

## **18-player routine - Gérard Houllier**

Monday 20 August 2001

**Numbers:** 9 v 9 (7 v 6) + (2 v 3)

**Rules:** The ball must be passed across the centre line.

When the ball is played to one of the strikers, two players from the attacking team can enter the attacking area to offer support.

When the defenders win the ball, they must immediately counter-attack (before the supporting players return to their starting positions).

No offside.

**Scoring:** Normal scoring

**Time:** Each team has 15 minutes as the attacking team (two strikers) and 15 minutes as the counter-attacking team (three defenders) – five minutes' rest.

### **NOTE**

This routine was provided when Gérard Houllier was Technical Director of the French Football Association

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