

Scenario:



Our Team is about to regain possession of the ball.

Attacking "ON" the ball.

The Thinking Phase:

The buffer between BPO > BP Transition

An ordered structure built on logic to help you make the best effective decision. Involves a series of thought processes where players on a team must execute in order to achieve the best result.



One of our players is about to receive the ball

Actions to take before a player receives the ball.

Glance & Scan

Vision



Check and see where the opposing Goalkeeper is positioned.
This action helps create "Long Vision"
This will allow you to see longer and wider which will broaden your options.

Control the ball
If you are about to receive the ball:-
• Make sure you are in line of the ball.
• Adjust your position, meaning you may need to judge the bounce of the ball.
• This may mean meeting the ball before it bounces or stepping back.
• Select surface.
• Cushion ball.

Action

Execute
Execute your decision.

Reset your Mind-Set

The player in possession of the ball
Options of play

Make an Effective Decision
• Decide.
• There are 6 Options "ON" the ball.
• All steps in the process must be executed strictly in their defined order sequentially.



All steps in the process must be executed strictly in their defined order. After you complete an action, reset your mind-set and go back to option 1 of the order of thought.

The Thinking Phase

The Logic Flow



Playing "ON" & "OFF" the ball

Order of thought



Players need to be well versed with the Order of Thought process involved in attacking "ON" and "OFF" the ball. This will help you make



The player in possession of the ball and all the players moving without the ball must work together in a group effort, executing each step in the "Options of Play" simultaneously and collaboratively.

Attacking "OFF" the ball.



The other player(s) who will not receive the ball must support the player who is about to receive the ball.

Actions to take before a player can support the player who is about to receive the ball.

Glance & Scan

Vision



Check and see where the opposing Goalkeeper is positioned.
This action helps create "Long Vision"
This will allow you to see longer and wider which will broaden your options.

The player(s) moving without the ball.
Options of play



Make an Effective Decision
• Decide.
• There are 6 Options "OFF" the ball.
• All steps in the process must be executed strictly in their defined order sequentially.

Action

Execute
Execute your decision.

Reset your Mind-Set

