

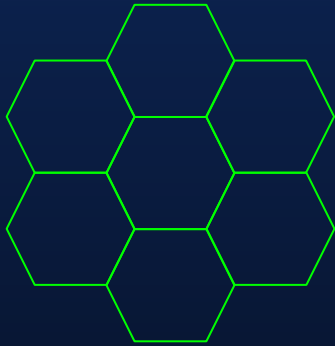


Systems & Principles of Play

Information on Formations, Attacking, Defending

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Formations for 7v7, 9v9, 11v11

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Systems of Play





Systems & Principles

Systems :: Formations :: 7v7

2-3-1 or 2-1-2-1



This builds on the 4v4 diamond employed at u8 by adding 2 backs, and of course we now have a GK.

- 1 center forward
- 2 wings, left and right
- 1 center mid / center back
- 2 backs, left and right





Systems & Principles

Systems :: Formations :: 7v7

Attacking Width & Depth



Defensive Compaction



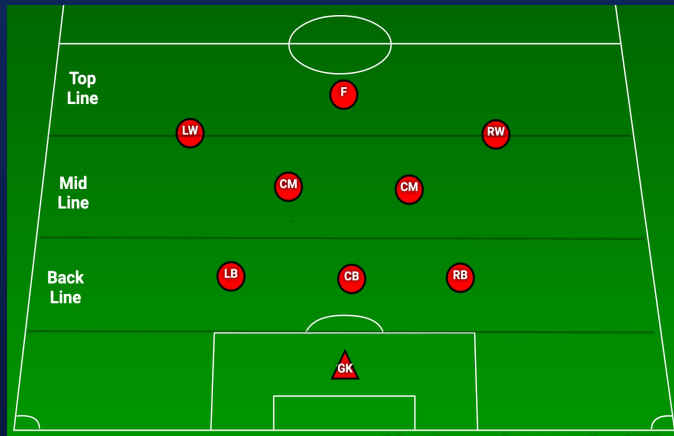
2-3-1 as normal or 3-3 block as shown



Systems & Principles

Systems :: Formations :: 9v9

3-4-1 / 3-2-3



This setup is a similar transition from 7v7, still a center forward and wings, added 1 center mid and 1 center back.

341, 323 really the same depending on what you do with the wings. Keep them high and wide if possible but drop to help if needed (see next slide)



Systems & Principles

Systems :: Formations :: 9v9

Defensive Compaction



Attacking Spread





Systems & Principles

Systems :: Formations :: 11v11

433 Standard



433 Attacking Spread





Systems & Principles

Systems :: Formations :: 11v11

433 Defending in 433



433 Defending in 451





Principles of Play





Systems & Principles

Principles of Play

Principles of attacking & defending are often called “principles of play” and these can help frame processes of attacking & defending. We can come up with many, here are some to consider

Attacking Principles

Scanning, Movement/Support, Width/Depth, Switching Play, Combination Play

Defending Principles

Anticipating, Pressure/Cover/Balance, Compact Organization





Systems & Principles

Principles of Play :: Attacking

Attacking Principles

Movement & Support

Attack doesn't happen w/o movement with AND w/o the ball & teammates should look to move into spaces to create support that outnumbers defenders

Width & Depth

The team as a whole should look to get bigger / spread to open as much space as possible and spread the defense to open spaces to play through

[Bait &] Switching Play

Draw opponent to a side of the field then quickly switch it to more open space

Combination Play

Wall passes (1 touch), give and go's (2 touch), overlaps, takeovers, up back thru



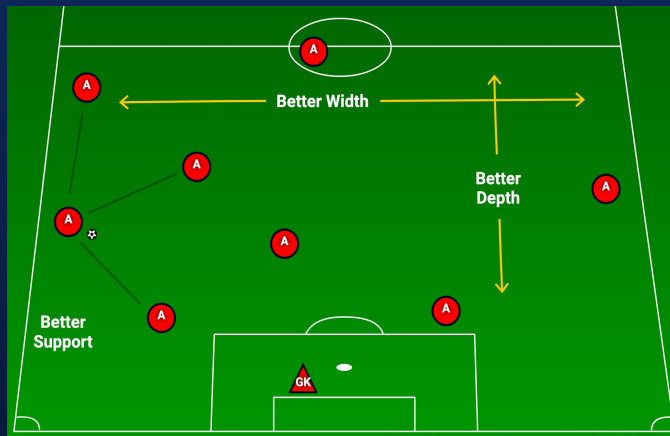


Principles of Play :: Attacking

Poor Width/Depth



Better Width/Depth

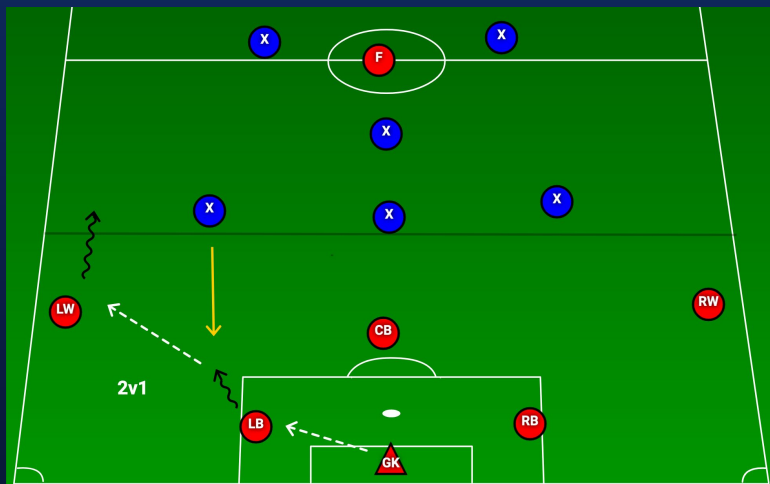




Systems & Principles

Principles of Play :: Attacking

7v7 : Buildout Width & Depth



Wings are providing width

CF is providing high depth

LB and RB “help” the GK

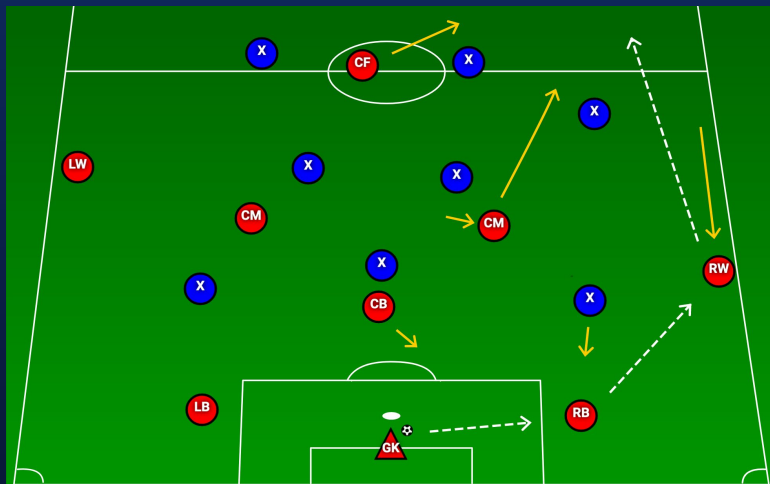
Looking to **build out wide** to take up wing



Systems & Principles

Principles of Play :: Attacking

9v9 : Buildout Width & Depth



Notice 9v9 build out has almost the same setup as 7v7. CF providing high depth, 2 backs “helping” the GK, 2 wings outside as we are looking to **build out wide**.

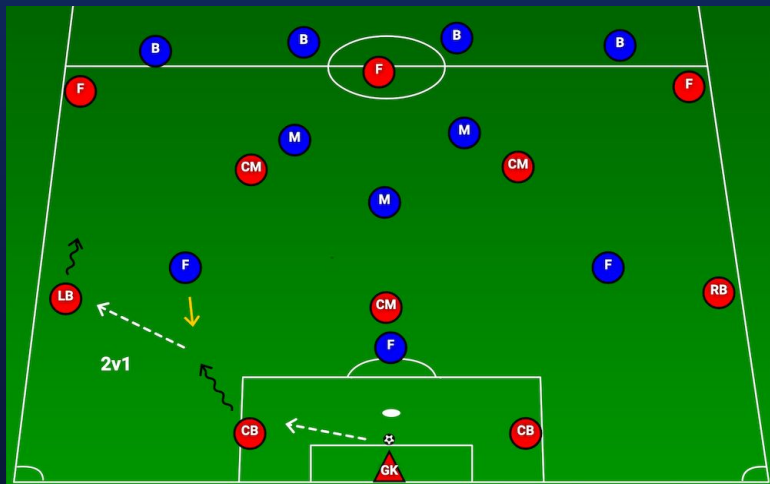
Now the middle has 2 more CM to support from inside, whether providing pivots for wall passes / switching the field, or making runs like shown here.



Systems & Principles

Principles of Play :: Attacking

11v11 : Buildout Width & Depth



You guessed it, 11v11 buildout, same setup to **build out wide**.

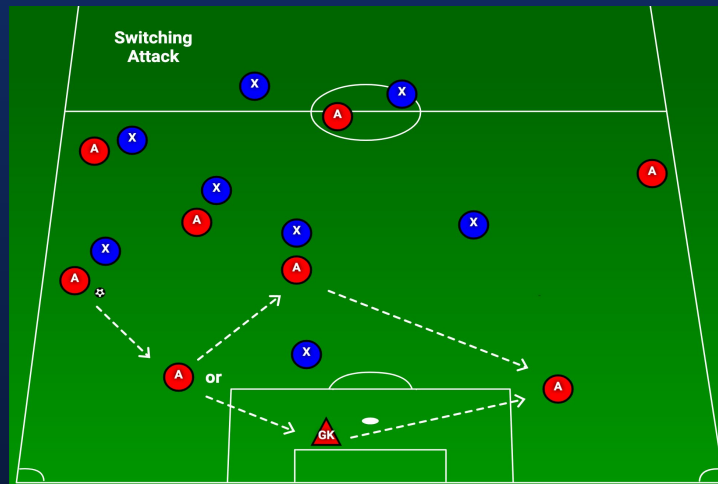
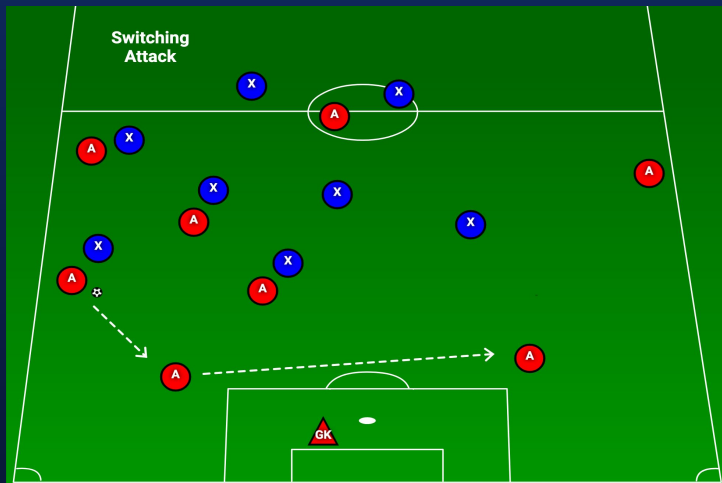
Notice forwards providing high depth, even 2 center mids, hopefully pulling back at least as many opponent players.

At the same time the deep CB players pull forwards down, opening space



Principles of Play :: Attacking

Switching the Point of Attack

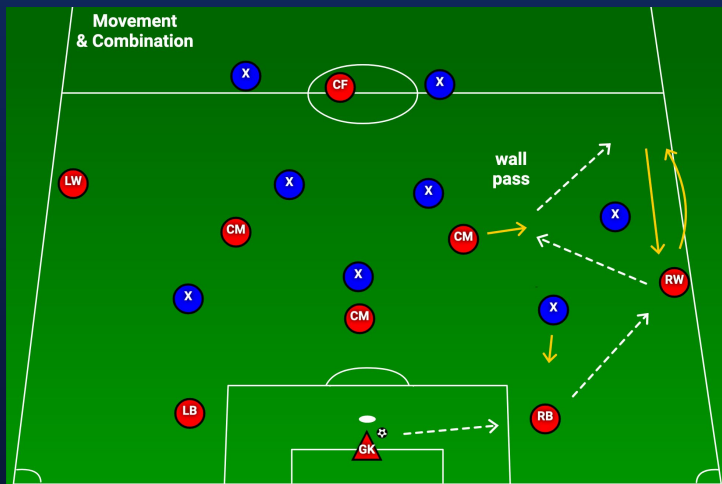


Draw opponent to a side, quickly switch



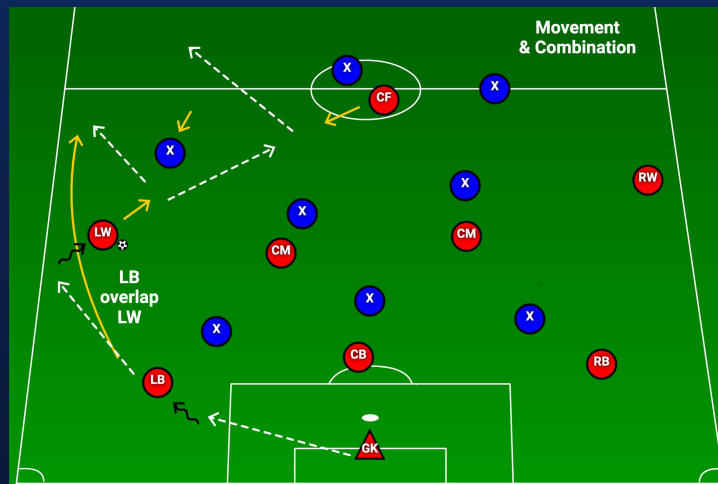
Principles of Play :: Attacking

Combination Play



Wall Pass

Overlaps





Systems & Principles

Principles of Play :: Defending

Defending Principles

Compact Organization

The team as a whole defensive unit should get smaller to close space and organized into their lines / defending shape

Pressure-Cover-Balance

This refers to a single line of defense. Closest defender to ball pressures it, adjacent second defenders cover behind, third defenders even with second provide balance





Systems & Principles

Principles of Play :: Defending

Compact Organization - 7v7





Systems & Principles

Principles of Play :: Defending

Compact Organization - 9v9 and 11v11





Principles of Play :: Defending

Pressure-Cover-Balance: Any line of defense works like this

