



PRINCIPLES OF PLAY

The principles are classified as attacking and defending:

<p>Attacking objectives:</p> <ul style="list-style-type: none"> • Score • Advance forward • Maintain possession 	<p>Defending objectives:</p> <ul style="list-style-type: none"> • Prevent scoring • Delay the attack • Regain possession
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ATTACKING PRINCIPLES

DEFENDING PRINCIPLES

<p>Dispersal</p> <ul style="list-style-type: none"> · The ability to stretch and pull defenders out of position. 	<p>Delay</p> <ul style="list-style-type: none"> · To “pressure” the attacker to reduce their time and space and prevent the ball from being played forward. · Slowing down the attack to allow the defense to reorganize when outnumbered.
<p>Support</p> <ul style="list-style-type: none"> · To keep possession with support in front, side and behind the ball. 	<p>Control and Restraint (Patience)</p> <ul style="list-style-type: none"> · Being patient and waiting for the correct moment to win the ball. · Assess the risk before challenging for the ball.
<p>Penetration</p> <ul style="list-style-type: none"> · The ability to get inside and behind the defense's shape. · Looking forward first and asking the question “Can we score or effectively play the ball forward?”. 	<p>Depth/Cover</p> <ul style="list-style-type: none"> · To provide close support for the pressuring defender (i.e. 1st defender) and restrict/reduce space for attackers.
<p>Mobility</p> <ul style="list-style-type: none"> · The movement and interchanging of positions to unbalance defenses. · To create space and opportunities for attackers. 	<p>Compactness</p> <ul style="list-style-type: none"> · To assemble as quickly as possible as a team to protect areas of the field vulnerable to scoring opportunities.
<p>Improvisation/Creativity</p> <ul style="list-style-type: none"> · Doing the unexpected. · Break down defenses using individual soccer techniques or group combination play. 	<p>Balance</p> <ul style="list-style-type: none"> · Reducing the space away from the ball in order to limit the opponent’s attacking options. · Retaining team shape.