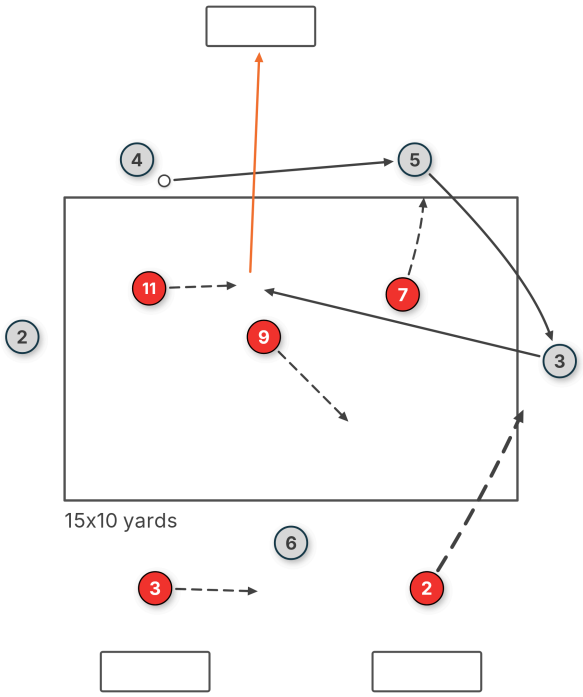
DEFENDING · MIDDLE THIRD · EXERCISE 1

5V5 WITH 3 SMALL GOALS

Session: Pressing CBs with Wingers



SPACE	PLAYERS	SETS	WORK	REST	TOTAL
15x10 yds	5v5	4	2.5 min	1.5 min	16 min

SETUP

Play starts with the 4. The opposing team's 4, 5, 2, 3 and 6 stay outside a 15x10 grid and play 5v3 around the focus team's 11, 9 and 7, who press inside. The focus team's fullbacks (2 and 3) start outside the bottom of the grid, shielding 2 small goals 5 yards back. The opposing team can score in those goals after 3 passes; the count restarts every time a defender touches the ball. When the ball goes to the opposing fullback on their side, the focus fullback steps in to press, and the other fullback shifts across to protect the strong-side goal. The focus team scores in 1 small goal 5 yards beyond the top of the grid. In the diagram, the opposing 3's pass inside goes to the focus team's 11, who shoots at the top goal, and the 9 moves toward the bottom right.

FOCUS TEAM'S OBJECTIVE

Press high and win the ball early. Recognize the moments the opposing fullback is free and step with the fullbacks to press. Use the fullbacks behind the line to block shots into the small goals.

WHAT OPPONENT FOCUSES ON

Moving the ball quickly to complete 3 passes before scoring in the 2 small goals.

KEY COACHING POINTS

- Angle of press.
- Time of press.
- Communication.

POSSIBLE VARIATIONS

Make the grid larger and put a neutral inside the grid.

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