

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:

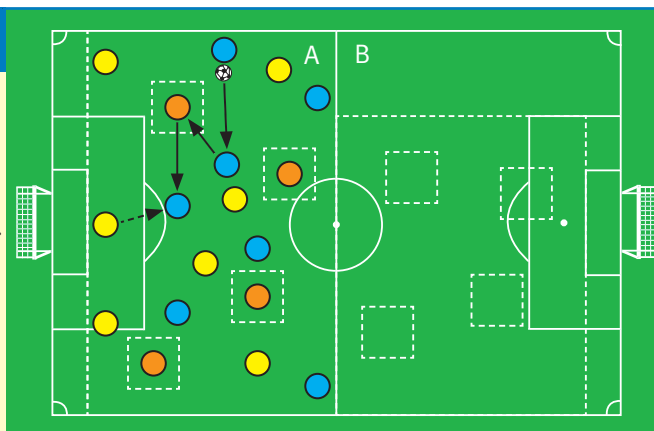
- 2 teams of 7 players and 4 neutral passers in the squares.
- Marked out playing area and 4 squares. – Ball.
- 1 v 1 game and 2 v 2 with neutral extras.

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:

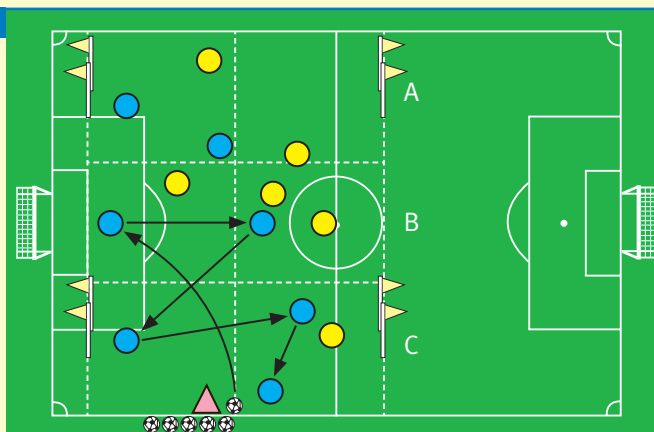
- 2 teams of 7 players. – Playing area marked out into 6 zones + 4 small goals (gates with posts).
- When the ball goes out of play, the coach restarts the game.

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).

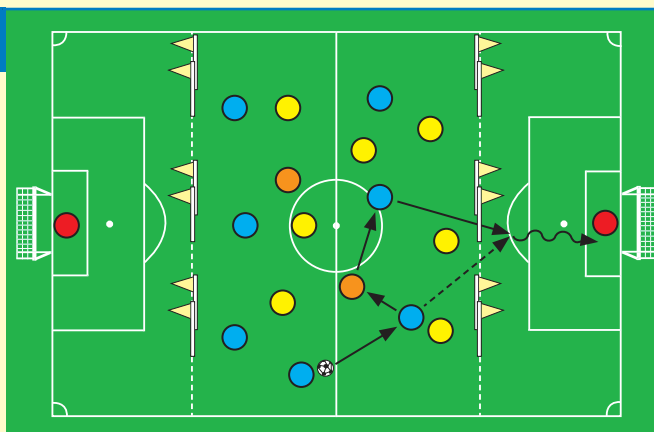


3. 7 v 7 game + 1 roving player to get into the goalscoring area

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

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:

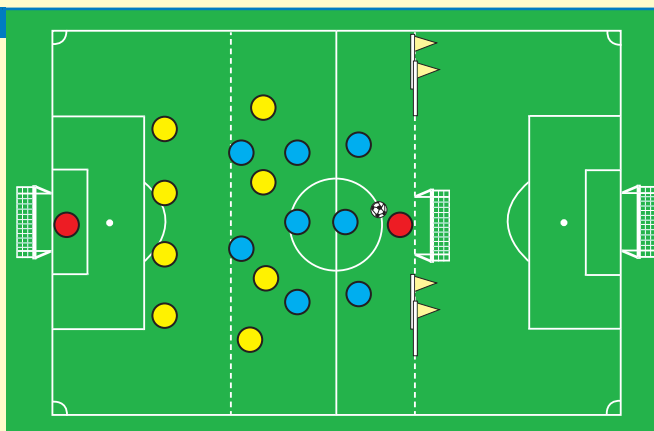
- 2 teams of 8 players + 2 goalkeepers.
- Marked out playing area + 2 large goals and 2 small goals.
- The game always starts with the ● team, which attacks.

Procedure:

- The ● team defends in a 4-4 formation. The ● 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 ● 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 ● 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)

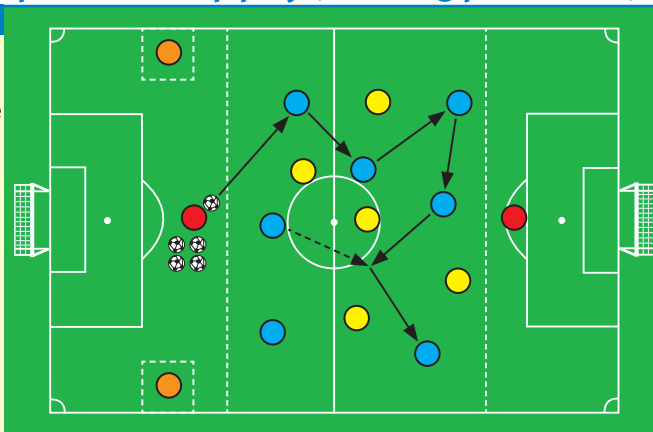
Organisation:

- 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:

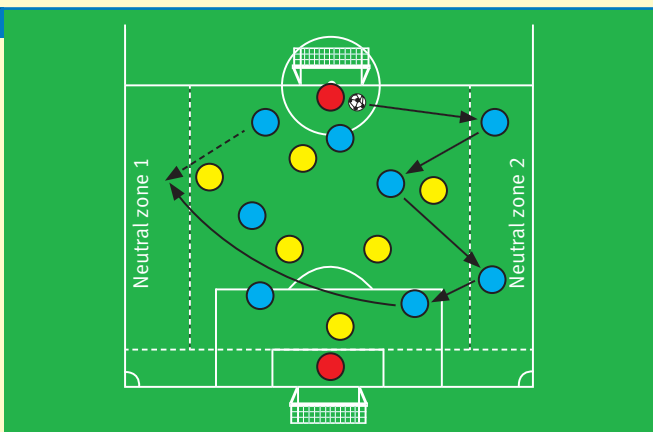
- The ● team has 8 players; the ● team has 6 players.
- Playing area marked out into 3 zones (central and 1 and 2).
- 2 neutral goalkeepers.

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.

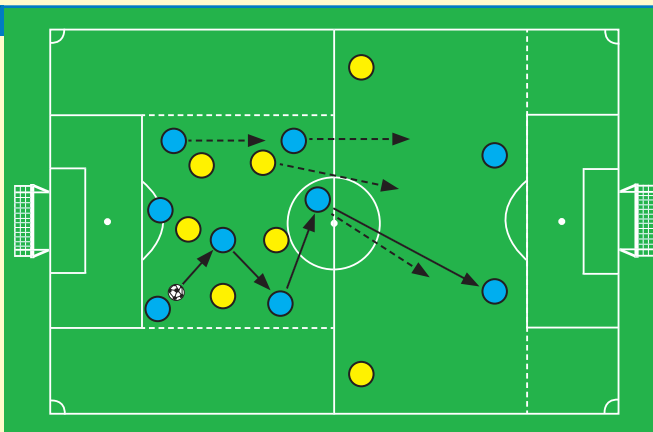


3. From 7 v 5 to 9 v 7 (switching halves)

- 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.

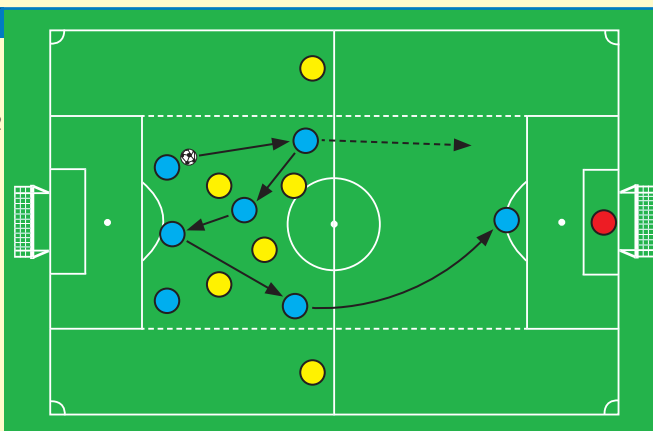


4. 6 v 4 game (7 v 7) (playing the ball long)

- 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:

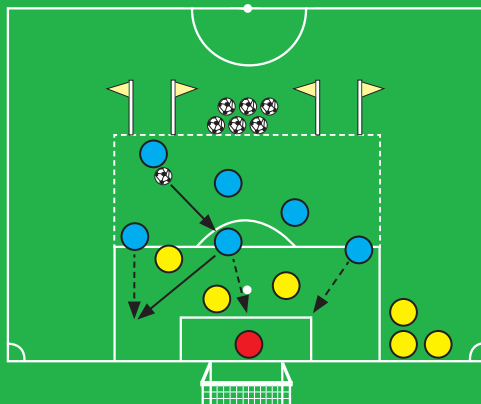
- 2 teams of 6 players + goalkeeper. The teams play 6 v 3.
- Marked out playing area – 1 large goal, 2 small goals.

Procedure:

- The ● team with 6 players tries to score in the large goal. After a goal or a save by the goalkeeper, the ● 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:

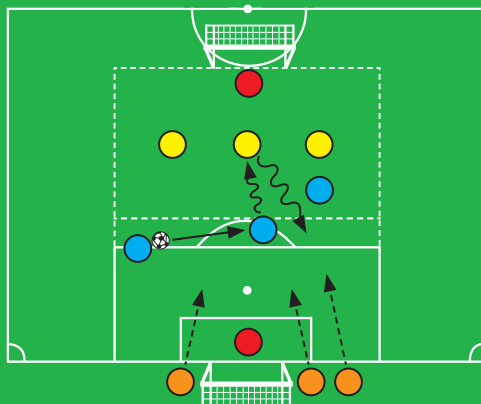
- 3 teams of 3 (or 4) players + 2 goalkeepers.
- Marked out playing area.
- 2 large goals.

Procedure:

- The ● team tries to score. If it loses possession, the ● team attacks the other goal being defended by the ● team. The ● 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:

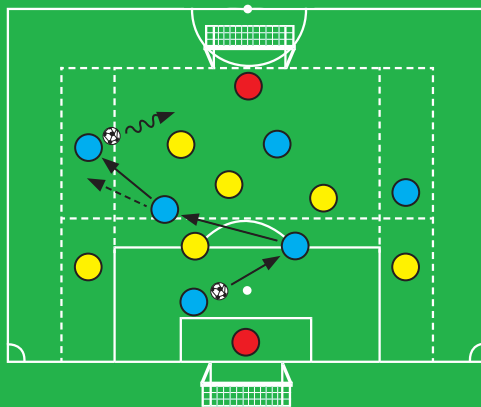
- 2 teams of 6 players + 2 goalkeepers.
- Marked out playing area + 2 large goals.

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.



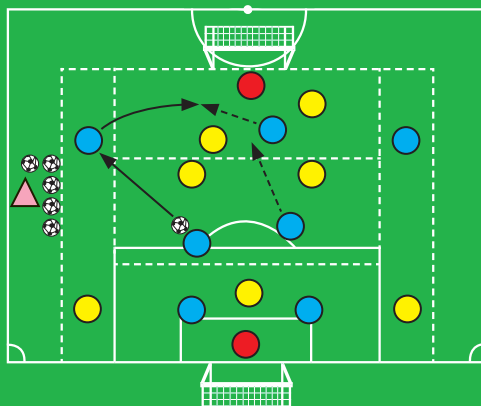
4. 7 v 7 (2 v 2 / 2 v 2 / 2 v 2) + goalkeepers

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:

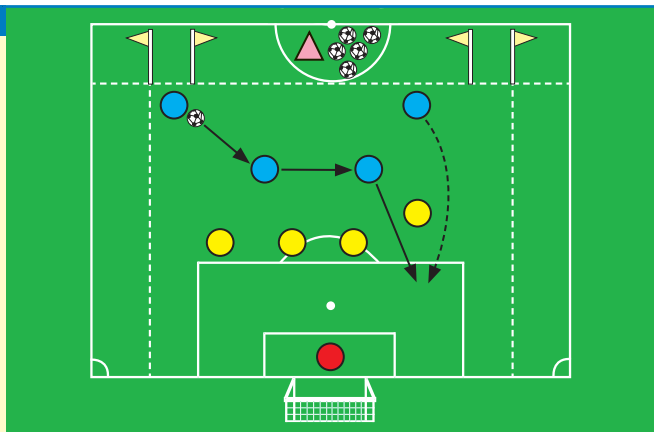
- 4 ● attackers, 4 ● defenders + goalkeeper. – Marked out playing area.
- 1 large goal and 2 small goals.

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:

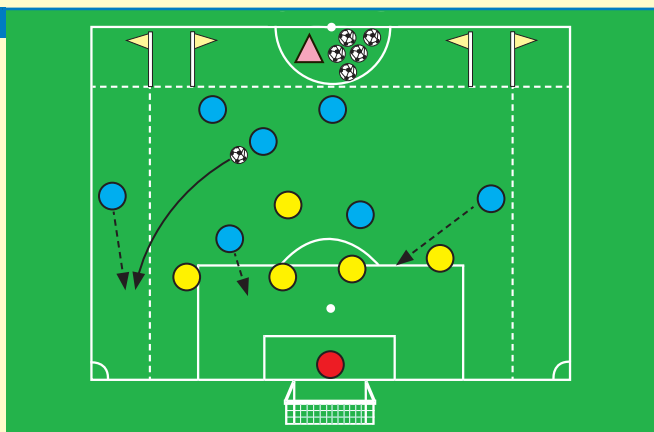
- 7 ● attackers (3 attackers and 4 midfielders).
- 5 ● defenders playing 4-1 + 1 goalkeeper.
- Marked out playing area.
- 1 large goal and 2 small goals.

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

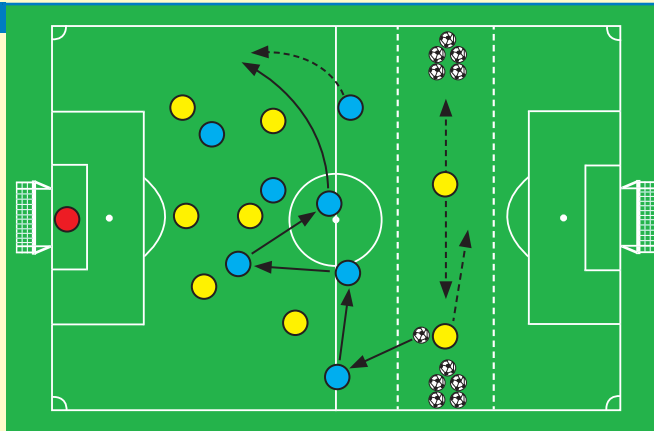
Organisation:

- 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.

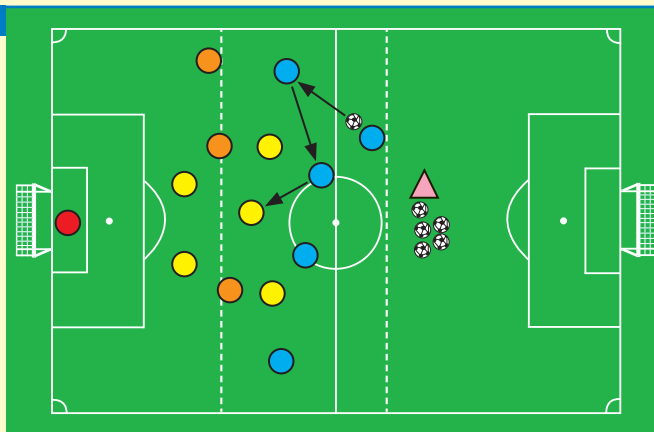
→ The coach directs the play and gives instructions.



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:

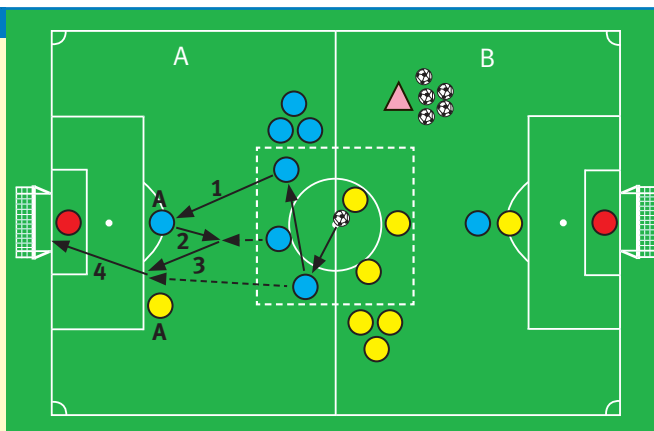
- 8 players per exercise + 2 goalkeepers. – Play takes place in a marked out area. – 2 goals are used; after each action, the play switches to the other end of the field.

Procedure (Pitch A):

- The 3 ● and 3 ● 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 ● defender can provide opposition for the attackers.



2. Attack through the centre after gaining possession

Organisation:

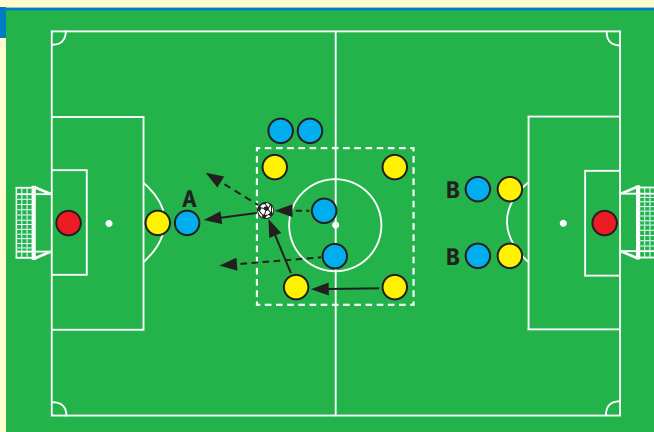
- 6 to 8 ● players are in attack; 8 to 9 ● players are in defence + 2 goalkeepers. – Two large goals are used.
- Play takes place on the marked out area.

Procedure:

- A 4 v 2 game with 1 touch each in the marked out area.
- When a ● player gains possession, he plays the ball long to the ● attacker A or to one of the two ● B attackers.
- The two ● 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 ● players remain in the central square.

Variations:

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



3. Attack via the flanks after gaining possession in midfield

Organisation:

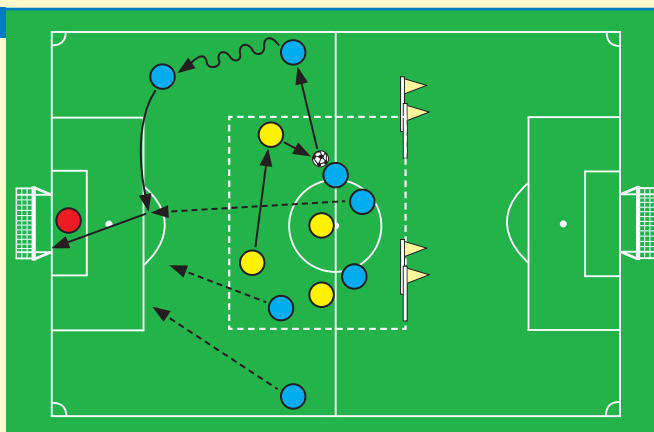
- 6 ● players attack, 4 to 5 ● are in defence + 1 goalkeeper.
- Marked out playing area.

Procedure:

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

Variation:

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



4. Fast attack game: 8 v 8

Organisation:

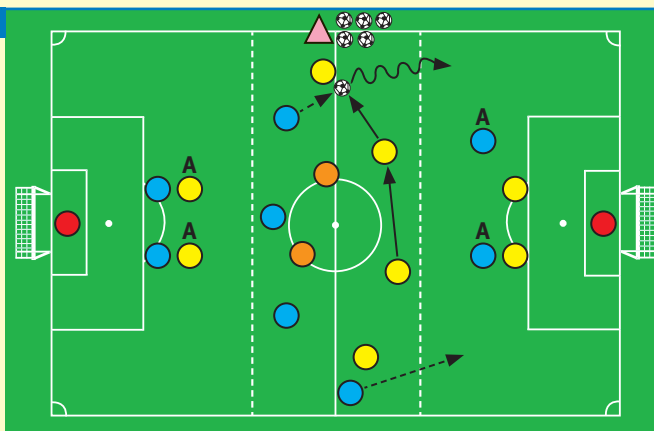
- 2 teams of 8 players + 2 goalkeepers and 2 ● floaters. – The teams play 4 v 4 with 2 ● floaters in the central zone marked out.
- The ball is fed into the playing area by the coach.

Procedure:

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

Variation:

- The ● 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:

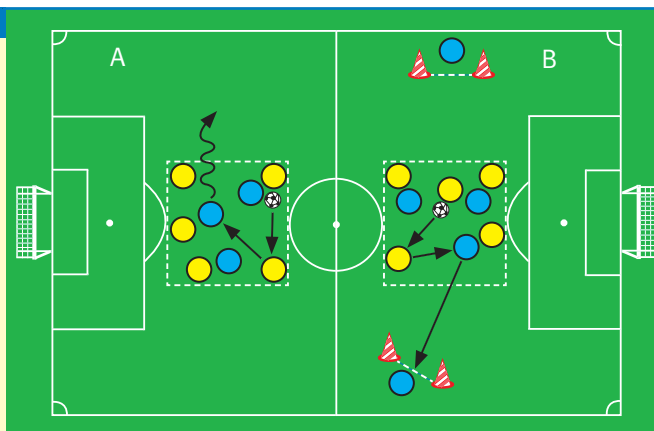
- 8 players per marked out area + cones.
- The exercise is carried out on both playing areas.
- The teams play 5 v 3 (or 6 v 4 is also possible).

Procedure (Pitch A):

- The ● team tries to retain possession with one-touch play.
- The ● team tries to gain possession. If a ● 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 ● player between the cones.

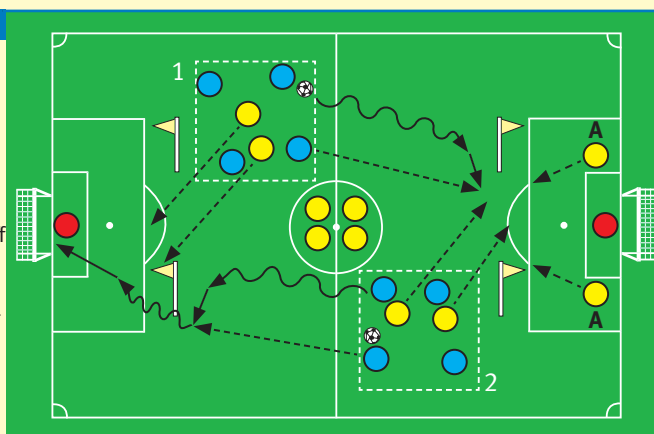


2. Launching a counter-attack

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 ● 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 ● defenders run towards the nearest goal to provide opposition (e.g. the ● defenders from square 2 provide opposition for the ● attackers running from square 1).

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

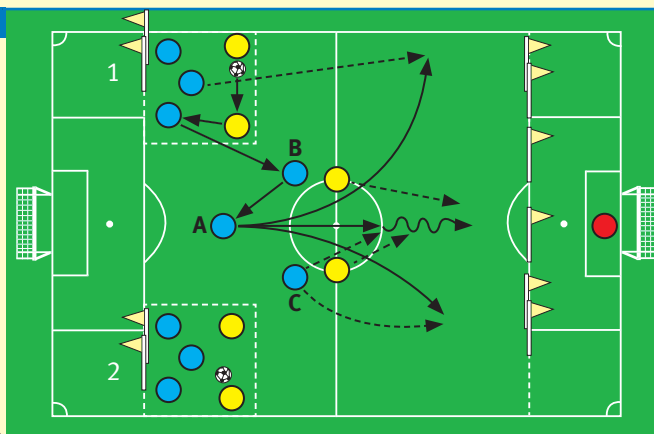


3. Escaping pressing, and then counter-attacking

Organisation: – 5 players per square and 5 players in the game + goalkeeper. – Marked out playing area + squares 1 and 2 + small goals. – The ● players are the attackers; the ● 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 ● defenders try to score in the small goal. – The 3 ● 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 ● players from the square concerned can also come back to defend.



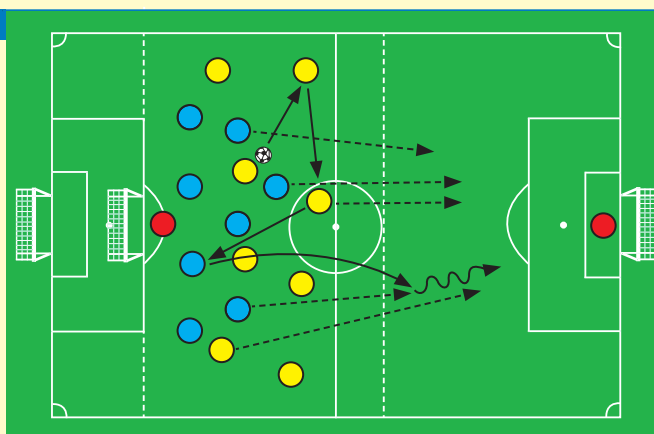
4. Counter-attack game: 8 v 8

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 ● team play the ball to each other, 2 to 3 touches, and try to score.
- When the ● 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 ● players set off on the counter.
- The ● 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

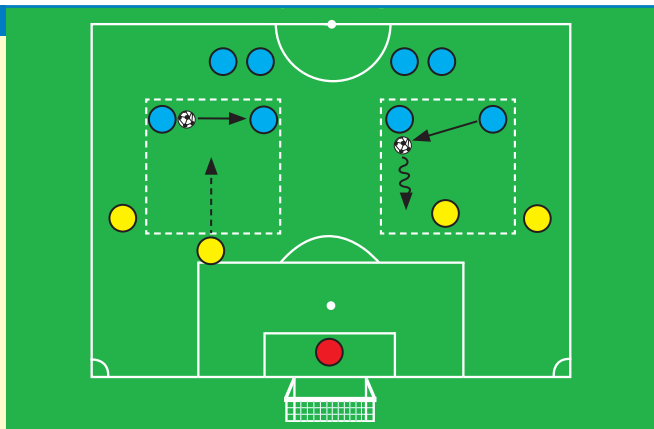
Organisation:

- 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 ● 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 ● defender gets himself between the two attackers, slows down play but without launching into the players and tries to provoke mistakes

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



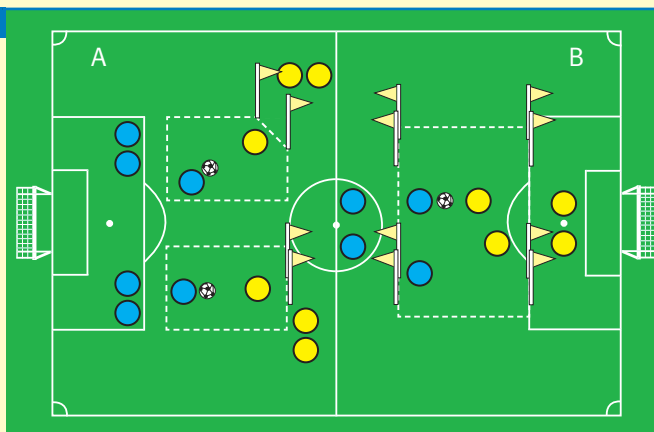
2. From 1 v 1 to 2 v 2

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 ● player tries to score in the small goal. The ● 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.

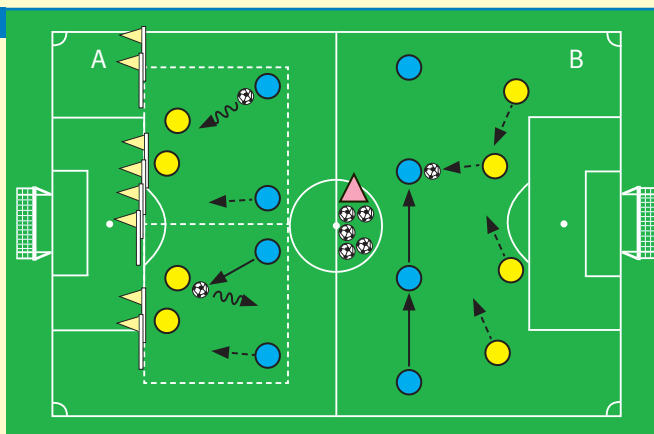


3. From 2 v 2 to 4 v 4 (or 3 v 3)

- 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 ● 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 ● 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 ● defenders position themselves according to where the ball is played by the ● attackers (roles are reversed).
- The coach directs and corrects the exercise.



4. 4 v 4 (5 v 5) game

Organisation:

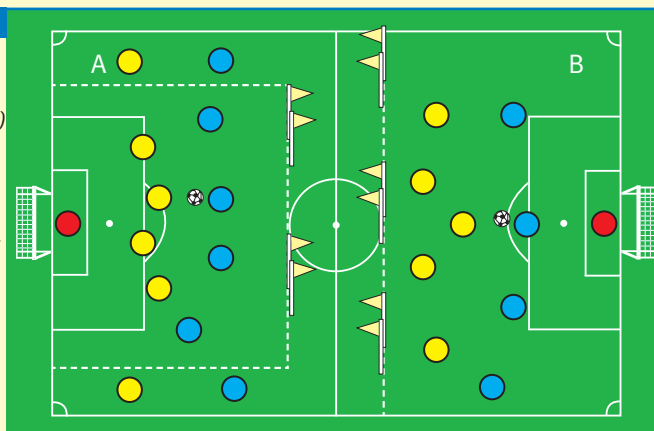
- 2 teams of 5 players + 1 goalkeeper. – The teams play 4 v 4 + 1 goalkeeper and 2 extras. – Marked out playing areas (*A + B*) + 2 large and small goals. Roles are reversed every 3 minutes.

Procedure (*Pitch A*):

- The ● team attacks and tries to score in the large goal.
- The ● 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 ● defenders (4 + 1 midfielder) defend 3 small goals and score in the large goal.
- The 4 ● 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

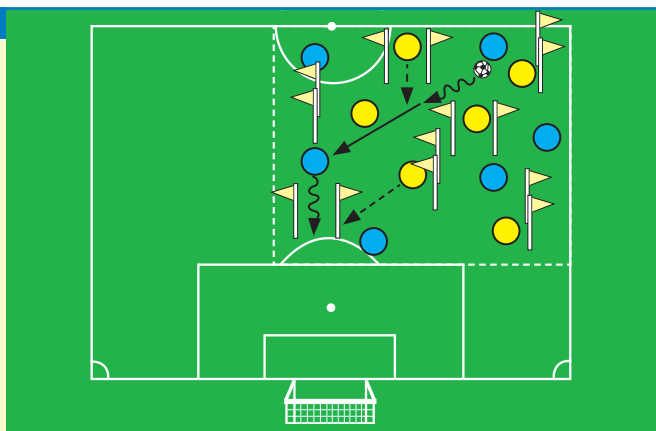
Organisation:

- 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 ● 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 ● 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:

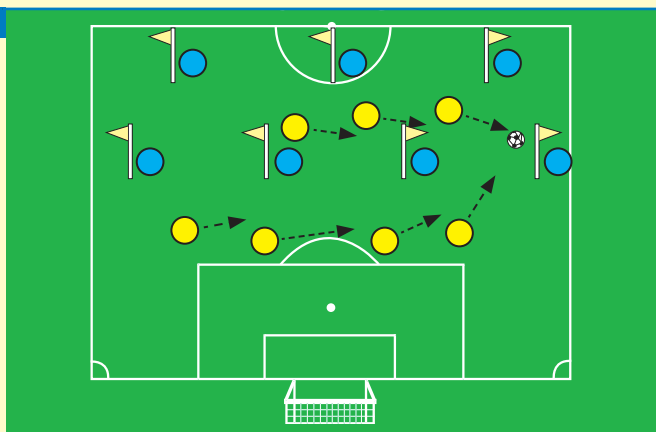
- The ● team with 7 players (or 6 or 8) is positioned in two compact units. – 7 poles (of different colours) or 7 ● players.
- The emphasis of the work is on the movements of the unit.

Procedure:

- The coach indicates the pole where the ball has to be played by the ● team (slowly at first, and then at normal speed).
- The ● 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 ● players move the ball round. When the ● team wins the ball, its players spread out and attempt to string 10 passes together.
- The ● players provide passive opposition initially and then play normally.



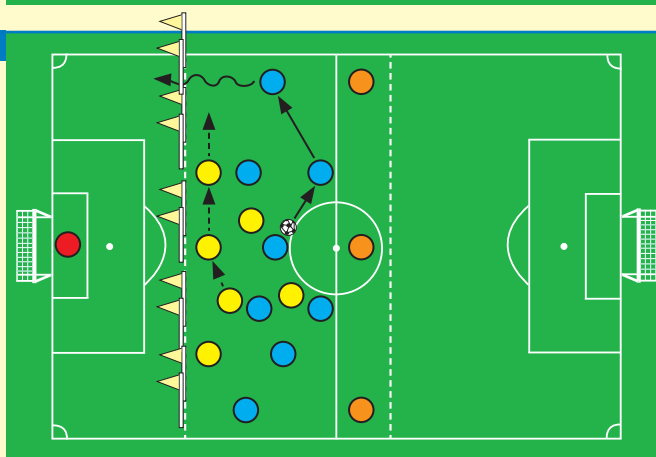
3. 6 v 8 (5 v 7): defence and midfield co-operation

Organisation:

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

Procedure:

- The ● 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 ● team defends zonally and tries to prevent the ● team from scoring. – On winning the ball, a ● player delivers an accurate pass to one of the 3 ● players. – If a ● player gets through one of the gates, the other players can then go into the defensive zone behind the gates. – If the ● 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 ● team to a ● player is worth 1 point.



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

Organisation:

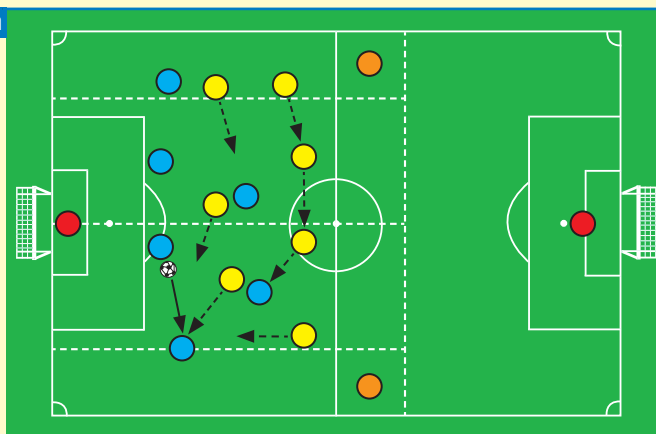
- The ● team with 7 players defends high up the pitch to try and win the ball. – The ● team has 6 players + goalkeeper.
- Playing area marked out into 4 zones. – Play always starts with the ● team.

Procedure:

- The ● players try to play the ball deep to the ● extras. 1 point is awarded for every successful pass.
- The ● defenders try to break down play and to win the ball.
- If the ● 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 ● players can score in the goal defended by the ● team goalkeeper.
- All the ● 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.

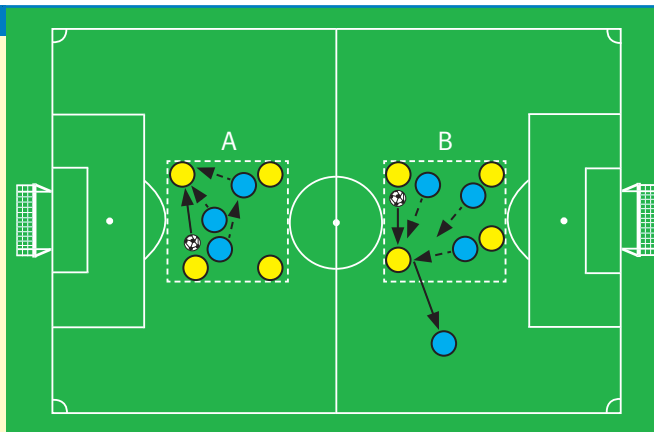
Procedure (Pitch A):

- 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.



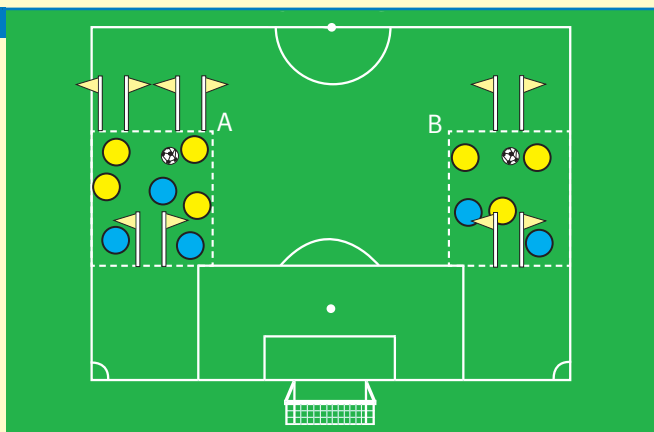
2. 3 v 4 (3 v 2) practice game

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:

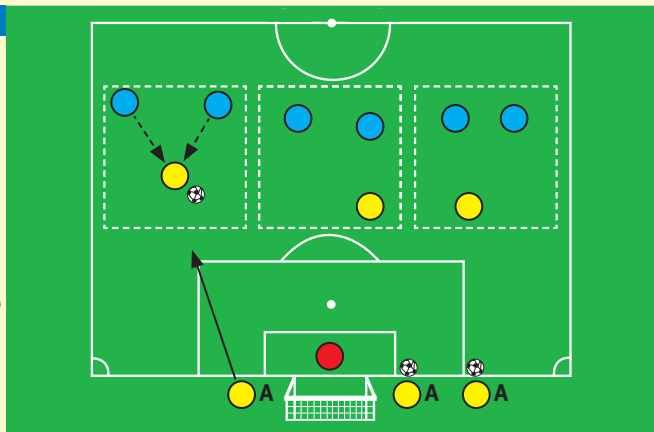
- 3 players in each of the marked out squares + 3 passers A.
- The teams play 2 v 1 + 1 passer / 1 goalkeeper in the goal.
- The exercise is performed on all 3 squares.
- Players switch roles and squares.

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).



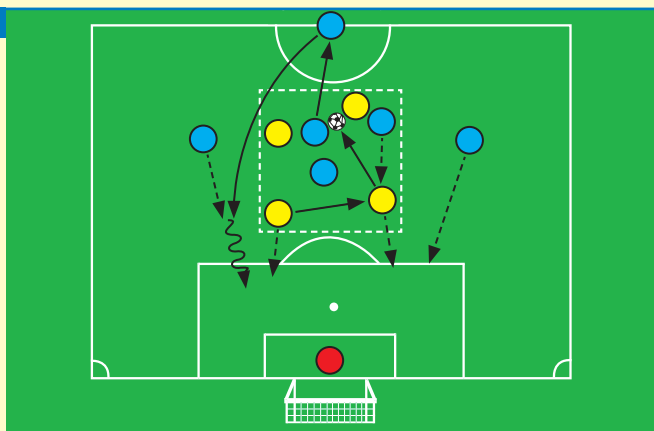
4. 3 v 4 or 6 v 4 exercise, pressing and countering

- 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.

- 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.

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



Combined technical/tactical training: 11. Pressing

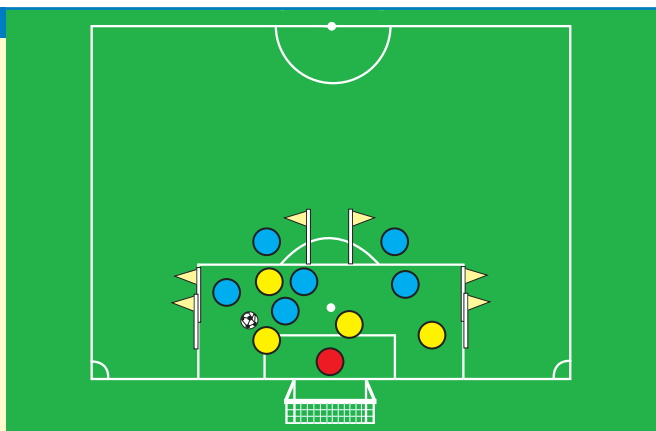
1. 6 v 4 practice routine: pressing in attack

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:

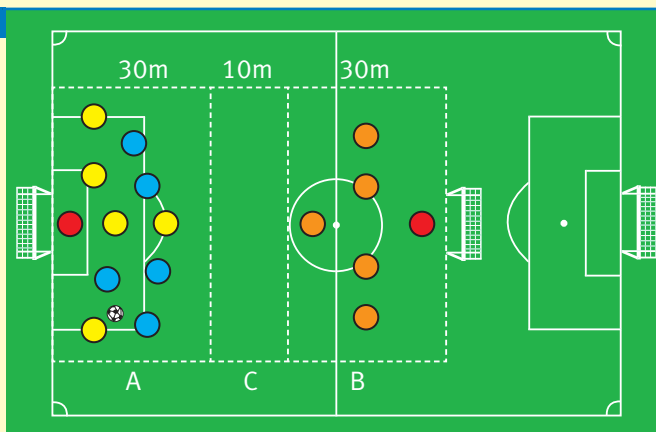
- 3 teams of 5 players with 2 goalkeepers. – Playing area marked out into 3 zones (A, B and C). – The teams play 5 v 5 in zones A + B. Zone C is neutral. – The coach decides on the duration of the game.

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.



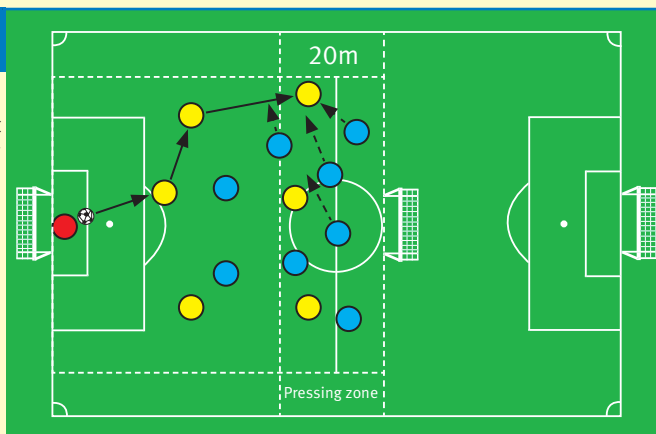
3. 8 v 6 game: pressing in midfield (switch from defence to attack)

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.

- 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.

- 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).

- 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.

