

Disturbing and Pressuring Model Session 2

3. Game training component:

- A grid of 50m (length) x 60m (width), with two 5m gates on one byline and 10m x 10m box on the other byline (as shown in the diagram)
- Yellow team consists of the DF's #2, 3, 4 and 5, MF's #16, 18 and 20, and FW #19 (formation 4-3-1)
- Orange team consists of FW's #11, 9 and 7, MF's #10, 8 and 6 and DF's #13 & 14 (formation 2-3-3)
- The coach starts by serving the ball to one of the yellow defenders
- The yellow team must try to pass the ball into the hands of the goalkeeper who is standing on the opposite side in the 10m x 10m box
- The orange team must prevent this by collective, coordinated pressure
- Offside rule applies
- If orange wins the ball they try to score in one of the two goals (one attempt only). If the defenders win the ball back the action has ended
- Every restart from the coach

Possible Coaches Remarks:

- "Immediately press the player with the ball"
- "Do not allow time and space to pass to the goalkeeper"
- "Mark/pressure the opponents close to the ball"
- "Work as a unit and keep your relative distances short"



Step up/Step down:

- Free/limited touches for yellow
- Free/minimum number of passes before yellow can play to #1

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1. Warm-up: passing exercise

- Two groups of 8 players position themselves in a grid of approximately 35m x 50m as shown in diagram on the right
- Yellow #3 starts the passing exercise
- Yellow players pass the ball in a prescribed order as shown (1-8)
- Although the players stay in their positions, they must not be 'static' but check off and anticipate; etc
- The orange players 'pressure' the ball as a unit without intercepting the ball or disrupting the passing sequence

Progression:

- To the left and to the right
- Change the role of the yellow and orange team
- Include intervals with dynamic stretches
- Increase the passing and ball speed
- Introduce a second passing sequence
- Free instead of prescribed passing sequence



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2. Positioning game: 8 v 8 + goalkeepers

- Use the grid from the passing exercise
- 2 goalkeepers on each back line in a 10m x 10m grid
- The GK starts the game for yellow team who must try to pass the ball into the hands of the GK on the opposite side
- Orange must prevent this by pressuring the ball
- Change of roles if orange wins the ball

Steps up or down:

- Make the grid(s) bigger/smaller
- Free/limited touches
- 1 point for every successful pass into the hands of the goalkeeper



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4. Training Game (Option 1):

- Continuing from the game training exercise on the previous page:
- Yellow team gets 1 point for every successful pass into the hands of the goalkeeper
- Orange gets 2 points for every pass through one of the two gates

