Philosophy of Play

Philosophy of Attacking & Defending

Shenandoah Valley United
1) **Possession with a Purpose**
   - Possession-Focused Play
   - Intentional Build-up
   - Creative/Reproducible Attacks (v. Destructive)

2) **Defend with a Purpose**
   - Control-Focused Defending
   - Dictating Opposing Play (v. Chasing)
   - Well-timed & Collaborative Interventions
Philosophy of Play

“Dominant Soccer” – Control Opposition when In-Possession and Out-of-Possession of the Ball

1) Possession First
2) Forward Facing
3) Always Threatening
4) Regain Possession
5) Defend to Control
Attacking Philosophy promotes Principles of Attack

1) Penetration (forward play, threatening, scoring)
2) Depth & Length (back-to-front, space, support, options)
3) Width (side-to-side, space, support, options)
4) Mobility (movement of players, movement of ball)
5) Improvisation/Creativity
Defensive Philosophy promotes Principles of Defense

1) Delay/Containment (pressure, control, timing)
2) Depth/Cover (manage penetration)
3) Balance (readiness away from the ball)
4) Concentration/Compactness (take away space)
5) Counter Attack (transition to attack)
1) **Possession First**
   a) Decisions support Possession as First Priority
      • 1v1, 2v2/3v3, & team possession
   b) Control of Opposition thru Possession
      • % possession, ball movement, confidence
   c) Possession Leads to Successful Attacking
      • Reproducible scoring opportunities
   d) Possession is also a Defensive Strategy
      • Keep the ball, keep the ball in opposition half
2) **Forward Facing**

a) Play to Get Forward 

b) Support to Face Forward 

c) Active Passing Options Forward of the Ball 

d) Facing/Playing Forward Leads to Successful Possession

- Opposing players react to attitude/position of the player/ball
3) **Always Threatening**
   a) Play to Threaten Danger Areas
   b) Support to Play Forward
   c) Active Passing Options Threatening Danger Areas
   d) Threatening Leads to Successful Possession
   e) Possession Leads to Successful Threatening/Attacking
   f) Break from Shape to Overload/Threaten
4) **Regain Possession**
   a) Apply Immediate Pressure after Loss-of-Possession
   b) Full Press to Regain Possession
   c) Connectedness in Possession Allows Transition to Full Press
   d) If unsuccessful, Transition to Defensive Shape
Philosophy of Play

5) Defend to Control
   a) Control the Play even when Out-of-Possession
   b) Dictate where Opposition Plays the Ball
   c) Encourage Options / Deny Options
   d) Make Play Predictable / Read the Play
   e) Possession as a Defensive Strategy
Systems of Play

*System must be compatible with Philosophy of Play*

- Team Shape In-Possession
  - Facilitates Passing Options in All Directions, including Forward
- Team Shape In-Attack
  - Provides Options to Feet, to Penetrate, to Cross/Finish
- Team Shape upon Loss-of-Possession
  - Supports Immediate Pressure on the Ball
- Team Shape Out-of-Possession
  - Supports Capacity to Control Opposition Play
Systems of Play

System must promote the Style of Play
- Attacking Mentality v. Defensive Mentality
- Possession to Threaten v. Counter-Attack
System of Play must be a System of Communication

- Base Shape
- Attacking/Possession Shape
- Transitional Shape
- Defensive Shape