

Principles of Defense

1. Pressure: 1st defender, person closest to the attacker especially on our attacking third.
2. Delay: pressuring defender forces the attacking team to slow down....gives the attacker more space to allow support to catch up.
3. Depth: organization of players behind the pressuring defender, smiley face
4. Balance: defender away from the ball (goal side) must position themselves to cover vital spaces
5. Compactness: objective is to limit the time and space for the attacking team within the area of the ball. Defender also recovers centrally.
6. Control & Restraint: Plays under control, good defensive stance, allow attacker to go outside.....Confidence!
7. Counter attack: **Quickly Transition** to attacking after the ball is won.

Defensive Roles

1. Pressure: 1st defender, person closest to the ball
 - a. Apply immediate pressure
 - b. Deny penetration
 - c. Select proper angle
 - d. Select proper speed
2. Cover: 2nd defender
 - a. Provide cover for 1st defender in case the 1st defender gets beat
 - b. Select proper angle and speed
3. Balance: 3rd defender
 - a. Track attackers away from the area of the ball
 - b. Squeeze space
 - c. Goal side
4. Compactness: Pressure, Cover, Balance all TOGETHER

Principles of Attack

1. Penetration: 1st attacker, penetrate defense by:
 - a. Win ball, do you have a shot
 - b. If not, dribble if you have space
 - c. Safe pass when that space runs out either forward, square, or backwards
2. Depth (Support): provides options for the 1st attacker either forward, square, or backwards
3. Mobility: movement is necessary to create space. PLAYING WITHOUT THE BALL
4. Width: use all areas of the field and is as important and length – Creates Space!
5. Improvisation: skills, clever dribbling, express yourself

Attacking Rolls

1. Player on the ball: 1st attacker, looks for a shot, penetrates, safe pass. 1st attacker is the person with the ball even the Goal Keeper!
2. Supporting Players: supports 1st attacker by giving him options, creates space, runs without the ball, proper distance, overlapping runs
3. Attacking player away from the ball: unbalance the defense, movement without the ball, across the field runs