

Pressing & transitions

U13-U16

Youth phase

90 minutes

Session objective: Win the ball back quickly and attack the moment you do.

BLOCK	TIME	WHAT THEY DO	COACHING POINT
Arrival	15 min	Dynamic warm-up plus a 5v2 rondo	Intensity from the first minute
Technical	20 min	6v6 plus 2 jokers possession, 30×40m	Press as a unit, trigger on a bad touch
Skill game	20 min	Pressing-trigger practice, defenders react to a set cue	First defender sets the trap, others cover
Small-sided	25 min	10v10 conditioned game, 60×40m, extra point for scoring within seconds of winning the ball	Attack the transition before they set
Cool-down	10 min	Cool-down jog, stretch, review	When did our press win the ball?

TOO EASY OR TOO HARD? ADAPT ON THE FLY WITH STEP

Space

Bigger area = easier to keep the ball. Smaller = harder, faster.

Task

Change the rules: touch limits, points for a run of passes.

Equipment

Change ball size, goal size, or number of balls in play.

Players

Add attackers to help possession, defenders to pressure it.