

Zapraszamy!

Counterpressing

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Counterpressing and its application to youth football

[„The best moment to win the ball is when you just lost it.“]

What is counterpressing?

How is counterpressing important?

How to counterpress (with young players)?

What counterpressing can add to the game



1. What is „counterpressing“?

[Video]

- Winning the ball back
- Collective behaviour in the moment when you lose the ball
- Positive attitude: Keep attacking even without the ball!

[„Never stop playing“]

- Tool to control the game and the space of the game.

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2. Strategical meaning of counterpressing

- Pressing destroys attacking, counterpressing destroys counterattacking.

[Video Bayern]

- The downside of deep defending is the lack of offensive structure and presence.
→ Counterpressing makes use of this.

[Video Barca]

- Counterpressing is an essential element of dominant (possession-based) football.
- In possession you create structural progress. Counterpressing makes you keep that progress.

[Video FSV]

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3. Counterpressing as an attacking tool

[„Counterpressing is the best playmaker in the world.“]

- When the opponent starts a counterattack, they lose their defensive organisation and orientation.

→ If you achieve to win the ball back immediately, you can start a „counter-counterattack“.

[Video Mkhitarian]

- Counterpressing increases the number of attacks and attacking opportunities
- Counterpressing-structures allow a more creative, combination-based attacking
- Alternative strategy: Easy progression with long balls, defensive attacking

[Video Ingolstadt]

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4. Counterpressing creates creativity

[„I strongly believe that the desire to win makes you a winner rather than the fear of losing.“]

- A positive way of playing football

[Video Liverpool]

- An error is not frustrating anymore but it's encouraging

[„We afforded ourselves to redefine the loss of the ball.

We don't see it as a loss of the ball anymore but as an opportunity to counterpress.“]

- Creativity needs the urge to try new things
 - New things are not tested, therefore are prone to fail
 - Decisive for developing of creativity is what happens when you fail

- Without counterpressing: When you fail, you hazard your team. You get critics.
- With counterpressing: When you fail, it's normal.
 - You get help and support from your team.

- Quality of training: Counterpressing creates intensity, pressure and speed in training sessions. (Higher tempo, less time, more frequent actions.)
 - It helps developing technical, tactical and athletic attributes.

[Video Training]

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5. Counterpressing is easy

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- Counterpressing is a habit more than a skill
- You don't need a special talent, anyone can chase a ball
- The attackers usually have better connections than the defenders
- Individual requirements: activity, desire for the ball, (stamina)
- Collective requirements: collectivity, spacing, involvement of ball-far players

[Graphic: Spacing]

[Video]

- Key: The moment of reorientation and rethinking needs to be destroyed.
- Children are keen to keep playing and to chase the ball.

[Video]

- Children are more prone to make mistakes, so counterpressing is more important.
- Coaching points:
 - Keep them playing ball-oriented.
 - Encourage them to go forward.
 - Take them the fear of the ball.
 - Create positive emotions when the ball is lost and when its recovered.
 - Be positive.



6. Offensive compactness

- Your organisation in build-up-play is your structure in counterpressing.

[Video Leverkusen]

[How to create compactness while you attack?]

- Players inside of the opponents block and in between multiple opponents
- Structure with a lot of triangles
- Overloading central areas

[Video Alaba]

- Use of wingers or full-backs centrally
- Use of only one player wide or even giving up width

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7. Connection-play

- Having a lot of players near to each other gives them more passing options (connections).

[Graphics wide-narrow]

- Small distances between offensive positions allow faster positional switches.
→ Combinations are easier, faster and less predictable.

[Video]

- Switching positions and moving into spaces in between opponents force your opponents to make decisions.

[Video]

Connections between players are key for creative attacking and for effective counterpressing.

[Graphics]

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