

Coaching Topic: "Pressing"

WARM-UP:

Objective: Setting the mentality
Procedure: 6 v 3
Conditions: Area – 20 x 15 yards
3 Groups of three
2 Offensive groups – direct play
1 Defensive group – win the ball

SMALL GROUP:

Objective: Many tactical repetitions
Procedure: 6 v 6
Conditions: Area – quarter field or less
7 gates
Double the ball and close passing lines

Objective: Many tactical repetitions
Procedure: 1 + 4 v 5
Conditions: Area – quarter field with half-way line
Double the ball prevent penetrating pass

LARGE GROUP:

Objective: Game application
Procedure: 6 v 6 plus 2 goalkeepers
Conditions: Area – ½ field to 2 regular goals
3 zones
winning ball early

Objective: Game application
Procedure: 5 v 7 plus 2 goalkeepers
Conditions: Area – ½ field to 2 regular goals
5 – free offensively
low pressure defense
7 – 2 touch on offense
2 wide players are free
high pressure on defense
5-10 minute segments

TEAM SETTING:

Objective: The Game
Pressing to score
Procedure: 8 v 8
Conditions: Area – 2/3 of a field
Press till score
Assign 1:0 score
Assign 1:0 score for 5 minutes