PRESSING, LOW AND HIGH PRESSURE

STAGES COVERED BY ACTIVITY

Stages 4 & 5 - 12-18 year old players

THEMES & COMPETENCIES

Theme:

+ Group and team defending.

Competencies:

+ Defending as a unit and team - applying pressure, covering and support.
+ Transition from defense to attack and attack to defense.

WHY USE IT

Applying varied defending styles in the match allows the coach to adjust the team's posture to various game situations, opponents and conditions.

SET UP

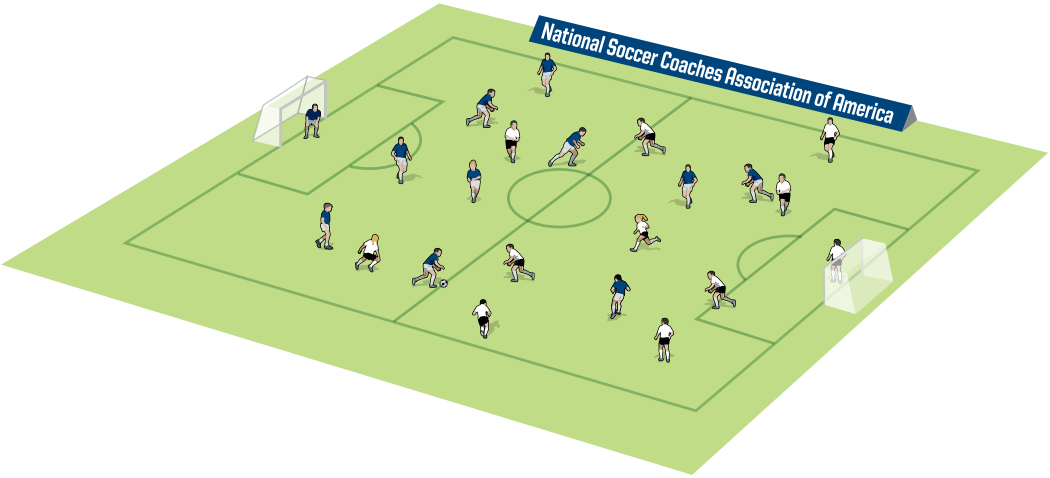
Full field to full-sized goals.

HOW TO PLAY

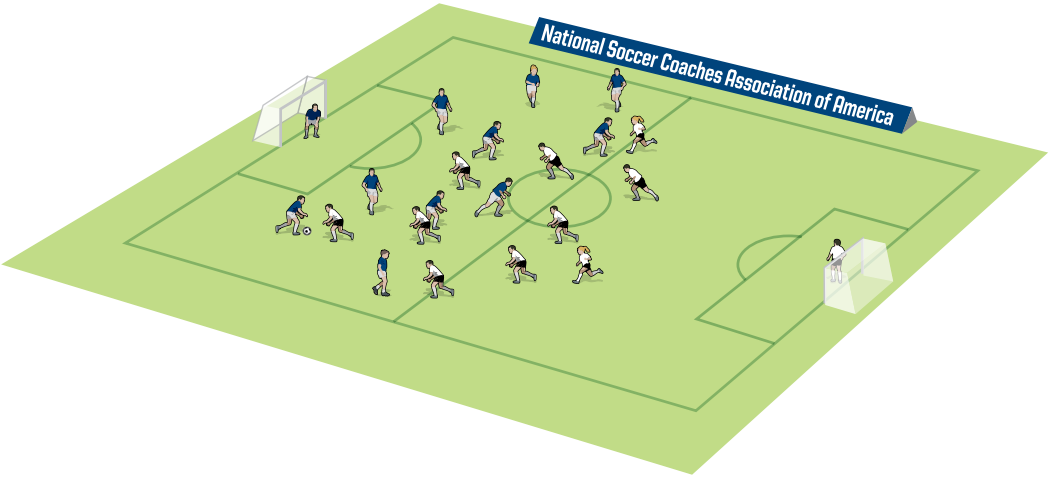
11 vs. 11 game. Work with one team at a time. Many teams assume that applying high pressure simply involves more energy is expended further up the field trying to win back the ball. The target team should learn to press the opponent in a high pressure mind-frame (see cues below) and then also to play low pressure. As the teams become accustomed to varying their approach over several sessions, play one style against the other and then have them change styles within the game.

COACHING NOTES

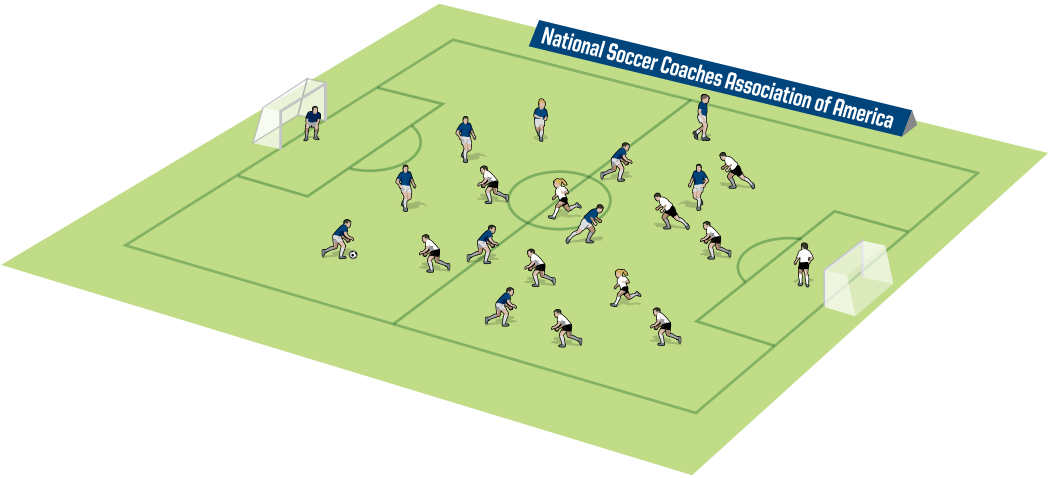
+ Main coaching objectives – Pressing is a systematic effort to limit an opponent's options and space in possession and thereby produce turnovers. The roles of every player on the field in this design must be rehearsed and well-understood.
+ Coaching Tip - Ask players when the team might employ high or low pressure in a match setting. It is important they understand the reasons why the team would adopt a certain posture.
+ Adaptations - Award a point for each time a team wins the ball after successfully adopting a given posture.



+ 11 vs. 11 game free play to begin.



+ High pressure - the forward in the defending team's 4-2-3-1 is attempting to force the ball forward.
+ The remainder of the team fills in behind to force play in front of the player in possession.



+ The defending team now plays low pressure
+ A restraining line is set at mid field.
+ Back line is deep to prevent a ball being played in behind.

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