

Principles for 9v9

Formation 1:2:3:3



Principles of Play:

When talking (or thinking) about the game, we think in terms of the 4 main moments, Possession (Attacking), the Transition from Attacking to Defending (team just lost possession), Opponents' Possession (Defending), and the Transition from Defending to Attacking (team just won the ball and gained Possession). We also think about where on the field the action is taking place (defensive third; middle third; or attacking third). The risk a player takes when in possession is dependent on where they are on the field.

Everyone attacks and everyone defends.

- Our goalkeeper is our first attacker when they have the ball in their hands or feet.
- Our forwards are our first defenders when we lose the ball in the attacking 1/3 of the field.

Summit Strikers FC players must always:

- **Scan the field:** both in possession and when the opponent has possession to know where the ball teammates, opponents, and open space. The more each player is aware of their surroundings, the more they can help the team keep possession or marking an open opponent!
- **Communicate:** verbally, visually (pointing) and physically (by making runs or how you position your body or pass the ball) to let your teammates know you are open or where or how you want the ball. When the opponent has the ball, communicate to point out open players or space in a positive manner (can be demanding or forceful). Normally when a player does not like the communication of a teammate, it is because it was accurate and they didn't appreciate being called out for not doing their job.
- **Keep it simple:** know where you are on the field and how much risk you can take with the ball. Passing to the open player is always a good option. Do not take risks in our defensive third. Attempting to dribble players, or attempting a pass that has to split three players and go over two others when there are other open teammates is not the best option in most cases, but might be appropriate near the opponents goal.

POSSESSION:

When we have the ball we:

- Build-up – “as far as possible and as short as necessary (while keeping possession)”.
- We look to break lines with passes (or dribble when it is the best option), while keeping possession.
- Give the player with the ball space to dribble/ pass or shoot
- Move to the outside / forward and scan to get open (away from players from the other team)
- We run forward while still looking at the player with the ball (they may need to pass to you!)
- Only ask for the ball when you are open – don't hide behind opponents
- Give firm passes in front of your teammate – far foot (diagonal pass) when possible
- Receive the ball so we can keep the ball (with 1st touch taking the ball into space)
- We try to score!

When receiving the ball/ gaining possession of the ball, the order of thought should be:

1. Can I score? If not
2. Can I give an assist? If not
3. Can I pass or dribble to do #1 or #2? If not
4. Can I play the forward by passing or dribbling? If not
5. Can I play the ball backward to a teammate to keep possession who can do 1-4?

TRANSITION: When we lose the ball we:

- Immediately get pressure on the player in possession of the ball and take away options to score or play the ball forward (by pass or dribble) or shoot/ cross the ball.
- Away from the ball, take away time and space for the opponents passing options.
- Get goal side / ball side of the opponents as quickly as possible.
- Stay useful for your team as a defender as long as possible
- Do not stop to catch your breath until you are goal side / ball side or your opponent, and they are no longer a passing option (you are goal side / ball side, and the ball is on the other side of the field).

OPPONENT IN POSSESSION:

When the other team has the ball we:

- Try to block shots on goal or crosses!
- Try to win the ball back by going to the player with the ball and tackling the ball (closest player)
- If we cannot win the ball, deny the deep/forward pass
- Find an open player and mark him/her (if the ball is passed to this player you try to win the ball)
- Squeeze as a team to the side of the field with the ball.
- Squeeze as a team to close down the middle of the field when the ball is in the center of the field.
- Keep the distance between the lines small (defenders-midfielders; midfielders-forwards), so the opponent cannot pass to players in the space between the lines.
- Get goal side of your opponent!
- Get behind the ball!
- Get between the ball and the goal!
- Help each other by communicating

TRANSITION: When we win the ball we:

Immediately look to see if: Can I score? If not... Can I give an assist? If not.. Can I pass or dribble to do #1 or #2? If not... Can I play the forward by passing or dribbling? If not... Can I play the ball backward to a teammate to keep possession.

- Create space to give the player with the ball options to play the ball forward (MF and FW's)
- Drop back if necessary to keep possession by playing the ball back. (defenders)
- Communicate and ask for the ball if open

FIRST TO THE BALL! LAST TO GIVE UP!

