Pressing Triggers

A pressing trigger is the action that jolts the defending team into action.

Backwards Pass and/or Poor Touch

A backwards pass can provide a team with a good opportunity to apply pressure, we are looking to leverage 2 things when putting the pressure on:

- 1. A poor first touch requiring another touch to correct.
- Or the first touch and the pressure forces another mistake with a botched or less ideal pass to another player



Facing Backwards - no pitch vision

When a player receives with their back to goal they are not aware of their circumstances:

1. Are they under pressure

- 2. Where is their team
- 3. How are they going to proceed

...multiple touches are always required before they are able to proceed — so the right pressure quickly forces them to play even more backward.

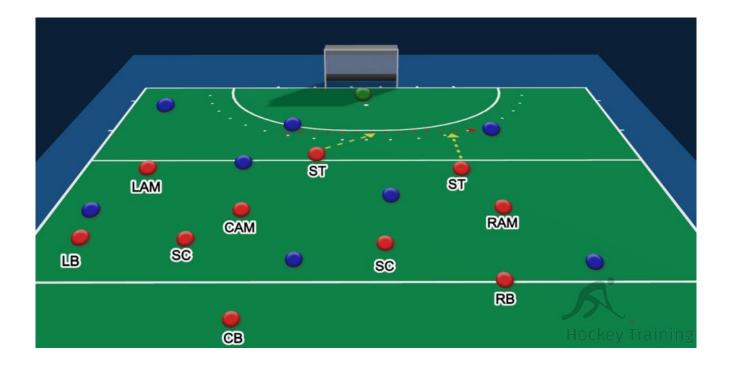
All of these mean they are vulnerable to being pressed from one, or multiple angles.



Pressing Triggers - Square Pass / Slow Play

A square pass or a slow play can be a great opportunity to press.

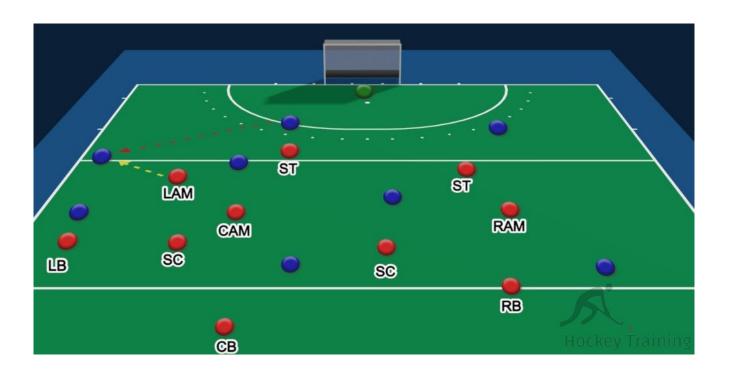
- 1. Play becomes predictable and pressured
- A square pass needs to be inch perfect otherwise they are very easy to intercept
- They are often carried out when someone is under pressure so that causes a mistake
- 4. This is generally a mistake by a centre back or the back row when there is not enough depth



Pitch Location

A receiving player's pitch location is a really important trigger for a player to engage.

- 1. Up against a touch line they only have 180 deg options
- 2. It is easy to press them against an immovable object
- 3. Double teaming is a lot easier
- 4. There is very little option to go forward



Weak side or Other Triggers

Other pressing triggers can include:

- Being forced to receive the ball on your reverse stick means the stop is generally not ideal – AND – it requires multiple touches for control
- 2. You are vulnerable to pressure as it takes time

Other options are

- 1. Poor body position
- 2. Bouncing ball
- 3. Unexpected pass

...anything that requires further touches before the player is able to progress the ball.

