

QLD BASE GAME	
POSITIONAL STRUCTURE	
DEFENCE	
1 GK	
3 MARKING DEFENDERS + 1 FREE DEFENDER (SWEEPER)	
MIDFIELD	
1 CENTRE MIDFIELDER (CENTRE HALF)	
2 ATTACKING MIDFIELDERS (INSIDE FORWARDS)	
STRIKERS	
3 STRIKERS	
QLD STYLE : SPEED OF PLAY	
KEYS TO SPEED OF PLAY	
1. AWARENESS OF SPACE, TEAMMATES AND OPPONENTS PRIOR TO RECEIVING THE BALL	
2. QUALITY FIRST TOUCH RECEIVING	
3. ACCURATE PASSING	
4. BALL MOVEMENT & BALL SPEED	
<i>"The challenge is to do the most effective job possible in as few touches as possible"</i>	
<i>"This requires players to think faster, it requires you to make decisions before the ball has arrived and it requires you to perform with sharper technical ability"</i>	

WITH THE BALL - DEFENSIVE 50 (OUTLETING)		
DEFENCE	MIDFIELD	STRIKERS
BACK 4 - WHEN BALL PLAYED FROM MIDDLE OF THE FIELD	CENTRE MIDFIELDER CONNECTING WITH BACK 4 WORKING ON LINKING DEFENCE TO ATTACK	STRETCHING HIGH (DEPTH APPROPRIATE TO PASSING ABILITY) TO CREATE SPACE. ON LONGER PASSES FROM D50 ONE STRIKER TO LEAD WIDE
BACK 4 TO BACK 3 FROM SIDELINES IF THE OPPOSITION PRESS IN A WAY THAT LEAVES SPACE FOR SWEEPER TO PUSH FORWARD AND WORK IN MIDFIELD WITH CENTRE MIDFIELD.	ATTACKING MIDFIELDERS POSITIONED ON ANGLE HIGHER THAN CENTRE MIDFIELDER (TRIANGLE SHAPE) IN 'INSIDE FORWARD' CHANNELS	* INVERTED - CENTRE STRIKER DEEPER AND WORKING CLOSER TO CREATE A DIAMOND SHAPE WITH MIDFIELD. WIDE STRIKERS PROVIDING DEPTH AND WIDTH. HELP SIDE STRIKER POSITIONING AS THE HIGHEST STRIKER AND LEADING TO BE AVAILABLE. LICENSE TO GO INTO MIDDLE OF PITCH AND BE IN TOUCH WITH ATTACKING CIRCLE.

COMMENTS
SIMPLE AND EFFECTIVE METHOD FOR PLAYERS TO EASILY UNDERSTAND. TO USE WIDTH AND DEPTH OF THE FIELD
STRIKERS TO CONNECT WITH EACH OTHER SO THAT MOVEMENT IS CO-ORDINATED AND THAT ALL THREE ARE LIVE OPTIONS FOR THE FIRST OR SECOND PASS

WITH THE BALL - ATTACKING 50		
DEFENCE	MIDFIELD	STRIKERS
BACK 4 UNLESS THERE IS A CLEAR REASON TO GO BACK 3. BACK 3 CAN LEAVE YOU MORE OPEN TO COUNTER-ATTACK FROM ATTACKING 50	ATTACKING MIDFIELD ON BALL SIDE TO PROVIDE WIDTH. THIS WILL ENABLE THE STRIKERS TO STAY MORE CENTRAL AND CLOSER TO GOAL	LOOK TO STAY CENTRAL WITH ATTACKING MIDFIELD PROVIDING WIDTH IN A50 "CAGING THE CAGE" TWO STRIKERS ON BACKLINE OUTSIDE EACH POST IN SCORING POSITIONS AND TO CREATE SPACE INSIDE THE CIRCLE
ONE OF THE DEFENDERS TO LOOK TO GET FORWARD AND CREATE OVERLAPS	HELP SIDE MIDFIELDER TO SEARCH HIGHER INTO CIRCLE'S EDGE AND DECIDE ON BEST POSITIONING TO SCORE OR SUPPORT THE ATTACK	WHEN BALL ON SIDES OF FIELD ONE STRIKER TO STAY ON SECOND POST, ONE STRIKER TO BE AVAILABLE ON BACKLINE (BALL SIDE) TO THE SIDE OF THE OPPOSITION 'SWEEPER' AND THE OTHER STRIKER TO SEARCH IN THE MIDDLE OF CIRCLE FOR SPACE TO THE OTHER SIDE OF THE OPPOSITION SWEEPER
AFTER PASSING FORWARD DEFENDERS NEED TO RE-FILL AND ORGANISE TO PREVENT COUNTER-ATTACKS		
AFTER PASSING SQUARE DEFENDERS TO READJUST QUICKLY TO BE AVAILABLE AFTER FOR A DOUBLE TRANSFER		

COMMENTS
REINFORCE THAT POSITIONING IS A GUIDE AND THAT WE WANT MOVEMENT OFF EACH OTHER INTO THESE POSITIONS. PLAYERS ARE TO BACK THEMSELVES TO READ THE GAME AND MAKE DECISIONS BASED ON EACH PLAY
REINFORCE STICK CLOSE TO THE GROUND IN THE ATTACKING CIRCLE
ENCOURAGE THE PLAYERS TO CARRY THE BALL AND PASS THE BALL ON ANGLES TO OPEN UP CHANNELS AND CHALLENGE THE DEFENCE

WITHOUT THE BALL - PRESS AND COUNTER-ATTACK		
DEFENCE	MIDFIELD	STRIKERS
3 DEFENDERS MARK OPPOSITION STRIKERS (IFIT). THEY LOOK TO INTERCEPT AND "GET AWAY" TO START COUNTER-ATTACKS	CENTRE MIDFIELDER TO POSITION ON A DIFFERENT LINE (OFFSET) TO THE CENTRE STRIKER IN THE PRESS	FULL PRESS - ARROWHEAD SHAPE WITH CENTRE STRIKER CLOSE TO THE BALL FOR IMMEDIATE PRESSURE
THE 'SWEEPER' IS THE FREE DEFENDER WHO PROTECTS THE HOTLINE (LINE OF BALL TO GOAL) AND THE SPACE IN FRONT OF THE MARKING DEFENDERS	ATTACKING MIDFIELDERS TO POSITION "IFIT" OFF THEIR DIRECT OPPONENT AND TO START NARROW BEFORE MOVING WIDER IF NEEDED. ATTACKING MIDFIELDERS TO WORK WITH CENTRE HALF TO PREVENT BALLS BEING PASSED BETWEEN THEM (THROUGH MIDDLE OF THE FIELD) WHEN PRESSING	70 PRESS - STARTING POSITION DEEPER AND THEN AGGRESSIVE PRESSING AFTER 1ST PASS WHEN BALL IS IN THE MIDDLE - OUTSIDE STRIKERS TO HELP PROTECT INSIDE FORWARD CHANNELS AND TO TAKE INTERCEPTING LINE ON OPPOSITION WIDE DEFENDERS
THE 'SWEEPER' NEEDS TO POSITION TO MAINTAIN CONNECTION WITH THE CENTRAL DEFENDER. THIS IS SWEEPER CONTROLS THE LANDING ZONE OF OPPOSITION OVERHEADS	ON NON BALL SIDE (HELPSIDE) INSIDE FORWARDS CAN ZONE OFF THEIR DIRECT OPPONENT AND STAY CONNECTED TO THE CENTRE HALF	WHEN BALL IS ON SIDES - HELP SIDE STRIKER LOOKING TO BLINDSIDE PRESS OPPOSITION DEFENDERS AGAINST A BACK 3 WIDE STRIKERS TO PRESS THE WIDE DEFENDERS FROM THE INSIDE TO STOP THE INSIDE BALL INTO MIDFIELD

COMMENTS
THE PREFERENCE IS TO START WITH A NARROW PRESS WITH THE WIDE STRIKERS, MIDFIELDERS AND DEFENDERS TO POSITION CLOSER TO THE SPINE OF THE TEAM
KEEP PRESSURE ON THE BALL WITH THE GOAL BEING TO WIN THE BALL OFF THE OPPOSITION IN THEIR DEFENSIVE HALF
UNDERSTAND THE AREAS OF THE FIELD WHERE YOU WANT THE OPPOSITION TO PLAY AND TO WIN THE BALL AND COUNTER
LOOK DIRECT AFTER WINNING THE BALL FOR OPTIONS FORWARD. PLAYERS OFF THE BALL TO ANTICIPATE DEFENCE TO ATTACK (ADA) AND GET FORWARD OF THE BALL WITH SPEED FOR TEAM COUNTER-ATTACK

ABBREVIATIONS
IFIT - IN FRONT IN TOUCH
POB - PRESSURE ON BALL
SOB - STICK ON BALL
RIC - RUN IN CASE
RIM - RECEIVE IN MOTION
LHL - LEFT HAND LOW
ADA - ANTICIPATE DEFENCE TO ATTACK
QLD CULTURE
COMMUNICATION, UNITY, DISCIPLINE, LEADERSHIP, RESILIENCE

CORE THEMES/PRINCIPLES
** FIRST TOUCH - CONTROLLING THE BALL WITH YOUR FIRST TOUCH TO SPACE AND POSITIONING THE BALL READY FOR THE NEXT PLAY
** PASSING PRECISION - ACCURATE AND GOOD BALL SPEED. PASS FOR THE PLAYER NOT TO THE PLAYER. PASS THROUGH SPACE NOT THROUGH THE FACE OF OPPONENTS
** RE-FILL - DEFENCE TO PUSH FORWARD AFTER OUTLET TO MAINTAIN TEAM STRUCTURE AND PREVENT COUNTER-ATTACKS AGAINST
** COUNTER-CONTROL - POSITION TO PREVENT COUNTER-ATTACKS
** HOTLINE - PRIORITY TO DEFEND LINE BETWEEN BALL AND DEFENSIVE GOAL
** BLINDSIDE PRESSING - BY HELP SIDE STRIKER
** DOUBLE/TRIPLE TEAM - HUNT IN PACKS
** ATTACKING STRUCTURE - T-SPOT, T-SQUARED, 90, SPOT, SECOND POST
** IFIT - IN FRONT IN TOUCH
** FLAT TRIANGLE - JOIN A LINE BETWEEN BALL, DEFENDER AND ATTACKER AND IT SHOULD FORM A 'FLAT TRIANGLE' WITH THE DEFENDER IN FRONT OF THE ATTACKER AND ABLE TO INTERCEPT
** LHL - LEFT HAND LOW WHEN THEY ARE GOING SLOW
** WORKING THE MARK - PLAYER FIVE YARDS OFF FREE HIT MOBILE AND QUESTIONING/DENYING OPPONENT EASY PLAY OF THE BALL

READING AND RUNNING THE GAME
** AWARENESS OF OPTIONS AND SPACE PRIOR TO RECEIVING THE BALL
** POSITION BODY 'OPEN' TO SEE THE ATTACKING GOAL BEFORE RECEIVING
** PASS AND PLAY (GIVE AND GO)
** VISION AND AWARENESS WHEN CARRYING THE BALL
** EFFECTIVE COMMUNICATION - EARLY RECOGNITION OF OPPORTUNITY AND DANGER

QLD ESSENTIAL SKILLS	
1. RECEIVING	RIM - QUALITY FIRST TOUCH
2. PASSING	PRECISION PASSING FOR THE PLAYER
3. TACKLING	ABILITY TO STAY IN AND WIN THE SITUATION
4. MODERN AND DYNAMIC ELIMINATION SKILLS	CARRY AT 1'O'CLOCK WITH VISION ON ANGLES BEFORE THE ELIMINATION SKILLS
5. GOALSCORING SKILLS	VARIETY & RANGE OF SHOOTING OPTIONS
6. GOALKEEPING SKILLS	ON TIME, ON TARGET, NEVER GIVE UP
7. PC SKILLS ATTACK (PCA)	QUALITY SAVE/CLEARANCE AWAY FROM THE SCORING ZONES
8. PC SKILLS DEFENCE (PCD)	PRECISION SET-UPS: INJECT-TRAP-SHOT ON GOAL
9. SHOOT-OUT SKILLS	1:3-1:3 PRESSURE OPPOSITION STRENGTHS
	GK AND ATTACK. NEEDS PRACTICE BEFORE AND DURING TOURNAMENT