

Techniques/Decisions with the Ball

- Primary
 - Dribble, Pass, Shoot
- Secondary
 - Receiving, Heading, Tackling
- Goalkeepers
 - Handling, Footwork, Diving

Principles of Play

- **Defending (Team)**
 - Immediate Chase
 - Regain possession right after losing ball
 - Delay
 - Create time to get organized
 - Depth
 - Organized to provide cover
 - Balance
 - Covering vital areas
 - Concentration
 - Compact, collective defending
 - Control/Restraint
 - Individual defending
 - Transition to having the ball
 - What do we do in the moment when we regain the ball
- **Defending (Player)**
 - Pressure
 - 1st Defender
 - Deny Penetration
 - Cover
 - 2nd Defender(s)
 - Help first defender, track runners, take away options
 - Balance
 - Remaining Players
 - Team shape
 - Depth
 - Team collective
 - Organization of the lines of your team
- **Attacking (Team)**
 - Penetration
 - Moving the ball forward
 - Depth
 - Support for player on the ball
 - Mobility
 - Unbalance other team with movement
 - Width
 - Create openings in the defending team
 - Improvisation
 - Using creativity to break down the other team, dribbling, combination play, etc.
 - Transition to not having the ball
 - What do we do in the moment when we regain the ball
- **Attacking (Individual)**
 - Possession
 - 1st Attacker



- Player with the ball
- Support
 - 2nd Attacker(s)
 - Supporting Player(s)
- Unbalancing
 - Using mobility to create openings
- Depth
 - Team Collective
 - Levels of support around the field

General Tactics

- Increase safety in decisions near your own goal
- Increase risk/creativity in decisions near your opponent's goal

Goalkeeping Tactics

- Positioning
 - Good positioning will help mitigate risks, like reducing opportunities to score goals
 - Promote low probability shots

A portion of information contained in this document is from US Soccer Coaching Education from previous coaching courses.