

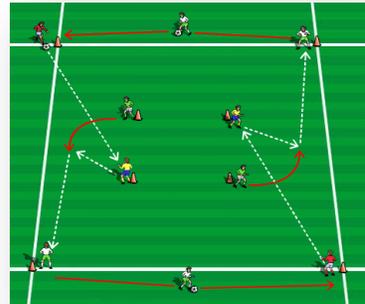


Pressing

Warm Up

Setup 40x40 yard box with a 20x20 yard box inside
Players positioned as shown in diagram

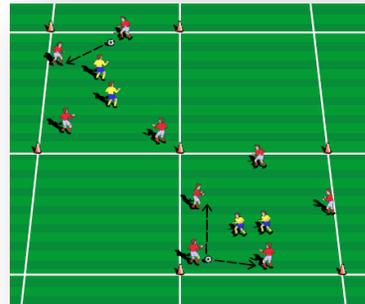
Instructions Player plays ball up to long striker, lays ball off to short striker who makes across face run and then plays ball out to player in corner. Player in corner dribbles ball on to next station and plays pass to next player & follows his pass. Exercise goes from both ends at same time.



Drill

Setup 10x10 yard area
1 ball per box, players in 5v2 attacking overload

Instructions The 5 (Red) players must keep the ball away from the defenders (Yellow) through quick, accurate 1 and 2-touch passing. A "defender" switches roles if the attacker loses possession or if the ball leaves the grid. Players should make short and long passes whilst changing the point of attack. This will highlight defensive principles.



Development

Setup 65x44 yard area
Three teams of 7 players

Instructions Focus the game on possession. 7v7+7 'neutral' players. 7 Red players, can only pass the ball amongst themselves with a 3-pass restriction. 7 Greens as 'neutrals', help by passing ball with 1-touch, against 7 Yellow defensive players. The 7 defensive players try to move with the ball, making the game predictable, attempting to win the ball as quickly as possible.



Game Related Practice

Setup Three Quarters of Pitch
Players split in three teams of seven

Instructions In one half, two teams of 7 players compete for possession of the ball. In the other half, 7 players wait. Game consists of one team trying to score in the other team's goal, the defensive team trying to win ball back. Once defensive team has won the ball, they then attack the other team on the opposite half, and so on.



Cool Down

Conduct a light cool down consisting of light jogging and stretching.