# Module 1: Microplane analysis
# 1. Microplane analysis

The main goal of the microplane analysis (an individual and short term collaborative interactions analysis) is to obtain resources for the players' learning and to enable them to modify some of their behaviours and incorporate new playing behaviours. Everything analyzed at this level can also serve to evaluate our own players and get information about the playing habits of our opponents.

However, the individual intervention of the player is mostly spontaneous (it emerges according to the constraints of the game). The fact of analyzing those spontaneous behaviours that emerge to solve playing problems, allows us to 'conceptualize' them, recognize their success criteria and, from there, to be able to turn them into habits from the training. These analyzed spontaneous solutions will not only be incorporated by the players who manifested them in competition but the fact of having "conceptualized" them and analyzed their success criteria will allow us to share them with the rest of the team so that any player will be able to incorporate them.

Observing how players take advantage of certain benefits from their spontaneous behaviours, emerging according to the playing constraints (specific to each playing situation) allows us to obtain micro resources to offer to our players. It is essential not to limit oneself to the observation of own players and rivals, but to focus on 'reference' players, from the highest level, because of their great capacity to make decisions on the field in an intuitive way.

To obtain these micro resources, we will focus the analysis on two different levels: the functional roles and the positions.

**Functional roles** are shared by all players, regardless of their specific position: any player can develop a functional role, depending on how they can collaborate with the collective game of their team in each situation of play. Among the functional roles, whether they are moments with the ball (W/BALL) or moments without the ball (W/O BALL), we can distinguish the following:

- W/BALL. Possessor: a player who takes possession of the ball (determines dimensioned stage spaces).
- W/BALL. Immediate receiver: a player ready to receive the ball from the possessor player.
- W/BALL. Mediate receiver: a player who cannot receive from the ball possessor, but to whom the circulation of the ball can reach.
- W/BALL. Engager: a player who tries to cancel or delay the intervention of the opponent over the advantage that is built.

- W/BALL. Compensator: a player without straight intervention on the ball circulation who works to balance an eventual loss.
- W/O BALL. 1st defender: player capable of defending the ball possessor (determines dimensioned phase spaces).
- W/O BALL. 2nd defender: player in assistance, provides coverage to the first defender and defends immediate receivers nearby.
- W/O BALL. 3rd defender: an intermediate or distant player who offers collective coverage (to the 2nd or 1st) and watches the opponents.
- W/O BALL. Beaten: defender beaten by the line of flight that defends from behind and prepares the counterattack.

The specific positions are determined according to the play system used. Many of them are repeated in different play systems and, although the connections that can be established are not the same if the play system changes, there are common elements to dominate within the position (in any of the systems in which that position exists).

It is not the same to be center forward (P9) in a 1.4.4.2 as in a 1.4.3.3 or a 1.3.5.2 with double pivot and attacking midfielder: the relations that the P9(s) may establish change (presence or not of attacking midfielder, single P9 or collaboration between two P9s, etc.). However, the fact of being P9 will imply the control of many common situations that do not depend on the play system used. We can distinguish the following positions:

- P2: right side. We generalize P2 to the position of the full-back (which would also include P3 as left-back).
- P4: Right center back. We generalize P4 to the center back position (which would also include P5 as the left center back).
- P6: Center midfielder. It Includes the only center midfielder (e.g. 1.4.3.3) and the two players who form the double pivot (e.g., 1.4.2-3.1). It is important to clarify that later conceptual analysis has as a reference the only center midfielder. If double pivot is used, concepts associated with the inside position (P8) can also be taken as a reference.
- P7: Right winger. We generalize P7 to the outside midfielder position (which would also include P11 as left winger).
- P8: Inside forward. We include as P8 the interiors of both sides. In case of double pivot we would speak of P6s, but with shared concepts with the P8 position.
- P9: Center forward. We include as P9 the only striker (e.g., 1.4.3.3) and the double striker (e.g., 1.4.4.2).

- P10: Attacking midfielder. Very specific position according to the play system used (e.g., 1.4.2-3.1).

To deepen at the conceptual level, this work will not provide details about the different functional roles, but will focus on the notions concerning the different positions. For that purpose, the concept of **individual fundamentals per positions** (IFP) by the authors Sans and Frattarola, 2017, will be used. Positional concepts will be collected so that we can associate them, defined in the most concrete way possible in order to be able to go deeper into the different specific positions.

## 1.2. Individual fundamentals per positions (IFP)

P2. W/O BALL. Individual fundamentals per positions

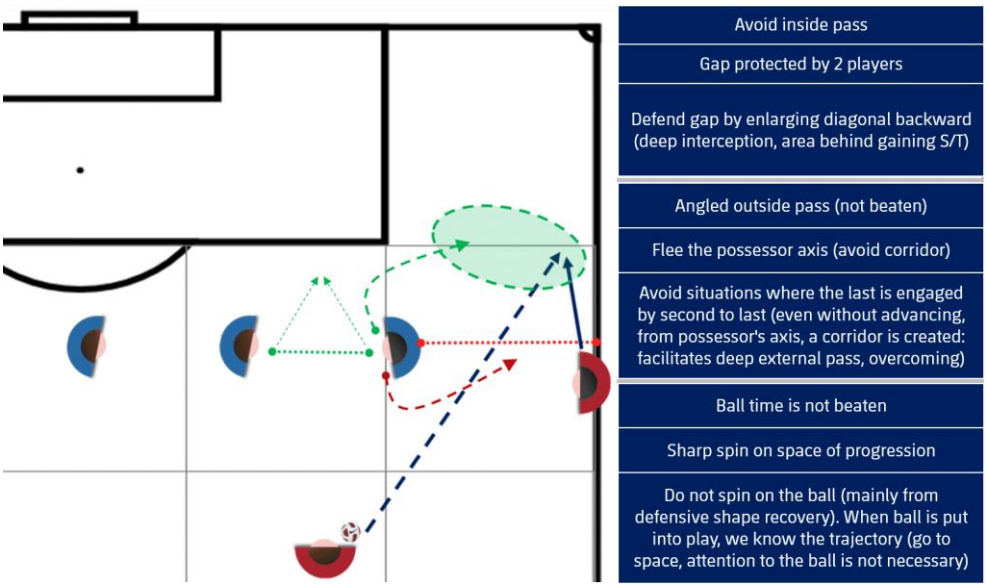
- As a last defender, the player will not advance to the second last attacking player (because if the defender does not win the confrontation, the last attacking player receives only in the external corridor and can cross easily).
- Give and go defence:
    - prioritize attention on the possible ball receiver (do not focus all attention only on the ball)
    - avoid spins
    - take action according to deceleration profile
    - the winning or losing context of the confrontation is determined on the conquest of the space in behind.
- Exit the axis of the second last possessor (avoid being engaged in width by the second last player, despite not advancing and that the latter has time to cross comfortably) to make difficult the through ball pass (inside, through the interval) and threaded through ball pass (outside the interval). Being on the same axis as the possessor allows the threaded through ball pass to be deeper (the corridor is extended for the pass).

- Facing profile (P2 is directed inward, facing P4)
    - covering inside interval with P4
    - to discourage inside passing, directing the pass to P2-Wing interval
    - attend at the defensive line height (offside)
    - controlling the assigned man

- to avoid positioning on the axis of the possessor
- controlling short spin.

- The control of the spins:
  - controlling short spin over the playing space without looking the ball in response to a blind zone pass or long pass, meaning, if the pass goes to my left then I turn on my right and vice versa.
  - watching the ball in the event of handling challenges 1c1.

**Figure 1: individual fundamentals per positions of P2 (W/O BALL)**




Source: Prepared by the author.

- Overlap defence with P7/P8, 2c2:
  - On the outside or external:
    - opponent changing (exchange the assigned man with the teammate),
    - relevant information comes from the player who comes to defend the possessor.
  - On the inside or inner:
    - movement (each player follows his assigned man, without opponent changing)

- External overlap defence 1c2
    - A short movement towards the player with no ball (defensive feint) and return to defence of the ball possessor if there is no immediate pass.
    - evaluate disqualifying non-possessors.
- Defensive tension as opposite when the ball is in the opponent's corridor ( vigilance)
    - control of the assigned man
    - defence of the far post
    - avoid being beaten (do not let the opponent win my position from outside)
    - cover the opposite zone
- Adjustments as 2nd defender complementing intervention (to dissuade or give a distance of interaction with the assigned man) of 1st defender (P2-P7).
- Adjust coverage distance with P7 to make or not certain passes.
- Defend the opponent's run.
    - placing himself close to the potential receiver to block the pass or discourage him.
    - running after the opponent and evaluate going back to the line in case of having a teammate defender nearby
- Avoid being the one to mark the height of the last defensive line, as it will probably create interior spaces where one cannot intervene.
- Defense of the area as opposite (zone dominance of the 2nd post, assigned man control to avoid anticipation in the finishing zone, reference marking, prioritizing near the longitudinal axis without marking as it is located in a more dangerous finishing zone).
- Intermediate external reception advance (dissuasive movement, maximize, recognize coverage, etc.)
- Avoid losing the position from outside, by being well oriented to control the opponent (usually P7) coming from the outside
- Win the returns to defense zone (prevent the opponent from accessing the free space, hit after advance, slow down from the side, etc.).
- Return to the defensive block (normally standing in inside positions).

- Overtake in the event of an unmarked advance of opponent P7 defending in the middle (allowing an unmarked advance and control my assigned mark in behind)
- Move my position to one side in case of an adjacent teammate advance defending in the middle (in the area prioritize control over the most interior player as it is the most dangerous)

P2. W/BALL. Individual fundamentals per position.

- After receiving in the external corridor, from supporting to advance:
    - Dynamic control (in motion) and running with the ball in the opposite direction (off-on) regarding the return run of the opponent player (on-off).
    - Outside overlap after engagement of my penultimate teammate to my last opponent, 2c1, situation to arrive winning the corner, etc.
    - Inside overlap between center back - full back to receive backwards the defensive line. In case of not receiving the ball, move the opponent outward making easier to my teammate in possession of the ball to dribble out-in. Afterwards, adjust my position to provide support and ensure balance in the event of loss of ball possession.
    - Alternate the external interval attack with the interior interval depending on the opponent response (possible adjustment with external profile) from outside overlap.
    - Pass the ball or to attack using a give and go pass: To move forward at the moment of making a pass and attack the interception of the 1° defender, accelerating while the defender slows down, in order to attack in speed the wrongfooted opponent.
    - Pass and go: To move forward after making a pass (but not immediately) giving time to the 1st defender to turn on the ball (this action may be employed in contexts where the defender has slowed down in a balanced way and can not be attacked in speed when wrongfooted.)
    - Offer give and go pass situation in the internal corridor after an interaction or an off-off direction pass with P7, and to receive with the pressure of the opponent defense (probably the reception will be facing backwards.)
    - Open ball control, parallel to the side line, threatening with an off-off pass to modify attack and to facilitate the interaction or dribble towards the interior corridor.

- Control the ball towards the side line by threatening to make a pass to my teammate in the same external corridor (opposite end), causing the modification of the attack/pressure of the defender (this will make the player cover the pass by the opposite end), facilitating the pass or the dribble towards the inside (diagonal)
- Tear facing backwards the defensive line, starting from being hidden (unexpected diagonal)
- Occupy interior spaces in front of or behind the defending midfielders to receive the ball or to engage opponents.
- Orientation to progress to a touch (quick pass) during the opponent's shifting ( off-off interaction enabled)
- Escape (to win the position of a certain opponent in order to reach the space to attack earlier) on assigned man (opponent P7) to create a double threat on opponent P2 (assess possession conditions to not cause a possible loss)
- Avoid losing time in making a cross (do not stop the ball: if you know the finishing zones, it is not necessary to look at the area as this movement involves stopping the ball and losing valuable moments) (Frattarola and Sans, 2017).
- Master the cross shoot, directing the ball between the defensive line and the goalkeeper, both from the byline (corner) and from 3/4 of the field (pre-corner).
- As a compensator (at the opposite side of the ball location and in preparation for a possible loss) place yourself between the first or second line of the equilibrium structure (aligned with the central P4-P5 or in front next to P6) according to the structure of the players caught out of possession ahead of the ball and the opponent waves.
- As a compensator (at the opposite side of the ball location and in preparation for a possible loss) place yourself in an intermediate zone in height and width (place yourself on the shortest path and in line with your own ball-goal) of multiple interventions (which avoids a getaway from the assigned man P7 and offers coverage to 2º P4, with the aim of helping and recovering the ball in the next defensive line, even anticipate the pass to the opponent P7, etc.)

P4. W/O BALL. Individual fundamentals per position:

- Defending long ball (stop sprint when stay close to the potential receiver; displace or chase and return to the defensive line-height,

controlling the distance to a potential defender if it is impossible to stop his sprint)

- Emergency coverage to P2 in an unstable situation (stop, end the action, cross the opponent), stay as a defensive funnel (the line joining the points between the sidelines at the middle of the field and the own goal posts)

- The furthest P4 from the ball must always be behind to ensure coverage.
- Advance towards intermediate reception:
    - avoiding the receiver spinning in behind
    - discouraging relation over abandoned space
- Keep narrow the P4-P5 interval leading movements from inside out (protecting the central corridor)
- Timing unstable situation (1c2) from intermediate zone, avoid advancing ahead of the defensive line and stay in the central corridor (up to the opponent's effective shot distance).
- P4 closest to the ball defends the first post. Recognize the times and distances to provide coverage to P2 or close inside occupying the first post.
- Brake the defensive line to defend the player in possession of the ball and in this way, prevent or cover a shot in the last 20 or 25 meters, in collaboration with the goalkeeper to cover the box. Evaluate effective throwing distance.
- Recognize possible shooters in defense of one's own area (mark the timing of the last 20 meters and maintain a diagonal profile to the ball).
- The 1st P4 marks the height of the defensive line while the ball is in the external corridor and assesses staggered positioning or alignment (same height, 4 players fully align) with P2 1st defender.
- 2nd P4 corrects as a distant player, balances the defensive line according to the intervention of 1st P4 (line leader).
- In response to the player (1st P4) that advances to defend reception in the intermediate zone, 2nd P4 balances the defensive line covering in different axis from 1st P4.
- Dissuasive advance towards intermediate spaces to avoid inside pass (without threatening the free space), after recognizing balance in the line.

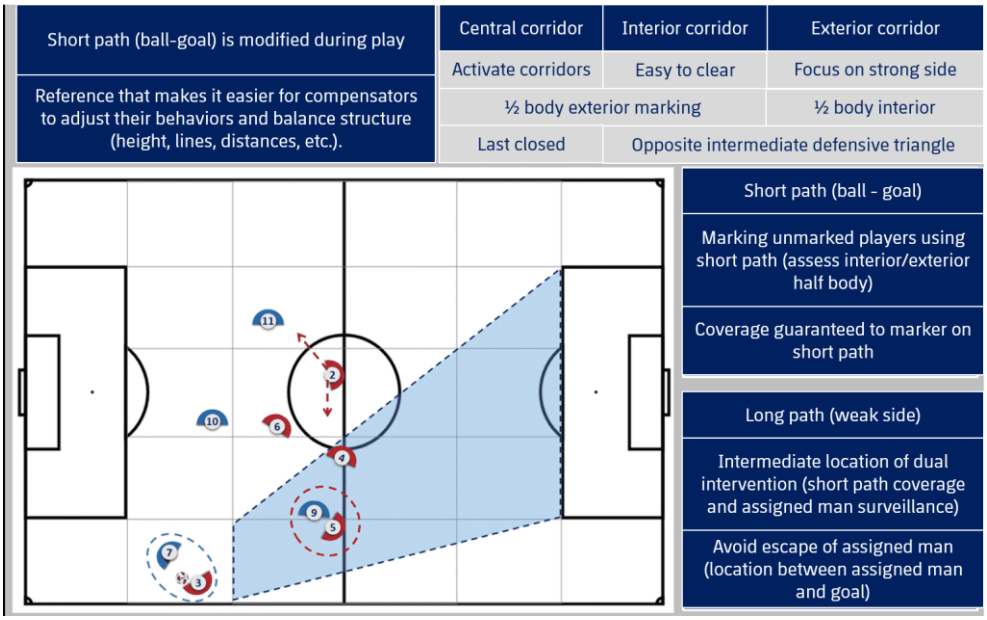
- Win the return to defense zone (prevent the opponent from accessing to a free space, control after advancing to intermediate spaces, slowing down from the side, etc.).
- Cover the goalkeeper after a shot (and not after a rejection) and avoid a kick in a 2nd action (anticipate the shooters).
- Get back into the defensive block if beaten (usually occupying inside positions)
- Move upfield from the current position (place yourself in a near position, in the case of a close teammate clears that space) in width after a long or deep P2 upfield movement (high-pressure context).
- Avoid marking with chest to back contact with the opponent face to back receptions to avoid spinning thanks to this contact (separate before generating the reception, pushing or bumping, to destabilize and control the action).

P4. W/ BALL. Individual fundamentals per position:

- Continuity support (when the player is further behind) by positioning himself further infield than the defender so that, once he receives the ball, he avoids immediate pressure from the defender (he will have to turn to press)
- Progression support (when the player is further forward) if there is space ahead to threaten the 2nd line of defensive pressure.
- Adjust the width, assessing the distance that separates you from your teammate in possession of the ball in order to:
    - Extend the distance of the 1st defensive pressure line.
    - Keep the interior, exterior and diagonal pass lines to the weak side (interior corridor)
- Close the inside (axis), covering in case of loss of the ball.
- Recognize when to repeat a pass to change the context, perceive the environment, readjust the location, etc.
- Modify my orientation while dribbling to vary the pressure trajectories of my opponent and create new pass lines between teammates.
- Perform pass feints to open intervals and facilitate interior passes.
- Maintain the dribbling at an appropriate pace to engage an opponent without being exposed to a threat of progression (bumping or knocking over)

- Horizontal dribbling from P4 to 2º adjacent P4 to mobilize (drag) the opponent (usually P9), coordinating with goalkeeper support in order to take advantage of the interior spaces generated.
- Dribbling towards the unmarked zone (attract and/or drag) to release some specific receiver and manage the pressure to keep the communication path open with an auxiliary (direct or indirect).
- Dribbling towards the interval to generate tightness (attract opponents) and facilitate receptions at the opponents' sides or open progression pass corridors.
- Perform a tactical engagement intention together with dribbling overtaking if required by the opponent's defensive response.
- Overtake nearby opponents to clean or lengthen shifting paths that keep some intervals open (inner progression).
- Do not overtake nearby opponents so that each reception slows down shiftings and in this way, gain access to the weak side with greater advantage, allowing progression support from adjacent teammates (if there is a corridor to pass the ball forward)
- As a compensator (management of caught players out of possession ahead of the ball, i.e. players of the opposing team placed in front of the ball in its defensive phase and who can become dangerous players in face of a possible loss, with their respective offensive transition) mark the opponents in the short path (the 1st midfielder marks and the 2nd midfielder offers coverage in the short path)
- As a compensator:
    - In case of ball recoveries in the external corridor: mark with ½ interior body (promote going out from inside, avoiding going out from outside)
    - In case of ball recoveries: mark with ½ exterior body (promote going out from outside, avoiding going out from inside)

**Figure 2: Management of caught players out of possession ahead of the ball: Marking in short gaps, vigilances in intermediate zones in weak sides.**




Source: Prepared by the author.

P6. W/O BALL. Individual fundamentals per position:

- Protect the defensive line:
    - Close the gap to avoid receptions in the platform (the space between midfielders and defensive line)
    - Avoid receptions that allow dealing with the defensive line with advantage (disputes P4)
    - Compensate for possible loss.
- Mergings in the defensive line (gap P4-P5 or P4-P2) in situations of the incomplete line due to:
    - P4 is out of the defensive funnel (the line joining the points between the sidelines at the middle of the field and the own goalposts).
    - excessive distances in the intervals.
    - breaking from an opponent's 2nd line (movement and merging).

- Defence in intermediate zones, in front and behind (become us bigger):
    - Increasing individual intervention space.

    - noticing and controlling the blind zone (in behind)
- Diagonal movements of return or adjustment on the space (after opponent's receivings in behind, avoiding being surpassed by a good return to the defence zone movement). Being able to defend the space and the receiving in behind.
- Advance your position (in the event of a nearby teammate clears a space, place yourself in that position both in width and depth) towards opponent midfielders' defensive line, after its sudden advance, pushing the opponent's 1st line (control the clear middle space, defend in intermediate zones, in front and behind, and control your own space in behind)
- Arrival defence of the opponent's 2nd line and penalty spot in area defence (reference control prior to a cross, break sprints, etc.).
- Shifting and coverage to interiors, without missing the central corridor (do not give in and out receptions that face the defensive line with the arrival of the opponent's 2nd line to finish zone).
- Avoid being beaten by the player in the external corridor (winning the position to a specific opponent, usually to an own assigned man, in order to arrive earlier at the attacking space). For this purpose must respect the defensive triangle between the assigned man and the box, paying attention to the ball and the assigned man, braking racings, etc.
- Duplicate the intervention over the possessor between lines, in behind and marked (defensive 2c1 where who arrives first, recovers the ball). Immediate return movements towards the interior through pass.

P6. W/O BALL. Individual fundamentals per position:

- Control line transformations where you are, at the start and on the sides (build-up with 3 players, build-up in an L shape) to face the 1st pressure line and get prepared for loss. This means, going down to a position between P4 and P5 or to their sides for kick-off.
- Appear in front of the pressure line:
    - Causing the opponent advance
    - Enlarging the space in:
        - base (between 1st and 2nd pressure line)
        - platform (behind 2nd pressure line)
- Know how to play in intervals (spaces between opponents):

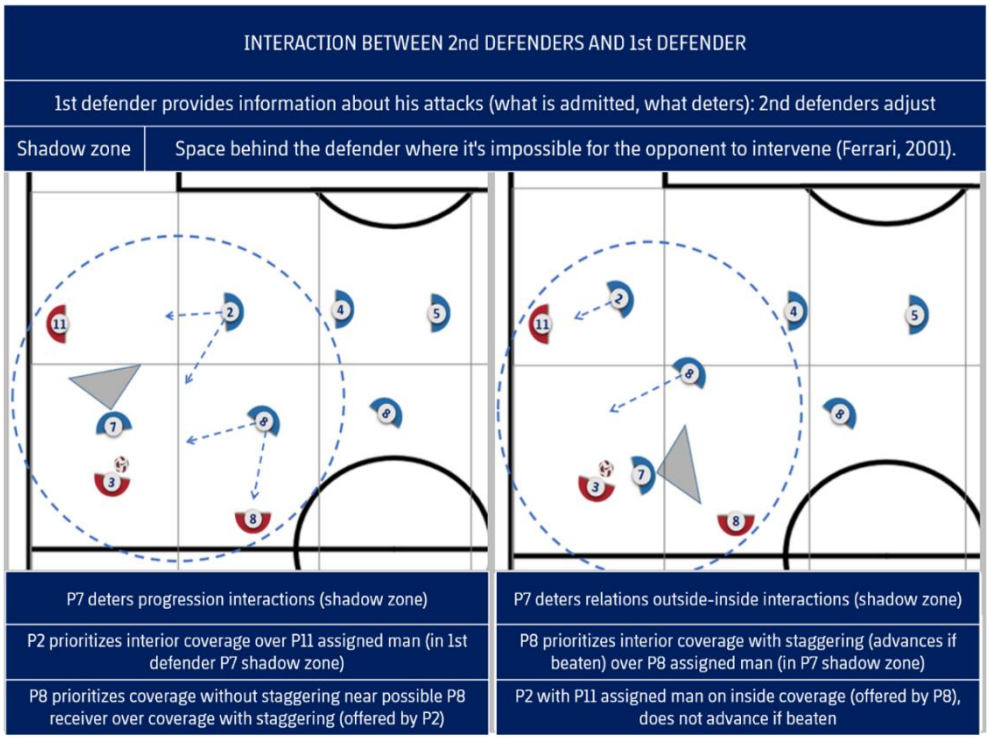
    - Appearing between intervals to narrow them.
    - Going beyond the line when they are open (turn).
    - Facilitating alongside the progression support of P4.
- Appear between the 1st and 2nd pressure line (behind the 1st line):
    - increasing the distance with the middle line
    - facilitating spinning
    - facilitating dynamic reception (playing to arrive) vs. static reception (playing to be)
- Offer offensive coverage in the opponent's field and prioritize the protection, of our teammates P4 and P5, face to a possible loss.
- Recognize oneself as a helper by engaging, attracting and/or dragging opponents and, in this way, generate more space and time to:
    - following receptors (clearing the space)
    - low receptions of descending players (generally P8)
- Hide behind the interval to engage it by ascending the position (movement in front of or behind the lines or opponents) facilitating horizontal relations in 1st line of construction (mainly those that exceed the adjacent one with diagonal pass slightly backwards).
- Repeat pass with P4 to:
    - modify the progression possibilities (after engaging the opponent)
    - Alter passing angles (change position of opponents and teammates)
    - gain time and make P4 change his position
- Advance by appearing behind the opponents (ascent) provoking:
    - changes in the defensive profile of the opponent
    - pursuits in the running detachment
    - enable internal through ball through the interval (defender facing outwards with difficulty to intervene)
- Offer diagonal pass lines to 1st construction line (1st diagonal pass lines, 2nd pass lines more frontal regarding the axis of the ball possessor)

P8. W/O BALL. Individual fundamentals per position:

- Overlap defence with P2 (2c2):
    - on the outside or exterior:
        - change of opponent (assigned man exchange with a teammate)
        - relevant P8 information coming from inside to defend the ball possessor
    - on the inside or interior:
        - Movement (each player follows his assigned man, without changing the opponent)
        - unstable situations (P7 does not arrive to assist P2)

- P7 coverage (1st defender) avoiding in-out movements from the opponent and evaluating:
    - Staggered positioning the ball with P7 in front.
    - Alignment with P7 at the same height

**Figure 3: Interaction between 2nd defender and 1st defender**



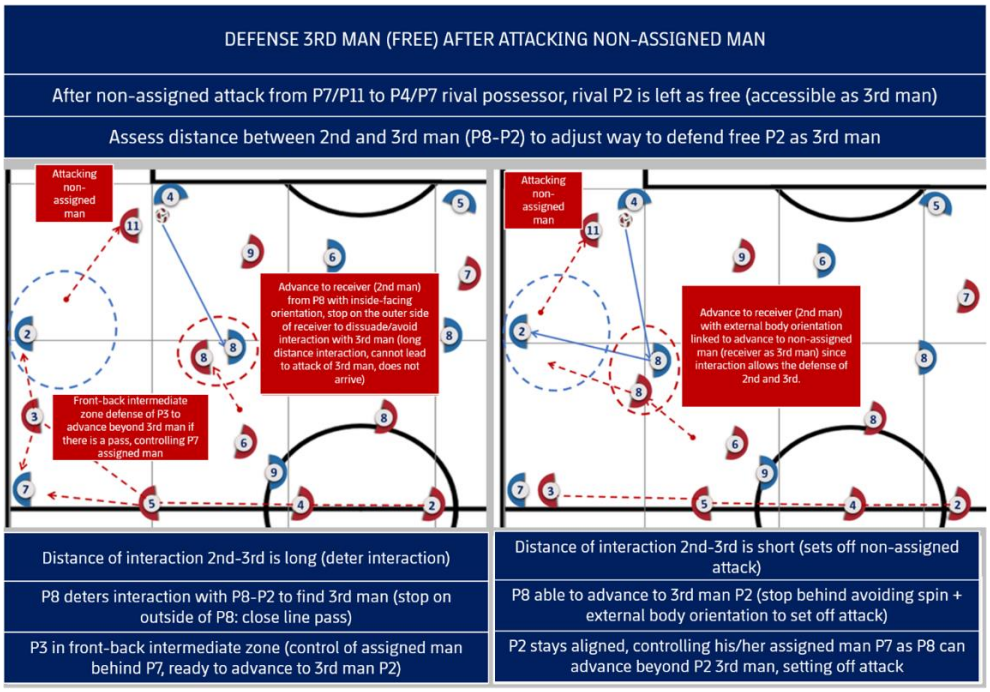

Source: Prepared by the author.

- Coverage to P2 in stable situations in the last stretch (P4 in funnel, area defence). No need to stagger, coverage can be offered aligned

with advancing P2 (and staggering position with respect to the defensive line).

- Moving forward to the opponent's frontline construction elements after they have overtaken or distanced themselves from the 1st line of attack (1st defensive pressure line). Perform frontal overtaking.
- Intervene on P2 after he overtakes (breakthrough or reception) my teammate P7 (only if our system does not position P2+P7 in the external corridor). Maintain control over our assigned man after pressuring the non-assigned man (P7's assigned man overtaken).
- Defence in intermediate zones front-back (become bigger):
    - expanding individual intervention space
    - perceiving and controlling the blind zone (back)
- Defence of the 3rd free man (P2) after pressure of P7/11 teammate to opponent P4/5:
    - If the opponent's P2-P8 distance is LONG:
        - Advance that discourages in-out interaction (P8-P2) slowing down by the outside in pressuring P8.
    - If the opponent's P2-P8 distance is SHORT:
        - Pressure P8 (Avoid spinning)
        - Link with pressure P2 discouraging in-out interaction P2-P8 (repeat pass)

**Figure 4: Defense to the 3rd man (free) after attacking non-assigned man.**




Source: Prepared by the author.

- Duplicate the intervention on the marked ball possessor between the back lines (Defensive 2c1, the one who arrives first steals the ball). Immediate return movements by interior through pass.

P8. W/ BALL. Individual fundamentals per position:

- Support and detachment in the opposite direction to the shifting or pressure of the opponent to:
    - create a distance between opponents
    - build dynamic advantages (wrong-foot)
- Inner supports and detachments towards defensive line intervals:
    - start from behind of the middle line in the platform
    - win the position to the assigned man and attack in positional advantage the back of the defensive line
- Appear from the defence's weak side to receive at the side of the pressure line and overtake through dynamic control or through the next pass.

- Occupation of the 1st pressure line side (build-up in an L shape with respect to P4s, i.e. to the left and then forward.)
- Dynamic reception on platform to face the defensive line (pre detachment to look for dynamic superiority, dynamic control, etc.)
- Place yourself in the platform (between the middle line and the defensors) to:
    - Be a mediate receptor (after more than one pass)
    - Attack the intervals when the ball is in the exterior corridor.
- Place yourself in the centerline of the midfield to receive in front of the middle line and to enlarge the platform (by monitoring or by the advances of their receptions.)
- To recognize oneself as 3rd man in approach (carry out a dynamic reception, overcome the middle line or group of opponents from the approach trajectory to receive as 3rd man, eliminate opponents from the own reception running, etc.).
- Receive the ball facing the pressure line to return pass for the benefit of 3rd man, after engaging or attracting the 3rd assigned man. The sequence would be:
    - Teammate passes me the ball (1st passes to 2nd)
    - I repeat the pass with my teammate (2nd passes to 1st)
    - Teammate finds 3rd beneficiary (1st passes to 3rd)

- Descent: Perform a support to advance (forwards eliminating opponents) with continuity support (without eliminating opponents) to receive the ball facing forward.
    - descend the pressure line, passing from the back to the face of a line.
    - descend ball line, standing behind it.
- Ascent: Perform continuity support with continuity support in order to receive the ball facing forwards in progression:
    - ascend to the shaded area, from the back to the front and receive behind the pressure line
    - open the interval far from the defenders of the next line and to receive facing the progression and in a dynamic way
- Appear at the sides (less dense areas, with more space and time) to:
    - engage and/or attract opponents

    - recognize back pressure line advances and:
        - turn around and move forward
        - find the 3rd man in progression
        - generate advantages for those who will intervene next
- Horizontal handling allowing to maintain open intervals (generating doubts in the attacks) to:
    - Interior through ball
    - overtake with give and go pass (pass forward to teammate and move in the same direction to receive from the front)
    - after a horizontal pass, perform a detachment to overtake opponents.
- Dynamic control (in movement) backwards, after receiving with the assigned man or with the line behind to:
    - extend the movement of the defender (attract and/or drag) and enlarge the space behind him
    - facilitate self-spinning if the defender does not remain close
- As a compensator, look after P7's location and the display of P2 to stay behind the ball and offer offensive coverage to prepare us for a possible loss (equilibrium triangles).

P7. W/O BALL. Individual fundamentals per position:

- Overlap defence with P2 (2c2):
    - Opponent changing when it is from the outside or externally (exchange the assigned man with the teammate)
    - Movement when it is from the inside or inside forward (each player follows its assigned man, without opponent changing)
- Anterior line merging (usually defensive line)
    - in the strong or active side, that implies a coverage to P2
    - or on the weak or passive side, that seeks to complete the line.
- Deter progression (off and off) or outside-inside as 1st defender (along with complementary intervention of 2nd defender P8 or P2 generally)

- Opponent P2 must avoid being beaten (respect the defensive triangle: between the assigned man and the box, attention at the ball and the assigned man).
- Coverage on the inside corridor to P2 teammate that advances to potential reception in the intermediate or low zone (returned movement).
- As last defender will not advance to defend at the second last attacking player (assess the width and the lines confrontation). Exceptions:
    - blind zone pressure (out of the opponent's visual field)
    - the non-assigned man advance (enabling the assigned man)
    - solid situation of the defensive line
- Advance towards non-assigned man (P4) by a long movement deterring the interaction with the abandoned player (P2), adding defensive feints.
- Pressure from the blind zone (surprising outside the opponent's visual field to P6, P8 or even to opponent P4) on horizontal pass reception in inside or central corridor (pressing or surprising)
- Anticipated advance (getting active right before the shot, moving before the pass) as opposite to deter or avoid interactions in the weak side (opponent's field).
- Duplicate the marker over the ball (the one who arrives first recovers the ball, having the entry and ball recovery easier) after external reception facing backwards by pressure of P2.
- Defence along with P2 (2c2) after off-off pass in progression and placed on the lower block:
    - offer coverage or keep the assigned man
    - assess external opponents' profile in order to:
        - Aim to deep forced center (opponent breaks-through)
        - Aim continuity outside-inside (opponent able to cross)

P7. W/BALL. Individual fundamentals per position:

- Rounding (from the internal corridor towards outside, from external corridor to inside) to attack the back of the defensive line with open possessor or to get out from his axis.
- Passing the ball in build-up or give-and-go attack, is to start right in the passing moment and to attack the 1st defender's slow-down, speeding up while the defender slows down to attack wrong-footed.

- Passing the ball and build-up is to start after the pass (not immediately) giving time to the 1st defender so he can spin on the ball (it can be useful in contexts where the defender has slowed-down in a balanced way and cannot be attacked on the wrong-foot)
- Inner diagonal breaking (central-lateral interval) faced to external profile of assigned man and defense in proximity.
- Continuity of support detachment (reception feint) with brake detachment (to expanded space with anterior detachment).
- Attack the 2nd post or correct movements of finishing occupation zones as opposite (area attack).
- Support foot parallel to the goal line to cross in forced situations (support foot in sight directed to the cross final area, hip rotation from support foot).
- Timing is appearing on the platform for:
    - a possible dynamic reception
    - a possible display of P2 (establish who starts P7 or P2)
- Dynamic reception on the platform (pre-detachment to look for dynamic superiority, dynamic control, etc.) which allows facing the defensive line with advantage.
- Last defenders' engagements in width by assessing distance (intermediate zone to approach and pose a threat, width if opponent feels threatened). There is no engagement without threat, the fact of being placed in maximum amplitude may cause the opponent to ignore the player in width if the ball is on the opposite side. Approaching to be perceived, provoking threat and, from there, separate the defender by expanding the interior space.
- Finally, engagements and blocks to penultimate opponents located in width. This facilitates external overlap conditions.
- Dribbling from outside to inside in direction of 2nd P4 (do not aim or attack P2 assigned-man and 1st defender or 1st P4, because it facilitates coverage; attacking 2nd P4 generates more uncertainty, also on 1st P4 that doubts whether to advance or remain in place).
- Do not lose moments in crossing (do not stop the ball if you know the finishing zones, it is not necessary to look, as this movement will involve losing time) (Frattarola and Sans, 2017).
- Crossing command between the defensive line and the goalkeeper, both from the goal line (corner) and from 3/4 of the field (pre-corner). These are usually situations where the space between the defensive line and the goalkeeper is wide and the shooters have a positional and dynamic advantage when attacking from the front.

P10. W/O BALL. Individual fundamentals per position:

Join the 1st pressure line to be able to defend in greater width, converting it into a line of 2 or 3 elements (line transformation).

- Merges: it is to enter in the anterior defensive line intervals (rearmost position) to:
    - add one more element in that line
    - gain width and reduce shifting distances
    - make the opponent move behind the block
    - recover previously lost players

P10. W/BALL. Individual fundamentals per position:

- Recognize advances of elements of the defensive line and extended intervals by P9s and P7s to attack them from 2nd line through fast movements between the intervals.
- Dynamic reception on the platform (pre-detachment to seek dynamic superiority, dynamic control, etc.).
- Disassemble: to leave the opponents' interception lines and the pass lines of the teammates closest to the ball possessor, taking advantage of their field of vision. The one who disassembles (corrects his location) is the one who is far from the ball. (Etxarri, 2012).
- To stand on the platform (between midfielders and defenders) to:
    - be a mediate receiver (after more than one pass)
    - attack the interval when the ball in the external corridor
- Attacks with feints over intervals ( creating doubts in the defensive interval) in order to widen the attacking space after the first movement.
- 2nd line arrivals that correct the movements of the first finishers (complementing occupation in finishing areas.)
- To stop face to center back - full back under pressure situations to adjust the timing for a possible 2nd move (1st move for first finishers).

P9. W/O BALL. Individual fundamentals per position:

- Merges: it is to enter in the anterior line intervals (rearmost position) to:

    - add one more element in that line
    - gain width and reduce shifting distances
    - make the opponent move behind the block
    - recover previously lost players (less frequent)
- Maximized pressure movements to take the initiative and discourage significant interactions (mainly with P6).
- Pressure initiator: their advances serve as a pressure impulse that activates the whole defensive block (recognizing optimal pressure situations to activate the rest of the defenders, change of defensive rhythm).
- Divide the rival movements to prevent him from changing direction (disabling the weak side and forcing the exit from the strong side.)
- Recognize pressure situations on the rival goalkeeper with attacking movements that discourage (avoid, close) changes of direction in the movement (to the opposite side) and invite or provoke controlled passes (in disposition to pressure).
- As a player beaten by the opponent, avoid backward relations that change the direction of movement or take the ball out of the pressure zone (location in intermediate zones, occupation of interception lines, release from possible ball recoveries).
- As a player beaten by his opponent, turn to the strong side and provide an exit or continuity in the event of a possible forced ball recovery (through the external corridor and pressure after a loss, causing clearances, etc.).
- As a player beaten by his opponent, make yourself available as soon as possible (the offside rule) to intervene when the ball is recovered. This is essential after a loss (to be able to recover the ball after a loss).
- Avoid being engaged in an isolated way (without close coverings) or being easily removed. In those cases where the connecting distances with teammates are long, prioritize the defense of spaces (of progression).

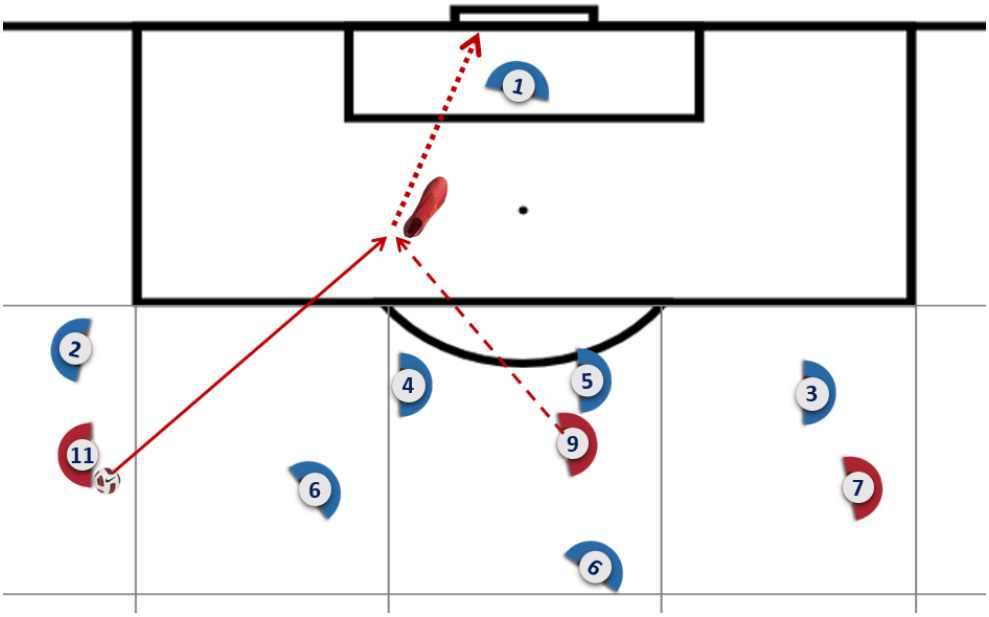
P9. W/ BALL. Individual fundamentals per position:

- Rounding: circular breaking movement away from the ball (implies losing sight of it and trusting the possessor-passer).
- Parallel: circular or L-shaped break approaching the ball on 1st movement (timing without offside when simultaneously perceiving the ball and the defensive line).

- Performing a detachment support (reception feint) with detachment in long ball situation (in a larger space with the previous detachment)
- Drag the defender with a circular movement of more than 180º to
    - be in superiority of position in front of the defender
    - take the defender off the assigned man-goal line ( beaten)
- Generate corridors. Separate from the last one (incomplete line) or move away from the interval and run away from the ball possessor axis so that the pass over the defensive line fits:
        - slip pass (from outside the interval)
        - through ball (through the interval). Joining the farthest defender to fit a pass inside.
- Frontal support movements (possessor-receiver line) from the off-axis possessor location (diagonal for profiled reception) Usual 2nd P9.
- Come from diagonal is to perform a detachment support out of the possessor-receiver line:
    - favouring profiled reception (forward facing)
    - gives way to the next action easily.
    - It makes it difficult for the defender to interrupt our run (the defender does not occupy the receiver-goal line)
    - makes it easier the detachment after my pass

- Disassemble: to leave the opponents' interception lines and the pass lines of the teammates closest to the ball possessor, taking advantage of their field of vision. The one who disassembles (corrects his location) is the one who is far from the ball.
- Engage or/and mobilize (attract and/or drag) from intervals according to complementary movements (another P9, 2nd line from inside or outside, etc.)
- Previous feints when there is no eye contact with the possessor (deceiving only the opponent) and gaining space for your own benefit.
- Lateral profile far or deep: being in a back attack position (set depth by posing a threat to the defensive line).
- Support foot in direction of the goal (keep the support foot as an insight and aim it at the goal area) to facilitate the shot if the detachment movement is performed away from the goal (after attacking from the back of 1st P4, shoot with foot from side centre and wait for the ball to arrive with side profile, etc.).

**Figure 5: Using the support foot to facilitate shooting in detachment situations away from the goal**




Source: Prepared by the author.

- Slowdown after the midfielder wins the back of the field and the defenders are engage by their own goal (occupying the penalty area for the pass to be backwards).
- Hiding (placing oneself out of the opponent's field of vision so that he cannot control the ball and the opponent at the same time):
    - as a mediate receiver (in the long run, keep yourself several passes away from receiving, move against the play)
    - in area to generate positional superiority in their intervention (surprise by not being watched by rivals).
- Attack the 1st post if the midfielder is under pressure (anticipate the defender)
- Attack a possible goalkeeper clearance after a shot and not after a 2nd play (do not wait for the goalkeeper to intervene in order to activate yourself).
- Demonstrate determination in the movements of occupation of shooting zones and maintain them after detecting that the ball will overcome it (mobilizing rivals, favoring conditions of 2nd action or clearance).

# References

**Etxarri, M.** (2012). Fútbol 100 frases al pie. Madrid: Librerías Deportivas Esteban Sanz.

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