



THEME 10:

# DEFENSIVE PRESSURE

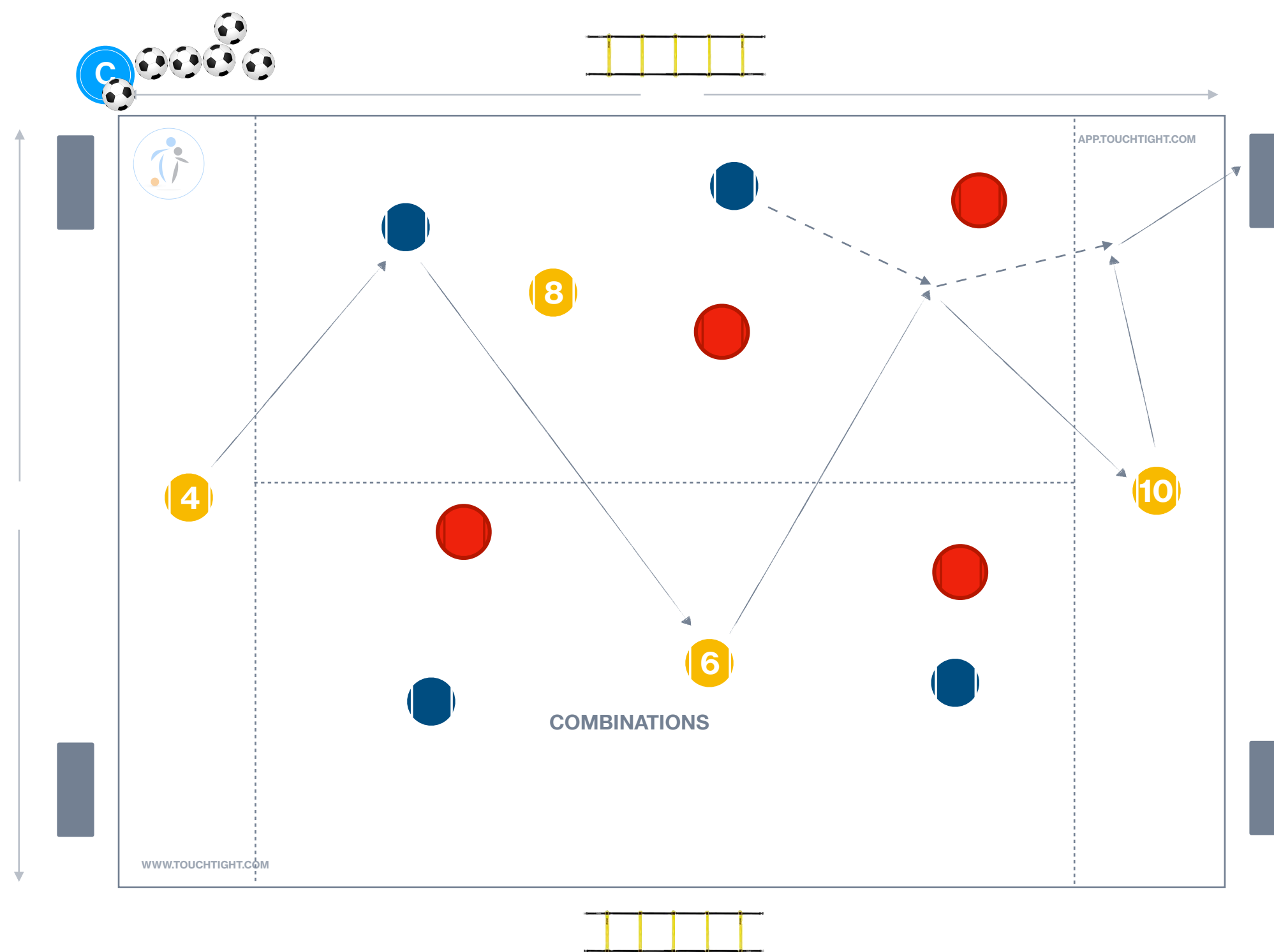
PRACTICE 05: 4 V 4 + 4

AGE GROUP: 12+



Title	Date	Start Time	Duration	No. of Players	Area Size

### HOW TO APPLY PRESSURE COLLECTIVELY



#### ORGANISATION:

This possession practice is focused on defensive pressure and also on how to exploit poorly applied pressure as the attacking team.

With 3 teams of 4, the aim is for 2 opposed teams to combine with a single floating team who have 2 floaters in the pitch area and 2 at each end of the pitch. The objective is to combine with the end players and finish in one of the 2 mini goals, before attacking the opposite end.

#### KEY COACHING POINTS:

Focus on the following key points:

1. Distances between defending players centrally
2. Timing of decisions to press as a team, not individually
3. Communication to organise each other
4. Check shoulders for recognition of opposition on blind side



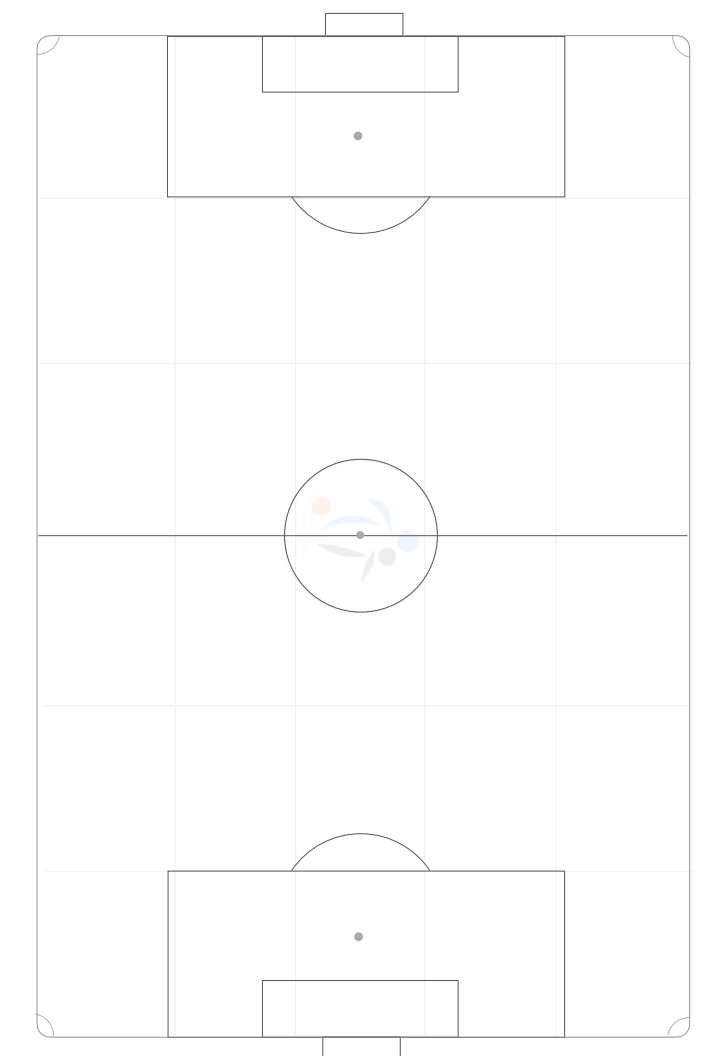
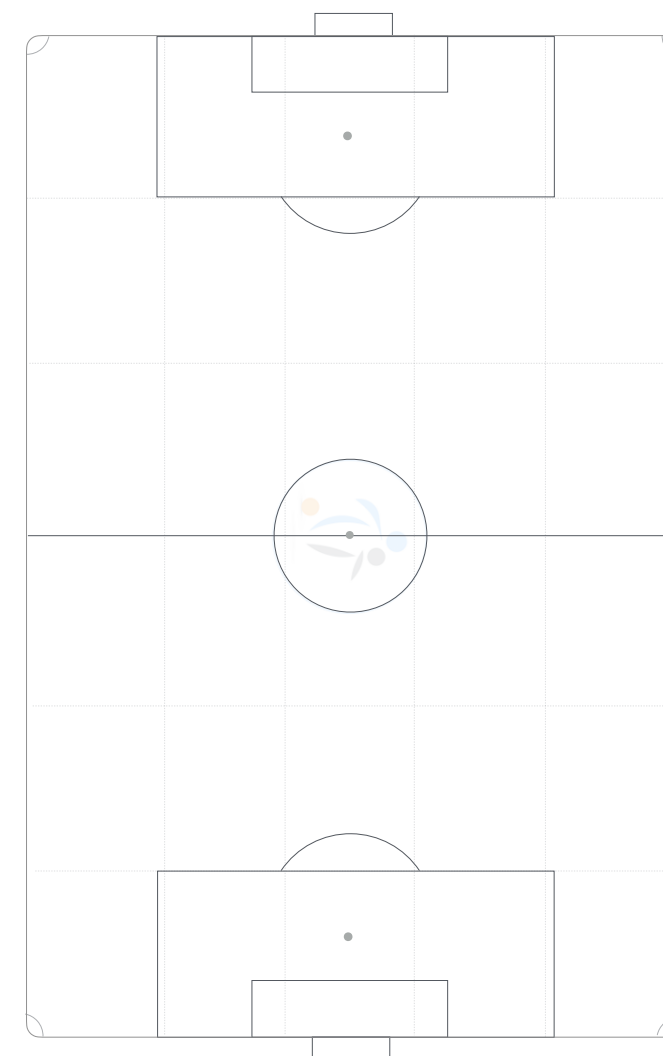
## PROGRESSIONS:

## ADDITIONAL INFORMATION

## PLAYER QUESTIONS:

## ADDITIONAL INFORMATION:

## COACH PLANS



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

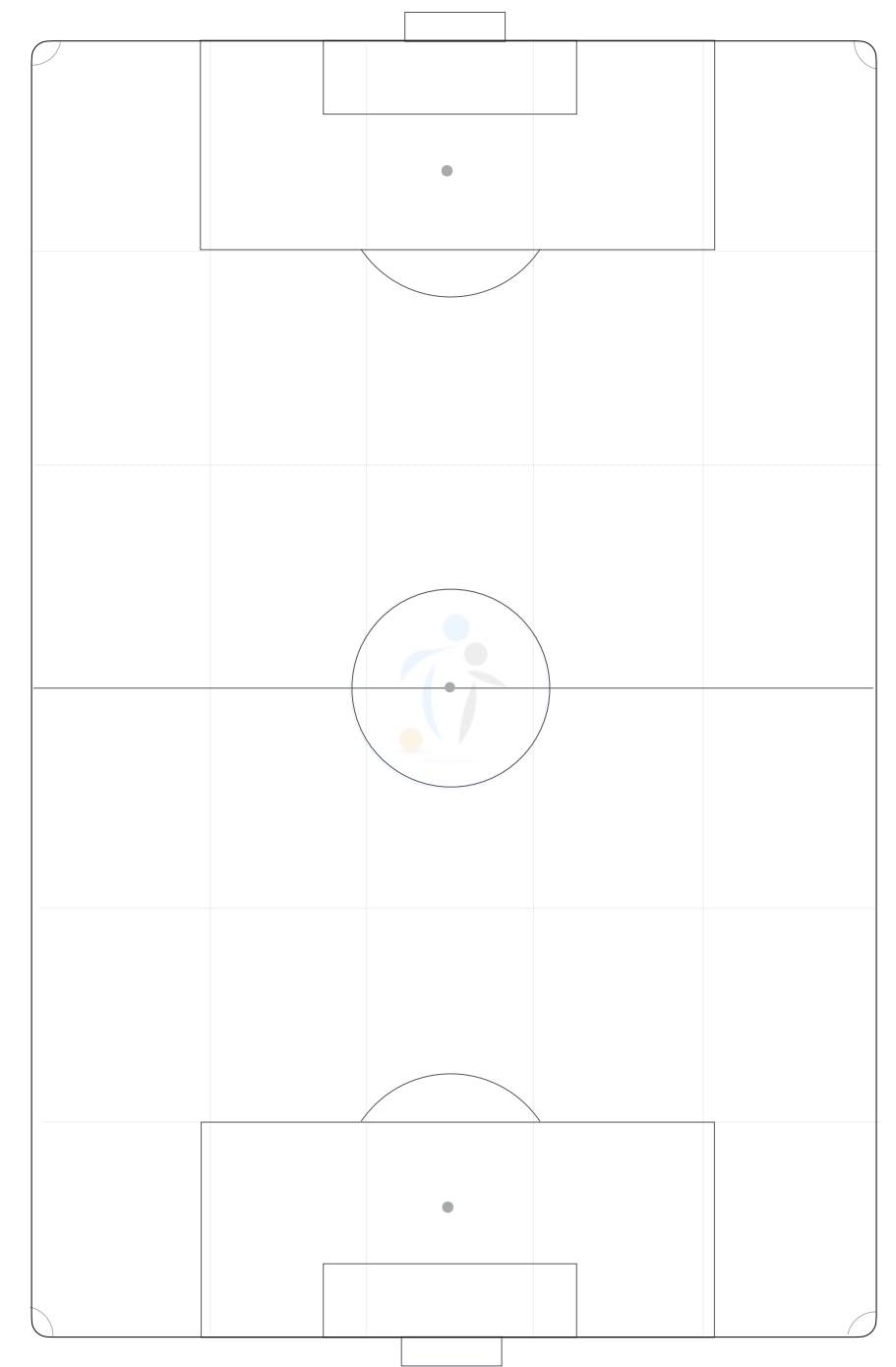
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

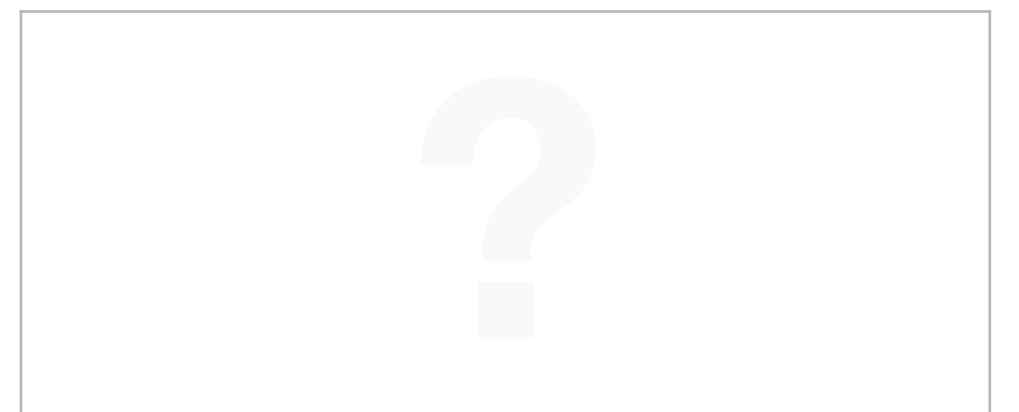
What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation



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