

Building Up Under Pressure

AGE: U13 / Senior / 18 players


Moment

Attacking

Anna-Kate DePaolo

TEAM TACTICAL PRINCIPLES: Pass options, Pass/dribble, 2v1/1v1

 18

 90 min

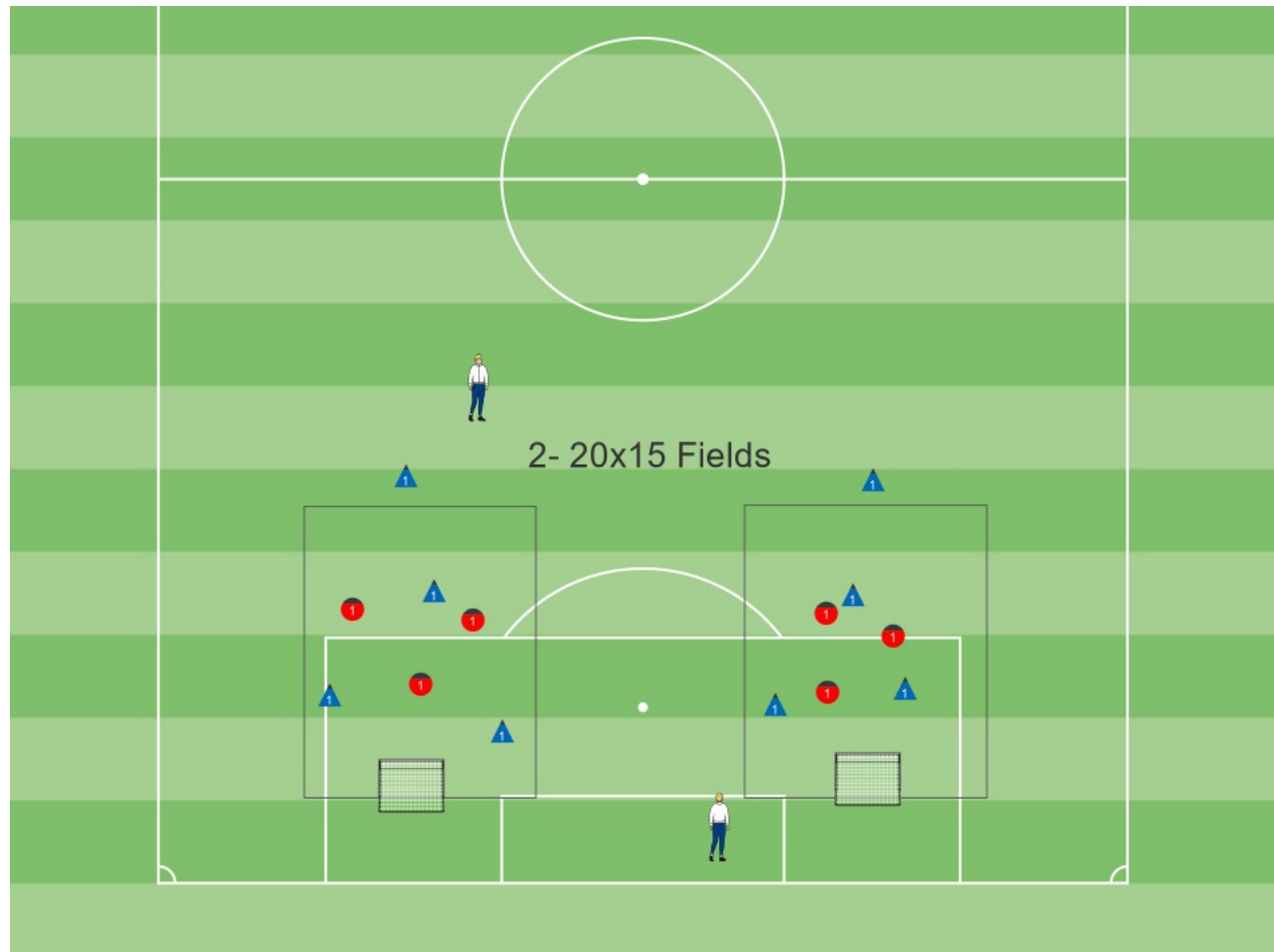
 Apr 10, 2025

3v3

Build Out Under Pressure Conditioned Game

Build Out - Game

Full or Large Sided Game

**EXERCISE RULES:**

3 attacking players possess to play forward to a target. If a defending player (3) wins possession they attempt to attack a counter goal. Play always starts with attacking team from their defensive third

NOTES:

Coaching Points/Tips: **PASS TECHNICAL** - Fast-paced passes to the back foot of teammate, **AWARENESS** - critical to check shoulder, scan and play forward quickly to keep possession, **BODY POSITION** - position to receive & keep possession (Pro tip: Coach players to "FACE the way you want to PLAY, rather than, PLAY the way you're FACING")

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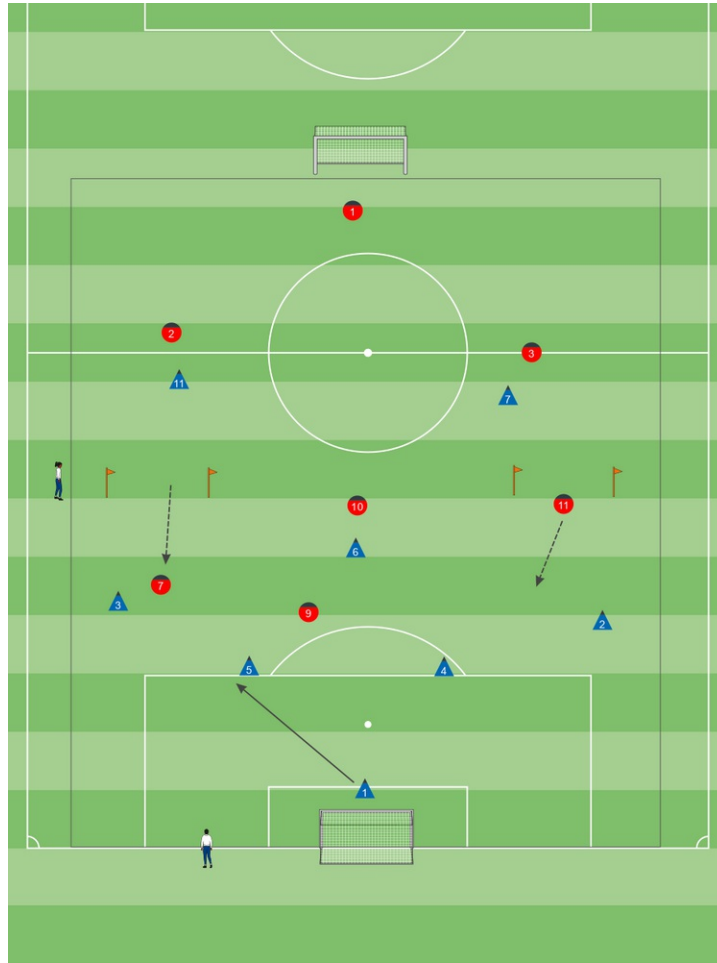
Objective:

Keep possession under pressure. Create passing options. Find target.

Player actions:

Pass, angles of support, dribble, scan

Team tactical principles:



EXERCISE RULES:

6v6+GKs Focus Group: 1, 2, 3, 4, 6, 7, 11 (Ball always starts with focus group GK or Back line) Defending Group: 9, 7, 11, 10, 2, 3 (Defending group 7 & 11 start at gates) 2 full sized goals - 75x50

NOTES:

No focus 7 & 11 may release once ball is put in play by focus group - encourage high energy pressing from defending group. Coaching points/tips: KEEP THE BALL - players should be encouraged to stay on the ball when possible, drawing out a pressing player - quickly pass either side of them. USING WIDE 2v1s - encourage 2/3 or 7/11 to create 2v1 once press is broken (or CM can join wide areas to overload), BODY POSITION - position to receive & break lines of pressure

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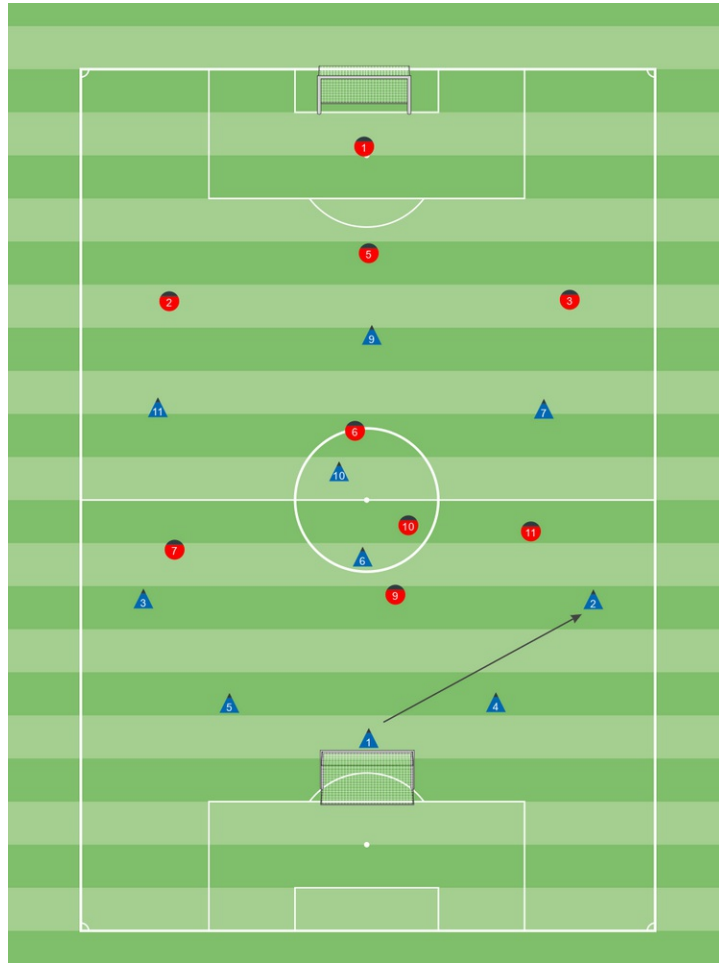
Objective:

Focus Group attempts to successfully build out and score. If play through gate successful = 1pt. If score = 3pt. Create passing options, angles of support for teammate when under pressure.

Player actions:

Pass, dribble, scan, movement on and off the ball

Team tactical principles:



EXERCISE RULES:

Focus Group: 1, 2, 3, 4, 5, 6, 10, 7, 11, 9 Defending Group: 9, 7, 11, 10, 6, 2, 4/5, 3, 1 (10v9) Normal playing rule

NOTES:

Encourage non-focus group to press high and hard (adjust for age group/size) Coaching points/tips: MOVEMENT TO RECEIVE - movements off the ball to support, body position; BREAK LINES OF PRESSURE - players should be wary of playing backwards and sideways passes, TRANSITION QUICKLY - take advantage when lines are broken - play forward quickly

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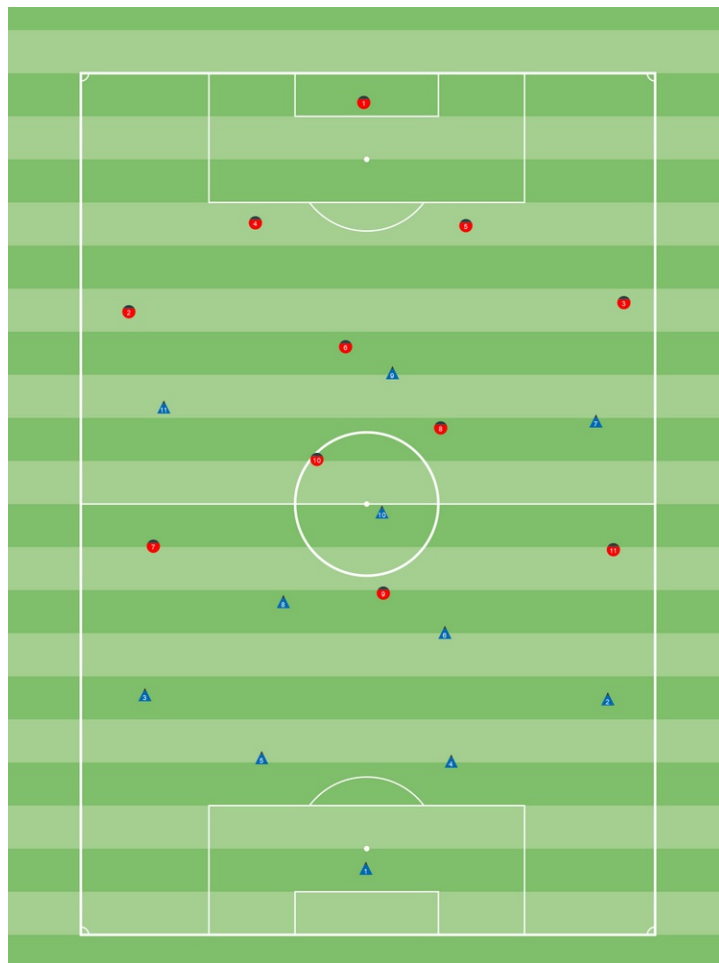
Objective:

Normal conditions - Focus group attempts to use technical and tactical skills learned earlier in practice to successfully build up under pressure

Player actions:

Pass, move, dribble, scan, shoot

Team tactical principles:



EXERCISE RULES:
Play at big as possible given space and numbers (11v11-7v7)

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Objective:

Evaluate team's build up play under pressure decision making on skills learned earlier in session

Player actions:

pass, dribble, scan, support, cross, shoot, finish

Team tactical principles:

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OBJECTIVE:

TEAM TACTICAL PRINCIPLES: Pass options, Pass/dribble, 2v1/1v1

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DURATION: 90 min

Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
5. Coaching: Is there proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: