

Principles Of Play

- Principles of Play are important as they emphasize the underlying concepts of the game which allow for players to work on their game sense.
- Coaches use these principles as a reference point in reading the game, to guide players during the game, to assess team play , to make adjustments.
- There are Attacking and Defending Principles

Principles of Play

Attacking

Support/Depth

Dispersal

Penetration

Mobility/Movement

Individualism

Defending

Pressure/ Delay/Containment

Compactness

Support/Depth

Balance/Cover

Control/Restraint

Support/Depth

Passing options provided 360 to the player with the ball



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Penetration

When you are passing, dribbling forward or shooting, you are attempting penetration.



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Dispersal

Positively using the large playing space by having players spread out all over.



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Individualism

The ability of an individual player to do the unexpected

Mobility/Movement

The movement of players around the field in order to opponents problems



Support/Depth

While the ball is being pressured all other players should be getting into defensive positions. The positions taken should support the pressing defender in case they are beaten. This is called providing defensive cover.



Pressure/Delay/Containment

Counters penetration. Slowing the forward movement of the ball by opponents



Balance/Cover

As your team concentrates their defense in the area of the ball, defenders not near the ball must position themselves to cover important spaces (normally central areas) in order to prevent attackers from making penetrating runs into these spaces



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Compactness

Counter dispersal. The resistance of being stretched and spread out by the opponents

Control/Restraint

Defending with composure, individual/team understanding and awareness



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