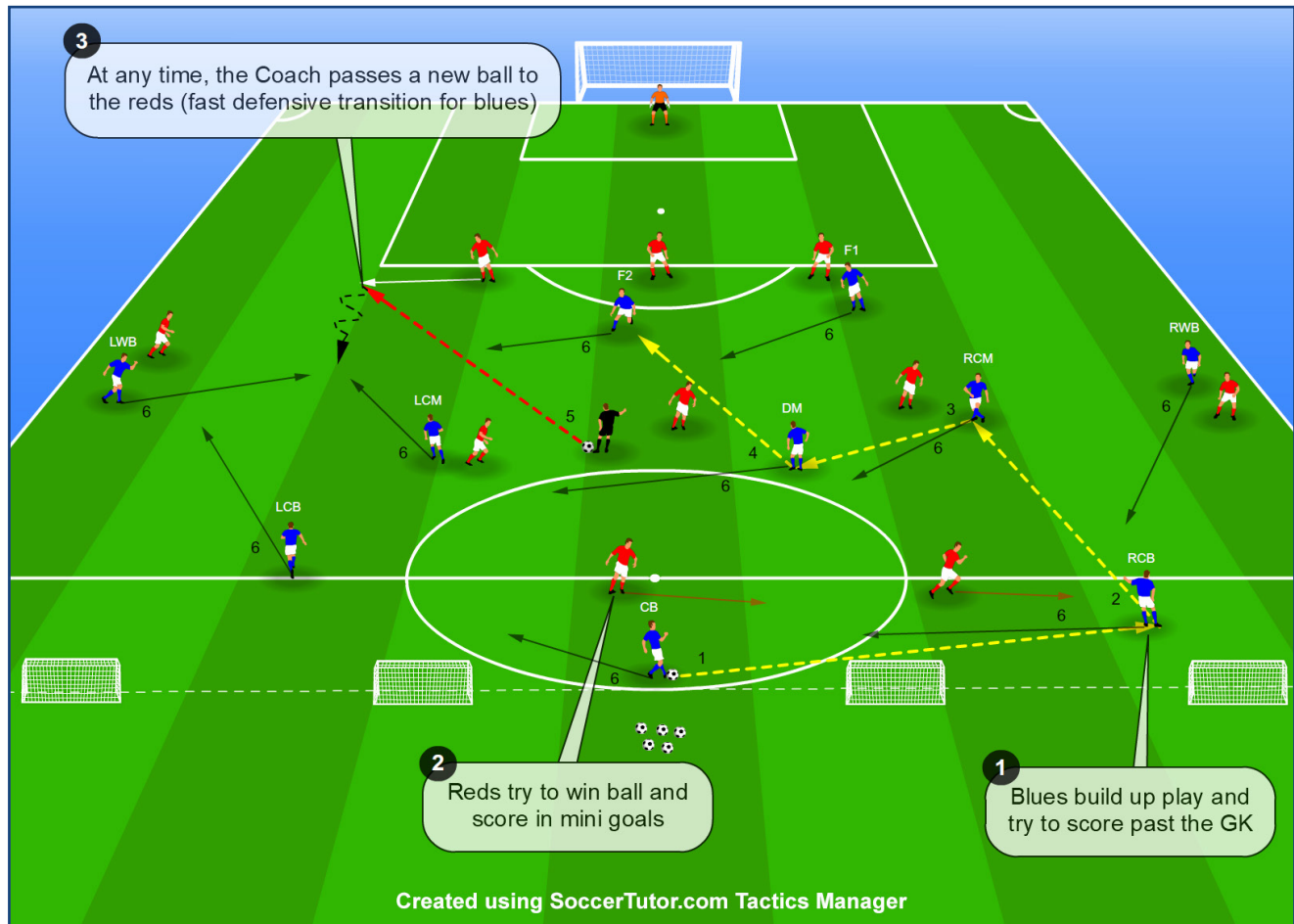


TRAINING SESSION 7:

AGGRESSIVE PRESSING

3. Aggressive Pressing for the Defensive Transition in a Dynamic Conditioned Game



NOTE: In this practice, the aggressive pressing is applied in the transition from attack to defence. The opposing team (reds) can be in any formation the coach wants e.g. 4-4-2, 4-2-3-1, 3-5-2, 3-4-3.

Practice Description

- This is a variation of the practice on the previous page within the same area.
- This time, the practice starts from the blue middle centre back (**CB**) and the Coach stands in the middle of the pitch.
- The blue team build-up play and try to score in the large goal. The red team try to win the ball and then score in any of the 4 mini goals.
- At the end of a phase of play or at any time, the Coach passes a new ball to the red team and the first ball is disregarded.
- The blue team apply aggressive pressing, trying to win the ball back as soon as possible and stop the red team from scoring in the mini goals.
- The red team must complete 3 passes before they can score.

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