



26 October 2009

# XXX AEFCA SYMPOSIUM

Improving the Game by Learning from the Best

## PRACTICAL SESSION

- Pressing and Anti-Pressing
- Building-up an attack





# Harald IRMSCHER



Assistant Coach Belarus National Team

*"Big victories can be achieved only after big defeats".*

**Milestones of Player Career:**

- 41 caps DDR
- World Cup 1974 Germany (Ranking 6)
- Olympics 1972 Munich (bronze medal)
- Player: Motor Zwickau, FC Carl Zeiss Jena, Wismut Gesa
- 38 Matches European Cup
- DDR Champion 1970
- DDR Cup Winner 1967, 1972, 1974

**Milestones of coaching career:**

- 79 official matches with national teams (DDR 54, Belarus 25)
- Champion and Supercup Apollon Limassol (Cyprus)

# Yury MALEEV

Head Coach of the National Under-16 Team

*"Doubts in your own abilities are more dangerous than any opponent because even the only thought of defeat causes the diminution of your power".*



**Milestones of Player Career:**

- 9 caps Belarus
- Granatkin International Tournament Winner
- Dinamo Minsk, Dnepr Mogilev, Zavisha, Ataka Aura, Slavia, Torpedo MAZ, Torpedo Zhodino

**Milestones of Coaching Career:**

- Torpedo Zhodino, Lokomotiv Minsk, Savit Mogilev, Under 16 National team.

# Sergei SOLODOVNIKOV

Head Coach of the National Under-20 Team

*"Talent is nothing without hard work".*

**Milestones of Player Career:**

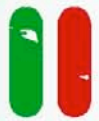
- Player: Neman Grodno, Yagelonia Bialystok.
- USSR 3<sup>rd</sup> division winner in 1980
- USSR 3<sup>rd</sup> division top goalscorer
- Belarus Cup winner 1993

**Milestones of coaching career:**

- Head coach FC Neman Grodno, FC Dnepr Mogilev
- Since 2007 head coach of national youth teams







## Building-up an attack

**Objective:** Building-up a positional attack through full-backs

**Setup:**

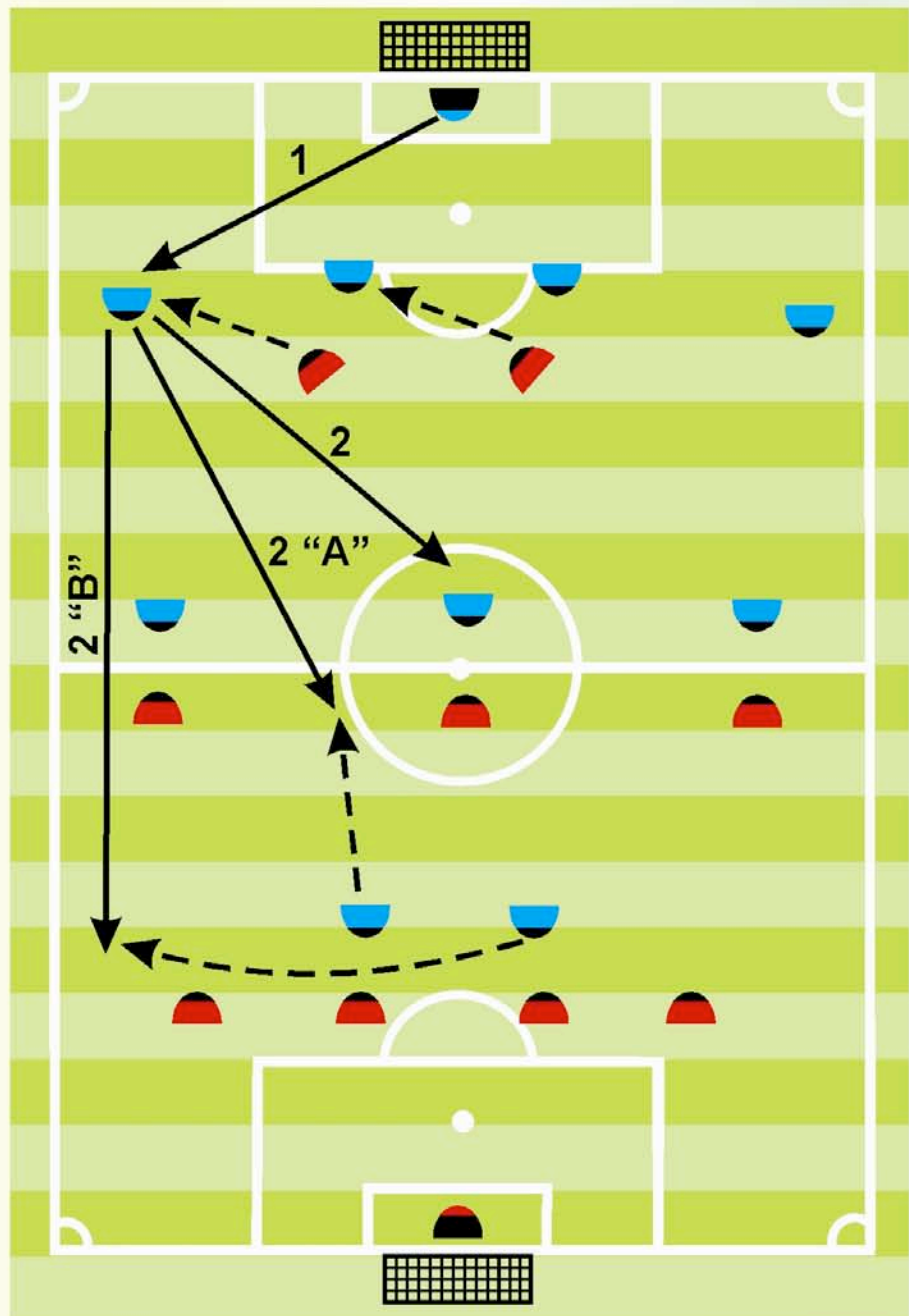
- football pitch with standard goals;
- 10(9+GK) vs. 10 (9+GK);
- 4 defenders, 3 midfielders, 2 forwards in each team;
- free touches.

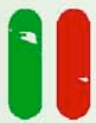
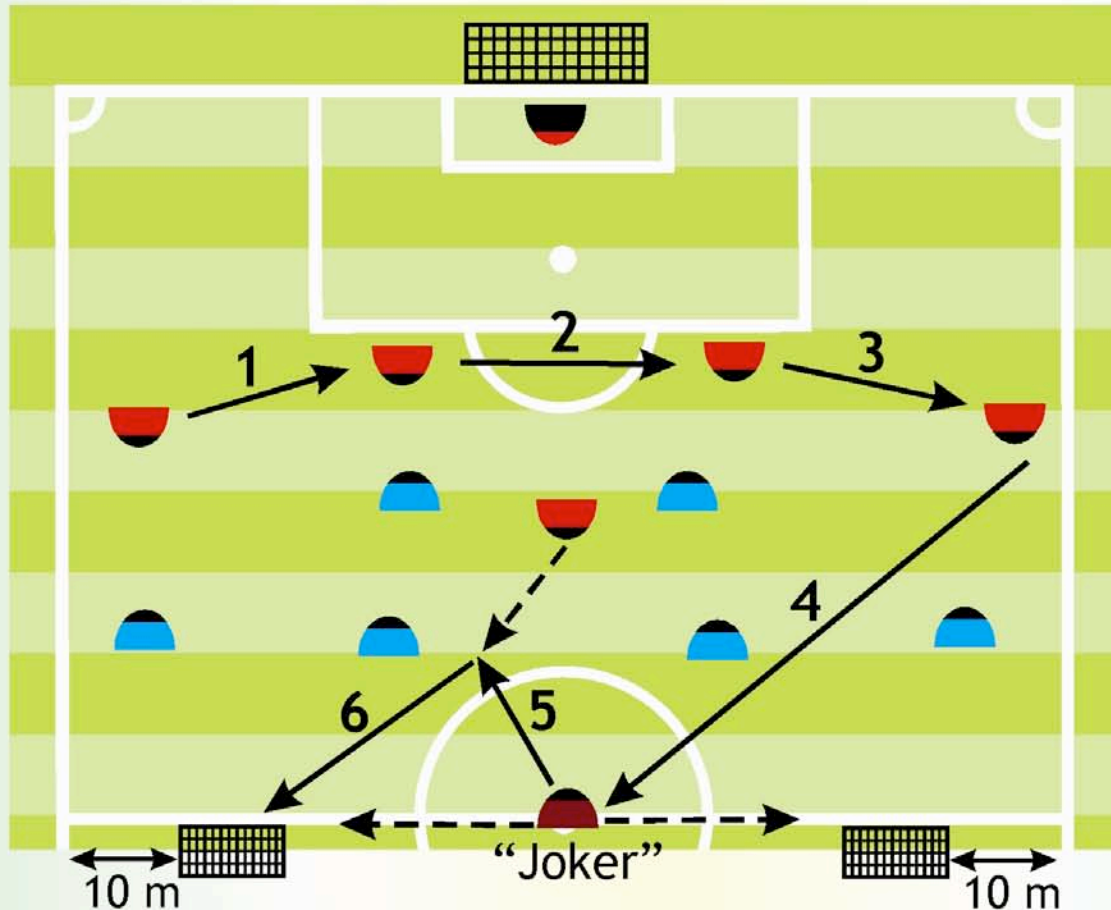
**Rules:**

- After goalkeeper starts the play the defenders have to develop the play forward overcoming pressure of the two opposing strikers.
- Full-back may choose from several options:
  - Low passing to a midfielder followed by overlapping run by the full-back.
  - One striker seeks the ball in the front of the attack, the second goes backward and receives a shortened pass.
  - Low passing into the spearhead of attack (to a covered striker) and the striker develops the attack.
- Whenever the ball crosses the central line the 5 offensive players develop the attack versus 4 defenders. The same applies to the other half of the pitch.

**Key coaching points:**

1. Accurate and quick low passing.
2. Passing to “covered” players.
3. Coordinates actions in the attack line with and without ball.
4. Making overlapping runs.
5. Efficient use of game space.
6. Good fitness of players.





## Pressing and Anti-Pressing

**Objective:** Improving pressing abilities and resistance to pressing

### Setup:

- half of football pitch;
- 5 players + GK + joker vs. 6 players;
- 5 players + GK defend a standard goal;
- 6 players defend two small goals (1 x 1.5 m);
- free touches.

### Rules:

- Blue team tries to score the goal applying a quiet game scheme and reliable control over the ball (one-player advantage).
- Whenever the ball is lost, or out of the pitch boundaries, or controlled by goalkeeper the play shall be immediately switched to trying to regaining control over the ball.
- The goalkeeper players of the red team try to keep control over the ball: 6 successful passes = 1 goal (passing back to the goalkeeper not counting as a pass). The red team may also attack to 2 small goals.
- The red team may use the joker who can only move on the line between two small goals.
- The joker plays one touch.

### Key coaching points:

1. Quick transition from attack to defence and vice versa.
2. Low passing.
3. Quick play into the depth.
4. Well-coordinated movement without ball.
5. Good fitness of players.