

UEFA B Pressing - Squad Practice Into SSG

Category: Defending

Length: 01:00 Rec. Players: 16

Published: March 19, 2014 @ 15:18

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

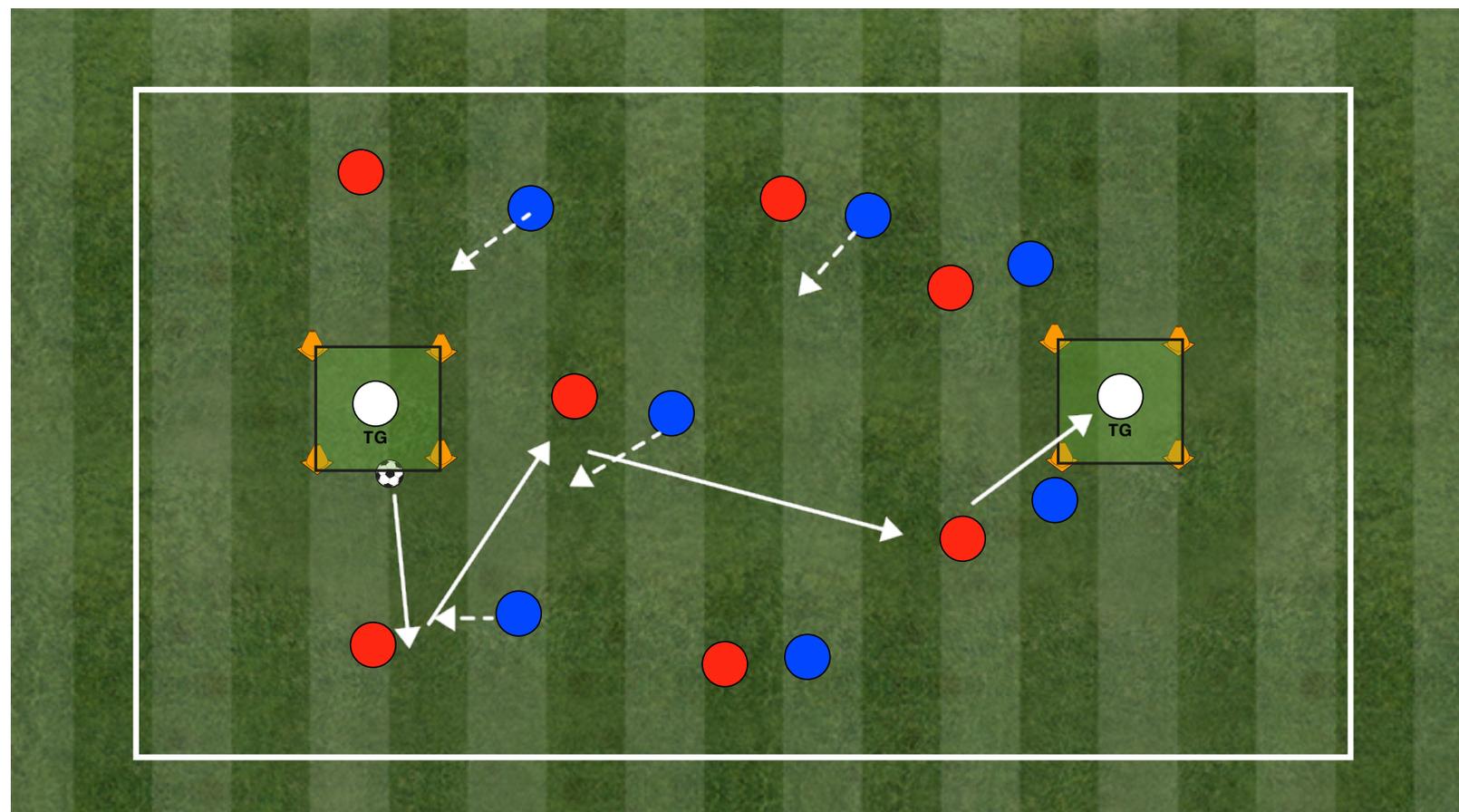
Coaching Factors & Outcomes

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.



Coaching Point #1

Starting positions

Travelling speed, angles, distances

Coaching Point #3

Angles and distance of support and cover

Appropriate compactness between individuals, units, teams

Coaching Point #2

Prevent forward passing opportunities

Control and restraint when pressing

Coaching Point #4

Receiving as appropriate

Technical

N/A

Physical

N/A

Psychological

N/A

Social

N/A

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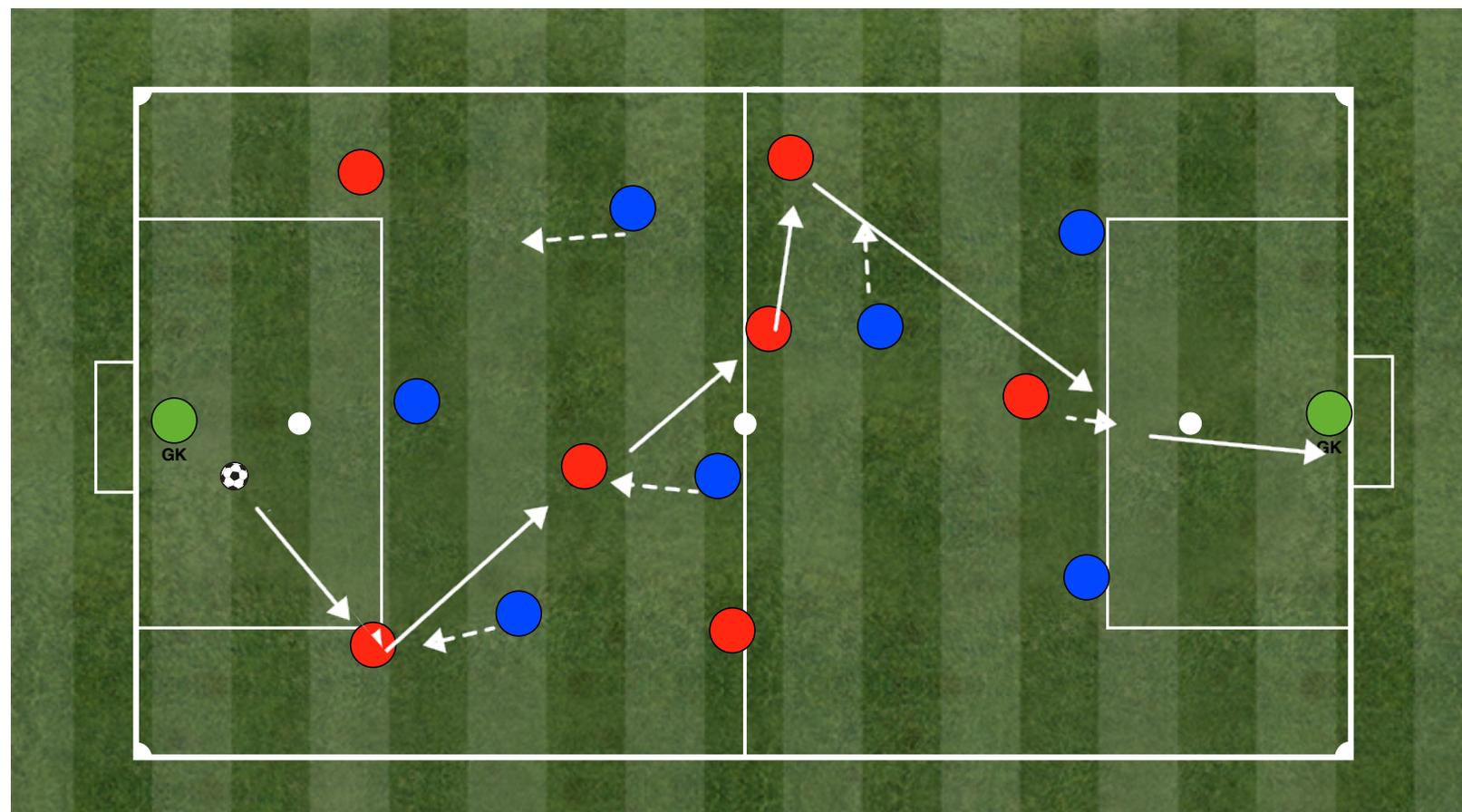
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