



Pressing Game

Category: Tactical: Defensive principles

Difficulty: Moderate

Am-Club: North Shore Girls Soccer Club
Colin Miller, abbotsford, Canada

Description

good session for defending near your goal - high tempo - constant service from the coach - focus on getting blocks in and no free shots

Screen 1 (20 mins)

Organization - good supply of pumped up footballs - coach continually serves after every goal or the ball goes out of bounds - 3 teams if possible

Field Set up - width of the 18yd box to 25/30yds

Detail - once the coach serves the ball to the blue players, they now try to score - the blue team is always attacking for 2/3 mins - the reds are always defending - rotate the roles after the time is finished - keep count of the goals - the focus is on the defending team only - we are looking for the defending team to get as many blocks in as they can - the defending team should work on getting close to the player they are playing against - there is no offside - high tempo exercise - if there are enough players to make three teams rotate the roles - if your team were attacking you now rest - if your team was defending you now become the attacking team - if your team was resting you now become the defending team - twice through each role

Progressions - make the grid bigger to test the defenders spacing and awareness

Competencies - getting up to the ball as quickly as possible - do not dive in - stay with your player if they pass the ball to a teammate - encourage your teammates to not allow any shots on goal

