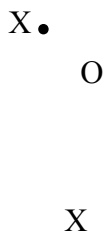
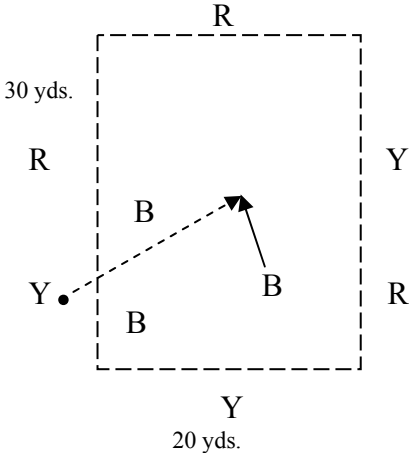
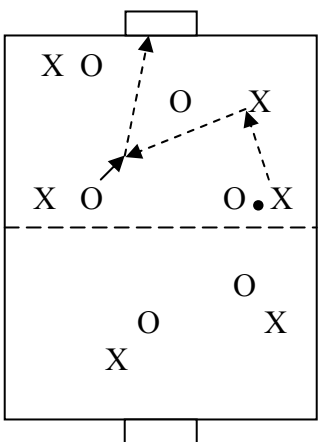
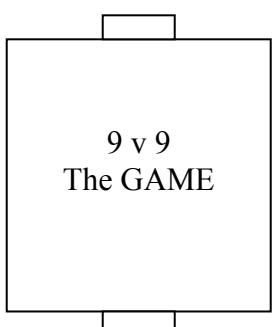


Topic: **Team Pressing**

Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>Groups of three, one ball between three (define space if necessary). Stretch.</p>	<ul style="list-style-type: none"> ▪ 1 v 2 shadow pressing. Force play one direction or another while making play predictable. ▪ 1 v 2 defend the wall pass. Eliminate passing lanes to the 2nd attacker or deny the wall pass combination. ▪ 1 v 2 live play. ▪ Rotate players on time. In “live play,” rotate players when the defender wins the ball. 		<ul style="list-style-type: none"> ✓ Immediate pressure and angle of approach ✓ Quick reactions and ability to close and deny space immediately ✓ Proper body position and shape with respect to the ball ✓ Make play predictable and deny penetration
Restricted			
<p>6 v 3 (20 x 30 area or as needed). Three teams of three – each in a different color (i.e., red, yellow and blue).</p>	<ul style="list-style-type: none"> ▪ 6 players [outside] the area keep possession and play a maximum of two touches. ▪ Three defenders in the middle try to press the ball and force a loss of possession. ▪ Rotate players after time. ▪ 6 v 3 [inside] the area (increase space to 25 x 40). ▪ Limit touches if necessary. ▪ Change possession with loss of possession. 		<ul style="list-style-type: none"> ✓ Proper defensive shape and balance – deny penetrating channels ✓ Defend collectively and with a purpose ✓ Cues from the attacking team (i.e., poor first touch, ball in the air, ball played back, throw-in deep in their own half, etc.) ✓ Intercept pass, dribble or shot – win the ball!

Topic: **Team Pressing**

Counter Goals and/or Lines			
<p>6 v 6 with goalkeepers to two large goals (44 x 60 area or as needed).</p>	<ul style="list-style-type: none"> ▪ Complete (6-8) passes before crossing the center line – once across, free play. ▪ Pressing team – when possession is regained, maximum 4 passes before a shot must happen. ▪ Man to Man marking. ▪ Remove restrictions and play. 		<ul style="list-style-type: none"> ✓ Defending shape and balance with movement of the ball ✓ Correct starting positions with respect to the ball and goal ✓ Defensive pressure from behind (forwards) – compact the field ✓ Defending shape if the pressure is broken (immediate recovery behind the ball)
Two Goals			
<p>8 v 8 with goalkeepers to two large goals (60 x 70 area or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible Formation 1:3:3:2 ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Reduce heart rate. ▪ Static stretching. 		<ul style="list-style-type: none"> ✓ Review Session