



CLASSROOM:

ZONES | CORRIDORS | MINDSET

TRAIN ON THE EDGE ★ PLAY ELITE





1

4

7

10

13

16

2

5

8

ATTACKING

11

14

17

3

6

9

12

15

18





Outer Corridor

Winger Space

Inner Corridor

Half Space

Center  
Space

Corridor

Inner Corridor

Half Space

Outer Corridor

Winger Space



# PITCH MINDSET

## DEFENSIVE [ATTACK] MINDSET



## THE DEFENSIVE MINDSET

1. KEEP IT SIMPLE
2. KEEP YOUR HEAD
3. POSITION DISCIPLINE
4. DON'T DIVE IN
5. READ THE GAME
6. ADAPT TO YOUR OPPONENT

IMPORTANT - (remember, either the ball goes through or the player, NEVER both)

7. WHEN IN DOUBT, BOOT IT OUT

WEAR THE SHIELD

