



Man on man press in the central area

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

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Description

Basic Principle: REGAIN POSSESSION AS QUICK AS POSSIBLE WITH HIGH PRESSING IN THE OPPONENT'S HALF

Sub-principle: Aggressive Man-on-man oriented press.

Sub-sub-principle: Always defend forward.

Individual behavior: Aggressive mindset to win duel.

Attackers/Midfielders (20 mins)

Organization:

22 wide x 30 deep (10+20)

1 x 7 vs 7 goal

2 x mini goals.

Instructions:

Coach passes to A, A can dribble or pass over the line and make it 3v3.

If the pressing team wins the ball at any time they try to score on the big goal.

Each time a ball goes out of bounds or a team scores players rotate over the positions.

Coaching Points:

1) First player high/aggressive press (approach fast, arrive slow, defending position -> Keep stepping to opp.)

* Use of the body if player goes to a side and continue the press.

2) Players behind must be in between pressing player and still be able to see direct opp. (man mark).

* In between > ready to press the pass or step if press is beat.

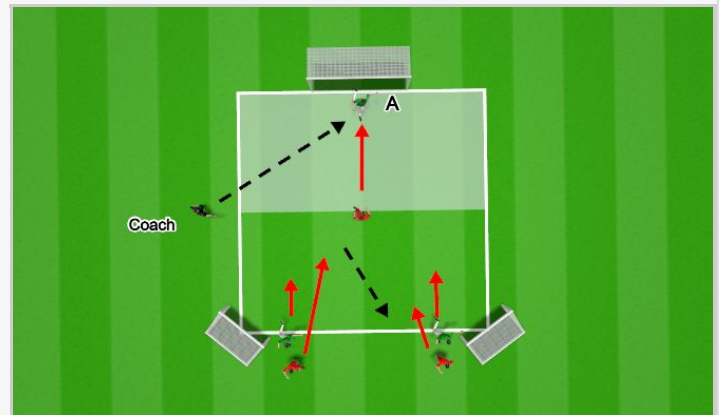
3) Player on which side that the press is broken, steps directly to the ball! (closest to the ball press!)

4) Always keep an aggressive mindset to win the ball!

Progressions:

Cycles:

4 x 4:00min (1:00min rest). 22:00min total.



5v6 (30 mins)

Organization:

Instructions:

GK starts with the ball and plays it to either red defender.

They try to score on the mini goals.

If green wins the ball they can score on the big goal.

Coaching Points:

REGAIN POSSESSION AS QUICK AS POSSIBLE WITH HIGH PRESSING IN THE OPPONENT'S HALF



- High pressure with marking-marking concept.
- Close any near support to the ball carrier.
- Defensive Actions to win the ball - interception, anticipation, tackles.

Progressions:

Half field scrimmage (30 mins)

