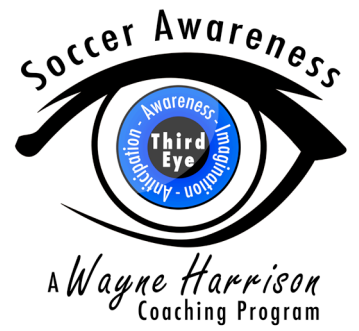




# Wayne Harrison

presents

## Exclusive eBook Series



## Soccer Awareness Training

# Defensive Pressing to Push Up Without Touching the Ball



## ABOUT WAYNE HARRISON

- Ex-Professional Player with Blackpool; England and Oulu Palloseura; Finland
- Represented Great Britain in the World Student Games in Mexico
- Bachelors of Arts in Sports Psychology
- UEFA 'A' License 1996
- NSCAA Premier Diploma holder
- Author of 14 Coaching Books and 4 DVD's
- DOC for Al Ain Soccer Club; United Arab Emirates; Middle East; 7 Youth National Championships in 2 years at Professional level
- Proponent of Soccer Awareness One Touch Developmental Training
- Owner Soccer Awareness Developmental Training programs

This is a great session to teach the players and shows how they can push opponents back even when THE OPPONENTS have the ball.

We will try to push them back without even touching the ball ourselves. We start on the edge of our box we try to get our back three up to the half way line. Set Conditions will help us do this to start the process off.

### **Conditions:**

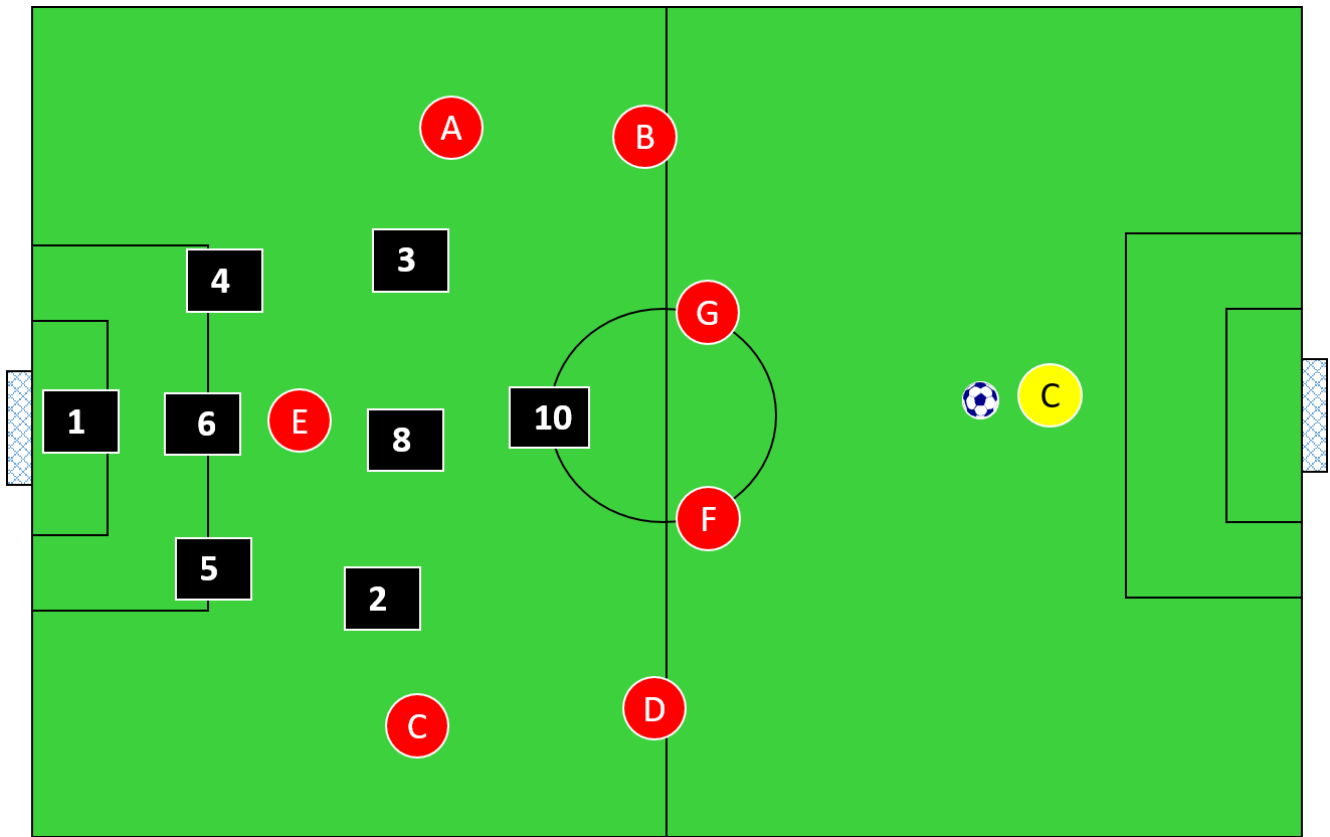
1. Defending team cannot tackle.
2. Defending team CAN intercept a pass.
3. Attacking team must play 1 or 2 touches due to the fact defenders cannot tackle so opponents cant dribble 1 v 1.

### **Coaching Points:**

1. Defenders press the ball as quickly as possible.
2. Try to stop the forward pass, try to force a pass across the field or backwards.
3. Defenders must recognize every opportunity to push up no matter how small a distance it may be.
4. Sometimes its 5 yards up 3 yards back for example depending on the position of ball and if there is pressure on it.
5. Try to intercept the pass and gain possession.

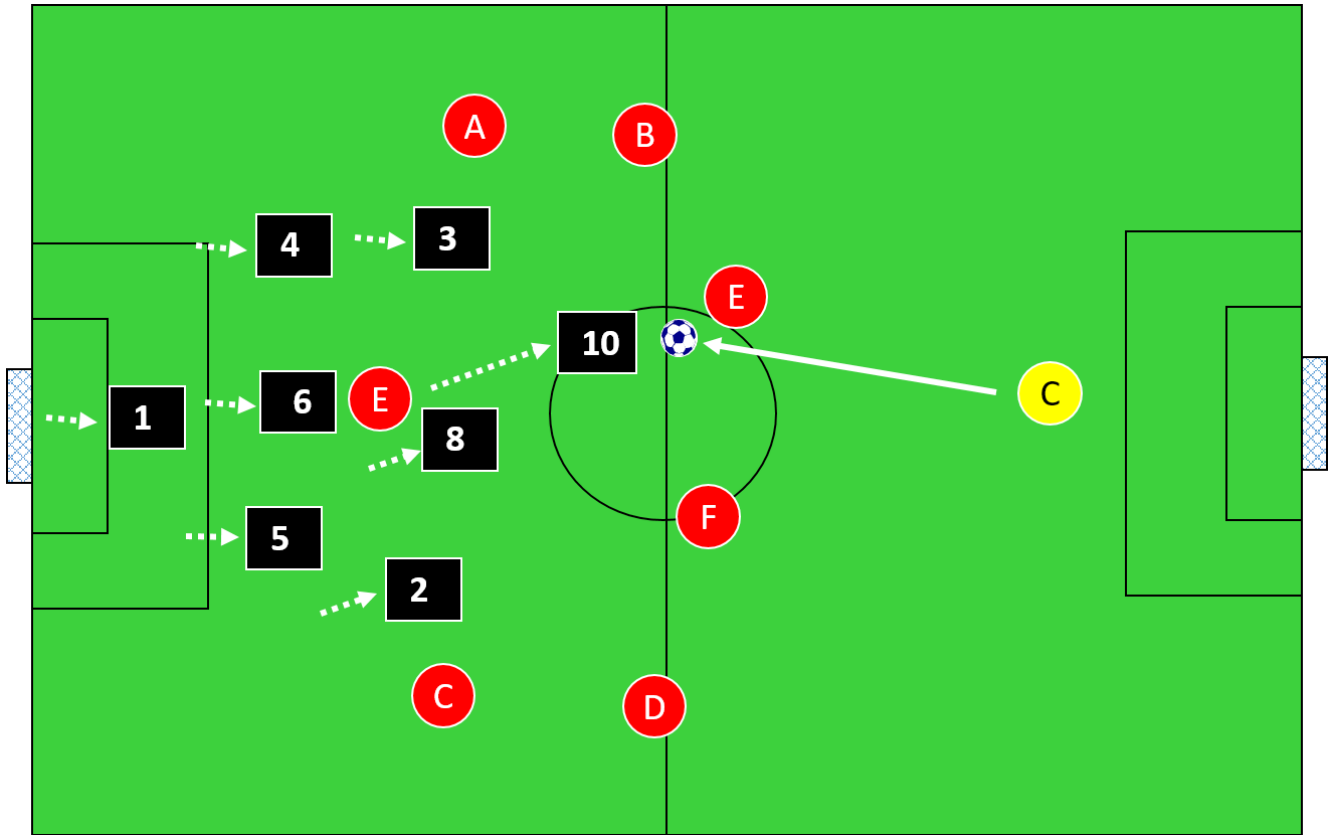


## Defensive pressing to push up without touching the ball



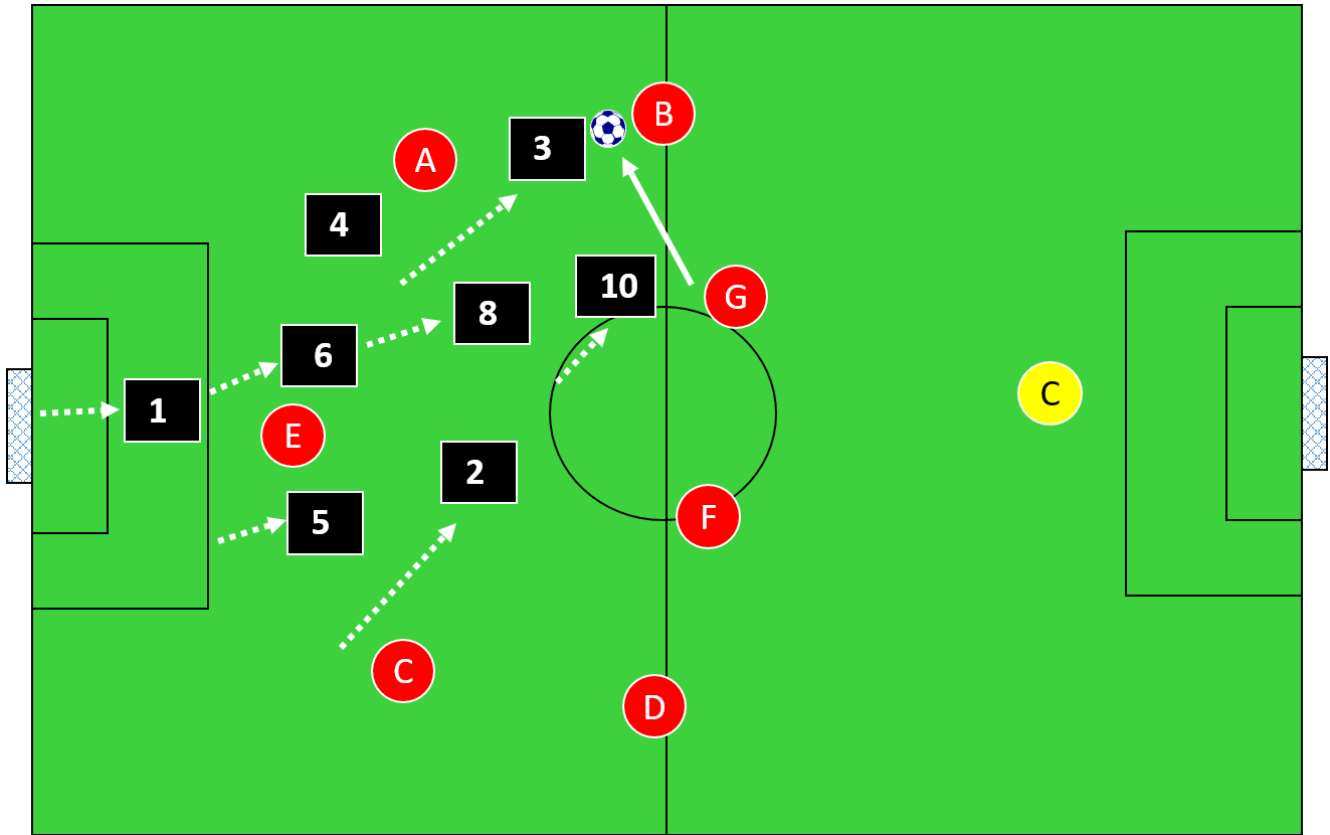
This session is teaching defenders how to push up and force the opponents back without touching the ball. The goal is to start on the edge of the box, the opponents have possession but by pressing and pushing up at the right times we force opponents back. Our aim is to get our back 3 up to the half way line. So this is moving approximately 40 yards up the field.

## Start with equal numbers so success can be achieved



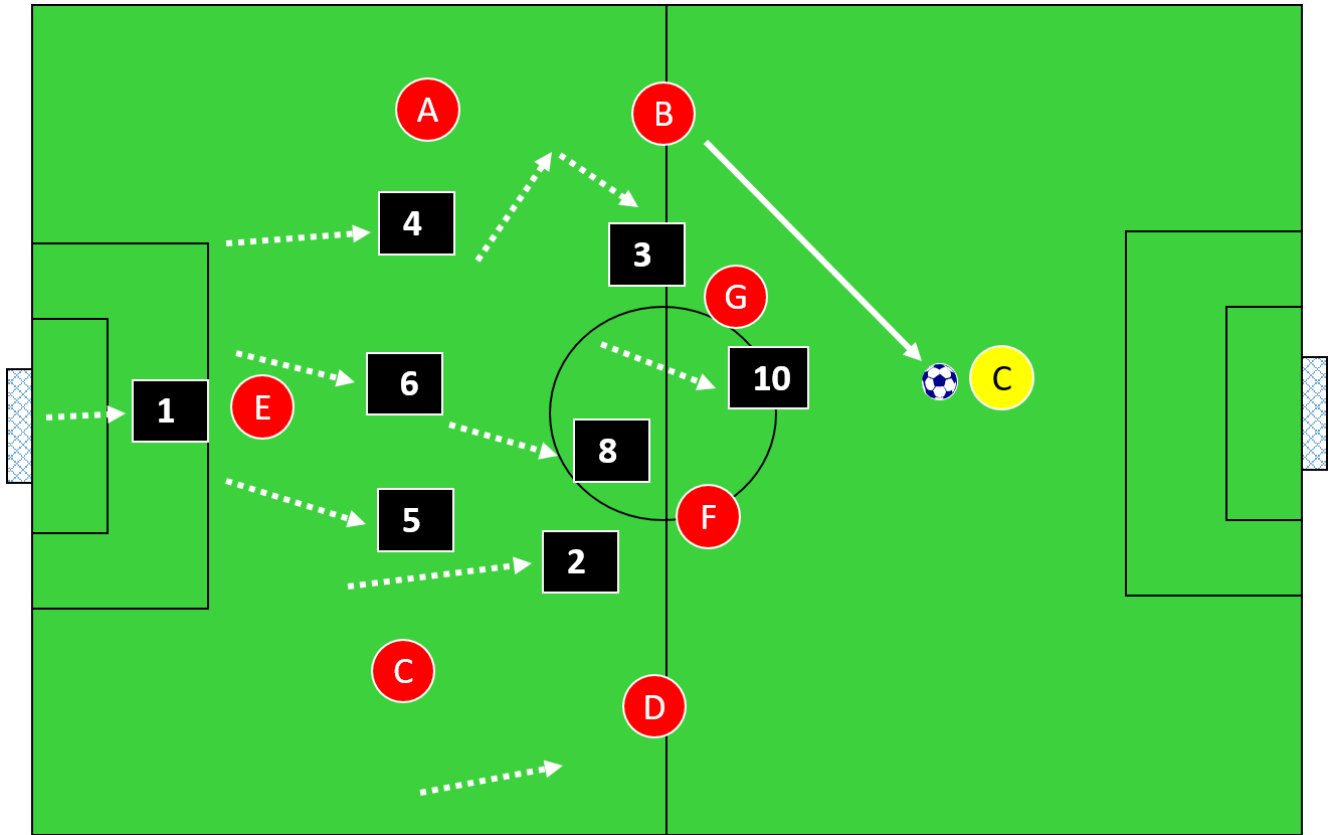
7 v 7 plus the keeper. Set conditions are introduced to help the session. Coach to (E) and (10) presses to try to stop a forward pass. Defending team may sneak up 2 or 3 yards if (1) can delay.

## Sliding up and across the field



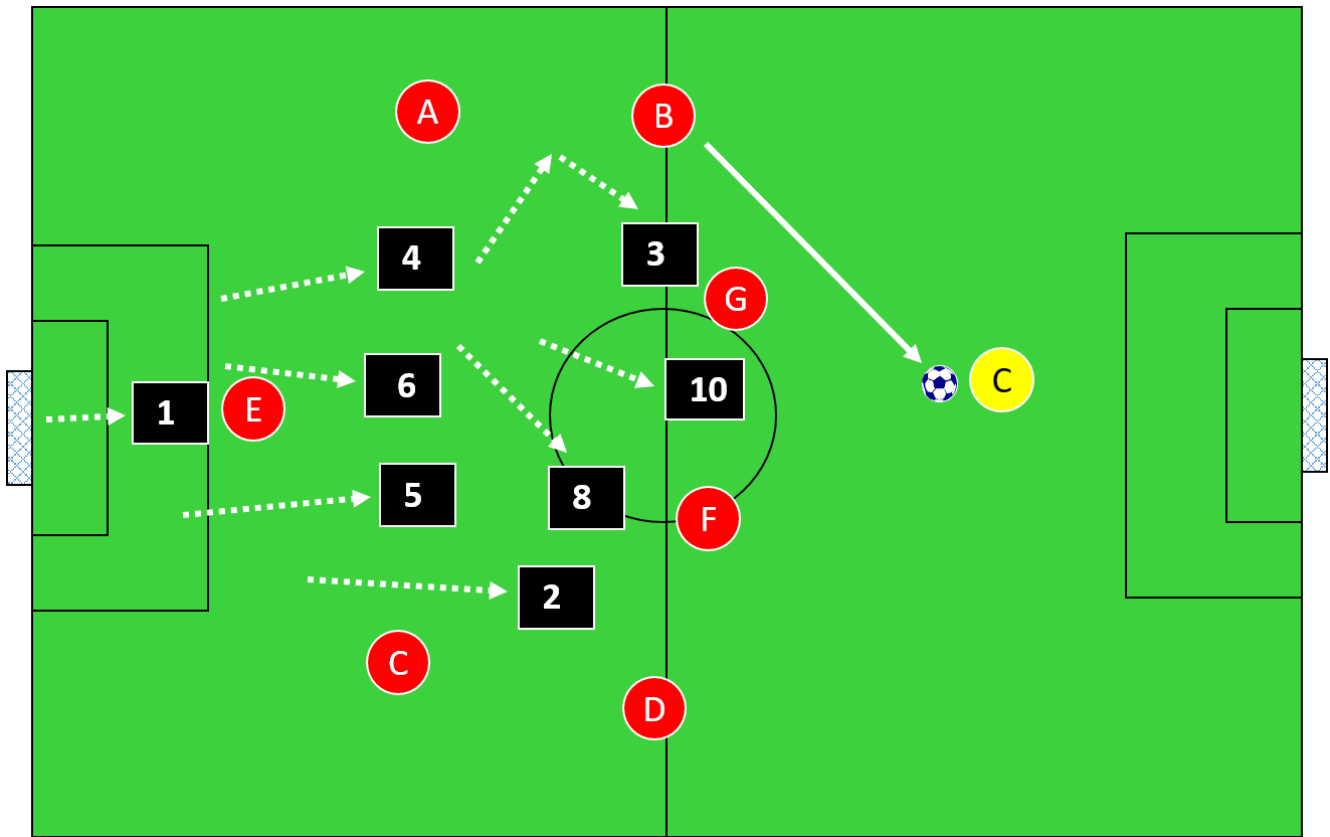
(10) forces the sideways pass and this can also result in a pushing up a few yards from the back as well as pressing the ball. The coach is the target for the defending team to play to when they win the ball plus is a support player for the attacking team.

The longer the arrows the greater the distance travelled up the field each time



(3) Presses so well (B) has only a back pass to make. (8) and (10) are in passing lanes to stop a forward pass with an interception potentially. (3) positions to stop a pass to (A). As the ball travels this gives the team a real chance to get up several more yards. At the same time leave (E) offside.

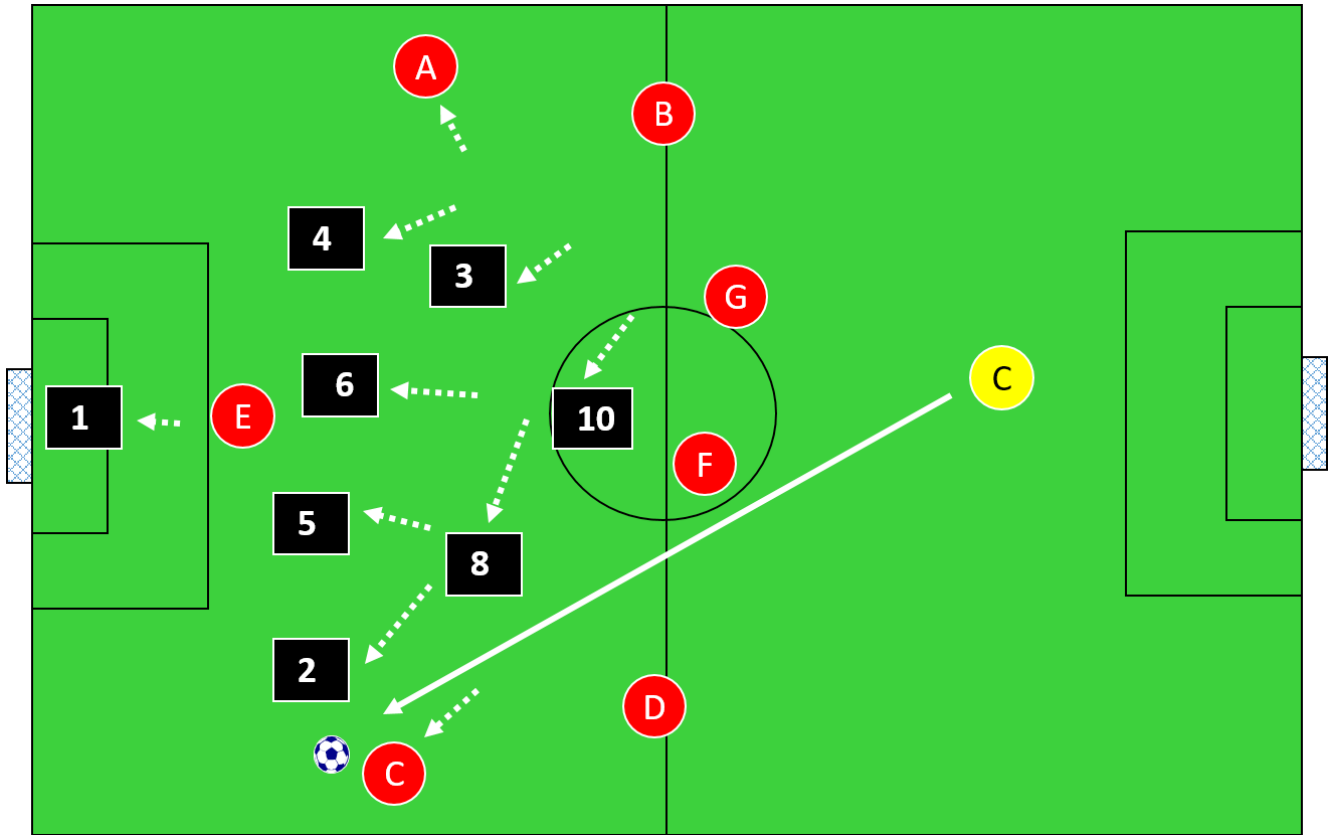
## Danger from a first time delivery from the coach to (A) or (C)



(10) Does not press the coach to then be out of position as the coach is too far away to stop a delivery. (3) presses inside to press (G), (8) moves up and across to press (F). If the coach passes to (D) then (2) can slide across quickly as will (8) and (10).

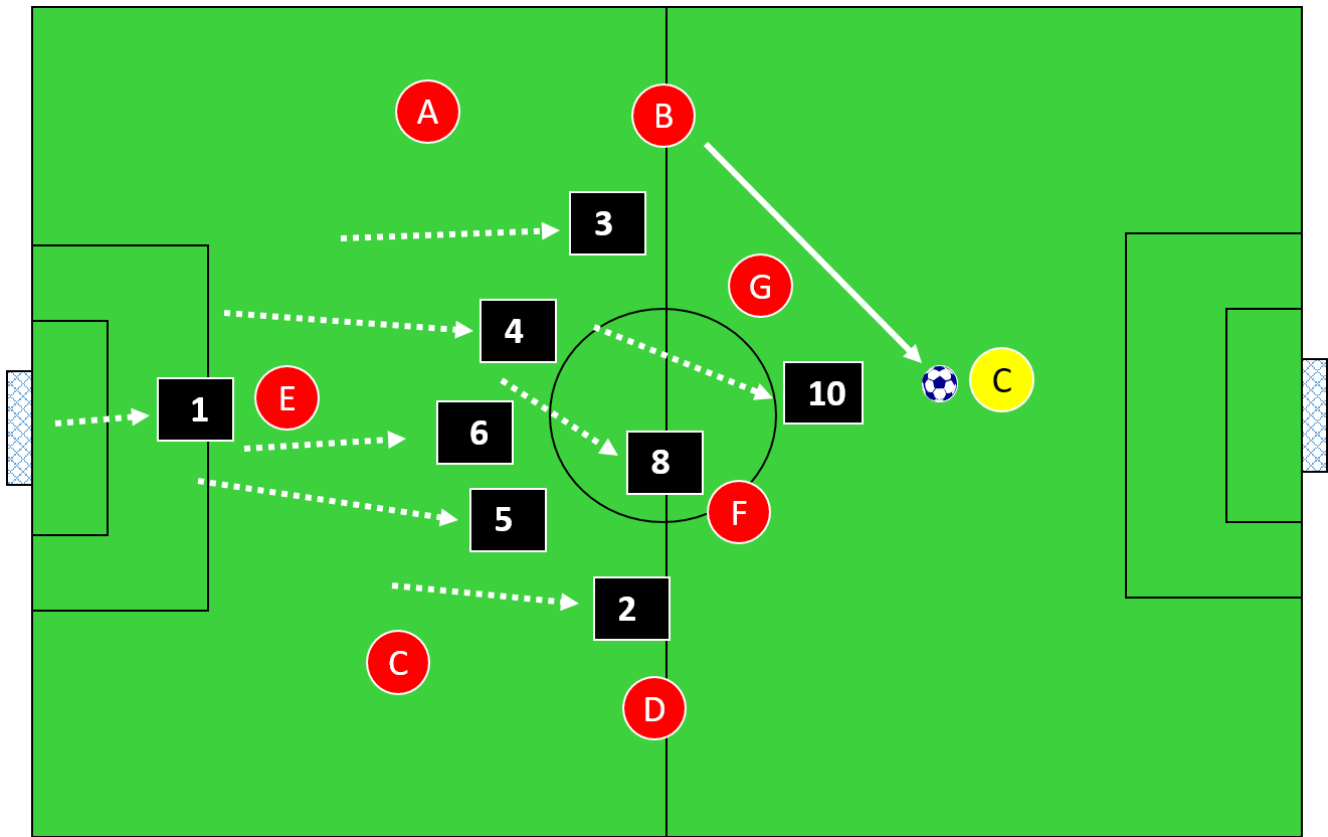


## Danger from a first time delivery from the coach to (A) or (C)



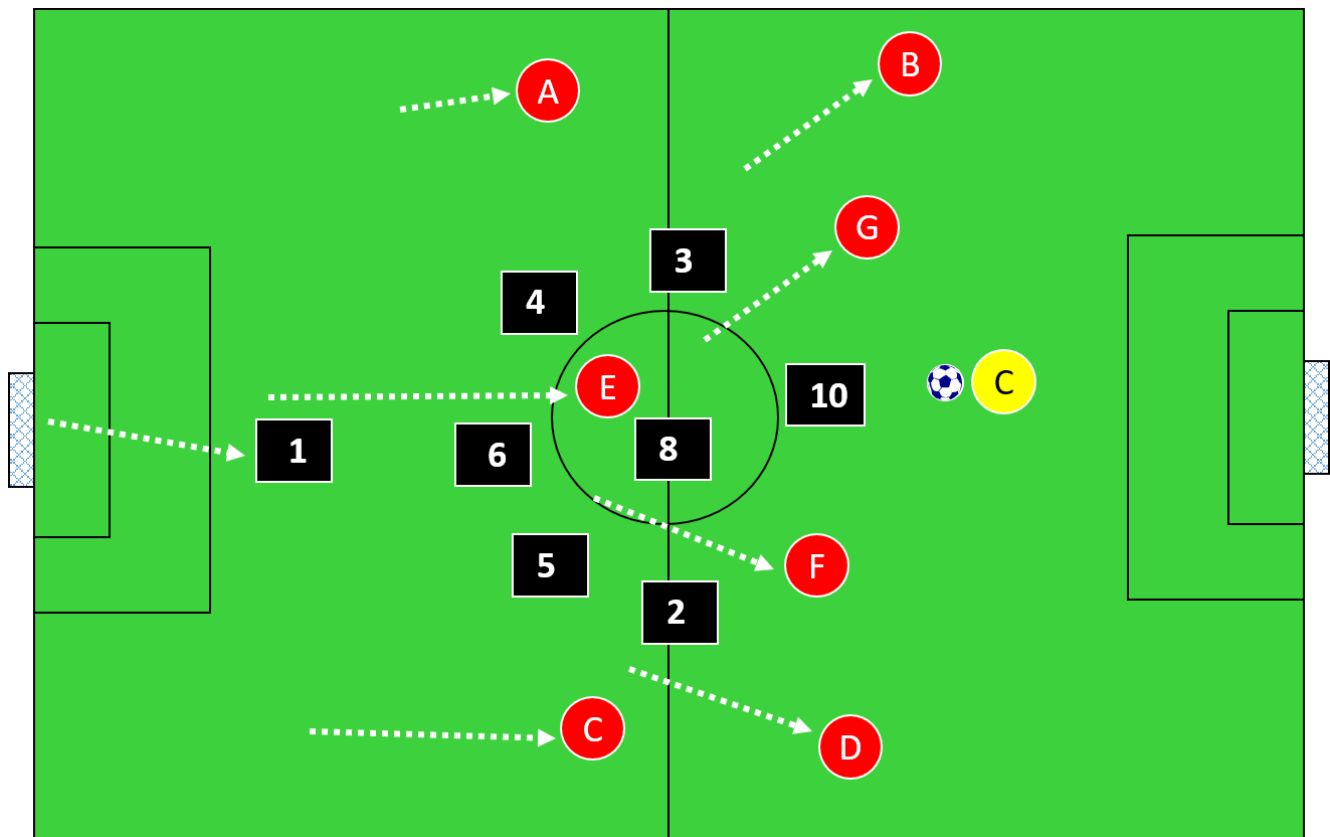
(E) is still offside but not interfering with play. (A) and (C) move wide to find more space and the coach plays to (C). The defending team now need to drop back and across and lose some ground. Midfield three condense back and across to where the ball is. Back 4 try to leave (E) offside still so don't recover all the way goal-side. But still in good defensive shape.

## Alternatively anticipating the long ball behind them from the coach



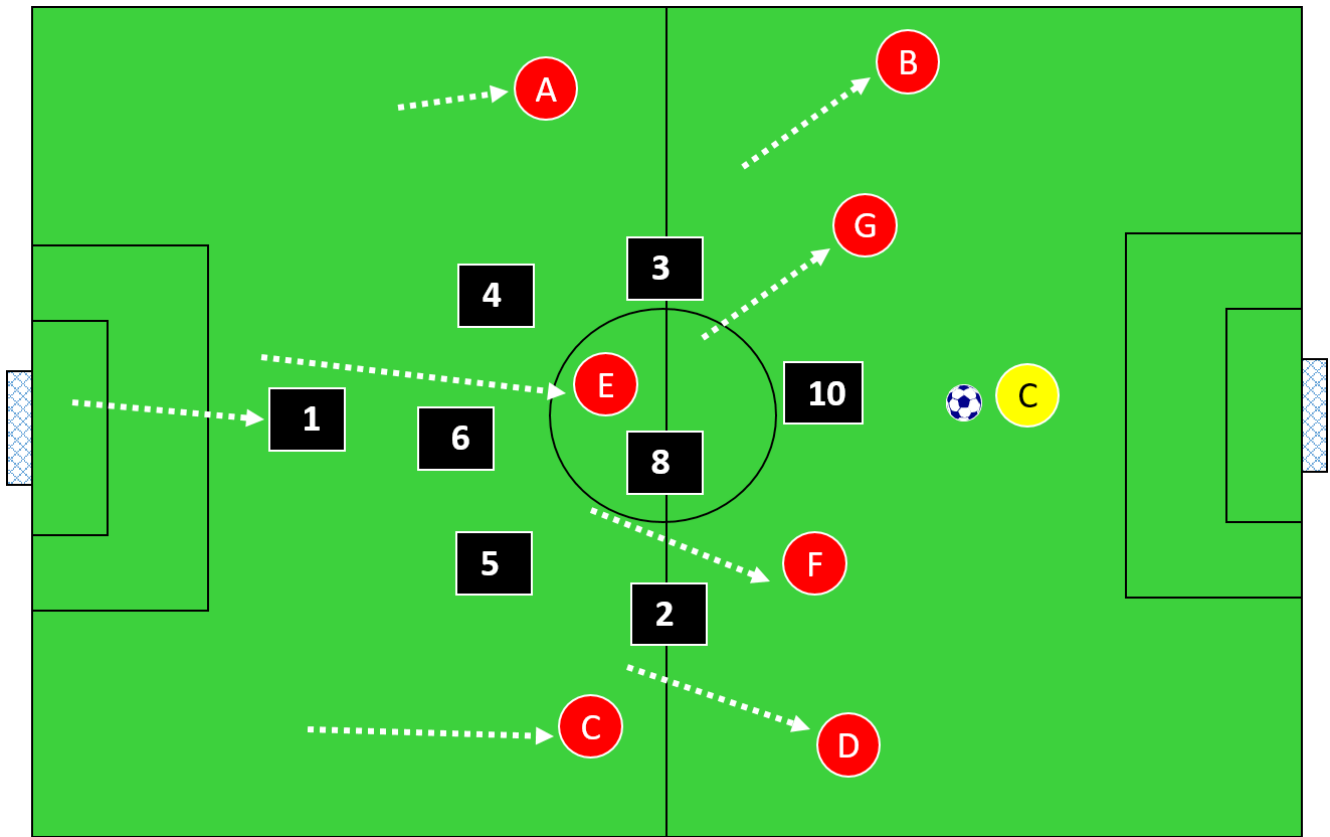
Here as the ball is travelling we get a great call from our central defender to PRESS UP. All the players must do so, no hesitation. Now 3 players are CLEARLY OFFSIDE. Midfield players get as tight as possible to their immediate opponents by pressing up quickly too. (10) is not close enough to intercept the pass from the coach but close enough to press very fast and perhaps force a mistake. Now we are almost up to the half way line and haven't touched the ball yet.

## What might happen?



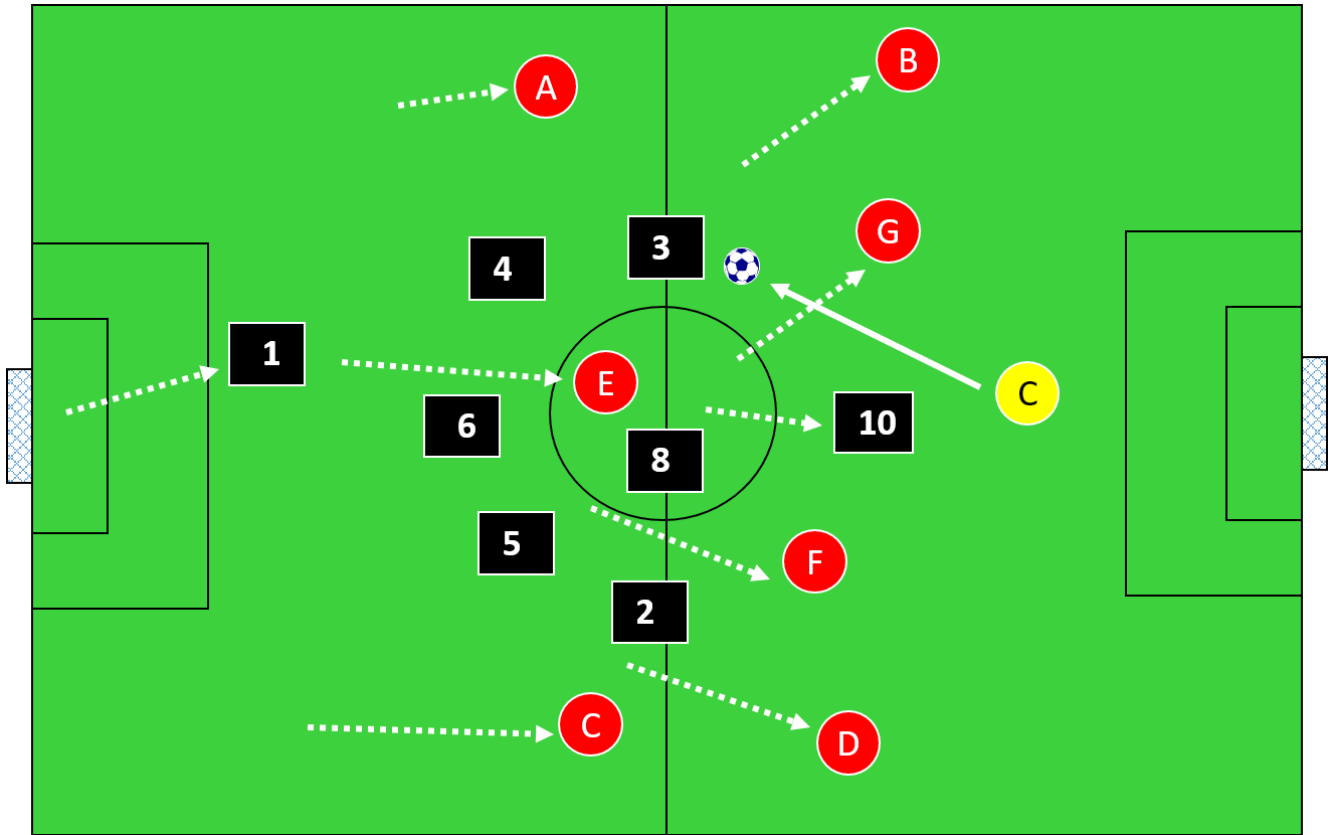
If there is no forward pass for the coach then the attacking team players may need to drop off to find space to receive and build the play again. So now the START POSITION of the back four is actually almost on the half way line not the edge of the box. (E) definitely has a long run back to be onside. Strikers HATE to have to do this; running in the wrong direction !!

## Keeper - Sweeper



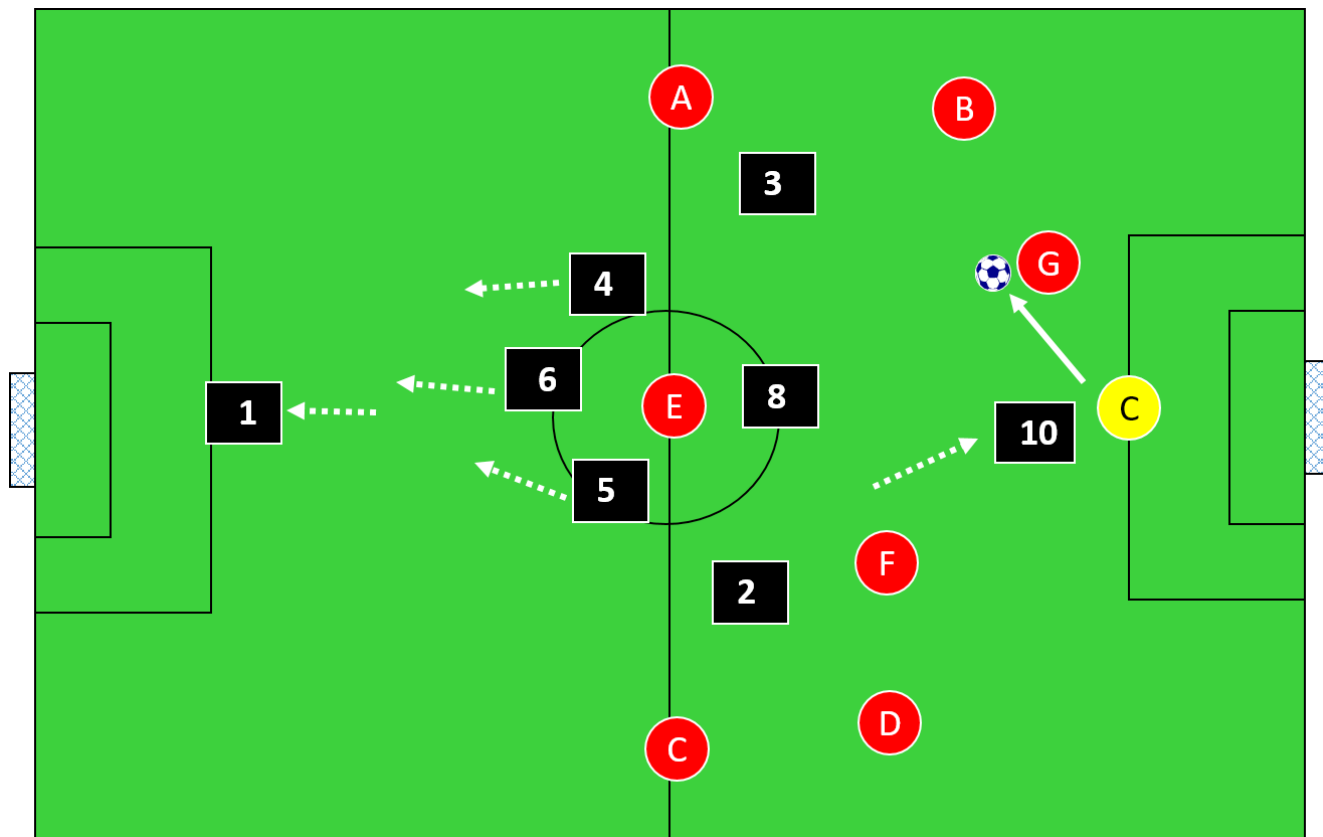
Now we MUST have our keeper as the sweeper and he or she must move closer to the back 3 behind them to cover for a through ball and clean it up if they catch us out. This is just to guard against our defense getting caught flat footed with a ball in behind.

Force the error through quick pressure and we intercept the pass and win the ball



Now we MUST have our keeper as the sweeper and he or she must move closer to the back 3 behind them to cover for a through ball and clean it up if they catch us out. (10) presses aggressively and forces a bad pass by the coach trying to pass to (A) and (3) intercepts. You can have 2 small goals to play into to score or back into the coach, or to a big goal.

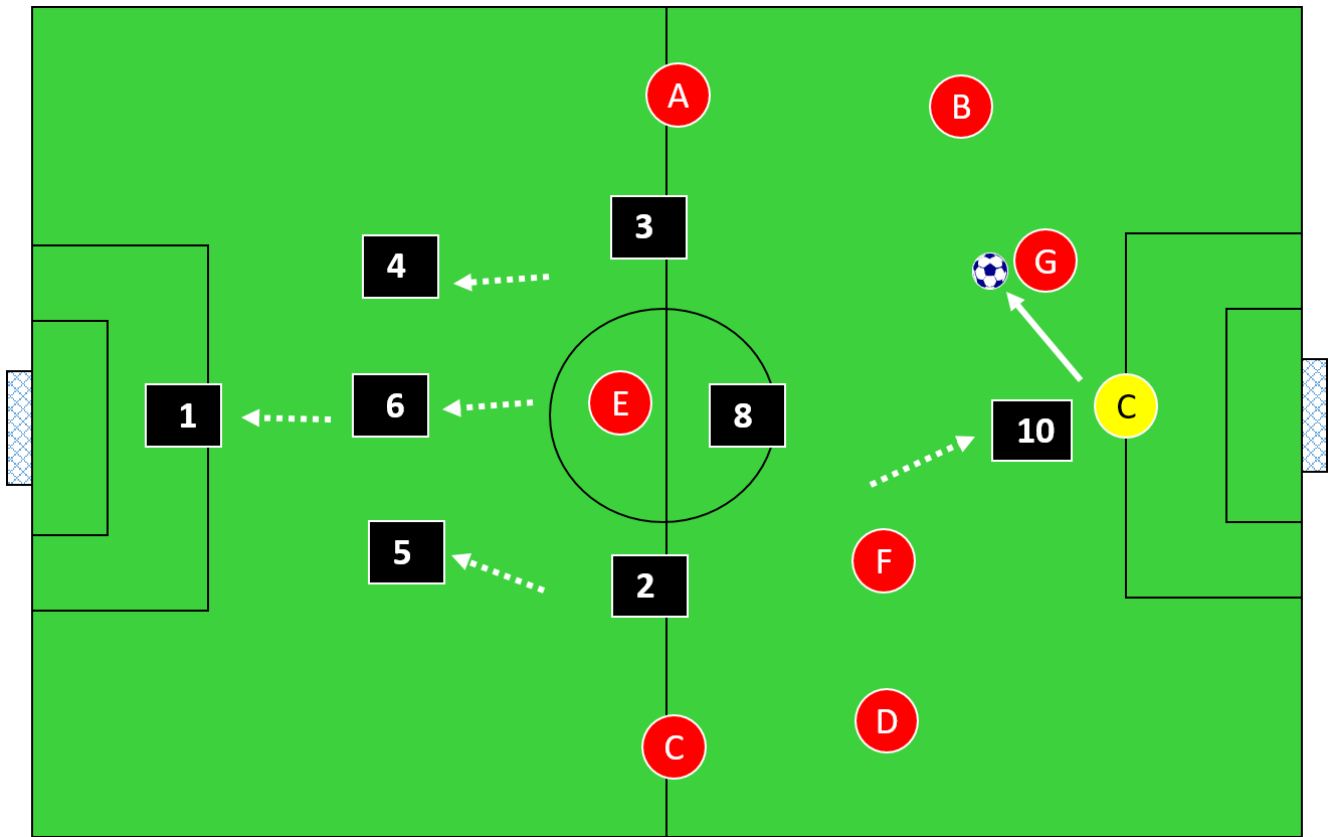
## We are high but no pressure on the ball presents problems behind



We got up to the half way line and achieved our goal but still don't have possession of the ball. Now they have a free player (G) with no pressure who likely will play it long behind us. An immediate shout of DROP is needed to guard against this. This must be in ANTICIPATION of the forward pass even if it doesn't arrive we are still in command.

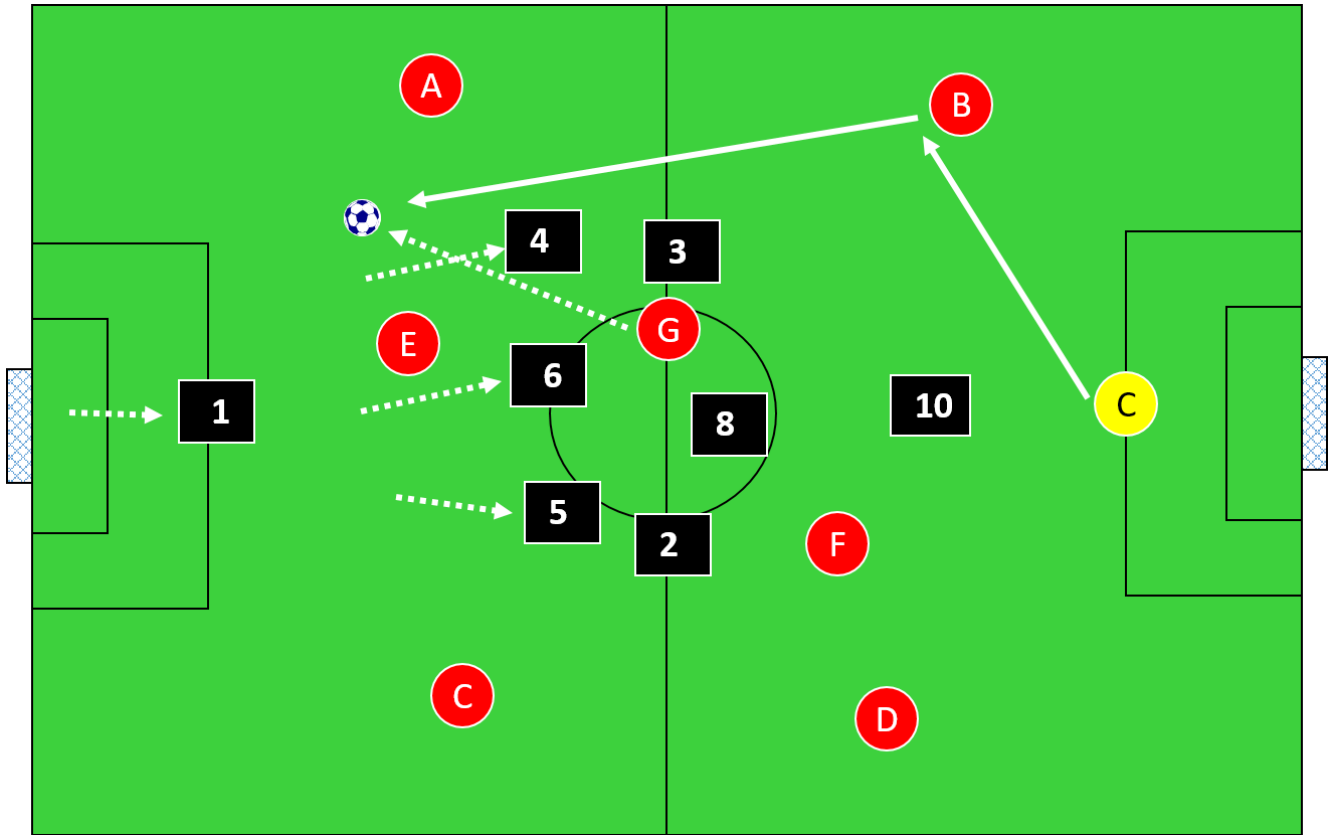


## We are high but no pressure on the ball presents problems behind



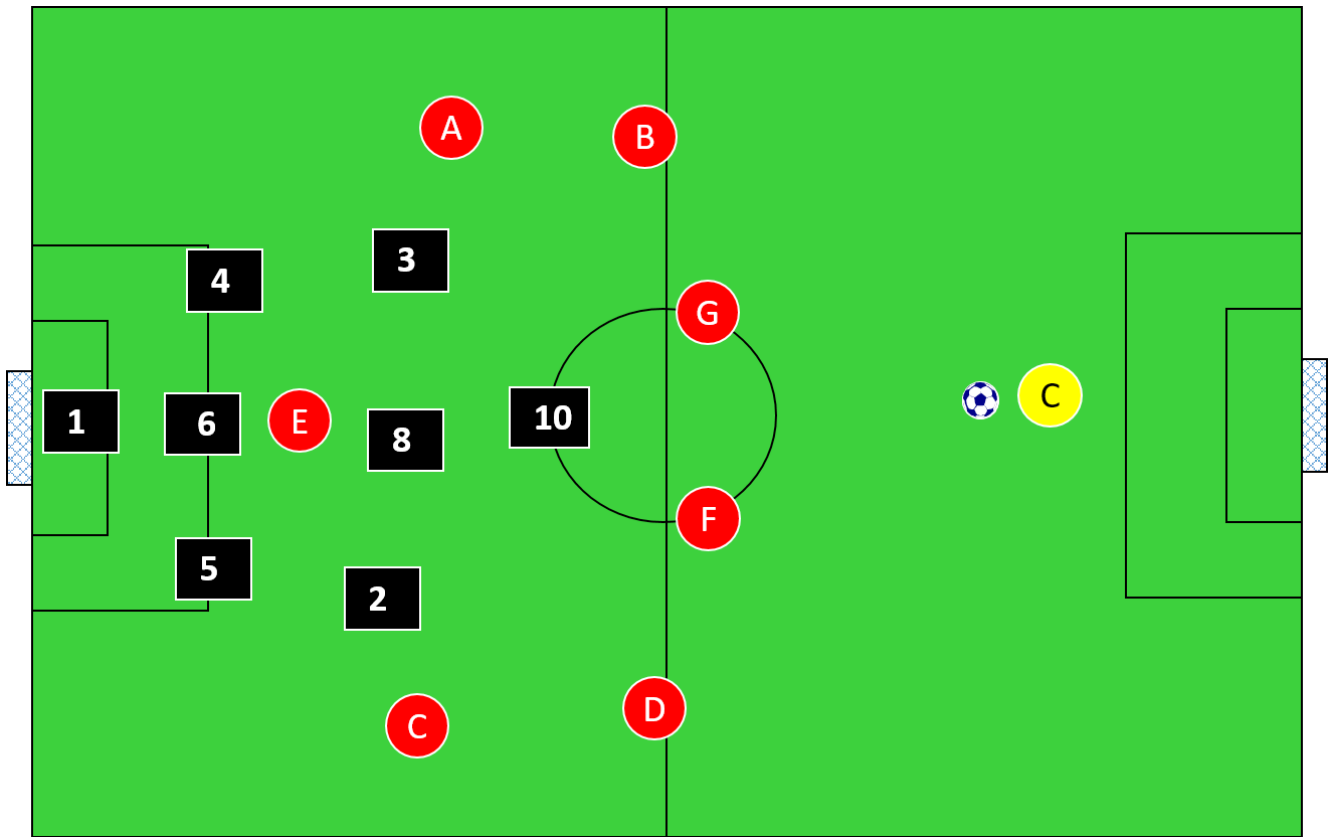
Lots of time and space to receive the long pass under no pressure and start our own build up. This may even prevent (G) from playing the long pass and give us even more time to adjust. We are still in a strong defensive position.

## Midfield players must track the runners who will be ONSIDE running from deep



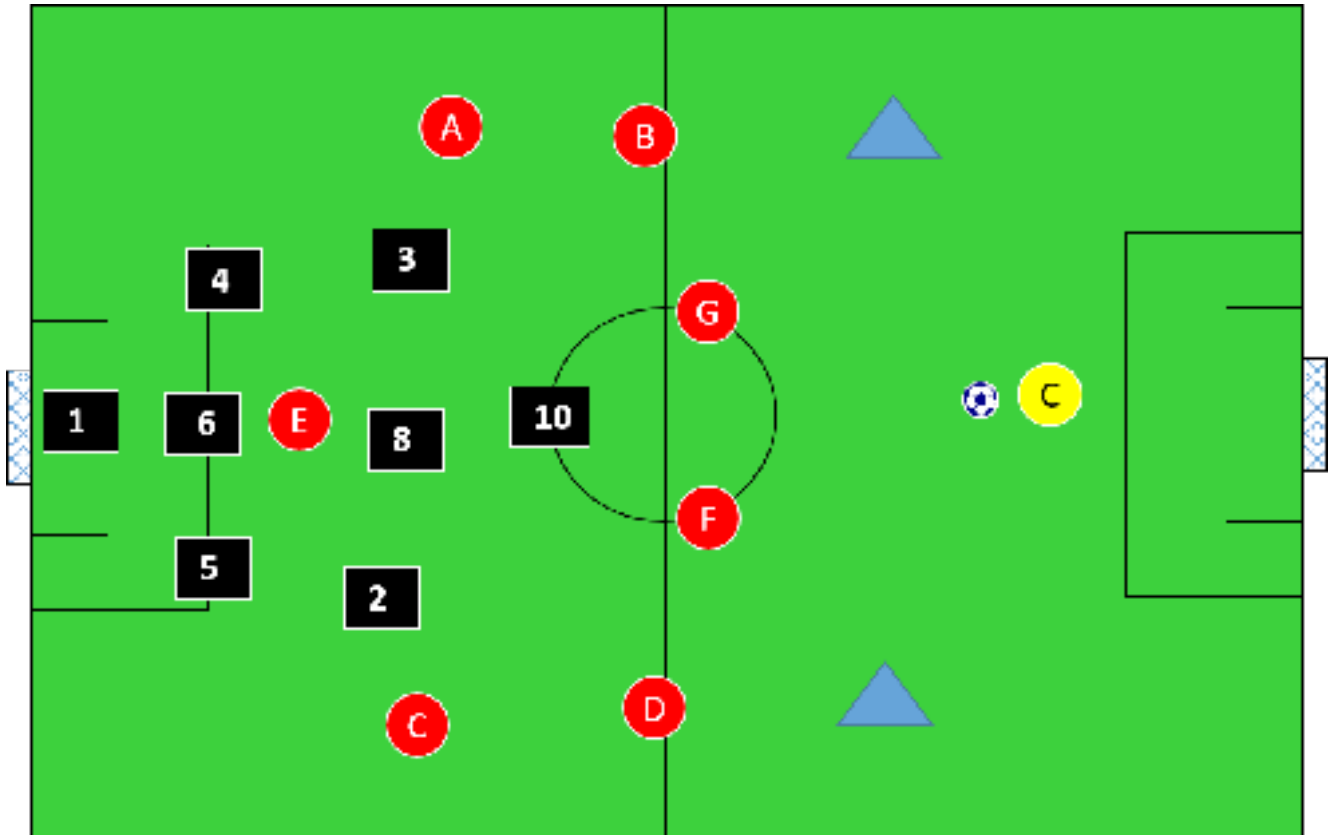
(A), (C) and (E) are all offside but not interfering with play. (G) makes a run from VERY deep and gets in behind out back THREE who have pressed up to leave 3 players offside. Its imperative our midfield players track these runners in this case (3) or the opponents could easily score from this movement.

## Finally take out conditions and let it go free



Now the big test for the defense but they can now tackle and the opponents can dribble so the game is live..

## Add 2 small goals



If defenders win it they have 5 passes to score in the small goals.

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Soccer Awareness Training Center provides unlimited access to Wayne Harrison's Soccer Awareness systems, training sessions, drills and more. Wayne's system helps develop world class youth soccer players and teams in a systematic and imaginative manner that guarantees performance at the highest level of competition.

Whether you're a beginning coach who needs help getting started or someone who wants to add some variety to their training sessions, the Soccer Awareness Training Center offers a wide variety of drills to choose from. Good coaches will find a variety of ways to teach their players a technique. Using different drills each day or week will keep your practices fresh and exciting - for you, your fellow coaches, and your players. Browse through various size small sided games or drills that target more specific functional team training needs. Each comes with a detailed description and photos to help ensure proper execution.

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Complete 6 - 10 Year Old Developmental Coaching and Training Program



## ABOUT WAYNE HARRISON

Married to Mary for 30 years with two daughters Sophie 26 and Johanna 23.

Wayne is available for Soccer Symposiums and Conventions wherever they are needed; and able to offer field clinics and classroom presentations of your choosing. He has vast experience in this field of work.

His specialist system of play is the 4-2-3-1. His favored type of development training is that of creating the “THINKING PLAYER” through his SOCCER AWARENESS methods of coaching.

His belief is developing the MIND of the player through ONE TOUCH training, which is purely to help the development of the SKILL FACTOR (the when, where how and why of decision making; or the thinking process). He wants all coaches to teach where it is the player who becomes the decision maker not the coach.

You can contact him on [soccerawareness@outlook.com](mailto:soccerawareness@outlook.com) and / or view his website [www.soccerawareness.com](http://www.soccerawareness.com).

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