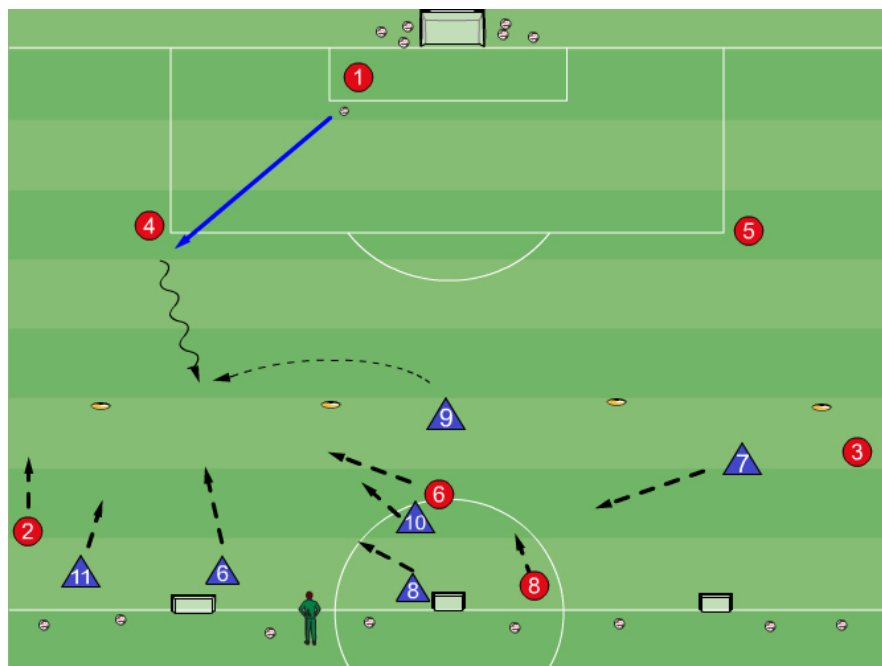




TRAINING EXERCISE

Pressing in the Attacking Half from a Line of Confrontation



- Pressing
- Transition
- Defending Principles
- Zonal Defending
- Retreat & Recovery
- Compactness
- 1v1 Defending
- Possession
- Counter Attacking

● U14 to Senior

● 14 Players

● 1 Large goal, 3 small goals, bibs 2 colors, extra balls

● Intensity: 7

● 00:24 min
(4 x 03:00 min, 03:00 min rest)

Objective

To coordinate and develop the #9, #10, #7, #11, #8, #6 to reading the cues and applying the principles of defending to regain possession in their attacking half upon loss of possession by immediate transition into defending or by defining a line of defensive confrontation to allow the opposition to build play and then press to regain possession.

Description

Field 65 by 75 yards, team pressing plays to 1 large goal and defends 3 small goals, pressing team plays 2-3-1 (#6, #8, #11, #7, #10, #9) vs. 1-4-2 (#1, #2, #3, #4, #5, #6, #8) #10 can be added if pressing team is not challenged.

Coaching Points

Transition attacking to defending and defending to attacking, defining a line of defensive confrontation, roles and functions of the #6, #8, #7, #11, #10, #9 in both immediate pressing and delayed pressing, #9 splitting the CB's on opponent building play, technical and tactical application of the defensive principles of play in creating these demands, verbal and visual communication.