Practice Theme/Topic

Defending team attempts to press the ball and prevent forward passing opportunities

General Notes
UEFA B practice on pressing

Aims & Objectives
Improve understanding of when to pressurise team in possession

Organisation & Setup
Area as appropriate, adjust size for number of players and outcomes required

2 x 5x5 target areas, with TG players in each area, 5yards from end line

Teams play one direction only. TG players recycle ball to team defender their box

Coaching Factors & Outcomes
See Coaching Points

Adaptation & Progression
Can work using overloads or floater to produce overload in favour of either team.

Progress from Squad Practice into a Small-Sided Game with goals instead of target boxes. TG become GK.

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Coaching Point #1
Starting positions
Travelling speed, angles, distances

Coaching Point #2
Prevent forward passing opportunities
Control and restraint when pressing

Coaching Point #3
Angles and distance of support and cover
Appropriate compactness between individuals, units, teams

Coaching Point #4
Receiving as appropriate

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Technical
N/A

Physical
N/A

Psychological
N/A

Social
N/A
UEFA B Pressing - Squad Practice Into SSG

Category: Defending Length: 01:00 Rec. Players: 16 Published: March 19, 2014 @ 15:18

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