



HIGH PRESSING TRAINING EXERCISES

11V11



7v4 Disrupt the Build

Players are organized into a possession team of eight players (in blue), including a goalkeeper, against a pressing team of ten players (in white) and a goalkeeper. The exercise takes place in a 25x30 yard area around the penalty box with an additional 15x15 yard area ahead with a full-sized goal.

The game starts with the blue team organized with a goalkeeper, a back four, and two holding midfielders in the penalty box. The blue team will also position an attacking player into the higher grid.

The defending team will be split into two teams of four players and start on either side of the higher grid.

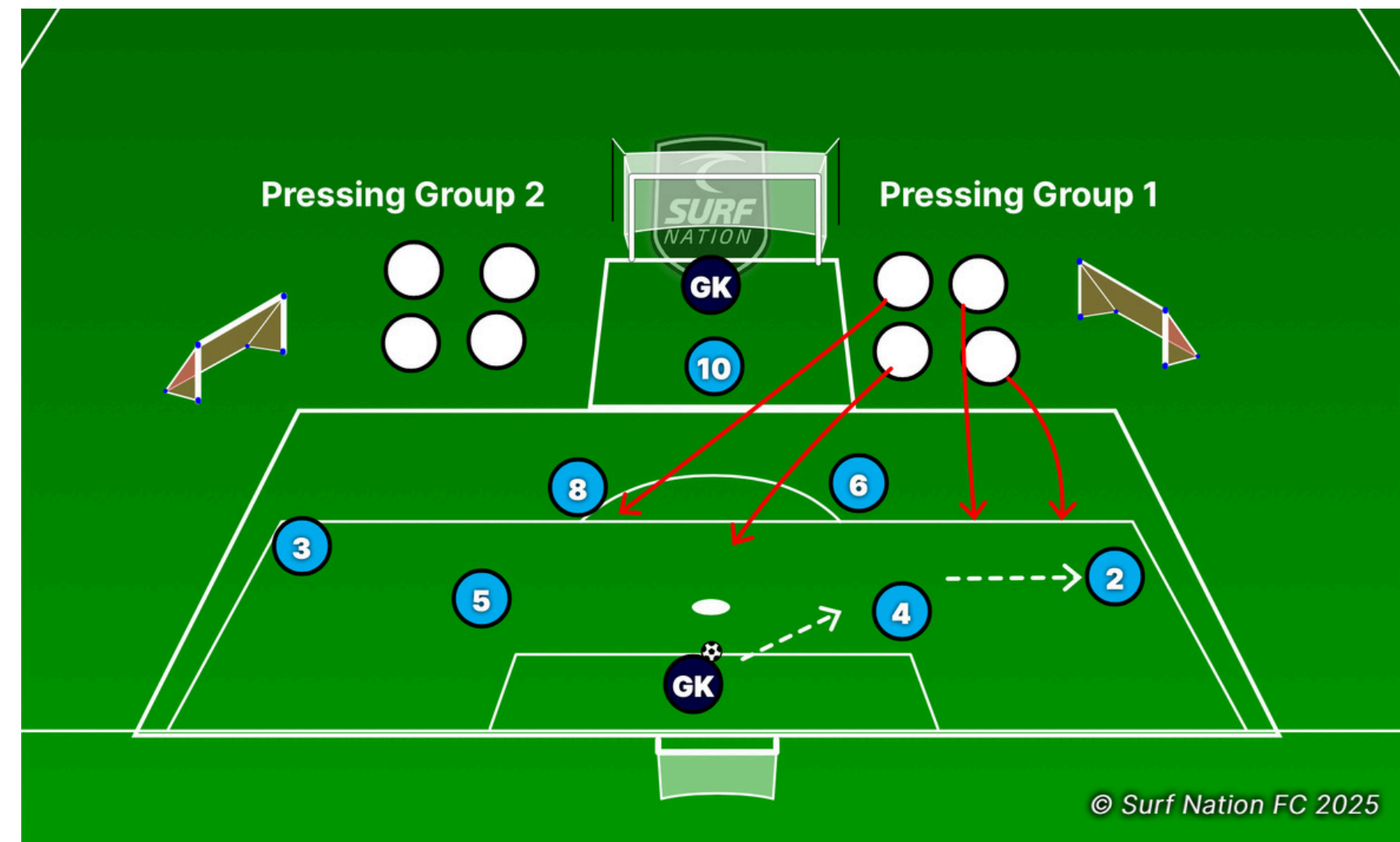
The game starts with the blue goalkeeper who passes to one of the blue players in the penalty area. This is the trigger for one of the defensive teams to go and press aggressively.

The blue team must complete a minimum of three passes, before looking to play into the higher grid for their attacking teammate to score in the goal for one point.

The white team are pressing and can score in transition for two points.

No white players are allowed into the higher grid but the blue attacker is limited to two touches or three seconds to score against the white goalkeeper. In each ste, one white team presses, while the other recovers.

Play 4v3 minute games and switch teams after each game in order to keep the defensive intensity as high as possible.



Front Four Pressing Game

Players are organized into two teams, with a defending team of seven players, against a possession team of eleven players, including two GKs.

The exercise will take place on a 25x40 yard area, with a 5-yard zone in the middle and two gates on either side of it.

The possession team (in white) will be organized with a GK and a back four in each half. One holding midfielder will move between each half, depending on where the ball starts.

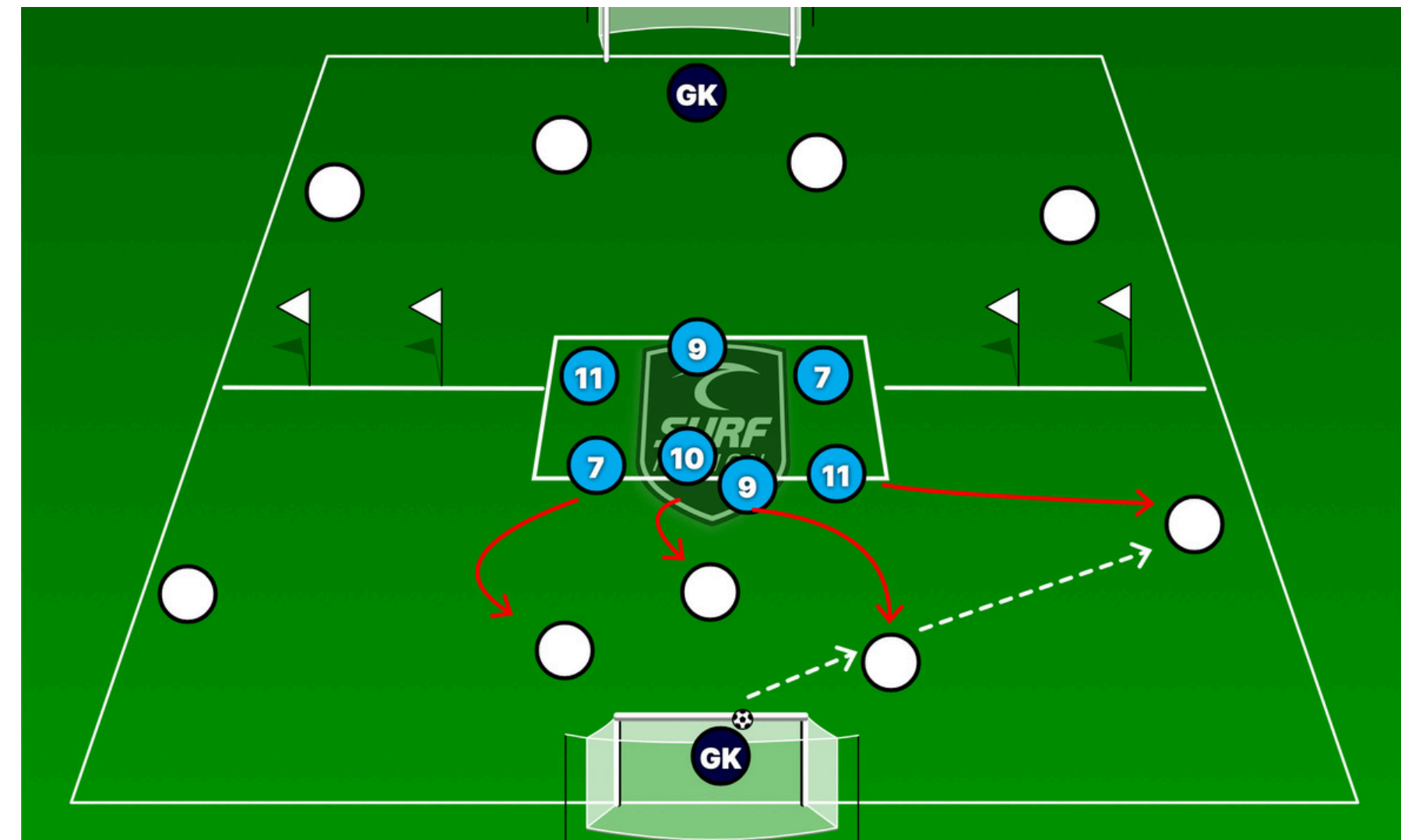
The defending team (in blue) will press with four players, organized into a front three and an attacking midfielder.

Similar to the holding midfielder, the attacking midfielder will play on both halves (in relation to the ball).

The objective of the game is for the possession team to use their 6v4 numerical advantage to build-up and pass the ball through the wide gates to the players on the other half of the pitch for one point. If the ball is transferred, the same conditions continue to that half with the defending players who were waiting in the middle now becoming pressers on the other side.

When the pressing team (blue) wins possession, they are looking to score immediately in transition.

Play 4v3 minute games and switch roles after each game. One point is awarded for every successful transfer, while two points are awarded for a goal by the pressing team.



9v9 Incentivize the Press!

Eighteen players are organized into two teams of nine players, including a GK. All players are free to move anywhere during the game, as the zones act as reference points for the scoring system.

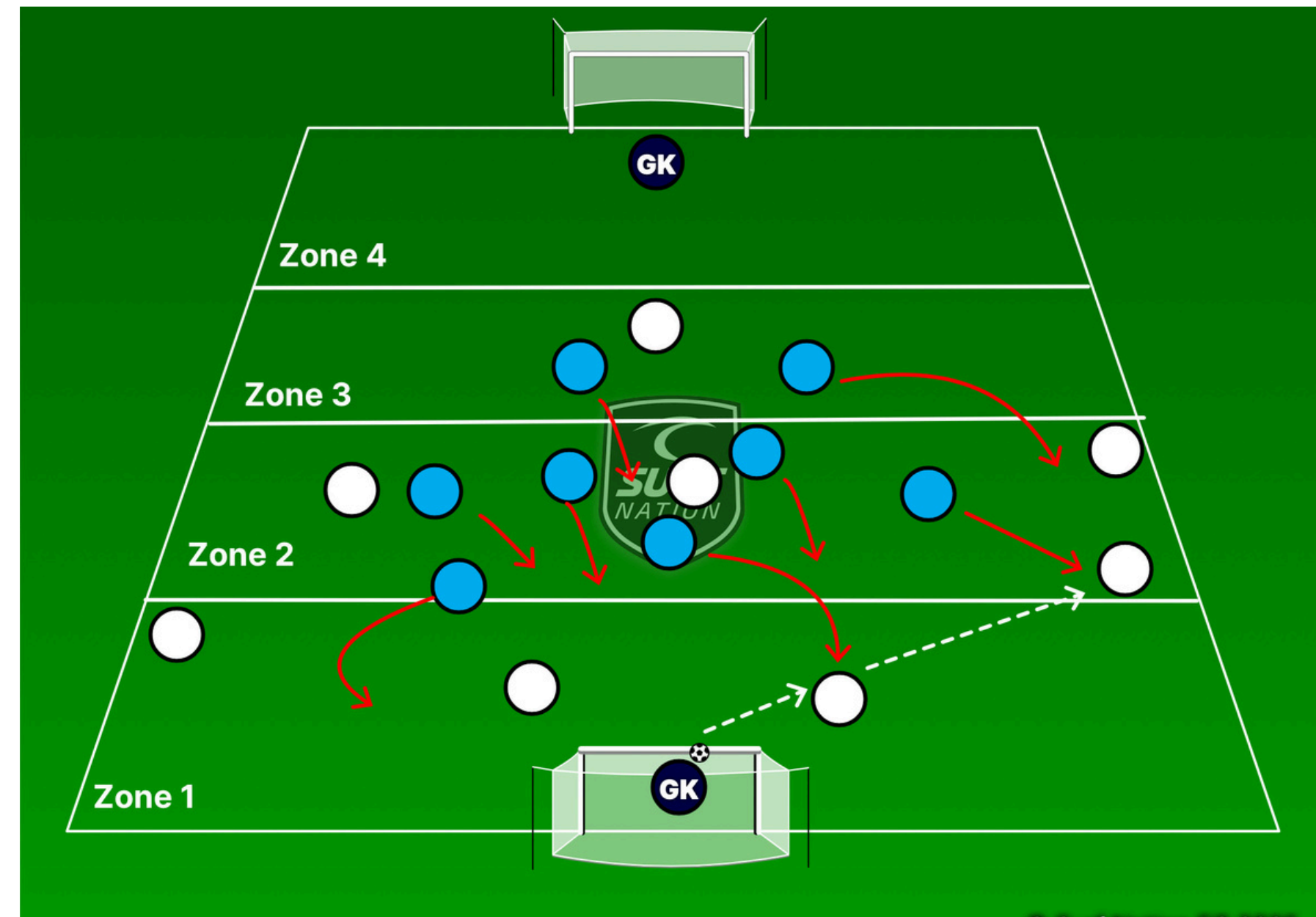
If the defensive team wins the ball in Zone 1 and scores in transition, the goal counts for three points.

If the defensive team wins the ball in Zone 2 and scores in transition, the goal counts for two points.

Any transitions from behind the halfway line (Zone 3 and 4) do not increase the value of the goal.

The same rules apply for both teams so coaches must adapt the number of the Zone for each team. The game continues to flow as a traditional 9v9 game so teams constantly have to make decisions on pressure and distances.

Play 3x5 minute games with 60 seconds recovery between each one.



11v11 Press the Outside Backs!

Twenty two players are organized into two teams and set-up in a tactical structure.

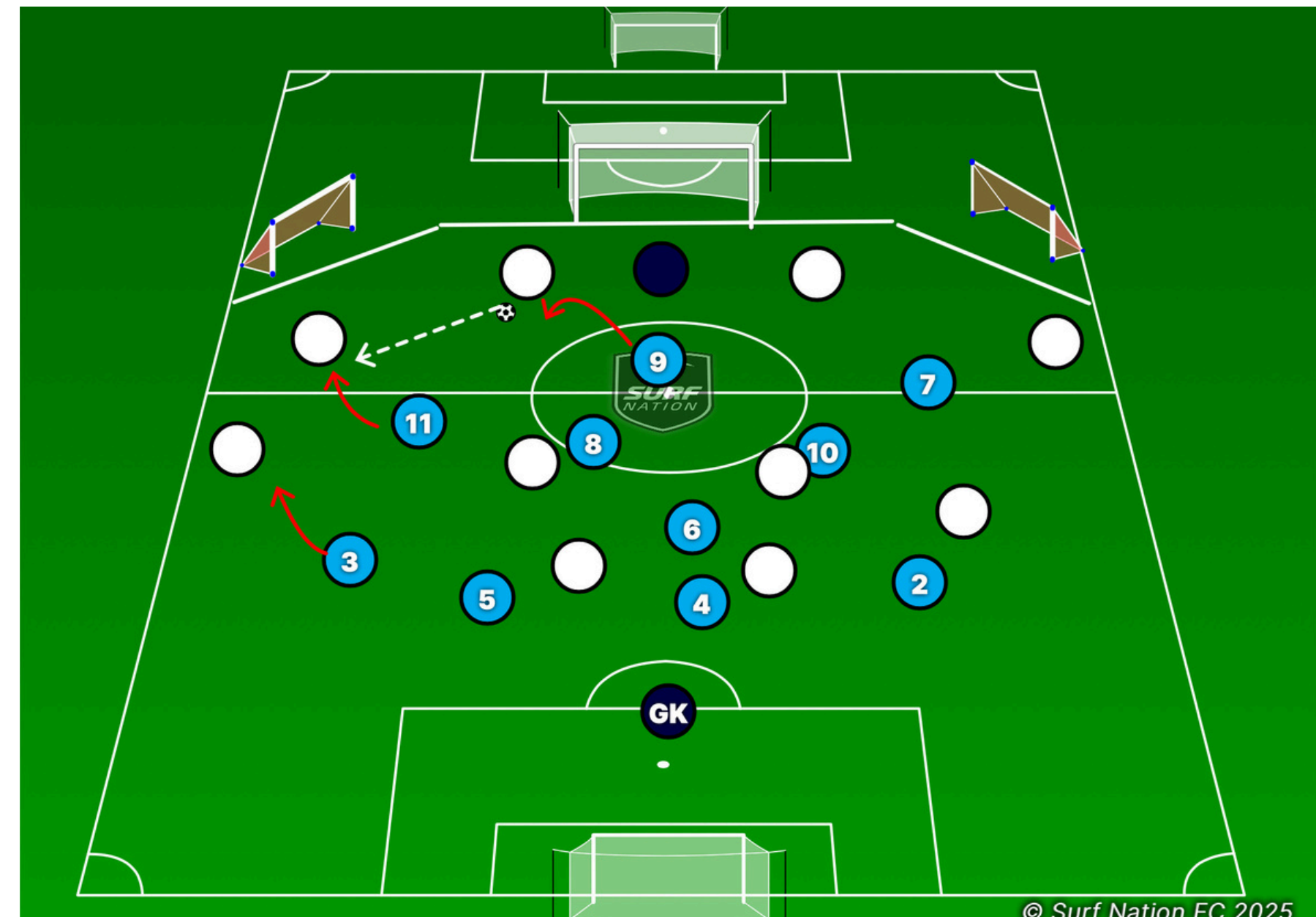
The exercise takes place inside a 90x45 yard area, with the corners adjusted on one end and a mini-goal placed on either side.

Although there are no restrictions in terms of movements, one team will start as the possession team (in white) and one team will start as the pressing team (in blue).

The objective of the game is for the defending team to set their pressing traps in wide areas, with the help of the pitch set-up.

The ball starts with the white goalkeeper who must build from the back and the blue team looks to press accordingly. If the blue team is successful in winning the ball back, they can score in any of the mini-goals for one point, or score in the main goal for two points. The possession team can score two points for every goal scored and are awarded one point for every six consecutive passes. This also incentivizes the possession team to circulate the ball, which increases the opportunities for the blue team to press.

Play 4x5 minute games and switch the roles of each team after every one.



8v8 Gates and Goals

Sixteen players are organized into two teams of eight players, including a goalkeeper.

The exercise takes place inside a 50x70 yard area with five gates located in each corner and the center of the pitch.

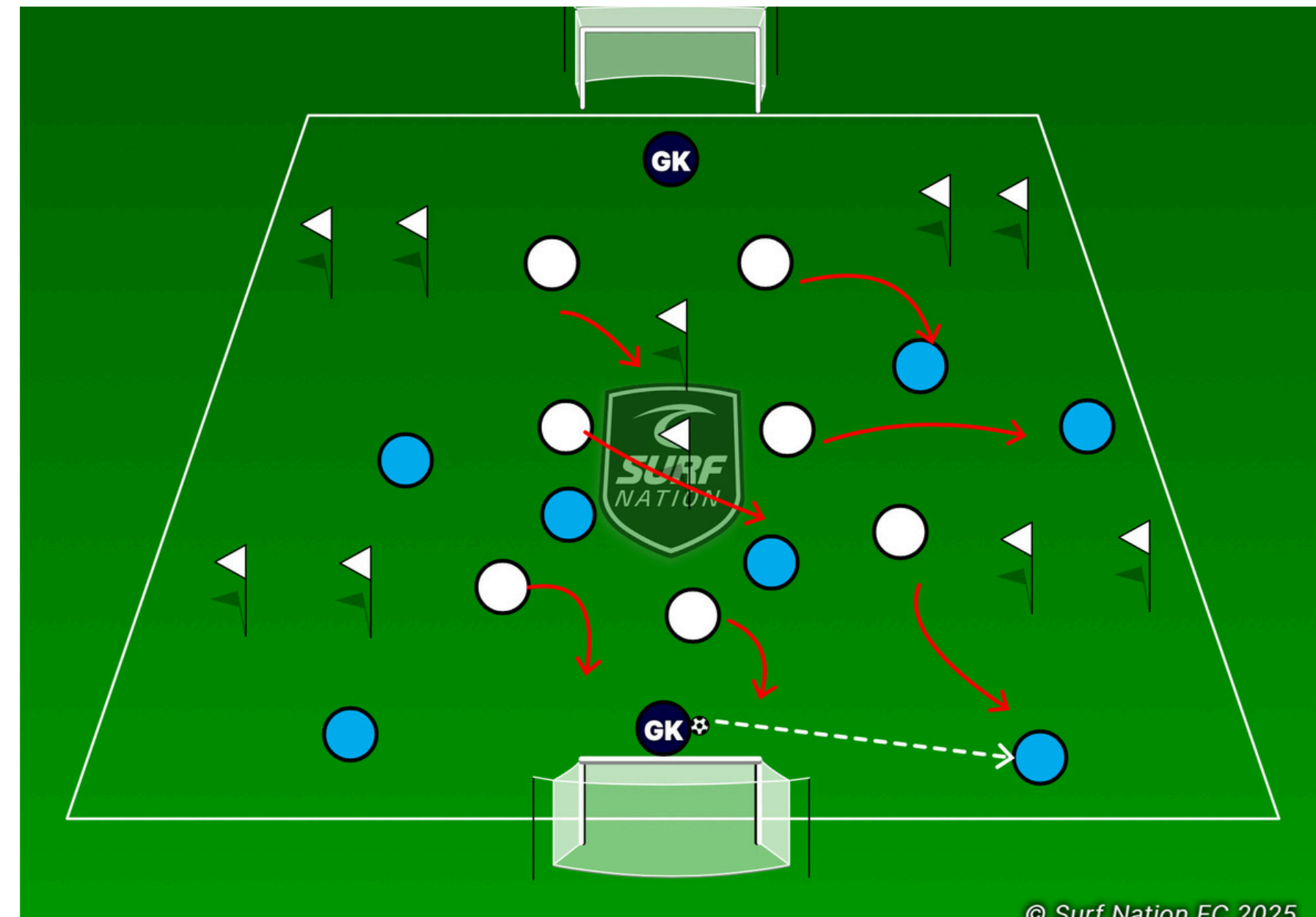
Both teams are playing under the same conditions and the possession team can score in two ways:

Firstly, a goal scored in a full-sized goal is worth two points.

Secondly, a successful pass or individual dribble through any one of the five gates is worth one point.

This incentivizes the defensive team to apply aggressive pressure in the wide areas, as well as preventing the opponents from switching the point of attack.

Play 3x6 minute games.





THANK YOU



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