

ACTIVITY #1

Set up: "Pressing means having the mentality to attack with and without the ball. Three elements are necessary to employ this sophisticated defending strategy: (1) Physical conditioning equal to the demand; (2) Knowledge of how to press (angles of pressure and position of support players); (3) Key individuals within the team to lead the press." -Andy Roxburgh, UEFA Technical Director

Three players / 1 ball are positioned inside the playing area as shown.

Instructions: Objective: Setting the mentality/isolating individual defending technique. Pass and move inside the playing area for the designated period of time. All 3 players should focus on sharp passing and movement.

Coaching Points:

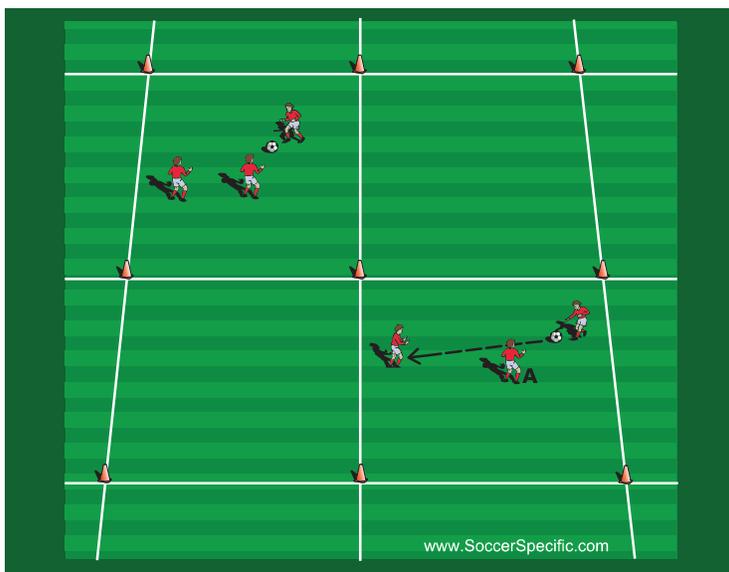


ACTIVITY #2

Set up: Progression of previous activity.

Instructions: One player closes down between two as shown. Defender (A) is working on angles of pressure to prevent successful passes.

Coaching Points:



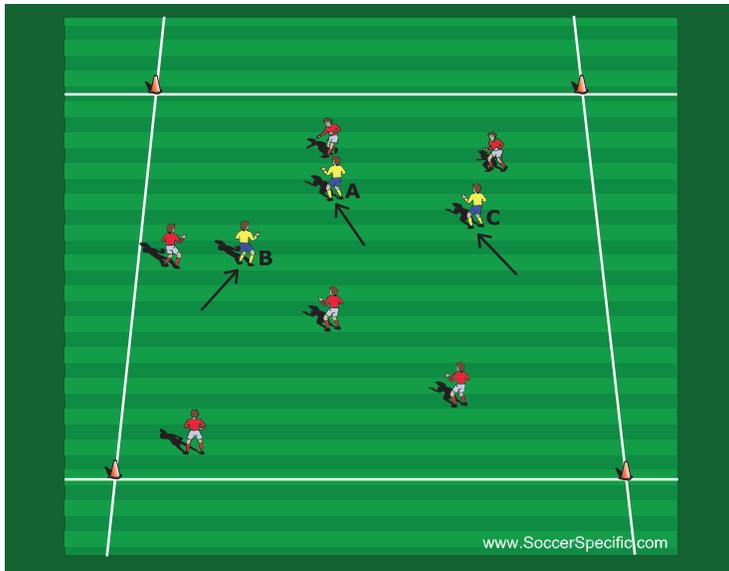
ACTIVITY #3

Set up: Progression of previous activity.

Instructions: 1 v 2 defend the wall pass. The defender must avoid being beaten with a 1-2 pass as shown. Defender (A) must apply pressure from the correct distance and angles to avoid the 1-2 pass.

Final Progression: 1 v 2 "live" defending. Defender must work with all-out effort to attempt to win the ball in the designated period of time.

Coaching Points:

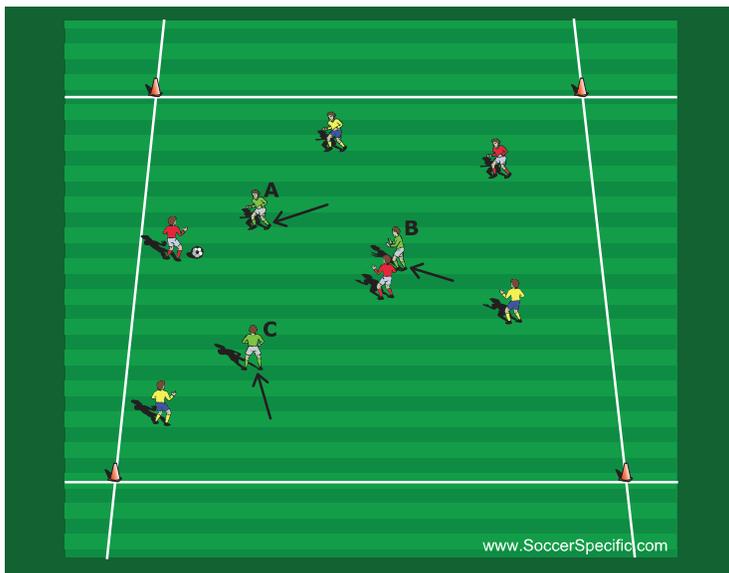


ACTIVITY #4

Set up: Small Group Defending. 3 press 6 in a 20 x 15 yard area as shown.

Instructions: Objective: Many tactical repetitions in a confined space. Three players (A, B, C) combine defending efforts to win the ball (or force an error) for 1 min. Total number of interceptions recorded. Change defenders after each 1 minute period.

Coaching Points: Defenders should work as a cohesive unit to apply pressure. Defenders must apply pressure from appropriate angles. Defenders must work to cut-off passing lanes while applying pressure to the "ball". Communication is vital.



ACTIVITY #5

Set up: Progression of previous activity.

Instructions: Three teams of 3. 2 groups of 3 combine to play 6 v 3 - any player who causes a loss of progression puts their team in as the defending group. This diagram illustrates the green team applying defensive pressure. Player (A) is putting pressure on the ball as well as cutting off a passing lane, while (B) has stepped to the shoulder of the red central player. Defender (C) has stepped to apply further pressure as well as limit passing opportunities.

Coaching Points: Defenders should work as a cohesive unit to apply pressure. Defenders must apply pressure from appropriate angles. Apply immediate pressure on the ball - "keep their head down". Travel as a "team" to apply pressure. Defenders must work to cut-off passing lanes while applying pressure to the "ball". Communication is vital.

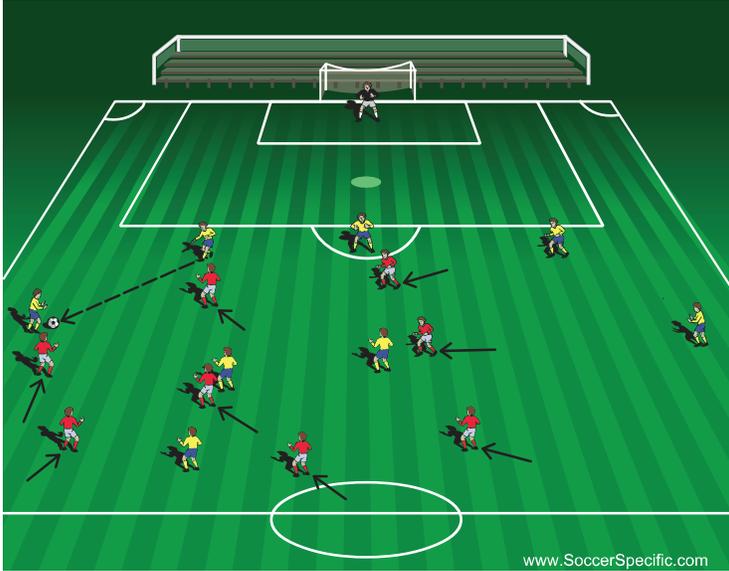


ACTIVITY #6

Set up: Large Group / Team Defending. 8 v 6 - half field with two goals and goalkeepers as shown.

Instructions: Objective: Game application/group coordination. Team of 6 (yellow) play free and "low press" when defending - Team of 8 (red) play 2-touch when in possession and try to "press" when defending. Red team has a numbers-up situation and can afford to "go after" the opposition. In this diagram, Player (A) is putting immediate pressure on the ball as the rest of the team adjust their positions to offer additional pressure and support. Note that players have stepped on to the "shoulders" of opponents as opposed to defending strictly from goal-side. This enables a player to quickly step in to intercept a pass.

Coaching Points: Defenders should work as a cohesive unit to apply pressure. Defenders must apply pressure from appropriate angles. Apply immediate pressure on the ball - "keep their head down". Travel as a "team" to apply pressure. Get on "shoulders" instead of directly behind opponents - if pressure is being put on ball.



ACTIVITY #7

Set up: Progression of previous activity. 8 v 8 - half field with one goal and one goalkeeper as shown.

Instructions: One team of 8 defends - one team of 8 attacks - teams play for 5 mins (actual playing time) - no back passes to GK (penalty awarded if back-pass occurs) - Attacking team tries to score and presses when not in possession - defending team tries to keep possession and resist pressing. In this diagram, the red team can be seen adjusting their positions to "press" their opponents.

Coaching Points: Defenders should work as a cohesive unit to apply pressure. Defenders must apply pressure from appropriate angles. Apply immediate pressure on the ball - "keep their head down". Travel as a "team" to apply pressure. Recognize the difference - pressing / non-pressing.