



**AMHERST SOCCER ASSOCIATION  
DIRECTOR OF COACHING LESSON PLAN**



**Topic: Pressing**

**Coach: Adrian Parrish**

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p><b>Pass &amp; Follow</b> Divide the team into 3 equal groups. Spread the player on the outside of the area. Players can not pass to a player on their own team. Once they pass the ball in they follow their pass.</p> <p><b>Progression</b> Add an extra ball Play a give and go Play to somebody but change with a different player.</p>	<ul style="list-style-type: none"> <li>* Technique of Passing</li> <li>* First Touch leads you into your pass</li> <li>* Know where you are passing the ball before you receive it</li> </ul>
<p align="center"><b>MATCH RELATED ACTIVITY</b></p>	<p><b>6 v 3</b> Keeping the group in 3 equal teams, two teams on the outside, one in the middle. The aim is for the team in the middle to win it back as quickly as possible. The team that makes the mistake then goes into the middle to defend</p>	<ul style="list-style-type: none"> <li>* Press as a unit</li> <li>* Immediate Chase</li> <li>* Pressure &amp; Cover</li> <li>* Pick and choose the moments on when to go and win the ball</li> <li>* On winning the ball secure the pass</li> </ul>
<p align="center"><b>MATCH RELATED ACTIVITY</b></p>	<p><b>5v4, Stay out of our Zone</b> 5 Defenders plus a GK must attempt to break down the 4 Attackers and score in their 2 counter goals. If the attackers gain possession they try to score in the big goal. If the lose possession in the attacking third they must track back to their own zone and defend it by reshaping.</p>	<ul style="list-style-type: none"> <li>* Defensive Team Shape</li> <li>* Slide across as the ball moves across</li> <li>* Pressure</li> <li>* Cover</li> <li>* Balance</li> <li>* Communication</li> <li>* Quick Counter Attacks</li> </ul>
<p align="center"><b>MATCH CONDITION ACTIVITY</b></p>	<p><b>5 V 5 Scrimmage including GK</b> Still remaining with the Pressure Defensive Topic, set the team up into a 5 v 5 scrimmage. Also on the field you may wish to set up lines as suggestions of when the players should confront the opponent with the ball</p>	<ul style="list-style-type: none"> <li>* All of the above</li> <li>* Do not over coach in the game, allow the players to play</li> </ul>
<p align="center"><b>COOL DOWN</b></p>	<p>Dribble in an area and stretch</p>	