



Oakleigh Cannons FC – U19's Playbook

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Patterns of Play

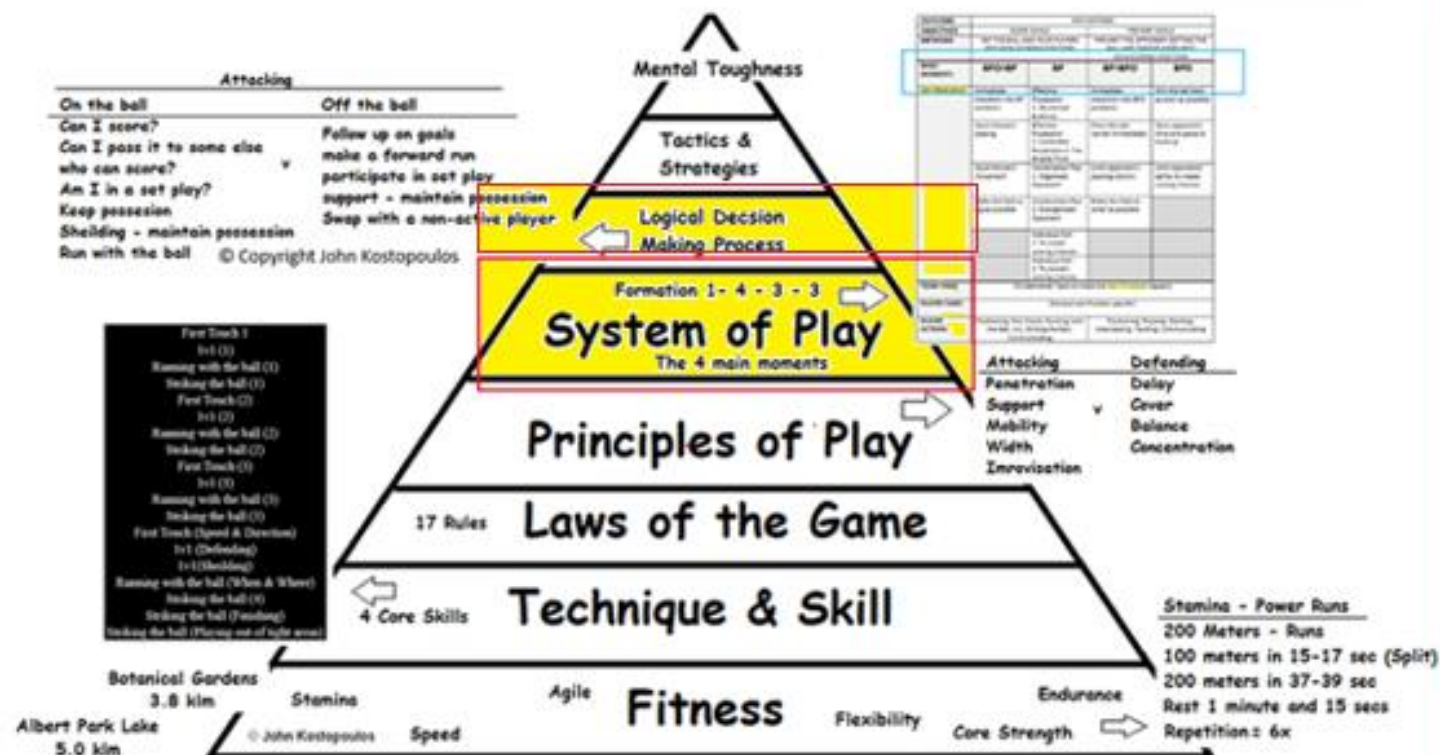
- Finishing Drills

- Move A (Wide Attack)
- Move B (Central Attack)

- Build Up Drills

- Drill 1 (2 - 1 - 4 - 11 - 8 - 11 WITH A MOVE A (9, 7, 10) FINISH)
- Drill 2 (4 - 3 - 4 - 5 - 11 - 8 - THROUGH BALL TO 9)
- Drill 3 (2 - 3 - 6 - 4 - 5 RUNS WITH BALL - 11 OPENS CORRIDOR)
- Drill 4 (1 - 4 - 6 - 8 THROUGH PASS INTO CORNER POCKET)

Our Overall Development Program



Summary

- Fitness / Physical (Speed, Agility, Strength, Power)
- Technique (No Pressure)
- Skill (Technique Under pressure)
- Laws of the Game
- Principles of Play
- Systems of Play
- Decision Making
- Tactics
- Strategies
- Mental Toughness
- Team Understanding
- Player Awareness



The System of Play 1-4-3-3 (Description)

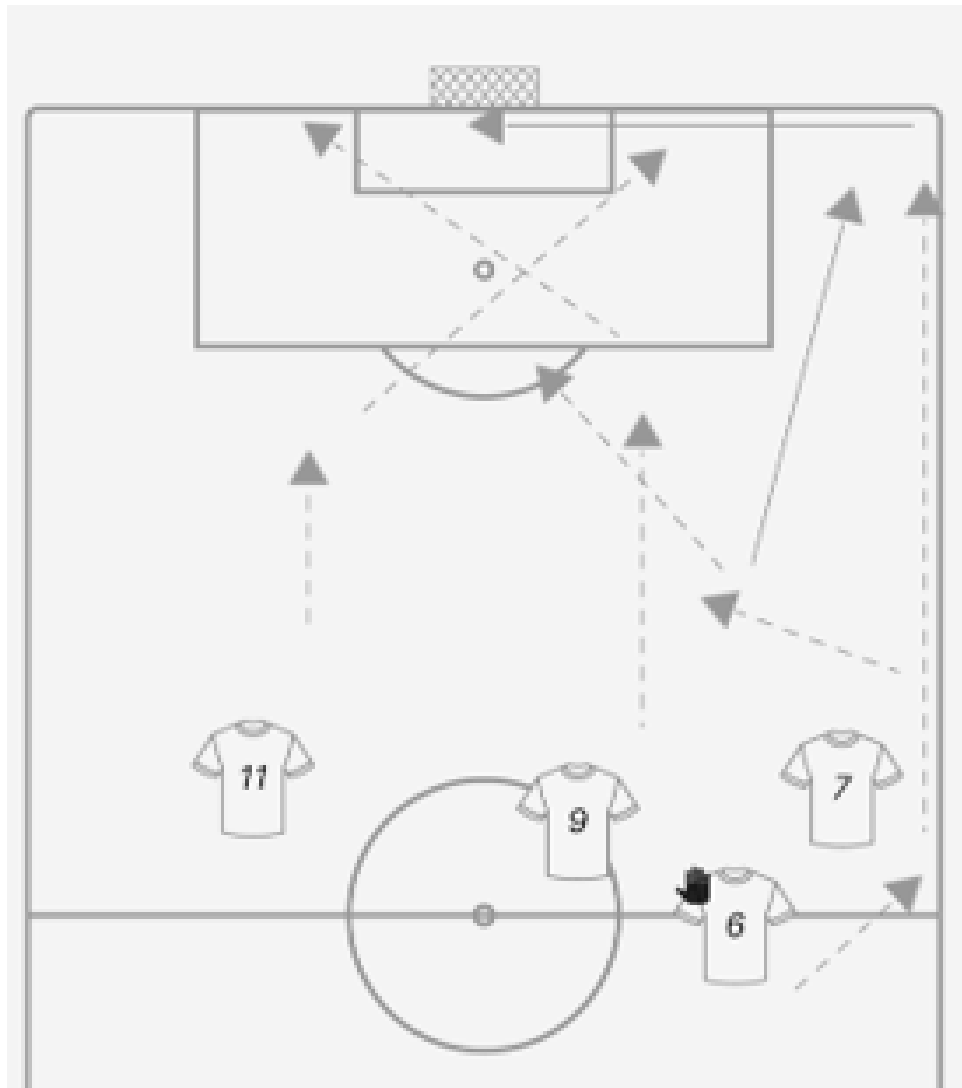
System Positions



- There are "3" layers of play.
- Players are positioned across the field in a manner that creates opportunities to advance the ball into the next layer of play.
- Players positioned in the attacking layer can be quickly supported.
- This formation allows quick transitioning.
- In a 1-4-3-3 formation, the spaces between layers – namely the defense, midfield, and attack – are vital.
- Position description and player tasks are clearly defined.
- Provides flexibility to adjust and turn into other shapes and systems.
- Players can form angle positioning all over the pitch to create better passing channels leading to goal scoring opportunities.



Patterns of Play – Finishing Drills (Move A – Wing Attack)



Move A - Passing sequence A wing counter attack

Timing of each run in the move is critical

Player 7 runs with the ball opening up an overlap

Player 6 overlaps 7 from behind and runs down the wing getting behind the defence.

Player 7 plays a through ball to 6 then runs to the "D" area.

Player 6 crosses the ball, possible targets front post, back post, or "D" area

Player 9 and 11 run straight and cross over; 9 goes back post and 11 goes to front post.



Patterns of Play – Finishing Drills (Move B Central Attack)



Move B - Passing sequence A central counter attack

Player 2 plays it to player 6;
player 6 plays it back to 2 like
a bouncer
Player 2 then plays it over to 9
low or high.
player 7 and 6 switch runs ;
player 9 sets up player 7 for a
shot at goals
Player 6 follows up for a
rebound of the keeper



Patterns of Play – Build Up (Drill 1)

Build Up with 2 - 1 - 4 - 11 - 8 - 11 with a Move A (9, 7, 10) Finish

Build Up with 5 - 1 - 3 - 7 - 6 - 7 with a Move A (9, 11, 10) Finish



Drill 1 - A passing sequence drill with a "Move A" finish.
Player 2 passes it to 1 to 4 to 11 who does a wall pass with 8 back to 11 with a "Move A" finish from wide to central players 9,10,7 who run into key areas. Front post, Back Post and just outside the penalty area "d" ; the no 5 opens up drawing a player away

Other side;-
5-1-3-7-6-7-finish with 9,10,11



Patterns of Play – Build Up (Drill 2)

Build Up with 4 - 3 - 4 - 5 - 11 - 8 - through ball to 9 Finish and 7, 10 Following Up

Build Up with 3 - 4 - 3 - 2 - 7 - 6 - through ball to 9 Finish and 11, 10 Following Up



Drill 2 - A passing drill sequence with a through ball by 8 then a finish with 9 while 10 and 7 follow up

4-3-4-5-11-8-finish with 9,10,7

Other side:-

3-4-3-2-7-6-finish with 9,10,11



Patterns of Play – Build Up (Drill 3)

Build Up with 2 - 3 - 6 - 4 - 5 runs with ball - 11 Opens corridor - wall pass Finish with Move A
Build Up with 5 - 4 - 8 - 3 - 2 runs with ball - 7 Opens corridor - wall pass Finish with Move A



Drill 3 - passing drill sequence

2-3-6-4-5 runs down the line and plays a wall pass with 11 with a "Move A" finish; after the wall pass the No 11 switches roles with the No 5

**5-4-8-3-2 runs down the line with a "Move A" finish
After the wall pass the no 7 switches roles with the no 2**



Patterns of Play – Build Up (Drill 4)

Build Up 1 - 4 - 6 - 8 Through Pass into Corner Pocket Finish with Move A

Build Up 1 - 3 - 8 - 6 Through Pass into Corner Pocket Finish with Move A



Drill 4 - passing drill sequence
Player 1 passes it to 4-6-8-the no 5 overlaps - the no 11 opens up to create space for no 5 - the no 8 plays a through pass into the pocket for no 5 to run onto and cross to finish with a "Move A" with 9,10,7

Other side :-
1-3-8-6-2-7 finish with 9,10,11