

THE BELLPORT WAY

**SHOW UP ON TIME
READY TO WORK HARD AND PLAY HARD**

WHEN THE BALL IS COMING TO YOU

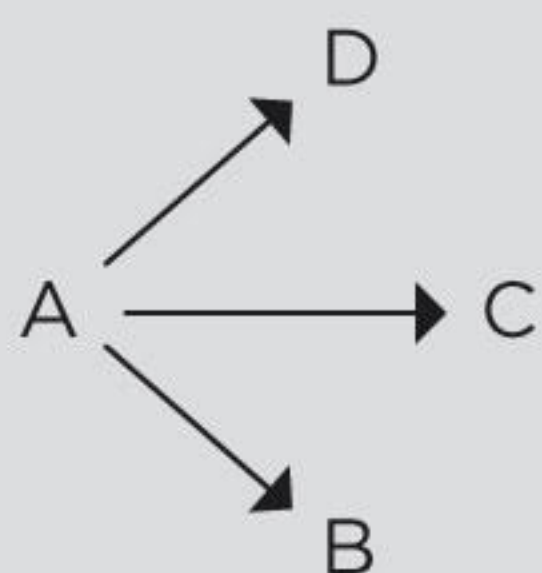
- Take mental picture of the field
- Decide the best & worst option
- Prepare to play what you see

WHEN YOUR TEAM HAS THE BALL

- Create a big shape, use the **WHOLE** field
- Create open passing lanes
- Do not block a team mates passing option

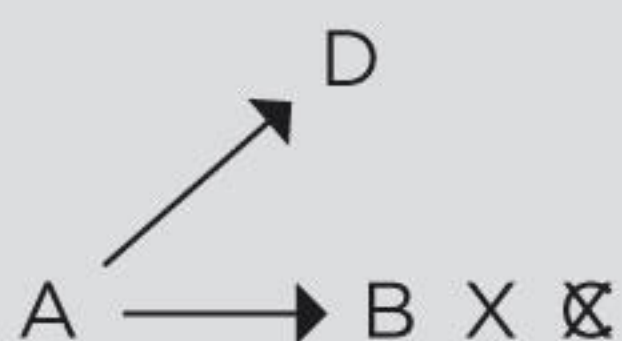
GOOD

3 PASSING OPTIONS



BAD

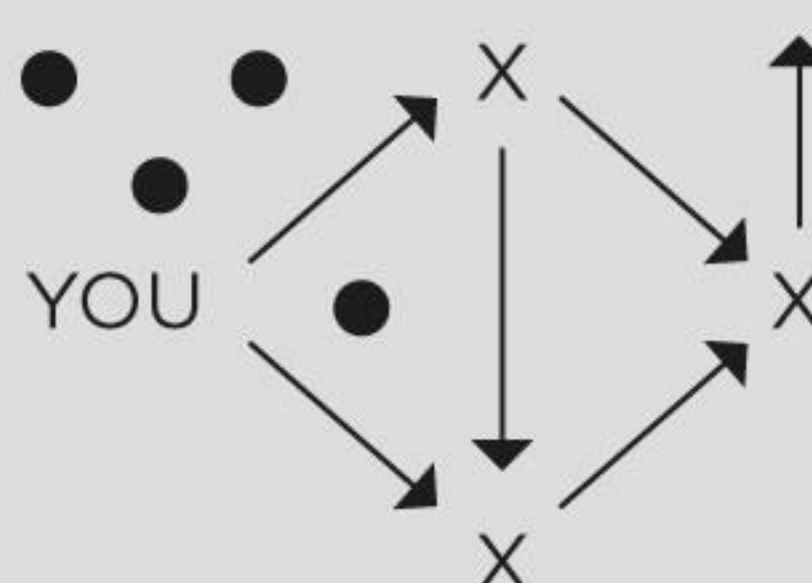
2 PASSING OPTIONS



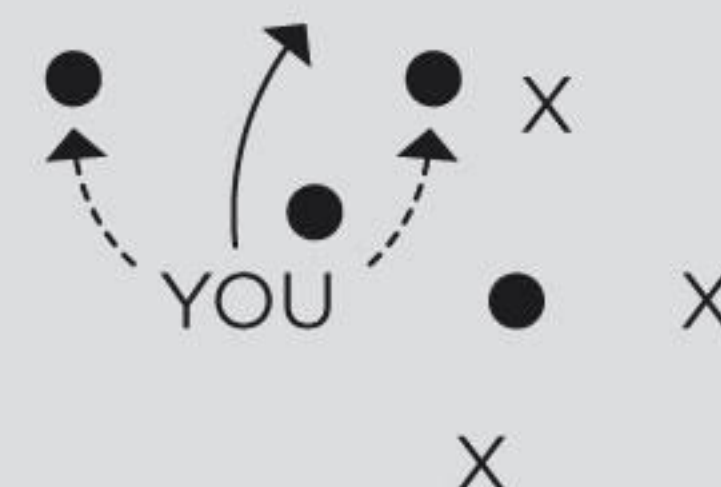
WHEN YOU HAVE THE BALL

- If you have space, take it
- If you are 1 v 1, take the space
- If you are under pressure, switch it

YES



NO



REMEMBER

- The ball never gets tired
- The ball never needs a sub
- The ball is faster than any player ever

DEFENDING THE OPPOSITION HALF

- Drop & get shape
- Protect the space behind us

DEFENDING OUR HALF

- Apply pressure, cover, and balance
- Protect the goal

BUT MOST IMPORTANT

HAVE FUN

