

# System of Play

## Position Numbers and Player Profiles



# System of Play 1-4-3-3



## Playing System 1-4-3-3

3 Forwards

3 Midfielders

4 Backs

1 Goalkeeper

# System of Play 1-4-3-3



<TTPM> POSITION PROFILE

<T>

TECHNICAL.

<T>

TACTICAL

<P>

PHYSICAL

<M>

MENTAL

# Position-Specific Profiles



# Position Profile: Goalkeeper



## #1 GOALKEEPER

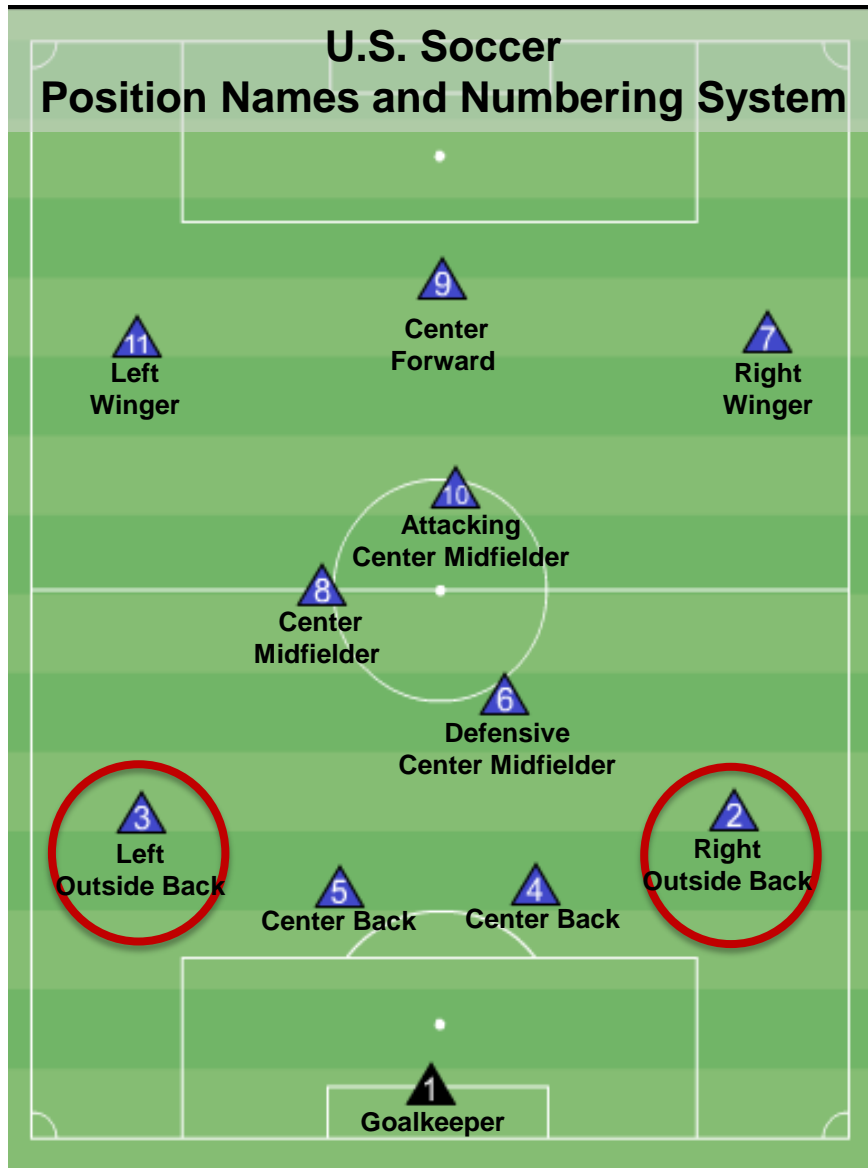
- + Collecting, handling & serving with hands & feet.
- + Receiving aerial service (all angles, distances)
- + Tackle, regain possession one v one

- + Command, direct team during re-starts
- + Organize, direct team actions in own half
- + Transition to attack- possess or penetrate

- + Power, acceleration and explosive movement
- + Aerial mobility maximize height and reach
- + Maximal Speed of Reaction

- + Alert and focused, constant assessment of play
- + Lead- confident, decisive mentality
- + Resilient- re-focus on targets, objectives

# Position Profile: Outside Backs



## #2, 3 OUTSIDE BACKS

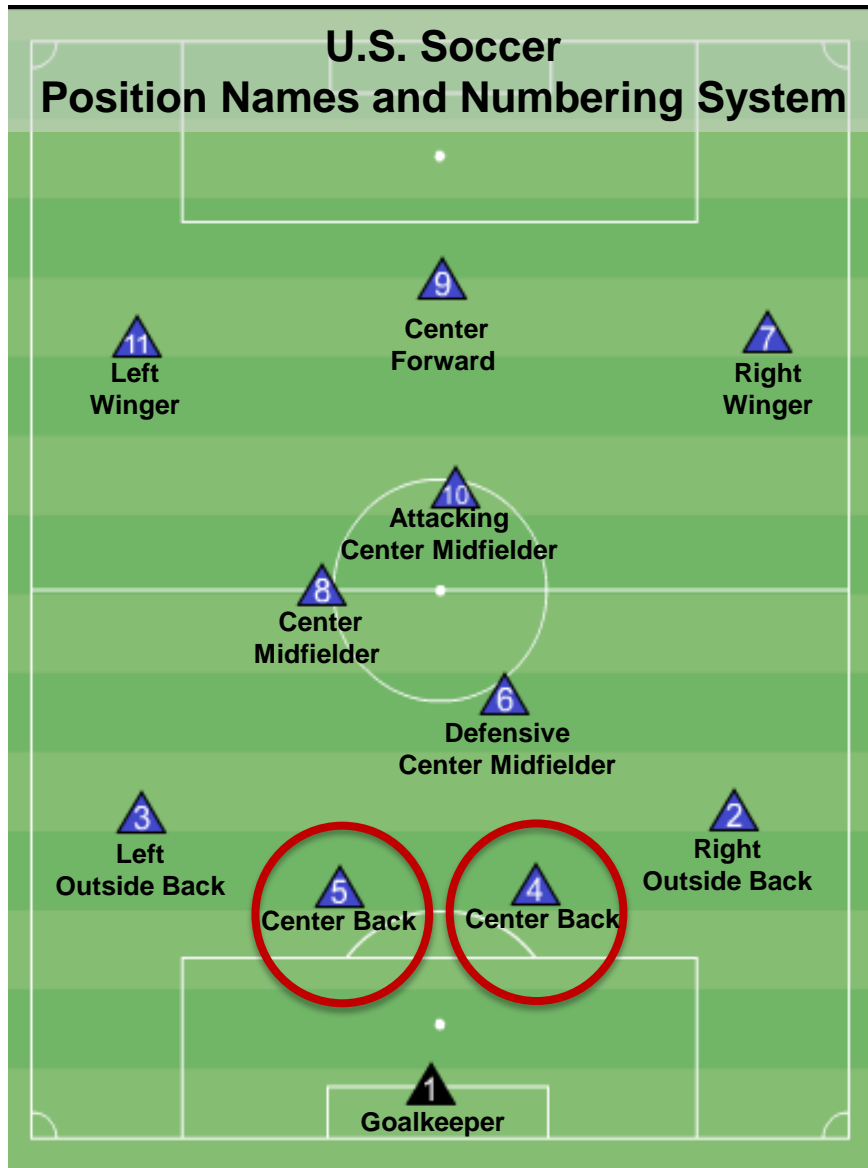
- + Collecting the ball efficiently, serve, run fwd.
- + Full passing range, crosses from flank channel
- + Tackle, intercept, regain possession of ball

- + Recognize, execute penetration on flanks
- + Organize and direct #7, #11 in defending role
- + Central channel balance, cover for #4, #5

- + Speed endurance- repeated explosive runs
- + Acceleration- change speed response to ball
- + Endurance, box-box range for the full match

- + Confident competitor in one-one isolation
- + Confident in attacking and defending roles
- + Alert, immediate response in transition

# Position Profile: Center Backs



## #4, 5 CENTER BACKS

- + Marking, tracking, intercepting and tackling
- + Heading, 1-touch passing on aerial serves
- + Passing to penetrate (all service types)

- + Decide, execute- mark opponent or mark space
- + Build-out, possession, tempo in central channel
- + Organize, direct outside backs and c. midfielders

- + Aerial- max. use of height, explosive movement
- + Rx Speed- adjust to ball, opponent movement
- + Agility- change direction in response to cues

- + Decisive leader- command and direct teammates
- + Control and composure under pressure
- + Focus- assess and prepare when ball is away

# Position Profile: Center Midfielder



## #6, 8 CENTER MIDFIELDER

- + Marking, tracking, intercepting and tackling
- + Collect, turn, re-direct to all regions of field (360)
- + Passing to penetrate (all service types)

- + Primary option for build out and possession
- + Defensive control centrally in front of backs
- + Penetrate- movement, passing or running w/ ball

- + Mobility- multi-directional, box-box, centrally
- + Speed endurance- intermittent, intense actions
- + Explosive movement- max. acceleration

- + Energized- maximal effort to connect the team
- + Game Awareness- control tempo & speed of play
- + Self-less- effort to connect all parts of the team



# Position Profile: Attacking Center Midfielder



## #10 ATTACK C. MIDFIELDER

- + Collect and turn under pressure.
- + Passing- penetration and goal-scoring chances
- + Dribbling or striking to score goals.

- + Mobility- create separation from opponent
- + Create scoring opportunities for teammates
- + Transition- join 1<sup>st</sup> line of defending pressure

- + Explosive movement- separation from opponent
- + Acceleration- change direction or change speed
- + Strength- shoot from distance, challenge for ball

- + 360 degree awareness- mental focus
- + Ambitious attacking mentality
- + Perception- focus on multiple, complex cues

# Position Profile: Wingers



## #7, 11 WINGERS

- + Flank service at high pace w/ either foot
- + Running with the ball, high pace (penetration)
- + Ball preparation, dribbling and ball manipulation

- + Transition- react, recover as 1<sup>st</sup> flank defender
- + Mobility to create team crossing opportunities
- + Mobility, timing of runs for central goal scoring

- + Speed endurance, high pace, frequent transition
- + Acceleration- with and without the ball
- + Agility- efficiency in changing direction

- + Ambitious penetrating attitude
- + Patience- prepared to max opportunities w/ ball
- + Focus- constant attention to game cues w/o ball

# Position Profile: Center Forward



## #9 CENTER FORWARD

- + Scoring- one-touch on demand (head and feet)
- + Receive, secure ball under pressure
- + Able to turn and face the goal (Penetrate)

- + Mobility, timing to optimize scoring chances
- + Recognize, attack the spaces behind the defense
- + Pressure, contain opponents' build out

- + Speed Endurance- repetitive explosive runs
- + Strength- compete for possession
- + Explosive movement- compete for aerial service

- + Persistence- remain in advanced position
- + Aggressive attitude to compete for the ball
- + Alert, anticipate positive opportunities

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