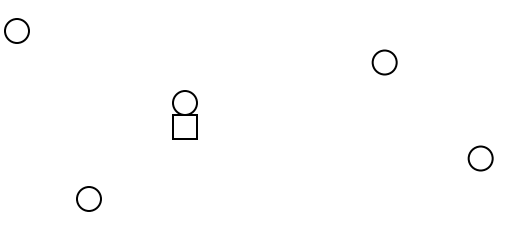
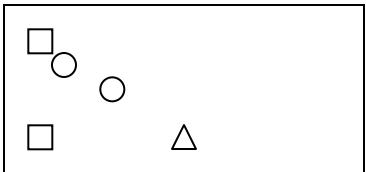
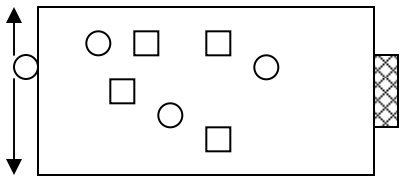





Name: Matt Callahan

Topic: Pressuring defender

Date:

| <p>UNRESTRICTED SPACE – WARM UP</p>  | <p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Team is moving in a large area ▪ One ball is passed around ▪ When the ball is passed to someone, whoever is closest to the receiver must apply pressure ▪ Once pressure is applied, the 1st attacker plays the ball to someone else | <p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Good defensive stance <ul style="list-style-type: none"> ○ Body weight on front of feet ○ Eyes on the ball ○ Slightly angled – one foot closer to attacker ○ Close enough to make attacker look at ball |
|--|--|---|
| <p>RESTRICTED SPACE</p>  | <ul style="list-style-type: none"> ▪ Team plays 2v2+1 in a 35-x-30 yard area ▪ Triangle is a neutral player who plays for both teams ▪ Teams try to complete 5 consecutive passes – get one point for doing so | <ul style="list-style-type: none"> ▪ Good defensive stance ▪ Apply pressure to take away space/time ▪ Priorities are: <ol style="list-style-type: none"> 1. win ball back 2. deny penetration 3. limit the attacker's vision and options ▪ Approach quickly but not too fast ▪ Angle approach to limit options ▪ Body feint to throw off 1st attacker |
| <p>ONE GOAL WITH COUNTER</p>  | <ul style="list-style-type: none"> ▪ Play 4v3 to goal ▪ Team of four attacks goal ▪ After defending team wins ball they can score by passing to the target player | <ul style="list-style-type: none"> ▪ Good defensive stance ▪ Approach quickly but not too fast ▪ Angle approach to limit options ▪ Body feint to throw off 1st attacker ▪ Funnel first attacker to: <ul style="list-style-type: none"> ○ Dribble away from center of field ○ Towards a tight space (touchline) ○ Into a covering defender ○ Make the attacker play the ball with a weaker foot |
| <p>GAME – TWO GOALS</p>  | <ul style="list-style-type: none"> ▪ Play 4v4 + GK's ▪ No restrictions on players | <ul style="list-style-type: none"> ▪ Observe to see if players realize when to become the pressuring defender ▪ Observe to see if players apply smart pressure |