PRACTICE OVERVIEW

LEVEL

- U8-U11

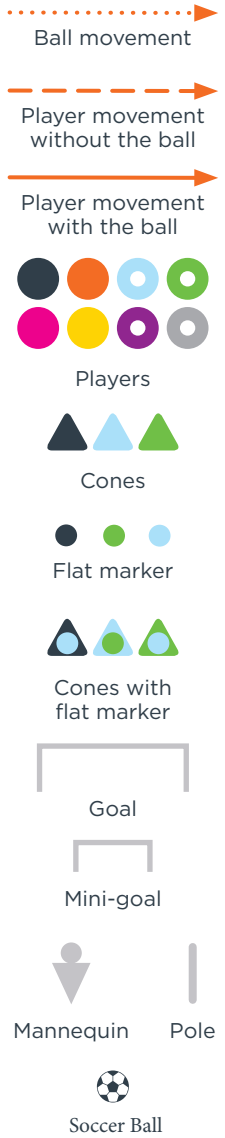
PRINCIPLES OF PLAY

- Running with the ball
- Recognising space
- Speed

1v1 PRESSURE FROM BEHIND

- This practice focuses on players' ability to go forward while under pressure from behind.
- Can the attacker maintain their composure to still travel at speed?

KEY



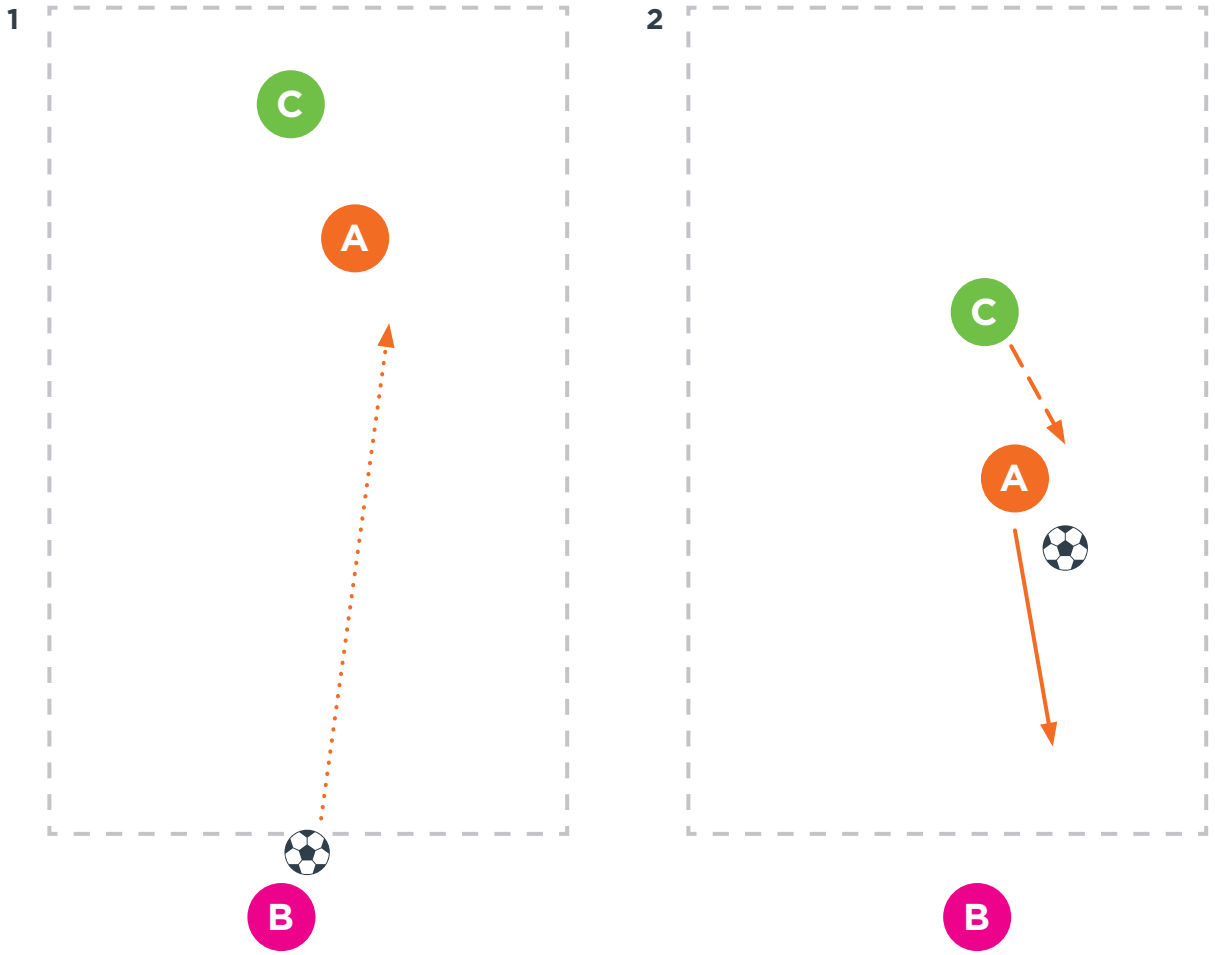
1v1 PRESSURE FROM BEHIND

FUNCTION

- This practice is an opposed practice.
- **Player B** passes to **Player A**, as illustrated in **Diagram 1**.
- **Player A** then attempts to dribble at speed towards the end line – the same end line that **Player B** passed from.
- As **Player A** takes their first touch from the pass, **Player C** becomes a live defender and plays as a recovering defender, trying to stop **Player A** reaching the end line. This is illustrated in **Diagram 2**.
- If **Player C** is successful and wins the ball back, they then attempt to dribble towards the opposite end line.
- Once a player runs over the end line or the ball leaves the grid, the players rotate. **Player A** takes the place of **Player C**, **Player C** becomes **Player B** and **Player B** shifts to become **Player A**. The order of roles is attack, defend, rest.

PROGRESSIONS

- Progress the practice by adjusting the pass angle or starting from different sides of the grid.
- Alternatively, add in mini-goals for attackers to finish in, if available.
- Finally, allow the defender to become live as soon as the pass is played rather than after the attacker takes their first touch.



1v1 PRESSURE FROM BEHIND

COACHING DETAIL: TECHNICAL

TYPES OF TOUCH

- It is key during counter-attacks that players can travel over distance at high speeds. Lots of small touches will slow players down, whereas one longer touch over the same distance will allow for the same distance to be covered quicker.
- When the players are running at high speeds, advise using the outside of the foot to take touches. This allows for the player to maintain their speed and keeps running movements more efficient.

USE OF HIPS

- Keeping hips and shoulders between the ball and the recovering defender will allow the attacker to shield the ball from tackles.

COACHING DETAIL: TACTICAL

PRACTICE LAYOUT

- The practice is designed to allow for high pressure from behind. Although you can progress to allow the defender to become live earlier than the first touch, it is no bad thing if the defending player is ‘cheating’. This allows for realistic scenarios to occur.
- It is advisable to allow players to fully sprint over the end line and not be in immediate control of the ball (stopping the ball on the line). The coach needs to encourage speed and powerful runs in possession. which means at times players will overrun the ball.