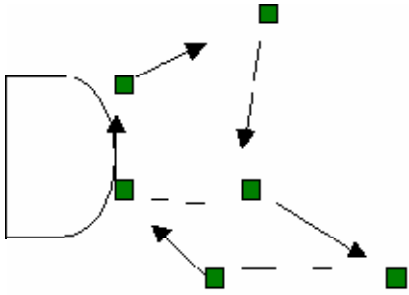
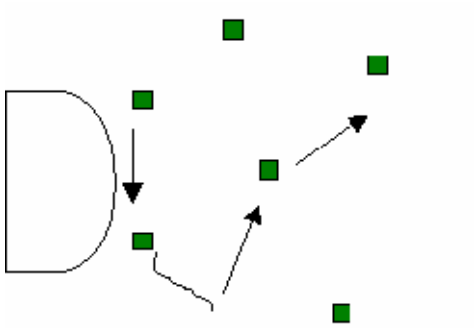


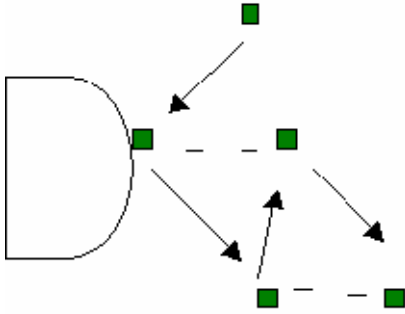
This is referred to as the Bow formation principally used by European teams, to allow them to move a press or zone in front of them



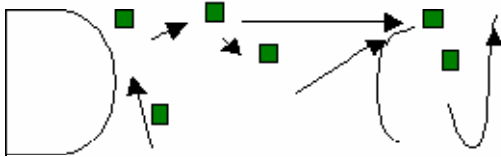
This is the addition of the midfield where the bow now rotates like the wheel of a car, moving clockwise to create out pass for RH



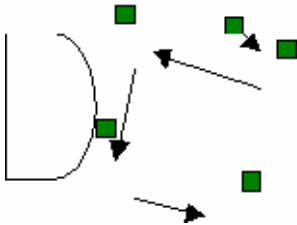
This where the Defensive formation has moved to an L shape and the RH moves inside whilst the RB moves up the length of the field to create the space for the RH to move into, then they switch the ball to the Left to create lateral movement of any press or zone



This formation is called the V formation, the RB has played a 1-2 give and go pass with the CB, and looking for quick transition through a press or zone to expose the space in behind. Must be fast, accurate in passing and be strong on the ball



This is used with a right angle or L shape with the backs, where they screen off part of the press to allow them to exploit the LHS of the field and this is assisted by the 2 mid players rotating and leading in and out of the channel



The Box formation again allows depth within the defensive structure, and allows the team to drag the press to one side and expose the two outside channels for the long pass behind the RB to the high forward, this is exceedingly effective against a 7 man press