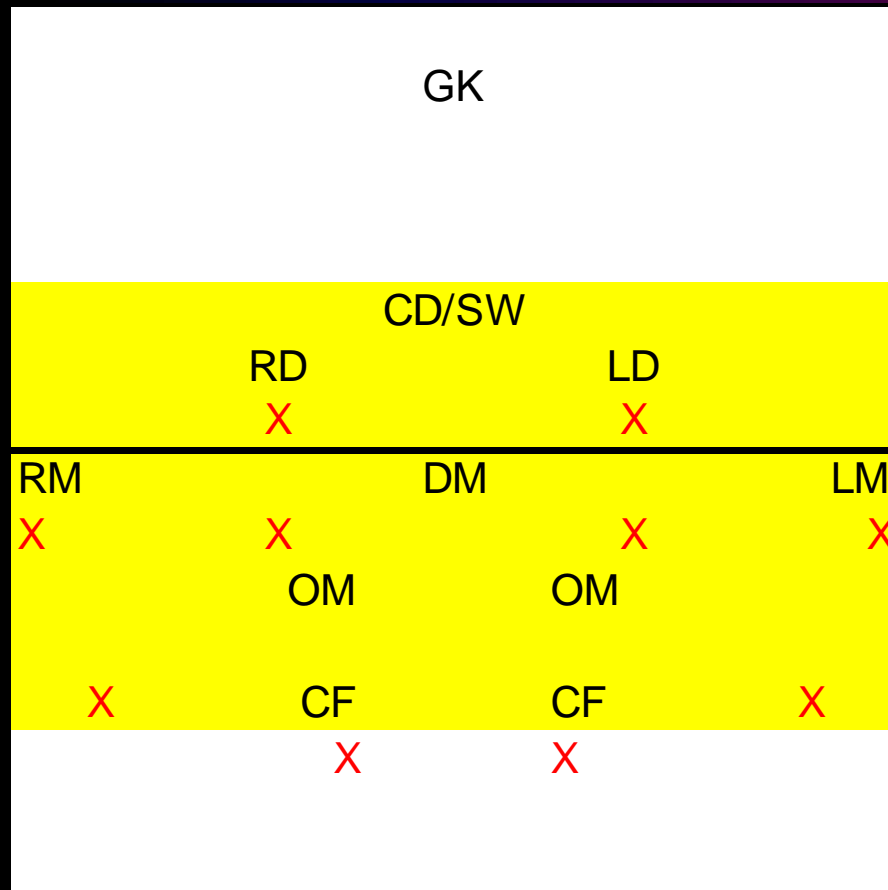


Playing in a 3-5-2 (Defensive midfield point)



- Playing against a 4-4-2 flat
- 3 defenders
- 5 midfielders
- 2 forwards
- Mirror image on both sides of field
- Formation takes 1 player from defensive line and adds 1 player to midfield when transitioning from a 4-4-2

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/Sweeper

- Never be marking a player
- Communicate to the whole team
- Push the defense and team as far out as possible, condensing the field and helping the midfield out
- Be on the side of the field where the ball is at all times
- Be in a covering position for any ball that comes through or over the top of the defender that is marking their CF

Roles of player in Defense....

Right/Left defender

- Mark the nearest CF 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/SW 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 (RM/LM) and the ball
- Become the 4th defender if the game requires it!

Roles of player in Defense...

Defensive Midfield

- Act as a sweeper in front of the defense!.
- Destroy anything that comes near you!
- Command the OM's to mark their CM's, condensing the field and forcing the opposition inside
- Stay pretty central on the field, unless tracking a midfield run

Roles of player in Defense...

Offensive Midfielders

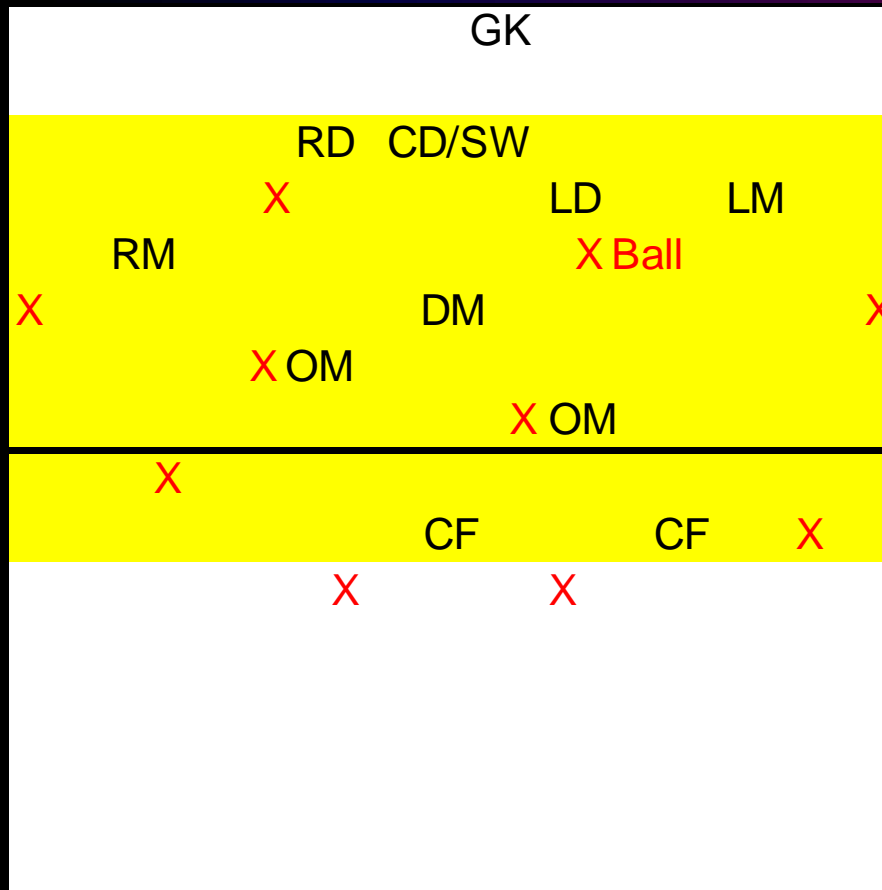
- Mark their CM at all times.
- Be in a position to intercept the ball first, challenge for the ball and tackle second and delay and wait for help third
- Work with your other CM. One pressures the other covers etc
- Help out your forwards, midfield and defense. If the ball is at the RM/LM position cover slightly behind them in order to help out.
- Always be in a position to see ball and player
- Pressure the ball when it goes out wide to their RD/LD!
- 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

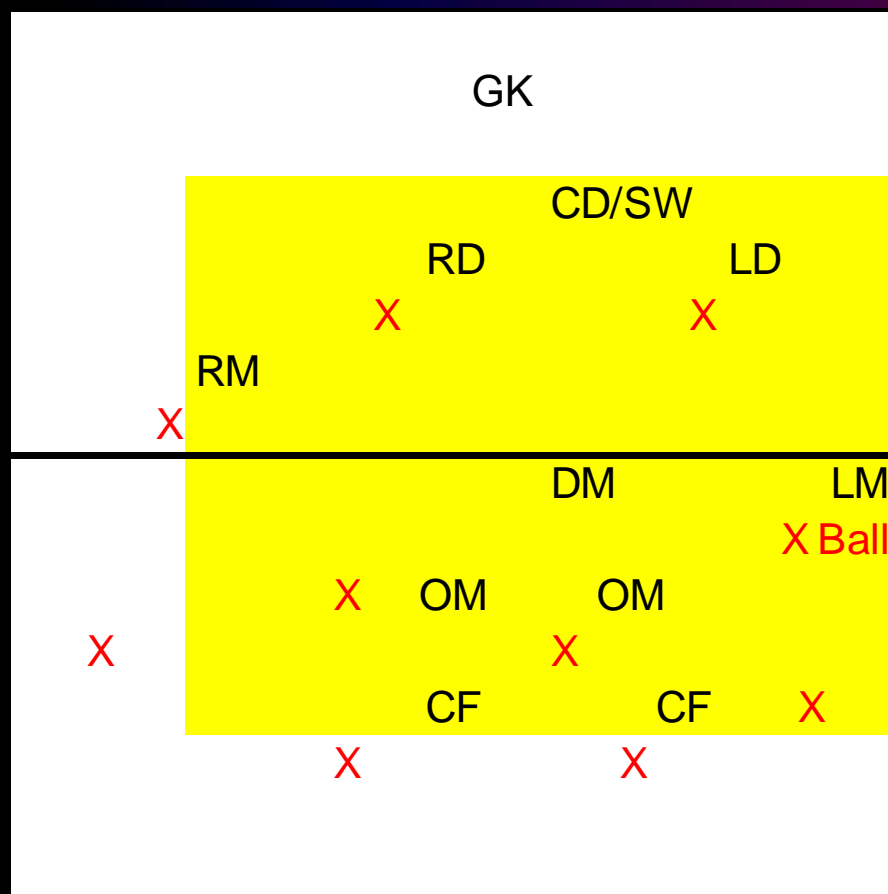
- Get goal side
- Pressurize the ball as soon as their CD gets it
- Work together as a 2 forward line and not individually. CF on ball side pressure ball. Other CF drops of to cover them in the middle of the field
- If you are not pressurizing the ball, always be ready to intercept!

Defensive positioning....



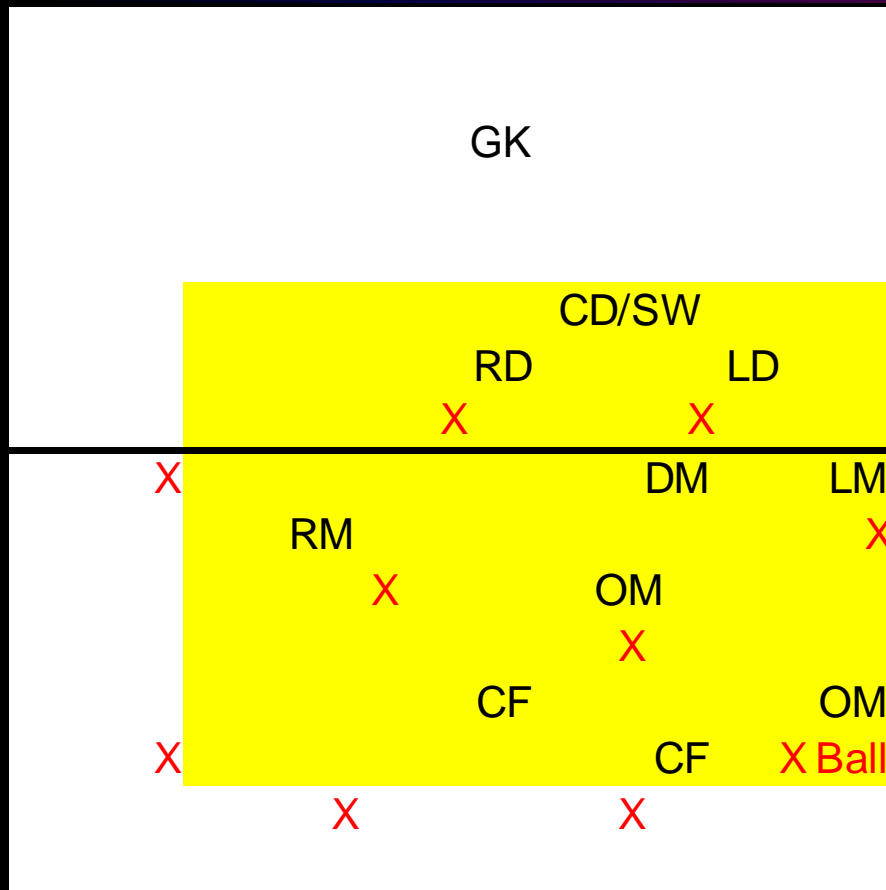
- GK positions ball side and inside of box
- LD provide pressure
- LM and CD/SW provide cover
- DM tries and double teams player on ball
- Both OM mark their CM's
- RD, RM mark and provide support

Defensive positioning....



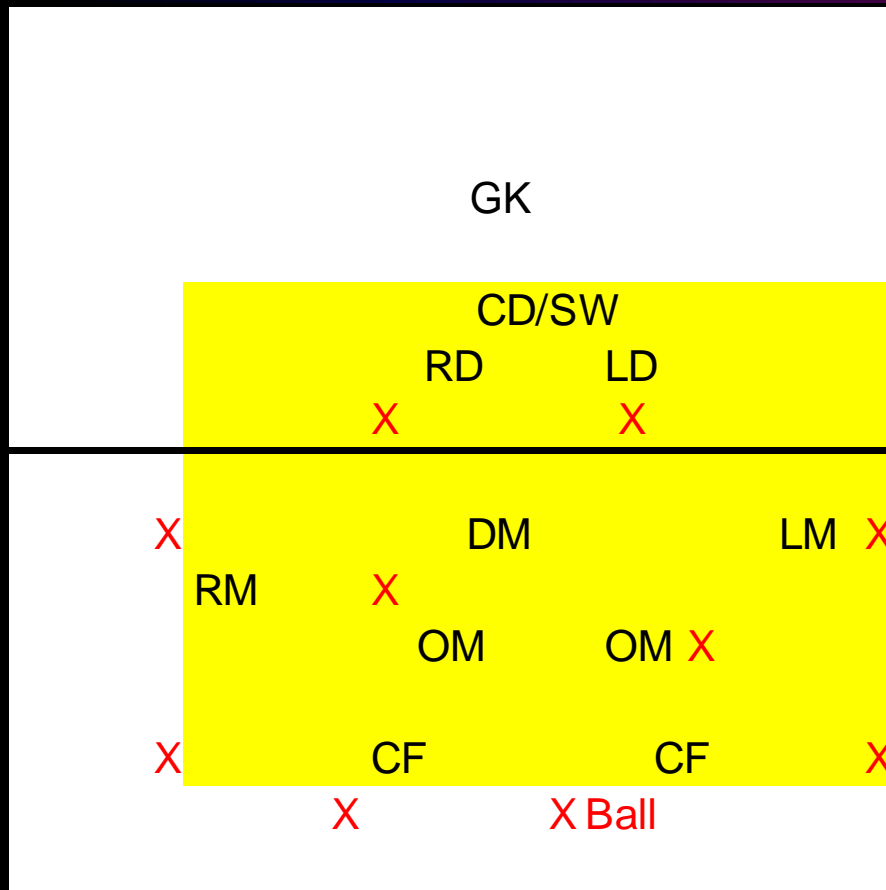
- GK positions ball side and outside of box
- LM provides pressure
- DM provides cover
- OM's mark their CM's
- CF's condense space
- RM goes back and marks their LM

Defensive positioning....



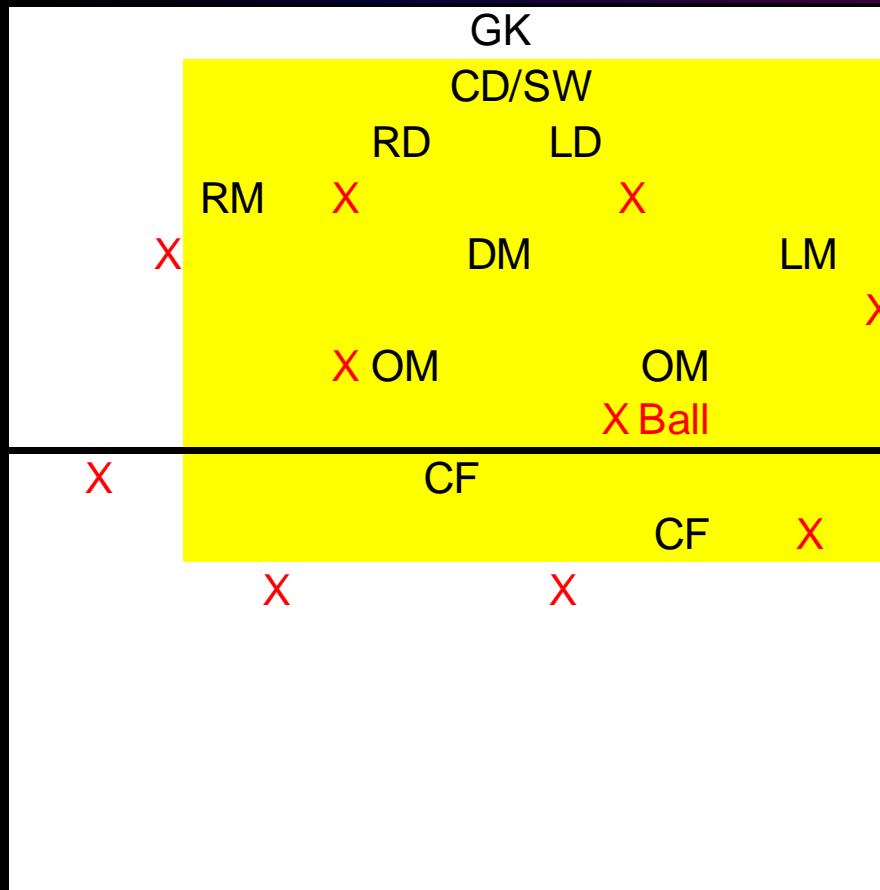
- GK positions ball side and outside of box
- OM goes out wide to provide pressure
- Opposite OM comes across and marks their closest CM
- RM comes across and marks their other CM
- CF's come across and condense space
- LM marks their RM

Defensive positioning....



- GK positions ball side and outside of box
- CF provides pressure
- Opposite CF stops side ways pass
- Closest OM marks their closest CM
- Opposite CM and DM work together front and back of other CM. They also provide support
- RM comes inside slightly
- LM marks their RM

Defensive positioning....



- GK positions ball side and just inside of box
- OM provides pressure
- Opposite OM marks their other CM
- DM provides cover and also provides a wall in front of their CF's
- LM , RM mark their RM, LM
- CF's condense space

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/Sweeper

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

Roles of player in Offense...

Right/Left Defender

- Try and receive the ball from the GK and then play the ball into our midfield/forwards
- If you do not receive the ball go inside and find your CF
- Maybe 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

Roles of player in Offense...

Right/Left Midfield

- Get as wide as possible as soon as we get possession of the ball if ball is on your side
- Try and receive the ball from the GK, RD/LD or DM 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/OM or pass back to your DM to keep possession
- Come inside slightly if ball is on other side of field
- 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...

Defensive Midfielder

- Stay central up and down the field supporting the defense.
- Be the play maker!
- Try and be in a position to receive the ball from all our players
- Pass the ball out wide, find our OM's or our forwards
- Pass the ball backwards to your full backs to keep possession
- Hold your position in front of the defense and cover the RD/LD if they are forward

Roles of player in Offense...

Offensive Midfielders

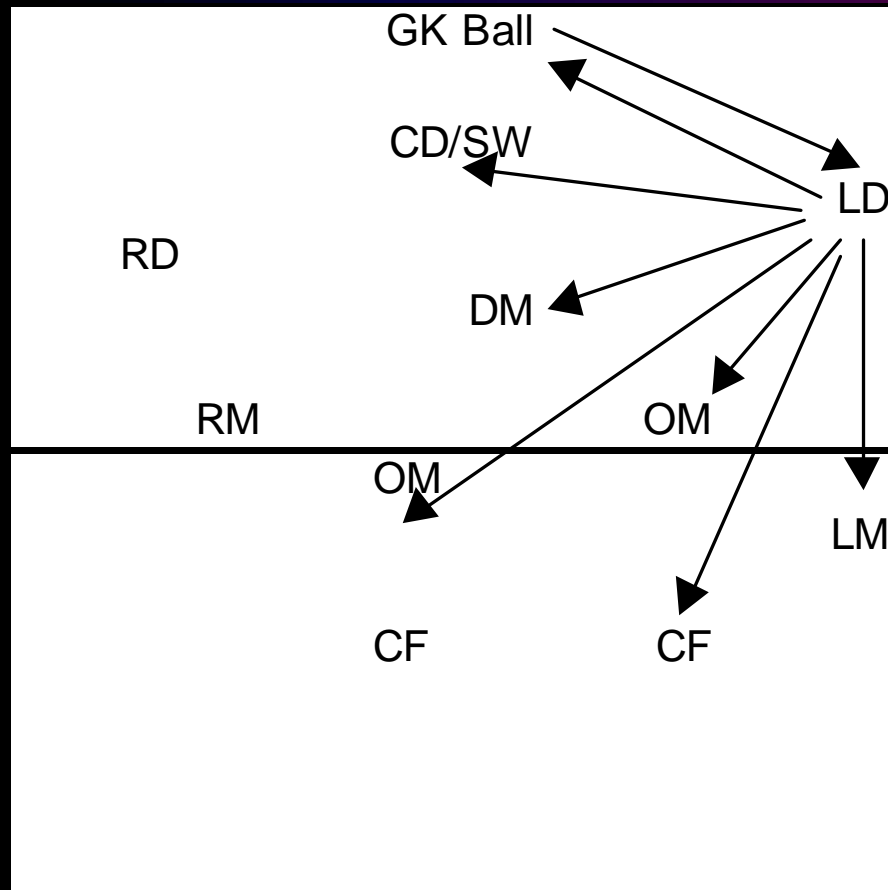
- Stay central and on your side, pushed up the field
- Try and be in a position to receive the ball from our RM/LM further forward and from our DM
- Option 1, dribble the ball through midfield to open up shots for yourself
- Option 2, pass the ball out wide or to our forwards
- Pass the ball backwards to your full backs to keep possession
- Be at the edge of the box or in it when crosses or shots are being taken
- Shoot with every opportunity
- Work with your other OM to ensure you do not get caught too far up front!

Roles of player in Offense...

Center Forwards

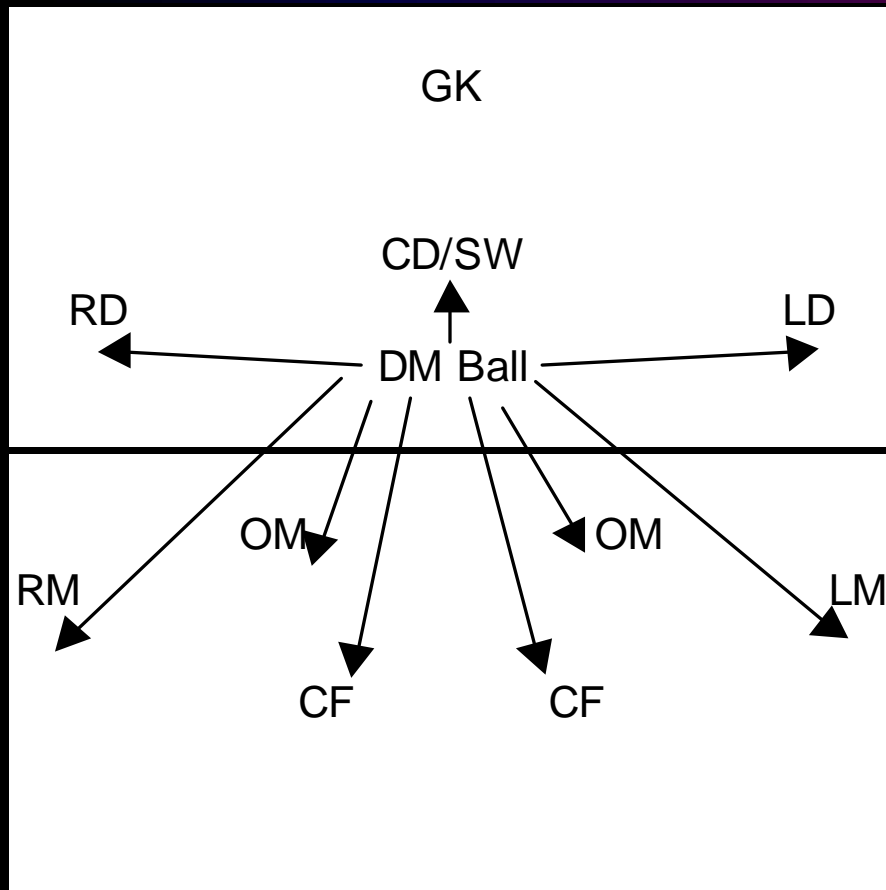
- Be in a position to receive the ball from a long kick from the GK
- Work slightly wider to receive the ball from our OM's or slightly inside for our RM/LM without taking the space of each other away
- Be aware of your wide midfielders in order to leave them space to receive the ball and run at defenders without you being in the way
- Work together. Nearest CF come short, other CF run diagonally across and behind
- Always be in the box to receive the ball from our LM and RM players and OM's
- Dribble and take on players at every opportunity in the last third of the field
- Shoot at every opportunity

Offensive passing options....



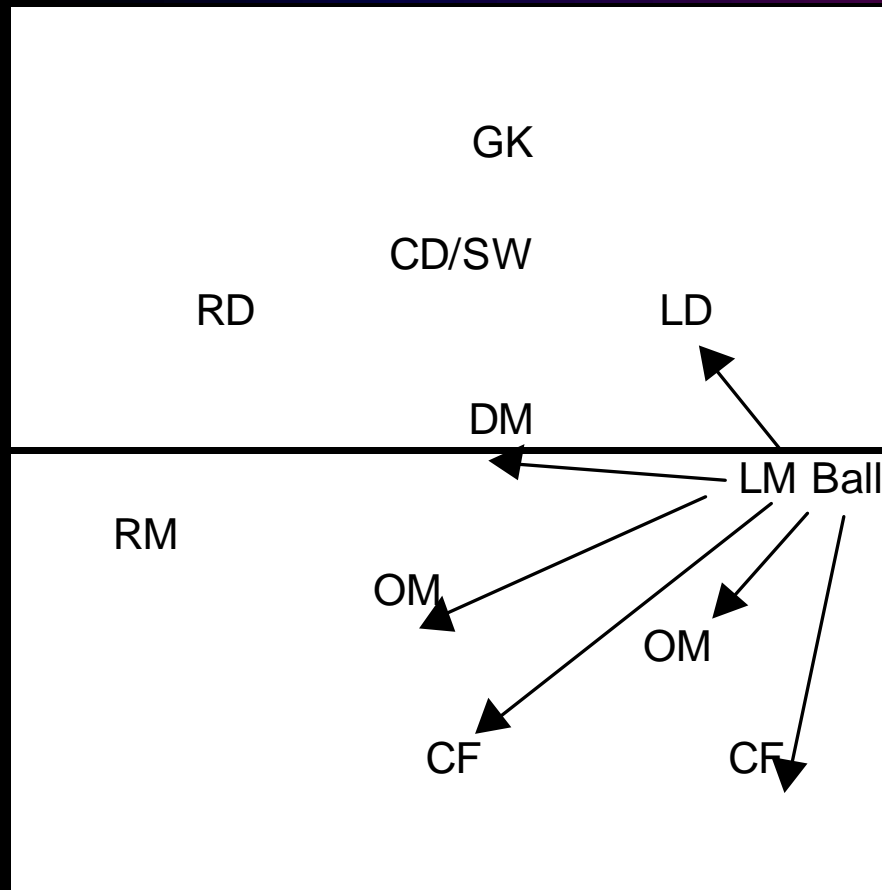
- LD receives ball from GK in defensive 3rd/middle 3rd
- CD/SW supports from behind
- DM shows inside and forward of player in possession
- Closest OM shows to ball side working with opposite OM who shows further up field on other side
- RM comes inside

Offensive passing options....



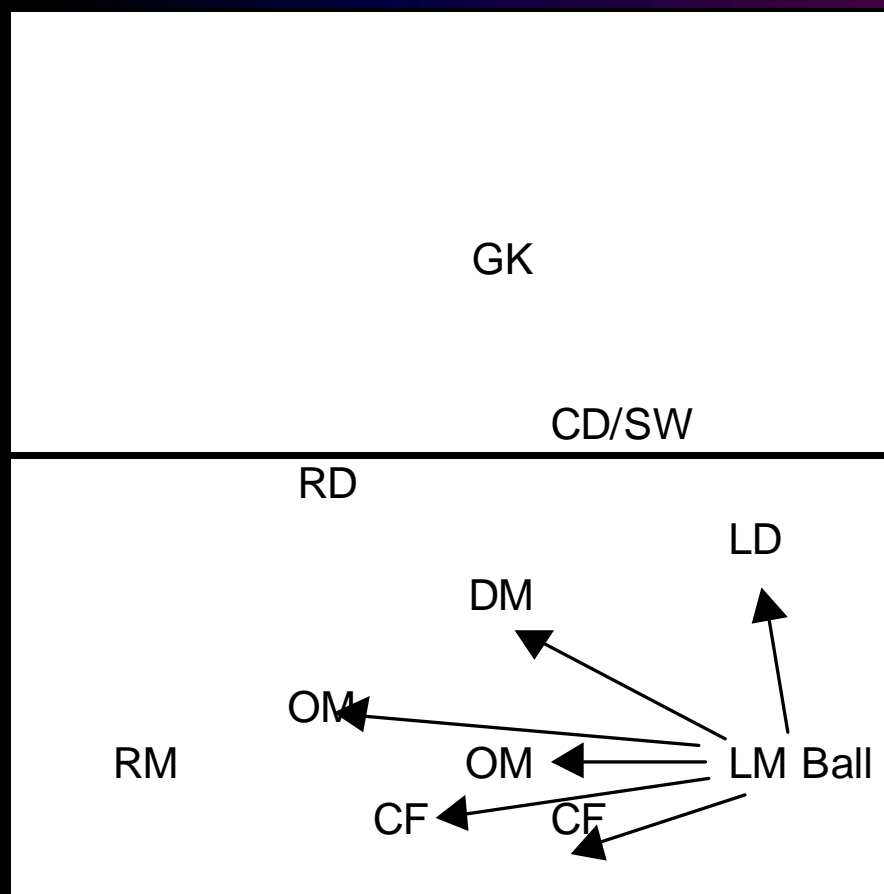
- DM receives ball in middle 3rd
- CD/SW supports from behind
- RD, LD show slightly wide
- RM, LM push up and creates width
- OM push up and stay central
- CF's push up and show central

Offensive passing options....



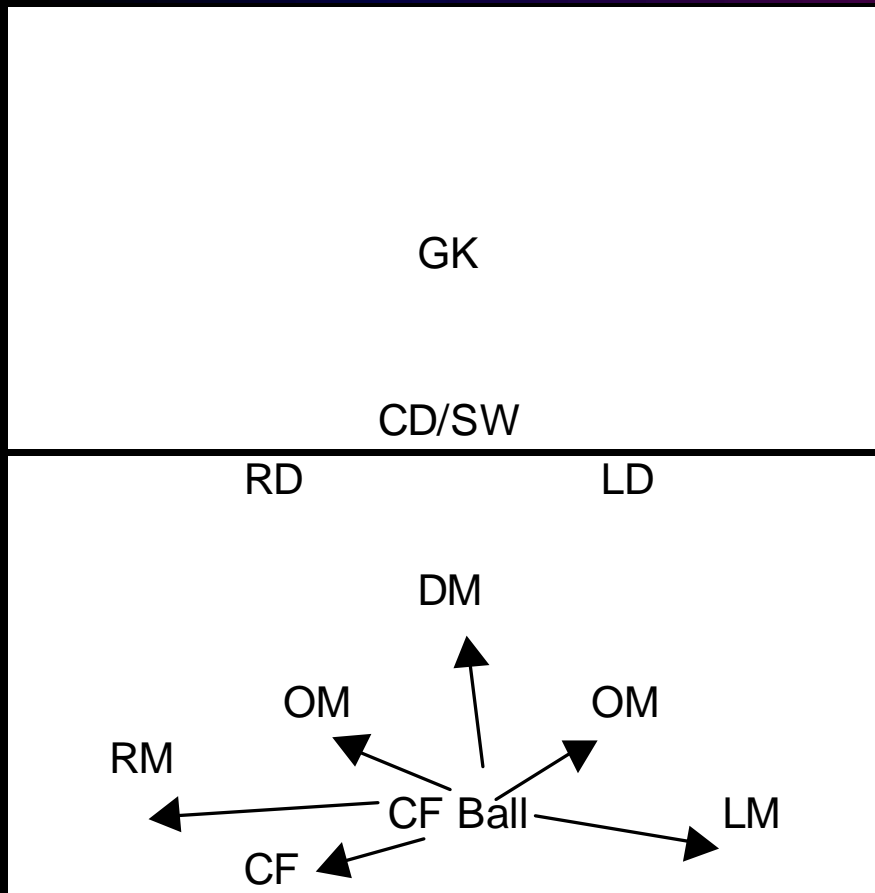
- LM receives ball in middle 3rd
- DM and LD support form behind
- Closest OM shows to ball side working with opposite OM who shows further up field on other side
- Closest CF comes across to ball side . Opposite CF stay central
- RM comes inside slightly

Offensive passing options....



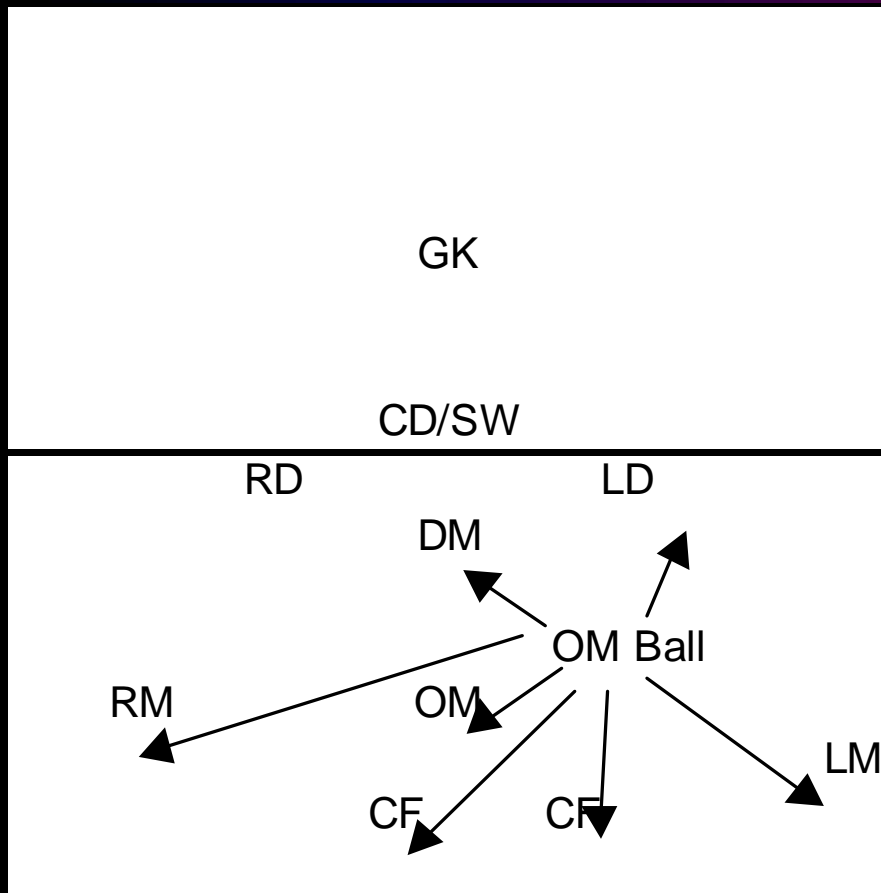
- LM has ball in offensive 3rd
- DM and LD support from behind
- Closest OM shows to ball side working with opposite OM who shows slightly behind near side OM
- CF's make runs into the box
- RM arrives at far corner of box

Offensive passing options....



- CF receive the ball in the offensive 3rd
- DM, OM's support from behind ball
- RM, LM push up and slightly wide
- Opposite CF makes run into box

Offensive passing options....



- OM receives ball in middle3rd/offensive 3rd
- DM, LD support from behind
- Opposite OM pushes forward
- RM, LM create width
- CF's go long and show for ball