



Team Pressing Game

Category: Tactical: Defensive principles

Difficulty: Moderate

Am-Club: North Shore Girls Soccer Club
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Description

good counter attacking game also working on solid defensive shape and making sure your team is difficult to break down and play through

Screen 1 (20 mins)

Organization - 7v7 plus keepers - good supply of pumped up footballs - the spare balls can be placed inside each goal and with the coach on the sideline

Field Set up - width of the 18yd box to the halfway line - 2 goals

Detail - the object of the game is to not allow the ball to be chipped/passed to the opposition goalkeeper - the ball is played from the keeper or the coach to start the practice - once the ball is played the nearest defending player to the ball initiates the "first pressure" by making an angled run towards the ball not allowing the player in possession the opportunity to play inside - as soon as the pressing player is close to the ball the rest of the defending team should be getting closer to their opponent - we are now looking at the players on the opposite side of the ball (shown by red arrow) to "tuck in" more centrally so the team becomes more compact and difficult to play through - if the defending team wins the ball they can counter attack if it's on to do so

Progressions - make the field slightly bigger/wider - the attacking team now has to score a goal rather pass/chip the ball to the opposition keeper

Competencies - first angled pressure on the ball is the key to the defending shape - if there is no pressure on the ball the back four players must drop slightly deeper to take away the longer pass over the top of them, making them favorites to win the long ball - don't dive in when pressuring - if the ball is on the defending teams right hand side, defenders must be aware of what is going on over their left shoulder - they must be able to see the ball and the player they are playing against

