



Key Coaching Quotes

Newton Youth Soccer



PRESS

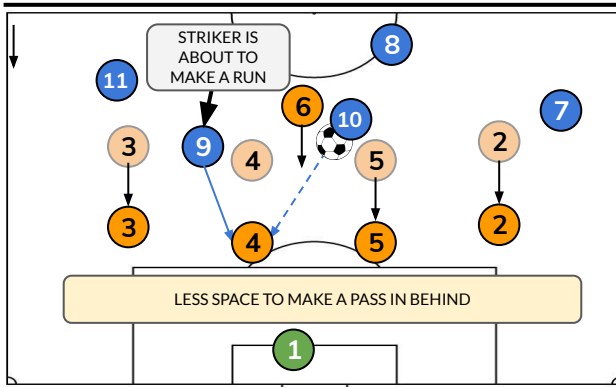
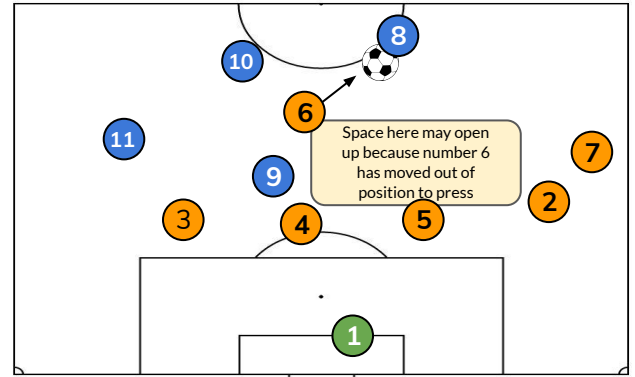
This means put pressure on opposition players. Make them uncomfortable and don't allow them to have time on the ball. It is often used in order to force an error which regains us possession. The defensive line *MUST* move with the play, otherwise space behind the number 6 will open.

POSITIVES:

- Puts pressure on opponent
- Increases intensity

NEGATIVES:

- High risk of making you move out of position.
- Tiring



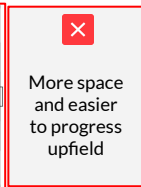
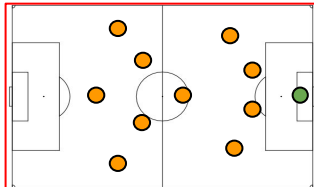
DROP

This is an important call; to 'drop' means to move back towards your own goal and is called when the opposition team are progressing upfield. Think of it as giving the defenders a head start; for example, if the ball is going to be played in the space behind them, they might as well give themselves a head start/already be there in the first place! **An example would be when an opposition player is looking to pass a ball through the back line to utilise the space behind.**

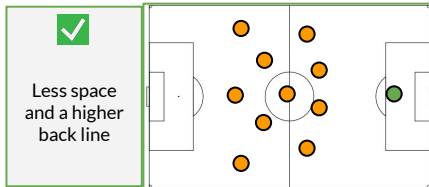
PUSH

Nice and simple; 'push' or 'push up' means move up the field as quick as you can! It makes the team more compact and also gives us a higher back line, meaning there's more chance of an opposition player being offside.

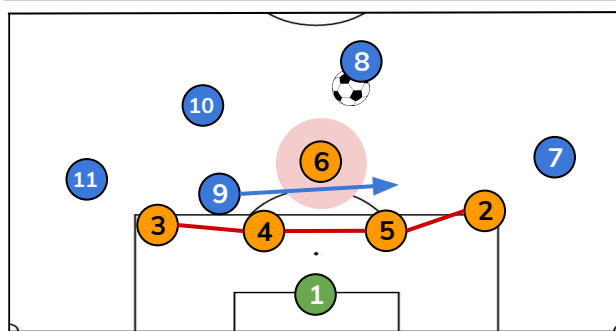
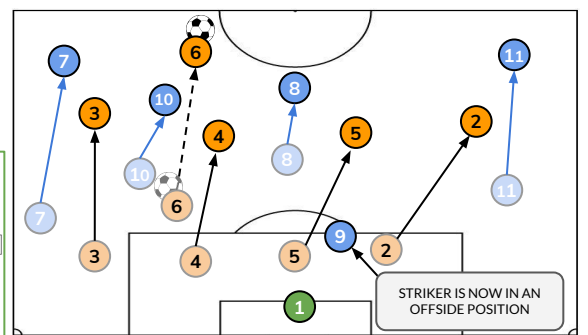
EXAMPLE OF NOT PUSHING UP



EXAMPLE OF PUSHING UP



PUSHING UP AFTER WINNING THE BALL BACK



HOLD

Another very simple term. To 'hold' means to hold your position/stand your ground. This means you need to be careful when pressing the opposition or committing to a tackle.

An example of when 'Hold' would be called is when the opposition are attempting to pull our players out of position.

SHIFT

The 'Shift' call is pretty self explanatory. We would much rather allow the opposition team to have the ball wide, than around the edge of our area. Realistically, if the opposition is going to switch play to the left side of the field, it will give us enough time to shift back over and get back in position.

In the example on the right; the ball is on the right side of the field. Therefore, the entire defence needs to shift over towards that side whilst still maintaining their positions. In the example, the left back (No. 3) needs to decide whether he is going to stay out wide with their winger (No. 11), or if he is going to shift across with the rest of the defence.

