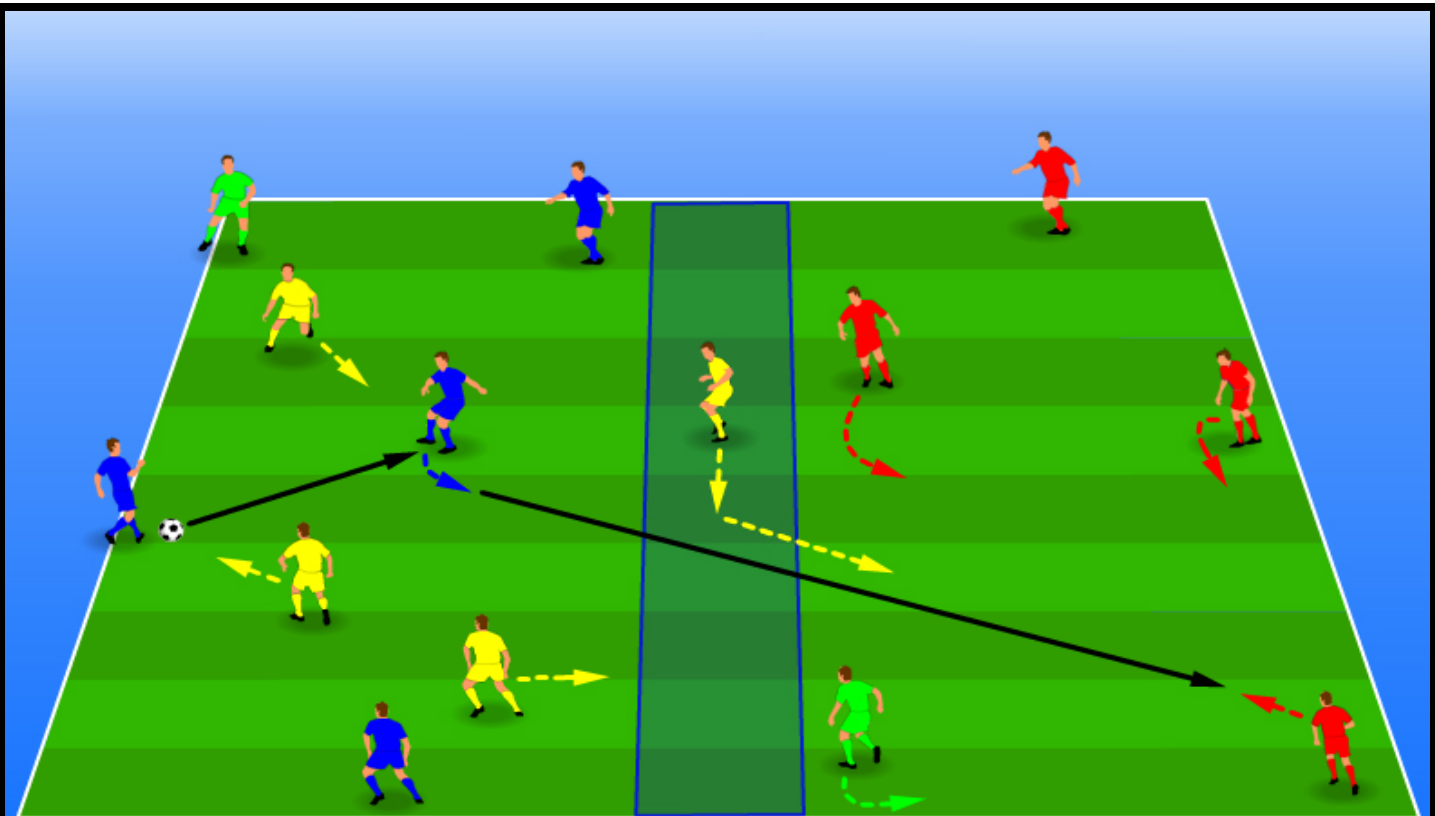


Screen and Press

Small Sided

Group Defending



Created using SoccerTutor.com Tactics Manager

Procedure:

The teams play 5 v 3 (using a neutral attacker) in each half of the field, looking to change the ball over to the other half after making five passes. When the ball is changed over, the screener (the defender in the neutral zone) pressures the ball immediately and is joined by two of his teammates to create a new 5 v 3. The fourth defender becomes the new screener. The defenders then look to regain possession by forcing errors during play and by stealing passes played across the neutral zone. Whenever a team is dispossessed, the ball is changed into the other half, and the team that lost possession becomes the defending team.

Coaching Points:

- 1 Transition – As the first defender (screener) pressures, the other defenders must sprint across.
- 2 Angle of Approach – Angle the run and force the direction of play towards a corner.
- 3 Speed of Approach – Control your speed, don't sprint in without support from behind.

Progressions/Regressions:

Progression 1 – Remove the neutral players and play 4 v 3 in each half.