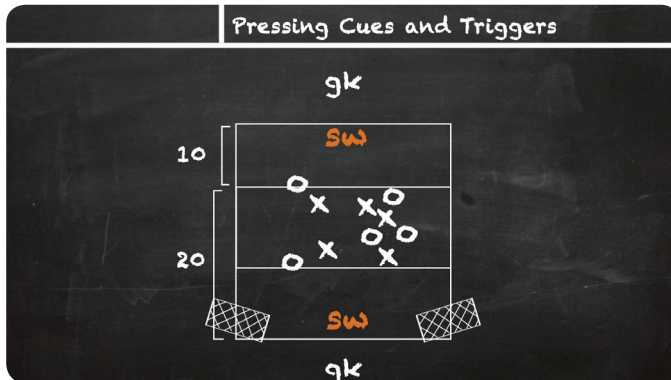


# PRESSING IN THE FINAL THIRD

<b>SESSION</b> PRESSING CUES/TRIGGERS		<b>PLAYERS</b> 8 – 16
<b>AREA</b> 35 X 30	<b>AGE</b> 11+	<b>TIME</b> 20 – 30 MINS



## KEY FACTORS

Pressure or no pressure on the ball

Press as a unit

Decision making both individually and collectively

Reading the game

**SET UP:** 2 teams. 1 team of 6 players and 1 team of 4 players plus 2 target/bounce players on the outside of the pitch. Only 1 ball is in play. Split the pitch into 2 areas (1 large/1 small) with the team of 6 defending 2 goals (see diagram). In the larger area have a line to act as guidance for the defenders. At the opposite end of the pitch to the goals have a bounce/target player in each corner.

Begin the practice with a 4v2 in the smaller area nearest the bounce players. The team of 4 must exchange a minimum of 3 passes (using bounce players if required) before they can attack the defenders in the larger area. They can also have a long shot at the goals if they have space.

The aim for the defenders and the 'back 4' in particular, is to win the ball back, looking out for the triggers of when to press the ball and when to drop off and protect the goals. Triggers to press may be a backwards pass, a bad pass or a bad touch. Triggers to drop off may be that the opposition has a lot of space and is going to shoot.

**PROGRESSION:** Introduce points scoring. Attackers can score 2 points by getting over the line into the larger area or 3 points if they score from a long shot. Defenders can also score points by winning possession and playing directly into the bounce/target players.

**SKILL DEVELOPMENT:** Game understanding, communication, accuracy.

## NOTES