

TACTICS

Systems of Play

11 v 11 (4-4-2) and (4-4-3)

8 v 8 (3-3-1) and (2-3-2)

Coach Rick Cosse

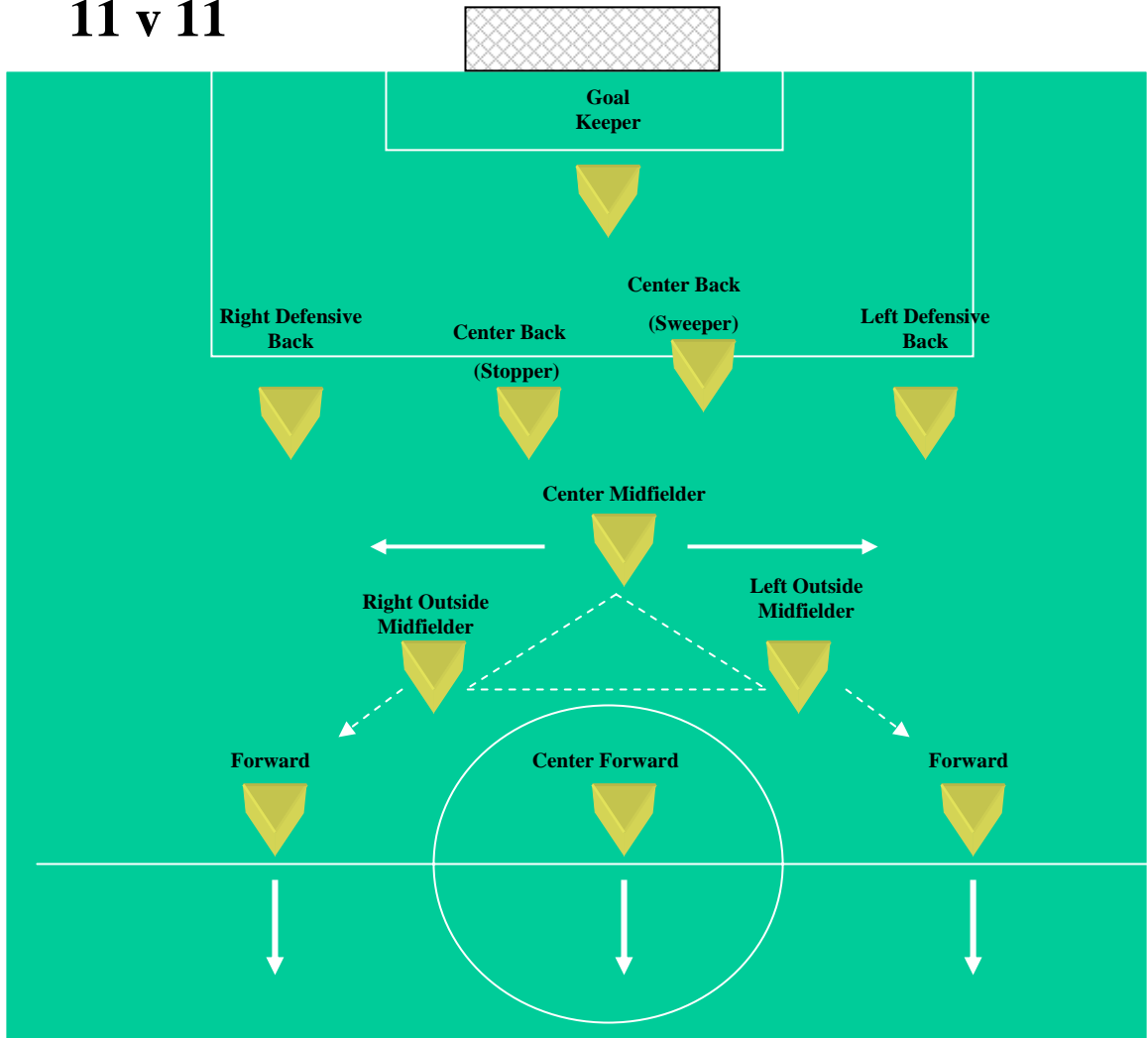
The following four (4) illustrations are designed to assist coaches in identifying the strengths and weaknesses of their players and selecting a System of Play best suited for their team to operate. Whether your are playing 8 or 11 aside, before selecting a system, several factors must be taken into consideration before selecting a system and before placing players into their functional responsibilities.

1. The system should fit the players based upon their physical, technical, tactical and psychological qualities.
2. A well balanced team has players who can: score goals; create goals and defend.
3. Individual players have different qualities and will gravitate to those areas of the field that suit their “comfort zone”.
4. Left or right “sided” players should be played in those areas of the field that tactically compliment the game.
5. All teams must have a balance of depth in the midfield and discipline at the back to prevent counter attacks.
6. The most defensive of teams cannot remain in their own third or half of the field if they expect to win.
7. Regardless of the System of Play, the “Principles of Play” (Attack and Defense) must be taught and coached.
8. The system is only as good as the players in it.



4-4-2 SYSTEM OF PLAY

- Four (4) Defenders evenly spaced across the back.
- Two (2) Center Backs. When defending, one (1) Center Back assumes the responsibility to mark on-coming Attackers, (Stopper), the other assumes the responsibility of “Last Defender” or (Sweeper).
- Two (2) Center Midfielders. On attack, and generally in the attacking third of the field, one (1) Center Midfielder joins the attack (Offensive Center Midfielder), while the other assumes a withdrawn defensive position (Defensive Center Midfielder), to ensure support and depth of the attack.
- “Optional” - Center Midfielders can share roles, but must play together in a “clock face” (10:00 o’clock - 4:00 o’clock position) and “elastic” fashion, depending on the point of attack, (8:00 o’clock - 2:00 o’clock position).
- Two (2) Forwards, who must play within 10 - 12 yards of each other and on the same side of the field as the ball.



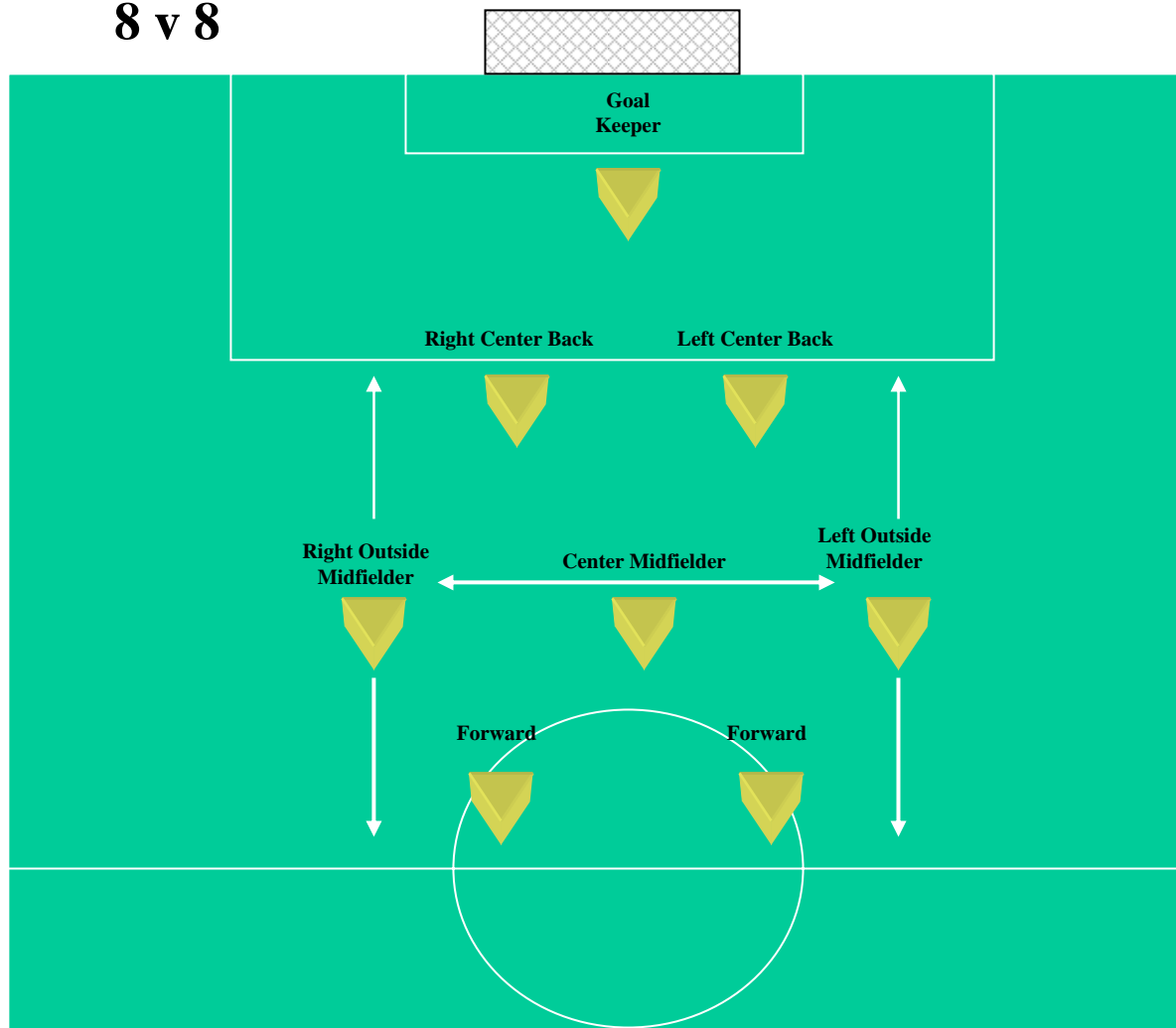
4-3-3 SYSTEM OF PLAY

- Four (4) Defenders evenly spaced across the back.
- Two (2) Center Backs. When defending, one (1) Center Back assumes the responsibility to mark on-coming Attackers, (Stopper), the other assumes the responsibility of “Last Defender” or (Sweeper).
- One (1) Center Midfielder, with two (2) outside midfielders playing central and forward of the Center Midfielder, forming a reverse triangle. The attack now must go to the outside and forward for maximum effect and to spread the opponent’s defense.
- Three (3) Forwards playing across the top.



3-3-1 SYSTEM OF PLAY

- Three (3) Defenders evenly spaced across the back.
- One (1) Center Back. When defending, Center Back assumes the responsibility of “Last Defender” or (Sweeper).
- One (1) Center Midfielder. When defending, Center Midfielder assumes the responsibility to mark on-coming Attackers, (Stopper). On attack, and generally in the attacking third of the field, the two (2) Outside Midfielders join the attack to show three (3) Forwards upfront while the Center Midfielder assumes a withdrawn defensive position to ensure support and depth of the attack.
- One (1) Forward, who must play on the same side of the field as the ball.



2-3-2 SYSTEM OF PLAY

- Two (2) Center Defenders playing central. When defending, one Center Back assumes the responsibility of “Last Defender” or (Sweeper).
- One (1) Center Midfielder. When defending, Center Midfielder assumes the responsibility to mark on-coming Attackers, (Stopper). On defense, the two (2) Outside Midfielders join the Center Defensive Backs on the left and right side to show four (4) Defensive Backs.
- On attack, and generally in the attacking third of the field, the two (2) Outside Midfielders join the attack on the left and right side to show four (4) Forwards upfront while the Center Midfielder assumes a withdrawn defensive position to ensure support and depth of the attack.
- Two (2) Forwards, who must play on the same side of the field as the ball.