VALLEY PREMIER LEAGUE WAY OF PLAY

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INTRODUCTION

This document defines who we are, how we play, and what we expect of each other as a team. It brings together our First Principles, our culture, and our playing structures into one clear and consistent performance framework. At its core are our First Principles—Speed, Space, and Structure—which guide how we think, move, and make decisions in every moment of the game.

Our Way of Play outlines how we perform with and without the ball, providing clarity on roles, responsibilities, and the behaviours required to execute at a high level. Alongside this, the Valley Vibe defines the standard of our culture—how we show up for each other, how we compete, and how we hold ourselves accountable.

Together, these elements create alignment across the team. They give us a shared language, a clear identity, and a consistent approach under pressure. When we commit to this framework, we play with intent, stay connected, and perform as a unified, disciplined, and resilient team in every environment.

OUR FIRST PRINCIPLES

Our performance is built on four First Principles: Speed, Space, Structure, and Stress. Speed is how quickly we move the ball, move off the ball, make decisions, and transition between moments. Space is how we create advantage in attack, reduce threat in defence, and shift the opposition into less dangerous areas. Structure is how we stay connected, balanced, and organised with and without the ball. Stress is how we apply pressure to the opposition—on the ball, off the ball, and across the pitch—to disrupt their time, space, and decisions. When we execute these principles consistently, we play faster, smarter, and with greater control. We create pressure when we don't have the ball, and we handle pressure when we do. When things break down, we return to these principles.
Speed. Space. Structure. Stress. They guide every action, every decision, and every moment of our game.

Speed. Space. Structure. Stress.



VALLEY VIBE

The Valley Vibe defines the standard of who we are as a team. It reflects how we show up, connect, and compete every day. Built on shared values and behaviours, it shapes our culture, strengthens trust, and drives accountability, ensuring we perform together with purpose, consistency, and pride in every environment.

V - Value Each Other
We respect, support, and challenge each other. We build trust through honesty, accountability, and showing up for the team—every session, every game.

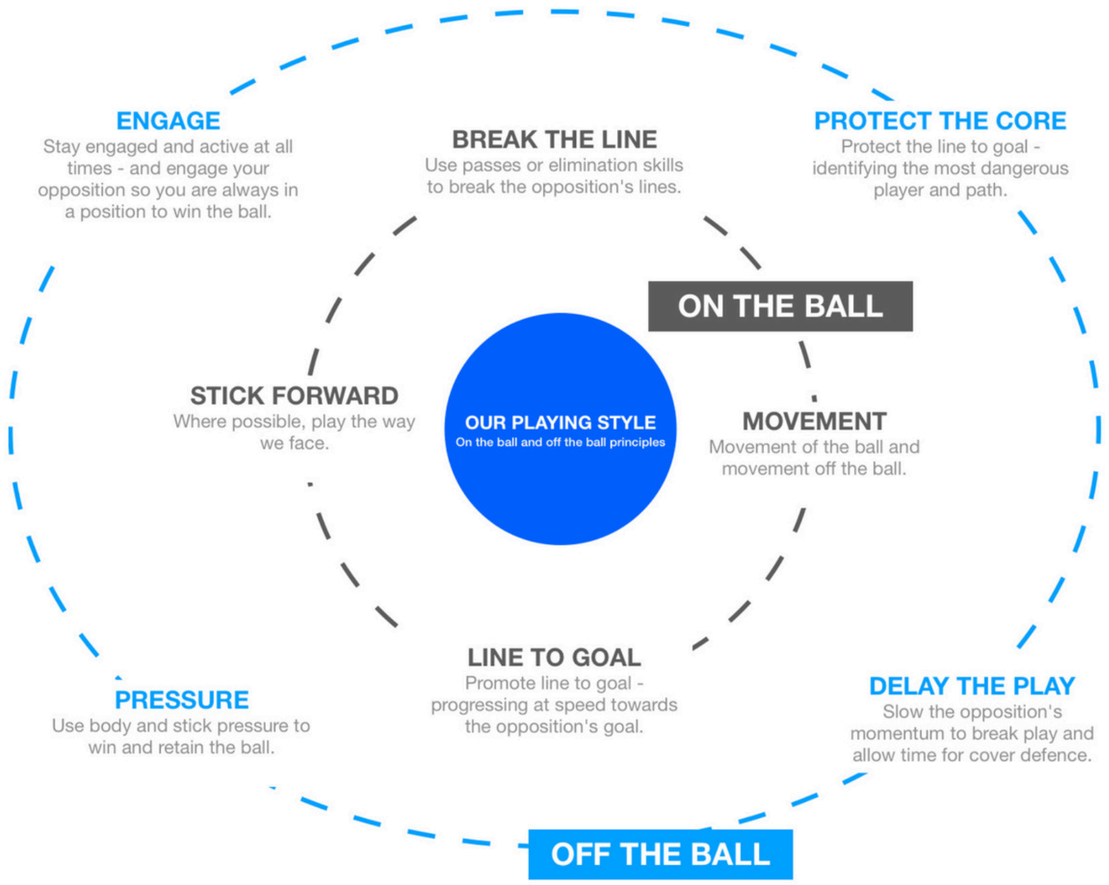
I - Invest Fully
We bring intent, energy, and focus to everything we do. We prepare, compete, and stay present—especially when it’s hard.

B - Build Together
We communicate clearly, connect consistently, and solve problems as a team. We take ownership of our role in the group’s success.

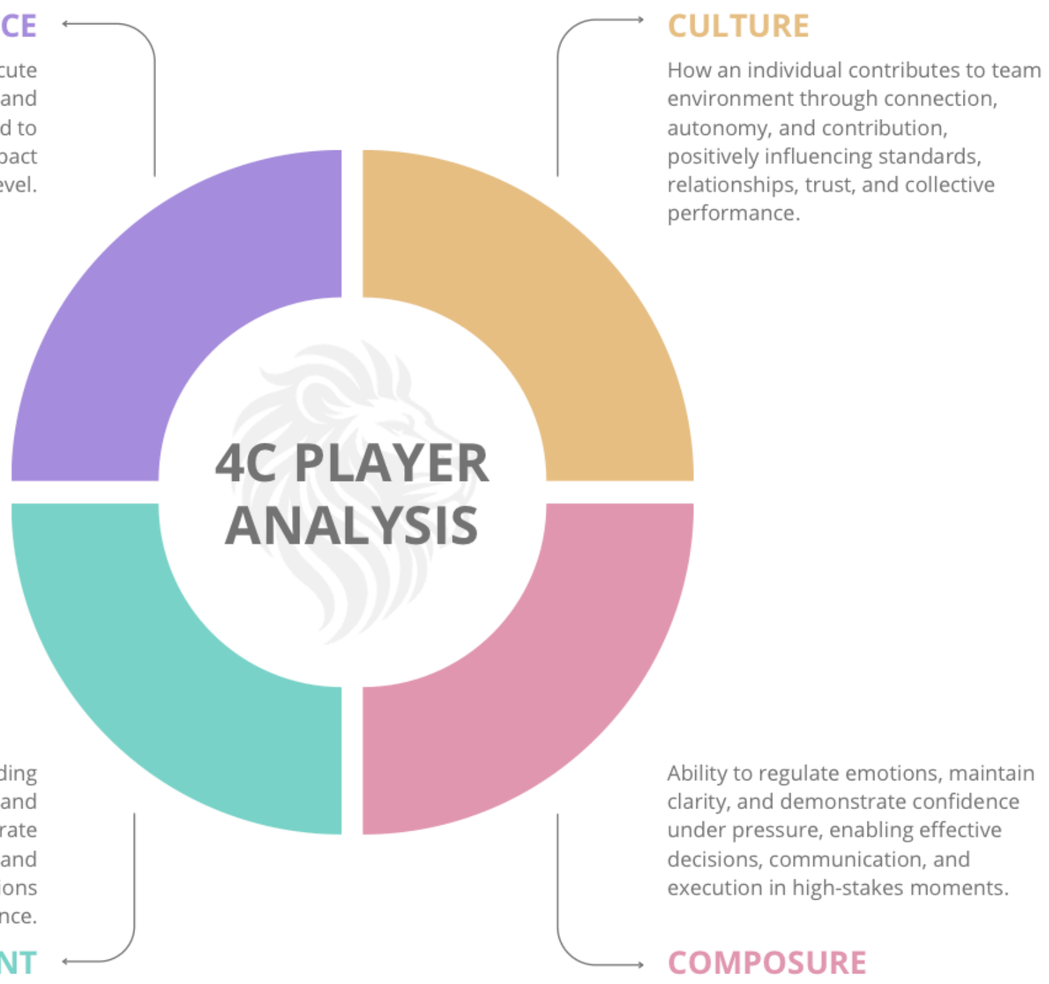
E - Elevate the Standard
We set and uphold high standards in behaviour and performance. We hold ourselves and each other accountable to what the team expects.



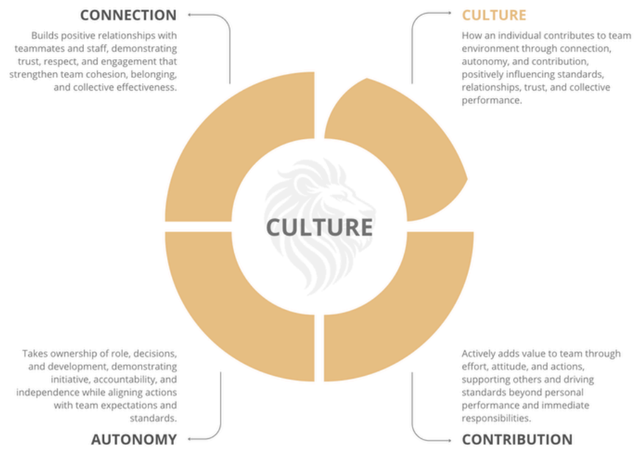
EVERYONE HAS A ROLE TO PLAY

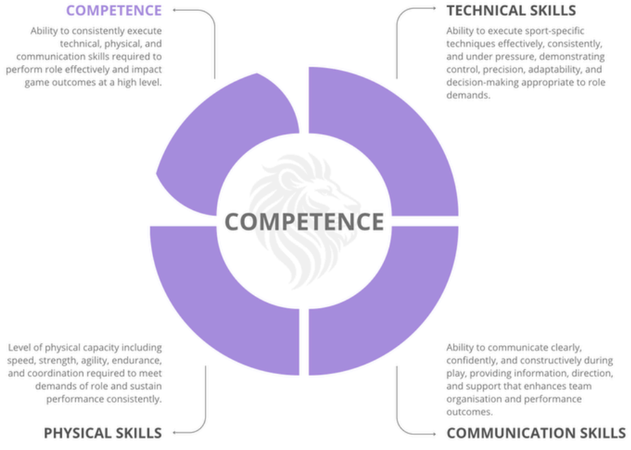


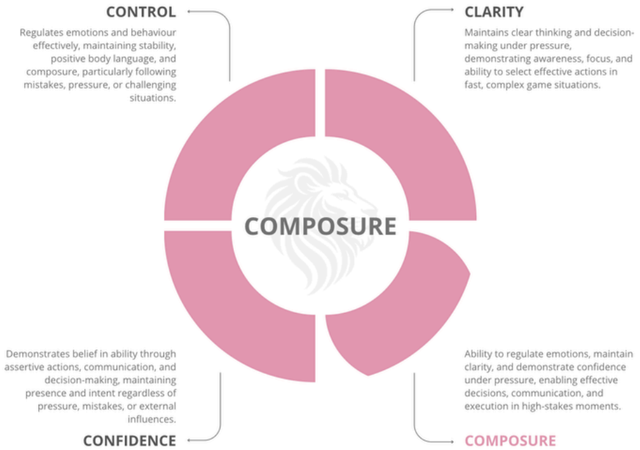
Our Way of Play defines how we perform with and without the ball. On the ball, we move it with intent, break lines, and play forward. Off the ball, we engage, apply pressure, protect the core, and delay play. Together, these principles keep us connected, disciplined, and effective.



Our 4C Player Analysis is our selection and performance evaluation framework, assessing Competence, Culture, Commitment, and Composure. It evaluates a player's ability to execute skills, contribute to the team environment, consistently meet expectations, and perform under pressure, providing a complete picture of individual impact, development, and readiness for high-performance sport.


CONNECTION
Builds positive relationships with teammates and staff, demonstrating trust, respect, and engagement that strengthen team cohesion, belonging, and collective effectiveness.
CULTURE
How an individual contributes to team environment through connection, autonomy, and contribution, positively influencing standards, relationships, trust, and collective performance.
CULTURE
Takes ownership of role, decisions, and development, demonstrating initiative, accountability, and independence while aligning actions with team expectations and standards.
AUTONOMY
Actively adds value to team through effort, attitude, and actions, supporting others and driving standards beyond personal performance and immediate responsibilities.
CONTRIBUTION


COMPETENCE
Ability to consistently execute technical, physical, and communication skills required to perform role effectively and impact game outcomes at a high level.
TECHNICAL SKILLS
Ability to execute sport-specific techniques effectively, consistently, and under pressure, demonstrating control, precision, adaptability, and decision-making appropriate to role demands.
COMPETENCE
Level of physical capacity including speed, strength, agility, endurance, and coordination required to meet demands of role and sustain performance consistently.
PHYSICAL SKILLS
Ability to communicate clearly, confidently, and constructively during play, providing information, direction, and support that enhances team organisation and performance outcomes.
COMMUNICATION SKILLS


CONTROL
Regulates emotions and behaviour effectively, maintaining stability, positive body language, and composure, particularly following mistakes, pressure, or challenging situations.
CLARITY
Maintains clear thinking and decision-making under pressure, demonstrating awareness, focus, and ability to select effective actions in fast, complex game situations.
COMPOSURE
Demonstrates belief in ability through assertive actions, communication, and decision-making, maintaining presence and intent regardless of pressure, mistakes, or external influences.
CONFIDENCE
Ability to regulate emotions, maintain clarity, and demonstrate confidence under pressure, enabling effective decisions, communication, and execution in high-stakes moments.
COMPOSURE


ATTENDANCE
Consistently attends training, matches, and commitments, demonstrating reliability, professionalism, and prioritisation of team responsibilities over competing demands or distractions.
INTENTION
Approaches training and competition with purpose, focus, and effort, demonstrating deliberate preparation and commitment to improvement, learning, and performance execution.
COMMITMENT
Consistency of behaviours including attendance, intention, and communication that demonstrate reliability, preparation, and willingness to meet expectations required for sustained performance.
COMMITMENT
Communicates clearly, respectfully, and proactively with coaches and teammates, ensuring alignment, accountability, and understanding of expectations, roles, and responsibilities.
COMMUNICATION





Our Playing Positions outline our structures with and without the ball. With the ball, we use Back 4 and Back 3 to build and progress play. Without the ball, we apply full press and half-court zonal structures to disrupt opposition, protect space, and regain control through organised, collective defensive actions.

WITH BALL (WB)

CK 3
4, 3

tral defender never starts on the ball - vides depth and a passing option.
tside defenders position infield as sating nts if ball is central - don't stretch too re needs to be protection at the back if ball turned over and it provides passing angles en in possession.
s play more vertical - ball side DM is her away, help side DM is closer.
wide AM's get close to centre line junction challenge opposition midfield - can move ward or back to give passing angles.
ers triangle starting shape (pointed or rted) and stretch the field to make it as sible.

- GOAL KEEPER
- CENTRAL DEFENDER
- LEFT DEFENDER
- RIGHT DEFENDER
- DEFENSIVE MIDFIELD
- ATTACKING MIDFIELD
- CENTRE STRIKER
- LEFT STRIKER
- RIGHT STRIKER



WITHOUT BALL (WOB)

ULL PRESS

AGAINST A BACK 4

- CS responsible for 2 opposition fullbacks
- Arrow head front shape
- Midfield man on man - deny passing options
- Free defender cut hotline from ball to goal – help protect marking defenders
- Outside defenders, position yourself to make intercepts along line or in front of opponent



K - GOAL KEEPER
D - CENTRAL DEFENDER
D - LEFT DEFENDER
D - RIGHT DEFENDER
M - DEFENSIVE MIDFIELD
M - ATTACKING MIDFIELD
S - CENTRE STRIKER
S - LEFT STRIKER
S - RIGHT STRIKER

WITHOUT BALL (WOB)

HALF COURT ZONAL

CS starts at the 60 yard line.
Arrow head front shape with outside strikers (LS/RS) starting on centre line.
Midfield arrow head shape lining up with strikers in front keeping same distance apart (width and depth) - as ball moves sideways all slide across together.
B4 Diamond shape - keep shape and mark zonally.
If ball is played into "MF trap", CF, (LS or RS), centre DM all collapse to apply pressure on the ball - outside midfielder holds position to
Back diamond slide across so FD protects the hotline to goal as much as possible.



K - GOAL KEEPER
D - CENTRAL DEFENDER
D - LEFT DEFENDER
D - RIGHT DEFENDER
M - DEFENSIVE MIDFIELD
M - ATTACKING MIDFIELD
S - CENTRE STRIKER
S - LEFT STRIKER
S - RIGHT STRIKER

WITHOUT BALL (WOB)

LL PRESS

AGAINST A BACK 3

CS drop deeper and cuthe line to opposition

DM - inverted front shape.

Outside strikers responsible for opposition outside defenders.

f ball is auto played, CF can apply pressure but ensure they are covering direct line to DM they are leaving.

Midfield man on man - deny passing options

Free defender cut hotline from ball to goal - help protect marking defenders

Outside defenders, position yourself to make intercepts along line or in front of opponent



K - GOAL KEEPER
D - CENTRAL DEFENDER
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M - DEFENSIVE MIDFIELD
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S - CENTRE STRIKER
S - LEFT STRIKER
S - RIGHT STRIKER

WITHOUT BALL (WOB)

HALF COURT "HYBRID" ZONAL

S start at the 60 yard line.
Arrow head front shape w outside strikers (LS/RS)
arting on centre line.
Midfield arrow heaa shape lining up with strikers in
ont keeping same distance apart (width and depth)
as ball moves sideways all side across together.

ball is played into "MF trap", CF, (LS or RS), centre
M all collapse to apply pressure on the ball -
tside midfielder holds position to protect the oposition
e outside.
3 marking.
ee defender cut hotline through ball side channel.



K - GOAL KEEPER
D - CENTRAL DEFENDER
D - LEFT DEFENDER
D - RIGHT DEFENDER
M - DEFENSIVE MIDFIELD
M - ATTACKING MIDFIELD
S - CENTRE STRIKER
S - LEFT STRIKER
S - RIGHT STRIKER

IDENTITY STATEMENT

We play fast.
We stay connected.
We compete together.
We act with intent.
We don’t wait for the game - we shape it.

VALLEY PREMIER LEAGUE WAY OF PLAY