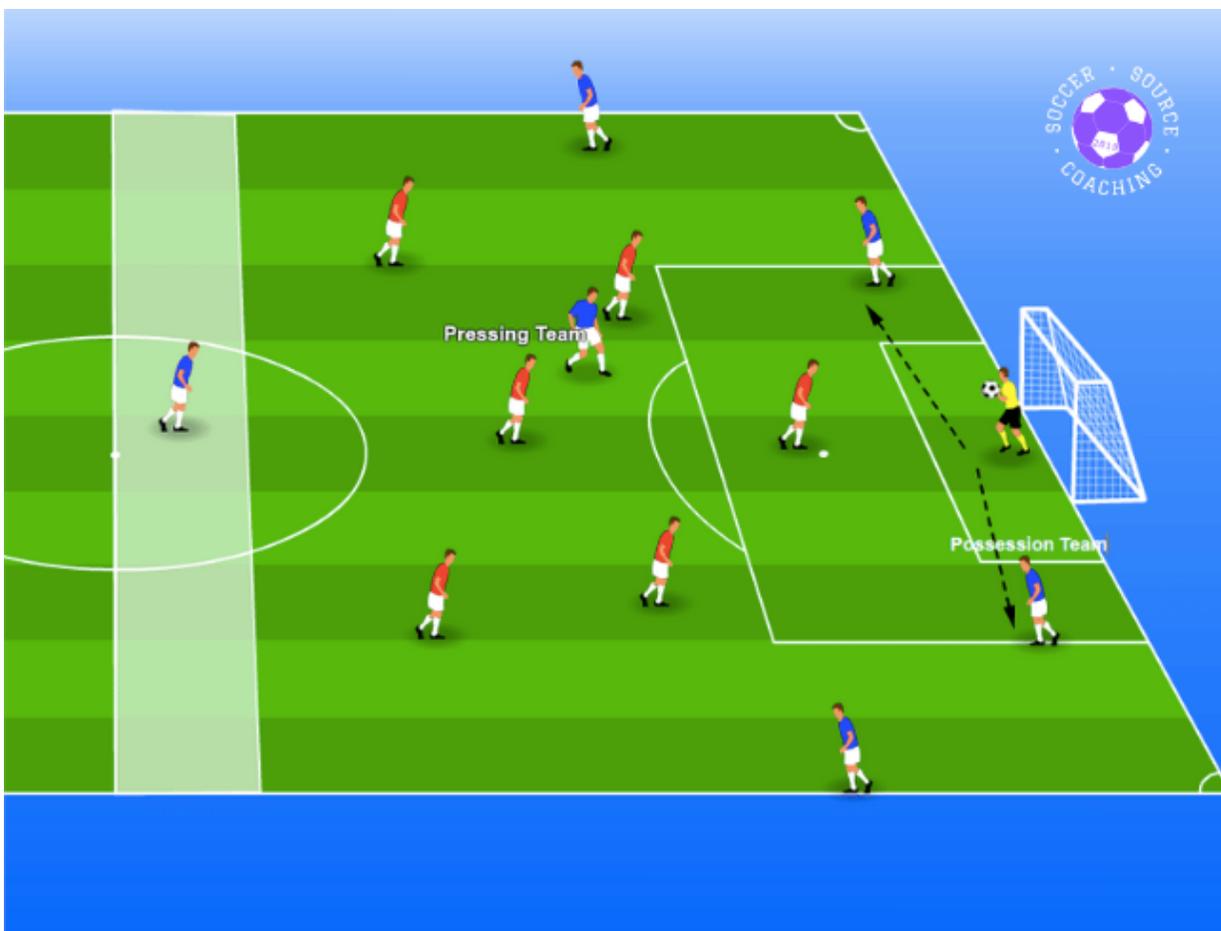


# Defensive shape drill for pressing high



## How it works

For this drill, the opposition will start with the ball from the goalkeeper.

They must try to beat the press and get the ball to their target player in the endzone on the halfway line.

The opposition team will 1 point if they manage this. If the pressing team is able to force the opposition out of bounds (regardless of who it touches last) they will get 1 point.

If they can gain possession of the ball and score a goal the goal will be worth 3 points.

Once the phase of play comes to an end (reaching the target player, the goal scored, or out of bounds) the restart will always start from the opposition goalkeeper.

## Coaching points

- Look for triggers to press, such as a bad touch or defenders looking hesitant on the ball
- Players should press together, If one player presses and their teammates do not, then the press will fail.
- Force the defenders to play in certain areas by blocking off passing lanes.

## Questions

- When should you press as a defensive unit?
- What happens if only one person presses instead of the team?
- How can you force defenders to play in certain areas and force mistakes?

## Purpose

The purpose of this soccer drill is to help your team to remain compact and tough to break down when the opposition has possession of the ball in your half.

## Set up

- The size of the area should be just over half the size of the field dimensions players use for their age group
- Realistic team sizes
- End zone for the striker
- 1 goal
- 1 soccer ball

**Advanced**