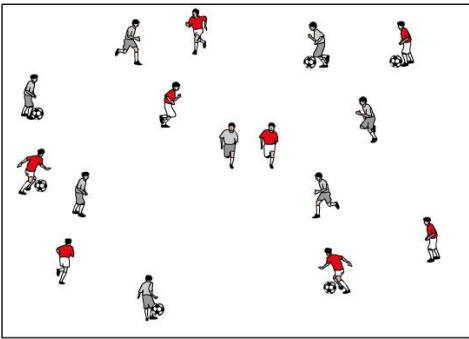
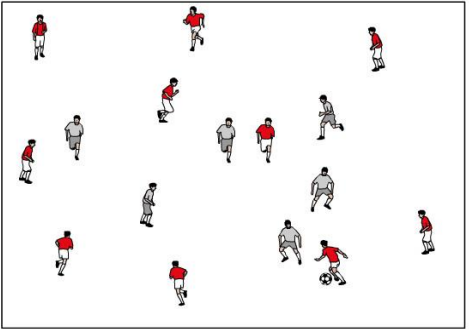
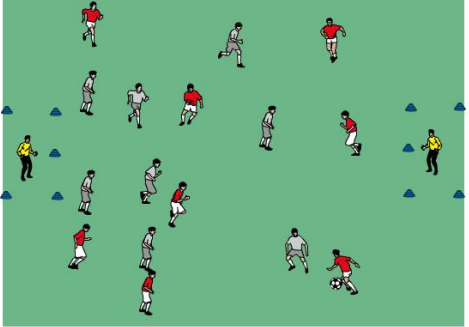



**TRAINING ACTIVITIES**  
**14-19U Closing and Pressing**  
 John Ellinger, Technical Director US Youth Soccer

Activity	Description	Diagram	Purpose/Points
<b>Technical Warm-up (30 x 44)</b>	<b>Two teams of eight with 3 balls per team (inter-passing, combinations, serving, stretching)</b>		<b>After each technical function, have the players stop and stretch for 2-3 minutes.</b>
<b>10 v 6 Possession (30 x 44)</b>	<ul style="list-style-type: none"> <li>• 10 play two touch/6 play unlimited.</li> <li>• 10 score a goal by getting 7 consecutive passes.</li> <li>• 6 score a goal by dribbling the ball across any line.</li> <li>• Play a game to 3 goals and then rotate players.</li> </ul>		<p><b>Make sure the team with 10 players immediately jumps into high pressure on a turnover.</b></p> <p><b>Coaches need to think about ways the team with 6 players can escape the grid.</b></p>
<b>8 v 8 w/GK's (50 x 44)</b>	<ul style="list-style-type: none"> <li>• Both teams attempt to score by chipping to a GK.</li> <li>• Both teams attempt to prevent the chip by closing and pressing.</li> </ul>		<p><b>No free service is allowed-players need to close quickly.</b></p> <p><b>Do not allow the teams to play the exercise—make them play soccer.</b></p>
<b>4 v 4 v 4 v 4 w/GK's (50 x 44)</b>	<ul style="list-style-type: none"> <li>• Play 4 v 4 to goal</li> <li>• A team stays on the field if it scores a goal or takes a shot that the opposing GK has to save.</li> <li>• The team that allows the shot or a goal is replaced by the resting team on that side</li> </ul>		<p><b>Play that the winning team retains the ball and they get it from their GK.</b></p> <p><b>Coaches need to think about how they can speed up their team's transition.</b></p>