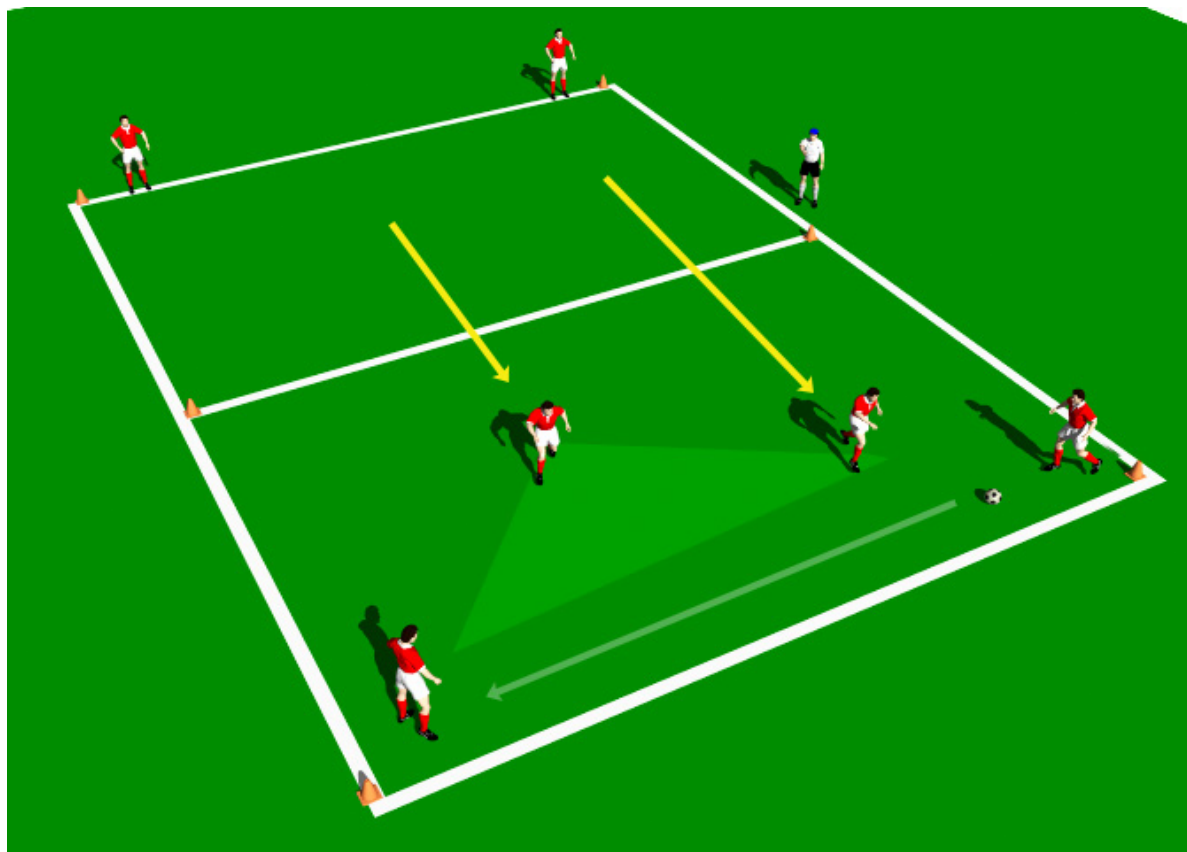


## Liverpool Alternating Pressing Drill



### **Objective of the Practice:**

The Liverpool Alternating Pressing Drill is a great defensive exercise that is used to improve the defending ability in a 2v2 situation. The emphasis in the exercise is on pressing and keeping the defensive shape of pressure and cover.

### **Coaching Pointers:**

Place a player in each corner of an area 15x10 yards. Two defenders start in the center of the area. The practice begins with the two end players passing the ball back and forth. They hold the ball for a few seconds to enable the pressing players to gain their defensive shape. The end player passes the ball back and forth for 5-6 passes then exchange the ball to a player on the opposite side of the area. The defending player now rest, and the passing players become the two pressing players. This sequence is repeated throughout the exercise.

### **Field Preparation**

- ☆ Groups of 6 players
- ☆ Area 15x10 Yards
- ☆ Cones
- ☆ Supply of Balls
- ☆ Colored Bibs