



## Low Build up + Open press

**Category:** Academy: Mid-block and press  
**Difficulty:** Moderate

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### Description

**General Principle:** BUILD POSSESSION OUT OF THE BACK WITH A DETERMINED STRUCTURE THAT CREATES ADVANTAGES TO PROGRESS. (NUMERICAL / POSITIONAL / QUALITATIVE / EMOTIONAL)

**Sub Principle:** CREATE & RECOGNIZE NUMERICAL & POSITIONAL SUPERIORITY

**Sub-Sub Principle:** GK AS THE PLAYER TO CREATE NUMERICAL SUPERIORITY

### Player Actions + Definitions:

**HOLD TO ATTRACT** -> Hold the ball with sole of your foot to commit opponent. Be ready to roll ball out and execute next action once pressed. Signal to supporting players to come closer to support.

**UNDERSTANDING BODY POSITION** -> MARKED VS UNMARKED Body Shape closed/side on when marked to protect ball and create distance from opponent. Can also use as a decoy to invite opponent to press. Body shape positioned more open on the half turn when unmarked (be available to turn)

### 5 vs 3 (4)+1 (15 mins)

#### Organization:

Field is 16x24 (2y zone in middle).

#### Instructions:

- Team build 5 vs 3 in a zone.
- They can switch the ball from side to side when everyone is in the zone (no amount of passes needed).
- As the ball switches sides, all players bar 1 offensive player follows the pass to the opposite side.
- For each 2 consecutive switches they get 1 point.
- If the defending team wins the ball they can dribble the ball out of bounds after completing 1 pass.

#### Coaching Points:

- Speed on the ball
- Find the moment to break pressure
- Provide quick supporting options.

#### Progressions:

- Every offensive player to touch the ball prior to the transition.



## 5 vs 5 low build up (20 mins)

### Organization:

Full width, depth 12y outside the 18.

### Instructions:

- Play starts from goal kick.
- Build up team, red, can score in any of the 4 mini goals.
- The pressing team can score on the big goal when winning possession.
- Each time red attempts a shot and it doesn't go in a new ball goes to the attacking team.

### Coaching Points:

#### Team sub principle:

- CREATE & RECOGNIZE NUMERICAL & POSITIONAL SUPERIORITY

#### Sub-Sub Principle:

- GOALKEEPER AS THE PLAYER TO CREATE NUMERICAL SUPERIORITY,

#### Player actions/Definitions:

- HOLD TO ATTRACT - Hold the ball with sole of your foot to commit opponent. Be ready to roll ball out and execute next action once pressed. Signal to supporting players to come closer to support.
- UNDERSTANDING BODY POSITION - MARKED VS UNMARKED - Body Shape closed/side on when marked to protect ball and create distance from opponent. Can also use as a decoy to invite opponent to press. Body shape positioned more open on the half turn when unmarked (be available to turn)



## 4 vs 4 +1 (20 mins)

### Organization:

Field is full width and from top of the box to midline.

### Instructions:

- Red can score by dribbling through either gate or find the target in the middle.
- If Red finds the target he will play it back to the Goalkeeper and they start again.
- If green regains the ball they can score on the goal or by dribbling through the gates.
- They are allowed to use the neutral player behind them (but they do not join the field).

### Coaching Points:

- Force play to one side and try to apply pressure (win 1v1 duel).
- Read the space in between vs outside and decide on timing of the press.
- Opposite side create depth and compactness to lock opponent on ball side, don't allow the switch. Read the pass through or opposite center back
- Center midfielder to block the pass to target vs stepping higher in the press. Read space behind and ready to jump forward to join press if pressure increases.

### Progressions:

- 2 sets of 5:00min - 1:00min rest.



## Scrimmage (40 mins)

