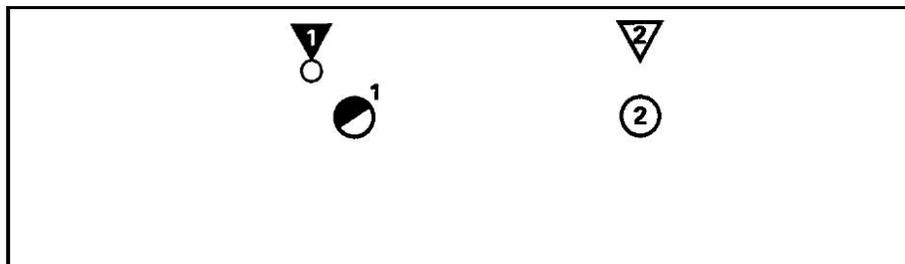


# Tactics I

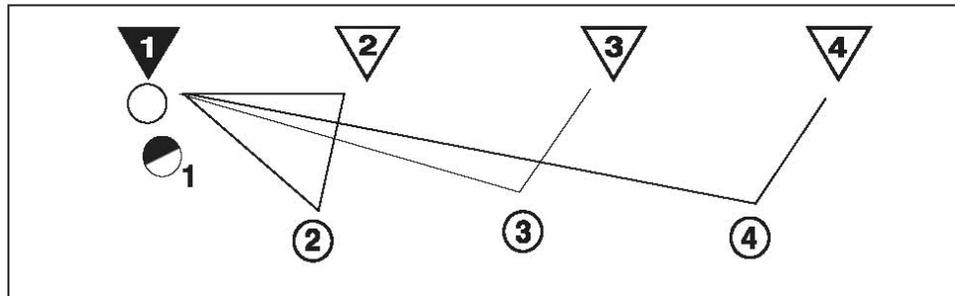
## 4.2 Principles of Defense

Good defending begins with an understanding of how the principles of defense are applied by both the individual player as well as collectively within the team. The moment a team loses possession an immediate organization begins.

- A. Immediate chase – The moment possession is lost the nearest player(s) try to regain possession or apply pressure on the ball. Players giving immediate chase can also help to delay the attack by making recovery runs that deny the opponent the opportunity to play the ball quickly forward.
- B. Delay – The pressuring defender(s) forces the attacking team to slow down so that the defense may organize. While applying pressure the defender must be careful to not over-commit. If he is beaten easily the time for the team to organize is shortened.
- C. Depth – This refers to the immediate organization of players behind the pressuring defender. While the ball is being pressured all other players should be recovering into defensive positions. The positions taken should support the pressuring defender in the event he is beaten. This is called providing defensive cover.



- D. Balance – As the team concentrates their defense in the area of the ball, defenders away from the ball (opposite side of field) must position themselves to cover vital spaces (central areas) in order to prevent attackers from making penetrating runs into these spaces in which to receive the ball for an attempt on goal. All players who are on the opposite side must seek positions in which to provide balance to the defense.



- E. Concentration – As players recover towards their own goal and organize their defense, the objective is to limit the time and space for the opponent by concentrating their defense in the area of the ball. Defenders also recover centrally towards their goal in order to limit the opponents ability to directly attack the goal.
- F. Control and Restraint – Players must be disciplined and play “under control” when challenging for the ball. Too often players make poorly timed or off-balanced attempts to win the ball. Players should refrain from tackling until they are confident they will win the ball.

#### 4.3 Defensive Roles

It is important for players to understand their role and function within the game as well as their position. While the team is defending, a player will assume the responsibility to provide pressure, cover, balance or depth.

- A. Pressure (pressuring defender) the closest player to the ball
- apply pressure to the ball to regain possession if possible
  - deny penetration of any kind
  - select proper angle of challenge
  - select proper speed of challenge
- B. Cover (covering defender(s))
- provide cover support for the pressuring defender
  - select proper angle of support
  - should be a distance that the covering defender can tackle or immediately close down the attacker who has beaten the pressuring defender
  - distance of support will vary with the third of the field and the amount of pressure on the ball
  - responsible for tracking supporting attackers who make forward runs

C. Balance (balancing defender(s))

- track attackers away from the area of the ball who are making forward runs
- squeeze space towards center of the field to “lock up” vital areas
- preserve balance/shape

D. Compactness (collective play of all players)

- pressure, cover, and balance together provide depth in defense
- organization of defending between the various lines, e.g., midfield and defending line
- proper positioning, spacing and number of defenders in area of the ball vital to maintain depth in defense

## 4.4 Principles of Attack

Unlike most team sports, soccer does not have a series of set plays. It is a fluid game in which the player who has possession of the ball must always have several options to pass the ball. The more options a player has, the less likely he/she is to lose possession. Therefore, it is necessary for players not in possession to quickly help the player with the ball. While defenders attempt to make play predictable, attackers look to make the attack unpredictable by improvising. In an effort to score goals the offense utilizes penetration, depth, mobility, width and improvisation.

- A. Penetration – The first choice of the player with the ball is to penetrate the opponents defense. Depending where the player is on the field he can look to shoot, pass to a teammate that has penetrated the defense or simply dribble for penetration or to space.
- B. Depth (support) – When we refer to depth in attack we are talking about support play. Good depth provides the player on the ball with all around support so that there are options to play the ball forward, square or back. The more options a player has, the less likely they will lose the ball. Good support play is achieved when there are good angles of support, proper distance of support and speed of support. The shape most often seen in good support play is a triangle. Player who stand or run to create straight lines are destroying support and risk losing possession of the ball by eliminating options for the player with the ball.
- C. Mobility – Movement is necessary in the game so that players can create space for themselves or for their teammates. Good mobility involves moving in support of the ball as well as “playing without the ball.” Players without the ball need to “unbalance” the opponent’s defense by running into positions that will create scoring opportunities or create space for the teammates near the ball (the work of the unbalancing attackers).
- D. Width – When a team is in possession of the ball it has to use all the area available in which to play. Successful teams use all the width of the field and as much of the length as the offside rule will allow. The more space they have in which to play in, the greater the time and space each player in possession will have. As a result, there is less chance of being pressured into mistakes. Using the full width of the field creates problems for the defense to provide good cover and concentration.
- E. Improvisation – There are many times when players have to use their own individual flair to create passing or shooting opportunities to themselves or teammates. Clever dribbling or inter-passing eliminates defenders and creates openings for attackers. Players who have the ability to turn quickly, evade challenges easily, shoot off balance or even perform their own “tricks” to create opportunities are an asset of a team.

**It is much more difficult to create than to destroy. Therefore, a much greater proportion of training should focus upon the techniques and principles of offense. However, it would be a mistake for coaches to neglect to teach the equally important defensive understanding of the game.**

## 4.5 Attacking Roles

Developing an understanding of your task and function in the game is vital for successful attacking play. With defending teams trying to take away time and space, attackers must quickly make decisions based upon these roles and functions in order to be successful in attack. Players whose technical skills break down under pressure will find that they are always out of time and cannot make simple decisions that benefit the attack.

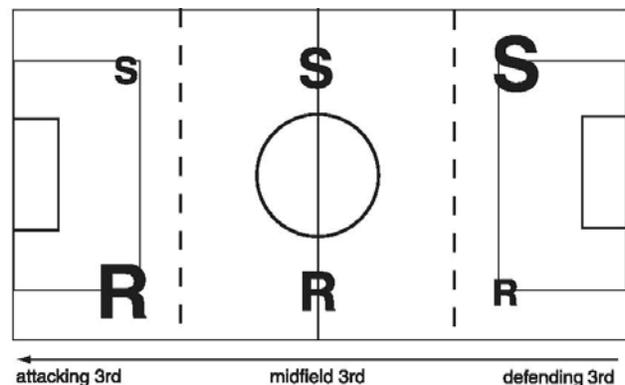
- A. Player on the ball
  - player with the ball is the most important player
  - first choice is to achieve penetration by making the best tactical decision based upon the players technical capabilities
  
- B. Supporting player(s)
  - player(s) in immediate support of the player on the ball
  - positioned behind, square or in advance of the ball based upon pressure applied to the ball
  - positioned at the proper distance to insure that one defender cannot restrict both attackers
  - must combine with player on the ball to gain penetration through bent runs, overlapping runs, 1-2 double pass, wall pass, take overs, etc.
  - bent and overlapping runs may isolate the player on the ball for dribbling
  
- C. Unbalancing players(s)
  - attempts to unbalance the defending team by making constructive runs to increase the attacking options, most runs are penetrating
  - a penetrating run allows for the possibility of an unbalancing attacker to receive the ball or create space behind his run for another attacker

# Tactics II

## 5.0 Application of the Principles of Attack and Defense

How the principles of play are applied is influenced by where the ball is on the field. In theory the field is divided into thirds. The third of the field that the ball is in will influence how the principles of attack and defense should be applied. Awareness of the risk/safety factors in each of the thirds of the field is critical for players to make good decisions.

- A. Safety – refers to the measures taken (decisions) to insure safety is maintained and no unnecessary chances are taken in attack or defense



- B. Risk – refers to the degree of chance (decisions) that an individual or team will take in attack or defense to gain an advantage

## 5.1 General Tactics

- A. In the attacking third of the field the general tactics are:  
MOVE - RECEIVE - FINISH
- run into open space with and without the ball
  - forward and penetrating passes
  - immediate support (depth)
  - improvisation (dribbling)
  - finishing (shot on goal)
- B. In the midfield third of the field the general tactics are:  
BUILD - CONNECT - SUPPORT
- buildup
  - maintain possession
  - dribble into open space
  - combination passing (support)
  - total team support (connection)
  - develop a rhythm

C. In the defensive third of the field the general tactics are:

DENY - DESTROY - DEVELOP

- immediate chase (pressure)
- fall back/delay (retreat/jockey)
- concentration (funnel/channel)
- balance (depth)
- control/restraint (challenge for the ball)
- start counter attack (first thought transition)
- possess - rest - prepare

### 6.3 Defending (Tactical)

A. Pressure on the ball – closest defender to the ball.

- Do players recognize when to become the pressuring defender?
- Do they achieve a good starting position early?
- Are they moving when the ball is in flight?
- Is penetration denied?
- Do they stop opponents from turning or limit vision forward?
- Do they know when to close off passing lanes first and then pressure?
- Is pressure applied at speed, but in control?
- Do defenders eliminate themselves because they are out of control in the final few yards of their approach?
- Do they stay on their feet and in the game?
- Do they recognize the moment to tackle for the ball?
- When they step in, are they confident and decisive?

B. Covering defenders – closest defender to the pressuring player.

- Are they supporting the pressuring player or ball watching?
- Have they recognized their role at this moment in the game?
- Are they the right distance from the pressuring player?
- Are they in the proper covering position based upon the approach of the pressuring player?
- Can they maintain vision of the ball and their marking assignment?
- Do they recognize when to track players?
- Do they communicate to the pressuring player?
- Do they recognize the visual cues and act appropriately when there is no time to verbally communicate?

C. Position of balancing defenders – all remaining defenders.

- Do they track players who run away from the ball making forward runs?
- Do they know how to use the Laws of the Game to their advantage, i.e., off-sides?
- Are they squeezing space towards the center of the field to cover vital space?
- Is their position putting them in a better line of recovery than their opponent?
- Do they communicate?
- Do they recognize the pressure being applied to the ball and position themselves accordingly to balance the defense, i.e., visual cues?

#### D. Group / line play

- Do players in the immediate area of the ball know how to combine and communicate effectively to defend?
- Is there an immediate transition to defending at the moment the ball is lost?
- Do players recognize how to “squeeze” to the flanks and to “press” forward to the ball as a group?
- Do the players in each line work together?

#### E. Team play

- Does the team play as a unit?
- Are key players taking responsibility for defensively organizing the team?
- Is the team strategy effective and appropriate for the game?
- Is the strategy being applied correctly in the different thirds of the field?
- Is there a connection between the different lines of play?

#### F. Restarts

- Does the team quickly recover to defend restarts?
- Are they organized and in the correct positions?
- Are the appropriate players in the proper positions?
- Is concentration increased during the dangerous moment of the game?

#### G. Goalkeeper

- Does the goalkeeper communicate to organize his defense?
- Does the goalkeeper stay “connected” to the team?
- Does the goalkeeper play off his line to cut out long through passes?
- Does the goalkeeper position himself to cut the angle for shots on goal?

### 6.4 Attacking (Tactical)

#### A. Player on the ball

- Is their first touch positive?
- Is their first option to penetrate by: 1) shot, 2) pass or 3) dribble?
- Is the choice of penetration correct given the situation position on the field?
- Is decision and action carried out quickly?

#### B. Supporting players

- Can they make space for themselves?
- Do they know how to lose a marking player?
- Can they play while under pressure of an opponent?
- Do they position themselves at the appropriate distance to give support? Is the angle of support giving the safest possible pass? Do they achieve the support position early to allow the early pass?
- Do players know when to play in front of the ball and when to play behind it?
- Do they know when closely marked when to ask for a pass by moving? Do they know how to play without the ball to open up the field for another teammate?
- Do they communicate with the player in possession?
- Do they read the visual and verbal cues of the game to help them make a decision?

- Do they recognize when to play two man combinations? i.e., wall pass, take over, over lap, double pass

#### C. Effectiveness of the unbalancing attackers

- Do these players attempt to unbalance the defending team?
- Do they take the responsibility to push forward and create length for team shape?
- Do they move across the field in an attempt to get free or draw opponents into poor defending positions?
- Do they look to get behind the defense?
- Can they make space for themselves and others?
- Can they hold the ball and wait for supporting players to come forward?

#### D. Group / line play

- Do players in the immediate area of the ball know how to combine to perform basic combinations to break pressure?
- Is there an immediate transition to attack when reacquiring the ball?
- Do players recognize when to move for the ball or play without the ball? Do players quickly achieve good team shape for attack, i.e., width and depth?
- Do players recognize the situation and make good decisions when to possess the ball or to penetrate quickly?
- Do the players in each line work together?

#### E. Team play

- Does the team play as a unit?
- Is there connection between the lines across the field and in channels the length of the field?
- Does the overall “shape” of the team allow them to penetrate and keep possession?
- Is the strategy effective in the different thirds of the field?
- Are key players taking responsibility for dictating the rhythm of the game? Are they recognizing the weaknesses of the opponent and taking advantage of it?

#### F. Restarts

- Are restarts organized quickly and correctly?
- Do players understand their role in the restart?
- Are the appropriate players in the most advantageous positions to utilize their qualities?

## **6.5 Technical analysis should be done at game level to see what happens on the ball.**

Is the player's technique successful in the game?

What is the quality of their passing?

Is the choice of pass appropriate . . . long or short; pass to feet or space?

What is the quality of their receiving – first touch?

Do they keep control?

Do they receive the ball into a space away from pressure?

What is the quality of their dribbling?

Do they shield the ball to keep possession?

Do they beat opponents on the dribble?

Can they run with the ball at speed in open space?

What is the quality of their shooting?

Do they hit the "target" with their shots?

Do they select the appropriate surface to shoot the ball?

Do they have power when needed?

What is the quality of their heading?

What is the quality of their tackling?

Two of the most important questions that any coach should ask of himself / herself are: 1) Does training have a positive effect on the players helping them to solve the observed problem from the game? 2) Does training transfer to the game?

When in “possession of the ball” players must:

- Quickly make playing area as big as possible – width and depth
- Play the ball deep whenever possible
- Maintain possession of the ball
- Create chances to score goals

When “opponent in possession of the ball” players must:

- Quickly make playing area as small as possible
- Depending on situation
  - move towards the ball (press)
  - towards own goal (delay)
  - toward the flanks (squeeze)
- Put pressure on ball
- Mark “tighter” near the ball
- Mark “looser” away from the ball
- Maintain depth and balance

During “change of possession” players must quickly:

- When losing possession
  - nearest player disturbs opponent (immediate pressure)
  - remaining players recover into defending positions to limit time and space
- When regaining possession
  - player recovering ball attempts to play forward
  - players close to ball offer immediate support
  - players away from ball make the field big (length and width)

Key coaching points for 3v3 are:

- Attack
  - shape is triangle – width and length provided
  - angles of support – angles provide safe passes
  - combination play – ability to penetrate with 2 player combinations
- Defense
  - shape is compact – player recover goal side of ball
  - pressure, cover and depth when ball is central
  - pressure, cover and balance when ball is wide
  - Delay – provides time to get numbers behind the ball

Key coaching points for 4v4 are:

- Attack
  - shape is diamond – length and width on both sides
  - angles of support – depth provides increased passing opportunities
  - combination play – ability to penetrate with 2 or 3 player combinations
  - deep player – always provides for early pass from back
  - flank play – use of both sides of field to increase attacking options
- Defense
  - team shape – compact and goal side of ball
  - pressure, cover and balance imposed
  - delay to get numbers behind ball

Key coaching points for 5v5 are:

- Attack
  - team shape includes central player
  - use of central player to connect side-to-side or back-to-front
  - role of player in central position
- Defense
  - team shape – compact and goal side of ball
  - collective action of team on defense
  - pressure, cover and balance imposed

# Practical Field Sessions

- Design teaching sessions to work with small numbered games, i.e., 3v3, 4v4 or 5v5.
- Provide practical examples of appropriate training activities to illustrate the coaching points for each topic.
- Organize, develop and coach technique that focuses on how to improve the player's confidence, creativity and comfort level with the ball.
- Incorporate competition into the session.

## Technique

Utilize the teaching progression for technique (fundamental, match-related, match conditions): emphasize "coaching the player, not the method."

Technique sessions presented below are:

Dribbling	Shooting
Passing	Heading
Receiving	Goalkeeping

## Tactics

Utilize the teaching progression for teaching tactics (unrestricted, restricted, one goal with counter, two goals): emphasize "coaching the player, not the method."

Tactic sessions presented below are: Principles of Defending  
Principles of Attacking

## DRIBBLING

Session demonstrates techniques of dribbling for possession, screening, speed and to how beat an opponent. Key coaching points are:

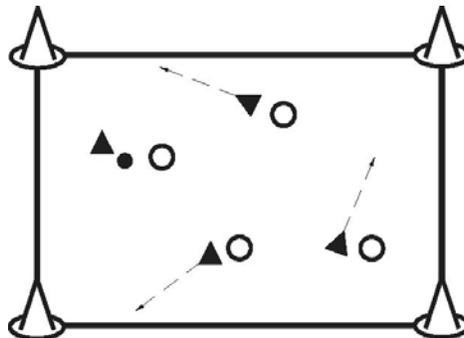
- Body mechanics
- Agility and balance
- Contact surface of foot
- Change of direction and speed
- Deception
- Setting up defender
- Protecting the ball
- Vision

Tactical application to the game Field session may include examples of the following:

- 1v1 screening
- 1v1 / 1v2 attacking on the dribble
- 4v4 line soccer (long line/short line)
- 4v4 / 5v5

### 4 V 4 LINE SOCCER – DRIBBLING GAME

Size of the field: 40 x 20 yards (or wider). Use cones to mark the goal line.



Important aspect of the game:

- You can score by DRIBBLING the ball over the goal line – long line or short line.
- With good position play you can create more scoring chances or 1 v 1 situations.
- Defenders must choose the right position between their opponents and the goal line.

#### Demands of the game.

Possession of the ball:

- You must play the ball quickly by positional play.
- Playing the ball directly is important to create scoring chances.
- Changing the direction of play, vision, and good ball skills are important elements (dribbling and taking your opponents on). These situations have to be coached.

Possession of the ball by the opponent:

- Keep your eye on the ball.
- Stop your opponents from scoring by good defending and no fouls.
- Give cover to your teammates.

## PASSING

Session demonstrates techniques of short and long passing. Techniques for passing with the inside of foot, outside of foot, chipping and instep drive are illustrated. Key coaching points are:

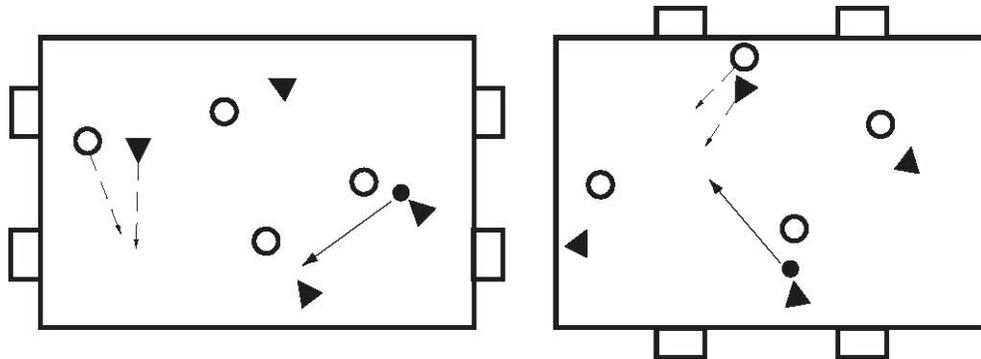
- Body mechanics
- Balance
- Weight of pass
- Accuracy
- Disguise
- Vision
- Tactical application to the game – selection of pass, timing of pass

Field session may include examples of the following:

- Moving and passing in groups of 2 or 3
- 3v1 or 4v2 games for possession
- 4v4 (defending and attacking multiple goals)
- 4v4 / 5v5

### 4 V 4 WITH 4 SMALL GOALS – PASSING GAME

Size of the field: 40 x 20 yards. Size of the goals: 2 x 1 yards.



Important aspect of the game:

Creating scoring chances by quickly switching the play from one side of the field to the other.

#### Demands of the game.

Possession of the ball:

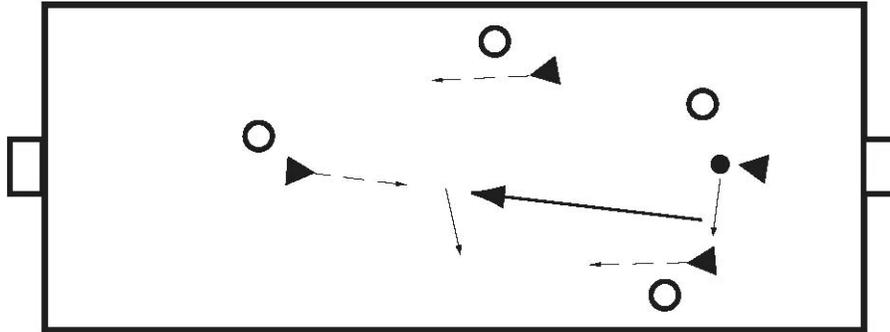
- Fast play (direct or two touch).
- Wing players have to be alert to receive the ball and go to the goal as quick as possible.
- The deepest player tries to receive the ball from the player at the back or from the players on the sides. He must be alert and ask for the ball at the right moment (eye contact, selling a “dummy”)

Possession of the ball by the opponent:

- Defenders must see the right moment to attack the ball. For example when your opponent has been played the ball too hard and he hasn't got it under control.
- Mark your opponents tightly and pressure them into making mistakes.

## 4 V 4 ON A LONG AND NARROW FIELD – LONG PASSING GAME

Size of the field: 40 x 10 yards. Size of the goals: 3 x 2 yards.



Important aspect of the game:

To be able to win the ball in a tight area in front of your own goal and then with a quick break playing one of your teammates deep to try and score yourselves.

### Demands of the game.

Possession of the ball:

- Attacking carefully and with quick positional play in a tight area try to score.
- Good ball control, passing, dribbling, etc.

Possession of the ball by the opponent:

Try to win the ball. When winning the ball there must be a good contact between the player that runs deep and with the player on the ball. The long pass has to come as quickly as possible.

## RECEIVING

Session demonstrates techniques for receiving a ball on the ground and in the air using various surfaces of the body. Key coaching points are:

- Body mechanics
- Body position and balance
- Get into line of flight of the ball
- Select controlling surface to use
- Present controlling surface to ball
- Relax and withdraw controlling surface just before contact
- Importance of first touch to control and prepare ball
- Vision
- Tactical application to the game – first touch takes ball away from pressure

Field session may include examples of the following:

- Moving and passing in groups of 2 or 3
- Roxborough Windows (half working – half resting)
- 1v1 / 2v2 to goal with server
- 4v4 / 5v5

### 4 V 4 – RECEIVING GAMES

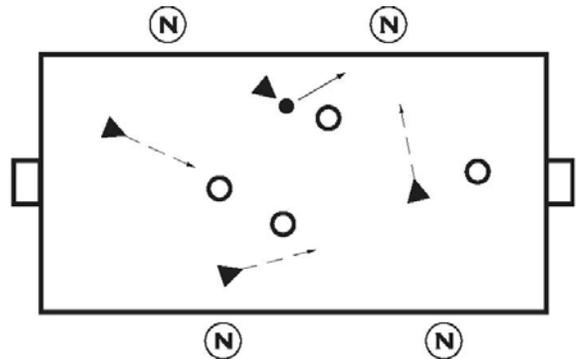
Size of the field: 40 x 25 yards (or wider).

Use cones to mark goal lines.

Size of the goals: 2 x 2 yards.

Important aspect of the game:

- You can score by shooting the ball into the goal.
- N players can be used to keep possession (support play by moving along the sidelines).
- N players pick up the ball and return ball into play with a toss (or throw-in).
- With good technique and positional play, you can maintain possession and create scoring chances.
- Defenders must choose the right positions between their opponents and goal, or to intercept the ball.



### Demands of the game.

Possession of the ball:

- You must use proper technique to keep possession of the ball.
- Changing the direction of the ball with your first touch, vision, and proper ball skills are important elements when receiving the ball. These elements must be coached.

Possession of the ball by the opponent:

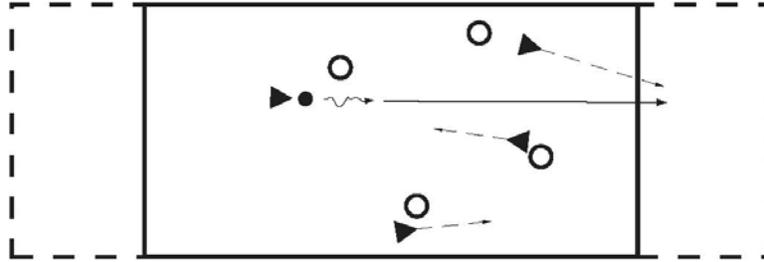
- Keep your eye on the ball.
- Read the game, anticipate the pass, and get into a good position to intercept the ball.
- Stop your opponents from scoring by good defending and no fouls.

## 4 V 4 – RECEIVING GAMES

Size of the field: 40 x 25 yards (or wider).

Use cones to mark goal lines.

Size of neutral area (scoring area): 7 to 10 yards (no longer).



Important aspect of the game:

- You can score by passing the ball to a teammate running into the neutral (scoring) area, either in the air, or on the ground, depending on the coaching objectives.
- Player receiving the ball must control the ball cleanly inside the neutral (scoring) area for the goal to count.
- With good technique and positional play, you can maintain possession and create scoring chances.
- The defenders must choose the right positions between their opponents and the neutral (scoring) area to intercept the ball, but cannot enter the neutral area to defend.

### Demands of the game.

Possession of the ball:

- You must use proper technique to keep possession of the ball.
- Changing the direction of the ball with your first touch, vision, and proper ball skills are important elements when receiving the ball. These elements must be coached.

Possession of the ball by the opponent:

- Keep your eye on the ball.
- Read the game, anticipate the pass, and get into a good position to intercept the ball.
- Stop your opponents from scoring by good defending and no fouls.

## SHOOTING

Session demonstrates basic techniques for shooting and introduces games to develop finishing. Use of various surfaces of foot to drive, bend or strike balls first time is introduced. Key coaching points are:

- Body mechanics and control of body
- Body position and balance
- Eye on ball
- Quality of preparation touch
- Contact surface
- Aggressive and positive mentality
- Vision and anticipation
- Tactical application to the game – choice of foot surface, placement versus power, positioning to gain an advantage

Field session may include examples of the following:

- Roxborough Two-Goal Shooting Exercises
- 1v1 / 2v2 / 3v3 to goal with servers or side players
- 4v4 / 5v5

### 4 V 4 WITH 2 LARGE GOALS WITH OR WITHOUT GOALKEEPERS – SHOOTING GAME

Size of the field: 40 x 20 yards. Size of the goals: Full Size.

Important aspect of the game:

By giving your opponent too much room you will concede a lot of goals.

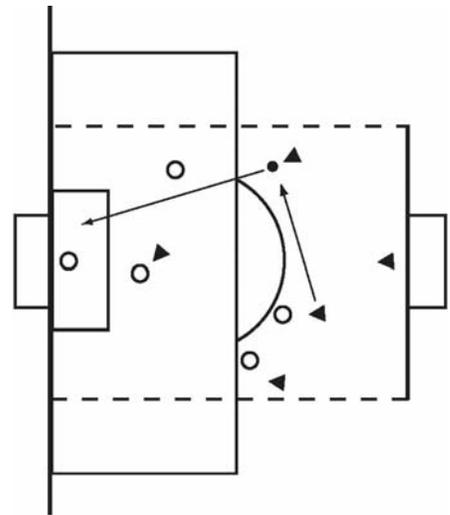
#### Demands of the game.

Possession of the ball:

- When you've got the chance score as quickly as possible with a good shot (a good shooting technique is important; this has to be coached).
- Make room for a shot by going past your opponent.

Possession of the ball by the opponent:

- Defenders must mark tightly, mustn't be beaten, don't be pushed back and eventually block the ball.



## HEADING

Session presents basic techniques of heading. The difference in heading for attack (passing and shooting) and defense (clearing) is demonstrated.

- Key coaching points for heading are:
- Body mechanics
- Eye on the ball – read flight of ball
- Body in line of flight
- Area of contact
- Use of upper body and legs to generate power
- Foot positioning
- Timing of jump to attack ball at highest point – just before your opponent

Tactical application to the game

- a) Heading for Defense – height for time, width for safety, power for distance
- b) Heading for Attack – direct or deflect ball to target, flick on's

Field session may include examples of the following:

- Roxborough Windows (half working – half resting)
- Various Flank Patterns for crossing with NP and FP runners
- 5v4 to large goal + target player as counter goal
- 6v6 / 7v7

### 4 V 4 WITH 2 LARGE GOALS AND GOALKEEPERS – CROSSING AND HEADING GAME

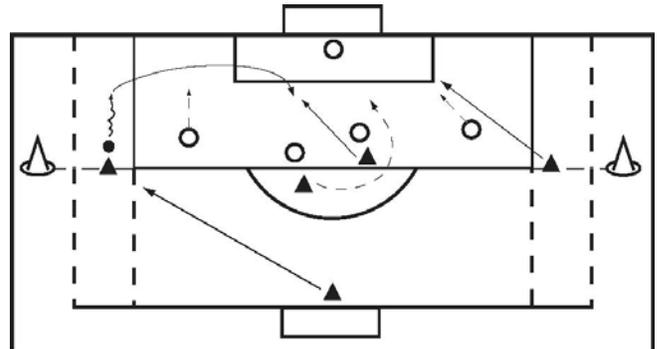
Size of the field: 30 x 45/50 yards. Middle line. Free zones on the sides of the field (10 yards).

Important aspect of the game:

Scoring with the head or volley.

Scoring with shot from own half.

- Heading is the most important aspect here, for the strikers as well for the defenders.
- Shooting from outside of a certain area (minimum distance 16 meters).
- Positional play, building up, 1 v 1 on the flanks and crossing the ball are central of attention.
- High balls for the keeper.
- You can use this form to train the individual:



For example:

- Wing players who have to give a good cross.
- Defenders who have to defend.
- Strikers who have to score with the head.

#### Demands of the game.

Possession of the ball:

- Players playing their own positions.
- A careful build up, creating dangerous situations by playing to the flanks or shooting from a distance.

Possession of the ball by the opponent:

Defenders are asked to choose a good position but also to mark tightly and stop their opponents from crossing or shooting.

Coaching keys:

- Choice of position
- Vision
- Blocking the ball
- The sliding tackle
- Heading



## GOALKEEPING

Basic techniques for shot stopping and distribution.

- Handling, footwork, body shape and stance, getting set and diving are introduced for shot stopping.
- Distribution with the hands – Over arm bowl, 'Baseball' throw, Underarm bowl
- Distribution with the feet – Volley (punt), Goal kicks

Key coaching points for shot stopping are:

- Body mechanics – body shape, balance, weight transfer, body behind the ball
- Footwork – lateral, forward, back, stay on your feet as long as possible
- "Getting set" – feet to be set not moving, starting position, angle play
- Good hands – "soft" hands

Key coaching points for diving area:

- Good body and diving shape (no diving on the stomach or rolling on the back)
- Attack the ball – step forward with the foot nearest the ball
- Diving progression can be taught from a seated position to a kneeling position to standing positions with the GK holding the ball before advancing to served balls

Key coaching points for distribution are:

- Selection of distribution – throwing or kicking based on distance – ability to take own goal/free kicks
- Starting the attack – supporting the outfield players

Field session may include examples of the following:

- Introduction to throwing or kicking to targets for technique
- Introduction to shot stopping techniques (including diving)
- Games for shot stopping and angle play

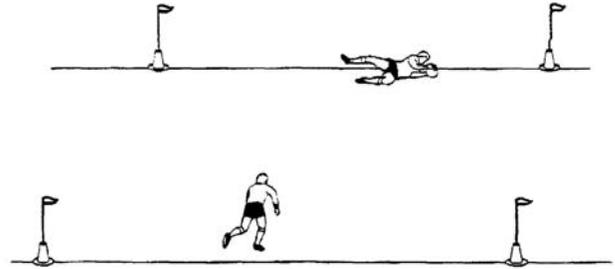
## GOALKEEPER PRACTICE FIELD SESSIONS

Shot stopping:

Objectives: To receive repetition in shot stopping techniques.

Organization:

- Two goalkeepers work together.
- Set up the goals 15 - 20 yards apart.
- Use portable goals, cones, or corner flags.
- Service can be by throwing.
- Start by throwing the ball at one another then vary the service high/low and left and right.
- The objective is not to score on the opposing goalkeeper but to develop the shot



stopping/diving by giving good ball service to execute QUALITY TECHNIQUE.

Coaching Points:

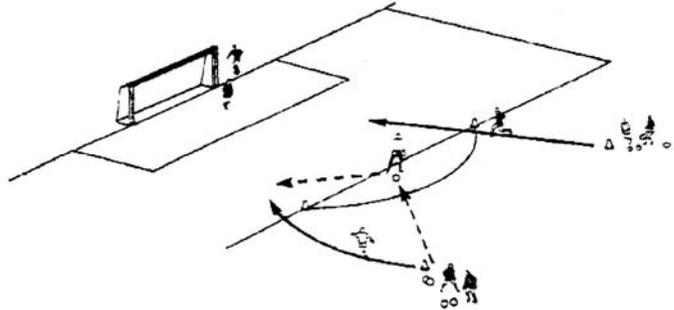
- Always ready to react (alert and alive).
- Quality footwork.
- Hand positions (leading with the palms).
- As much of the body behind the ball as possible.
- Set position.
- Recovery on partial saves (from down to up in to set position).
- Top quality execution on all techniques.

## Angle Play

Objectives: To gain an understanding of the timing and movement out of goal, and the angles required when advancing off the goal line to deal with a through ball or impending shot.

Organization:

- Change the goalkeeper every 4 - 5 shots.
- The field players equally divided between the two far markers.
- One player with a ball plays it in to the server, who sets it up for a shot on either side.
- If the ball is played back outside the penalty, two touches only, if in to the penalty area it must be a first time shot.
- The shooter must always move in to the penalty area around the outside of the markers.
- The non shooting player can make any type of run inside the marker if so desired to follow up for goalkeeper rebounds.
- Field players should alternate their starting positions from left to right.



Coaching Points:

- Goalkeepers decision making, to go all the way or to narrow the angle.
- Encourage the goalkeeper to get set and stay on their feet as long as possible.
- Good body shape/posture, not falling backwards are very important.
- Second barrier technique when going to ground.
- Recover quickly on rebounds.

# Team Tactics

## DEFENDING

Session focuses on principles of defending as applied in 1v1, 2v2 and 3v3. The roles and responsibilities of a pressuring, covering and balancing defender are identified. Changing from attack to defense and back again is included within session so that transition in defending is highlighted.

- Key coaching points for 1v1 are:
- Closing down – pressuring opponent
- Recovery runs – goal side positioning
- Angle and speed of approach
- Body shape, balance, and foot positioning
- Control and restraint
- Delay and channel
- Deny turn
- Timing and decision to tackle

Key coaching points for 2v2 are:

- Angle and distance of cover
- Intercept pass – deny turn – deny penetration
- Tracking – recovery runs
- Changing role of pressure and cover
- Visual and verbal communication – recognizing visual cues for decision making

Key coaching points for 3v3 are:

- Positioning to provide cover and balance
- Intercepting pass
- Defending vital space – squeeze toward center (compactness-concentration)
- Defending space behind
- Tracking players

## ATTACKING

Session focuses on principles of attack as applied to player in possession (1<sup>st</sup> attacker), close supporting attacker (2<sup>nd</sup> attacker) and unbalancing attacker (3<sup>rd</sup> attacker). Two player combinations are highlighted during this session.

Key coaching points for player in possession (1<sup>st</sup> attacker) are:

- When to shoot
- When to pass
- When to dribble

Key coaching points for player giving close support (2<sup>nd</sup> attacker) are:

- Supporting angle and distance to ball
- Support position behind ball
- Support position in advance of the ball
- Support position lateral to ball
- Combination play (1-2, double pass, overlap, take over)

Key coaching points for unbalancing attacker (3<sup>rd</sup> attacker) are:

- Unbalancing the defense
- Create space for others
- Attack space behind defense