

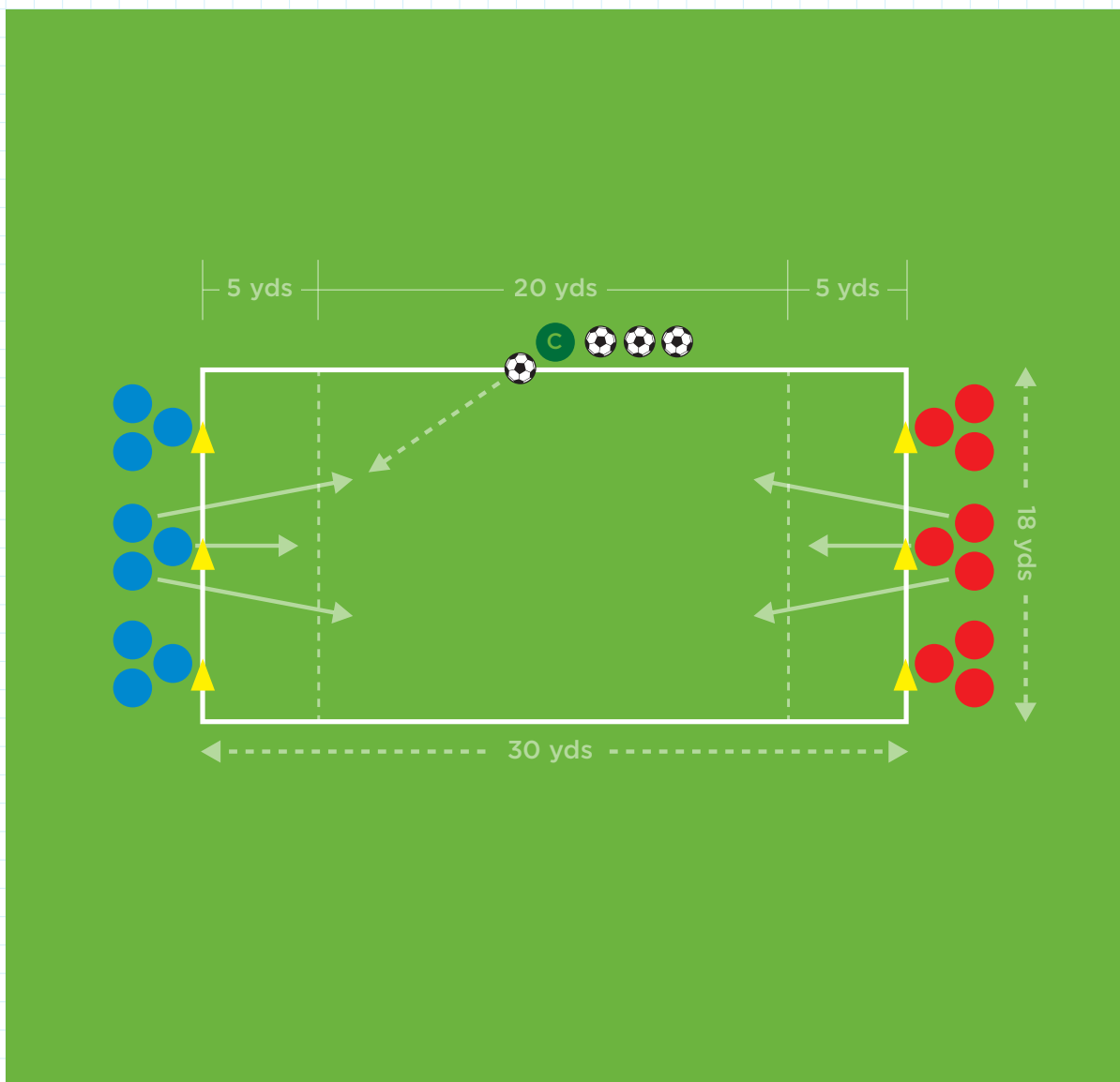
Pressing in small groups

Practice organisation

- Area 30x18yds area with 5yd channels at each end of practice area, as illustrated.
- 18 players organised in 3's as shown.
- Supply of balls, with coach.
- Groups of 3 are 5yds apart, facing opposition on either end of area.
- Practice starts with: ball fed-in by coach to one team who proceed to attack opponents 3v3 & move the ball (under control) into opponents' end zone to score.

Detail

- Pressing distance, stance & balance.
- Support distance, depth, angle & team balance.
- Tracking runners whilst maintaining eye-contact with ball & developing play.
- Defending against wall-passes & movement of A's.
- Simple progressions for this practice are:
 - Add 1 player on each side line to assist team in possession & increase potential to make wall-passes.
 - Add T in opponent's end zone to play into & receive a return pass before entering end zone: this increases need for D's to consider screening passes to T.
 - Service from the coach is varied:
 - a) Throw the ball in the air
 - b) Roll the ball in slowly
 - c) Roll the ball to slightly favour one team



Key coaching points

- Early decision to attack or defend.
- Take personal responsibility for opponent when deciding to defend.
- Press, cover, support & track opponents.
- Concentration & managing player inter-changes of position, as a unit of three.