



PLAYER MANUAL

INTRODUCTION

WHAT DEFINES A REAL BILLINGS F.C ATHLETE – HARD WORK, COMMITMENT, SUCCESS/SACRIFICE, DISCIPLINE, WILL TO WIN, MENTAL TOUGHNESS, SERVANT LEADERSHIP, SPORTSMANSHIP, RESPECT, HARD WORK, RESULTS!

Real Billings F.C is committed to playing an offensive style of soccer that reflects directly our “possession with a purpose” philosophy of play.

RBFC players will clearly understand the expectations during the four phases of play;

IN POSSESSION (OFFENSIVELY)

- Maintaining possession of the ball while looking to create passing lanes into teammates.
- Creating “numbers up” situations to create goal scoring opportunities.
- Fluid interchanging of positions to unbalance opponents defensive shape.
- Creating space for others.
- Dynamic movement off the ball.
- Creative decision making when in possession.
- Free flowing ball movement at an enhanced speed of play.

OUT OF POSSESSION (DEFENSIVELY)

- Immediate pressure on the ball.
- Denying the opposition time and space.
- Team orientated defense through positioning and communication.
- Restricting the opponent, the opportunity to play forward.
- Pressing both individually and collectively to regain possession while limiting the opponents scoring opportunities.

IN TRANSITION DEFENSIVELY

- Recognizing opportunity to immediately regain possession.
- Quick change/transition of attitude upon losing possession.
- Recovering positionally to support ball-orientated pressure from teammates.

IN TRANSITION OFFENSIVELY

- Dynamic movement to maximize the passing options available.
- Priority to maintain possession/score immediately after regaining ball.
- Providing width/depth to maximize space.
- Emphasis on playing forward quickly to exploit opponents defensive shape.

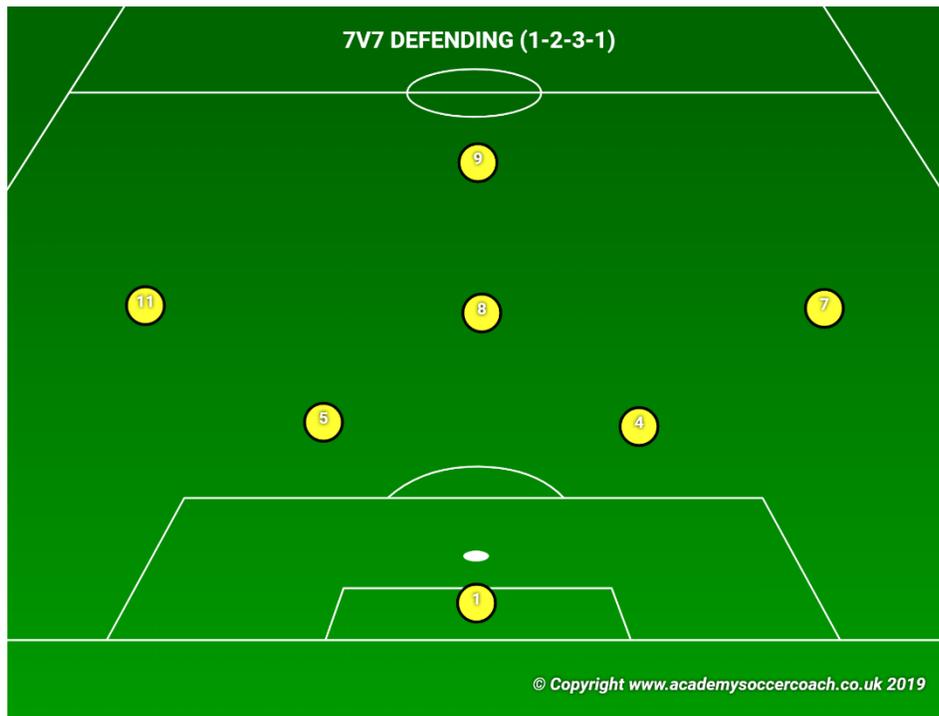
NUMBERING SYSTEM

Formation: The shape of the team and distribution of players on the field at the beginning of the game. This is usually expressed in four lines – goalkeeper, defenders, midfielders, forwards.

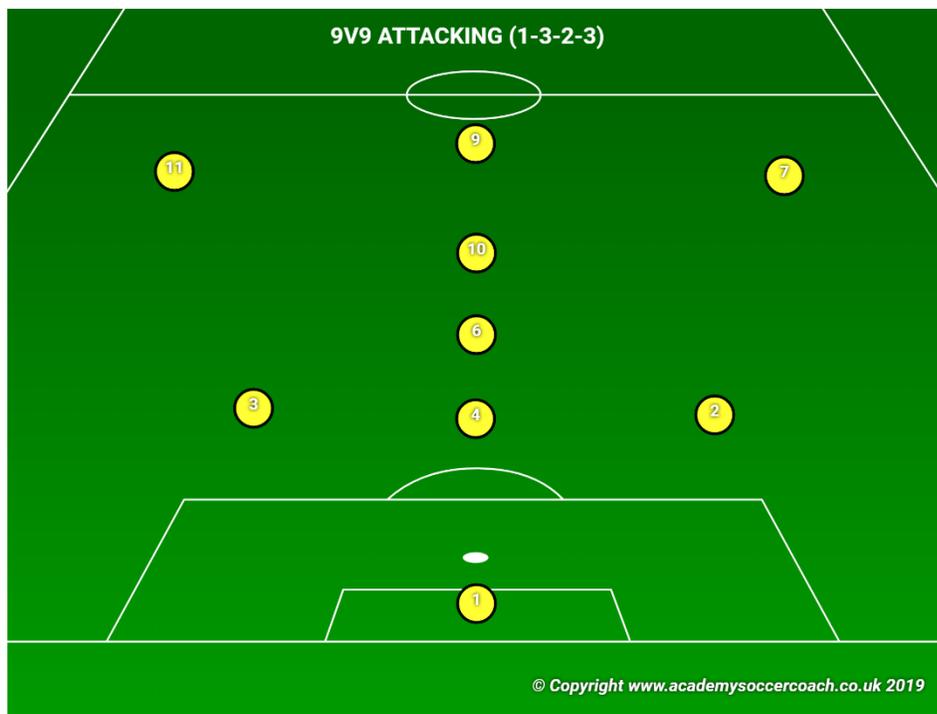
Example: (7v7) 1-2-3-1, (9v9) 1-3-2-3, (11v11) 1-4-3-3.

RBFC has chosen to implement a positional numbering system that will facilitate a smooth transition from 7v7 to 9v9 to 11v11. Player positioning/formations are constantly changing throughout a game but provides a framework for the attacking/defending principles that our club has adopted.

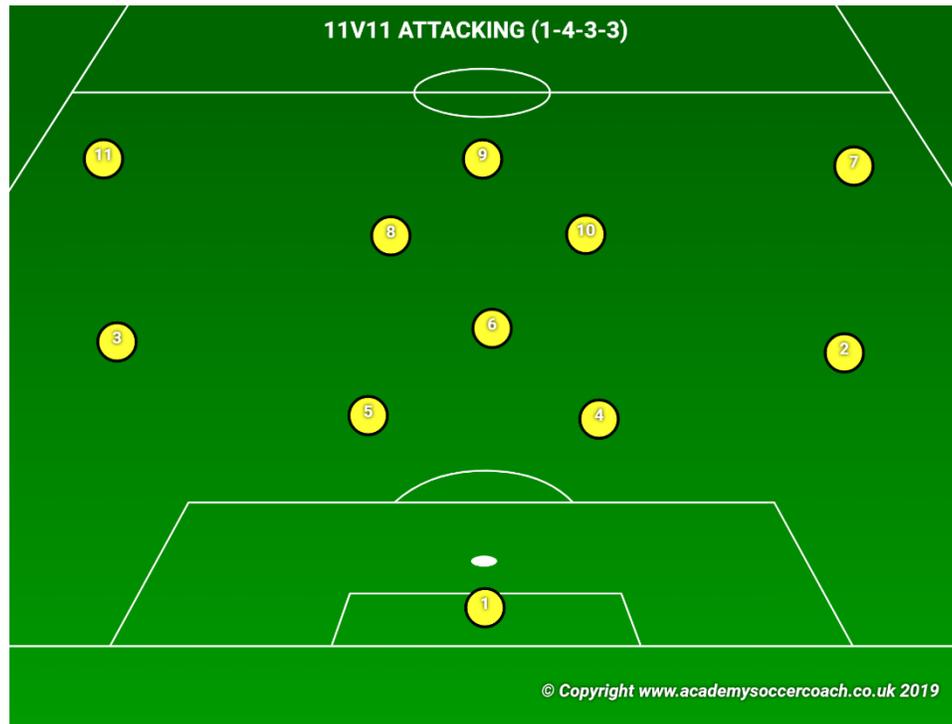
7v7 FORMATION – 1-2-3-1



9v9 FORMATION – 1-3-2-3



11v11 FORMATION – 1-4-3-3



TACTICAL TERMINOLOGY

ATTACKING PRINCIPLES

- Creating space: The distribution of players into space to generate effective passing opportunities
- Support: Help offered by a teammate(s) around the ball with the objective of receiving a ball
- Width: Movement and distribution of attacking players to wide areas in order to create space and attacking options in a game context.
- Depth: Movement of a player or group of players into forward positions to generate attacking options in a game context.
- Overlaps: Movement of a teammate from behind the player in possession of the ball to forward positions in order to generate a passing opportunity or advantage for the team.
- Diagonal Runs: An attacking diagonal movement forward into space generally in front of the ball, to create a passing option.
- Forward play: An effective and efficient movement of the ball towards the attacking end of the goal.

- **Speed of Play:** Quick ball-movement which creates an advantage for the attacking team over the defenders.
- **Switching positions:** An exchange of positions by two defenders of the same team, generally ahead of the ball, to take advantage of the defending team and generate a passing option.
- **Possession:** Passing the ball repeatedly between players on the same team.
- **Transition:** The action of transferring the ball collectively as a team from the defensive end to the attacking end.
- **Combination Play:** Quick and effective movement of the ball by two or more players from the same team.
- **Switching Play:** The transferring of the ball from one part of the field to another, generally from one wide area to another, in order to disorganize the defense and create an advantage over the opponents.
- **Counter Attacking:** Fast and effective vertical transfer of the ball when possession has been regained in order to surprise and take advantage of the defenders while they are still disorganized.
- **Playing out from the back:** The collective action of transferring the ball from the defensive third to advanced attacking areas.
- **Finishing in the final third:** The collective actions in the final third of the field with the objective of creating a goal scoring opportunity.

DEFENDING PRINCIPLES

- **Mark:** A defender or group of defenders watching over a player or group of players on the attacking team, with the purpose of reducing their chances of participating in the attack.
- **Press:** The individual action of a defensive player who defends with intensity the player in possession of the ball.
- **Cover:** A player creates a second defensive line in order to facilitate defensive support of a teammate or teammates.
- **Balance:** Coordinated movement of the defending team from one part of the field to another as the ball is transferred to that part of the field with the objective of reorganizing the defense.
- **Tracking:** A defender chasing an attacking player who is making a forward and/or diagonal movement in front of the ball to generate a passing option.
- **Switching places:** The exchange of positions between two defenders in order to be more efficient defensively.
- **Zonal defending:** The distribution of defenders into space to create defensive efficiency.

- Pressing: Intense, constant and organized defensive action from a group of defenders against the attackers.
- Retreat and recovery: Movement of a player or group of players back, toward defensive positions in order to reorganize the team's defensive shape.
- Compactness: A conglomeration of defenders in central areas, protecting their goal and preventing the attacking team from building their attack.