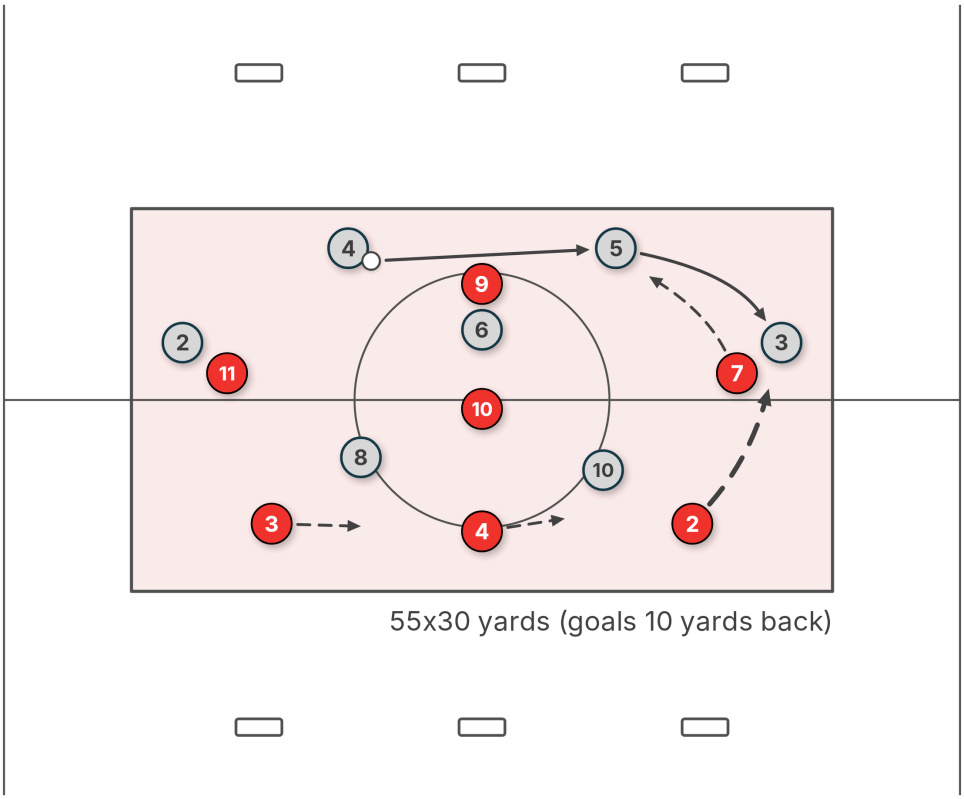
DEFENDING · MIDDLE THIRD · EXERCISE 3

7V7 WITH 6 SMALL GOALS

Session: Pressing CBs with Wingers



SPACE	PLAYERS	SETS	WORK	REST	TOTAL
55x30 yds	7v7	3	5 min	2 min	21 min

SETUP

Play starts with the 4. Teams play 7v7 inside a 55x30 grid, with 3 small goals 10 yards beyond each end. The opposing team (4, 5, 2, 6, 3, 8, 10) can break out of the grid after 3 passes to score in the 3 small goals it attacks. The focus team (9, 11, 10, 7, 2, 4, 3) can break out as soon as it wins the ball. Teams break out by dribbling or with a penetrating pass. Once a team breaks out, all players may leave the grid, and everyone returns to their starting positions before play restarts.

FOCUS TEAM'S OBJECTIVE

Press quickly and win the ball back. Pay particular attention to the moments the wingers press the center backs, and use the free defender to jump to the strong-side fullback.

WHAT OPPONENT FOCUSES ON

Moving the ball quickly to penetrate the press, break out of the grid and score in the 3 small goals.

KEY COACHING POINTS

- Timing of press.
- Angle of press.
- Speed of play.

POSSIBLE VARIATIONS

Add neutrals inside or outside the grid, depending on the problem the teams are facing.

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