

RED WING GIRLS' SOCCER BASICS

PRINCIPLES OF ATTACKING

- **PENETRATION** – Break through the defense by dribbling, shooting, running, or passing. Having attackers in penetrating positions by creating length on the field and creating separation between opposition's defense and midfield.
- **SUPPORT** – The player in possession of the ball received help to maintain possession. Supporting attackers provide forward, backwards, and sideways options to the attacker in possession of the ball. Good support play is achieved when there are good angles of support, proper distance of support, and speed of support.
- **MOBILITY** – Movement is necessary, attackers making runs (supporting and decoy) to draw or drag defenders out of their positions to open space (unbalanced the defense) for you or a teammate for a pass and end result create scoring opportunities.
- **WIDTH** – Stretch the opponent's defensive shape. Use the width of the field to tempt defenders from a compact shape covering the dangerous areas in front of the goal and in doing so create space. Moving to ball to change the point of attack in an effort to find a seam or space between or behind the defense.
- **IMPROVISATION, CREATIVITY & SURPRISE** – To break down defenses by the element of surprise by Individual flair: clever dribbling, inter-passing, quick turns, shoot off balance, and skills such as back-heals, cut backs, feints, fakes, and tricks.

PRINCIPLES OF DEFENDING

- **PRESSURE** - The moment possession is lost, the nearest player(s) try to regain possession or apply pressure on the ball, if possible. Players giving immediate chase can also help to *delay* the attack by making recovery runs that delay the opportunity to play the ball quickly forward.

(Delay – forces the attacking team to slow down so that defense may recover into cover and balance positions. Do not over commit, if defender is beaten players may have Recovered.
- **COVER** - The immediate organization behind the pressuring defender(s), recovering into defensive positions. Positioning to provide support of the pressuring defender(s) in the event they are beaten.
- **BALANCE** - As concentration of the defense occurs in the area of the ball, defenders away from the ball (opposite side of the pitch) position themselves to cover vital spaces (central area) to prevent attackers from making penetrating runs.
- **COMPACTNESS** – As the players recover towards the goal, time and space must be limited for the opponent by concentrating in the area of the ball, also recover centrally toward the goal to limit the ability for a direct attack.
- **CONTROL & RESTRAINT** – Players must be disciplined and play “under control” when challenging for the ball. Avoid off balance or poorly timed attempts to win the ball. Restrain from tackling until confident of winning the ball.