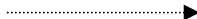


# TOPIC: Pressing

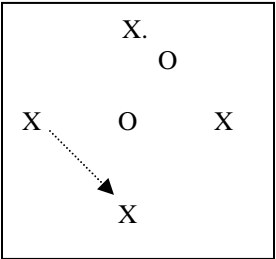
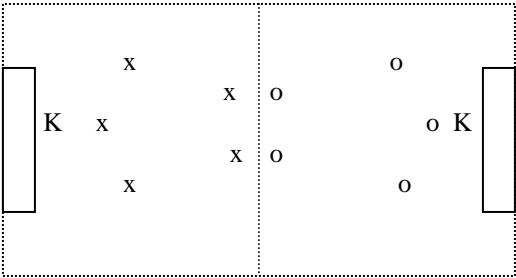
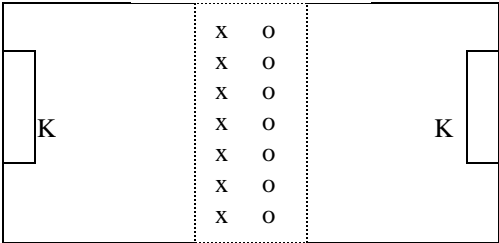
Key:

Running without the ball 

Running with the ball 

Pass 

Coach Name: Terry Doud

<p><b><u>WARM-UP:(4 v 2)</u></b></p> 	<p><b><u>ORGANIZATION</u></b></p> <p>4 v 2 in a confined space restriction: players in possession must play 2 touch (no 1 touch) defenders switch after a turn-over (last two players to touch the ball during a mistake become defenders)</p>	<p><b><u>KEY COACHING POINTS</u></b></p> <ul style="list-style-type: none"> <li>• 2 defenders should stay connected</li> <li>• Decision when to press and when to hold position.</li> <li>• Position of second defender based on the angle of the 1<sup>st</sup> defender.</li> <li>• Communication between defenders</li> </ul>
<p><b><u>ACTIVITY 2: ( 5 v 5)</u></b></p> 	<p><u>Dimensions:</u> 50 x 40 Play 5 v 5 at goal Award 2 points if a goal is scored after the ball has been won in the attacking half and 1 pt. if the ball was initially won in the defensive half.</p>	<ul style="list-style-type: none"> <li>• Defensive shape</li> <li>• Encourage pressing, but also understanding of tactical cues (ie. Defender facing own goal, poorly played ball, 1<sup>st</sup> defenders starting position, etc.)</li> <li>• Compactness</li> <li>• Balance—especially concerning positioning of last defender</li> </ul>
<p><b><u>Activity 3</u></b></p> 	<p><u>Dimensions:</u> ½ field w/ a 10 yard wide neutral zone in the middle. Coach is at the middle (out of bounds) w/ a supply of balls. Coach plays a ball behind one team. That team recovers while the other team presses. Play live from serve—restart with coach serving.</p>	<ul style="list-style-type: none"> <li>• Players should move while the ball is in flight.</li> <li>• Communication/Organization</li> <li>• Team Shape (Defensively)</li> <li>• Cut down passing angles</li> </ul>
<p><b><u>Game</u></b> <b>9 v 9 @ Goal</b></p>	<p><u>Dimensions:</u> 18 yard box—18 yard box Play 9 v 9 with no restrictions Optional: Split the field into 4 with cones as a reference for players. (all players, except 1 should be in the same 4<sup>th</sup> of the field when pressing)</p>	