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Learn how to use "slow arm recovery," "quick catch" and "high swingers" to improve your swim stroke. Active.com is the leading online community for people who want to discover, learn about, share, register for and ultimately participate in activities about which they are passionate. Millions of active individuals visit us each month to search and register online for races, team sports and recreational activities; interact with others who have similar interests; start online training programs; and access nutrition, fitness and training tips. In soccer the transitional moments allow teams to take advantage of the opposition’s disorganization. Coaching teams to transition quickly from defense to attack can help you control a game. This article will provide some basic principles to help you to control the transition phase from defense to attack. How do you coach counterattacking in soccer? You have 5 - 8 seconds to regain the ball and score. Use forward passes and forward runs to get behind a defense. Take shots at goal early. Key Coaching Points of Counter Attacks Firstly, time is everything. The best teams need about five to eight seconds to regain the ball and get a shot on target. Forward passing and forward running are a must if you want to exploit this short time window. Therefore, it is important to keep play at a high tempo during any counter-attack. No matter whether it is a counter-attack or a normal attack, players should be encouraged to penetrate the opposition backline centrally and take the quickest route to the goal. Passing into space or onto the player’s runs can help you achieve this. Counter attacking down the wings can be a little more difficult because it means you are further from the goal and allows the opponent time to recover. Attackers should draw in some pressure from the defenders before releasing the ball. Some players pass the ball too early in overloaded positions such as 3 v 2 or 4 v 3. The ball carrier must try to draw out the defender by dribbling at them at speed. This should open up some new spaces to penetrate. Players need to make quick decisions under pressure. They must be able to run with the ball at speed or pass the ball forwards and into space with accuracy. Finishing under pressure is another quality that is required for great counter-attacking in soccer. Counter Attacking Soccer Drills counter attacking in soccer happens from different locations on the pitch. Teams that press high can counter-attack from the final third. Teams that force inside will often win the ball in central midfield areas and counter-attack from there. Other teams use a low block defending tactic to counter-attack from deep. There are three counter-attacking soccer drills provided below. One for each section of the field. Counter attacking from the final third HOW IT WORKS: This is a 5 v 5 game plus two goalkeepers (GK). The black team scores a point for every 8 successful passes they make. The red team must apply a high press, win the ball back then score in the goal they are facing. The GK’s can be used to help the blacks keep possession of the ball. After a set period of time, the blacks and reds rotate roles. This game can be progressed in the following way. Firstly After the possession team completes their 8 passes they can attack the furthest goal from where the 8th pass was made. This adds a recovery running element for the chasing team. The condition also places an incentive on the possession team to keep the ball. Counter attacking from the middle third HOW IT WORKS: This drill is a little more complex and is directional. At one end of the pitch, the reds are lined up in fours, they also have 1 goalkeeper. The lines of four take a turn each at attacking. The reds also have 2 strikers who stay on the field all of the time. The reds attack the blacks in a 6 v 4 outfield player situation and have 10 seconds to score. The blacks have 1 goalkeeper and four outfield players who stay on the field all of the time. The blacks have two strikers who wait at the sides of the goal, their team is attacking. They enter the field of play when the blacks win the ball. The blacks are underloaded (they only have 4 outfield defenders until they win the ball). If they win the ball the two strikers enter the field and the blacks play 6 v 6 until a team scores or the ball leaves the pitch. If the reds score within their 10 second period of time that attacking wave is over and the next line of 4 reds prepares to attack. When the target is missed or the reds don’t score a second ball is served onto the field by the coach or GK to the black defenders. The blacks get an attack in a 6 v 6 situation (black strikers join in) and the reds get a defensive transition. A basic progression can be that the blacks strikers at the sides of the goal can recover back into shape when the ball has been received behind the halfway line. This should encourage the main coaching points of taking advantage of time and overloads. It will highlight the fact that teams will recover quickly into shape if the counter-attack is not slick. Counter attacking from deep positions HOW IT WORKS: This practice takes place in a larger playing area and includes a larger amount of players. Just make sure that’s when you set this up it suits the age and ability level of the player you work with. The blacks play in a 1 4 3 1 formation. This can be adapted to any formation. The reds line up in a 1 4 4 2 formation. The red GK plays out to any of the red back four. They look to get the ball beyond the halfway to any of their players without the black striker winning the ball. If the striker wins the ball the game becomes live and the blacks try to score in the goal they are facing. If the reds work the ball beyond the halfway line the game continues and the reds try to score in the goal they are facing. The blacks defend deep looking to win back the ball. When the blacks win the ball they must launch a counter-attack from deep. The red wingers and fullbacks must touch the small cone placed on the sideline before they can recover back into position and help their team defend. This means that once the blacks win back the ball the reds have 4 players who must recover around the cones before they can join in defense. This gives a black an overload and opportunity to attack from deep. Normal rules can apply including offsides. Coaches can decide if they want to allow set pieces, etc. or they can just start every attack from the red GK each time a goal is scored or the ball leaves the pitch. This can allow both teams to organize their team shape and positions. As a progression, you can change the red players who must recover around the cones or you can change the position of the cones to allow for different types of situations. Coaches should manipulate these situations until they are happy with the flow of the game. In Summary Counter-attacking in soccer is a great tactic that can occur from different areas of the field. There are some key concepts that help teams to counter-attack well. Forward passing, forward running and speed are key pieces of coaching detail to provide players with when counter-attacking. 3 counter-attacking soccer drills have been provided to show coaches how they could practice counter-attacking in different types of situations. There is a drill for a deep, middle, and high counter-attack. I would encourage coaches to manipulate the practices to suit their players. Adapt the rules and conditions to make it work for you. 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