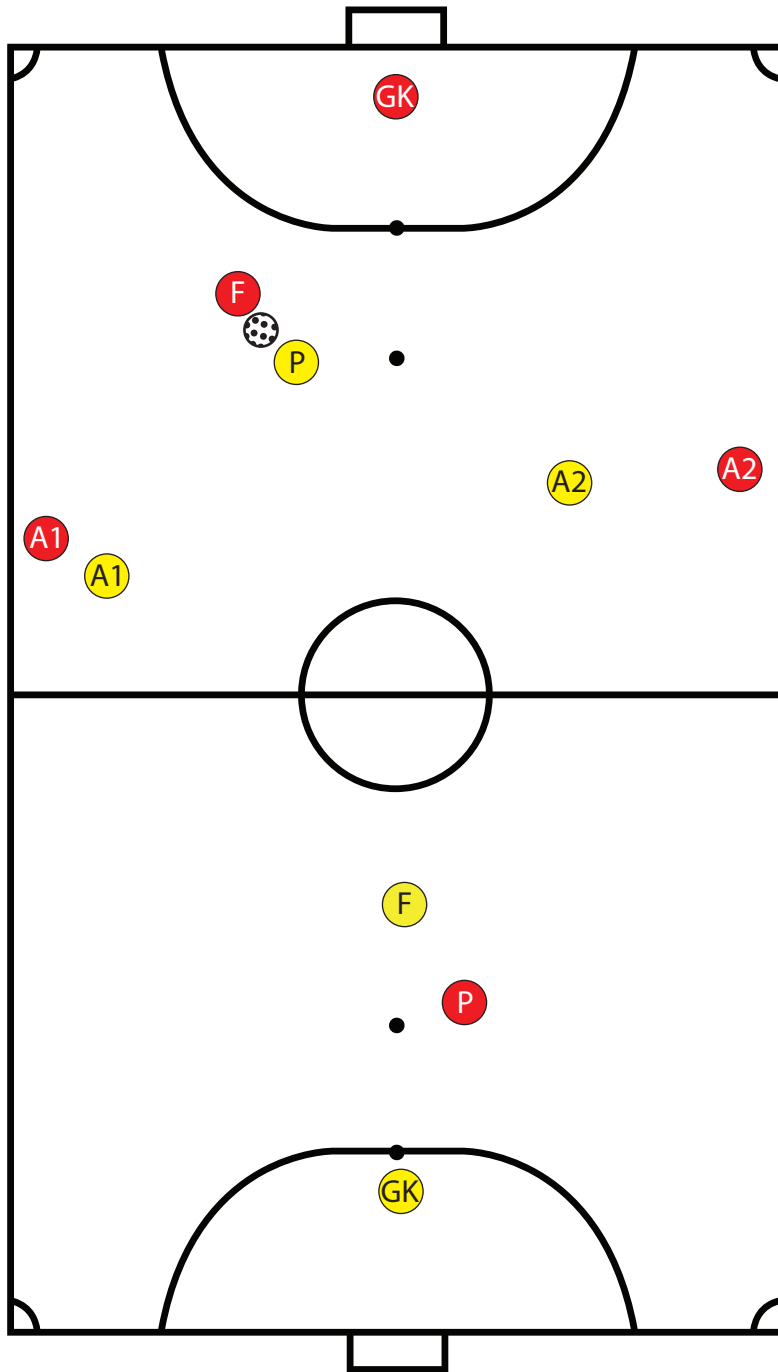


Lansing City High Pressure Guideline (Man-to-Man, Zone 4)



Pivot:

- 1.) Cut off an Ala for the opposing team. (Cut pass to A2)
- 2.) Pressure the ball immediately. Force a bad touch or bad pass.

-If opposing player passes out of pressure. You must bump him when he runs by you.
-If he runs up the court you must track all the way.

-If he runs across diagonally or slide for support the Pivot will go double team.

Ala 1 (Nearside Ala):

- 1.) Position themselves to intercept pass from the opposing Fixo.

-If opposing player runs up the court, A1 must bump the runner and track the runner.

-If opposing player runs across the court, A1 must bump the runner, after bumping allow runner to go and double team the opposing Fixo.

Ala 2 (Farside Ala):

- 1.) Position themselves to intercept pass from the opposing Fixo. With a more central position than the nearside Ala(A1)

-If opposing player runs up the court, A2 must follow the runner while remaining more central.

-If opposing player runs across the court, A2 must bump the runner, after bumping allow runner to go and double team the opposing Fixo.

Goalkeeper:

- 1.) High off their line, at least the top of the arc.
- 2.) Communicate to Fixo the location of the opposing pivot.
- 3.) Intercept any passes over the head of your Fixo and the opposing Pivot.

-Must be aggressive and come off their line. Take Chances!

Fixo:

- 1.) Front the opposing Pivot.
- 2.) Position themselves to intercept pass from the opposing Fixo.
- 3.) Listen to directions from GK.

-Fixo is in-charge of intercepting any passes in front of them or tackling the ball hard when required.