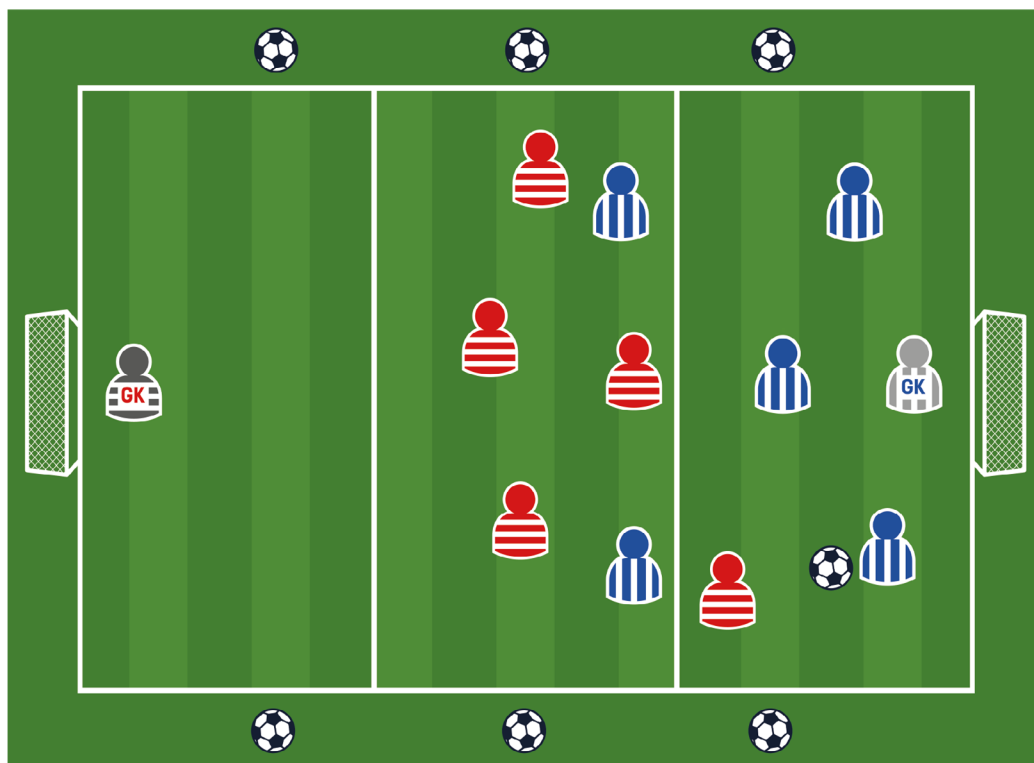


# SESSION PLAN

## PRESS FOR SUCCESS



BALL:



TEAM 1:



TEAM 2:



GK TEAM 1:



GK TEAM 2:



GOAL:



### OBJECTIVES

Players will develop their understanding of:

- pressing with intensity in the final third
- working in units and as a team to win the ball back quickly
- identifying and reacting to triggers from the opposition and teammates to inform successful decision-making.

### ORGANISATION

- Set up a pitch appropriate in size for your players
- Split it into thirds and place a goal at each end
- We recommend playing 6v6, but you can adapt the numbers to suit your players
- Ask one player from each team to be the goalkeeper
- Put some footballs around the pitch for quick restarts

### HOW TO PLAY

- Both teams are trying to score as many goals as possible
- If a team scores after winning the ball in the attacking third, they get three goals
- There are no throw-ins or corners
- If a player kicks the ball out, the game restarts from their goalkeeper, who must pass to a teammate in the defensive third to try and build up an attack
- If a team scores, the game restarts from their goalkeeper