



### ACTIVITY #1

**Set up:** Players move on a half pitch with a partner as shown. Partners pass and move freely.

**Instructions:** Players pass and move on coaches command-one player sprints to "pressure" his opponent. This pressure can be passive at first and progress to full pressure as the warm-up continues.

**Coaching Points:** Speed of pressure. Angle of pressure. Tenacity to win ball.



### ACTIVITY #2

**Set up:** One team has 5 field players (Yellow), the other team has 4 field players and a goalkeeper (Red) as shown. Three mini-goals are created using flags.

**Instructions:** Play starts with a pass from the goalkeeper to any teammate. Emphasis is placed on the defensive shape and responsibilities of the "defensive" (Yellow) team. The "attacking" team (Red) must attempt to score in any of the three mini-goals near the half-way line. If the "defensive" team gains possession, they must attack quickly and attempt to score in the full-size goal. Play is continuous until a goal is scored. The "defensive" unit adjusts their positions to try to win the ball-Player (A) is forcing the player inside; Player (B) has stepped to the ball-side on Red (G). Players (C) and (D) have moved to confine the playing area. Attacking team gets ball on every start.

**Coaching Points:** Communication, work as "Unit". Positioning. Speed of counter attack.



### ACTIVITY #3

**Set up:** Two thirds of a pitch is used as the playing area. A half-way line is created using two cones. Two teams of 7 players are organized within the playing area as shown.

**Instructions:** Play starts with a pass to the Yellow attacking team. One team is designated as the "attacking" team (Yellow above) and the other team is designated as the "defending" team (Red above). Both teams compete for possession of the ball and attempt to score in their opponent's goal. The offside law is in effect. Emphasis is placed on the defensive responsibilities and shape of the Red team. The "defensive" team is encouraged to create pressure areas/pockets in certain areas of the pitch in order to win possession of the ball. All re-starts go to the Yellow "attacking" team.

**Coaching Points:** Move as "UNIT". Communication. Read the game. Counter attack quickly. Force attacking team into tight areas-dictate what opponents do!



#### ACTIVITY #4

**Set up:** This drill is a progression from Activity #3. Setup remains the same.

**Instructions:** The Red "defensive" team has created a "pressure pocket" on one side of the pitch making it difficult for the Yellow team to maintain possession-this may force a turnover in an advanced area of the pitch. Player (A) has stepped to put immediate pressure on the ball as well as force the opponent inside towards the pressure; Players (B) and (C) have stepped to the ball-side shoulder of their opponents in anticipation of intercepting a potential pass. Player (D) has moved to deny a passing option for the wide yellow player. Players (E), (F), (G) have adjusted their positions to squeeze the space and make the pitch more compact while still providing cover and balance. PROGRESSION: Play "low pressure" at first and switch to "pressing" at coaches command or visual cues-bad pass, back pass to GK, etc.

**Coaching Points:** See Activity #3.