



### **Attacking principles of play summary**

The most successful attacking strategy is based on early ball possession and direct play.

The first objective is to do better than your opponents in gaining entry into the attacking third of the field.

(A) Five techniques are important in attaining the objective.

1. Forward passing to the back of the defense.
2. Forward runs without the ball. Forward passes to feet, supported by a player at an angle to receive the ball and pass it forward.
4. Receiving and turning with the ball.
5. Forward runs with the ball into space.

(B) The second objective is to increase or maintain the momentum of the attack once the ball is in the attacking third. Five things are important here.

1. Shoot at every opportunity
2. Attack opponents by dribbling whenever possible.
3. Pass the ball to the back of the defense whenever possible I.e. turning the defense, playing a diagonal pass.
4. Crossing the ball early from the flanks to the back of the defense.
5. Retain a compact team shape and formation, squeezing up to fill any spaces.

(C) If the second objective is achieved, then it will be easier to attain the third objective, which is to outscore the opponents in four important elements of the game.

1. Shooting at every opportunity provides more opportunities in the form of rebounds and deflections.
2. Being awarded set plays, free kicks and corners.
3. Crossing the ball to the back of the defense.
4. Winning the ball back early in the attacking third

#### **Key Factors:**

**Penetration:** Passing or playing the ball forward as quickly as possible.

**Support:** Angles and distance to receive a pass

**Mobility:** Movement on and off the ball.

**Width / Depth:** Spreading out side to side front to back. Creating space to play.

### **Defensive principles of play summary**

People say the best way to defend is to attack.

Therefore the best defensive strategy is to win the ball as quickly as possible and as near to the opponents goal as possible.

Forcing an error out of an opponent is just as important as making a tackle. This can happen if the team retains a compact concentrated disciplined formation.

(A) A compact formation makes three important things possible for the defending team.

1. It means the player on the ball can be challenged quickly. This prevents the attacker, or at least delays the attacker, from playing the ball forward.
2. The challenging player immediately has defensive support.
3. Players are available to track opponents making forward runs.

(B) The chances of conceding a goal will be further reduced if players defending in and around their own penalty area can achieve the following four objectives.

1. Being first to the ball.
  2. Clearing with height, distance and width.
  3. Defending in the prime attacking area of the near post and far posts.
- Not getting caught in possession in the final third of the field.

#### **Key Factors:**

**Immediate chase:** Closing the ball down as fast as possible. Win it back early.

**Pressure:** Force the play away from supporting players make attacking play predictable. Angle of approach and speed of approach

**Cover:** Second supporting player distance and angle of support. Communication

**Balance:** Third defender providing cover for the second defender and balancing of the defense by being in a position to mark zones and track attacking players running off the ball.