

2017-2018 Greenbelt Soccer Alliance U17 Girls Lightning

Principles of Play	
Attacking Principles	Defensive Principles
Penetration – Dribbling or passing forward or shooting. The first option for an attacker should always be to move forward with the ball with shooting the top priority if you have a shot.	Pressure (Delay) – The moment the ball is lost, the closest player attempts to apply pressure on the ball and slow down or delay the advance of the attackers giving time for teammates to recover. When applying pressure, the defender must be care to not over-commit making it easier for the attackers to beat them. Defenders should not attempt to win the ball unless the attacker has made a bad touch or if a covering defender is set up in the right position and the attempt to win the ball will force the attacker into cover if unsuccessful.
Depth (Support) – Good width and depth in teammates gives the player on the ball all-around support so that there are options to play the ball forward, square or back.	Cover (Depth) – While the ball is being pressured, the next players in the immediate vicinity of the ball should be providing support in case the first defender is beaten. This cover is behind and at an angle to the attacking direction and needs to be coordinated with the first defender through communication.
Mobility – Movement off the ball by runs to unbalance the defense, create options for the player with the ball or to create space for a teammate to make a run	Balance – As your team concentrates their defense in the area of the ball (see compactness next), defenders not near the ball must position themselves to cover important space (normally central spaces) in order to prevent attackers from making penetrating runs into these spaces. This balances the defense against developing threats.
Width – Spacing out side-to-side on the field. Good width provides opportunities to attack on either side of the field and opens up the middle for attacking as well.	Compactness – As you organize your defense, limit the time and space for the opponent by concentrating your defense in the general area of the ball. Defenders should work to be “goal side/ball side” in order to limit the other team’s ability to directly attack the goal.
Improvisation – Using flair and individuality to create passing and shooting opportunities for themselves or for teammates. Clever dribbling or passing eliminates defenders and creates openings for attackers.	Control and Restraint – Players often make poorly timed or off-balance attempts to win the ball. You must play “under control” when challenging for the ball. You should refrain from tackling unless you are confident you can win the ball. See pressure.