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
  o Support
    ▪ 2nd Attacker(s)
    ▪ Supporting Player(s)
  o Unbalancing
    ▪ Using mobility to create openings
  o 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
  o Good positioning will help mitigate risks, like reducing opportunities to score goals
  o Promote low probability shots

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