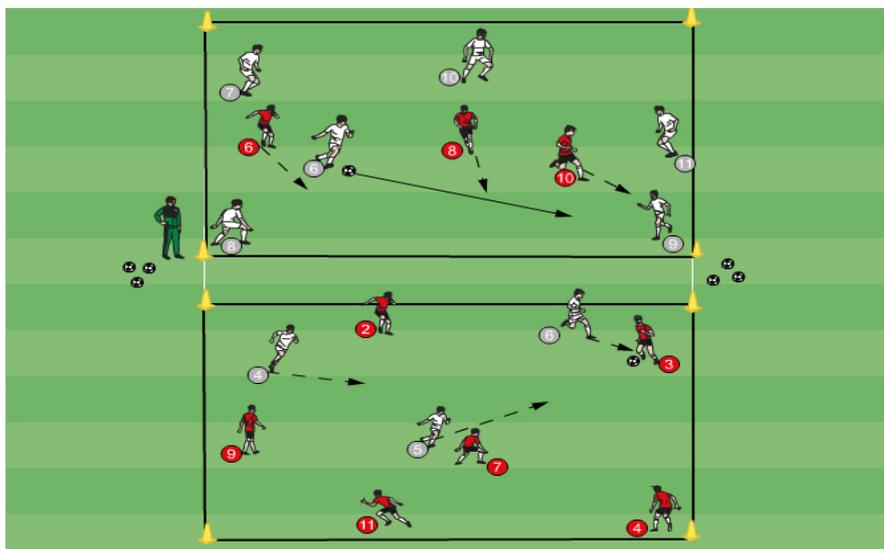




TRAINING EXERCISE

Box Pressing (4v4 to 6v3)



-  **Pressing**
- Defending Principles**
- Compactness**
- Aerobic Power**
- Possession**

-  **U13 to Senior**

-  **12 to 18 Players**

-  **12-16 Field Markers, 2 sets of colored vests @ 9 vests**

-  **Intensity: High**

-  **00:08 min**
(8 x 00:30 min, 00:30 min rest)

Objective

Teach and reinforce the principle of immediate pressure on the ball carrier. Create an environment that encourages regaining possession through ambitious starting positions and high mobility. Teach and reinforce the defending principles of cover and support based on the physical cues provided by the 1st defender and opponents. Create a physical environment that demands an intense work load managed through timed intervals.

Description

(Recommended as an initial step in Stage II) A dynamic exercise that is a competition between 2 groups of players. 1. Divide the training group into 2 sets of players. Each group should be defined and organized into their functional roles. Example: Grid A: Six v. Three (#6, 8, and 10) v (7, 9, 11, 6, 8, 10) 2. The focus is on pressing to regain possession. In the "Grid A" example above, the 3 central midfielders are awarded a point for each time they win possession of the ball and dribble it across the grid boundary. The opposing team of 6 then retrieves the ball and serves back into play. 3. Grid Size- 20 x 30 (Adjust relative to age, fitness level and technical level of the team) 4. Rotate the players back and forth across the two grids. This rotation will result in alternating roles between attacking (possession) and defending (pressing)

Key Points

1. Recognize and teach the critical cues that determine the decision for the

1st defender to press the ball carrier. Define the angle and speed of approach.2. Recognize, teach and reinforce the covering position (angle and distance) of the 2nd defender. Each moment will vary depending upon the cues for that moment.3. Reinforce compactness of the defending unit by observing and defining the positioning and movement of the 3rd defender in each group.