

Module 1. Microplane Analysis

Unit 1.1 Microplane analysis

The fundamental objective of microplane analysis, analyzing individuals and short collaborative play, is to extract resources that players can learn from and that allow them to modify certain behaviors and incorporate new game behaviors. Everything studied at this level can also serve to evaluate our own players and learn about the playing habits of our opponents.

However, the player's individual play is largely spontaneous, emerging in response to game constraints. The act of analyzing these spontaneous behaviors that come about to solve problems in the game allows us to "conceptualize" them, recognize their success criteria and, from there, turn them into habits during training. The spontaneous solutions analyzed are not only adopted by the players who performed them out in competition, but rather, "conceptualizing" them and analyzing their success criteria allows us to share them with the rest of the team—where any player will be able to adopt them.

Observing how players make use of certain advantages from their spontaneous behaviors, which emerge according to game constraints that are specific to each situation of play, allows us to extract micro-resources to offer our players. Not limiting ourselves to observing our own players and opponents is pivotal. Rather, we should focus on the very best players, due to their great ability to make intuitive decisions on the field.

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

Functional roles are shared by all players, regardless of their specific position. Any player can have a functional role, depending on how they can contribute in their team's collective play in each game situation. Both during moments with the ball (w/ball) and moments without the ball (w/o ball), we can differentiate the following functional roles:

- W/ball. Possessor: player in possession of the ball (decides stage spaces).
- W/ball. Direct receiver: player available to receive the ball from the current possessor.
- W/ball. Indirect receiver: player who cannot receive from the possessor, but who is within reach of the play.
- W/ball. Engager: player who attempts to counter or delay the opponent's defense of the advantage created.
- W/ball. Supporter: player that does not directly intervene in the play, but who acts to in case of an eventual loss of possession.
- W/O ball. 1st defender: player in a position to defend the possessor (decides stage spaces).
- W/O ball. 2nd defender: supporting player, provides cover to the first defender and defends direct receivers nearby.

- W/O ball. 3rd defender: intermediate or distant player who provides collective cover (to the 2nd or 1st) and keeps an eye on opponents.
- W/O ball. Beaten: defender passed by the ball line they are defending from downfield, who prepares the counterattack.

The specific positions are determined by the system of play that is used. Many of them are repeated in different systems of play and, although the established interactions are not the same in all systems of play, there are common elements to be mastered within the position; for all of the systems in which that position exists.

It is not the same to be a (P9) in a 1-4-4-2 as it is in a 1-4-3-3 or a 1-3-5-2 with a double pivot and an attacking midfielder. The interactions that the P9 can establish differ; regardless of whether or not there is an attacking midfielder, a single P9, or collaboration between two P9s, among others. However, being a P9 implies the mastery of many common situations that do not depend on the system of play being used. We have identified the following positions:

- P2: right full-back. We're generalizing P2 as the full-back position here, which also includes the P3 as the left full-back).
- P4: right center-back. We're generalizing P4 as the center-back position here, which also includes P5 as the left center-back.
- P6: center midfielder. This includes a single center midfielder (e.g., 1-4-3-3) and the two players forming the double pivot (e.g., 1-4-2-3-1). It should be noted that the conceptual analysis below uses a single center midfielder. If a double pivot is used, the concepts associated with the inside forward position (P8) can also be considered.
- P7: right winger. We're generalizing P7 as the winger position here, which also includes P11 as the left winger.
- P8: inside forward. We've included both sides here as P8. In the case of a double pivot, there would be P6s involved, but with concepts shared with the P8 position.
- P9: center forward. We're including a single striker as P9 (e.g., 1-4-3-3) as well as a double striker (e.g., 1-4-4-2).
- P10: attacking midfielder. Very specific position within the system of play used (e.g., 1-4-2-3-1).

So as to delve further into these concepts, this paper will not provide details on the different functional roles, but it will rather focus on notions in relation to the different positions. To do this, the concept of **individual fundamentals per position**, IFPs, by Sans and Frattarola (2017) will be used. Concepts associated with each position will be laid out and defined as specifically as possible so as to delve into the details of the different specific positions.

Unit 1.2 Individual fundamentals per position (IFPs)

P2. W/O ball. Individual fundamentals per position

- The last defender does not advance to the second-to-last attacker because if the defender does not win the challenge, the last attacker would be left alone in the outer corridor with an opportunity to easily send in a cross.

IFP's example 1

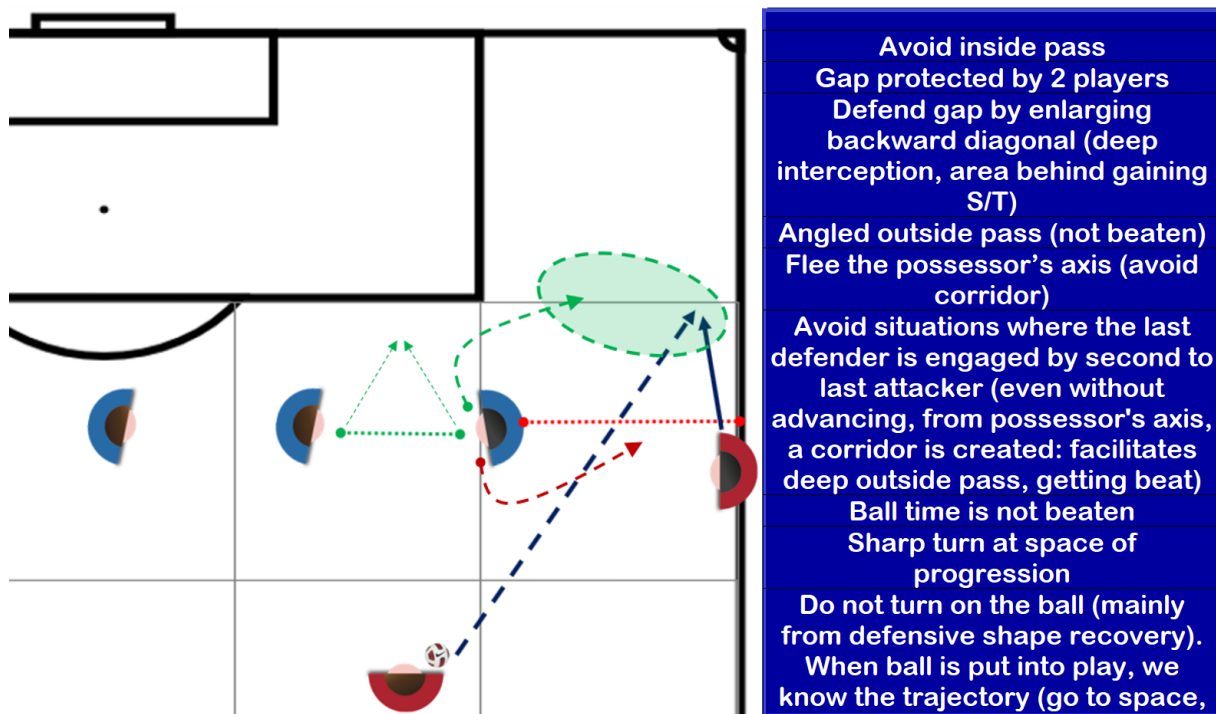
- Wall pass (give-and-go) defense: prioritize receiver over ball, prevent turns and intervene based on body orientation prior to stopping. What determines the winner or loser is the battle to win space behind the wall.
- Escape the axis of the second-to-last possessor:
 - Avoid being drawn out wide by them, despite not advancing and despite the fact that the last possessor has enough time to comfortably cross.
 - This is in order to make the through ball, inside and through the gap, and threaded through ball, outside the gap, more difficult.
 - Situating oneself on the same axis as the possessor makes for a longer threaded through pass, meaning the corridor for the pass is longer.

IFP's example 2

- Forward-facing body orientation:
 - Protect the interior gap next to P4.
 - Respond at the line.
 - Mark assigned player.
 - Effective if the axis does not coincide with the possessor, if the turn is short on the field of play, and if the pass is aimed at the P2-wing gap.
- Turn mastery:
 - Short, not looking when passing to the blind side or making a long pass.
 - Looking at the ball when dribbling in a 1v1 challenge.



Figure 1: P2 individual fundamentals per position (W/O ball)



Source: Prepared by the author.

- Overlap defense with P7/P8, 2v2:
 - Outside pass means opponent switching.
 - Relevant information gets relayed from the player who is able to mark the possessor.

IFP's example 3.1

- Inside pass means movement. Each player stays on their assigned player without switching opponents.

IFP's example 3.2

- Outside 1v2 overlap defense:
 - Short movement and return to defending the possessor if there's no pass.
 - Prioritize disabling non-possessors.

IFP's example 4

- Defensive pressure from the opposite side when the ball is in at the opposite corridor.
 - Mark assigned player.
 - Defend the far post.
 - Prevent escape, so that they don't win the position battle from the outside.
 - Close down opponent.

IFP's example 5

- Adjustments such as 2nd defender supporting the intervention of 1st defender (P2-P7).
 - Deterring or permitting the action, marking distance with assigned player.

- Break defense:
 - Cut off the run of, and stay close to, a potential receiver.
 - Move or chase and return to the line from a distance in relation to the potential defender, if cutting off the run is not possible.
- Pay attention to the height and balance of the line:
 - Stay in line.
 - Avoid being the deepest.
 - Recognize when this occurs and return to position.
 - Forward-facing body orientation allows for view of the entire line.
- Defend the opposite side area:
 - Mark the far post area.
 - Mark assigned player to prevent early arrival in the finishing zone.
 - Reference marking.
 - Prioritize being close to the unmarked longitudinal axis when placed in a more dangerous finishing zone.

IFP's example 6

- Advance to intermediate outside reception: deterrent path, get big, recognize coverage, etc.
- Prevent escape of rival P7, respect the defensive triangle:
 - This is between assigned man and goal, paying attention to the ball and assigned man, cut off run, etc.
- Win returns:
 - Prevent opponent from entering open space, contact after advance, angled stop, etc.
- Return trajectories after being eliminated:
- Interior diagonals to get back into action.
- Close off outside-inside passing lines during return
- Depth escalation, being in a nearby position opened up by another nearby teammate, after movement of P7 to non-assigned player to defend from a mid-front-back position:
 - Change to non-assigned player.
 - Mark assigned player behind them staying ready to advance to non-assigned player in front or upfield of them in a high-pressure situation.
- Escalation: get to a nearby position due to the opening up of that space by another nearby teammate; width-wise above position or nearby reference (even if second-to-last); to defend the area if they are the open finisher closest to the longitudinal axis and occupying a more dangerous finishing zone.

IFP's example 7

P2. W/ ball. Individual fundamentals per position

- After receiving from progression support:
 - Dynamic dribbling and control that closes down the opponent's return, outside-inside, consolidating advantage.

IFP's example 8

- Outside overlap after engagement of last attacker by second-to-last defender, 2v1, situation stemming from winning a corner, etc.

IFP's example 9

- Interior overlap to receive opposition:
 - Over the central-lateral gap receiving behind the defensive line or going to the inside-outside diagonal if that gap cannot be attacked advantageously.
 - Alternatively, draw opposition outside (tactical purpose of engagement) for outside-inside dribbling by the possessor, with subsequent adjustment trajectory from the outside to provide continuous or progressive support and guarantee balance in the face of a loss of possession when receiving is not possible.

IFP's example 10

- Alternate attacking through the outer gap and the inside gap based on opponent's response; potential adjustment with body facing out. From outside overlap.
- Wall attack or build-up play, when attack is stopped by 1st defender:
 - Give and go.

IFP's example 11

- Give the 1st defender time to turn on the ball.

IFP's example 12

- Offer up the inside wall after outside-outside interaction with P7 and receive with pressure; probably from behind.
- Open control parallel to the sideline, threaten with outside-outside pass to modify attack and facilitate interaction or dribbling toward the inside corridor.

IFP's example 13

- Breaking through the defensive line, by sneaking at first; surprise diagonal run.
- Corridor change, inside moves, facing towards or with back turned to the midfield line and hiding or revealing themselves based on whether they want to be a receiver or engager and support from the inside corridor.
- Positioning to progress toward a touch during opponent shifting, outside-outside interaction in play.

IFP's example 14

- Escape assigned man (rival P7) to create a double threat over rival P2:
 - Escape assigned man by taking the position of a certain opponent to get to the attaching space before the opponent.
 - Assess possession conditions to avoid causing a potential loss of possession.

IFP's example 15

- Do not waste time when crossing. Do not stop the ball if the finishing zones are known, looking is not necessary as this movement involves stopping the ball and losing seconds (Frattarola and Sans, 2017).
- Control of divided center between defensive line and GK (goalkeeper) in in the back line (corner) as well as from $\frac{3}{4}$ field (pre-corner).
- As a supporter, on the opposite side and prepared for a potential loss of possession, they are placed on the 1st or 2nd line of the balance structure according to the structure of unmarked opponents and opponent surges; in line with the P4-P5 center-backs or upfield next to P6.
- As a supporter, on the opposite side and prepared for a potential loss of possession, they are placed in an intermediate space in terms of height and width; they should be placed on the shortest path and on their own ball-goal line. They intervene in multiple ways that prevent an escape of the rival P7-assigned player and provides cover for the 2nd P4, ready to jump forward and even anticipate a pass to rival P7, etc.

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

- Break defense, cutting off run by staying close to the potential receiver; move or follow and return to the line from a distance in relation to the potential defender, if cutting off sprint is not possible.

IFP's example 16

- Emergency coverage of P2 in unstable situations, interrupt, shut down the action, cut off; in stable situations.

IFP's example 17.1

- Stay in the defensive funnel which is the line connecting both sidelines at the midfield line and the goal posts.

IFP's example 17.2

- The P4 that is farthest from the ball must always be behind to ensure coverage.
- Jump to intermediate reception:
 - prevent turn of backward-facing receiver, keep them out of open space.
- Keep the P4-P5 gap small to cause inside-outside trajectories and protect the central corridor.
- Stalling an unstable situation (1v2) from an intermediate location, prevent advances and stay in the central corridor.

IFP's example 18

- The P4 that is closest to the ball defends the near post. Keep an eye out for moments and keep an eye on distances to offer support to P2 or close in to guard the near post
- Challenge possessor to prevent or block a shot in the final 20 or 25 m, working with GK to cover the goal.

- Identify finishers in area defense by marking the timing for the last 20 m and face the ball on a diagonal.
- The 1st P4 sets height of the defensive line while the ball is in the outer corridor and considers staggering coverage or alignment, same height, line of 4 fully in line; with 1st P2 defender.
- 2nd P4 corrects as the distant player and balances the defensive line based on the intervention of 1st P4 (line leader).
- When a teammate (1st P4 defender), advances to defend receptions in an intermediate space, the 2nd P4 defender balances out the defensive line with coverage at a different axis than the 1st P4 defender.
- Deterring advance to intermediate spaces to deny non-free-space-threatening interior passes after recognizing line balance.

IFP's example 19

- Gain returns such as preventing opponent from entering open space, contact after advance, angled stop, etc.

IFP's example 20

- Protect GK after a shot—not after a block—and prevent a second chance finish; anticipating finishers.
- Return trajectories after being eliminated; interior diagonals to get back into action.
- Width escalation, such as being in close position due to the opening up of that space by another nearby teammate, after a long advance or escalation to P2 depth; in a high-pressure situation.

IFP's example 21

- Avoid chest-back marking in response to backward-facing opponent receptions to prevent turns facilitated by contact such as separation prior to reception by pushing or charging to destabilize and take control.

P4. W/ ball. Individual fundamentals per position

- Continuity support when they are behind, being positioned more inside than the defender so that, once they receive the ball, they can avoid being immediately pressured by them since they would have to turn to pressure.

IFP's example 22

- Progression support, when they are farther ahead, if they have the space ahead of them to threaten the second defensive pressure line.

IFP's example 23

- Adjust width, taking advantage of the distance separating you from your teammate with possession to:
 - Separate and widen the 1st defensive line.
 - Maintain inside, outside, and diagonal passing lines (placement in inside corridor).

- Close off from the inside (axis), covering in case possession is lost.
- Recognize when to repeat a pass to modify the situation, be aware of the environment, readjust placement, etc.
- Change which way I am facing while dribbling to vary the opposing team's pressure paths and create new passing lanes with teammates
- Fake passes to open up gaps and facilitate interior passes.
- Set the right dribbling pace to engage an opponent without being exposed to a threat on progression (charge or tackle).
- Horizontal dribbling of the P4 towards the 2nd P4 to move or drag the opponent, normally a P9), coordinating with the support of the goalkeeper to, in this way, take advantage of the interior spaces created.

IFP's example 24

- Dribbling toward the non-assigned zone to free up a specific receiver and manage the attack that is keeping the line of communication with an assistant (direct or indirect) open.

IFP's example 25

- Dribbling toward the gap to narrow the field and facilitate reception at opponents' sides or open up progressive passing corridors.

IFP's example 26

- Link tactical purpose of engagement by beating with dribbling if required by the opponent's defensive response.

IFP's example 27

- Outmaneuver nearby opponents to clear or lengthen shifting paths that keep certain gaps open (inside progression).

IFP's example 28

- Do not pass nearby opponents so that each reception stops shifting to more advantageously access the weak side and allow for support of the progression of neighboring players, if there is a passing corridor upfield.

IFP's example 29

- As a supporter (unmarked player management), mark opponents on the short path; with the 1st center-back marking and 2nd center-back covering the short path.
- As a supporter, master ½ body inside marking by leaving unmarked players closer to the longitudinal axis—further inside—when the ball is recovered in the outer corridor since, after ball recovery, a long ball is usually attempted through the same corridor.
 - If ball recovery takes place in the inside or central corridor, use ½ body outside marking by leaving unmarked player further from the longitudinal axis, further outside.

- Diagonal return or spatial adjustment trajectories, after receptions behind them. However, in ball time, being beat can be prevented by a good trajectory. Be able to defend the space and receptions behind them.
- Escalation—or being in a nearby position, both in terms of width and depth, if another nearby teammate frees up that space—to the midfield line after a midfielder advances. This is to attack the first rival build up line, controlling the freed up intermediate space, defending in front-back intermediate positions, and watching their own back.

IFP's example 33

- Defense of arrivals from the 2nd line and penalty area in defense of the area; marking references prior to lateral cross, cut off sprints, etc.
- Shifting and coverage of the inside, without losing the central corridor. Do not allow for outside-inside receptions that take on the defensive line with the arrival of the 2nd line to finishing zones.
- Prevent escape, take the position of an opponent, generally the non-assigned man, to get to the attacking space before them. To do this, respect the defensive triangle between the assigned player and the goal, watch the ball and the assigned player, cut runs, etc.

IFP's example 34

- Double team the turned-around and marked possessor between lines, such as 2v1 defense where the first to arrive steals the ball. Return trajectories immediately after an interior through ball.

IFP's example 35

P6. W/ ball. Individual fundamentals per position:

- Control line changes at the start and on sides (3 buildup, L buildup) to take on the 1st line of pressure and prepare for loss of possession.

IFP's example 36

- Play facing the line of pressure:
 - Provoke opponent advances.
 - Increase space at:
 - The base, between the 1st and 2nd pressure line.
 - The platform, behind the 2nd defensive pressure line.
- Know to play in the gaps (spaces between opposing players):
 - Show up between gaps to stretch them out.
 - Go past the line when they are kept open (turn).
 - Facilitate progression support to P4 on the side.

IFP's example 37

- Get between the 1st and 2nd line of pressure (in front of the 1st line)
 - Increasing distance with the midfield line.

- Facilitating turns.
- Facilitating dynamic reception (playing to get somewhere) vs. static reception (playing to be somewhere).

IFP's example 38

- Provide offensive cover on the opponent's half of the field and prioritize protection of P4 and P5 in the event of a potential loss of possession.
- Recognize themselves as support engaging, attracting and/or dragging opponents and, thus, creating more space and time for:
 - Subsequent receivers (clearing space).
 - Low receptions of descending players (generally P8).

IFP's example 39

- Sit behind the gap to engage by moving up, moving from the front to the back of the lines or opponents, to allow for horizontal interactions on the 1st build line—mainly those that advance past neighboring players with a slightly backward diagonal pass.

IFP's example 40

- Repeat pass with P4 to:
 - Provide new opportunities for progression after engaging the opponent.
 - Change passing angles which changes the opponent's positioning and teammates' positioning on the field.
 - Buy time for the P4 to change positioning on the field.
- Advance appearing behind opponents (ascension) causing:
 - Changes in the opponent's defensive structure.
 - Chasing of unmarked runs.
 - Enabling inside through balls through the gap since the defender is facing out and has a hard time intervening.
- Provide diagonal passing lines at the 1st build out line. These are the 1st diagonal passing lines, 2nd passing lines closer to the front compared to the possessor's axis

IFP's example 41

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

- Overlap defense with P2 (2v2):
 - From the outside or outer corridor:
 - Change opponent with teammate.
 - Relevant information comes from P8 who arrives from inside to defend the possessor.

IFP's example 42.1

- From inside or inside corridor:
 - Tracking: each player follows the opponent they are marking, without changing opponent.

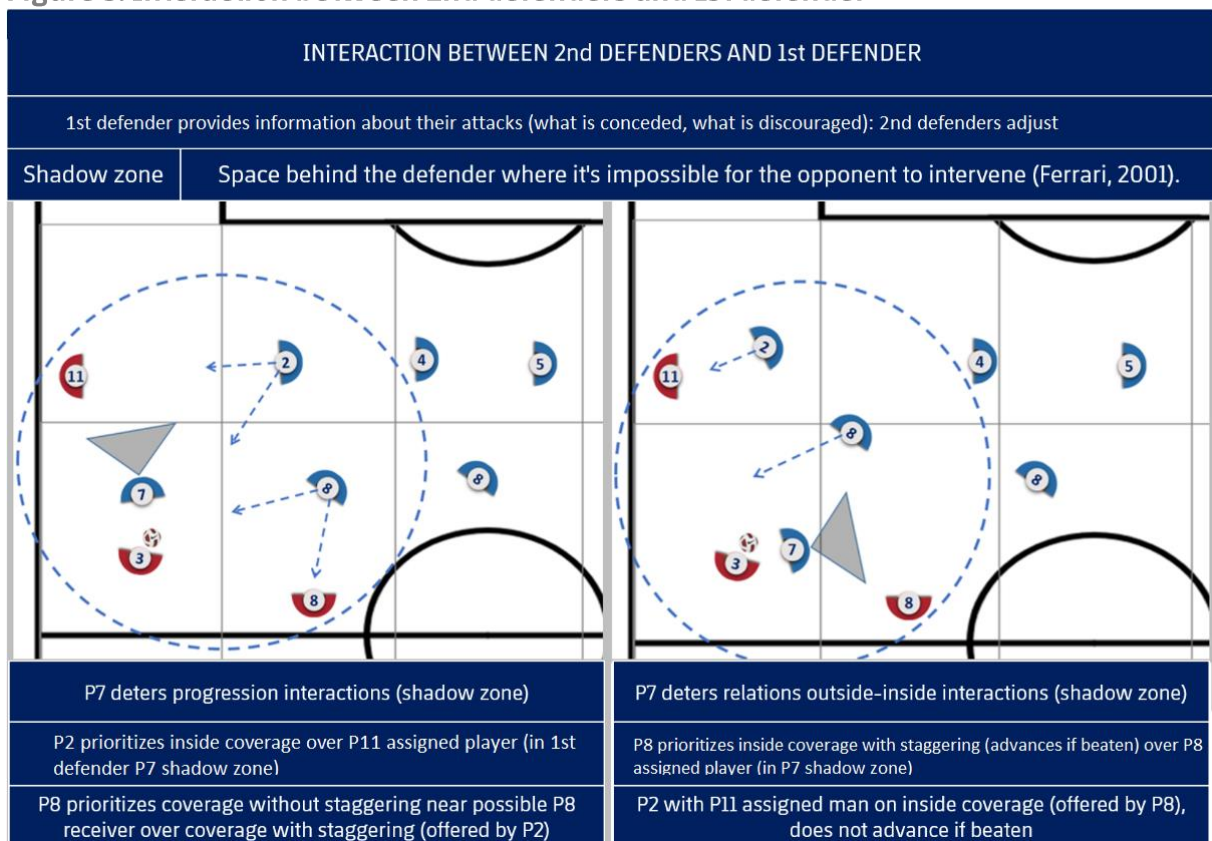
IFP's example 42.2

- Unstable situations (P7 didn't arrive to help P2)

IFP's example 42.3

- Coverage of P7 (1st defender) avoiding rival outside-inside paths and ensuring:
 - Staggering with P7 in front.
 - Aligning with P7 at the same height.

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



Source: Prepared by the author.

- Coverage of P2 in stable situations in the final third (P4 in the funnel, area defense). Staggering isn't necessary, aligned coverage can be provided with regard to the advancing P2 and staggering occurs with the defensive line.

IFP's example 43

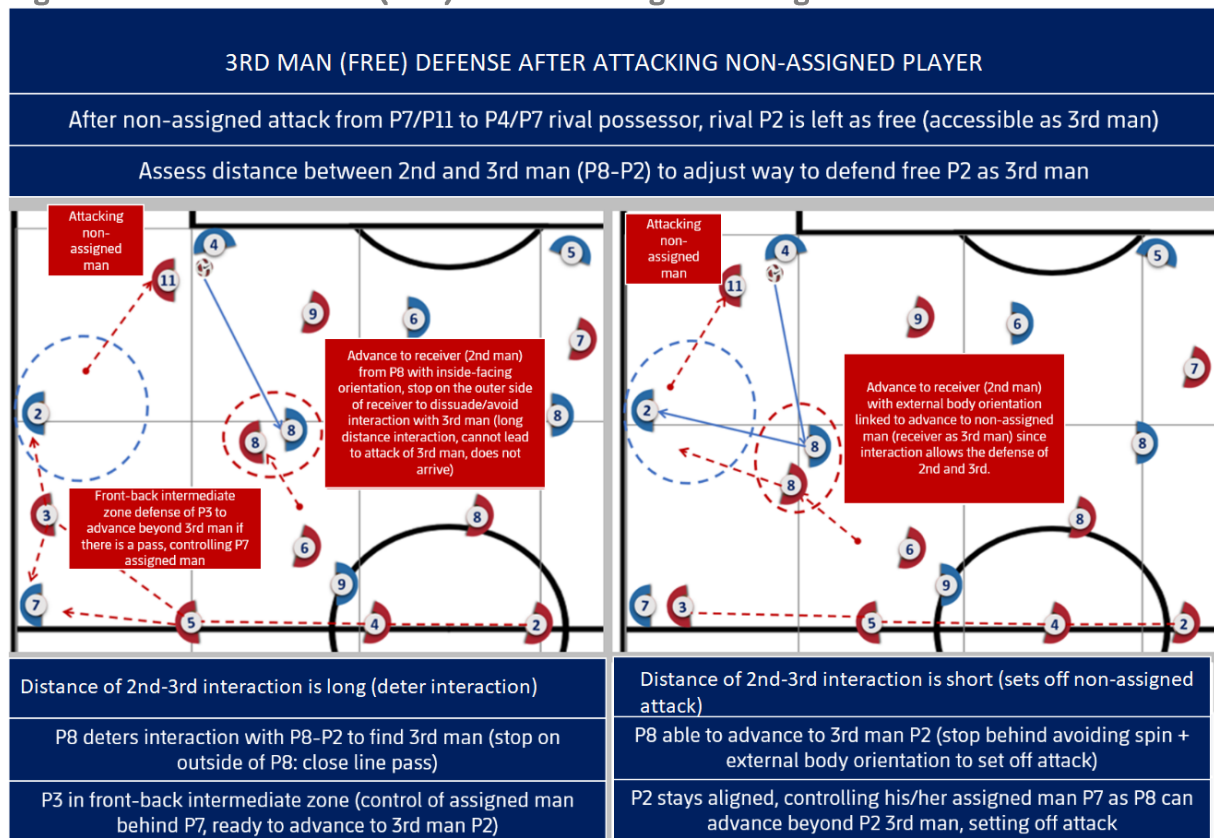
- Advancements to players on the first rival build out line after beating or moving away from the 1st attacking line (1st line of pressure). Forward movements.

IFP's example 44

- Challenge P2 after beating P7, run past or receive, and in systems without P2+P7. Monitor the assigned player after attacking P7 non-assigned man.
- Defense in front-back intermediate positions (get big):

- Increasing individual space to intervene.
- Seeing and controlling blind spots (behind).
- 3rd man free defense (P2) after teammate (P7/P11) pressures opposing P4/5:
 - If P2 and P8 are FAR AWAY:
 - Jump up to discourage inside-outside (P8-P2) passes focusing pressure on the outside of P8.
 - If P2 and P8 are CLOSE:
 - Pressure P8 to prevent turning.
 - Couple with pressure on P2 discouraging outside-inside passes between P2 and P8 (repeated pass).

Figure 4: 3rd man defense (free) after attacking non-assigned man



Source: Prepared by the author.

- Double team the possessor between marked lines, 2v1 defense where the first to arrive steals the ball. Return trajectories immediately after an inside through ball.

P8. W/ ball. Individual fundamentals per position:

- Support and shaking off of marker to opponent shifting or pressure to:
 - Create separating between opponents.
 - Create dynamic advantages (catching them on the wrong foot).

IFP's example 45

- Inside support and shaking off of markers toward defensive line gaps:
 - Start from being the midfielders' line at the platform.

- Win positioning battle against marker and attack the back of the defensive line from an advantageous position.

IFP's example 46

- Make inside runs after recognizing large gaps in the defensive line. From the platform, they have their backs to the midfield line to be able to easily escape once they have taken the position from non-assigned players and thus will arrive earlier if the defensive line is broken through.
- Occupation of the side of the 1st line of pressure. L build up with regard to P4s, meaning towards the left and then forward.

IFP's example 47

- Dynamic reception on platform to face the defensive line (pre detachment to look for dynamic superiority, dynamic control, etc.)

IFP's example 48

- Place yourself on the platform, between the midfield line and defender, to:
 - Be the immediate receiver, after more than one pass.
 - Close the gap when the ball is in the outside corridor.
- Stay on the central line, ready to receive, facing the midfield line and expand the platform (by staying vigilant or advancing to receive).
- Recognize the next 3rd man:
 - Practice dynamic reception.
 - Get past the midfield line or group of opponents with an approach trajectory to receive as the 3rd man.
 - Eliminate opponents beginning with the receiving run, etc.

IFP's example 49

- Receive the ball facing the line of pressure to return the pass benefitting the 3^d man, after engaging or attracting the 3^d man's marker. The sequence would be:
 - Teammate passes them the ball (1st passes to 2nd).
 - They repeat the pass with their teammate (2nd passes to 1st).
 - Teammate finds the 3rd man (1st passes to 3rd).
- Descent: Link progression support (forward, eliminating opponents) with continuity support (without eliminating opponents) to receive the ball head on:
 - Move down the pressure line, passing backwards down to the next line.

IFP's example 50.1

- Or move down the ball line, placing yourself behind them.

IFP's example 50.2

- Ascent: link continuity support with progression support to receive from the front in progression

- Move up towards the shadow zone, from behind toward the front and receive the ball behind the pressure line.

IFP's example 51.1

- Open gap far from the next line of defenders and dynamically receive the ball in front of the progression.

IFP's example 51.2

- Get to the wings (less dense areas, with more space and time) to:
 - Engage and/or attract opponents.
 - Recognize posterior pressure line advances and:
 - Turn and move.
 - Find the 3rd man in progression.
 - Create advantages for the next ones who intervene.
- Horizontal dribbling that keep gaps open (causing hesitation when advancing) to:
 - Make an inside pass.
 - Beat with a give-and-go
 - A forward pass to a teammate and movement in the same direction to receive in front of them.
- Dynamic (moving) backward marking, after receiving with the marker or line behind you to:
 - Lengthen defensive movement (attract and/or drag) and widen the space behind them.
 - facilitate self-turning if the defender does not remain close

IFP's example 52.2

- As a supporter, respond to the location of P7 and the attack of P2 to stay behind the ball and provide offensive coverage to prepare for a potential loss of possession (balance triangles).

IFP's example 53

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

- Overlap defense with P2, 2v2.
 - Swap marker with teammate when it is coming from outside.

IFP's example 54.1

- Movement when it is coming from inside or stays inside. Each player follows their marker, without swapping markers.

IFP's example 54.2

- Merging into the front line (usually defensive line).
 - Strong or active side that involves covering P2.

- Weak or passive side so as to complete the line.
- Hinder progression or outside-inside as 1st defender (complementary intervention of 2nd defender).

IFP's example 55

- Prevent escape of rival P2 (respect the defensive triangle: between assigned man and goal, paying attention to the ball/mark).
- Coverage in the inside corridor of P2, who advances to intercept the opponent in the low or intermediate zone (return trajectory).
- The last defender does not move to defend the second-to-last-attacker, consider width and line facing. Exceptions:
 - Pressure from the blind spot (from outside of the opponent's visual field).

IFP's example 56.1 a

IFP's example 56.1 b

- Advancing to non-assigned player (disabling assigned player).

IFP's example 56.2

- Stable defensive line situation.

IFP's example 56.3

- Advance to non-assigned man (P4) with a trajectory that discourages interaction with the abandoned player, using defensive dodges.

IFP's example 57

- Blind side run (surprise P6, P8, or even P4 from outside the opponent's visual field) on receiving a horizontal pass in the interior or central corridor (surprise attack or tackle).

IFP's example 58

- Early advance, activation before the ball has departed, advance before the pass, from the opposite side to discourage or prevent interaction on the weak side; opponent's half of the field.
- Double team on the ball. The one who arrives first steals the ball, has better access to the ball to tackle and recover possession, after exterior reception from behind for P2 attack.
- Help P2 by providing cover or staying on their assigned player after outside-outside pass in progression in low block.
 - Based on both the outside opponent players' body orientation:
 - If they are able to get past it, force a deep cross.
 - If they have the ability to cross with space, seek out continuity, from the outside in, as well as continuity support.

P7. W/ ball. Individual fundamentals per position:



- Rounding—outward toward the inside corridor, inward from the outer corridor—to break through the defensive line with an open, and even pressured, possessor or to flee their axis.

IFP's example 59.1

IFP's example 59.2

- Wall attack or build up. Start at the moment of the pass and attack the 1st defender's attempts to stop. Accelerate while the defender stops to attack and while opponent is on the wrong foot.

IFP's example 60

- Give-and-go—go after the pass and give the 1st defender time to turn on the ball. The latter can be used in contexts where the defender has stopped in a balanced way and cannot be attacked while on the wrong foot.

IFP's example 61

- Interior diagonal break, central-lateral gap, in response to outward body orientation of assigned player and nearby defense.
- Break and support countermoves:
 - Fake reception to provoke a response from the assigned defender and expand space to be attacked.
- Attack at the far post or correct moves to occupy finishing zones from the opposite side; area attack.
- Supporting foot parallel to the goal line to cross when under pressure:
 - Supporting foot aimed at the target zone in the center.
 - Rotation of the hip from the supporting foot).
- Timing to appear on the platform, not only in response to potential dynamic reception, but also in response to a potential attack from P2.
 - Determine if P7 or P2 moves first.

IFP's example 62

- Dynamic receptions on the platform allowing them to take on the defensive line with an advantage.
 - Prior to getting open to find dynamic superiority, dynamic control, etc.
- Engage last player width-wise assessing the distance
 - intermediate to approach and become a threat, width if the opponent feels threatened.
 - There is no such thing as engaging without threatening, coming in wide can cause the opponent to ignore the player if the ball is on the opposite side. Approach with the intention of being discovered, threaten, and from there, split the defense by increasing the space between them.

IFP's example 63

- Ultimately, engage and block second-to-last players that are out wide. This favors the conditions for an exterior overlap.

IFP's example 64

- Dribbling from the outside in toward 2nd P4.
 - Do not aim or confront P2 assigned man, who is the 1st defender, or 1st P4, because this facilitates coverage.
 - Confronting 2nd P4 creates greater uncertainty for 1st P4 as well since they don't know whether to advance or stay put.

IFP's example 65

- Do not waste time while crossing. Do not stop the ball if the finishing zones are known, looking is not necessary as this movement will entail losing seconds (Frattarola and Sans, 2017).
- Control of cross between the defensive line and the goalkeeper, from the end line (corner) as well as $\frac{3}{4}$ (pre-corner). These are usually situations where there is a lot of space between the defensive line and the goalkeeper and the kick taker has a positional and dynamic advantage attacking from the front.

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

- Join the 1st line of pressure to be able to defend more widely. Make it into a 2 or 3-player line.

IFP's example 66

- Merging: fall into the gaps in the defensive line to:
 - Add another element in said line.
 - Achieve more width and reduce shifting distance.
 - Make the opponent go behind the block.
 - Recover previously eliminated players.

IFP's example 67

P10. W/ ball. Individual fundamentals per position:

- Recognize advances from players on the defensive line and gaps widened by P9s and P7s to attack them from the 2nd line by cutting.
- Dynamic receptions on the platform (prior to getting open to find dynamicsuperiority, dynamic control, and others).

IFP's example 68

- Disassemble: get out of the opponents' interception lines and the passing lines of the teammates closest to the possessor to make the most of their visual field. The one who moves, correcting their positioning, is the one farthest from the ball (Etxarri, 2012).

IFP's example 69

- Live on the platform as an indirect receiver, build an advantage to cut the gap with the ball in the outside corridor (escape non-assigned man).
- Cuts with dodges over gaps, creating uncertainty within the defensive gap, to extend the attack space after the first move.

IFP's example 70

- Arrivals from the 2nd line that correct the movements of the first finishers
 - Complement occupation of finishing zones.

IFP's example 71

- Stop in situations involving a cross under pressure to adjust the timing in response to a potential 2nd play.
 - 1st play for first finishers.

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

- Merging: fall into the gaps in the defensive line to:
 - Add another element in said line.
 - Achieve more width and reduce shifting distance.
 - Make the opponent go behind the block.
 - Recover previously eliminated players (infrequent).

IFP's example 72

- Direct pressure trajectories to take the control and discourage significant passes (mainly with P6).

IFP's example 73

- Initiate pressure: their challenges serve to up the pressure, which activates the entire defensive block.
 - Recognize optimal pressure situations to activate the other defenders, change defensive pace.
- Divide the opponent's movement to prevent a change of direction.
 - take away the weak side option and force path through the strong side.
- Recognize situations to advance toward the opposing GK possessor with attack trajectories that discourage, prevent or shut down, changes of direction of play to the opposite side and invite or cause controlled passes, applying pressure.
- As a beaten player, prevent backward passes that change the direction of play or take the ball out of the pressure zone. This involves placement in intermediate zones, occupation of interception lines, and being free for a potential ball recovery.

IFP's example 74

- A beaten player must do everything they can on the strong side and provide outlet, or continuity in the event of a potential ball recovery, through the outside corridor and pressure after a loss, clear, and others.

IFP's example 75

- As a beaten player, get back onside as quickly as possible—due to the offside rule—to intervene immediately in the event of a ball recovery. This is fundamental after a failed attempt and they need to be ready for a potential ball recovery after a failed attempt.

IFP's example 76

- Avoid being engaged when isolated, when no cover is nearby, or being easily eliminated. In cases where there is a lot of distance between teammates, prioritize defending spaces (for progression).

IFP's example 77

P9. W/ ball. Individual fundamentals per position:

- Rounding: circular breaking movement that moves the ball away.
 - Involves losing sight of it and trusting the possessor or passer.

IFP's example 78

- Parallel: circular or L-shaped break approaching the ball in 1st trajectory
 - No offside timing as the ball and defensive line are seen simultaneously.

IFP's example 79

- Performing a detachment support (reception feint) with detachment in long ball situation (in a larger space with the previous detachment).

IFP's example 80

- Drag the defender with more than 180-degree circular runs to:
 - Have positional superiority over the defender.
 - Take the defender out of the mark-goal line (escape).
- Create corridors:
 - Separate from the last (incomplete line) or move away from the gap, flee the possessor's axis to make space for the pass beyond the defensive line.
 - Facilitate the threaded through pass, outside the gap; or through pass, through the gap that connects to the furthest of the two defenders so that an inside pass will fit.

IFP's example 81

- Front support trajectory (possessor-receiver line) from outside the possessor's axis (diagonal to receive sideways). Common with 2nd P9.

IFP's example 82



- Come in diagonally: which is to lose your defender outside of the possessor-receiver line:
 - Favoring head-on reception of the ball (facing forwards).
 - Facilitates linking with subsequent actions.
 - Makes it harder for the defender to cut off our run. Knocks the defender out of the receiver-goal line.
 - Facilitates loss of mark before my pass.

IFP's example 83

- Disassemble: get out of the opponents' interception lines and the passing lines of the teammates closest to the possessor to make the most of their visual field. The one who moves, correcting their positioning, is the one farthest from the ball

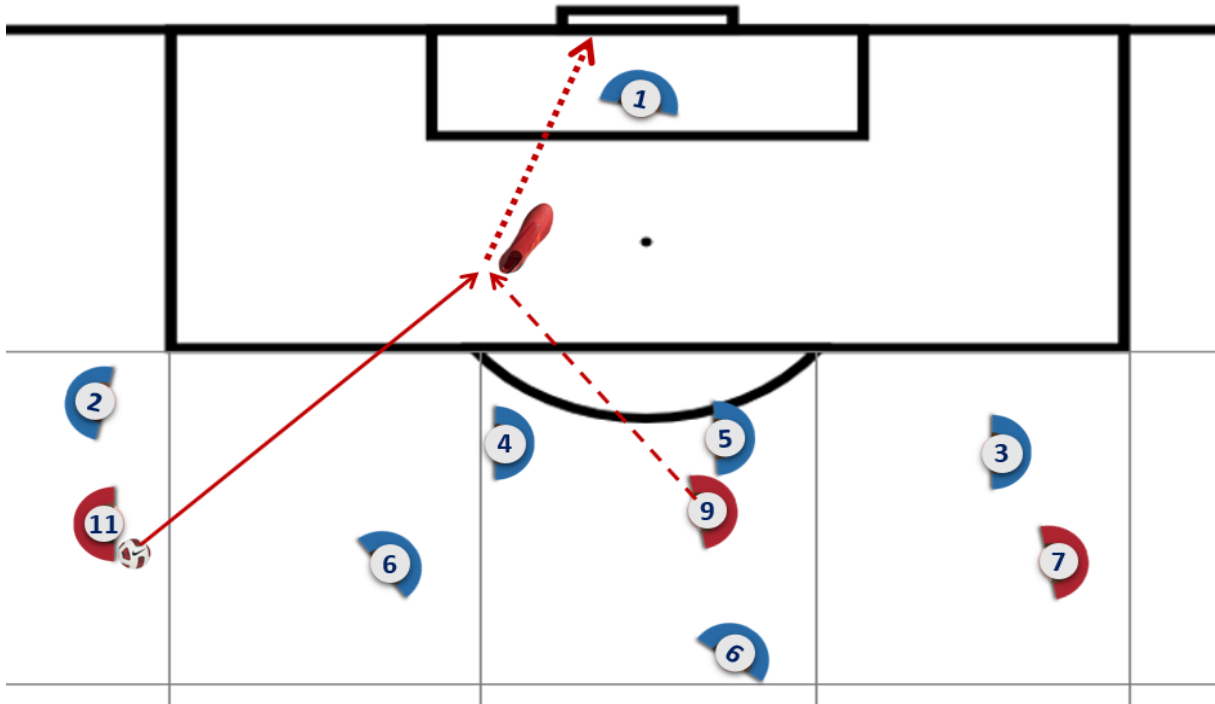
IFP's example 84

- Lock in from gaps and make moves that respond to other movements (other P9, 2nd line from in or outside, etc.).

IFP's example 85

- Dodges prior to losing the defender when there is no visual contact with the possessor, faking out the opponent, and gain ground for the team.
- Sideways body orientation as a distant or deep player: be in position to attack from behind
 - Engage deep as they are a threat to the defensive line.
- Supporting foot pointed toward the goal
 - Use the supporting foot as a sight and point it toward the target zone to facilitate the finish if the mark-losing trajectory moves away from the goal. After 1st P4 attacks from behind, finish with a kick from the main scoring area and wait facing sideways for the ball to come, etc.

Figure 5: Use of the supporting foot to facilitate a finish when losing a marker and moving away from the goal



Source: Prepared by the author.

- Stop after the crosser gains depth and the defenders are engaged by the goal (occupy the penalty area for a pass behind).
- Sneak in, staying outside the opponent's field of vision so that they cannot simultaneously watch the ball and their opponent, as an indirect receiver—in the long term, stay several passes away from receiving, move against the play—and in the area to create positional superiority for intervention; surprising them since they are not being watched by their opponents.
- Attack the near post if the crosser is under pressure.
 - Get there before the defender).
- Attack a potential GK block after a shot and not after a 2nd play.
 - Do not wait for the GK to intervene to act).
- Show determination in moves to occupy and hold finishing zones after noting that the ball will pass them.
 - Move opponents.
 - Create favorable conditions for 2nd action or block.

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