

React to press to block lanes/ lock on

Support under, around & ahead ball

Rotational Movement- create or move to space to receive

Ball Loss- React- Regain or Delay- Recovery Runs

2/3 touch own half

OOP- double up wide areas & protect/ fill In for Back 4, track runners

Play under Pressure- both feet

Create Overloads & Combine

Win Ball- Secure with easy pass- Counter when on

OOP stop switch, half field- positioning two jobs

Midfield 4

