



## Week 2

### Strong Side & Weak Side

When a team wins possession of the ball, the players have to start spreading out or creating the space using the width and depth of the field. This doesn't mean that every player has to start running away from the ball. In some situations, and in some positions players have to provide short distance supports.

A team must demonstrate tendencies to open up. Once a space is created, some of the players have to check to the ball, to brake away from markers, check back to space created, and support teammates with a ball.

When a team loses the ball, players have to immediately put an effort to steal it back. The team has to start "squeezing" space from the opponent, becoming compact both horizontally and vertically. Most players should concentrate on the "*strong*" side.

If we draw an imaginary line between the centers of the two opposite goals, it will divide the field on 2 sides. The side where the opponent has possession of the ball is called the "*strong*" side, the other side is called the "*weak*" side. If the opponents move the ball to the "*weak*" side it will become a "strong" side. In situations where the opponents are attacking through the center, the central area of the field will be the "strong" side and areas on the right and left will be "*weak*".

When you are watching the game you should be able to see how players run wide and deep when the ball is won and how they run to "bunch in" in front of the ball if they lose it.

*Coach Jeff*