

# TRAINING EXERCISES

- **Attacking under pressure**
- **Ball possession game play**



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**WEIK**  
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# ATTACKING UNDER PRESSURE

3 vs. 3 vs. 3

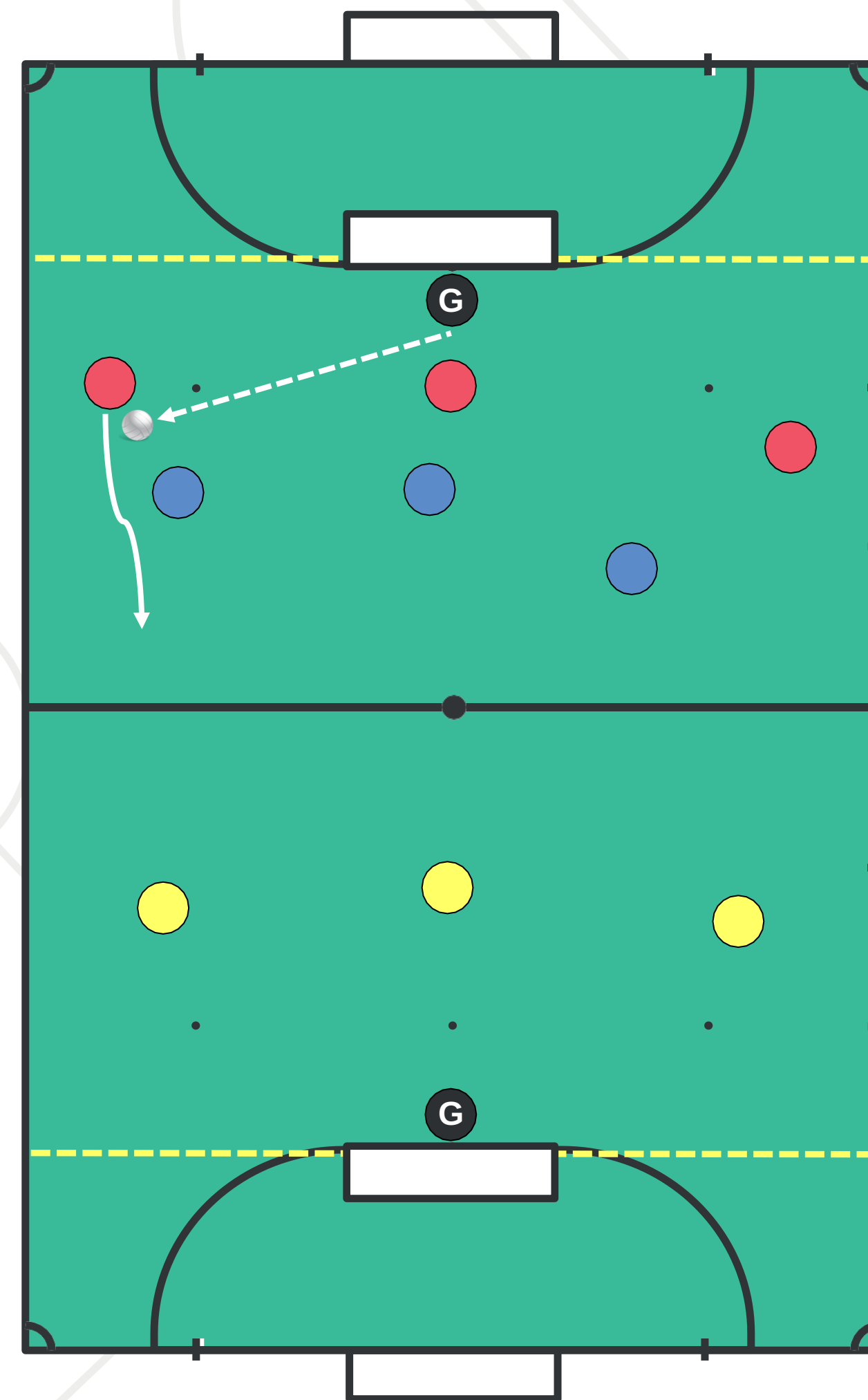
## Work of attacking under pressure

- **Goal:** Try to overcome the initial high defensive pressure with the ball in order to finish.
- **No. of players:** 9 + 2 goalkeepers.
- **Equipment:** Balls, bibs and mobile goals.
- **Space:** 30x20m.



## DEVELOPMENT:

- The exercise starts with the goalkeeper putting the ball into play for the red team, then there is an initial 3 vs 3 situation against a high defense (Blue team).
- The red team tries to dribble the ball over the half-way line.
- The blue team is trying to steal the ball from red. If they succeed, they can directly score at goal.
- If a goal is scored, the team tasks are changed, blue team will now attack and red become defenders.
- If the red team dribbles over the half-way line, they must attack against the yellow team's defense to try to finish on goal.
- The yellow team waits 3 meters from the half-way line.



# BALL POSSESSION GAME PLAY

## 4 vs. 4 + 1 + 2 Goalkeepers

### Ball possession game play

- **Goal:** To work on improving technical-tactical principles and decision making.
- **No. of players:** 9 + 2 goalkeepers.
- **Equipment:** Balls, bibs, mobile goals and small goals.
- **Space:** 30x20m.



### DEVELOPMENT:

- The game starts with the red team (Attackers) that keeps ball possession for two minutes. They can touch the ball unlimited, and they will receive one point:
  - After passing the ball 10 times around.
  - Scoring in one of the 4 small goals (After a minimum of 8 passes).
- \* The attackers can use both goalkeepers and the joker player (Yellow).
- The blue team (Defenders) must intercept the ball, following by scoring in one of the two big goals with goalkeepers.

### VARIATIONS

- Limited touches (3 times for the players and 2 times for the goalkeepers).
- The defending team can score after an interception in all six goals.

