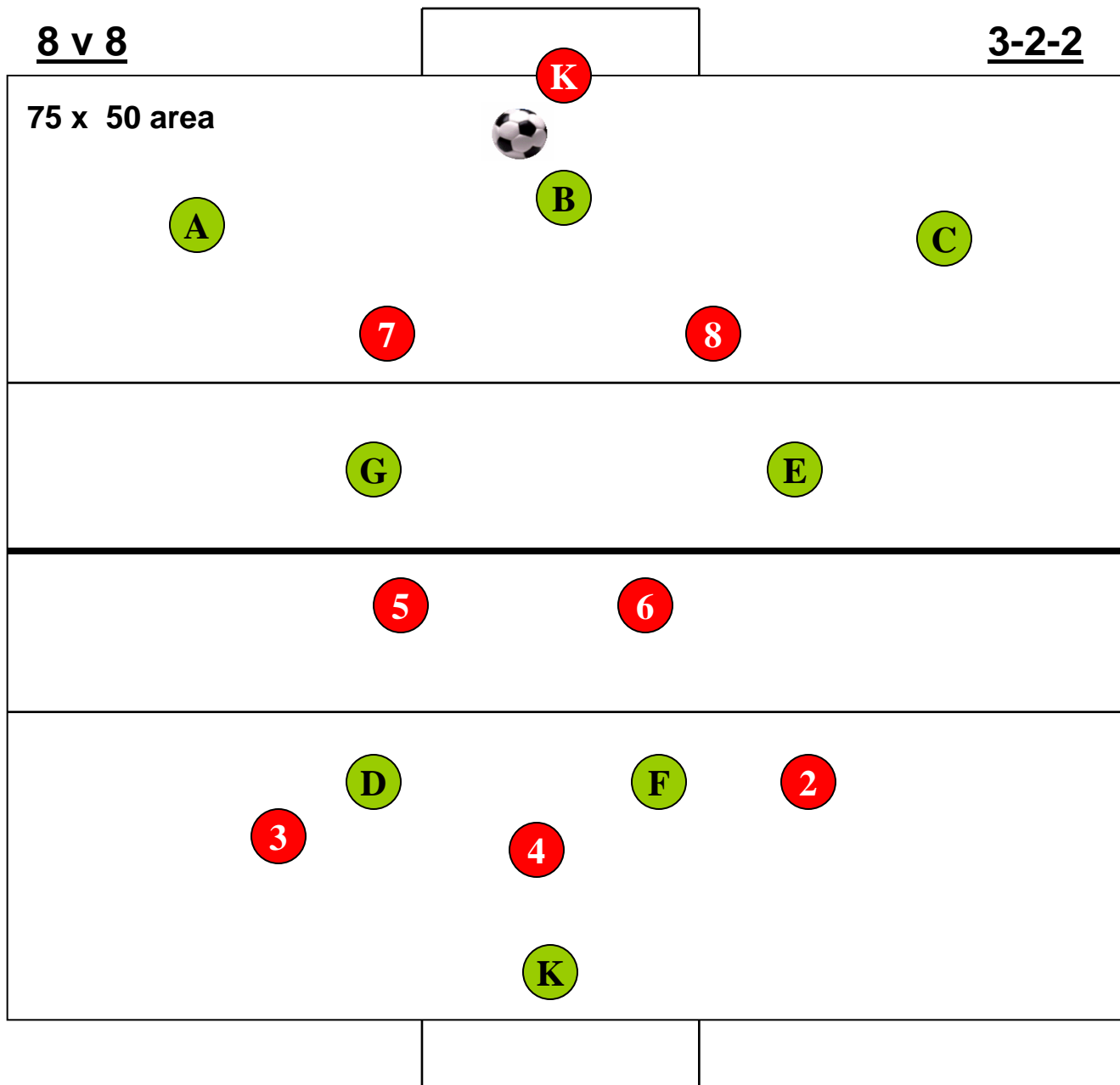


# PRESSING PLAY VERSUS ONE AND TWO TOUCH PLAY

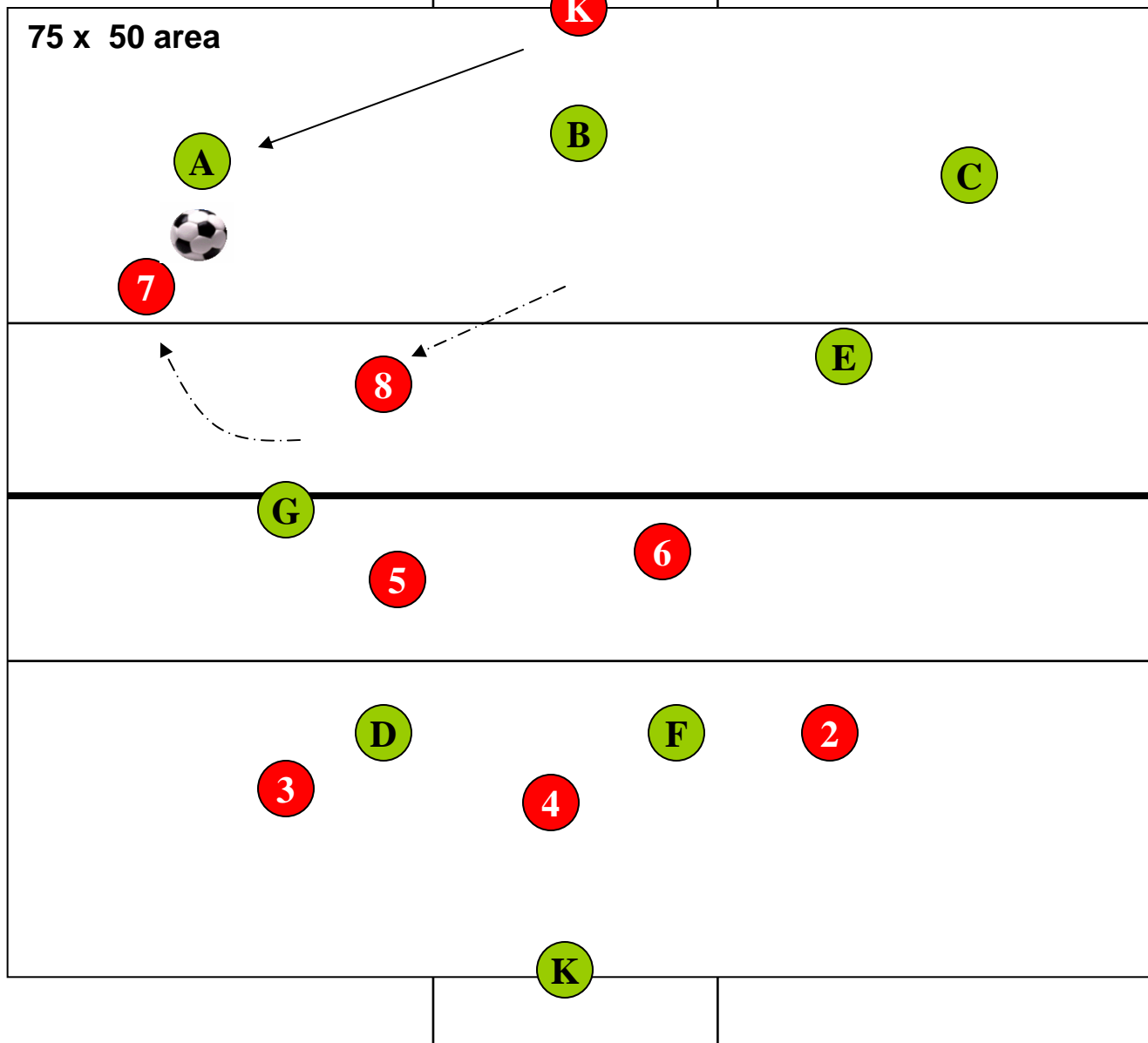


1. I am using an 8 v 8 set up to show the examples of playing a game focusing at various times on winning possession quickly using a high pressing style of play and also playing a quick passing one and two touch game to maintain possession of the ball. Use whatever numbers you have for training, these concepts will work from a small 3 v 3 up to as many players as you have up to your full roster of players.
2. The principles of each will apply during the **three main moments** in the game,
  - a) when **we** have possession,
  - b) when the **opponents** have possession, and
  - c) when possession **changes** from one to another team either way, for example we have it and then lose it, they have it and then we win it.

## PRESSING PLAY

8 v 8

3-2-2

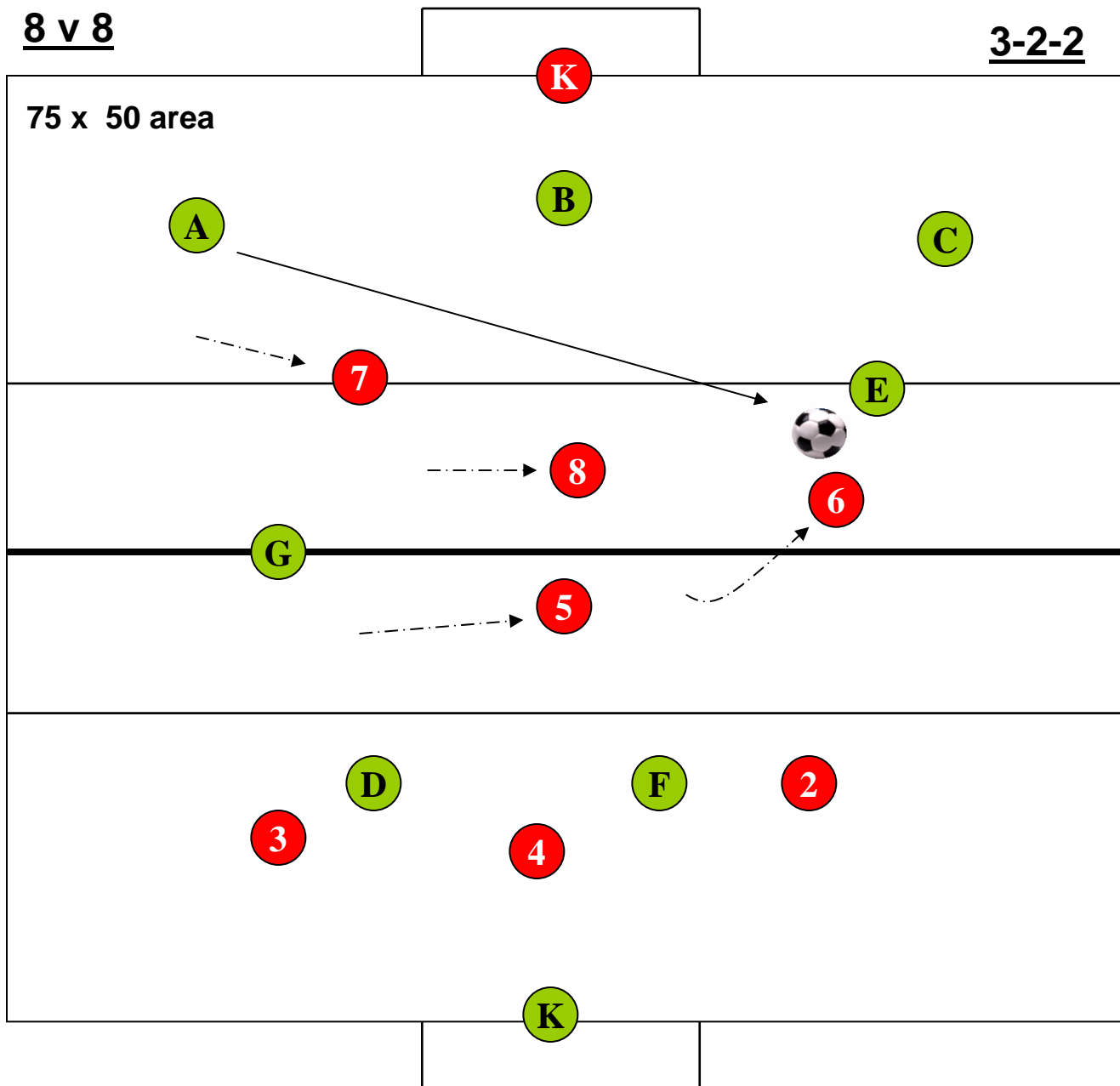


1. This is a pressing high pressure game to encourage the team to try to win the ball as early and as far up the field as possible both as individuals and in the team concept.
2. The main focus is on defending to win the ball to give our team more possession. Ask the pressing player to call "ball" so everyone knows this player is the one to make the immediate challenge. Have the next closest player, the support player, call "right" or "left" to help the pressing player decide which way to force the ball. All the other players adjust their position off this combination.
3. To score, the player on the ball just has to get the ball to their own keeper who is in the opposite goal which means pressure has to be **immediate** because this player can score from anywhere, even a chip into the keepers hands is a goal. Or just have an open goal to play into if you have no keepers.

# PRESSING PLAY AND ONE AND TWO TOUCH PLAY

8 v 8

3-2-2

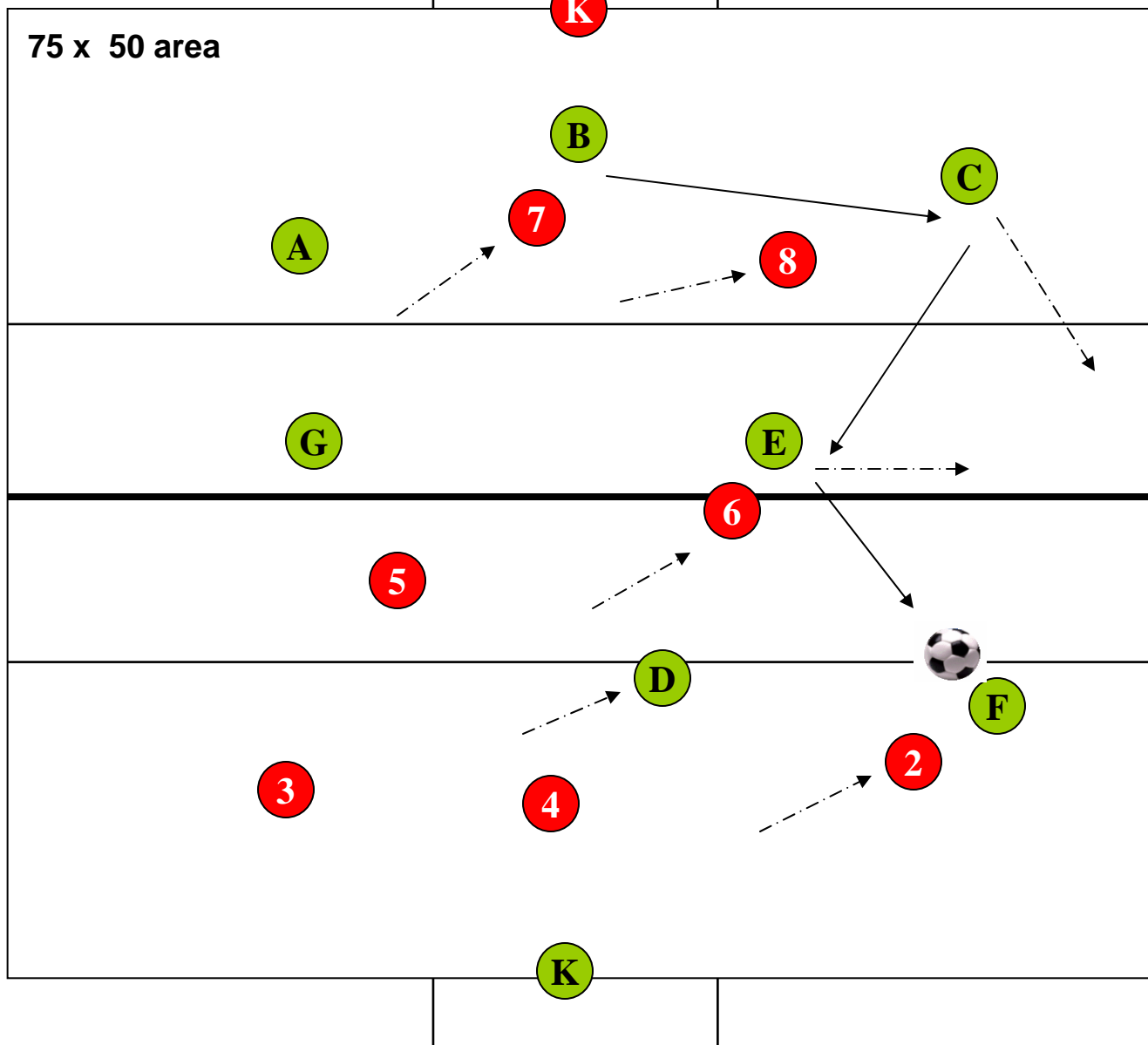


1. Ask yourself, what does this force the opponents to do to change their game to counter this as effectively as they can?
2. High pressure means the opponent has little time on the ball. So the way to counter high pressure play is to develop **one and two touch passing play** to prevent the pressing players from getting too close to gain possession with a tackle or forcing a bad pass and giving possession away just through the pressure itself.
3. For the team with the ball, the **awareness training** we do is designed to teach and develop the quick thinking that this requires, looking before receiving, looking ahead of the game to where the pass will go. This means less time is needed on the ball but it is especially effective if the opponent's are pressing very quickly. Encourage the team with the ball to play this way to make it more difficult for the pressing to team to be successful then it is a good challenge for both.

# ONE AND TWO TOUCH PLAY

8 v 8

3-2-2

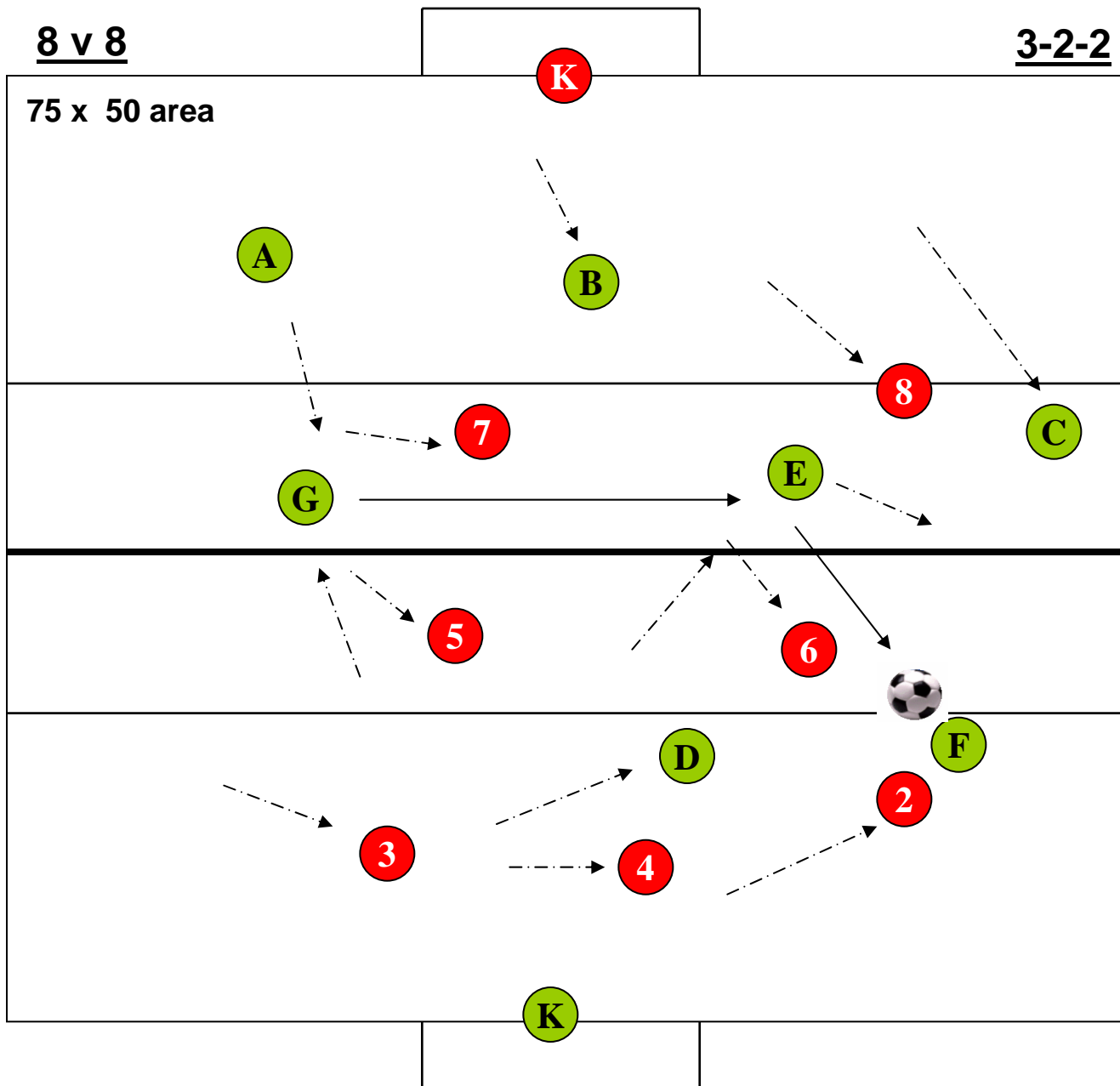


1. For example before (8) can close down (C) who has received a pass from (B), (C) has laid off a one touch pass to (E). (E) must be aware of teammates positions before (6) closes (E) down to ensure the quick pressing play does not result in the ball being given away. (E) plays it to (F) before (6) can close down. (D) moves into space in anticipation of helping (F) on the ball as has (E) and (C).
2. Therefore in this session the pressing game can be monitored and the possession game of the team with the ball can be monitored at the same time.
3. Whilst I generally like to do one theme at a time this is one way you can introduce two themes in the same practice and make it work. The pressing game forces the team with the ball to play more quickly and with fewer touches on the ball to maintain possession of it. Your focus can be on either one or both during the session as they complement each other.

# PRESSING PLAY AND ONE AND TWO TOUCH PLAY

8 v 8

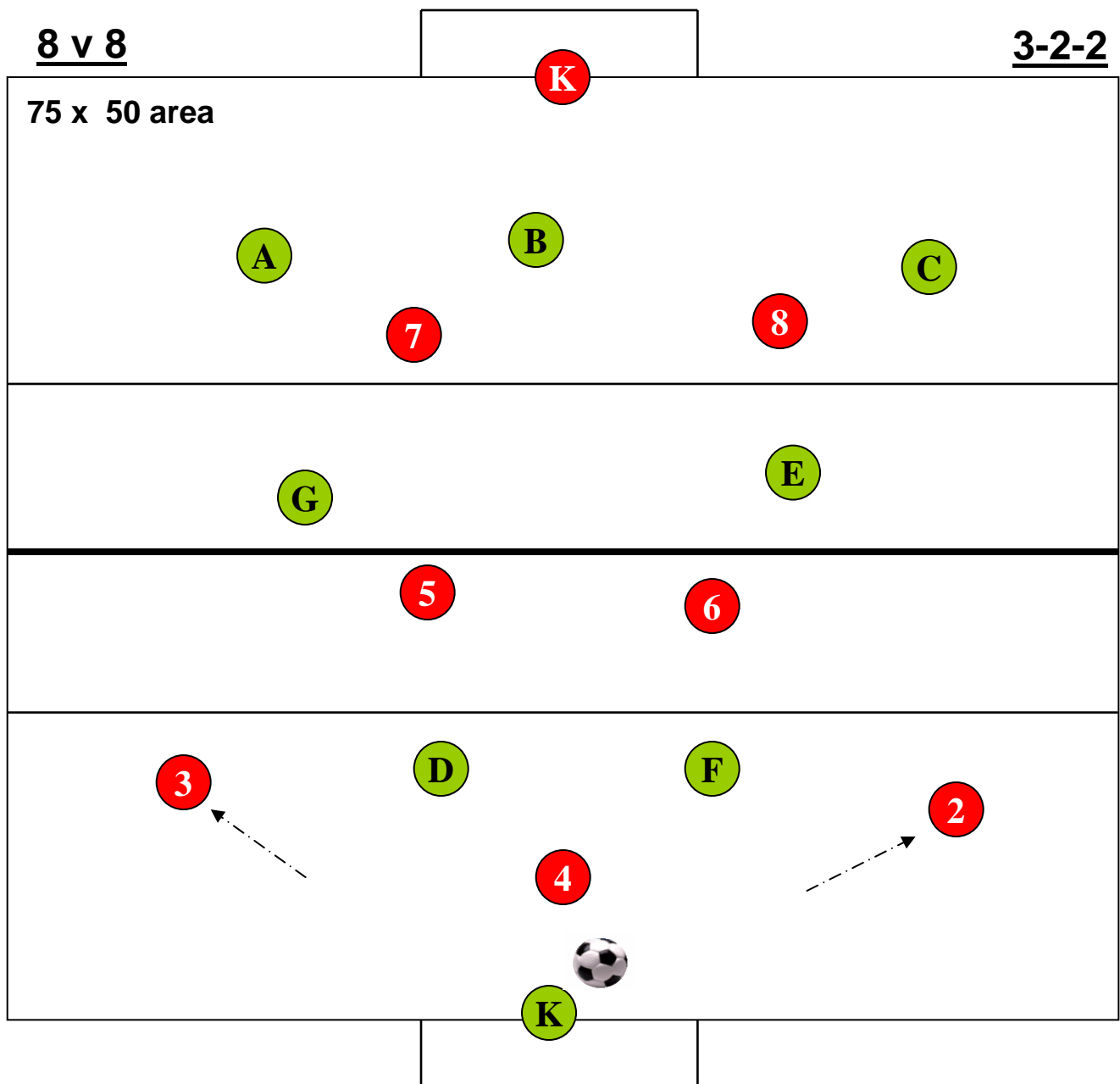
3-2-2



1. If this becomes confusing then make the theme **either** pressing and winning possession quickly, or playing one and two touch. Here is an example of both teams working simultaneously the numbers team playing a pressing game, note (5), (6) and (7) try to pressure but the ball has been passed off quickly so they have to adjust position to pressure again or fill important positions based on where the ball has gone to. (2) and (6) may now be successful? The letters team playing quick passing with anticipated movement off the ball to support the player on it, here the example is the movement of (C), (E) and (D) off the ball to offer early options so (2) and (6) are not successful.
2. **Pressing Training** – Condition the team with the ball to try to play one and two touch to make it difficult. Work with only one team at a time on the theme.
3. **One and Two Touch Training** – Condition the team without the ball to press very quickly all over the field. Work with only one team at a time on the theme.

8 v 8

3-2-2



1. Here you can say the numbers team must focus on playing **quick possession play** and the letters team focus on a **pressing game** and see which is the more successful. During the game both teams should work both concepts anyway if playing correctly to counter each other, but for clarity you could work each as described above. Ultimately work with both teams in turn on both themes maybe over a couple of sessions or for the game at the end of each training session include these two conditions to ensure the continuity of the game themes over the season during practices. Either way you can improve both the team defending and the team possession play in the same session as the two themes work hand in hand and it is a great challenge for the players on both counts.
2. Both themes are an important part of soccer and are an important part of how we would like our teams to play **when** we have the ball, and when we **haven't** got the ball, especially at the 11 v 11 level. We can “touch” on these in the smaller sided games but the intent there still has to be a focus on good technical development.

Finally, the beauty of practicing this from the attacking and defensive aspects of play is it makes the teams better at both, and it highlights the importance of the three moments in the game and how they affect the outcome.

Also by learning to play a quicker tempo and becoming good at quicker decision making based on playing a one or two touch game, this gives each player the ability to recognize more quickly what their options are on the ball, to see when they have time also to keep possession themselves. To make the decision to dribble with the ball because maybe there are no team mates in better positions that they are (because they looked early) and they have the chance to take on an opponent in a one v one situation for example.

Developing awareness though playing against a high tempo pressure game in training helps the player to recognize more options on the ball, not limit them to just one and two touch play.

For the defending aspect it goes without saying (though I'll say it!) that becoming better at defending as an individual, as a unit and as a team means we gain possession more and it opens up more attacking options for us. It's not rocket science eh!!