



Notes:

Dimensions: 20 x 30 Yard Area played width ways. 3 Defenders against 3 attackers and one feeding player, keep a supply of balls near the feeder.

How to: This can be played at half speed to begin with, with no contact between defender and attacker. The feeder plays the ball into an attacker who stops the ball and holds it up, the defenders must move quickly to assume the roles of first, second and third defender. The attacker then passes back to the feeder who passes in again to another attacker. Defenders adjust positions and roles accordingly.

Coaching Points: Communication and knowing your role. If you're closest to the ball, go to it and close the player down, the other two defenders should move to close space in behind you and cut out passing channels to the other attackers. Slide over as a unit if the point of attack switches. Remember to compact the areas around the ball whilst remaining aware of off the ball runs

Progressions: Free play pressing. Defenders cannot take the ball away from the attacker but the moment they get touch tight to the player in possession they must pass away to another attacker.



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