



# FORMATIONS

11 v 11

# 4-3-3



## **Advantages / Defending**

1. Apply pressure closer to opponents goal
2. Tremendous pressure on weak opponent
3. Force opponent to play longer passes
4. Force opponents back players into smaller spaces
5. Three front can mask slower players
6. Force opponents to adjust formation in back third
7. Back line can play zonal or man to man with sweeper

## **Advantages / Attacking**

1. Front line is in position to attack when ball is won
2. Easier to play direct to three targets
3. Spreads physical demands of the strikers, short runs
4. Attack near, middle, far crosses
5. Provide width in the attack
6. Pull man to man defense to one side
7. Psychologically in attacking mode



# 4-3-3 (CONTINUED)



## **Disadvantages**

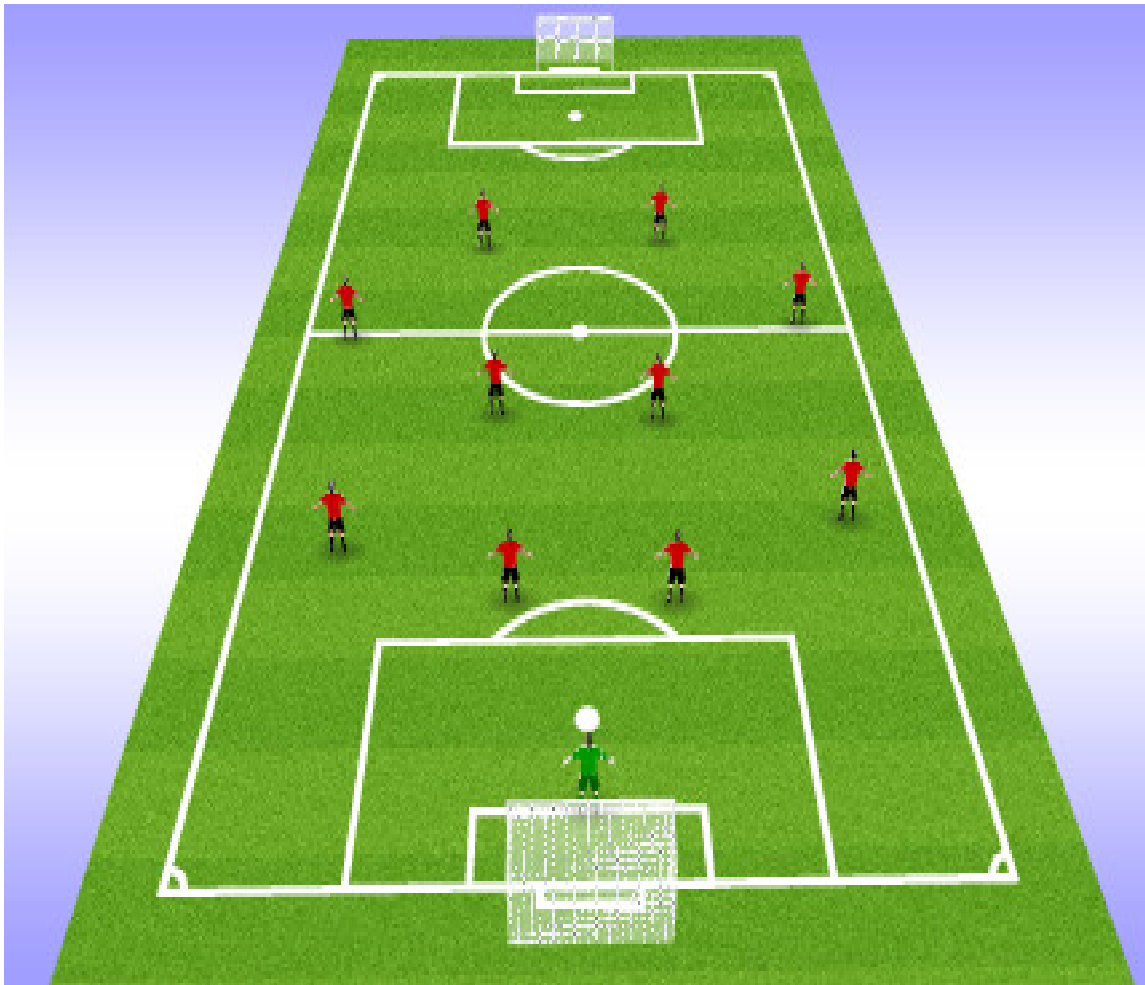
1. Three players can be eliminated with one forward pass
2. Three players receive the ball with their back to goal
3. Team can be out numbered in midfield
4. Physical demands on central midfielder player are high
5. Encourages a more direct style of play
6. Team generally defends with 7 rather than 8 players
7. Less effective against technical teams

## **Development**

1. Progression from a 3-2-2 system in 8v8 soccer
2. Train back 4 in either zonal or man to man with a sweeper
3. Encourage all players to play direct
4. Develop timing of midfield combinations with front line
5. Coach transition through the midfield
6. Coach zonal defending with



# 4-4-2



## **Advantages / Defending**

1. There are clearly eight defenders behind the ball
2. Width of the field is covered by the four midfielders
3. Easy to stay in good zonal shape
4. Difficult to unbalance
5. A good high pressure system
6. Good match ups against a three front

## **Advantages / Attacking**

1. Two equally balanced halves
2. Roles are mirrored from left to right
3. Midfield players receive the ball facing forward
4. Central midfielders can split attacking role
5. Fullbacks can join in attack without exposing back
6. Attack through flanks with support
7. Space for forwards to work in
8. Two forwards can compact defense centrally
9. Easy to change point of attack



# 4-4-2 (CONTINUED)



## **Disadvantages**

1. Numbers down in midfield against 3-5-2
2. Team can be exposed by both central midfielders attacking
3. Forwards can get isolated if all four midfield players drop deep to defend
4. Not a good system if forwards are slow
5. How do four defenders match up against two forwards?
6. Need a forward to act as a target player
7. Less direct style of play

## **Development**

1. Progression from a 3-3-1 system in 8v8 soccer
2. Coach communication with central midfield players
3. Develop a target player up front
4. Encourage team to play less indirect and switch the play
5. Develop a marking system for the back four