

Counter-attacking

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This routine is provided by Dr György Mezey, Coach Education Director of the Hungarian FA and a member of the UEFA Jira Project Panel.

Aim

- To counter-attack following a pressing action by the opposition
- To counter-attack in response to the opponent's attack

Numbers

- 3 v 3 (plus goalkeepers) on each practice phase

Rules

- One player delivers a long clearance to his opposite number - the game commences the moment the first pass is played
- The receiving player immediately tries to initiate an attack, while two opponents offer pressure and try to steal the ball
- When a goal is scored, or the ball goes out of play, the active players return to their starting positions - the next six players are ready to start
- One team initiates the play three times in a row before transferring the starting role to the opponent

<http://www.uefa.com/TrainingGround/index.html>