



Calculated Performance

Pressure from Behind

Core Game Skill: 1v1



Topic

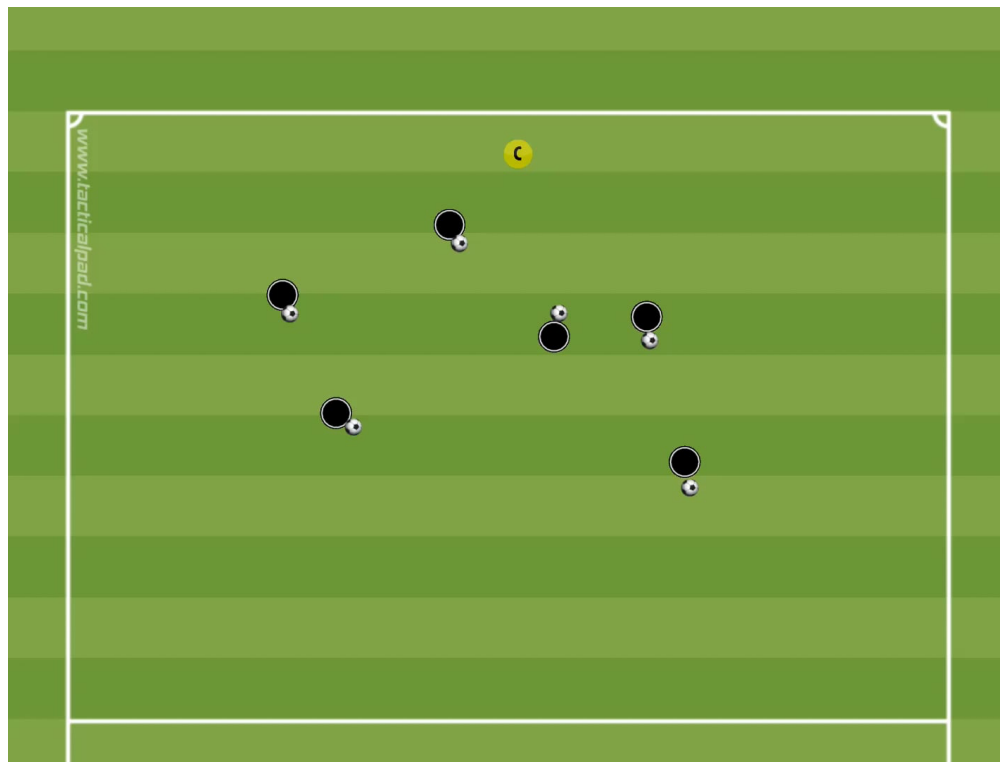
Carrying Under Control

Time

25% - 15 mins / 22 mins

Space/Equipment

1 ball per player
20x20 yard grid



Explanation

- This is a warm-up drill that focuses on getting maximum touches on the ball, warming up the inside, outside and sole of both feet.
- Each player dribbles around the area with a ball. Encourage players to dribble with a good ball speed that would mimic a game scenario.
- The coach should select 2 ball mastery patterns, and 2 skill moves from our Moves Libraries.

Progression

- Have players swap balls on a command (whistle/clap/shout). This will improve the players awareness and adds an element of physical development.

Coaching Points

- Speed: Prioritise high-quality skill moves over the speed of the skill move, with the intention to increase the speed once the player has become comfortable with the move.
- Scanning detail: Make sure to scan the space ahead, as well as the ball to maintain a high-quality dribble.



Topic

Pressure from Behind

Time

25% - 15 mins / 22 mins

Space/Equipment

1 ball per pair
2 channels
Line of cones



Explanation

- Players start in pairs with 1 ball.
- Player A (defender) passes the ball forwards.
- Player B (attacker) runs across Player A and starts to dribble forwards.
- Player A applies a small amount of pressure, closely behind Player B.
- When players reach the opposite side, they swap roles and play back the other way.

Time

- 3x 4-minute blocks, with 1 minute rest in-between.

Coaching Points

- Awareness when carrying: Make sure to scan when carrying to understand where the pressure is coming from.
- Hide the ball: The attacking player should make sure the defending player cannot see the ball
- Invite contact: The attacking player should invite the contact, and get their arm up to protect

Progression

- Encourage the defending player to change their direction of pressure



Topic

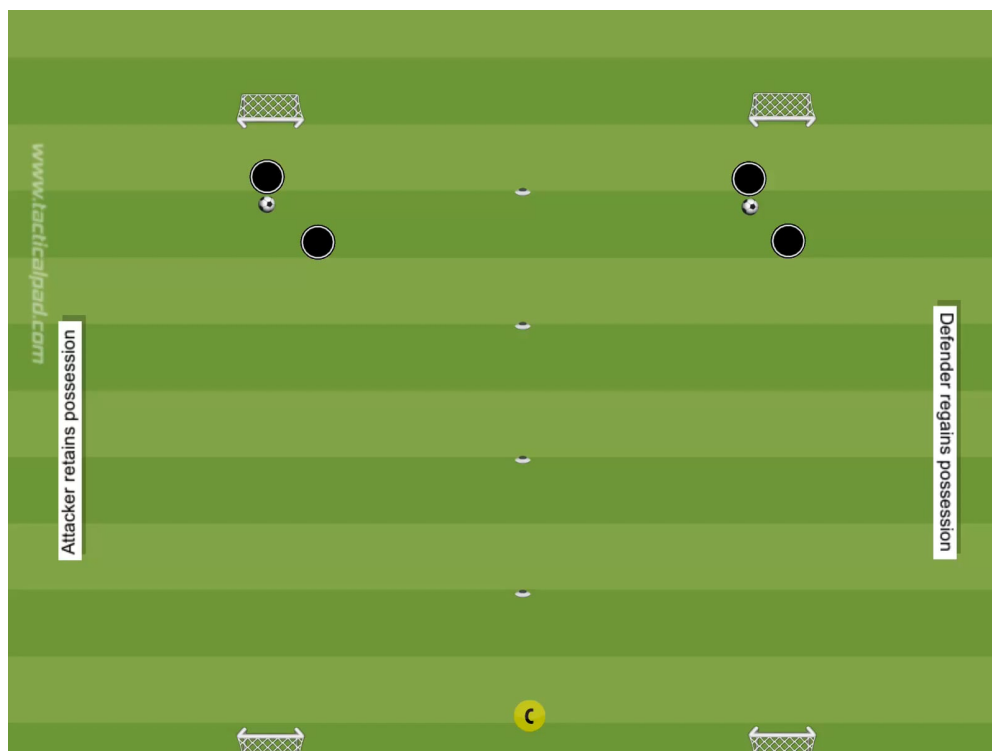
Pressure from Behind

Time

25% - 15 mins / 22 mins

Space/Equipment

2 channels
Line of cones
4 PUGS



Explanation

- Players now have goals to score in.
- Defending player should apply 50-70% pressure.
- Player A (defender) passes the ball forwards.
- Player B (attacker) runs across Player A and starts to dribble forwards.
- Player B is trying to turn and beat Player A before shooting into the goal.
- If Player A regains possession, they can shoot in the goal set at the other end.
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Time

- Each game lasts for no longer than 45 seconds.
- Let players go against one another for 6-10 times before rotating partners.

Attacking Moves

- Look to use the following feint moves to beat pressure from behind:
 - Feint
 - Step-over
 - Shimmy Step-over
 - Step behind

Coaching Points

- Wriggle to Escape: Encourage the attacker to try different feint moves to wriggle away from the defender's pressure.
- Touch to Separate: Attacker can also take a bigger first touch to separate themselves from the defender. The attacker would then turn and face up the defender to beat them 1v1.



Topic

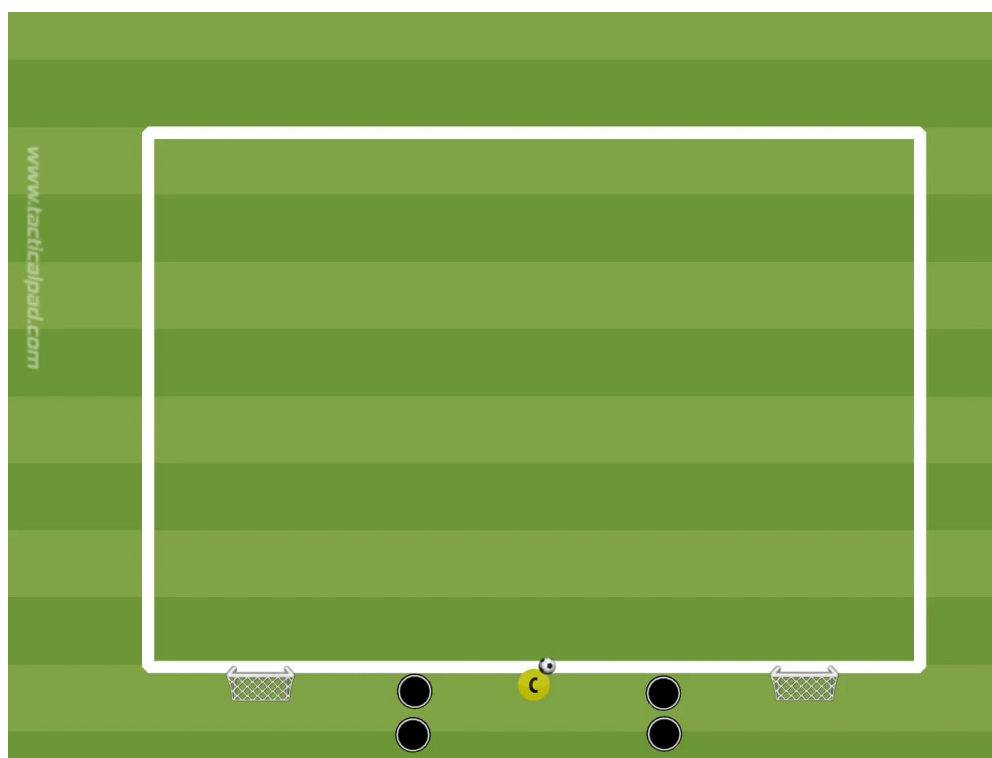
Pressure from Behind

Time

25% - 15 mins / 22 mins

Space/Equipment

Balls
2 PUGs
20-yard grid



Explanation

- Split players into 2 teams, both teams start next to the coach.
- Coach plays the ball forward to start.
- Players play a 1v1, now at 100% pressure.
- Players can score in any goals.

Coaching Points

- Body across: The player's priority should be to get their body across the opposite player and then protect the ball.
- Separate vs Wriggle: Players now need to decide whether to take a touch to separate, or wriggle and beat the defender with a turn.

Progression

- Number the players and call the numbers to start. This adds an element of reaction to the game.