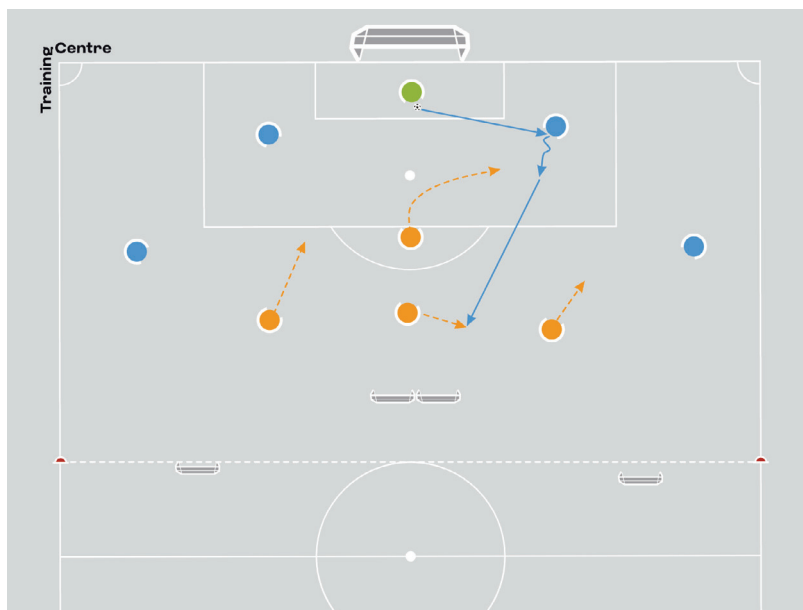


NEC Nijmegen U-15

Foundations for defensive compactness and pressing

PART 1: COMPACTNESS AND PRESSING IN A 3-1 SHAPE



Organisation

- Mark out a 40m-long area across the full width of the pitch, with 1 goal, a goalkeeper and 4 mini-goals, as shown in the diagram.
- Form one team of five (grey in video), including a goalkeeper, and one team of four (orange).
- Orange play in a 3-1 formation and grey attackers play with a back four.
- A supply of balls is set up in the goal.

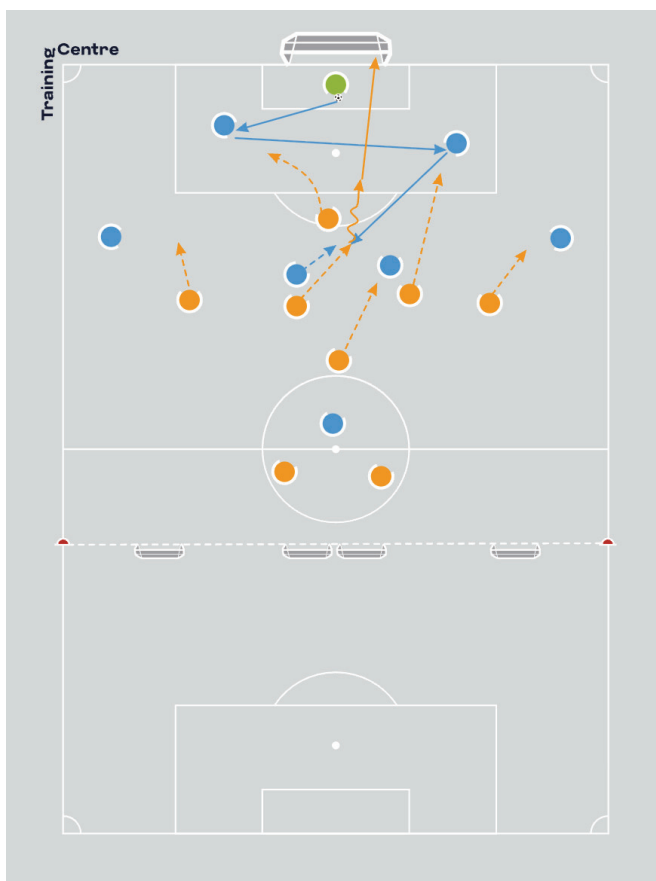
Explanation

- The goalkeeper starts play with a goal kick.
- A 5v4 situation begins.
- Grey try and pass into one of the mini-goals.
- Orange remain compact and counter-attack on the full-sized goal should they win possession.
- After a goal or when the ball goes out of play, play restarts with the goalkeeper.

Coaching points

- Orange's number 9 forces the centre-back in possession to one side, limiting their passing options.
- Orange remain compact and shift across with the ball.
- The defenders close central passing lanes and force play wide.
- The deeper player (number 10) provides cover and protects the space behind the press.
- After winning the ball, the team counter-attacks quickly and directly towards the goal.

PART 2: PROGRESSING TO AN 8V8



Organisation

- Mark out a 60m-long playing area with 4 mini-goals, 1 full-sized goal and a goalkeeper, as shown in the diagram.
- Form 2 teams of 8 players each.
- The defenders (orange in video) play in a 2-1-4-1 formation, and the attackers (grey), including the goalkeeper, play in a 1-4-2-1 formation.
- Place a supply of balls in the full-sized goal.

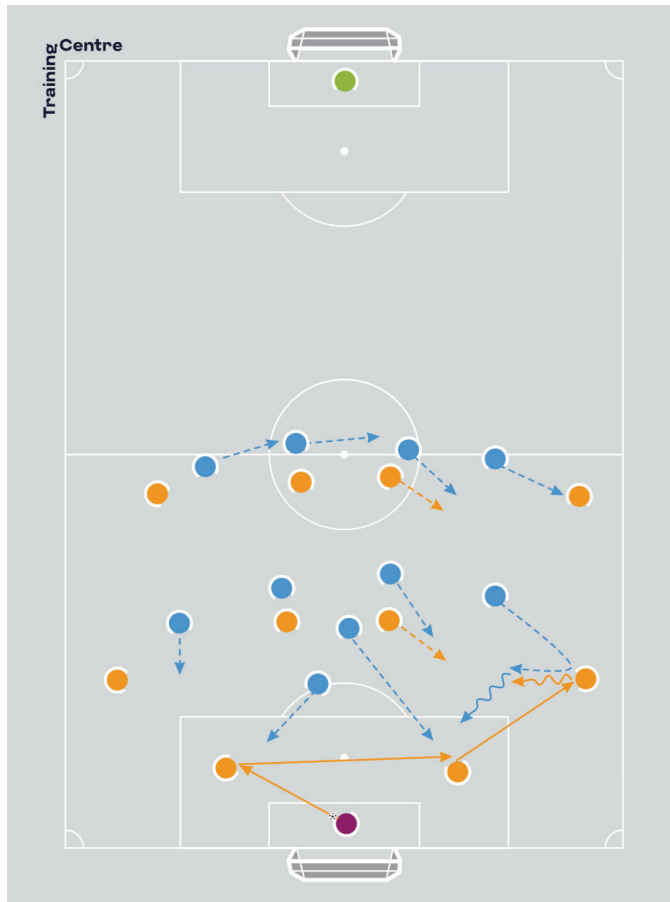
Explanation

- The goalkeeper starts play with a goal kick.
- An 8v8 begins.
- Grey try and pass into one of the mini-goals.
- Orange counter-attack towards the goal after winning possession.
- Play restarts with the goalkeeper after a goal or when the ball goes out of play.
- Orange's centre-backs may only cross the halfway line when their team is in possession.

Coaching points

- Orange's number 10 or 8 blocks the forward pass and applies pressure to the opponent receiving with their back to goal.
- The team stay compact between the lines and protects the central areas.
- The back line stays connected and shifts across together with the ball.
- Players press with clear timing and intensity to force play into predictable areas.
- After winning possession, the team looks to counter-attack quickly and directly towards the goal.

PART 3: 11V11 GAME HONING COMPACTNESS, PRESSING AND COUNTER-ATTACKS



Organisation

- Use the full-size pitch, including both goals.
- Form two teams of 11 players with goalkeepers.

Explanation

- 11v11 game
- Orange team set up in a 1-4-4-2
- Grey team set up in a 1-4-2-3-1

Coaching points

- Apply the principles from the previous exercises.
- Protect the centre.
- Force the opponent to play backwards.
- Force the opponent into a decision-making crisis.