



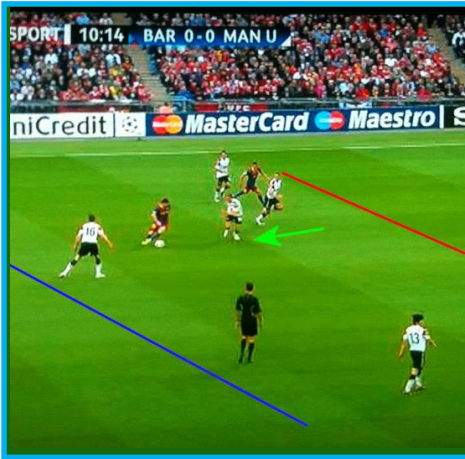
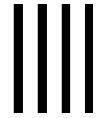
# Attackers Movement off the Ball

**Calling all strikers... Life's a  
pitch!**

**6 tips that will help keep you  
at the top of your game!  
Create and exploit space and  
get defenders guessing.**

1

## Drop Deep/Play Deep!

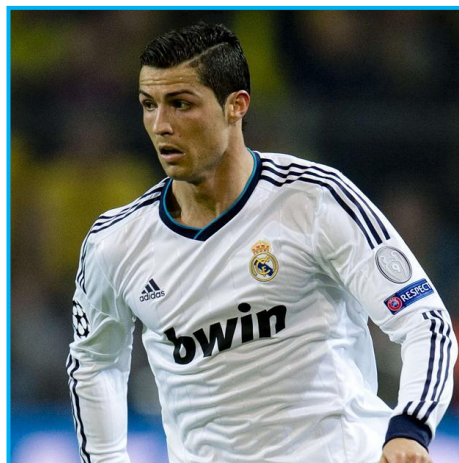
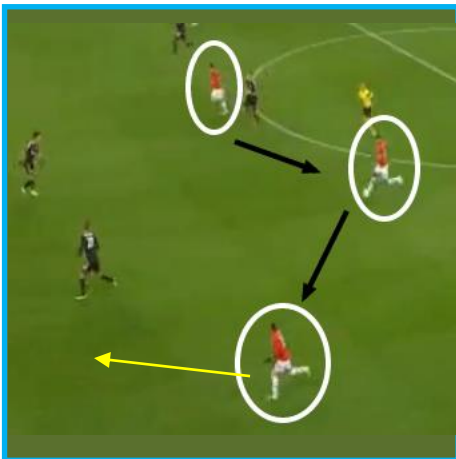
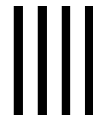


Dropping deep leaves your defender with two problems;

1. **Do they leave you?** If so this will leave you with space, this is a great opportunity to get the ball to feet and get turned!
2. **Do they get tight?** If so this will leave space behind them for you to spin into!

2

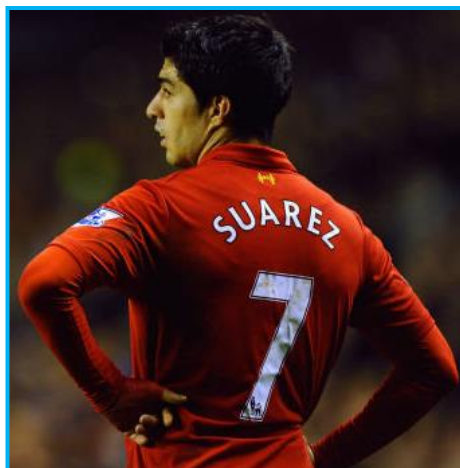
## Pull Wide!



The defender must be able to see (a) the ball and (b) you, the attacker. Moving wide into a position when you're out of their view will cause defenders problems leaving you to exploit the gaps between the opposition full-back and centre-back!

3

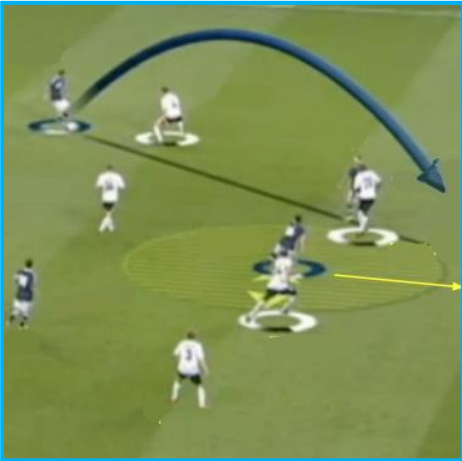
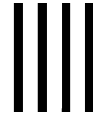
## Run Across!



You can cause problems when defenders have to switch who they are marking by running across a defensive line. As the defenders must try and see **YOU** and the **BALL**, it allows you the perfect opportunity to make a (blind side) run in-between players, to receive the ball. The first time the defender sees you is when the ball is played past him! They key to this run is timing!

4

## Run Behind!



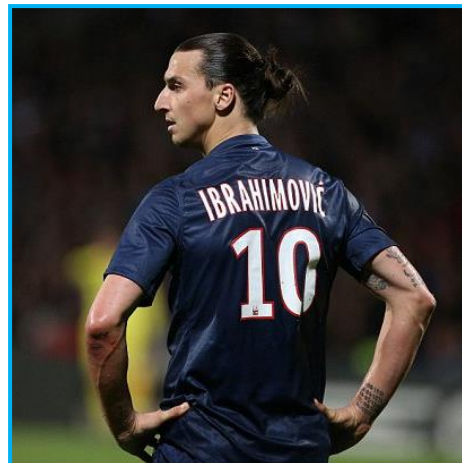
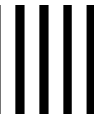
If the opposition defence is playing a high line, therefore leaving you space to run into, making a well-timed run behind can see you go through 1 vs 1 with the goalkeeper! The key to this run is to play as far up the pitch as possible without being offside (on the defenders shoulder) ready to run onto through balls.

Note;

Diagonal pass = Straight run  
Straight pass = Diagonal run

5

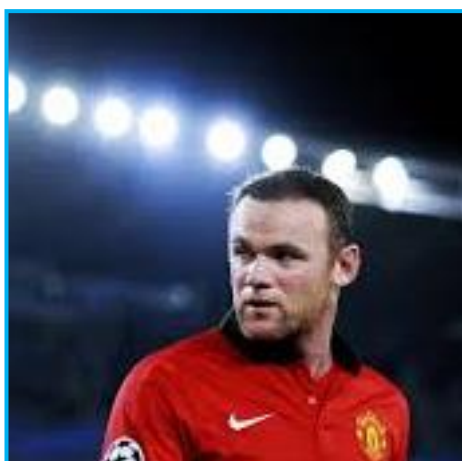
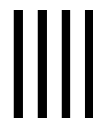
## Anticipate Play!



Try to anticipate what is going to happen before you get the ball; where your opponents and team-mates are and where they will be in a few seconds. Plan **YOUR** next move before you have the ball. It's difficult to get it right every time, but can keep you one step ahead of your defender!

6

## Pin You Defender!



If a defender is tight, you can use your body to manipulate them in order to gain an advantage. This can be done by either;

1. Using your body and skill to roll your defender and/or get turned!
2. Pinning your defender, looking to hold the ball up and link in with other team-mates!