

# CoachdeCoach

Game Based Coach Approach

[www.coachdecoach.nl](http://www.coachdecoach.nl) // [www.supercoachonline.nl](http://www.supercoachonline.nl)

## Counter Attack

- Phase 1; Prepare for counter attack while defending 6v6
- Phase 2; Reaction 6v6 defence to counter attack
- Phase 3; Cross mid field with a man up or evens
- Phase 4; Score a goal in man up and anticipate for counter defence

## Counter Defence

- Phase 1; Continue positional pressure and anticipate for a tactical change
- Phase 2; Shut down 6v6A and cover the counter attack
- Phase 3; Cross mid field with a man down or evens
- Phase 4; Final decision making in man down

## 6v6 Attack

- Phase 1; Quickly go to 6v6 attack positions out counter attack
- Phase 2; Bring the ball to centre forward against zone or man to man defence
- Phase 3; Break down man to man or zone defence(s) using a 6v6 attacking system(s) to force a shot into the goal or pass to centre forward
- Phase 4; Continue positional pressure and anticipate for the last option to score a goal or a tactical change

## 6v6 Defence

- Phase 1; Quickly go to 6v6 defensive positions out counter defence
- Phase 2; Prevent the ball being passed to centre forward
- Phase 3; Play 6v6 defensive system(s) to prevent the ball being shot on goal or being passed to centre forward
- Phase 4; Keep positional pressure on direct attacker and anticipate for a tactical change.

## 6v5 Attack

- Phase 1; Quickly score a goal from the first reaction
- Phase 2; Score a goal using the basic lines
- Phase 3; Score a goal using a 6v5-system
- Phase 4; Final option to score a goal + anticipate for a tactical change

## 5v6 Defence

- Phase 1; First reaction; Quickly drop back into the 'danger zone'
- Phase 2; Mark the post players 100% and strong shooters higher
- Phase 3; Disrupt oppositions set play/system by 5v6 set play/system
- Phase 4; Final option to prevent the opposition to score a goal