

Game Principles

Attacking

The best option to go forward and score

1. **Forward first fast**

Fast flowing possession that imbalances and breaks lines

2. **Keep changing the picture**

Continuously create go forward options

3. **Retention**

Retain and get to space

Options

1. Carry the ball to go forward

2. Move the ball to go forward

3. Goal Scoring



Defending

Stop their go forward by denying space

1. **Apply pressure to the ball**

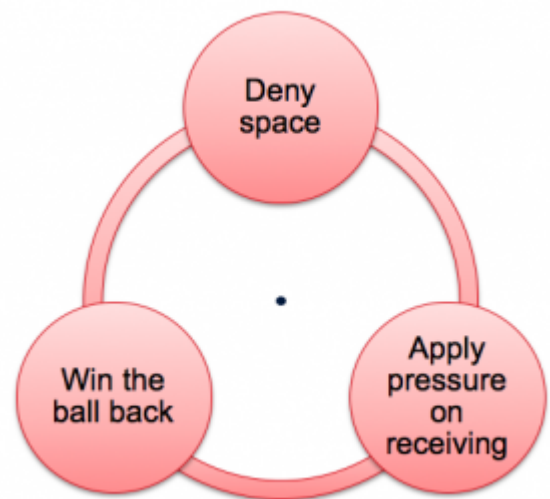
Reduce the options of the ball carrier and win the ball back

2. **Self organise against fluid shapes**

Reduce the oppositions flow and win the ball back

Options

1. Apply pressure on receiving
2. Win the ball back
3. Deny space



1. **Defending**

Press
Delay
Cover
Balance
Progress
Control
Compact

2. **Attacking**

Patience
Creativity
Support

Movement

Width

Depth

Penetration