

Philosophy of Play

Philosophy of Attacking & Defending

Shenandoah Valley United



Style of Play

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**



Principles of Attacking

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



Principles of Defending

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)



Philosophy of Play

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



Philosophy of Play

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



Philosophy of Play

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



Philosophy of Play

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



Systems of Play

System of Play must be a System of Communication

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

