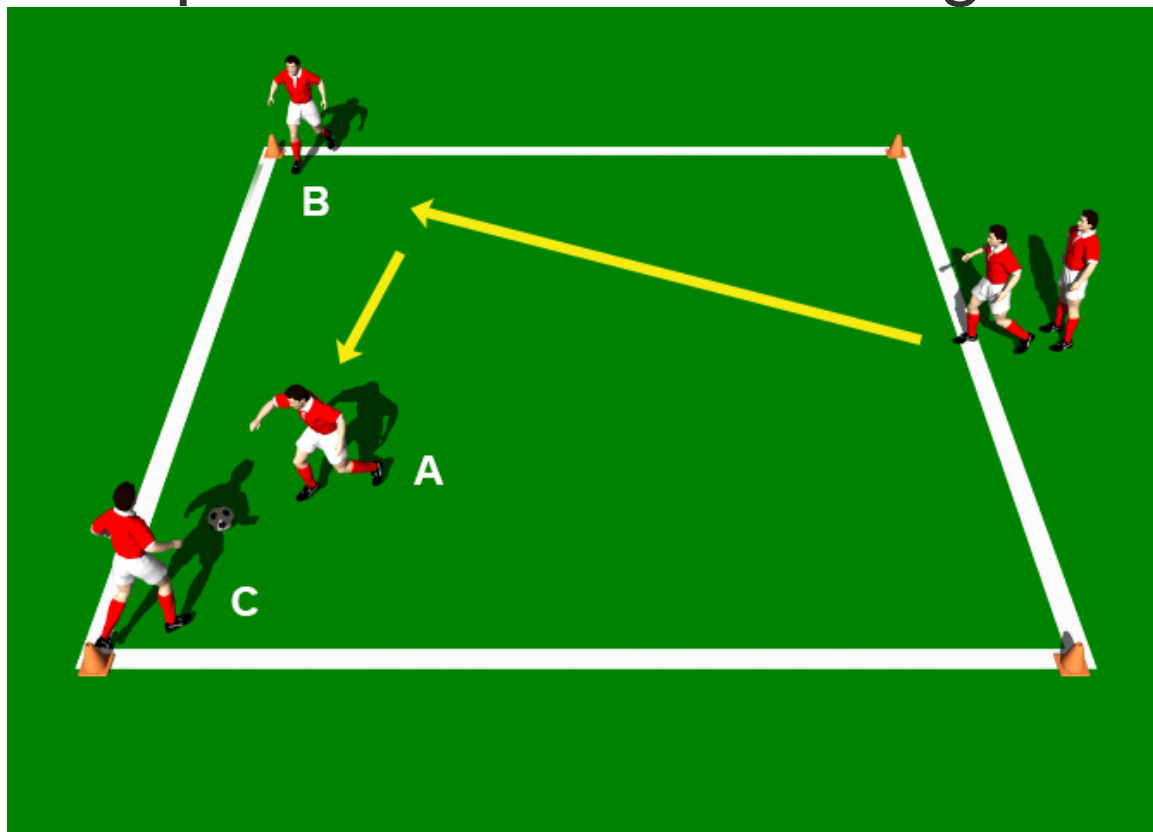


## Liverpool One Man Pressing Drill



### Objective of the Practice:

This practice will improve each player's understanding and technique when pressing the ball.

### Coaching Points:

In an area 10x10 yards, position two players with one ball at two cones. Several players are positioned opposite. The exercise begins with player "A" closing down player "B". Player "B" then passes the ball to player "C" and player "A" quickly presses player "C" then recovers back to the starting position. The pressurizing player is not trying to win the ball, they are working to simply keep the play in front of them in this drill.

The two players passing the ball must hold the ball for a few seconds to allow the pressurizing player to close them down. Focus on the speed and defensive stance of the pressurizing players. The next player inline should talk to the pressurizing player and encourage them to press the ball.

The pressuring players should focus on:

1. Closing the ball down quickly
2. Adopt a "side on stance" when defending.

Emphasize quality technique always and demand they play at match speed.

### Field Preparation:

15 yards between cones, 4 Cones, 1 Ball.