



Pressing: Disturbing the Buildup

Date: **May 30, 2016** | Team: **SoccerSpecific** | Duration: **30 min**



Setup: An 8v8 + 2 Goalkeepers are positioned as follows.
 Red Team consists of Goalkeeper, 2 Central Defenders, 2 Central Midfielders, #10, Wide Right + Left and Striker #9.
 Black Team consists of a Back-4, 2 Central Midfielders, #10 and Striker.

Instructions: Emphasis is on the Defensive Team (Red) preventing the opponent from successfully building from the Goalkeeper.
 Ball starts with Goalkeeper (A) each time: The Black team must attempt to build from their GK and play a successful pass into the hands of GK (B) positioned in the coned target area.
 The Red team must work to prevent the buildup or long-ball through individual / team pressing: if they win possession they can score by passing between the flags in the wide channels.
 Play is continuous.

Coaching Points: Starting position: give enough distance to encourage the GK to distribute the ball to C. Defenders or Fullbacks.
 Immediately move to Press on the GK distributing the ball.
 #9 must offer immediate pressure on the C.Defender, #7 + #11 responsible for pressuring the Fullbacks

1 ⌚ 10 min ↗ As Shown

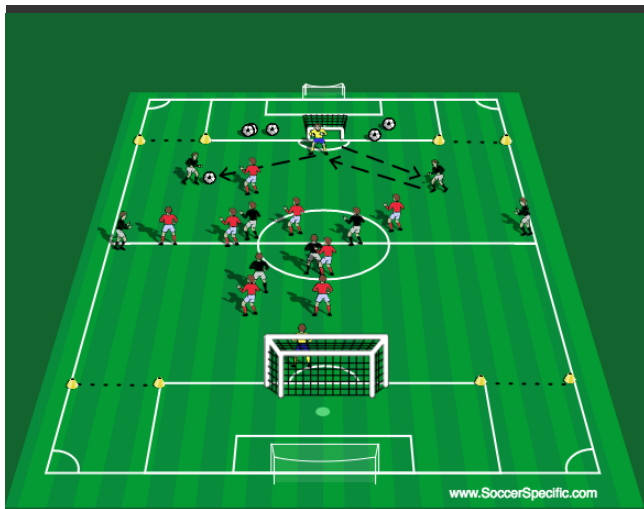


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Instructions: Emphasis is on the Defensive Team (Red) preventing the opponent from successfully building from the Goalkeeper.
 The Defensive (Red) team has moved into position to immediately 'Press' the ball and space to prevent the opponent playing into the Target GK (B)
 Play is continuous.

Coaching Points: Immediately move to Press on the GK distributing the ball.
 #9 must offer immediate pressure on the C.Defender, #7 + #11 responsible for pressuring the Fullbacks.
 #10 may also go out to press the Central Defender depending on positioning of the Striker.

2 ⌚ 10 min ↗ As shown



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Instructions: Normal game - teams attempt to score in their opponents goal.
 Emphasis is on the Defensive Team (Red) preventing the opponent from successfully building from the Goalkeeper.
 If the Red team wins possession in the opponents half and then scores = 2 Goals
 Play is continuous.

Coaching Points: Immediately move to Press as a team.
 Close passing lanes: immediate pressure to prevent long-passes and well as short passes into midfield areas
 #10 + #9 work to Press the Central Defenders as well as prevent passes into central Midfield areas.

3 ⌚ 10 min ↗ As shown