

Region IV ODP 1991 GIRLS

PLEASE READ AND REVIEW BEFORE EVERY GAME OR PRACTICE

TACTICAL FUNCTIONS BY POSITION

Tactics

Decision making

Elevating the game to a thinking level

Playing both sides of the ball

Transition both from attacking to defending and defending to attacking (teams are most vulnerable at the moment they lose possession)

- Attacking and defending involve all 11 players and to be successful, we need to train our players with this in mind

Tactical functional training

Decisions by players as to which skill is necessary as dictated by the playing environment. It joins together technical implications of tactical functions of players by position. It is position specific and the training is done in that area of the field where the player usually plays.

Tactical Functions (need to think about)

Organization of Back players

Role of Sweeper (Defensive)

- Play behind and/or in front of backline
- Organize the team defensively, communication
- Establish and control last line of defense, and rate of retreat
- Offside considerations
- Marking responsibilities
- Stepping up (explain)
- Deny through balls (interception)
- Skillful in the air and tackling

Role of Sweeper (Attacking)

- as a free player, attempts to start counter-attacks
- as a support player, dictates rhythm of play (vision)
- as a penetrator, with and without the ball

Technical Functions (need to be proficient at)

All Defenders

- Good first touch (receiving)
- Ability to tackle (timing)
- Skillful on ball (dribbling)
- Turning under pressure
- Keep possession
- Combination play with team mates
- Heading for defense (long and wide)
- Technical & physical speed
- Long and short passing
- Ability to clear lines (ease pressure)
- Use of both feet
- Long range shooting

Role of Marking Backs (defensive)

- mark central forwards; when to deny, contain, tackle
- mark ball side in the central areas, starting positions
- proper angles of recovery (explain)
- understands man to man, zone, and combination defending
- understands off-side trap
- skillful in the air and tackling
- proper decisions on when to attack the ball
- provides cover

Role of Marking Backs (Attacking)

- proper decisions on distribution of ball (safety/risk)
- establish width in the attack
- overlapping runs into advanced positions
- able to maintain compactness in attack
- support player

Role of Outside Backs (defensive)

- Deny penetration on flanks
- Marking responsibilities, starting positions
- Provide cover (explain)
- Provide balance (explain)
- Skillful tackler
- Tracking down according to defensive philosophy

Role of Outside Backs (attacking)

- provide early outlet after ball is won
- establish width in the attack
- overlapping runs into advanced positions, timing
- ability to play as winger
- maintain compactness in attack
- provide support

Outside Defenders

- Passing & distribution
- Receiving, good first touch
- Crossing ball
- Clearing to targets
- Heading
- Tackling
- Throw-ins
- Shooting

Organization of Midfielders

Defensively as a Group

- work to get goal-side at instant of transition
- proper angles of recovery (explain)
- delay attacking progress of opposition (pressure points, pressure pockets)
- keep ball in front of midfield
- provide cover and balance
- understands man to man, zone and combination defending
- win 1v1 duels

Attacking as a Group

- link between backs and forwards; support behind and in advance of ball
- switch point of attack, rhythm of play
- penetrate with or without ball; creating space, combination play
- finishing; long range shooting

Defensive Midfielder

- organize midfielders and forwards
- provide cover to pressuring M.F. players
- provide balance in M.F.
- mark attacking M.F. of opposite team
- zonal play; laterally across the field
- pressure the ball, slow down the attack
- ability to double team
- ability to win 1v1 duels
- communication

Flank Midfielders (defensive)

- defend the flank
- proper recovery runs from flank (explain)
- understands responsibilities of man to man, zonal and combination defending
- provide cover and balance
- track players to goal
- delay and contain attacking team
- skillful in air, and tackling
- ability to win 1v1 duels

All Midfielders

- Passing & distribution
- First touch receiving
- Turning with ball
- Shooting
- Creative
- Tackling
- Heading (both for attack & defense)
- Winning ball in air in midfield
- Jockeying
- Receiving & turning (body shape)
- Dribbling to create space or shoot
- Change point of attack (switch fields)

Flank Midfielders

- Concentrate on body shape & first touch
- Crossing ball (lofted and driven low)
- Passing and receiving
- Long diagonal passes
- Basic defending 1v1, 2v1 and 2v2
- Attacking dribbling 1v1
- Running with ball
- Use both feet proficiently
- Finishing (shooting & heading)
- Good in air defensively
- Corner kicks

Organizing Midfielder (attacking)

- support in advance of ball
- support behind ball
- dictate rhythm of play, vision
- maintain possession
- penetration with or without ball
- finishing

Attacking Midfielder

- play in advanced areas, close support of forwards
- make runs in advance of forwards
- penetrate defense with the ball, combination play
- receive balls to start counter attacks
- finishing

Flank Midfielders (attack)

- ability to patrol entire flank
- ability to play as a winger
- establish width in the attack
- create space for teammates
- ability to penetrate w/dribble, combination play
- overlapping runs into advanced positions
- support central M.F. forwards and backs
- ability to service attacking spaces in the box early
- finishing

Organization of Forwards

Defensively as a Group

- transition to defending (psychological aspects)
- integral part of collective team defense
- make play predictable, steer opponents according to defensive philosophy
- playing low-pressure (explain principles)
- playing high –pressure (explain principles)

Tactical Functions by position

Attacking as a Group

- know when to hold ball, when to lay-off
- ability to beat opponents; dribble, combination play
- ability to create space for self and teammates, mobility
- finishing; with all surfaces, from all areas and angles
- proper attacking runs in the box, timing
- ability to play together, shape

Central Forwards (strikers)

- compact central covering system
- push up to the sweeper
- stretch the opponents in DEPTH
- position of stopper will dictate forwards play

Pull apart the central covering system

- diagonal runs into spaces on flank; stopper follows run and pulls apart the center of field
- withdraw to meet midfielders; position of sweeper will dictate play
- show for wingers for combination play
- bending run away to create space for winger
- constant attempt to get behind defender
- finishing

Wingers

- play in wide and advanced positions
- creating space for self and others
- 1v1 abilities
- combination play with central strikers

Withdrawn Wingers

- play wide, not as advanced
- withdraws deep on flank to receive balls from backs
- midfield build up
- combination play
- create space for teammates without the ball
- ability to play as winger

Technical Functions by position

All Attackers

- Receiving different height balls
- Good first touch
- Hold ball up (shielding)
- Finishing (with all parts of body)
- Turning with the ball
- Striking free kicks
- Dribbling 1v1, 1v2 (to shoot)
- Technical speed
- Passing & laying off
- Flick ons (head and feet)
- Fakes
- Bending ball (passing and shooting)
- Crossing
- Corner kicks

Tactical Functions by position

Goalkeeper (defensively)

- organizing players in front of goal; especially restarts
- verbal communication
- play as deep sweeper
- angle play for shots
- shot stopping (technique)
- handling crosses (technique)
- transition
- vision

Goalkeeper (Attacking)

- support player; explain back pass implications
- distribution; when, where, how
- boxing, punching
- verbal communication
- transition
- vision

With new FIFA rules

Re-examine technical/tactical needs

GK can move laterally on PK

Cannot handle throw-ins

6-second rule holding ball

Can score from goal-kick or kick-off

**Communication is key for ALL players
that play State Select Soccer!**

Mike Smith

Associate Head Coach, University of Oregon

US Soccer National Instructional Staff

Technical Functions by position

Goalkeepers

Catching

One touch goalkeeping

Quick feet (agility and mobility)

Shape of body

Balance

Mobility (get in line with ball)

Agility (diving getting hands behind ball)

Breakaways 1v1

Clearing

Saving (catch, parry, punch)

Distribution (punt, pass, throw)

Throw (underarm, overarm, pitch)

Trapping (receiving outside box)

Heading (outside box)

Communication is KEY!

Tactical Functions by position

Technical Functions by position