

5 April 2023

Coach Name: Liam Lacy

Session Duration: 90 Mins

Pressing

3-5-2

Component 1

7v7 + GK

Time:



Organization

- Width of field is pinched in 5-10yds on each side (adapt if needed)
- Length of field is 10yds into the opposition half (adapt if needed)
- Initially play 7v7 with GK, with servers playing the ball in from half to GK or build out from goal kick
- Blue team to try and win ball and counter to full size goal
- Red team to play to 3 x small counter goals - initially have to score in zone between halfway & goals

Progression / Scenarios

- Red server can be added for additional challenge - 8v7 to build out
- Blue servers can rotate in for forwards to ensure pressing intensity stays high
- Remove zone to finish in for build out team - can score from any area
- Consider use of countdown from moment of winning ball in press - finish in 8 seconds

Objectives / Coaching Points

- Possible triggers to press - pass backwards, poor touch, pass to back foot, loose ball
- Angle of press - push to sideline / wide - cut off ball back to CB & GK (more difficult)
- Mark on ball side of opponent to make pass difficult and be able to intercept
- Intensity of pressing action - if going to win ball, do so aggressively and with intent
- Collective effort - if CF decides to press, all players are to go as a unit - nearest player to ball triggers press
- Stay in compact shape, with ball in front of us - protect the target goals

Component 2

9v9 Conditioned Game

Time:



Organization

- 2 x full size goals - field is 25yds into opposite half
- Play full width (pinch sidelines in only if needed)
- 8v8 on field with 2 x GK's
- Blue team (primary team) play 1-5-2
- Red team (secondary team) play 4-3-1

Conditions / Scenarios

- Red team can only score when over the half way line (end zone - encourages possession / build out)
- Blue team have either 8 seconds or 8 touches to score on winning the ball
- Remove conditions for free play

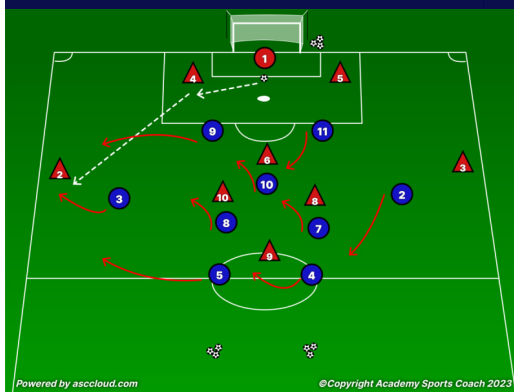
Objectives / Coaching Points

- Press as high up the field as possible in first 10 minutes - line of confrontation is in attacking third
- Ensure CF does not press in isolation - if nearest defender decides to press then teammates need to support through connected and collective movement
- CB or CM (decide based off personality) to dictate moment to press (HM is ideal position for this as they can pressing unit in front)
- WB's to start inside and jump out on ball to FB - avoid overcommitting wide in initial movement
- CF (#11) may need to take HM (#6) if they drop back deep to help with build out

Phase of Play

8v9 + GK Phase(s) of Play

Time:



Organization

- 9v8 + GK - Working in Middle & Attacking Third (2 x options in each)
- Blue team play to full size goal - 2-5-2 (3rd CB removed)
- Red team play over line under control - GK-4-3-1 (WF removed - may remove FB and add WF on one side)

Option 1

- Pressing from a Goal Kick (Attacking Third)

Option 2

- Pressing from GK Distribution (Attacking Third)

Option 3 (Opposition GK out - RF added)

- Pressing from Mid Block (Middle to Attacking Third - Central)

Option 4 (Opposition GK out - RF added)

- Pressing from Mid Block (Middle to Attacking Third - Wide)

Objective / Coaching Points

- Included in Phase of Play descriptions and as above
- Consider cutting off one side of field and adding additional players on that side (e.g blue CB & red WF).

11v11 Game

3-5-2 v 4-3-3

Time:



Organization

- Full Field - play 2 x 12 mins with 1 min coaching break
- Blue team (primary team) to play 3-5-2 - players in same positions as Component #1, Component #2 and Phase of Play
- Red team (secondary team) to play 4-3-3 - can change the configuration of the midfield (1-2 or 2-1) to challenge the CM's to mark up.

Objectives / Coaching Points

- Individual, unit and team coaching points as in Component #1, Component #2 and Phase of Play

Other

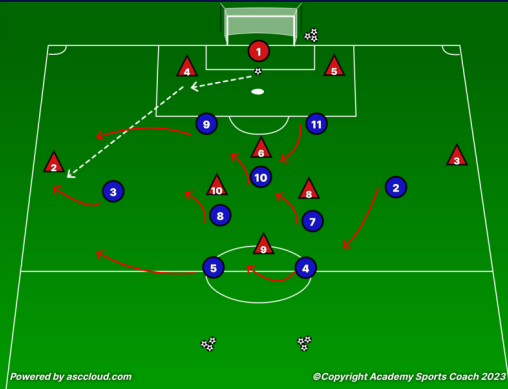
- Coaching Style - possibly need to bring intensity to game to help team get through the workload needed (energy to reflect the press)
- Coaching Position - position in the game to encourage individuals and provide

Phase of Play Options

Option 1

Pressing from a Goal Kick (Attacking Third)

5-6 Mins



Option #1 - Pressing from a Goal Kick (Attacking Third)

- 1) CF's (#9 & #11) start on top of box in line with edge of 6yds box
- 2) As GK plays to CB (#4), CF (#9) begins to angle run to force to outside
- 3) As ball travels from CB (#4), WB (#3) can jump out to press / win (if distance is correct and weight on the ball allows it)
- 4) CF (#9) will approach from behind and cut off the ball back to CB. CM's will lock on to ball side of opposition to potentially intercept if loose pass is played inside. Opposite CF (#11) will drop back in to add compactness and possibly mark in front of HM (#6)

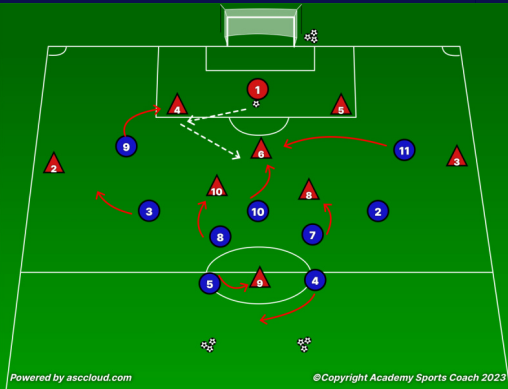
'What If' - CF (#9) doesn't cut off return ball to CB (#4) and he attempts to play across to opposite CB (#5) through GK

Solution: CF (#11) can jump out from cover position and angle to try and keep ball

Option 2

Pressing from GK Distribution (Attacking Third)

5-6 Mins



Option #2 - Pressing from GK Distribution (Attacking Third)

- 1) CF's (#9 & #11) start on outside of CB's position to angle in on ball from GK
- 2) As GK plays to CB (#4), CF (#9) approaches from side and forces CB inside
- 3) As CB (#4) plays into HM (#6), ACM (#10) presses out to force back. Opposite CF (#11) presses from side to cut off switch. If ball is played back to GK, CF (#11) may decide to go press and force long or mistake if pass is poor.
- 4) CM's lock on to opposition CM's behind and WB's are responsible for FB's if ball is played out. CB's mark on CF and other covers in behind in case of long ball.

'What If' - ACM (#10) is slow to get up to HM (#6) and he receives to get turned to play forward.

Solution: WB's stay inside and compact the center of the field. Either of the other CM's can jump up to press and WB can mark centrally. CB's to drop incase of direct

Option 3

Pressing from Mid Block (Central - Middle to Attacking Third)

5-6 Mins



Option #3 - Pressing from Mid Block (Central to Attacking Third)

- 1) RB (#2) draws pressure from CF (#9) and plays into RCB (#4). CM (#10) has stepped to press but CB has played into HM (#6) who is facing forward.
- 2) CM's (#8 & #7) have to hold position on their men. RWB (#2) has to be recover centrally to CM position to allow CM to move out to press HM.
- 3) CF (#11) and CM (#10) should be working back to press from other side (#11) and help centrally (#10).
- 4) Far side LWB should drop to move into position to drop into back line if ball is advanced.

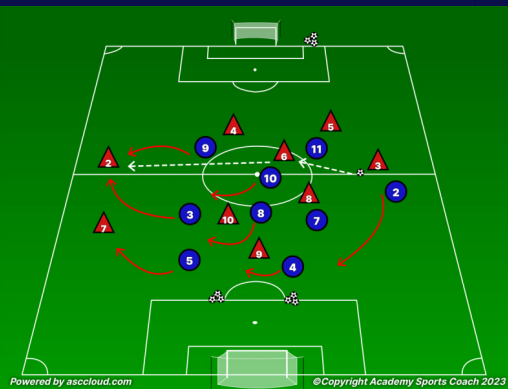
'What If' - Opposition HM (#6) can play forward and finds feet of CM (#8).

Solution: CM (#7) should lock tight and press back. Make physical contact if needed to unbalance and make them play to CB or FB. RWB (#2) can double to

Option 4

Pressing from Mid Block (Wide - Middle to Attacking Third)

5-6 Mins



Option #4 - Pressing from Mid Block (Wide - Middle to Attacking Third)

- 1) Opposition LB (#3) is able to play inside to HM (#6) who switches ball out to opposite FB (#2) (Initial press / shape is on right side).
- 2) CM (#10) is too far to press HM so drops to screen ball into ACM or CF.
- 3) WB (#3) sprints out from more central position and angles run to cut off line ball and force back / win ball.
- 4) If WB can force ball back, CF (#9) can double up from in front and force FB into pressure.

'What If' - WB (#3) is too late to cut off line ball to RB and he plays down line into RF (#7).

Solution: LCB (#5) should be already moving over to cover position for WB (#3) so he can continue run and press ball as it arrives at RF. WB can then turn and run

Name: Liam Lacy	Coach ID:
UEFA A Licence	Topic: Pressing in a 3-5-2
5 April 2023	Venue: IMG Academy, Florida

Which parts of the session did you feel went well?

Component #1 - 7v7 + GK

- Lots of success in the pressing actions initially but this was partly due to the quality from the build out team rather than what we were doing. The 2 x CF's (#9 & #11) brought a great intensity to the session and embraced the work we were asking them to do (for most of the session anyway). They were winning balls simply through being aggressive in their actions and taking the final step through on to the CB's who were taking too long on the ball.

Component #2 - 9v9 Conditioned Game

- The 8 touch restriction was a challenge for the boys at first but actually led them to attempt to play forward more quickly on winning the ball (probably even more so than the 8 second count down which I didn't expect). The quality was not always there but you could see the intention.

Phase of Play - 8v9 + GK

- The pressing structure in Option #1 & #2 worked well. Using the lines of the field as the reference points seemed to help the CF's (on edge of box, in line with 6yd box was clear instructions to follow). The high position allowed for immediate pressure on the ball and caused some issues for the build out team. Worth considering that if lining up like this in a game, the opposition may play long and direct rather than attempt to build out.

Which parts of the session did you find to be challenging?

Component #1 - 7v7 + GK

- Had to coach the build out team initially as the ball movement was too slow to replicate the game. Positioning was also too close so there was success from the pressing team but they did not have to cover the distances they would have to cover against a high level opponent at the weekend. Once the ball movement and shape was sorted I was then able to address the primary team more.

Component #2 - 9v9 Conditioned Game

- As the two boys who were playing WB are usually FB's within our usual system they struggled at times with their starting position and the distance to press from a more central position. The RWB in particular wanted to start from a deeper position in front of the FB rather than higher up the field. Although they weren't in the game I explained we had to be brave at times and play 3v3 at the back (3 x CB's v 3 x Forwards) so the WB on one side could go and the other had to drop to balance off.

Phase of Play - 8v9 + GK

- By introducing the RF in options #3 & #4, our LWB had to drop back to cover this (if LCB stayed more central in 2v1 on CF). This meant the opposition RB was receiving more of the ball and our CF (#9) was trying to press out but the distance was too big and they were getting played around. In the game the better solution will likely be the LCB to step wider to deal with the RF and the LWB to push on to the FB.

What might you change for future sessions?

Component #1 - 7v7 + GK

- Address the build out team from earlier within the activity to get the quality and ball movement need to replicate the game.
- Ask the build out team to use specific game concepts such as switching the play on a longer diagonal. We pressed well and won the ball but there were times when the diagonal out to the far side full back was on and I should've highlighted this to the build out team and then coached the secondary press rather than keep going with the success we had on picking off the short passes in to FB's or CM's.

Component #2 - 9v9 Conditioned Game

- Need to play around with the touch limit and second countdown. As much as it worked I am not sure what the optimum number is (some professional teams train to 6 seconds I think). The principle of getting to goal as quickly as possible with quality is probably more important than the actual count but it needs to be as game specific as possible (maybe 6 from attacking third and 8 from middle third?).

Phase of Play - 8v9 + GK

- Need to consider the physical demands of pressing on the CF's in particular. It is probably not realistic to ask them to cover a couple of the bigger runs asked for (especially when they would get there, be isolated and be played around at times). Need to get the starting distances right in relation to the game (i.e asking the CF to press to press out to the RB in option #4 may be too far if they are starting centrally).

Three Personal Improvement Goals?

1. Address the secondary (build out) team earlier in the session. Make sure the opposition are doing what they need to do consistently before focusing in on our main theme. Always consider why we are having success within the session (is it what we are doing / coaching or is it what the secondary / opposition team are or are not doing effectively that is leading to that outcome?).
2. Link the session theme to an objective outcome. For example in a pressing session, how many times do we win back possession in the attacking third (if that is the aim)? How many times do these regains end up in a chance / shot / goal? Use the objective analysis alongside the video to highlight specific elements of the session that went well or were poor.
3. Pressing from goal kicks is easy to identify and coach as it is a dead ball situation. Spend more time considering what the in game scenarios and points are (e.g live play). If the press is broken, where are our recovery runs to? (as a rule, diagonally back towards the goal but may be that we can go and double to win the ball - e.g CM out to support WB on FB in 2v1 situation).