

ACTIVITY #1

Set up: System of Play: 1:4:4:2

Instructions: System Strengths:

1. A good high pressure system;
2. Difficult to unbalance;
3. Easy to change the point of attack;
4. Eight defenders behind the ball;
5. Equally balanced through vertical halves of the field;
6. Allows balance and support through the middle of the field.

System Weaknesses:

1. Numbers down in the midfield against a 1:3:5:2 or 1:4:5:1 system;
2. Susceptible against the counter attack if midfield balance is lost;
3. Forwards can become isolated;
4. Question of how to match-up against two forwards (i.e., zonal or man-marking).

Coaching Points: All of the above



ACTIVITY #2

Set up: System of Play: 1:3:5:2

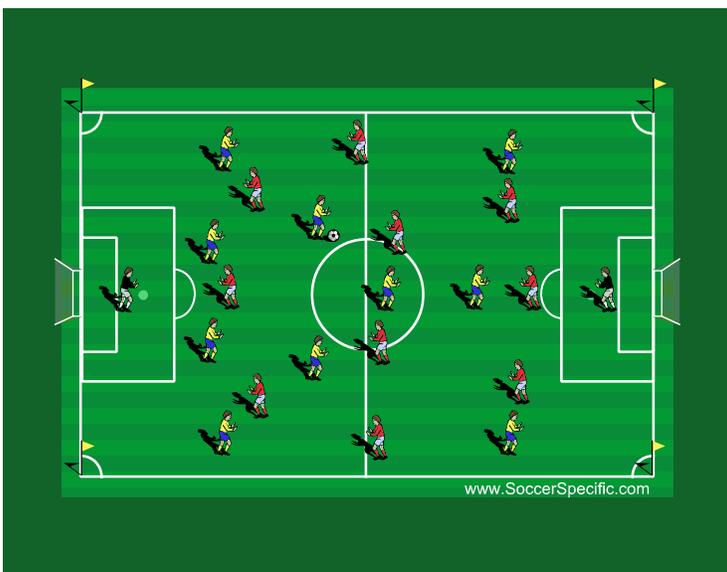
Instructions: System Strengths:

1. Numerical advantage in the midfield;
2. Immediate attacking support for the forwards;
3. Outside midfield easy to expose while changing the point of attack;
4. Allows for man-marking assignments;
5. Holding midfield (defensive) eliminates counter-attack opportunities;
6. Creates balance (triangles) in midfield.

System Weaknesses:

1. Concedes a tremendous amount of space on the outside flanks;
2. Fewer numbers in the back can create cover and balance problems;
3. Allows for opposing team to build out of the back;
4. Difficult to high pressure from the system.

Coaching Points: All of the above



ACTIVITY #3

Set up: System of Play: 1:4:3:3 (Yellow) and 1:3:4:3 (Red)

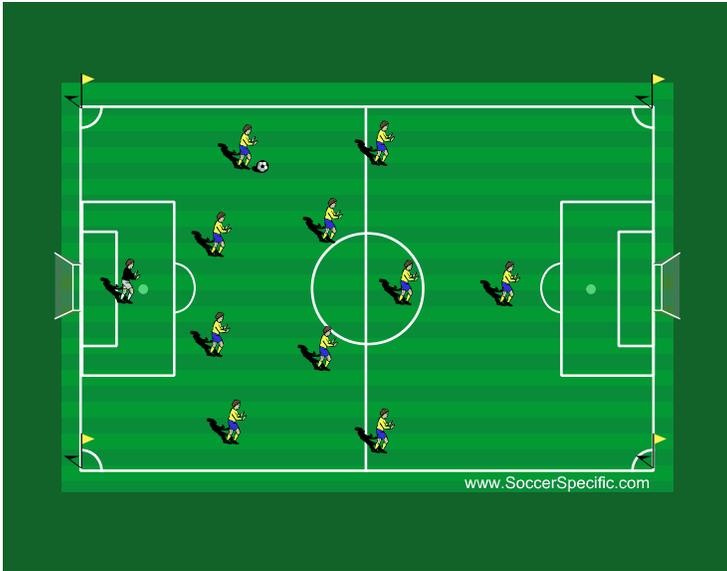
Instructions: System Strengths:

1. Three target players rather than two;
2. Easier to attack more vital spaces;
3. Width in the attack is accessible;
4. Forward three are positioned well to attack in transition after winning the ball;
5. Allows forwards to high pressure in attacking third of the field;
6. Tremendous pressure can be applied to weaker opponents;
7. Opponents typically must adjust [their] system to this system.

System Weaknesses:

1. Defends only with seven players;
2. Can be outnumbered in the middle third of the field;
3. Front runners can be eliminated quickly in transition or counter attacks;
4. three players typically playing with their back to goal.

Coaching Points: All of the above



ACTIVITY #4

Set up: System of Play: 1:4:5:1

Instructions: System Strengths:

1. A good low pressure, high pressure (once the restraining-line is met), counter-attacking system;
2. Difficult to unbalance and break-down;
3. Allows balance and support in possession of the ball;
4. Provides a numerical advantage in the midfield;

Excellent zonal-defending system that allows good attacking shape in attacking transition.

System Weaknesses:

1. Demands a high degree of discipline and patience by all players;
2. Target forward must be very good with their back to goal and "holding" the ball for support through the midfield;
3. Allows the opposition to build from the back;
4. System may "invite" long diagonal balls from the opposition, so high pressure in the middle third is critical, and the ability to win headers is vital.

Coaching Points: Factors to consider in selecting a system of play: 1. Technical ability and tactical understanding of your players; 2. Opponent's players, system, or style of play; 3. Key injuries, yellow, or red cards; 4. Score-line and/or time left in game; 5. Home vs. away or tournament games; 6. Game conditions of weather and field conditions like turf vs. natural grass; 7. Fitness level of your players; and more.

Note: "Systems don't win games, PLAYERS win games!"

All of the above