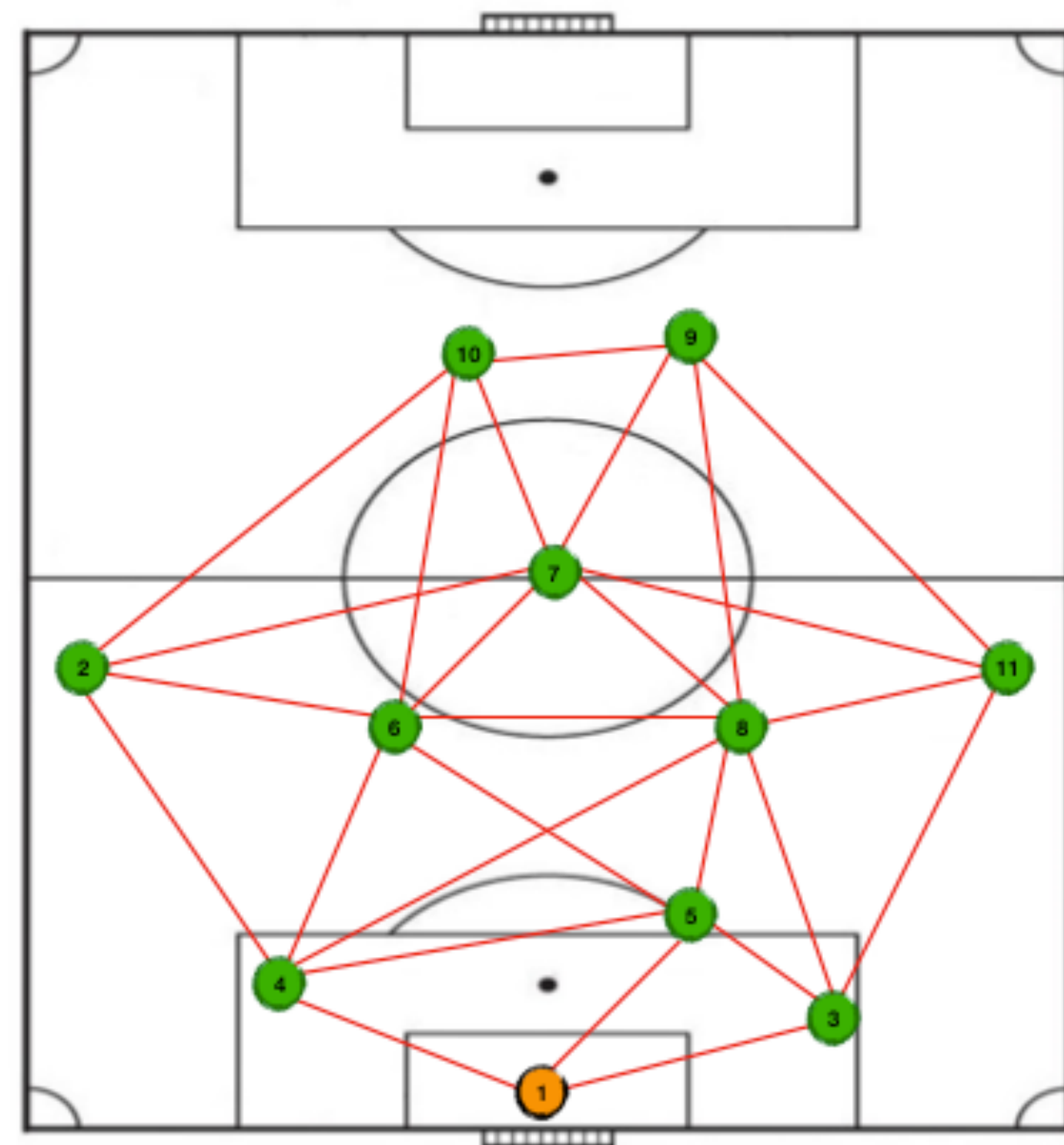




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Developing Your Principles of Play

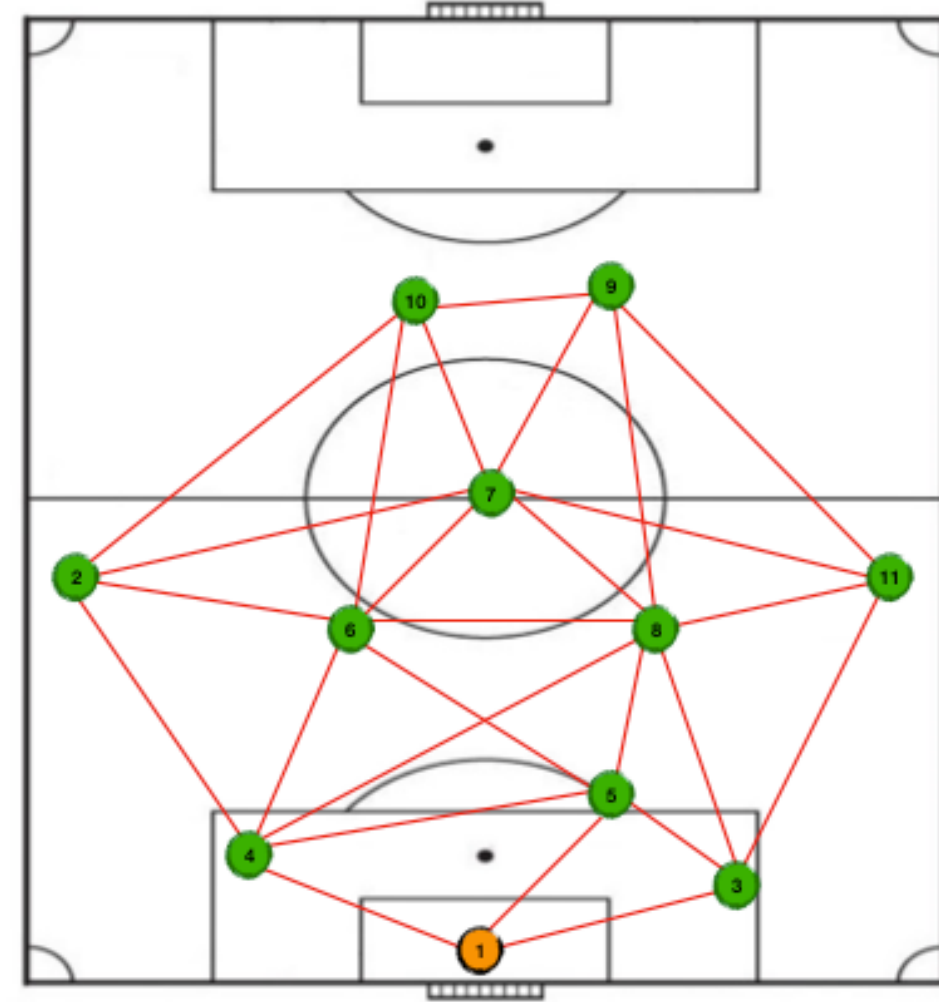
Irrespective of system or style of play

Rob Sweeney

Developing Your Principles of Play

Irrespective of system or style of play

-
- ⚽ Principles of play are the fundamental strategies and key points in which a football team employ in order to overcome their opponents
-
- ⚽ Develop your players' understanding of your principles of play by including relative challenges and by painting the same pictures throughout your coaching practices
-
- ⚽ Your principles should remain the same irrespective of system or style of play
-



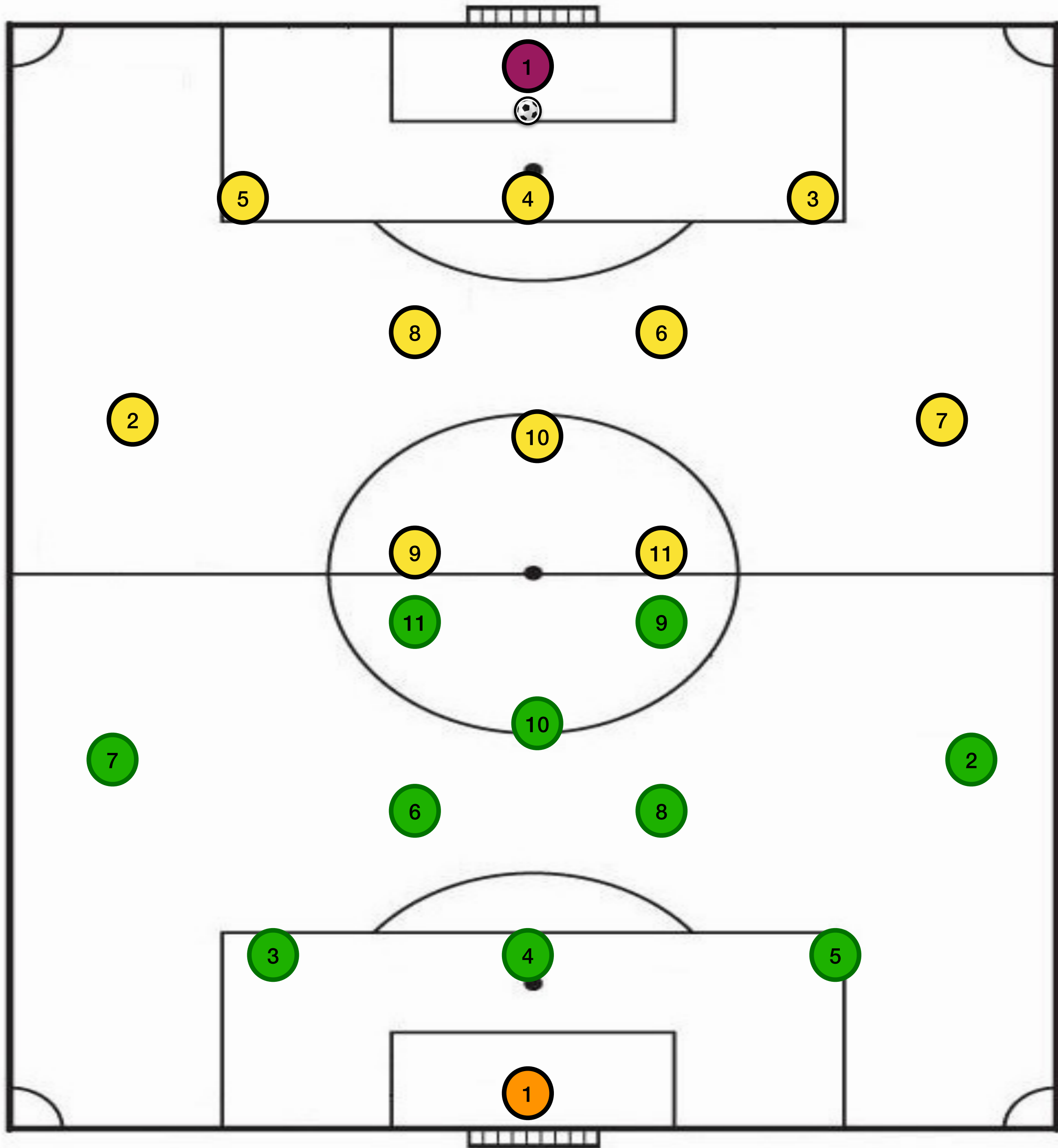
FOOTBALL
ASSOCIATION OF
IRELAND

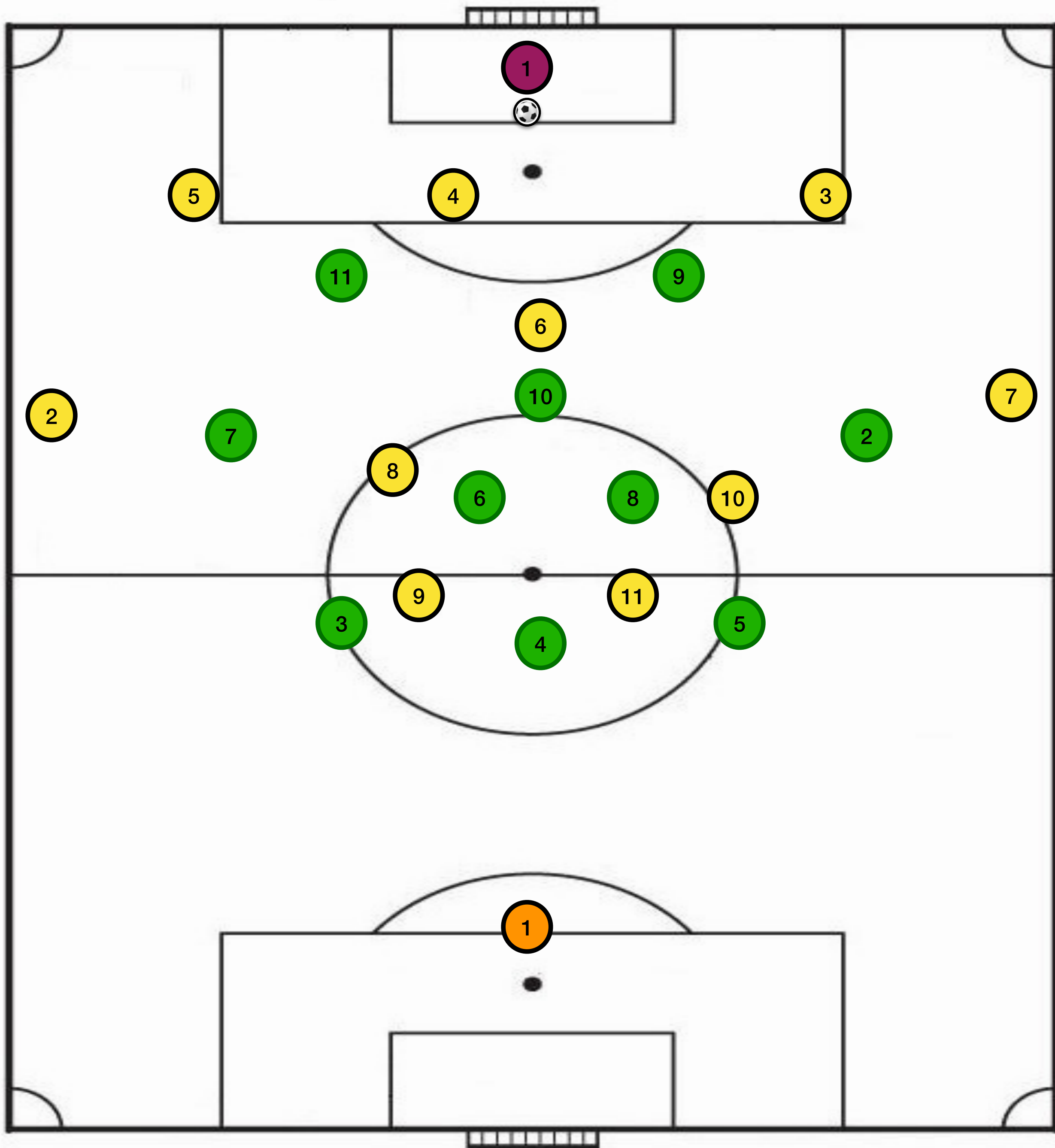
Defending Principles of Play

Communication | *Decision Making* | *Execution*



Defending Principles of Play





Defending Principles of Play

Team Function:

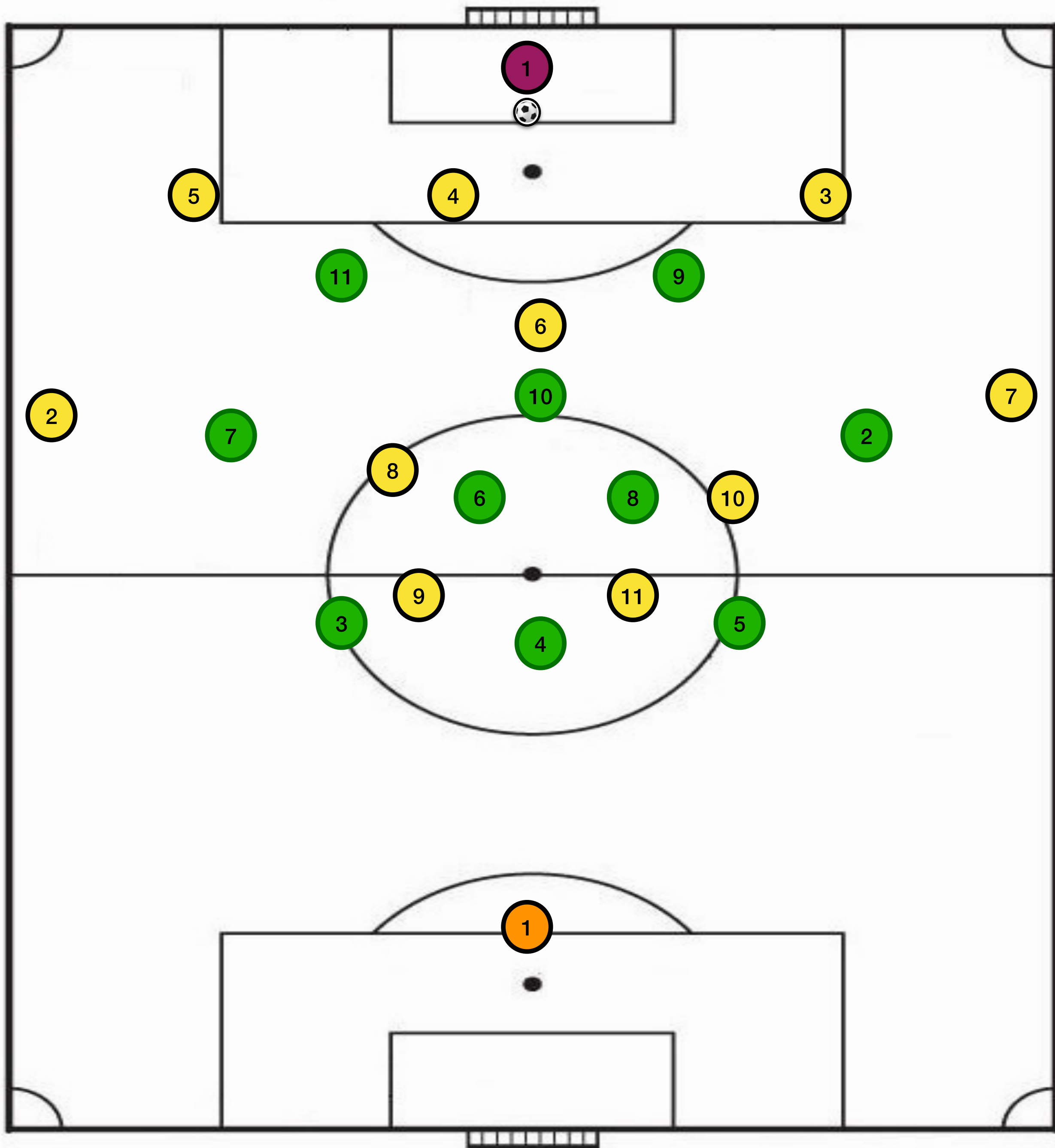
Defending within 1-3-5-2 vs 1-3-5-2

Team Task:

Prevent build up within opponents half and prevent scoring in own half

Principles of Play:

- 1. Identify and establish line of pressure**
- 2. Compactness relative to line of defence**
- 3. Defend as a team, ball moves, team moves**



Defending Principles of Play

Team Function:

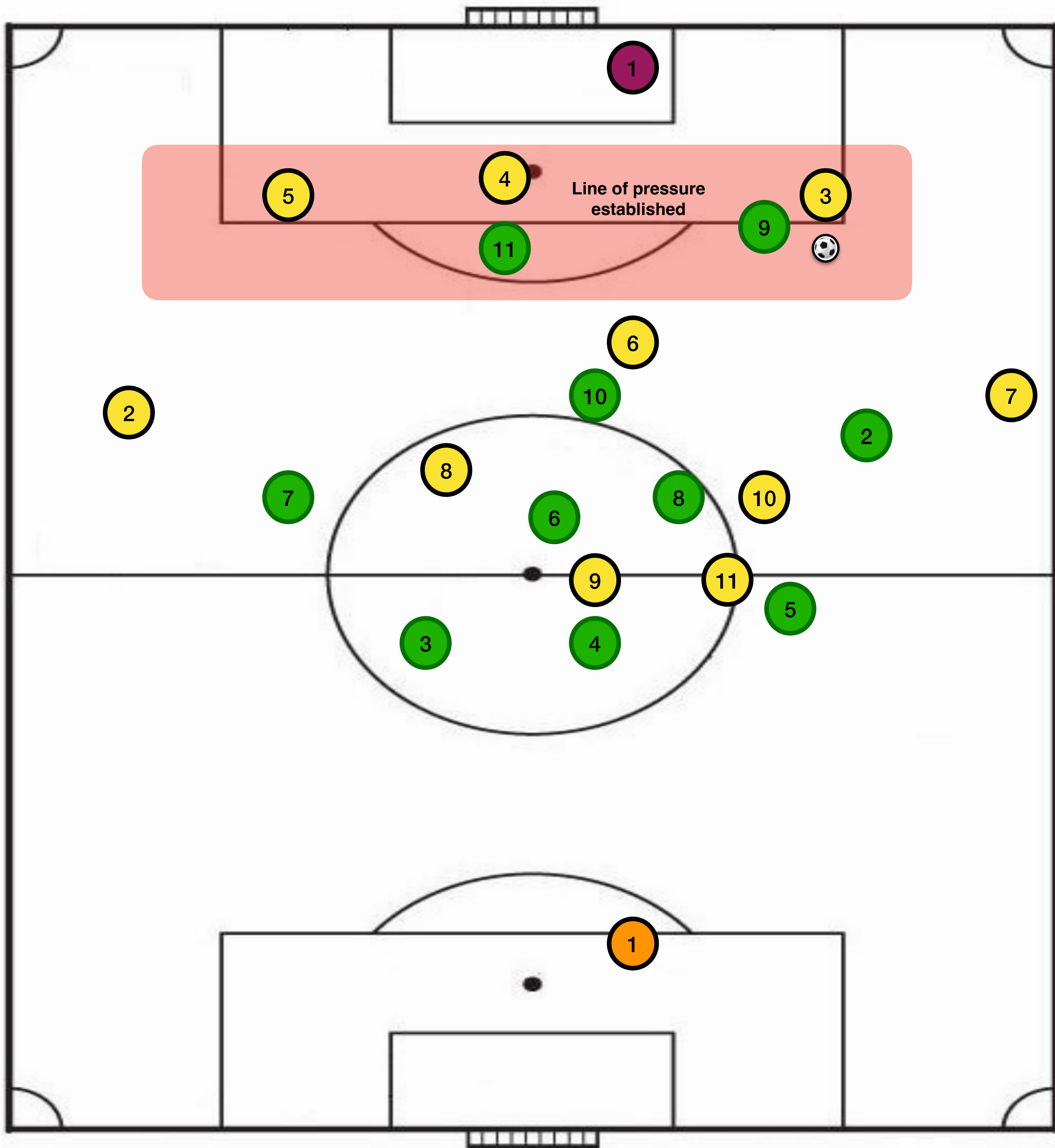
Defending within 1-3-5-2 vs 1-3-5-2

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Defending Principles of Play

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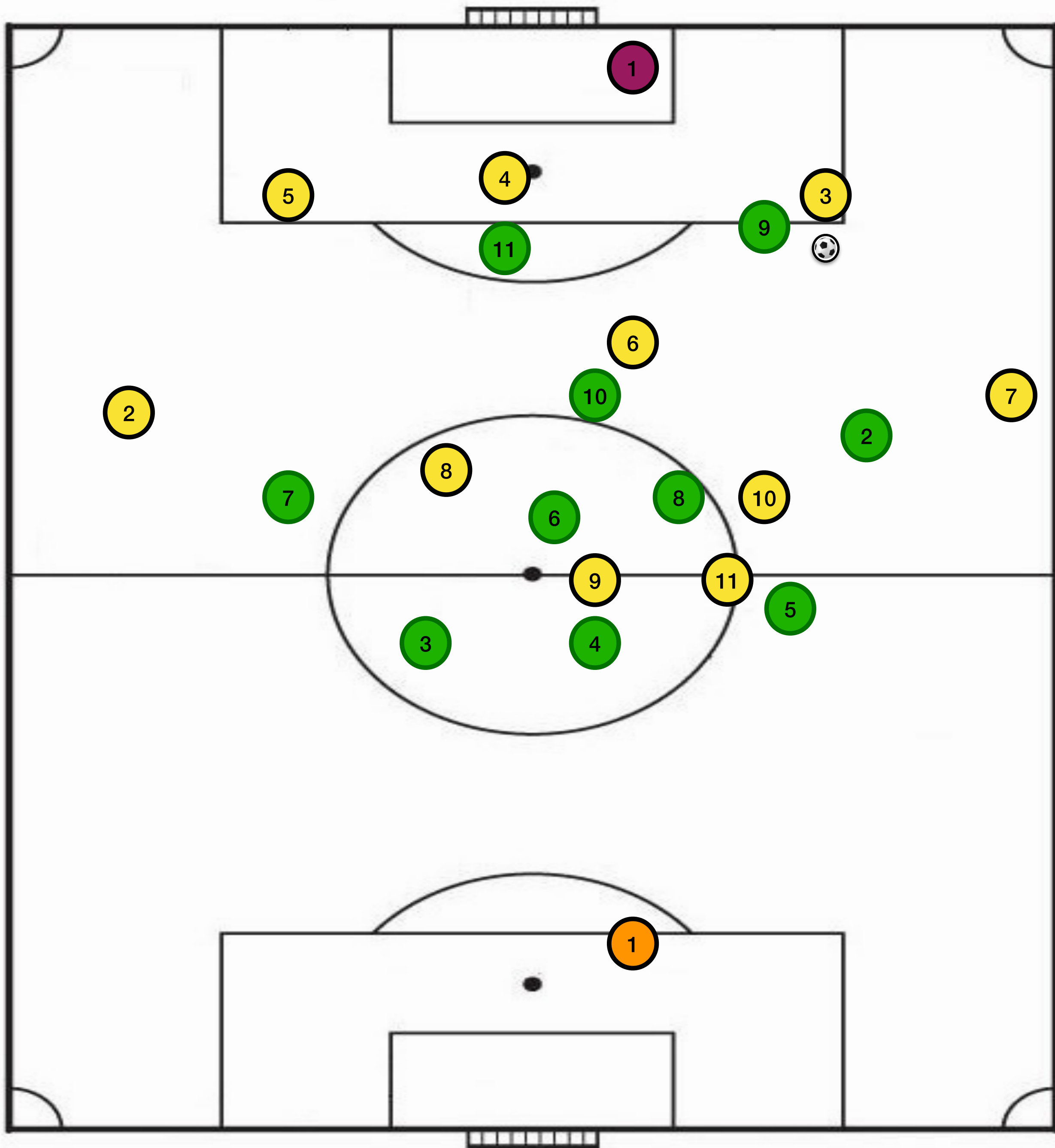
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Defending Principles of Play

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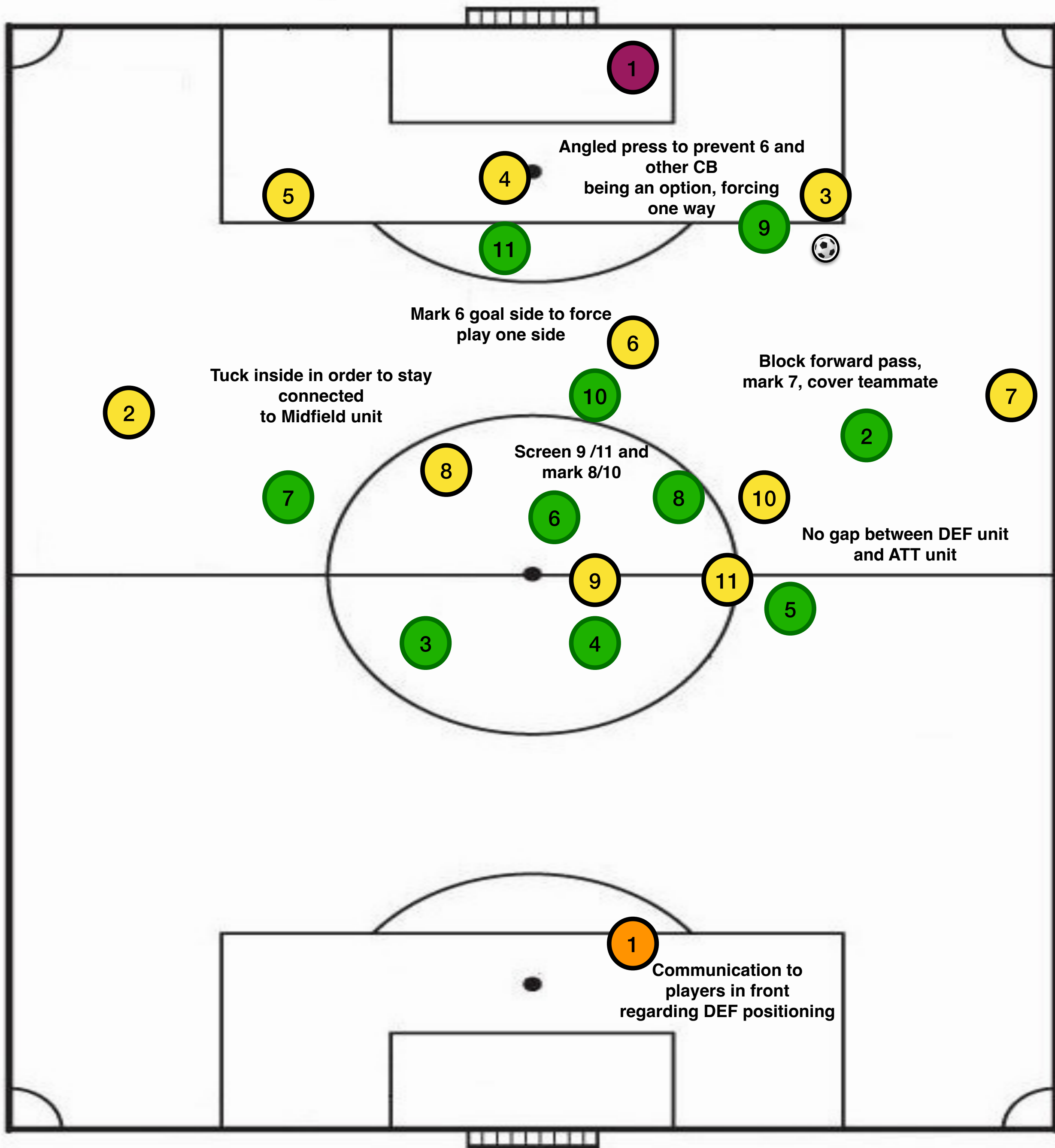
Defending within 1-3-5-2 vs 1-3-5-2

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Defending Principles of Play

Team Function:

Defending within 1-3-5-2 vs 1-3-5-2

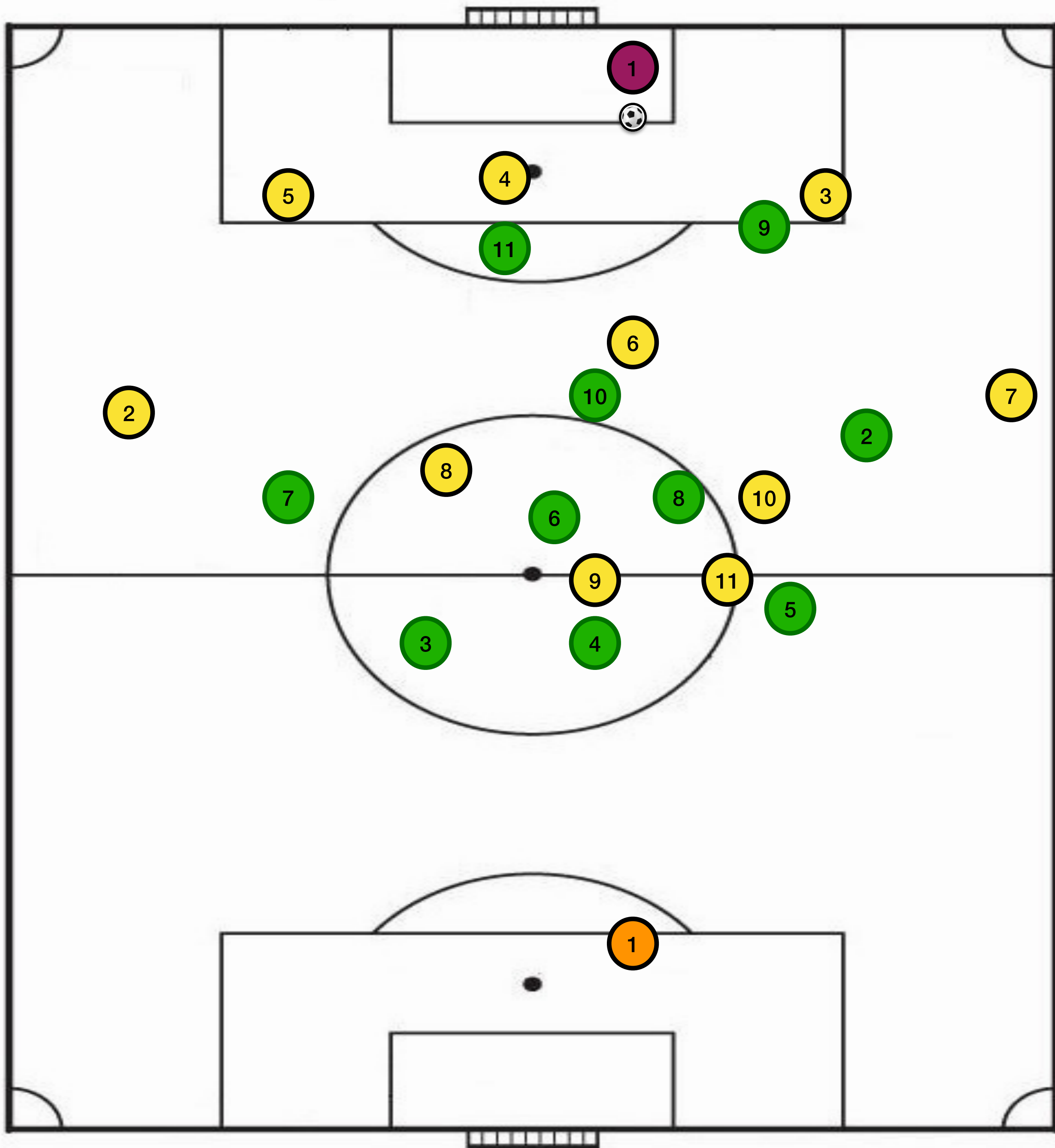
Team Task:

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Principles of Play:

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Defending Principles of Play

Team Function:

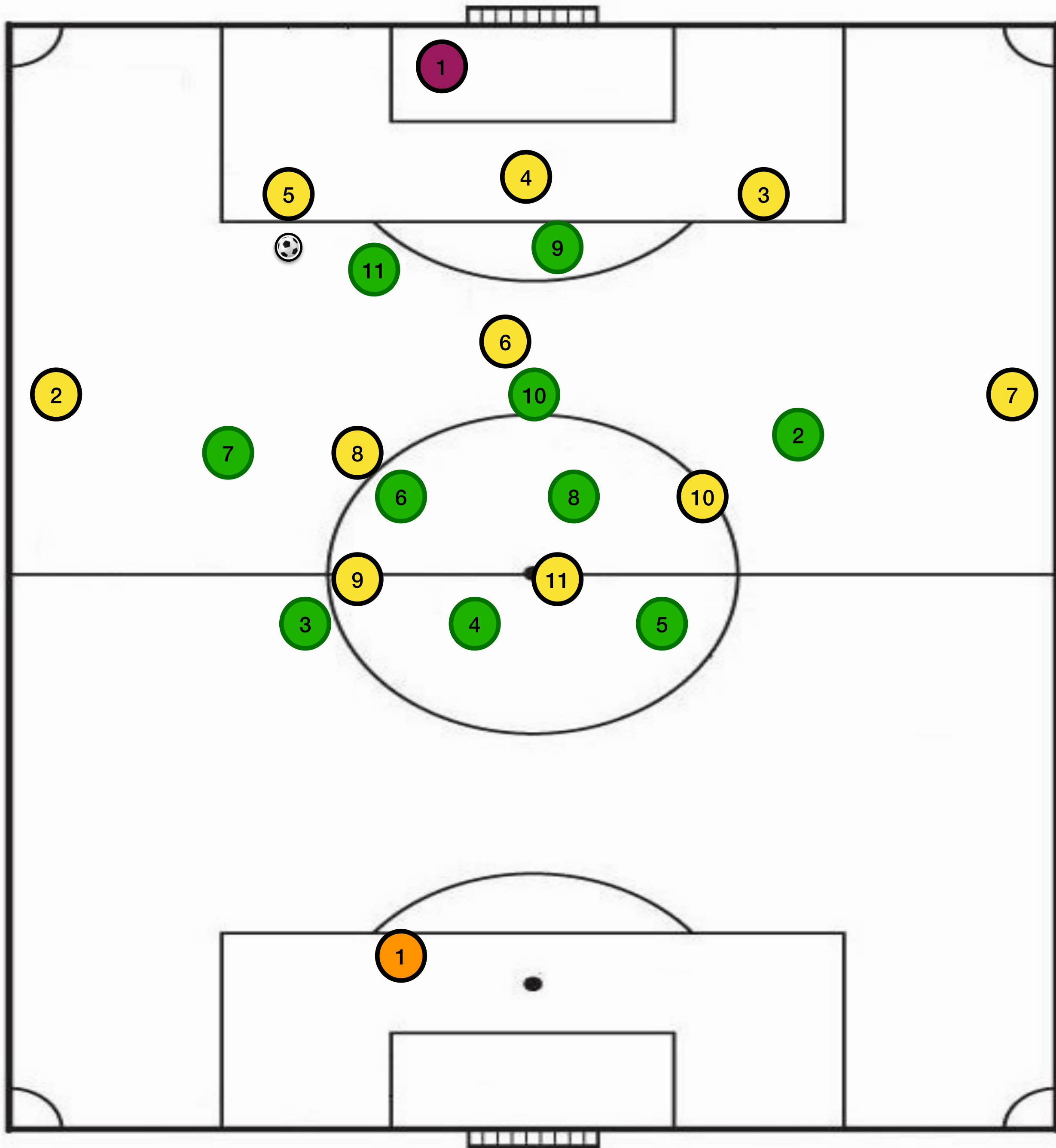
Defending within 1-3-5-2 vs 1-3-5-2

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Defending Principles of Play

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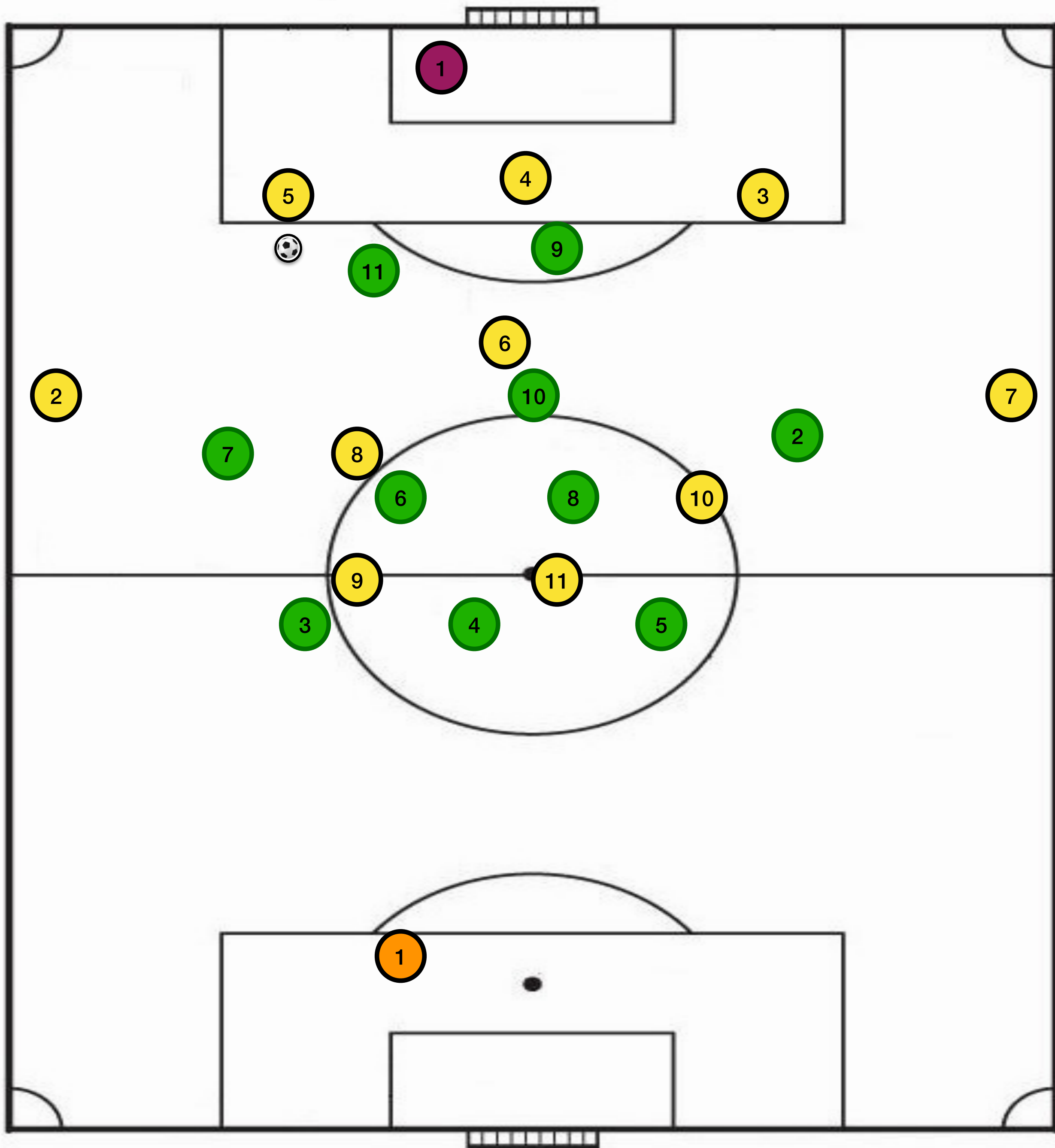
Defending within 1-3-5-2 vs 1-3-5-2

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Defending Principles of Play

Team Function:

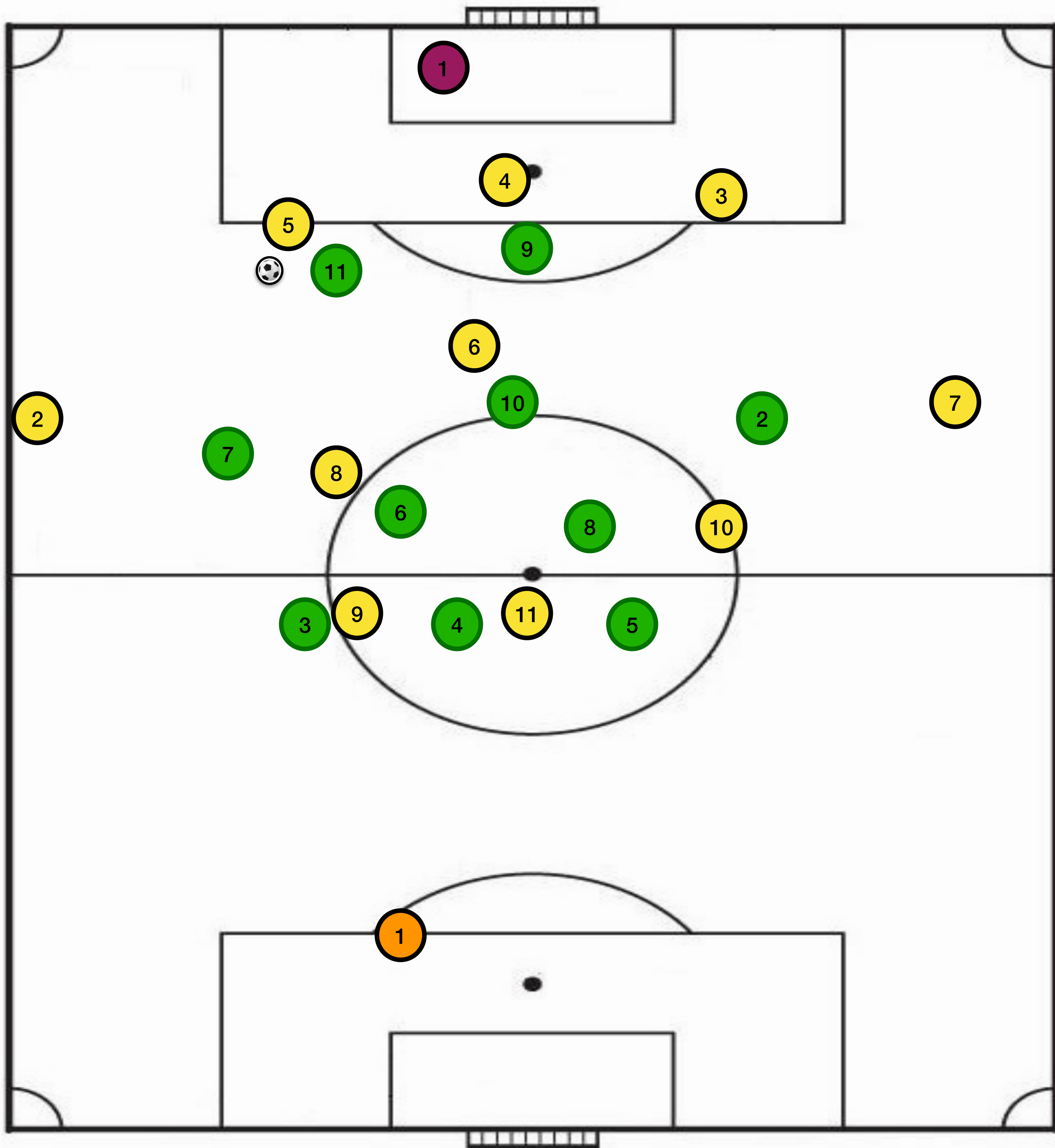
Defending within 1-3-5-2 vs 1-3-5-2

Team Task:

Prevent build up within opponents half and prevent scoring in own half

Principles of Play:

- 4. Establish triggers for pressing opposition**
- 5. Midfield zonal marking and screening**
- 6. Identify long pass and establish cover and balance in back 3 with recovery runs**
- 7. Discipline in executing decisions**



Defending Principles of Play

Team Function:

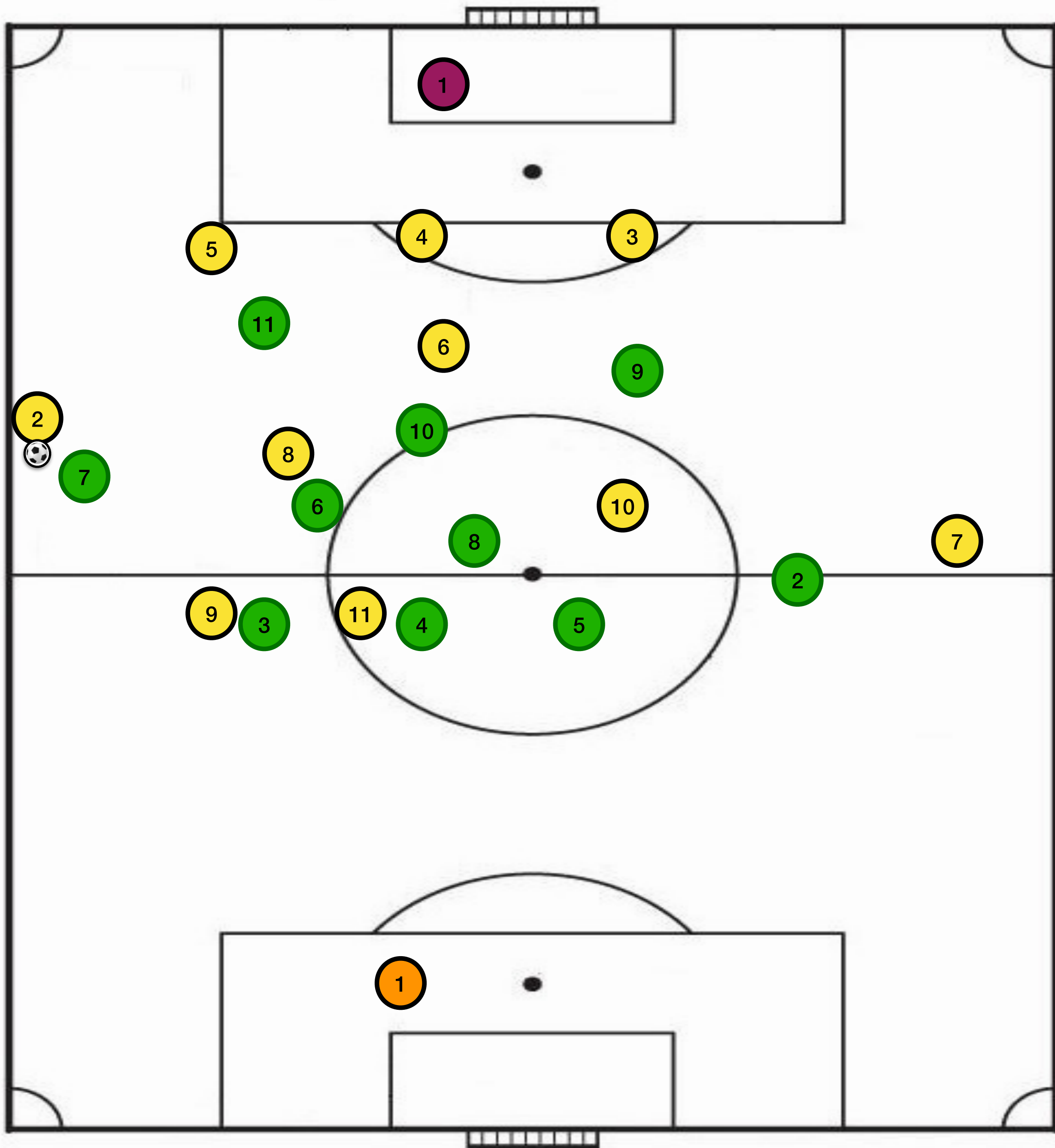
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Defending Principles of Play

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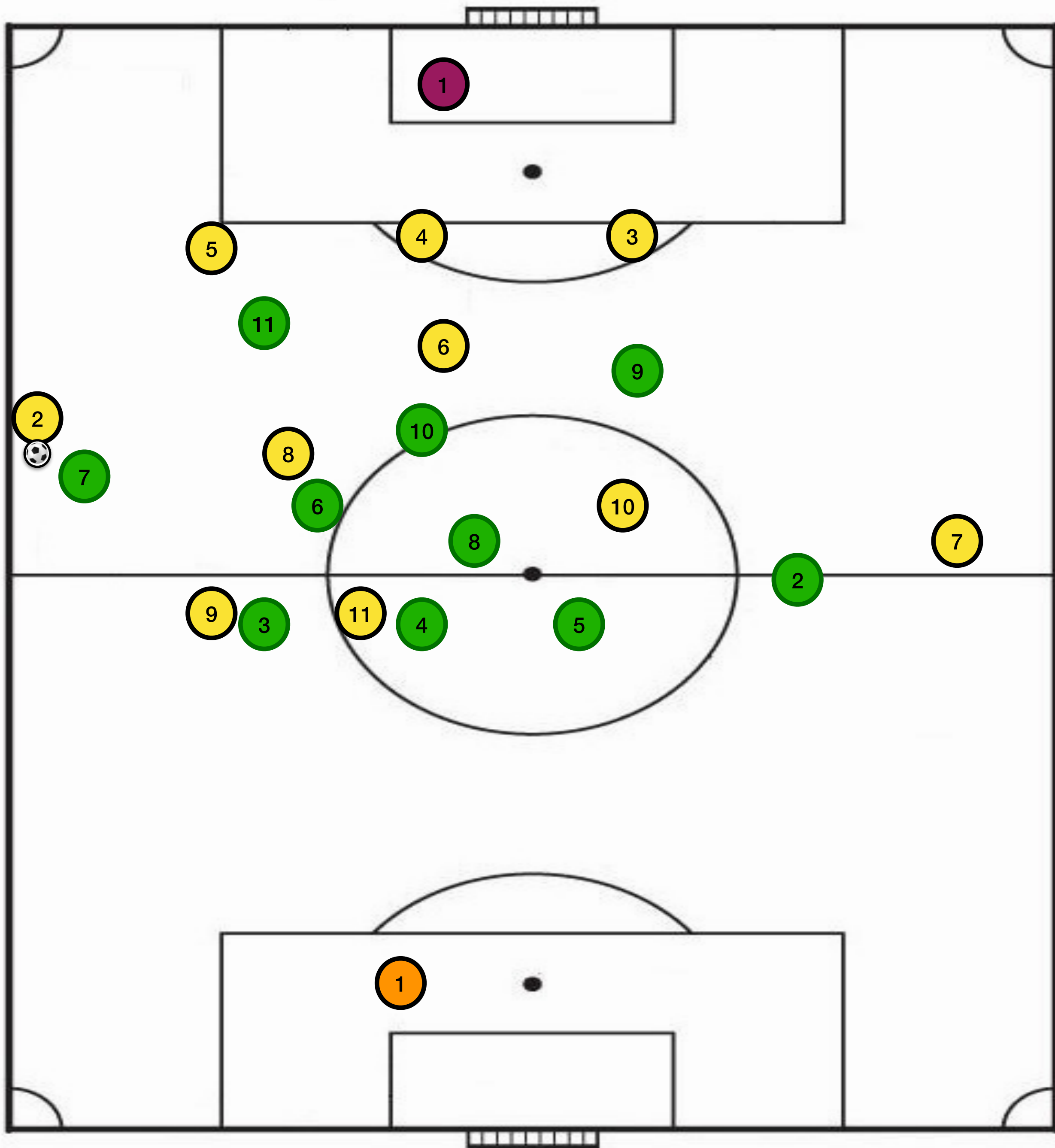
Defending within 1-3-5-2 vs 1-3-5-2

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Defending Principles of Play

Team Function:

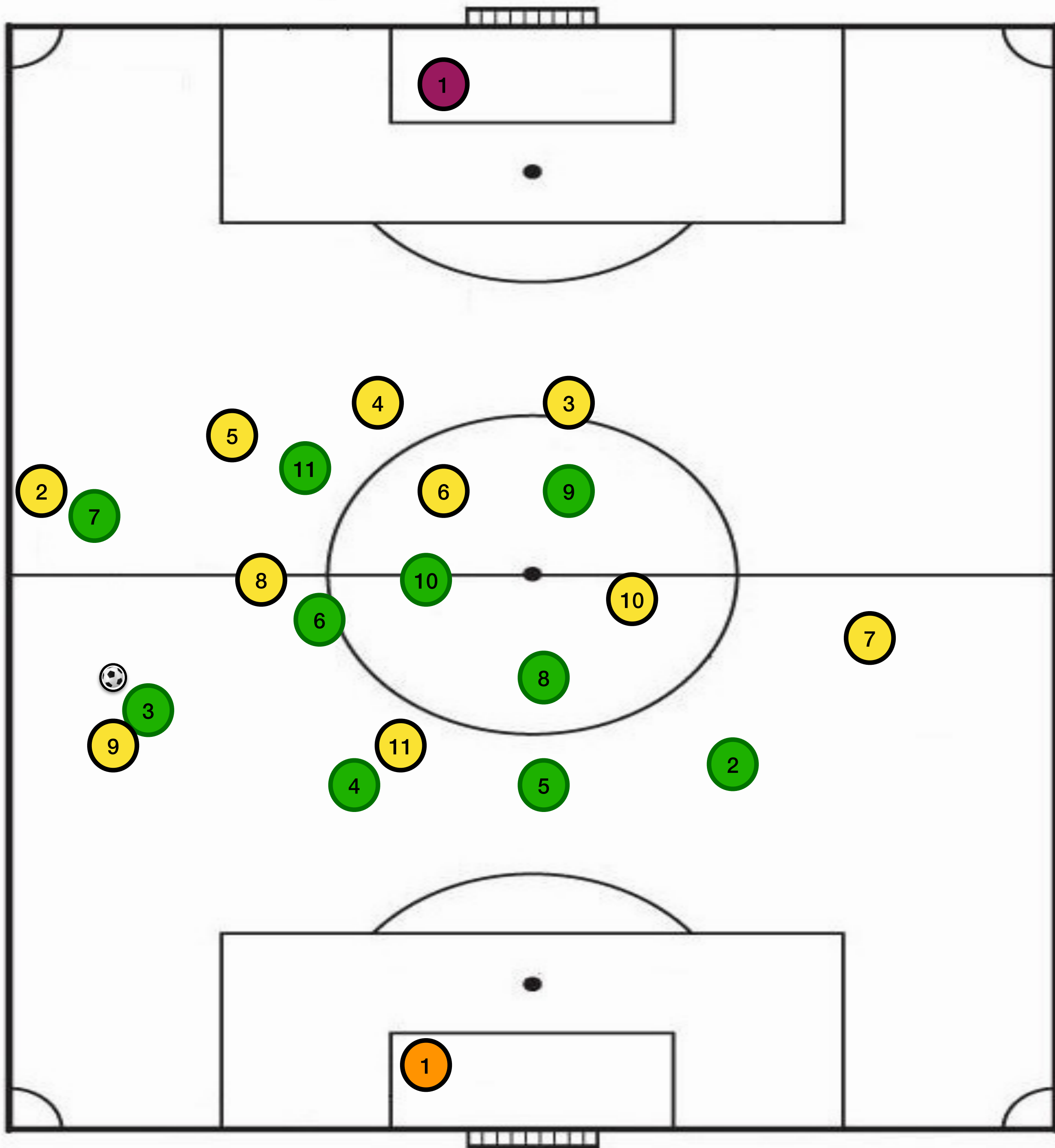
Defending within 1-3-5-2 vs 1-3-5-2

Team Task:

Prevent build up within opponents half and prevent scoring in own half

Principles of Play:

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5. Midfield zonal marking and screening
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Defending Principles of Play

Team Function:

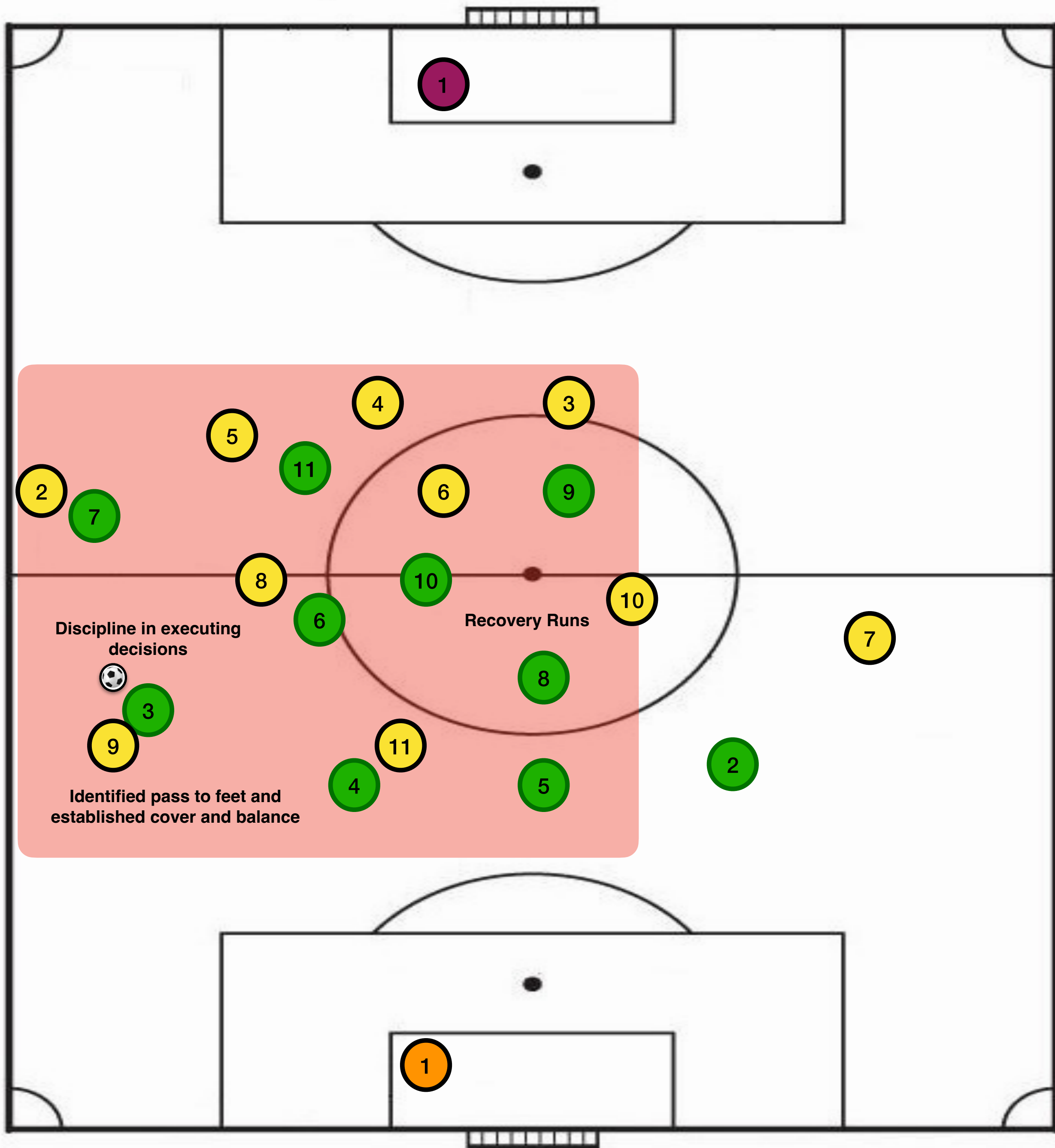
Defending within 1-3-5-2 vs 1-3-5-2

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Defending Principles of Play

Team Function:

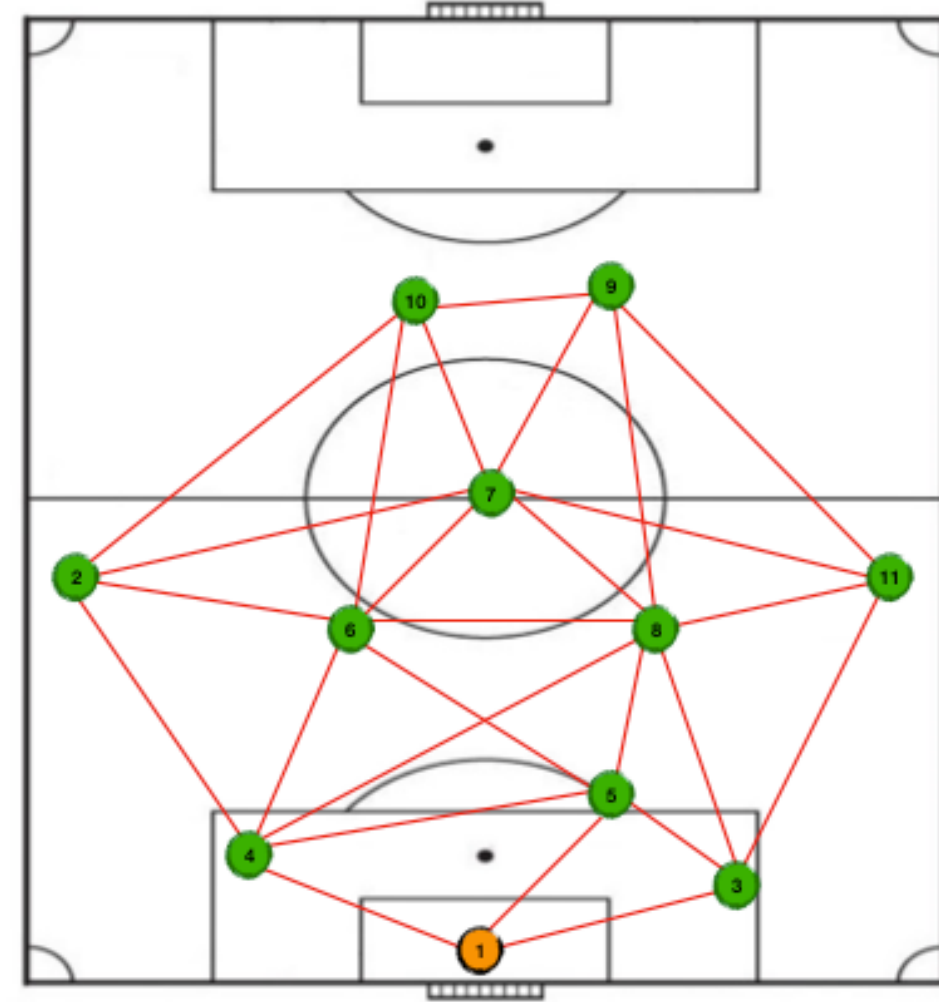
Defending within 1-3-5-2 vs 1-3-5-2

Team Task:

Prevent build up within opponents half and prevent scoring in own half

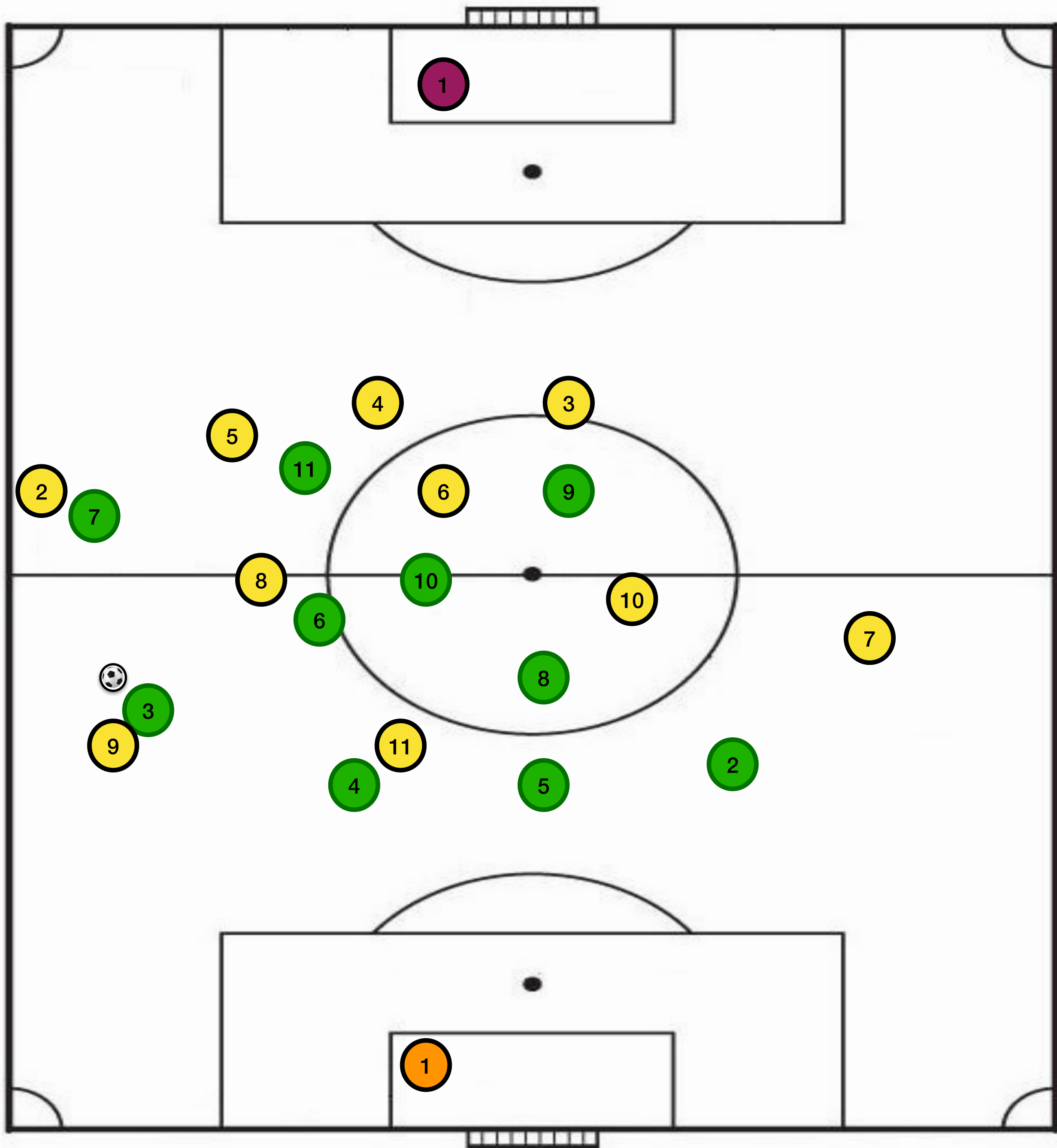
Principles of Play:

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5. **Midfield zonal marking and screening**
6. **Identify long pass and establish cover and balance in back 3 with recovery runs**
7. **Discipline in executing decisions**



Transition to Attack Principles of Play

Communication | Decision Making | Execution



Transition to Attack Principles of Play

Team Function:

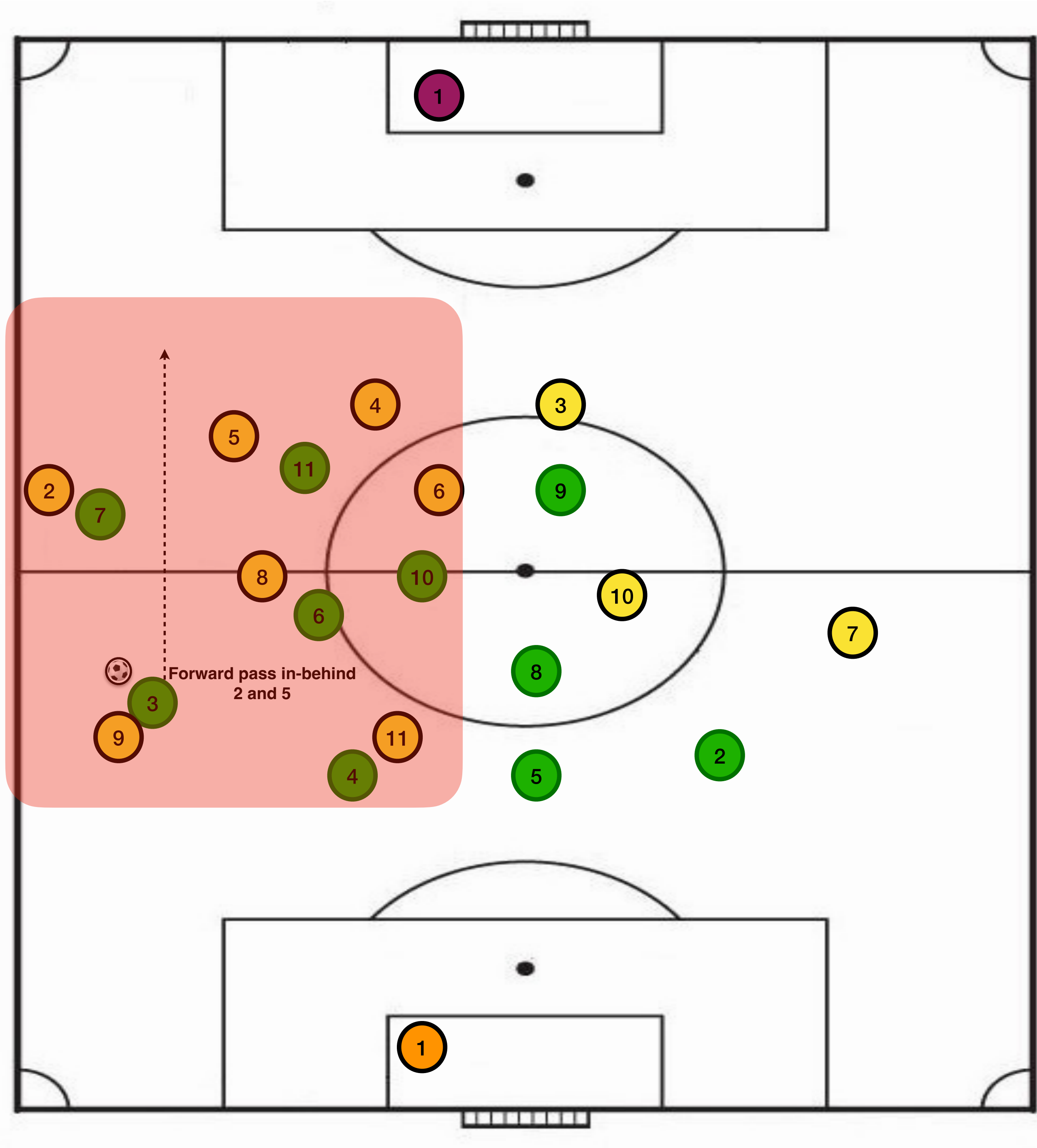
Transition to attack within 1-3-5-2 vs
1-4-4-2

Team Task:

Transition to attack from within your own
half

Principles of Play:

1. Look to play forward selecting the best option
2. If this is not an option look to protect the ball and keep possession



Transition to Attack Principles of Play

Team Function:

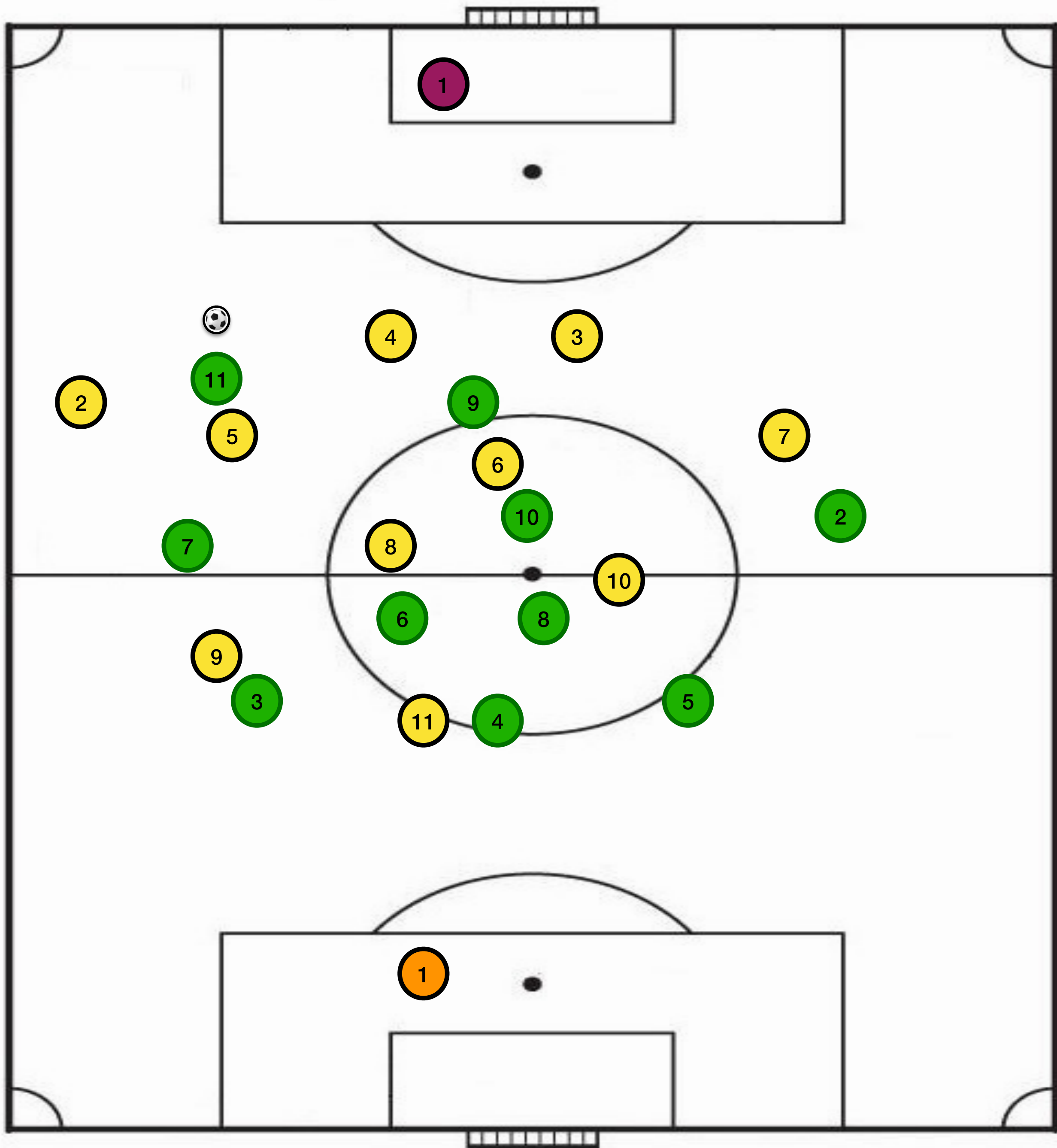
Transition to attack within 1-3-5-2 vs
1-3-5-2

Team Task:

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Transition to Attack Principles of Play

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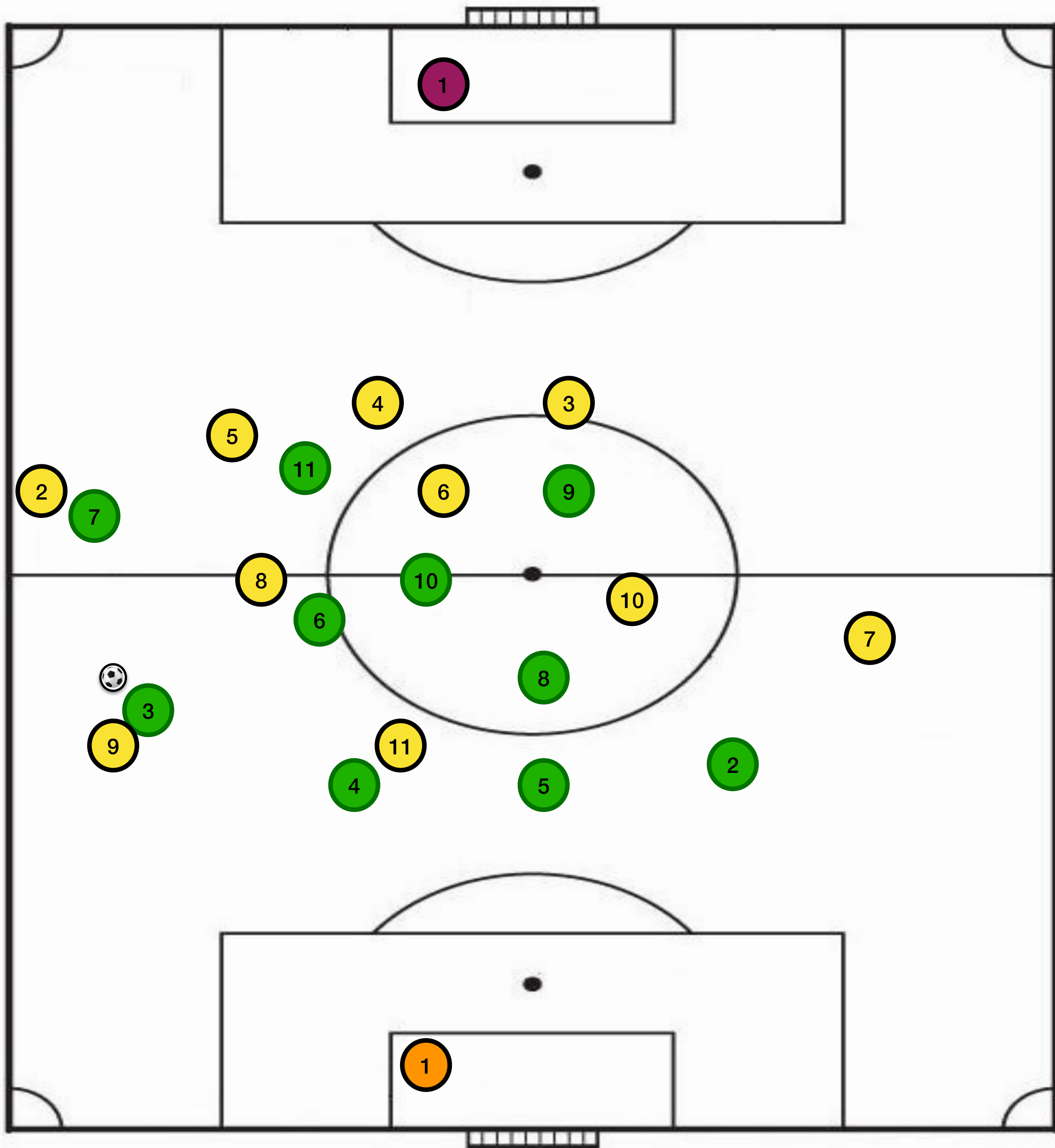
Transition to attack within 1-3-5-2 vs
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Transition to Attack Principles of Play

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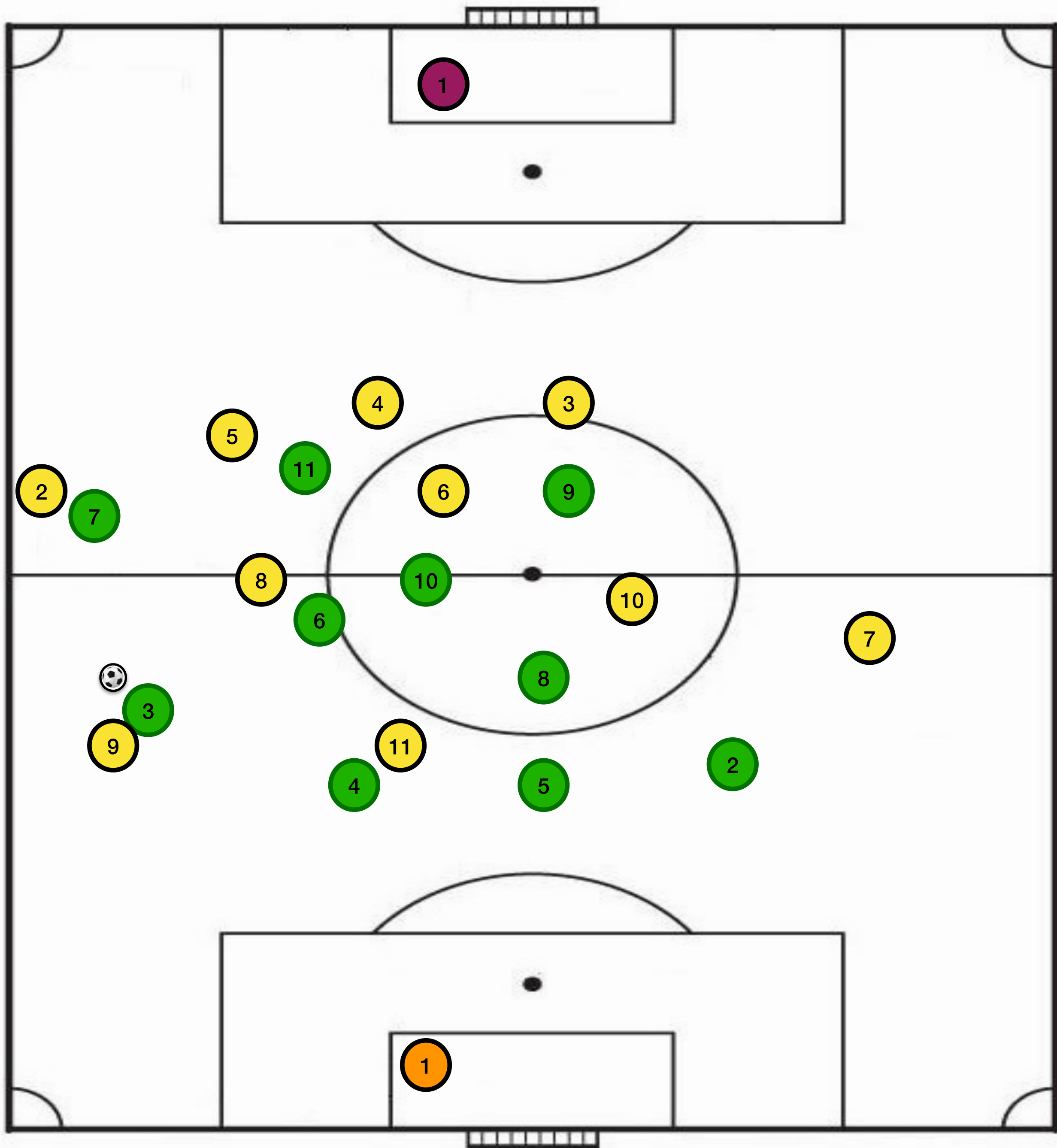
Transition to attack within 1-3-5-2 vs
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Transition to Attack Principles of Play

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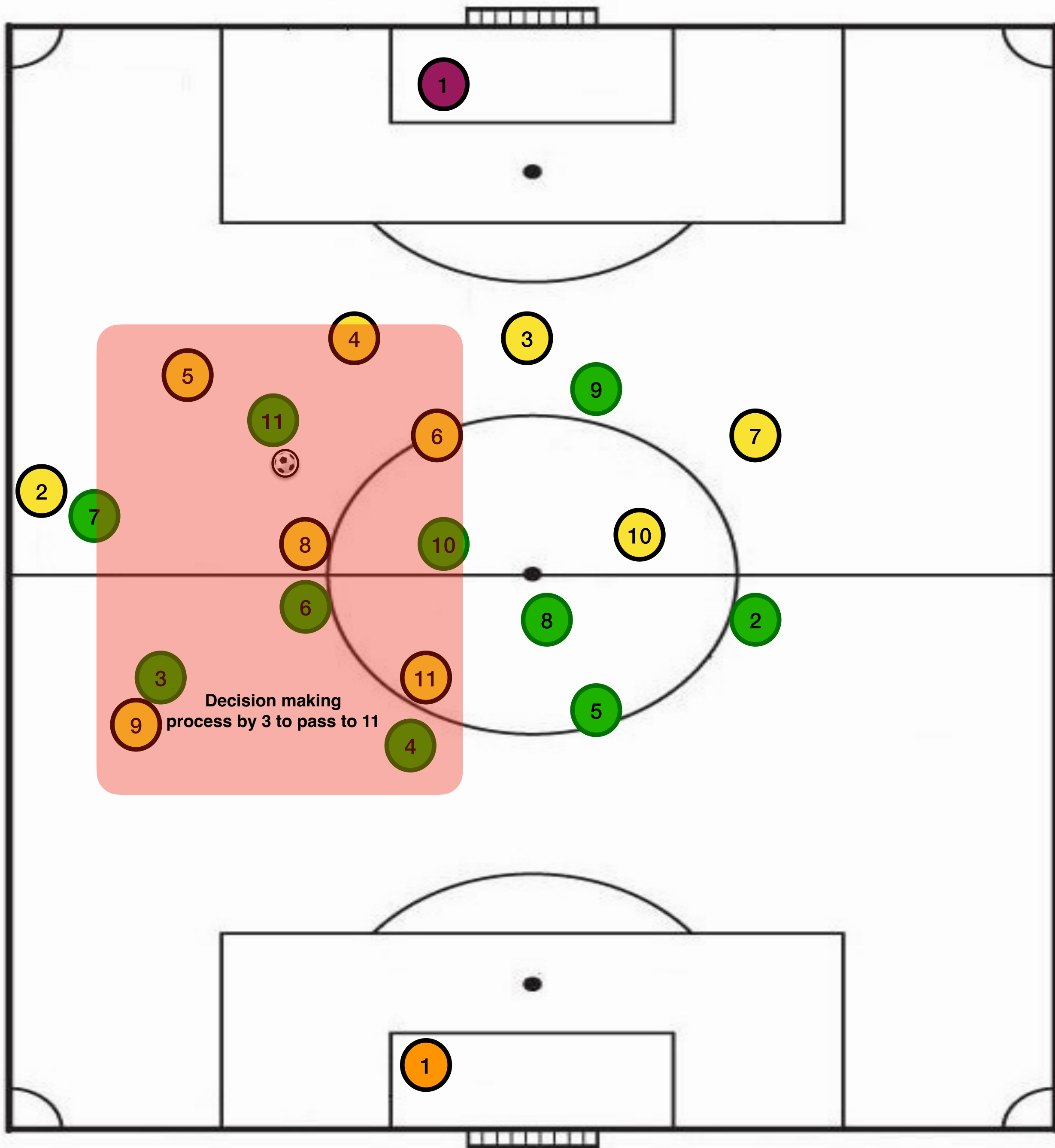
Transition to attack within 1-3-5-2 vs
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Transition to Attack Principles of Play

Team Function:

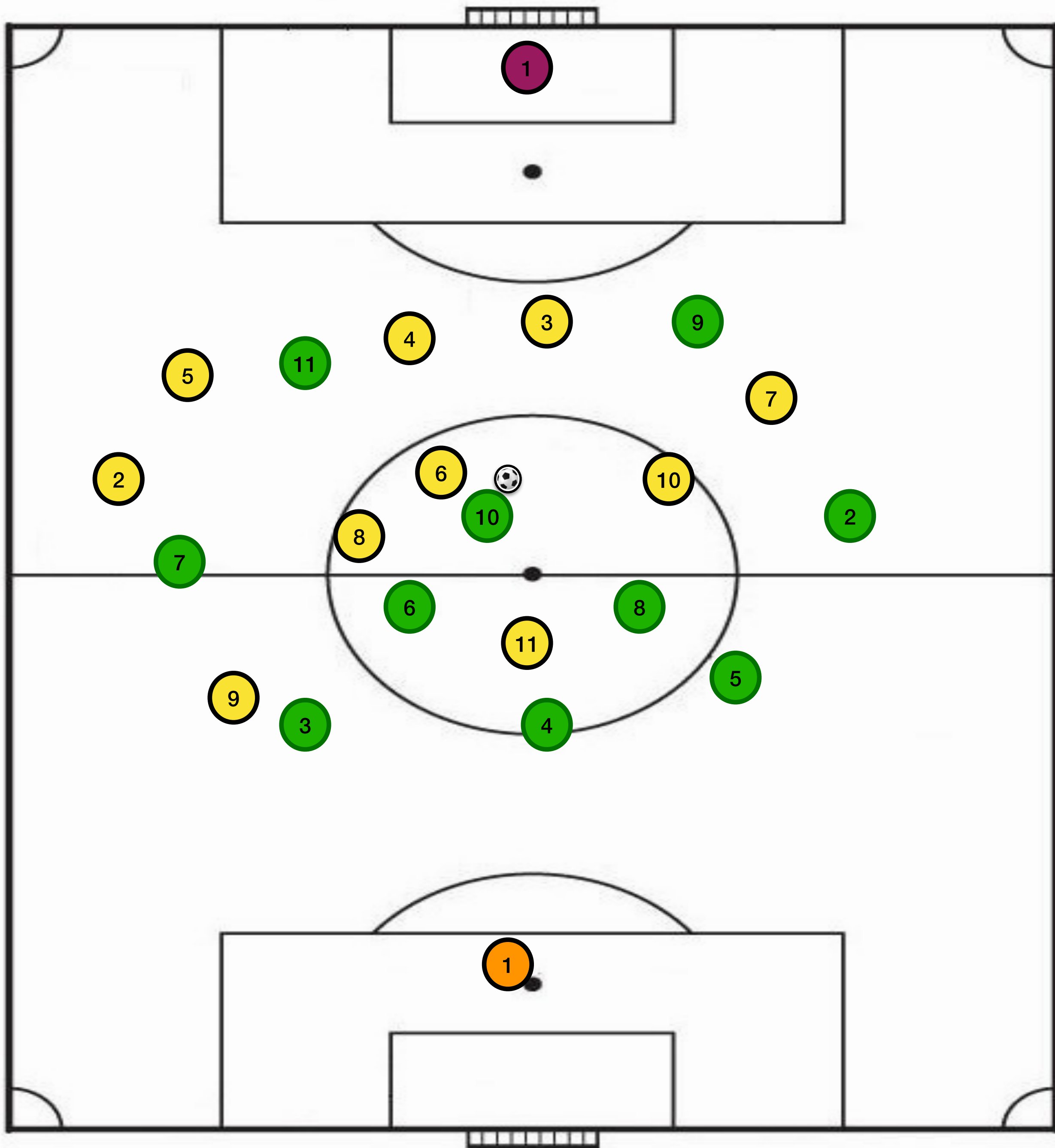
Transition to attack within 1-3-5-2 vs
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Transition to Attack Principles of Play

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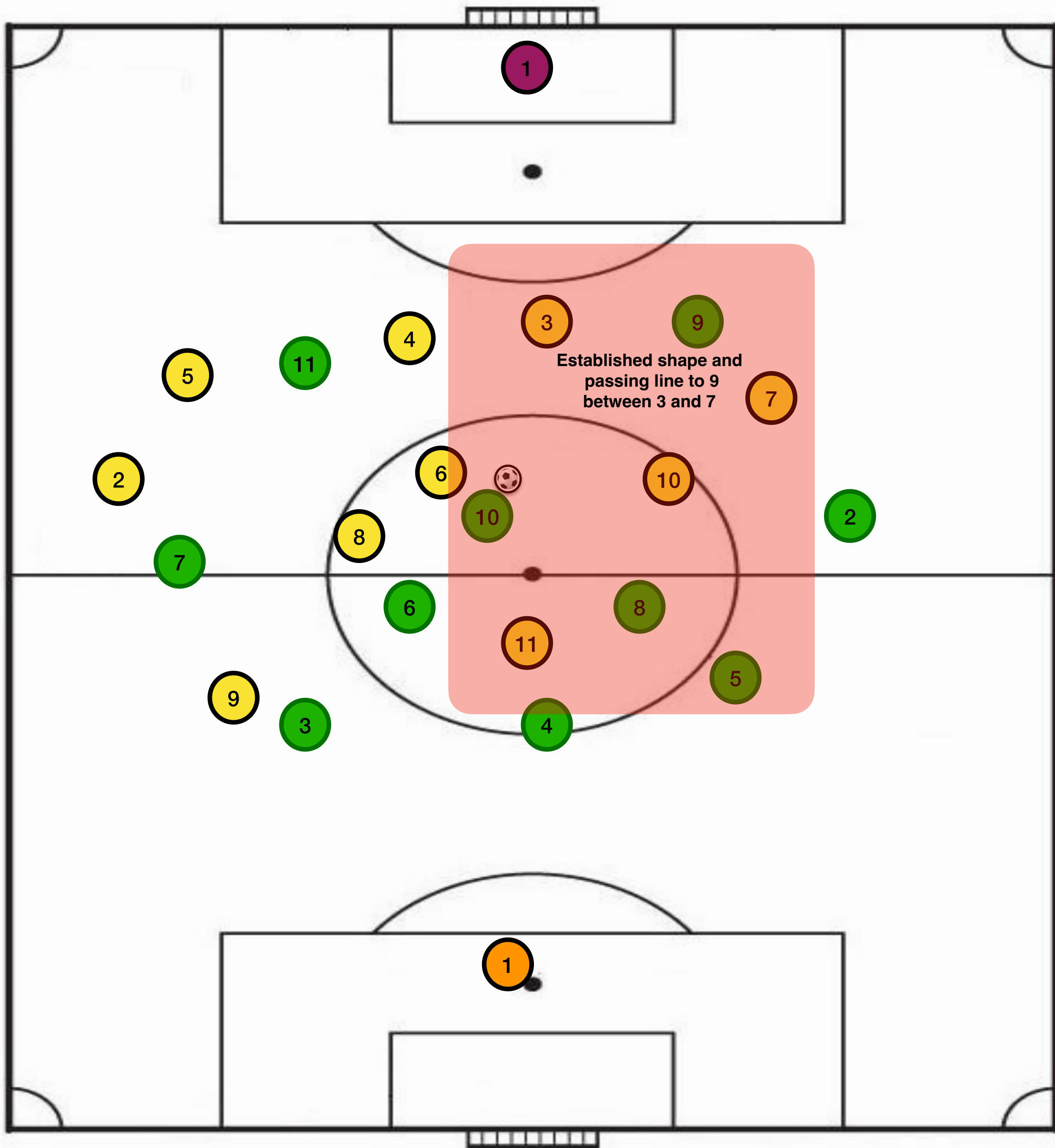
Transition to attack within 1-3-5-2 vs
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Transition to Attack Principles of Play

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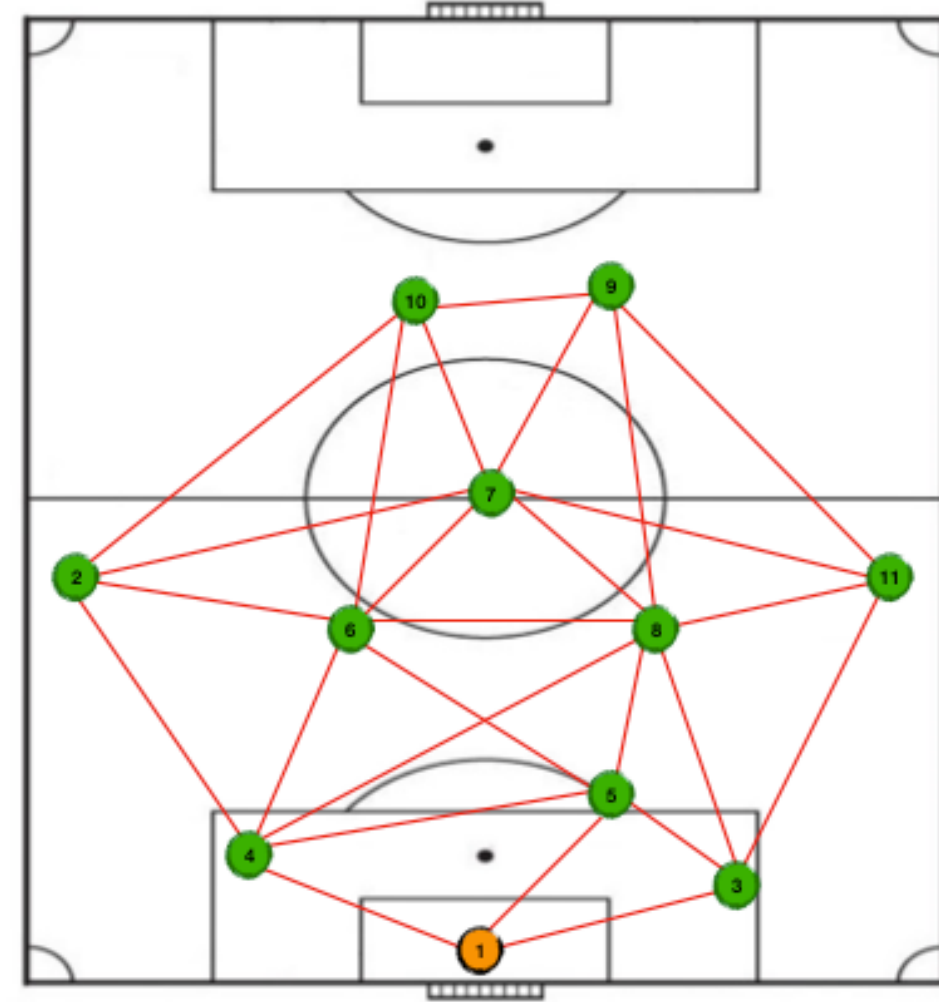
Transition to attack within 1-3-5-2 vs
1-3-5-2

Team Task:

Transition to attack from within your own
half

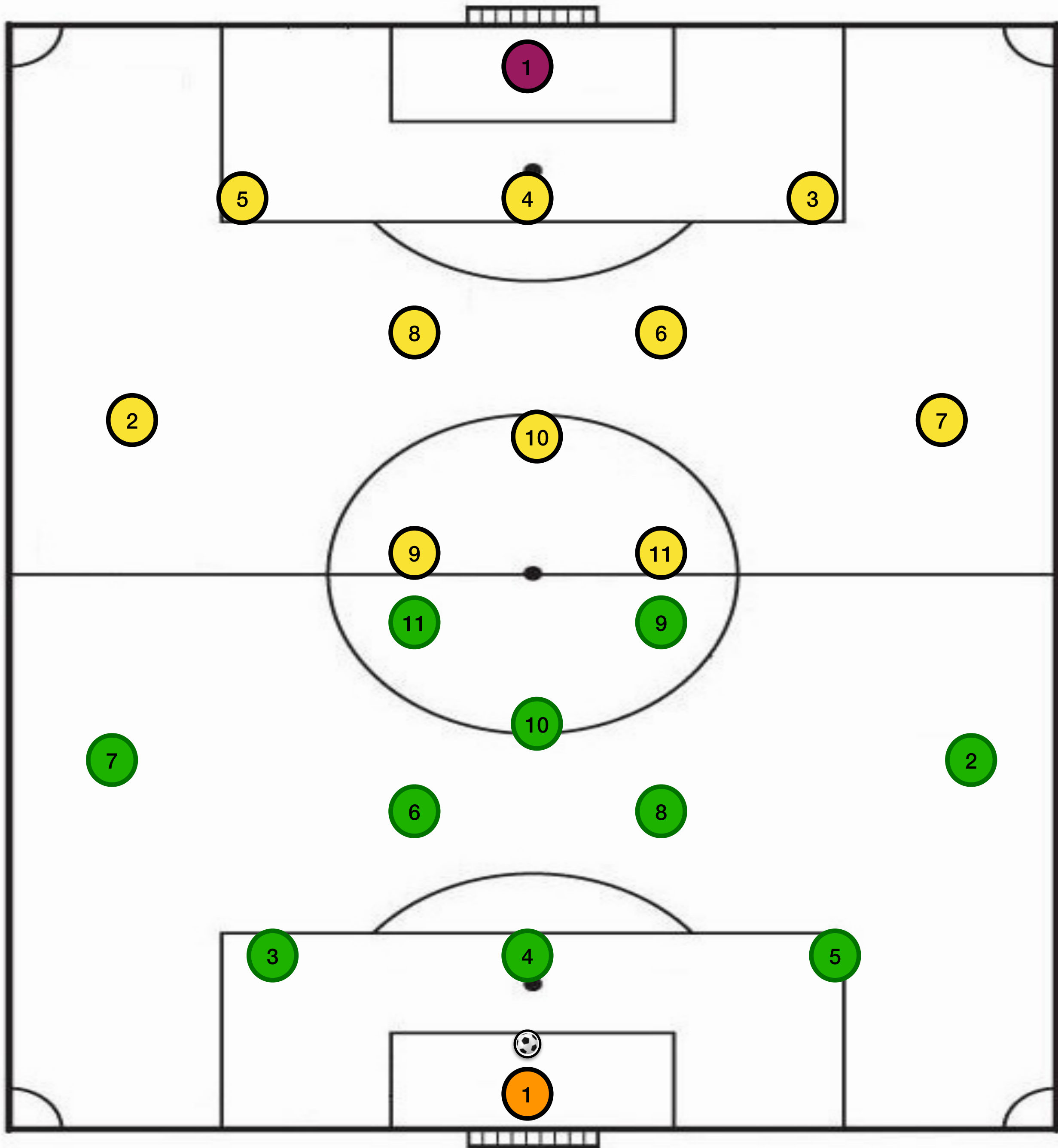
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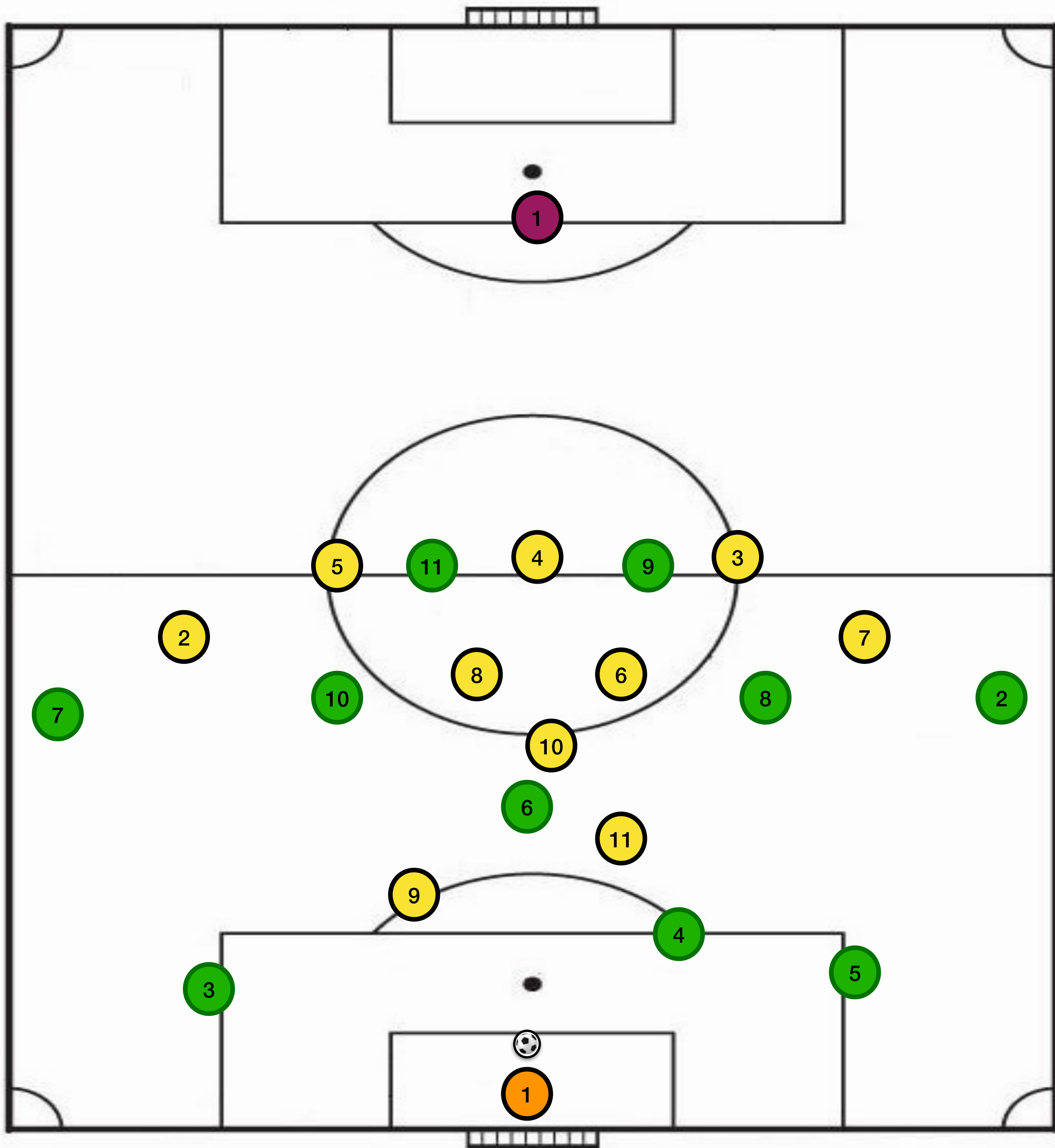


Attacking Principles of Play

Communication Decision Making Execution



Attacking Principles of Play



Attacking Principles of Play

Team Function:

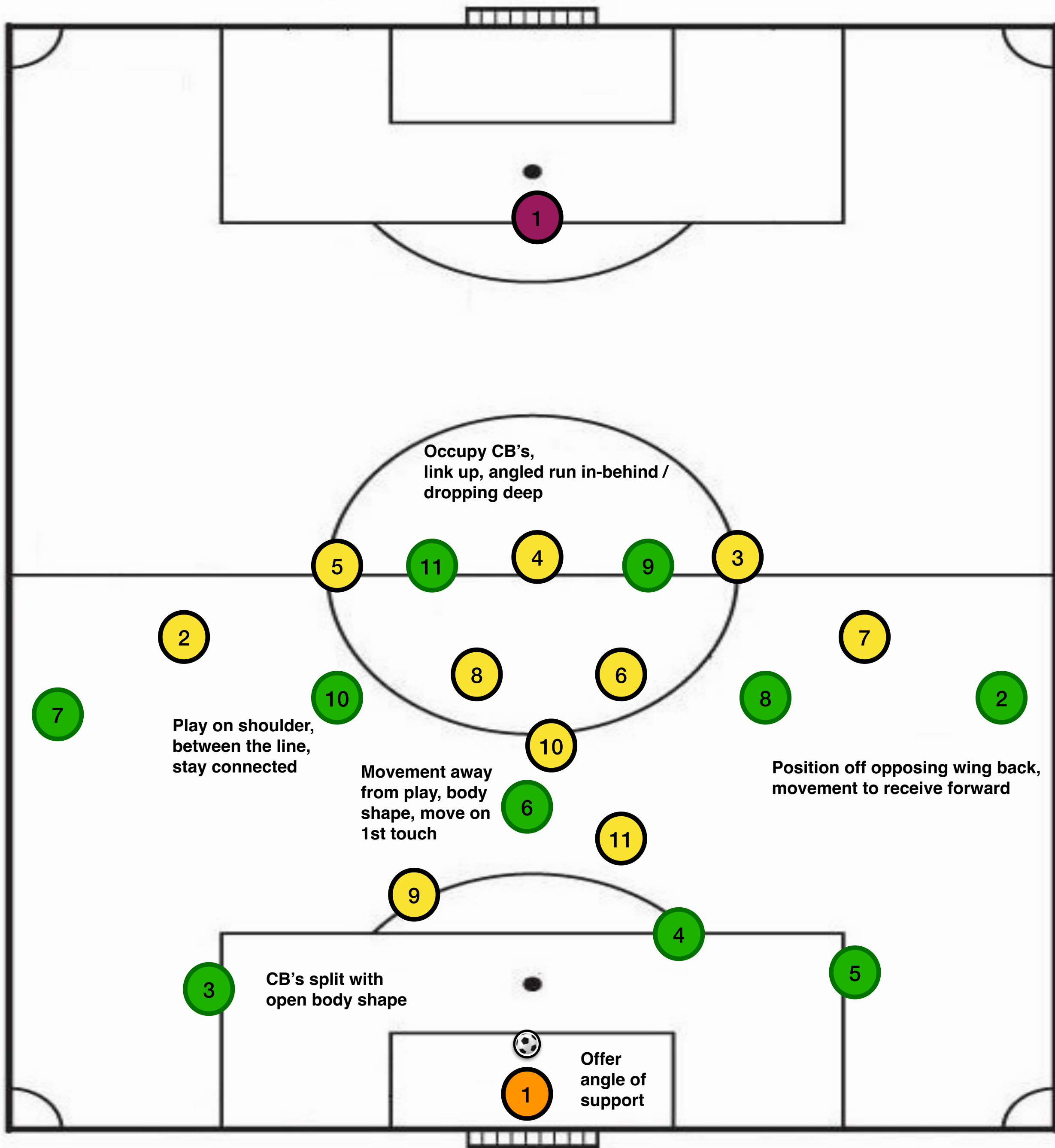
Attacking within 1-3-5-2 vs 1-3-5-2

Team Task:

Build up within own half and opponents half to score goals

Principles of Play:

- 1. Create width and depth to allow space to build up**
- 2. Quality and selection of passes to create overloads**
- 3. Angles and distances of support players**



Attacking Principles of Play

Team Function:

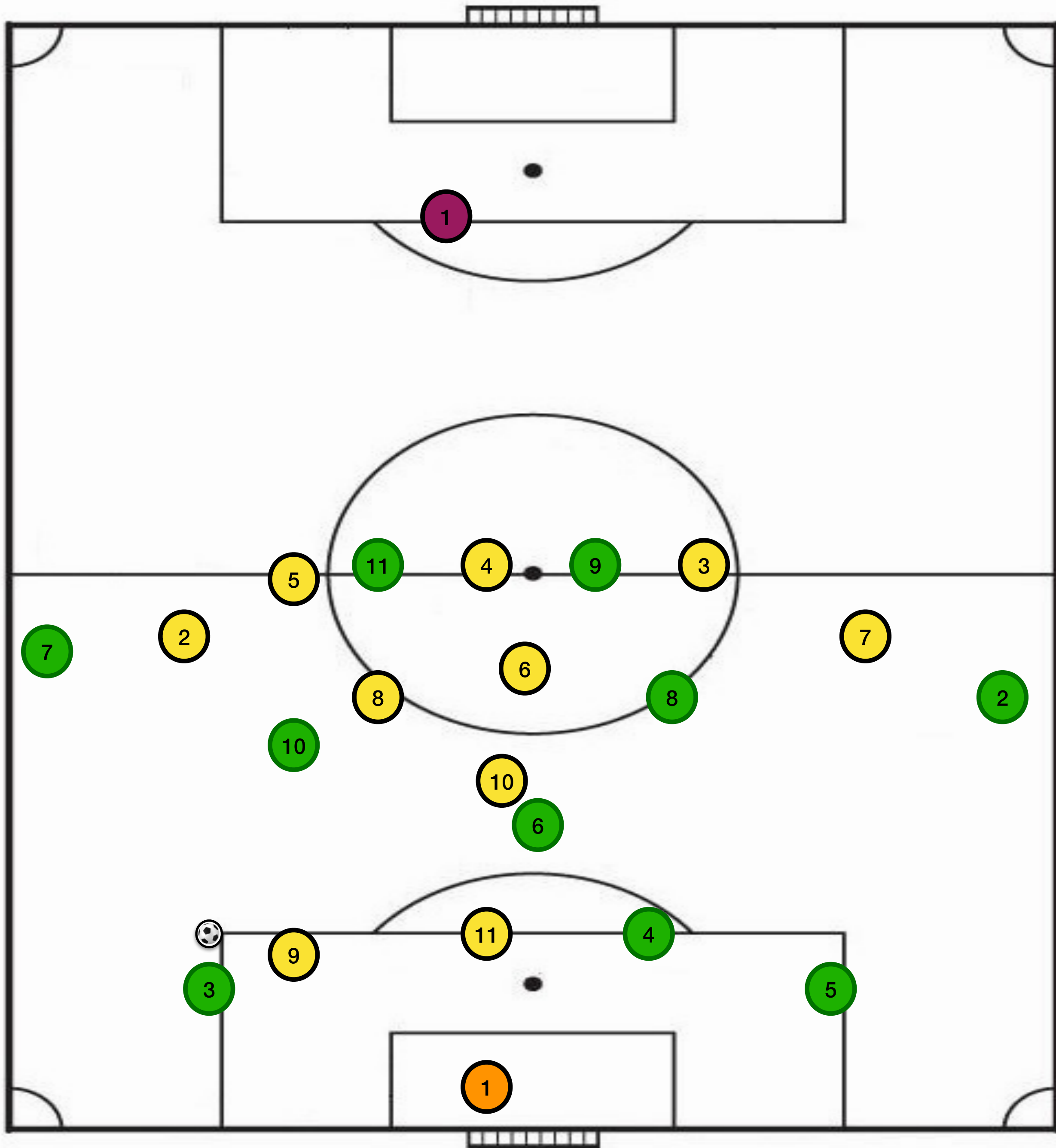
Attacking within 1-3-5-2 vs 1-3-5-2

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Attacking Principles of Play

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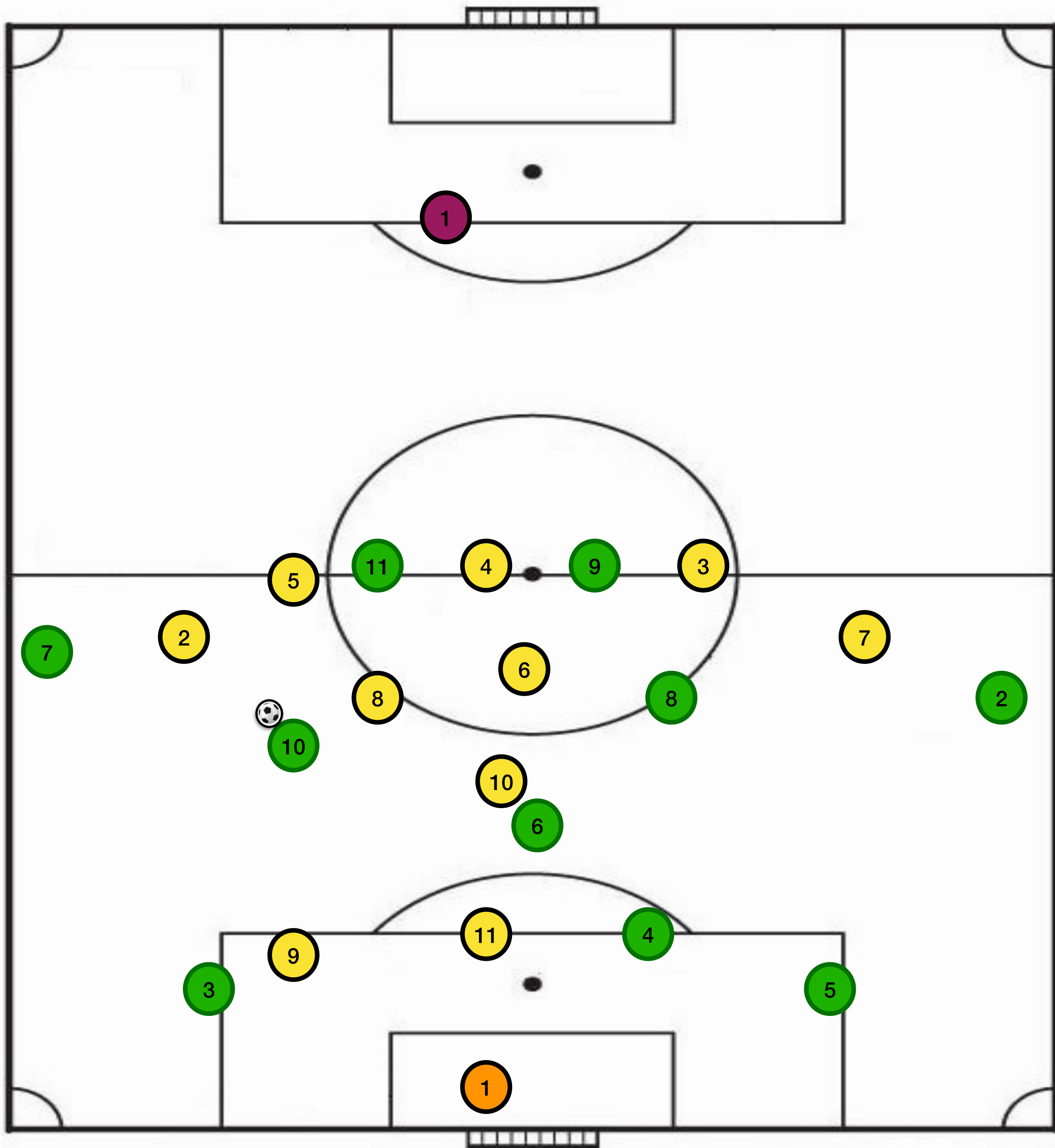
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Attacking Principles of Play

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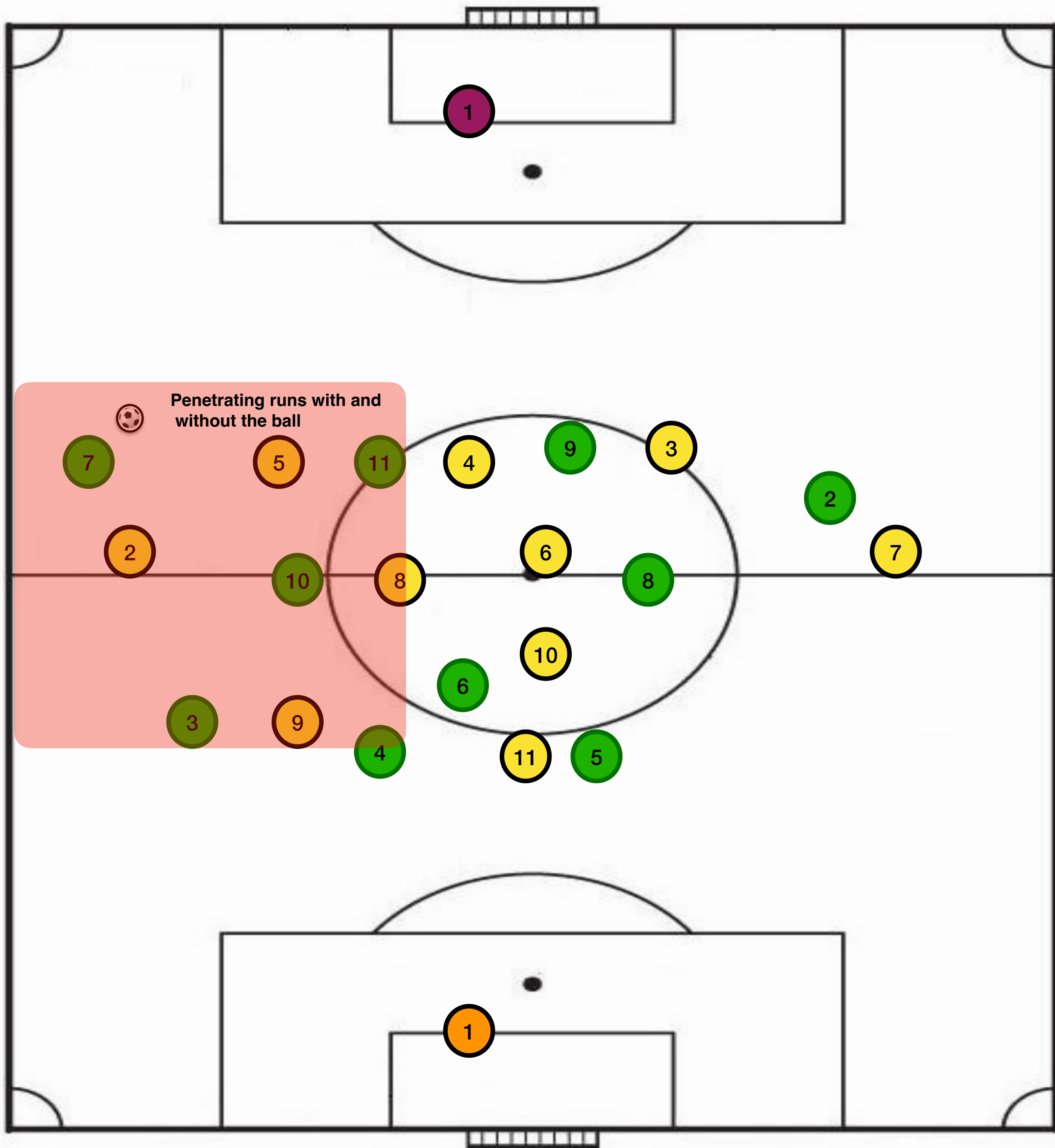
Attacking within 1-3-5-2 vs 1-3-5-2

Team Task:

Build up within own half and opponents half to score goals

Principles of Play:

- 4. Penetrating runs with or without the ball**
- 5. Provide quick support. No gaps between units**
- 6. Early pass / cross in behind opposition**
- 7. Three or four players attack the box**
- 8. Maintain players at the back to provide cover**



Attacking Principles of Play

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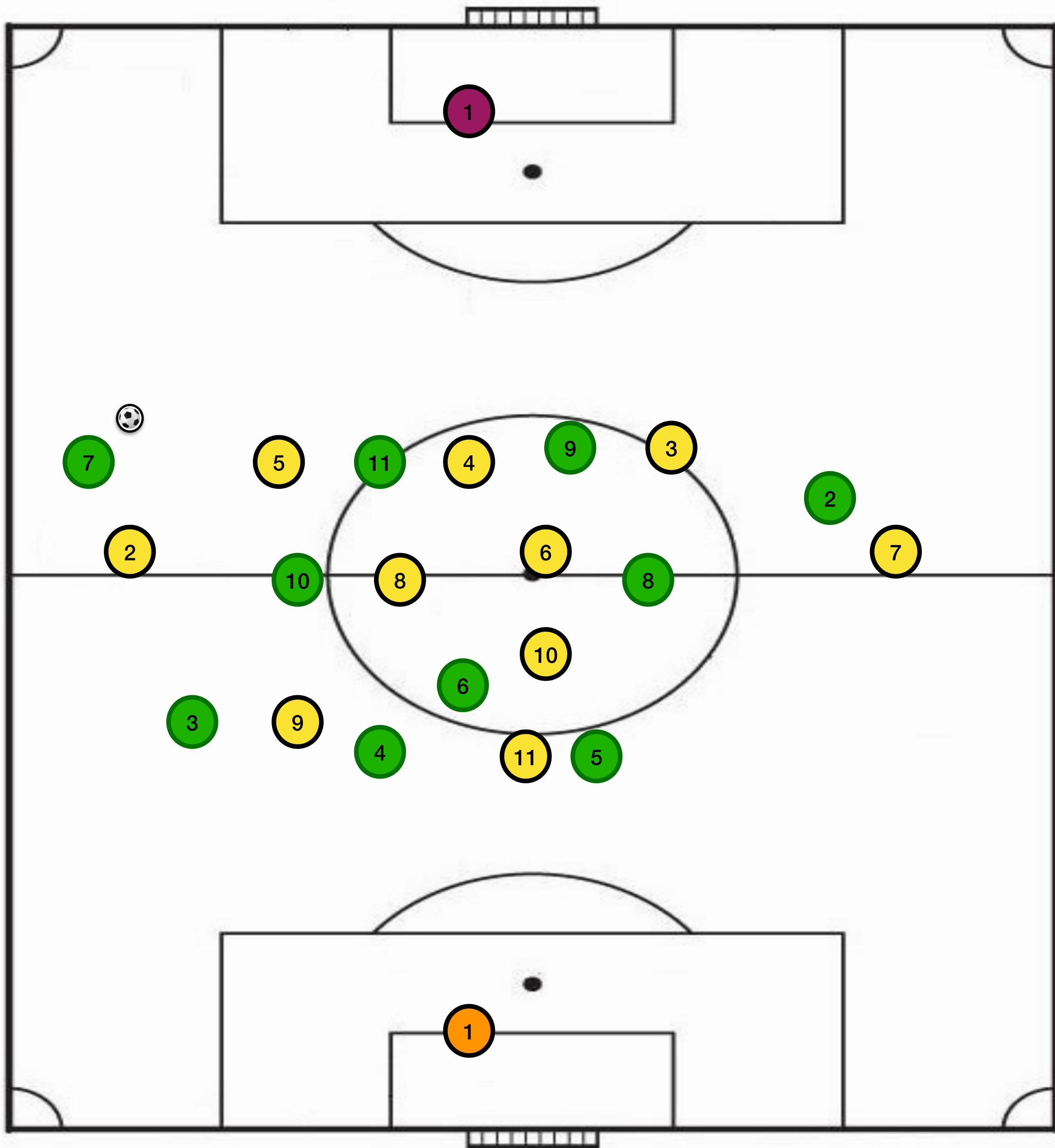
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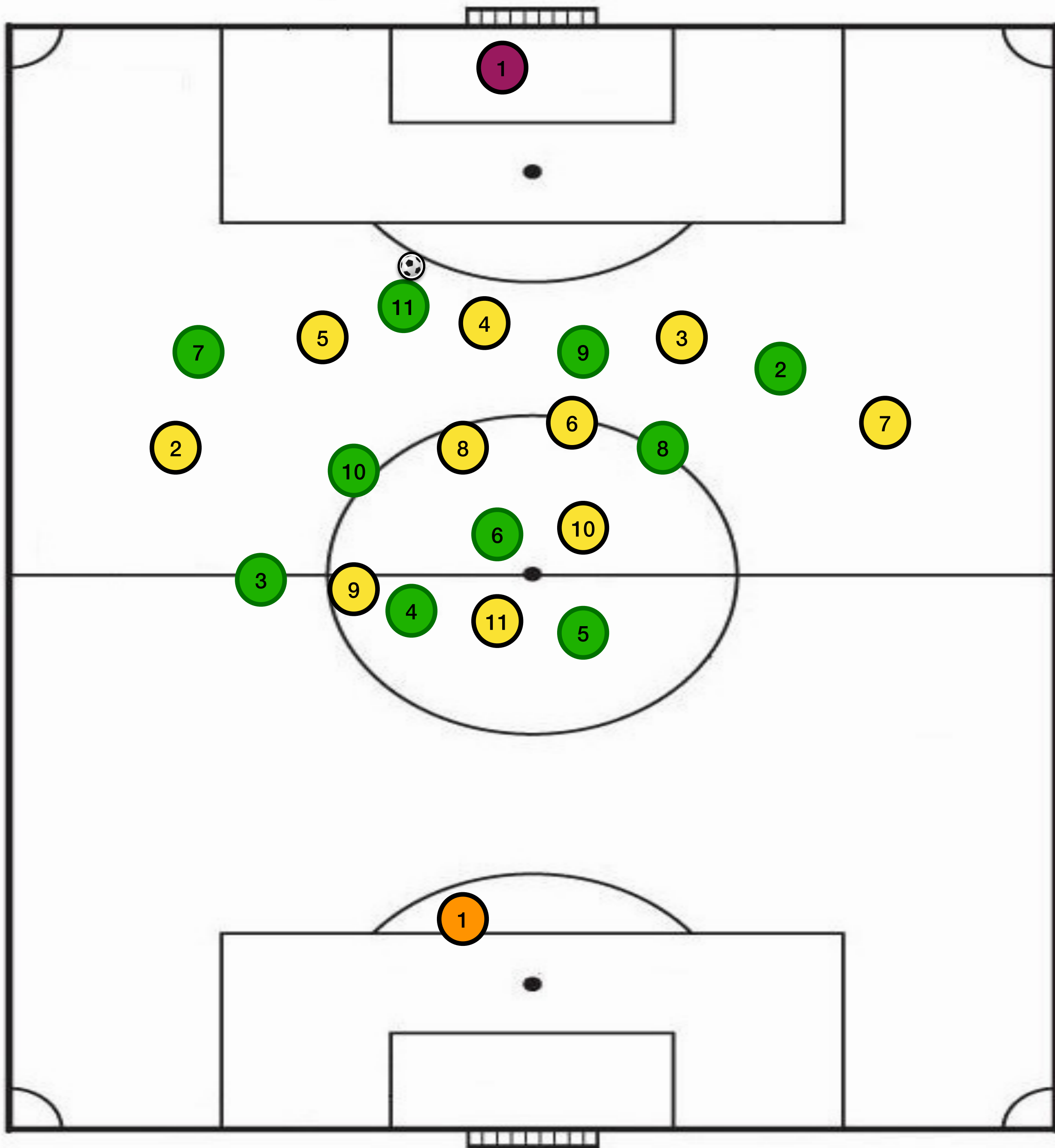
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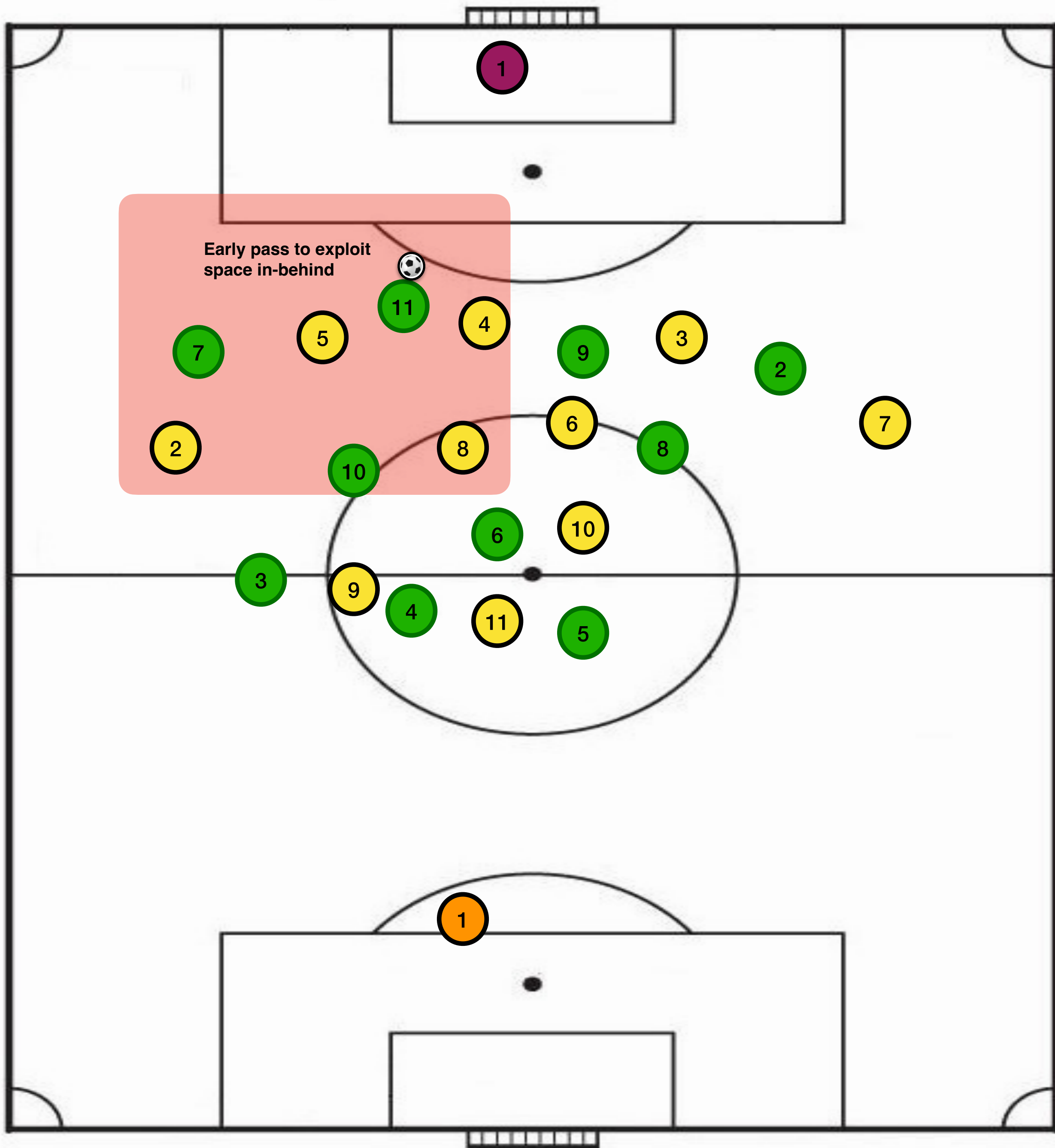
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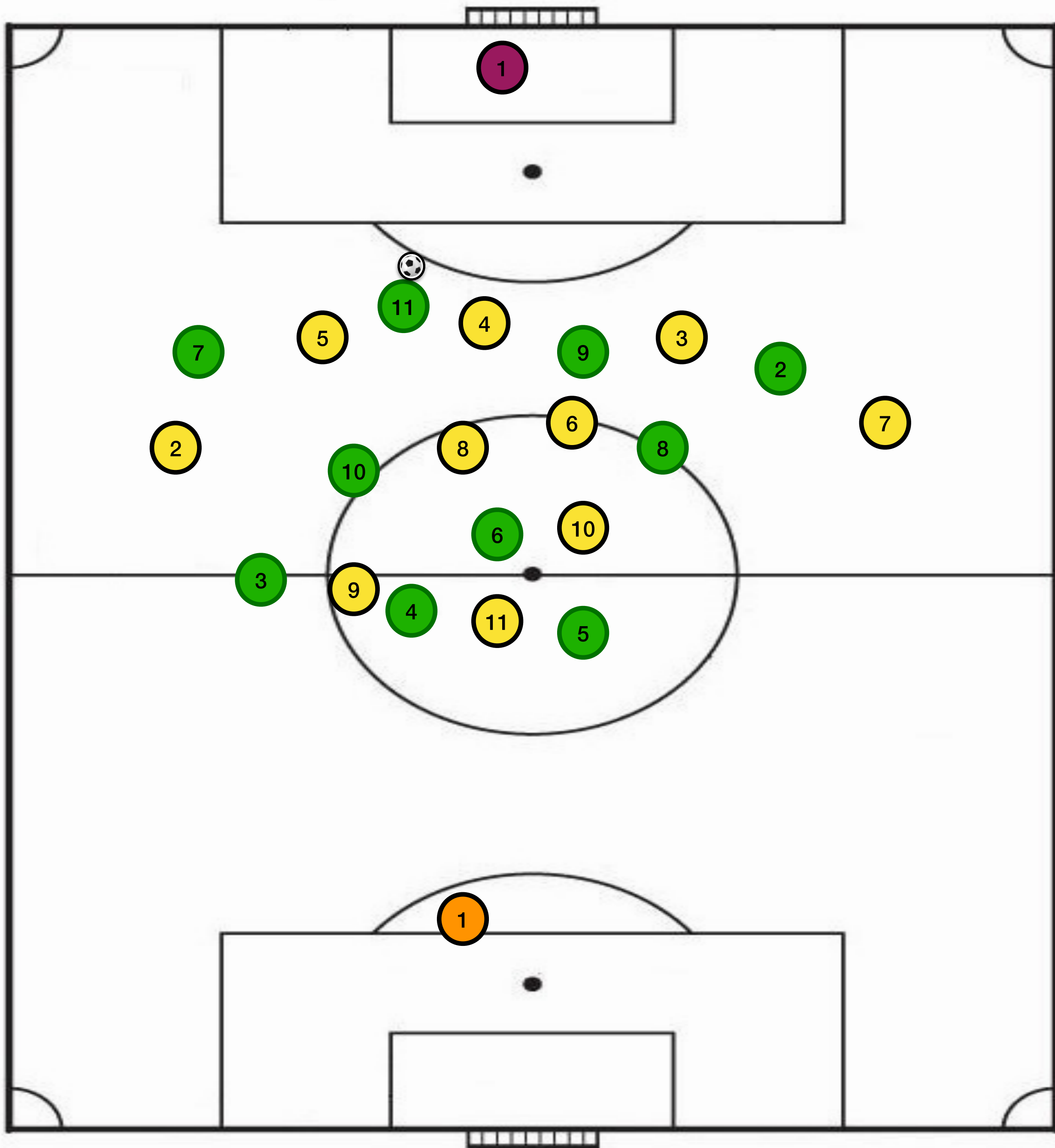
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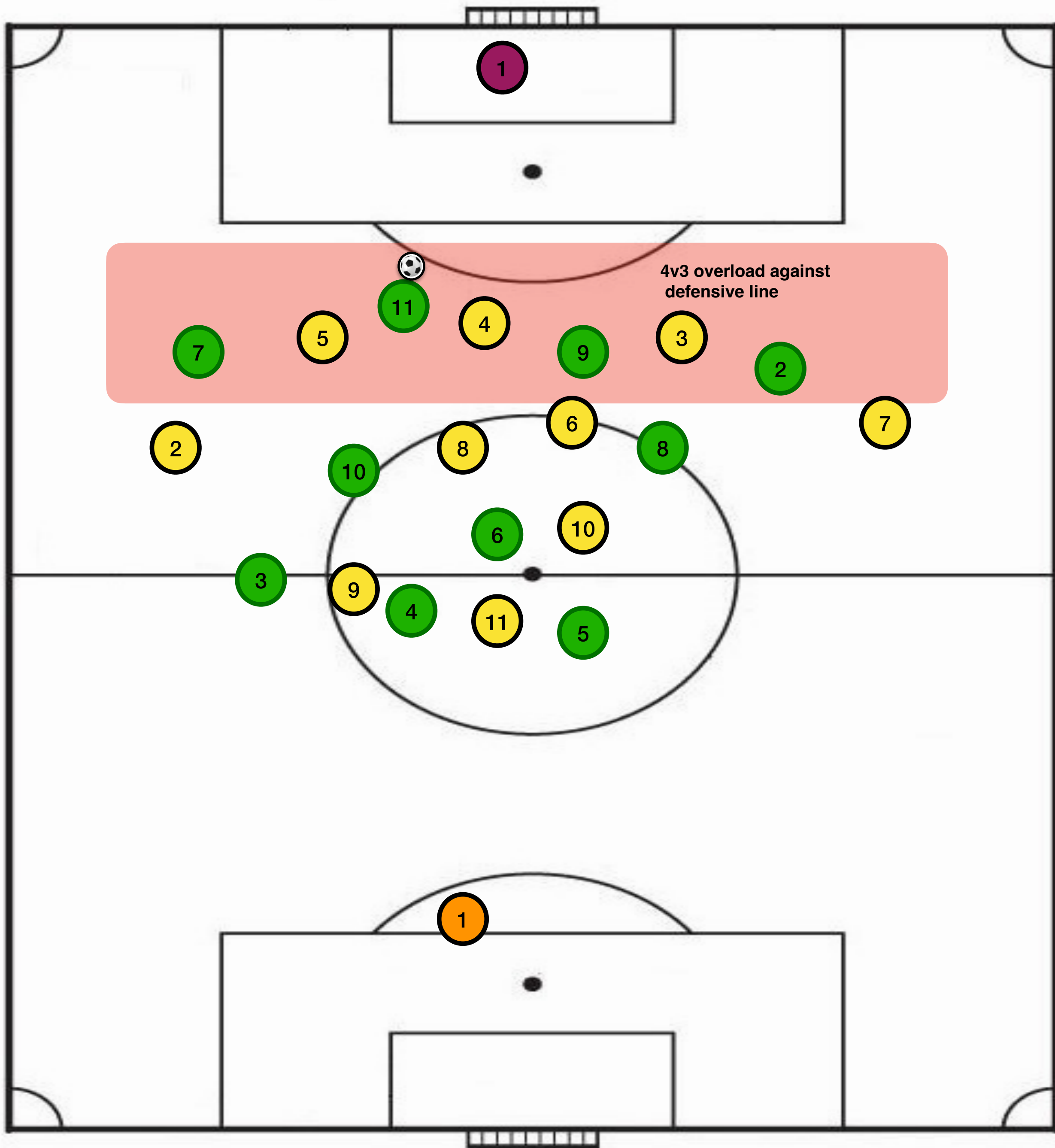
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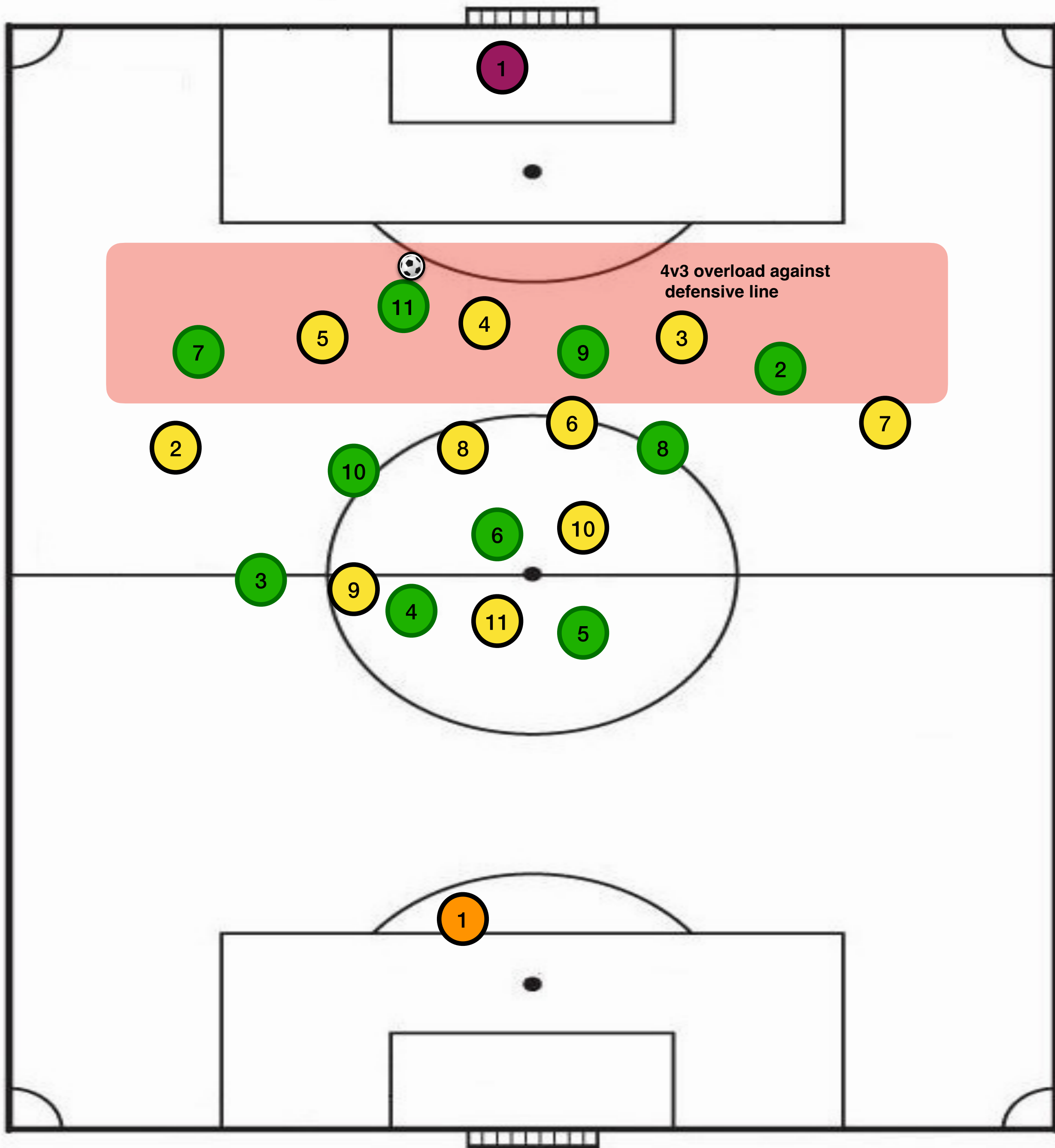
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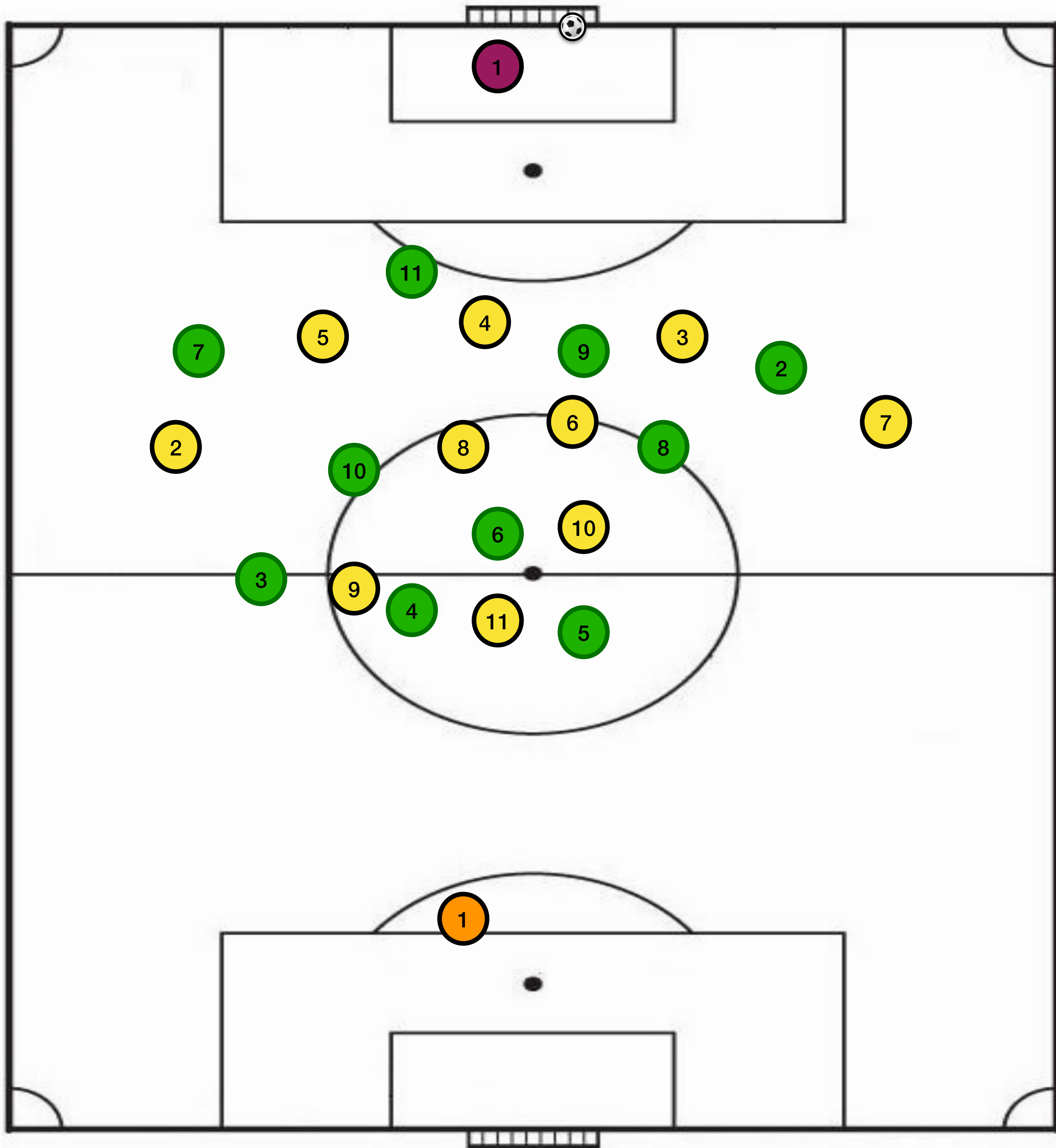
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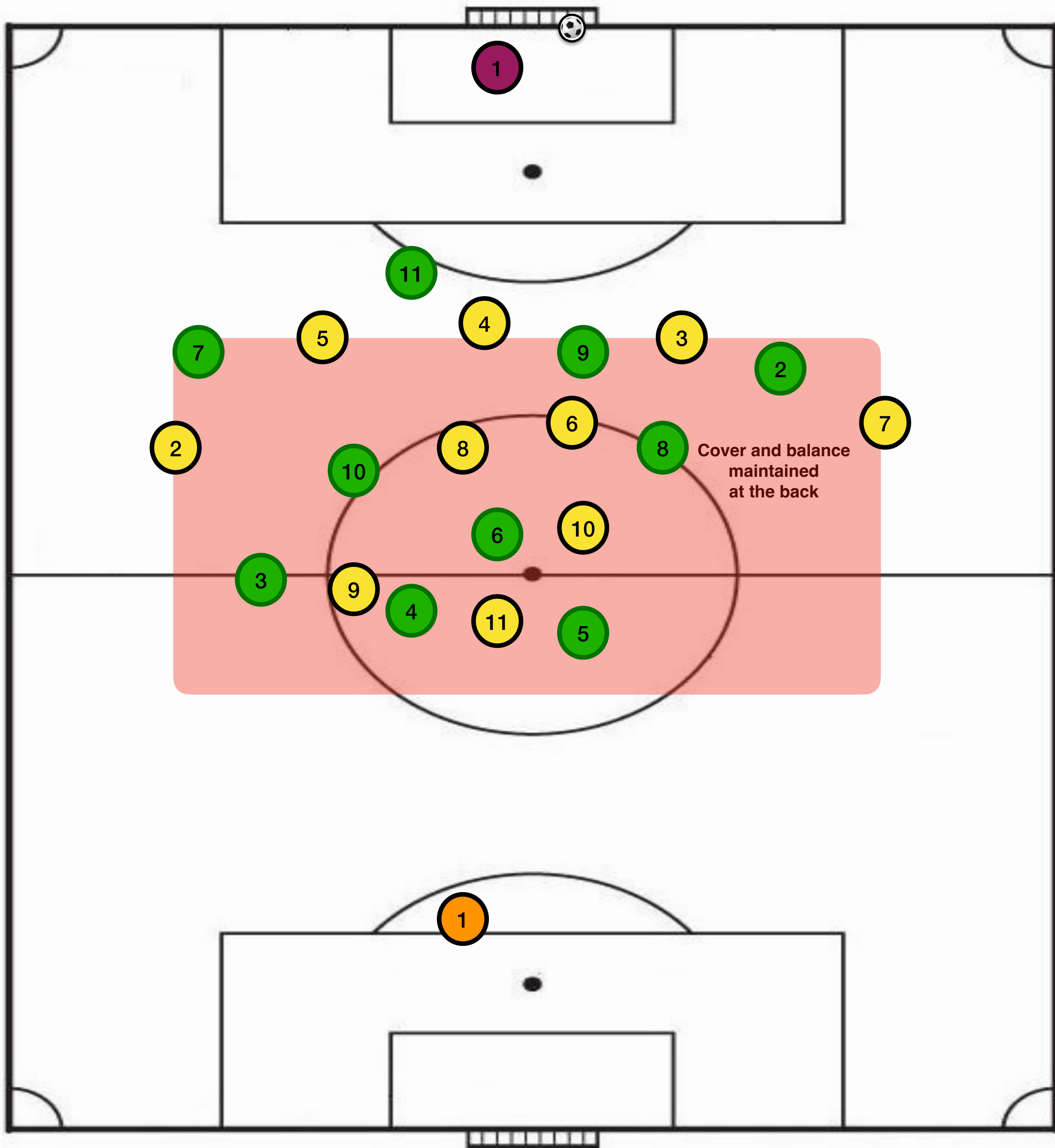
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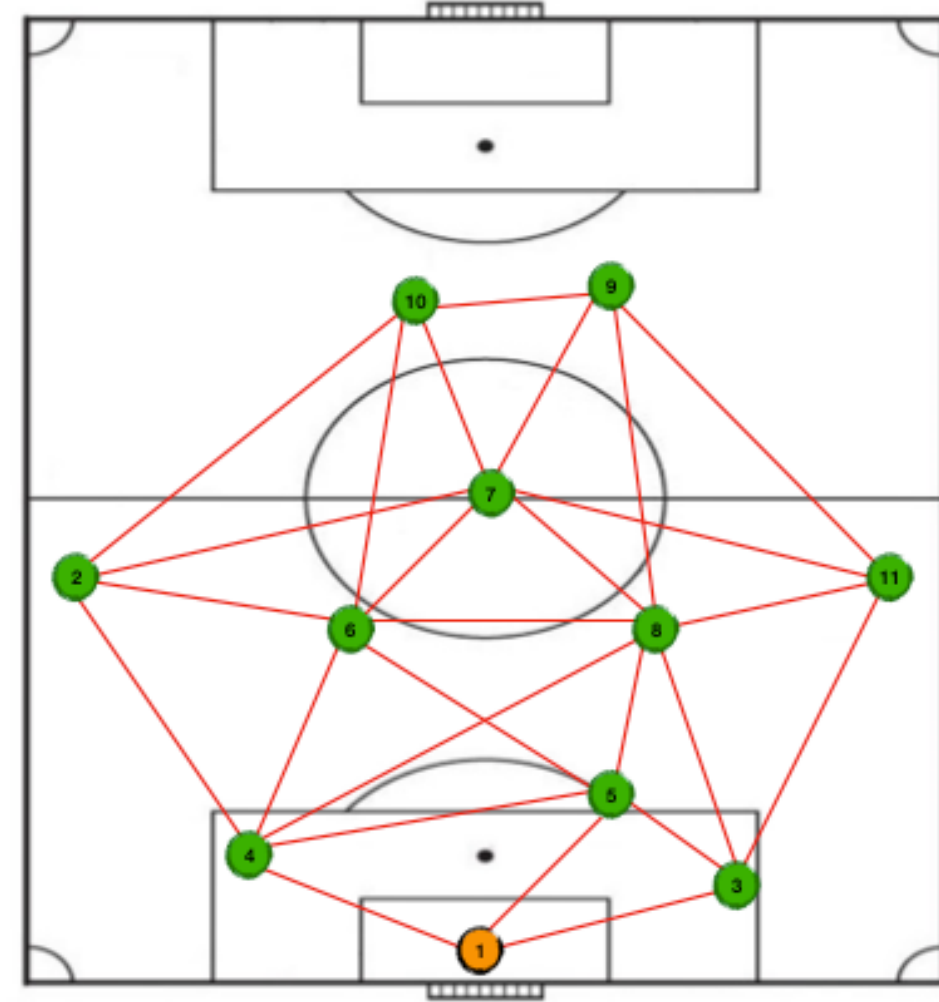
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Team Task:

Build up within own half and opponents half to score goals

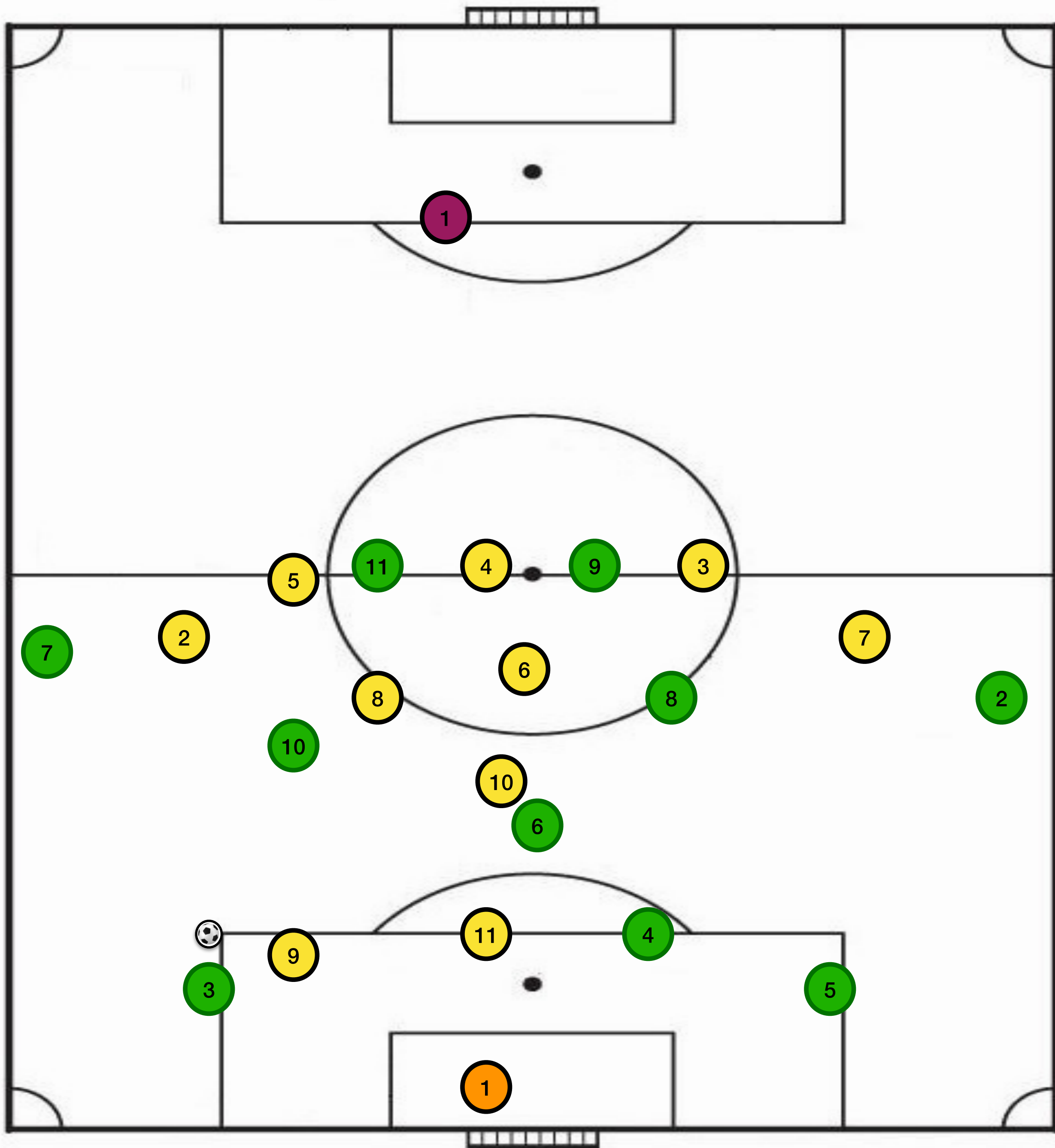
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Transition to Defend Principles of Play

Communication Decision Making Execution



Transition to Defend Principles of Play

Team Function:

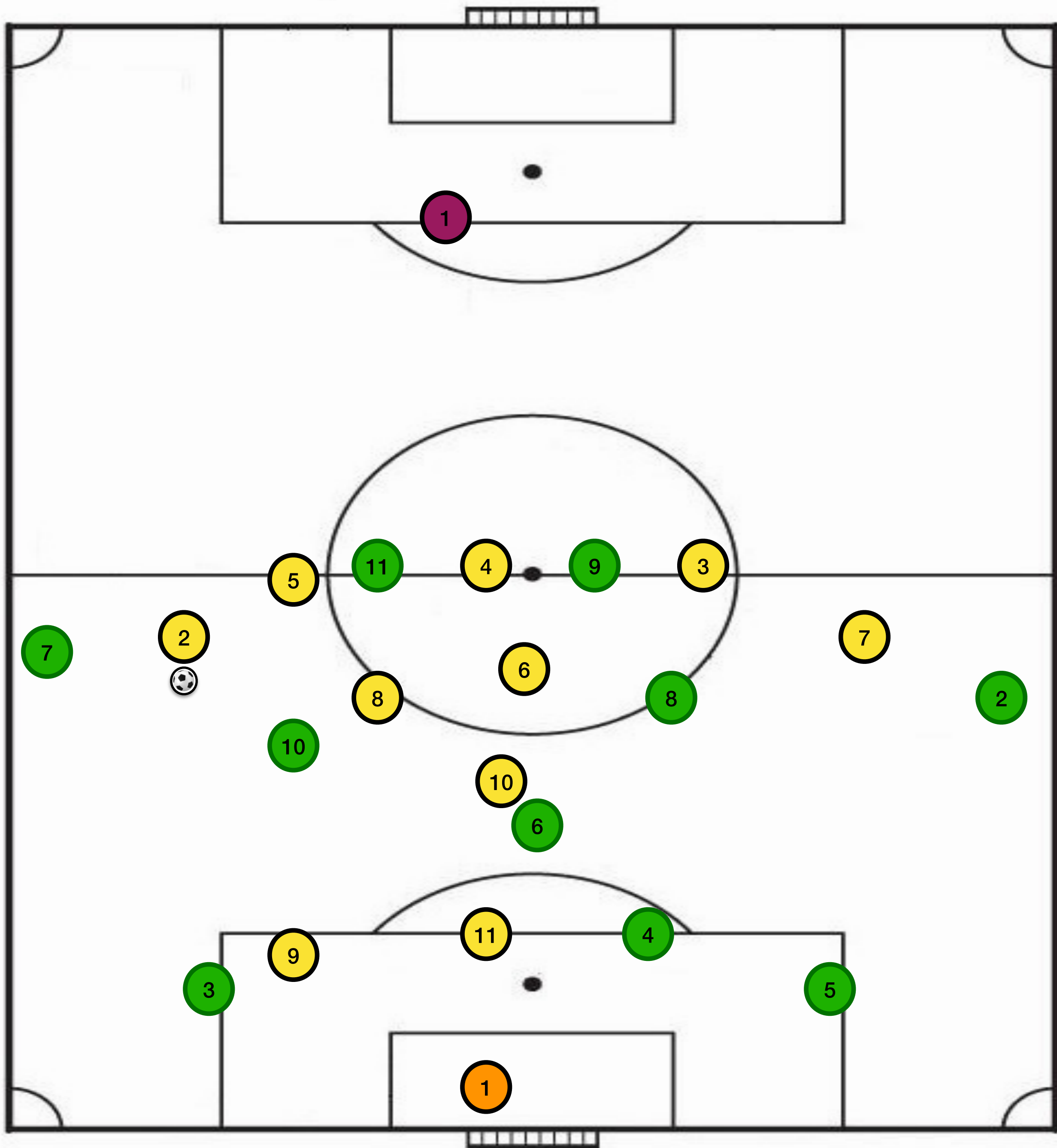
Transition to defend within 1-3-5-2 vs
1-3-5-2

Team Task:

Transition to defend within opponents half

Principles of Play:

1. Players nearest the ball press to delay movement and decision making of opposition
2. Team quickly regains shape and compactness



Transition to Defend Principles of Play

Team Function:

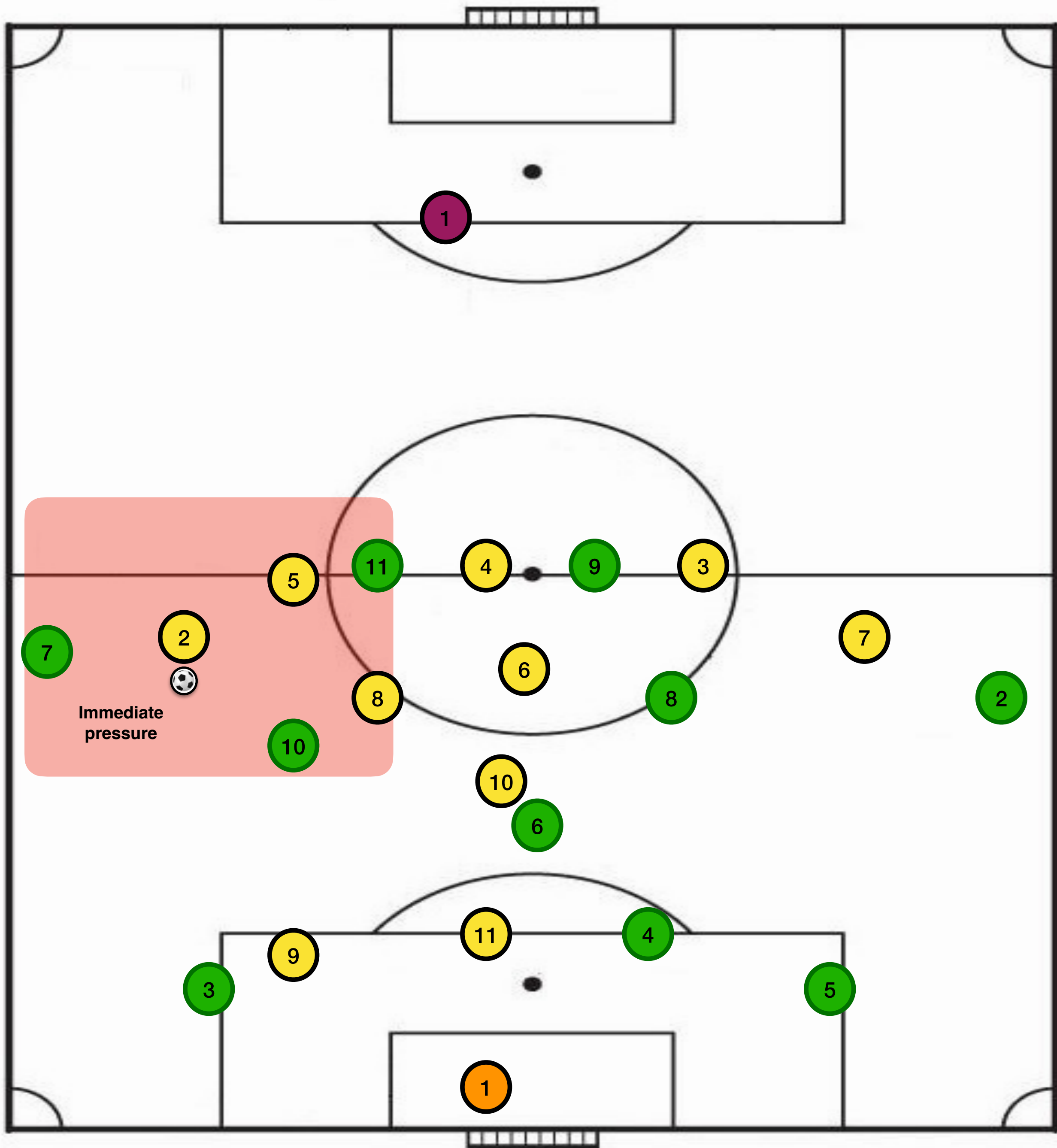
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Transition to Defend Principles of Play

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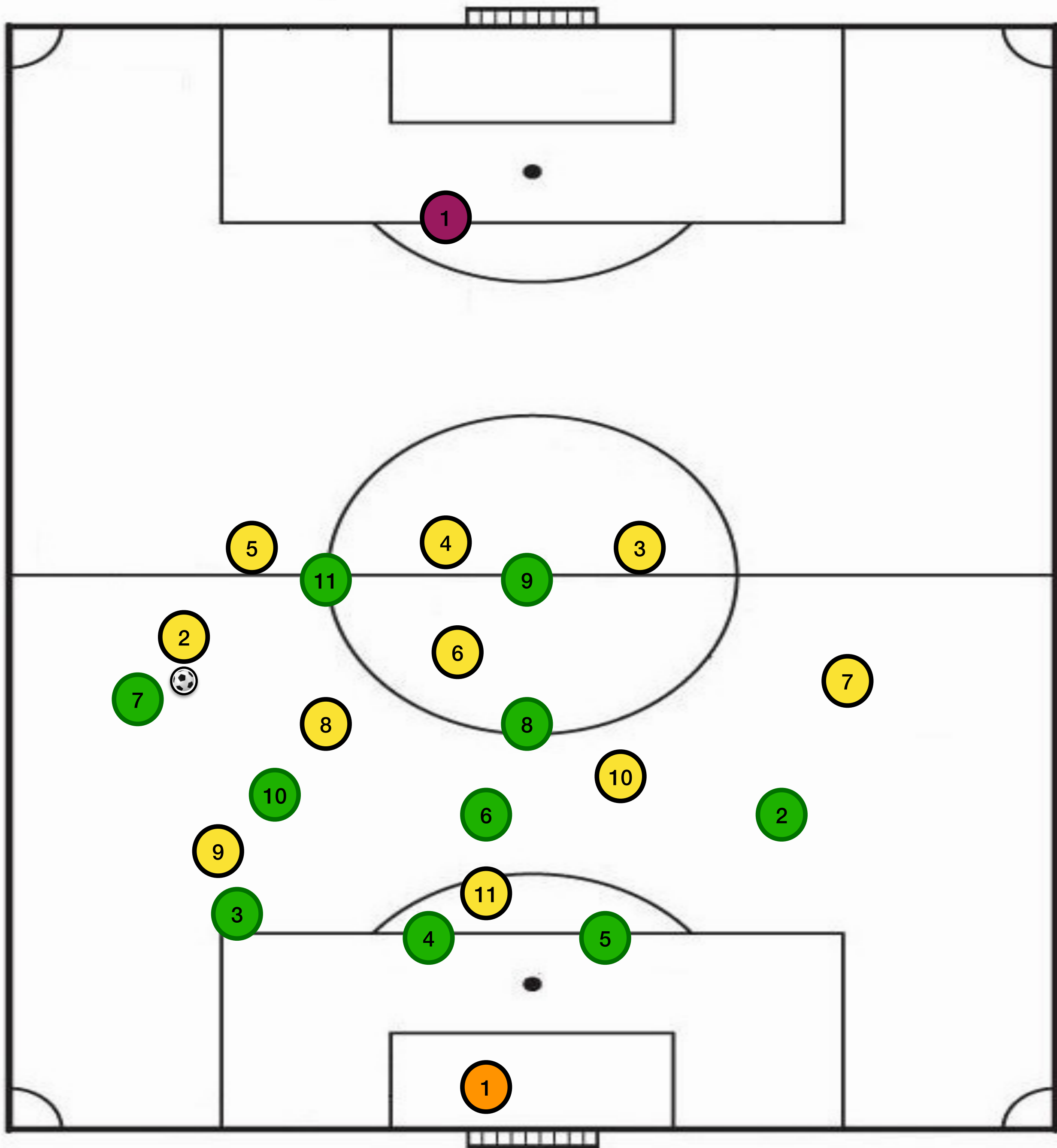
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Transition to Defend Principles of Play

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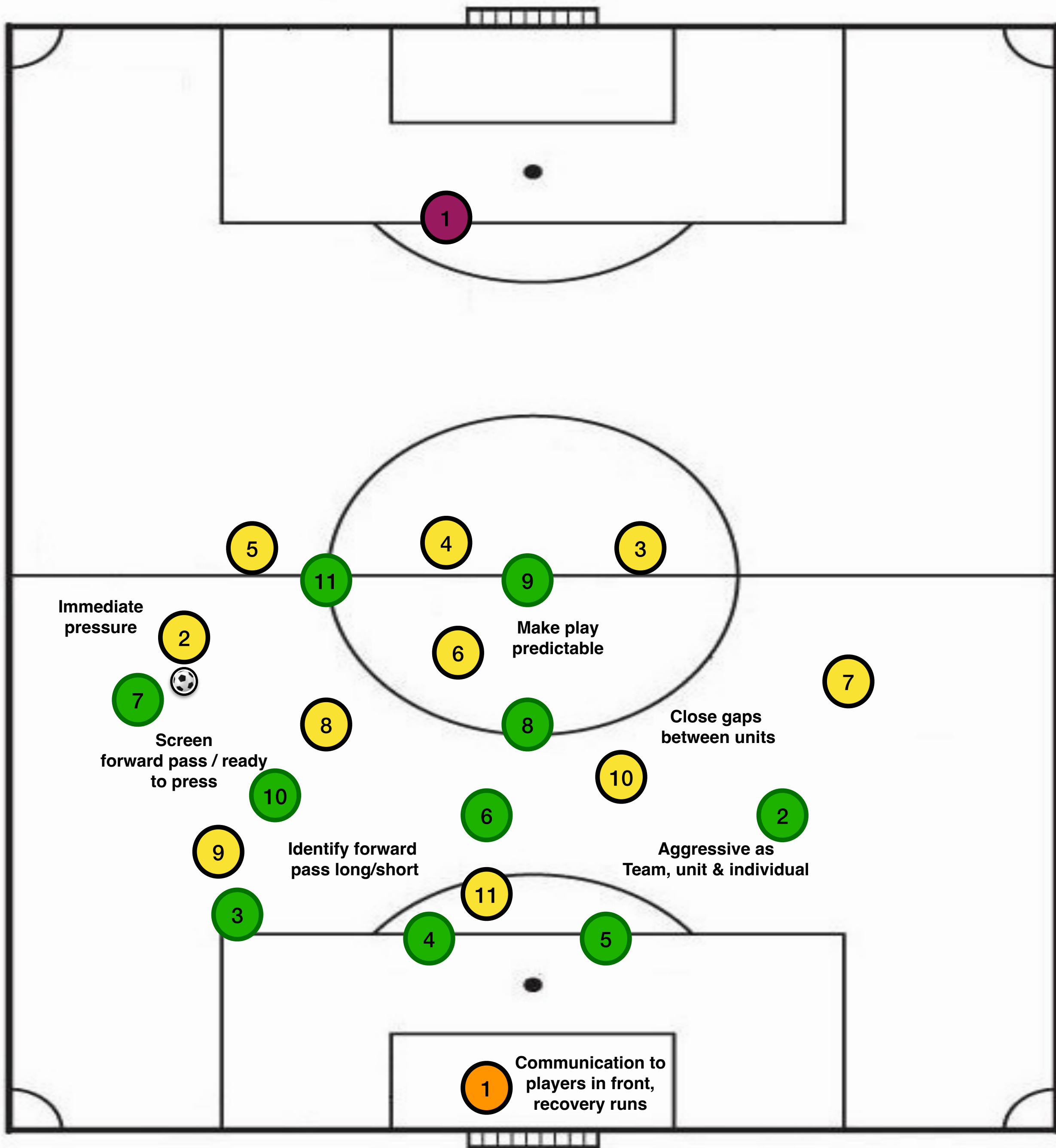
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Transition to Defend Principles of Play

Team Function:

Transition to defend within 1-3-5-2 vs
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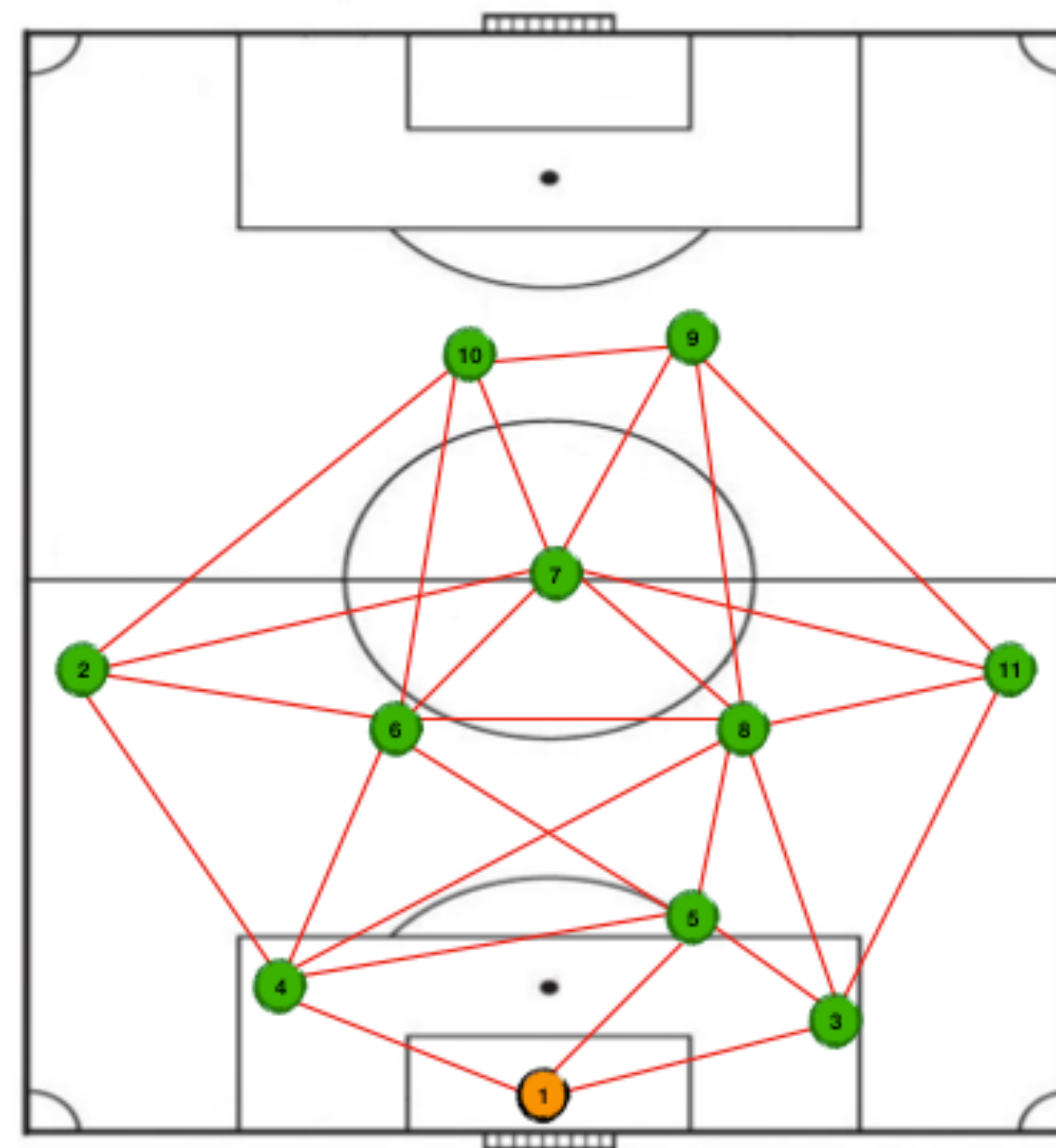
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