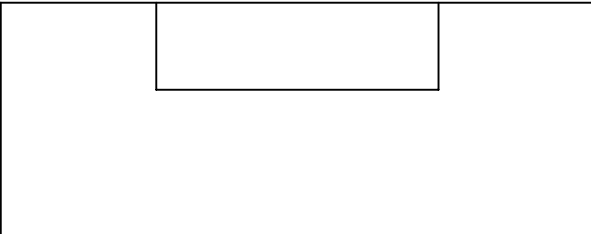
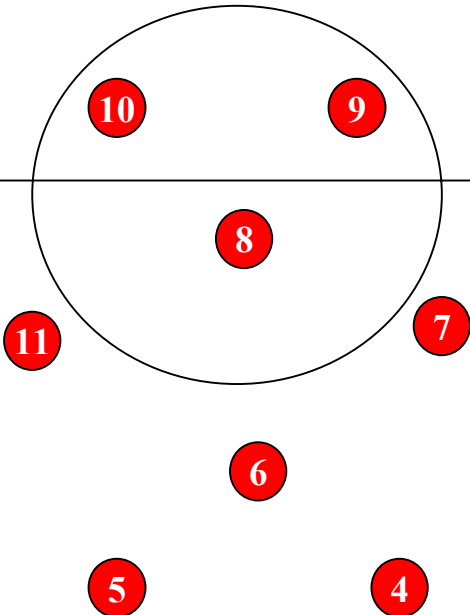
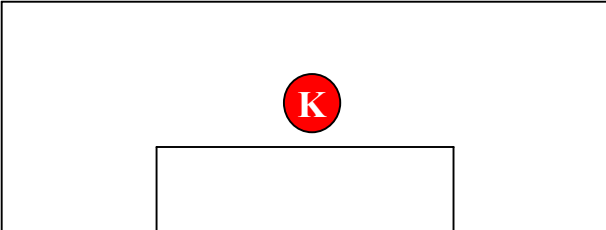


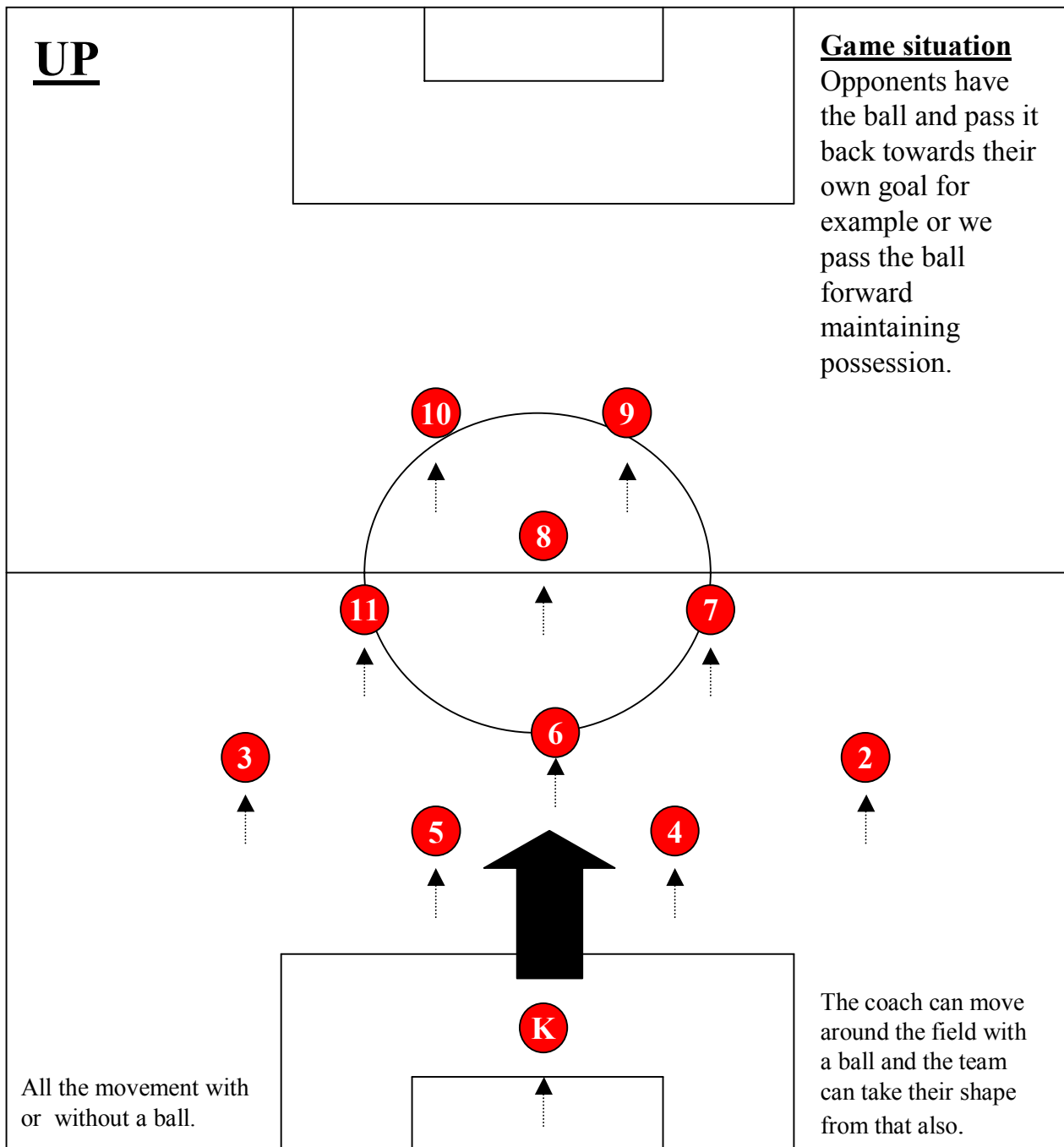
TEAM SHAPE AND MOVEMENT

<p>Three units of players working together as a team, moving around the field maintaining a shape. The difference between defensive and attacking shape is just the spacing between players and between units. Defensive shape is short and tight, attacking shape is wide and long.</p>		<p>To help the players when you do this initially keep the same spacing between players and units as they move around the field to get the concept across. As they get better you can move on to increasing the spacing such as when we get possession of the ball.</p>
		
<p>All the movement with or without a ball.</p>		<p>The coach can move around the field with a ball and the team can take their shape from that also.</p>

- Set the players up in a shape and ask them to move around the field together maintaining the same spacing between each other. On command (sit) they sit down where they are positioned. This gives you a chance to check they have kept their shape. Have words to move them again depending on where you want them to go. Words can be **UP** (up to 5 yards forward), **OUT** (a sprint, see if they can go at the same quick pace together keeping the shape) **DROP**, **HOLD**, **SLIDE** (moving to the side). Between each word say **sit** and check positions again.

(Wayne Harrison)

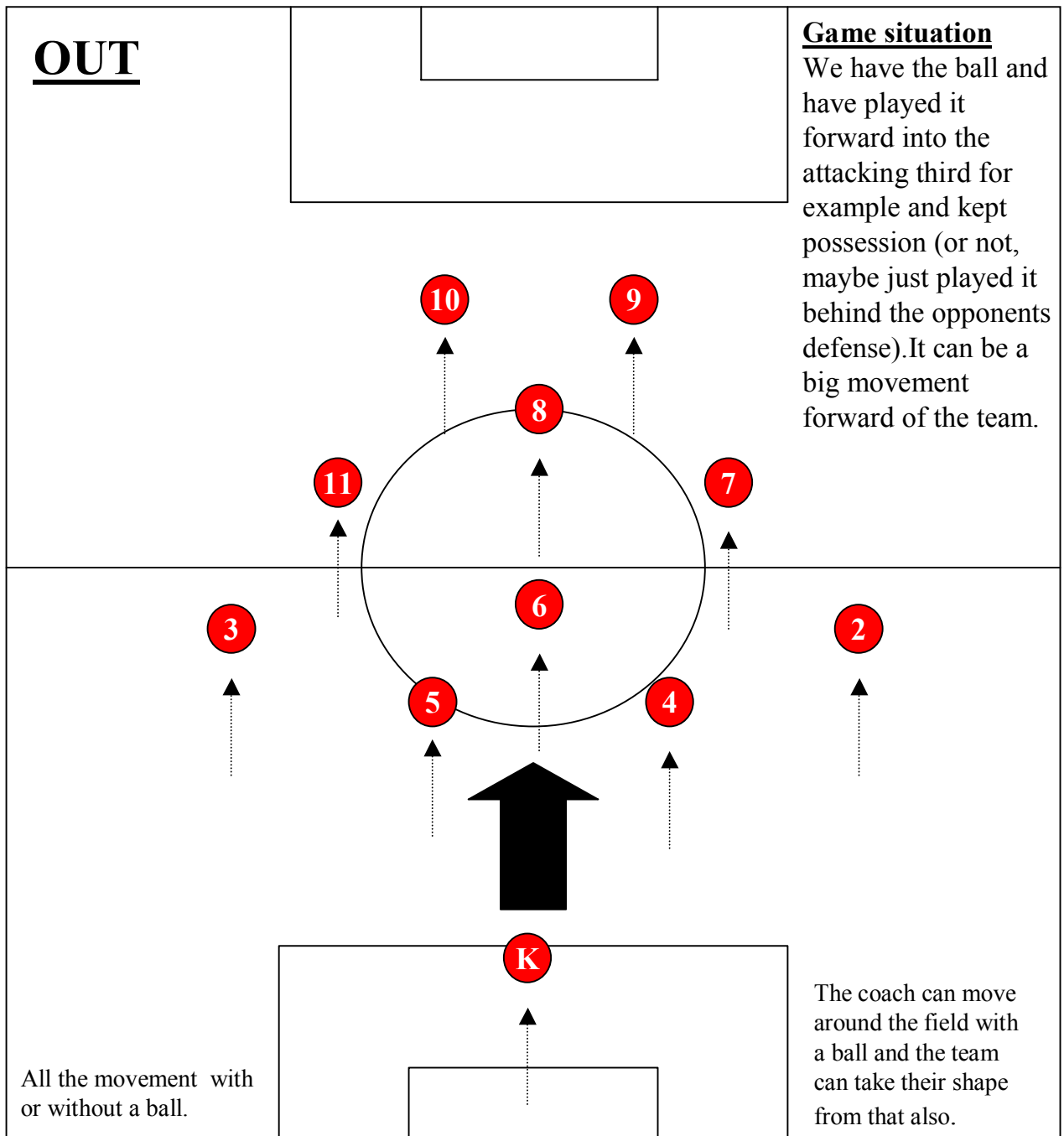
TEAM SHAPE AND MOVEMENT



1. Here in the game the players move up the field only up to five yards in distance, edging out waiting to see if we win the ball then they can apply the OUT call. Also it can be when we pass it forward and move up as a team. Units move up together maintaining the same distance between each other.
2. They move up a short distance then reassess the situation depending where the ball is. If it goes back again (we force them to play it back as a team) we can move a short distance up again.

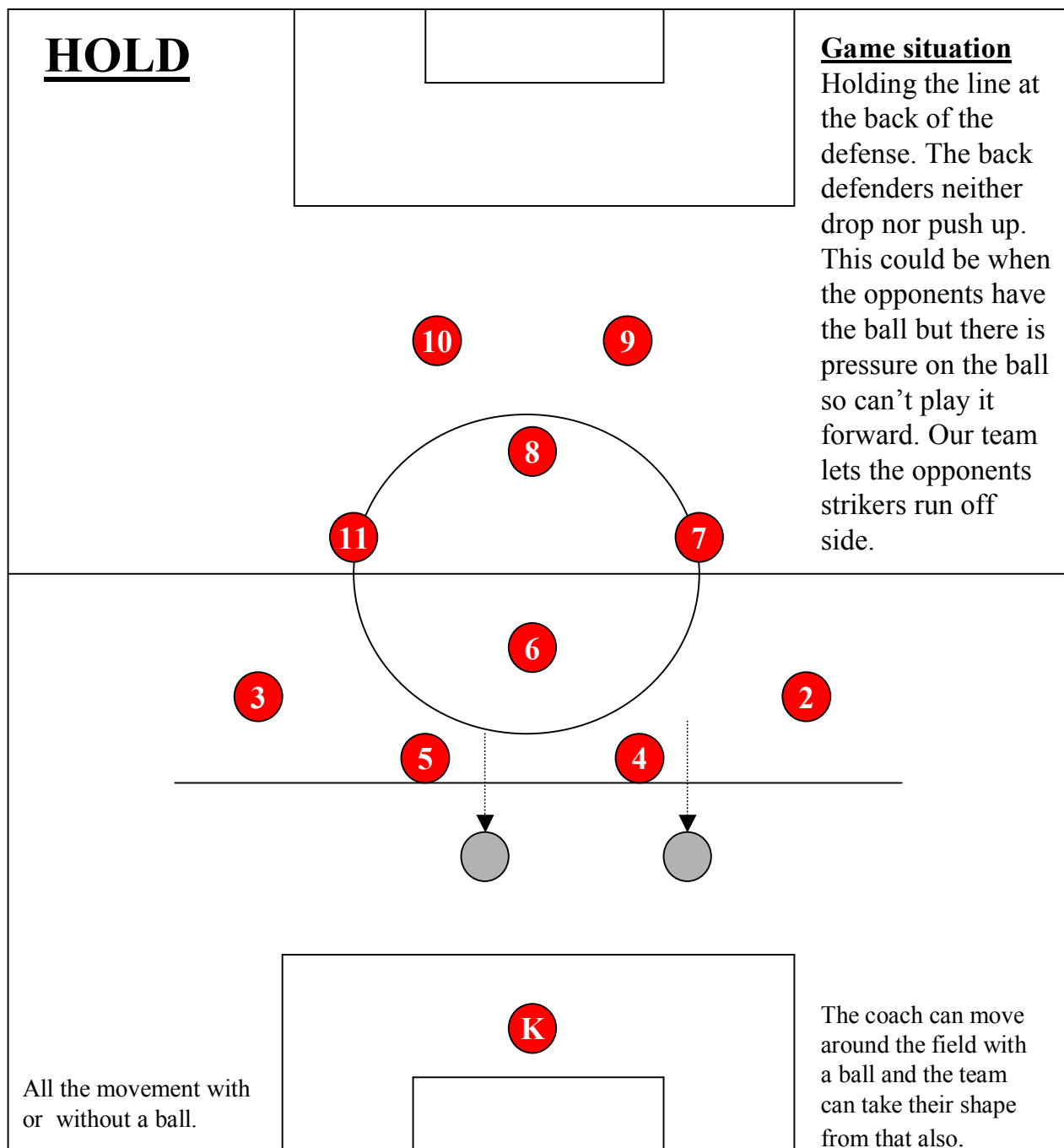
(Wayne Harrison)

TEAM SHAPE AND MOVEMENT



1. The team **sprint out** together on the **OUT** word until you say sit or stop, they then stop moving and sit down and you assess their spacing between players and between the three units. As they get good at this, speed up the commands until they are moving around the field quickly and efficiently with correct spacing. Eventually you can say the different words and all they do is stand still not sit on the **stop** command so you can move them around the field at a faster pace working the transitions. (Wayne Harrison)

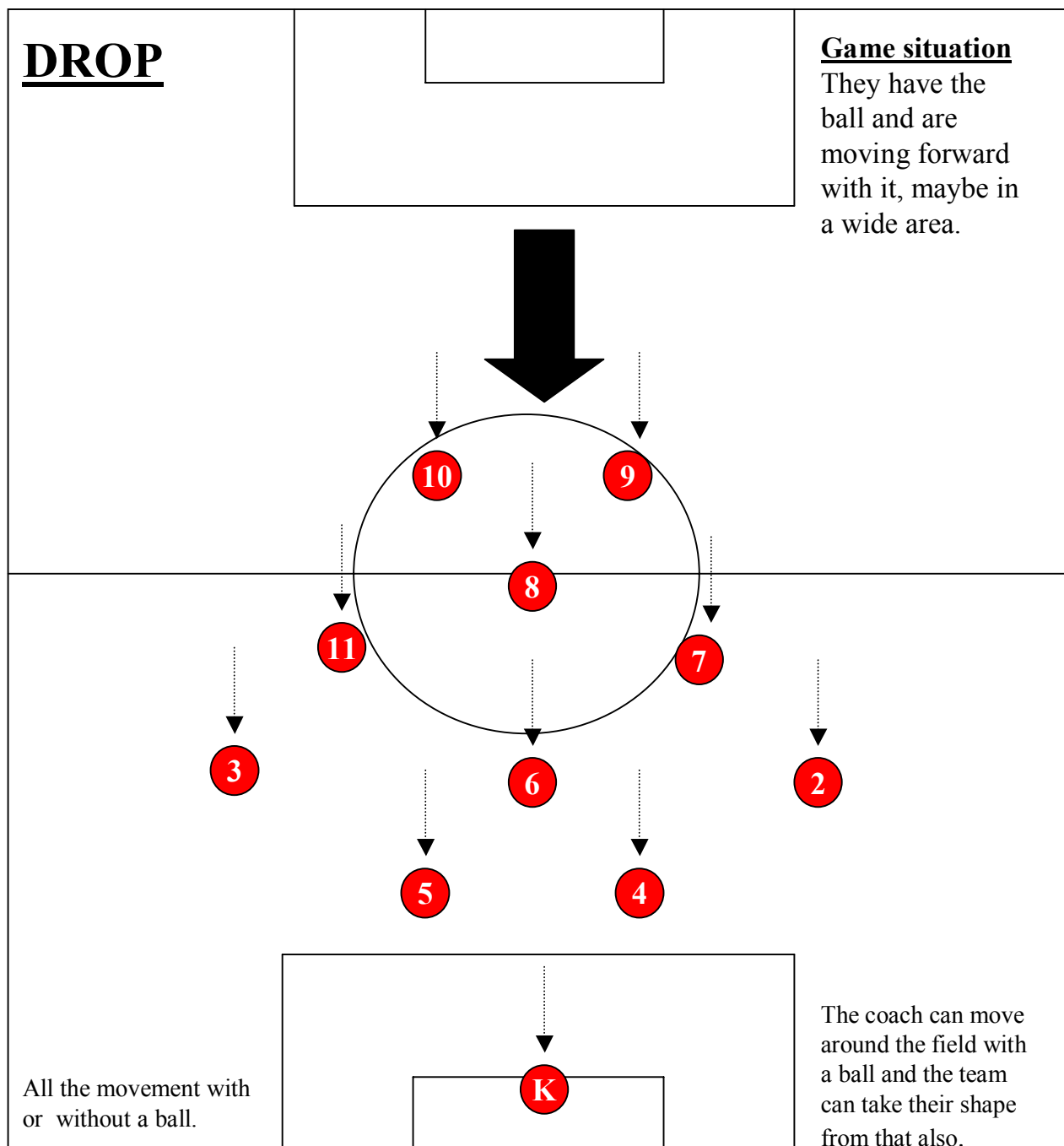
TEAM SHAPE AND MOVEMENT



1. The two opponents are included to show how this situation works, you wouldn't necessarily use them in this practice though it may help the players to understand it better. This is a difficult situation to identify for the players and relies on good officiating plus positive direction from the player in charge.
2. This can occur even if the opponents have the ball and are **facing forward** with it but the defending pressing player or players prevent the forward pass effectively. Decisions have to be instant here.

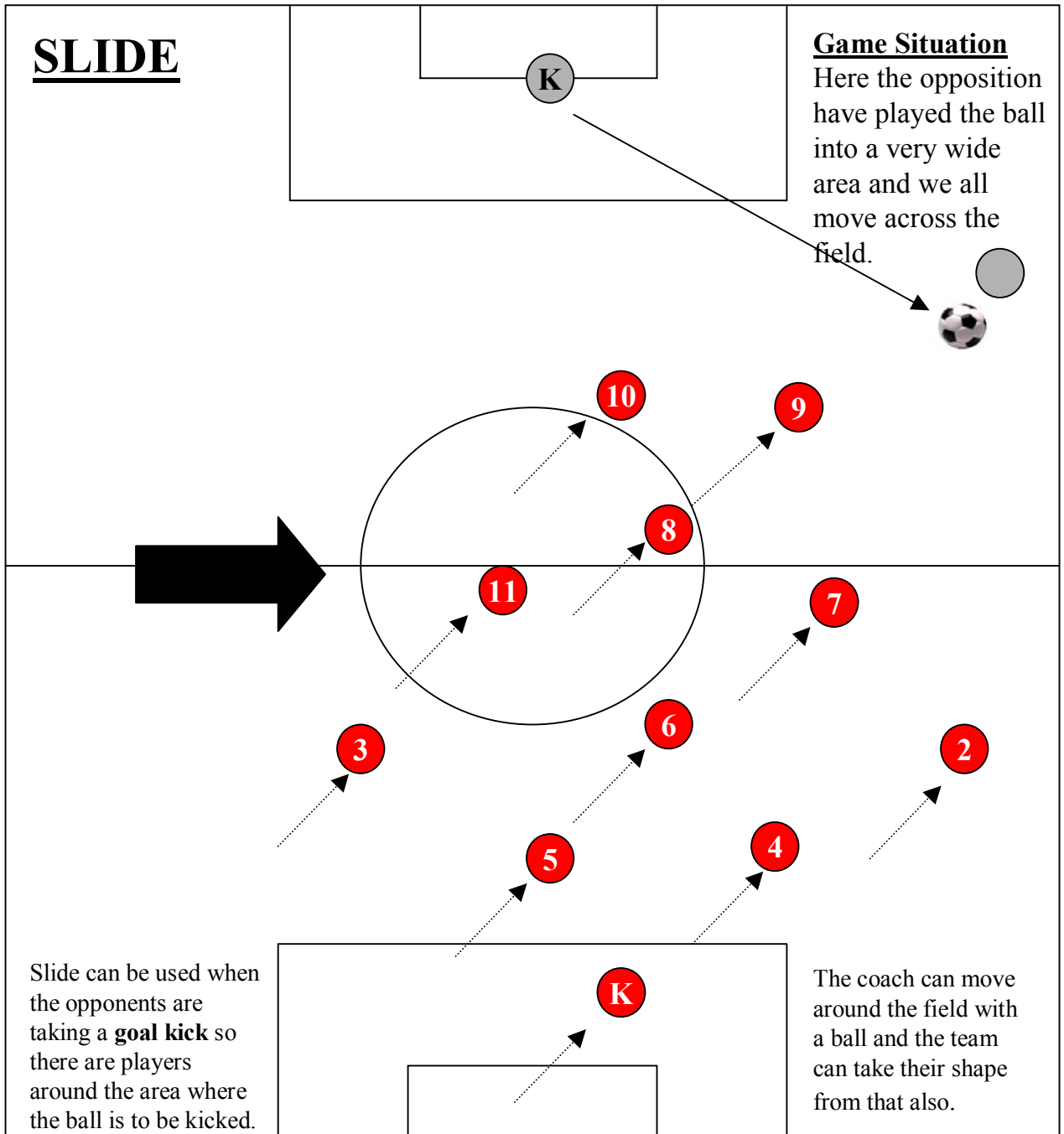
(Wayne Harrison)

TEAM SHAPE AND MOVEMENT



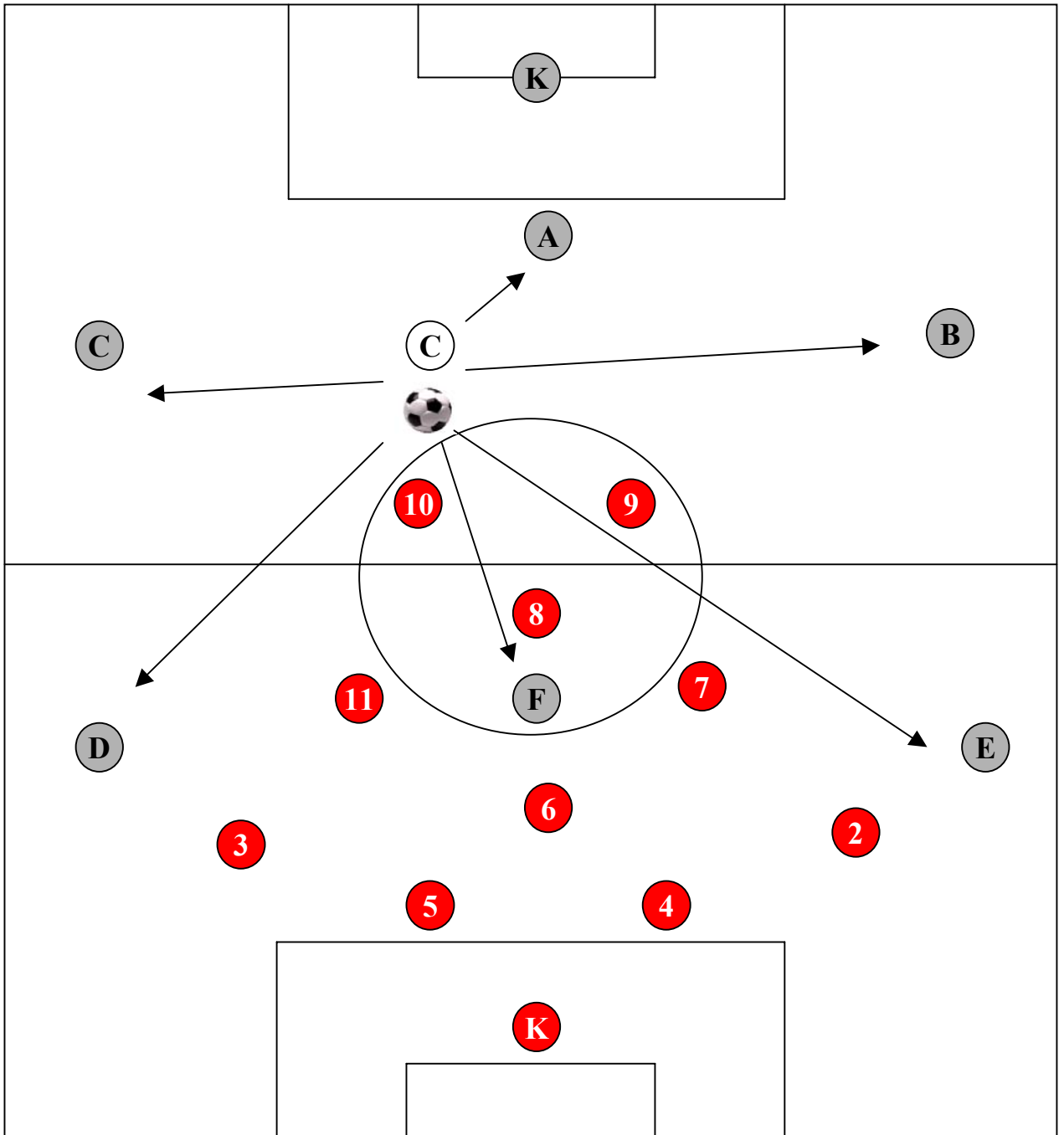
1. Here the team drop back together recovering back to the goal. Again it isn't all black and white here as to when this happens but a situation could be when they have the ball and are moving forward and there is no pressure on the ball so the player on it can pass it forward and maybe in behind our back players. To avoid this we drop back as a team behind the ball but in the game the closest player would go to the opponent on the ball delaying the forward pass to allow others to get back behind the ball. For ease of practice to highlight the movement here we work all the players together to get the point across. (Wayne Harrison)

TEAM SHAPE AND MOVEMENT



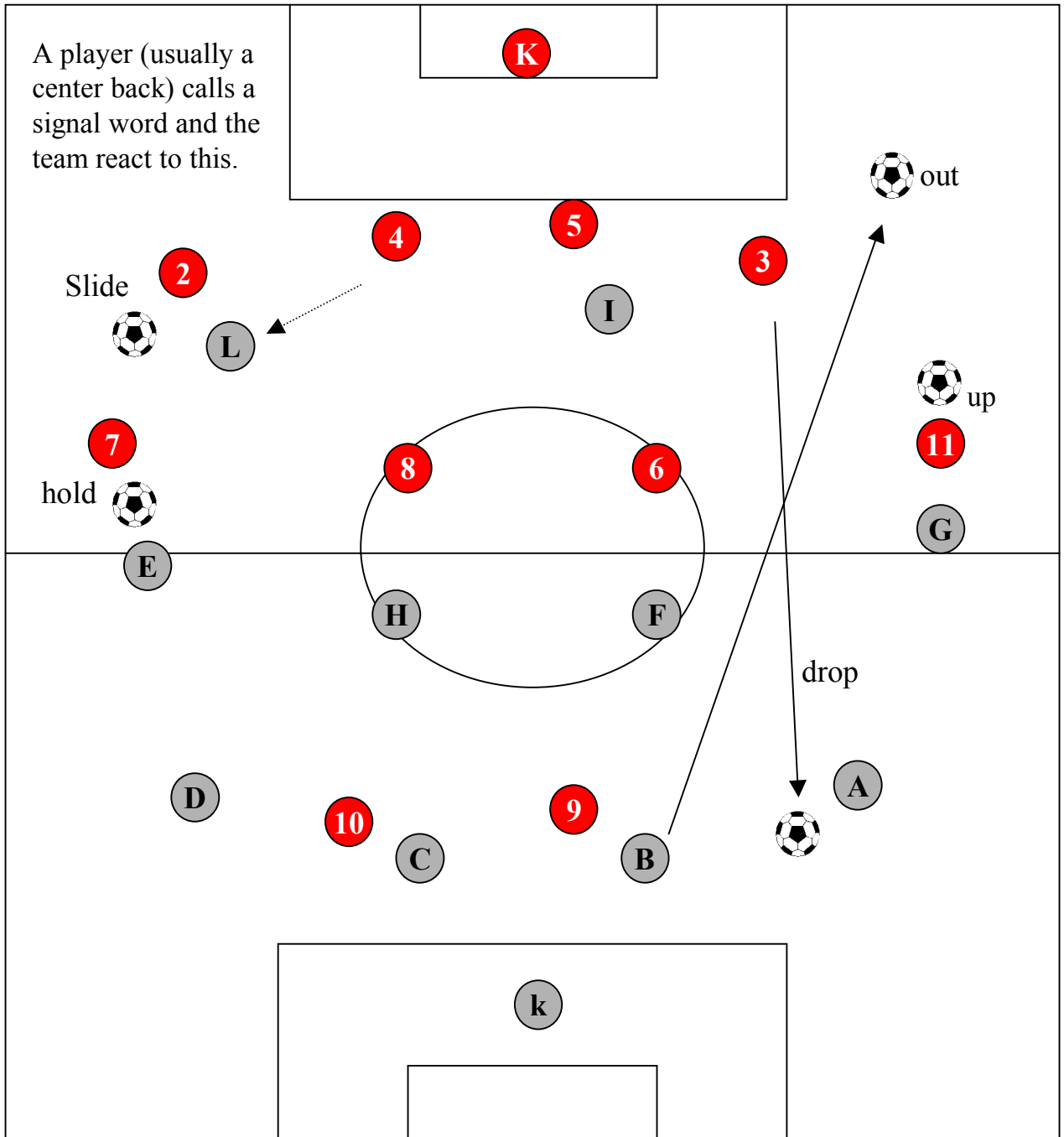
1. Moving across the field, don't take it literally at 90 degrees it could be diagonally in a game (45 above) but for our practice you could have them moving across the field like this just to get the idea across. In the game the ball may have been passed wide in the opponents possession and we move across the field as a team to close down all the spaces around the ball to try to win it back.

(Wayne Harrison)



1. Ultimately move the players around the field with the various commands keeping them in motion. You can introduce other players to pass or run the ball around the field and they must adjust off where the ball is. The team can only intercept passes not make tackles as we want them to move around the field off the ball. The coach can dictate where the ball is passed to by moving around the field with it running or passing.
2. Once they intercept it they can attack the goal and try to score as a reward. Introduce this method into an 11 v 11 game situation as the final progression. (Wayne Harrison)

UP/OUT/HOLD/DROP/ SLIDE



- 1 **UP** (squeeze maybe 5 yards),**OUT** (sprint),**HOLD**,**DROP** and **SLIDE**.
2. **UP** – they've the ball can't pass it forward.
3. **OUT** –we clear it long away into their half (especially attacking third) or play it forward and retain possession but continuing a quick forward momentum.
4. **HOLD** – can't pass it forward but they have the ball. Their strikers run offside.
5. **DROP** - they have the ball but can pass it forward.
6. **SLIDE**- they have it eg in a wide area and the team moves across the field.

(Wayne Harrison)



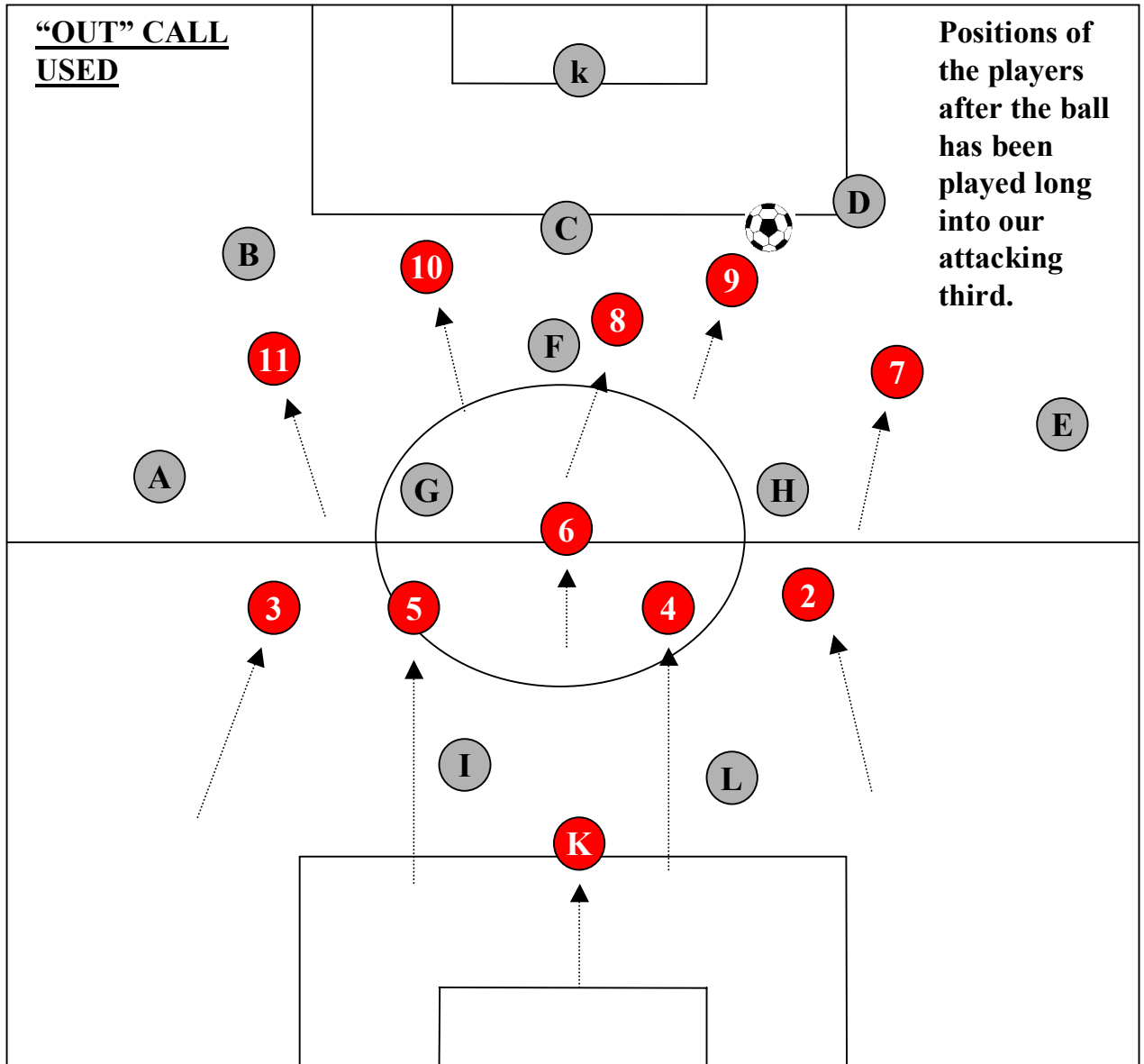
Five Signals a) **UP** – **Edging**, maybe five yards at a time for example when they have the ball but we are forcing them to pass it back (especially if the ball is a distance forward).

b) **OUT** – We have cleared it long and **sprint out** as quickly as possible leaving opponents offside (we can have possession or opponents may get it, we still have time to get out).

c) **HOLD** – They have possession but there is **pressure** on the ball and they can't play it forward. Here an opponent can run offside and we can let them go as the ball isn't coming.

d) **DROP** – **No pressure** on the ball and opponent can play it forward so the defenders drop off and track players forward runs. Can be brave and step up to play offside but wouldn't recommend it! Also if we need to create space to pass back if we have possession of the ball, the back unit drop off to receive in space.

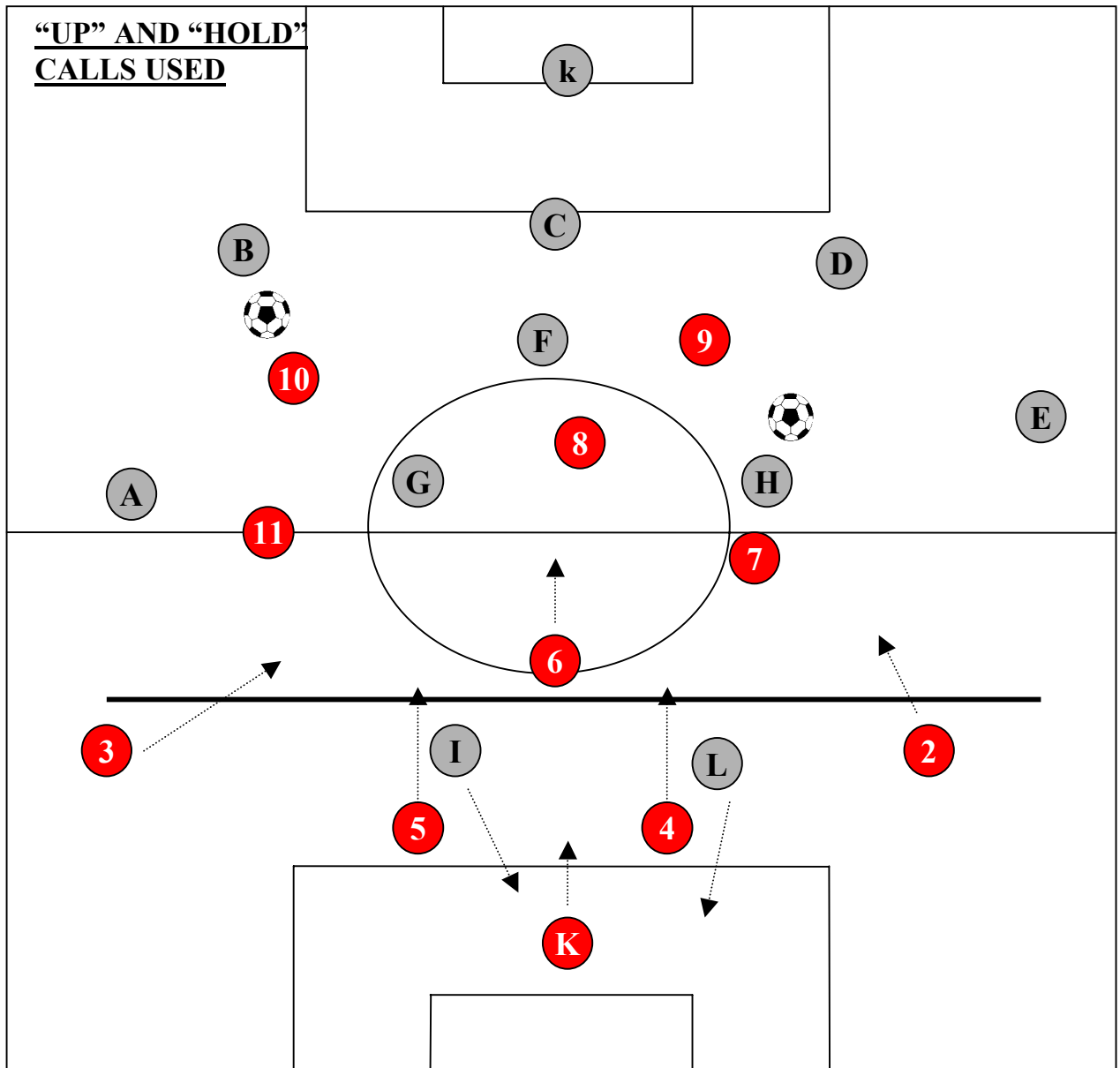
e) **SLIDE** - The ball is out wide and the whole team moves across the field.



1. **OUT** – We have cleared it long and **sprint out** as quickly as possible leaving opponents offside (we can have possession or opponents may get it, we still have time to get out).
2. Players must work forward as a team and push up to the half way line if possible. If the opponents win the ball in their defensive third (our attacking third) then by our back players pushing up they in turn force the midfield up who push the strikers up so the team is in a better position to regain possession.
3. This is the best position to regain the ball as the strikers are the first line of defense and if they win it in these areas we have a chance to get an immediate strike on goal.
4. If the team don't push out so quickly then the whole teams position suffers. The strikers may try to close down the ball but they lack support as the team is so spread out, this makes it more difficult to win the ball ball effectively.

(Wayne Harrison)

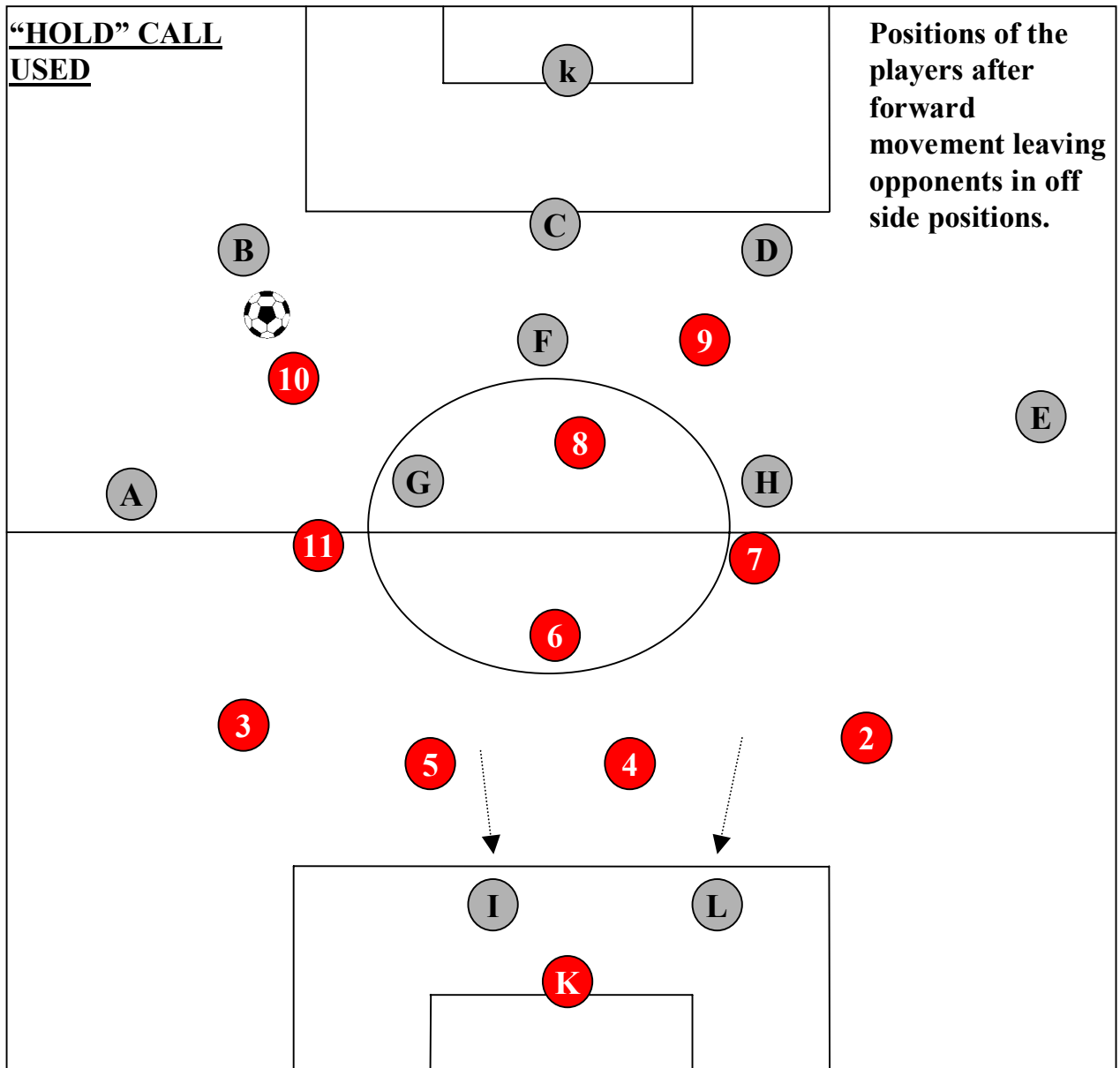
EXAMPLES FOR SIGNALS “UP” AND “HOLD” FOR DEFENDERS



1. This situation the **UP** call is used. (H) can't play it forward and it allows the back players to edge up and condense the space and make the opposition strikers work back. Whether (H) passes back or not, whilst the ball can't be passes forward we can edge up.
2. If it's passed back a distance we can get up quicker but be aware for instance if it was passed to (D) who played it forward long quickly first time we may get caught with a ball in behind our back line as we don't have time to readjust our movement.
3. Even at (B) where the player is facing forward if the pressure prevents a forward pass we can edge up still.
4. This is braver than **HOLD**. All the above applies for **HOLD** also for instance if a striker runs forward and the ball can't be passed forward as in the above examples then let them run offside and hold the back line.

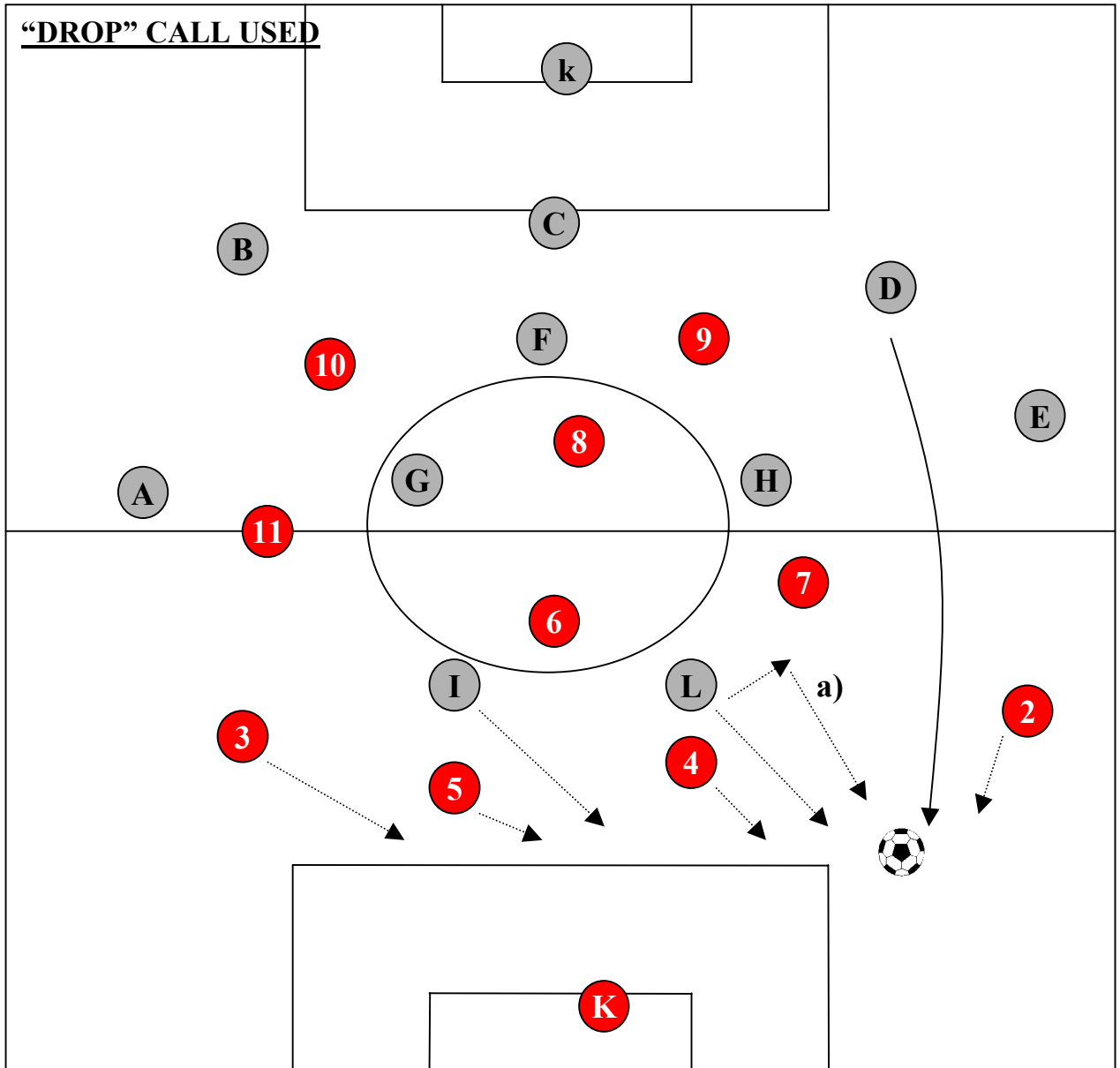
(Wayne Harrison)

EXAMPLE FOR THE SIGNAL “HOLD” FOR DEFENDERS



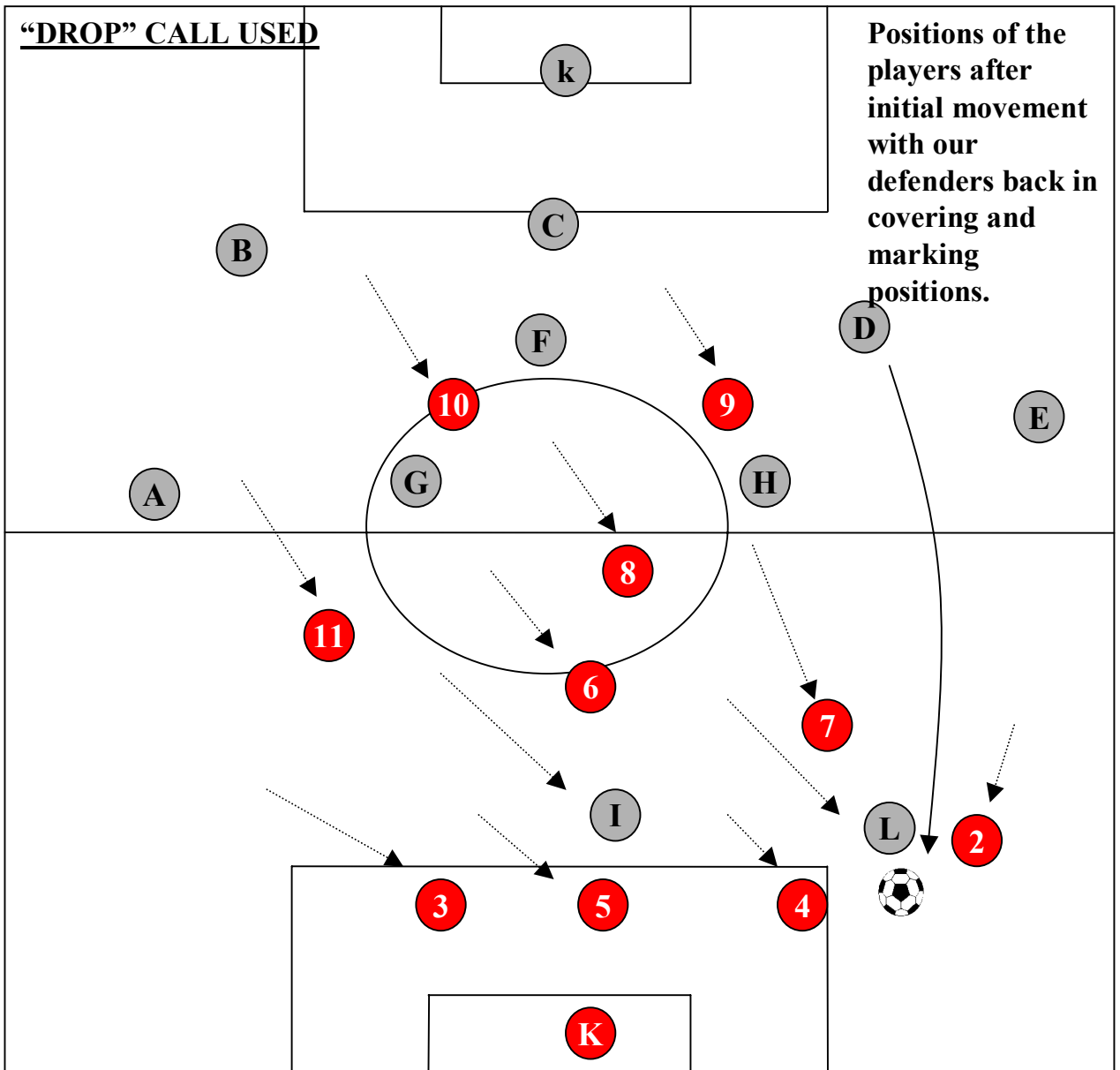
1. Here the back four hold the line and let the strikers run offside. (10) stops the forward pass so the back line is confident they can hold the line and let the opponents strikers run offside.
2. Pressure on the ball so there is no forward pass so defenders do not track the players they are marking.
3. This can be risky and the pressuring player must do a good job and ensure the opponent on the ball can't play the ball forward enabling them to beat the offside trap.

EXAMPLES FOR THE SIGNAL “DROP” FOR DEFENDERS



1. The above example shows there is **no pressure** and (D) can pass the ball forward early if need be. Strikers (L) and (I) can even time their runs back or across and forward (a), to stay on side as they have time to do so. Generally a defender will have to track the players runs in this situation so the call **DROP** will be used.
2. Just a **one word** signal can organize a back four defense so everyone knows what to do and reacts together as a **unit**. Also midfield players close by can react off the call too.
3. **One word** calls ensure everyone will know quickly and effectively what they should do as a unit and as a team.
4. Hence the back players can organize their movement as a unit (and therefore influence those in front of them) from **five, one word** commands. (Wayne Harrison)

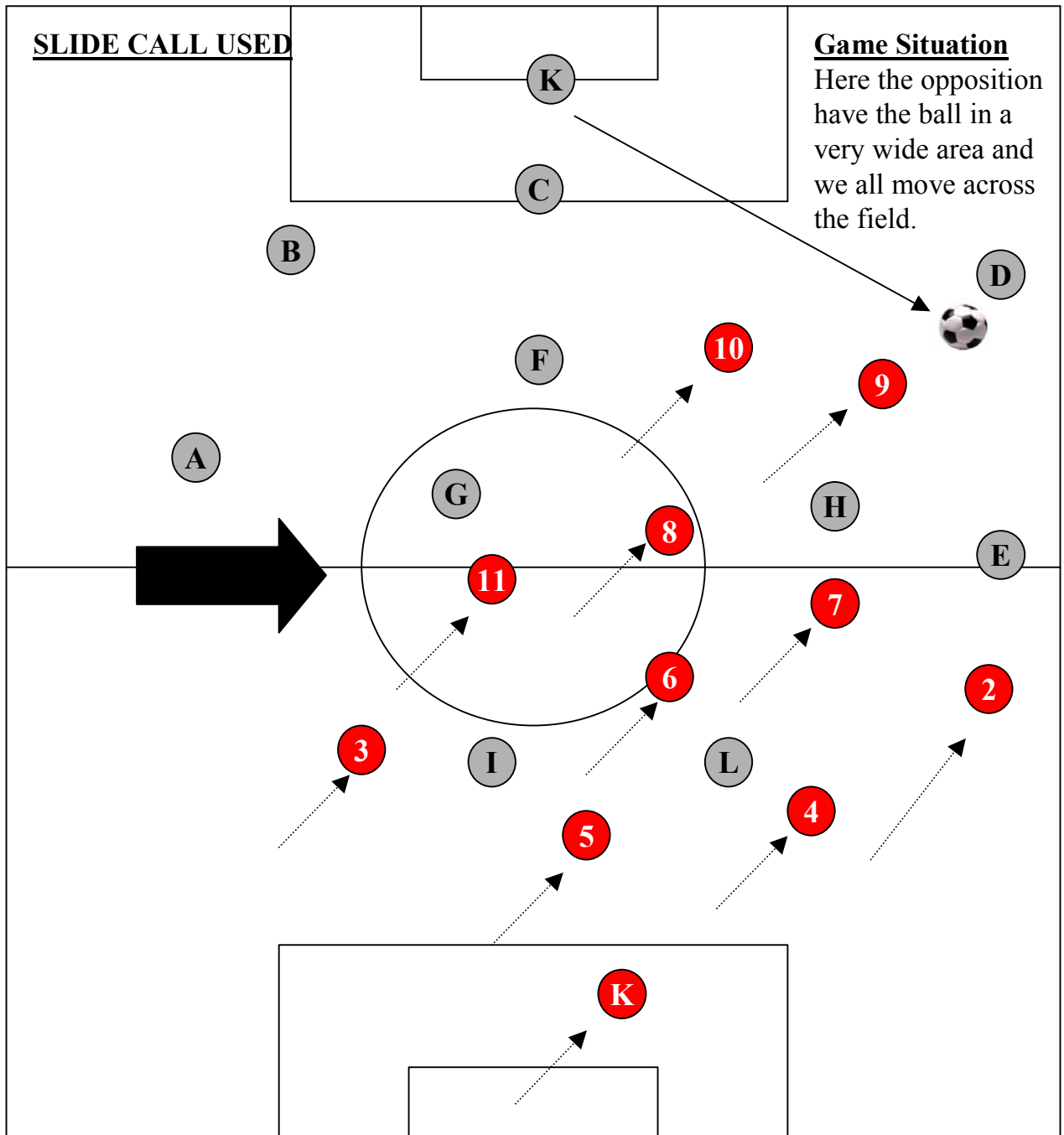
EXAMPLES FOR THE SIGNAL “DROP” FOR DEFENDERS



1. The whole team drops off. Here the defenders have tracked back to stay between the goal and the opponents strikers particularly the one with possession of the ball. If they hadn't dropped off then the ball would have been played in behind them and the striker would have had a free run at goal in possession of the ball.
2. This can be dangerous if the team defends high up the field and the ball is played behind them as there is a lot of space for the ball to be played into.
3. The team can step up and try to play offside even when the opponents have the ball with no pressure to stop the forward pass but the timing here is crucial and is not to be recommended. Between bad timing by the players moving up too late and split second decisions by officials this is a very decision to make.

(Wayne Harrison)

EXAMPLE FOR THE SIGNAL SLIDE FOR THE TEAM



1. Moving across the field, don't take it literally at 90 degrees it could be diagonally in a game (45 above). The furthest players away from the ball are still aware of their immediate opponents but marking in advance of the ball (space) e.g. (11) slides across to fill the space but if the ball is transferred to (A) still has time to close down (A) as the ball travels across the field.
2. In the game the ball may have been passed wide in the opponents possession and we move across the field as a team to close down all the spaces around the ball to try to win it back. (Wayne Harrison)