



## Storm FC U12: Pressing

Category: Technical: Defensive skills  
Difficulty: Difficult

Alex Schultz, Fort Collins, United States of America  
Individual-Adult Member

### Description

#### Storm U12 Pressing 9/14/15

- Immediate Chase, 5 Second Defending
- Can we win the ball back immediately?
- Pressing as a team

### SI Quick Possession/Immediate Chase (10 mins)

#### SI Technical Warm-up "Quick Possession/Immediate Chase"

- One 10x10 grid with 5 Possession based players, two lines of defending players
- One defender goes into the grid once the coach plays the first ball into the grid
- Defender has 10 seconds to win the ball or must go to the back of the line

#### Coaching Points:

- Concept of "immediate chase"
- Possession based team must play quickly
- Know where you are going before you receive the ball



### SII Immediate Chase Progression (20 mins)

#### Stage II Small Sided Activity "Immediate Chase Progression 8v3"

- Progression of technical warm-up
- 20x20 box
- Three lines of defenders that start opposite of server
- Coach plays ball in and counts down from 10
- Defenders have 10 seconds to win ball
- Switch roles every 2 minutes



### SIII Four Zone Game (20 mins)

#### SIII Expanded Small Side Activity "Four Zone Game"

- Each quadrant = 20x20 - somewhat directional/functional (arrow shows it).
  - goal is to get attacking overloads (3v1, 4v1, etc) in zones so that if that ball is lost, it can be won back.
  - Only one defender may join a zone - making it (3v2, etc)
- PROGRESS:
- add defenders in each zone eventually making it 10v8



## SIV Match (30 mins)

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- 8v8 against for last 30 minutes
- Divide the field in the thirds, and award points for goals coming from different thirds

