

## 2013 Roles

### Offense

#### Goalkeeper

- 1 Use delayed throw to “Lure” opposing players closer to throw around/over/opposite
- 2 Penetrating Drop Kick
- 3 Verbally directing the play

#### Center Backs

- 1 Commit the defending F (dribble at an angle with Shoulders forward)
- 2 Low risk pass to keep possession (Not lose ball in our half)
- 3 Penetrating pass to Near Post or corner flag

#### Outside Backs

- 1 Commit the defending OM on the dribble (STARTING POSITION equal with CB)  
-Overlapping run is rare, supporting role is less risk
- 2 Use DM or AM switch the point of attack or direction of play
- 3 Penetrating pass to Near Post or Bend the ball to our OM,  
-Penetrating pass to opposite OM

#### Outside Midfielder

- 1 Take man marker away (heels on touchline) put defending OM to a decision
- 2 Watch opposing OM: marking=continue away. Pressure ball=hold run to support OB  
-if not marked stay away from opposing OB
- 3 Score opportunities on backside of attack keeping momentum toward goal

#### Defensive Midfielder

- 1 Responsible for team attack to be creative, attacking from both sides  
- Pass to the AM, opposite OB or CB
- 2 Penetrating pass to corner flag or Opposite corner flag (OM) “Feed the Flag”
- 3 Trail the play, as the ball goes forward so do you. Overlapping run is high risk.

#### Attacking Midfielder

- 1 Assessing the #'s; to find proper space to attack (Freedom to Roam)
- 2 Penetrating pass to corner flags, near post, or behind defense
- 3 Timing of the run and Combine with F's –especially after a Penetrating Pass

#### Forwards

- 1 Timing and angle of run toward goal; must use dangerous first touch on dribble
- 2 If back to goal; Play one touch in behind (OM to corner) or combine with AM
- 3 Staying in motion “Active” to follow a shot for a rebound or finish a “sitter”  
-ANTICIPATION

## 2013 Defending Roles

### Forwards

- 1 Pressure to Predict – Force the play outside
- 2 Deny the switching ball, while cheating to intercept
- 3 Find ways to Pressure or double team--NHL award “Best Defensive Forward”  
-Frank J. Selke

### Attacking Midfielder

- 1 Defend opponents DM and help clog the lane to opponents AM
- 2 Deny the switching pass from DM or any pass across the vertical line
- 3 Communicate with F's to ensure depth of first 3 defenders (Not Flat)

### Defensive Midfielder

- 1 Defend opponents AM
- 2 Always protect space in front of CB's
- 3 Make sure we defend with “5” or “4” if we are on the attack

### Outside Midfielder in our Attacking Half of the field

- 1 Delay pressuring while staying with your man; allow F time to pressure the ball
- 2 At midfield line pressure the ball while clogging direct passing lane to opponents OM;  
-Responsibility of opponents OM is now accepted by our OB due to breakdown
- 3 If beat recover to pressure or double team OM may have to defend our end line  
- if opposite OM is beat, same applies
- 4 In transition, you can front your mark as long a direct lane is clogged – with 2 yds

### Out Side Back

- 1 Pressure to Predict – Force the play outside to Deny passing lane between OB and CB
- 2 Cover your teammate; may have to become sweeper or clear ball from goal line
- 3 If DM is not present; Protect space in front of CB by moving centrally

### Center Backs

- 1 Verbal direction to organize all situations
- 2 Assess the #'s, No pressure on the ball = drop/back pedal towards our goal
- 3 Delay to the PK spot if in 1v1 or 1v2 situation to allow time for recovery runs

### Goalkeeper

- 1 Communication solves problems
- 2 Protect “Center Field” 5yd x 44yd at top of box  
-Follow the game to read where ball is served from
- 3 Dominate 6yd box; Defenders do not track into 6yd box on service in air

# P.A.C.T.

## DEFENDING

Pressure to Predict

Assess the #'s

Cover Your Teammate

Two in One Tackle

## Attacking

Penetrating Pass

Assess the #'s

Commit the Defender

Timing of the Run

# Ideas used to build the program

One Freshman trains on Varsity each year

- connects 8 years of players & more than just the coaches face
- gives a new player to the program a reason to go to more training
- huge asset for coach on the field - 4 years of experience \*
- creates a "buzz" before the season starts; even Teachers

Sophomore year is important

(2 or 3 full years at Varsity level)

- ◆ Mentally Mature and one strong attribute (take a chance)

Selecting and TRAINING more than you need

★ Allow you to compensate for injuries or poor behavior

★ create challenge at the end of your roster - 22 limit

◎ more players at training will require more organization