



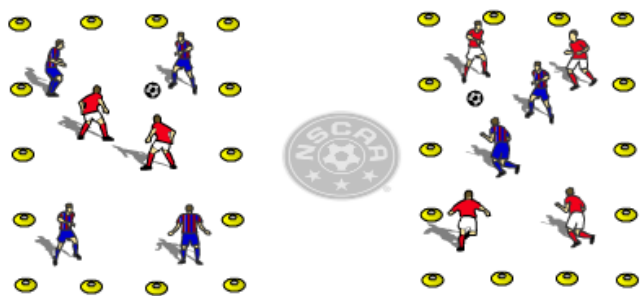
Lakeville Soccer Club  
Model Training Session  
Pressing  
Chad Moore (1.11.2015)



The topic of the Progressive Session will be on pressing. The activities will help the players understand when to press and when to patiently hold their defensive shape as a group/team. It is important to understand that “pressure” and “pressing” are two different concepts. While appropriate pressure (i.e. angle of approaching run) is important when pressing, pressing should be considered a group tactic.

Coaching Points:

- Players work together (“stay connected”) to win possession
- Defensive shape (pressure, cover, balance, compactness)
- Decision of when and where to press (vs. when to hold)
- Communication



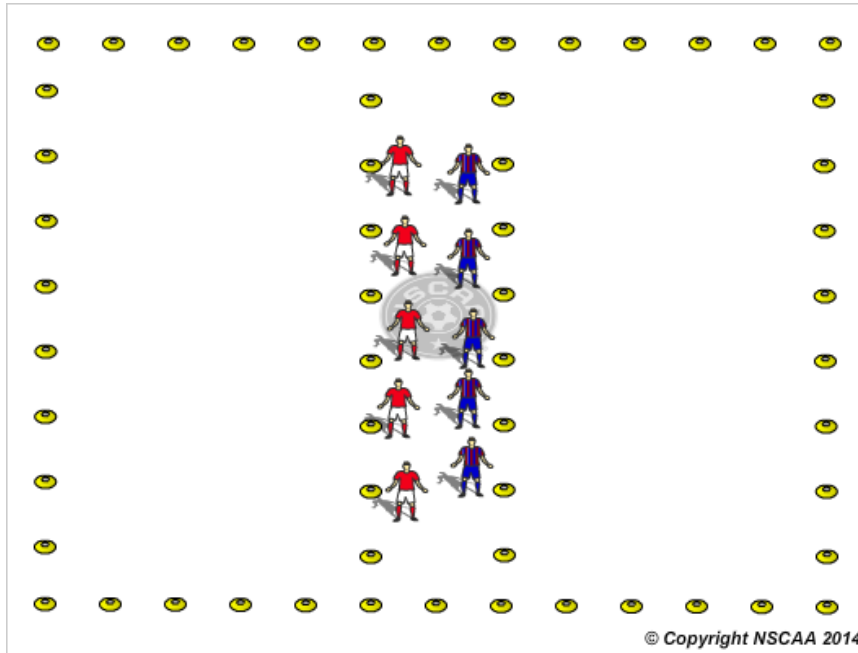
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Warmup (20 yards x 15 yards)

Start 4v0 to get players warmed up

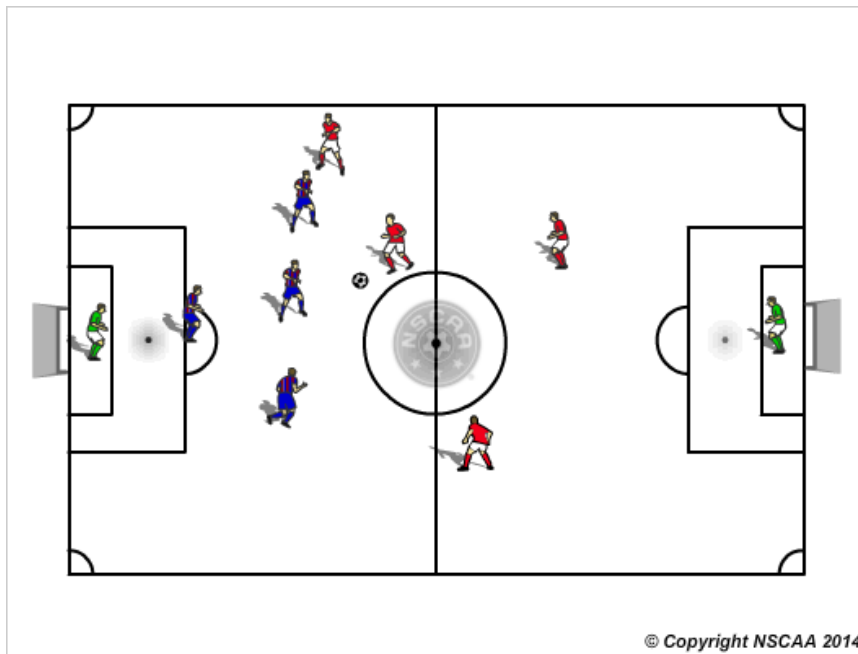
4v2 keepaway

Make it competitive (team of 4 scores by passing; team of 2 scores by dribbling out of grid)



5v5 to endlines (40 yards x 30 yards)

Coach is boss of the balls and plays a ball onto the field  
Each team attacks one endline and defends one endline



5v5 to goals (40 yards x 30 yards)

All match rules apply (including offsides)  
Score two points if win ball in the attacking half