extended to include decision making components.

Exercise 1: Passing and receiving lateral passes at pace

(see Session 10) Using the playing area from the first session the players should move in their group from one end and then back to the other.

- Passes can only be made sideways (like in rugby) although the ball can be played ahead
- Once the ball reaches the end of the line it can go back the other way
- Discourage going from one end of the line to the other without passing
- Encourage skipping a player out
- Players can carry the ball forward (gliding) with their eyes up



Time how long teams take to get from one end to the other. Effective counterattack moves are done quickly so the faster the better.

SAFETY POINTS:

- Be sure players get used to the exercise before having too many groups or pairs going at once
- If you allow shooting be sure that there are clear guidelines on when to shoot and on ball collection

