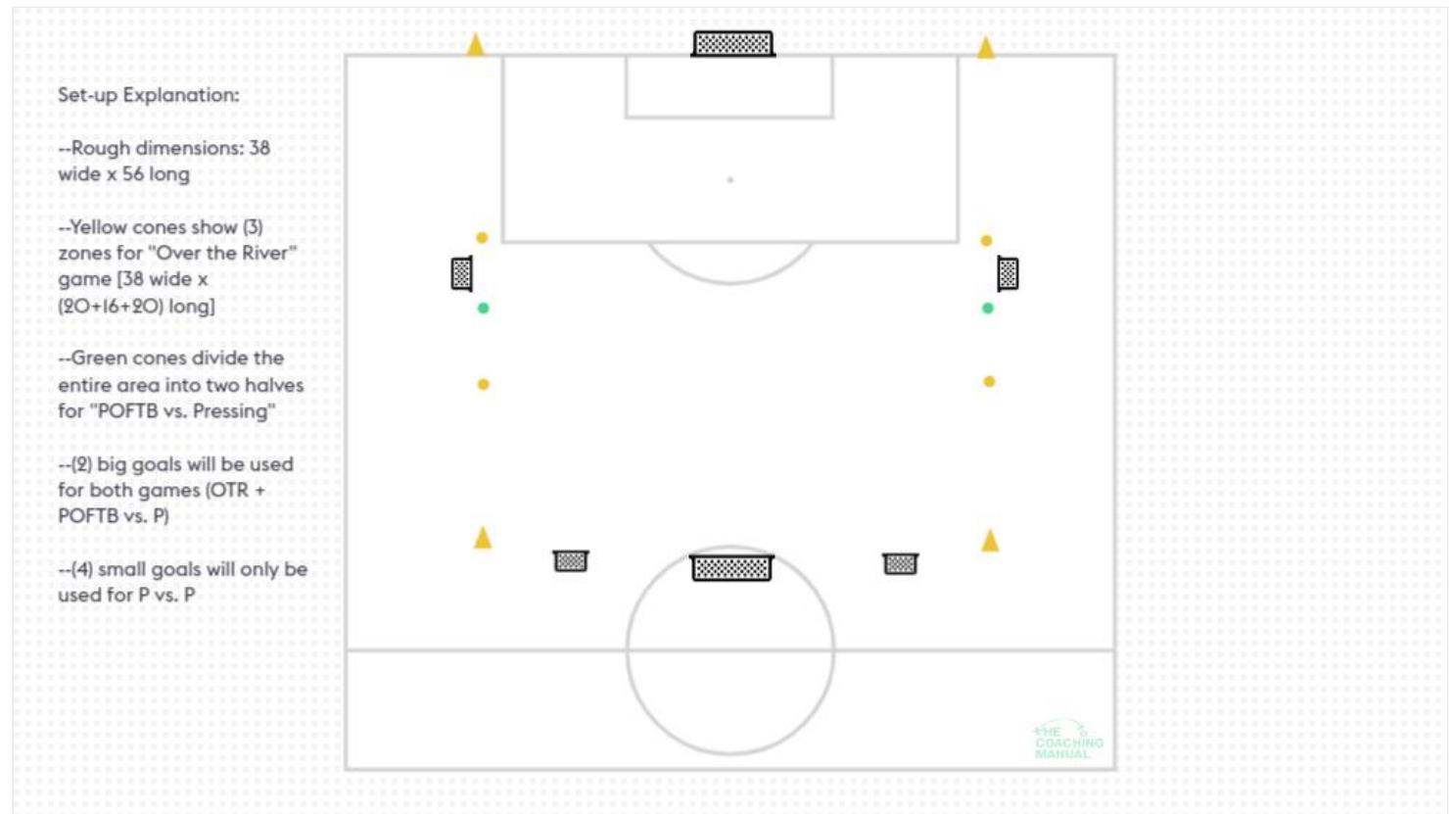


Intro to "Team Pressing" (Front 6) Field Set-Up

Written by Will Dodds



"Over the River" to practice "team pressing"

Written by Will Dodds

Set Up

⌚ 25 mins

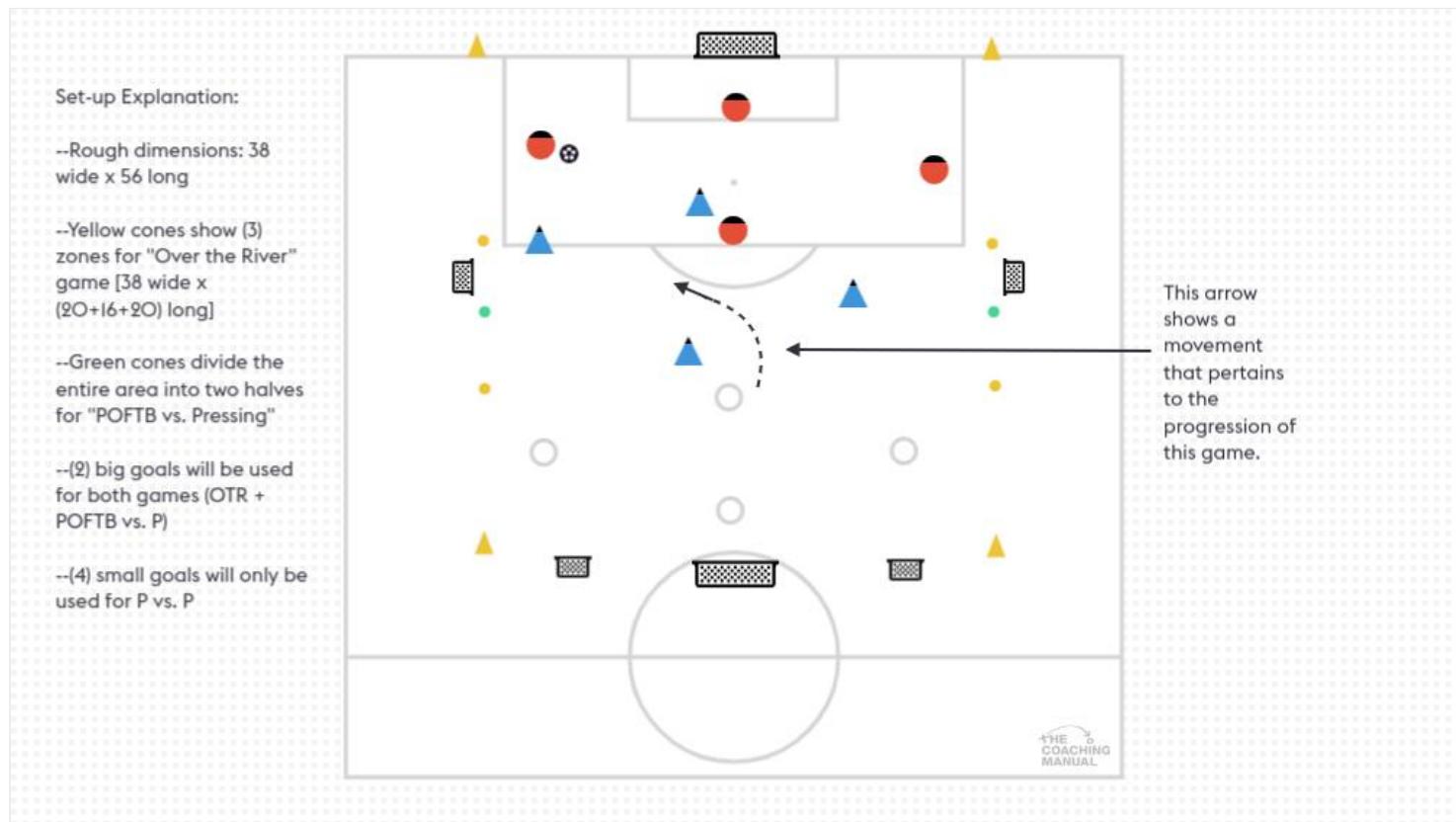
⚽ 12 players

BALLS 8 balls

BIBS 8 bibs

CONES 8 cones

AREA 38x56 area



Pre-Brief:

- Session Topic: Team pressing with emphasis on front 6. (Remember to ask them if they know who these players are, and if not, clarify them using the numbering system.)
- Key Themes: Unity, teamwork, and patience. (Ask: How would you define these words? What do they mean to you?)

The Rules of the Game:

- How to Play the Game: The game always restarts with a server passing the ball into the "resting/waiting" team. In the diagram above, the reds have the ball. The red team plays 4v1 and looks to switch the ball to the gray team, but this pass must be below waist level. If red succeeds, team blue continue defending against team gray, who now have the same objective as the red team previously did. If team blue recover the ball, they attack the goal they are facing, playing 4v4 vs. red. Once the ball goes out, or team red recover the ball from team blue after losing it, the round is over, and the next round starts with a new ball from the server into the gray team.
- Optional Rule: Give the team playing out a minimum number of passes to complete before "switching the field."
- Progression #1: A defending winger can enter the "zone of possession" to press a CB. The defending team can now play 4v2. The second defender does NOT have to be the same player throughout the round.
- Progression #2: One gray player can enter the middle zone as a target to help the red team build out.
- Progression #3: Remove the height restriction on the pass from red to gray to switch the zone.

Key Coaching Points:

- Attacking team pre-requisites: Diamond shape, good passing & receiving
- Horizontal shifting/sliding as a unit to achieve compactness.

- Mandatory individual habits: 1) Ready positioning (pulsing), 2) communication with teammates (verbal and non-verbal, i.e. pointing), and 3) scanning in order to know what is both behind and in front of you.
- Position-based responsibilities: The #9 screens the #6, wingers press CB's while screening fullbacks, CM's slide ball side while monitoring and/or screening opposing CM's.
- Progression #1: Coach the winger's press: Fast+slow+skateboard-low, force the ball backwards, and recover.
- Progression #2: Coach the midfielder: Defend in-between-the-lines (screen the #9 behind while monitoring an opposing CM in front), and press the CM as a receives a pass to recover or force backwards the ball.
- Progression #3: Analyze body shape and movement of attacker in order to anticipate that he is about to play over-the-top, and drop (backpedal / side-shuffle) in order to win or challenge for aerial ball.
- Delay & Retreat: Any time our first press fails, we all must recover immediately to get behind the ball. Then, we work to reorganize and set a new trap.
- Reminder/Clarification: Patience is a focal point of the session, but of course if there is an obvious error or pressing cue, you can go.

Pressing vs. POFTB

Written by Will Dodds

Set Up

⌚ 25 mins

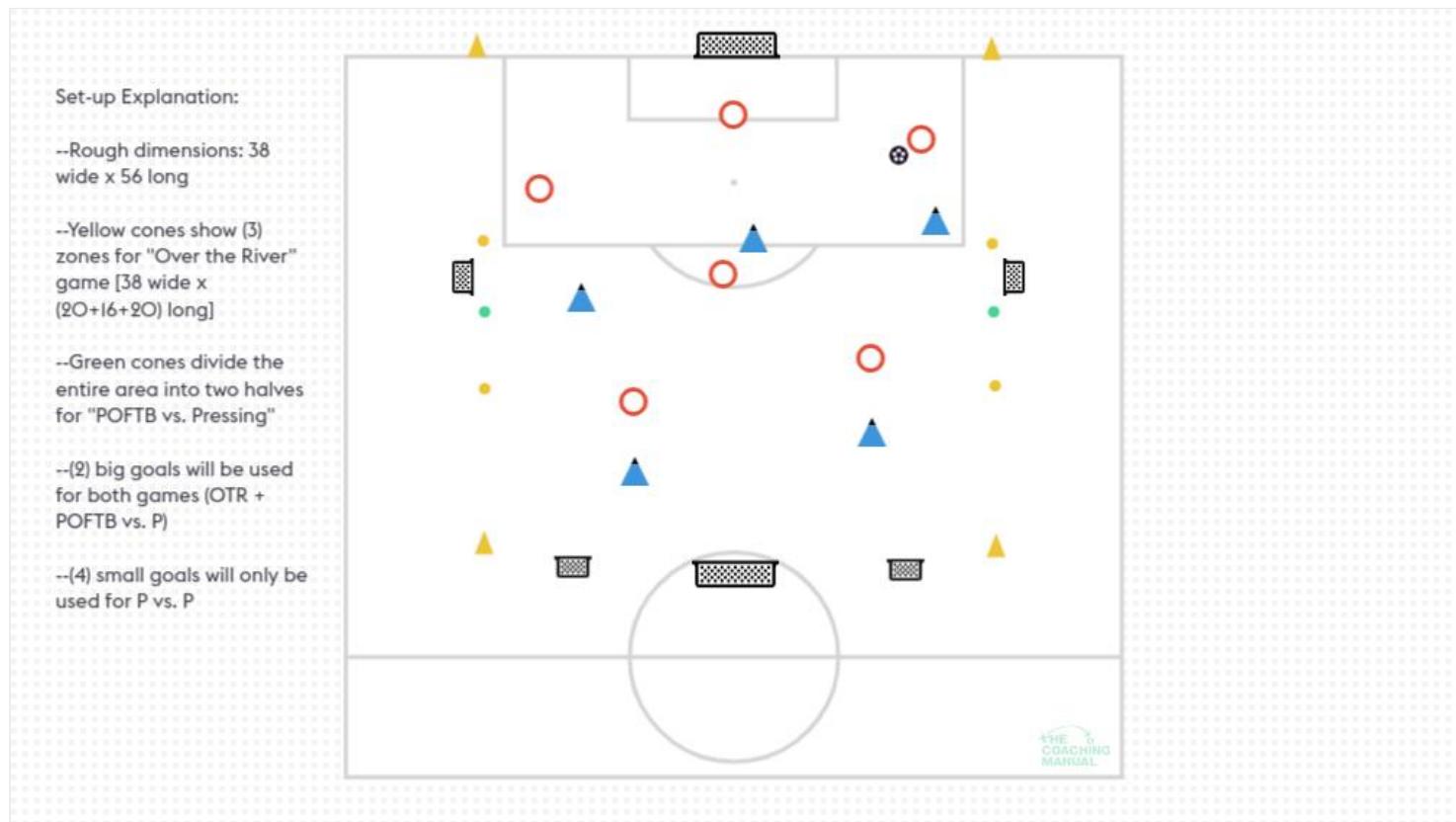
⚽ 11 players

BALLS 8 balls

BIBS 5 bibs

CONES 6 cones

AREA 38x56 area



The Rules of the Game:

- Pressing team objective: Recover the ball and score on the first big goal.
- POFTB team objective: Score on any of the other (5) goals.
- All restarts begin with the GK.
- Optional rule: The team POFTB must switch the ball from CB to CB (3) times before play is "live" (so that the coach can monitor/help the pressing team slide horizontally).
- POFTB restriction: The #8 and #10 cannot cross the halfway line (marked by green cones) into their team's defensive half.

Coaching Points & Reminders:

- First, mold the POFTB team: CB's split, #6 moving opposite to connect with GK and/or CB's, #8 and #10 on "opposites" seeking passing lanes.
- Diagnose issues and repeat coaching points listed with "Over the River."
- Reminder: Gradually change players between POFTB and Pressing teams rather than switching the roles of each team all at once. This way, existing players can take leadership roles by helping new players. Also, there will be less setback and learning curve when players assume new roles.