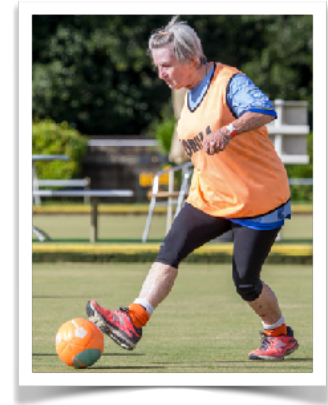


Walking Football Simple Strategies



When your team has the ball

MOVE THE BALL!

Remember the ball does not sweat!

A moving ball puts the opposing team off balance.

Return passing (except to goalie) pulls the other team around.

Pass the ball in the direction you are facing.

If you can't play the ball forward play it to someone who can (ie: back).

Quick passing builds team confidence.

Strong pass decreases interception by opposition.

Make every pass simple.

Secure possession is everything.

MOVE YOURSELF (into space or pull the opposition with you)

Move into open positions - it puts the other team off balance

If your player can't see you then he cannot pass to you. So move.

Move out wide - make the field big - create space for your team

Move away from player marking you. Pull opposition away from the ball.

Don't gravitate towards the ball. Move away to increase space.

Be aware of where you are. Use field width AND length.

Move to cover your defender who has left his position.

LOOK up/around

Be aware of your own location on the field.

Be always aware of field width AND length.

Move into space, pull defenders with you. Be seen.

Striker should be well up front - decrease pressure on your defenders.

Goalie possession - pass forward quickly to striker or pass wide.

Pass in the direction you are facing. Make every pass count.

TALK / call

Simple loud calls - "man on, time, turn, on your own" - etc.

Talking loudly boosts team confidence.

Talking loudly disrupts opposition.

When your team does not have the ball

Team shape

When the ball is lost - rush back into positional system (1-3-1)
Everyone strive to get goal side.

Talk talk talk

Loudest talkers - goalie and/or central defender - both can see forward.
Build confidence - lets everyone know what is around them

Tackle back

Lost possession? - nearest player to tackle opposition ball player.
No double-teaming opposition player. Leaves one opposition player free.
Everyone marks their nearest player.

Push push push

Make the field small - squeeze/push opposition to one side of the field.
Decrease opposition space - defend defend defend.

Attitude and Mindset

Be open and coachable - we can all learn new things!!

Encourage team mates.

Forgive mistakes, praise effort.

Be **loud** (but not cynical).

Don't respond to opposition - **don't be goaded.**

Respect the opposition - don't sledge.

Respect the referee - be helpful - don't complain.

Have fun.

