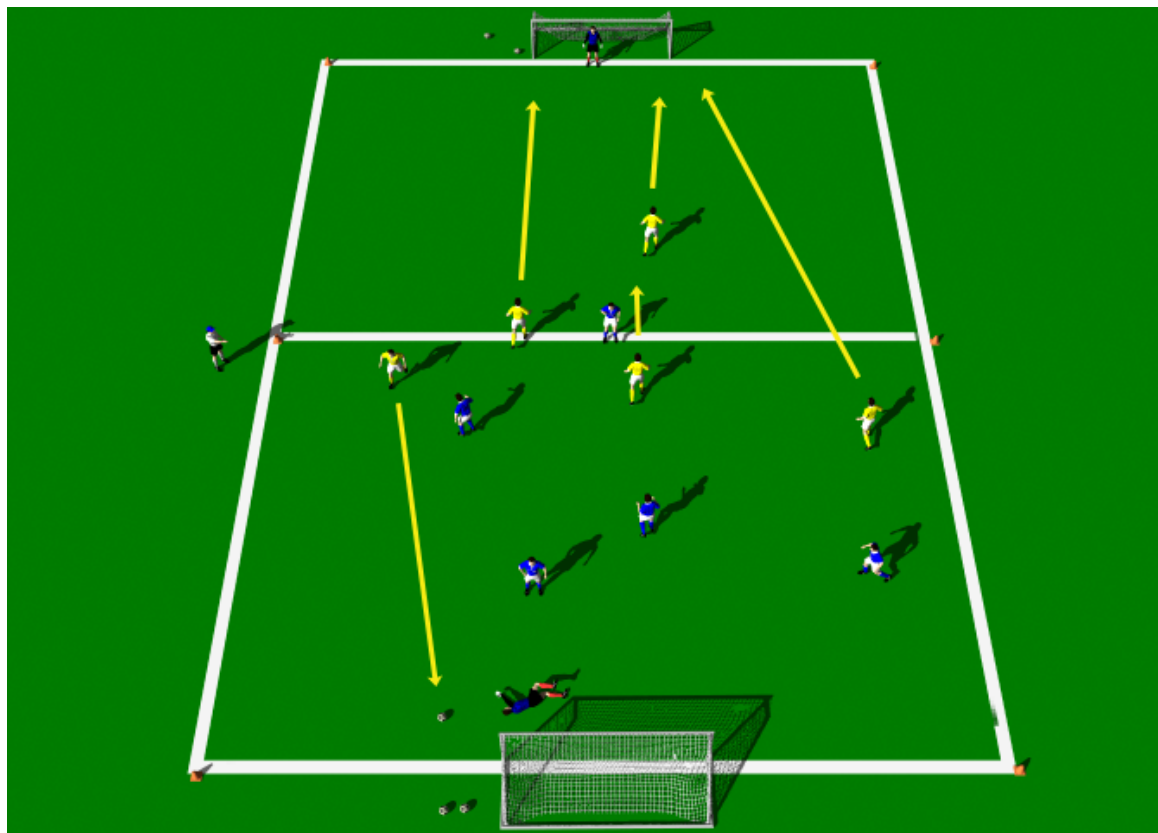


Liverpool Counter Attack Game



Exercise Objectives:

This is a great game to encourage quick counter attacks and closing down the ball as a defender.

Coaching Pointers:

Divide your players into two teams. Play in an area approximately 20 x 30 yards using two full size goals. The coach starts the exercise by playing the ball to one team. The game is free play, no condition on the amount of touches.

1. Players must be in the attacking half of the field before they can score.
2. If a team shoots and misses the target, they must all sprint back and touch their own goal before they can defend.
3. Counter attack quickly when the ball is turned over and the defending team is retreating to their goal.
4. Defenders should recover quickly and press the ball.