

FORMATION AND STRATEGY

11v11



CONCEPT

1 - 4 - 4 - 2

POSITIONAL COACHING POINTS

- Balanced defending and midfield in the three vertical channels
- Central defenders play flat offensively and defensively
- Defenders will have a numerical advantage when in possession of the ball. They must maintain possession and build out of the back with a goal of moving the extra player and the ball into the midfield to gain numerical advantage.
- Central midfielders play staggered with one more defensive and the other more offensive
- One outside midfielder at a time must overlap to create width in the forward line
- Forwards work together offensively and defensively as generally they are 2 versus 4
- Forwards offensively should do opposites (one shows short on shows long)



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★ TEAM OFFENSIVELY

- Quick switch of play encouraged to overlapping midfielder in 1 versus 1 situations
- Overlapping midfielder take the end line and pull balls back across six or top of box.
- Counter attack quickly when the midfield wins the ball back.
- Possession in the back and the midfield with nine players spread out with numbers up.

★ TEAM DEFENSIVELY

- Two forward, medium pressure and push ball to one side then cut off the back pass to the deepest defender then pressure, killing the passing lane.
- The forward's 1st job is to man-to-man the outside backs but also push inside and help zone one of the central defenders. As the ball goes to the other wing then winger should shift all the way to the central defender with a goal of pinching them to one side and hopefully picking it off, BUT if the outside back goes into the midfield that is the forward's responsibility until they communicate a switch of responsibility.
- 2 forwards versus 4 defenders means you will not always steal the ball but pinch the other team to one side and make forward passes predictable for your midfielders.