

Intense Pressing (2 v 4) in a 3 Team Transition Game



Description

In a 20 x 35 yard area we have 2 end zones (20 x 15 yards each) and 1 middle zone (20 x 5 yards) with 4 mannequins in the positions shown. We have 3 teams of 4 players and each team starts in one of the zones.

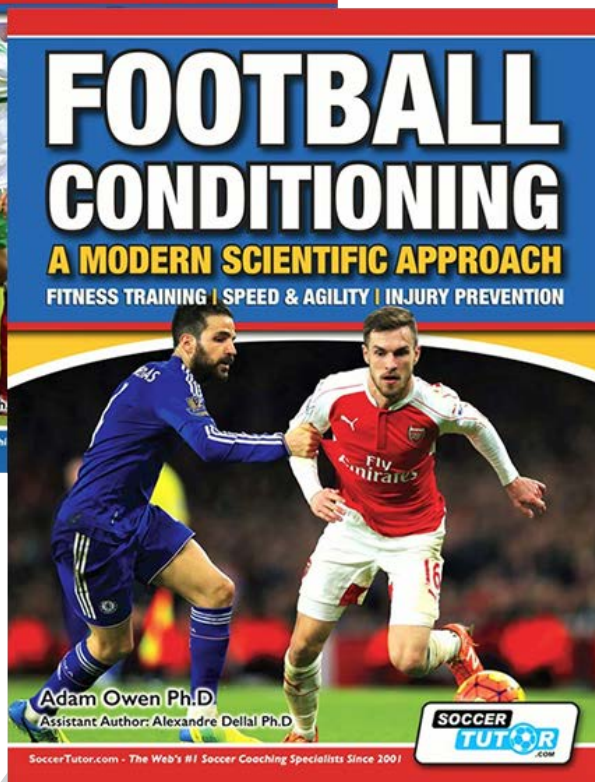
The practice starts with one team keeping possession in an end zone (reds in diagram) and 2 defending players (yellows) move from the middle zone to press and try to win the ball or kick the ball out of play (1 point). If the 2 yellow players are successful then the red and yellow teams switch roles. Play 5 minute periods.

If the reds manage to complete a set number of passes they must then attempt to play a pass to the other side past the mannequins and the 2 yellow middle zone players (who can attempt to stop the ball) or chip a pass over them. If they successfully pass to the team on the other side (blues) they score 1 point and the 2 yellow middle zone players move across to press and try to win the ball (the other 2 yellow players move into the middle zone).

The players are limited to 2 touches throughout.

Coaching Points

1. There should be a constant change over of possession and defending players working into and out of the middle zone - this tests the players' speed endurance and stamina.
2. If the same team are defending for too long, change the roles to allow the players to recover.



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