

## Session 8– Disturbing & Pressuring.

### Passing Practice – 15 Minutes

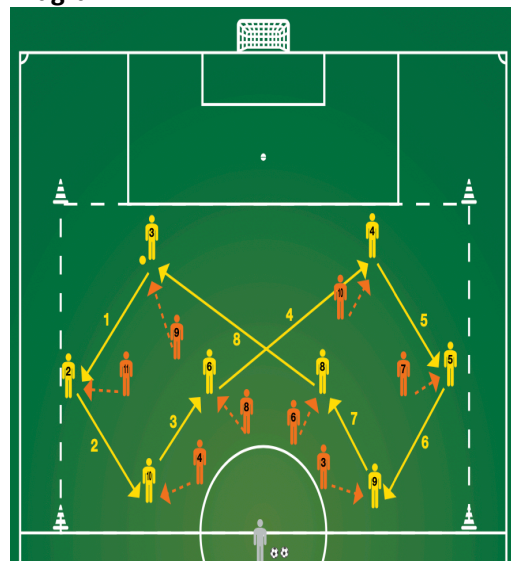
#### Organisation/ Explanation

- Session set up as illustrated.
- Players positioned as shown in diagram.
- Playing Area: 35m x 50m depending on the players ability.
- Practice starts with yellow player #3.
- Passing sequence is in order as shown in diagram.
- Player stay in their positions after they have passed the ball but must not stay static.
- Orange players pressure the ball as a unit without intercepting (passive) the pass.

#### Progression

- Passing sequence to the left and to the right.
- Change the role of the yellow and the orange team.
- Increase the passing and ball speed.
- Introduce a second passing sequence.
- Get players to come up with their own passing pattern as a further variation.

#### Diagram

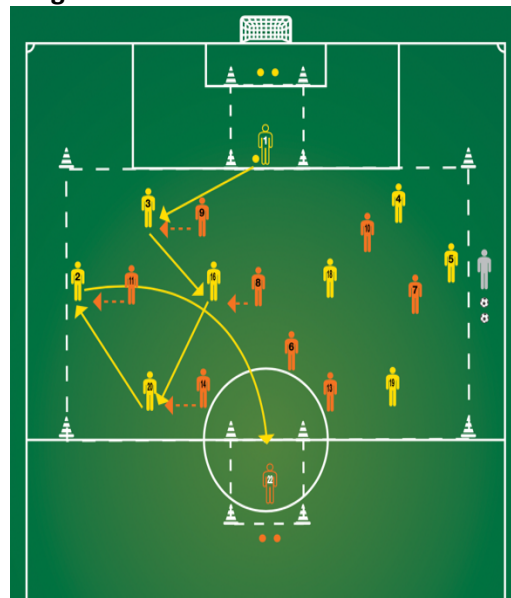


### Positioning Game – 20 Minutes

#### Organisation/ Explanation

- 8 v 8 + goalkeepers positioning game.
- Playing Area: 30m x 50m depending on the players ability.
- Session set up as illustrated.
- Yellow team goalkeeper starts play.
- Objective for yellow team is to keep possession and play forward into the orange goalkeeper.
- Objective for orange team is to pressure the ball and prevent yellow team from playing into orange goalkeeper.
- If orange win the ball the roles change, and yellow team defend.
- **Step Up:** Make playing area smaller and or limit touches on the ball.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball.
- 1 point for every completed pass into the end goalkeeper.

#### Diagram



## Game Training – 20 Minutes

### Organisation/ Explanation

- Playing Area: 50m x 60m.
- Session set up as illustrated.
- Players set up on the field as shown in the diagram.
- Coach starts with the ball and serves into the yellow team.
- Objective for yellow team is to keep possession and play forward into the orange goalkeeper.
- Objective for orange team is to pressure the ball and prevent yellow team from playing into orange goalkeeper.
- If orange win the ball, they try to score in either of the two end goals.
- Usual game rules apply.
- Practice always starts with the coach.
- Encourage defending team to press the ball carrier.
- Encourage the defending team to prevent time and space for opposition to play forward.

### Diagram



## Training Game – 20 Minutes

### Organisation/ Explanation

- 8 v8 + goalkeepers on a  $\frac{3}{4}$  pitch depending on players ability.
- Players set up on the field as illustrated.
- Usual game rules apply.
- Maintain players positions so that the orange team maintain their defensive shape.
- Observe improvement in orange team's ability to collectively pressure the opposition.

### Diagram

