

Counter Attacking Game



Set Up/Rules

- Three groups of 3 players
- Two forwards
- Two keepers

One group starts in the centre of the pitch and acts as the first attackers.
The group attack a goal of their choice and use the forward to make a 4v3 situation.
After the attack, the defending team breaks out and attacks the opposite end.
The team that previously attacked, now rests and waits for their next turn
The forwards continue to play for the attacking teams.
Therefore the three groups work to the following sequence:

Attack – Rest – Defend