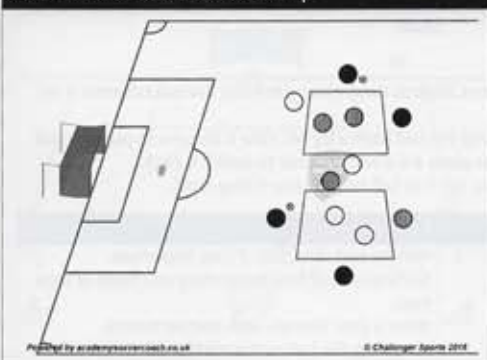


Topic: **Pressing**

Objective: **How to work as units and ultimately an entire team to regain possession in the attacking half**

Session Part: Technical Warm-up



Session Part: Small Sided Game



Session Part: Expanded Small Sided Game



Session Part: Game



Organization **Time: 15**

Area:
Numbers:
 4v1 rondo
 2 teams of 2 team up to go 4v2 playing possession around a grid. Which ever player loses the ball to a defender will become the new defending team with their partner.

Progressions	Coaching Points
Add a player inside the grid as an option to play through giving the 2 defenders more decisions	2 defenders should press together, trying not to get split with a pass through the middle

Organization **Time: 20**

Area: 30x30
Numbers: 10
 4v4 +2
 Teams aim to play the ball into their target players. Both team shape up as a 3-1 and try to penetrate the opposition defense. If a player gets tagged they have to play the ball backwards. The defense must decide when and how to press and if they should sacrifice a player to tag an opponent or if they can press so effectively that they are able to tag a player and keep their shape.

Progressions	Coaching Points
Add a neutral to give the pressing team more to consider when deciding when and where to press	Nearest player makes initial press Anticipation - can players read the visual cues to intercept passes after press

Organization **Time: 25**

Area: 30x35
Numbers: 12
 5v5 +GK's
 Two teams of 5 both play a 3-2 formation trying to score in full size goals. All players must be over the half line for the goal to count. If a team scores they must hold at the half to keep a high press as play restarts from the goal keeper.

Progressions	Coaching Points
If players win the ball by intercepting a pass after pressing in the opposition half and it culminates in a goal, it is worth 2.	Patience - preventing the ball from being played forward is the first objective of pressing, not necessarily winning the ball.

Organization **Time: 30**

Area: Full Field
Numbers: 11v11
 4-4-2 vs 3-4-3
 The 3-4-3 attacking formation gives the two lines of 4 a lot of decisions to make with high attacking numbers. There will be a lot of high players for the defending team to decide when and where the best time to press is.

Progressions	Coaching Points
If the 4-4-2 team score after regaining possession with all players at the half or higher the goal is worth 2.	Look at the movement of the back 4 when off the ball; sliding, pressing, dropping. Forwards as first line of defense, if this happens it must be a press from entire team