



High Press 9v9

ORGANISATION: Pitch divided into thirds. Two teams of 9v9. No positional restrictions. Normal game except with the below conditions.

Conditions:

- Regaining possession in the final third and scoring = 3 goals
- Regaining possession in the middle third and scoring = 2 goals
- Regaining possession in the defensive third and scoring = 1 goal

EQUIPMENT: Footballs, cones, goals.

CORE TOPIC: High press.

COACHING POINTS / PROGRESSIONS:

Initial Points:

- Try to leave the defensive third empty – press high.

Further Points:

- Make play predictable – show play down one side and cut off the route back inside.
- Recognise triggers to press – e.g. going backwards.
- React to team mates pressing/positioning – lock on to your man once team mate goes.
- Curving your pressing run.
- Pressing on the correct shoulder of the opponent – risk of him rolling you.

