

PRINCIPLES OF ATTACKING

ROLE OF THE FIRST ATTACKER (has the ball)

- Dribble, pass, or shoot to create PENETRATION.
- Get the ball to the most dangerous position possible.
- MAINTAIN POSSESSION by dribbling, shielding, or passing.
- SCORE, if possible.

ROLE OF THE SECOND ATTACKER (usually 2 closest attackers to the First Attacker)

- SUPPORT the First Attacker.
- Generally support behind the ball unless the defense permits quality support in front of the ball.
- Make it difficult for supporting defenders to cover you (MOVE WITHOUT THE BALL!).
- Time runs to open space to receive the ball.
- Be ready to be the First Defender if the ball is lost.

ROLE OF THE THIRD ATTACKER (everyone else)

- Provide MOBILITY and DEPTH.
- Draw the attention of the defenders by making diagonal, bent, or overlapping runs to dangerous positions.
- Get behind the primary defenders and/or force the defense to spread out.
- Maintain eye contact and accelerate to the ball to receive penetrating passes.

PRINCIPLES OF DEFENDING

ROLE OF THE FIRST DEFENDER

- REGAIN possession of the ball immediately, if possible.
- If not possible, DELAY the attacker to give your team's defense time to organize.
- Be patient, but apply enough PRESSURE to force the attacker to look down at the ball. DON'T DIVE IN!
- STEER the attacker to the side or toward a supporting defender.
- ISOLATE the attacker with the ball from his supporting attackers and force a 1v1 situation.
- Force a square or back pass.
- Attempt to win the ball or tackle when there is good defensive support or the attacker makes a dribbling mistake.

ROLE OF THE SECOND DEFENDER

- Provide DEPTH to the defense – behind the First Defender at a 45 degree angle and halfway between the First Defender and the nearest supporting attacker.
- Attempt to cut off passes.
- Be ready to become the First Defender if he/she gets beat.
- Stop shots and dangerous passes.

ROLE OF THE THIRD DEFENDER

- Provide BALANCE.
- Track attackers away from the ball who are making runs.
- Be ready to become the First or Second Defender.
- Play deeper than the First and Second Defender.