

Escape through the press

Objective – Improve 1v1 defending, building up to 2v1 and, finally, defending as a unit.

GameFocus onResetProgression

1. Create a cone grid 8m x 8m (resize according to age and skills)
2. Attacking team pass the ball across their zone until one decides to take on a defender 1v1.
3. The defenders are restricted to their boxes can tackle the attacking player alternatively force them backwards/sideways into another defender's box.
4. Once through the defensive line the attackers try to score against the goalkeeper unopposed.
5. If the attacker is tackled they go back and start again.
6. Only the player with the ball moves beyond the defensive line.

Adjust grid to reflect players in team

1. Be alert
2. Step as a team
3. Double team

Coach feeds ball in

1. Allow a defender to recover into the last zone to apply pressure to the attacker on their run to score
2. Allow the second closest defender to enter the box at so they can double team
3. Allow all players to be active but no more than 2 defenders inside any box



SSP link