

WEEKLY PLAN PLAYING WITHOUT THE BALL - PRESSING

**THE WHY, WHAT,
WHO, WHEN, WHERE
AND HOW OF
PRESSING FOR ALL
AGES**

INTRODUCTION

Pressing in football is often seen as a modern idea, but it has existed since the game began. At its core, it is simply an expression of one of football's guiding principles: pressure.

Traditionally, losing the ball meant an immediate reaction to win it back - a habit ingrained from a player's very first kick. Today, however, young players are increasingly quick to appeal or switch off, copying what they see on TV.

That's why the mindset of winning the ball back must be taught deliberately, alongside the individual and collective responsibilities that make pressing effective. This weekly plan provides activities and sessions that explain why we press, when and where we press, who presses, what we aim to achieve, and how we do it

THE TRAINING CONTENT

PRE-TRAINING PREPARATION (AT HOME ACTIVITIES/LEARNING) - SUITABLE FOR ANY AGE

These activities complement pressing and you should encourage your players to put some time aside away from training to prepare

6 YARD SPRINT (VIDEO)

[*CLICK HERE*](#)

18 YARD SPRINT (VIDEO)

[*CLICK HERE*](#)

ENDURANCE RUN (VIDEO)

[*CLICK HERE*](#)

PRESSING (INFOGRAPHIC)

[*CLICK HERE*](#)

ARRIVAL ACTIVITIES - SUITABLE FOR ANY AGE

These activities have been selected to allow your players to start moving as soon as they arrive for the training session

3V3 GAMES

[*CLICK HERE*](#)

**BALL MASTERY (CHOOSE ANY
SKILLS)**

[*CLICK HERE*](#)

ENDURANCE RUN (VIDEO)

[*CLICK HERE*](#)

INDIVIDUAL PRACTICES - 5-12 YRS OLD

These practices have been selected for younger age groups, they have an age guide, but you can choose which is most suitable for your players.

You should choose at least one activity (and watch the video) for the main part of your session before closing your session with a game.

DEFENDING 1V1 WARM UP: 5-8

[***CLICK HERE***](#)

DEFENDING AS AN INDIVIDUAL: 8-12

[***CLICK HERE***](#)

PRESSING AS AN INDIVIDUAL: 9-12

[***CLICK HERE***](#)

PRESSING IN THE FINAL 1/3: 10-12

[***CLICK HERE***](#)

FULL SESSIONS - 12-OPEN AGE

These sessions have been selected for older and more capable age groups, they have an age guide, but you can choose which is most suitable for your players.

Follow the full session where possible

PRESSING IN THE FINAL 1/3: 12-15+

[***CLICK HERE***](#)

PRESSING AND SUPPORT: 13-15+

[***CLICK HERE***](#)

MOYES PRESSING MASTERCLASS: 13-15+

[***CLICK HERE***](#)

FURTHER READING

The David Moyes and Martin Hunter sessions above are perhaps the most insightful and practical sessions on pressing that you'll find anywhere on the internet.

However, alongside the practical support The Coaching Manual is famous for, we also have loads of content focusing on theory, which are suitable for further reading. Here are some of our favourites

WHO PRESSES AND WHEN

[*CLICK HERE*](#)

WHERE TO PRESS

[*CLICK HERE*](#)

HOW TO PRESS

[*CLICK HERE*](#)

SUPPORTING THE PRESS

[*CLICK HERE*](#)

DAVID MOYES ON PRESSING

[*CLICK HERE*](#)