



# ALBUQUERQUE UNITED FOOTBALL CLUB

## Principles of Play

### Attacking Principles

The attacking principles apply when our team has the ball is looking to:

1. Keep possession of the ball
2. Move the ball forward into an attacking position
3. Create chances to score a goal

### Defending Principles

The defending principles apply when the opposition has the ball, and our team needs to:

1. Prevent the opposition from creating a chance to score a goal
2. Limit the opportunities for the opposition to get into attacking positions
3. Regain possession

### Attacking Principles of Play Basics

When your team has the ball, the Attacking Principles apply, regardless of the position that the ball is on the field. The five principles of that govern play when you are attacking are:

1. Penetration
2. Depth
3. Width
4. Mobility
5. Improvisation

### Defending Principles of Play Basics

When the opposition has the ball, the Defending Principles apply again, regardless of the position that the ball is on the field. The five principles of that govern play when you are defending:

1. Delay
2. Depth
3. Balance
4. Concentration
5. Control/Restraint

