

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**

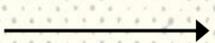
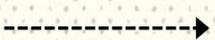
Escape Pressure

**TECHNICAL TOOLS**

**Block 1:** Shield;

**Block 2:** Accelerate, Basic escape moves

**SESSION KEY**

- Dribble 
- Pass / Shot 
- Movement 



**4 v 4**

*Play to discover*

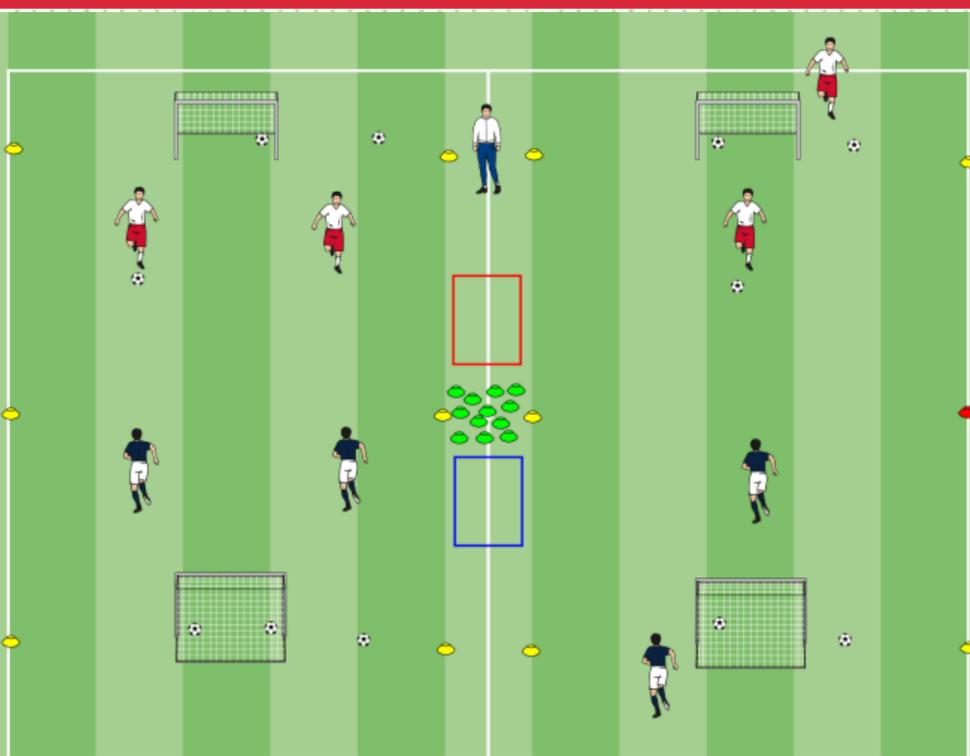
Me and my ball

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!

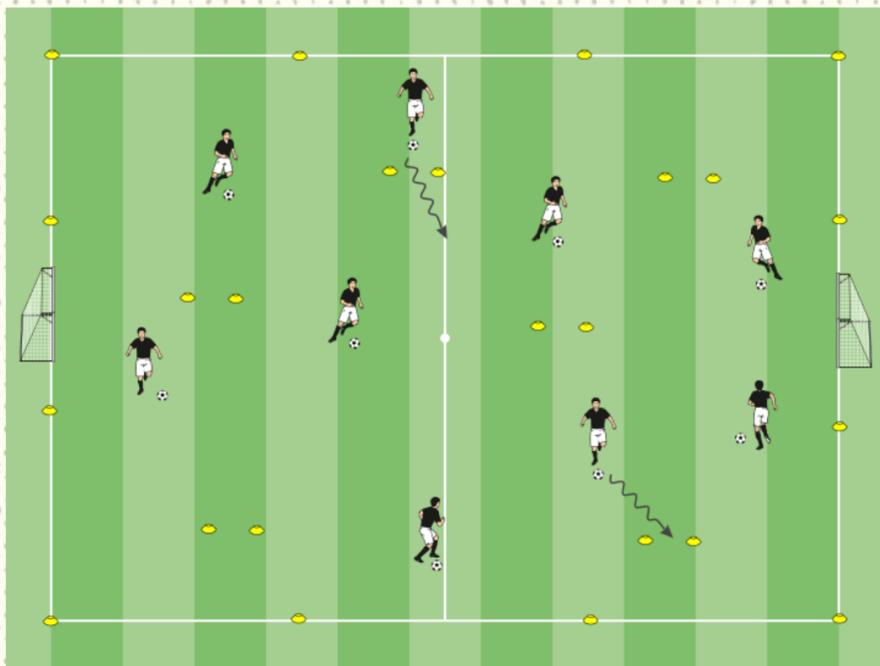
**MORE CHALLENGING**

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".

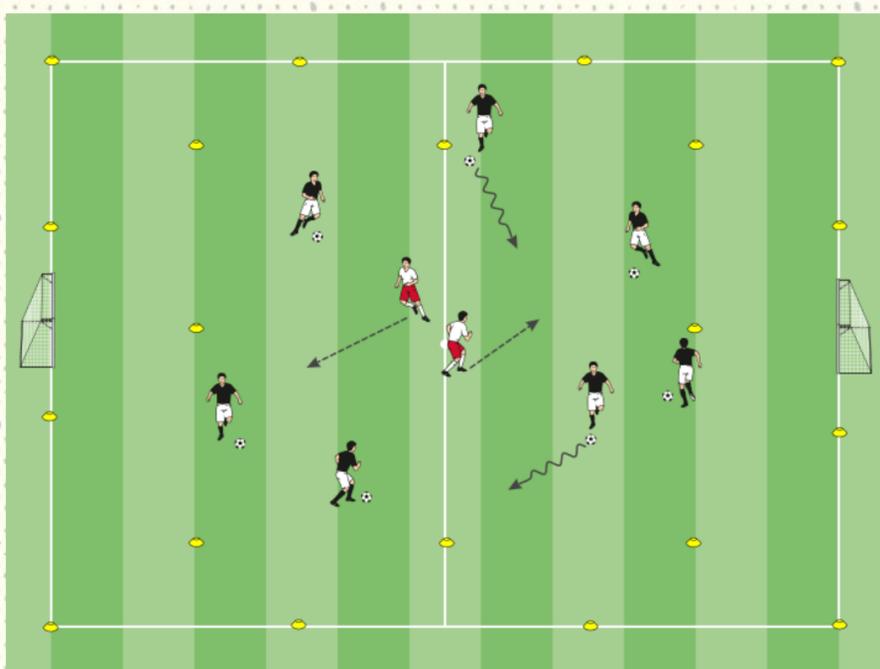
Demonstrate a change of direction move. Continue with body parts but now add a point for every gate a player dribbles in and out of using a pull back or step on turn.

### 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

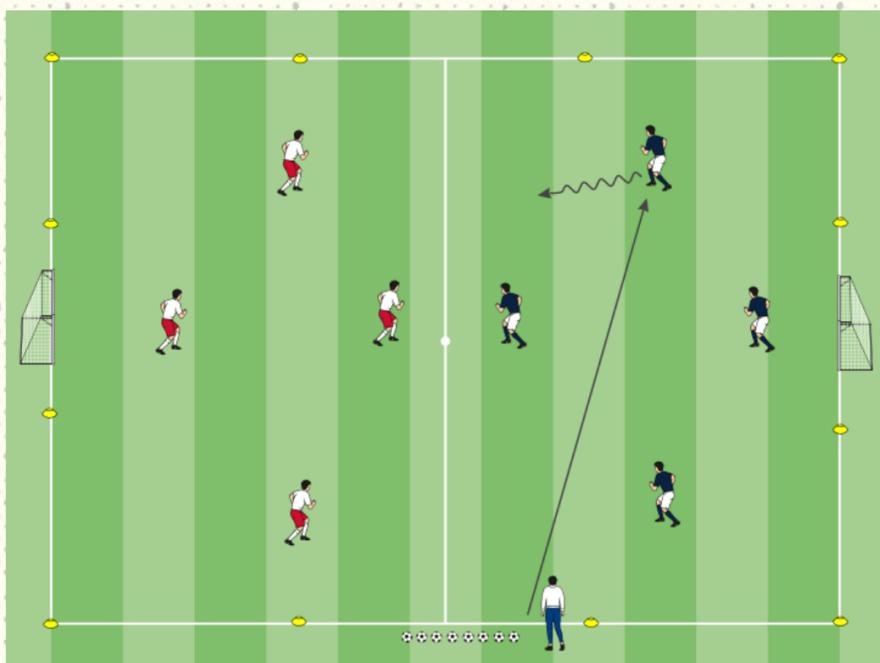
Blue players dribble away from the mud monsters (red players) who can tag with their hands. Once tagged blue player puts their ball above their head and open feet apart so another player can rescue them by dribbling the ball through their legs. Start with red players dribbling too to make it easier for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