

SYSTEMS OF PLAY

A word of caution:

“NO SYSTEM OF PLAY CAN ADEQUATELY MAKE UP FOR LACK OF TECHNICAL ABILITY”

Formation 4-3-3

Players roles when we are in possession:

Goalkeeper

Become an extra field player.
Start the offense with intelligent distribution.
Provide direction and coaching on the field.

Sweeper

Technically strong, good first touch.
Good distribution out of the back.
Good positional play, always an option back.

Outside Defender

Keep the field wide.
Play simple, keep possession.
Support MF and FW

Outside Defender

Keep the field wide.
Play simple, do not loose possession.
Support MF and FW.

Stopper

Become the playmaker behind the 3 midfielders.
Intelligent distribution. Good positional play.
Control the pace of the game.

Right Midfield

Good positional play with your defender and forward as well as stopper and center mid.
Supporting role for right FW.
Don't lose possession.

Left Midfield

Good positional play with defender and forward as well as stopper and CM
Supporting role for LFW.
Don't lose possession.

Center Mid

Good positional play with the stopper, both midfielders and center forward. Pick the right moment to go forward. Composure under pressure.

Right Forward

Play as deep and as wide as possible.
Be confident in the 1 vs 1 duels.
Beat the defender and provide the cross.
Look to get in the box when cross comes from the other side.

Left Forward

Play as deep and wide as possible.
Strong in the 1 vs 1's.
Get the cross in.
Get in the box when cross comes from other side.

Center Forward

Continues movement to create space or to receive the ball self.
Good first touch, strong on the ball. Look to score.
Players roles when the opponents have the ball: Formation 4-3-3

Players roles when we are on defence:

Goalkeeper

Direct and organize. Coach players.
Stay active and involved, read the situations.
Have the ability to come off the line.
Keep the ball out of the net.

Sweeper

In cooperation with the stopper, play against their target player.
Be aware of your controlling role.
Provide cover for the outside defenders.
Organize, direct and coach teammates.

Outside Defender

The closer to your goal, the tighter you mark. Ball side + goal side. Provide cover when the ball is on the opposite side.
Coach your MF.

Outside Defender

The closer to your goal, the tighter you mark. Ball side + goal side. Provide cover when the ball is on the opposite side.
Coach your MF.

Stopper

Work closely with the sweeper.
Provide cover when necessary.
Pressure the ball, don't drop back.
Strong in 1 vs 1. Coach the MF.

Right Midfielder

Now play more to the middle of the field. Good defensive position.
Pressure the ball.
Coach the FW.

Left Midfielder

Now play more to the middle of the field. Good defensive position.
Pressure the ball.
Coach the FW.

Center Midfielder

Drop back with the team. Actively pressure the ball.
Track opponent out of the back. Take away the pass forward.
Coach the center forward.

Right Forward

Drop back and to the middle of the field.
Pressure the ball.
Make play predictable for the midfielders.
If attack is on the other side, pitch in.

Left Forward

Drop back and to the middle of the field.
Pressure the ball.
Make play predictable for the midfielders.
If attack is on the other side, pitch in.

Central Forward

Work together with other forwards. Pressure the ball. Take away the forward pass. Make play predictable.

Formation 4-4-2

Players roles when we are in possession:

Goalkeeper

Become an extra field player when necessary.
Intelligent distribution out of the back.
Direct and coach players.

Sweeper

Good technical ability: first touch and passing.
Intelligent positional play. Always an option behind the ball.

Outside Defender

Good positional play. Keep the field wide. Play simple. Work together with DM going forward.

Outside Defender

Good positional play. Keep the field wide. Play simple. Work together with DM going forward.

Stopper

Look to be a playmaker behind the center midfielders.
Good positional play. Provide an option in the midfield.
Good distribution. Play simple.

Center Mid

Good positional play. Width. Positive runs going forward.

Center Mid

Look to create space for OD.
Get in the box on crosses from the other side.

Outside Mid

Good positional play. Width. Positive runs going forward. Look to create space for OD. Get into box on crosses from the other side.

Outside Mid

Good positional play. Width. Positive runs going forward. Look to create space for OD. Get into box on crosses from the other side.

Forward

Good positional play. Work as a tandem, if one checks the other goes.

Forward

Look to create space for incoming midfielders.
Ability to hold the ball under pressure.

Please Note: (Players can play different roles in this formation)

- Playing with a sweeper or with a flat back four.
- Centre midfield, one can play with an offensive and the other a defensive position.
- Forwards, one can play as a target player and the other off of him or her. Or, they can play in tandem, or they can play wide away from each other.

Players roles when we are on defence:

GOALKEEPER

Organize and direct traffic.
Stay active and involved.
Keep the ball out of the net.

SWEEPER

Be aware of your controlling role.
Provide cover.
Direct and coach. Read the situation.
Don't get beat.
Know when to mark up and when to zone.

OUTSIDE DEFENDER

Fundamentally sound. Ball side and goal side. Strong 1 vs 1. Provide cover when the ball is on the other side.

OUTSIDE DEFENDER

Fundamentally sound. Ball side and goal side. Strong 1 vs 1. Provide cover when the ball is on the other side.

STOPPER

Work closely with the sweeper. Provide cover when necessary.
Know when to mark and when to pressure the ball.
Coach both midfielders in front of you.

CENTER MID

Read the situation, know when to zone and when to mark.
Good 1 vs 1 defense. Track opponents when they go deep.
Provide balance in the midfield.

OUTSIDE MID

Drop back, ball side and goal side.
See ball and player. Provide balance when ball is on the other side.
Don't get beat 1 vs 1.

OUTSIDE MID

Drop back, ball side and goal side.
See ball and player. Provide balance when ball is on the other side.
Don't get beat 1 vs 1.

FORWARD

Play smart defensively.
Make play predictable.
Work together.

FORWARD

Play smart defensively.
Make play predictable.
Work together.
