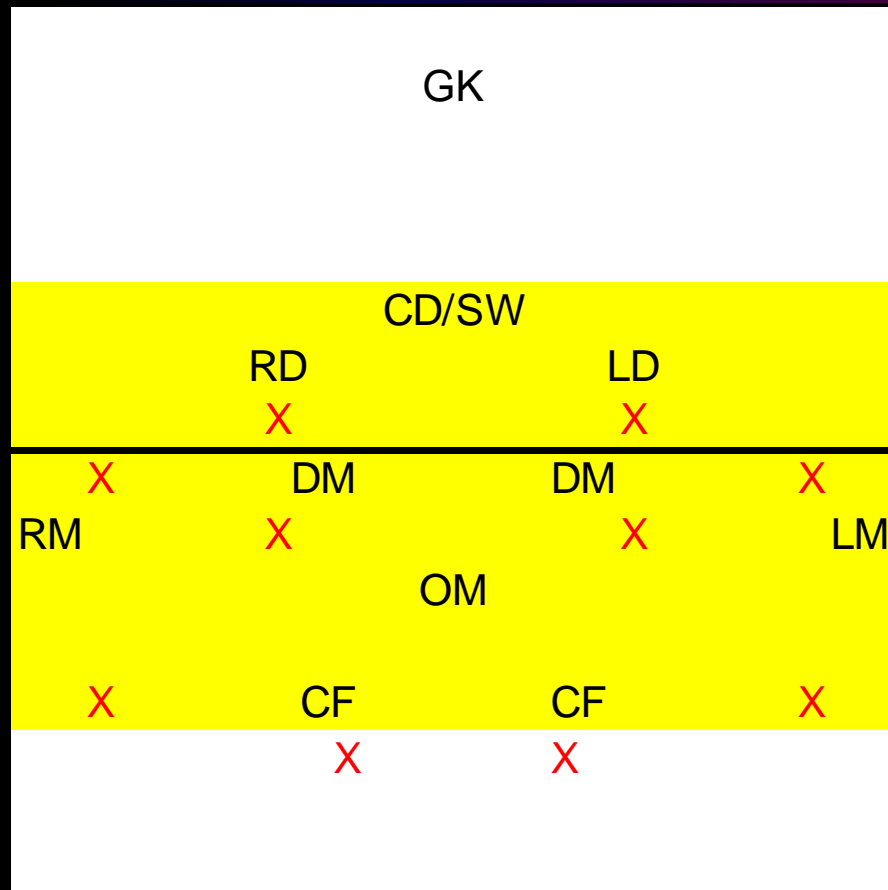


Playing in a 3-5-2 (Offensive midfield point)



- 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 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.
- 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...

Offensive Midfielder

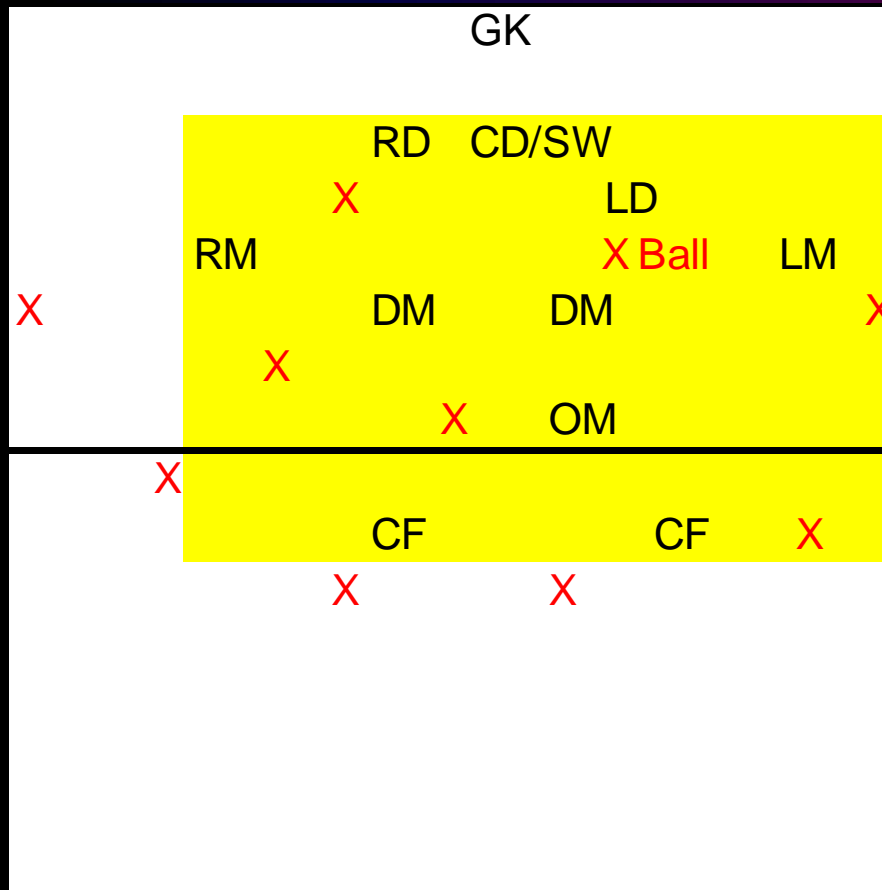
- Stay in the gap between the DM and CF's!
- Pressure the ball when it goes out wide to their RD/LD!
- Communicate with the forwards, condensing the field and helping them out
- Stay pretty central on the field, intercepting balls into the central midfield. Unless pressurizing

Roles of player in Defense...

Center Forwards

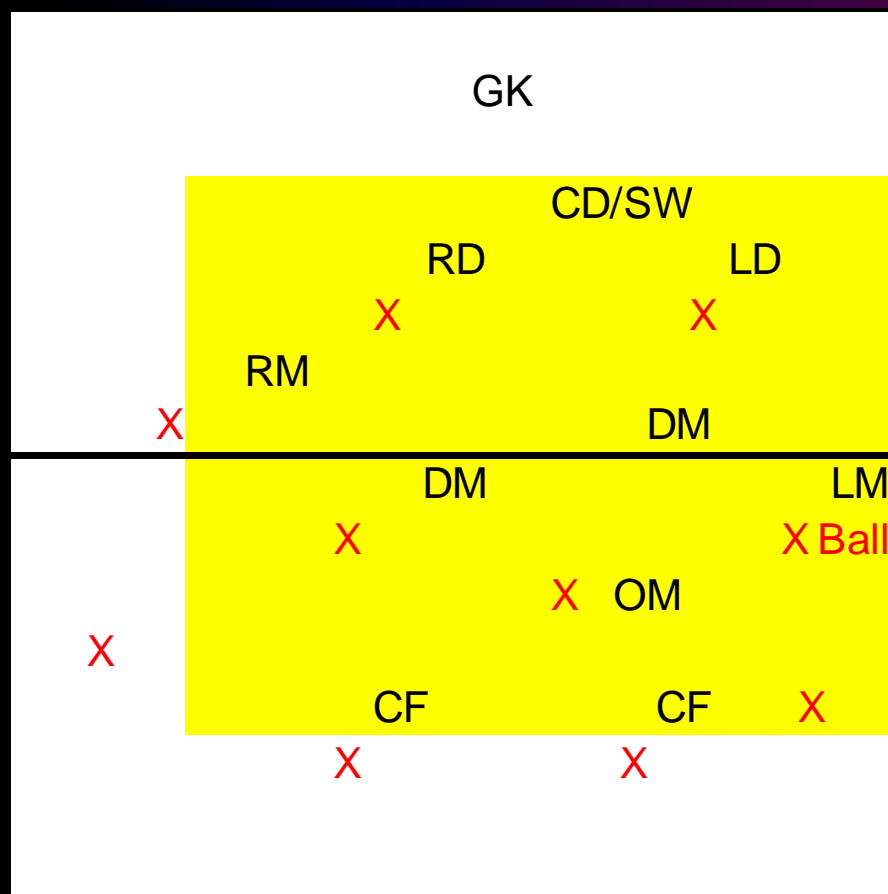
- Get goal side
- Pressurize the ball as soon as their CD gets it
- Work together as a 2 forward line and not individually. CF on ball side pressure ball. Other CF drops of to cover them in the middle of the field
- If you are not pressurizing the ball, always be ready to intercept!

Defensive positioning....



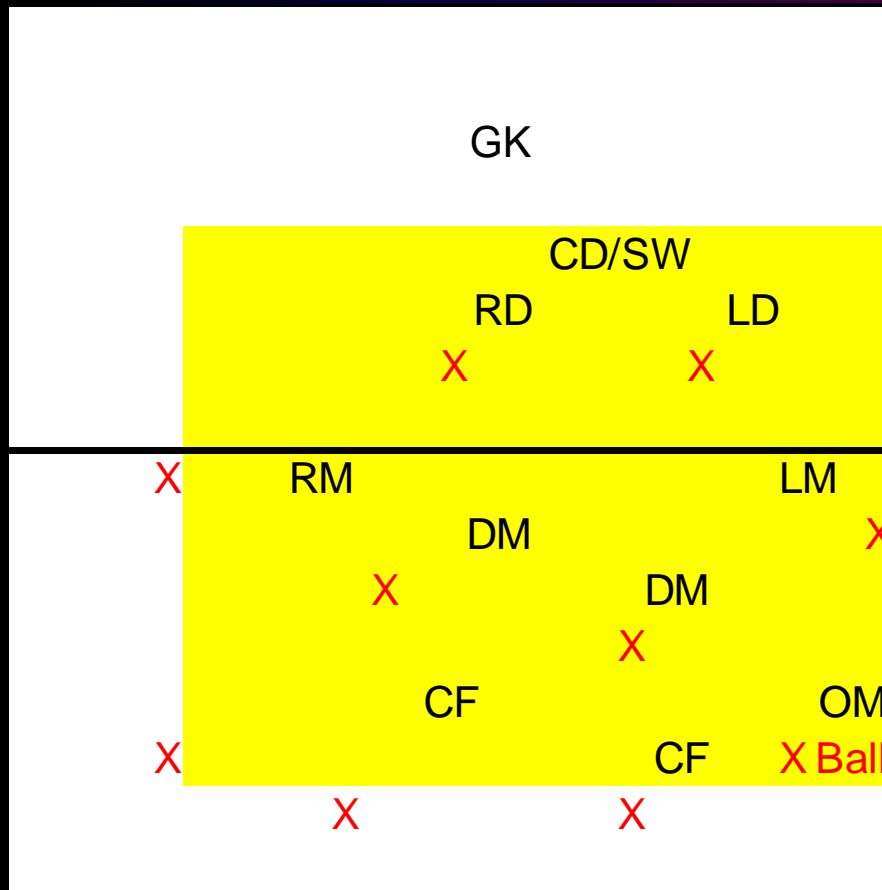
- GK positions ball side and inside of box
- LD provides pressure
- LM, CD/SW provide cover
- DM's drop in to condense space as well as being ready to step up and defend their CM's
- RM, OM drop back to support

Defensive positioning....



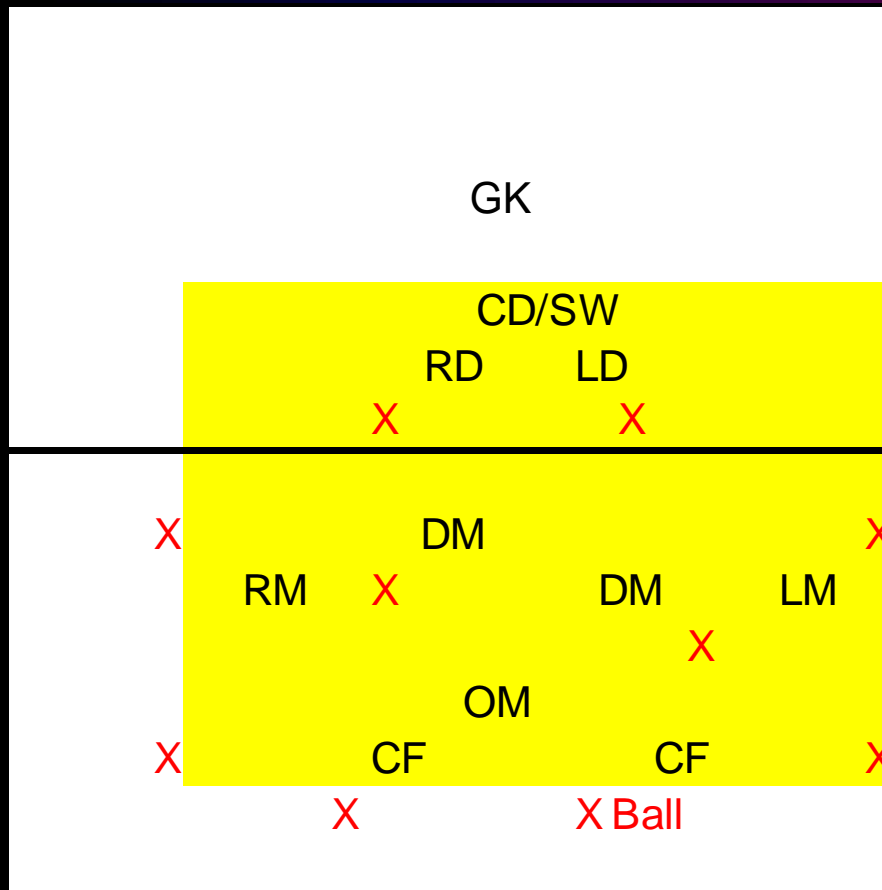
- GK positions ball side and outside of box
- LM provides pressure
- Closest DM provides cover
- Opposite DM provides support
- OM drops back to mark their closest CM
- RM drops back to support and mark their LM

Defensive positioning....



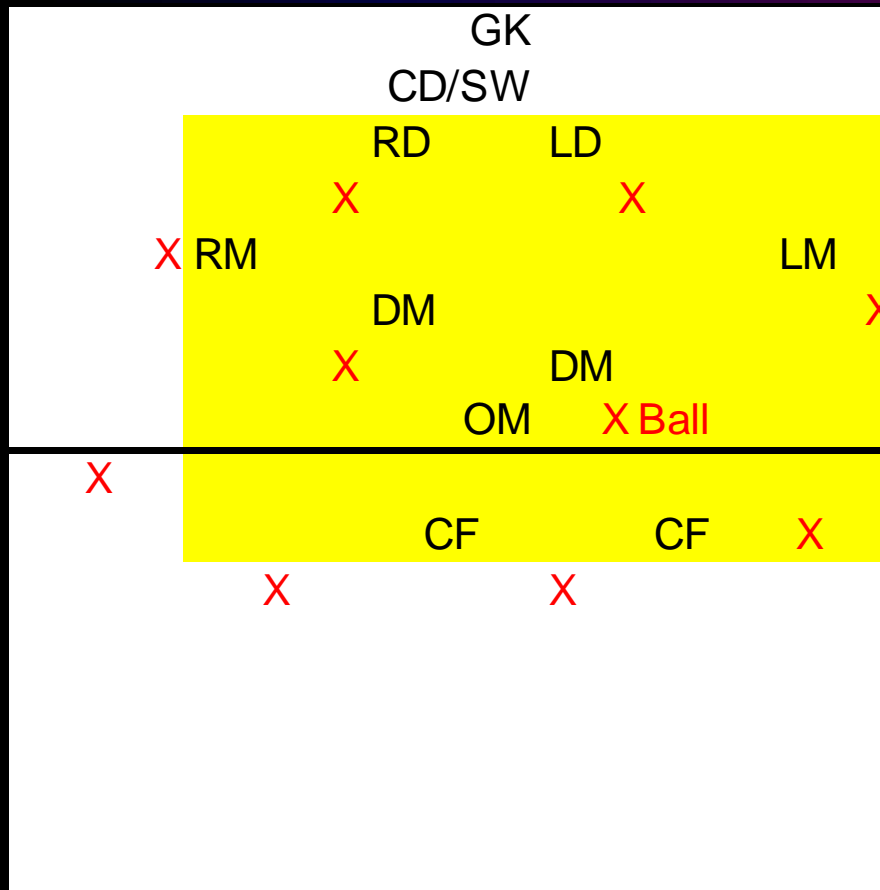
- GK positions ball side and outside of box
- OM goes out wide to provide pressure
- Closest DM provides cover and marks their closest CM
- Opposite DM comes across to support and also marks their other CM
- CF's drop in to condense space
- RM comes inside slightly

Defensive positioning....



- GK positions ball side and outside of box
- CF provides pressure
- OM provides support and also stops the pass through the middle, acting as a shield for the DM's
- DM's mark their CM's
- RM, LM come inside and condense field

Defensive positioning....



- GK positions ball side and on edge of box
- DM provides pressure
- Opposite DM provides cover and marks their CM
- OM comes back to double team the player on the ball
- CF's drop to condense the space
- RM, LM mark their RM, LM

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 form 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 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 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 RM/LM in order to score
- Shoot with every opportunity

Roles of player in Offense...

Defensive 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
- Pass the ball out wide, find our OM or to our forwards
- Pass the ball backwards to your full backs to keep possession.
- Be at the edge of the box when crosses or shots are being taken when the game allows it!
- Shoot with every opportunity when the game allows it
- Work with your other DM to ensure you stay compact and you do not get beat through the middle

Roles of player in Offense...

Offensive Midfielder

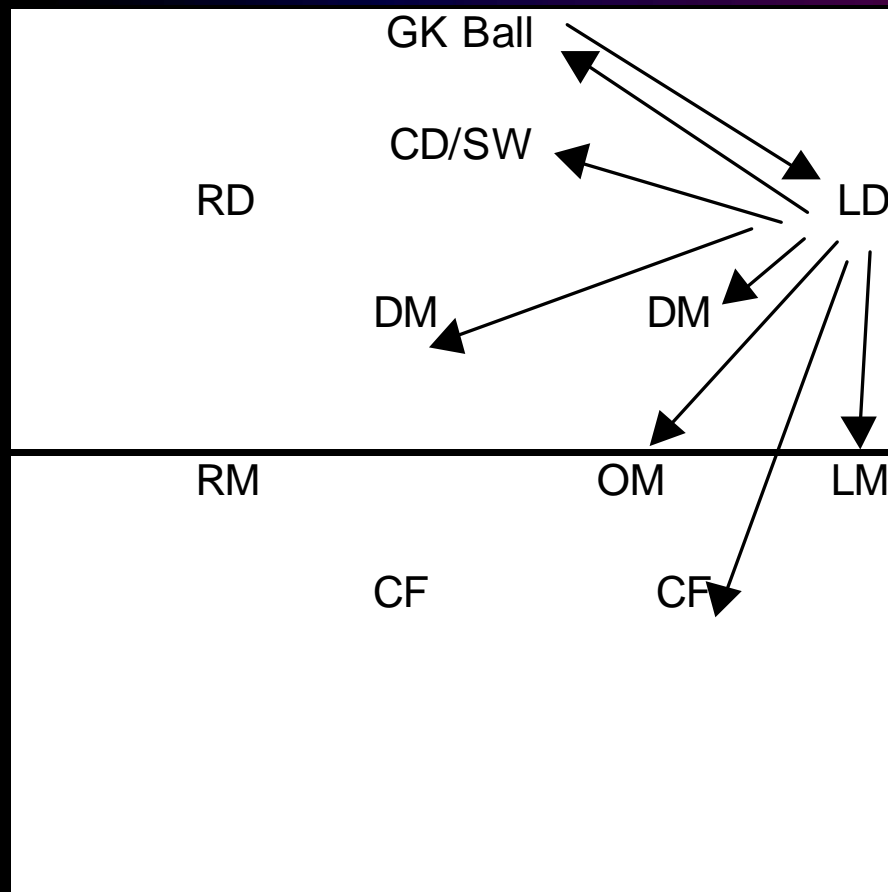
- Receive the ball from the DM or wide players
- Support the CF's
- Pass the ball out wide or into forwards
- Dribble the ball up through the middle into the offensive 3rd if space is available
- Shoot with every opportunity

Roles of player in Offense...

Center Forwards

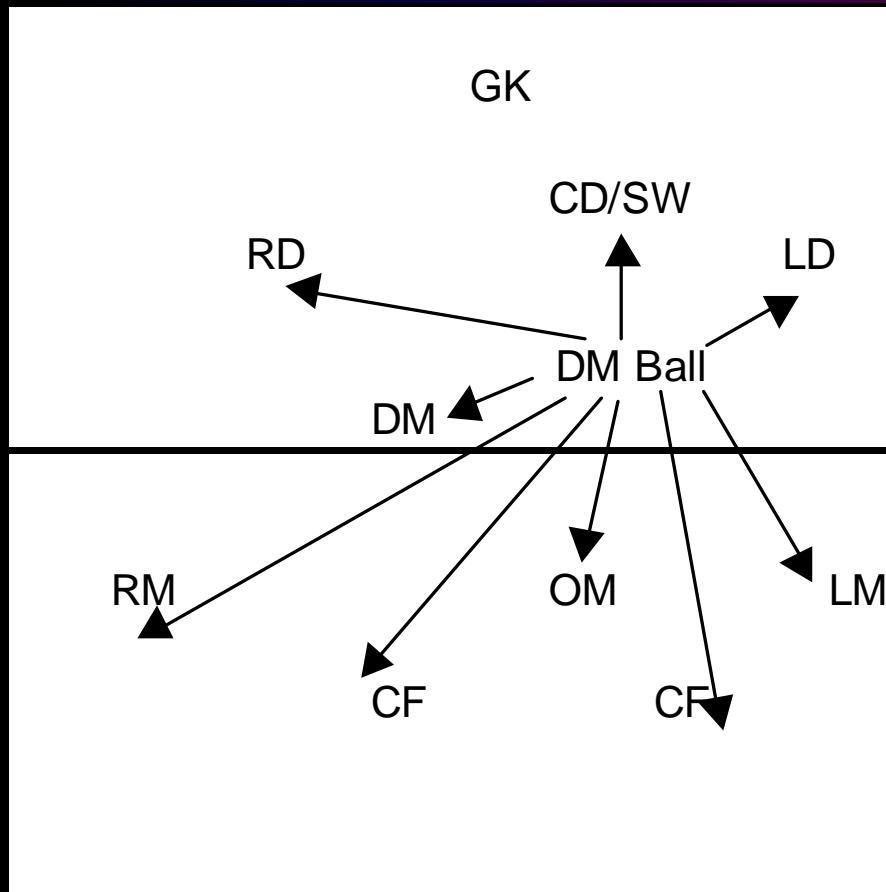
- Be in a position to receive the ball from a long kick from the GK.
- Work centrally to receive the ball from your OM or RM/LM without taking the space of each other away
- Be aware of your wide midfielders in order to leave them space to receive the ball and run at defenders without you being in the 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
- Dribble and take on players at every opportunity in the last third of the field
- Shoot at every opportunity

Offensive passing options....



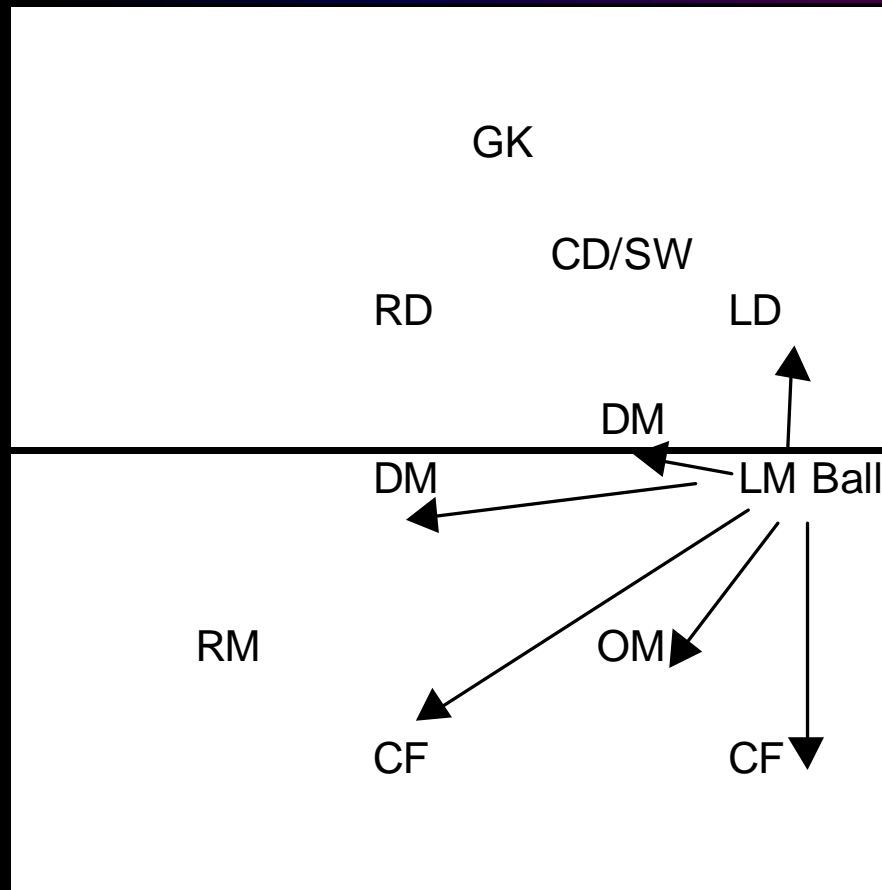
- LD receives ball from GK in defensive 3rd/offensive 3rd
- CD/SW, GK support from behind
- DM's slide across slightly
- OM shows up field on ball side
- Closest CF comes across to the ball side, opposite CF stays central
- RM comes inside slightly

Offensive passing options....



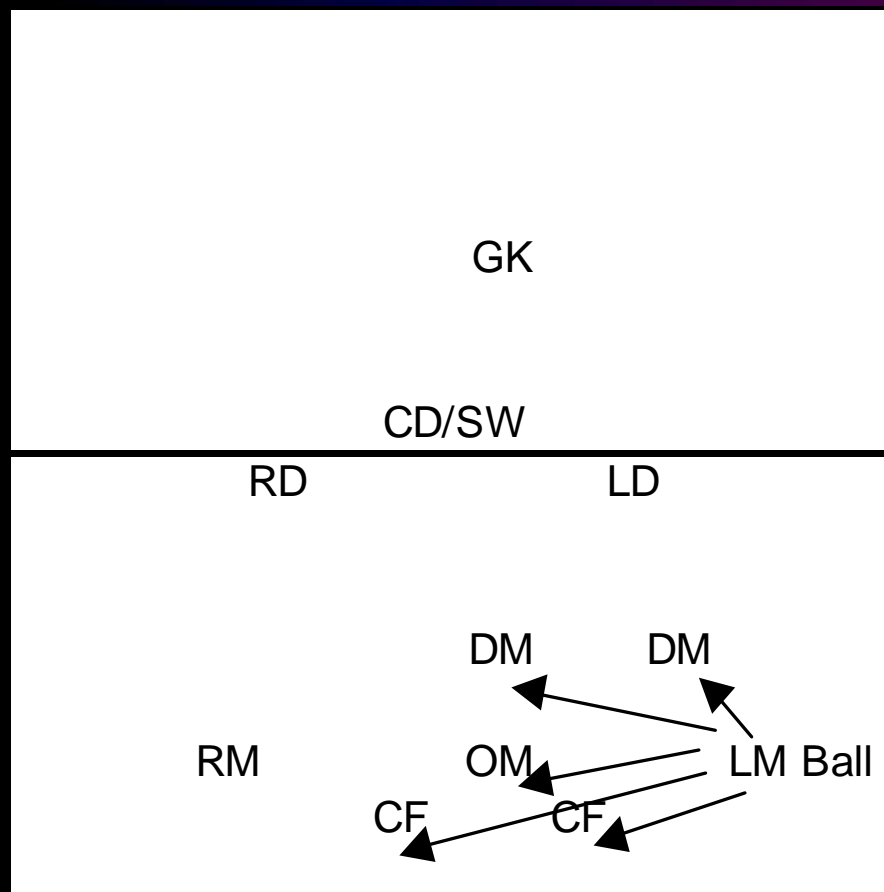
- DM receives ball in middle 3rd
- RD, LD, CD/SW support from behind
- Opposite DM shows slightly in front
- RM, LM push up and create width
- CF's push up and stay central
- OM shows in gap in between midfielders and forwards

Offensive passing options....



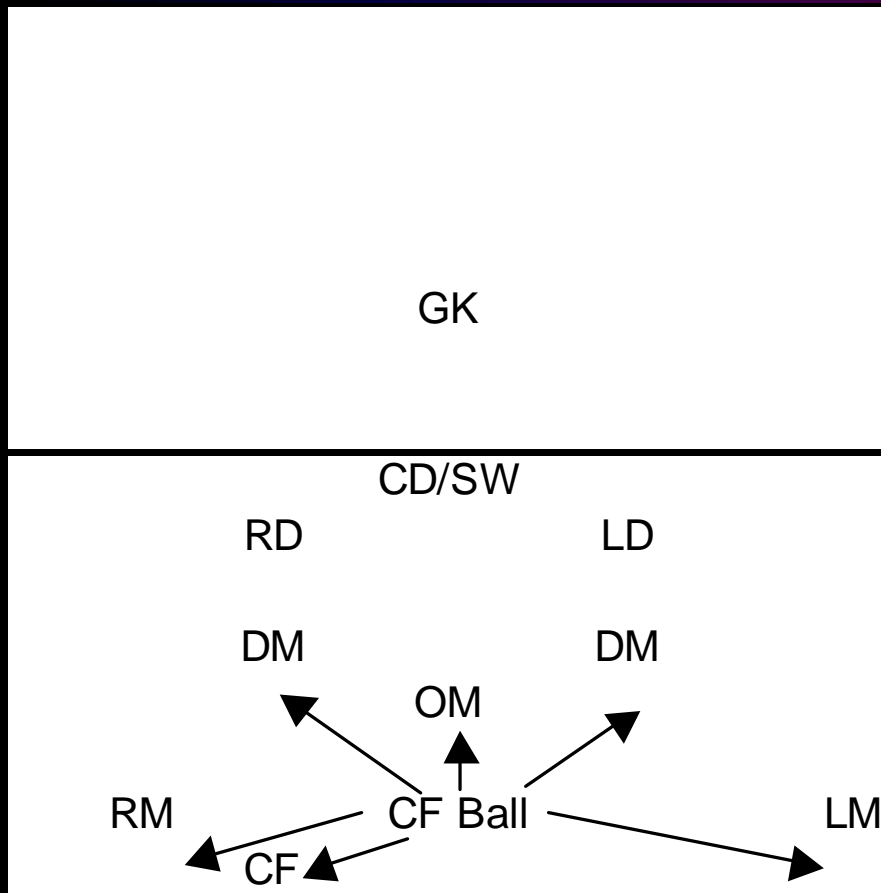
- LM receives ball in middle 3rd
- Closest DM and LD support form behind
- Opposite DM shows slightly in front of other DM
- Closest CF comes across to ball side, opposite CF stays central
- OM comes ball side to receive in the space
- RM comes inside slightly

Offensive passing options....



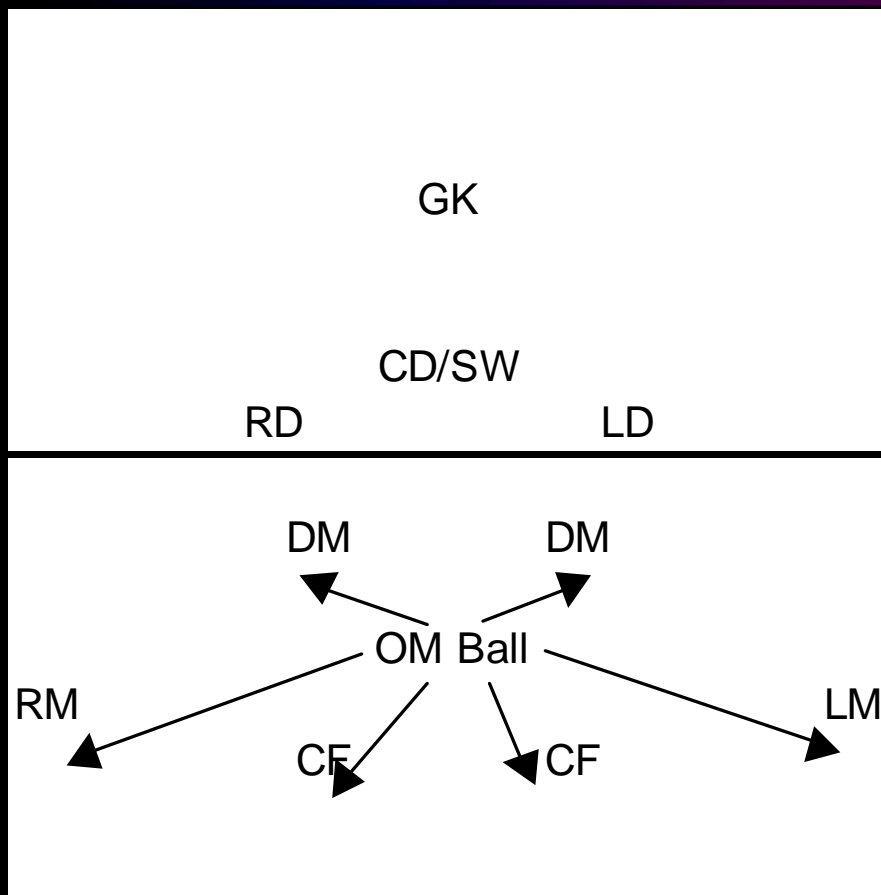
- LM receives ball in offensive 3rd
- DM's support from behind
- CF's and OM make runs into box
- RM arrives at far side corner of box

Offensive passing options....



- CF receives the ball in the offensive 3rd
- OM and DM's support from behind
- RM, LM create width
- Opposite CF gets into the box

Offensive passing options....



- OM receives ball in offensive 3rd
- DM's support form behind
- RM, LM create width
- CF's go deep and receive ball to feet