

Counter pressing

1. **Pressing Zones** – Identify zones on the pitch where regaining possession can lead to immediate threats.
2. **Loss of Possession** – Train players to react instantly when the ball is lost, closing down the ball-carrier.
3. **High-Intensity Pressure** – Swarm the area around the ball to overwhelm opponents and limit their options.
4. **Strategic Positioning** – Position players to block passing lanes, cutting off safe outlets.
5. **Timing** – Initiate the counter-press in the aftermath of losing the ball, exploiting the opponent's vulnerability.
6. **Transition to Attack** – Immediately transition to attacking mode after winning the ball, capitalizing on disarray.
7. **Mental Agility** – Counter-pressing requires rapid decision-making and teamwork; players must be mentally agile.

Goals of pressing are:

1. win the ball high
2. force a mistake
3. force a long ball

Principles

1. Pressure on the ball holder
2. Force the play wide
3. Create ball side supremacy
4. No time to breath

This video gives a couple of examples.

