

PRESSING IN A 4-3-3

Martin Hunter, National Coach, explains pressing in a 4-3-3 with a holding midfielder.

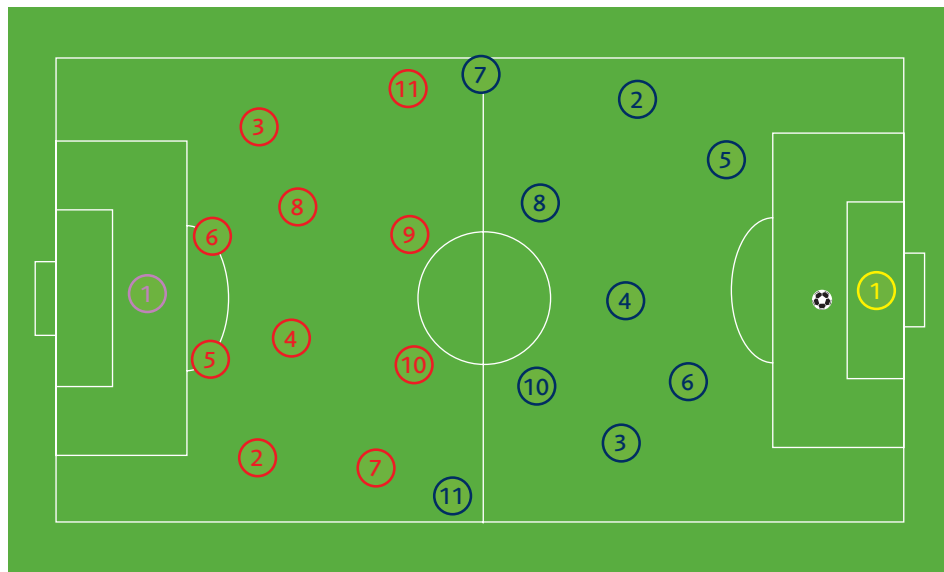


DIAGRAM 1 - PRESSING 4-3-3 (HOLDING MIDFIELD PLAYER)

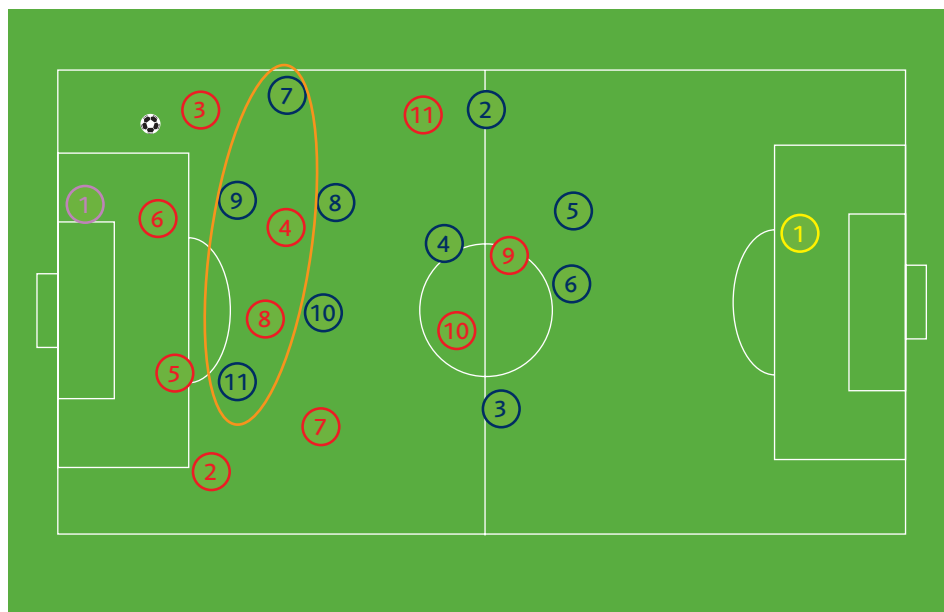


DIAGRAM 2 - THE ROLES OF THE STRIKERS

- ⑦ Press the Fullback ③ (make him pass backwards / NO SILLY FOULS)
- ⑨ Press the Goalkeeper or deal with the Centre-back ⑥ if he drops into the penalty area
- ⑪ 'Tuck in' and deal with the second Centre-back ⑤

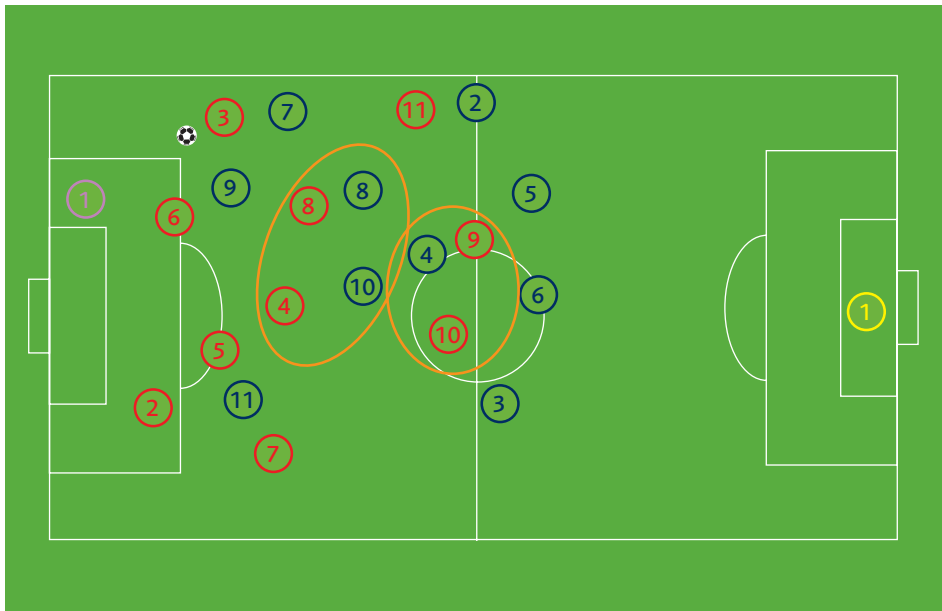


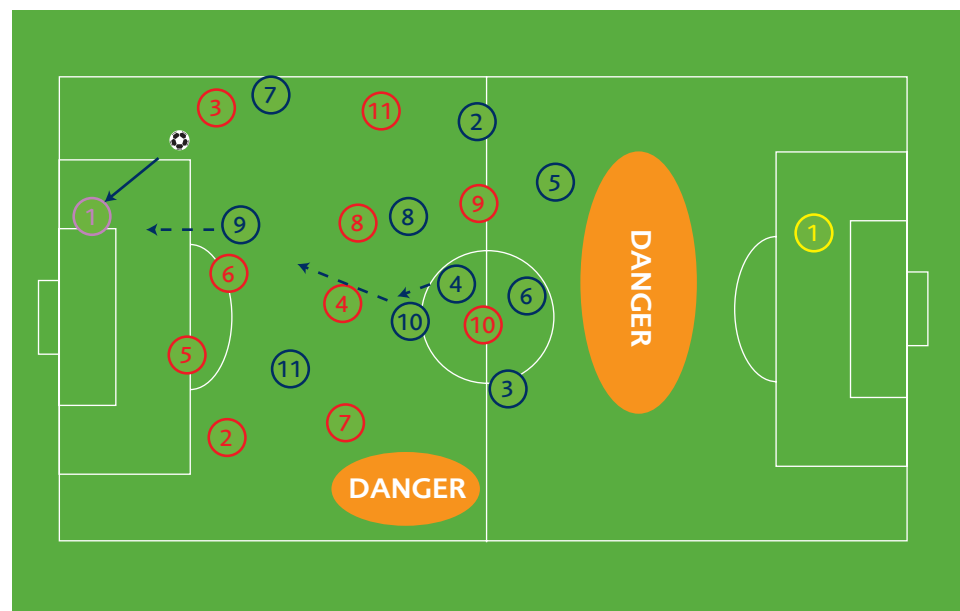
DIAGRAM 3 - THE ROLES OF THE MIDFIELD PLAYERS. (A)

- ⑩ ⑧ Mark the two Central midfield players ④ ⑧
- ④ Screen the space in front of the opponents' Strikers ⑨ ⑩



DIAGRAM 4 - THE ROLES OF THE MIDFIELD PLAYERS. (B)

- ⑨ Presses the back pass.
- ⑩ Be ready to Press the Centre-back ⑥ if the ball is played short.
- ④ Be ready to push forward and mark the Central midfield ④ player if ⑩ has to push forward.
- ⑤ ⑥ Beware of long passes behind or into the Strikers feet ⑨ & ⑩
- ② Mark the Wide-player but 'Drop off and Tuck in' as the ball travels to the Goalkeeper.
- ③ 'Tuck in' but be aware of the ball being switched for the Full-back or opposite Wide-player ⑦ & ②
- GK Starting position and Early communication.



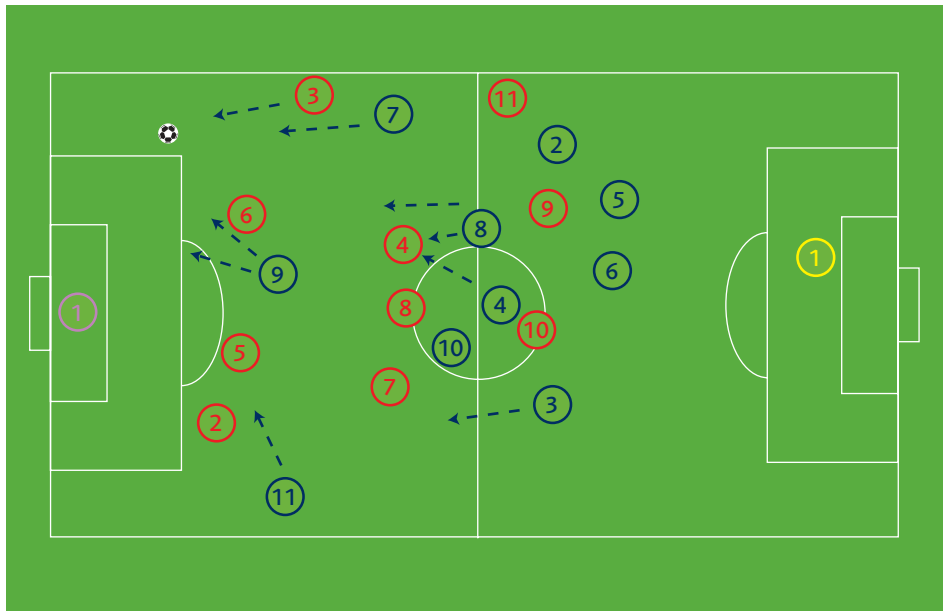
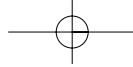


DIAGRAM 5 - BALL PLAYED BEHIND THE DEFENDERS (SUMMARY)

- ⑦ Press the Full-back ③
- ⑨ Deal with goalkeeper or Centre-back if he drops in penalty area ⑥
- ⑪ Tuck in and deal with second Centre-back ⑤
- ⑩ Mark Centre-midfield player ⑧
- ⑧ Mark Centre-midfield player or push on and press the Centre-back if ⑨ presses Goalkeeper.
- ④ Screen the Centre-back's or push in and mark Centre-midfield player if ⑧ has to mark the Centre-back.
- ② ⑤ ⑥ Beware of long passes behind or into the strikers feet ⑨ & ⑩
- ③ As above and be ready to push onto their Wide player ⑦ or Full-back ② if the ball is Switched!
- GK Starting position / Communication.

DIAGRAM 6 - THE OPPOSITION HAVE GOOD POSSESSION

'THE TEAM DROPS OFF AND NEEDS TO BE ALERT BUT PATIENT'.

- ⑨ 'Starts the Press'. Split the two Centre-backs and wait until one receives the ball and starts to advance. If this happens, isolate this player and make him pass down that side of the pitch.
- ⑦ & ⑪ 'Drop off and Tuck in'. Deal with your Full-back ③ & ②, if they receive the ball 'Show them Inside'.

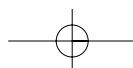
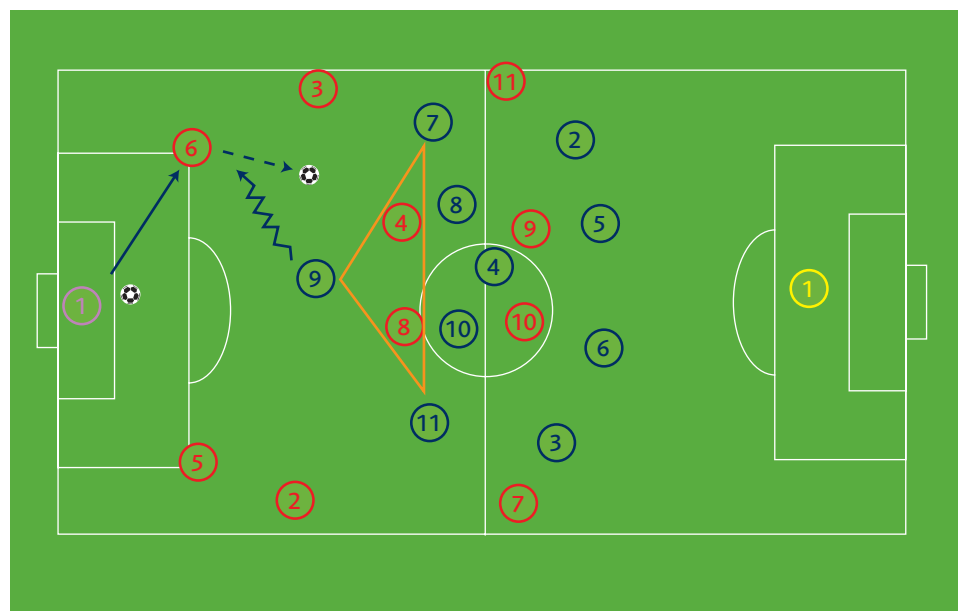


DIAGRAM 7 - THE OPPOSITION HAVE GOOD POSSESSION. (THE BALL WITH THE FULLBACK).

- ⑦ Encourage the ball to be passed to the ③ Full-back. As the ball travels stop the ball from being passed down the line.
- ⑨ Slide across and make sure if the ball is passed back to the Centre-back ⑥ he is forced to play in the same direction.
- ④ Slide across and screen the space in front of the Strikers ⑨ & ⑦

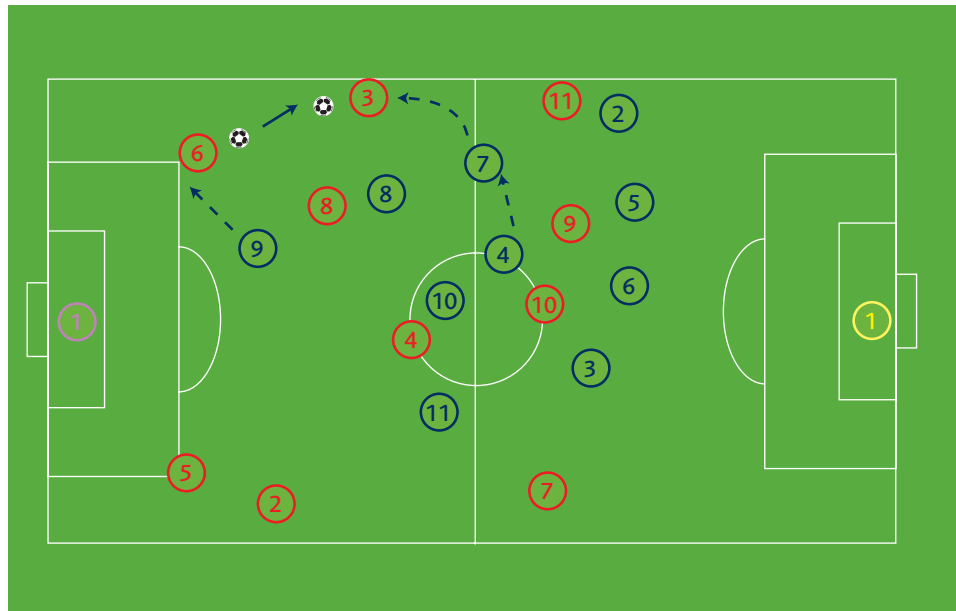
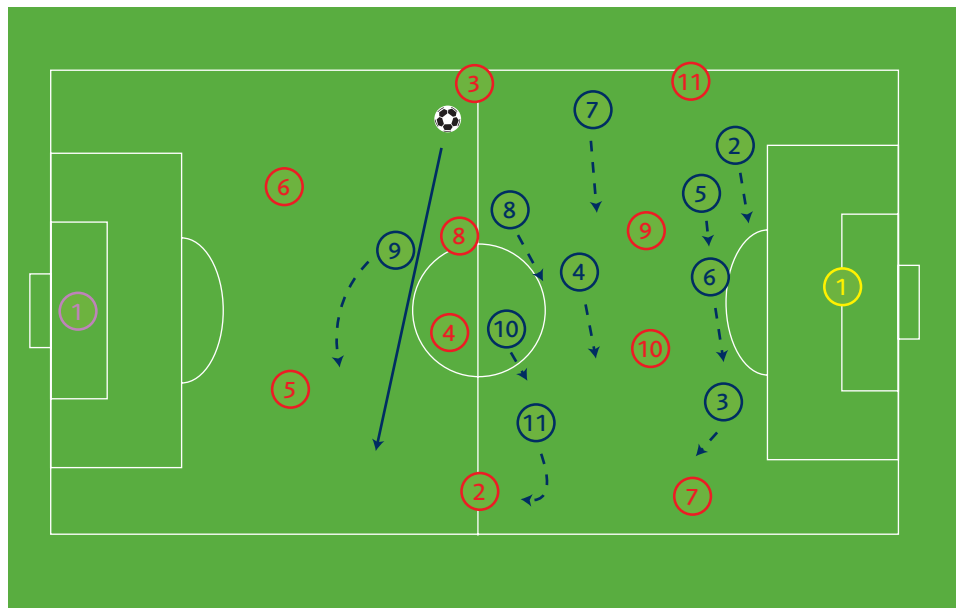


DIAGRAM 8 - CAN'T PUT PRESSURE ON THE BALL!

'SLIDE AS A TEAM AS THE BALL TRAVELS ACROSS THE PITCH'

- ⑨ Keep the Centre-back ⑤ going in the same direction (don't allow the ball to be passed back to the other Centre-back).
- ⑪ If the Fullback ② receives a pass press the ball and force the ball inside.
- ③ ⑥ ⑩ ④ ⑧ ⑦ Slide at the Pace and Direction of the pass. Be ready to defend when the ball arrives at the Centre-back's feet.
- ⑦ ② Balance the Team up (Far post). Be aware of Diagonal passes.
- Ⓚ Starting position / Communication.



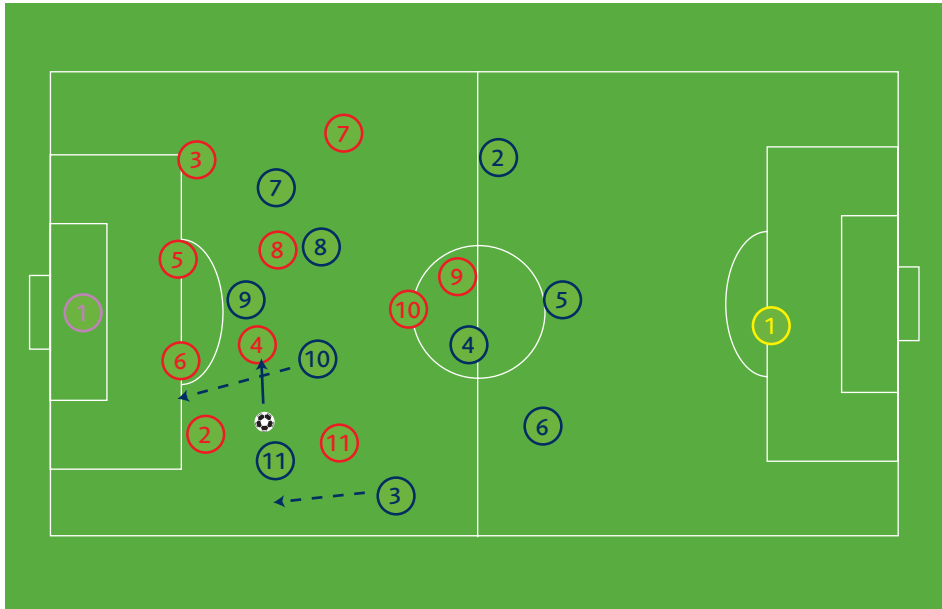
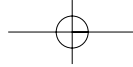


DIAGRAM 9 - COUNTER-ATTACK AGAINST OUR TEAM

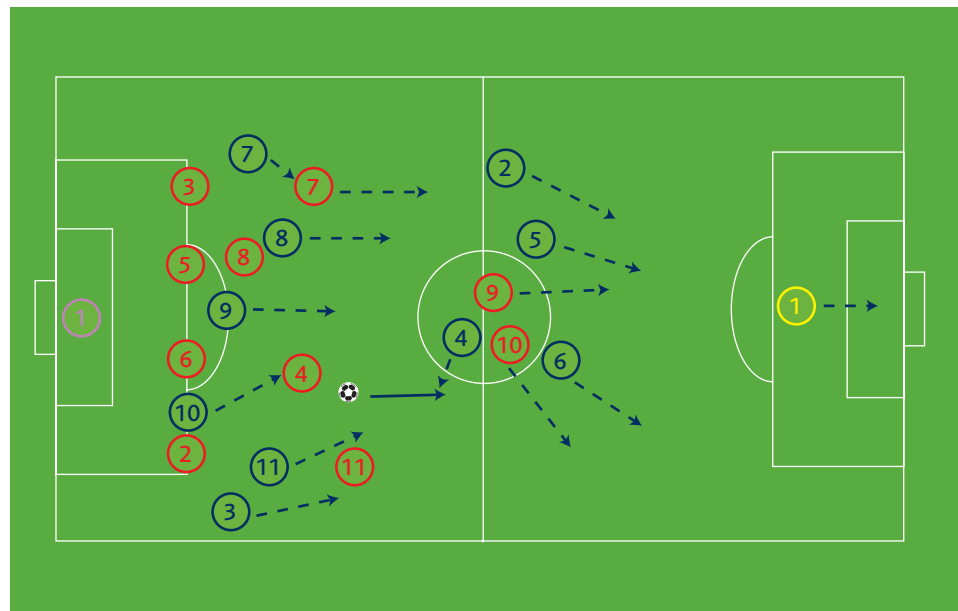
The ball is given away in the attacking third causing several players to be caught out of position with the opposition now being able to counter-attack.

DIAGRAM 10 - COUNTER-ATTACK AGAINST OUR TEAM

RECOVER AND DELAY AS A TEAM

④ Slide across and get in line with the ball/Delay

③ ⑪ ⑨ ⑧ ⑦ ⑩ Recovery runs (Sprint/Central or towards the Posts depending the position of the ball eg ⑦ recovers to far post).



Martin Hunter was First Team Coach for Bradford City AFC and Stoke City AFC before taking up the challenge of becoming a National Coach for teams ranging from England Under-16s to the Under-20s. He was Head Coach for the Under-19 National Team who recently reached the UEFA Under-19 Finals where they were only beaten by France. He also holds the UEFA 'A' Licence, FA Academy Directors Award and the UEFA Pro Licence while also directing many of our National Courses home and abroad.

