

Schalke U19 Team exercises for counter-attacking after a corner

Session overview

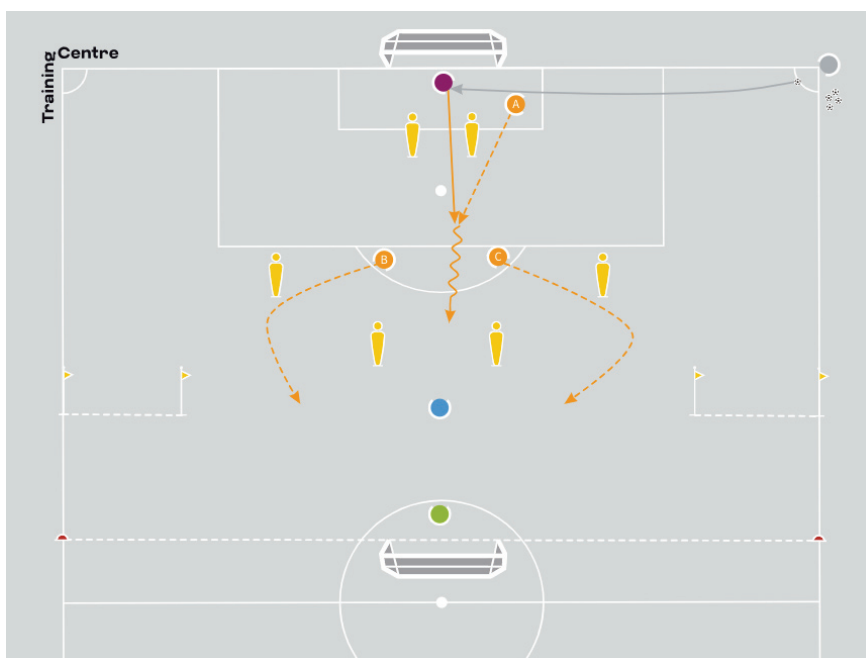
Part 1: Counter-Attacking from a corner 3v2

Part 2: Counter-Attacking from a corner 9v9 plus 2

Part 3: 9v9 Game on 4 goals

Part 4: From 3v4 to 3v3 or 5v5

COUNTER-ATTACKING FROM A CORNER 3V2



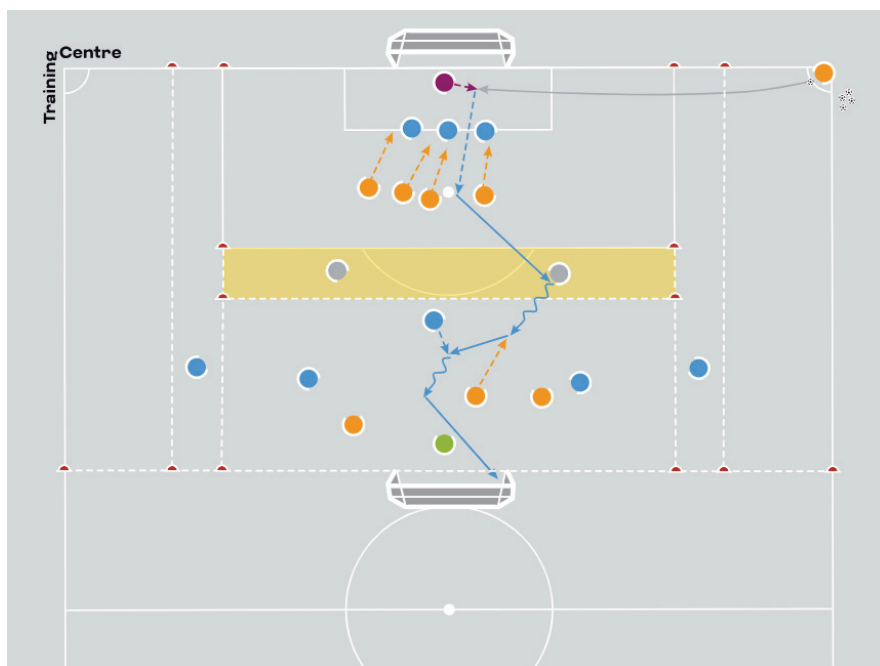
Organisation

- In one half of the pitch, set up a goal with a goalkeeper at each end, six mannequins and two pole gates (width: approx. 12m) as shown.
- The coach stands in one corner with a supply of balls.
- Nominate 3 attackers and 1 defender.

Explanation

- The coach lofts crosses into the penalty area for the goalkeeper to claim.
- The goalkeeper immediately initiates a counter-attack, with the offside rule applying.
- A runs into the middle, while B and C each move out wide.
- The goalkeeper rolls or throws the ball out (e.g. to A).
- If they throw to B or C, the attack must pass through the corresponding pole gate.
- If they win the ball, the defender can counter-attack towards the opposite goal.
- After a while, the goalkeepers and players change roles and swap side

COUNTER-ATTACKING FROM A CORNER: 9V9 PLUS 2



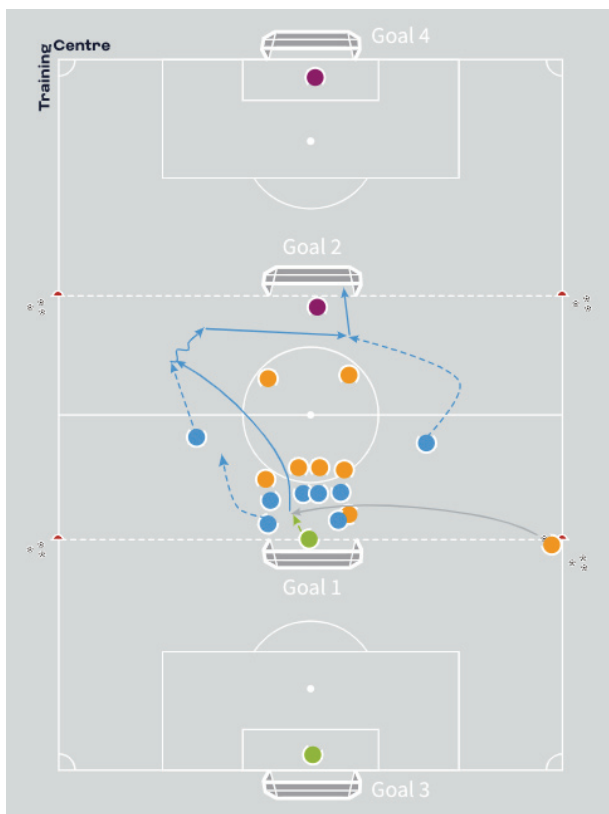
Organisation

- In one half of the pitch, set up a 35m area with a goal and a goalkeeper at each end, plus a central zone and two channels out wide (respectively 5m deep/wide).
- Set up supplies of balls at the corners beyond the wide channels.
- Form two teams of 9 players (including the goalkeepers).
- Nominate 2 neutral players.

Explanation

- A 9v9 + 2 neutrals is contested with players in defined zones.
- The exercise always begins/continues with a corner kick.
- If the goalkeeper intercepts the corner kick, they immediately roll the ball to a neutral player or throw it to a winger, who can dribble or cross into the area.
- The winger further from the ball can shift inside.

9V9 GAME ON 4 GOALS



Organisation

- Split a full-size pitch into three zones (the two at either end should be 30m long and the middle one 40m long) with four goals in total, each with a goalkeeper.
- Set up supplies of balls at the corners of the central zone.
- Form two teams of 9 players (including the goalkeepers).

Explanation

- The exercise always begins/continues with a corner kick.
- If the goalkeeper does not intercept this, a 9v9 is contested in the central zone.
- However, if the goalkeeper does intercept it, they immediately initiate a counter-attack towards one of the goals at either end of the pitch (goal 3 or goal 4).
- A goal after a counter-attack launched by the goalkeeper is worth three points.

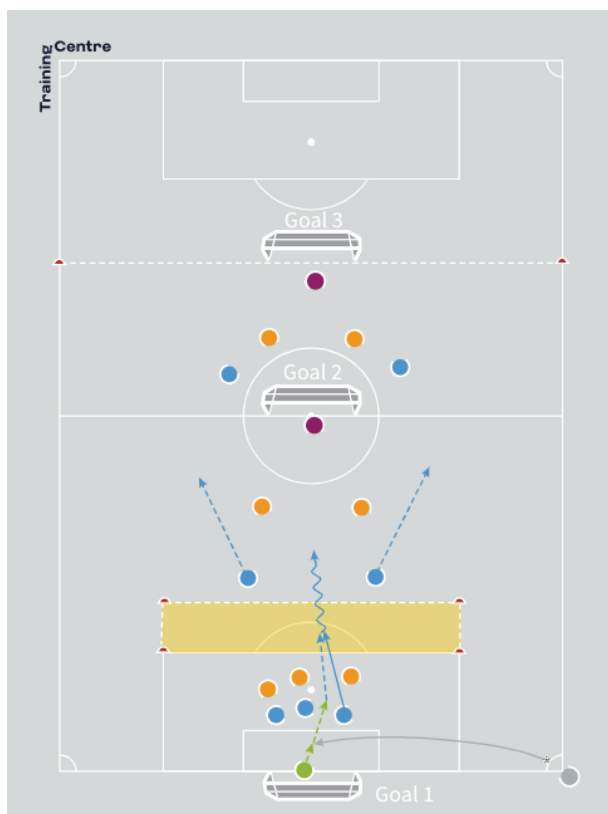
Coaching points

- When they intercept a corner kick, the goalkeeper must analyse the situation when deciding whether to roll the ball out, initiating the counter-attack by using the second wave (preferred solution), or to throw out wide and use the third wave.

Note

- If fewer goalkeepers are available, the goals situated at the ends of the pitch (goals 3 and 4) can be replaced with small goals or mini-goals.

FROM 3V4 TO 3V3 OR 5V5



Organisation

- Mark out a three-quarter-length pitch with three goals, each with a goalkeeper, as well as a 7x40m zone at the edge of the penalty area (near goal 1).
- Form two teams of 7 outfield players and position them as shown.
- The coach stands in one corner with a supply of balls.

Explanation

- The coach crosses into the penalty area to create a 3v4 situation (three attackers against four defending players, including the goalkeeper).
- Goals scored directly from the corner kick (i.e. headers, volleys) are worth three points and goals scored from rebounds/second balls after the corner kick are worth one point.
- If the goalkeeper intercepts the cross, they immediately transition to initiate a counter-attack.
- They roll the ball into the zone at the edge of the penalty area for an advancing team-mate or throw longer to the attackers on the wings.
- The previous attackers are required to stay within the penalty area.
- The team then decide whether to attack 3v3 towards goal 2 (worth one point) or 5v5 towards goal 3 (worth three points).
- If the other team win the ball, they can, in turn, counter-attack back towards goal 1

Note

- If fewer goalkeepers are available, the goal situated three quarters up the pitch (goal 3) can be replaced with a small goal or mini-goal.