4-3-0 (4 Defenders, 3 Midfielders, 0 Strikers)

**STRENGTHS**
* Good options in building from the back
* Ideal for building possession game with players encouraged to make runs off the ball
* Difficult for the opponents to break down defensively. When not in possession, the team must drop back behind the ball to make them difficult to beat.
* Leads to players developing a high level of understanding of the game

**WEAKNESSES**
* Difficult to put opponent under pressure in their defensive third
* High level of fitness and understanding required of all players, especially the midfielders
* Can lead to attacking players being isolated with no support
* Defenders can not be over attacking minded otherwise the team is vulnerable to counter attacks

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