

Counter Attack

GameFocusResetProgression

1. 1/2 pitch game
2. Attacking overload
3. Ball passed to defenders who have to score on halfway line
4. Attackers if/when they win attack the goal
5. Defenders have to stay in area when in possession
6. Both sides of pitch and switch players so all attack/defend

Video here <https://player.vimeo.com/video/200656436>

1. Encourage quick counter attacks to get to goal and score
2. Running off the ball
3. High player
4. Draw defenders

1. Goal or off the pitch then reset

1. Time to score
2. Limited number of balls
3. # attackers in D represents # of goals
4. Defenders winning then move one into D

