



Baltimore Armour- Style of Play

Attacking

- We aim to build up from the back and play through the thirds to penetrate and create scoring opportunities

Attacking to defending

- We aim to press the ball immediately to prevent the opponent going forward

Defending

- We aim to press the ball in the opponents half whilst maintaining compactness

Defending to attacking

- Our first intention is to play the furthest forward pass whilst determining the correct support is available

Baltimore Armour - Game Structure

Attacking

Build up

Probe

Scoring

Transition

Transition to Def

Transition to Att

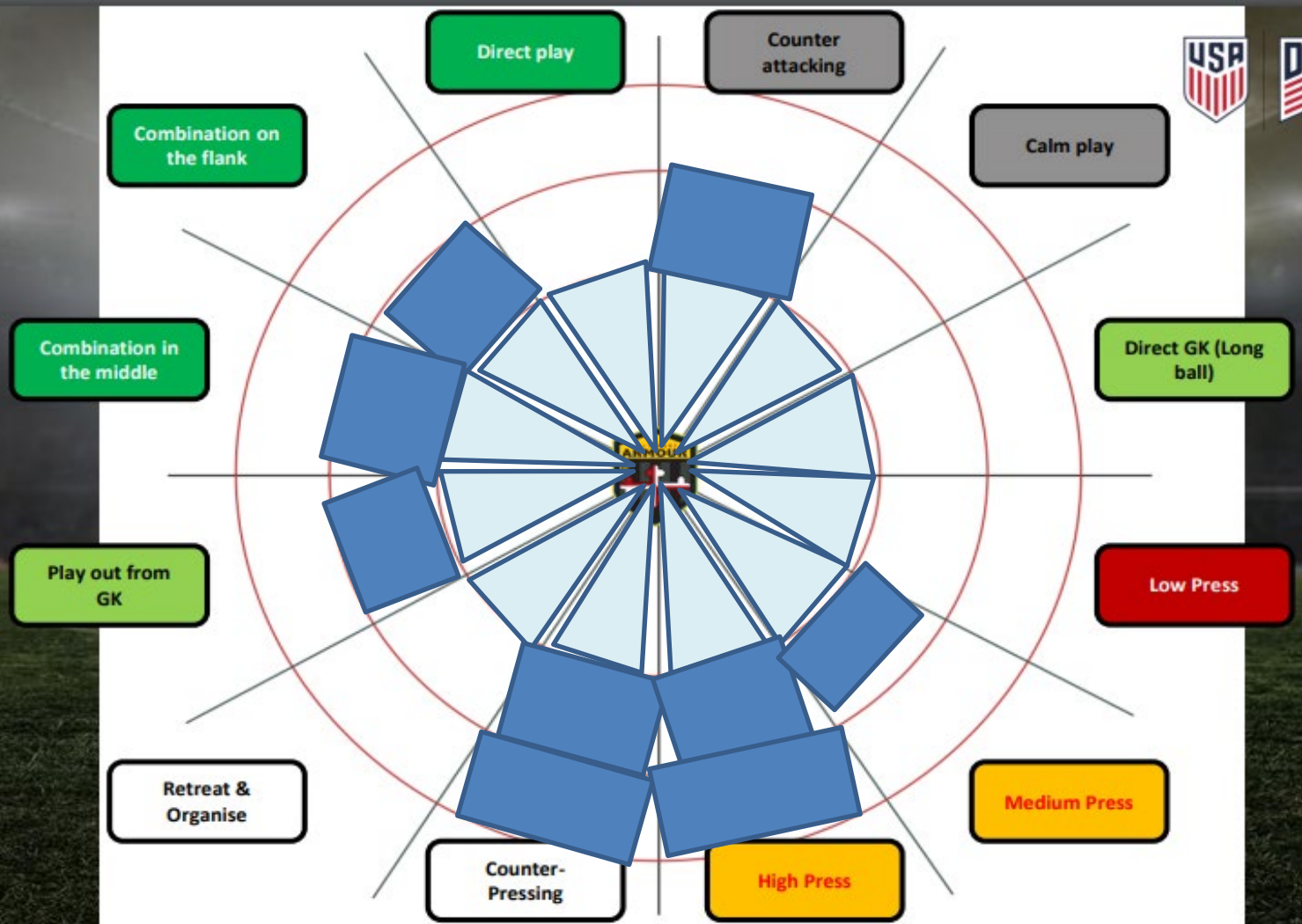
Defending

Pressing

**Defensive
Organisation**

Defending near goal





Baltimore Armour

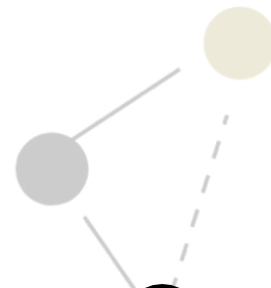
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Principles Attacking – Building-up

- Width & Depth
- Aim for +1
- Diamonds in wide areas
- Penetrate into the available space
- Pass into the second line



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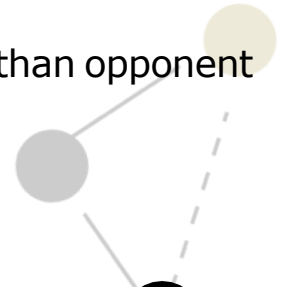
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Principles Attacking – Probe

- Switching the point of the attack
- Continuous circulation of the ball to unbalance the opponent
 - 3rd man runs behind the last line
 - Creating overloads in the midfield
 - Positioning in between the lines
 - Leave one more defender than opponent



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Principles Attacking – Scoring

- Take advantage of 1 v 1 situations in wide areas
- Create 2 v 1 situations in wide areas
- Crossing into the box when in favorable Situations
- Infiltrate in the back of the central defenders
- Combination play i.e. give and go
- Leave one more defender than opponent

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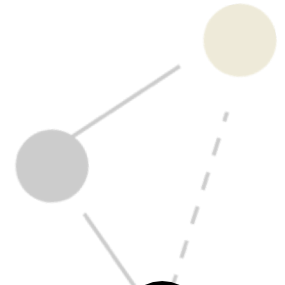
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Principles Transition– Attacking to Defence

- Closest to ball put pressure with Support from closest players
- Screen to prevent passes into the central areas
- Recover until goal side



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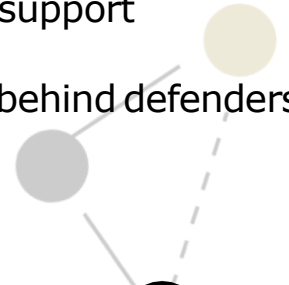
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Principles Defending – Pressing

- Pressure on the ball once there is support and communication from behind
- Cover and balance
- Make play predictable
- Maintain a high line to achieve compactness
- Long ball contest, cover and support
- GK takes care of the space behind defenders



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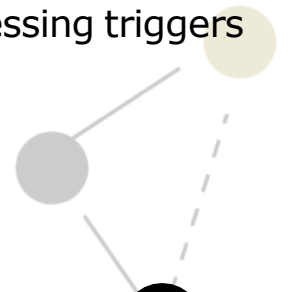
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Principles Defending – Def Organisation

- Relative compactness vertically & Horizontally
- Closest player pressure on the ball
- Close the central passing lanes
- Overload in wide areas
- Zonal occupation with pressing triggers



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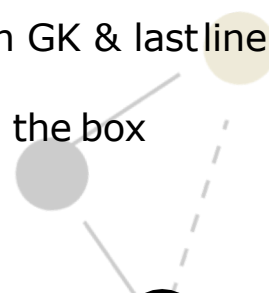
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Principles Defending – Def near the Goal

- Positioning ball-side, goal-side
- Shifting as a unit
- Control & restraint
- Create extra number from crossing situations
 - Defend the space between GK & last line
 - Prevent early crosses into the box



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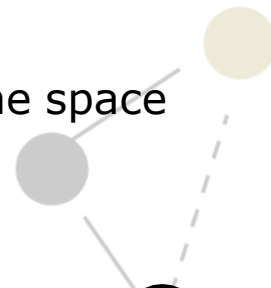
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Principles Transition - Defending to Attacking

- Look to the length as the priority
- Provide supporting options
- If no forward option, get the ball out of pressure
- Make forward runs into the space



Attacking Build-up Principles	Unfolding phase		Development phase		Performance phase	
	8-9	10-12	13-14	14-15	16-17	17-18
Width and Depth	I	D	D	D	D	M
Aim for +1		I	D	D	D	M
Diamonds in wide areas		I	D	D	M	
Penetrate into the available space		I	D	D	D	M
Pass into the second line			I	D	M	M
			D	D	M	M

Attacking Probing Principles	Unfolding phase		Development phase		Performance phase	
	8-9	10-12	13-14	14-15	16-17	17-18
Switch the point of attack	I	D	D	D	D	M
Continuous circulation of the ball to unbalance the opponent			I	D	D	M
3 rd man runs behind the last line		I	D	D	M	
Creating overload in the midfield		I	D	D	D	M
Positioning in between the lines			I	D	M	M
Leave one more defender than the opponent		I	D	D	M	M

Attacking Scoring Principles	Unfolding phase		Development phase		Performance phase	
	8-9	10-12	13-14	14-15	16-17	17-18
Take adv of 1 v 1 situations in wide areas	I	D	D	D	D	M
Create 2 v 1 situations in wide areas		I	D	D	D	M
Crossing in favourable situations		I	D	D	M	
Infiltrate in the back of central defenders		I	D	D	D	M
Combination play i.e. give and go		I	D	D	M	M
Leave one more def than the opponent		I	D	D	M	M

Attacking to Defending	Unfolding phase		Development phase		Performance phase	
	8-9	10-12	13-14	14-15	16-17	17-18
Closest to ball put pressure		I	D	D	M	
Support to the player putting pressure		I	D	D	M	
Screen to prevent passes through the centre			I	D	D	M
Recover until goalside		I	D	D	D	M

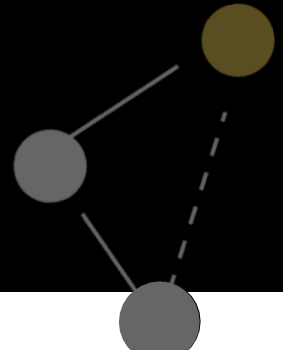
Defending Pressing Principles	Pre phase	Unfolding phase		Development phase		Performance phase	
	6-7	8-9	10-12	13-14	14-15	16-17	17-18
Pressure on the ball once there is support and communication from behind		I	D	D	D	M	M
Cover and Balance			I	D	D	M	M
Make play Predictable			I	D	D	M	M
Maintain a high line to achieve compactness				I	D	D	M
Long ball contest, cover and support				I	D	D	M
Gk takes care of space behind				I	D	D	M

Defending Def org Principles	Pre phase	Unfolding phase		Development phase		Performance phase	
	6-7	8-9	10-12	13-14	14-15	16-17	17-18
Relative compactness vertically & Horizontally			I	D	D	D	M
Closest player pressure on the ball		I	D	D	D	M	M
Close the central passing lanes			I	D	D	D	M
Overload in wide areas				I	D	D	M
Zonal occupation with pressing triggers				I	D	D	M

Defending Def Near Goal Principles	Pre phase	Unfolding phase		Development phase		Performance phase	
	6-7	8-9	10-12	13-14	14-15	16-17	17-18
Positioning ball-side, goal side		I	D	D	D	M	M
Shifting as a unit			I	D	D	M	M
Control & Restraint			I	D	D	M	M
Create extra number from crossing situations			I	D	D	M	M
Defend the space between the GK & last line			I	D	D	M	M
Prevent early crosses into the box			I	D	D	M	M

Defending to Attacking	Pre phase	Unfolding phase		Development phase		Performance phase	
	6-7	8-9	10-12	13-14	14-15	16-17	17-18
Look to the length as the priority			I	D	D	M	M
Provide supporting options			I	D	D	M	M
If no forward option, get the ball out of pressure				I	D	D	M
Make forward runs into the space			I	D	D	M	M

Baltimore Armour Formations



1-4-3-3



1-3-5-2

