

Football is a very simple game when one understand it's principles...don't Complicate it...

Key factors (Influencing Principles of Play)

These factors are crucial and required at every level, but the higher the player go, the more they become apparent.

- *Tech on demand*
- *Physical*
- *Speed of play*
- *Decision making*

Principles of Play (The Game)

Defending (Don't have ball)	Attacking (have ball)
Immediate Chase – ability to track behind ball & opponent.	Penetration – ability to get behind opponent(s) by passing, dribbling, or shooting.
Pressure – ability to deny forward ball movement by preventing opponent from passing, dribbling, or shooting.	Support - ability to move around ball to provide passing options for the player on the ball to maintain possession, or penetrate.
Cover – ability to provide defensive help for the pressing player.	Mobility – ability to break down defenders by making runs that create space, and pull apart the compactness of a defensive organization.
Balance – ability of players away from the ball to restrict space, and track down opponents making runs towards the goal.	Width and Depth – ability of a team to spread out the opponent's defensive organization.
Compactness – ability of players to deny opponents space by moving as a unit.	Creative – Ability to make something happen, sometimes from out of nothing (i.e. difficult situation).

Explanation of Two Important Terms often misunderstood, and/or misused

- **Technique** – Simply refers to player's ability to pass, receive, head, shoot, and dribble the ball when there are no opponents, or defenders attempting to disposes ball of the player in question. It is possible to do this as individual, or a couple players (e.g. player passing ball against a wall, or just passing back-and-forth with a partner), or in a group – **key is, there is no defender trying to win ball**
- **Skill** – Sometimes referred to as "**Technique under pressure**", executing the ball techniques above mentioned, with one or more opponents attempting to disposes the ball from the player in possession. Examples of skill would be: playing 1v1, 2v2, 2v1, 4v4, etc.