

QLD BASE GAME - WOMEN	
POSITIONAL STARTING STRUCTURE GK:4:3:3	<b>DEFENCE</b>
	1 GK 3 DEFENDERS + 1 SWEEPER
	<b>MIDFIELD</b>
	1 X CENTRE MIDFIELDER 2 X ATTACKING MIDFIELDERS
	<b>STRIKERS</b>
3 X STRIKERS	

ABOVE & BELOW THE LINE BEHAVIOURS
O WNSHIP
R ESPONSIBILITY
A CCOUNTABILITY
<u>B LAME</u>
E XCUSE
D ENIAL

WITH THE BALL (WB) - OUTLETTING		
<b>DEFENCE</b>	<b>MIDFIELD</b>	<b>STRIKERS</b>
BACK 4 ACROSS THE FIELD (STRETCH)	CENTRE MIDFIELD CONNECTING WITH BACK FOUR BUT OFFSET ON ANGLE FROM BALL CARRIER	STRETCHING HIGH (DEPTH APPROPRIATE TO PASSING ABILITY) AND CREATING SPACE BETWEEN THEMSELVES AND MIDFIELDERS
	PRIORITY TO WORK ON LINKAGES BETWEEN MIDFIELDERS AND TO LINK DEFENCE TO ATTACK	POSITION TO BE AVAILABLE DIRECT OR TO ATTACK THE FRINGES : T SPOT, T SQUARED, SPOT
	ATTACKING MIDFIELD CONNECTING WITH CENTRE MIDFIELD BUT POSITIONED ON ANGLE HIGHER THAN CENTRE MIDFIELD (TRIANGLE SHAPE)	
OUTLETTING SHAPE VARIATIONS		
BACK 4 TO A BACK 3 -	HELP SIDE ATTACKING MDF TO POSITION HIGHER LOOKING TO RECEIVE DIAGONAL MDF TRANSFERS	**INVERTED - CENTRE STRIKER DEEPER AND WORKING CLOSER TO ATTACKING MIDFIELDERS. WIDE STRIKERS PROVIDING DEPTH & WIDTH. HELP SIDE STRIKER IDEALLY THE HIGHEST
**ONE OF THE WIDE DEFENDERS GOING UP THE LINE (NEVER BOTH WIDE DEFENDERS GOING FORWARD AT SAME TIME)		**POINTED - CENTRE STRIKERS PUSHING HIGHER AND WIDE STRIKERS ON OUTSIDE CLOSER TO INSIDE FORWARD LINE
**THE SWEEPER PUSHING INTO THE MIDDLE AND WORKING WITH CENTRE HALF		

WHY?
SIMPLE AND EFFECTIVE METHOD FOR PLAYERS TO EASILY UNDERSTAND AND TO SPREAD AND USE WIDTH AND DEPTH OF THE FIELD.
** POSITIONING & ADJUSTMENT THAT FACILITATES QUALITY BALL MOVEMENT TO SPACE WITH CONTROL FROM DEFENSIVE ZONE TO ATTACKING 50
**ABILITY TO GET AN EXTRA NUMBER FORWARD TO SUPPORT ATTACK
** STRIKERS TO CONNECT WITH EACH OTHER AND POSITION TO BE AVAILABLE & READY AT ALL TIMES

WITHOUT THE BALL (WOB) - PRESS & COUNTER		
<b>DEFENCE</b>	<b>MIDFIELD</b>	<b>STRIKERS</b>
3 DEFENDERS MARK OPPOSITION STRIKERS (IFIT). THEY LOOK TO INTERCEPT AND 'GET AWAY' TO START COUNTER-ATTACKS	CENTRE MDF TO POSITION ON DIFFERENT LINE (OFFSET) TO CENTRE STRIKER IN PRESS	POINTED (ARROWHEAD) SHAPE
THE SWEEPER IS THE FREE DEFENDER WHO PROTECTS HOTLINE (LINE OF BALL TO GOAL) AND SPACE IN FRONT OF DEFENDERS	ATTACKING MIDFIELDERS TO POSITIONS IFIT (In Front in Touch) OF THEIR DIRECT OPPONENT	IF OPPOSITION DEFENDER TAKES FREEHIT IN MIDDLE OF FIELD - CENTRE STRIKER TO TAKE THE MARK 5 YARDS OFF BALL (WORK THE MARK)
**SWEEPER ORGANISES POSITIONING OF MDF	MIDFIELD LOOK TO INTERCEPT AND THEN INSTIGATE COUNTER-ATTACK AT DISORGANISED DEFENCE WITH SPEED	BALL IN MIDDLE - OUTSIDE STRIKERS TO HELP PROTECT INSIDE FORWARD CHANNELS AND TAKE INTERCEPTING LINE ON OPPOSITION WIDE DEFENDERS -
* SWEEPER TO POSITION TO MAINTAIN CONNECTION WITH CENTRAL DEFENDER. THIS IS A HIGH PRIORITY.		BALL ON SIDES - HELP SIDE STRIKER LOOKING TO BLINDSIDE PRESS OPPOSITION DEFENDERS
PRESSING SHAPE VARIATIONS		
<b>NARROW PRESS</b>		
WIDE STRIKERS, MIDFIELDERS AND DEFENDERS TO PLAY CLOSER TO THE SPINE OF THE TEAM STRUCTURE		

**KEEP PRESSURE ON THE BALL WITH THE GOAL BEING TO WIN THE BALL OFF THE OPPOSITION IN THEIR DEFENSIVE HALF
**UNDERSTAND THE AREAS OF THE FIELD WHERE YOU WANT THE OPPOSITION TO PLAY TO AND THEN WIN THE BALL AND COUNTER
LOOK DIRECT AFTER WINNING THE BALL FOR OPTIONS. PLAYERS OFF THE BALL TO ANTICIPATE DEFENCE TO ATTACK (ADA) AND GET FORWARD OF THE BALL WITH SPEED FOR TEAM COUNTER-ATTACK.
**KEEP THE WHOLE TEAM CLOSER TOGETHER AND MORE COMPACT (OPPOSITION MAY HAVE BEEN GETTING THROUGH MIDDLE TOO EASILY)
PURPOSE: CONGEST THE MIDDLE OF THE FIELD TO PREVENT DIRECT LINE ACCESS TO OUR GOAL AND TO ENHANCE DOUBLE/TRIPLE TEAM OPPORTUNITIES. IMPORTANT TO SPREAD AND GO TO SPACE AFTER WINNING THE BALL ON COUNTER-ATTACK

ABBREVIATIONS
IFIT - IN FRONT IN TOUCH
WB - WITH BALL
WOB - WITHOUT BALL
POB - PRESSURE ON BALL
SOB - STICK ON BALL
RIC - RUN IN CASE
RIM - RECEIVE IN MOTION
LHL - LEFT HAND LOW
ADA - ANTICIPATE DEFENCE TO ATTACK
CUDLR - COMMUNICATION, UNITY, DISCIPLINE, LEADERSHIP, RESILIENCE

CORE THEMES
** IFIT - IN FRONT IN TOUCH (MARKING OPPONENT IN FRONT)
** "FLAT TRIANGLE" - BODY POSITION IN RELATION TO MARKING (JOIN A LINE BETWEEN BALL, DEFENDER AND ATTACKER AND IT SHOULD FORM A SHALLOW TRIANGLE WITH DEFENDER IN FRONT OF ATTACKER)
** FIRST TOUCH - CONTROLLING THE BALL WITH YOUR FIRST TOUCH TO SPACE AND POSITIONING THE BALL READY FOR THE NEXT PLAY (IDEALLY OFF YOUR RIGHT FOOT)
** PASSING PRECISION - FLAT, FIRM, ACCURATE, WEIGHTED. 'PASS THROUGH SPACE NOT THROUGH FACE' OF OPPONENTS.
** RE-FILL : DEFENCE TO PUSH FORWARD AFTER OUTLET TO MAINTAIN TEAM STRUCTURE AND PREVENT COUNTER-ATTACKS AGAINST
** COUNTER CONTROL : POSITION TO PREVENT COUNTER-ATTACK
** HOTLINE - PRIORITY TO DEFEND LINE BETWEEN THE BALL AND DEFENSIVE GOAL
** BLINDSIDE PRESSING - BY HELP SIDE STRIKER
** LHL - WHEN THEY ARE GOING SLOW
** DOUBLE/TRIPLE TEAM - HUNT IN PACKS
** AGGRESSIVE PRESS AND COUNTER
** ATTACKING STRUCTURE: T-SPOT, T SQUARED, SPOT, 90, SECOND POST

READING AND RUNNING THE GAME
** AWARENESS OF OPTIONS & SPACE BEFORE RECEIVING THE BALL
** POSITION BODY 'OPEN' TO SEE THE ATTACKING GOAL BEFORE RECEIVE
** VISION & AWARENESS WHEN CARRYING THE BALL
** PASS AND PLAY (GIVE AND GO)
** ANTICIPATE DEFENCE TO ATTACK WHEN TEAM-MATES WIN THE BALL
** EARLY RECOGNITION AND COMMUNICATION OF OPPORTUNITY AND DANGER

QLD ESSENTIAL SKILLS (PREPARATION)	PRECISION SKILL IS KEY TO TEAMWORK@ SPEED
1. RECEIVING	RIM - QUALITY FIRST TOUCH
2. PASSING	PRECISION PASSING
3. TACKLING	ABILITY TO WIN STAY IN AND WIN THE SITUATION
4. MODERN & DYNAMIC ELIMINATION SKILLS	CARRY WITH VISION ON ANGLES BEFORE ELIMINATION SKILLS
5. GOALSCORING SKILLS	RANGE OF SHOOTING OPTIONS ON TIME, ON TARGET, NEVER GIVE UP
6. GOALKEEPING SKILLS	QUALITY SAVE/CLEARANCE AWAY FROM SCORING ZONES
7. PC SKILLS ATTACK (PCA)	PRECISION 'SET UP': INJECT-TRAP-SHOT ON GOAL
8. PC SKILLS DEFENCE (PCD)	1:3 - 1:3 ; PRESSURE OPPOSITION STRENGTHS
9. SHOOT-OUT SKILLS	GK & ATTACK (NEEDS PRACTICE BEFORE AND DURING TOURNAMENT)