

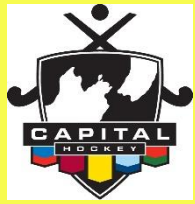


CAPITAL HOCKEY



11-ASIDE DEFENSIVE PRESS





CAPITAL HOCKEY:

Important pressing concepts

- Why do we press?
 1. Put the opposition under pressure
 2. Force them to move the ball to where we want it
 3. Deny them time and space
- This will help us **regain possession** as they will be more likely to make a mistake – they might hit the ball over the sideline, or give a weak pass that we can intercept
- Remember we also want to **protect the centre of the field** and prevent them from taking the direct line to goal
- **Communication between the layers** is key to ensuring that there are no gaps in the press

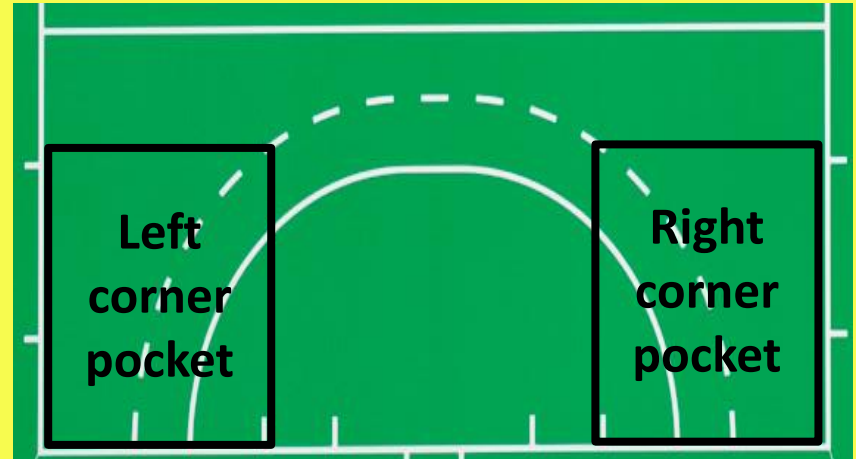


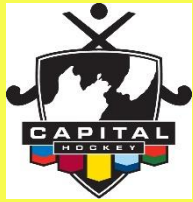
CAPITAL HOCKEY:

The full press

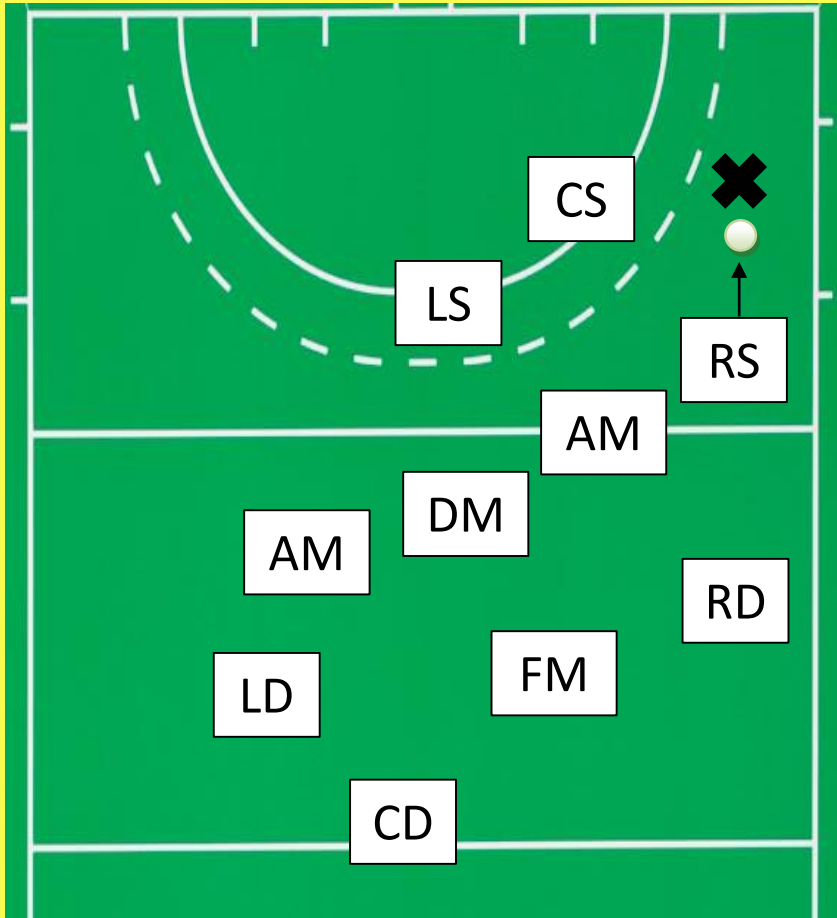


- This is the press that we use when the opposition has the **ball inside the 25**, particularly in the **corner pockets**
- It is an aggressive press which **gives the opposition no easy options** – this pressure will enable us to force a turnover
- Because we are close to the circle, if we press well and win the ball then we can **quickly create a goal scoring opportunity**



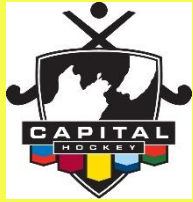


CAPITAL HOCKEY: Full press set-up



- RS blocks the sideline and puts pressure on the ball
- CS denies the pass back to the nearest fullback
- LS blocks the line across the field to the opposite half or midfielder
- AM, LD and CD all come in-field and drop slightly to provide extra defensive cover
- All other midfielders and defenders are man-on-man and in front

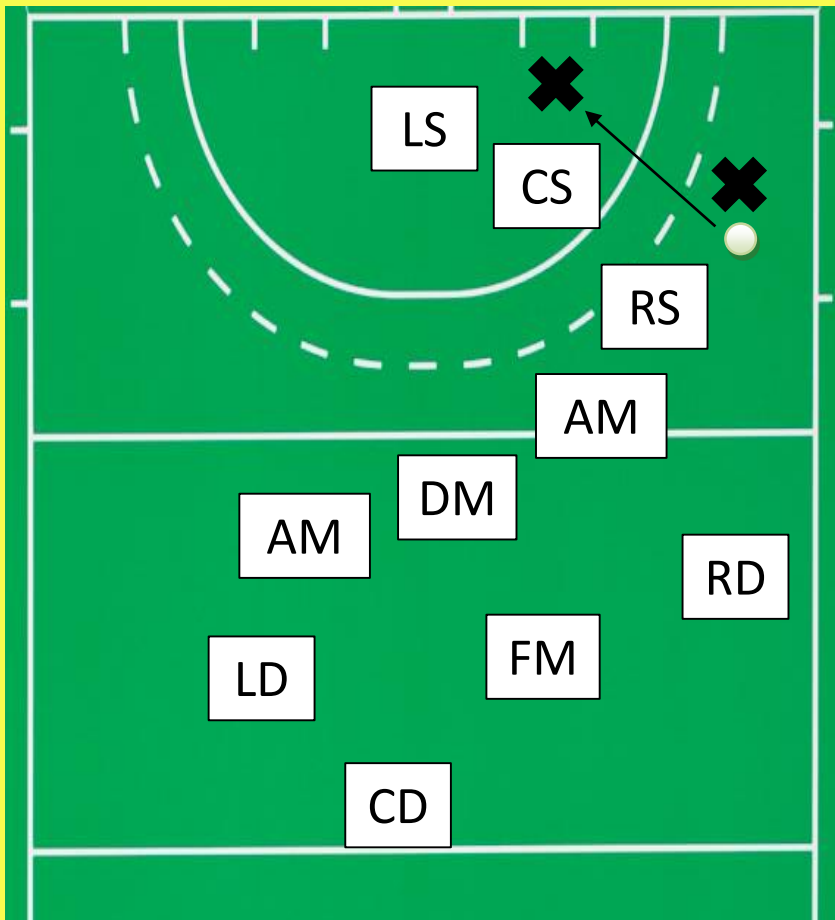
Remember – the ball carrier should have no easy options!



CAPITAL HOCKEY:

Full press scenario

What should we do if they manage to pass the ball to their fullback?



- We want to force them to move the ball back to their left sideline
- CS needs to put pressure on the new ball carrier
- LS blocks the pass across the circle to the other fullback
- RS drops slightly deeper to encourage the full back to pass it back towards the sideline
- All midfielders and defenders stay man-on-man and in front