

PRESSING GAME

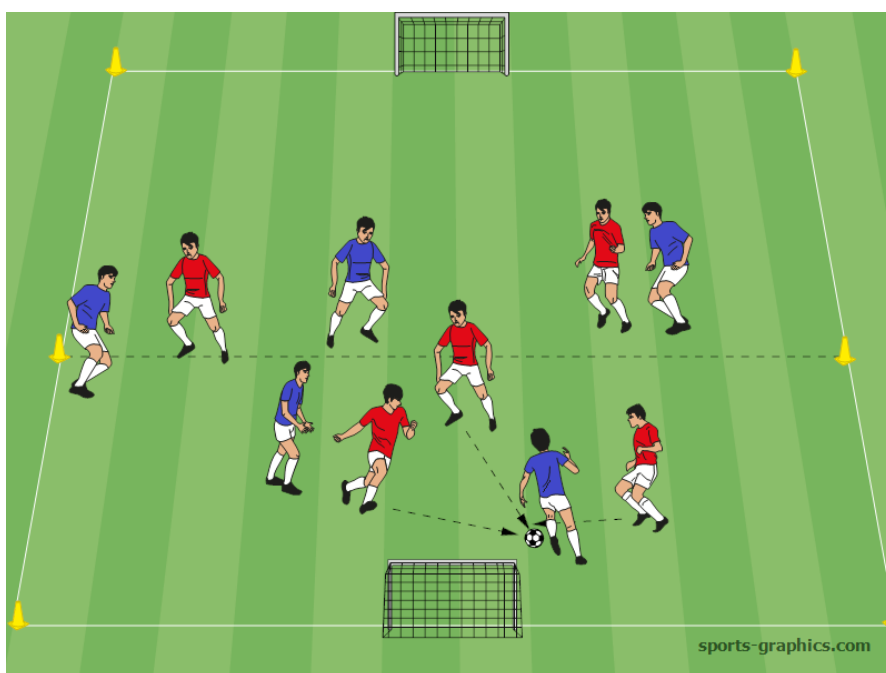
Basic defending as a unit

TACTICAL

PSYCHOLOGICAL

Defending

Pressing



Set up a 30x20 playing area with a goal or gate at each end and the halfway line marked.

Size of playing area can be adjusted if necessary.

Divide players into two even teams.

Regular football rules apply. However, if the ball is won in the opposition's half and a goal is scored without the ball leaving the half, that goal is worth double. This will encourage players to press and defend higher up the pitch/area.

The practice starts with one team attempting to play out from their own goal line. Once a goal is scored or the ball goes out of play, the practice resumes from the opposite end with the other team in possession.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Ball oriented defending and support.
- Basic defending as a unit.
- Cover, support, pressure, compactness.
- Forcing play to make play predictable.

KEY FACTORS

- Communication
- Concentration
- Make play predictable
- Nearest man to close ball quickly
- Stay compact
- Win the ball if possible

FOCUS AREAS

- Ball oriented defending, covering and squeezing.
- Be prepared to stop play (freeze) to reconstruct a situation to show players good methodology or incorrect play.
- Body shape must force the attacker to go inside or outside dependant on the second defender to make play predictable and to allow good covering position behind. The second defender must continuously communicate.
- Challenging and pressuring opponent in possession.
- Defender closest to the ball must press quickly.
- Demonstrate how the first defender puts pressure on the ball carrier, the second defender provides cover and the third defender is the balancing player for the other two.
- Encourage good communication between players.
- Make play predictable.
- Observe the session from outside the playing area.

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