

DO NOT Get Thrown or Kicked Over

- On the other team's goal kicks, punts, throw-ins, & free kicks, mark up behind an opponent & then step in front & steal the ball, or, if the ball goes past you, box out the opponent and win the ball.

DO NOT Dribble or Pass in Danger Zone

- The front of our goal is the danger zone. Do not pass or dribble through here. This is where the other team will score. Take the ball out and up or clear.

DO NOT Get in your teammates way

- Move away from teammate with ball, a pass away, even if they dribble to you.

DO NOT Leave your position

- Do not cross the middle if you are a Left or Right position
- Do not cross half field if you are a defender
- Do not come all the way back to your own goal if you are a forward

DO Pass if you can

- If you have a pass, take it. Only dribble if you don't have a pass or if you can dribble & score

DO Shift and Sag with the ball

- Shift = movement off the ball, following the play. Especially far defenders when under attack.
- Sag = stay just behind the ball, as running forward is easier than running backwards, this will also keep you in a good defensive position when defending

DO Take a shot if you have one

- If you have a shot take it, high from outside, low from inside

DO Mark all players in front of our goal

- When our goal is under attack, the far fullback, or center fullback should cover the front of the goal to stop crosses or passes into the danger zone.

DO Win the ball

- Closest player to ball should be first attacker, next closest should stay a few feet away to help as second defender in case first defender is beat.
- Be aggressive.

DO Run / Pass into open space

- Running forward is easier, run into a pass, give lead passes, not too close to goal
- Stay two steps behind last defender if a forward, no off-sides
- Do not pass or run into defending players, look to space