

# PRINCIPLES OF PLAY - ATTACKING

## Purposeful Possession

- Maximize the available space on the field - width and depth
- Use a team shape to create natural, efficient passing triangles or diamonds
- Play wide, play in gaps and between lines, and switch the point of attack to move the opponent and create space in advantageous areas
- Play forward whenever possible, look to play behind the back line
- Use combinations and make runs in the attacking half to create superiorities



## Superiorities to Score

- Positional Superiority: prioritize scoring chances inside the box
- Numerical Superiority: move the ball quickly to create an overload in one area of the field (2v1, 3v2)
- Qualitative Superiority: isolate the opponent in a 1v1 situation in which we have an advantage (speed, strength, technical ability)

BACK THIRD - Work the ball quickly to the midfielders / strikers - clear the ball high and wide only if necessary

MIDDLE THIRD - Slow down slightly - keep team shape - Play the ball WIDE – Switch Fields

FRONT THIRD - Attack quickly with few passes - Play the ball into the box -be creative - attempt LOTS of shots

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# PRINCIPLES OF PLAY - DEFENDING

## Counter-Pressing

- Pressure the ball immediately after a loss of possession to close down the opponent's space and time to find passing options
- Quickly organize marking and compress the team shape to prevent the opponent from progressing
- Shape the opponent backwards, towards their own goal, or towards the rest of the team defensive structure (into pressure)
- Intercept passes or make tackles as soon as the opponent makes an error
- Anticipate long passes when the ball carrier is not pressured



## Recover and Protect Our Goal

- Make recovery runs at speed to re-stabilize defensive structure when the press has been broken
- Pressure to contain and delay the attack to allow teammates time to recover
- Compact the available space further and close down passing lanes
- Track opponent runs goal-side and shape the opponent away from our goal
- Protect the space behind the back line, challenge crosses, block shots, intercept passes

FRONT THIRD - High pressure - Try to pin them down in their own end

MIDDLE THIRD - Drop off slightly - Retain defensive shape

BACK THIRD - Tight, compact play - Safety before risks