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## Introduction to principles

This document is meant as an **inspirational source** and gathers principles and ideas drawn from respected coaches and established game models. The aim is to give you a **rich menu of concepts** you can choose from — adapting and combining them to fit your team's needs, playing style, and the specific challenges of each match.

These are organized around the **four phases of play**:

- **Offense** – How we create and convert opportunities when we have the ball.
- **Defensive Transition** – How we react and recover immediately after losing possession.
- **Defense** – How we protect our goal and disrupt the opponent's attack.
- **Offensive Transition** – How we take advantage of opportunities immediately after regaining the ball.

For each phase, you'll find **five distilled principles** that capture the essence of effective play in that moment.

These are not rules to be followed at all times; they are **starting points** for discussion, reflection, and experimentation. They can help spark ideas for training design, inform tactical adjustments, or simply provide a shared language when talking about the game.

One might choose to focus on one or two principles in a session, integrate several into a broader season plan, or adapt them entirely to suit your group's strengths and weaknesses. The key is to use them **creatively and contextually**, rather than treating them as a fixed system.

Sources cited are: *Tactical Dilemmas* (**TD**) and *Small-sided Games* (**SSG**) by Andreu Enrich. Koninklijke Hockeybond België (**KBHB**), Rijn Van Eijk (**RP**), Javier Telechea (**JT**), Dane Kerry (**DK**) and The Hockeysite (**HS**).

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# 1. Attack Principles

## A. Off-Ball Movement & Positioning

- **Break the line** – Position yourself higher in a 2v1 to progress past defensive lines. *(JT, KBHB)*
- **Third man** – Use blind-side combinations via an intermediate player to progress through a defender. *(SSG)*
- **Post-up play** – Drop low to receive before your defender, then relay the ball to a player running forward. *(TD, KBHB)*
- **Circular runs** – Lead in an arc to face forward on reception. *(TD)*
- **V-leads** – Start toward the ball to post up, then break diagonally; if blocked, retreat to the opposite side. *(TD)*
- **Lead inside-outside** – Lead into central space to create an outside pocket, then lead outside facing forward. *(TD)*
- **Drag players away** – Lead away in man-marking from useful lanes to open them for teammates. *(TD)*
- **Vital space** – Maximize the receiving space ahead of you to have room to play *(SSG)*
- **Widen the field** – Spread the defense wide to create open channels. *(JT)*
- **Double lead** – Fake a lead to one space, then receive in another. *(TD)*
- **Axis overload** – Place more players along a vertical line than the opposition has. *(TD)*
- **Outnumber levels** – Place more players along a horizontal line than the opposition has. *(TD)*
- **Pinning** – Occupy defenders in zonal defense to prevent them from shifting. *(TD)*
- **Wide-Depth-Guard (“widegu”)** – Create width, depth, and a guard option; combine with post-up. *(KBHB)*
- **Shadow lead** – Follow a leaving marker to create 2v1 opportunities with the ball carrier *(TD)*
- **Overlapping runs** – Progress from guard to lead to break defensive shape with overloads *(SSG)*
- **Disconnect and engage** – Momentarily disengage to create space, then re-engage in play. *(KBHB)*
- **Communicate with posture** – Signal a desired pass by active body positioning. *(JT)*

## B. Passing & Combination Play

- **Draw and pass** – Engage a defender before releasing the ball to reduce their reaction time. (SSG, JT)
- **Give and go** – Pass, move, and receive again to create numerical superiority. (SSG)
- **Time and space** – Pass only when it improves receiver's time and space. (SSG)
- **Stick-to-stick** – Be ready to play, receive, and pass with close ball control. Let the ball do the running. (SSG, JT)
- **One-touch play** – Use clean technique and prescanning to accelerate the tempo with a single touch (*Tips*)
- **Skip players in transfer** – Increase passing speed by bypassing intermediate players only when it gains time/space. (TD, *Tips*)

## C. Ball Carrying & Decision-Making

- **Face the play** – Open body and vision before and during reception; prescan. (SSG, *Tips*)
- **Open vision** – Look up when dribbling; prescan before receiving. (SSG)
- **Be aggressive forward** – Look forward first before considering sideways or backward. (JT, KBHB)
- **Do not pass if lane is open** – Carry the ball forward if unopposed. (JT)
- **Diagonal lanes** – Carry or move diagonally for better field vision. (JT)
- **Play the superiority** – Identify and exploit an area where numerical advantage is (JT)
- **Find the liberated player** – Advance by passing to the freed +1 in superiority. (TD)
- **Passing risk management** – Choose safer pass options to create better scoring opportunities in the long run (SSG)
- **Conservation** – Retain possession when no clear chance exists. (SSG)
- **Speed to space** – Accelerate the ball toward open space if available (KBHB)

## D. Finishing & Circle Play

- **Second post on narrow angles** – Pass across goal to far post instead of shooting from a tight angle. (SSG)
- **7m game** – Play crash balls into the inner scoring zone and fixed scoring spots. (SSG)
- **Enhance the chance** – Improve the probability of success by positioning well in circle (KBHB)
- **Passing chain** – Use short pass combinations inside the circle to reach the 7m space. (TD)

## E. Structural Concepts

- **Use a base** – Build attacks from a tight, low-positioned core of center backs and midfielders. (TD)
- **Define depth** – *Position strikers to create low, mid, or high depth depending on desired space.* (TD)
- **Define width** – Position sideline attackers to create low, mid, or high width depending on desired space. (TD)

## Offensive Phase – 5 Core Principles

### **1. Create Width and Depth to Stretch the Defense**

- a. Early width and depth open passing lanes, force defenders to cover more ground, and create space between the lines. Whether in build-up or midfield, we want sideline attackers positioned to stretch horizontally and strikers to set either high, mid, or low depth depending on the situation. This makes it harder for the opponent to defend compactly.

### **2. Break Lines to Progress Play**

- a. Position yourself higher than your direct opponent to receive behind their defensive line, or pass through/around them to a teammate in a more advanced zone. Breaking lines accelerates our attack and reduces the number of defenders between us and the goal.

### **3. Support with Intelligent Off-Ball Movement**

- a. Runs such as post-ups, V-leads, circular runs, and dragging defenders away create space for others. This is not just about getting the ball yourself, but also about manipulating defensive shape to open dangerous lanes for teammates.

### **4. Play at Tempo – Draw and Release**

- a. Engaging the defender before passing (“draw and pass”) reduces their reaction time and creates numerical advantages. Combining this with quick passing sequences (stick-to-stick, one-touch) helps us keep the tempo high when the opportunity is there.

### **5. Exploit the Circle with Quality over Quantity**

- a. Getting into the circle should be done with purpose: second-post passes from narrow angles, quick passing chains inside 7m, and maximizing “vital space” where we can arrive first to the ball. Quality attacks in the circle force higher percentage shots and reduce turnover risk.

## 2. Defensive Transition Principles

### A. Immediate Reaction After Ball Loss (Counter-Pressing)

- **Press after loss** – Upon losing possession, counter-press directly using anticipation and hotline blocking; if unsuccessful, fall back into structure. (SSG)
- **Anticipation** – Stay close to opponents during ball possession phase so you can mark or intercept immediately upon loss. (SSG)
- **Block the hotline** – Intercept the most dangerous passing lane first after ball loss, whether toward goal or a threatening zone. (SSG)
- **Darken opponent** – Pressure an opponent while still maintaining the line to your own mark. (TD)

### B. Recovery & Fallback

- **Back home** – If counter-press fails, all players retreat behind the ball into the defensive structure, delaying opponent progress. (SSG)
- **Counter cover** – When in possession, position yourself as a structure to provide immediate defensive support if the ball is lost. See defensive diamonds. (SSG)
- **Tackle-back** – The player who loses the ball is the first to chase and try to recover it. (TD)

## Defensive Transition – 5 Core Principles

### **1. Immediate Pressure After Loss (Counter-Press)**

- a. When we lose the ball, our first reaction is to pressure immediately, especially in the area around the loss. Quick counter-pressing can prevent the opponent from launching a fast attack and may even win the ball back instantly.

### **2. Block the Most Dangerous Passing Lane First**

- a. On ball loss, identify and close the “hotline”: the direct route to goal or into a dangerous zone. By taking away this primary option, we force the opponent into less threatening areas and buy time for our structure to recover.

### **3. Anticipation Through Positioning**

- a. Before we lose the ball, our off-ball positioning should already prepare us for the worst-case scenario. Staying close enough to mark or tackle quickly reduces the opponent’s time and options if possession changes.

### **4. Tackle-Back Responsibility**

- a. The player who loses possession takes immediate responsibility to chase and pressure the ball. This disrupts the opponent’s rhythm and sets the tone for defensive commitment across the team.

### **5. Fallback to Defensive Shape if Press Fails**

- a. If the counter-press doesn’t succeed within the first seconds, the entire team must “get back home”: retreat quickly behind the ball, regain compact shape, and delay the opponent’s advance.



### 3. Defense Principles

#### A. Core Defensive Mindset & Shape

- **Protect the center / Deny** – After securing the hotline, organize to block the central route to goal. (SSG, KBHB, DK)
- **Stay compact** – Move as a block to close spaces between lines. (RP)
- **Nothing comes through** – High-commitment mentality to deny dangerous penetration. (RP)
- **Zonal adjustments and diamonds** – In numerical inferiority, prioritize covering the most dangerous zones. (SSG)

#### B. Delaying & Containing

- **Delay** – Nearest defender slows the opponent without fouling to allow recovery. (SSG, KBHB, DK)
- **Reverse pressure** – Obstruct the ball carrier's vision to force errors without directly tackling. (SSG)
- **Channeling / Dictate** – Steer the opponent away from goal or toward defensive support. (SSG, DK)
- **Mark press from outside** – When in pressing form, mark from the outside to where the ball is going. (TD)

#### C. Pressing Triggers & Patterns

- **Center split press** – Center forward presses between opposition center backs as soon as the ball travels between them. (TD)
- **Blind side press** – Winger presses receiving center back from the blind side. (TD)
- **Diagonal press** – Midfielder and far-side winger press to funnel play to one side. (TD)
- **High side press** – Front three press directly, leaving one central defender as the “free” receiver to bait play. (TD)
- **Man-to-man high press** – Midfield joins front three for full man-to-man on a back four. (TD)

## D. Marking & Individual Defending

- **Find your player** – Track your mark in man-to-man situations, especially near goal. (SSG, KBHB)
- **Ball & play awareness** – Avoid ball watching; monitor both ball and off-ball player movement. (SSG)
- **Vital space (defensive)** – Position to be first to the ball in contested space. (SSG)
- **Don't get eliminated** – Tackle only when in numerical superiority; defend collectively. (SSG)
- **Defensive doubles** – In superiority, two defenders tackle together for higher success. (SSG)
- **Flat triangle** – Stand where a pass is tempting but interceptable, closer to carrier and closer to goal keeping mark in sight (SSG, KBHB)
- **Arrive with the ball** – Apply pressure as the opponent receives it, anticipating their first touch. (RP)
- **Mirroring** – Orient yourself based on both ball and player positioning. (RP)
- **Disrupt** – Apply pressure in tight spaces to limit opponent options. (DK)
- **Dispossess** – Commit to a tackle after disrupting and confining the opponent. And cover is attained (DK)
- **Body & stick pressure** – Use body position and stick placement to control space and force errors. (KBHB)

## E. Transition-Preparation During Defense

- **Lead on non-possession** – Attackers position to be free before regaining the ball to enable quick counter. (TD)

## Defense – 5 Core Principles

### 1. Protect the Center

- a. The central lane to goal is the most dangerous space. Once the immediate passing threat (hotline) is neutralized, we organize to close central spaces and force the opponent wide, where chances are harder to create.

### 2. Stay Compact

- a. Defensive lines move as one block, maintaining small gaps between players and lines. Compactness reduces passing lanes and forces the opponent into predictable, less threatening zones.

### **3. Delay and Channel**

- a. The nearest defender slows down the ball carrier without fouling, allowing the team to recover shape. Use body shape and positioning to guide the opponent into areas where we have defensive support.

### **4. Press With Purpose**

- a. Apply pressing triggers such as poor opponent control, passes to the blind side, or forced plays to one side. Our press should funnel the opponent into predictable traps, whether in man-to-man or zonal systems.

### **5. Mark and Defend Proactively**

- a. Stay aware of both the ball and opponent movement. Mark tightly in critical areas, double-team when in numerical superiority, and position for interceptions to win the ball rather than just reacting.

## 4. Offensive Transition Principles

### A. Immediate First Actions

- **Escape** – Move the ball quickly after gaining possession, either toward goal, sideways, or backwards to secure it using widegu. (SSG / HS)
- **Prioritize forward play** – Look for an immediate forward pass; if unavailable, retain possession. (HS)
- **Find time and space** – Pass to a teammate with better vision if your receiving position is pressured. (SSG)
- **Exploit positive spaces** – Off-ball players pull defenders away to open attacking lanes. (HS)
- **Immediate width and depth** – Quickly create wide and deep options to stretch the defense. (SSG, HS)

### B. Structuring the Counterattack

- **Drop to support progression** – Deepest player comes back to receive and link play, letting others advance into the second wave. (TD)
- **Use overloads** – Create and attack numerical superiority in specific areas. (HS)
- **Quick decision making** – Choose your action within the first few seconds; any delay allows defense to reorganize. (HS)
- **Anticipate the counter-press** – Move and pass quickly to beat man-to-man counter-pressing. (HS)

### C. Transition Game Management

- **Order through possession** – Instead of forcing a break, regain structure and control the game. (SSG)
- **Verbal communication** – Use verbal cues to identify open spaces and coordinate runs. (HS)

## Offensive Transition – Core Principles

### **1. Play Forward First if Possible**

- a. Upon regaining possession, immediately look for a forward option toward goal. Early penetration catches the opponent before they can reorganize.

### **2. Create Immediate Width and Depth**

- a. Stretch the field both horizontally and vertically right after the turnover. This opens passing lanes and makes it harder for the opponent to counter-press effectively.

### **3. Exploit Positive Spaces**

- a. Off-ball players should disrupt the defense by pulling their markers away from key lanes, creating open spaces for progression or penetration.

### **4. Decide Quickly**

- a. The first few seconds after gaining the ball are critical. Choose between a quick attack, switching the point of play, or retaining possession before the opponent recovers shape.

## Example of Simplified Game Model

This is an example of a core set of principles to train and apply

Phase	Core Principles
Offense	<ol style="list-style-type: none"><li>1. <b>Create width &amp; depth</b> – Stretch defense early to open space.</li><li>2. <b>Break lines</b> – Pass or move past defensive lines using 2v1 to progress.</li><li>3. <b>Intelligent off-ball movement</b> – Post-ups, V-leads, circular runs to open lanes.</li><li>4. <b>Eliminate</b> – Draw player and release quickly</li><li>5. <b>Exploit circle with quality</b> – Aim for high-percentage entries and finishes.</li></ol>
Defensive Transition	<ol style="list-style-type: none"><li>1. <b>Immediate counter-press</b> – Pressure as team instantly after losing the ball.</li><li>2. <b>Block the hotline</b> – Remove the direct route to goal first.</li><li>3. <b>Anticipate through positioning</b> – Be ready before possession changes.</li><li>4. <b>Tackle-back responsibility</b> – The losing player chases first.</li><li>5. <b>Fallback if press fails</b> – Get back home into compact shape.</li></ol>
Defense	<ol style="list-style-type: none"><li>1. <b>Protect the center</b> – Close the most dangerous space first.</li><li>2. <b>Stay compact</b> – Move as a connected block to reduce gaps.</li><li>3. <b>Delay &amp; channel</b> – Slow play and guide opponents into traps.</li><li>4. <b>Press with purpose</b> – Triggered by poor control, blind side passes, or forced plays.</li><li>5. <b>Proactive marking</b> – Track, double, and intercept rather than just reacting.</li></ol>
Offensive Transition	<ol style="list-style-type: none"><li>1. <b>Play forward first</b> – Attack immediately if the opportunity is there.</li><li>2. <b>Immediate width &amp; depth</b> – Stretch the field right after regaining the ball.</li><li>3. <b>Exploit positive spaces</b> – Disrupt markers to create openings.</li><li>4. <b>Decide quickly</b> – Act in the first seconds before the defense recovers.</li></ol>

## Appendix A – Tactical Dilemmas

This is a summary of coaching choices to be made from the book *Tactical Dilemmas* by Andreu Enrich.

1. **Freedom vs Constraints** – Should players have full freedom to decide, or should we guide actions within a structured plan?
2. **Players vs Team** – Adapt tactics to the players you have, or adapt players to the team's tactical identity?
3. **Improve vs Innovate** – Gradually adjust existing concepts, or introduce entirely new ones?
4. **Principles vs Structures** – Base tactics on dynamic interactions, or on fixed formations?
5. **Actions vs Interactions** – Cause-effect patterns vs trained, controlled chaos.
6. **Erlebnis vs Erfahrung** – Play with emotional engagement vs purely through accumulated experience.
7. **Decisions vs Affordances** – Rational decision-making vs instinctive, learned responses.
8. **Acquisition vs Development** – Understanding what to do vs recognizing opportunities in real time.
9. **Successful vs Right** – Short-term winning vs long-term tactical growth.
10. **Homo Faber vs Homo Ludens** – Explicit instructions vs experiential learning.
11. **Discipline vs Responsibility** – Staying within the system vs adapting creatively while respecting the team's needs.
12. **Attack vs Defense** – Both phases exist in possession and out of possession.
13. **Adaptability vs Persistence** – Make small adjustments when behind, but avoid full overhauls mid-game.
14. **Expertise vs Versatility** – Build versatility in preseason, focus on specialized expertise in competition.
15. **Player A vs Player B** – Selection based on skills, results, or overall team impact.
16. **Opponent vs Us** – Adapt to the opponent while maintaining your team's identity.
17. **Positional vs Dynamic** – Train positional play for zonal opponents, dynamic actions for man-to-man marking.
18. **Vertical vs Lateral Transitions** – Look for depth first before playing across.
19. **Counter-Press vs Counter-Defense** – Press aggressively after loss or immediately drop back.
20. **Symmetric vs Asymmetric** – Symmetry for simplicity, asymmetry for tactical advantage.
21. **Man Marking vs Zonal** – Defend based on opponent movement or by occupying space.
22. **Back Four vs Back Three** – Choose structure based on center back skills.
23. **Low Width vs High Width** – Placing width low allows more dynamic attacks; high width stretches defense early.
24. **Low Depth vs High Depth** – Striker positioning for buildup.
25. **Pinning Individuals vs Pinning Intervals** – Occupy specific players or specific spaces in a zone.

26. **Crowded Circle vs Open Circle** – Draw defenders in or create open spaces in buildup.
27. **Drills vs Games** – Small-sided games for realism, but not always at full pressure.
28. **Clips vs Stories** – Highlights for focus, full games for context.
29. **Questioning vs Prescriptions** – Guide players to see options vs telling them exactly what to do.
30. **Indoor vs Outdoor** – Use indoor to train one-touch, positional and zonal play; don't mix both styles in the same session.



## Appendix B – Tips for players

This is an overview of the tips shared in the books *Tips for professional players part 1* and *part 2* by Andreu Enrich.

### Part 1 – General Play & Mindset

1. **Know thyself** – Understand your strengths and weaknesses; play to your strengths.
2. **Ball doesn't tie** – The longer you hold the ball, the harder it is to release effectively.
3. **Face the play** – Always orient your body toward the play; avoid receiving with your back to the field.
4. **Don't talk bullshit** – Communicate clearly, calmly, and with emotional support.
5. **Take restarts seriously** – Apply pressure immediately from restarts.
6. **Draw passing lanes** – Move to create passing lanes with intent.
7. **Receive the ball in motion** – Receive dynamically and change the ball's direction, not just stop it.
8. **Trust the air** – Look for aerial passing lanes.
9. **The worst player can run** – Intelligent players run with purpose; avoid unnecessary running.
10. **Smile at the umpire** – Build trust with the officials.
11. **Close the flank** – Protect the wing to control play and prepare to counter-press.
12. **See contexts, not players** – Pass to teammates who will help play progress, not just to anyone open.
13. **Never stop engaging** – Stay active to attract and eliminate defenders.
14. **Make the right mistake** – Errors should still follow the right principle.
15. **Ride the momentum** – Increase intensity when on top, remain calm when under pressure.
16. **Warm up just enough** – Avoid over-stressing; visualize play and connect with teammates.
17. **Don't be simplistic** – Avoid over-reducing situations; analyze deeply.
18. **First of all say sorry** – Apologies can reset negative energy.
19. **Don't tackle** – Favor anticipation and interception over risky tackles.
20. **Smash the opponent** – Show respect by always playing at full effort.
21. **Toothpaste grip** – Hold the stick firmly without excessive tension.
22. **Recognize the third** – Look for third-man passing options.
23. **Stand in the intervals** – Occupy passing lanes between players.
24. **Disconnect** – Take mental breaks to release negative stress.
25. **Never confront a self-pass** – Avoid tackling directly from a 5m self-pass; time your approach.
26. **1-0 from the toss** – Use the coin toss strategically (e.g., switching sides).
27. **Push, push, and push** – Use push passes for speed and control.
28. **Responsible for your performance** – Own your growth and development.

29. **One step ahead** – Anticipate rather than react.
30. **Pass time and space** – Every pass should increase time and space for the team.
31. **Control surroundings** – Use prescanning before receiving.
32. **Look far** – After receiving, immediately assess long options.
33. **Flamingo defense** – In the circle, lift your back foot to avoid conceding PCs.
34. **The naive lead** – Start passive, then break actively into space.
35. **Play short-short-long** – Use short passes to draw defenders, then break with a long one.
36. **Pivot on your axis** – Use turns to shield and protect the ball.
37. **Prepare your shootout** – Train your go-to shootout moves and have a backup.
38. **Fake passes** – Constantly disguise intentions to unbalance defenders.
39. **Live in the ZPD** – Push your comfort zone by ~20% to keep improving.
40. **Send balls into the cage** – Use deflections and bouncy pushes inside 7m.
41. **The royal touch** – Execute clean, fast one-touch passes using prescanning.
42. **Caress the ball** – Maintain soft, controlled contact for better handling.
43. **Manage your stamina** – Slow the game if the opponent's pace is too high.
44. **Skipping players in transfers** – Only skip when it gains height, time, and space.
45. **Last possession is yours** – Control the final seconds of a period.
46. **Make it nice, else make it ugly** – Efficiency matters more than aesthetics.
47. **Press in the shade** – Press when opponents lose vision or focus.
48. **Drive through left foot** – Attack the defender's left foot with deception.
49. **When in doubt, attack** – Err on the side of aggression.
50. **Never stop learning** – Keep expanding your knowledge and skills.

## Part 2 – Specific Skills & Behaviors

1. **Build your confidence level** – After failure, do an easy positive action to reset mentally.
2. **Released? Lead** – When your mark leaves you, cut diagonally to get free.
3. **Rituals are not superstitions** – Use routines for focus and cohesion.
4. **3D entries** – Use aerial dribbles to enter the circle over low sticks.
5. **Consistency is the virtue** – Stick to your role and strengths in matches.
6. **Old-school backhand** – Use a quick standing reverse hit when needed.
7. **Receive with right hand low** – Helps control bouncy passes.
8. **Carry with right hand high** – Maintains upright posture and vision.
9. **Grenades against zones** – Break zones with aerial passes.
10. **Repeat without repeating** – Slightly vary training patterns for adaptability.
11. **Play around is not sexy** – Learn to play through and over defenses, not only around.
12. **Develop synergies** – Build chemistry with certain teammates.
13. **Collision barriers** – Use legal body positioning to shield the ball outside the circle.
14. **Swing in circles** – A circular swing path improves power and accuracy.

15. **Chain after chain** – Post-up, then pass to another post-up with a turn.
16. **The Asian push** – Push from the right foot forward for surprise.
17. **LEO** – Let a pass run through to a teammate by faking a receive.
18. **Press with noise** – Combine verbal cues and movement to pressure.
19. **Keep the forehand** – Stay open on the forehand to see and play forward.
20. **Shoot from home** – Shoot from between your feet for stability.
21. **Search for mini give-and-go's** – Quick short combos around the opponent's left foot.
22. **Walking before sitting** – Stay lightly active after substitution before resting.
23. **If I go, I come** – Use double leads to shake marking.
24. **Tutor your body language** – Maintain confident posture.
25. **The vertical is for the last one** – Save deep vertical runs for post-up chances.
26. **Get into flow** – Match challenge to skill level for peak performance.
27. **Libero is libero** – Avoid switching roles from libero mid-game.
28. **Rivals are not friends** – Treat opponents as competitors during play.
29. **I press but you regain** – Coordinate pressing so teammates recover the ball.
30. **Demand from your coaches** – Ask for reinforcement and honest feedback.
31. **Attract opponents** – Use short passes to draw defenders in.
32. **Cross step is a good sign** – Use cross steps to close space and power into challenges.
33. **Fake the tackle** – Feint tackles in 1v1s to gain an advantage.
34. **One-pass-distance depth** – Stay close enough to be an immediate option.
35. **Visualize tragedies, not comedies** – Mentally prepare for problems, not perfect play.
36. **Lead like Michael Jackson** – Lead backwards to find space.
37. **Join left-wing parties** – Favor the left side for passing and vision advantages.
38. **Body shielding** – Use your body to protect possession and draw fouls.
39. **Cross the golden gate** – Attack the gap between keeper and defender at baseline.
40. **Vary your drag flick** – Change pace, angle, and style to surprise.
41. **Smooth operator** – Stay relaxed and flexible.
42. **50/50 bouncing balls** – Use bouncy passes in crowded situations.
43. **Prepare two pass combinations** – Beat zonal defenses with quick links.
44. **Narrative plays a role** – Build shared team stories for cohesion.
45. **Cut inside the opponent** – Change direction unexpectedly.
46. **Soft hitting** – Fake a hard shot, then deliver a soft pass.
47. **Check the rearview mirror** – When front-marking, monitor behind you.
48. **Corner surgeons** – Be patient and tactical in corner play.
49. **Try new sticks** – Don't get attached; adapt to different equipment.
50. **Be patient** – Take a long-term view in skill development.