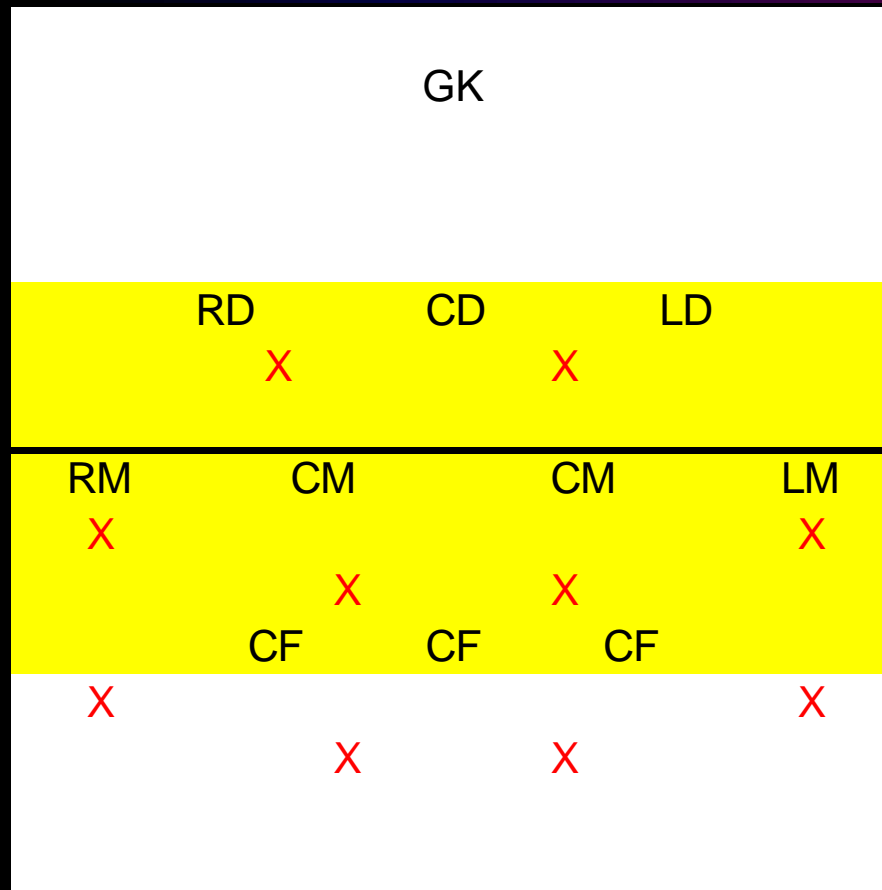


Playing in a 3-4-3 (Flat)



- Playing against a 4-4-2 flat
- 3 defenders
- 4 midfielders
- 3 forwards
- Mirror image on both sides of field
- Formation adds 1 player to each line of play when transitioning from a 2-3-2

Key defensive factors!

- Nearest player pressurizes the ball
 - Condense the field
- Create a larger ratio of defenders to offensive player
 - Work hard and win the Ball

Roles of player in Defense....

Goalkeeper

- Communicate with your defenders and tell them where to go and be
- Come and clear the ball outside of the box if the ball goes over our defense
- Command the whole area inside the box, from corner to corner.
- Get your body behind the ball
- Move sideways to what ever side of the field the ball is on. Even if it is at the other end of the field
- Always be in line and between the ball and the goal

Roles of player in Defense...

Central Defender

- Communicate to the whole team
- Push the defense and team as far out as possible, condensing the field and helping the midfield out
- Stay pretty central on the field. Allowing for next point!
- Be in a covering position for any ball that comes through or over the top of the defender that is marking their CF on the ball side of the field, and be ready to step in and mark your forward if the ball gets played into the middle

Roles of player in Defense....

Right/Left Defender

- Mark the nearest Center Forward to you!
- Defend as high up the field as possible. Push out at every opportunity to condense the field which will make the midfielder's job and yours much easier
- Get tight (Finger touching distance) and goal/ball side of your opposing player. When the ball is on your side
- Be in a position to intercept the ball first, challenge for the ball and tackle second and delay and wait for help third
- If the ball is on the other side of the field be in a position slightly in front of your CD being able to cover for any mistake they make and also be able to see and be able to close down your player if the ball comes to your side or over the top of the other defender

Roles of player in Defense....

Right/Left Midfield

- Mark the RM/LM player when ball is on your side
- Be in a position to intercept the ball first, challenge for the ball and tackle second and delay and wait for help third
- If the ball is on the other side of the field be in a position to cover and help out your CM player (slightly behind them) and be able to cover for the RD/LD if the ball goes all the way over them and to your side of the field. You should always be able to see the player you are marking (Wide Midfielder) and the ball

Roles of player in Defense...

Central Midfielders

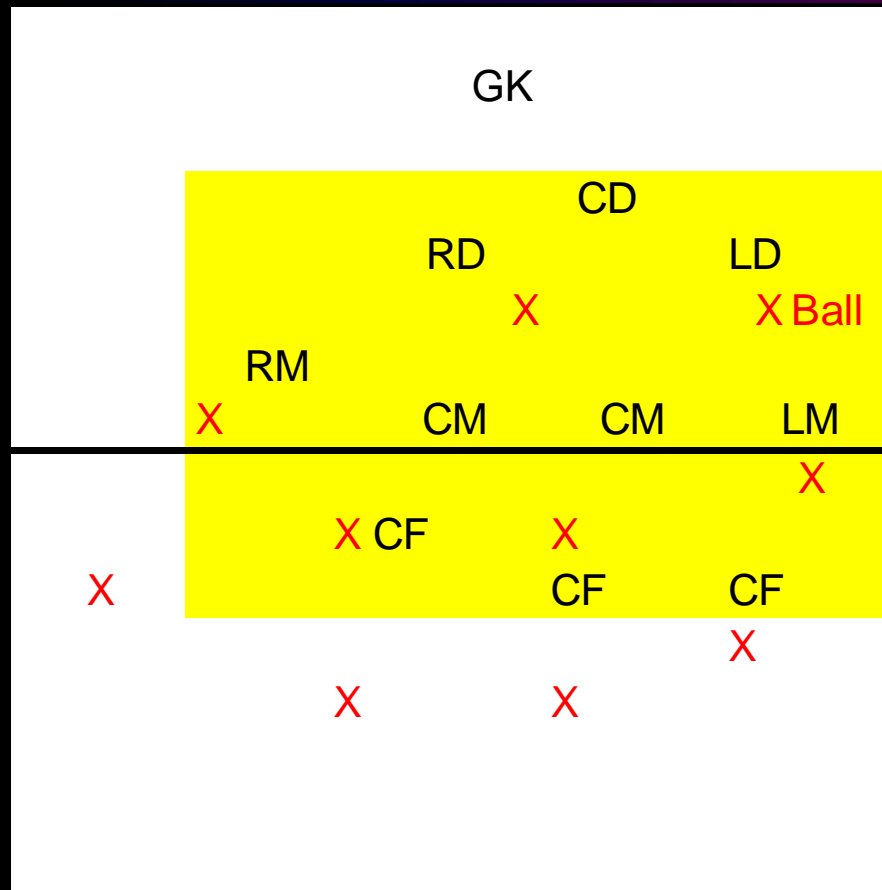
- Mark their CM at all times
- Be in a position to intercept the ball first, challenge for the ball and tackle second and delay and wait for help third
- Work with your other CM. One pressures the other covers etc
- Help out your forwards, midfield and defense. If the ball is at the RM position cover slightly behind them in order to help out
- If the ball is in the RM/LM position cover slightly behind but not too far behind your other CM closest to the ball. Always be in a position to see both your player and the ball
- Always be on the side of the field and behind the ball if possible where ever the play takes you. However always try and stay pretty central and on your side

Roles of player in Defense...

Center Forwards

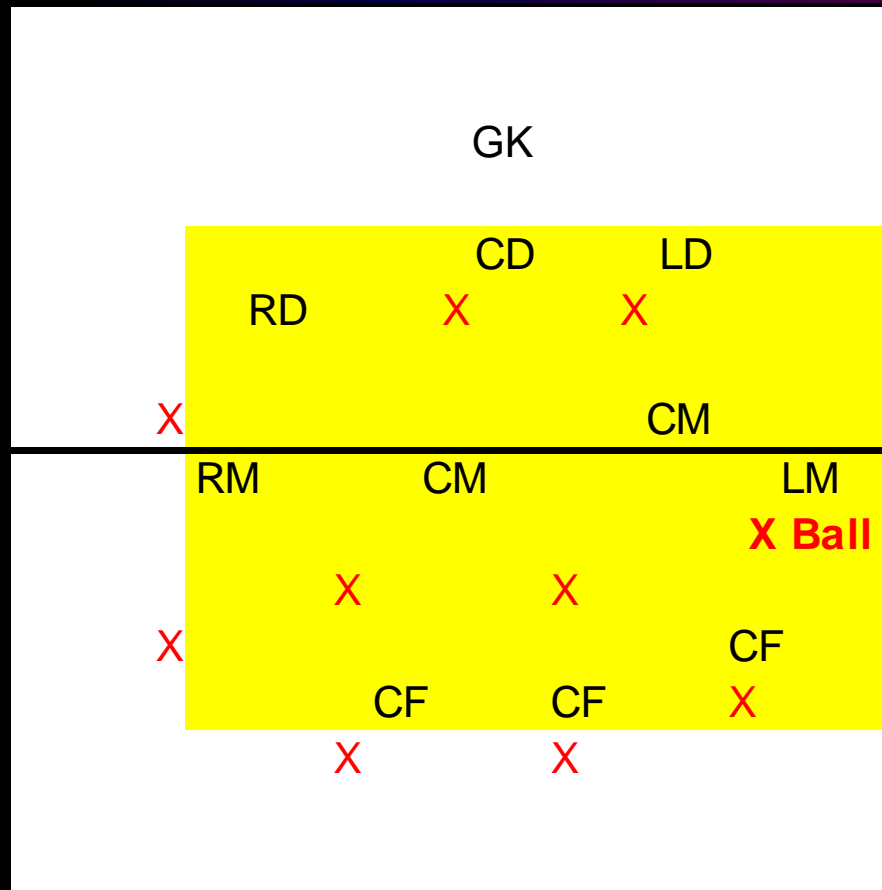
- Get ball and goal side
- Pressurize the ball as soon as their defense gets it
- Work together as a 3 forward line and not individually. CF on ball side pressure ball. Central CF drop of to cover them in the middle of the field and the furthest CF away from the action be in a position slightly in front of the middle CF

Defensive positioning....



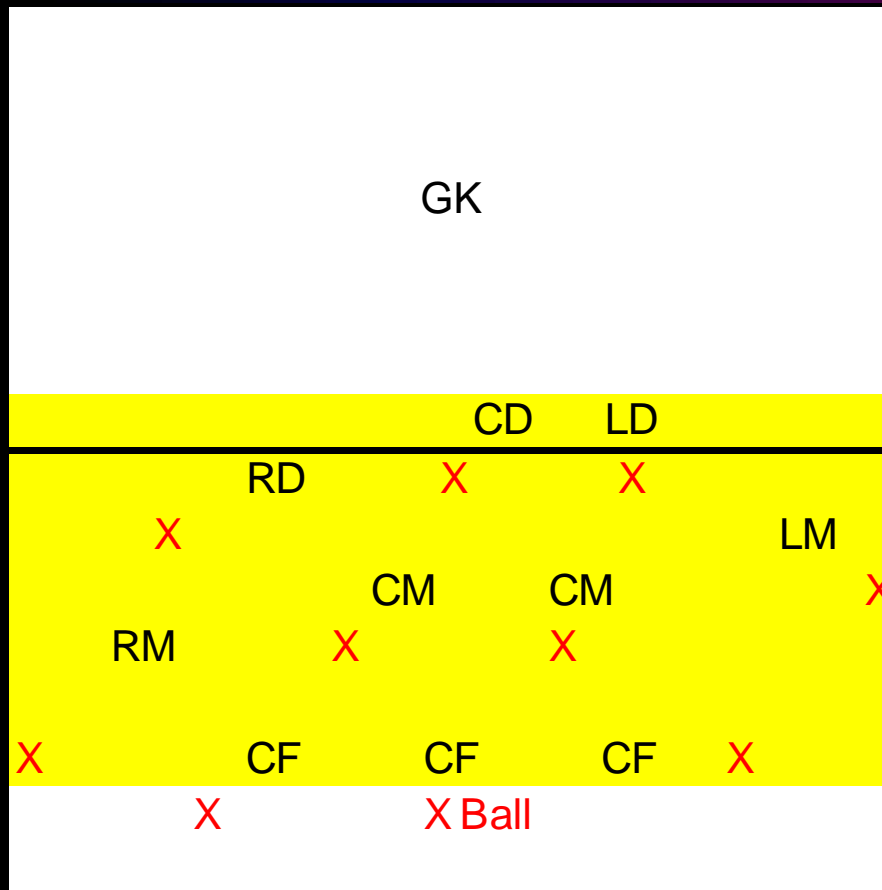
- GK positions ball side and just inside of box
- LD applies pressure
- CD provides cover whilst being in position to pressure ball if opposite forward gets the ball
- RD provides support
- RM provides balance
- CM's drop in to condense space
- CF's shift across to ball side of the field and condense space

Defensive positioning....



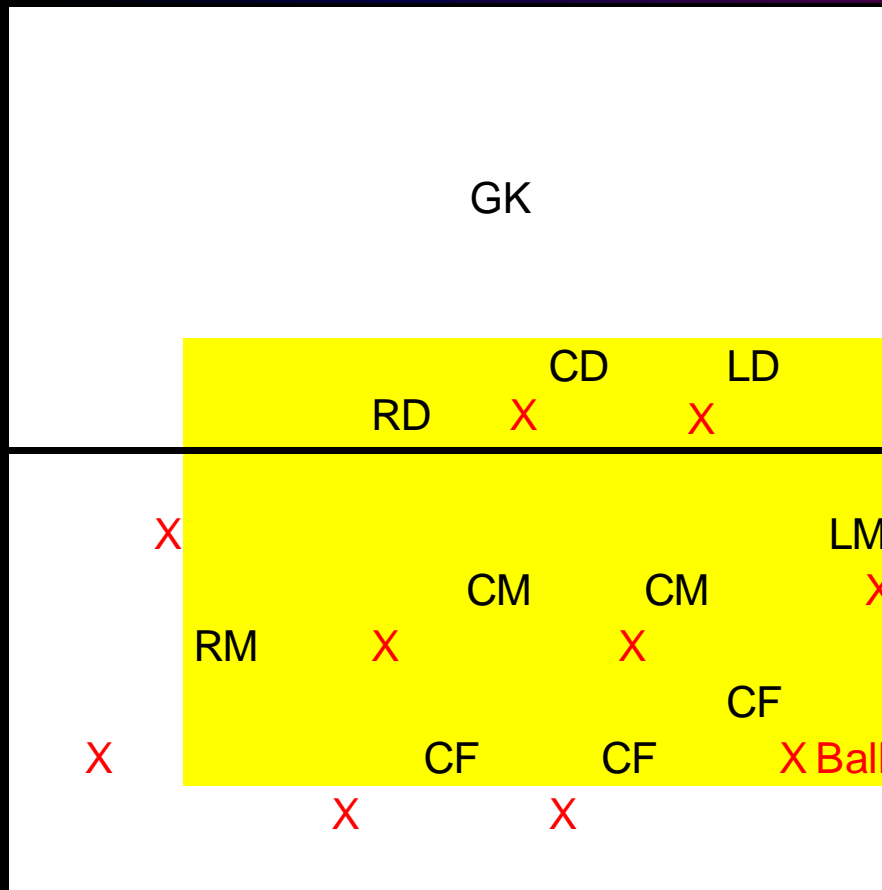
- GK positions ball side and outside of box
- LM provides pressure
- CM provides cover
- Opposite CM provides support
- RM provides balance
- CF's shift across to ball side of the field and condense space

Defensive positioning....



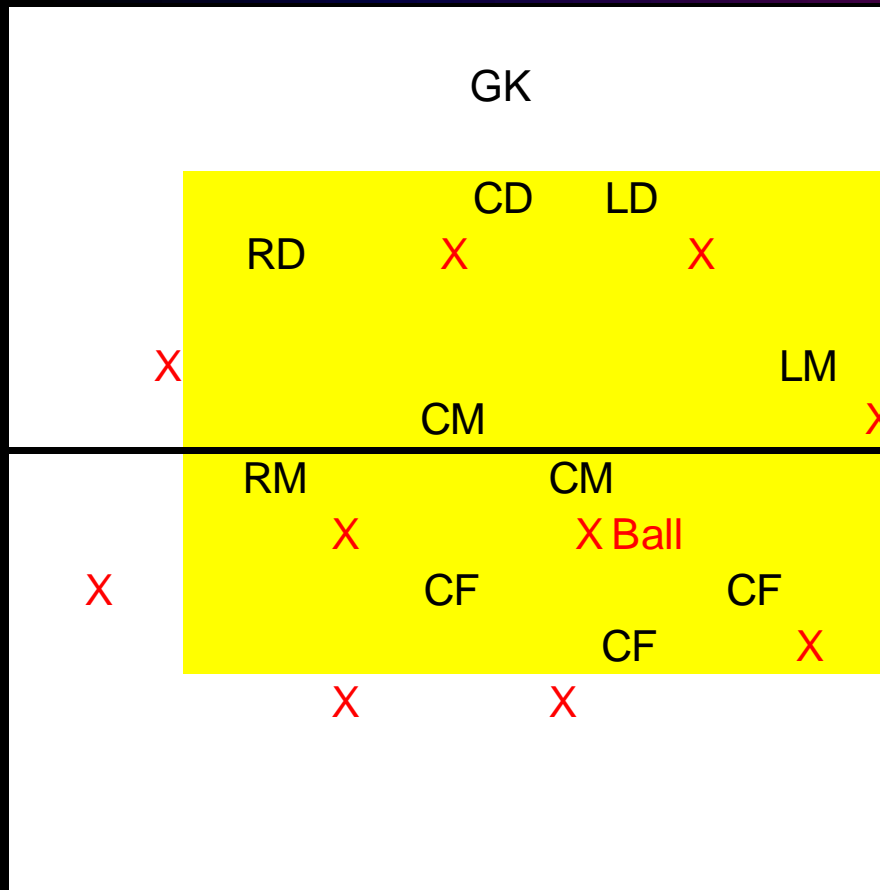
- GK positions ball side and outside of box
- CF pressures ball
- Other CF's cut off sideways pass
- CM get tight on their players and provide cover
- RM provides slight cover
- LM gets tight on their player
- LD and CD push out to condense space and mark tight

Defensive positioning....



- GK positions ball side and outside of box
- Outside CF pressures ball
- Other CF's cut off back or sideways pass
- LM and closest CM get tight on their player and also provide cover
- Opposite CM provides support
- RM provides balance

Defensive positioning....



- GK positions ball side and on edge of box
- CM provides pressure
- Opposite CM provides cover
- LM gets tight on their player and also provides cover
- RM provides balance
- CF's drop off towards ball to condense space and deny back pass

Key Offensive factors!

- Composure on the ball
- Create good support for the player on the ball
- Make the field as long and as wide as possible
 - Keep possession
- Create scoring opportunities!

Roles of player in Offense.....

Goalkeeper

- Start the attack!
- Try and kick or throw the ball wide to our players as quickly as possible
- If there is not a player available for the ball kick as long and as high as possible
- Be at the edge of the box when the ball is at the half way line.
- Be outside the box when the ball is in the other half of the field.
(Play a sweeper role)

Roles of player in Offense...

Central defender

- Receive ball from the GK to start the attack from the opposite side, or be in a position for a back pass from one of the full backs (RD & LD) in order to keep possession
- Pass the ball out wide or into midfield
- Dribble the ball up through the middle if space is available

Roles of player in Offense...

Right/Left defender

- Try and receive the ball from the GK and then play the ball into our midfield or forwards
- If you do not receive the ball push out and be in a position to help your midfield
- Try and get into the attack if the game permits it. Overlaps, wall passes with midfield etc
- Be in a position to receive the ball back from midfield in order to cross or keep possession

Roles of player in Offense...

Right/Left Midfield

- Get as wide as possible as soon as we get possession of the ball.
- Try and receive the ball from the GK or RD/LD as quickly as possible
- Option 1, when you have possession of the ball, take the defender on. Cross or shoot when you beat them
- Option 2, pass to your forwards/midfield or pass back to your defenders to keep possession
- Be at the far edge of the box if the ball is being crossed from the LM in order to score.
- Shoot with every opportunity

Roles of player in Offense...

Central Midfielders

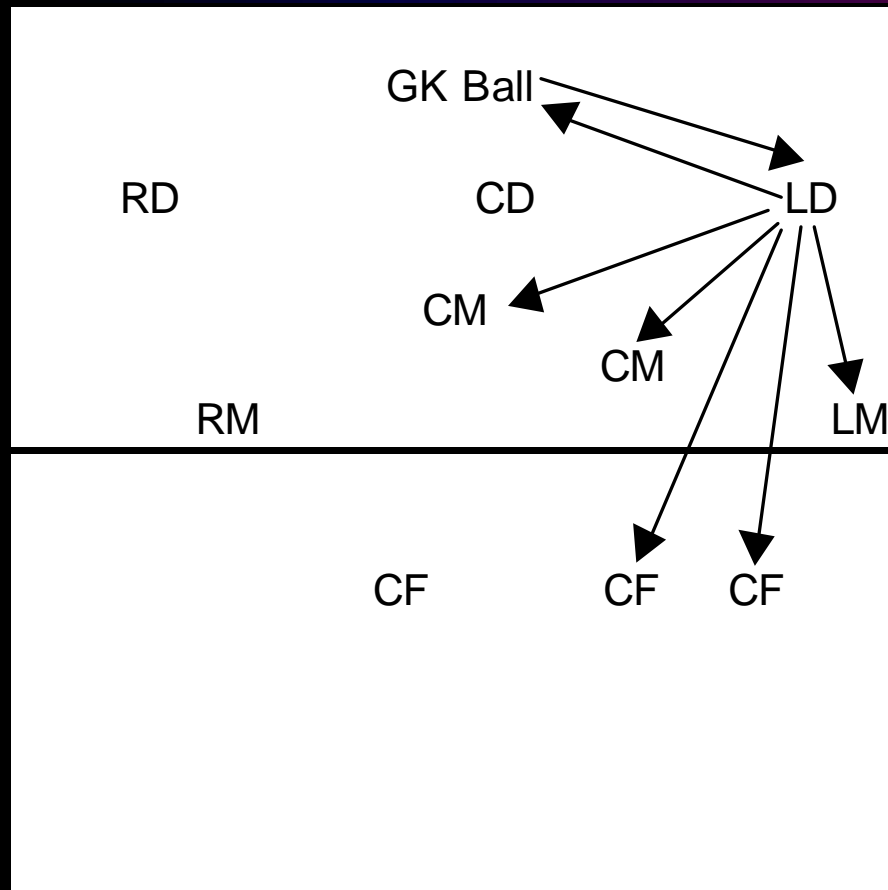
- Stay central and on your side, up and down the field
- Try and be in a position to receive the ball from all our players
- Option 1, dribble the ball through midfield to open up shots for yourself
- Option 2, pass the ball out wide or to our forwards
- Be at the edge of the box when crosses or shots are being taken
- Shoot with every opportunity
- Work with your other CM to ensure one stays and ones goes regarding offensive runs

Roles of player in Offense...

Center Forwards

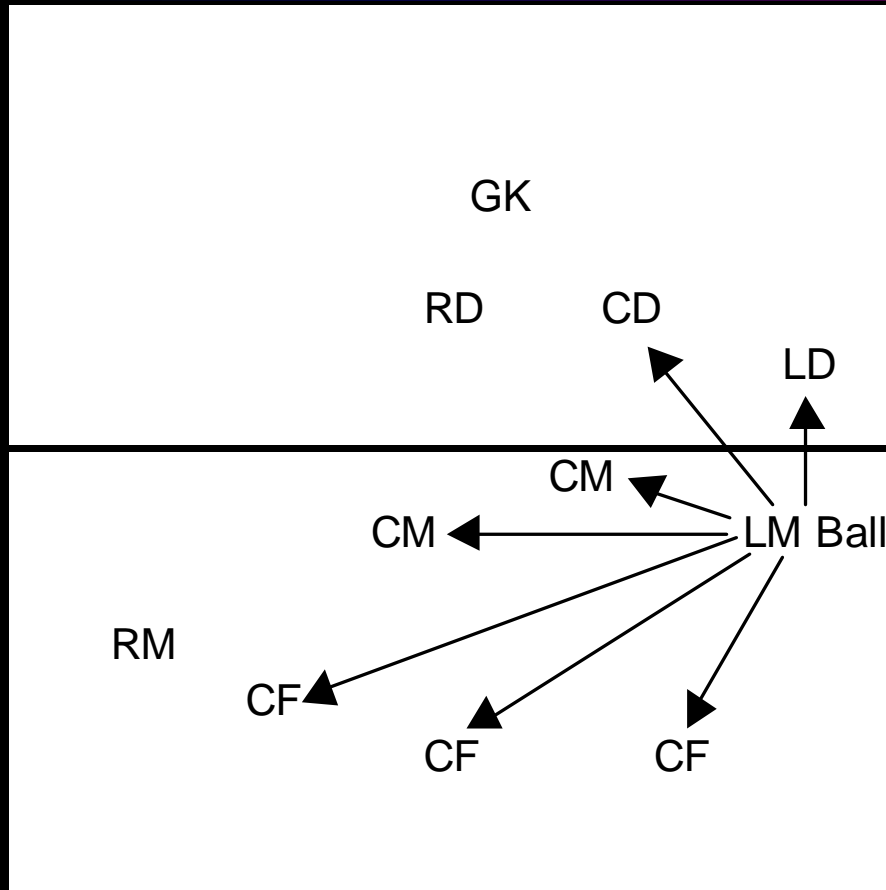
- Be in a position to receive the ball from a long kick from the GK.
- Work from side to side to receive the ball from your midfield and defenders without taking the space of each other away
- Be aware of your wide midfielders in order to leave them space to receive the ball and run at defenders without you being in the way
- Work with your other forwards. One/two comes short to receive; one/two goes long to receive the ball
- Always be in the box to receive the ball from our LM and RM players
- Dribble and take on players at every opportunity
- Shoot at every opportunity

Offensive passing options....



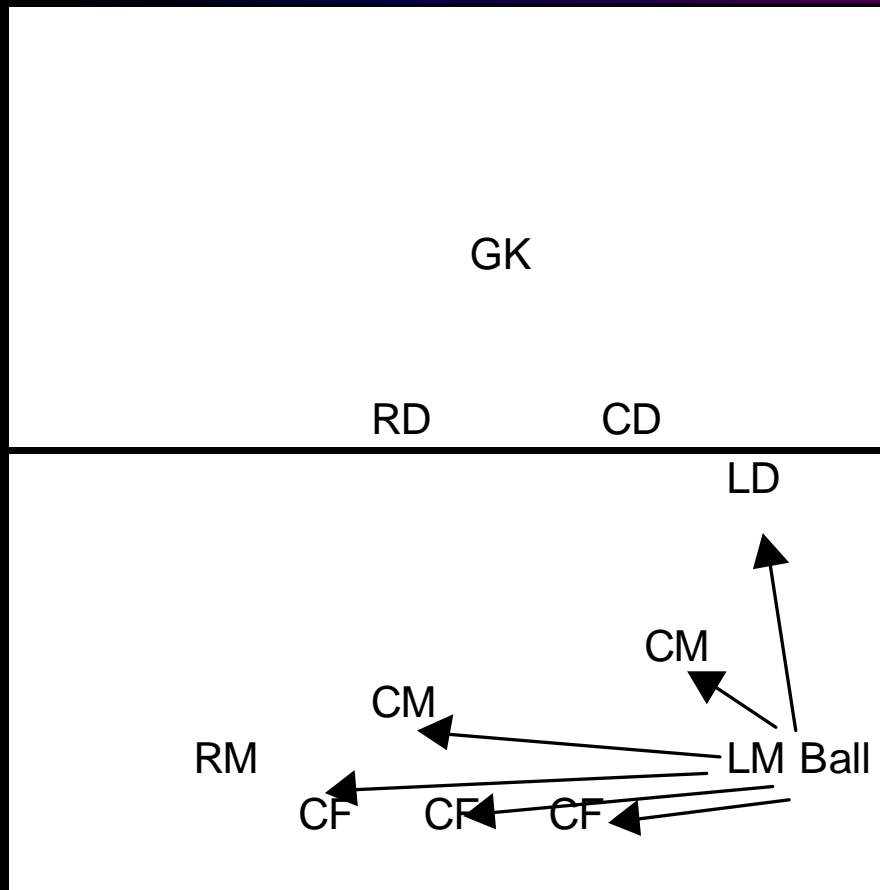
- LD receives ball from GK in defensive 3rd
- GK is available for back pass
- CM's come across to show for ball but stay central
- LM checks and shows to feet
- Nearest 2 CF's check to ball to receive to feet

Offensive passing options....



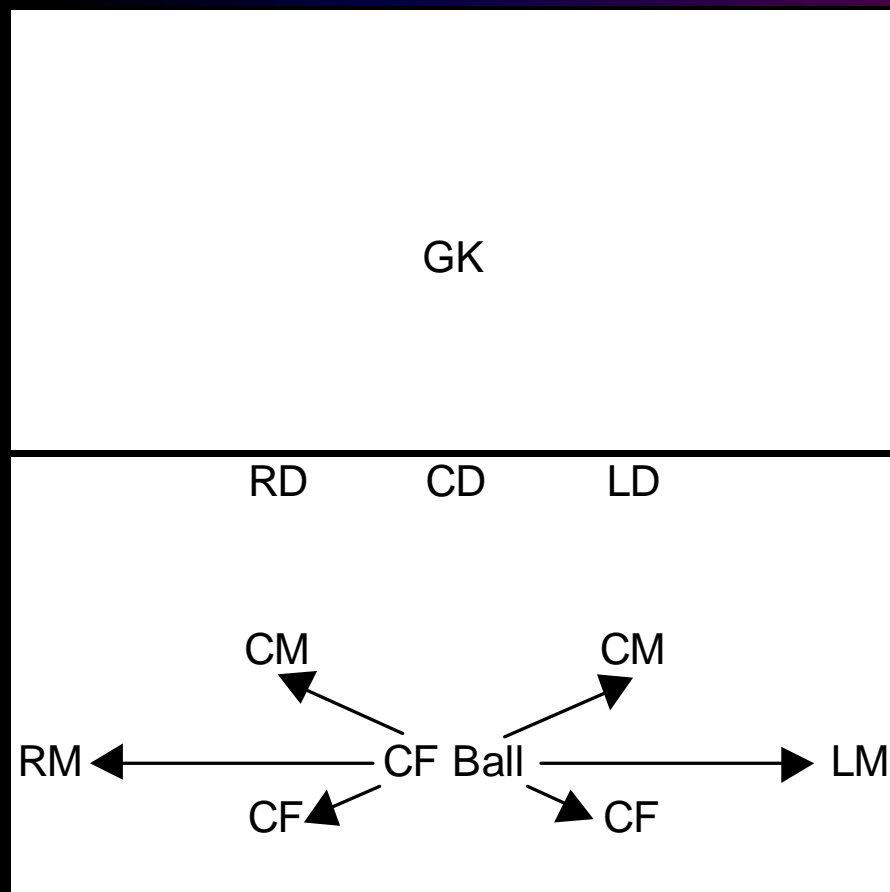
- LM receives ball out wide in middle 3rd
- LD supports from behind
- CD supports from behind
- CM's stay on their side of the field showing for the ball. Nearest CM slightly behind other
- All CF's show to feet and spread field

Offensive passing options....



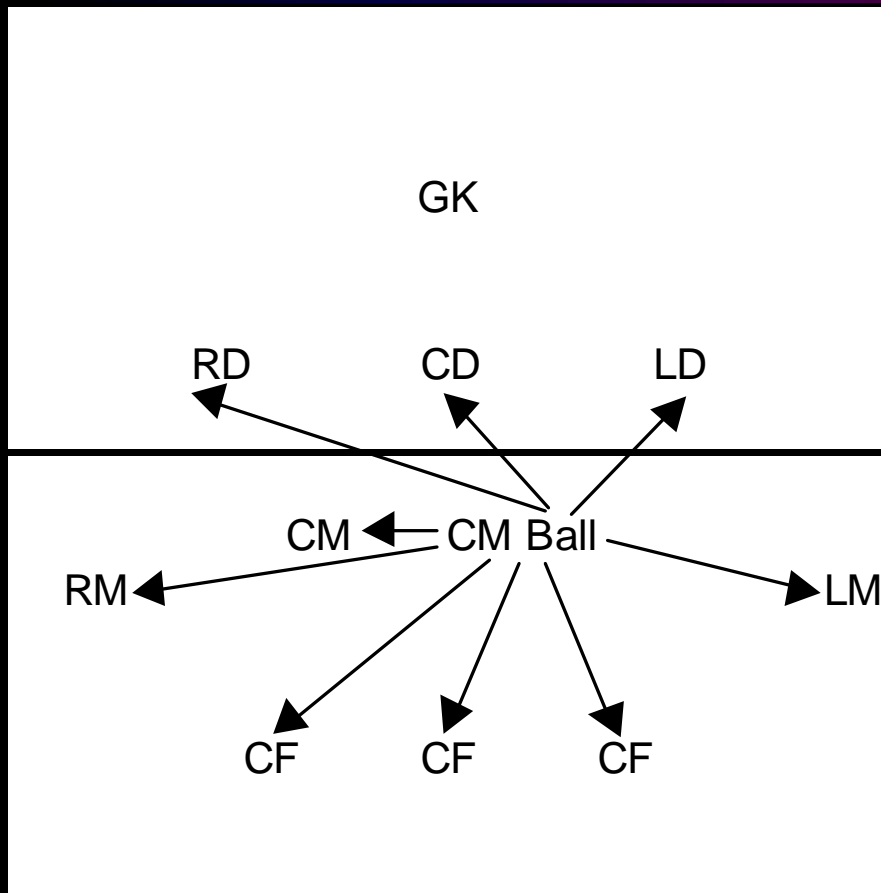
- LM receives ball in final 3rd.
- Near side and CM and LD support from behind
- Other CM gets to the edge of the box
- CF's make runs near, far and middle of goal
- RM comes in around the back

Offensive passing options....



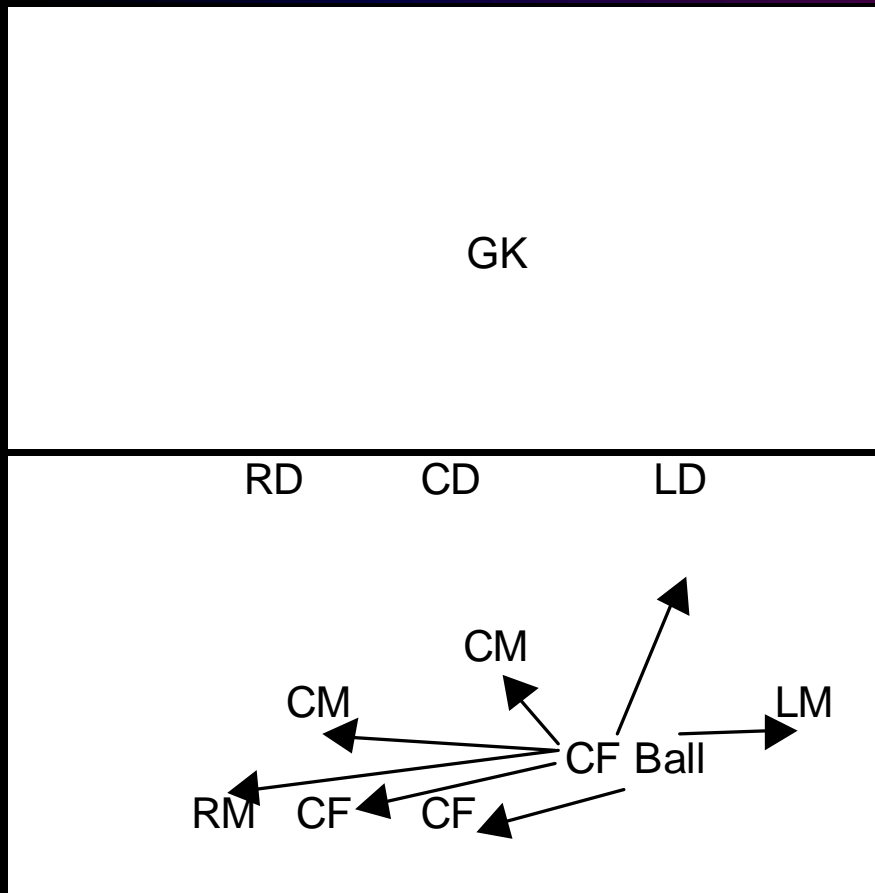
- Middle CF has ball in offensive 3rd
- 2 outside CF split wide to receive ball inside the width of the box
- RM, LM create width
- Both CM's support from behind

Offensive passing options....



- CM has ball in middle 3rd
- CM with ball needs to be able to connect the whole team
- RM, LM create width
- Opposite CM supports from the side
- RD,LD,CD support from behind
- CF's show for ball. 2 Check back 1 go long

Offensive passing options....



- CF receives ball on corner of box
- LM creates width
- CM's support from behind and the side
- Other CF's and RM get in the box and make near, far and middle runs