



OFFENSIVE PRINCIPLES

- **Team Principles of Attack**
 1. **Width** (support along touch lines)
 2. **Depth** (support behind the ball)
 3. **Penetration** (support in front of the ball deep into opponents territory)
 4. **Mobility** (forward, lateral, angled and backward movement especially by marked players)
 5. **Communication** (mostly visual; this means knowing the location of all players, spaces, and reading visual and audio cues of opponents and teammates)
- **Individual Principles of Attack**
 1. **Ballcarrier:**
 - **1st Thought**- Take the shot!
 - **2nd Thought**- Get the ball to someone who has a good shot.
 - **3rd Thought**- Get the ball to someone who can get the ball to someone who has a good shot. (This may mean a return pass to yourself, so, remember to pass and move into attacking space!)
 - **4th Thought** - Get the ball to someone who can get the ball to someone who has a good shot. (pass the ball to players not under pressure away from danger to buy time while other players search for attacking opportunities and opposing defenders are lured out of position.)
 2. **Players without the ball:**
 - **1st Thought** - Get into goal scoring position!
 - **2nd Thought** - Move where you may support players who are in a goal scoring position. This includes giving wide, deep (back), and penetrating (front) support to the ball carrier.
 - **3rd Thought** - Lure defenders out of position to create attacking space for yourself, the ball carrier and/or another team mate.

DEFENSIVE PRINCIPLES

- **Team Principles of Defense**

1. **Collapse** - Entire team collapses into less space in front of opponent's point of attack. 1st defender guides ball carrier into thickest part of defense or away from middle. Covering defenders cut off "through" spaces. Together, 1st and second defenders squeeze attack into tight, difficult space. Remember: Team shape is small on defense, Big on attack.
 2. **Concentrate** - Gather forces in middle of the field and near the ball before attempting to dispossess the ball.
- **Individual Principles of Defense**
 1. **Pressure- player nearest the ball is "the 1st Defender"**: get ball carrier's head down by putting him under close enough pressure to make him worry about controlling the ball so he cannot look for passing options, but not Close enough to be beaten; players not nearest to the ball, get into position to intercept all short or desired passing options; leave open most difficult and longest passing options as long *as* there *is* good pressure and cover on the ball carrier and his nearest passing options. The first defender should not run straight at ball carrier, but should come in at an angle that would force the ball carrier to pass back or to attack toward our covering defenders or toward a touchline; this makes the opponent's attack predictable and easy to read by covering defenders. The 1st defender, in applying pressure to the attacking ball-handler, should;
 - **Deny** - Deny the shot; deny penetration by denying "through" spaces which ball carrier desires to penetrate. Close distance between self and ball carrier. Get close enough to force ball carrier to alter course of attack and to force his head down to concentrate on not losing possession of the ball. Choose angle of approach to guide ball carrier away from dangerous space. Block any attempted shot.
 - **Delay** - Staggered stance, alternating front and back foot, feet shoulder width apart, legs bent, body bent, on your toes (don't get flat-footed). Feints and stabs but do not commit until ball-carrier makes a mistake. Concentrate on player, not the ball, look at ball carrier's hips, not his feet or upper body. With peripheral vision, see the space between the ball and ball carrier. If the ball gets away from feet, see Destroy.
 - **Destroy** - win possession by tackling if ball carrier achieves even position. Win possession by stepping between ball carrier and ball if ball gets away from his feet. Tackle also if ball carrier allows ball to be between his own feet. Tackles should be fully committed through center of ball carrier's position.
 2. **Cover - 2nd defender**: players second nearest to the ball who are marking up close passing options must cover" the space behind teammate who is pressuring the ball; and if numbers are up than extra defender might decide whether to risk double teaming the ball carrier to win the ball.
 3. **Balance - 3rd & other defenders**: Cover deep and attacking spaces which may be used by the opponent to switch their point of attack, for example, by playing to the opposite wing.

