

## Pressing Exercise

1. 2 teams attacking two goals. Split the field in half with a few cones.
  2. The goal of this game is to keep the team in possession to one side of the field, while denying penetrating runs and passes towards goal. The defending team should press high up the field and force wide and use the sideline as an extra defender.
- Goals can be scored by switching the field across the cone line, or scoring in a goal.



**Emphasize Speed of approach (pressing is rapid but thoughtful), angle of approach, tackling techniques, direction to force, body position, and tenacity.**

**Players should keep pressure on the ball and players in midfield should be tightly marked.**

**The team should stay compact and move together to press. When pressure is applied properly, the man on the far side of the field will seem open, but will not be able to get a pass due to the pressure on the man with the ball.**