*US Soccer’s Principles of Play*

**COACHES**

1. Possession games are means to improve both the technique and tactical understanding of the players.

2. Opposition will be encouraged to increase the competitiveness of the players.

3. High-intensity games based on speed and agility. Short but intense working-periods.

**PLAYERS**

1. **1, 2 or 3 touch maximum:** Minimizing the number of touches improves the speed of play.

2. **Keep the game simple:** Do not force situations, over-dribble or be careless with the ball.

3. **Keep the ball on the ground:** A ball on the ground is easier to control and can be moved more efficiently by

the team.

4. **Accuracy and quality of the pass:** Passing must be firm and accurate, with the proper weight.

5. **First touch:** Make a clean, controlled first touch without stopping the ball. Take the touch away from

pressure and into free space.

6. **Perception and awareness:** All players with or without the ball should constantly scan the field.

7. **1v1 situations:** Encourage determination to regain control of the ball in defense and keep it simple in attack

by taking a touch to the side, at speed, to beat the defender.

8. **Individual transition:** Players must react quickly when possession change from offense to defense and vice-

versa.

9. **Shooting:** Always keep an eye on the goal. All players are encouraged to shoot.

10. **Take risks:** Soccer is an error prone sport and mistakes are part of the game and learning process. Players are encouraged to take risks in training session to increase the speed of play.

**TEAM**

1. **All players attack and all players defend:** All players must be involved in the game as a unit.

2. **Numerical advantage:** Soccer is a game of numbers where we try to create a numerical advantage in

attack and avoid being in a numerical disadvantage in defense.

3. **Flow of the ball:** The ball should flow from inside (of the space) to outside and outside to Inside. Balls out

wide are more secure and the ball in the middle increases the options of play.

4. **Triangle principle and passing options**: The player in possession of the ball must receive constant support

and have at least two passing options.

5. **Speed of play:** Quick movement of the ball creates 2v1 situations.

6. **Movement off the ball:** Find the best available space to create passing options for the player in possession

of the ball.

7. **Pressure as a unit:** Organized pressure forces the opponents to commit errors.

8. **Transition:** Improve transition by reducing the number of passes needed to arrive at the target area or the

opponent’s goal.

9. **Direction of the game:** The game flows in two directions. Keep the essence the game in the majority of your

practices.

10. **Take initiative during the game:** Team breakdowns will occur. The team must be capable of adapting to

new situations and imposing its own style of play during the game.