

# PRINCIPLES OF ATTACK & DEFENSE

## THE FIVE (5) PRINCIPLES OF ATTACK

1. **Penetration:** moving the ball forward toward goal immediately upon gaining possession
2. **Support-Depth:** player or players not in possession of the ball, moving into spaces behind the ball to become a passing or finishing option
3. **Support-Width:** player or players not in possession of the ball, moving into spaces on either side of the ball to become a passing or finishing option
4. **Mobility:** player or players not in possession of the ball making creative runs off the ball to unbalance a defense
5. **Finishing:** scoring a goal

## ROLES OF THE ATTACKERS

**1st Attacker:** the player in possession of the ball, moving forward toward goal immediately upon gaining possession...first option should be a dribble

**2nd Attacker:** player in immediate support of the player with ball either behind, in front of, or on either side but with enough space away from the first defender

**3rd Attacker(s):** player or players in support in front of, behind or on either side of the player with the ball, all making creative runs to unbalance a defense

## THE FIVE (5) PRINCIPLES OF DEFENSE

1. **Pressure-Delay:** regaining possession of the ball by giving immediate chase to player with ball and/or forcing the team in possession to slow down its attack so supporting players can organize
2. **Support-Depth:** getting as many players as possible goalside of ball
3. **Balance/Compactness:** getting as many players as possible evenly spaced throughout the field; especially on the weakside
4. **Concentration:** limiting the time, space and movement of the attacking team
5. **Clearing the ball:** getting the ball away (out of the box) if repossession is not possible

## ROLES OF THE DEFENDERS

**1st Defender:** player closest to player with the ball, providing immediate pressure with the goal of regaining the ball

**2nd Defender:** player in immediate support of the first defender, providing cover with proper spacing...helps in delaying the attack/penetration, with an eye on the 2nd attacker

**3rd Defender(s):** all other players organizing as quickly as possible, providing depth, balance and concentration