

PRESSING THE BALL

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Defending

- WHEN does defending commence?
- WHERE does defending commence?
- HOW does defending commence?
- WHAT is involved in defending?

When?

As soon as possession is lost

- the 'will' to defend - MENTALLY
- immediate decision-making
- change from attacking to defending attitude
- prioritise, change of roles and actions

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WHY ?

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What?

- **Denial of:**
 - SPACE
 - TIME
 - CHOICE
 - VISION
 - MOVEMENT
 - where ?
 - how ?
 - how ?
 - how ?
 - how ?
- Cause the ball holder to change his mind !
- **Protection** of high priority areas and key pass routes.
 - **Deflection** of opponents attack into well defended or less important areas depending on circumstance.
 - **Force or provoke** technical and tactical errors from opponents.
 - **Unified team approach** to regain the ball.



They press fast and high up the pitch which panics the opposition defences and makes them play at a tempo they don't want to play at. It forces teams to hit the ball long and their centre-backs will deal with that. They have really good pace at full back which means there is good cover.

It is interesting that ' Spurs also commit the second most number of fouls in the Premier League and most of them are in the attacking half which shows their determination to get the ball back early and also allows them to reset the defence before the opponents can attack.

PRESSING PHASES

Anticipate.

Accelerate.

Approach.

Arrival.

Awareness of other events.

Action - press is enforced.

After the press.

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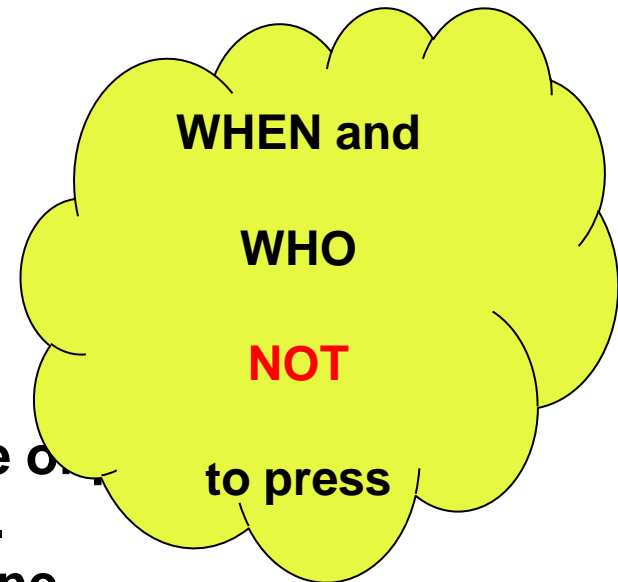
PRESSING THE BALL

WHEN ?

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When ? – circumstances.

- Back pass to GK – distance and value ?
- Faulty first touch.
- Ball holder turns away.
- Ball played backwards away from our goal.
- Ball played across the field – distance , pace of play
- Ball delivered to full backs in certain tactics.
- Ball delivered to certain defenders in back line.
- Always certain players ?
- In the 35yd zone.
- Losing the game as it nears 90 mins.
- Against chosen opponents – who,why ?
- At chosen stages of the game eg first 15 mins etc.
- From the back of forward facing players in possession.
- From the front and back of receivers if appropriate.



TEAM PRESSING THE BALL

HOW ?

(Characteristics of effective pressing ?)

How ? – characteristics.

Where & when
does pressing
commence and why ?

- Team has “pressing attitude” and belief in the tactic.
- Collective and sustained.
- In accordance with team defensive objectives.
- Tactically planned ie predicted circumstances.
- Organised and prepared team.
- **Supported by all** defenders in terms of marking, support, etc
- Random press by one or two players.
- Pressure on the ball holder.
- 2nd defenders role and distance.
- Distances between defenders as the press is enforced.
- Marking of space and players.
- Compactness of units (front & MF) and the team.
- Changing roles and requirements as the ball is transferred .
- Which passes to allow and which to prevent ?
- Team has athletic qualities required.
- A 5 – 10 second activity only !

WHO

Initiates

The Press ?

PRESSING THE BALL

(Individual requirements.)

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Individual requirements. (1st defender)

- Positioning defensively.
- Assess the likelihood of being involved.
- Read the play and anticipate the pass.
- Other priorities !
- Patience to wait for the appropriate circumstance.
- Timing of the “appliance” of the press.
- Speed of start / acceleration.
- Speed across the ground.
- Controlled deceleration.
- Approach – varied directions !
- “Intent” to the positioning against the ball holder.
- Pressing distance from the ball holder.
- Balance and stance in the pressing position.
- Balance and rapid movement of feet in the press.
- Distribution of weight when moving.
- “Unsettle” the ball holder.
- Match foot patterns of the opponent.
- Quickness to put a foot onto the ball.
- “Hunt” the ball relentlessly – persistent Jack Russell !



CAUTIOUS

Of



**ALWAYS PRESS WITH
SOMETHING
IN MIND !**



**DENY
DEFLECT
PROTECT
PREVENT**

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Individual Requirements – (2nd defender.)

- Read the play and anticipate involvement in the press.
- Positioning – off the first defender / pressing player.
 - off the location of the ball.
 - off his opponent and other opponents.
- Read the ball holders intention.
- Prepare to move from support to pressing responsibility.
- Distance and angles from likely receiver of the ball.
- Weight distribution and body shape.
- Mark & prepared to press opponent or track runs of opponent ?
- Read the pass and – intercept, spoil or contain opponent.
- Now become the pressing player.

Individual Requirements – (2nd defender.)

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 - off the location of the ball.

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- No

Anticipate.
Accelerate.
Approach.
Arrival.
Awareness of other events.
As the press is enforced.
After the press.

ent ?

Tactical “triggers” or “signals.”

- 1) Colours.
- 2) Names.
- 3) Ball movement.
- 4) Time in the game.
- 5) State of the game .
- 6) Circumstances.
- 7) Chosen opponent.



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OTHER FACTORS

- Pace at the back.
 - No pace at the back.
- } Opponents have / do not have pace up front.
- Poor or outstanding “midfield” pressing players.
 - Ageing team who are unable to press.
 - Poor athleticism - so unable to press.
 - Poor opposition technically.
 - Warrior spirit or not ?
 - Climatic conditions.
 - Short periods of intense pressing followed by deeper defending.
 - State of the playing surface.
 - Opponent style of play and capabilities.

SPECIAL QUALITIES REQUIRED FOR EFFECTIVE PRESSING

- **Fitness (endurance capacity & explosive power)**
- **Concentration & alertness (ready to react)**
- **Leadership (clear signals and tactical shouts)**
- **Mental toughness (resilient when in difficulties)**
- **Humility (players concerned with common cause)**

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