

CARLTON-REDCLIFFS

Moas



TEAM RULES

CARLTON-REDCLIFFS MOAS HAVE FUN!!!!

- This is what we are going to do this year in everything we do

WIN AND LOSE AS A TEAM

- When we win we celebrate as a team
- When we lose its not the end of the world and we try again next week

WE ALWAYS SUPPORT EACH OTHER

- Some days you play great and some days you don't. That's life!!!
- We always respect each other and encourage each other to improve
- You are all mates & mates **ALWAYS** help, care & respect each other

ALWAYS TRY YOUR HARDEST

- At all times we try our hardest and do our best for each other
- We always run as hard as we can
- We always listen to our coach and other players

PLAYING SHAPE

Number 5 Dice

-Our basic shape when we have the ball is like the “Number 5” on a dice + a Goal Keeper

-Do you see the “Number 5” dice shape between the following players:

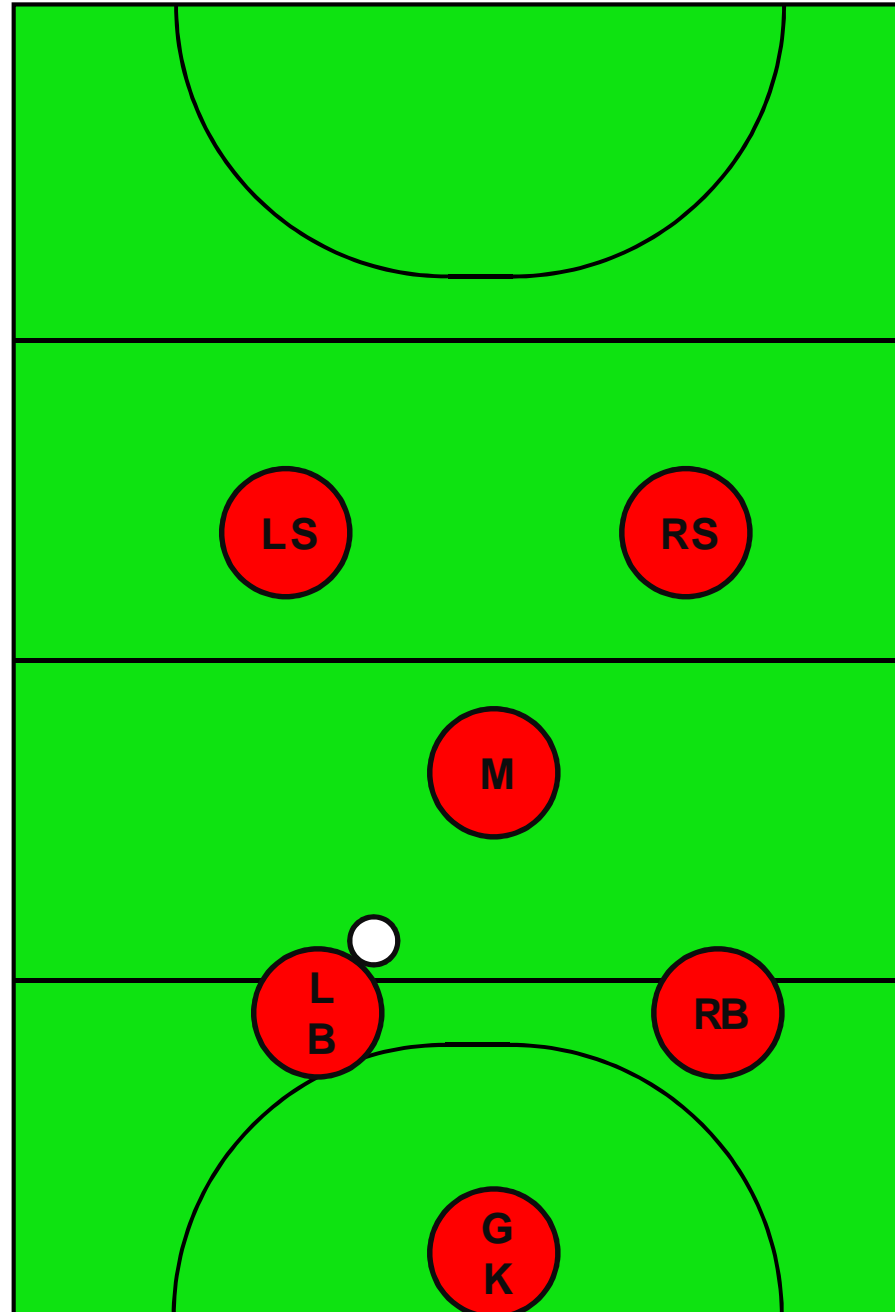
LS RS

M

LB RB

-This shape is REALLY REALLY important and we need to make sure that we try to stay in this shape as much as possible

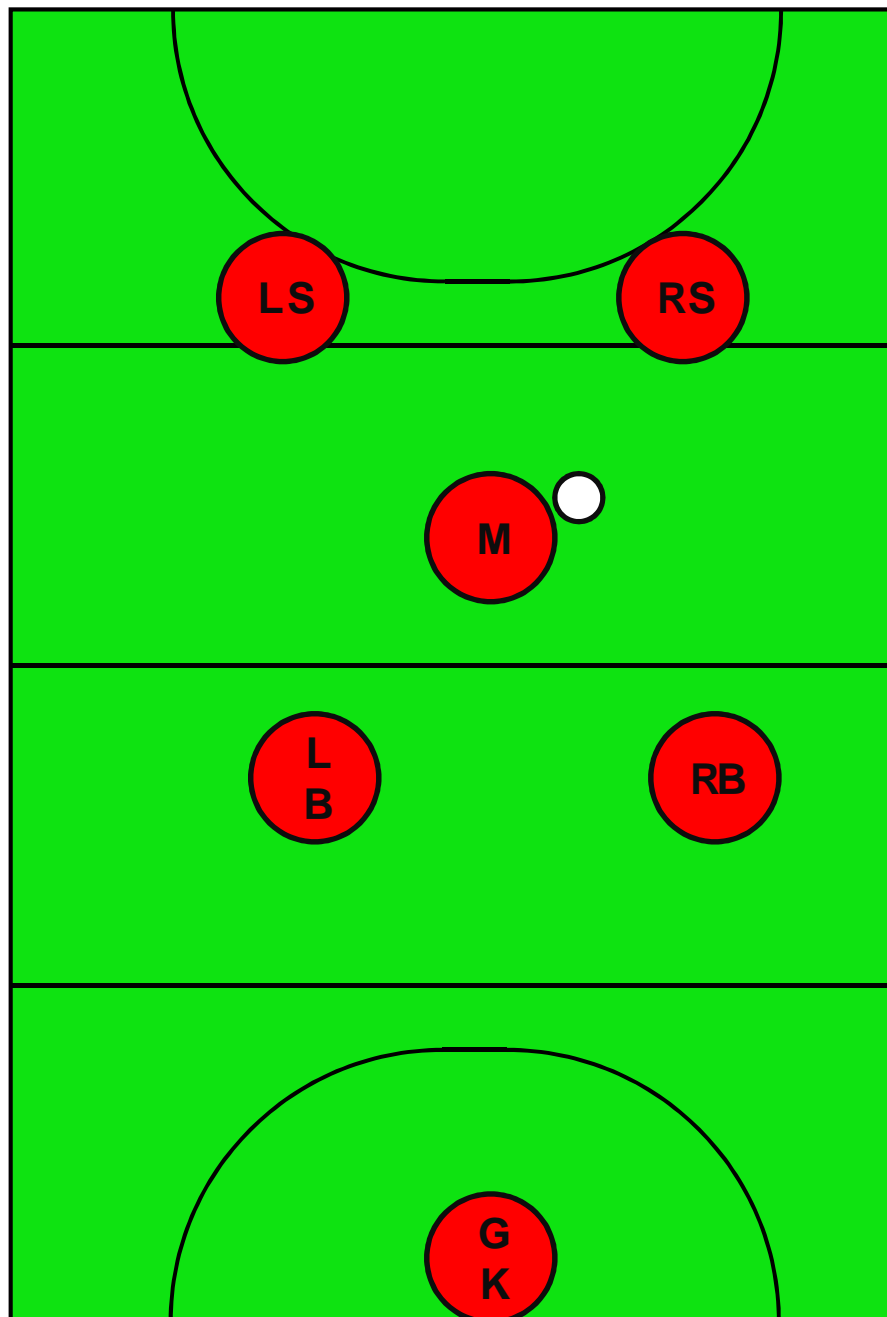
-When we move up and down the field we stay in the same shape & approximately the same distance apart. See next slide.



PLAYING SHAPE

Number 5 Dice

- Even on attack our defenders move forward so that we are still in the same **SHAPE** and distance apart.

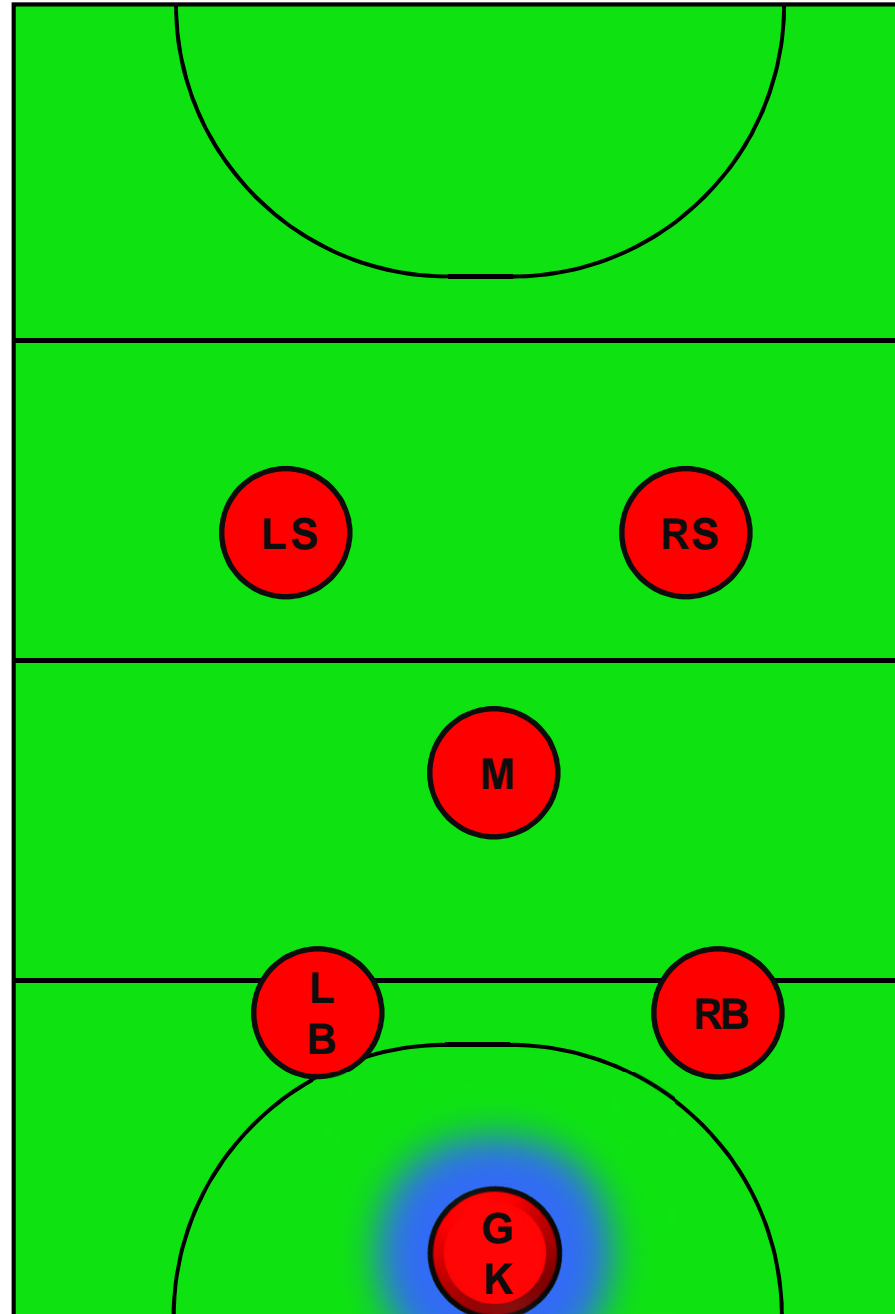


TEAM POSITIONS

GOAL KEEPER (GK)

Key Points

1. Move feet and pads in line with the ball when opposition shoots
1. Keep legs closed together when stopping any straight shots so the ball cannot get through
2. Tell defenders where the opposition are sneaking around!



TEAM POSITIONS

LEFT BACK (LB)

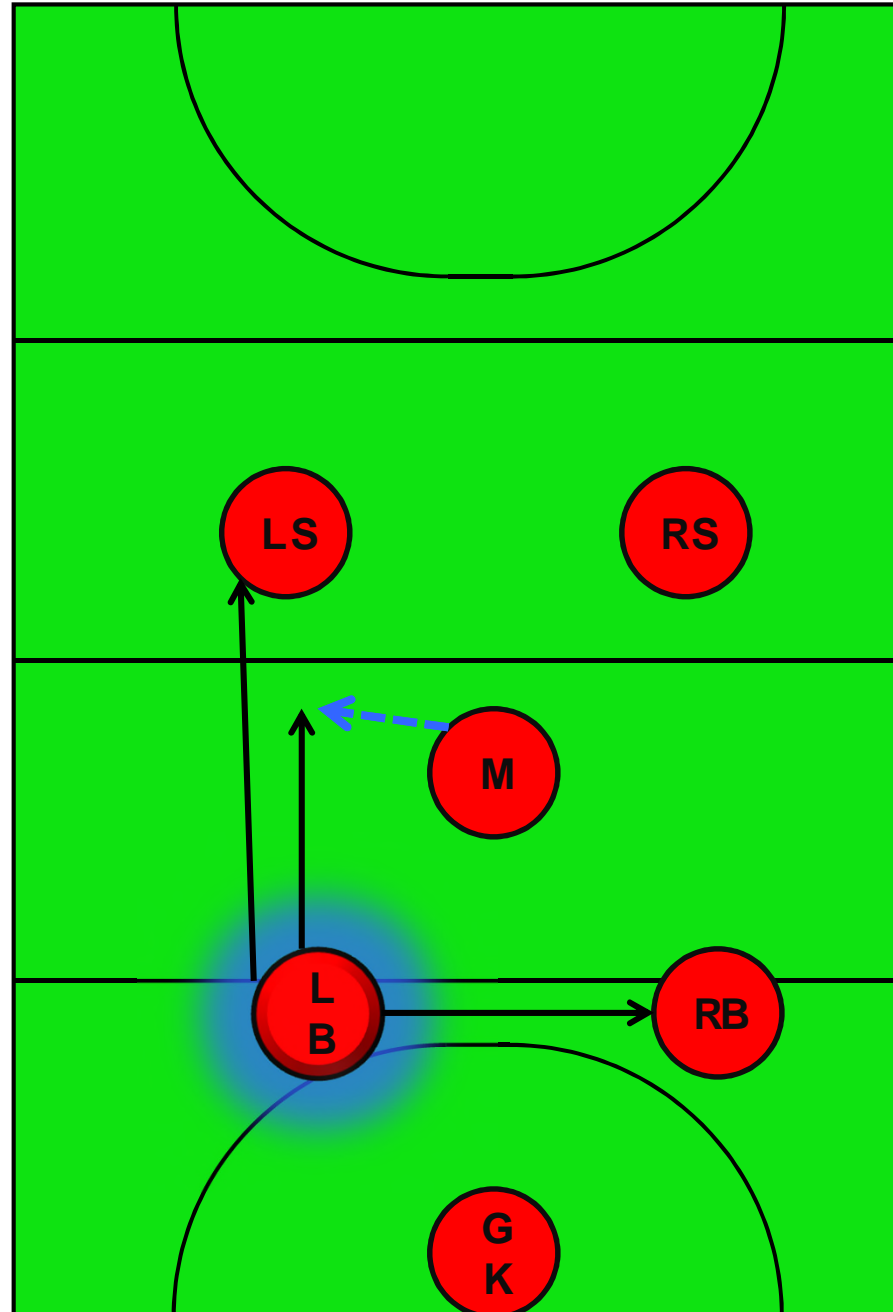
Key Points

When we have the ball

1. Look for pass up sideline (outside) to Left Striker (LS) or Midfield (M) player

1. If no pass is possible to Left Striker (LS) or midfielder then pass to Right Back (RB)

1. If no pass is on then take a “self pass” dribble ball and then pass to a player (we will talk about this in training)



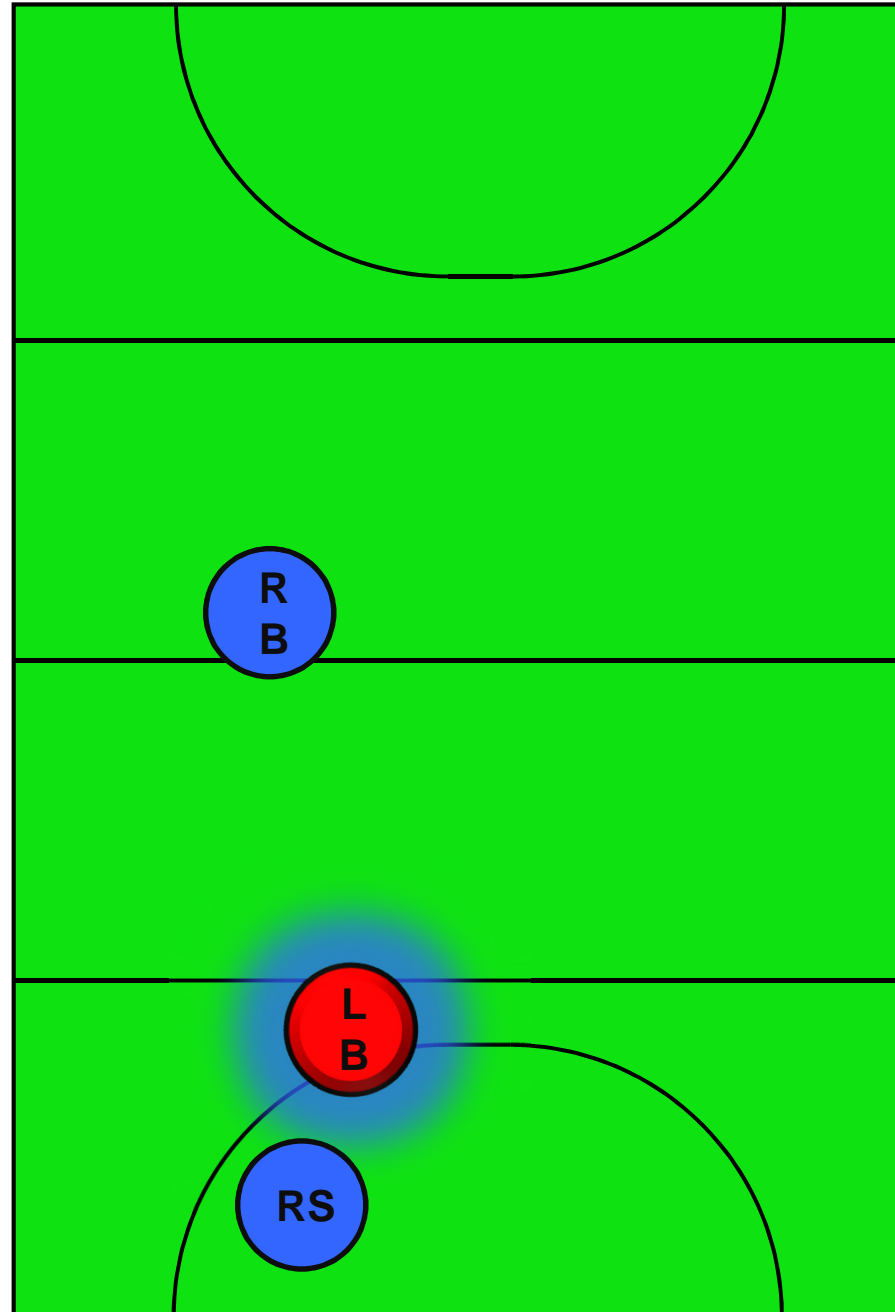
TEAM POSITIONS

LEFT BACK (LB)

Key Points

When opposition have the ball

1. Stand in front of your opponent (their Right Striker) and make sure their player can not get the pass
1. When you get the ball off the opposition inside our circle and you feel scared then either dribble or push the ball over the sideline closest to you
1. Always try and stop your opponent having a shot



TEAM POSITIONS

RIGHT BACK (RB)

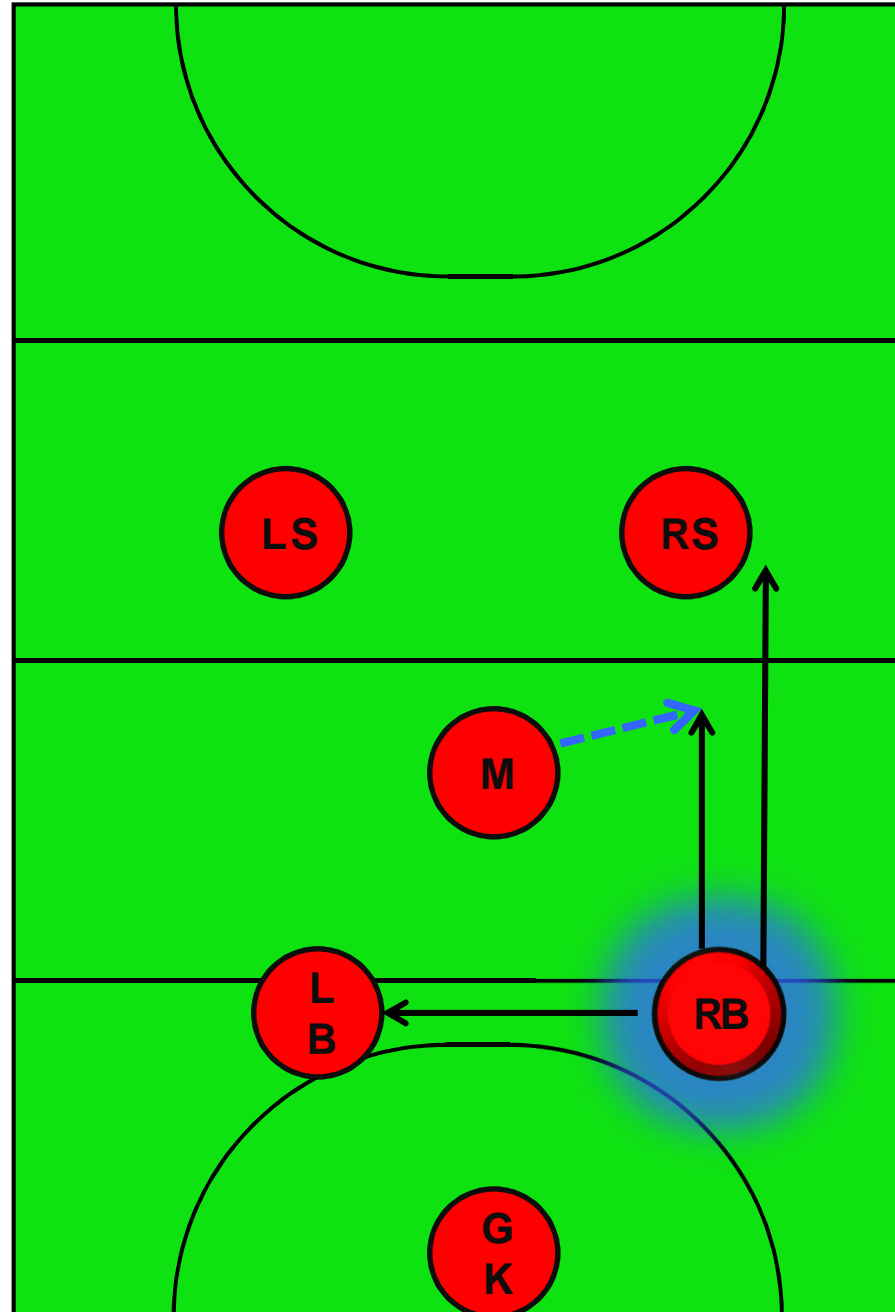
Key Points

When we have the ball

1. Look for pass up sideline (outside) to Right Striker (RS) or Midfield (M) player

1. If no pass is possible to Right Striker (RS) or midfielder then pass to Left Back (LB)

1. If no pass is on then take a “self pass” dribble ball and then pass to a player (we will talk about this in training)



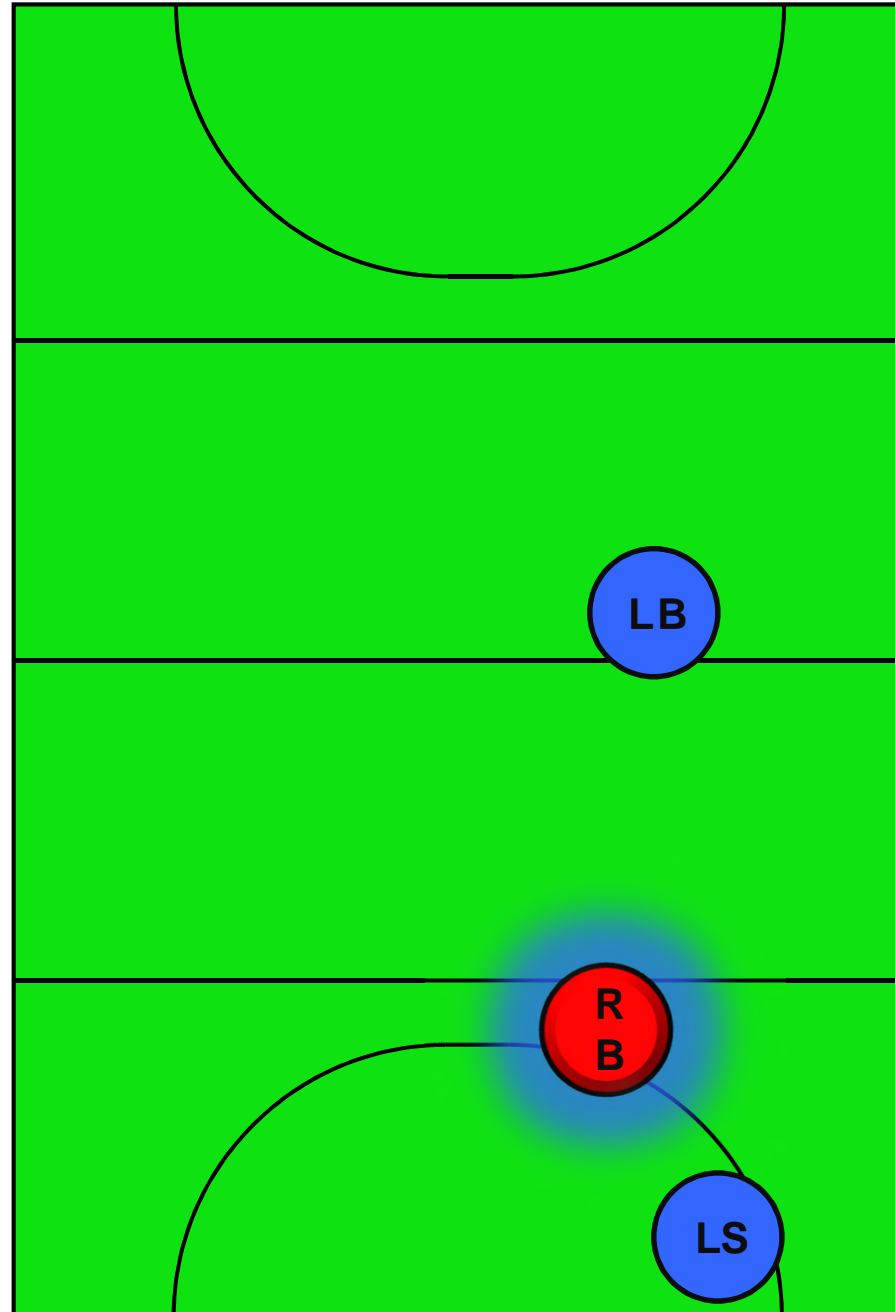
TEAM POSITIONS

RIGHT BACK (RB)

Key Points

When opposition have the ball

1. Stand in front of your opponent (their Left Striker) and make sure their player can not get the pass
1. When you get the ball off the opposition inside our circle and you feel scared then either dribble or push the ball over the sideline closest to you
1. Always try and stop your opponent having a shot



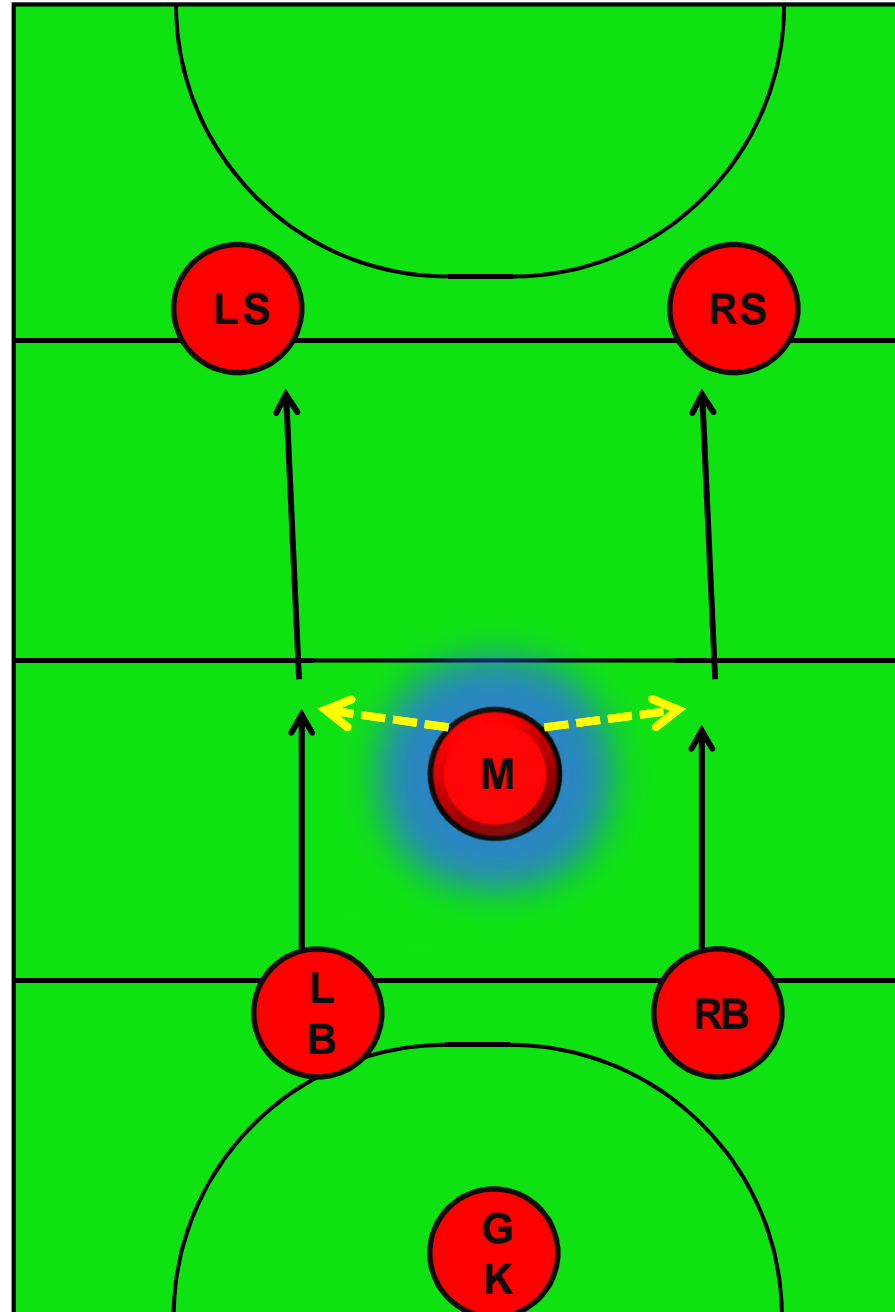
TEAM POSITIONS

MIDFIELD (M)

Key Points

When we have the ball

1. Look to receive passes from the Left Back or Right Back on the **move**
2. After receiving the ball from the Left or Right Back then look to pass the ball to the Left or Right Striker. If no pass is on then dribble the ball forward.



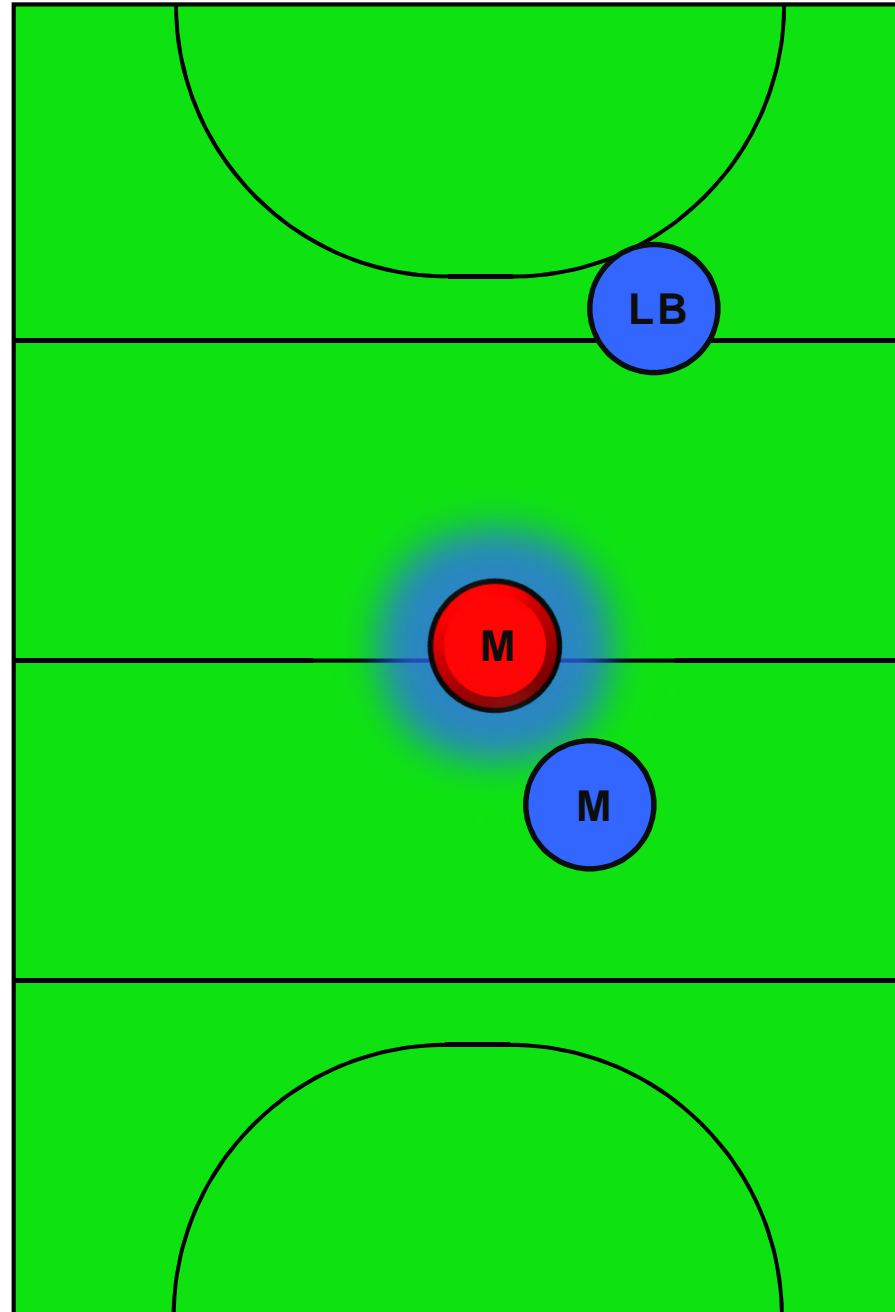
TEAM POSITIONS

MIDFIELD (MID)

Key Points

When opposition have the ball

1. Stand in front in front of their Midfield player when the opposition defender has the ball so they cannot receive a pass.
2. You need to do lots of running (hooray) and when the opposition gets the ball of us you must run back towards our goal and **DEFEND** to help our defense!!



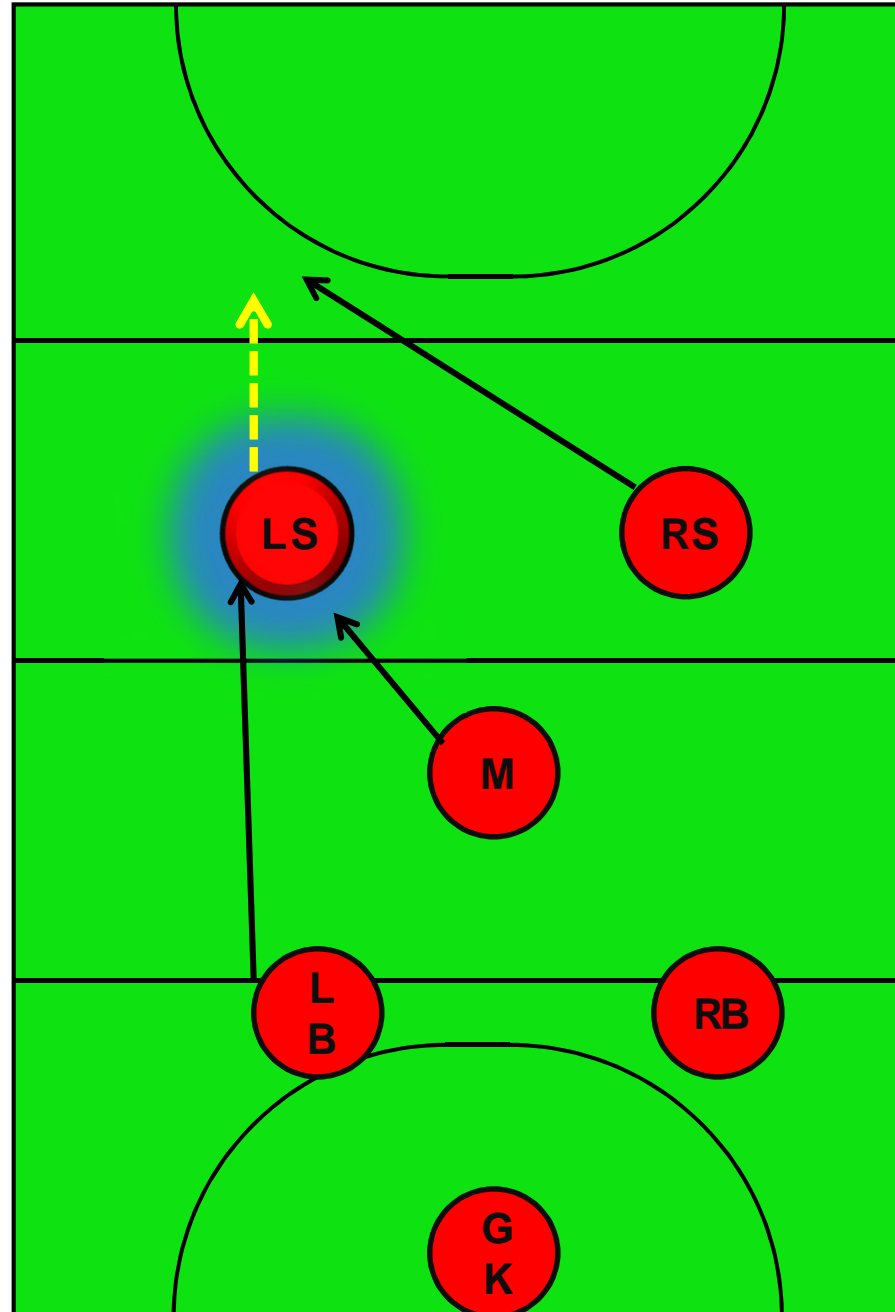
TEAM POSITIONS

LEFT STRIKER (LS)

Key Points

When we have the ball

1. Look for pass up sideline (outside) from Left Back
2. Look for passes from Midfield player
1. Look for forward pass from Right Striker
2. When you receive the ball then look for passes to the Right Striker or Midfield player.
3. See next slide for passes inside circle



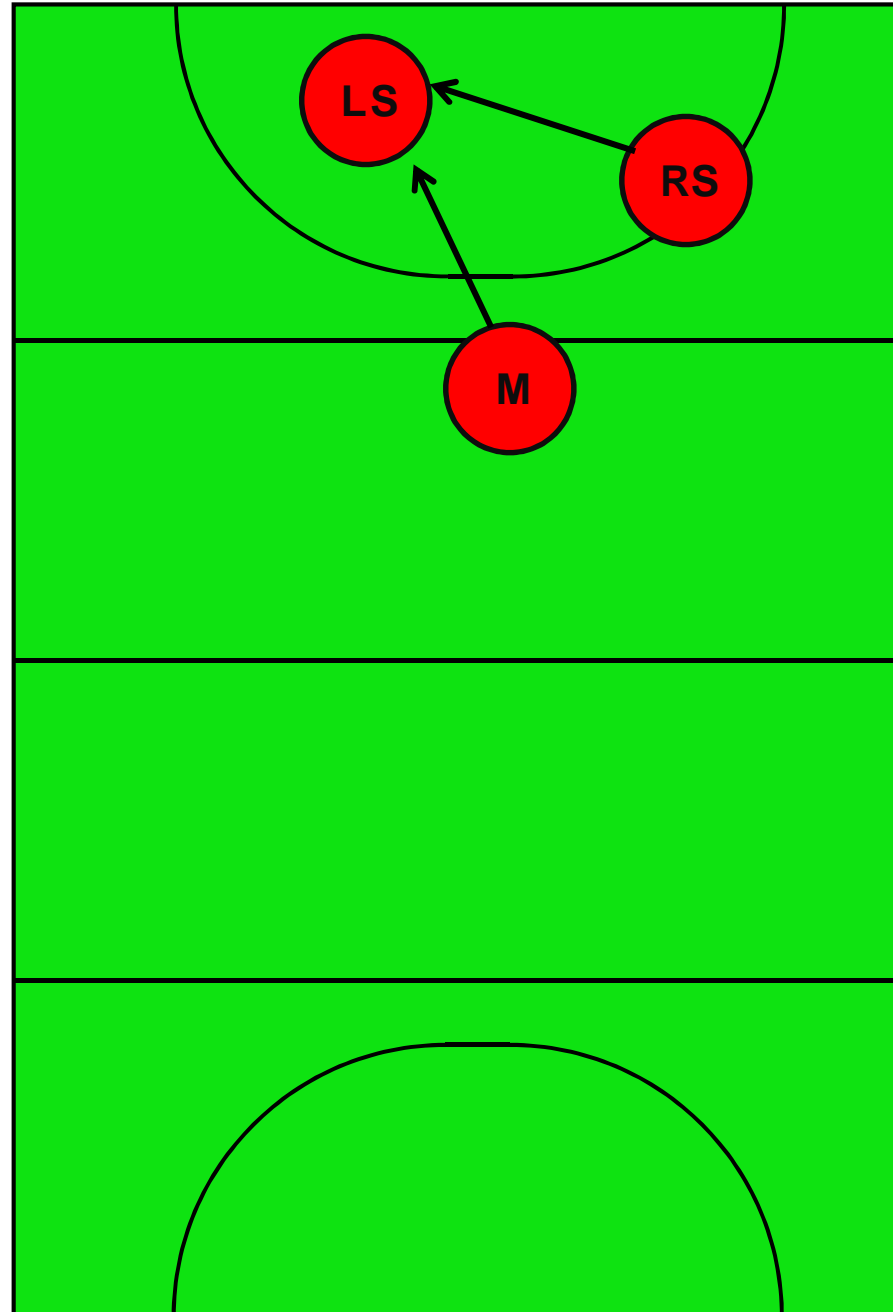
TEAM POSITIONS

LEFT STRIKER (LS)

Key Points

Inside the Circle

1. Look for pass from Right Striker or Midfield player and stand near the post so you can trap and push the ball into the goal (**YAH**)!!
2. This is really important that you run into this position near the opponents goals as we will score lots of goals doing this.



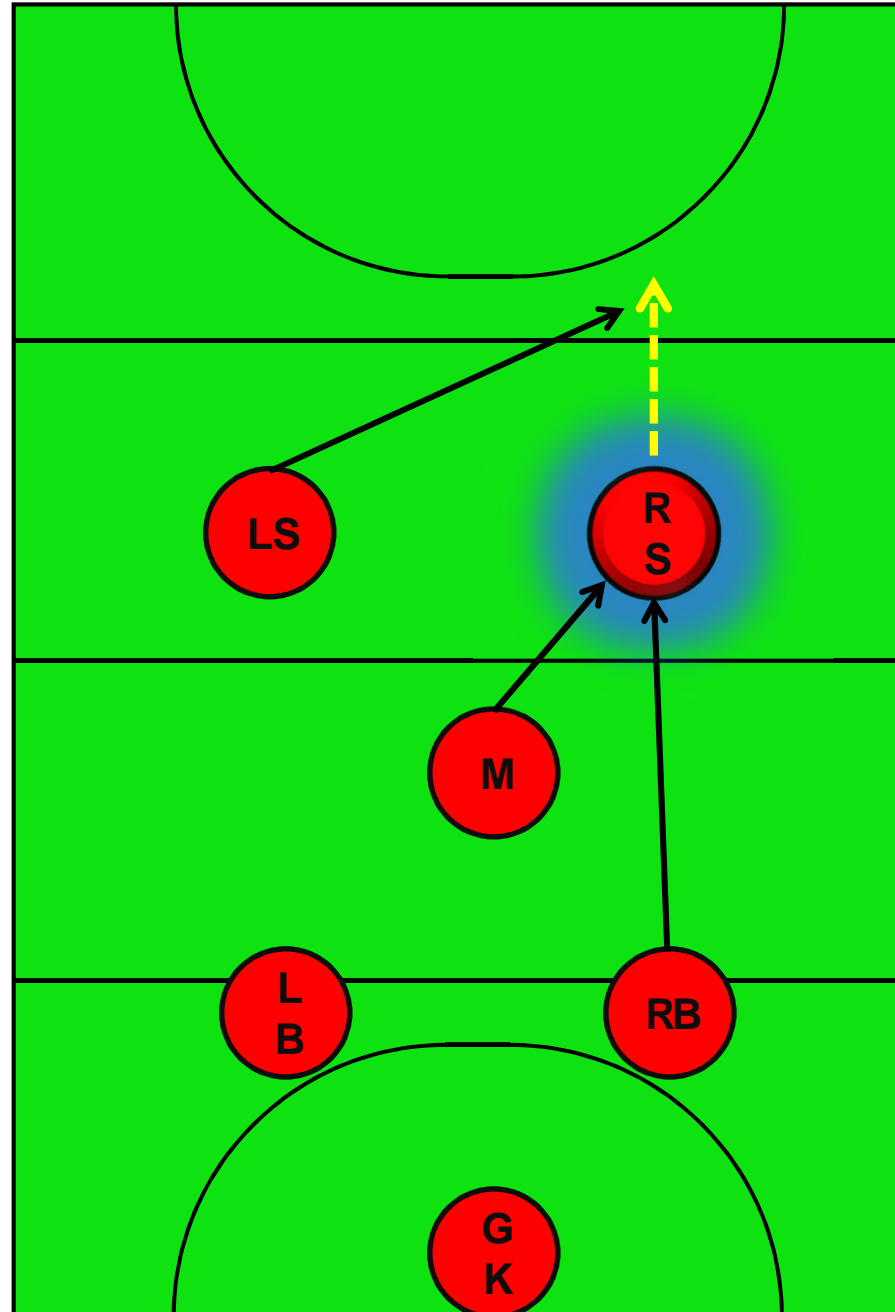
TEAM POSITIONS

RIGHT STRIKER (RS)

Key Points

When we have the ball

1. Look for pass up sideline (outside) from Right Back
2. Look for passes from Midfield player
1. Look for forward pass from Left Striker
2. When you receive the ball then look for passes to the Left Striker or Midfield player.
3. See next slide for passes inside circle



TEAM POSITIONS

RIGHT STRIKER (RS)

Key Points

Inside the Circle

1. Look for pass from Left Striker or Midfield player and stand near the post so you can trap and push the ball into the goal (YAH)!!
2. This is really important that you run into this position near the opponents goals as we will score lots of goals doing this.

