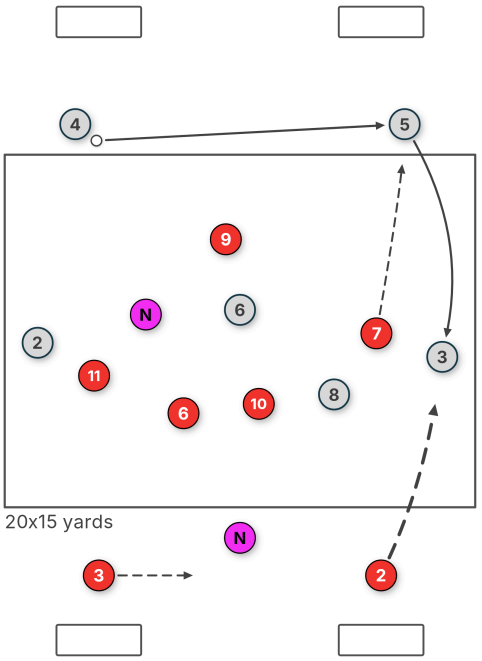
DEFENDING · MIDDLE THIRD · EXERCISE 2

6V7 PLUS 2 WITH 4 SMALL GOALS

Session: Pressing CBs with Wingers



SPACE	PLAYERS	SETS	WORK	REST	TOTAL
20x15 yds	6v7+2	4	4 min	2 min	24 min

SETUP

Play starts with the 4. The opposing team's 4 and 5 stay outside the top of a 20x15 grid, and the focus team can press them there. Inside the grid, the opposing team (2, 6, 8, 3), a neutral inside and a neutral on the bottom line play 6v5 against the focus team's 11, 9, 6, 10 and 7. The focus team's fullbacks (2 and 3) wait outside the bottom of the grid, shielding 2 small goals 5 yards back. The opposing team scores in those goals after 3 passes. The focus team attacks 2 small goals 5 yards beyond the top of the grid. The neutrals play with the team in possession; the bottom neutral can move along his line but does not enter the grid.

FOCUS TEAM'S OBJECTIVE

Deny shooting opportunities into the small goals. When the winger presses one of the center backs outside the grid, the fullback on that side steps to press the free fullback, and the other fullback shifts across to help shield that goal.

WHAT OPPONENT FOCUSES ON

Moving the ball quickly to break the press and score in either of the 2 small goals after 3 passes.

KEY COACHING POINTS

- Timing of press.
- Angle of press.
- Communication.

POSSIBLE VARIATIONS

If it is too easy for the opposing team to score, remove the neutral from the middle of the grid.

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