

Week 5 Escape Pressure to keep the ball

OBJECTIVE | Learn how to escape pressure

COACHING POINTS

1. Keep your body in between opponent and the ball
2. Accelerate through the escape move
3. Drive into open space after you escape pressure

GUIDED QUESTIONS

1. When is a good time to use an escape move? Why?
2. How can I gain space after using an escape move?
3. What foot should I use to perform this escape move?

KEY WORDS

Protect, Drive, Take Space, Pick head up

PLAYER ACTIONS

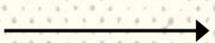
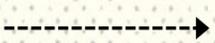
Escape Pressure

TECHNICAL TOOLS

Block 1: Shield;

Block 2: Accelerate, Basic escape moves

SESSION KEY

Dribble  →
 Pass / Shot  →
 Movement  →



4 v 4

Play to discover

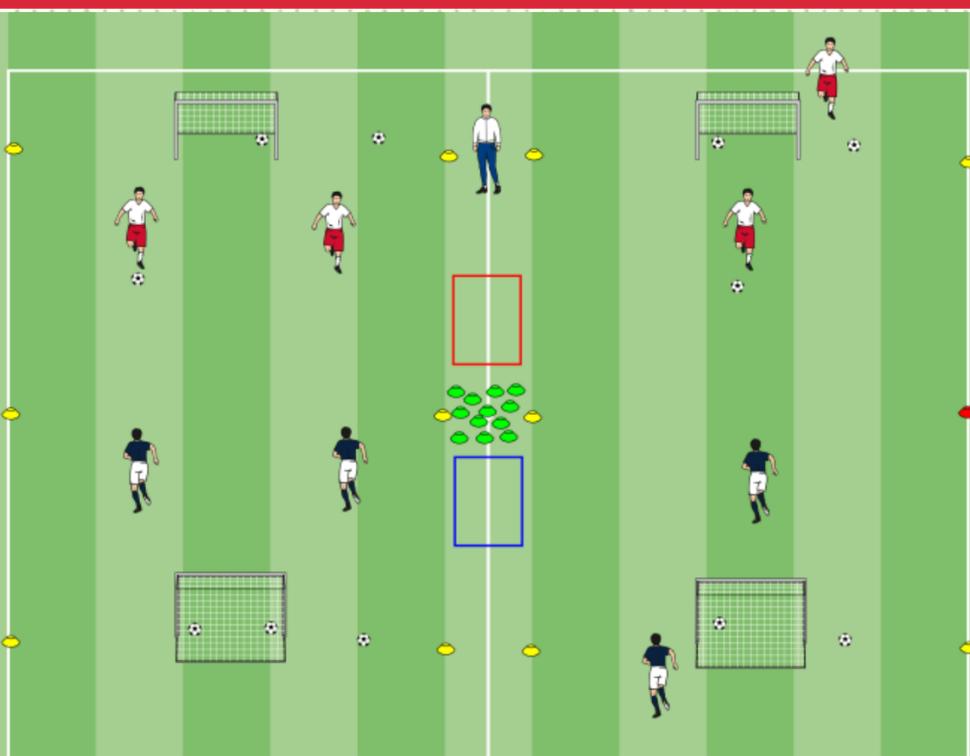
Me and my ball

Learn fundamentals,
purpose, direction &
rules of the game

Escape Pressure
Block 1

PHASE 1 – PLAY | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 15-yard fields (x2)

DESCRIPTION

Play 1v1 on each field. If a player scores a goal, they put in a coin in their team's bank (cone in red or blue square). Both fields go at the same time. First combined team score of 5 coins wins. Rotate players on each field. Start with large supply of balls in between fields. Talk about 1v1 attacking, looking up, finding space and shooting!

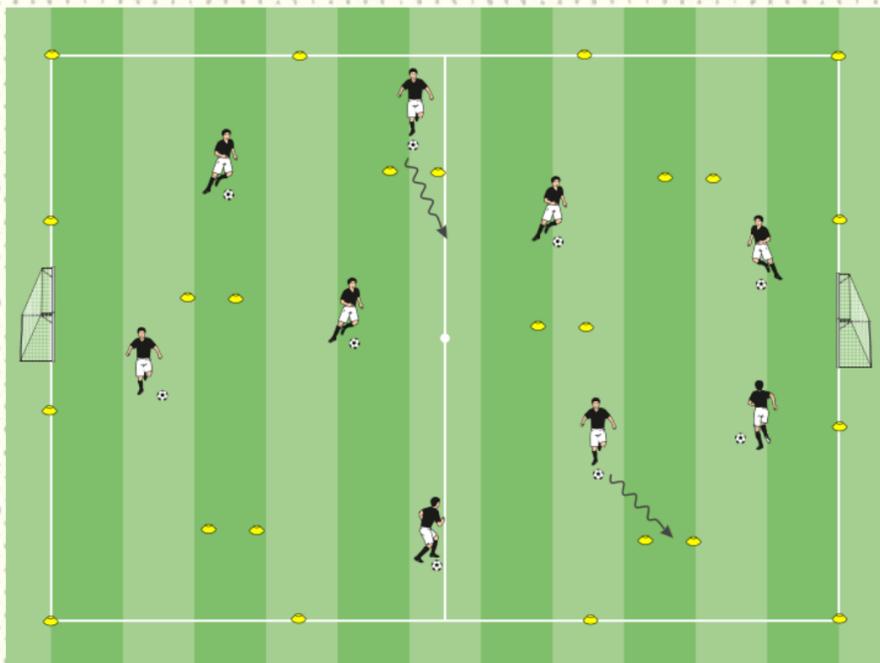
MORE CHALLENGING

Play 2v2

Week 5 Escape Pressure to keep the ball

PHASE 2 – BODY PARTS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yards, 3-yard gates

DESCRIPTION

Players with ball each in area dribbling. Coach calls out body part, players must stop ball and place body part on ball. Head, knee, elbow, butt, foot.....have fun with it and be silly! "Put your hand on the ball" tell the players to say, "No coach, we don't use our hands in soccer".

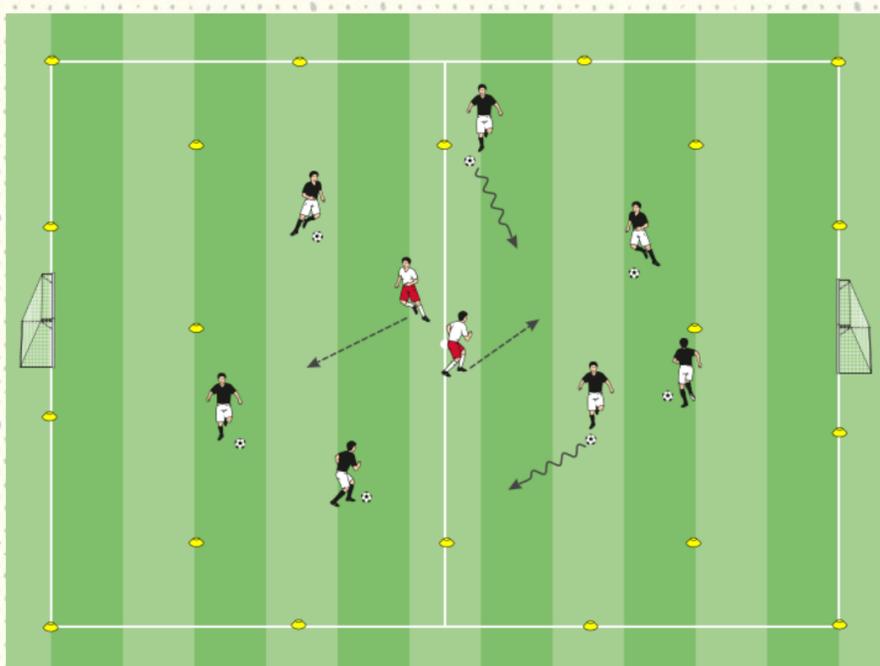
Demonstrate a change of direction move. Continue with body parts but now add a point for every gate a player dribbles in and out of using a pull back or step on turn.

MORE CHALLENGING

Add a defender to steal balls, 10 sole taps if you are caught

PHASE 3 – MUD MONSTERS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yards

DESCRIPTION

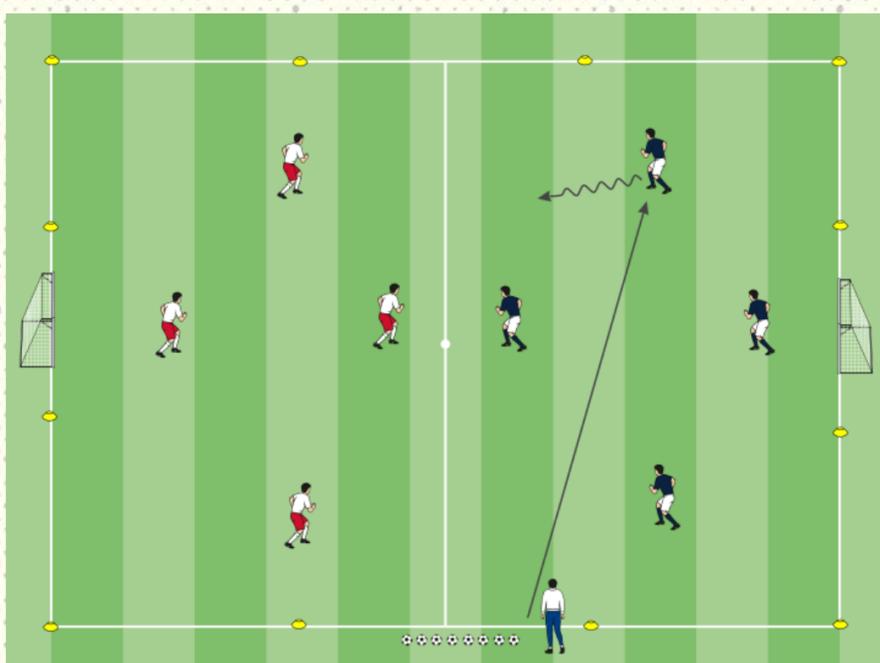
Blue players dribble away from the mud monsters (red players) who can tag with their hands. Once tagged blue player puts their ball above their head and open feet apart so another player can rescue them by dribbling the ball through their legs. Start with red players dribbling too to make it easier for blue players to avoid tag.

MORE CHALLENGING

Add more mud monsters

PHASE 4 –GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

20 x 30 yards

DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

MORE CHALLENGING

Make field smaller