

Pressing Small Sided Game



Topic: Defending (Pressing)

Practice type: Small Sided Game

No. of Players: 8 - 16

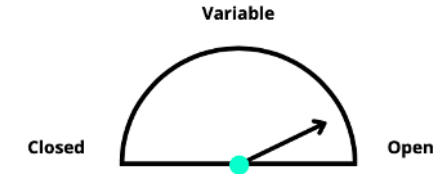
Offsides: No

Timing: 15 mins

Goalkeepers: Yes

Pitch size: 30 x 30

Age group: U13+



Objective:

This practice focuses on defending with the outnumbered teams instructed to press furiously for a limited amount of time. The session is an excellent practice for physical conditioning and determination.

Organisation:

Set up a small pitch with two goals and two goalkeepers. Be mindful of the distances, best to start small and make it bigger if need be. Players are set up in groups of 3-4 so a total of 9-12 players plus two goalkeepers is ideal. The defending team press for a set period – e.g. 90 seconds and score as many goals as possible. The attacking team keep possession. Attackers can be restricted to 2 or 3 touches and it's up to the coach whether the attackers can use the goalkeepers.

What you might see

- Players taking too many touches (slow ball speed)
- Player's fatiguing

Actions you might take

- Restrict players to 1, 2 or 3 touch depending on their ability
- Manage the timing of sets and size of the area

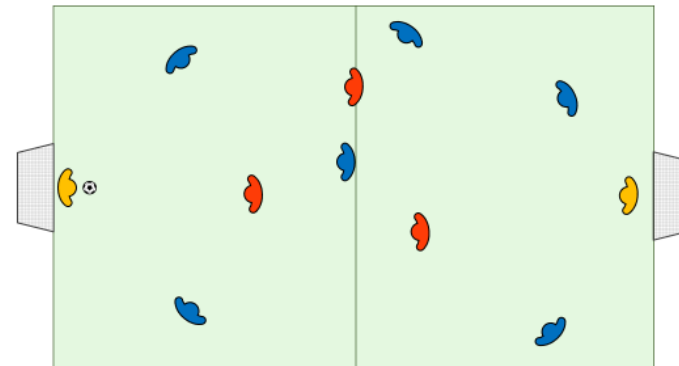
Adaptations:

Is the session too easy?

- Add an extra player in possession
- Allow GKs to play with outfielders

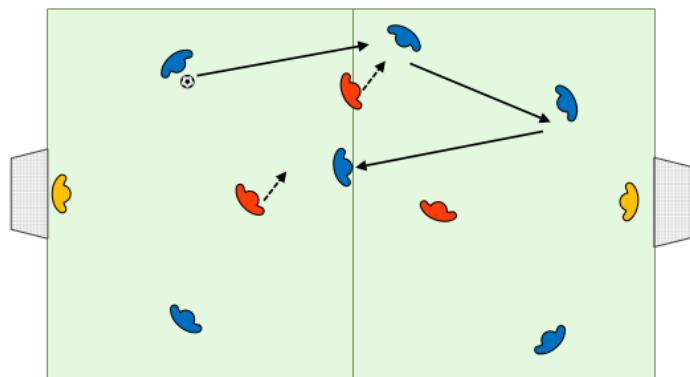
Is the session too hard?

- Don't allow GKs to play with outfielders
- Reduce the space or restrict team in possession



Set up a small pitch of around 30 x 30 (or smaller). Teams play 6v3+2 GKs with blues trying to keep possession and reds trying to press and score as many times as they can within 90 seconds (or the allocated time).

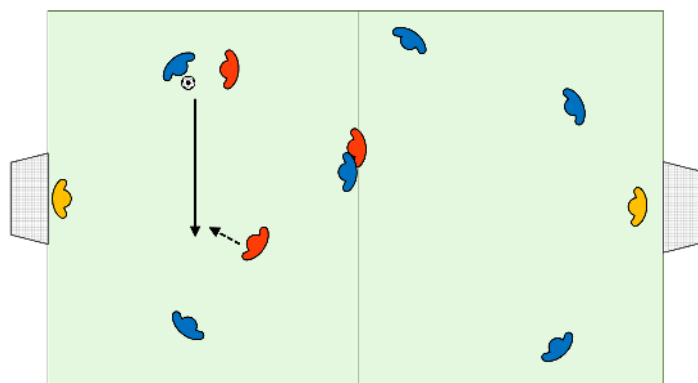
Technical	Psychological
Releasing Receiving	Persistence Determination
Strength Agility	Support Communication
Physical	Social



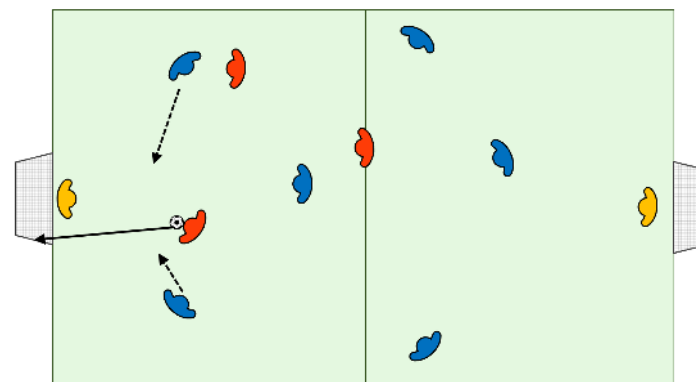
Blue team aim to keep the ball 6v3 or 6v3+2 for as long as possible. Reds are trying to press to win the ball back quickly and score.



This example shows reds successfully locking on player to player and preventing a forward pass. This aggression has created a 3v3 (or 3v4 if GKs are in play) and presents an opportunity to successfully press.



This example shows blues trying to keep the ball but reds successfully jumping out to secure the ball and create a goal scoring chance.



After successfully pressing as a group of 3, the reds score. From here, blues get the ball back and aim to keep it again while reds press. Rotate players around into various roles at the end of each timed set.