Formation

4-2-3-1

1. Top 5 things to know
2. Outside full backs (#2 & #3) attack wide
3. Defensive Mids (#6 & #8) & Attacking Mid (#10) must stay Central

* Not only a key for defense, but also transitioning to offense

1. Angle movement and passes

* Key for possession

1. Defend in your Zone

* Don't get ambitious and try to help the players outside of your responsible area, pick up the player coming through your areas.

1. Turnovers in the middle of the field are dangerous

* Susceptible to counters because outside defenders vacate their area for attack.

1. Goalie (#1)
2. Goalie must be well rounded possessing both skillful feet and hands
3. Ideally the goalie is a minimum of 6ft tall and athletic
4. Goalie must be a leader and organizer who literally directs entire game from the goal.
5. Goalie must read the game and direct their team to shutdown dangerous situations before they occur.
6. Goalie must do everything from intercepting through balls to starting counter attacks.
7. Goalie must communicate firmly with clear and loud voice so that the team can understand and follow directions.
8. Look to distribute the ball to the Outside Backs (#2, #3) quickly when they are open.
9. Punt the ball when quick throw options are not available.
10. Center Backs (#5 & 4)
11. Think of it as double sweeper (last line of defense)
12. If needed, drop outside to help the outside full backs (#2 & #3), in which case the Defensive Mids (#6 & #8) drops back to take their position.
13. When having possession of the ball, you cannot take any risks, no turn overs
14. Without the ball, you must have a killer mentality and must become a vocal leader (telling everyone to keep the shape, and indicate which players to be marked)
15. When the ball is in the defensive 3rd, protect the goal scoring area (Penalty Box), communicate to ensure all players coming through the Penalty area are man marked. Make sure to provide cover for the outside backs on the strong side (where the ball is)
16. When the ball is in the middle 3rd, position your selves on the quarter line
17. When the ball is in the attacking 3rd, position your selves on the half line.
18. Outside Backs (#2 & #3)
19. Think 50 % defense and 50% Attacking
20. Cover outside 3rd all the way up and down (lot of running)
21. In possession:

* Defensive 3rd, should look for angle passes to the Defensive Mids (#6 & #8) or Outside Attackers (#7 & #11)
* Middle 3rd, look for the entry pass to the striker (#9), the Center Attacker (#10), Outside Attackers (#7 & #11).
* Attacking 3rd, the main responsibility is to dribble the ball to the end line toward the goal, and make crossing pass away from the goalie on the ground through the middle of the penalty area just outside the goalie box. Or make a long looping cross to the weak-side.

1. Without Possession:

* Defensive 3rd, pressure the player with the ball coming through your zone (strong-side), the opposite side outside back shifts into the middle to provide balance to the weak-side.
* Middle 3rd, position near the half way line to provide support for the player with ball. Look to be part of the action.
* Attacking 3rd, strong-side outside back should move up to support the striker (#9) and the Outside Attackers (#7 & #11). The weak-side outside back should not commit too far in unless you see a clear possession opportunity for a shot or aa cross. The negative consequence for committing to far in is difficulty of recovering on a counter.

Note: It is all about understanding the situation before making decision on when to attack or when to defend. Keep in mind, defense first, then consider attacking when the situation present itself.

1. Defensive Midfields (#6 & #8)
2. Most import positions in this formation
3. Key Players for transition
4. Always want the ball, constantly moving to support
5. Defensive 3rd:

* Non-supporting Defensive Mid stays high when the supporting Defensive Mid supports the full backs
* Non-supporting defensive mid stays below the supporting Defensive Mid when the supporting Defensive Mid supports the Center Attacker (#10) or the outside Attacking Mids (#7 & #11).
* Force the play outside
* Protect the Goal Scoring Area

1. Middle 3rd:

* Want the ball
* Be a smart decision maker
* Must be a great passer, making confident passes
* Do not play flat, must have stagger position

1. Attacking 3rd:

* Don't get caught too far up. Stay below the attacking 1/4 line
* On offense to defense transition drop back to protect the middle. Forcing the play to the outside.
* Remember, outside backs attack, and we are vulnerable to the counter. Hence, drop back and delay so that the Outside Backs can recover.

1. Center Attacker (#10 – Also known and offensive play maker)
2. Stays above the defensive 1/4 line. Generally, stays in the middle area straddling side to side looking to support the ball coming out of the defensive 3rd.
3. This player is the main outlet for the Defense to Offense transition
4. Attacking 3rd, mainly receives the ball from the Outside Attackers (#7 & #11) or from the Striker (#9). When in attacking 3rd, expected to be a goal scorer
5. On Defensive transition from the attacking 3rd, play passive defensive to slow the play down, and force the play to the outside so the defenders can get back in position to organize defensive shape.

1. Outside Attackers (#7 & #11)
2. Stay somewhat compact to the middle to open the outside space for the outside backs to make their runs.
3. In possession:

* Defensive 3rd and Middle 3rd, main targets are Center Attacker (#10), Outside Backs (#2 & #3) for through runs, and Defensive Mids (#6 & #8)
* Middle 3rd, stay centralized, allowing outside lanes for the Outside Backs (#2, #3) to attack.
* Attacking 3rd, you are expected to attack and shoot or play the ball to the Striker (#10) for a finish.
* Combination plays with the Striker (#10) is the key to finishing opportunities.

1. Without Possession:

* Defensive 3rd, pick up any one that comes into your responsible area, and box him in, weak-side outside attacker plays balance.
* Attacking 3rd, you are expected to be a goal scorer, receive balls from the layoff passes from the Outside Backs (#2 & #3) or from the Striker (#10). On Defensive transition, force the play to the outside, and then assist in boxing in process.

1. Striker (#9)
2. Hardly any defensive responsibility. Only defensive responsibility is in the attacking 1/4 to apply pressure for a turnover, to delay, and to force the ball to the outside.
3. Play with your back to the goal pretty must entire time.
4. Hold on to the ball until your attackers get in position to attack.
5. Always look for 1 v 1 opportunity to take the ball to the goal.
6. Your main targets are Center Attacker (#10) and Outside Attackers (#7 & #11).
7. Always looking to layoff passes and looking to receive crossing passes to finish

Theme: Every Position thru Transitions

1. Control the middle
2. Have the angles set up for possession
3. Make them defend us