



Pressuring the ball as a unit

Category: Tactical: Defensive principles
Difficulty: Difficult

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

Description

1 Hour and 30 Mins. Working on the defensive principle of pressing. Defending from the front allows a high line to be played to catch runners offside and force the opposition into long ball tactics.

Players learn to work together enhancing communication off the ball and an understanding of their roles within a match environment

Technical Practice: Receiving under pressure (15 mins)

Player A passes the ball to **Player B** to start the practice.

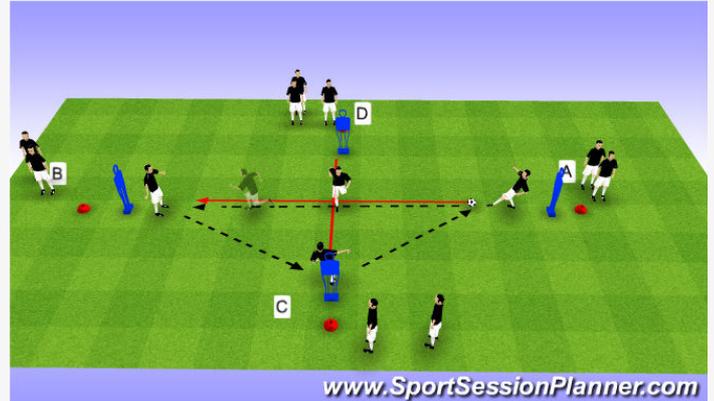
Player A then presses **B**

Player B must relieve pressure by playing to the **RIGHT** to **Player C**.

Player C is then pressed by **Player D** and again relieves pressure by playing to the **RIGHT**.

The practice continues with the next **Player B** pressing the next **Player A**

Players always pass to the right and move to the left. Pressing players press the ball and join the end of that line.



Coaching Cue

1) The pressing player may start to cheat and instead of pressing the ball player they may press slightly to the right in the shaded area to attempt to cut out the pass or show the receiving player where to pass therefore taking their option away. This a CUE.

2) The second pressing player may start to press to early rather than reacting to the trigger (the previous pressing players movement)

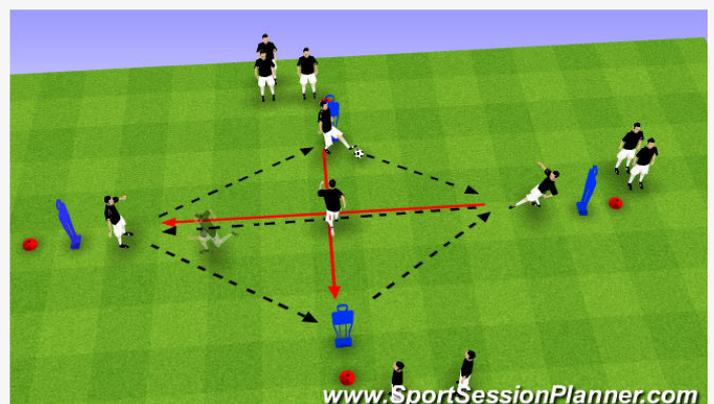


Development (25 mins)

Now the pressing player (1) can press slightly to the left or the right.

The receiving player must relieve pressure by passing to either the left or the right.

The secondary pressing player (2) should be able to recognise the triggers of when to press or when to show for the ball.

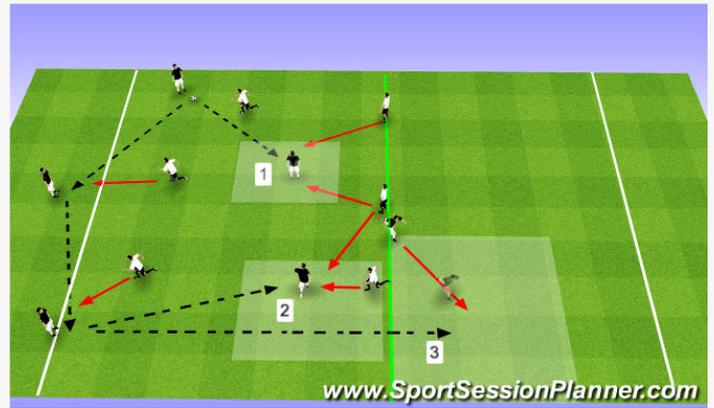


Possession SSG (20 mins)

Both End Zones serve as goals. If either team possesses the ball in the opponents end zone they score a goal.

The defending team look to press as a unit in order to force the team in possession to play long or into an area with a numerical advantage. **(2&3)**

Pressing forces the back 4 to keep a high line which make it much easier to play strikers offside. **(3)**



Learning Objectives

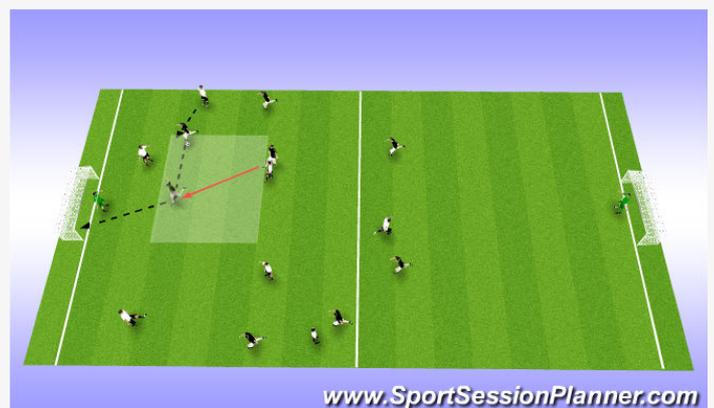
	<p>Technical Passing and Moving. 1st touch must be good to keep the ball alive without making a mistake under pressure.</p>
	<p>Tactical Develop a good understanding of how to press as a unit. Match specific focusing on defending principle of pressing high up the field as well as playing a high offside line.</p>
	<p>Physical Physical fitness is vital to the success of the practice. If one presses all must press to ensure there is no option to play throughly through the 3rds for the team in possession.</p>
	<p>Psychological Putting into practice the solutions to problems</p>
	<p>Social Developing communication off the ball.</p>

Free Play (30 mins)

8v8 Playing 4-2-1 +GK

Look to force the mistake by pressing as a unit.

Once in possession of the ball player should look to bring team mates into the game and combine to shoot.



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playing a high offside line.



Physical

Physical fitness is vital to the success of the practice. If one presses all must press to ensure there is no option to play throughly through the 3rds for the team in possession.



Psychological

Putting into practice the solutions to problems



Social

Developing communication off the ball.