

1v1 First Press

Written by Will Dodds

Set Up



20 mins



12 players



12 balls



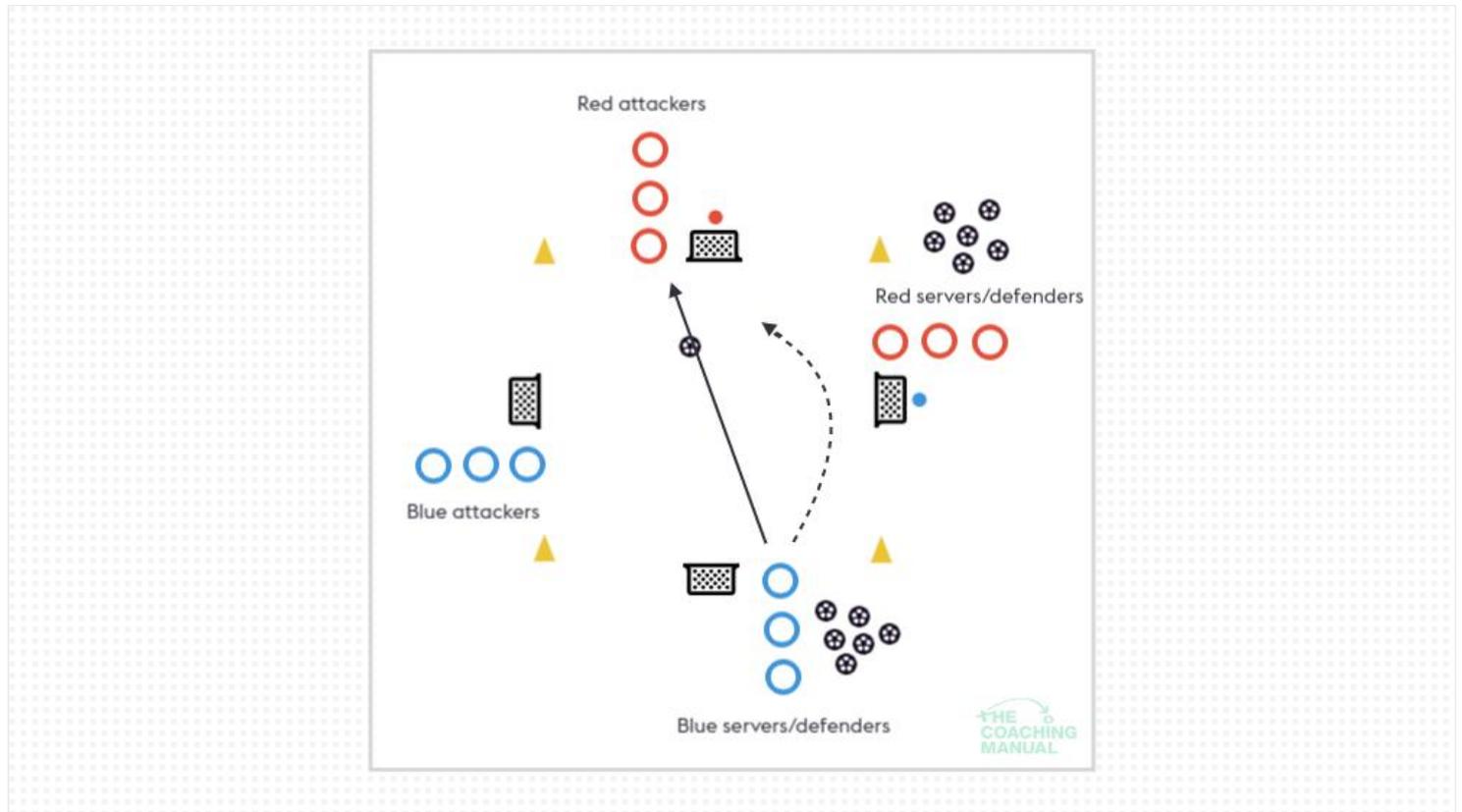
6 bibs



4 cones



15x15 area



Objective: All players will show that they can arc their run to eliminate a target when pressing as the first defender.

How to Play the Game:

- Note: The server/defender is defending the one goal to his right. (Place a cone or hang a bib on top of the goal as a reminder for players.)
- The Pattern: Blue server/defender passes across the box to the first red attacker. Both players enter the game and play 1v1. The red player attacks the blue goal. The blue player defends his goal and if he recovers the ball, can score in any of the (4) goals. The game ends when a goal is scored, the ball goes out, or the coach gets bored. Then, the next 1v1 should begin immediately with a red server/defender passing the ball across the box to a blue attacker and the two players proceeding to play 1v1 according to the same rules just explained.
- Rotation: Stay with your team, but alternate between the attacking and serving/defending lines.
- Point System: (1) point per goal. Keep track of your own team's score!
- Progression: All lines move from right to left side of each goal to change the direction of the pressing run.

Coaching Points:

- First pressing run: Fast-slow-skateboard-low and arched
- Force/show the attacker one way or the other. (For now, it depends on you--Force him outside where there is less space, or inside on his weak foot, for example.)
- Pressing cues: Opponent with lack of control, poor/heavy touch, turned backwards, etc.
- Aggressiveness (no foul, no turn)

2v1's w/ First & Second Defender

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20 mins



12 players



12 balls



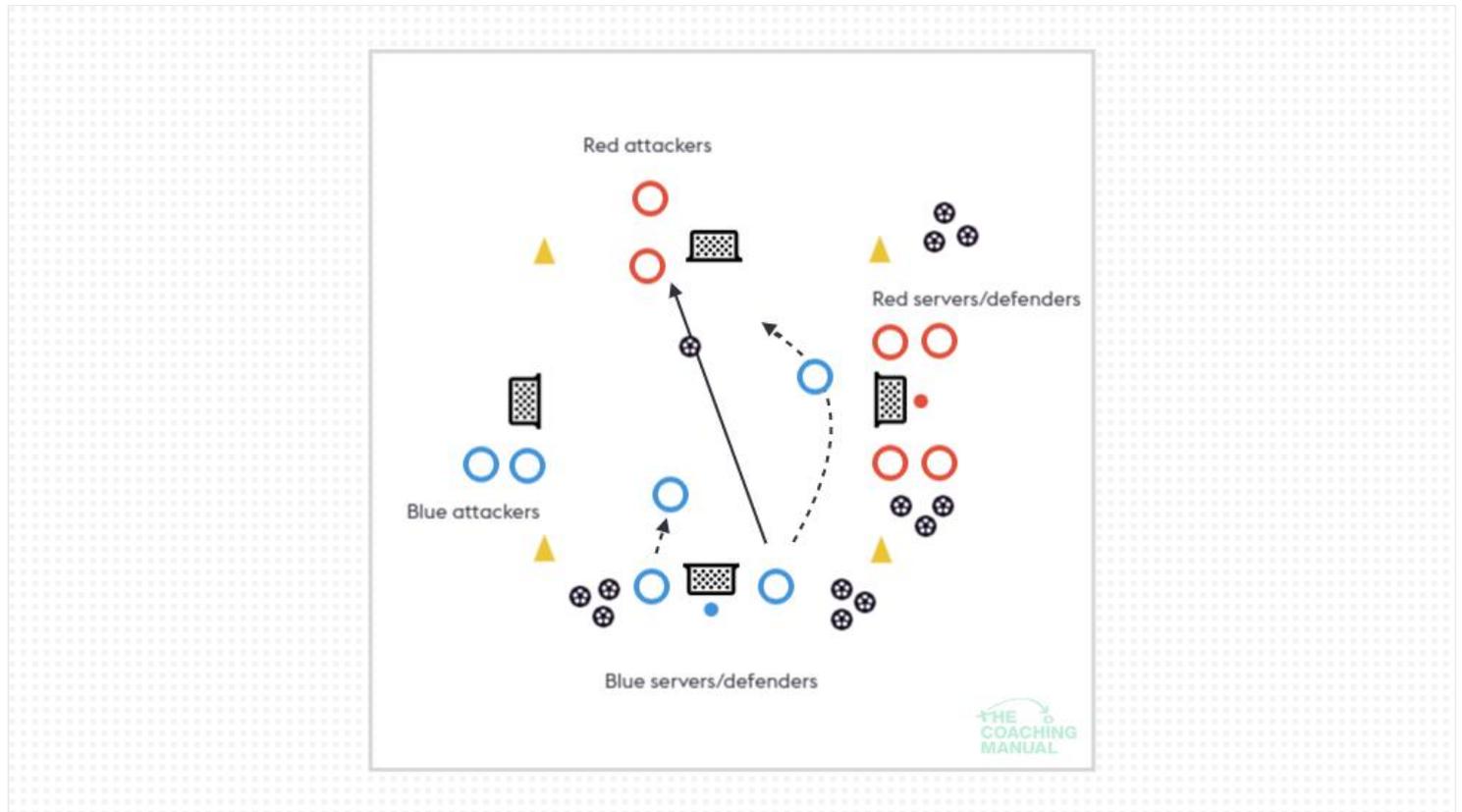
6 bibs



4 cones



15x15 area



Objective: All players will show that they can work together and communicate in pairs to set and execute a pressing trap vs. one attacker as first and second defenders

How to Play the Game:

- Note: The blue and red cones that signify each team's goal to defend have changed!
- The pattern: The first two blue defenders/servers communicate to decide who will pass the ball into player. Then, one blue player passes across to the opposite red attacker. All three players enter the game and play 2-blue vs. 1-red. The red player attacks the blue team's goal. If the blue team recovers the ball, they can score on any goal. As soon as a goal is scored, the ball goes out, or the coach gets bored, the game ends. Then, two red servers/defenders pass across to the opposite blue attacker and the next game starts.
- Rotation: Stay with your team, but alternate between attacking and defending lines.
- Point System: (1) point per goal.

Coaching Points:

- Communication of first defender: Say and point to your teammate which way you are going to force the attacker.
- Responsibilities of second defender: Screen the goal and press/tackle the ball upon cue.
- Awareness, scanning, and unity: Is the other defender paying attention / with me?

4v2 Rondos

Written by Will Dodds

Set Up



20 mins



12 players



12 balls



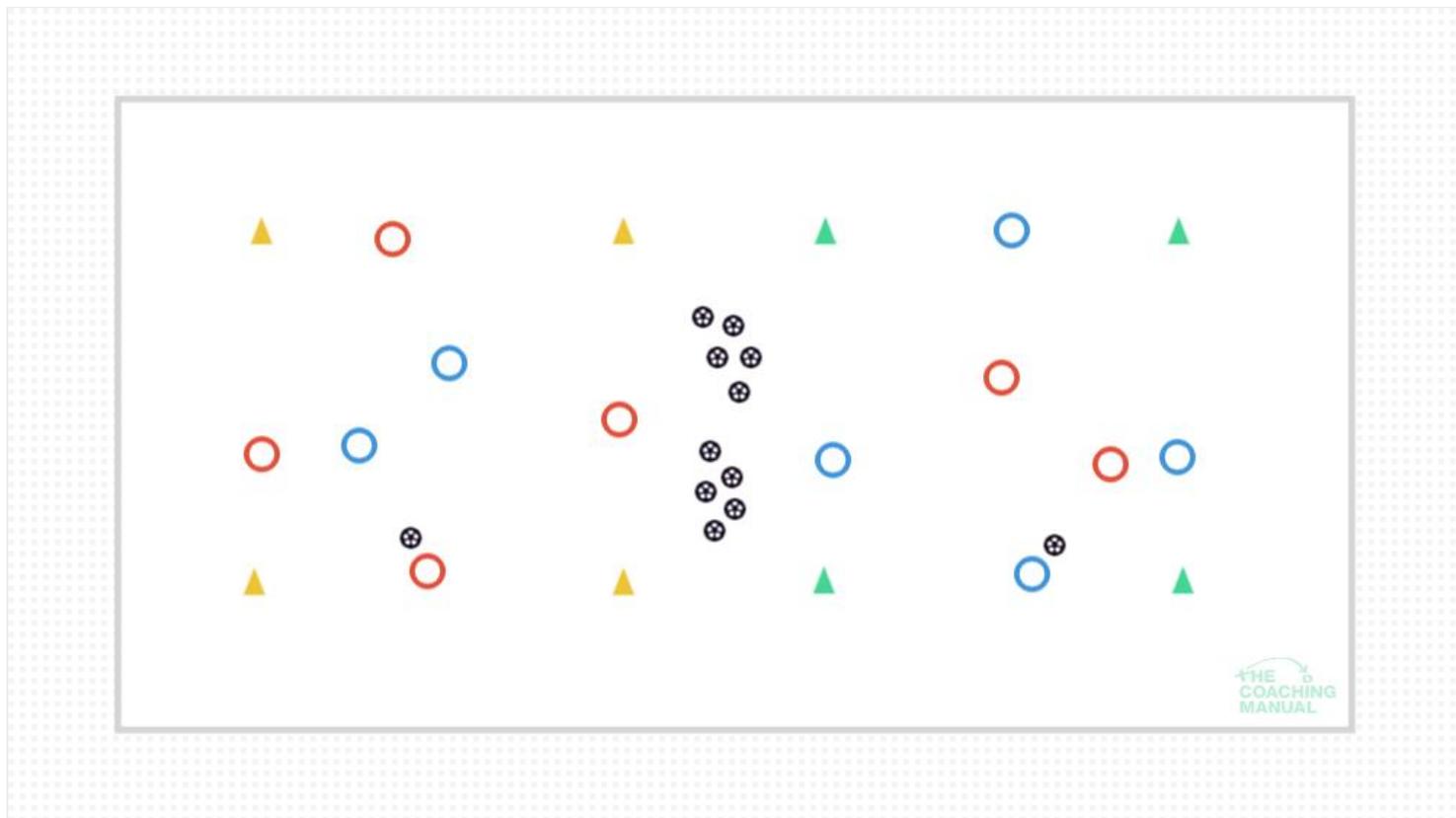
6 bibs



8 cones



(12x12) x2 area



Objective: All players will show that they can recover, drop to cover, and reorganize after their press as first defender either fails or forces the ball elsewhere.

How to Play the Game:

- Objectives: Attackers aim to keep the ball and complete split passes as much as possible. Defenders aim to prevent the split pass first and when possible, recover the ball or knock it out of play. If/when defenders recover the ball, they should aim to dribble out of the area.
- Point System: Attackers earn (1) point per split pass. Defenders earn (1) point for dribbling out of the area. Take the aggregate score at the end of each round.
- Note: In the absence of servers, if/when a group loses a ball, they can get one from the ball pile in between the two games.

Coaching Points:

- First defender--Arch run and force play
- Second defender--Screen/front opposite target to prevent the split pass.
- Communication, teamwork, unity
- Recover / drop to cover / reorganize when the first press either fails or forces the play elsewhere and you now become the second defender.