

Description

Positional understanding for the Liverpool IAA Bay Area -11v11

1-4-3-3

Session Organisation: 1-4-3-3

Key Factors: Technical Qualities In Possession

#1- Speed and quality of distribution, pass/kick, without hands and excellent on the floor technique, technique of releasing the ball with the feet and hands- distance (short, middle and long) with speed and direction.

#2- Ability to play at speed with the ball, control of the ball (excellent first touch control), technique of the pass (short, medium and long distance), crossing technique.

#3- Ability to play at speed with the ball, control of the ball (excellent first touch control), technique of the pass (short, medium and long distance), crossing technique.

#4- Speed (with the ball), always in a position to receive the ball, simple choices-first pass/ retain possession of the ball/ ability to change the direction of the game.

#5- Speed (with the ball), always in a position to receive the ball, simple choices-first pass/ retain possession of the ball/ ability to change the direction of the game.

#6- Excellent first touch control, a great passer (short, medium and long), ability to play one touch, a key player for the switch of play. Speed of play with the ball in all disciplines, heading ability, shooting ability.

#7- Speed with the ball, control of the ball (first control/ great first touch), crossing ability (cross with pace) on the ground or by air with a curve out of reach of the goalkeeper and between the goalkeeper and defenders. Decision on where to cross depending on the position of goalkeeper/ defenders and attackers. Near post, far post, pull back), dribbling inside and outside to take shot on goal or cross, passing ability, scoring (balls on the floor, balls in the air).

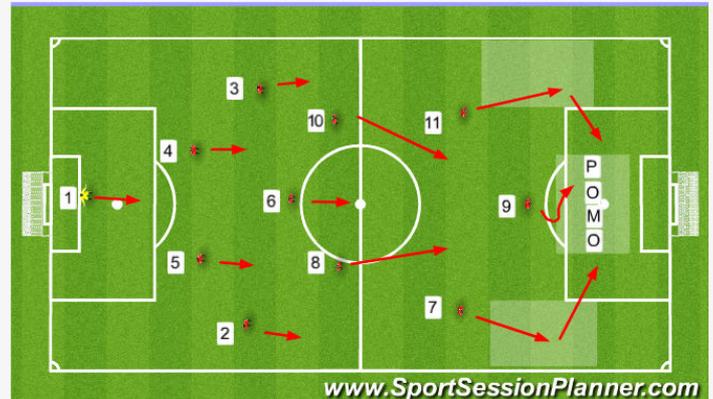
#8- Speed with the ball, control of the ball (excellent first touch), passing ability (short, medium and long distance), dribbling ability (to create a situation of 2v1 to score goals), long distance shooting on goal, heading ability.

#9- Speed with the ball, control of the ball (first control, great first touch in all directions), ability to keep the ball (dribbling ability), ability to play "give and go's" (pass to the side (left and right), "cut pass" (chip), passing ability, shooting and heading ability.

#10- Speed with the ball, control of the ball (excellent first touch), passing ability (short, medium and long distance), dribbling ability (to create a situation of 2v1 to score goals), long distance shooting on goal, heading ability.

#11- Speed with the ball, control of the ball (first control/ great first touch), crossing ability (cross with pace: on the ground or by air with a curve out of reach of the goalkeeper and between the goalkeeper and defenders. Decision on where to cross depending on the position of goalkeeper/ defenders and attackers. Near post, far post, pull back), dribbling inside and outside to take shot on goal or cross, passing ability, scoring (balls on the floor, balls in the air).

*Teamwork will make this formation highly successful. Work together to get into the shaded areas to provide passes, crosses and shots on goal. The P.O.M.O (Place of Maximum Opportunity) is a key area to aim for to achieve shots on goal.



1-4-2-3-1 (4-3-3 Variation)

Session Organisation: 1-4-2-3-1

Key Factors: Technical Qualities In Possession

#1- Speed and quality of distribution, pass/kick, without hands and excellent on the floor technique, technique of releasing the ball with the feet and hands- distance (short, middle and long) with speed and direction.

#2- Ability to play at speed with the ball, control of the ball (excellent first touch control), technique of the pass (short, medium and long distance), crossing technique.

#3- Ability to play at speed with the ball, control of the ball (excellent first touch control), technique of the pass (short, medium and long distance), crossing technique.

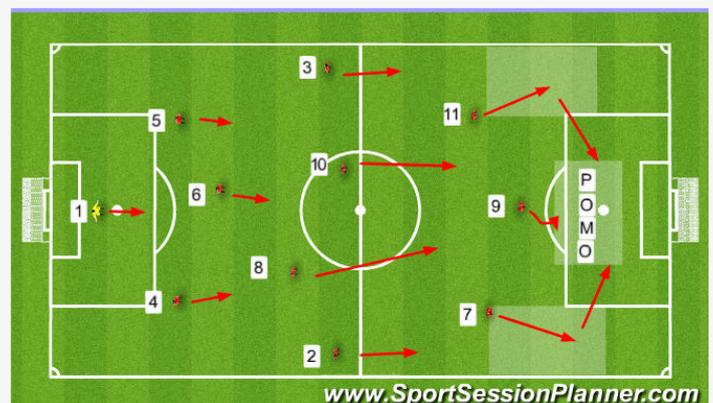
#4- Speed (with the ball), always in a position to receive the ball, simple choices-first pass/ retain possession of the ball/ ability to change the direction of the game.

#5- Speed (with the ball), always in a position to receive the ball, simple choices-first pass/ retain possession of the ball/ ability to change the direction of the game.

#6- Excellent first touch control, a great passer (short, medium and long), ability to play one touch, Speed of play with the ball in all disciplines, heading ability, shooting ability.

#7- Speed with the ball, control of the ball (first control/ great first touch), crossing ability (cross with pace) on the ground or by air with a curve out of reach of the goalkeeper and between the goalkeeper and defenders. Decision on where to cross depending on the position of goalkeeper/ defenders and attackers. Near post, far post, pull back), dribbling inside and outside to take shot on goal or cross, passing ability, scoring (balls on the floor, balls in the air).

#8- Speed with the ball, control of the ball (excellent first touch), passing ability (short, medium and long distance), dribbling ability (to



create a situation of 2v1 to score goals), long distance shooting on goal, heading ability.

#9- Speed with the ball, control of the ball (first control, great first touch in all directions), ability to keep the ball (dribbling ability), ability to play "give and go's" (pass to the side (left and right), "cut pass" (chip), passing ability, shooting and heading ability.

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#11- Speed with the ball, control of the ball (first control/ great first touch), crossing ability (cross with pace: on the ground or by air with a curve out of reach of the goalkeeper and between the goalkeeper and defenders. Decision on where to cross depending on the position of goalkeeper/ defenders and attackers. Near post, far post, pull back), dribbling inside and outside to take shot on goal or cross, passing ability, scoring (balls on the floor, balls in the air).

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1-4-5-1

Session Organisation: 1-4-5-1

Key Factors: Tactical Understanding of the 1-4-5-1

The Defence:

#1, 2, 3, 4 and 5: The 4-5-1 plays with a flat back four defensive line. There are two central defenders (#4 and #5) along with two fullbacks (#2 and #3). The back four is the foundation of the team. The back four plays with a slight arc shape with #4 and #5 always being the furthest point back. The goalkeeper acts as a "sweeper keeper" and moves up/around depending on the position/possession of the ball.

The Midfield:

This consists of a defensive midfielder (#6), two central midfielders (#8 and #10) and two wide players (#7 and #11). The midfield has the support of a defensive midfielder (#6) so the two central midfielders (#8 and #10) have the ability to push further up the field.

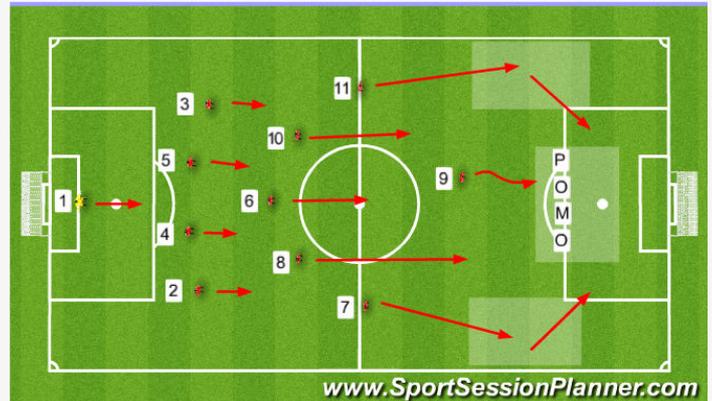
*Important: The #8 and #10 must understand is that the two central midfielders can never move up and down together. If one moves up (for example the #10) then the other (#8) stays back and vice-versa.

The Forward:

The forward should not be discouraged at being a lone forward. The framework of this formation allows midfielders (#8 or #10) and wide players (#7 and #11) to push so far up the field that when attacking, the system resembles a 4-3-3.

The only time a forward is truly left as the lone player is while the team is on the defense.

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1-3-4-3

Session Organisation: 1-3-4-3

Key Factors: Technical Qualities in Possession

#1- Technically proficient, solid technical passing abilities, strong distribution decisions, gifted athlete.

#2-Ability to play great long service, strong at defending and attacking in the 1 v 1's, player with speed able to cover ground in the wide areas, solid technical passing abilities (short, medium and long).

#3- Ability to play great long service, strong at defending and attacking in the 1 v 1's, player with speed able to cover ground in the wide areas, solid technical passing abilities (short, medium and long).

#4-Consistent player who is organised and a leader, tall and assertive, ability to cover ground (especially laterally and vertically), technically competent, strong and accurate in challenging for the ball, strong in the air.

#5-Consistent player who is organised and a leader, tall and assertive, ability to cover ground (especially laterally and vertically), technically competent, strong and accurate in challenging for the ball, strong in the air.

#6- Consistent player who is organised and a leader, tall and assertive, ability to cover ground (especially laterally and vertically), technically strong, strong and accurate in challenging for the ball, strong in the air.

#7- Good levels of fitness, high work rate, ability to make long runs and recover, strong in the 1 v 1's, high level of attacking ability, provide service from wide areas, short and long range shooting ability.

#8- Endless work rate – speed and endurance, good leadership and organisation, creative playmaker, good in the air, short and long range finishing ability, ability to provide defensive cover and pressure.

#9- Ability to play with back to the goal, creativity and technical finishing abilities, strong and assertive.

#10- Endless work rate – speed and endurance, good leadership and organisation, creative playmaker, good in the air, short and long range finishing ability, ability to provide defensive cover and pressure.

#11- Good levels of fitness, high work rate, ability to make long runs and recover, strong in the 1 v 1's, high level of attacking ability, provide service from wide areas, short and long range shooting ability.

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