

Combined technical/tactical training: 2. Various games on half-size pitches

1. 7 v 7 (8 v 8) game to improve movement and positional play

Organisation:

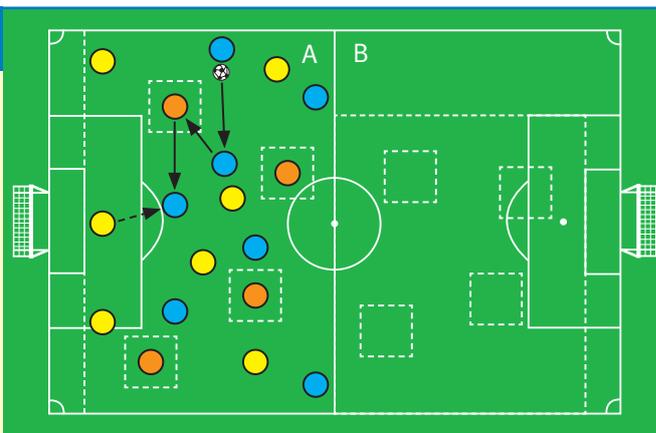
- 2 teams of 7 players and 4 neutral passers in the squares.
- Marked out playing area and 4 squares. – Ball.
- 1 v 1 game and 2 v 2 with neutral extras.

Procedure (Pitch A):

- Unrestricted play or with a limited number of touches (2 to 3). The passers are allowed 1 to 2 touches.
- The players have to try to retain possession, to switch play and to exchange passes with the passers.
- One point is awarded when a passer has successfully given the ball to the team playing with him.

Variations (Pitch B):

- One team plays with just two passers. – Switch the passers around. – The same game but played in a smaller area.



2. 7 v 7 (6 v 6) game to practise occupying space

Organisation:

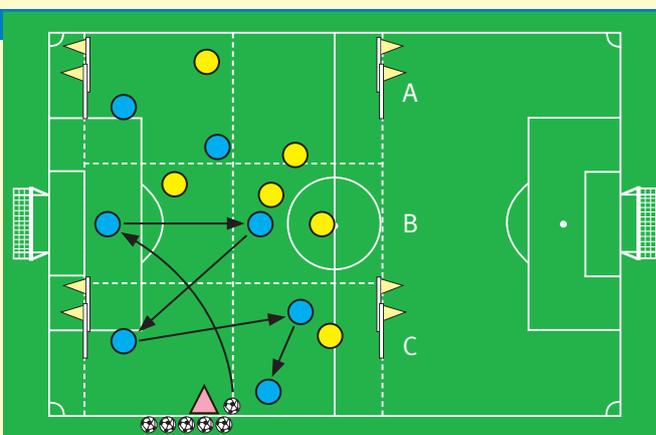
- 2 teams of 7 players. – Playing area marked out into 6 zones + 4 small goals (gates with posts).
- When the ball goes out of play, the coach restarts the game.

Procedure:

- Restricted number of touches (1, 2 or 3 maximum).
- The ball is moved around and the players have to try to score; goals are scored from direct shots.
- Before scoring, the players must have passed through 4 zones.
- No more than 3 players from the same team are allowed in one zone simultaneously.

Variations:

- Only 1 or 2 touches are allowed in the defensive area, but with unrestricted play allowed in the attacking zone.
- The same game, but with just 2 zones (A+B).

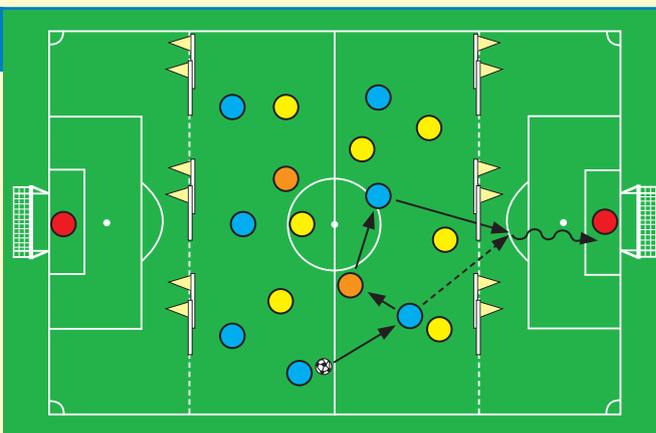


3. 7 v 7 game + 1 roving player to get into the goalscoring area

Organisation: – 2 teams of 7 players + 2 neutral floaters and 2 goalkeepers. – Playing area marked out into 3 zones + 6 small goals.

Procedure: – Unrestricted play or with limited touches (2-3) allowed in the central zone. – The players have to try to gain access to the goal zone via one of three gates (with a pass or with the ball at their feet). They then take on the goalkeeper to score (1 v 1). The floating players play with the attackers, but each one occupies his own territory. 1 point is awarded for getting the ball through the gate, 2 points for scoring in the goal.

Variations: – A defender can track back to provide opposition for the attacker. – A 2nd attacker can come up to support the player in possession (2 v 1). – A 2nd defender can come back, and then all the players.



4. 8 v 8 (9 v 9) game to attack and defend

Organisation:

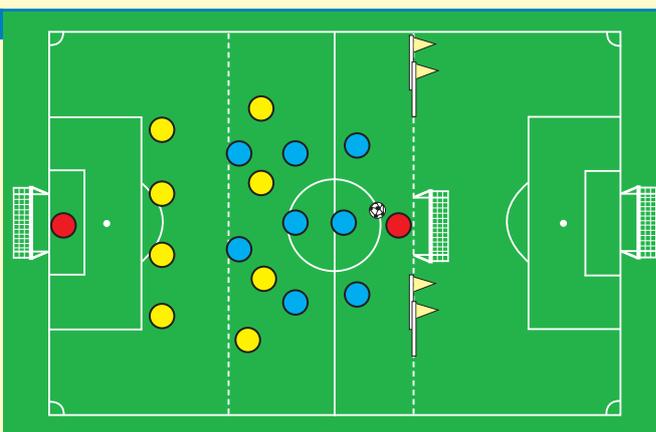
- 2 teams of 8 players + 2 goalkeepers.
- Marked out playing area + 2 large goals and 2 small goals.
- The game always starts with the blue team, which attacks.

Procedure:

- The yellow team defends in a 4-4 formation. The blue team attacks in a 3-3-2 formation (or another formation).
- Unrestricted play or limited touches for the attacking team.
- The attacking team tries to score; if the yellow team wins the ball, they have to string together 5 to 6 passes to score a point.
- The roles are reversed after 10 attacks.

Variations:

- When the yellow team wins the ball, they can score immediately in the large goal or in one of the two small goals.
- The playing area can be increased or reduced in size.



Combined technical/tactical training: 3. Practice routines with numerical supremacy to improve build-up play (retaining possession)

1. 7 v 5 or 7 v 6 game (8 v 6)

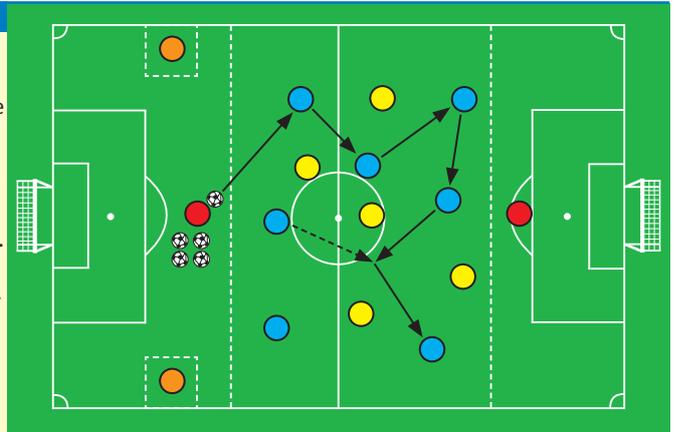
Organisation:

– The ● team has 7 players + a goalkeeper as an extra; the ● Team has 5 players + a goalkeeper as an extra. Goalkeepers use feet only. – Marked out playing area.

Procedure:

– The ● team moves the ball around with 2 (1 or 3) touches for as long as possible (1 point is scored after 10 passes).
 – When the ball goes out of play, the ● goalkeeper restarts play.
 – If the ● team wins possession, it attempts to give the ball in unrestricted play to the ● players with a long ball up the flanks.
 → The ● team tries to achieve movement, triangular passing routines, switches in play, one-twos, etc.

Variations: – If the ● team wins the ball, it completes 5 passes before giving it to the ● player.
 – The roles are reversed.



2. 8 v 6 (7 v 5 / 9 v 7) game and neutral goalkeepers

Organisation:

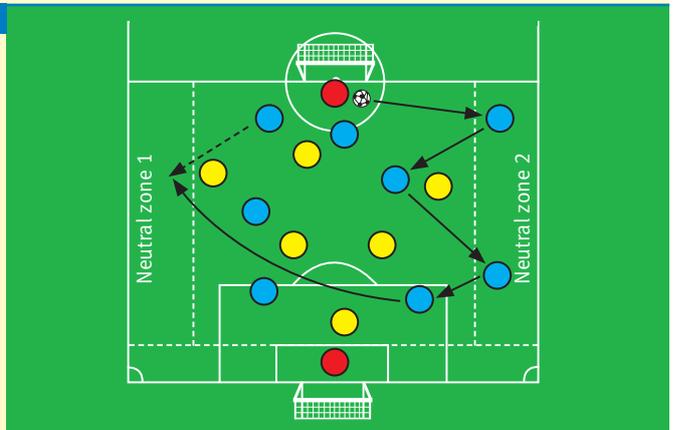
– The ● team has 8 players; the ● team has 6 players.
 – Playing area marked out into 3 zones (central and 1 and 2).
 – 2 neutral goalkeepers.

Procedure:

– The ● team keeps the ball (1 or 2 touches in the central zone and in the neutral zone 2). After 8 successive passes, the players change sides and start again. – When the ● team wins the ball, it can score in either of the two goals. – Each switch of play is worth 1 point. Goals scored are worth 2 points. – When the ● team is defending, it tries to win the ball to play it to a goalkeeper.

Variations:

– If the long ball and the switch of play are not successful, the ball is given to the goalkeeper, who gives it to a ● player.

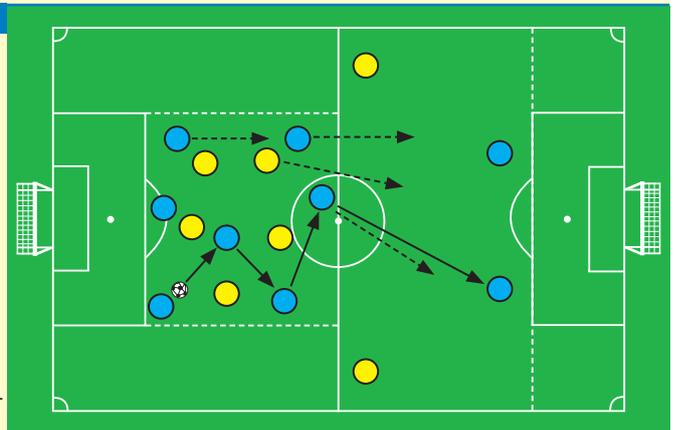


3. From 7 v 5 to 9 v 7 (switching halves)

Organisation: – The ● team has 7 in the narrow zone and 9 in the wide zone. – The ● team has 5 in the narrow zone and 7 in the wide zone. – Marked out playing areas.

Procedure: – The ● team moves the ball around with 2 or 3 touches. – After 5 to 6 passes, the ball is played long to a ● player in the wide zone and the whole team goes up into the attacking half and positions itself to move the ball around with 1 touch play (9 v 7). – If the ● team gains possession, it plays the ball to one of the ● players (1st pass) who were already in the wide zone. – Play then restarts in the narrow zone.

Variations: – When the ● team wins the ball in an 8 v 7 situation, it tries to string together 5 passes – The ● team tries to win the ball back so that it can play it back to one of the ● players who has remained in his own half.

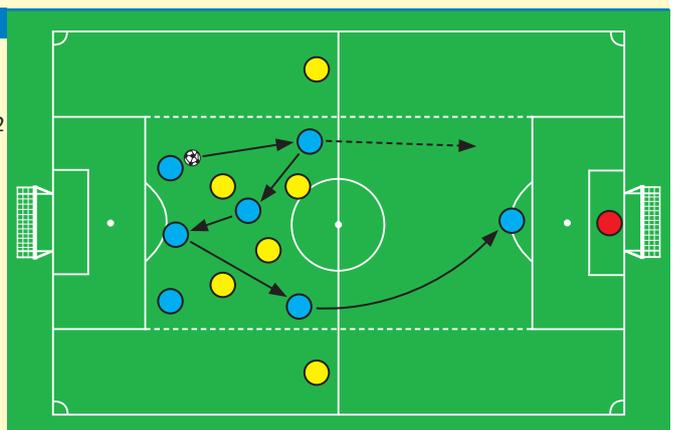


4. 6 v 4 game (7 v 7) (playing the ball long)

Organisation: – The ● team has 7 players; the ● team has 6 + goalkeeper. – Marked out playing area + 1 large goal.

Procedure: – The ● team plays the ball to each other with 1 or 2 touches in its own half. After 8 or 10 passes, they try to play the ball deep to a ● player on the edge of the 16-yard box. The ● players go up into the other half to attack, apart from one, who stays back. The ● players who are defending come back. → How many times it is possible to switch play to the other end? If the ● team wins the ball, it plays the ball directly (1st pass) to a ● player on the flank. – The ball is given back to the ● team for play to resume.

Variations: – A shot on goal can be attempted after 4 passes in the attacking half of the field. – The ball can also be played out to the flanks (wings) in the attacking zone (switch from gradual build-up to fast attack).



Combined technical/tactical training: 4. Finishing practice on reduced-size pitches

1. 6 v 3 + goalkeeper

Organisation:

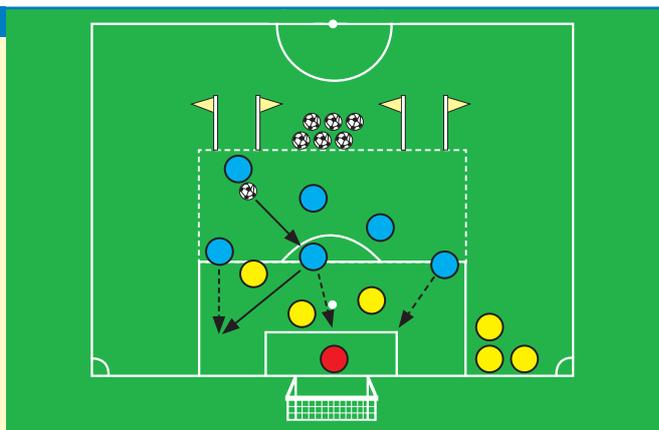
- 2 teams of 6 players + goalkeeper. The teams play 6 v 3.
- Marked out playing area - 1 large goal, 2 small goals.

Procedure:

- The blue team with 6 players tries to score in the large goal. After a goal or a save by the goalkeeper, the blue team restarts play from its own half.
- If the defenders win the ball, they can score immediately in either of the two small goals (1st pass).
- After a certain time, the defenders swap over.
- A time limit is imposed on play.

Variations:

- If the defenders score in the small goals, the roles are immediately reversed: they then play with 6 and the attackers play with 3 as defenders.



2. 3 v 3 v 3 (4 v 4 v 4) + 2 goalkeepers

Organisation:

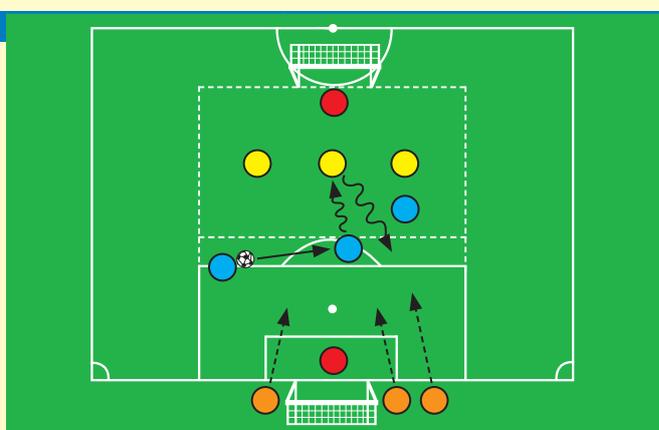
- 3 teams of 3 (or 4) players + 2 goalkeepers.
- Marked out playing area.
- 2 large goals.

Procedure:

- The blue team tries to score. If it loses possession, the yellow team attacks the other goal being defended by the orange team. The blue team then goes out of the game.
- The team that scores retains possession of the ball and remains in the game to attack the other goal.
- Unrestricted play

Variations:

- If the attackers lose the ball in the attacking zone, they have the chance to regain possession by pressing and marking.



3. 5 v 5 / 6 v 6 + goalkeepers

Organisation:

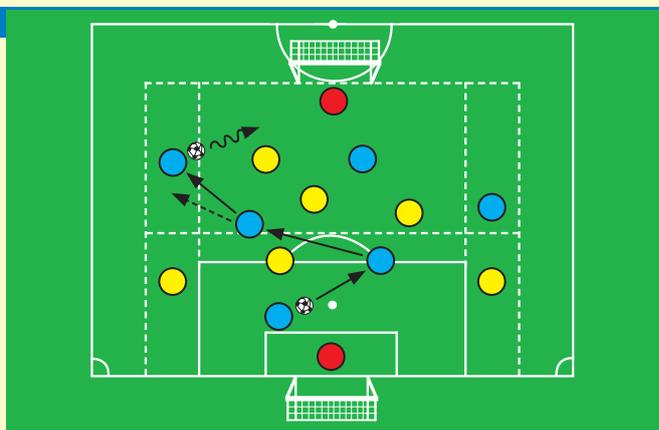
- 2 teams of 6 players + 2 goalkeepers.
- Marked out playing area + 2 large goals.

Procedure:

- Unrestricted play. The teams play 4 v 4 + 2 extras per team on the flanks.
- When an extra receives the ball, he can play up to 2 touches or come into the game with the ball at his feet
- The player who played the ball to the extra takes his place.

Variations:

- A limited number of touches in the game.
- A goal scored from a cross by an extra is worth 2 points.



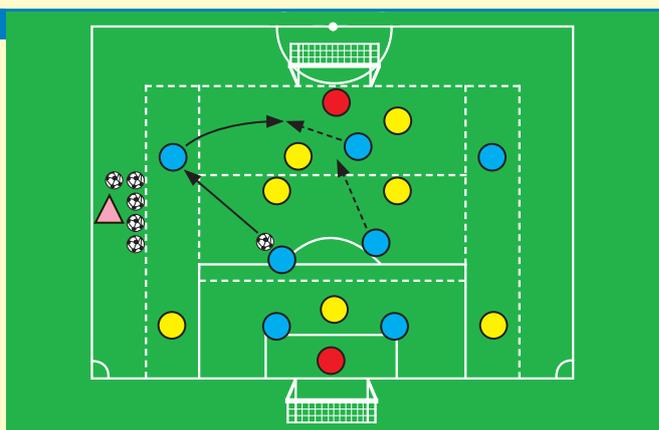
4. 7 v 7 (2 v 2 / 2 v 2 / 2 v 2) + goalkeepers

Organisation:

- 2 teams of 7 players + 2 goalkeepers.
- Playing area marked out into 3 zones + 2 goals.

Procedure:

- Unrestricted 5 v 5 play with 2 extras per team on the flanks.
- The game starts in the central zone with 2 v 2.
- The team in possession of the ball attempts to play it to the attacker or to one of the extras.
- One of the midfield players may go into the attacking zone to play 2 v 2.
- The extras are allowed 2 touches of the ball.
- If the defenders win the ball, they must always play it to one of the midfielders.
- A goal scored from a cross = 2 points; a goal scored normally = 1 point.



Combined technical/tactical training: 5. Gradual build-up attacks

1. 4 attackers against 4 defenders

Organisation:

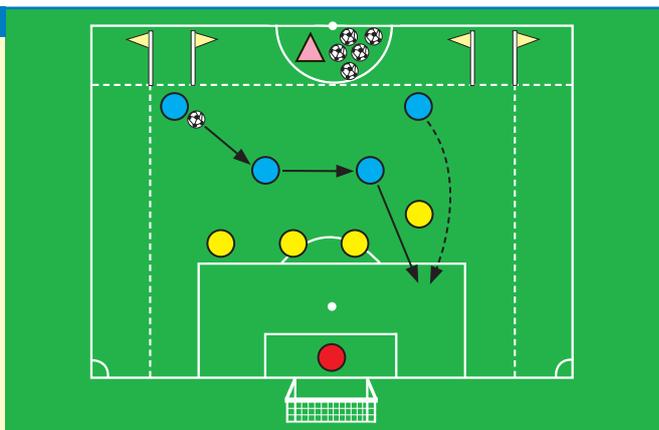
- 4 ● attackers, 4 ● defenders + goalkeeper. – Marked out playing area. – 1 large goal and 2 small goals.

Procedure:

- The attackers try to find a way through by circulating the ball and by moving around themselves.
- If the ● defenders gain possession, they play the ball quickly to the coach, who is in the centre circle.
- The coach distributes the ball each time.

Variations:

- If the ● defenders gain possession, they can score directly in either of the 2 small goals.
- The teams must complete a certain number of passes before scoring



2. 7 attackers against 5 defenders

Organisation:

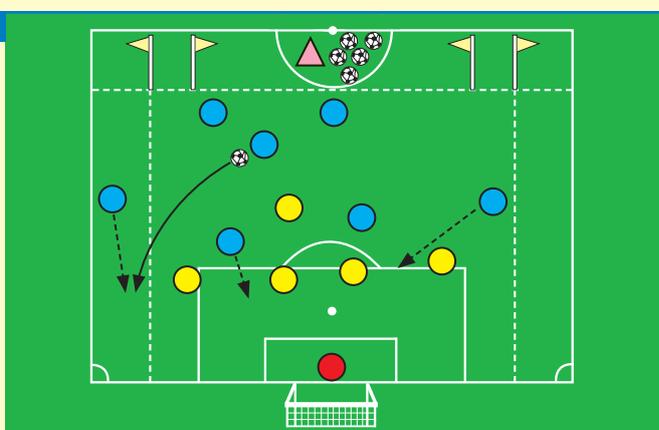
- 7 ● attackers (3 attackers and 4 midfielders).
- 5 ● defenders playing 4-1 + 1 goalkeeper.
- Marked out playing area.
- 1 large goal and 2 small goals.

Procedure:

- The ● team has numerical supremacy and tries to find ways to attack by circulating the ball and with the players moving around and covering out wide.
- If the defenders win the ball, they can score in either of the small goals.
- The players have to try to use the flanks.

Variations:

- When the ball is played along one flank and then crossed, only the attackers are allowed to finish in the 16-yard box.



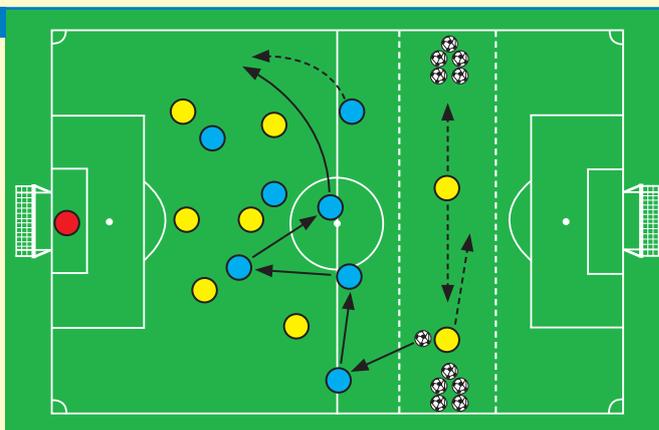
3. 7 attackers against 6 defenders

Organisation:

- 7 ● attackers, 6 ● defenders + 1 goalkeeper.
- Marked out playing area.
- 2 defenders waiting

Procedure:

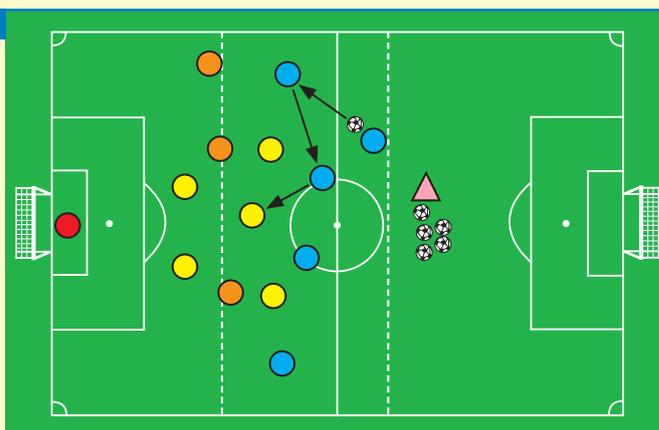
- The ● team has numerical supremacy and tries to break through by circulating the ball. The action always starts on one of the flanks (by one of the ● players waiting there or from a kick/throw-in).
- If the ● team, which is defending in a 3-3 formation, wins the ball, it tries to play the ball to one of the 2 ● players who runs into space and calls for it.
- The coach directs the play and gives instructions.



4. 8 attackers against 5 defenders

Organisation: – The ● team attacks with 8 players (5 ● and 3 ●). – The ● team defends with 5 + 1 goalkeeper. Marked out pitch + goals.

Procedure: – The ● team tries to find ways of attacking from the middle of the pitch to get into the attacking zone. – The 5 ● players facing the 3 ● players in the central zone move the ball around and after 6 compulsory passes try to get the ball to the ● attackers in the attacking zone (these players are not allowed back into the central zone). – The ● players (with a 3 v 2 supremacy) try to score as quickly as possible. – If the ● team defending in the central zone wins the ball, it can score 1 point by playing a long ball to the coach (1st pass). If the ● team gain possession in their defensive zone, they play the ball back to their goalkeeper. – Play always restarts from the coach, who plays for the ● team.



Combined technical/tactical training: 6. Fast attacks

1. Attack through the centre (from a long pass)

Organisation:

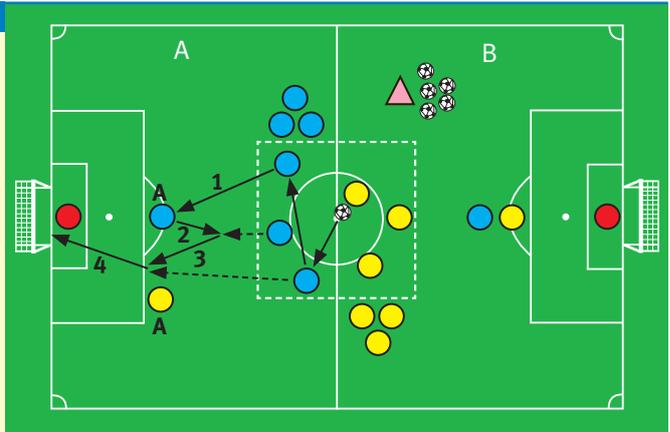
- 8 players per exercise + 2 goalkeepers. - Play takes place in a marked out area. - 2 goals are used; after each action, the play switches to the other end of the field.

Procedure (Pitch A):

- The 3 blue and 3 yellow players pass the ball to one other, with 1 touch each allowed. When the coach gives the signal, the player with the ball plays a long pass to the attacker A of his team, who peels off to receive the ball.
- After the ball has been controlled, it is passed 2 or 3 times before one of the players who has broken from the central square attempts to score.
- The 3 attackers are changed after each attempt.

Variation (Pitch B):

- A yellow defender can provide opposition for the attackers.



2. Attack through the centre after gaining possession

Organisation:

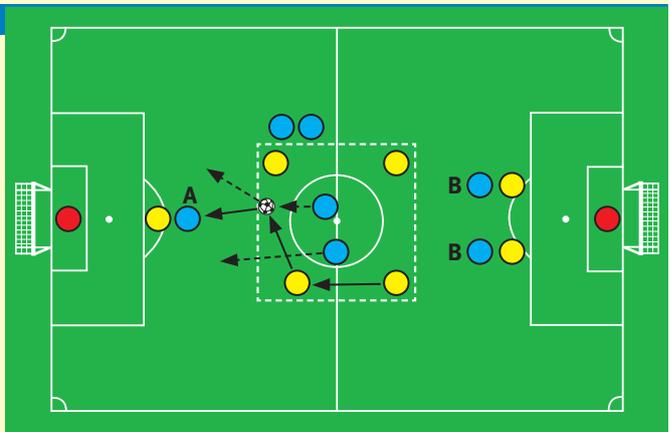
- 6 to 8 blue players are in attack; 8 to 9 yellow players are in defence + 2 goalkeepers. - Two large goals are used.
- Play takes place on the marked out area.

Procedure:

- A 4 v 2 game with 1 touch each in the marked out area.
- When a blue player gains possession, he plays the ball long to the blue attacker A or to one of the two blue B attackers.
- The two blue players chase after the ball to back up whichever player has received the ball, leading to either a 3 v 1 or a 4 v 2 attack.
- The 4 yellow players remain in the central square.

Variations:

- The attempt must be completed within 10".
- The yellow players come back to defend.



3. Attack via the flanks after gaining possession in midfield

Organisation:

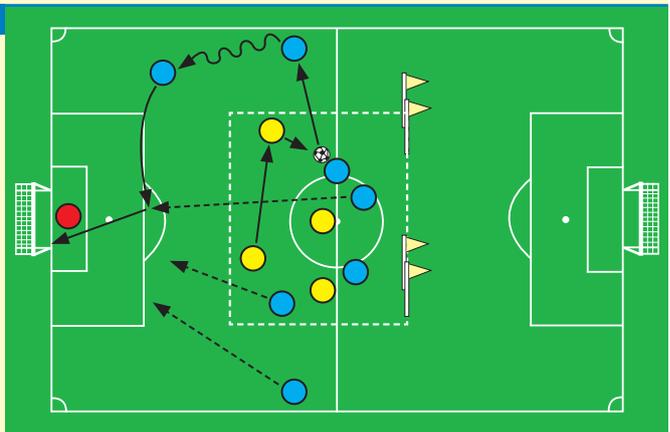
- 6 blue players attack, 4 to 5 yellow are in defence + 1 goalkeeper.
- Marked out playing area.

Procedure:

- A 4 v 4 game in the marked out central area.
- The yellow team tries to score in the 2 small goals (a limited number of touches can be imposed).
- When the blue team gains possession, they play the ball (1st pass) out to a blue player on one of the wings, who is allowed a maximum of three touches to run goalwards to cross the ball.
- 2 blue players from the central area and the player from the opposing wing join the move to try to score. 1 or 2 yellow players come back to defend.

Variation:

- 1 or 2 yellow players can be waiting in the defensive zone.



4. Fast attack game: 8 v 8

Organisation:

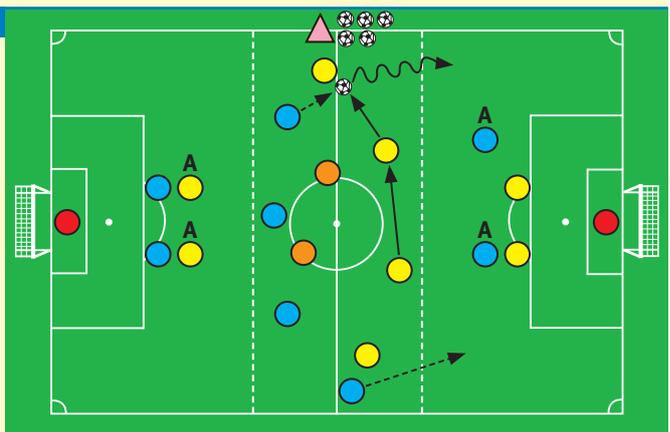
- 2 teams of 8 players + 2 goalkeepers and 2 orange floaters. - The teams play 4 v 4 with 2 orange floaters in the central zone marked out. - The ball is fed into the playing area by the coach.

Procedure:

- The ball is given to the yellow team with 4 players, who then attempt to string 5 to 6 passes together. The blue team + the 2 orange floaters try to win the ball.
- After the blue team has gained possession, the ball is played to the 2 blue attackers A (1st pass) or dribbled into the attacking zone for the blue team with 4 against 2 to try to score.
- After each attempt, the coach gives the ball to another team.

Variation:

- The yellow team can come back to defend.
- The game can also be played as 9 v 9 / 10 v 10.



Combined technical/tactical training: 7. The counter attack

1. Playing the ball quickly after gaining possession

Organisation:

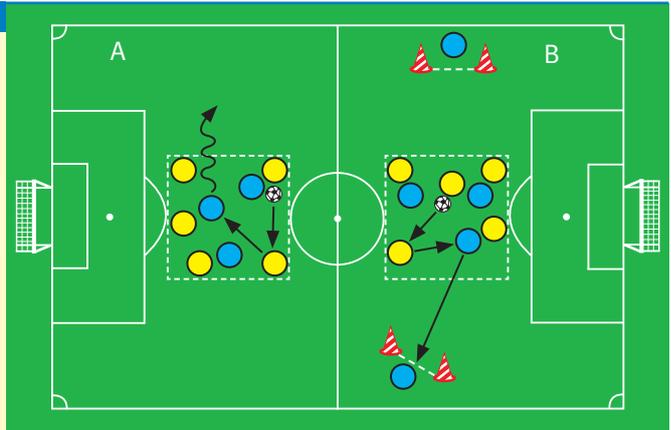
- 8 players per marked out area + cones.
- The exercise is carried out on both playing areas.
- The teams play 5 v 3 (or 6 v 4 is also possible).

Procedure (Pitch A):

- The yellow team tries to retain possession with one-touch play.
- The blue team tries to gain possession. If a blue player wins the ball, he tries to get out of the square as quickly as possible.
- The player who wins the ball may also pass to a team-mate before taking the ball out of the square.
- The roles are then reversed.

Variation:

- The defender who wins the ball goes out of the square and passes to the blue player between the cones.

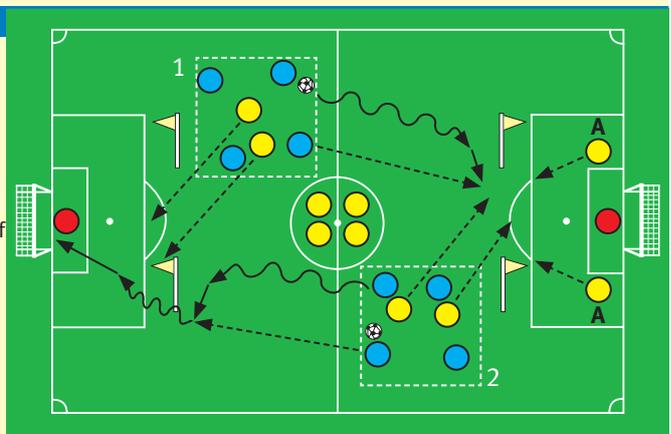


2. Launching a counter-attack

- Organisation:** - 6 players per marked out playing area (1 and 2). 4 to 6 players waiting. - 2 goalkeepers - 4 poles (or cones) as opponents. - The teams play 4 v 2; the two defenders are swapped round.

- Procedure:** - When the coach gives the signal, the blue player in possession runs out with the ball at his feet, together with two team-mates. He runs towards one of the flags and lays the ball off for one of his team-mates to finish (3 passes maximum allowed). - The 2 yellow defenders run towards the nearest goal to provide opposition (e.g. the yellow defenders from square 2 provide opposition for the blue attackers running from square 1).

- Variations:** - A time limit can be placed on the counter-attack. - The 2 yellow defenders A standing next to the goal can also provide opposition.

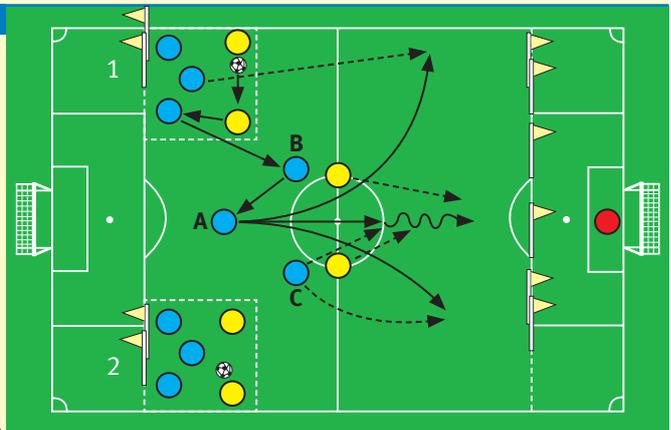


3. Escaping pressing, and then counter-attacking

- Organisation:** - 5 players per square and 5 players in the game + goalkeeper. - Marked out playing area + squares 1 and 2 + small goals. - The blue players are the attackers; the yellow players are the defenders.

- Procedure:** - The teams play 3 v 2 in the squares. The action always starts on pitch 1 and then is switched to pitch 2. - The 2 yellow defenders try to score in the small goal. - The 3 blue attackers defend. When they win possession, they play the ball (1st pass) to the attacker B, who lays the ball back to A in the centre of the pitch. A then plays the ball long to one of the attackers from the square or to attacker C. To finish, the attacker has to run through a gate and shoot at goal. - Only the attackers from the square concerned and player C or B are involved in the counter-attack.

- Variation:** - The yellow players from the square concerned can also come back to defend.



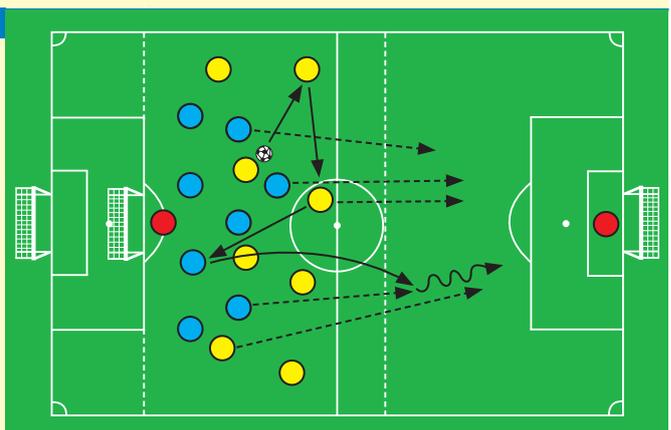
4. Counter-attack game: 8 v 8

Organisation:

- 2 teams of 8 players + 2 goalkeepers.
- Marked out playing area + 2 large goals.
- The game always starts in the playing zone.

Procedure:

- The yellow team play the ball to each other, 2 to 3 touches, and try to score.
- When the blue team win the ball, they attempt a quick counter-attack by coming out of the zone (either by dribbling or passing out).
- 3 to 4 blue players set off on the counter.
- The yellow players track back to defend.
- A limit should be imposed on the time available for the counter-attack or on the number of passes allowed before finishing.



Combined technical/tactical training: 8. Zonal defence (defensive unit)

1. Basic 2 v 1 situation

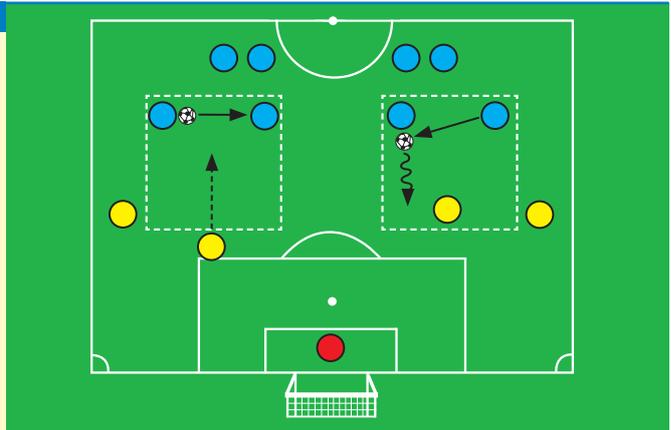
Organisation:

- 6 players per station.
- The players play 2 v 1 in a marked out area.
- The players change over after 5 to 6 attempts.

Procedure:

- The 2 blue attackers try to cross the square and bring the ball to a stop behind the line.
- > The players learn how to defend according to the situation in the game.
- The yellow defender gets himself between the two attackers, slows down play but without launching into the players and tries to provoke mistakes

- Variation: - Once the blue attackers have crossed the square, they try to score in the goal.



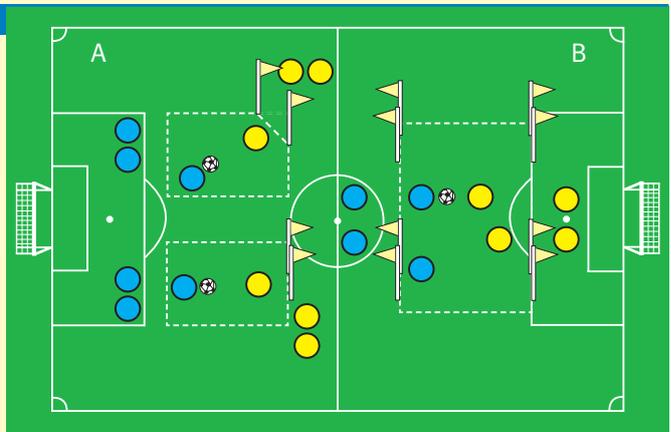
2. From 1 v 1 to 2 v 2

Organisation:

- 6 to 8 players per station + 2 small goals.
- 1 v 1 and 2 v 2.
- Marked out playing areas (pitch A and pitch B).
- Players are swapped around. Limited playing time.

Procedure:

- **Pitch A:** 1 v 1. The blue player tries to score in the small goal. The yellow defender provides opposition by forcing his opponent out to one side and by trying to gain possession. When the action is completed, the players are switched.
- **Pitch B:** 2 v 2. The players try to score in the small goals.
- > The defenders provide the opposition, close down the angles and cover each other.

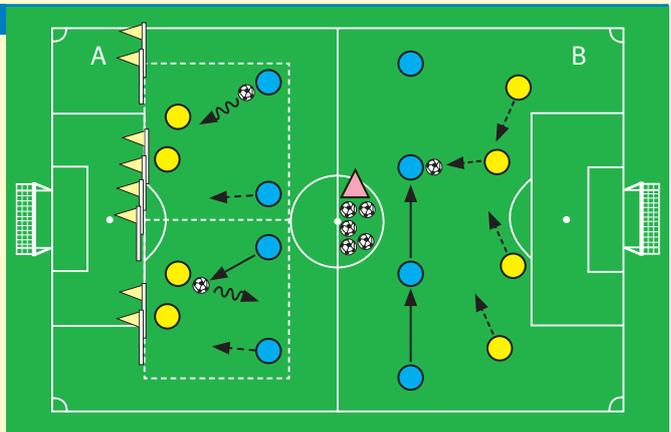


3. From 2 v 2 to 4 v 4 (or 3 v 3)

- Organisation: - 8 players per station. - Played on marked out areas (pitch A and pitch B). - 2 v 2. When the coach gives the signal, the teams play 4 v 4 (or also 3 v 3).

Procedure:

- **Pitch A:** The blue team tries to score in the 2 small goals (2 v 2 game), and then in the 4 goals (4 v 4 game).
- If the yellow team wins the ball, it tries to score by crossing the end line (stop-ball).
- The teams switch from a 2-man defence (in one playing area) to a 4-man defence on both playing areas and apply the principles of zonal defence.
- **Pitch B:** Analytical work. The 4 yellow defenders position themselves according to where the ball is played by the blue attackers (roles are reversed).
- > The coach directs and corrects the exercise.



4. 4 v 4 (5 v 5) game

Organisation:

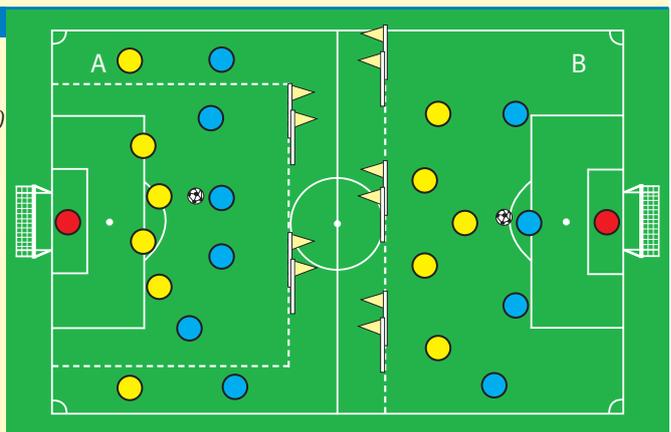
- 2 teams of 5 players + 1 goalkeeper. - The teams play 4 v 4 + 1 goalkeeper and 2 extras. - Marked out playing areas (A + B) + 2 large and small goals. Roles are reversed every 3 minutes.

Procedure (Pitch A):

- The blue team attacks and tries to score in the large goal.
- The yellow team defends zonally and can score in the small goals.
- When the ball goes out of play, one of the extras puts it back into play.

Variation (Pitch B):

- 5 yellow defenders (4 + 1 midfielder) defend 3 small goals and score in the large goal.
- The 4 blue players score in the small goals.
- > The players apply the principles of zonal defence.



Combined technical/tactical training: 9. Zonal defence (defence and midfield)

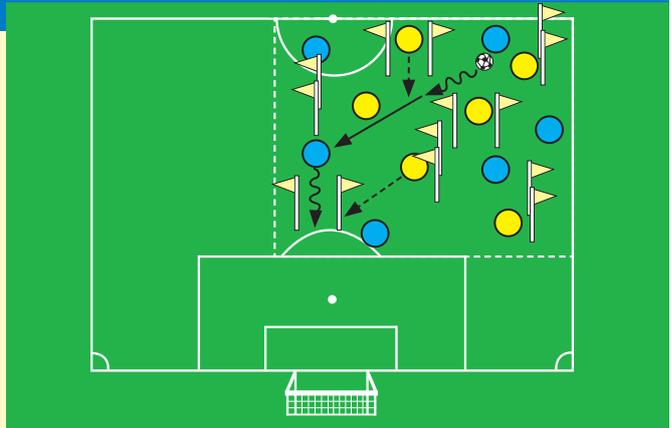
1. Introductory 6 v 6 (7 v 7) game

Organisation:

- 2 teams of 6 v 6.
- Unrestricted play on a marked out playing area and 7 gates.
- Handling of the ball can also be allowed.

Procedure:

- The blue team with the ball attacks and their players attempt to get through the gates, either with a pass to a team-mate or with the ball at their feet (1 point).
- When a yellow player stands in the way and blocks a gate, it is not possible to score.
- Duration: 1' or 2'; roles are reversed. Which team can score the most goals?
- > Emphasis on co-operation and communication.



2. Defending as a compact unit

Organisation:

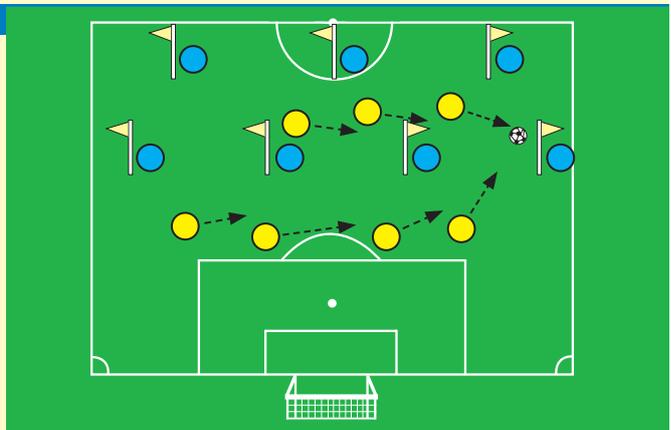
- The yellow team with 7 players (or 6 or 8) is positioned in two compact units.
- 7 poles (of different colours) or 7 blue players.
- > The emphasis of the work is on the movements of the unit.

Procedure:

- The coach indicates the pole where the ball has to be played by the blue team (slowly at first, and then at normal speed).
- The yellow team moves according to where the ball is and applies zonal defence principles.

Variation (switch from defence to attack):

- The exercise is done without the poles. The blue players move the ball round. When the yellow team wins the ball, its players spread out and attempt to string 10 passes together.
- The blue players provide passive opposition initially and then play normally.



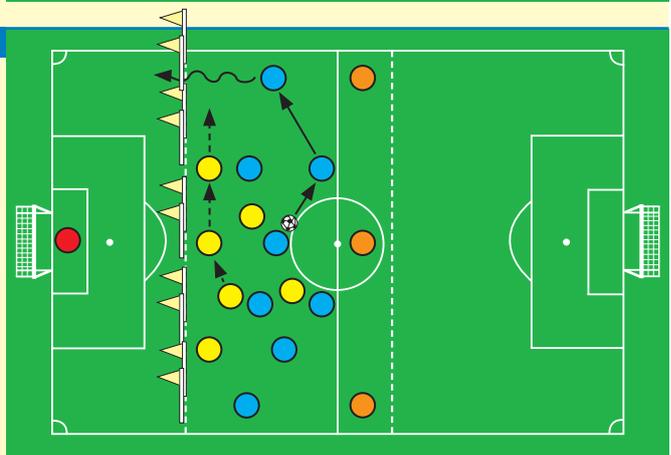
3. 6 v 8 (5 v 7): defence and midfield co-operation

Organisation:

- 2 teams. The yellow team with 6 players + goalkeeper defends; the blue team with 8 players attacks.
- Unrestricted play on a marked out playing area with one large goal and 5 gates.

Procedure:

- The blue team, playing with no restrictions, has to go through one of the gates with the ball at their feet and to try to score.
- The yellow team defends zonally and tries to prevent the blue team from scoring.
- On winning the ball, a yellow player delivers an accurate pass to one of the 3 orange players.
- If a blue player gets through one of the gates, the other players can then go into the defensive zone behind the gates.
- If the blue attackers get through a gate, 1 point is awarded; if they score in the large goal, 2 points are awarded. The long pass by the yellow team to an orange player is worth 1 point.



4. 7 v 6 (8 v 6) game to work on regaining possession

Organisation:

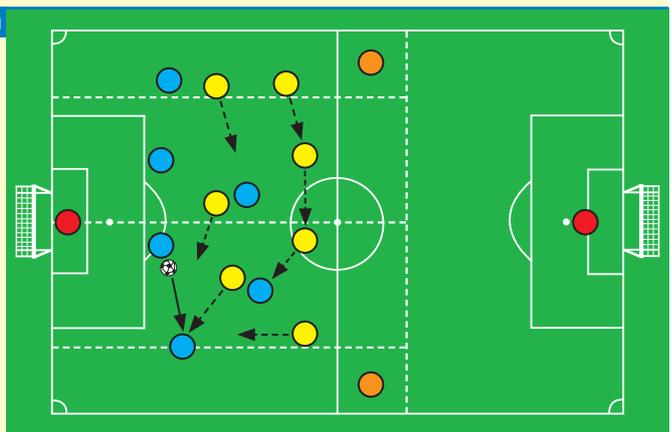
- The yellow team with 7 players defends high up the pitch to try and win the ball.
- The blue team has 6 players + goalkeeper.
- Playing area marked out into 4 zones.
- Play always starts with the blue team.

Procedure:

- The blue players try to play the ball deep to the orange extras. 1 point is awarded for every successful pass.
- The yellow defenders try to break down play and to win the ball.
- If the yellow team gains possession, they can either keep the ball or try to score quickly (switch from defence to attack).

Variation:

- After controlling the ball, the orange players can score in the goal defended by the yellow team goalkeeper.
- All the yellow team comes back to defend.



Combined technical/tactical training: 10. Basic pressing

1. 3 v 4 practice game

Organisation:

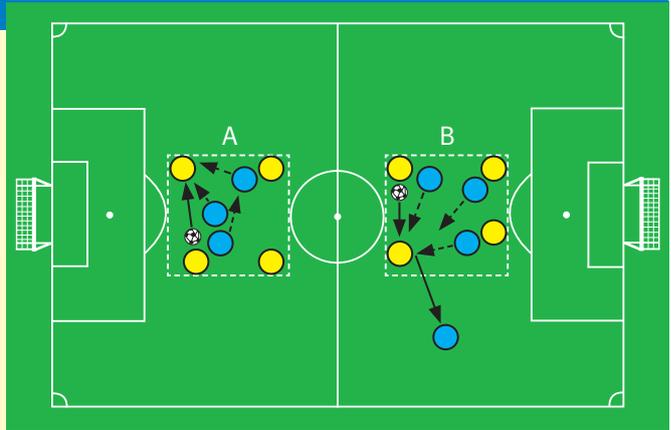
- 7/8 players in marked out squares. - The teams play 4 v 3 (+ 1 extra outside pitch B). - Roles are changed after a predetermined playing time. - Play always begins with the ● team.

Procedure (Pitch A):

- The 4 ● players play the ball to each other, with 2 to 3 touches each. - The 3 ● players in the middle try to intercept the ball. They decide on the best moment to start pressing with 2 players. The 3rd player comes in as cover.
- The players have to decide on the right moment; they put the player in possession under pressure, create numerical supremacy and show aggressiveness.

Variation (Pitch B):

- When the ● players gain possession, they try to deliver a pass to the extra player.



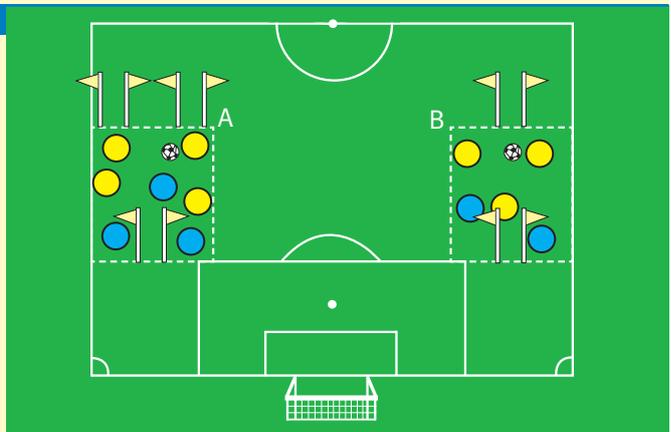
2. 3 v 4 (3 v 2) practice game

Organisation:

- The teams play 4 v 3 (on pitch A) and 3 v 2 (on pitch B). Marked out squares.
- The 3 ● players attack the 2 small goals (pitch A) and the ● players attack 1 small goal. On pitch B, each team attacks 1 small goal.
- Roles and pitches are switched after a predetermined time limit.

Procedure:

- Play always starts with the ● team, which attempts to score.
- After the 1st pass from the ● team, the ● players try to win the ball (by pressing) and to score quickly.
- The ● players seek to outnumber the player on the ball, to force the opponent to go outside or inside – depending on the situation, and to apply pressing.



3. 1 v 2 exercise: pressing while attacking

Organisation:

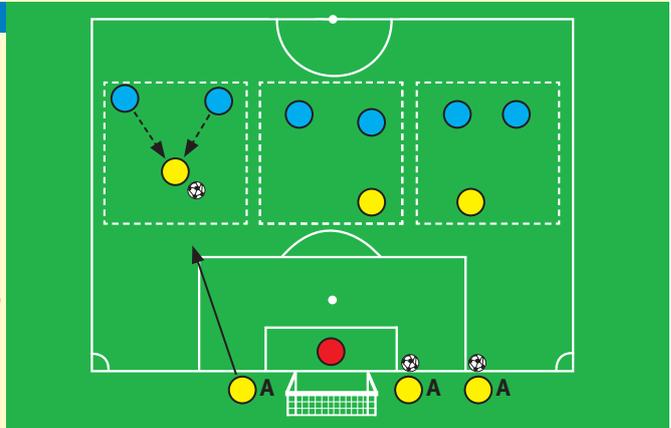
- 3 players in each of the marked out squares + 3 passers A.
- The teams play 2 v 1 + 1 passer / 1 goalkeeper in the goal.
- The exercise is performed on all 3 squares.
- Players switch roles and squares.

Procedure:

- The ● passer A plays the ball to his ● team-mate, who tries to keep possession. - The 2 ● players challenge the ● player with the ball and try to dispossess him and score quickly.
- Emphasis is on countering the opponent, giving support to a team-mate and trying to force a 1 v 2 situation.

Variation:

- When the ● players launch their attack to try and score, the ● passer A comes into the game to defend and to allow his team-mate to get back as well (to create a 2 v 2 situation).



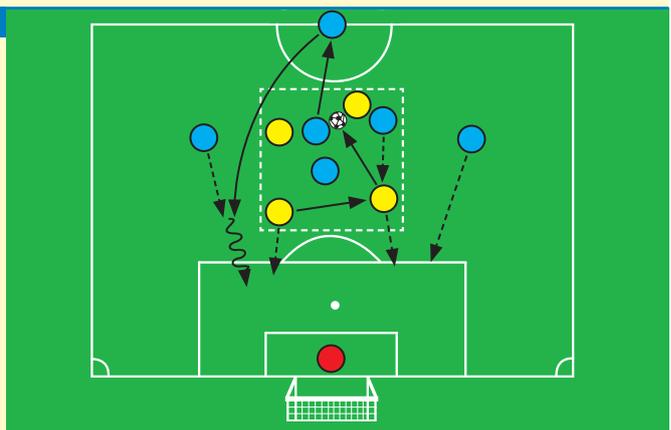
4. 3 v 4 or 6 v 4 exercise, pressing and countering

- Organisation:** - 10 players + goalkeeper. - The players play 4 v 3 on the marked out square. - There are 3 extra ● players outside the square. - The positions of the ● players should be changed after a few attempts. - The teams' roles should also be changed.

- Procedure:** - The 4 ● players keep possession with 2 or 3 touches each. - The 3 ● players try to intercept the ball. Once they gain possession, they attack the large goal with 6 players. The 4 ● players come back to defend (6 v 4).

- Emphasis on finding the right moment to start pressing. Free attack on goal; individual move or passing game.

- Variation:** - The position of the square can be changed and can be shifted to either of the flanks.



Combined technical/tactical training: 11. Pressing

1. 6 v 4 practice routine: pressing in attack

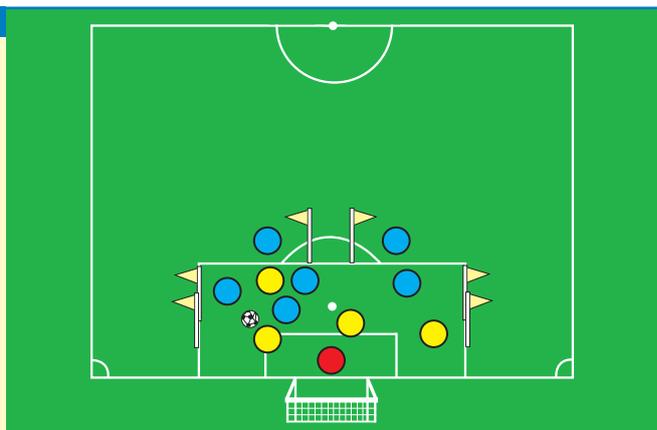
Organisation:

– 11 players in the 16-yard box. – The teams play 6 v 4 + goalkeeper in the large goal + 3 small goals. – Roles are changed after a predetermined playing time. – The 4 v 4 game always starts with the goalkeeper, who plays the ball to the ● team.

Procedure:

– The game starts with 4 v 4. – The ● attackers attempt to score in the large goal. – The ● defenders defend the large goal and score in the 3 small goals. – The ● attackers press in attack with the 2 extra players (to create numerical supremacy) and try to score quickly.

→ Emphasis on defensive organisation, occupying space, creating numerical supremacy around the ball, forcing the opponent into mistakes, showing aggressiveness.



2. 5 v 5 v 5 game: pressing in attack

Organisation:

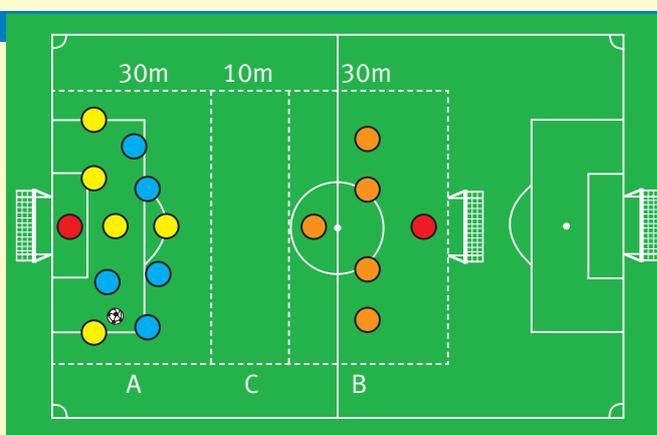
– 3 teams of 5 players with 2 goalkeepers. – Playing area marked out into 3 zones (A, B and C). – The teams play 5 v 5 in zones A + B. Zone C is neutral. – The coach decides on the duration of the game.

Procedure:

– The ● team tries to get the ball from zone A to zone C. – The ● players apply pressing in zone A to try to win the ball and score as quickly as possible. – When the ● team manages to get out of zone A and into zone C, they attack the ● team, which defends the large goal in zone B. When the ● team gains possession, the ● players press in zone B. – If the ● team scores, play is restarted in zone A by the ● team.

Variation:

– Restrict the number of touches allowed in zones A + B.



3. 8 v 6 game: pressing in midfield (switch from defence to attack)

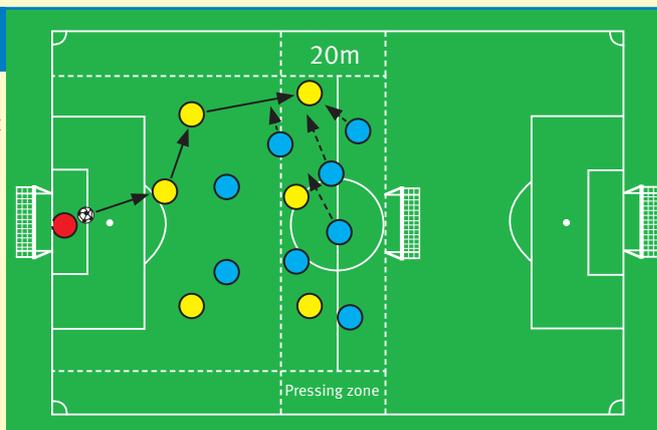
Organisation: – The ● team has 6 players + goalkeeper.

– The ● team has 8 players and defends the large goal without a goalkeeper. – The playing area is marked out with a pressing zone.

Procedure: – The ● team tries to score in the goal without the goalkeeper by shooting directly on goal in the pressing zone.

– The ● team defends by pressing in the marked out zone with the aim of winning possession and launching a quick attack. → The team starts to apply pressing according to the situation of play.

Variation: – Restrict the number of touches allowed by the ● team. – As soon as the ● team has won possession, restrict the time allowed for the attack (e.g. less than 10 seconds).



4. 8 v 6 game: pressing in midfield (transition from defence to attack)

Organisation: – The ● team has 6 players + goalkeeper.

– The ● team has 8 players + 1 goalkeeper. – The playing area is marked out into 3 zones (A, B and C).

Procedure: – The ● team plays in zones A and C and tries to cross (by dribbling or passing) the defensive line of the ● team. A sole ● player goes to challenge the goalkeeper (1 v 1).

– The ● team, which is positioned according to its chosen playing system, defends and tries to apply pressing in zone C. Once it has gained possession, it counter-attacks or starts a gradual build-up. → The pressing is started according to the situation of play and in the most favourable areas for pressing (out on the flanks).

Variation: – When the ● team goes into zone B, it tries to score. The ● players come back to defend.

