



# Lucan Utd 2021

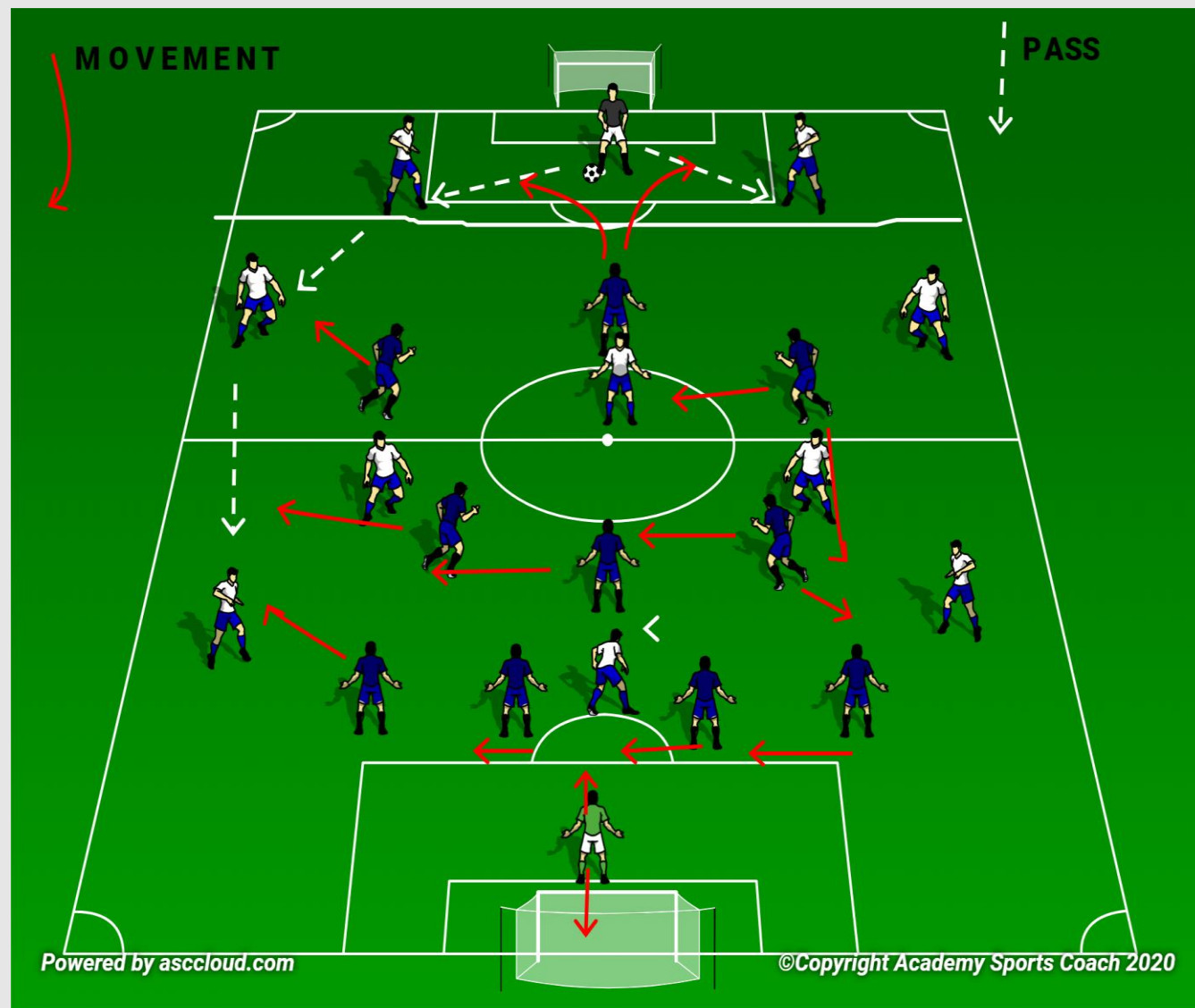
Preferred System of Play

1-4-3-3



# Principles of Play - Defending

- Be tight and compact – Establish a tight and compact shape through good starting positions.
- All players are aware of their position and role without the ball.
- Establish a line of engagement to press – When, Where and How to press.
- Press high from kick outs and general play.
- Angle of run, timing of press – Force opposition to one side of the pitch.
- Important. Starting position and roles of RW, LW to screen forward pass, Mark FB and Cover CF. Wide player on opposite side is up and in.
- Limit the distance of CM players from attacking unit, screen, mark and cover.
- Midfield players blocking forward passes through good starting positions, communication, the angle and timing of their pressure, cover and balance.
- Defenders body stance, low and side on. Delay and jockey, be patient and wait for the opportunity to win the ball.
- Good communication for team, unit and individuals – talk.
- Make play predictable by creating overloads.
- Mark players close to the ball and assess the danger furthest from the ball.
- Track and recover until behind the ball.
- 1v1 Defending. All players must be good defenders no matter what position. All players should be able to press quickly, put the brakes on, correct body position, hands up/get hands on, be bounce ready, don't dive in and tackle when ready.
- Once possession is won make a positive decision, can you play forward and if not can we assess out options and keep possession of the ball.

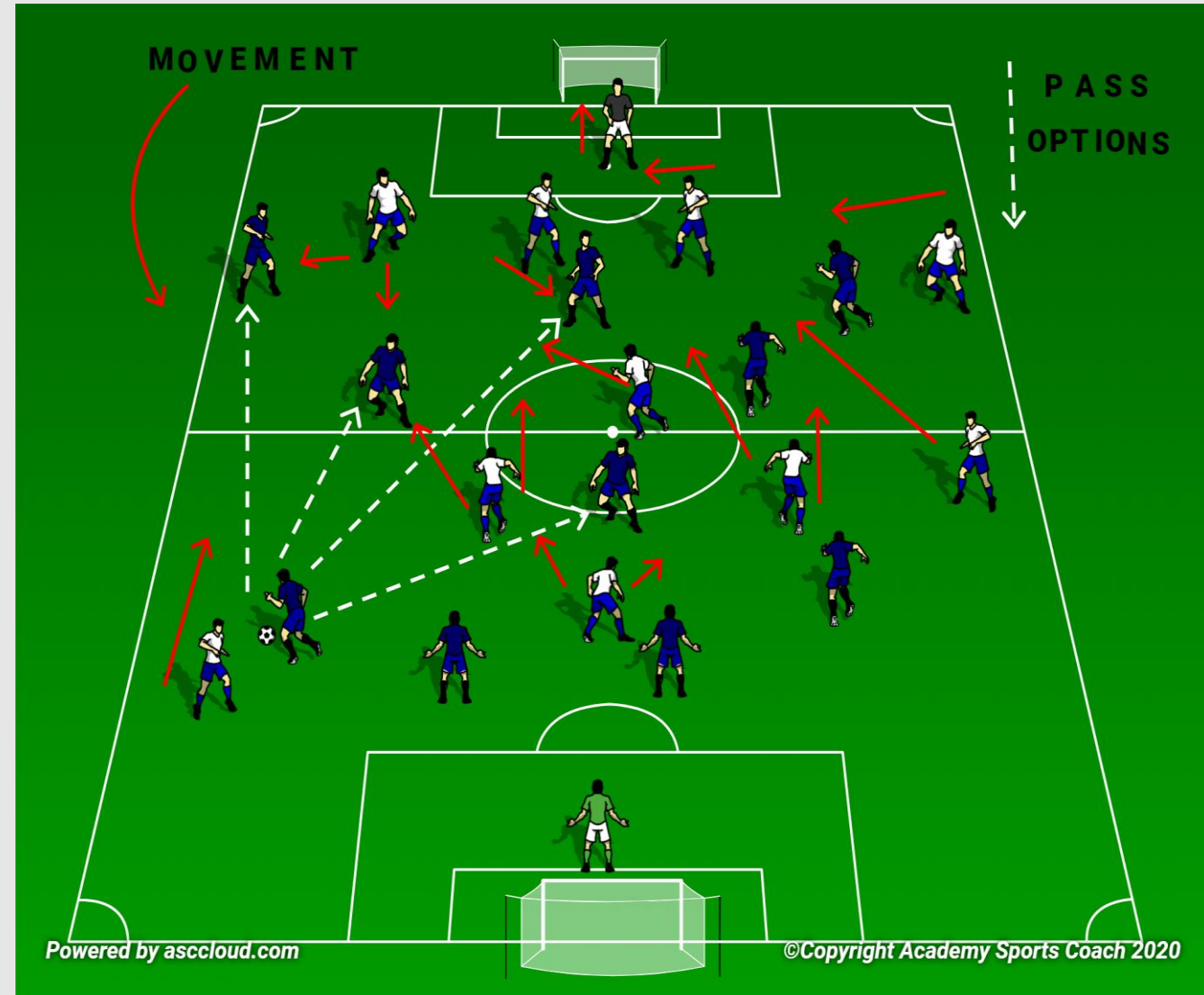


1. Principles of play - Defending - Make play predictable by forcing play in one direction to create overloads.



# Principles of Play – Transition to Attack

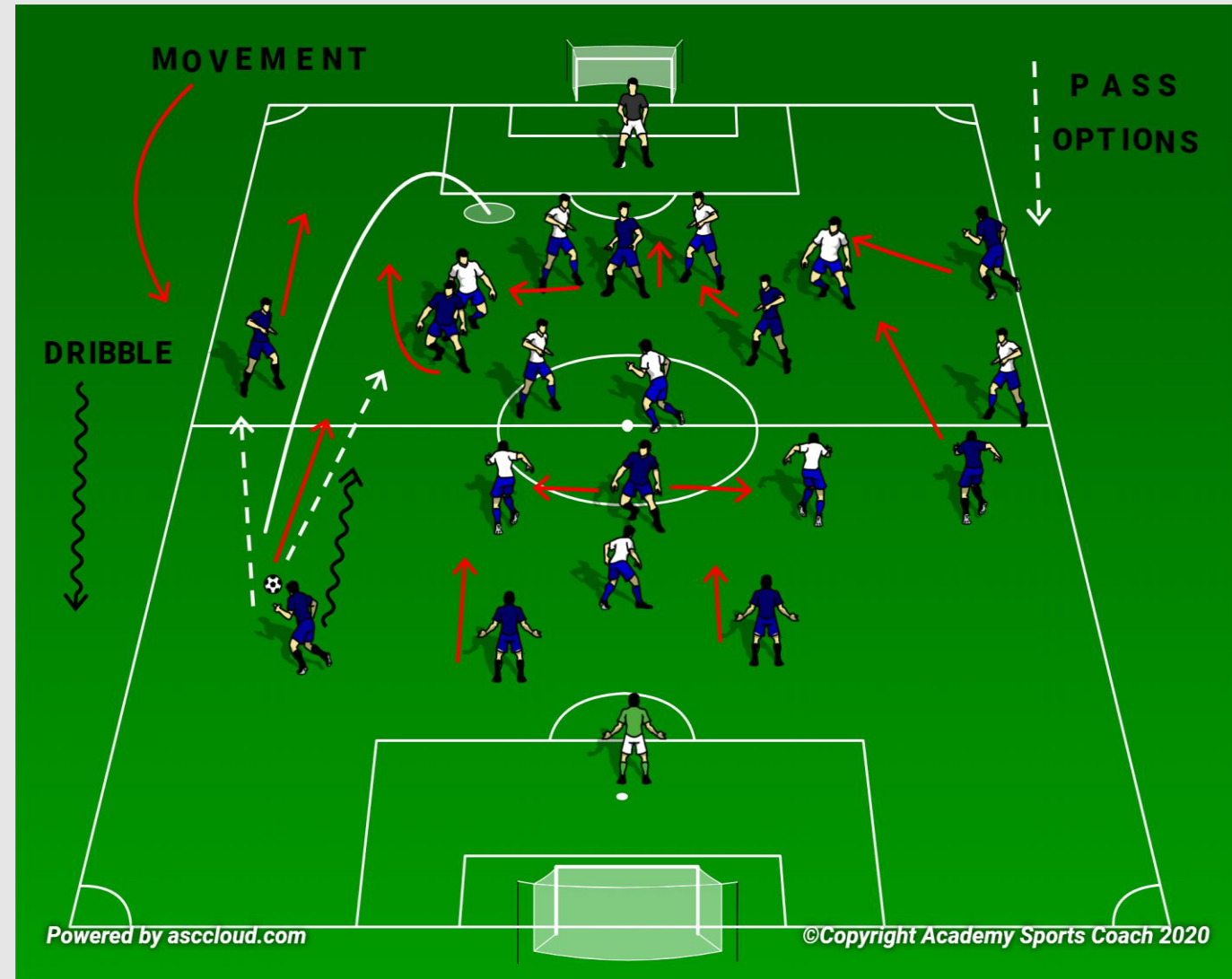
- Create width and depth to allow space for build up play.
- Look to play forward early to break lines and keep possession.
- We use the full width of the pitch and encourage our RW and LW to exploit gaps and create 1v1's and also to look for support from overlapping FB'S.
- Players must scan before receiving a pass and have the correct body position.
- Players passing the ball must talk and give relevant instructions to the player receiving the ball – 'time', 'man on', 'turn'.
- Good quality/selection of passes to create overloads through the thirds.
- Create space and options in front of the ball by creating good supporting angles and passes.
- Midfielders make opposite movements away from the ball to create space for Defenders to move into midfield. RW and LW stay high to keep opposition's FB's deep.
- Make penetrating forward runs with or without the ball provide quick support – Leave no gaps between the units.
- Look for early pass/cross behind opposition defence.
- Look to have a number of players (4/5) in or around the box.
- Maintain defensive cover and stay secure defensively in case possession is lost.





# Principles of Play – Attacking

- Create width & depth to allow space to build up and receive the ball.
- Look to play forward early to break lines and keep possession.
- Good quality & selection of passes to create overloads through the thirds.
- Create space and options in front of the ball by creating good supporting angles and passes.
- Provide good angles and distance of support to player on the ball.
- Create overloads and use free man if available.
- Move opponents to one side to exploit the opposite side (switch play).
- In the final third players are encouraged to express themselves through 1v1's and create goalscoring opportunities.
- Players are encouraged to be ruthless in their intent to get shots on target or to create goalscoring opportunities for their teammates.
- Look to have a number of players (4/5) in or around the box.
- Maintain defensive cover and stay secure defensively in case possession is lost.



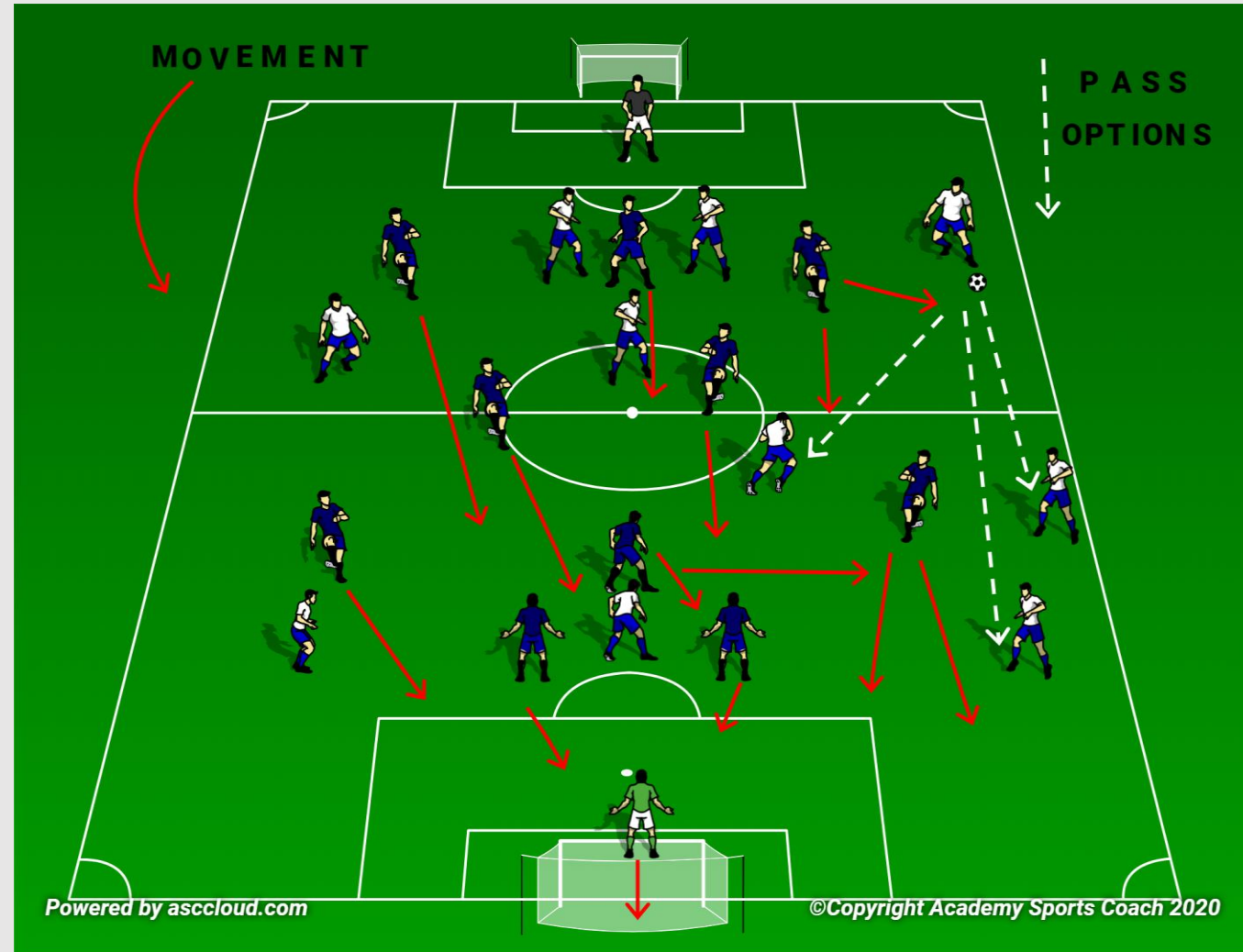
1. Principles of play - Attacking. Create width and depth to receive ball, quality & selection of passing, stay defensively secure.





# Principles of Play – Transition to Defend

- All players are aware of their position and role without the ball.
- Can nearest players put pressure on the ball to win it back or force it backwards or sideways.
- Communication and talking by players instructing and assisting their teammates to transitioning to defence.
- Get compact relative to the line of defence as soon as possible.
- Defend as a team. If the ball moves the team moves.
- Recovery runs made towards the middle of the goal till behind the ball.
- Establish triggers for pressing the opposition. Zonal marking and screening in midfield.
- Press when team has regained defensive balance.
- Identify the long pass and establish cover and balance in the back four.
- Players ahead of the ball must make recovery runs to close the gaps between the units.
- The ball must be pressed in dangerous areas.
- Prioritise defending the goal scoring zone.
- Discipline and patience in executing decisions.



1. Principles of play - T2D - Can we press the ball and force back or side-wards, if not make recovery runs behind the ball and defend the scoring zone.



# Set Piece Principles of Play

- **In possession of tip off starting the game.**  
Overload one side of pitch and play into opponents final third, look to gain possession and create early attacking threat.  
Play ball back to CH and look to create width and depth and exploit the opponents defensive gaps due to their high press.
- **Opponents in possession of tip starting the game.**  
Ensure we have sufficient players in our defensive third in order to deal with long early pass and be defensively secure.  
If the ball goes back to a defender players know their role in applying a defensive press – Players take their lead from the nearest man to the ball pressing the ball.
- **Goalkeeper kickouts in possession** – CH's to split either side of the six yard box looking to provide passing options, FB's to push high and wide and 10 metres from halfway line, CDM to drop into D, good body shape, on the half turn and scanning the area, 2 other CM's either side of centre circle on the half turn and making themselves available to link the play. RW, LW and CF play high and wide up against opponents back four.
- **Defending Opponents Goalkeeper kickouts** - Be tight and compact – Establish a tight and compact shape through good starting positions - All players are aware of their position and role without the ball - Establish a line of engagement to press – When, Where and How to press - Press high from kick outs and general play- Angle of run, timing of press – Force opposition to one side of the pitch – Make play predictable.
- **Corners for and against** – Get organised quickly – Attacking - All players aware of their role –good quality delivery and movement, create space, be ruthless and look to get shots on target – be aware of 2<sup>nd</sup> balls, loose balls and different phases of set plays.  
Defending – Touch tight – All players aware of their role – Mixture of zonal and man marking – stop/block shots at goal – stay concentrated and be aware of 2<sup>nd</sup> balls, loose balls and different phases of play – Clear ball from danger area.
- **Throw-ins for and against** – **For** - FB's take all throws in up to 10 metres inside opponents half – 3 options are to throw ball to winger, CF or CM in order to start attacking move – **Against** – Players behind the ball – Double up one in front/one behind in support of FB's and CH's – Patience – Await opportunity to win the ball and clear defensive area or regain good possession of the ball.