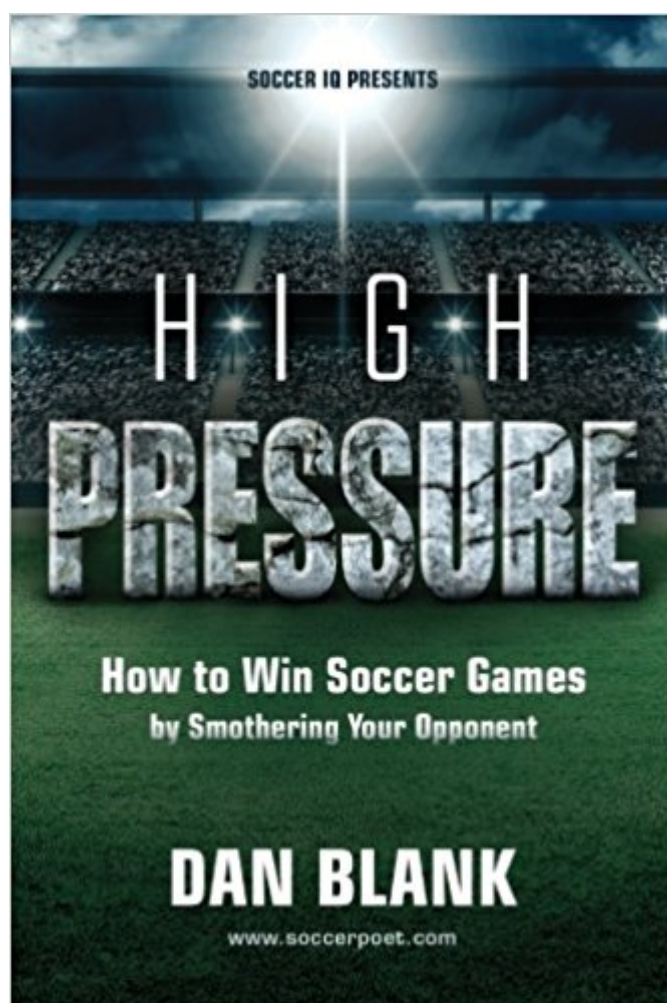


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# Soccer IQ Presents... High Pressure: How To Win Soccer Games By Smothering Your Opponent



## Synopsis

In this installment of the Soccer iQ series, college soccer coach and best-selling author, Dan Blank, educates coaches and players on the most effective ways to implement a high-pressure style of team defending. Nearly 80% of goals scored are the result of three or fewer passes, and more than half of all goals scored begin when a team wins possession of the ball in its attacking half of the field. The numbers clearly indicate a statistical advantage to winning the ball in the opponent's end of the field, and that's exactly what high pressure is designed to do. High pressure is perhaps the most misunderstood term in soccer's vocabulary. There are countless coaches who want their teams to play high pressure, but many of them aren't always quite so sure about what that means. They tend to translate "high pressure" into "run around like you stole something until we score." They only extract the urgency of which the term implies without much understanding of the nuance that makes high pressure a formidable system of team defense. Those coaches understand that high pressure requires a high work rate, but they don't understand the tactical savvy that can maximize the output of that work. As a result, their teams feature only the madness but not the method behind successful high pressure. High Pressure provides an easy-to-follow blueprint for coaches and players so they know not only what to do, but why they are doing it. In this book, Dan Blank clarifies the differences between high and low pressure and explains the big picture of high pressure defending. You will learn the roles of each position, the importance of restraining lines, and how to set up pressure funnels to win the ball in the attacking half. Coach Blank also details the telltale cues that signal a team to step up or back off its pressure, and much, much more. High pressure defending requires more than just hard work. It requires organization, communication and an indefatigable team spirit. This book will show you how to create and implement these elements to get a maximum return on your team's effort.

## Book Information

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## Customer Reviews

I like what Dan has done with the theoretical discussion and coaching tips for applying high pressure. If you are a highly experienced coach, you should be able to create your own training sessions based off of his book. If you don't have a lot of experience or training in coaching, you probably shouldn't apply these lessons anyway! :)

Coach Blank writes coaching books the way soccer coaches actually think, and then he explains what to do to correct common mistakes. The best thing I've gained from his books is that I see the mistakes my players are making and that there are solutions.

As per the norm with all Dan Blank books this book will make you a better soccer player / coach. Read it, one chapter at a time. Let it sink in.

Direct, logical, practical and can be given directly to players.

thanks dan

I'll be honest I haven't read the book yet and I have no issues giving it 5 stars. I have read every one of Dan's books with my daughter and she has read both soccer IQ books on her own. They have all been phenomenal and I have checked many times in the past year hoping for a new book. I learned about this book 5 minutes ago and purchased it immediately.

Dan did it again! Hooked, start to finish. This one took me a little longer because the season started for all 3 of my teams, but it gave me breaks to absorb the material and even use a bit of it. I noted previously on "Possession" that I'm not much for reading books about coaching because let's face it, like Dan said, everyone has their own philosophy. I respect that. However, Dan seems to walk a very similar path to mine, and he's definitely a coach I can relate to. His books are well thought out, structured ingeniously, and highly informative. My problem? I started with "Possession". Lucky me, I went back and ordered Vol. 1 and 2. Time to go back and see what I missed. If they're anything like this and Possession, it won't take me long to get through them. The ultimate prize, these books are

worth multiple reads. Thanks Dan, you really do inspire.

I've always loved the IDEA of playing with high pressure, and I've always had the sort of smart athletic players that I needed to pull it off, but I never really knew how to do it with any sort of intent. Until now. Looking forward to putting a lot of this into action with my team!

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