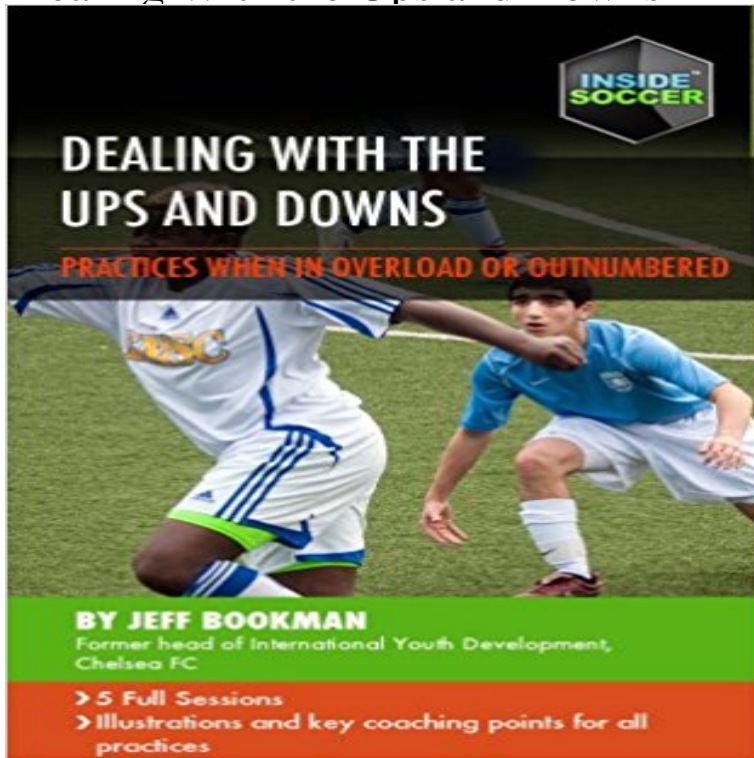


Dealing With the Ups and Downs



Soccer is a game of opposites. The objectives of the game are fundamentally opposed depending on whether a team is attacking or defending. When a team is defending the objective is to restrict time and space available to the attackers, as time and space will usually favor the defense. When a team is attacking the creation of space is of paramount importance. One of the ways this can be achieved is by spreading out both end-to-end and side-to-side. Playing out from the back. In terms of keeping possession, a scenario of playing out from the goalkeeper with numbers up, might involve the outside backs getting high and wide, possibly level with the center circle and right on the touchline. The central defenders would split to the corners of the penalty area, on the half turn ready to receive, and a holding midfield player might drop into a slightly deeper position also ready to receive from the keeper. Rarely will a team play with six pressing forwards, so when spreading out in this fashion it becomes difficult for the opposition in terms of marking and covering. Sadly many coaches don't always have the conviction to allow young players to play out from the back for fear of making a mistake in a potentially dangerous area that might lead to a goal. Making the numerical advantage count in forward areas. For a more specific example of opposite objectives, if a defending team were outnumbered by attacking players going to goal, their strategy would be to delay for as long as possible to allow for re-enforcements to get back. Consequently, the attacking team need to build their attack quickly to take advantage of the numerical superiority before recovering defenders have a chance to get back into good defensive positions. So how can teams best take advantage when in a numbers up situation going to goal? By positive forward movement with and without the ball!?

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