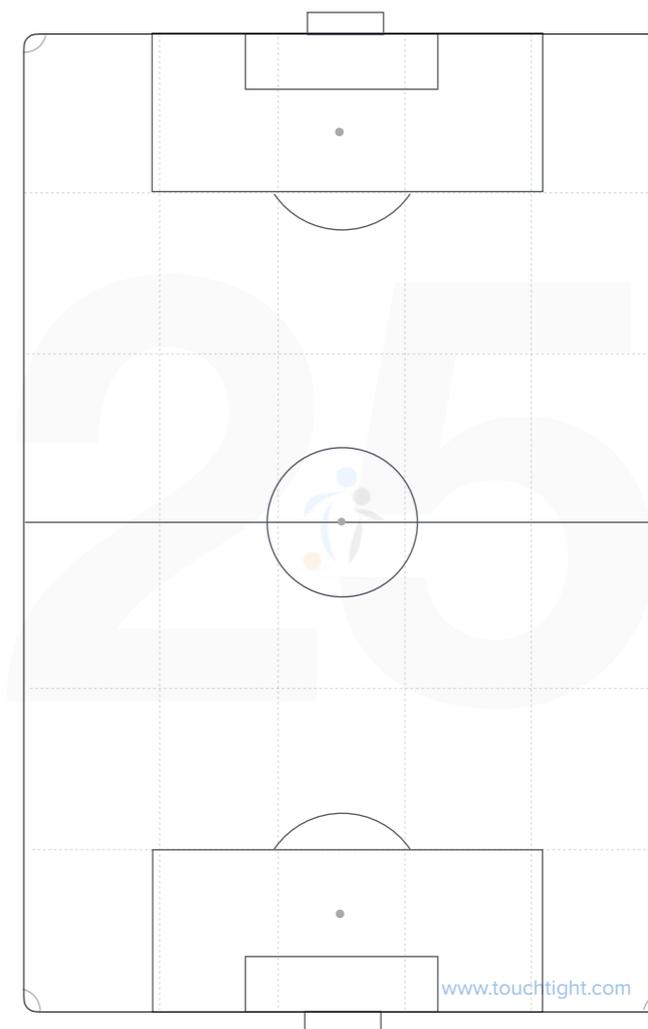
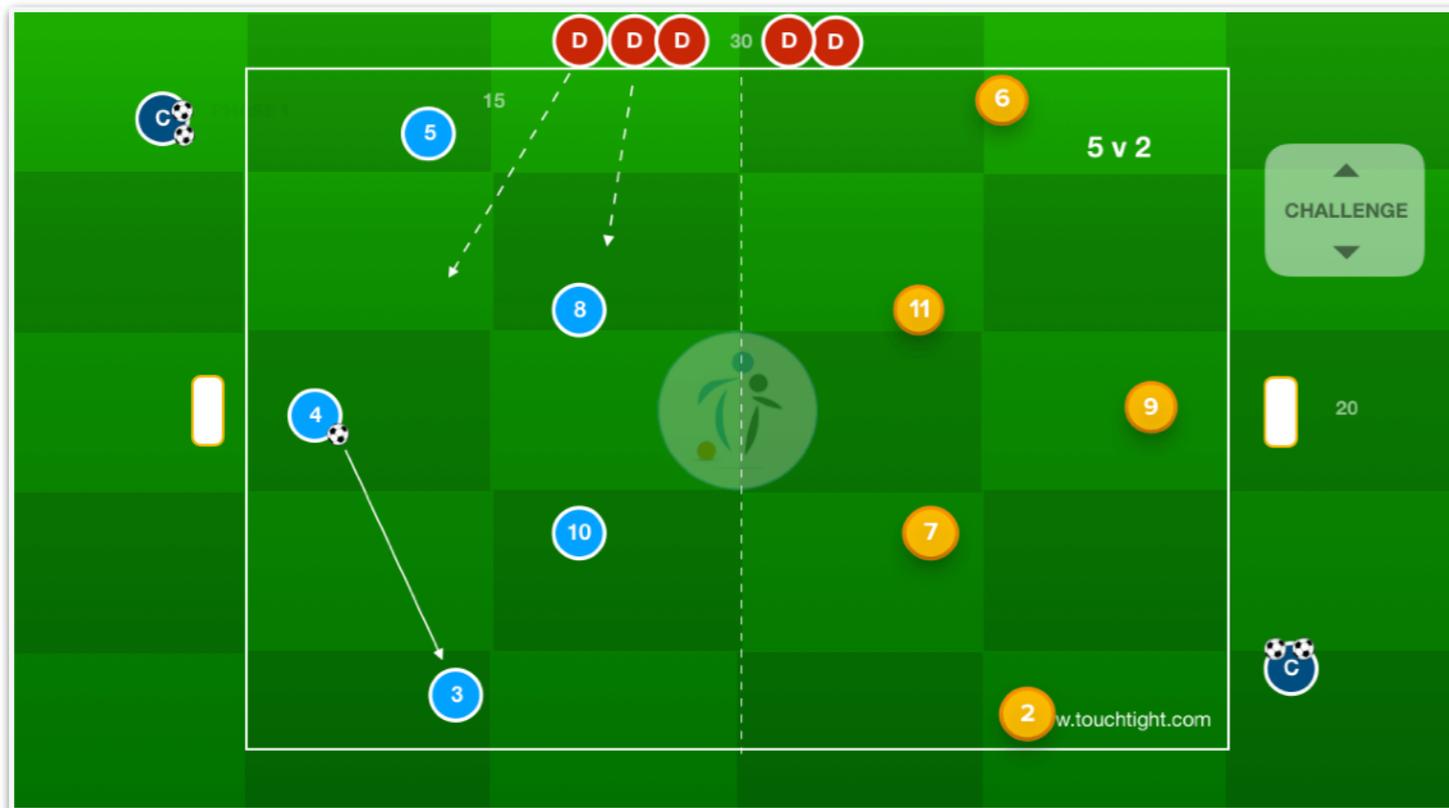


Type: Opposed Skill Practice

Area: 30 x 20 Yards

Team Objectives: To regain possession by working closely in tight areas



Set up / Organisation:

Practice 3 of Theme 10: Defensive Pressure is played in a 30 by 20 Yard area, split into 2 halves of 15 by 20. 5 players (positioned as 3 defenders and 2 midfielders) in one group and 5 attacking players in the other, must keep possession in their area, whilst being pressed by 2 defenders. Objective is for the 2 defenders to win possession and score in a mini goal, allowing 2 more defenders to press with same objective. If 10 passes are made, through poor defensive pressure, they can then transfer the ball across, scoring a goal as a result.

Progressions / Constraints:

- Allowing 3 defenders in at a time, passing team can now transfer the ball after 5 passes.
- Challenge quicker regains by allowing the passing team to finish if they play 2 quick one touch passes after the ball is transferred.

Key Coaching Points:

- **Tech** | Apply correct defending technique in pressing phase
- **Tactical** | Know how to isolate attacking players (weaker foot/passing lines)
- **Social** | Work closely as a pair, creating 2 v 2 or even 2 v 1s through intelligent pressing

Questions & Notes:

- How can you force direction making play predictable?
- How does body shape impact on your ability to press?
- How your pressure change if possession kept for longer periods?

Work / Rest Ratio:

○ mins ○ sets

Session Date:

Team:

Coach:



Session Objective/s:

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

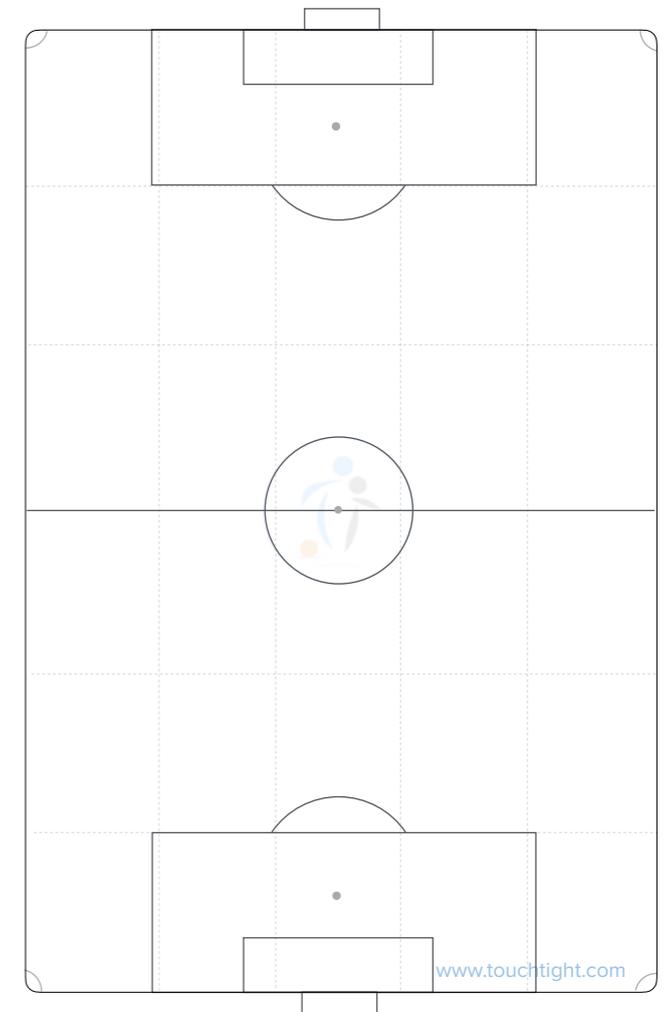
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question

How will we apply this session to a game situation?

