



# NWSF DNA

## Positional Cues

*Core Actions made more specific to positions and zones on the field*

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# Strikers

## Single 9

### Attacking

- When in Block A/B, start 1 metre offside, and either in between defenders or between a defender and the sideline, where you can see the ball & see the goal so you can start running towards goal
  - As the ball can be played in beyond, or when you see a teammate with the ball who can play a pass in beyond, move back inside (preferably on the defenders blindside)
  - If a teammate has time and space or you are no longer in space between defenders, peel so you are always in between players/between a player and the sideline
- When in Block A/B, when you see there is space in beyond, make a **broken run** by running across the line of the last defender, before moving beyond as the ball is played
  - If the ball can be played quickly, you may turn straight, or if you have peeled, run diagonally towards goal (if possible)
  - [If there is a defender between you and the ball who can intercept a pass on the ground, check towards the ball then spin to run beyond the defender](#)
  - As you run beyond, **go to goal**
    - If a defender gets close to you, get your body between the ball and the defender
- When in Block A/B/C, when you see there is space in between, try to drop in where you can receive the ball to feet
  - Try to time your run for when your teammate gets their head up or can play the ball forward
    - If possible, verbally communicate what type of pass you may like to receive (such as 'to feet' or 'beyond')
  - If the defender marks you tightly, try to drag them away to create space for other players to run forward into
    - If the ball can be played in beyond, spin and run beyond yourself
  - If the defender stays and does not follow you, try to receive the ball to feet (preferably facing forward or on the turn)
    - As you receive the ball, **scan constantly** to ensure you are able to turn
- When the ball can be delivered to the penalty box from halfspace/wide lane, make a run to be the **poacher** at the near post
  - If you see there are more defenders in the box, make your run as the ball is/can be delivered, to receive the ball and/or drag away defenders
  - If you see there are even or less defenders, hold and stay on the blindside until you can time your run to arrive to the ball in the near post zone ahead of the defender

- If the ball is not delivered or can be delivered again, make a new run to get free (possibly by dropping back to the cut-back zone)
  - Try and communicate non-verbally (point/eye contact) with teammates before the ball is delivered

## Defending

- When the ball is in Block A/B, stay central and block line of pass to the opposition 6
  - If they have two 6s, mark the space between the two and close if the ball travels to one
  - Try to close the ball by arcing your run between the centre-backs, while blocking line of pass into the midfield
    - If the ball goes wide, stay 50/50 where you can close the centre-back, close the goalkeeper or drop deeper to block line of pass into midfield
- When the ball is in Block B/C, stay central and 50/50 in a position to press the close centre-back, or reverse press the 6.
  - When the opposition play the ball to their 2/5 reverse press into a 50/50 position between 6 and close 3/4
- When the ball is in Block D and wide lane, be in a position where you can try to stop them switching
  - If you are on the same side as the ball, be in the near half space where you can block a diagonal pass that switches the ball
  - If you are on the opposite side to the ball, be in the central lane
  - Try to verbally communicate with your midfield if you are defending 50/50
- When the ball is crossed into our penalty box, be in the central lane close to the top of the box, where you can potentially win any second ball
  - Try to be ready to run forward if we transition to attack

## Double 9

*Note single 9 tasks are applicable to double 9. Some key differences are noted below; additional tasks may need to be developed based on specific double-9 formations such as 4-4-2 diamond, 3-5-2, 4-2-2-2, and so on.*

## Attacking

- When the ball is in Block D/C/B, recognise whether the team has width and adjust your starting position accordingly
  - If the team does not have width, position/move towards the halfspaces where you are level and outside and between opposition defenders
  - If the team does have width, position narrower towards the central lane where you can potentially combine with the other striker
- When in Block A/B and the ball can be played beyond, work with your partner to recognise who should run beyond and who should drop

- If your defender marks you tightly, try to drag them away to create space for the other striker
- If your defender does not mark tightly, try to drop where you can receive the ball in between
  - If you receive a pass in between, turn and try to play the other striker in beyond quickly if you can
- If the ball is played to the other striker and they can turn, make a run into the space beyond
  - If you see they cannot turn, move so you can quickly support on the next pass
- Try and communicate non-verbally (point/eye contact) with teammates before the ball is played forward
- When the ball can be delivered into the penalty box, try to work with your partner to be **double poachers**

## Defending

- When in Block A/B, work with your partner to block line of pass into the opposition 6(s), while being close enough to press the opposition centre-backs if there is a pressing cue
  - If your partner goes to press, move where you are directly blocking the 6
    - Communicate verbally if the ball is switched and you need to swap roles
  - Try and create pressing moments where your team can win the ball back, either by arcing your run to show the ball into the wide lane, or creating a pressing cue
    - As you arch your run, scan to ensure your partner is blocking line of pass into their 6/you are blocking lines of pass into the 6
      - Communicate non-verbally with the midfield if they need to move higher to close the 6
  - If the ball goes wide, block lines of pass so they cannot switch
    - If you see our midfield is close enough to press their midfielder, go higher and block line of pass to the centre-back
    - If you see our midfield is not close enough to press their midfielder, go deeper and block line of pass into their 6
- When in Block C/D, work with your partner to block their 6 from being able to get free and/or switch
  - If they have one 6, one 9 may drop and man-mark this player
    - If possible, try to block passes

# 7/11

## Wide

### Attacking

- When in Block A/B, start in the wide lane, with your back to the sideline, where you can see the ball & see the goal so you can start running towards goal
  - As the ball can be played in beyond, or when you see a teammate with the ball who can play a pass in beyond, make a diagonal run directly in behind or when you see there is space in beyond, make a **broken run** by running across the line of the last defender, before moving beyond as the ball is played and then:
    - Try to take your first touch to **go to goal** if no defenders have recovered to pressure you.
    - If you take a touch straight, cross early to numbers in the box
      - If you cannot cross, or there are no numbers, either go 1v1 or keep the ball
    - If your touch is toward the sideline, or your path is blocked by a defender, **keep the ball** to either find a supporting teammate (overlapping/underlapping), get to the byline or switch via teammates in the halfspace/central lane
  - If the ball can be played quickly, you may turn straight, or if you have peeled, run diagonally towards goal (if possible)
  - If there is a defender between you and the ball who can intercept a pass on the ground, check towards the ball then spin to run beyond the defender or open wide towards the sideline to receive facing forward.
- When in Block A/B/C, when you see there is space in between, try to drop in where you can receive the ball to feet whilst staying in the wide lane and avoid coming into Block D stay in block C or even B as much as possible to create space for your teammates
  - Try to time your run for when your teammate gets their head up or can play the ball forward
    - If possible, verbally communicate what type of pass you may like to receive (such as 'to feet' or 'beyond')
  - If the defender marks you tightly, try to drag them away and wide to create space in the halfspace for other players to run forward into
    - If the ball can be played in beyond, spin and run beyond yourself
  - If the defender stays and does not follow you, try to receive the ball to feet (preferably facing forward or on the turn)
    - As you receive the ball, **scan constantly** to ensure you **know where the space is** are able to turn

- When the ball can be delivered to the penalty box from opposite halfspace/wide lane, make a run to be the **poacher** around the far post
  - If you see there are more defenders in the box, be patient but ready to make your run as the ball is/can be delivered, to receive the ball
  - If you see there are even or less defenders, hold and stay on the blindside until you can time your run to arrive to the ball ahead of the defender
  - If the ball is not delivered or can be delivered again, make a new run to get free (possibly by dropping back to the cut-back zone)
    - Try and communicate non-verbally (point/eye contact) with teammates before the ball is delivered

## Defending

- When in Block A, the ball is on your side, and there is a single 6, block the line of pass to their 2/5
  - If you see their 7/11 drop in between the lines, block the line of pass to this player first
    - Try and anticipate the opportunity to press or win the ball
  - If you are on the opposite side, position between their 3/4 and the nearest midfielder
    - If the ball is passed to either of these players, press to stop them switching
    - If the ball is passed over you, drop quickly behind the line of the ball in the halfspace (to stop them playing forward)
      - If there is no pressure on the ball, move towards it while cutting out line of pass
- When you are Block B/C, position in the same line as your midfield (if defending in a midfield four) or strikers (if defending in a front three)
  - If the ball is on the same side, cover the half space first and allow the ball to go wide
    - If you see your teammates are close to you, close the ball as it goes wide
      - If your teammates are not close, stay compact
  - If ball is on the opposite side, cover the nearest half space to central lane and stay compact (**3 lanes**)
- When you are in Block D, stay compact and force the ball wide
  - If you see your wing-back closing the opposition winger, drop and anticipate an overlap
    - Knock out the line of pass diagonally inside, but close enough to be able to follow the overlapping player where you can win the ball/stop the cross.
  - If you see your wing-back cannot close the opposition winger, close them yourself while blocking line of pass inside

# Halfspace

## Attacking

- When in Block B, start in the wide space, with your back to the sideline, where you can see the ball & see the goal so you can start running towards the halfspace
  - As the ball can be played in beyond, or when you see a teammate with the ball who can play a pass in beyond, make a diagonal run directly in behind or when you see there is space in beyond, make a **broken run** by running across the line of the last defender, before moving beyond as the ball is played
    - Take your first touch and **go to goal** if no defenders have recovered in time
    - If you take a touch straight, assess your ability to cross and numbers in the box (especially utilising early crosses)
    - If your touch is toward the sideline, or your path is blocked by a defender, use your body and skill to secure the ball and create an advantage to either recycle the ball backwards or inwards toward the halfspace/central zone trying to create a numerical advantage to get to the byline or release an (overlap/interlap) run to the byline for a more accurate cross
  - If the ball can be played quickly, you may turn straight, or if you have peeled, run diagonally towards goal (if possible)
  - If there is a defender between you and the ball who can intercept a pass on the ground, check towards the ball then spin to run beyond the defender or open wide towards the sideline to receive facing forward.
- When in Block A/B/C, when you see there is space in between, try to drop in where you can receive the ball to feet in the halfspace freeing the wide space for an overlap and coming inside to combine with teammates
  - Try to time your run for when your teammate gets their head up or can play the ball forward
    - If possible, verbally communicate what type of pass you may like to receive (such as 'to feet' or 'beyond')
  - If the defender marks you tightly, try to drag them away and wide to create space in the halfspace for other players to run forward into
    - If the ball can be played in beyond, spin and run beyond yourself
  - If the defender stays and does not follow you, try to receive the ball to feet (preferably facing forward or on the turn)
    - As you receive the ball, **scan constantly** to ensure you **know where the space is** are able to turn
- When the ball can be delivered to the penalty box from opposite halfspace/wide lane, make a run to be the **poacher** inside of the far post/ penalty box area
  - If you see there are more defenders in the box, be patient but ready to make your run as the ball is/can be delivered, to receive the ball



- If you see there are even or less defenders, hold and stay on the blindside until you can time your run to arrive to the ball ahead of the defender
- If the ball is not delivered or can be delivered again, make a new run to get free (possibly by dropping back to the far post zone)
  - Try and communicate non-verbally (point/eye contact) with teammates before the ball is delivered

## Defending

- Same as Wide (unless utilising a pressing trap or different zonal marking)

# Midfielders

## Single 6

### Attacking

- When in Block D/C, start behind the opposition first line of pressing and try to receive the ball beyond defenders
  - If there is a 9 blocking passes into you, and you see them either go to press the ball or stop blocking the passing lane, move quickly into a line of pass
    - Try to stay on the blindside when making this movement so you can receive beyond
    - If the pass is a long distance where an opponent could press/intercept, drop to receive the pass
  - If the opposition press with two players, drop in between the centre-backs to create a back three
    - If you see a player follow you when dropping, draw them away from the ball so the next pass can go forward into the space created
    - If you drop & receive the ball, and then an opponent presses you, try to find the free player in midfield (this will normally be the one who the opponent has just left free)
      - As the ball travels towards you, scan constantly to see who is free
  - If the opposition mark you tightly, try to create space for other players to receive
    - If you see a teammate who can drop and receive the ball, run forward
    - If your teammates in midfield are also marked tightly, move to create a passing lane into one of your strikers
    - If you can see that your marker is not touchtight, drop quickly to receive a pass
      - As the ball travels to you, scan constantly to see if you need to play a return bounce pass immediately
        - If your marker keeps pressing the ball, move immediately into a line of pass
        - If your marker stays touchtight with you, move to create space for a passing lane into a teammate higher up the field
- When in Block A/B, stay in a position where you can receive passes to **keep the ball** and/or **switch**
  - Stay in a position where you block passes into their 9 so they cannot counter-attack quickly in transition moments
    - If they have two 9s, stay in between the two where you can move to intercept a pass into either striker
    - If their 9 is very deep, or in the far halfspace/wide lane, stay central

- When receiving the ball, scan constantly to the opposite side of the field to see if you can switch
  - As you receive the ball, scan constantly to see if an opposition presses you. If they do, see if there is a vertical or diagonal passing lane into a teammate higher up the field
- When the game is high transition, or multiple teammates are not in position, try to keep the ball to slow the tempo of the game

## Defending

- In Block A/B, stay 50/50 between their 9 and the opposition midfielder where you can press both players
  - If the ball travels into their midfielder (or you see cues from their defenders that they will play this pass), start moving so you can arrive on touch
    - As you arrive, recognise if you can 'jump' in front and cleanly win the ball without being turned and/or giving away a foul
  - If you see their defenders about to play a longer, lofted pass (e.g. scan for the 9; lift back foot), drop quickly so you are in a position to attack the first ball and/or compete for the second ball
  - If they play wide, and your teammate presses the ball, move and support in the near halfspace where you are blocking passes into their 9/opponents higher up the field
    - Scan constantly as you move to ensure you are still blocking lines of pass
  - If they can play into their 6 who is free, communicate with your 9 to block the passing lane
    - If they play this pass, recognise whether you can close the ball quickly enough to stop their 6 turning
      - If you cannot, drop and compress & try to block the next forward pass (most likely into the 9)
- In Block C/D, block passes into their 9 and constantly adjust to protect space in central lane/halfspace
  - If they play into the 6 who is free, scan constantly to know where their 9 is/if they have 10s behind you
    - Try to stay in front of their players between lines so you are blocking passes
      - Communicate with your centre-backs who presses any passes into these players
      - As the ball travels into these players, reverse press

# Double 8

## Attacking

- When in Block C/D, start in a position where you can see the ball & be able to receive beyond the opposition midfield
  - As the ball travels to your side, try to stay free where you can receive a forward pass to receive beyond your nearest defender
    - If you see your nearest defender move towards the ball, ensure you stay in a line of pass
      - As they look at the ball, adjust your position
    - If your nearest defender marks you tightly, go higher to create space for your teammates
  - Try and receive the ball where you can turn and face forward as quickly as possible
- When receiving the ball in Block C/D, scan constantly to see if you can turn and play a forward pass or run with the ball
  - If you are pressured by a defender as you receive, try to **keep the ball** by finding a free teammate with a pass, or shielding the ball
    - If you are pressured by a player from a wider position, scan to see if you can play a bounce pass to a wide player
    - If you are pressured by a player centrally, scan to see if you play a bounce pass to the 6 or centre-back
- When your teammates have time and space and can play forward, and the opposition defenders are high, make forward runs to get in behind
  - If you see your 9 dropping to receive the ball or is marked tightly, run into the space directly behind them
  - If you see your 9 on the other side of the field, and there is space for you to run between defenders, peel so you are on the blindside of the defender before running behind
- When the ball can be delivered into the penalty box, get into position where you can either be the **poacher** or be in a position to win any second balls
  - If you see your 9 run to the near post and the opposite winger cannot get into the box, make a forward run to finish either at the far post or in the shot box
    - Try to time your run to arrive as the ball arrives
  - If you see the other 8 and/or the opposite winger are already/able to get in the box, get to a position at the top of the box centrally where you can attack any ball into this zone
    - Adjust if you see the ball will be cleared to the halfspaces
  - If the ball is on your side and you see teammates in the penalty box or the ball cannot be delivered, move to a position where you can support the player on the ball to receive a pass to switch or cross yourself

## Defending

- In Block A/B, knock out lines of pass to opposition midfielders behind you
  - Scan constantly as the ball moves to adjust your position and keep blocking passing lanes
  - If the ball goes wide and the 7/11 press, cover behind so you are in a position to become the first defender if they are beaten
  - If the ball goes behind you, reverse press quickly
    - If you cannot get close to the ball, get behind the line of the ball as quickly as possible
- In Block C/D, adjust constantly to stay compact with your midfielders and protect central and halfspace lanes
  - When the ball goes to the opposite wide lane, be in a position where you are next to the 6 and can cover
    - If the ball is played centrally to an opposition midfielder, you are the closest player, and you can arrive on touch, close the ball on an angle to stop them from switching
      - If you cannot arrive on touch, stay behind the ball and adjust your position to knock out lines of pass behind you
  - When the ball goes to the same wide lane, and your 7/11 closes the ball, drop behind them so you are in a position to cover and can become the first defender
    - If you see your 2 or 5 close the ball, drop deeper and cover in the halfspace, and be ready to close quickly if they are beaten
      - Opposite 8 adjust to a position where you can protect the penalty spot

## Double 6

### Attacking

- In Block C/D, start opposite so you are not in the same receiving line, and try to have one player central, and one in the halfspace
  - If the opponent marks you tightly, rotate with your partner to get a teammate free
    - If you can see that your marker is not touchtight, drop quickly to receive a pass
      - As the ball travels to you, scan constantly to see if you need to play a return bounce pass immediately
        - If your marker keeps pressing the ball, move immediately into a line of pass
        - If your marker stays touchtight with you, move to create space for a passing lane into a teammate higher up the field
  - If your partner receives facing forward, move into a line of pass

- Try to avoid going into their lane (e.g. be central if they are in halfspace and vice versa)
    - Make a forward run if you see your 10 can drop to receive the ball, or is marked tightly
  - If you see the ball being switched between centre-backs where the receiver can drive forward, move away from the ball
    - Try to have at least one 6 in the central lane to balance
      - If the centre-back drives into Block C/B, the nearest 6 replace them
- In Block A/B, have the near 6 to the ball in a position where they can receive passes to keep the ball and/or switch
  - If you are the opposite 6, try to position level or behind the opposition midfield
    - If you see the near 6 receive the ball & be pressured, drop quickly to be in a horizontal line of pass
    - If you see the near 6 receive and face forward, make a forward run to get in between lines
      - Run in behind the defence if they are high
        - Communicate with your 10 so you make different runs
- When the ball can be delivered into the box, have at least one 6 make a forward run to be in/close to the top of the box
  - If you are the deep 6, balance and be in a position where you are blocking line of pass into their 9 if they counter-attack

## Defending

- When in Block A/B, start where you are blocking passes into their 9(s), and can press the opposition midfielders
  - If the ball travels into a midfielder (or you see cues from their defenders that they will play this pass), can the near 6 move forward to close the ball
    - Other 6, drop and compress to cover the space behind
  - If you see their defenders about to play a longer, lofted pass (e.g. scan for the 9; lift back foot), can the nearest 6 drop quickly to be in a position to attack the first ball
    - Other 6, move quickly into the space where the second ball is likely to go
  - If they play wide, can the near 6 move into a position to cover behind a teammate who is closing
    - If there is no teammate who is able to close, close the ball yourself while blocking line of pass inside
      - If you cannot win the ball, try to ensure they cannot play forward
    - Other 6, move across where you are covering in the near halfspace, while blocking line of pass into the 9/players higher up the field
  - If they can play into a 6 who is free, can the near 6 move forward to be in a position to close this player
    - Other 6, compress and cover the space behind

- In Block C/D, block passes into their 9/10s and constantly adjust to protect space in central lane/halfspaces
  - If they play into a 6 who is free, scan constantly to know where players are positioned behind you
    - If one 6 closes the ball, other 6 compress and cover the space behind

## Single 10

### Attacking

- In Block C/D, try to start in the lane that is not occupied by the double 6
  - If you see the opposition 6s are defending in both halfspaces, stay central
    - Try to work with your 9 so you are not blocking line of pass into either
  - Try to stay in a position where you are free behind the opposition midfield to receive the ball and face forward
- When receiving the ball in Block C/D, scan before receiving so you can take your first touch forward where you can play a forward pass in behind for the front three
- In Block A/B, try to be available to receive the ball where you can face forward
  - As the ball is being passed towards your side, drop to the line of the ball where you can receive a forward pass
    - As the ball travels towards you, scan to see if you can turn
      - If the defender marks you closely, try to bounce with a nearby teammate so you can run and receive the next pass in behind
      - If your defenders marks you closely and you do not have a supporting teammate, try to receive the ball where you can keep the ball or roll the defender
    - If you see the 9 move into the halfspace or wider position, go high in the central lane
  - If you see the 7/11 dropping in between the lines and the defender is close/high, run in behind where you can receive a forward pass
  -

### Defending

- In Block A/B, knock out the line of pass to the opposition midfield
  - If they have two 6s, position in between where you can close either player if they receive the ball
  - If you see your 9 pressing to one side, move across where you can support and press any forward pass in the same lane
    - As the ball is switched, if the 9 cannot close the ball, replace them while continuing to knock out line of pass into the midfield

- If the ball goes wide and the 7/11 closes the ball, move to a position where you can press the ball into the nearest midfielder
  - Try to stop them from switching the ball if they receive
    - If you see the 7/11 closing the ball and blocking line of pass into this midfielder, drop deeper into the halfspace to cover
- If you see the opposition playing out with three players centrally, move higher and position next to the 9
- If the ball is played behind you, reverse press quickly while blocking a bounce pass back to the centre-backs
- In Block C/D, knock out line of pass to their deepest midfielders and stop them from switching
  - If you see they have a single 6 who can constantly get free, mark him tightly
    - Try to communicate with your 9 to share this role
  - When the ball goes wide, move into the near halfspace where you are in a position to stop the diagonal pass into the midfield
    - If you are on the opposite side, move into the central lane in the same block as the ball where you can stop/close any switch
- As the ball is crossed into our penalty box, be in the central lane and close to the top of the box where you can either attack/win any second ball
  - If you see a teammate win the first ball cleanly, be in a position where you can receive a forward pass to transition to attack



# Wing-backs

## Back 4

## Wide

## Attacking

- In Block C/D, [start level and outside of your direct opponent where you can touch forward](#)
  - If you see your centre back free/running with the ball, move forward while staying in line of pass
  - As they receive the ball, scan to see what your direct opponent does
    - [If they mark you tightly, move higher to create space for the player on the ball](#)
    - [If they press the ball while blocking line of pass to you, adjust so you are in a line of pass](#)
      - If you see a midfielder on the same side dropping to receive the ball, stay in a position where you can receive a bounce pass from them
  - If you see the ball can be played into the 7/11 on your side who is dropping, make a forward run
    - If you see the 7/11 can turn and play forward, keep running forward where you can get in behind
    - If you see the 7/11 cannot turn or will be pressured, stay in a line of pass where you can receive a pass to keep the ball
  - [When the ball is on the opposite side, move towards the halfspace to be in a position where you can recover quickly if the ball is lost](#)
    - [If you see the ball is about to be or can be switched, start to move wider again](#)
- When moving the ball into Block C/B, scan to see if you can play an early pass into the striker
  - If there is space in behind, play a diagonal ball into the winger/striker on your side
  - If there is space in between, and no opponent blocking line of pass, play a diagonal pass into the feet of the 9/10 centrally
  - [If you cannot play forward, play a pass into the near halfspace or central lane to a free midfielder who can switch](#)
    - If you see the opposition is compact/the midfielders are marked tightly, look for the centre-backs
- [When moving the ball into Block A, scan to see if you deliver a cross to a teammate in a poacher position](#)
  - If there is space in behind, try to play a low driven cross in between the goalkeeper and defenders

- [If there is no space in behind, drive into the box where you can either get into a better position to cross, or get to the byline to play a cutback](#)
  - [If you cannot cross, try to keep the ball by either combining with the winger on the same side or by switching the ball to a free midfielder](#)

## Defending

- In Block A/B, and pressing, stay in a position where you are close enough to support the centre-backs if the ball is played long or to the other side (3 lanes), but can also press if the ball is played on your side
  - If the ball is played on your side, move forward to a position where you can close the ball
    - As you move, scan to see if you can arrive on touch to win the ball
      - If you cannot win the ball, adjust so you are not beaten on the first touch/the attacker does not go beyond you with the ball
  - If the ball is played to the other side, fold in so you are in line with the centre-backs (but not deeper)
    - As you move, keep an open body so you can see the ball and see the attacker on your blindside
- In Block C/D, when the ball is wide, stop your direct opponent from progressing forward while protecting space behind you
  - If the winger on the same side gets free with the ball, close them while staying between the line of the ball and the goal
    - If there is an attacker behind you, scan constantly and try to knock out lines of pass as you approach the ball
    - If you cannot win the ball or arrive on touch, delay and try to either force a backwards pass and/or have support from the near midfielder or winger
  - If the ball is on the other side, stay in line with the centre-backs and move towards the central lane
    - If the ball can be crossed from the other side and you see an opponent run between you and the next defender, stop them getting free
      - If there is time to 'pass them on' or there is another attacker behind you, communicate with the centre-back
      - If you cannot 'pass them on' in time or the attacker can get to the ball in a goalscoring position, mark them tightly
    - If the ball is crossed and goes over your head, turn quickly and stop any immediate shot
      - If the ball goes to an opposition player with time and space in the wide lane, delay the ball
- In Block C/D, when the ball is central, stay compact with your defenders and cover behind the centre-backs if they engage with the ball/opposition 9
  - If the ball is played long and the centre-back moves forward to try and win the first ball, drop and compress behind where you can cover and attack any second ball

- If the ball is played to feet, drop and compress where you can cover, and can also readjust quickly if the 9 gets the ball and plays wide to a supporting teammate
- If the ball is played long and in behind, and the centre-back is the first defender in the halfspace or wide lane, replace them in the backline diagonally (as quickly as possible)
  - If a teammate/near midfielder replaces the centre-back, replace their position instead

## Inverted

Similar to Wide, with the below exceptions.

### Attacking

- In Block A/B, when the ball is central, move into the halfspace in a line of pass
  - If you see your centre-back is their own half, be in line with them where you can receive a vertical pass
    - If the centre-back is over halfway, drop to the line of the ball if they can play a longer pass
  - When the ball is in the opposite wide lane, move diagonally forward in the halfspace so you are in line with the 6
    - If the centre-back on the opposite side carries the ball over halfway, drop in line

### Defending

Same as Wide.

# Centre-backs

## Back 4

### Attacking

- When in Block D/C, split so the opposition 9 cannot mark both of you
- When in Block D/C, try to move the ball quickly to get a player free who can run or pass the ball forward
  - If they press with one 9, try to move them to one side to create a free player on the other side
    - As the ball travels, scan constantly to see where the 9 is and if you can drive forward
  - If they press with the 7/11 from the side, try to find the midfielder who can 'bounce' the pass out to the wing-back who is now free
    - As the ball travels, scan to the side to see where the 7/11 is
      - If you see they cannot arrive on your first touch, try to touch forward so you can then play the next pass forward (either into nearest midfielder or striker)
  - If they press with two strikers, communicate with your 6 to drop in between
    - Try to use your goalkeeper as well to move the ball quickly
  - If there is space in behind their defence, play the ball over and in beyond
    - Communicate non-verbally with your striker so they can make a run to receive this pass
- When in Block A/B, be in a position where you can receive a backwards pass to keep and switch the ball
  - Try to be far enough apart so you can switch, but close enough so you can defend any counter-attack quickly (by being able to close their 9)
  - If you have time and space where you can drive forward, try to drive with the ball diagonally
    - Communicate non-verbally so you are covered/replaced by the nearest midfielder

### Defending

- In Block A/B, 3+4, can you keep the team compact and recognise when to step up or drop off
  - If there is pressure on the ball, can you keep the defenders high as a unit
    - Communicate verbally so you are together & the wing-backs are not deeper



# Goalkeeper

## Attacking

- When the ball is in Block A/B/C support within a block of the deepest midfielder:
  - Centrally or in space where you can create space to play out
  - If we are playing a back 5 support between the centrebacks and the wide back (halfspace)
  - If the opposition is dropping can the GK receive the ball higher to engage the line and take the space when receiving to feet
- When you receive the ball to feet or hands in any Block can you:
  - Score or assist a goal with one pass
  - Play into midfield spaces quickly to drive at the opposition backline
  - Pass to a 1v0 in your backline or bounce pass off the 6 (3rd player play)
  - Keep the ball
- Whilst your team has the ball can you:
  - Communicate expectation and position specific expectations to the players in front of you
  - Predict moments where the opposition could counter if they receive the ball (preparation) and communicate with your teammates to stop these opportunities

## Defending

- When the ball is in Block C/B/A and you are within a block of our deepest midfielder:
  - Open to see the whole field and all players so you can control the space in front of you and defend the goal behind you
  - Move as the ball moves both horizontally and diagonally to ensure you are between the ball and the goal and no deeper than a block.
  - Push your defensive line up immediately when:
    - Player facing backwards
    - The ball travels backwards more than half a block
  - Scan to predict moments where the opposition could play beyond (they have time, space and vision to play beyond) and communicate with your teammates to stop these opportunities by putting pressure on the ball or dropping and reverse pressing (use DNA and team positional specifics)
- When playing a higher line ensure that you are no more than  $\frac{3}{4}$  of a block behind your defensive line and you quickly move forward or sideways to win the ball if you can
  - If you can't move quickly to reposition to stop the goal
- When the opposition shoots directly at the goal:
  - Make the save however you can:

- If you can catch the save, look for attacking quick transition opportunity
- If you can't catch the save then parry the ball to a safe, or safer zone

# Framework

(format as below using dot point structure and colour)

Task-based (who/what/when/where/why). Linked to core actions, underpinned by cues (if/as)

- Start with **who** does it, tell them **what** to do, tell them **when** to do it, tell them **where** to do it, maybe tell them **why** (include core action language here if you can)

- If/when/as (start with this so the player knows it is an 'optional' detail); tell them what to do or tell them what to look for, maybe tell them why

- Add extra detail as needed

- *Summarise the task with a simple 1-2 word phrase that become mantras*

## Example:

General theme (e.g. attacking) - Heading 1

Position (e.g. Strikers) - Heading 2

Sub-position (e.g. Front two) - Heading 3

- Strikers, get level and outside between the opposition centre-backs and wing-backs so you can get behind

- Try to get beyond when a teammate has enough time and space to play beyond and there is space behind

- If you cannot get beyond, drop into a line of pass where you can receive & turn

- If you see the other striker drop, can the other striker make a forward run to get beyond

- *"Get level, get beyond, get between"*