

Tactics

Principles of defense.

1. Immediate chase - to regain possession if possible.
2. Delay
 - a. Force attacking team to slow down so that the defense may organize.
 - b. Primary role of first defender.
3. Depth.
 - a. The quick organization of players behind the first defender.
 - b. Specifically the role of the second defender(s).
4. Balance.
 - a. The positioning of defenders relative to possible penetrating attackers away from the ball.
 - b. The role of third defenders.
5. Concentration (compactness).
 - a. The limiting of time and space by defenders squeezing centrally behind the ball.
 - b. Prevention of ball being played through or over the collective defending action.

Defense. Role of 1st, 2nd, and 3rd defenders (pressure, cover, balance).

1. First defender (pressure).
 - a. Apply pressure to ball regain possession if possible.
 - b. Dent penetration of any kind.
 - c. Select proper angle of challenge.
 - d. Select proper speed of challenge.
2. Second defender (cover – can be several players).
 - a. Provide cover support for 1st defender.
 - b. Select proper angle of support. Will vary according to: pressure by first defender, position of supporting attackers, area (third) of the field.
 - c. Select proper distance of support.
 - i. Should be a distance that the second defender can tackle or immediately close down an attacker who has beaten the 1st defender.
 - ii. Distance of support will vary with the third of the field and the amount of pressure on the ball.
 - iii. Responsible for tracking supporting attackers who make forward runs.
3. Third defender (balance) (remaining players).
 - a. Track attackers away from area of the ball who are making forward runs.
 - b. Squeeze space towards center of field to “lock up” vital areas.
 - c. Preserve balance/shape.

Principles of Attack

1. Penetration.
 - a. Getting the ball behind opponents.
 - b. The role of the 1st attacker achieved through shooting, passing or dribbling.
2. Depth.
 - a. The organization of players behind and in front of the first attacker.
 - b. Specifically the role of the 2nd attacker.
3. Mobility.
 - a. The attempt of attacking players to penetrate and unbalance the collective defending action.
 - b. The role of the 3rd attackers.
4. Width.

The disposition of attackers across the field to pull apart the collective defending action.

Attack. Role of 1st, 2nd, and 3rd attackers (pressure, support, unbalance)

1. First attacker.
 - a. Player with the ball (most important player).
 - b. Must achieve penetration by making the best tactical decision based upon the players technical capabilities.
2. Second attacker (can be several players)
 - a. Player in immediate support of 1st attacker.
 - b. Positioned behind, square or in advance of the ball based upon pressure applied to 1st attacker.
 - c. Positioned at the proper distance to insure that one defender cannot restrict both attackers.
 - d. Must combine with 1st attacker to gain penetration through bent runs, overlapping runs, 1-2 double pass, wall pass, take overs, etc.
 - e. Bent and overlapping runs may isolate 1st attacker for dribbling.
3. Third attacker (should be several players).
 - a. Attempts to unbalance the defending team by making constructive runs to increase the attacking options. Primarily penetrating.
 - b. These penetrating runs allow for the possibility of the third attacker receiving the ball or creating space behind his run for another attacker.

Safety (S) - Refers to the measures taken (decisions) to insure security is maintained and no unnecessary chances are taken in attack or defense.

Risk (R) - Refers to the degree of chance (decisions) that an individual or team will take in attack or defense.