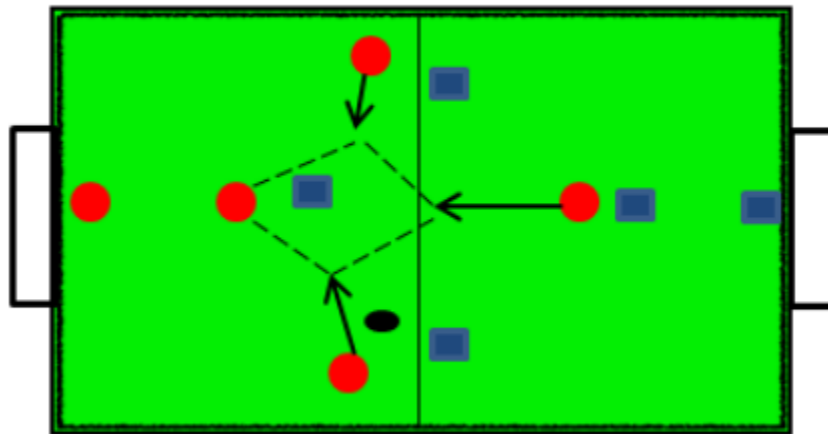


## Conditioned Small-Sided Game: Defending



### Full Pressure / Half Pressure



**Principle:** Compactness in defense

**Objective:** to introduce team defending, defending as a block, lateral movement as a block  
**Organization:** Regular game – even sides

**Procedure:** Start a regular game with both sides playing full-pressure. When a goal is scored, the team that is ahead plays half pressure (retreats to their own half and waits to engage the opposition). Team that plays half pressure tries to stay compact front to back and side to side trying to keep the play in front of them. If the score is tied, both teams return to full pressure.

**Variations:** Introduce the concept of counter attack type of attack for the half pressure team.