



U13/14 Week 7 High Press

Category: Academy: High-block and press
Difficulty: Moderate

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Individual-Adult Member

4v2

4v2 Rondo

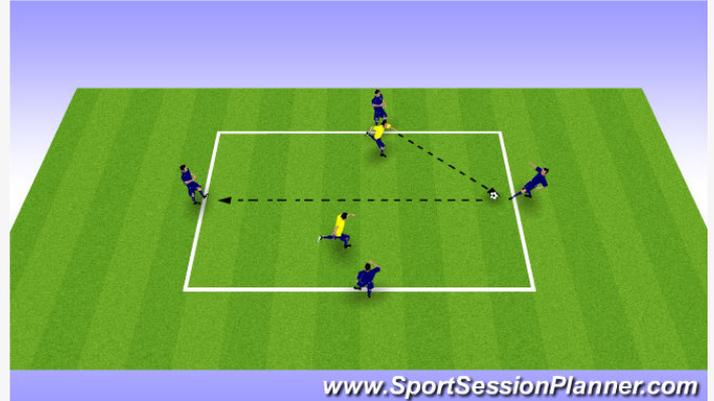
4 players around the outside of the square keep possession without allowing the defenders to intercept the ball. If a player gives the ball away then the person to their left goes into the middle.

Coaching Points:

2 defenders should press together, trying not to get split.

Progression:

Add an attacking player into the middle of the grid.



4v4+2

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Teams aim to play into their target player. both teams shape up in a 3-1 formation and try to penetrate the opposition. If a player is tagged by the other team they must play the ball backwards. The defense must decide when and how to press and if they should sacrifice a player to tag an opponent or if they can press effectively or can they tag a player without losing their shape.

Coaching Points:

Nearest player makes the initial press.

Anticipation- can player read the visual cues to intercept passes.

Progression:

Add a neutral player to give the pressing team more to consider when deciding when and where to press.



5v5+ GKS

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Two teams of 5 both play a 3-2 formation trying to score in full size goals. All players must be over the half mline for a goal to count. If a team scores they must hold at the half to keep a high press as play restarts from the opposition GK.

Coaching Points:

Patience- preventing the ball from being played forward is the first objective of pressing, not necessarily winning the ball.

Progression:

If players win the ball in the opposition half and their team scores it's worth 2.



Scrimmages

Teams play a scrimmage in two equal teams.

Coaching Points:

Lots of movement by the defending team to apply pressure to the ball.

Forwards first line of defense, if the forwards press the whole team presses.

Progression:

If a team wins the ball before the 2nd pass and score the goal is worth 2.

