

CAPA 2K Gameday Philosophy

Our team becomes stronger when we:

- Have a positive attitude on and off the pitch
- Everyone makes decisions with the team in mind, not themselves
- We believe that we can achieve whatever target/goal we have
- Believe in the strength of our team
- Always want to achieve and give more
- Focus on our communication with each other
- Demand the best of yourself and each other
- Come to training and games, fit and well prepared
- Are mentally strong and give everything to the very end
- Stick together
- Show a desire to improve in everything that we do
- Don't take being a part of a team for granted – it's special. Treat it as such
- Stay humble even when achieving individual success
- ***Believe in OUR IDENTITY and play football the way we enjoy/want to play***



Habits

- Receive on the back foot
- Scan the field constantly
- Check shoulder when receiving a pass if possible
- 1 touch finishing from inside the penalty area
- Play back to same player you received from with 1 touch
- Receive on a ½ turn to play forward whenever possible
- Pass out of pressure, dribble in space.

Patterns when in possession

- #6 drops in between #4 and #5, FBs push on.
- #7 & #11 tuck inside to leave space wide
- Moving inside offers overloads in middle and wide areas
- Also offers support to #9 and #10 for combination play in attacking 1/3
- #6, #8 and #10 make an offset triangle.
- Midfield 3 must each be on different vertical and horizontal lines
- #9 and #10 make opposite movements
- Pass as high as possible, as early as possible

Transition

- Player closest to ball presses immediately, whoever it is
- Other players make recovery runs on shortest route to goal
- Drop into defensive shape as quickly as possible
- #6 remains in between #4 and #5 until defense is in position/compact
- If triggers are present to press, do so quickly.
- Stay in attacking formation if pressing high (3-1-3-3)

Defensive

- 4-2-3-1
- Zonal marking – CBs touch tight.
- #6 and #8 screen passes into opposing forwards
- #10 presses the ball with CF.
- #7 and #11 look for triggers to press the FBs
- Defenders drop when opposing player with the ball has no pressure on him
- Push up when ball is passed backwards

Triggers for Pressing

- Ball is passed back to the goalkeeper
- Cross field pass is underhit
- Poor 1st touch from FB
- Player receives facing his own goal
- Bouncing ball
- Attacking team lacks organization