

COACHING TACTICS



Attacking vs. Defending

THE FIVE PRINCIPLES OF

ATTACKING

vs.

DEFENDING

“PENETRATION”

Upon gaining possession of the ball the first option should be moving the ball forward via dribbling or passing, immediately penetrating the opposition defense.

PRINCIPAL #1

“PRESSURE/DELAY”

Upon losing possession of the ball the first option should be immediate pressure on the opposing team. If regaining possession of the ball is not possible than delaying the attack is the next option.

“DEPTH SUPPORT”

The first attacker (player in possession of the ball) should always have a support player behind, not only for attacking support but also for defensive support should he or she lose possession of the ball.

PRINCIPAL #2

“SUPPORT/COVER”

Once the first defender provides pressure, the second defender must supply support, covering the second attacker or occupying space to either side of the point of attack.

“WIDTH SUPPORT”

The first attacker (player in possession of the ball) should always have a support player or players on either or both sides. Attacking with width can unbalance a defense and open up the middle.

PRINCIPAL #3

“SUPPORT/BALANCE”

All other defenders must now supply balance, getting behind the ball and goalside to the point of attack.

“MOBILITY”

The players in the attacking sequence the better and these added attackers should be making creative, off-the-ball runs to unbalance the defense.

PRINCIPAL #4

“CONCENTRATION”

Once balanced is achieved, the defending players must limit the time and space available for attack by compacting.

“FINISHING”

The ultimate goal of the attacking sequence -- putting the ball in the back of the net.

PRINCIPAL #5

“CLEARING THE BALL”

When regaining possession is not possible or when the situation becomes dangerous, the thing to remember is “when in doubt, kick it out”