

Steven Turek

PRESSING - GAMES

Develop Players & Teams with Intensity

- Development Principles
- 15 Individual Games
- 10 Small Sided Games
- 10 Large Sided Games
- Coaching – Game Principles – Tips & Ideas

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JOSE BRETON- PICS ACTION
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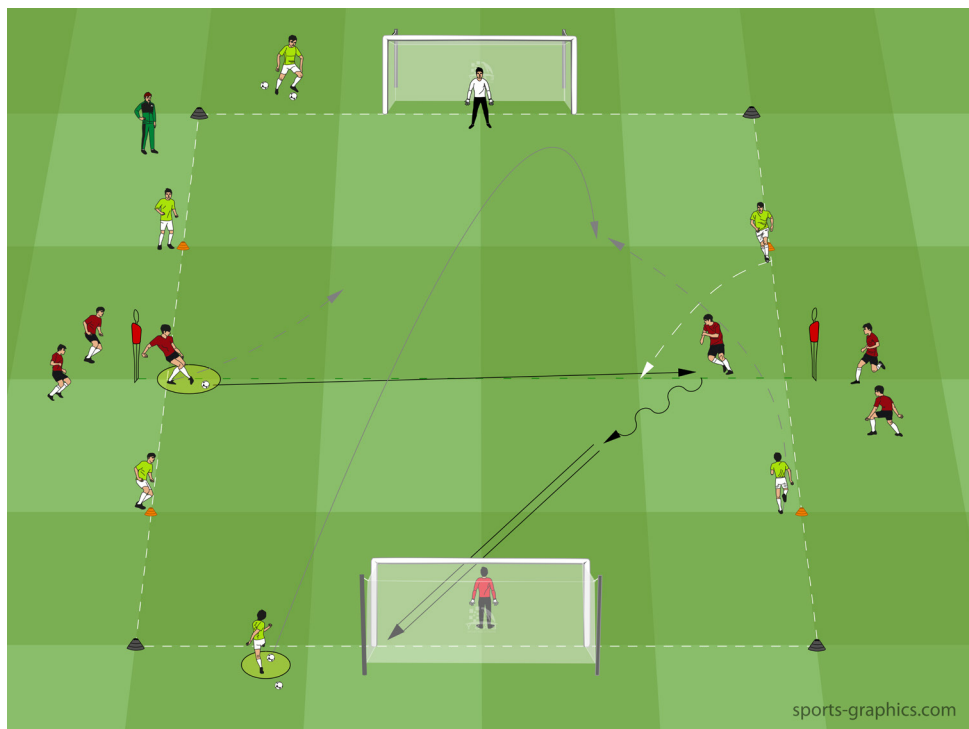
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GAME-LIKE INDIVIDUAL TRAINING (GLIT)



1 + 1 vs. 1 to 3 vs. 2 – Recovering Lines



ORGANISATION & PROCEDURE

This game format is divided into two phases. All players are positioned according to the diagram. The game starts with a pass from the left forward to the right forward player. The player receiving the ball decides with the first touch in which half of the field he shoots at the goal. Depending on the half he uses, he is pursued by the opposing defender from that half and put under pressure during the shot on goal. After the shot on goal, a 3 against 2 situation arises involving all players.

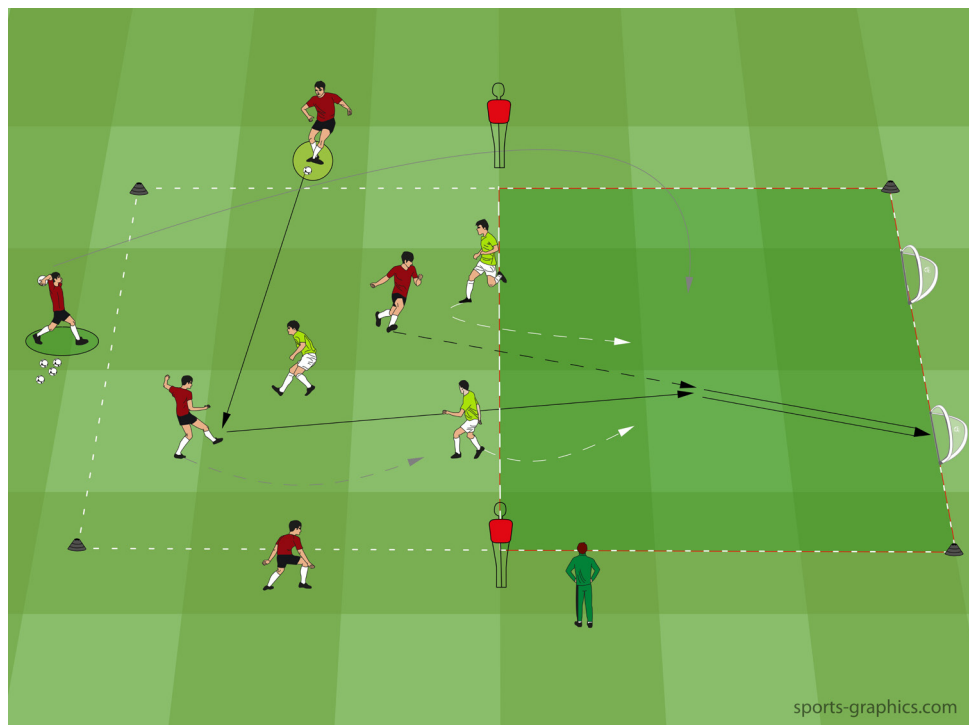
COACHING POINTS & TIPS

- In addition to the players constantly in action, the focus is especially on the two players initially not involved.
- These players can and should position themselves optimally for the upcoming counter-attack even during the goal attempt.

SMALL-SIDED GAMES (SSG)



3 vs. 5 – Defending Lines



sports-graphics.com

ORGANISATION & PROCEDURE

This game format consists of two phases. In the first phase, a 5 against 3 is played. The red team aims to reach one of the two mini-goals without penetrating the opponent's half. Players are positioned as depicted, and green defends against this. If there is an offensive attempt or a defensive ball recovery, phase two begins. In this second phase, the player on the left side takes a ball and attempts to create another goal for the red team with a throw-in into the depth. The entire playing field can be utilized in phase two.

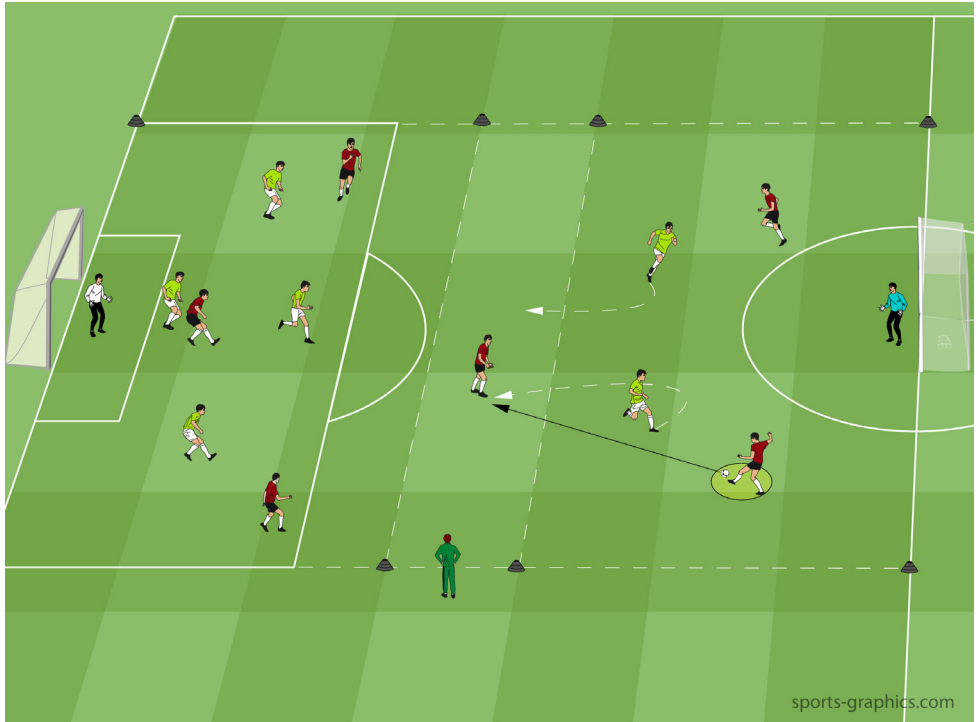
COACHING POINTS & TIPS

- Defenders have changing responsibilities in this game format.
- While successfully defending lines or applying pressure to the ball carrier in the first phase, they must alter their defensive formation during the transition to phase two and defend the deep throw-in in the air or on the ground.

LARGE SIDED GAMES (LSG)



6 vs. 6 – Recovering Lines



ORGANISATION & PROCEDURE

A playing field between the goal line and the halfway line is marked with a width of 16 yards. In the center of this field, a narrow zone is drawn. In the build-up play, two offensive players play against two defenders. An offensive player is positioned in the intermediate zone. In the last zone, three offensive and four defensive players are placed. The player in the intermediate zone is allowed to receive the ball freely and move it into the offensive zone. After controlling the ball, the entire field is open for a free 6 against 6. When the other team starts the game, the basic formation is applied from the other side.

COACHING POINTS & TIPS

- The fact that the central player gets a free role and can turn freely automatically leads to situations where the offensively positioned green players are frequently bypassed. They then need to actively recover this line.
- This principle is thus intentionally provoked for the two players before a free 6 against 6 situation arises.

THE AUTHOR





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Born in 1990, Steven is a coach in professional youth football. Since 2016, he has contributed to dozens of coaching resources (books, eVideos, and more), published in numerous international coaching magazines, and is a sought-after speaker both domestically and abroad. Since 2019, he has been a co-founder of the coaching platform Coach2 – Academy, which offers online courses for coaches.

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