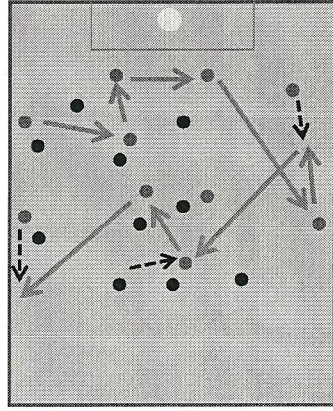


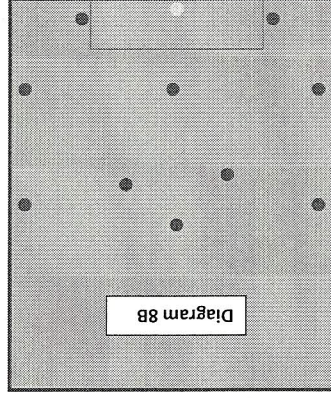
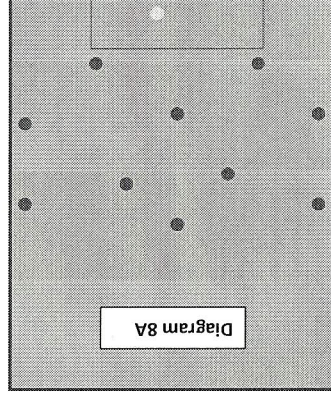
Diagram 7:
Here the ball starts with right back 2 and by the fourth pass it is with the left winger 11 and by the eighth pass it is back on the right flank for winger 7.
The ball doesn't stay in the same place for long, making it hard for the other team to press with numbers.



PRINCIPLE 8: KEEPERS DISTRIBUTE BALLS, AVOID THE LONG PUNT

Since the emphasis in ODP is to play out of the back, it is important for the keeper and the back line to become comfortable at playing out of the back. When the keeper catches a cross or a shot, the team should look to play the ball to feet rather than send everyone up and take a long high kick.

Diagrams 8A and 8B show how the team should be positioned on a goal kick to make the field big and give the keeper some options for a pass. Diagram 8A is the preferred shape, with defenders 4 and 5 spread to the corners of the penalty area and the outside backs 2 and 3 pushed up and wide and the rest of the team pushed up. Diagram 8B shows how defenders 4 and 5 can drop down to receive the ball if the other team is pressing them when they are positioned like in diagram 8A.



PRINCIPLE 9: USE THROW-INS TO SWITCH THE POINT OF ATTACK
Use the throw in to switch the point of attack since the opposing team has most of their players squeezed into the area near the throw-in. This means that there is lots of space on the other side of the field. Avoid throwing the ball down the line into a crowd since it usually results in loss of possession.
Diagram 9 shows how the back line can drop deep to receive the ball and switch it, or the midfielders can check away to create space and then check to the ball to receive it and switch.

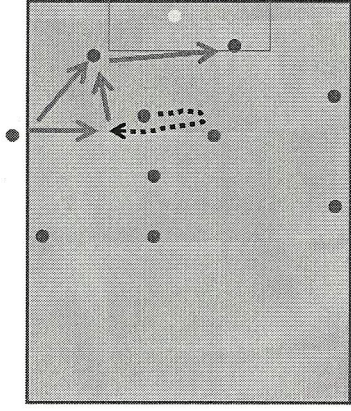


Diagram 9

PRINCIPLE 10: SPEED OF PLAY

You have to learn to play quickly and keep the ball moving. This requires a lot of one touch and two touch play. This results in a high tempo of possession and makes it difficult for the opponents to keep up with the play. There are some moments when dribbling is appropriate, but for the majority of the time, quick one touch or two touch passing is the best way. If you watch high level soccer on TV, you will see how quickly the ball is passed from one player to the next, with a minimum of fuss and with quick and pacy ball movement. KEEP THE BALL MOVING!!!!

ODP MOTTO: WORK HARD! PLAY SMART!