



Principles of defense

Delay. Is forcing the attacking team to take time in organizing its attack so defenders have time to build a collective defending action between the ball and the goal. The work of the first defender should implement the principle of delay.

Depth. Is the organization of players behind the first defender to provide cover, specifically, the work of the second defender.

Balance. Is the positioning of defenders relative to the possibilities of penetration by attackers away from the area of the ball. The work of the third defender, who tracks down attackers making runs toward goal.

Concentration. Is the limiting of space, and therefore time, by defenders squeezing centrally behind the ball. Prevention of the ball being played through or over the collective defending action.

Principles of attack

Penetration. Getting the ball behind opponents by shooting, dribbling or passing. The work of the first attacker should implement the principle of penetration.

Depth. The organization of players behind and in front of the first attacker. Assists the first attacker in penetration through combination play and the ability to maintain possession. The work of the second attacker.

Mobility. The attempt by attacking players to penetrate and unbalance the collective defending action. The work of the third attacker.

Width. The disposition of attackers across the field to pull apart the collective defending action.

