



## Retreat Before Pressing Game

**Category:** Tactical: Defensive principles  
**Difficulty:** Moderate

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### Description

good exercise for working your with your players teaching them when to close the ball down and to get back goalside before we begin pressing as a unit

### Screen 1 (20 mins)

**Organization** - two even teams plus keepers or end players - good supply of pumped up footballs at each end and a few with the coach positioned at the side - if there are uneven teams use one floating player that plays on both teams

**Field Set up** - grid size width of the 18yd box to edge of the D in the half - grid size is dependent on the number of available players - mark a very clear halfway(retreat) line

**Detail** - the practice starts with a basic game - as soon as a team has scored or had a shot that's missed the goal (in the diagram above it's the blue team) the entire team has to sprint back to the retreat line before they can step forward to begin pressing the ball - now the blue team have to determine who is the closest to the ball to press the ball - with the rest of the team getting organized beside/behind to make the pressure consistent from back to front and side to side - as the ball is passed from red to red the blues adjust accordingly - we must try to keep the pressure as game related as possible

**Progressions** - allow the ball to be played a few times by the reds before the blues begin their pressure - as soon as the ball is played into a certain area the pressure is now very quick and intense with the whole group working as a team

**Competencies** - working well in pairs/ groups - communication as to when the pressure begins and when to drop off - angled first pressure with the players on the opposite side of the ball tucked in more centrally keeping the team compact - this works with our playing model

