Attacking & Defending roles and responsibilities of each player in the 1-4-3-3 System

Hello players-

This document outlines the roles and responsibilities associated with playing a 1-4-3-3 system. Please become familiar with the player numbers in each position as I will mostly refer to you using these numbers and not the actual position. As a club we are promoting this concept as you will use it when you get to the higher levels.

**Remember that players make formations and formations do not make players!!**

Please take the time to read over this document carefully. Make sure you look over all of the positions so you know what to expect from yourself and your teammates. You may be asked to play multiple positions and should feel comfortable doing so. Some of the positions in this document are in more detail than others. The positions that are new to you (like the role of the #6) have more detail than the roles of the positions that you will be more familiar with, like the #4 and #5 (center backs).

**Homework:**

Players, please write down 3 goals for the upcoming season using the SMART goal setting method (This sheet is attached). A short term goal (to be achieved by the end of August), a medium term goal (to be achieved by end of September) and a long term goal (to be achieved by the end of October). These goals will help guide you through the fall season and keep you on track towards your personal development. Please make sure these goals are visible to you on a daily basis. Hang them on the fridge or put them on your bed side table.

I will collect these at our training session on Tuesday, August 2nd along with your summer fitness sheets.

Thanks,

Jason
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Below are diagrams showing our teams shape defensively and also when attacking with two fullbacks and attacking with only one fullback.

This shape will occur when we can not immediately press the ball to win it back and the other team is keeping good possession. Our wide players (#7 & #11) drop back to make a four person midfield. Our #10 sits just in front of the midfield to pick up the oppositions #6 (holding midfielder).

As you can see it is very tight and compact to prevent passing lanes. From this shape we can quickly transition to offense and our wide players and fullbacks can quickly get forward.
Notice where the players are now compared to where they were in the defending shape.
The arrows represent the movement that took place to get them from the defending shape into the attacking shape.
The arrows for players #2 & #3 are showing that the player should move up the line to join in the attack.
Notice how #6 has dropped back and is now playing as a center back because both fullbacks (#2 & #3) have pushed forward.
Notice where the players are now compared to where they were when they attacked with both fullbacks. This time only #2 has gone forward and #3 has stayed back. This has allowed #6 to push into midfield and support. Players #3, #4 & #5 have all moved over to cover the space left by #2.

The arrows represent the movement that took place to get them from the defending shape into the attacking shape.

The ball is at #2 feet and he/she will cross the ball into the box. Player #11 (back post), #7 (front post) and #9 (middle) will all get in the box to attack the ball. #10 will sit on top of the box for any knock downs and players #8 & #6 will be dropped off to prevent counter attacks and to keep the ball moving if it is cleared.
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The Role of the Keeper

Technical qualities:

1. Speed and quality of distribution
2. Pass, kick, without hands and excellent on the floor technique
3. Technique of releasing the ball with the feet and hands - Distance (short, middle and long) with speed and direction.

Tactical: In possession:

1. Speed - with ball to start attacks
2. Positioning - In a position to receive the back pass

Out of Possession:

1. Positioning: Depending on where the ball is and who has it.
2. Communication - with their teammates and with respect to the opponents.
3. Control of ways to defend - the goal - area (at the sides, in front of the back four and behind the back four).

Psychological:

1. The “Will” to avoid goals against
2. Disciplined and responsible.
4. A leader and organizer.
5. Good vocal communication skills - with defenders (especially), with the midfielders, with the forwards. Keepers can see the whole field.

Physical Attributes:

1. Speed over short and middle distances.
2. Quick reactions
3. Vertical force - strong jumping ability - attack the ball at its highest point.

The role of the Defensive Midfielder #6

Technical Attributes:

1. Excellent first touch. A great passer - short, medium and long passing. Ability to play ONE TOUCH.
2. Speed of play. Controls the tempo of the game. Must be able to play quickly and also be able to slow the game down.
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3. Good heading ability.
4. Good shooting ability.

Technical attributes in possession:

1. Control at speed in tight situations. A great first touch. Always moving the ball quickly when able.
2. Always in a position to receive the ball and always WANTING the ball.
3. Choice - Preservation of the ball - changing the direction of the game.
4. Direct, quick passing

Out of possession:

1. Takes up great positions in relation to the opponents, the ball and teammates.
2. Communication - with teammates and with respect to the opponents, particularly those close to him/her (Center backs, central midfielders and fullbacks). A position on the field of great responsibility for communication.
3. Great instincts on when and where to apply pressure on the ball.
4. Control of the different types of defending - between the lines, zoning, man marking, covering the passing lanes.

Psychological:

1. Vocal leader and organizer.
2. Controls the team on when to press the ball.
3. Disciplined and responsible - always in a position to receive the ball.
4. Self-confidence
5. Authority
6. Charisma
7. Takes responsibility for actions
8. Composure

Physical:

1. Is fast, has great energy and can run the whole game.
2. Change of pace
4. Coordination with and without the ball.
5. Agile
6. Power in 1v1 situations
7. Strong in the air.

Attacking 40%

Reads the game well, keeps possession and passes calmly. Comfortable dropping back in a central defenders role.
Awareness: Anticipate the next pass or movement.
Passing: High completion rate. Very skilled passer and strong on the ball to protect it.
Disciplined: Must resist urge to venture too far from their area of work. Must always want the ball, never hiding from the action, be super confident and must be a player with a strong dominating character.

Defending 60%

Screening: Positioned in front of the center backs to screen passes into the opponents strikers. Must read game well.
Heading: Must be very good in the air.
Man marking: May be asked to man mark the oppositions number 10, the play maker.
Physical: Must be very physical and very determined.

Roles of the fullbacks #2 & #3

Technical: Must be a great crosser of the ball, have a great range of passing. Should have excellent control and be able to play at high speeds.

Positioning: Must always be in a position to receive the ball. Must be willing to push forward to support the attack but realize they must quickly recover to defend when the team loses the ball.

Physical: Should be fast over short, medium and long distances. Should have great endurance!!! Will be asked to run up and down the line the whole game. Should be very agile (change directions at speed).

Attacking:

The fullbacks will have the freedom to attack. With this formation both fullbacks will be able to attack at the same time and the number 6 will drop back into a center back role to form 3 at the back. Must be a strong crosser of the ball and be able to use different crossing techniques.

Defending:

The first priority of the fullbacks is to defend. They must be good in 1v1 situations. Must be good in the air. Must be a good communicator and consistently talk with other defender, the center kids and the wide forward on their side.

Roles of the center backs #4 & #5

Technical: Must be great passers of the ball. Should play with speed and urgency. The attack often starts with these players. Should play simple and not overcomplicate things.

Positioning: Should be aware of what is going on around them at all times. Should know when to drop (when there is time on the ball for the other team) and when to step up (when our team is applying good pressure). Should be very good in 1v1 situations and be able to slow the attacker down until help arrives. Should know when to press and when to cover and balance off.
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**Mentality:** Should have a never give up mentality and take no prisoners. Should protect the goal with his/her life and take it personally when a goal is scored. Must be relentless when the other team is around the box.

**Roles of #8 & #10**

#8 will play as more of a link player between the defense and the #10. The #10 will be a link between the #8 and the forwards. They should both be very creative and play with a lot of confidence and imagination.

**Technical:** Be great passers of the ball. Have a great first touch. Be very good on the dribble and be able to go past people. Must be able to play the killer pass to unlock the defense.

Both players must be quick thinkers and must want the ball all the time. Movement off the ball is key. They should always find open space to receive a pass. They should have an eye for goal and be able to shoot from different angles and distance using different techniques.

**Roles of the wide attackers #7 & #11**

**Technical:** Must play with speed and be great dribblers to beat defenders. Should possess great crossing ability and be able to use different techniques to cross the ball. They should be confident coming inside with the ball to shoot on goal or to provide an overlap for the outside back. Should be a good finisher and be confident when shooting at goal. Must have an eye for goal and always be in the box when the opposite forward has the ball.

Must be able to defend. Attacking is the main priority but should help defend when possession is lost. The immediate press will start with the wide attackers a lot. They will be the first person to press the ball high up the field.

Must be confident on the ball and have a great desire to take people on and create goals for others. This player should not be selfish and should be a complete team player. Someone that loves to help others.

**Role of the central striker #9**

**Technical:** Should have an excellent first touch. Balls will come to him/her at all different angles and heights and they must be able to bring the ball down under control. Must be able to keep the ball under pressure and therefore needs to be very strong. Must have the will and desire to never give the ball up. Should be able to bring others in to the play and link up the play between midfielders and wide players.

Should be a fox in the box and clinical around the goal. Just like the center backs they should have a killers mentality but instead of stopping goals they must score them! Should never give defenders a seconds time on the ball, be a nuisance! Is often the first point of defending. When
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the ball is lost high up the field they should set the pressure immediately if they think it can be worn back.

Must have short memory and great self belief. When a chance is missed they must forget it and be ready and confident for the next opportunity. Should be fast, strong, agile and very physical.