

# PRINCIPLES OF PLAY

## PRINCIPLES OF DEFENCE



### 1. Press

Apply pressure quickly to delay or win the ball. Mark tightly during set plays and in open play.



### 2. Support

Ask: "How can I help us win the ball back?" Mark opponents, close passing options, and work together to force mistakes.



### 3. Reduce Space

Stay organised and compact. Do not get pulled out of position. Communicate and scan constantly.



### 4. Protect

Cover dangerous areas near the goal. Track runners, sense danger early, and stay connected as a unit.



## PRINCIPLES OF ATTACK



### 1. Keep the Ball

Protect the ball, make simple accurate passes, and move to receive it. Continue the attack until a shot is taken.



### 2. Support

Ask: "How can I help the player with the ball?" Make runs beside, behind, or ahead to offer passing options. Use "give and go" to move forward.



### 3. Create Space

Spread out to stretch the defence. Use width, depth, and smart movement to open space.



### 4. Penetrate

Move the ball forward and finish with a shot. Be patient when needed—recycle the ball until an opening appears. Shoot only when in range.

