

Work Rate & Physicality

Talk to teammates- help, energise, instruct?

Dominate at defensive set plays.
Threat at attacking set plays.

Body Position for Awareness & next action.
Opponents, Teammates & Ball

Lost Ball- pressure
if numbers or Drop,
Delay & Deny
Space

Take care of ball- 2/3 touch own half
Provide depth & support

Pass across, follow forward. Stop turn.
Cover full back & stop crosses

Progress Possession- Range & Quality of passing.
Start counter when on. Step in on ball.

Manage position back
line. Out quickly to
compress game,
manage space between
lines.
Drop to keep long ball or
flicks in front.

Prevent Goals. First contact crosses. Defend
front & back post. Stop shots. Mark in box.

