

Pressing and Defensive Transition Session

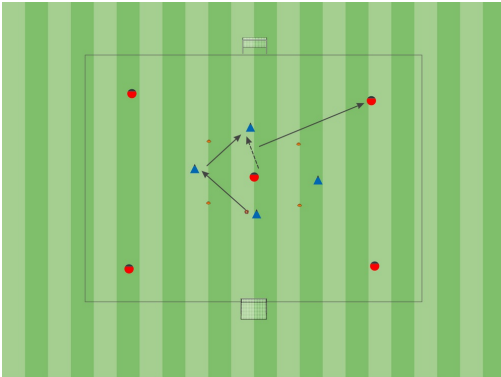
TEAM TACTICAL PRINCIPLES: Pressure/cover/balance, Press situations

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AGE: U12 / U17 / 22 players

Defending

DURATION: 90 min

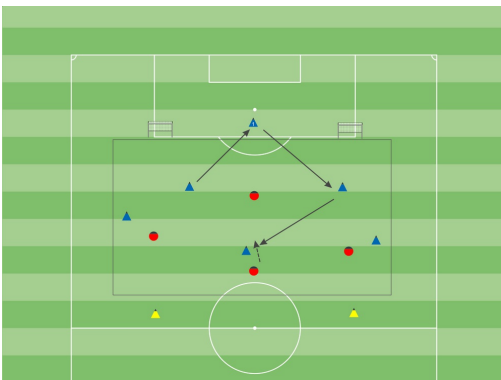


4v1 to 5v4 Pressing Warm Up

EXERCISE RULES: 22x22 Box with 8x8 Box in the middle. Red = 5 players; Blue = 4 players. Blue start with the ball, try to keep possession vs. 1 Red in 8x8 box. If Red intercepts they should transition quickly to any of their 4 teammates outside in the grid. Blue transitions to defense. If Blue wins ball, can finish in mini goals. Ball restarts with blue. Rotate players.

FOCUS TEAM OBJECTIVE: Understand pressing triggers and cues. Transition quickly to attack after intercepting off a press. Understand defending technical skills & team defensive principles.

NOTES: Introduce touch limit to blue (or both depending on age). Depending on numbers adjust grid size and XvX accordingly.

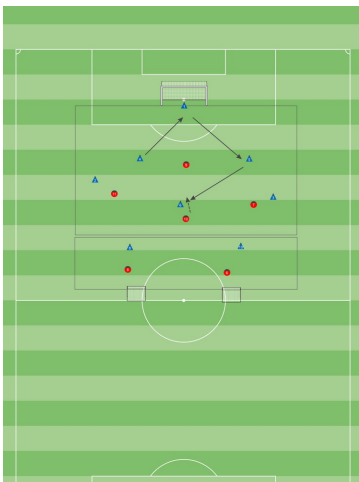


6v4 to Targets

EXERCISE RULES: 48x30 Grid. Goal Keeper + Back 4 + 6 = Blue. 9, 7, 11, 10 = Red (focus). GK is outside of grid between two counter goals. Blue attempt to keep possession and attack to two targets (yellow) outside the grid. If red win possession they may use yellow as bumpers and attempt to score in either of the two counter goals.

FOCUS TEAM OBJECTIVE: Focus group presses player on the ball as a unit in attempts to win the ball back and score in counter goals. Use pressing cues. Defensive shape to not get beat/over-commit on the press

NOTES: Use touch limit for GK/bumpers. Can use bumpers as a restart (if blue scores) start from yellow and red attack to create more counter press opportunities

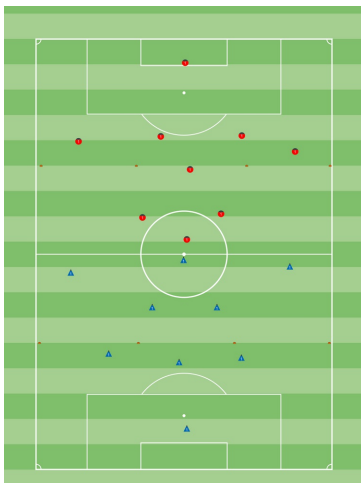


6v4 to 8v6 (Extension of previous drill)

EXERCISE RULES: Same set up but remove counter goals and add full size goal. Targets are added to the Blue team and add 8 and 6 to that zone to create 2v2 to counter goals. Blue attempt to build and possess to CM in second grid, who play 2v2

FOCUS TEAM OBJECTIVE: Red presses and counter presses in top zone and not allow blue to progress to second grid (midfield). Understand press situations/cues.

NOTES: Restrictions: Can limit direct play or require pass requirement for Blue. Stage 2: open the whole grid up and remove any restrictions



Game

EXERCISE RULES: Medium to Large Sided game. Normal playing rules 6v6-9v9

FOCUS TEAM OBJECTIVE: Pressure situations, win ball back, transition to attack

NOTES:

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?