

Nearest defender to pressure

This is a great session to coach your players in defending as a unit. It means your players will know what to do when they are up against two attackers. It is all about pressure and support.

The aim of the session

The nearest defender in the exercise must pressure the ball quickly to isolate the player in possession. The other two defenders must take up supporting positions marking the second striker, the space the striker may run into and the route to goal.

How to set it up

Use an area 30 yards by 50 yards with four cones, four balls and one goal.

How to play it

1. The coach calls a number and that player dribbles into the area to attack with their team mate.
2. The defenders must react quickly with the nearest defender putting pressure on the ball and the remaining defenders providing cover.
3. If the defenders win the ball back, then that attack is complete and the dribbling player takes the place of the initial attacker for the next attack.

1



The coach calls for an attacker to dribble in and join their team mate.

2



The nearest defender moves out to pressure and forces a mistake.

3



The coach calls for the next attacker and the defenders must reorganize.

KEY

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Player Movement

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Ball Movement