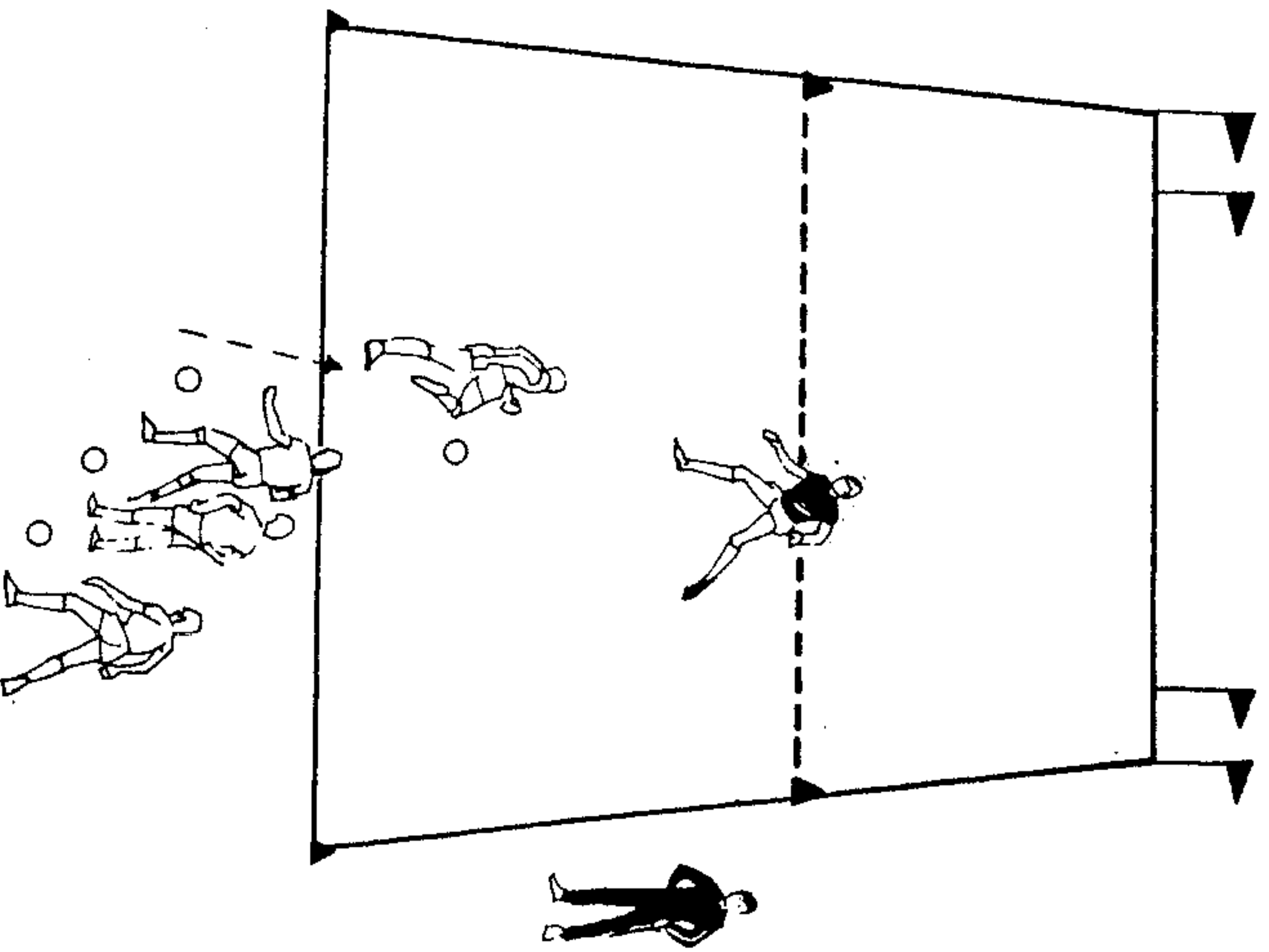


## **PRESSURE DRILL**

### **Purpose**

To practise timing tackles when fatigued, and basic dribbling skills.



### **Procedure**

In an area 20 x 20 yds, two small goals are situated on the corners of one end of a rectangle which has been split into two halves. The squad is broken up into small groups, with one player acting as the defender; the rest line up facing him with a ball at their feet. On the signal each player, in turn, tries to dribble the ball past the defender to score in either of the small goals. The dribbler can only score from the shaded zone, while the defender is allowed to tackle for the ball and knock it out of play from anywhere in the rectangle. As soon as this happens, or if a goal is scored, the next dribbler sets off to attack.

### **Development**

- ⚽ Use different techniques, e.g. block tackle or change-of-pace dribble.
- ⚽ Each defender can be given a set time period, e.g. 1 minute, and points awarded for the least or most goals scored in that time.

## **13. TEAM KNOCKOUT TO GOAL**

**Organization:** One ball for every two people.

**Structure:** Two teams on half a field.

**Procedure:** Team "A" is on the field, each with a ball. Team "B" stands anywhere along the sidelines without a ball. On the signal, team "B" runs onto the field and attempts to gain possession of all balls and kick them into the goal. The leader/coach starts the clock on the signal and stops it when the last ball goes into the goal. Team "A" members who have lost possession of their ball should attempt to regain possession or help the other team "A" members by getting into positions so that they may receive a pass. Remember, time does not stop until all the balls are in the goal. Shots on goal should be taken from outside of the penalty box depending on the age of the group.

