

PRESS LIKE KLOPP

Defensive Pressing Tactics

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How Counter Pressing Works (or, at least, how it is supposed to work!)

The concept of counter pressing or high pressure defending in the opponent's half has been around since the great Dutch teams of the 1970's under Rinus Michels.

The train of thought is that by pressing the team in their own half, you put yourselves in a position to win balls closer to your opponents goal and keep the opposition further from your own goal.

The downside is that if not done properly, you expose yourselves to balls over the top or to switches that can leave you exposed on your weakside.

WHEN SHOULD WE PRESS AS A UNIT?

- **When you have a numerical superiority**
- **When you can keep play in one area and not have play switched on you**
- **When you are least vulnerable to a having a ball played into a dangerous area**
- **When a specific player(s) are involved in their build-up**
- **When needing to regain possession quickly**
- **When your team is still fit to press**

Before and After Introducing Counter Pressing

2014 - 2016

1.48 Goals Per Game For

1.22 Goals Per Game Against

2017

1.63 Goals Per Game For

0.66 Goals Per Game Against

**Here is one progression that we used
at Langham Creek this past year that
you can successfully implement with
your team(s)**

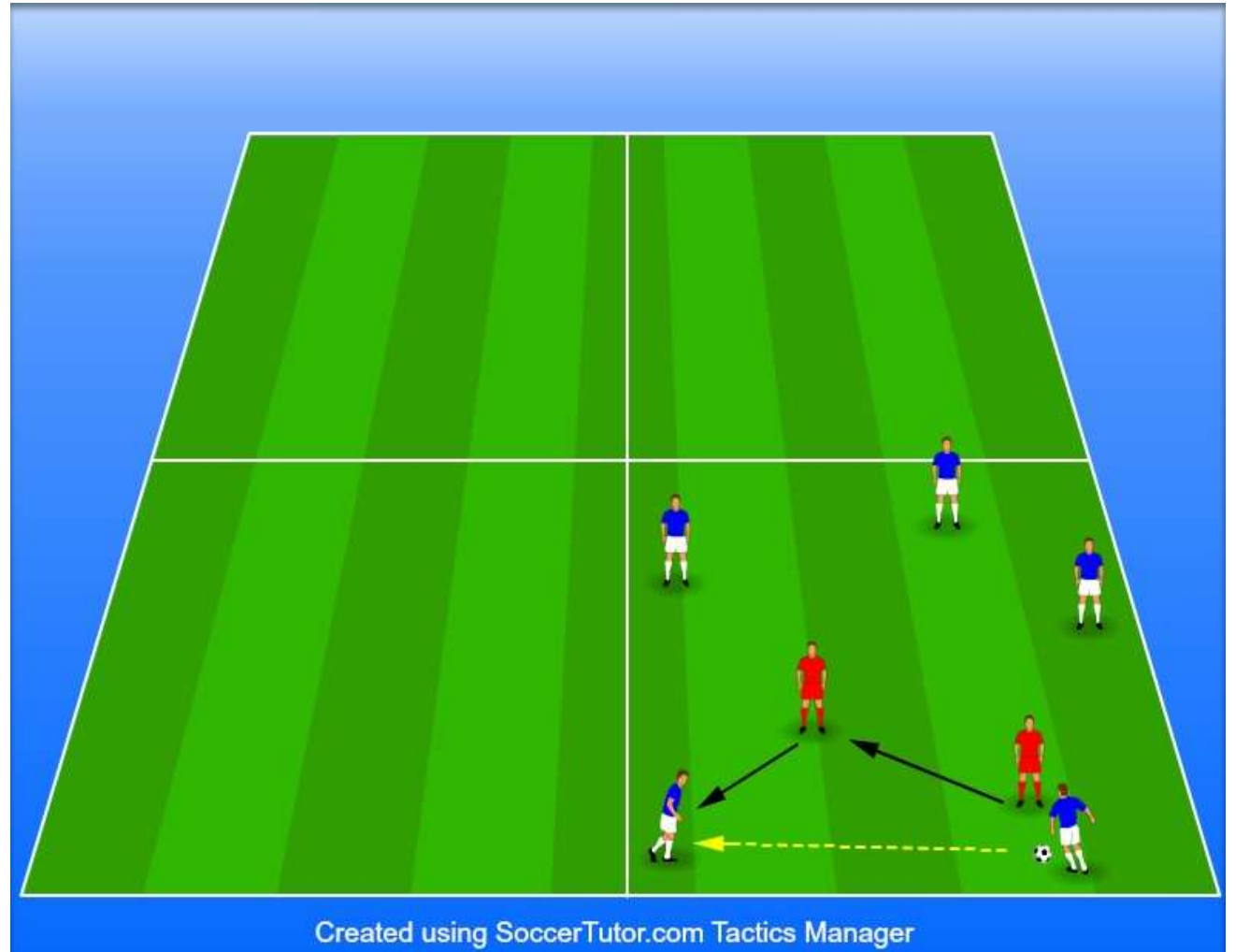
**Direction-Less Games
to Teach
1st and 2nd Defender Positioning**

Objective: Teaching first and second defender to pressure and squeeze space with proper support angles. Place the 1st attacker under enough pressure to force his head down.

Description: Defending pair must close down space and cut out passing channels through work rate and communication.

Coaching Points: Communication, Work Rate, Support Angle, 1st Defender Positioning

Progression: Rotate players, this is not a conditioning exercise



**Small-Sided Functional Games
to Teach
Pressing Concepts as a Group**

Objective: Teach players how to work cohesively as a group to win possession in the opponents half of the field by their position within your team.

Description: 40x40 grid split into two halves. Players play 6v4 by position and try to keep possession if they are the six or win possession if they are the four.

Coaching Points: Pressing the ball quickly, cutting out passing options, closing space down for the possession team. **NOT ALLOWING PLAY TO BE SWITCHED!**

Progression: Limit touches, then eliminate touch restrictions, then go to 10v10 in the entire grid.

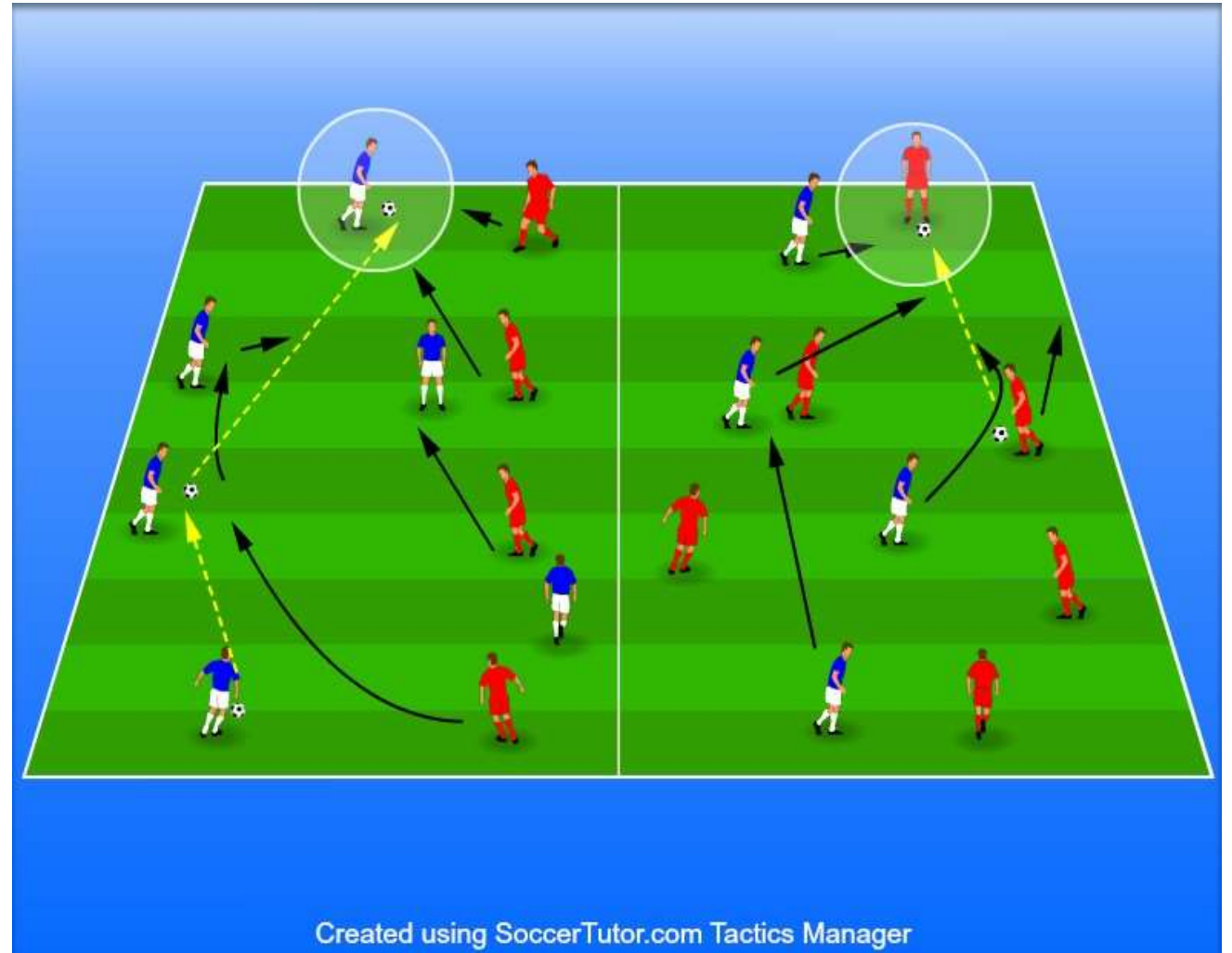


Objective: Teach players how to force play into Pressure Pockets through pressing tactics and their role within the system of the team.

Description: 6v4 in a 20x40 grid playing in position they occupy within the team. The six keep possession against the four.

Coaching Points: Pressure quickly, close space, force the ball into a 1v2 against the touchline, don't allow the ball to switch and break our pressure leaving us exposed.

Progression: Limit touches for team in possession, then slowly remove restrictions as defending team "gets it".



Objective: Teaching defending team to press and close off space, then quickly counter upon gaining possession

Description: 6v6 + GK's possession / counter attacking - one team plays possession with 10 passes equaling a goal. The other team looks to counter to either goal as soon as they win the ball

Coaching Points: Force possession team to one side, cut out passing lanes and win the ball on the flank or by cutting out a switch.

Progression: Teams go for five minutes, then switch roles. Teams defend specific goals.



**11v11 Games
to Teach
Functional Pressing to the Group**

Objective: Teach teams to immediately press upon loss of possession to regain the ball ASAP

Description: 11v11 game with instant pressing upon loss of possession

Coaching Points: Putting the player who won the ball under immediate pressure, Creating pressure pockets to win the ball in, Cutting out options and closing space on the ball side of the pitch

Progression: Start by limiting touches to encourage high pressure, then slowly open up touches as teams start to have an understanding of how to press.



Objective: Press the team into Pressure Pockets, win the Ball, Counter Quickly

Description: Functional Pressing Training in an 11v11 Environment

Coaching Points: Immediate pressure on the ball, don't let the ball come back, force the ball to the touchline, create a pocket that they will play into, step across, pickup all ball side players, don't allow passing channels to switch the ball, COMMUNICATION

Progression: Limit touches, then lift the restriction. GK must play out short, defending team must drop to allow ball to be rolled out or played short then press.



Objective: Learning to Press Effectively as a Unit

Description: Defensive Shadow Play to Teach Players Proper Pressing Movement

Coaching Points: Pressing Approach Angles, Creating Pockets, Double Teaming, Eliminating Passing Options

Progression: Start with Distribution From the GK, Then Work Through Each Passing Option



Objective: Encouraging Play to a Wide Back

Description: Steering Play into a Pressure Pocket for an Outside Back

Coaching Points: Creating a Pocket, High Pressure, Cutting Out Passing Lanes, Stepping to Next Mark

Progression: Walk Players Through Responsibilities When the Ball goes to an Outside Back



Objective: To Encourage Play into A Pressure Pocket

Description: 11v11 Creating a Pressure Pocket to Attack the Outside Back

Coaching Points: Pressure at Speed, Proper Lines of Approach, Cutting Out All Passing Options

Progression: Walk Individual Players Through Their Angles of Approach and Stepping to the Next Mark



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QUESTIONS?

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