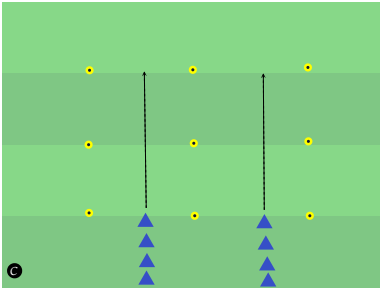


Duration: 0 Min

Warm up - No ball



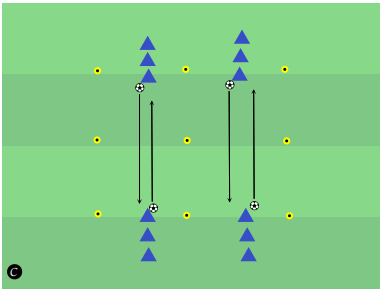
Coaching Points

Objectives

Improve players confidence, competence, and understanding of preventing the opponent from building from the back

Duration: 0 Min

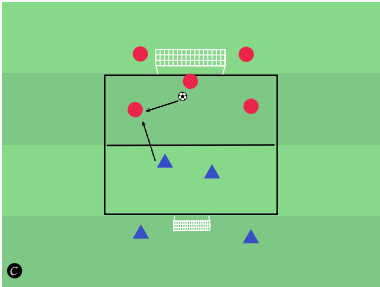
Warm up - With ball



Coaching Points

Duration: 0 Min

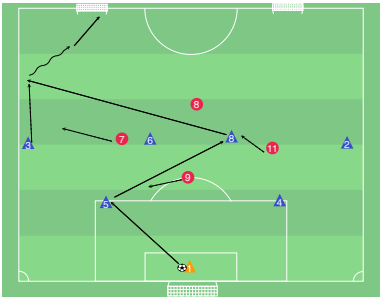
Pressure & Cover - Pressing from the front



Coaching Points

Duration: 0 Min

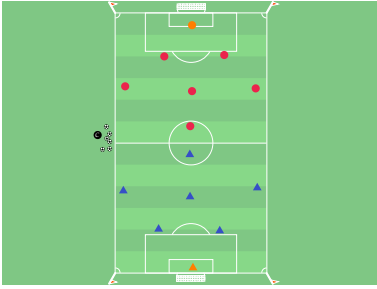
Core activity - Pressure from the front



Coaching Points

Duration: 0 Min

Scrimmage - prevent opponent from building



Coaching Points

Warm up - No ball



PLAYERS

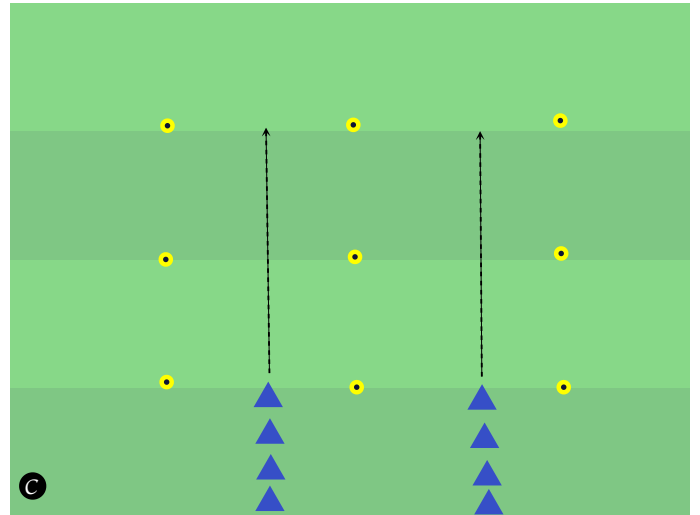
1 players

INSTRUCTIONS

Dynamic Warm Up

Players go through each movement twice.

1. Jog
2. High Knees (out)/ Butt Kicks (back)
3. Quad Stretch (out)/ Jog Back
4. High Hamstring Kick (out)/ Jog (back)
5. Calf Stretch (out)/ Jog (back)
6. Open Gate (out)/ Close Gate (back)
7. Build Up Sprint (out)/ Jog (back)



Warm up - With ball



PLAYERS

1 players

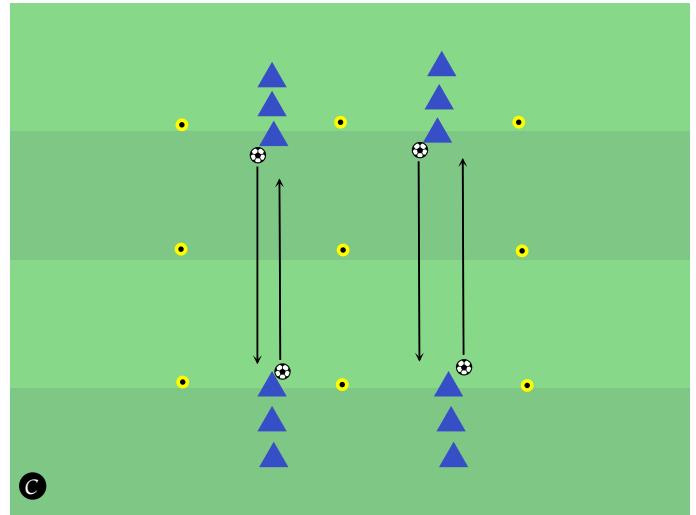
INSTRUCTIONS

Warm Up- Technical

Dribbling

Each movement is done in 1 Minute Intervals.

1. Speed Dribble w/laces
2. Inside/Outside Dribble with one foot
 - a. To make it more challenging add a scissors in the middle
3. Roll Overs with one foot
4. Scissors half way (this should be done with players dribbling at each other and completing a scissors at the same time.
5. Free Move



Passing

Each movement is done in 1 Minute Intervals.

1. Two Touch Passing
2. Give and Go
3. One Touch Passing

Pressure & Cover - Pressing from the front

PLAYERS

1 players

INSTRUCTIONS

Set Up

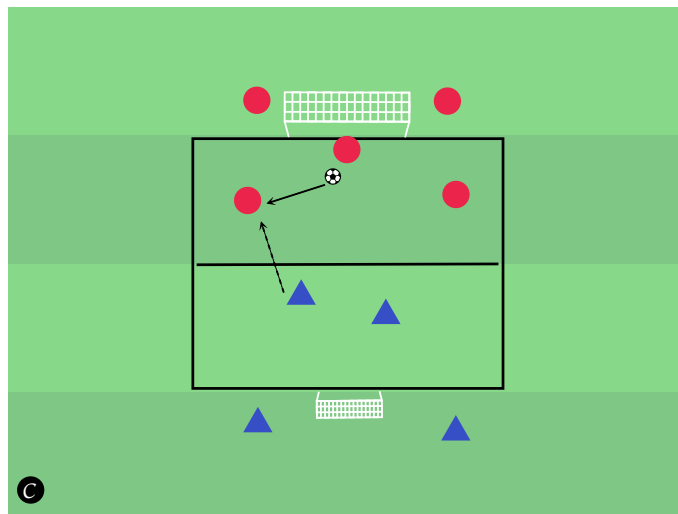
- Area size appropriate for group of players
- Set up 1-2 areas depending available space and number of players
- Add a halfway line, the attacking team (red) can only shoot once they cross that line
- The reds start with a goal kick - Once the ball is played, blues can cross the halfway line to press.
- Reds must attempt to cross the halfway line and score on goal. Blues attempt to steal the ball and pass shoot on goal. If they can prevent the reds from crossing the halfway line and score it is worth 2 points.

Focus

- Technical points related to pressing from the front (Pressure, Patience)
- **Pressure - Fast** (*Immediate, quick pressure on the ball*). **Slow** (*Slow down as you approach the ball*). **Show** (*Angle body to show player away from teammates and towards the sideline*)
- **Patience** - Decide when the right time to steal the ball is (Heavy touch, head down, facing backwards). Don't dive in.
- Tactical principles related to pressing from the front (Depth (pressure & cover))
- **Depth (Pressure)** - Deciding who and when to apply pressure (Who? Closest player. When? You have cover behind you and are close enough to influence the player on the ball)
- **Depth (Cover)** - As your teammate applies pressure the next closest player provides cover where they can see the ball/opposition teammates, while being close enough to apply pressure on the ball or pressure on the next pass.

Possible Progressions/Regressions

- Increase or decrease size of area
- Add more players



Core activity - Pressure from the front



PLAYERS

1 players

INSTRUCTIONS

Set Up

Area size appropriate for number of players.

Put players in position realistic to their gameday position.

Blue team aim to score in the mini goals while the pressing team tries to steal the ball and score on the GK

Orientation phase

Tactical principles related to building out of the back (Movement and Support)

- **Movement** - Movement on the ball to attract pressure and create a 1v1 (don't just stand there with the ball waiting). Movement off the ball to support your teammate and create a 2v1 (3v2 etc).
- **Support** - Support off the ball to be an option for your teammate either in front, to the side or behind the opposition (Are you at a good angle? Can your teammate see your feet?)

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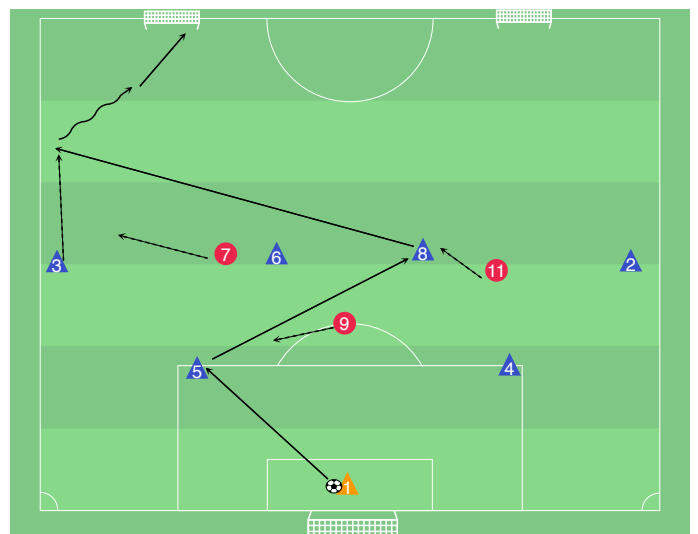
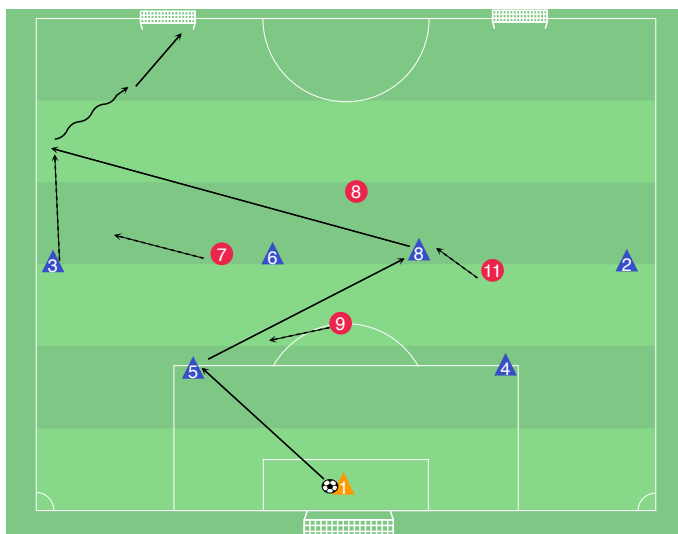
Learning Phase

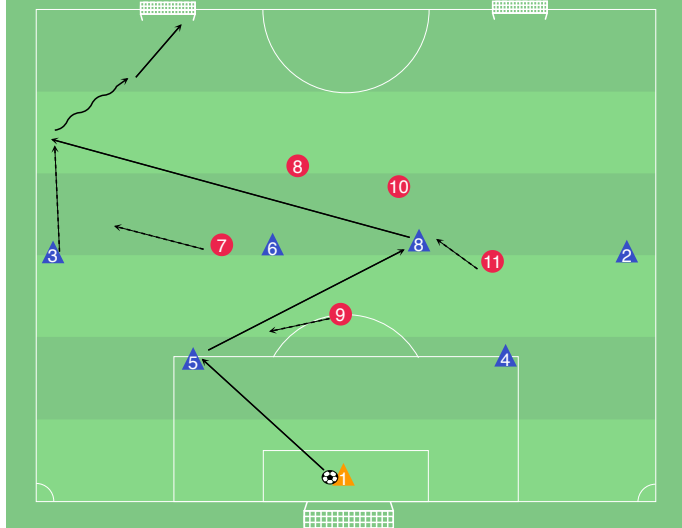
Technical points related to pressing from the front (Pressure, Patience)

- Pressure - **Fast** (*Immediate, quick pressure on the ball*). **Slow** (*Slow down as you approach the ball*). **Show** (*Angle body to show player away from teammates and towards the sideline*)
- Patience - Decide when the right time to steal the ball is (Heavy touch, head down, facing backwards). Don't dive in.

Tactical principles related to pressing from the front (Depth (pressure & cover) & Balance)

- **Depth (Pressure)** - Deciding who and when to apply pressure (Who? Closest player. When? You have cover behind you and are close enough to influence the player on the ball)
- **Depth (Cover)** - As your teammate applies pressure the next closest player provides cover where they can see the ball/opposition teammates, while being close enough to apply pressure on the ball or pressure on the next pass.





Scrimmage - prevent opponent from building



PLAYERS

1 players

INSTRUCTIONS

Check for player understanding by:

1. Asking Guided Questions
2. Freeze moments within the game
3. Individual Player Questions

Potential conditions, targets, or challenges to help influence the learning outcomes.

1. Every restarts (corner, throw in etc.) starts with a goal kick.
2. Pressing team are rewarded 3 points if they prevent the opponent from crossing the halfway line and score

