

Fast recapture



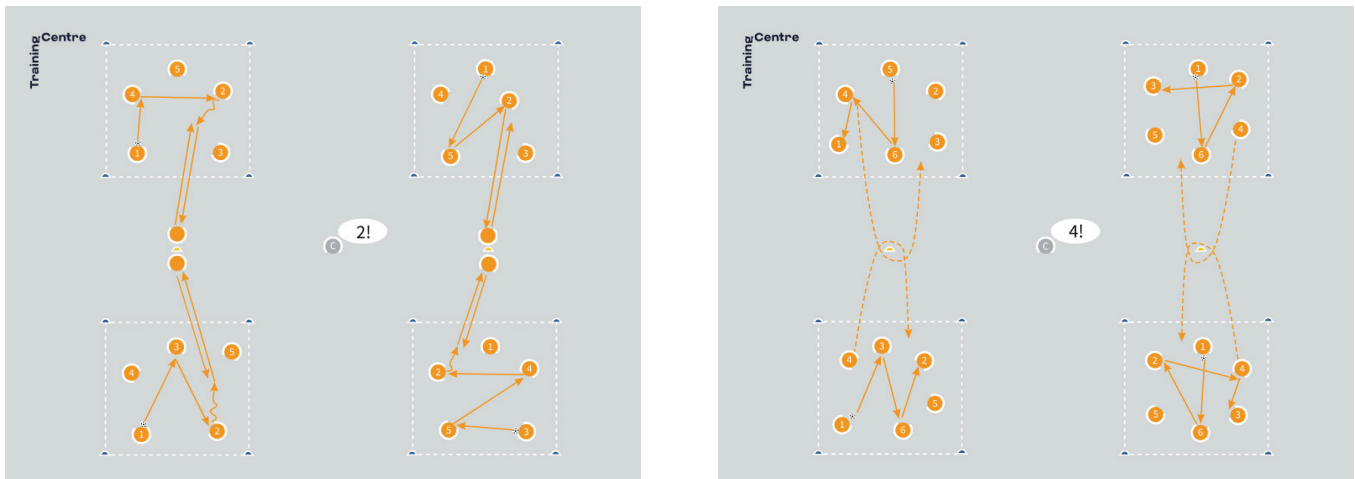
Session overview

- Part 1:** Short passing exchanges
- Part 2:** 4v3 transition game
- Part 3:** 9v7
- Part 4:** 11v11 on a reduce-sized pitch

Key coaching points

- Decision-making and communication are critical when trying to recover the ball. Players need to decide how, when and where to press.
- The first pressing player should set the tone. If they press aggressively, their team-mates must press in the same coordinated manner.
- Recognise when the opposition has limited options on the ball and aggressively force them into mistakes.
- When facing a numerical disadvantage, adopt a mid-press approach and wait for well-timed pressing actions.
- Respond to a loss of possession more quickly by having the player closest to the ball press first.

PART 1: SHORT PASSING EXCHANGES



The session begins with an exercise that gets the players warmed up with and without the ball. The purpose is for the players to react quickly to signals to pass or sprint.

Organisation

- Mark out two 10x10m areas, 10m apart.
- Halfway between the two areas, position a yellow cone.
- Replicate this set-up next to it.
- Split the group into four groups of five or six players, depending on the players at your disposal.
- Each team must occupy one area.
- One player from each team must position themselves at the yellow cone and face the area that their team is in.

Explanation

- The coach numbers all the players from one to four or one to five in each team.
- The players must pass the ball between each other inside the area.
- When the coach calls out a number, the player with that number must leave the area and play a one-two with their team-mate positioned at the cone.
- Swap players after three exchanges so that all players are at the cone at some point.

Variations

Variation 1

- Limit the number of touches for players inside the area to two.

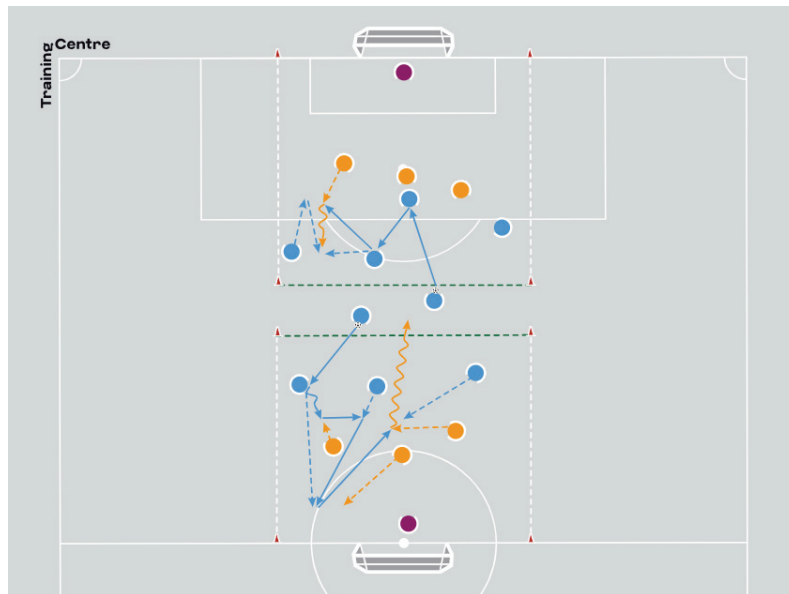
Variation 2

- All players occupy the area.
- The players play until the coach calls their number. This time the player called must run to the cone and back.
- Create a game between the two teams on each side. Whichever team returns from the yellow cone fastest, scores a point.

Coaching points

- Recognise team-mate's numbers so that the ball can be worked to them quickly once their number is called out.
- Pass and move around the area with purpose so that the ball is constantly moving.
- The players should be ready to react quickly and receive the ball by staying on their toes and facing the ball at all times.

PART 2: 4V3 TRANSITION GAME



The second exercise focuses on the first few seconds after losing possession and the players' reaction. When a team loses the ball, they must react quickly and effectively to prevent the opposition's attacking transition.

Organisation

- Use one half of the pitch.
- Position a full-sized goal and goalkeeper at each end of the pitch.
- Mark out a 20x20m area at either end of the pitch.
- Each area must have four blue attackers and three orange defenders.
- Another orange attacker must wait at the baseline of the area with the ball.

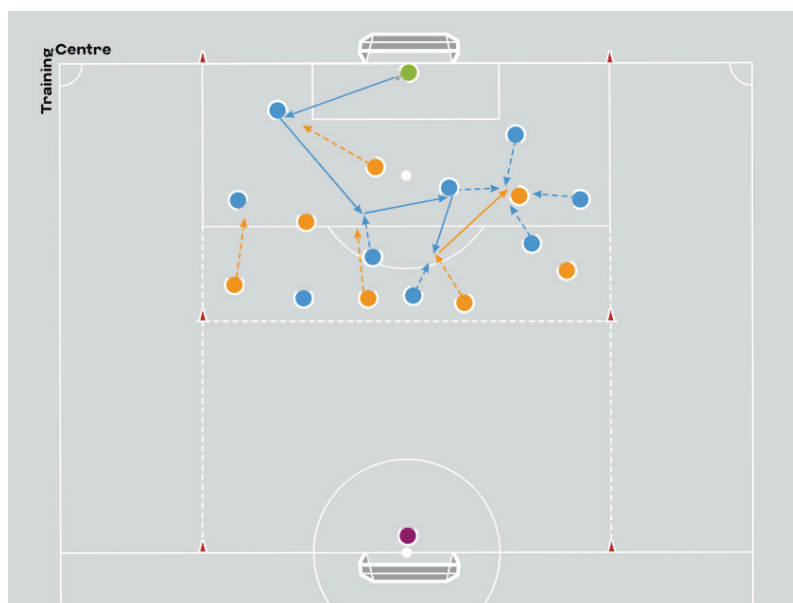
Explanation

- Play starts with the blue player at the baseline who passes to one of the four attackers.
- The attacking team must try to score.
- The defending team tries to win the ball back and then carries it over the baseline.
- If the attacking team successfully do this, they gain two points.
- The defending team gains one point if they score.
- Restart play with the first attacker if the ball goes out of play, a goal is scored or the goalkeeper saves the ball.

Coaching points

- The attacking team should use their numerical advantage to ensure that they always have a free player in space.
- If the attacking team loses the ball, they must press immediately so that they recover the ball within seconds.
- When the ball is lost, the players closest to the ball must be the first to actively press so that the ball is won faster.

PART 3: 9v7



This session applies the principles of both an aggressive high-press and a mid-press approach. By doing so, both sets of players can get used to pressing to win the ball back.

Organisation

- Use one half of the pitch.
- Use only 30m width.
- Use two full-sized goals and two goalkeepers at either end of the pitch.
- Mark out a halfway line.
- Position the blue players in a 4-2-3 formation.
- Position the orange players in a 4-2-1 formation.

Explanation

- The ball always starts with the goalkeeper from the blue team.
- The blue team must try to score.
- The orange team must try to win the ball to gain one point.
- If they win the ball back in their own half and carry or pass it over the halfway line, they score one extra point.
- If they win the ball in the opposition's half, they must try to score to gain an extra point.

Variation

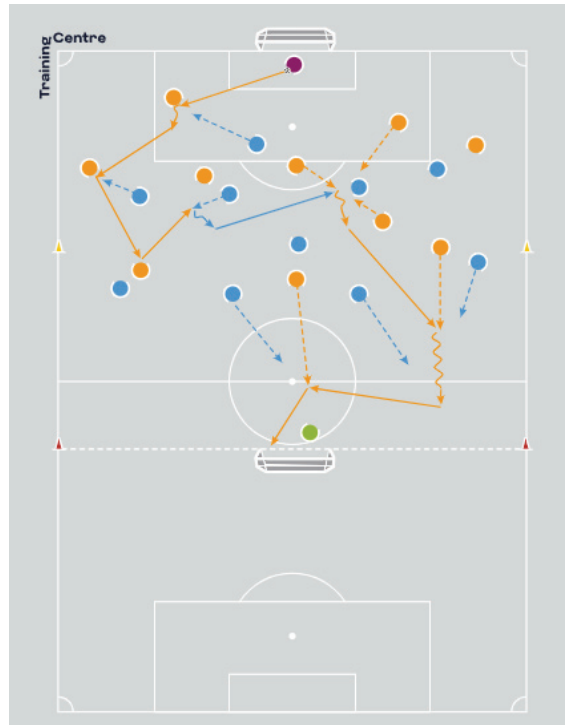
- If the orange team win the ball and carry the ball over the halfway line to score one point, they can continue and try to score a goal for another point.
- When the blue team enter the opposition's half with the ball, they are not allowed to go back into their own half.

Coaching points

- Quick decision-making in transition is a key factor in winning the ball back.
- The defending team should adopt a mid-block approach and not press from the front as the attacking team has a numerical advantage and can bypass it easily.

- The attacking team should adopt an aggressive approach and press the opposition in their half immediately after losing the ball to prevent a counter-attack.
- The players defending deep should stay compact and close gaps quickly.
- When the defending team win the ball, they should look to quickly attack the spaces in behind.

PART 4: 11V11 ON A REDUCED PITCH



The final exercise gives the players the chance to apply all of the main principles of recovering the ball in real-game scenarios. The players must adapt their pressing approach to the situations on the pitch to increase their success of recovering the ball.

Organisation

- Mark out a 60x50m pitch.
- Use two full-sized goals and two goalkeepers at either end of the pitch.
- Play a standard 11v11 game.
- Position the players in a 4-2-3-1 formation.

Explanation

- The ball starts with either goalkeeper.
- The teams have to try and score.
- If a team wins a ball in their half, they score one point.
- An extra point is scored if the team goes on to score a goal after winning the ball in their half.

Variation

- Limit all players to just three touches.

Coaching points

- Press smartly to have the best chance of winning the ball back.
- If the opposition is pushed up and the defending team is boxed in, try to win the ball back immediately.
- If the opposition is building up play, consider using a mid-press approach to time the best chance of winning the ball back.
- Stay compact and work as a unit to more effectively and successfully recover the ball.