

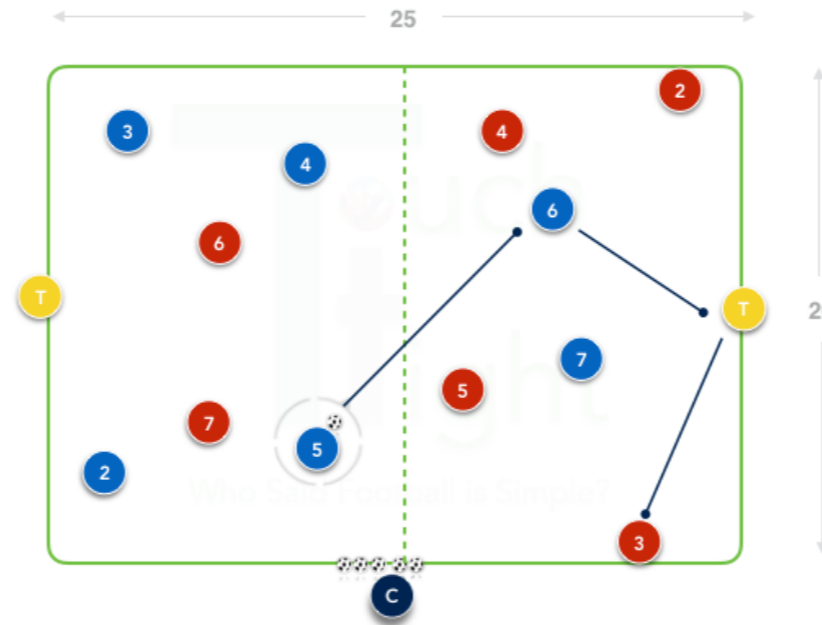
4 v 2 Pressure Transfer

1

Organisation

20 x 25 Yard area, split into 2 halves. Each area has a 4 v 2 with 4 players target to transfer possession to 2 teammates in opposite half to then hit target player at end to recycle.

if defending team win possession they must aim to transfer to opposite side



Key Coaching Point

Passing quality must be accurate and correct weight to break lines.

Body shape to play on the half turn

Creating large angles to create space and time for yourself and others

Football Practice Set Up:

This 4 v 2 practice possession practice is played in an area 30 x 20 and has 2 halves with a target player either end. We develop player's ability to play forward passes into target players and support attacking play with effective movement. Our football coach focus is on identifying where players need to be patient and creative in possession.

Player Focus

Passing Weight/Direction - Vision Playing Forward - Support Play - Rotation - Creativity

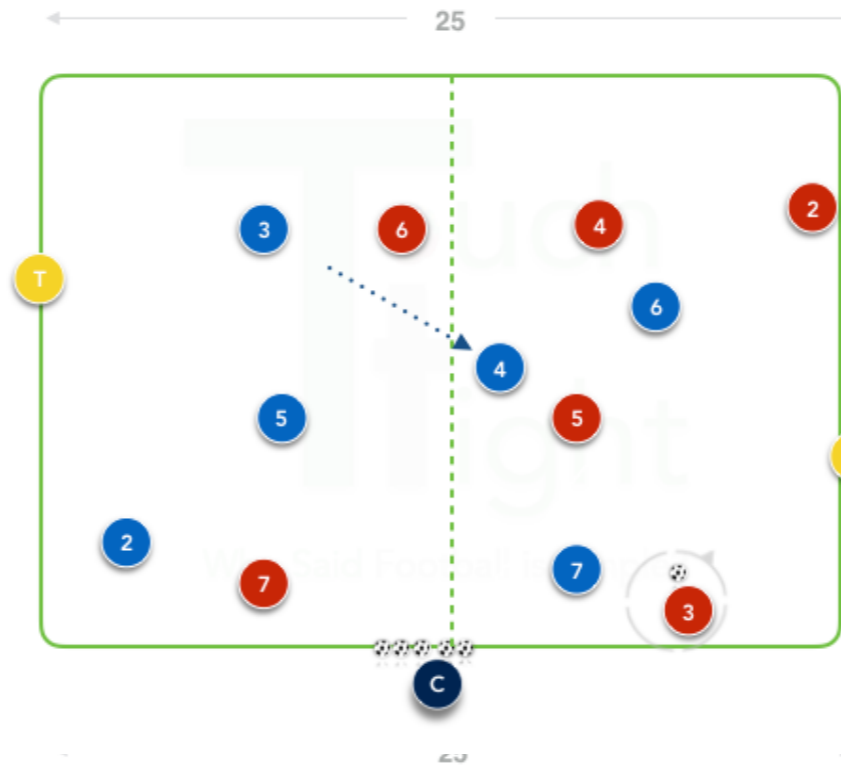
Progressions 1 & 2

2

Progression 1

Extra defender can press to create 4 v 3

This leaves 3 v 2 in opposite half and so players need to weigh up risks here



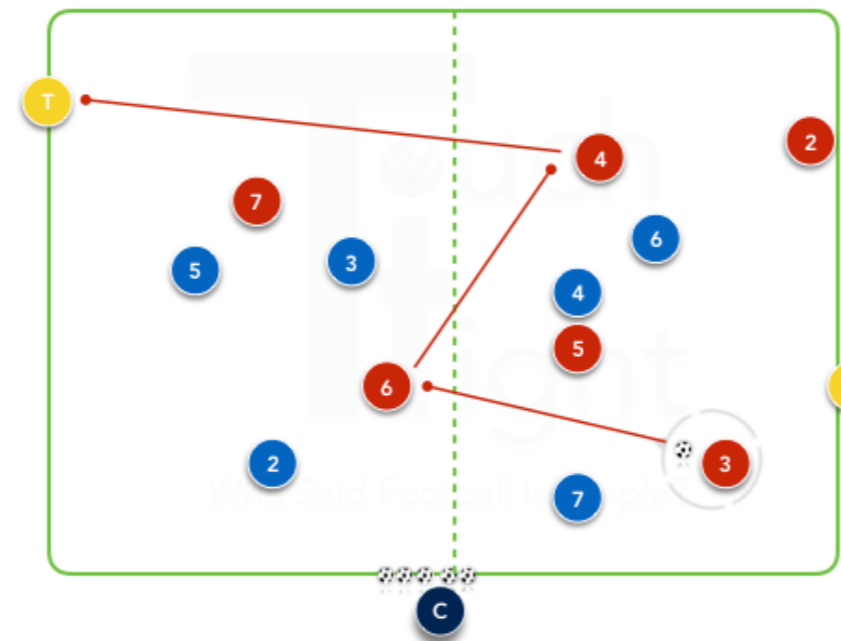
Coaching Points

Quicker Passing when pressed
Recognition of additional pressure
Recognition of additional space in 3 v 2 in opposite half

3

Progression 2

Receiving player in opposite half now must bounce to support player who must play through to opposite end



Coaching Points

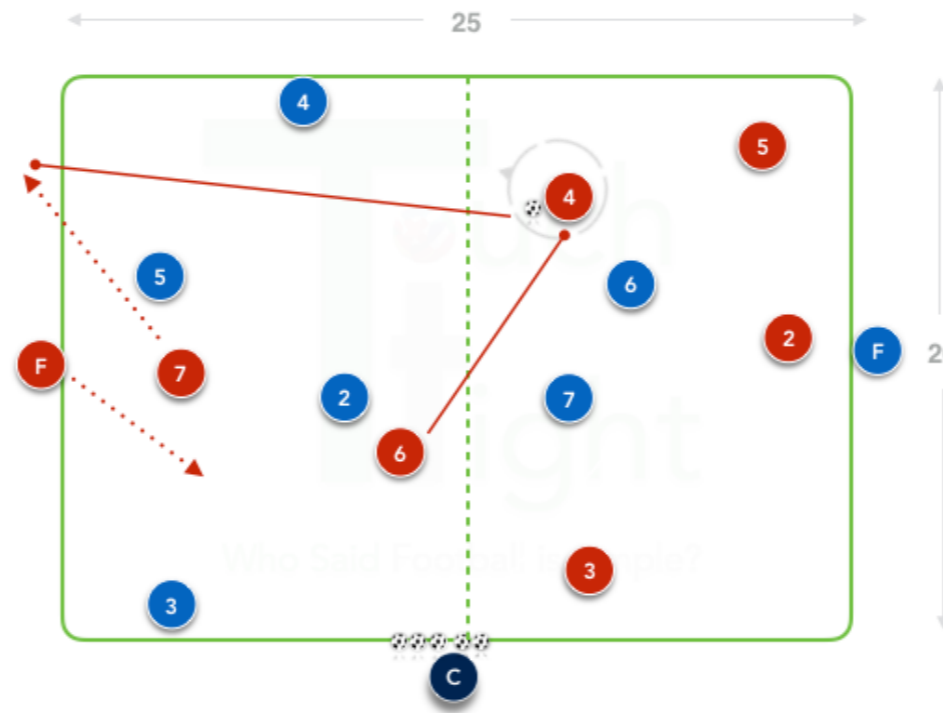
Increased challenge to support first pass
Target player must now use space in behind defensive line
Improved passing quality required.

Progression 3

3

Progression 3

End players must now rotate when player ready to pass to end zone. This will raise paired understanding of movement between attacking players



Coaching Points

Verbal and non verbal comms. to rotate
Timing of movement and pass to reach target
Passer improved awareness of space

Touchtight Tips

The football coach must ensure the practice flows when using 2 balls and, and this should only be done with advanced groups. With grassroots or younger teams, use 1 ball in this football practice and focus on creating space for self and others to play forward and be confident in possession.

Rationale:

This can be used to focus on the final pass to create opportunities, or for the team to break the line in the middle and attacking thirds. By developing confidence in forward passes, individual players and units become more creative and work out when to advance and when to retain possession to move opposition around.

SPACE: Interventions regarding space, can focus on width and depth to create space for self and others, playing on the half turn if possible

TIME: Could condition both groups to play through within 6 seconds for example, or set 2 minutes to see how many transfers teams can make.

EQUIPMENT: Could introduce mini goals for support players to score from target player. 1 or 2 balls depending on quality of the group.

PLAYER: Could vary overloads depending on numbers in the group, 1.e. 5 v 3 or could even have 1 floater within each area in addition to the end target players.