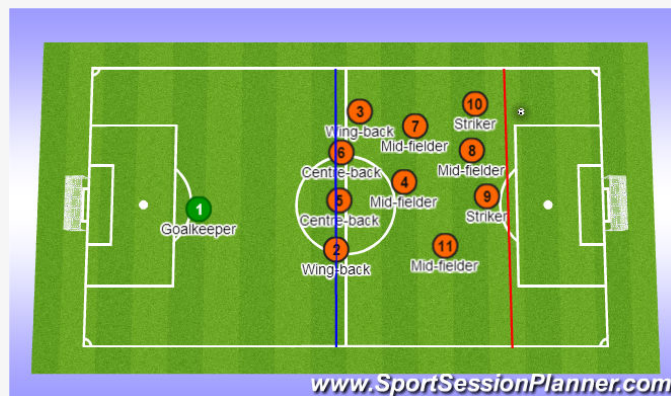


## Hard Press

**Hard Press:** The full press is a commitment to press extremely high up the field and force the opponent to turn the ball over in their own attacking third. This pressure will disrupt the opponent's ability to work the ball out of the back. In order to press effectively, you must understand angles, take away spaces, work collectively, have a high fitness level and play with the proper mentality and toughness. If we execute a high press well we can control games.

The danger of pressing high is the space that will open up behind our back four. If the opposing team breaks the press, we will be extremely vulnerable with less numbers to defend and 50 yards of space behind our back four. One through ball at this point can result in a 1v1 breakaway. So we must show determination to get back behind the ball, playing to the whistle on tight offside calls.

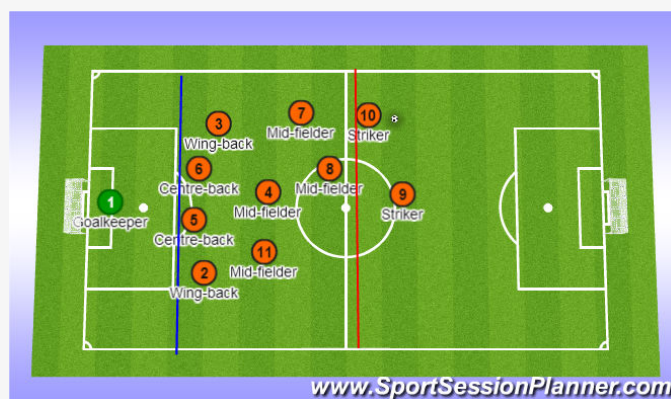
In the diagram, the red line indicates the line of confrontation and the blue line marks the line of restraint.



## Half Press

**Half Press:** Notice the adjustment of the line of confrontation (red line) and the line of restraint (blue line), they are moved much further back in the half press. These lines dictate our shape. However, players can extend pressure over the line of confrontation in groups of 1-3 players.

The forwards are the only players that is almost always located above the line of confrontation. The forwards will cut out the passing options of the centre backs and help to create turnovers that result in an instant dangerous counter attack. In the 4-4-2 diamond one forward can drop deeper into the midfield unit to increase our numbers behind the ball.



## Drop Deep

**Dropping Deep:** Notice how deep the line of confrontation is now. There is little space to be exploited behind our back line. This is a particular good strategy when playing against teams whose forwards are very fast. Sitting this deep naturally gives the defending team a more compact shape that is harder to breakdown. Playing deep is perfect for a counter-attacking style in the 4-4-2 diamond. However, in order to counter attack while sitting deep, 1-4 players must break once possession is gained. The forward passing and movement off the ball by the countering players must be efficient, direct and into space.

