

## Pressure Defending #2

Saturday, 08 December 2007

The goal of this drill is for the defenders to pressure the attackers at all times and for the attackers to find a way relieve the pressure. (Advanced)

Click image to view all steps.

{gallery}2030{/gallery}Steps:

- Divide the players into two groups, one group of two defenders (yellow) and one group of two attackers (red).
  - To begin play, one of the defenders will play a diagonal ball to one of the attackers. The defenders are not allowed to pressure the attackers until one of the attackers touch the ball. Once the attackers have the ball they are attempting to get past the two defenders to the other end of the grid.
  - If the defenders win the ball or force the attackers out of bounds, the play is over. For the attacker to win, they must cross the ball to the waiting attacker in the penalty area who then must score on the goalkeeper. The attackers must make two passes before they can cross the ball.
- Setup:
- Set up a grid 15x20 yards, 18 yard box with a full goal.
  - 4 players: (2 attackers, 2 defenders, 1 goalkeeper)
- Tips:
- Close the ball down quickly not allowing the attacker time to get his head up.
  - When defending, bend your knees and keep your body low, feet in a staggered stance (one leg behind the other), and stay on the balls of your feet. This will allow you the change direction quickly.