



FOR ALL

Principles of Play

PRINCIPLES OF PLAY

- An understanding of the Principles of Play, strategy and tactics and their importance to developing individual, unit and team performance
- An insight on the specific Attacking and Defending principles of the game of football
- Links to the emerging England DNA

THE GAME

Invasion games...football is classed as an invasion game; invasion games are team games in which the purpose is to invade the opponents territory while defending your own

Invasion games are the most complex type of game with many transferable skills and involve the making of tactical/strategic decisions

Invasion games tend to have positions that are important in both attacking and defending; specific positioning can become a factor in the development of players within the sport

Invasion games have tactical problems that include -
Maintaining Possession, Attacking/Defending a Goal,
Winning the Ball, etc.

Principles of Play

ATTACKING

- Penetration
- Create Space
- Movement
- Support
- Creativity

DEFENDING

- Press
- Delay
- Cover and Balance
- Compactness
- Control and Restraint

In Possession
USE IT

DEFEND THE
COUNTER ATTACK



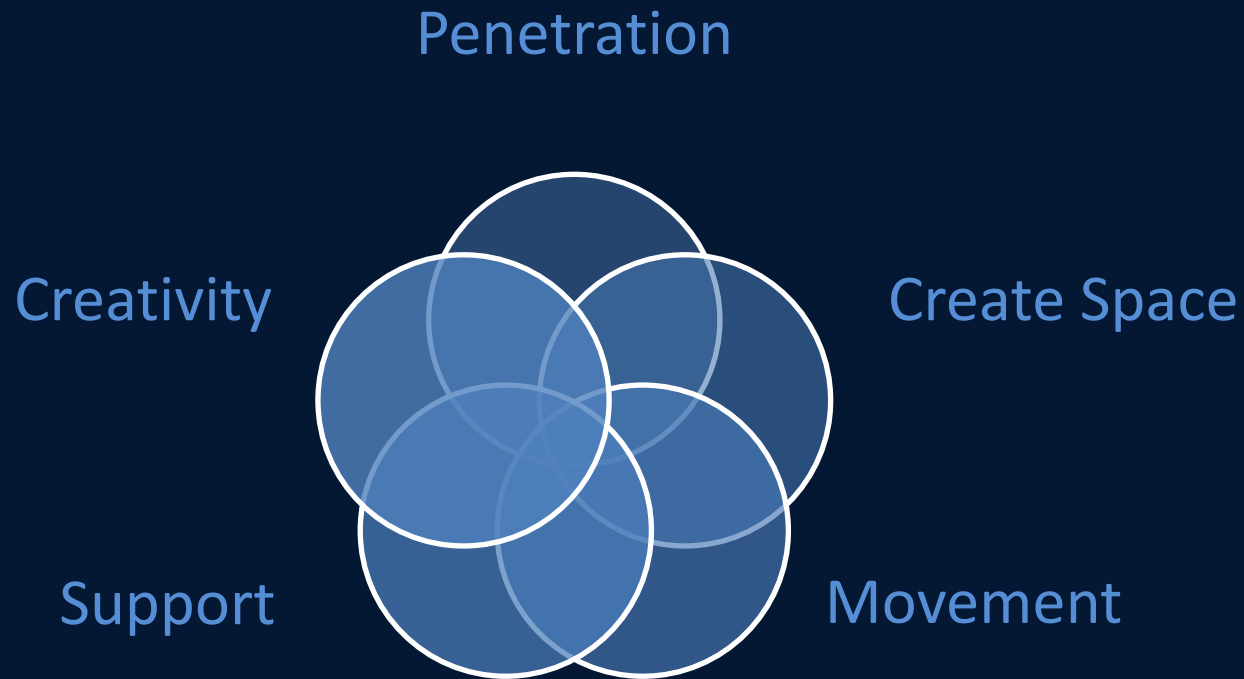
Principles of Play

ATTACKING

- Penetration
- Create Space
- Movement
- Support
- Creativity



Attacking Principles of Play



Attacking Principles:

PENETRATION

- The intelligent use of possession to enter scoring areas
with accuracy, timing and deception
- Teams will employ differing playing styles, tactics and skills to achieve this end

Attacking Principles:

CREATING SPACE

- The ability of a team to spread out from side to side and end to end
- To create as much space and time as possible
- To more effectively individually and collectively pass or run with the ball

Attacking Principles:

MOVEMENT

- The intelligent and calculated movements of players to create opportunities to:
- Receive the ball
- Make space for others to receive
- Draw opponents out of position

Attacking Principles:

SUPPORT

- The ability of a team to provide passing outlets for the player in possession
- Support in front, alongside and behind the player in possession is key to ball retention
- Effective support is dependent on the appropriate angle, distance and timing

Attacking Principles:

CREATIVITY

- The **individual** and combined activity of players to perform skills that often eliminate opponents at appropriate moments in the game

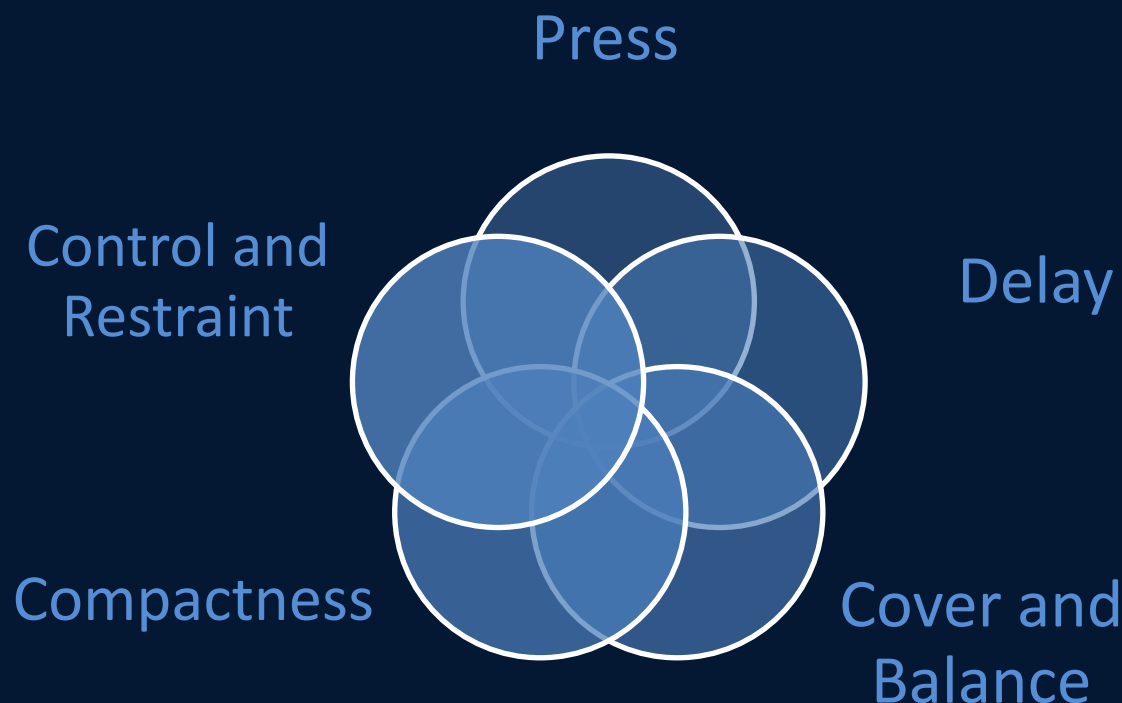
Principles of Play:

DEFENDING

- Press
- Delay
- Cover and Balance
- Compactness
- Control and Restraint



Attacking Principles of Play



Defending Principles:

PRESS

- Pressing the ball and players around the ball:
- To prevent the ball being played forward
- To reduce the options of the player in possession
- To delay the opposition attack
- To win the ball back early
- To enable a counter attack to take place or a goal-scoring opportunity

Defending Principles:

DELAY

- Refers to defenders (and defences) reducing the time, space and attacking options available to opponents who are looking to penetrate the defence and get into goal-scoring positions early

Defending Principles:

COVER AND BALANCE

- Organise players to prevent the opposition from passing or making runs to receive the pass behind the defence
- Dictating the play of the opposition providing opportunities for defenders to position themselves appropriately to ultimately defend the goal

Defending Principles:

COMPACTNESS

- The grouping of players around the ball
- Specifically the placement of players between the ball and the goal
- Reducing options to penetrate the defensive team structure
- The arrangement of players from the front to back and from side to side to reduce space in which to operate

Defending Principles:

CONTROL AND RESTRAINT

- Showing composure, awareness and sound judgement of the situation
- Knowing what the priorities are, identifying risk, and knowing both individual, unit and team responsibilities
- Defending the goal

THE GAME IN ENGLAND

WHAT IS IT MADE UP OF?

PRINCIPLES OF PLAY

ATTACKING

Penetration
Create Space
Movement
Support
Creativity

DEFENDING

Press
Delay
Cover and Balance
Compactness
Control and Restraint

TECHNICAL COMPONENTS

ATTACKING

Passing
Receiving
Turning
Dribbling
Finishing

DEFENDING

Intercepting
Pressing
Marking
Covering

FA/ENGLAND PHASES

In Possession
Out of Possession
Transition



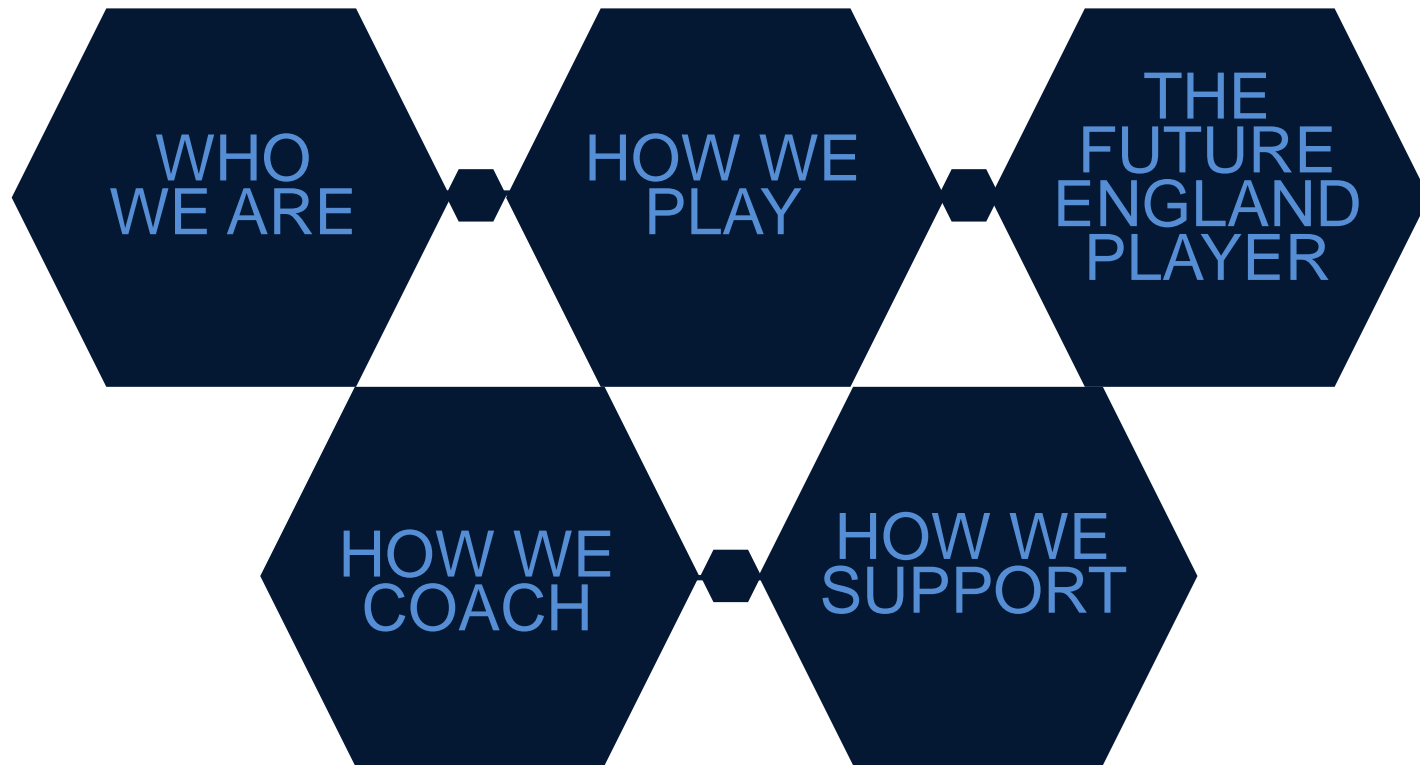
FOR ALL



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Principles and Philosophy

ENGLAND DNA – CORE ELEMENTS



ENGLAND DNA – GAME STRATEGY



ENGLAND DNA – TRAINING STRATEGY

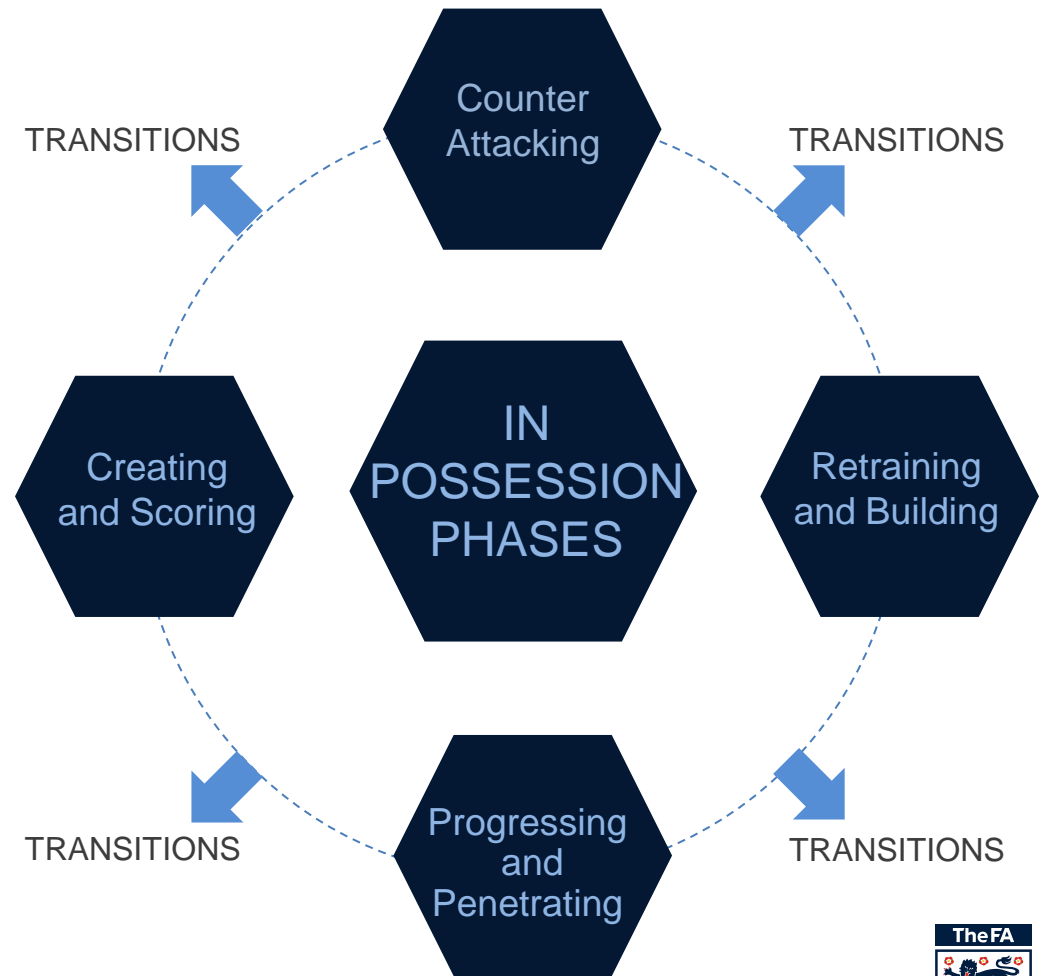


ENGLAND DNA – THE FA 4 CORNER MODEL



IN POSSESSION – PHILOSOPHY

ENGLAND TEAMS AIM
TO INTELLIGENTLY
DOMINATE
POSSESSION
SELECTING THE
RIGHT MOMENTS TO
PROGRESS THE PLAY
AND PENETRATE THE
OPPOSITION



England DNA Principles

IN POSSESSION

- Counter Attack
- Retain and Build
- Progress and Penetrate
- Creating and Scoring



England DNA Principles

IN POSSESSION

COUNTER ATTACK

Counter-attacking is the execution of quick and incisive attacking play with the aim of exploiting opponents' defensive state to create goal-scoring opportunities.

England DNA Principles

IN POSSESSION

RETAIN and BUILD

England teams aim to dominate possession with the aim of creating opportunities to penetrate the opposition and create goal-scoring chances.

England DNA Principles

IN POSSESSION

PROGRESS and PENETRATE

England teams aim to penetrate the opposition by moving the ball intelligently between and beyond opponents to create goal-scoring opportunities.



England DNA Principles

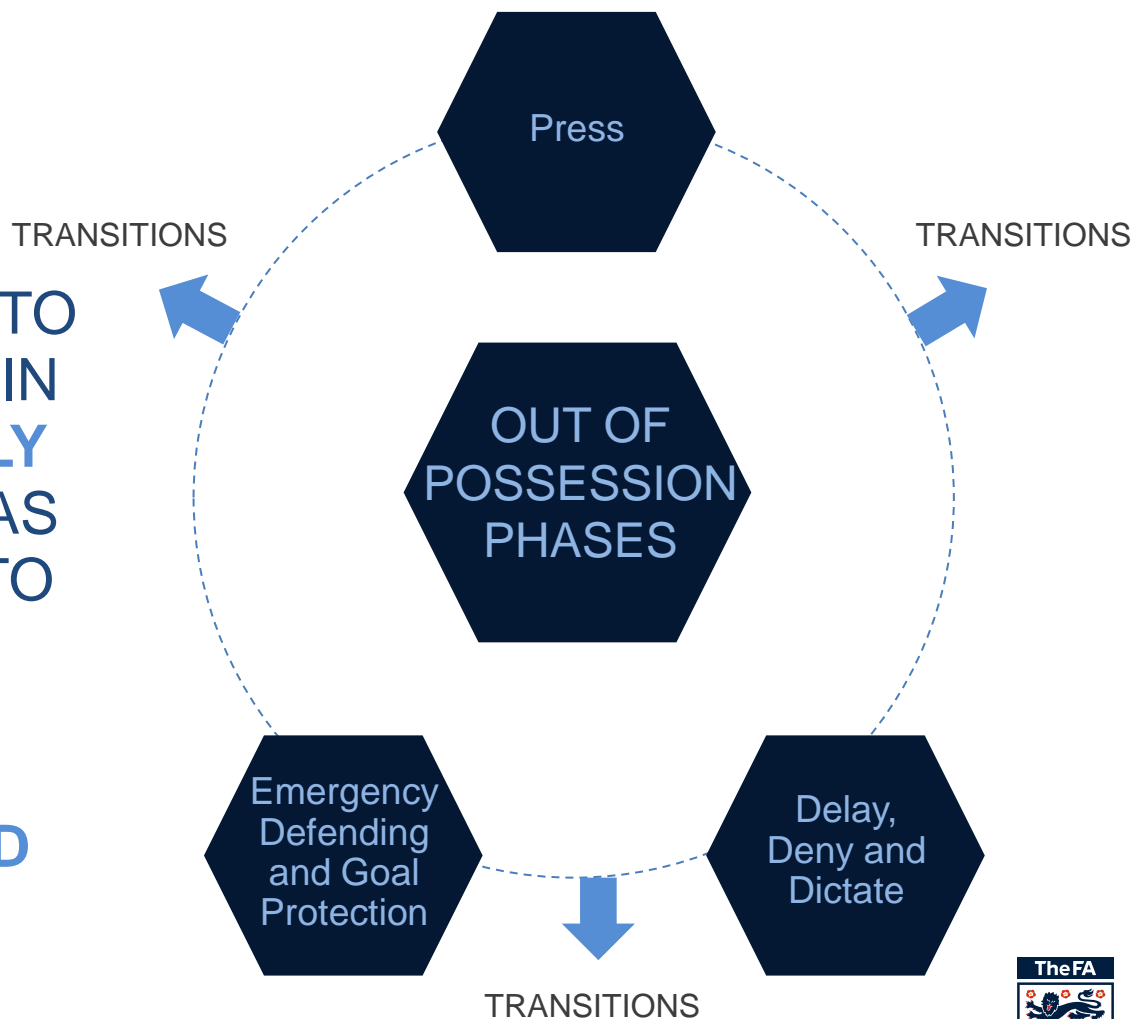
IN POSSESSION

CREATING and SCORING

Progressing play to the creating and scoring phase is the aim of all other aspects of the playing philosophy.

OUT OF POSSESSION – PHILOSOPHY

ENGLAND TEAMS AIM TO **INTELLIGENTLY** REGAIN POSSESSION AS **EARLY** AND AS **EFFICIENTLY** AS POSSIBLE. TAKING INTO CONSIDERATION THE **STATE OF THE GAME**, THE **ENVIRONMENT** AND **PRE-DETERMINED GAME PLAN**



England DNA Principles

OUT OF POSSESSION

- Press
- Delay, Deny, Dictate
- Emergency Defending and Goal Protection



England DNA Principles

OUT OF POSSESSION

PRESS

Pressing involves pressurising the opposition in a strategic and controlled manner with the aim of regaining possession.

England DNA Principles

OUT OF POSSESSION

DENY, DELAY, DICTATE

If effective pressure can not be applied, England teams will attempt to delay, deny and dictate opposition attacks.

This involves denying space, dictating the direction and speed of play and preventing the opposition from using their preferred attacking method.

England DNA Principles

OUT OF POSSESSION

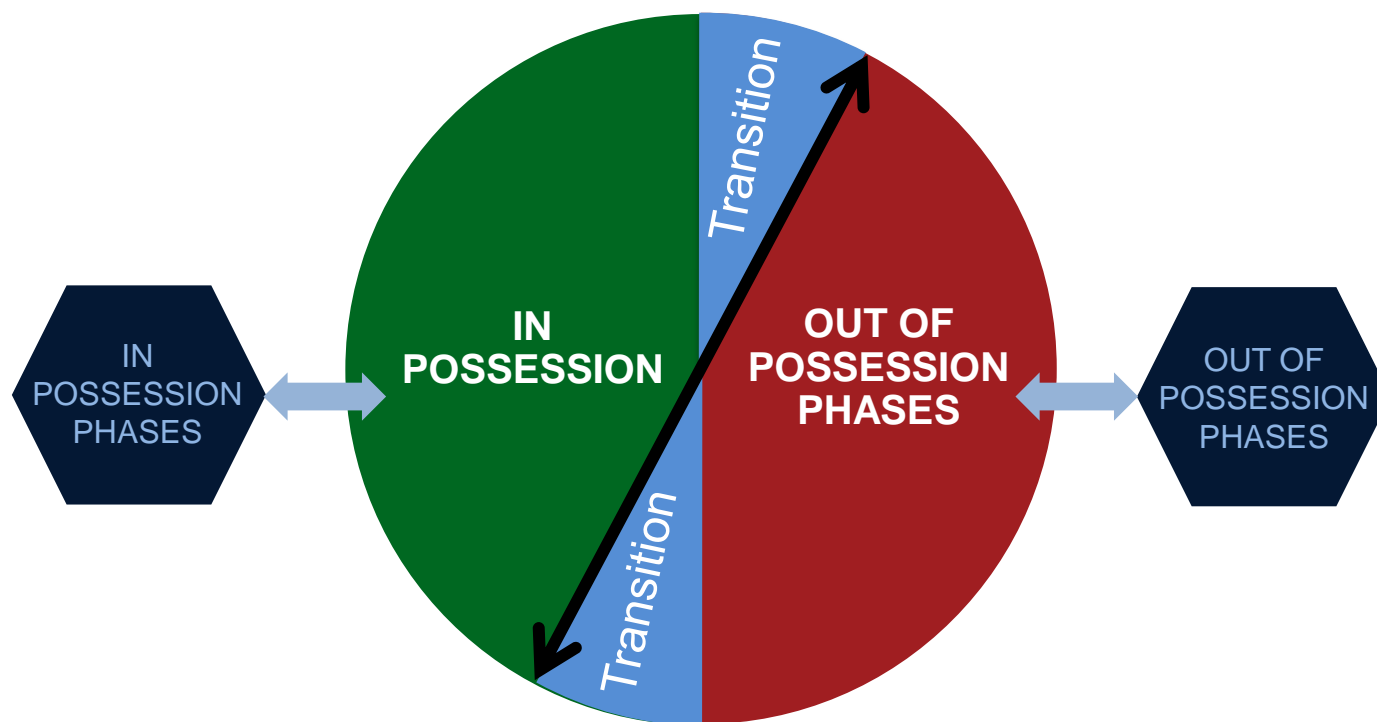
EMERGENCY DEFENDING and GOAL PROTECTION

Emergency defending is a method of protecting the goal when it is at its most vulnerable and when all other defensive options have failed.



FOR ALL

TRANSITION – PHILOSOPHY



ENGLAND TEAMS **SENSE CHANGING MOMENTS**
IN THE GAME BOTH IN AND OUT OF POSSESSION
REACTING **INSTINCTIVELY** AND **INTELLIGENTLY**

England DNA Principles

TRANSITION

- Defence to Attack
- Attack to Defence



England DNA Principles

TRANSITION

Recognising the state of the game and responding with instinctive, intelligent and positive decisions is the start-point for effective transitional play.

England DNA Principles

TRANSITION

COUNTER ATTACK

The ability of a team to regain the ball and attack the opposition quickly utilising the spaces and player's available with quick forward passing, running, with early and quick support to create goal scoring opportunities.

England DNA Principles

TRANSITION

COUNTER ATTACK

- Transition speed
- Strategy to win ball back
- Strategy to launch attack
- Balance of the team

England DNA Principles

TRANSITION

DEFENDING THE COUNTER ATTACK

During all aspects of the in-possession philosophy, defensive security should be considered.

Awareness of defensive security ensures the team remains organised at all times and can react effectively when the ball is lost.

All players contribute to ensuring defensive security, in particular the goalkeeper through effective positioning, organisation and communication.

England DNA Principles

TRANSITION

DEFENDING THE COUNTER ATTACK

- Transition Speed
- Prevent Immediate Forward Action
- Willingness to Recover
- Explosive Running
- Denying/Preventing Quick Ball Speed
- Increase the Number of Passes
- Swift Solutions (i.e. opportunities to win/delay)
- Intercepts/Spoils/Tackles

ENGLAND DNA PRINCIPLES

TRANSITION: Defending The Counter Attack

Recognition of Game Situation and Game State



Decision Making



1st Individual Action



Unit and Team Reaction

Summary

How England teams play will be the strongest demonstration of the England DNA.

Our aim is for all England teams to demonstrate a consistent playing style based on the England DNA playing philosophy.



FOR ALL