

## 1-2-3-1: Attacking Shape

### Formation: 1-2-3-1 (Attacking)

**1-** Goalkeeper. When in possession, move up to the top of the box to support the play of the field players. Look to play through the #4, #5, #6, #7 and #11 if possible. Play safe and smart

**4-** Central player in the defensive third. Width is created (when in possession) to the corners of the box

**5-** Same as the #4. The #4 and #5 may switch sides provided they have a stable line in the back

**6-** The #6 plays in the central midfield area. They support the #4 and #5 whilst acting as a support for the #7, #11 and #9. We look to switch the point of attack (i.e. #7 to #11) through the #6 frequently

**7-** Width is provided by the #7 in attack. They look to get wide, into spaces, draw the opposition defenders apart and get into 1v1 situations. They support the #4, #6 and #9 in particular. The P.O.M.O area is the most dangerous for the team and the #7 looks to get their suitably

**11-** Width is provided by the #11 in attack. They look to get wide, into spaces, draw the opposition defenders apart and get into 1v1 situations. They support the #5, #6 and #9 in particular. The P.O.M.O area is the most dangerous for the team and the #11 looks to get their suitably

**9-** This player is the most advanced player up the field in attack. They stay as high as possible to provide depth and look to be released by the #6, #7 and #11 early. The P.O.M.O area is the most dangerous for the team and the #9 look to get their suitably

### Key Points:

Communicate; Verbal, visual, eye contact

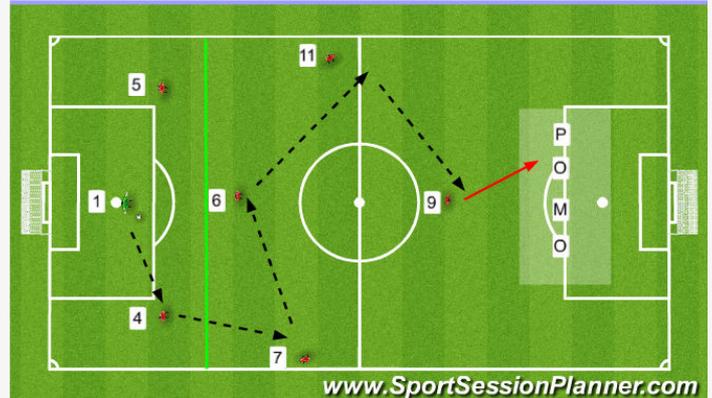
Possession of the ball; It is our ball, look after it

Width, depth and mobility to create space

Get the ball forward quickly, penetrate the opposition

Place of Maximum Opportunity (P.O.M.O)- Key area to advance and take shots, play passes

Shoot; Take lots of shots. Repetition is key



## 1-2-3-1: Defensive Shape

### Formation: 1-2-3-1 (Defensive)

**1-** Goalkeeper. Retreat to a safe distance from your goal-line to avoid surprise shots and advantage for opposition. Play safe and smart

**4-** Plays to the right of the #5 in the defensive third. Looks to reduce width and supports the #5 when the team is not in possession of the ball. The #4 and #5 are the furthest point back on the field when defending

**5-** Central player in the defensive third. Looks to reduce width and supports the #4 when the team is not in possession of the ball. The #4 and #5 are the furthest point back on the field when defending

**6-** The #6 plays in the central midfield area. They support the #5, #2 and #3 whilst remaining in a central area in front of the back line.

**7-** Plays to the right of the #6. Looks to reduce width and supports the #6 and #4 when the team is not in possession of the ball.

**11-** Plays to the left of the #6. Looks to reduce width and supports the #6 and #5 when the team is not in possession of the ball.

**9-** This player is the most advanced player up the field but looks to support the midfield. If they can provide a surprise challenge approaching from the back or side of the opponent it would benefit regaining possession through surprise.

### Key Points:

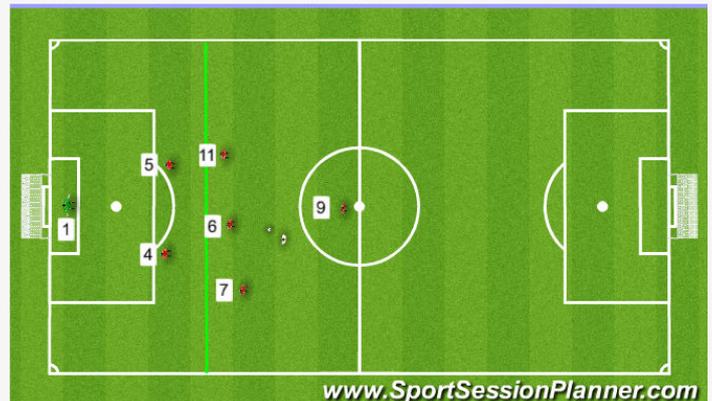
Communicate; Verbal, visual, eye contact

Possession of the ball; It is our ball, work to get it back

Compact, pressure, support and mobility to restrict the space

Force the opponents into wide areas (away from our goal)

Get the ball forward quickly upon regaining possession



## 1-3-2-1: Attacking Shape

Formation: 1-3-2-1 (Attacking)

**1-** Goalkeeper. When in possession, move up to the top of the box to support the play of the field players. Look to play through the #4, #5, #6, #7 and #11 if possible. Play safe and smart

**2-** Plays to the right of the #5 in the defensive third. Looks to provide width and support in possession. We look to play out through the #2 from the goalkeeper when we get possession of the ball.

**5-** Central player in the defensive third. Width is created (when in possession) to the corners of the box and the #5 stays central

**3-** Plays to the left of the #5 in the defensive third. Looks to provide width and support in possession. We look to play out through the #3 from the goalkeeper when we get possession of the ball.

**6-** The #6 plays in the central midfield area. They support the #5, #2 and #3 whilst acting as a support for the #8 and #9. We look to switch the point of attack (i.e. #8 to #3) through the #6 frequently

**8-** The #8 plays in the central midfield area. They support the #2, #5, #3 and #6 as well as the #9. The P.O.M.O area is the most dangerous for the team and the #8 looks to get their suitably

**9-** This player is the most advanced player up the field in attack. They stay as high as possible to provide depth and look to be released by the #6 and #8 early. The P.O.M.O area is the most dangerous for the team and the #9 look to get their suitably

**Key Points:**

Communicate; Verbal, visual, eye contact

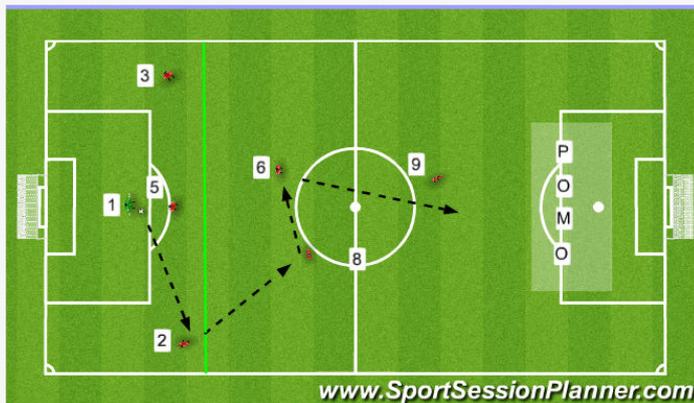
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Width, depth and mobility to create space

Get the ball forward quickly, penetrate the opposition

Place of Maximum Opportunity (P.O.M.O)- Key area to advance and take shots, play passes

Shoot; Take lots of shots. Repetition is key



## 1-3-2-1: Defensive Shape

Formation: 1-3-2-1 (Defensive)

**1-** Goalkeeper. Retreat to a safe distance from your goal-line to avoid surprise shots and advantage for opposition. Play safe and smart.

**2-** Plays to the right of the #5 in the defensive third. Looks to restrict width and supports the #5 and #8 when not in possession of the ball.

**5-** Central player in the defensive third. Looks to reduce width and supports the #2 and #3 when the team is not in possession of the ball. The #5 is the furthest point back on the field when defending.

**3-** Plays to the left of the #5 in the defensive third. Looks to restrict width and supports the #5 and #6 when not in possession of the ball.

**6-** The #6 plays in the central midfield area. They support the #5, #2 and #3 and #8 whilst remaining in a central area in front of the back line.

**8-** The #8 plays in the central midfield area. They support the #5, #2, #3 and #6 whilst remaining in a central area in front of the back line.

**9-** This player is the most advanced player up the field in attack. They stay as high as possible to provide depth and look to be released by the #6 and #8 early. The P.O.M.O area is the most dangerous for the team and the #9 look to get their suitably

**Key Points:**

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