

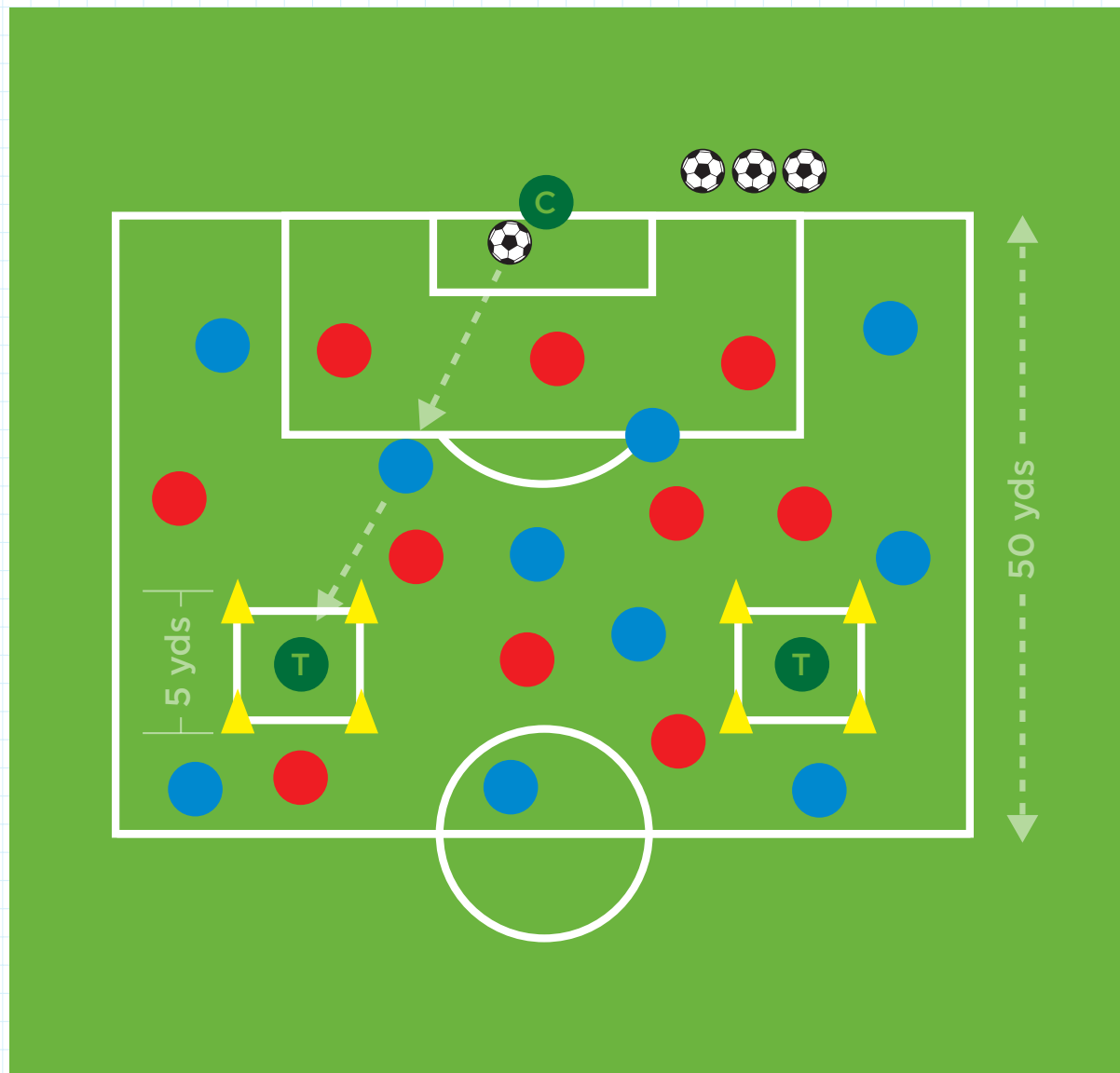
Pressing & regaining possession

Practice organisation

- Full width of pitch 50yds in length with 2 target areas 5yds square, midway in practice area, 10yds infield, as illustrated.
- 22 players (incl. 2GKs) organised 10v10, with 2 Target players (GK's suggested), inside target areas & supply of balls on edge of practice area.
- Practice starts with: ball fed in by coach to either team, who look to build play & get ball into T.
- If this is achieved: T feeds back into possession team.
- D's objectives: prevent passes into T's, gaining possession & achieving same objective as opponents.

Detail

- D's be prepared to recover ground if press is broken by opponents.
- Supporting D's adjust positions to compress space in potential secondary passing areas.
- Eliminating passing options with tight marking & alert cover.
- Encouraging opponents to make risky & predictable passes that can be intercepted.
- Simple progression for this practice is:
 - Increase number of target areas (practice becomes 9v9) to extend awareness, assessment of risk & understanding of pressing in vital areas.



Defensive play whilst 'in balance'

Age group 17-21 years

Key coaching points

- Closest player to ball pressurises quickly, gauging angle & speed of approach.
- Understanding how & why to force/channel play away from danger areas.
- D's not over-committing going into pressing situation & being beaten by man on ball.
- Pressing as a unit, in small numbers.
- Eliminating secondary passing options.