

Pressing practice

Saturday 27 October 2001

Gero Bisanz, the respected German coach who won three European Women's Championships and a Women's World Cup runners-up spot while in charge of the German national women's team, shows us a training routine aimed at improving pressing play.

Game set-up: Six attackers, plus one extra player, play against six defenders and one goalkeeper

If the defenders win the ball, their opponents attack the player with the ball immediately to try to win it back.

The defenders try to dribble across the endline and score in one of the small goals.

Playing time: 2 x 10 minutes

NOTE: This routine was first published in the UEFA magazine "The Technician"

<http://www.uefa.com/TrainingGround/index.html>