



High Press Defending

Category: Tactical: Defensive principles
Difficulty: Moderate

Continental Football Club, Philadelphia, United States
of America
Individual-Adult Member

Tech. Warmup (15 mins)

Intervals:

4 games of 2 minutes each

Setup:

3v3+4 Rondo

25x25 Grid

2 Teams of 3, plus 3 neutrals as shown

Activity:

Team in possession tries to complete 10 passes for a goal.

Coaching Points:

- ~ Pressure needs to make play predictable
- ~ "As ball arrives, so do I."
- ~ Cover: "See one, screen one"
- ~ Force play back where it came (or into cover --> check shoulder)



SSG (20 mins)

Intervals:

4-5 games of 5 minutes (rotate neutrals each game) with 1 minute rest

Setup:

5v5 half field game as shown; Attacking team in 3-2, defending team in 2-3; Ball starts with different teams by coach; 6 goal game (Play another 5v5 game in other half if enough players; If not, add bumpers/neutrals on outside)

Coaching Points:

~See one, screen one positioning to take away vertical pass (check shoulder for targets/goals); Distance from attacker: "as ball arrives, I arrive"; Cues to press: poor touch, bouncing ball; facing backwards; MENTALITY - lose possession -> win it back!; If beat, recover centrally behind ball

Progression:

+ Go to full width of field if defense too successful



Expanded SSG (30 mins)

Intervals:

4 games of 6 minutes with 1 minute rest

Setup:

8v7 in 3/4 of field (55x70); Attacking team in 1-3-2-2 (no #9), Defending team in 2-2-3 (no #4); Ball starts with: Attacking GK, Kick Off, Attacking throw-in, Defending throw-in; Add in game situations (down 2-0)

Coaching Points:

~Ball in GK hands (or goal kick): retreat to line of confrontation; Role of #9: keep ball on same side of field (focus on weakside CB); #7/11 "see one, screen one"; #10: take away middle; #6: Captain (be VOCAL); #2/3 Cover behind 7/11 and Balance if ball is on weakside.

