



Attacking

Roles of Attackers

1. *First Attacker*: Penetrate the Defense by shooting, dribbling or passing
2. *Second Attacker*: Support First Attacker
3. *Third Attacker*: Unbalance the Defense

Principles of Attacking

- *Penetration*: Getting the ball beyond the Defense
- *Depth*: The organization of support players behind, to the side and in front of the First Attacker
- *Mobility*: Attacking players' attempts to penetrate and unbalance the Defense with runs off-the-ball
- *Width*: The dispersion of players across the field to spread out the Defense
- *Improvisation*: Having vision and being creative when on-the-ball



Defending

Roles of Defenders

1. *First Defender*: Pressure the Ball
2. *Second Defender*: Cover the First Defender
3. *Third Defender*: Balance the Defense

Principles of Defending

- *Chase*: Immediate pursuit of the ball after loss of possession
- *Pressure (or Delay)*: Slowing down the Attack to allow the Defense to organize
- *Cover*: Provide support to the player applying pressure by being in position to take over should that First Defender get beat
- *Balance*: Tracking Attacking players who are moving off the ball while monitoring the most immediate threat (i.e. First Attacker who possesses the ball); often implemented as Zonal Defending
- *Concentration (Lateral) & Compactness (Vertical)*: Squeezing together as the ball gets closer to the goal to form a Defensive block; often implemented as Man Marking
- *Win the Ball*: As the opportunity arises



1-3-4-3 System of Play

- Goalkeeper expected to play as a keeper / sweeper and aggressively support the back three
- 3 Defenders playing a flat line
 - Zone defending in middle third
 - May be necessary to shift to Man Marking as the attack nears the penalty area
- 4 Midfielders playing in a diamond
 - Midfielders provide both depth and width to the attack
- 3 Forwards playing in a flat line
- Everyone defends everywhere and attempts to win the ball, then counter-attack

