

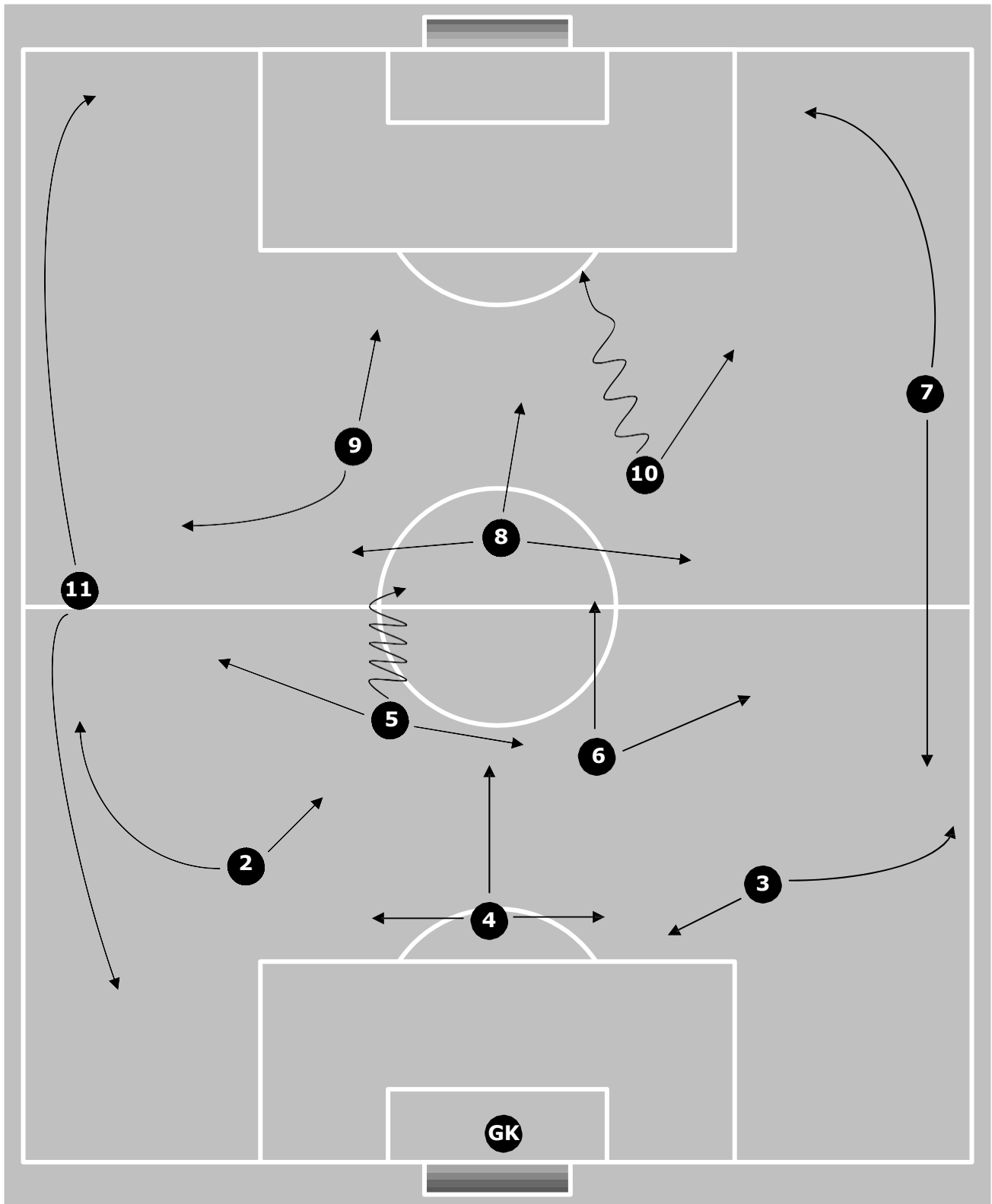
## 3-5-2FORMATION

Style: Offense – controlled passing game, quick and direct, good skills interchanging of positions, maximum width and depth.

Defense – Hard strong tackles, tight marking, pressure on ball, zone and man-to-man marking, denying passing lanes, tight and compact.

- (1) Goalkeeper
  - Vocal, fearless, organizer, explosive
  - Organizes set pieces, good with feet, supports play (approximately 35 yards behind the last defender)
- (3) Backs
  - Disciplined, intelligent, fast, patient, tenacious
  - Good in the air, ball winners, play simple out of the back
  - Back line alternate between sweeper and marking backs, zone defense: can pass players vertically and horizontally, push into midfield to provide numbers in attack (i.e. overlap and through the middle)
  - Condense field of play, step up to mark free player, front and back to “lock them in” before transition, stay flat 18-40 yards out
- (5) Midfielders
  - (2) Outside or Flank Midfielders
    - Stamina, athletic, crafty, fast, hard-working
    - Excellent 1v1, good with both feet, provide width, provides the fourth defender on balance
    - Basic runs: 1) checking on flank 2) hook 3) blind side 4) clearing lane
  - (1) Attacking Midfielder
    - Creative, confident, crafty, good ball skills
    - Quarterback on attack, unorthodox both on offense and defense, supports and shows well, produces goal scoring chances
  - (2) Defensive Midfielders
    - Disciplined, powerful, ball winners
    - One stays while other pushes into attack, complimentary of each other, try not to crossover each other, switch the attack, play the ball wide, one drops if opponent plays a three man front line
- (2) Forwards
  - Powerful, explosive, crafty, confident
  - Link together 10-30 yards to support but not crowd each other, front and back on goal-kicks and punts on offense, stay between 18-yard box, start in an offside position, “posting up”
  - Runs: 1) check to, then far post with depth 2) check in and out 3) hook 4) near and far post

**3-5-2 DIAGRAM**

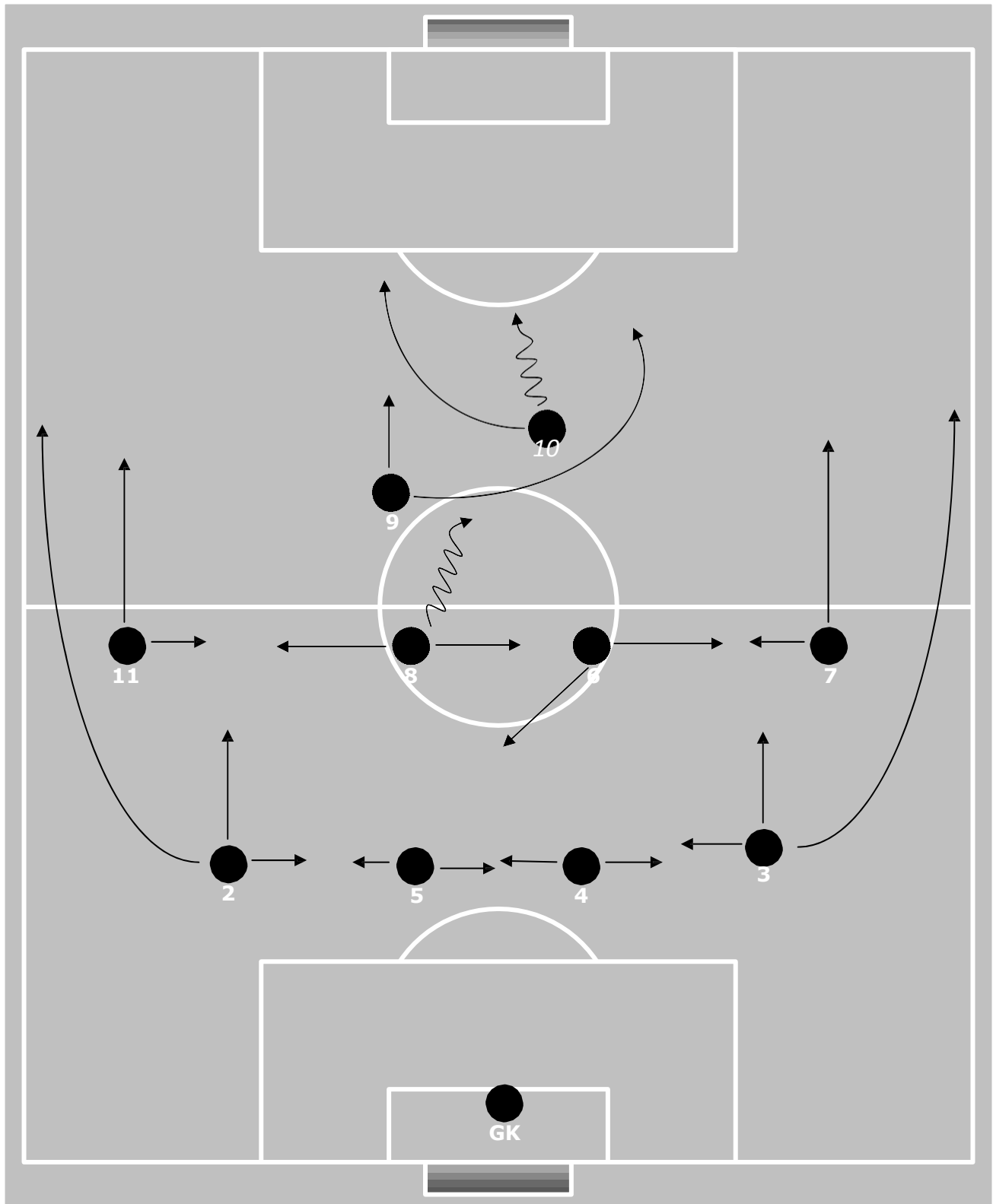




### 4-4-2FORMATION

- (4) Backs
  - (2) Center Backs
    - Disciplined, intelligent, fast, patient, tenacious
    - Good in air, ball winners, zonal/marking, simple
  - (2) Outside Backs
    - Support outside midfielders, get forward, overlap into attack, maintain possession, 1v1 ability
- (4) Midfielders
  - (2) Outside Midfielders
    - Stamina, athletic, crafty, fast, hard working
    - Excellent 1v1, good with both feet, provide width, runs: checking on flank, hook, blind side, clearing lane; look to get forward when team has possession
  - (1) Attacking Midfielder
    - Creative, confident, crafty, good ball skills
    - Play-maker, supports and shows well, creates goal-scoring chances
  - (1) Defensive Midfielder
    - Disciplined, powerful, good range
    - Holds while the other pushes into attack, ball winners, compliments the attacking midfielder, switch attack, play ball wide, adjust to opponent
- (2) Forwards
  - Big, strong, powerful, fast, scrappy
  - Target player, holds ball well, plays the way they face, strikes ball well
  - Very good in the air
  - Good 1v1 and in tight spaces
  - Creative and intuitive
  - Positive attitude when in front of the goal
  - Unselfish

4-4-2 DIAGRAM





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### 4-3-3FORMATION

- (4) Backs
  - (2) Center Backs
    - Disciplined, intelligent, fast, patient, tenacious
    - Good in air, ball winners, zonal/marking, simple
  - (2) Outside Backs
    - Support outside midfielders, get forward, overlap into attack, maintain possession, 1v1 ability
- (3) Midfielders
  - Stamina, athletic, crafty, fast, hard working
  - Creative, confident, crafty, good ball skills
  - Play maker, supports and shows well, creates goal-scoring chances
  - Disciplined, powerful, good range
  - Holds while the other pushes into attack, ball winners, compliments the attacking midfielder, switch attack, play ball wide, adjust to opponent
- (3) Forwards
  - (1) Center Forward
    - Big, strong, powerful, fast, scrappy
    - Target player, holds ball well, plays the way they face, strikes ball well
    - Very good in the air
    - Good 1v1 and in tight spaces
    - Creative and intuitive
    - Positive attitude when in front of the goal
  - (2) Wingers
    - Unselfish, excellent 1v1, good with both feet, provide width, runs: checking on flank, hook, blind side, clearing lane; look to get forward when team has possession

## 4-3-3 DIAGRAM

