



HCSA

Principles for 4v4

Formation 0:1:2:1 (diamond shape)



ATTACKING: When I have the ball I:

- ⚽ Dribble towards the goal and try to score!
- ⚽ Pass to a teammate if I see that he/she has space

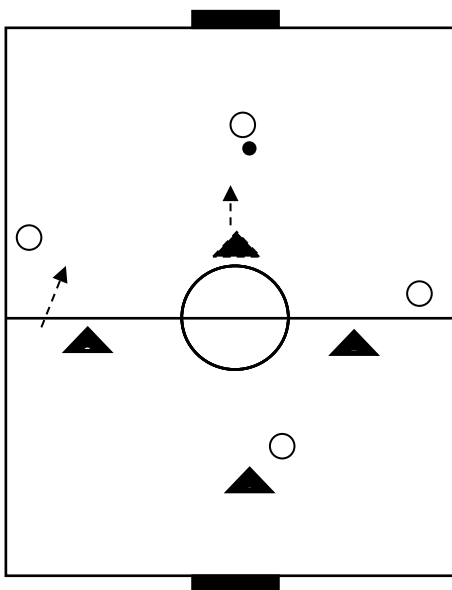
ATTACKING: When a teammate has the ball I:

- ⚽ Give my teammate space to dribble/ pass or shoot
- ⚽ Move to the outside/ forward and get open (away from players from the other team)
- ⚽ Run in space while still looking at the player with the ball (he/she may want to pass to me!)
- ⚽ Only ask for the ball when I am open – I don't hide behind opponents
- ⚽ Receive the ball with the inside of my foot and take the ball to goal!
- ⚽ Celebrate with my teammates when we score!

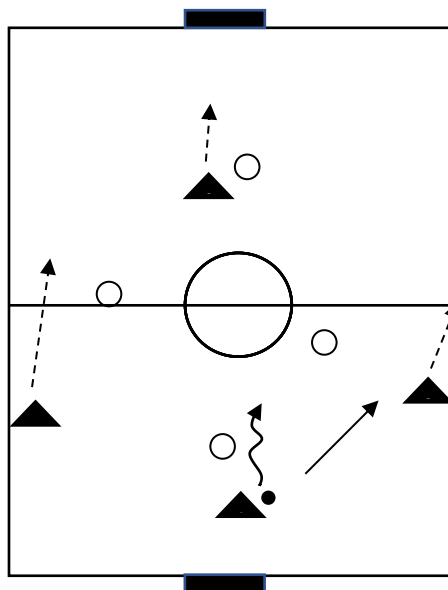
DEFENDING: When the other team has the ball I:

- ⚽ Try to win the ball back by going to the player with the ball and tackling the ball
- ⚽ Find an open player and mark him/her (if the ball is passed to this player you try to win the ball)
- ⚽ Get between the ball and my goal!
- ⚽ Do not let them shoot on goal or block the shot!
- ⚽ Never give up!

Defending:



Attacking:



Legend:

- ▲ Team player
- Opponent
- Ball
- Run
- Pass
- ~ Dribble

Our slogans: Let's have Fun... and get Better every game!
First to the Ball... and Last to give up!