

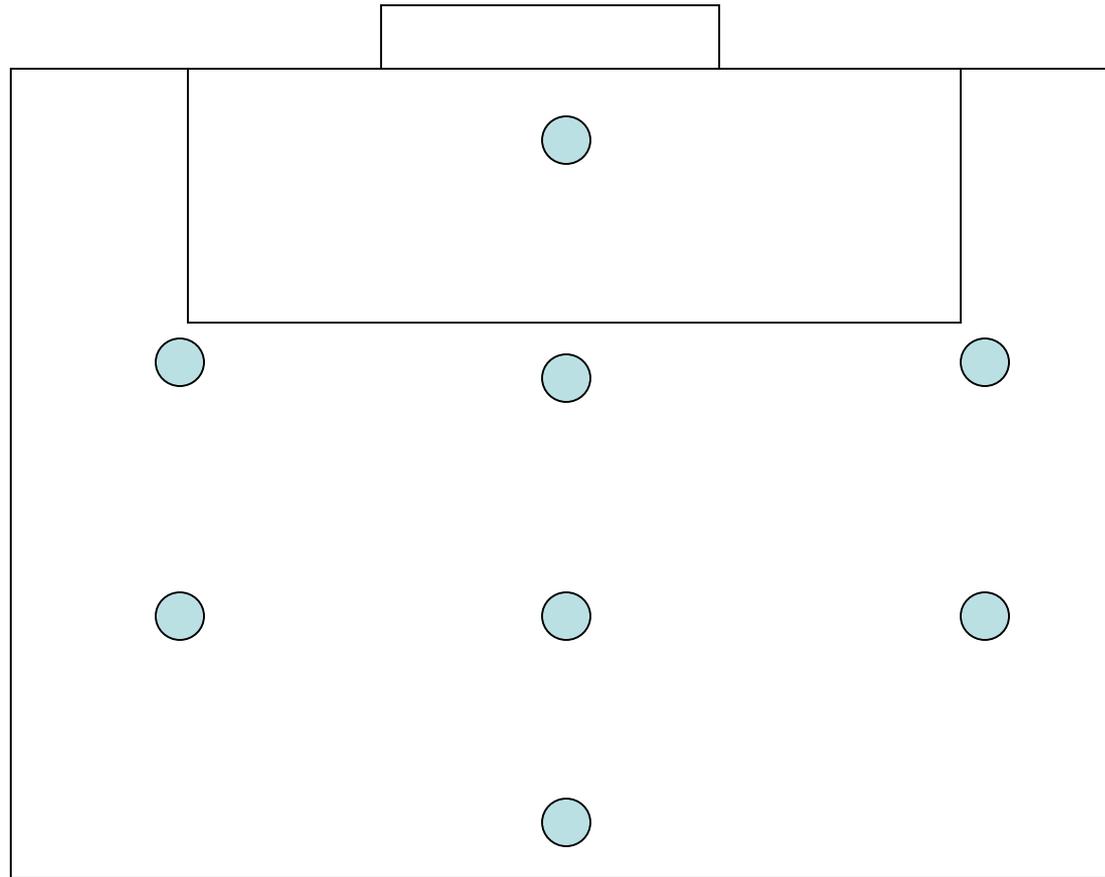
Formation 3-3-1



Why this formation?

1. Has a player in every zone in defenders, midfielders and strikers
2. Forces our team to play through the team and not direct
3. Wide players make good soccer shapes in diamonds and triangles with central players
4. Forces us to develop movement from the back and build up play
5. Gives good opportunities to switch the field of play
6. Stretches opponents with our width
7. Forces our goalkeeper to play out of the back increasing technical development and tactical awareness
8. Gives an opportunity to play real soccer in combination play
9. Forces effective striker moment and not just a kick and run

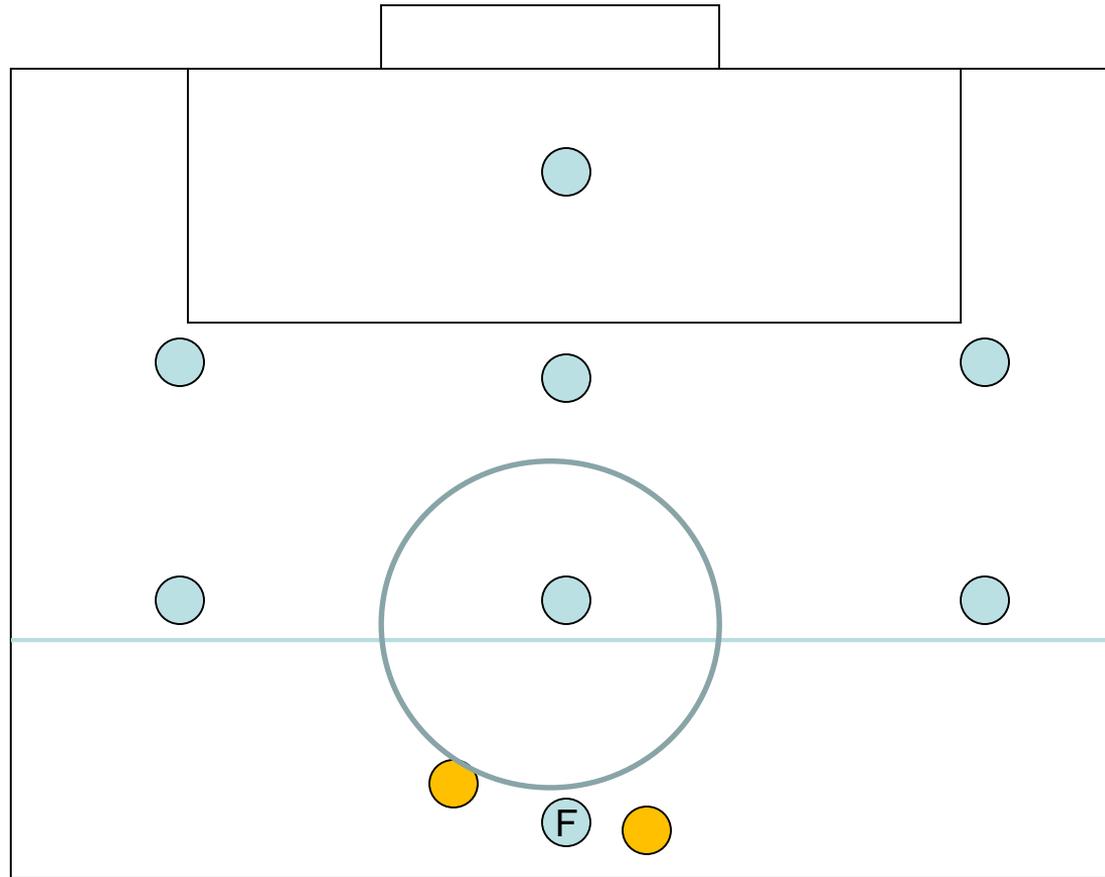
Game Objective 1



To maintain our team shape 1-3-3-1

Our shape expands in possession, covering as much of the field that can be passed to in relation to the teams leg strength and constrict in defense with players making distance adjustments based on the quality in certain positions that the opponents have. Our shape (including GK) should move forward and backwards in relation to the ball.

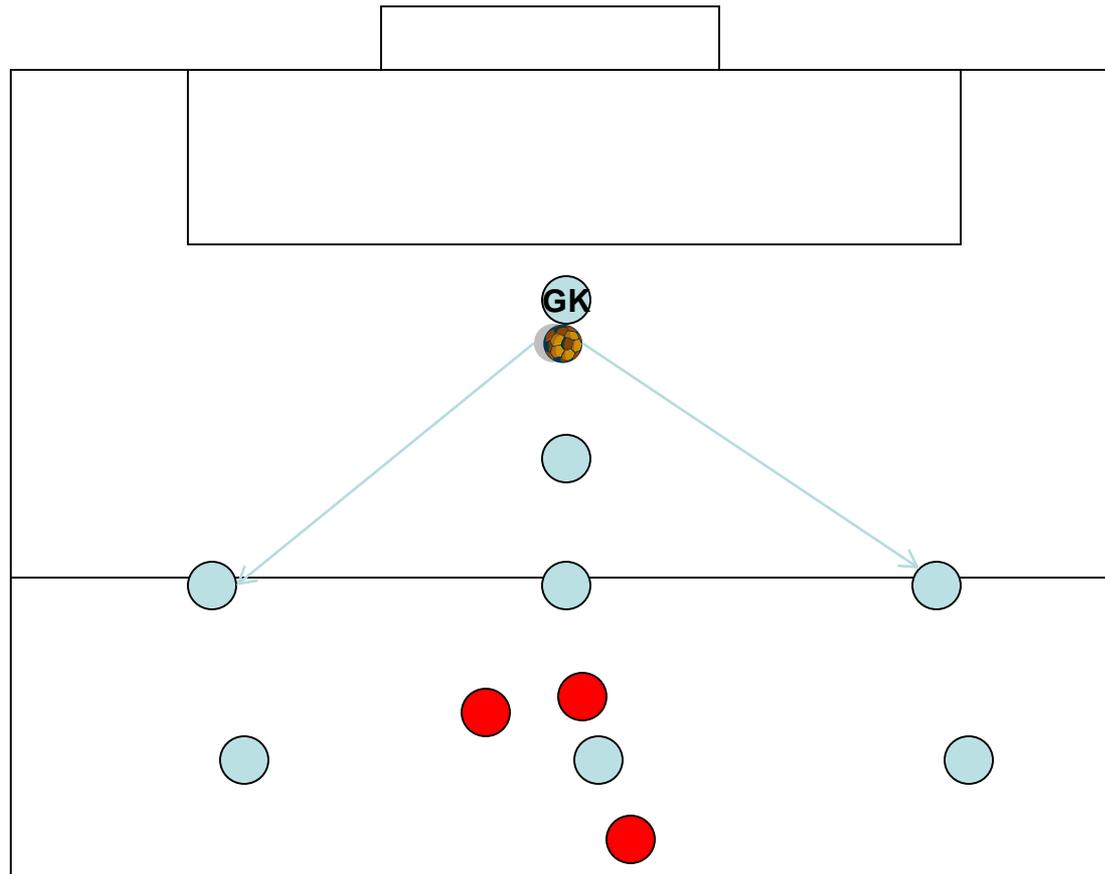
Game Objective 2



To Establish Depth

Our forward's starting point should be on the halfway line or level with the last defender depending on which one is closer to the opponents goal. Our forward should always be central posing a threat to the goal.

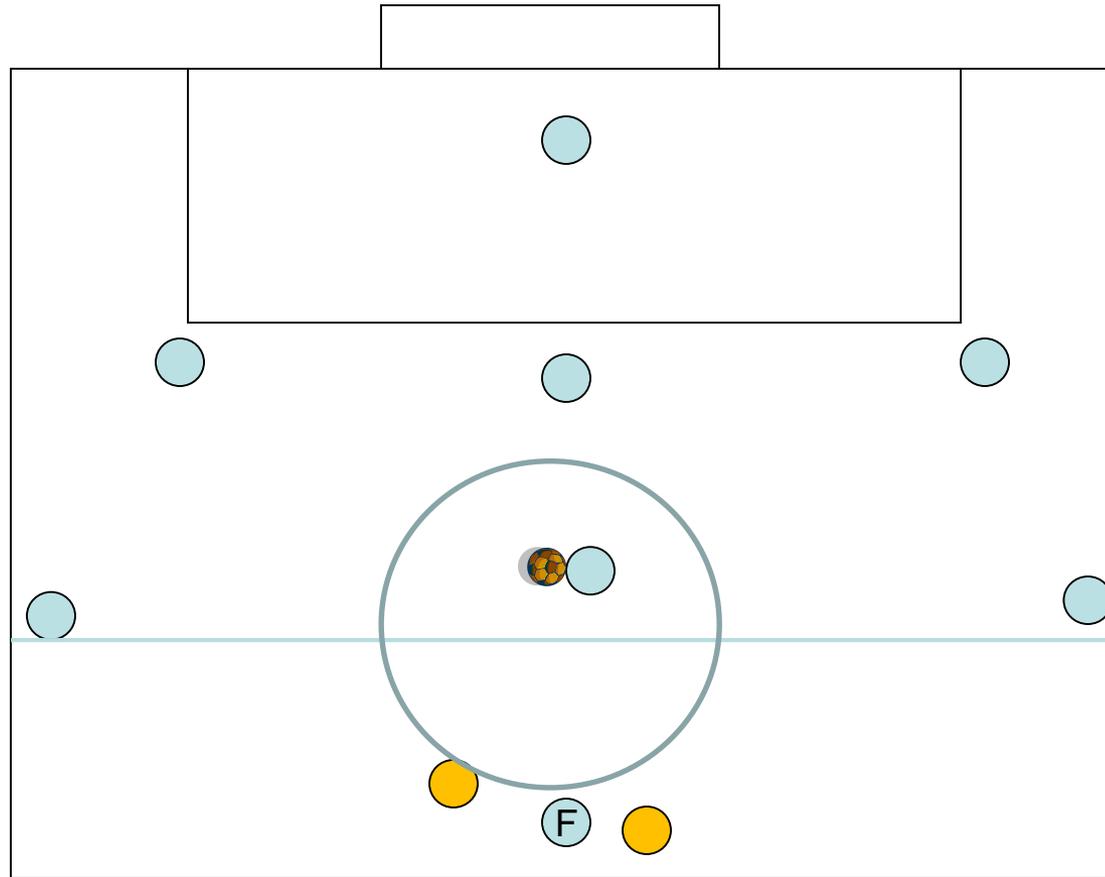
Game Objective 2



Get the Goalkeeper to come out of the penalty area

The goalkeeper should move up with the team (coming out of the penalty box) maintaining a distance behind the last defender appropriate for cover. The goalkeeper should look to come out and kick away when the ball is played behind the defender or wide player.

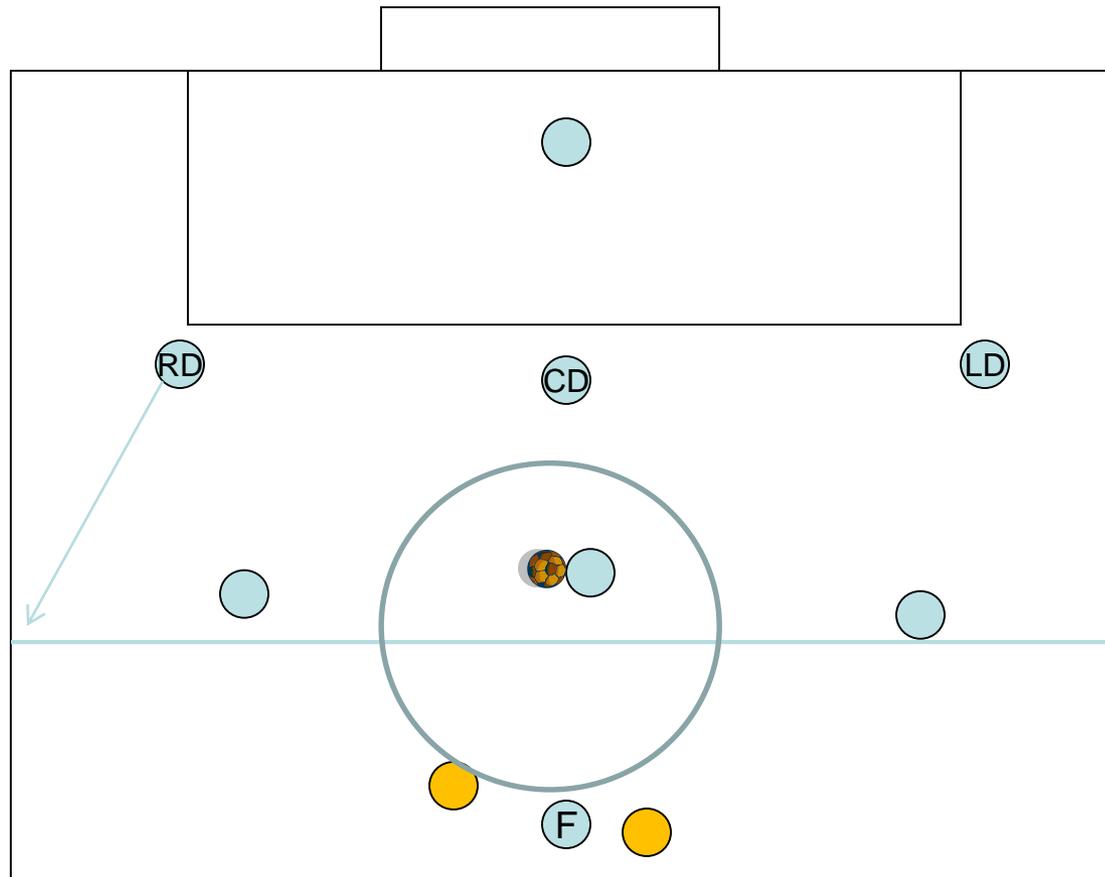
Game Objective 3



To Establish Width

When we are central we need our outside midfielders to be as wide as possible. This stretches out the opponents to create opportunities to pass forward or to attack in the space.

Game Objective 3

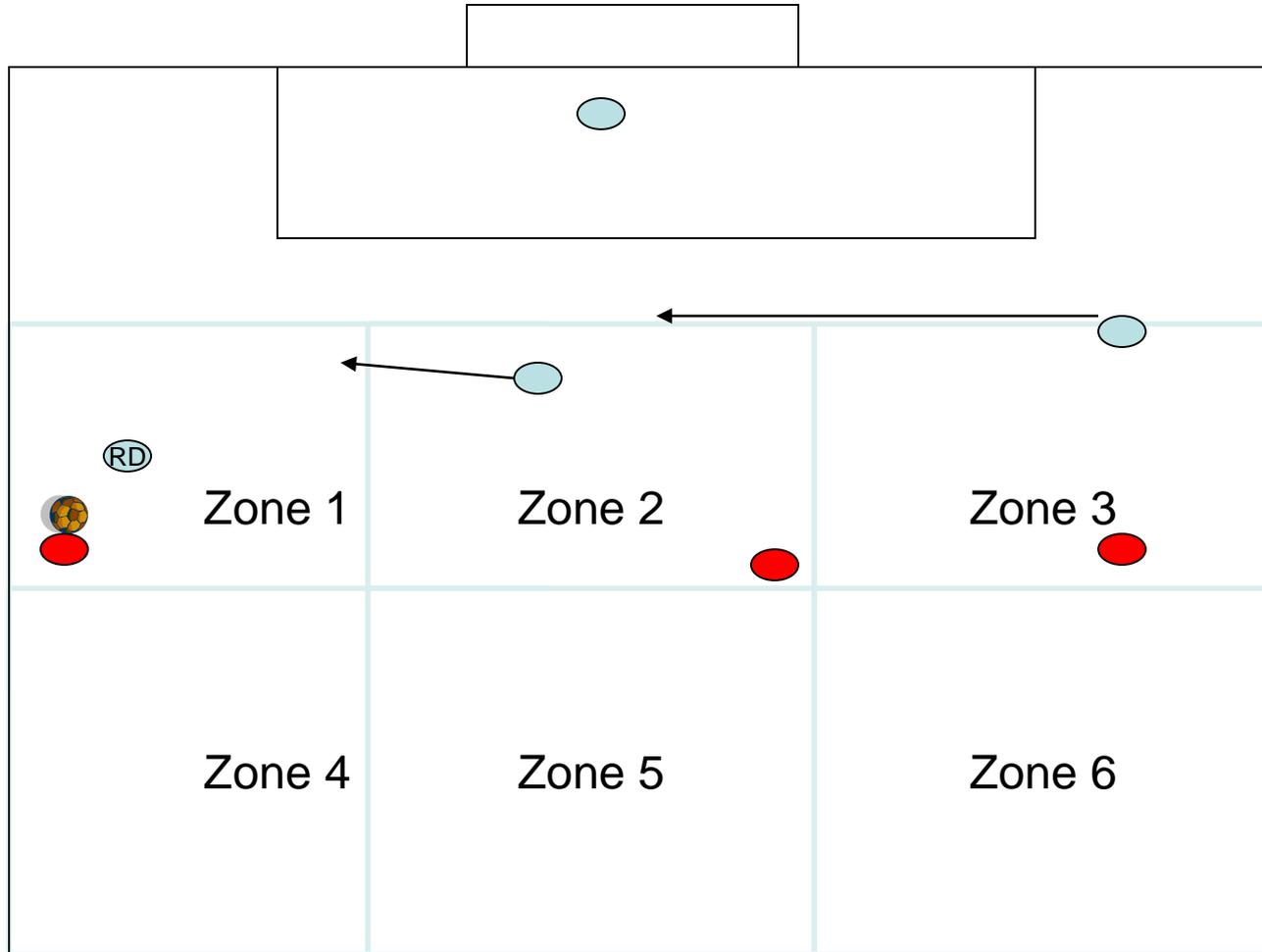


To Establish Width through outside defenders – U12

If the outside midfielders can't get wide on the side we are attacking. The outside defenders come up to support and provide the width.

On moving forward the remaining two defenders shift across to cover the space and support.

Game Objective 4



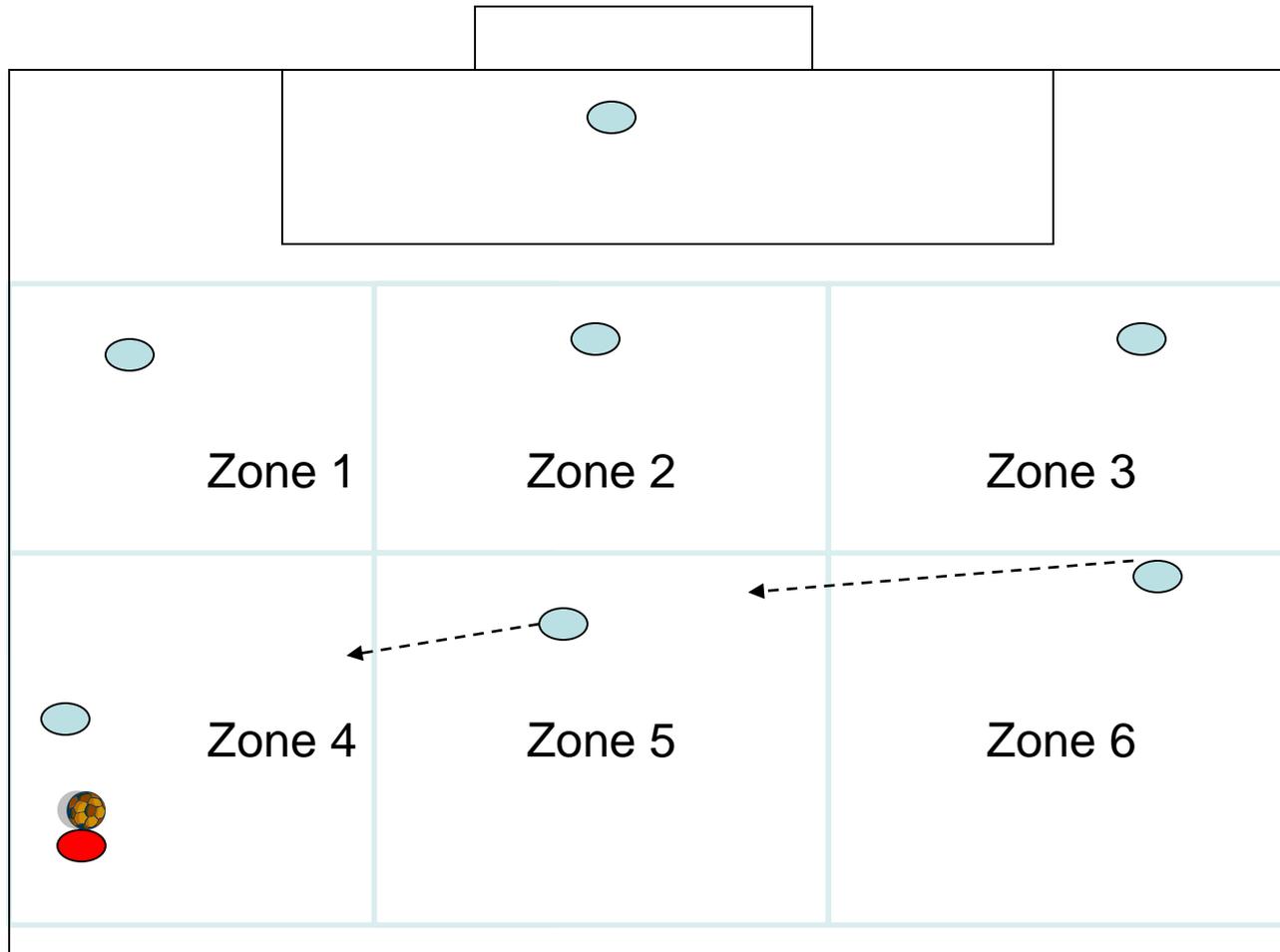
To get the fullbacks to successfully zonal defend

To be successful the other two defenders must come across to cover. The covering players must be in a position to cover, see the ball and the opponents at the same time.

The opposite outside defender will finish in the center of the field.

Note: The right defender is defending on the left side of the ball sending the red player to the side with less support.

Game Objective 6

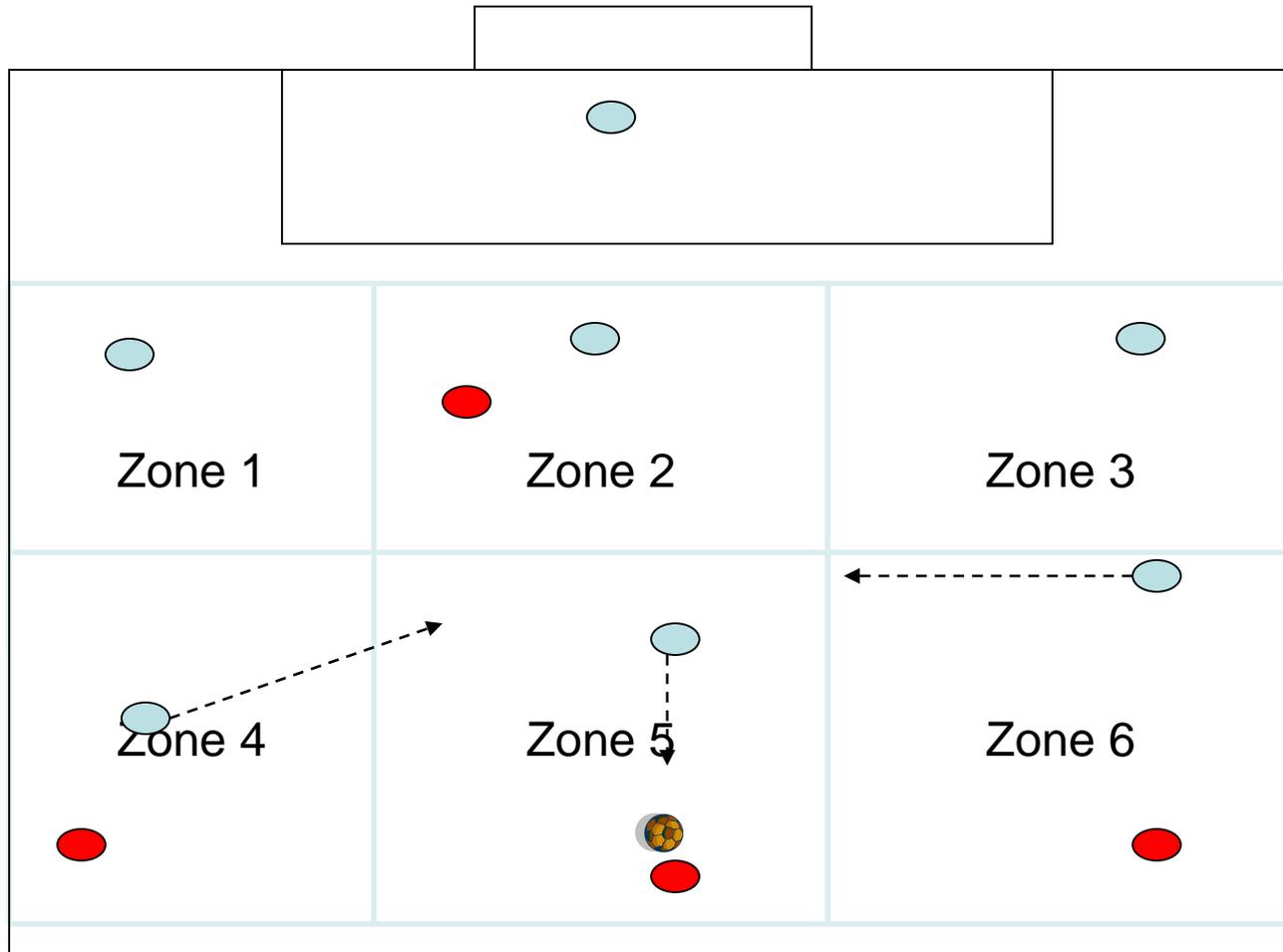


To get the outside midfield players to zonal defend

To be successful the other two midfielders must come across to cover and compact the field.

Note the defending player is making the attacker move inside to where cover is.

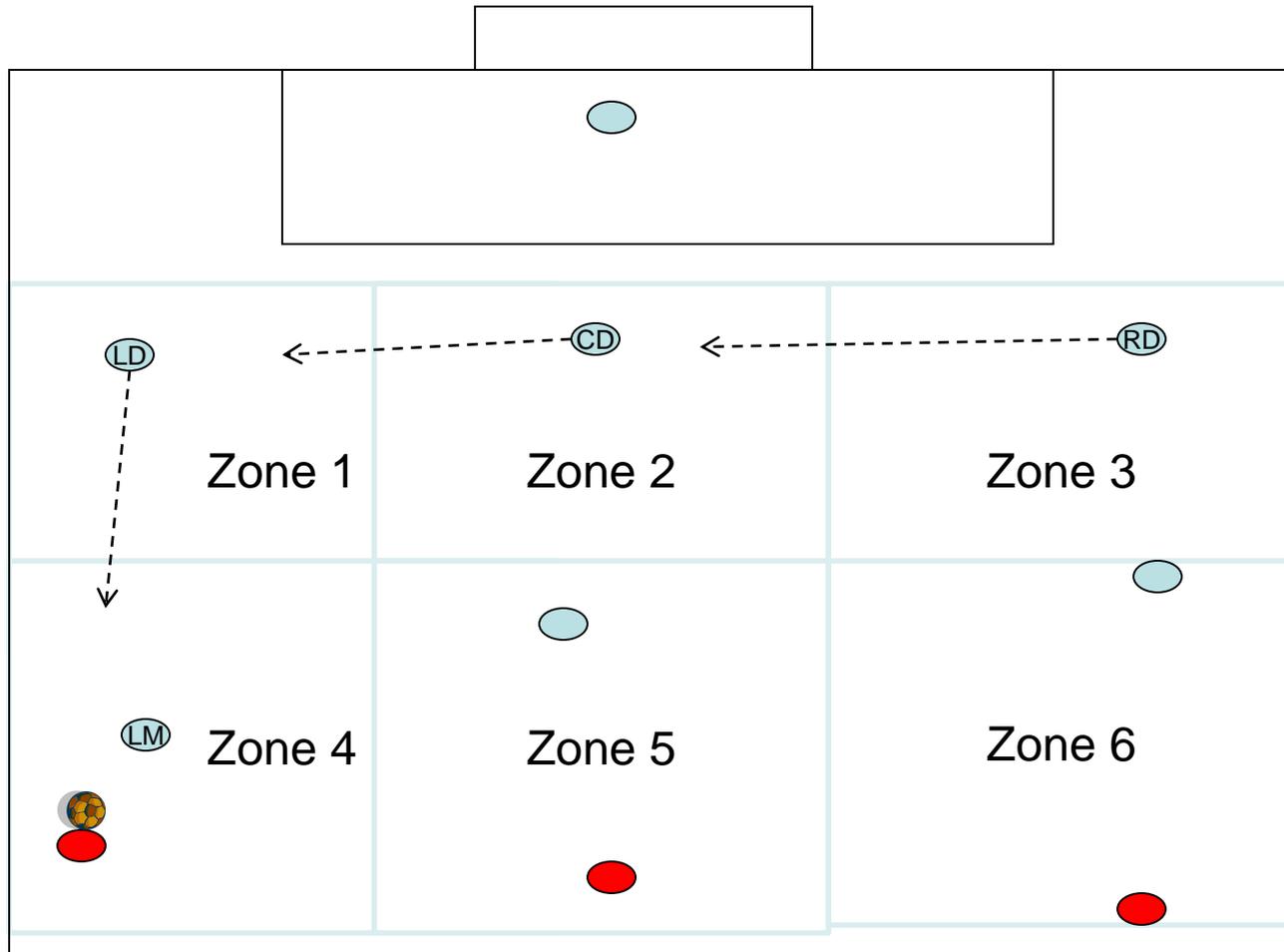
Game Objective 7



To get the central midfield player to zonal defend

To be successful the other two midfielders must pinch inside to compact the field and deny passing lanes to the forward.

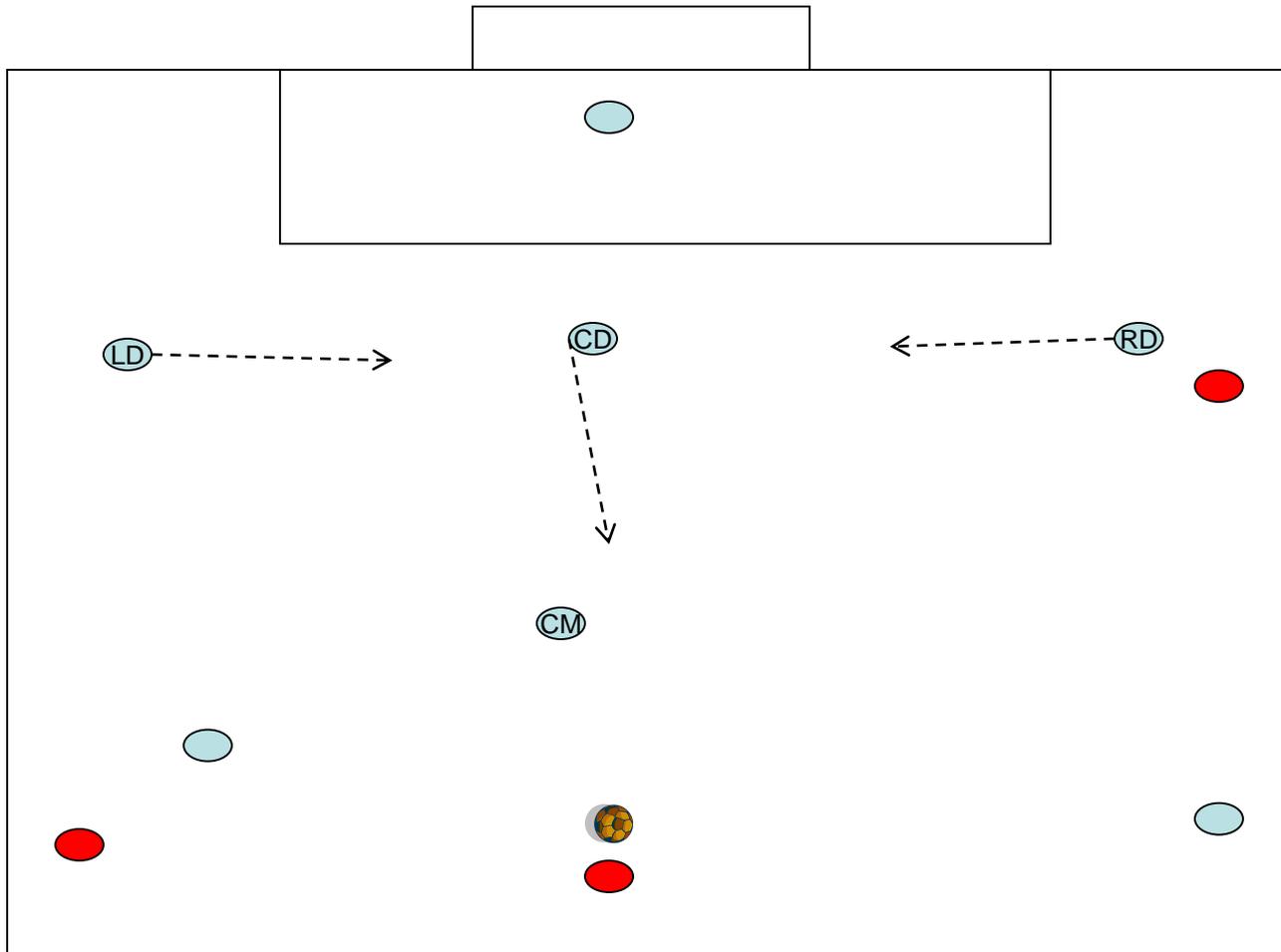
Game Objective 8



To connect the midfield and defenders zonally

Note: The left midfielder is making the attacker dribble outside and away from support. The left defender steps up and the center and right defender shift across to compact the field.

Game Objective 8

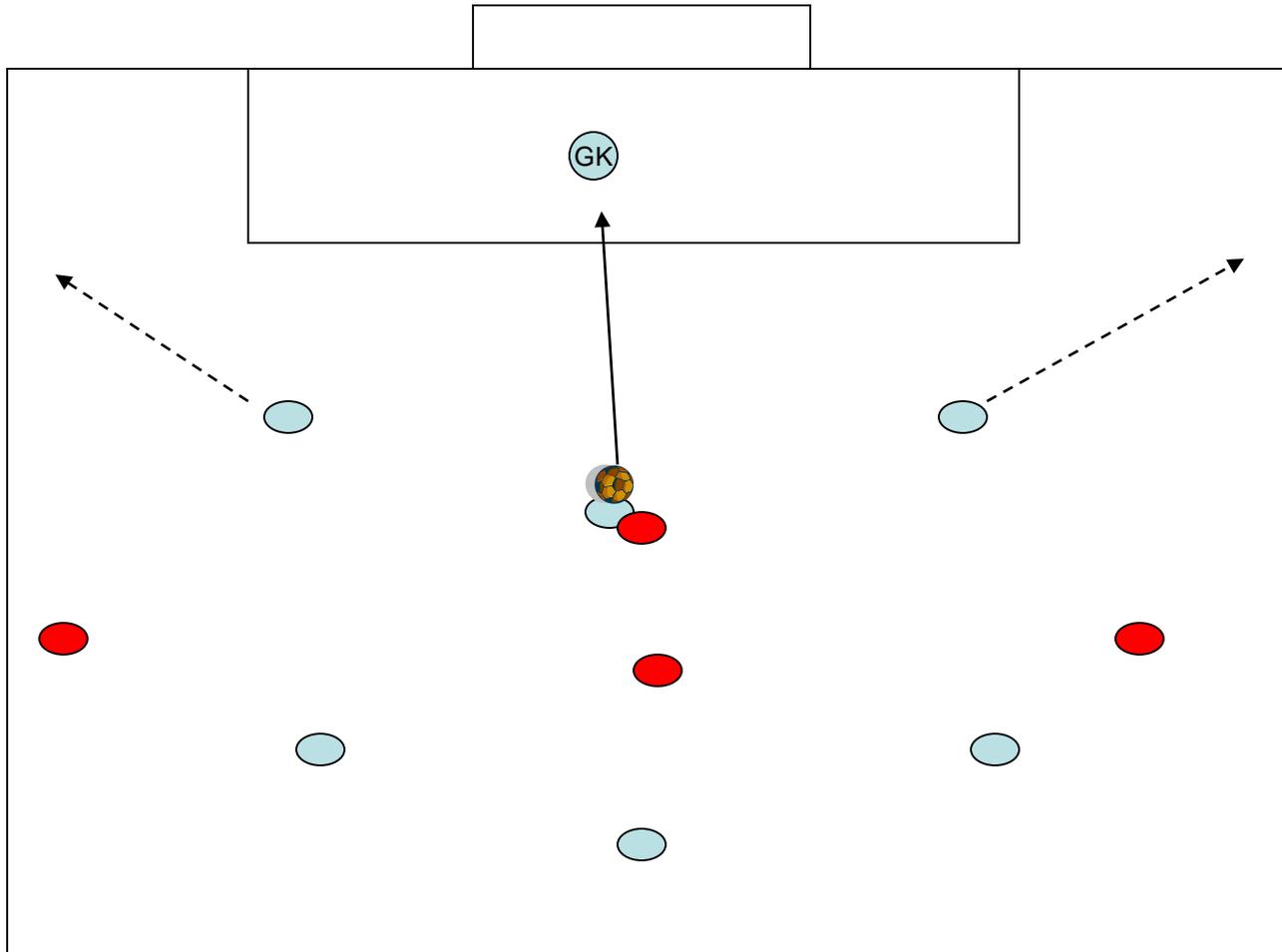


To connect the midfield and defenders zonally

Note: The outside midfielders can't help the central midfielder so the center defender steps up to cover. The outside defenders shift across to compact the field. The opponents wide play is left open as the defending team prioritizes high risk player.

Game Objective 9

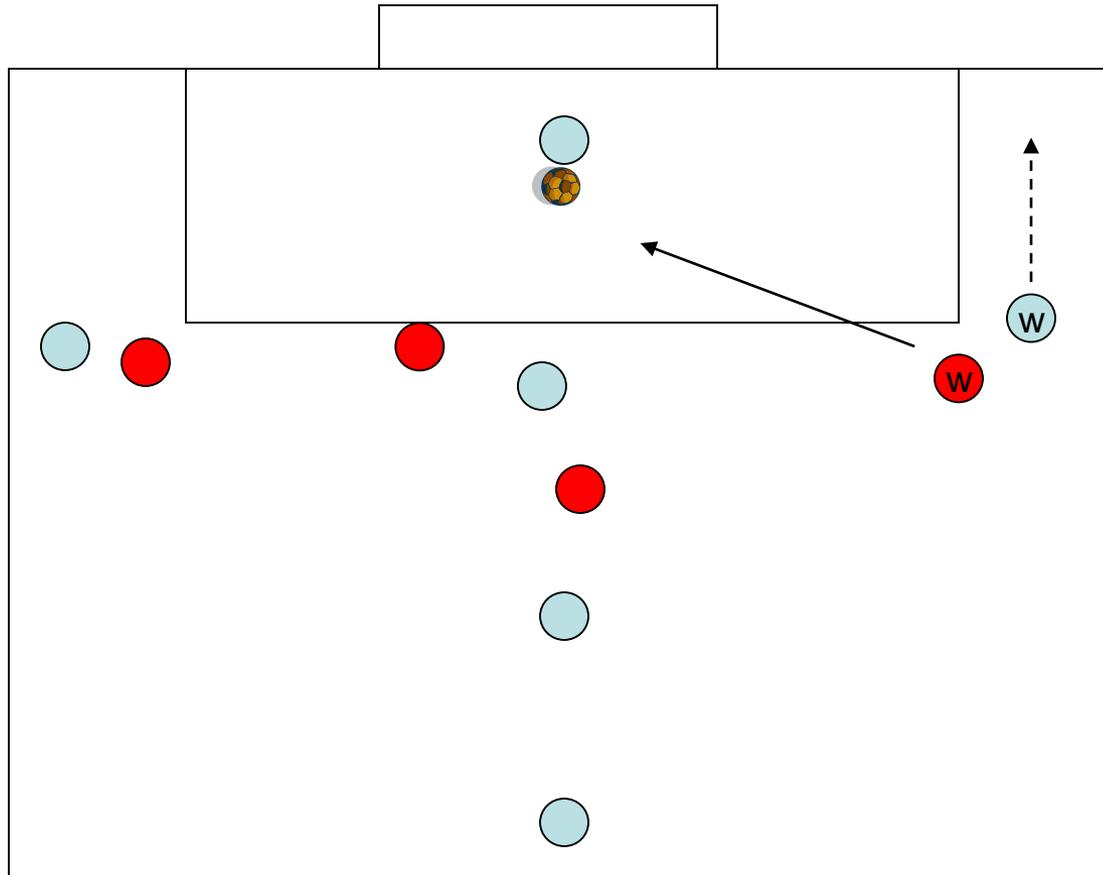
—→ Ball
- - - → Player



To get the back players comfortable in playing back to the goalkeeper

Note: As the ball is going back to the keeper the fullbacks are getting wide to make a diamond. The keepers next decision will be based on how the opponents react.

Game Objective 10



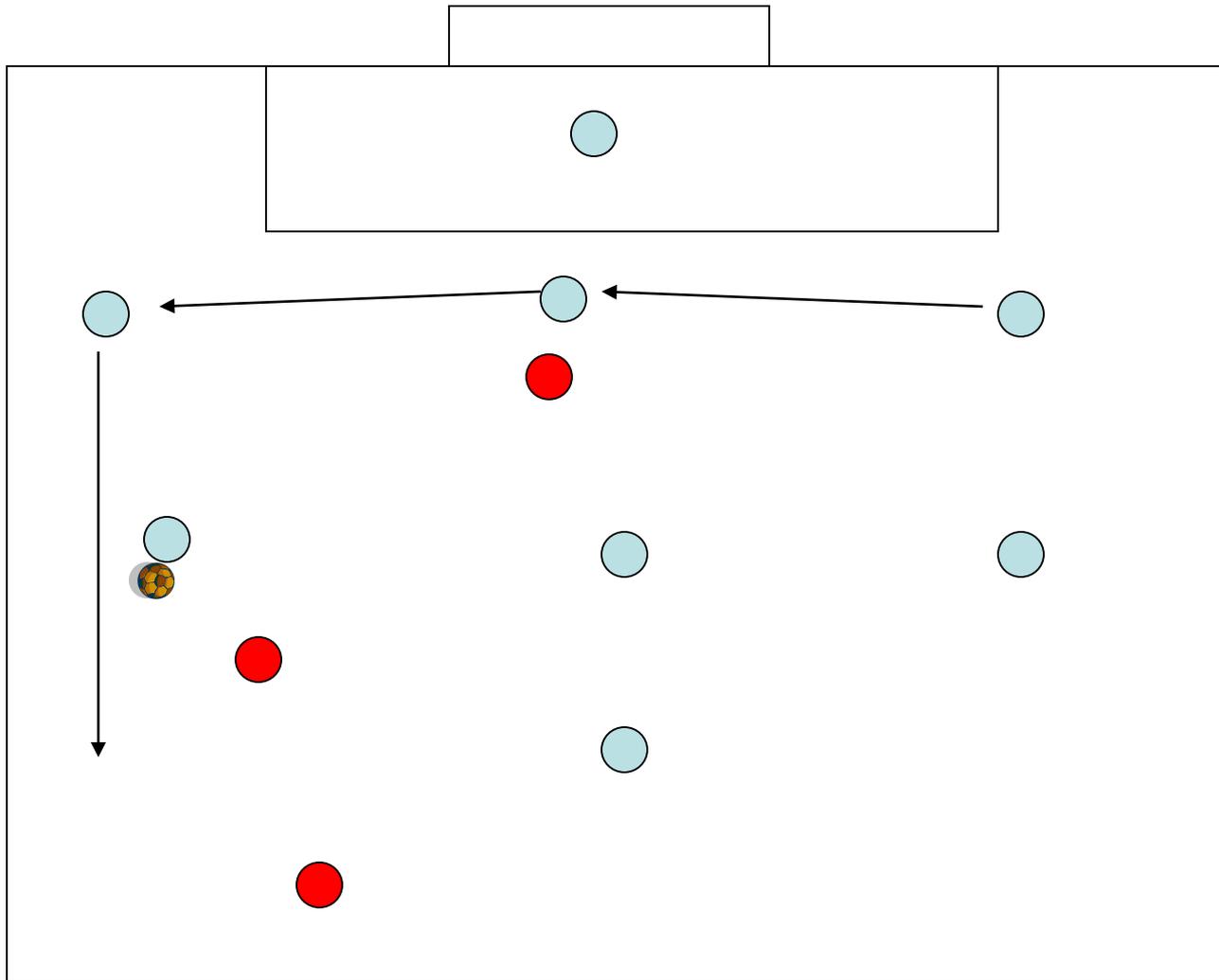
That the goalkeeper knows how to make themselves the additional player

Note: To do this the ball must be at the goalkeepers feet either from a back pass or from a save and then the ball is placed down. The goalkeeper must have the confidence to hold the ball at their feet to create an outlet.

Timing and awareness is key. In the older ages this will control the speed of play.

In this picture the GK holds the ball and the wide player pressures. Our wide player then drops back to receive.

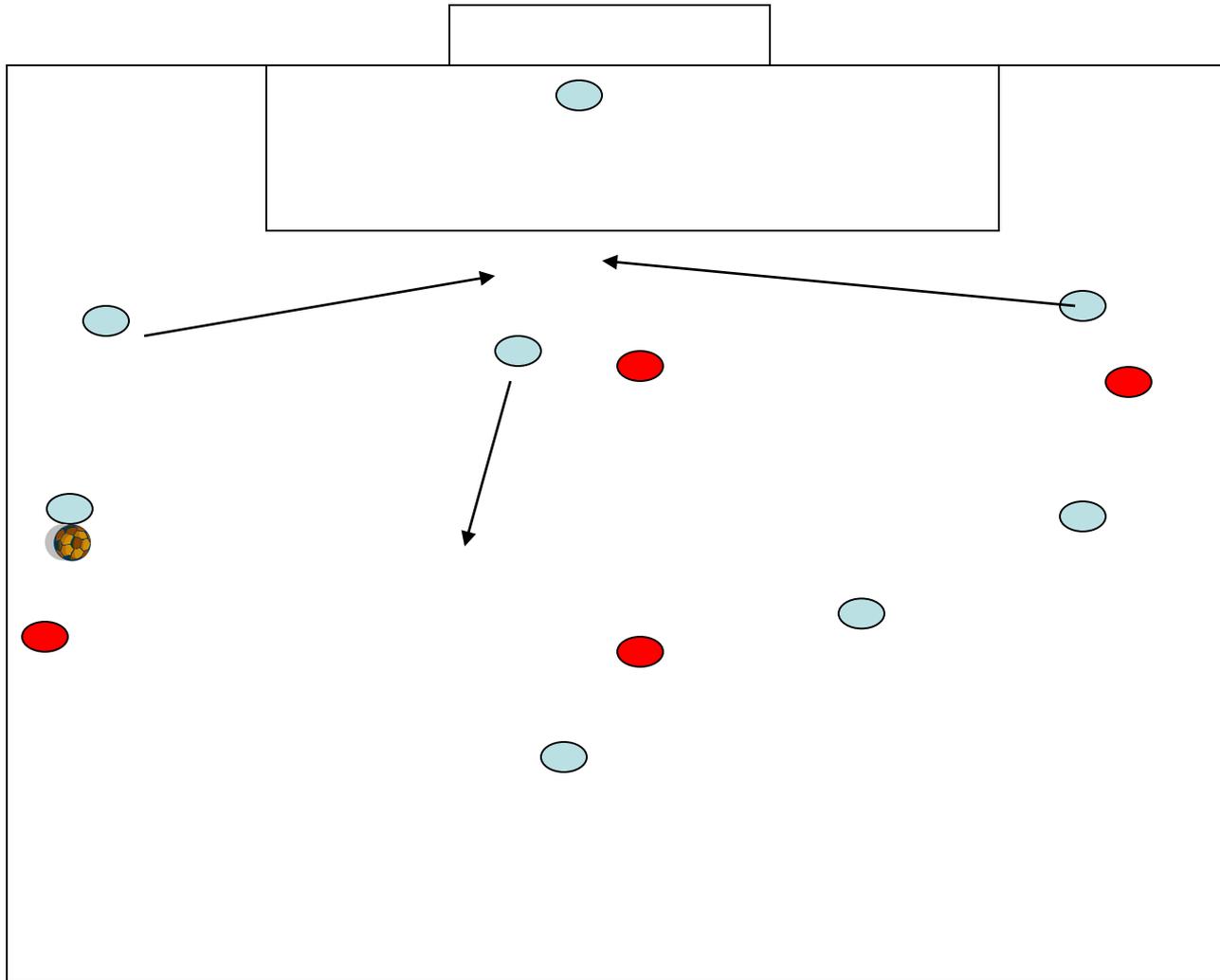
Game Objective 11



To get full backs into the attack

To have the remaining defenders provide cover when the fullbacks go forward

Game Objective 12

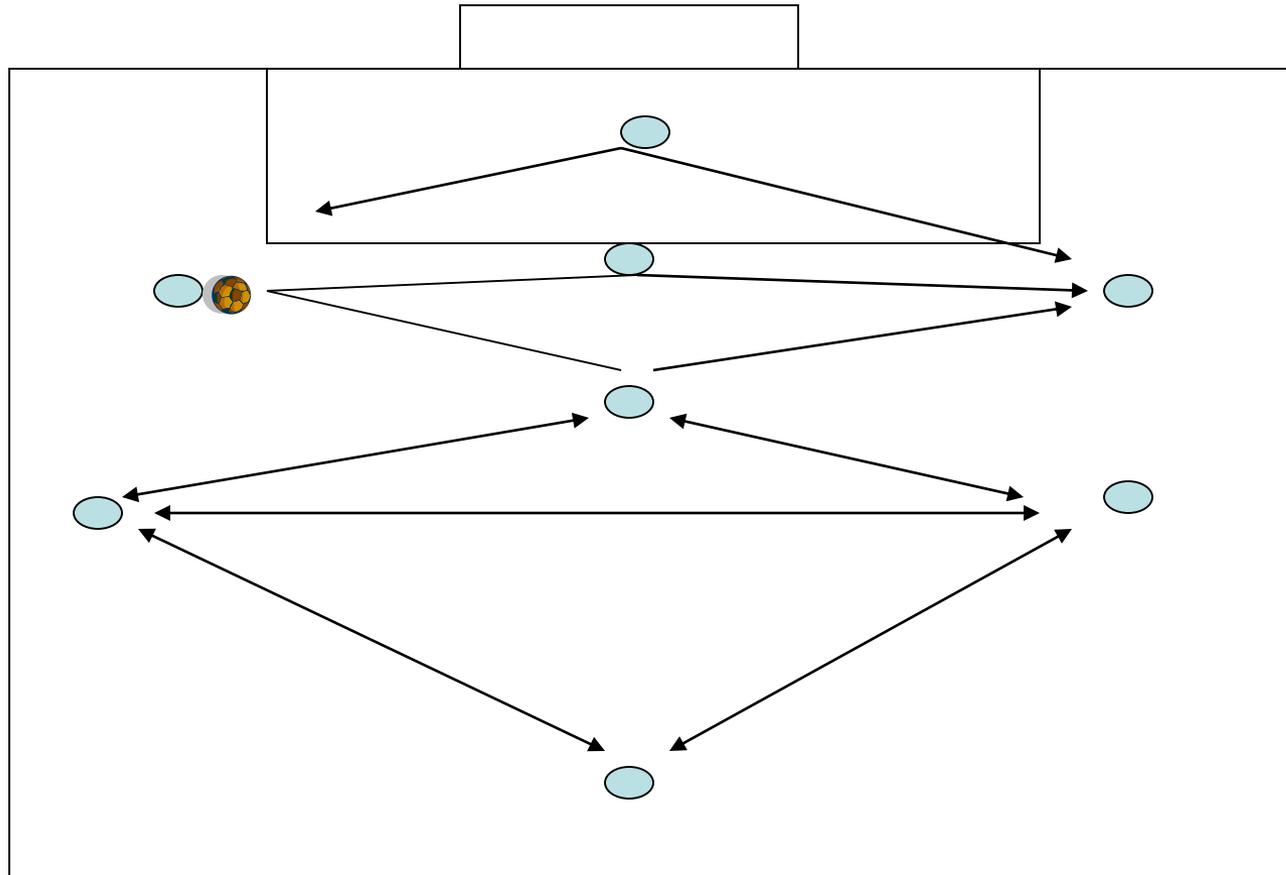


To get the central defender into attack

To do this the midfielders have to make room and the fullbacks fill in the space.

Game Objective 13

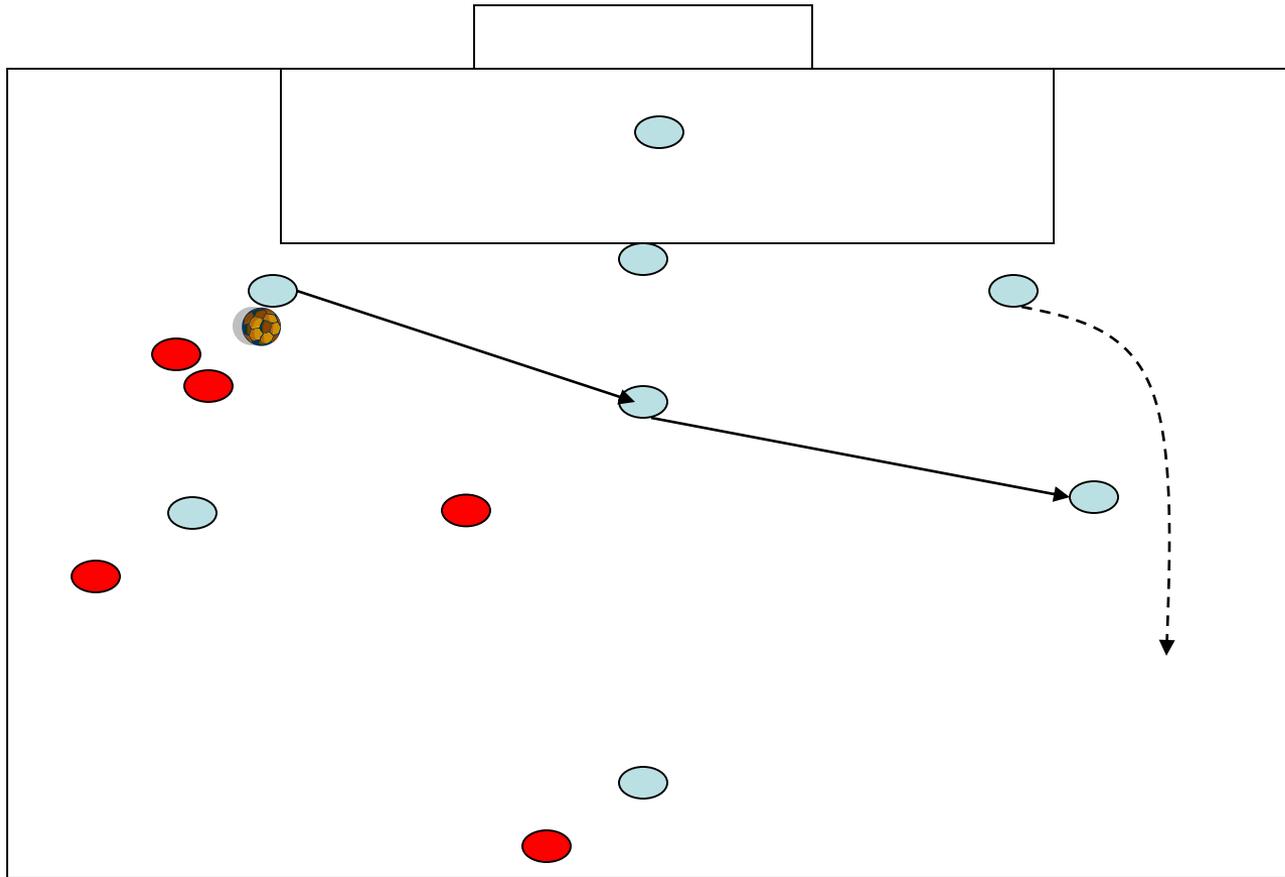
→ Ball
- - - -> Player



To switch the ball from one side to the other to create better attacking options
To do this we need width, depth and team awareness from our central players.
To improve the effectiveness of this the player receiving the final pass needs to be the
widest on the team stretching the opponent out creating gaps to play forward.

Game Objective 14

—→ Ball
- - - → Player

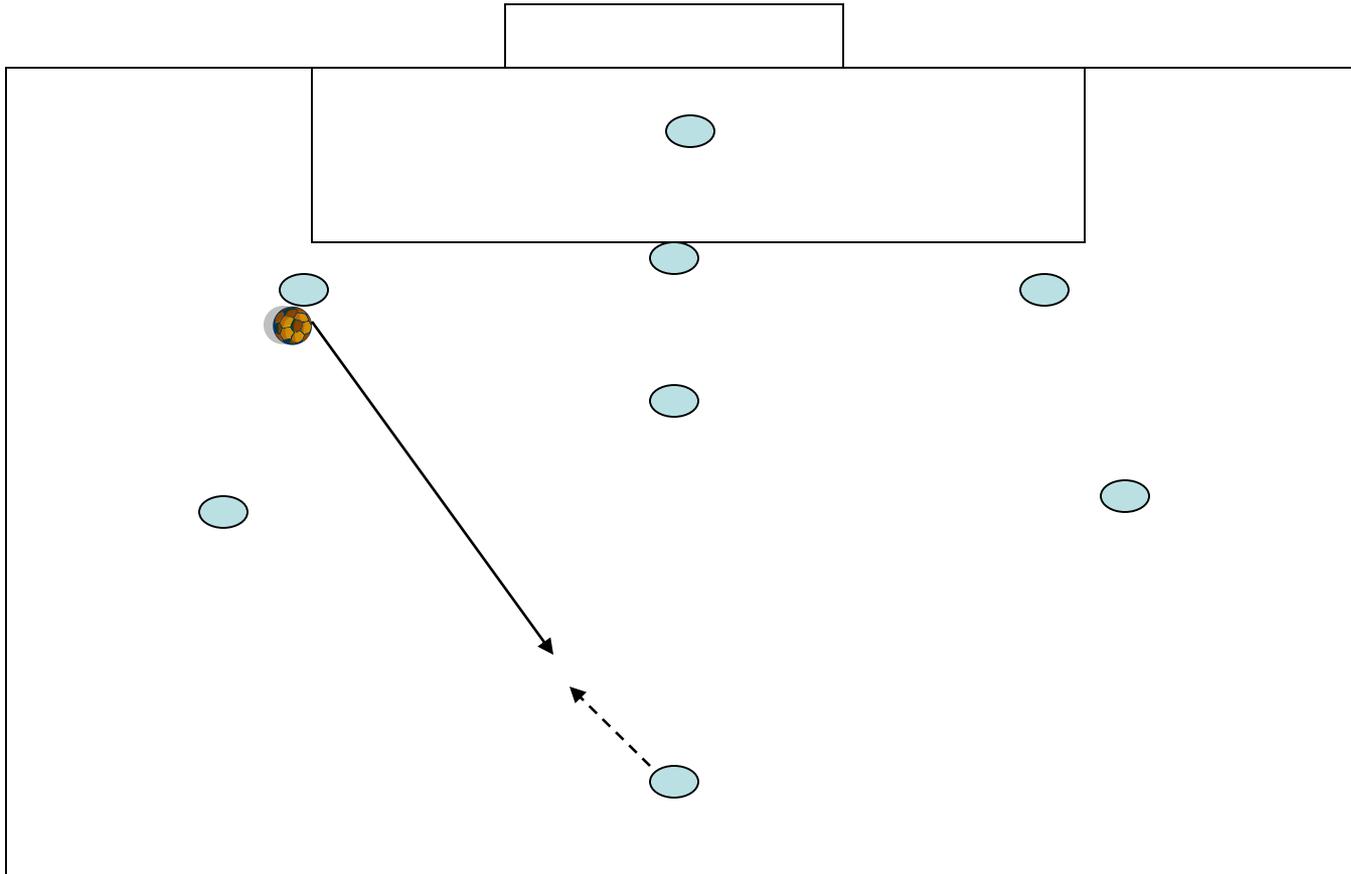


To switch fields and get a fullback to overlap

The team first needs good team shape and the players be able to get the ball across the field. The fullback has to time their run as the ball is coming across.

Game Objective 15

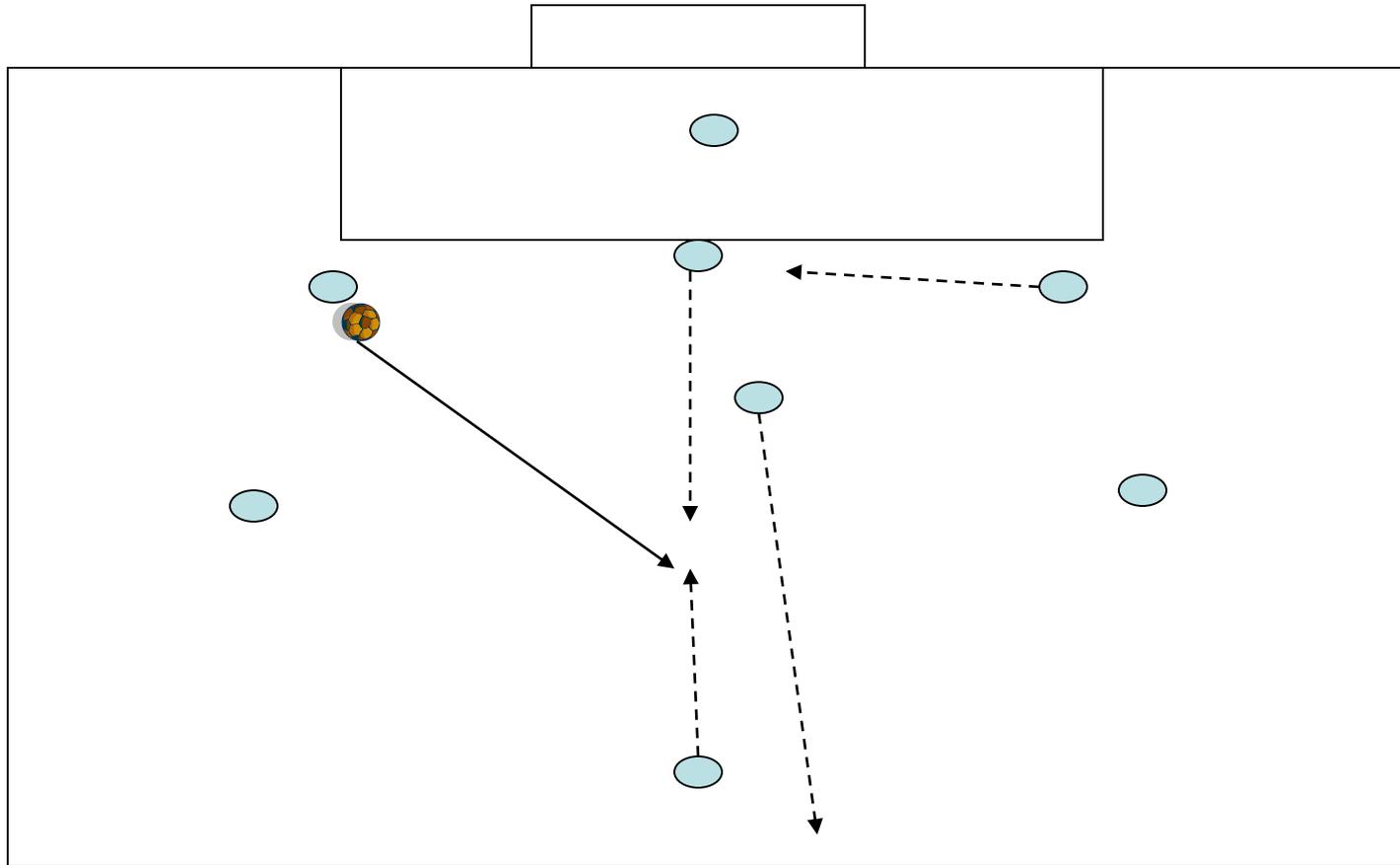
—→ Ball
- - - → Player



To make a pass into a checking forward
The forward has to start in a high position and check back into the pocket between
forward and midfield.

Game Objective 16

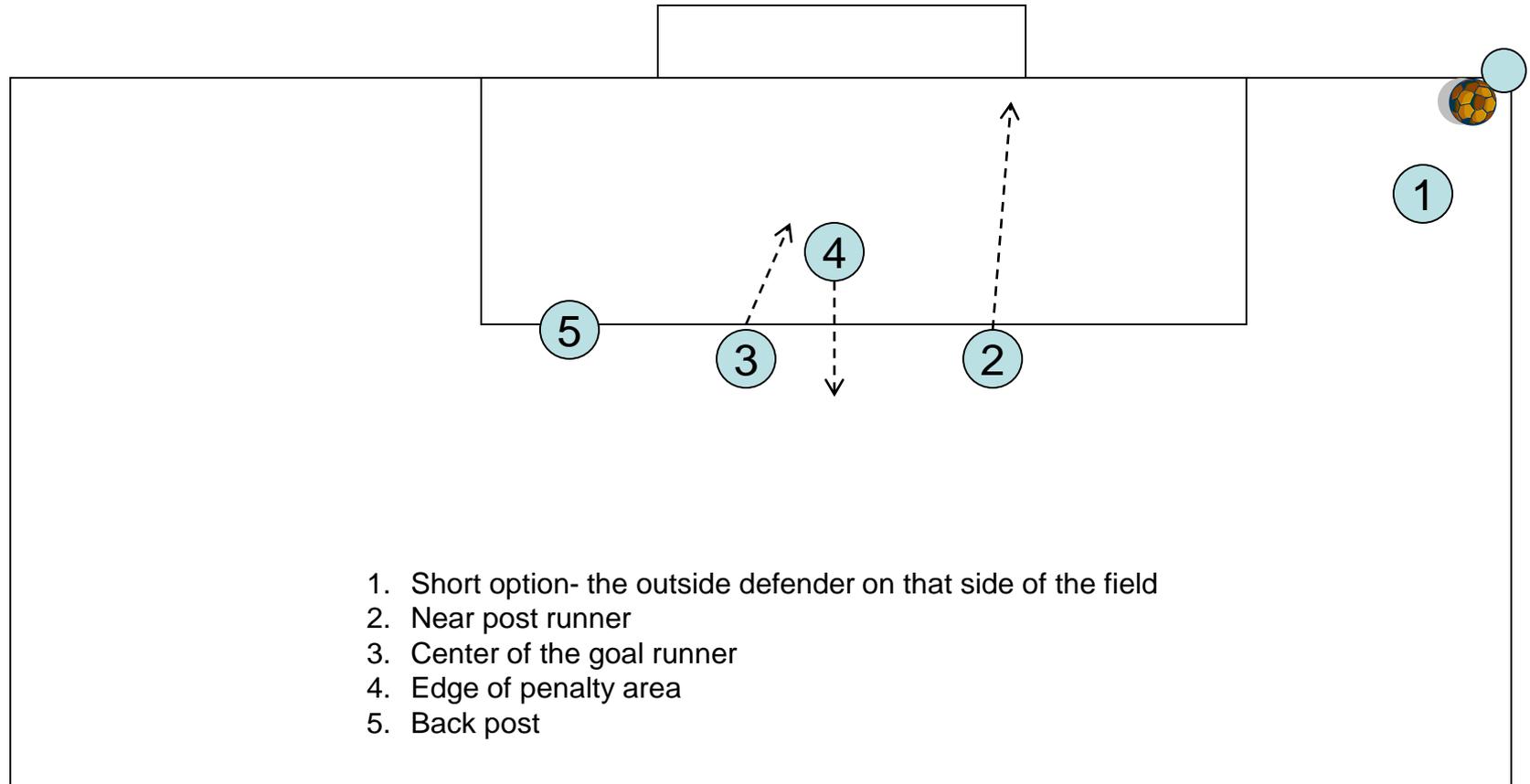
—→ Ball
- - - → Player



To make a pass into a checking forward and have a player support
To fill the space that the forward has come out of. If finding forwards is done efficiently it
will create space for a player running through. The supporting player will have to come
from the defenders.

Dead Ball Objectives

Corners

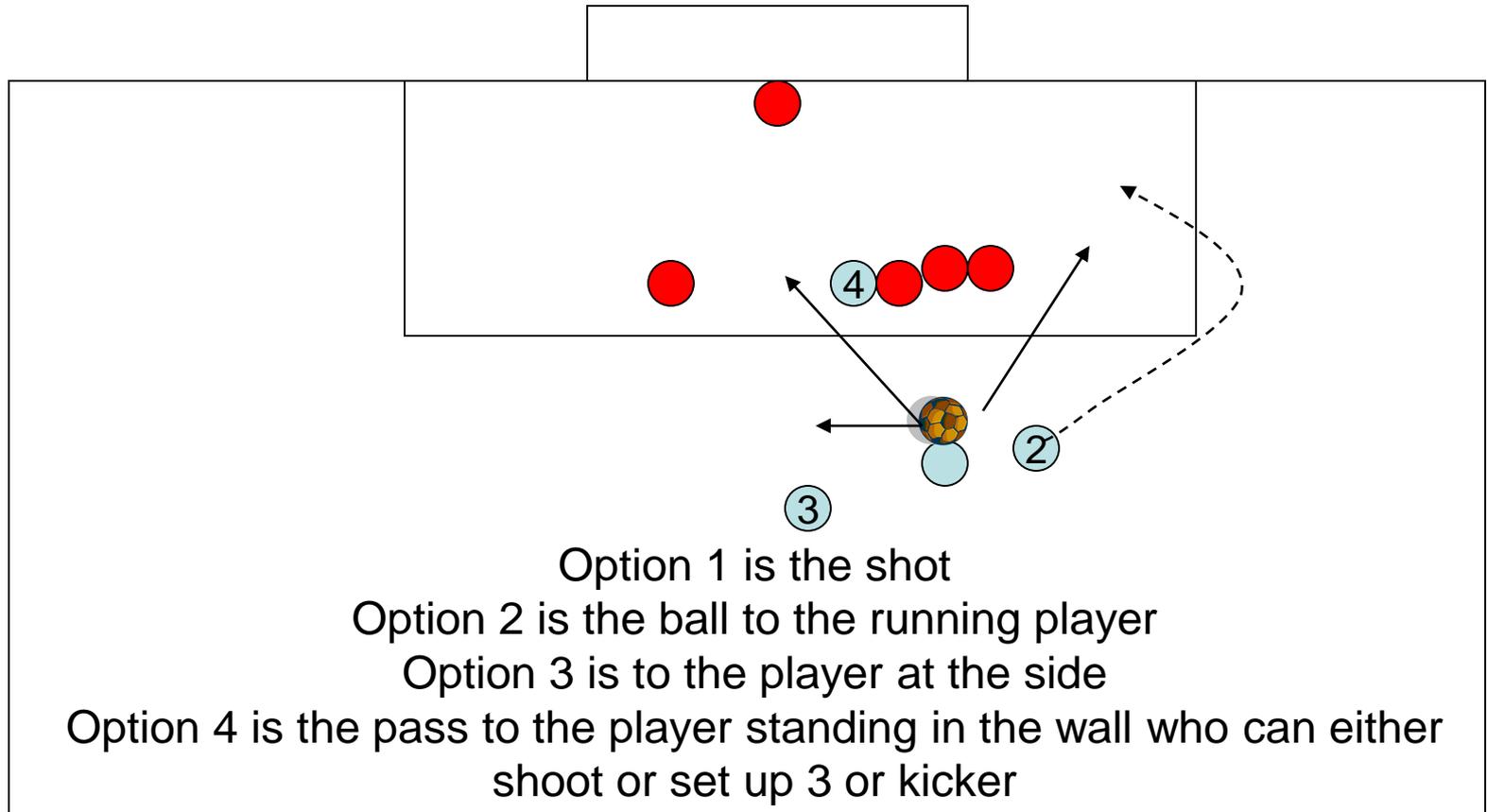


To create more goal scoring opportunities from corners

Movement is made based on when the delivery occurs. Delivery is based on pressure with the preference being the short quick corner. Targets have the option of controlling the ball or allowing it to run through to secondary players. The players who don't take the shot are prepared to follow up for rebounds.

Dead Ball Objectives

Free Kicks



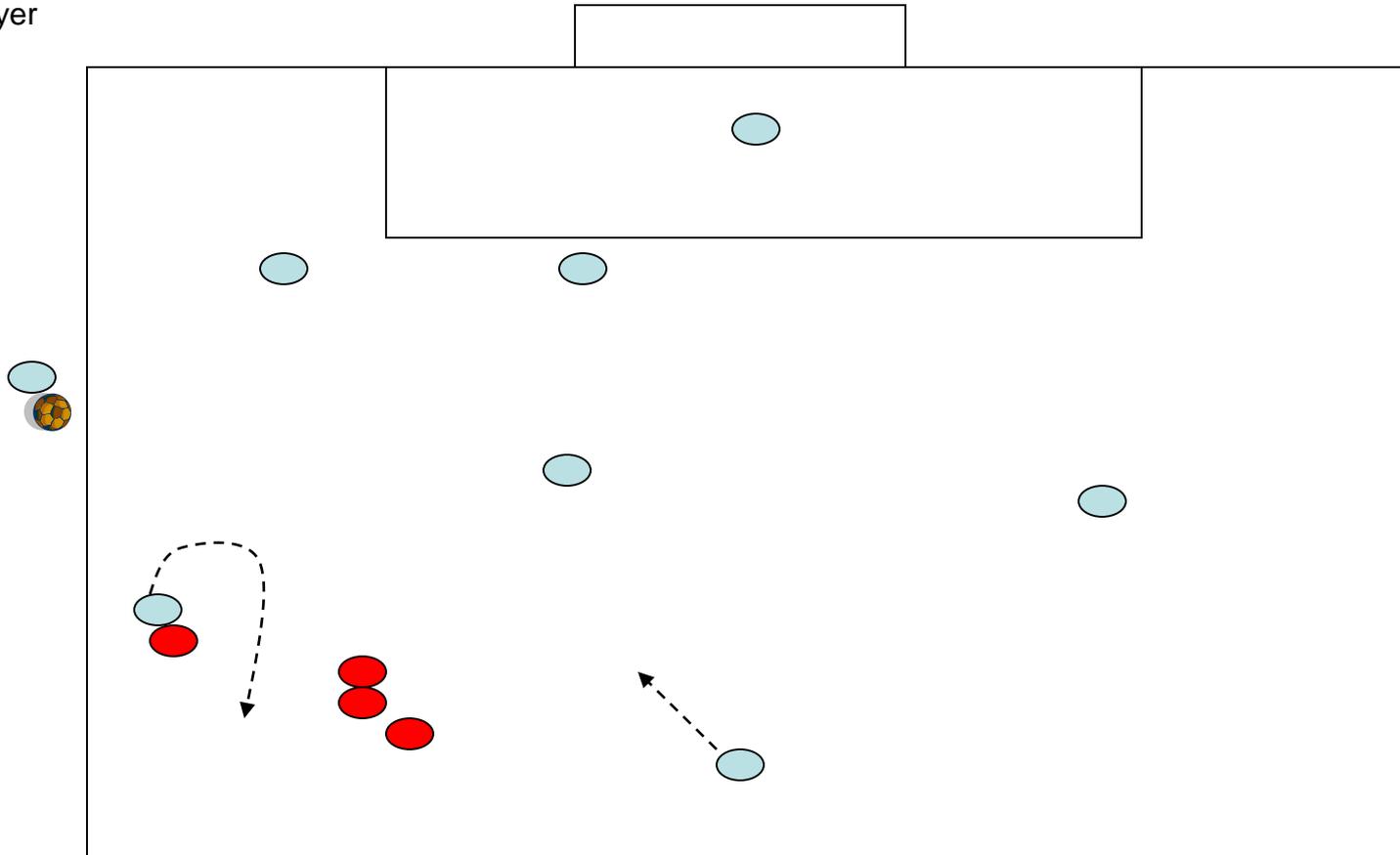
All movement occurs when the player puts the ball down

To create more goal scoring opportunities from free kicks. All other free kicks should be looked to be passed short and quickly.

Dead Ball Objectives

Throw ins

→ Ball
- - - → Player

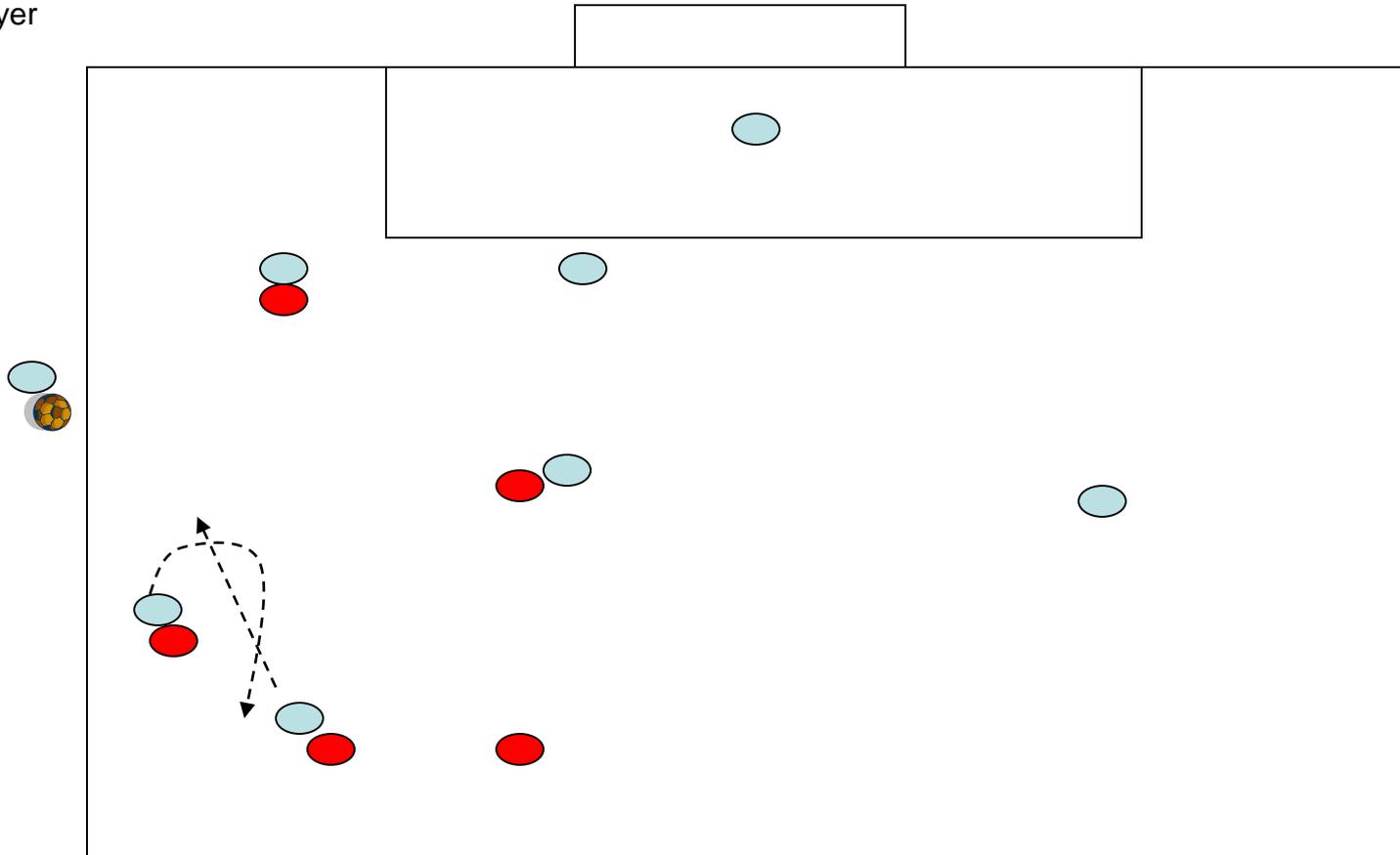


To create an open player from a throw in
1. The receiving player is marked so he spins and runs into the space behind.

Dead Ball Objectives

Throw ins

—→ Ball
- - - → Player



To get 2nd player movement from a throw in

1. The receiving player is marked and spins and is followed by his defender.
2. The player that was far away checks into the space.