



Oakleigh Cannons FC – U19's Playbook

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The System of Play 1-4-3-3

System Description

Playing Positions (Player Tasks)

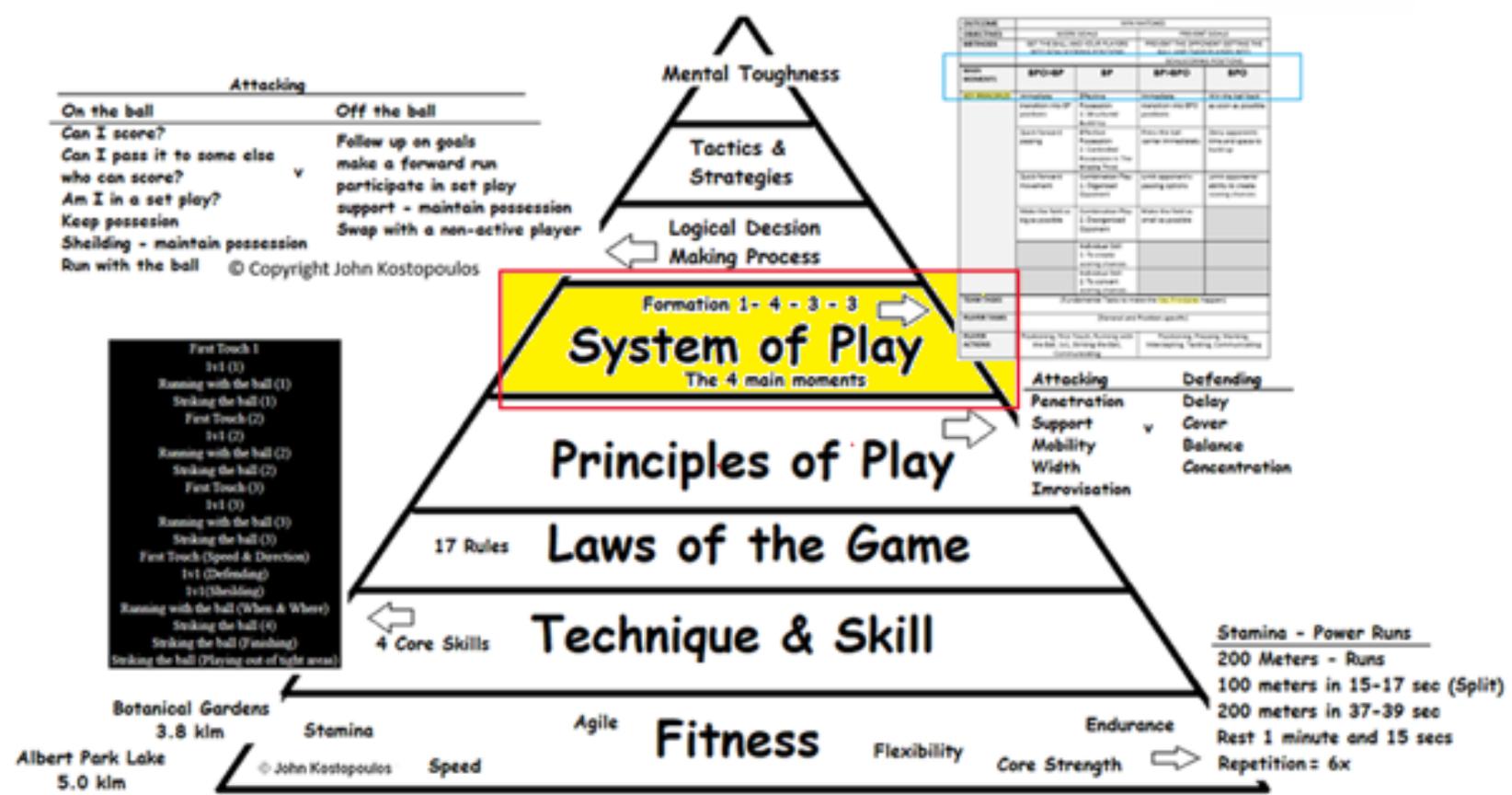
- *The Goalkeeper*
- *The Fullbacks*
- *The Centre Backs*
- *The Defending Midfielders*
- *The Attacking Midfielder*
- *The Wingers*
- *The Striker*

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
- Decision Making
- Tactics
- Strategies
- Mental Toughness
- Team Understanding
- Player Awareness





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

System Positions

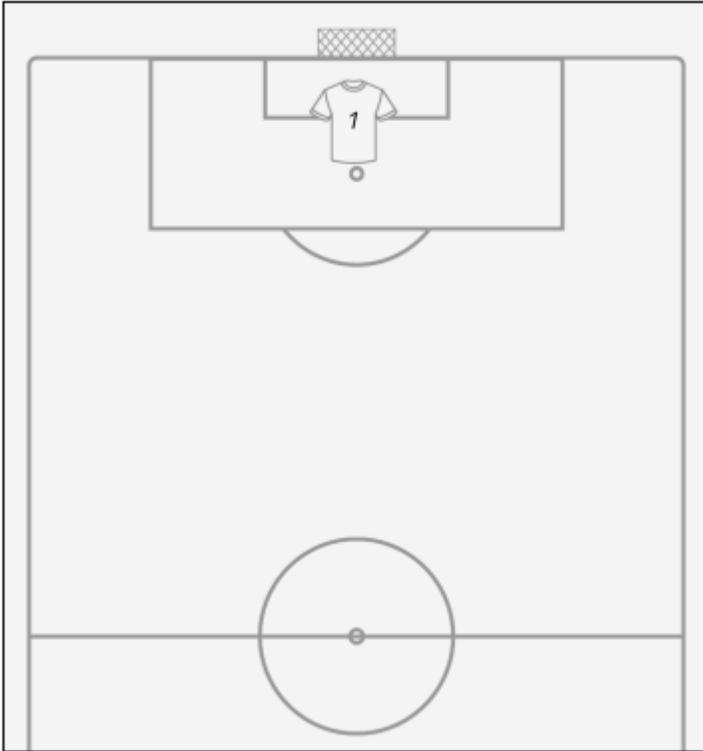


- There are “3” layers of play.
- Players are positioned across the field in a manner that creates opportunities to advance the ball into the next layer of play.
- Players positioned in the attacking layer can be quickly supported.
- This formation allows quick transitioning.
- In a 1-4-3-3 formation, 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.



The System of Play 1-4-3-3 (Player Tasks)

The Goalkeeper

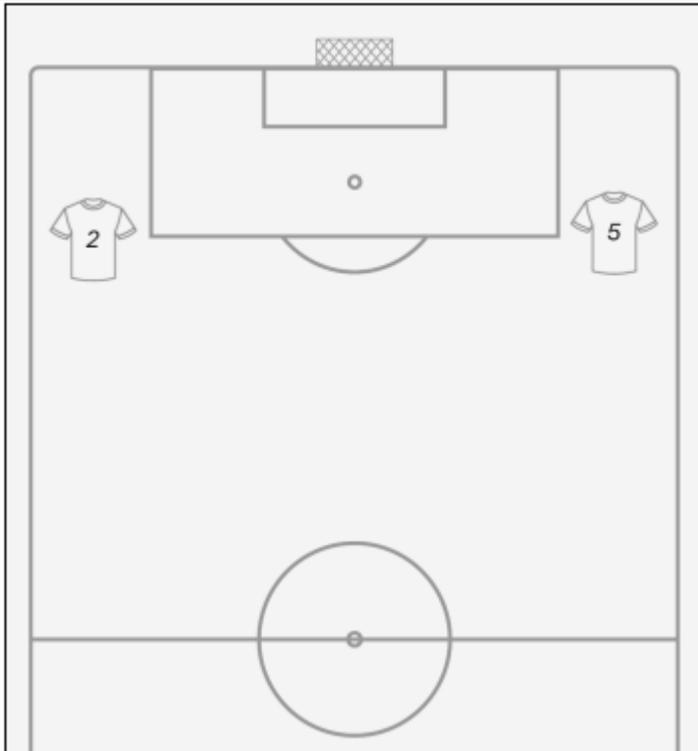


- 1st line of attack.
- Quality distribution with hand and feet over various distances.
- Provide an outlet and support defenders and midfielders.
- Always be available to receive a pass.
- Provide good information to defenders.
- Dealing with shots on goal from various distances and angles.
- Dealing with crosses, passes and set pieces in the box.
- Provide cover and support the back 4.
- Play a high line.
- Can you skip layers.



The System of Play 1-4-3-3 (Player Tasks)

The Fullbacks

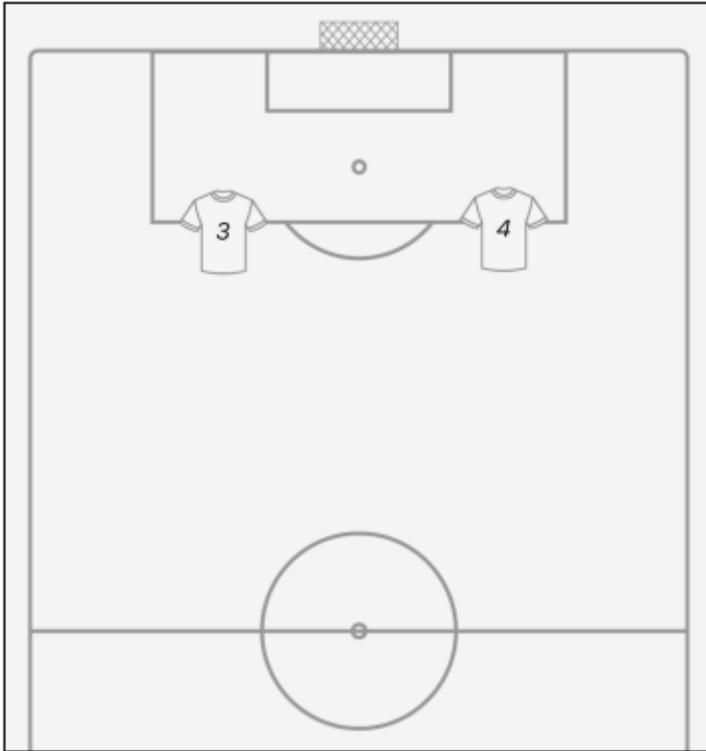


- Quality distribution and always be available to receive a pass.
- Provide depth and width; with well-timed overlapping runs off the ball.
- Recognize when not to join the attack and balance defense when the other fullback has joined the attack.
- Close down opponent quickly.
- Good in 1v1 situations,
- Provide cover and support to midfield and backline (when the ball is on the opposite side)
- Recognize when to press opponent or when to cover the press.
- Support attack as quickly as possible with aggressive forward runs or recognize to stay and cover.
- Deal with oppositions “through balls” or “long balls” played forward between or over the defense immediately after loss of possession.
- Immediate pressure on the ball to prevent opponent playing a forward pass.
- Track and Follow your man.
- Get into defensive position as quickly as possible



The System of Play 1-4-3-3 (Player Tasks)

The Centre Backs

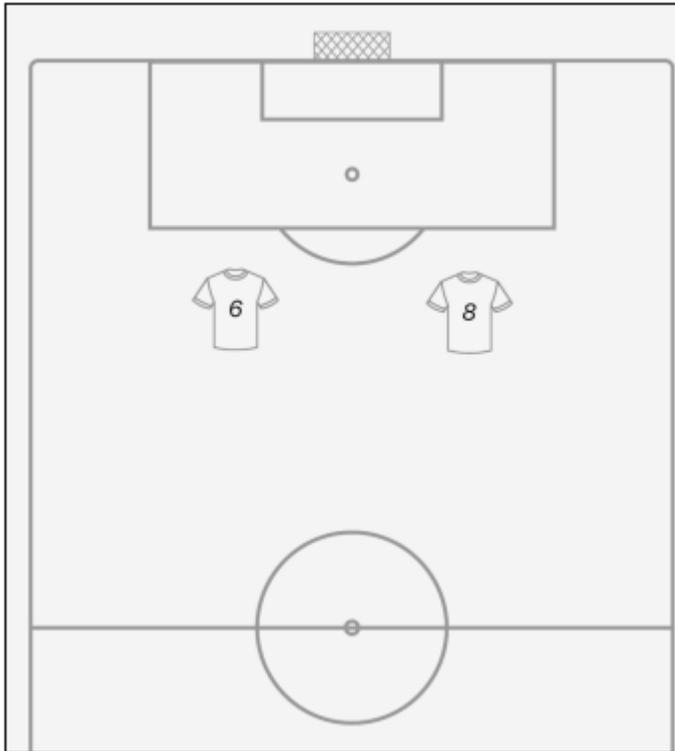


- Always be available to receive a pass.
- Quality distribution through accurate passing,
- Provide support in attack by accurate positioning and create overload in midfield if required.
- Ability to defend in 1v1.
- Ability to organize defensive set up.
- Provide good cover and balance when the ball is in wide areas.
- Pressure and support when ball is in central areas.
- Good defensive heading and positioning on crosses or long balls from opposition.
- Support a quick attack by organizing and moving back line up higher to limit the space between the layers.
- Deal with oppositions “through balls” or “long balls” played forward between or over the defense immediately after loss of possession.
- Recognize when to press the ball or when to cover Retreat to a compact shape



The System of Play 1-4-3-3 (Player Tasks)

The Defending Midfielders

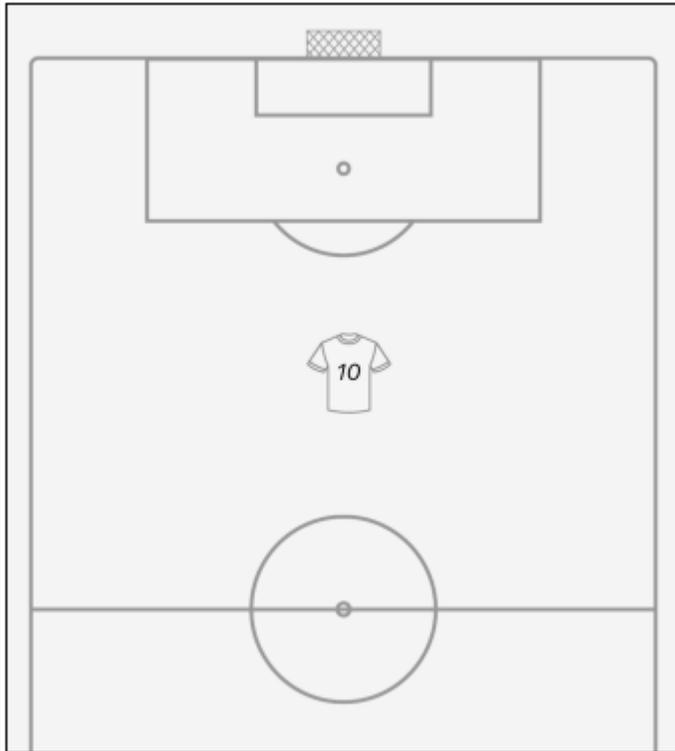


- Always able to receive the ball to build up play with forward passes or switch play.
- Always take positive forward touches.
- Know when to hold and shield the ball.
- Good accurate passing.
- Always play forward when possible.
- Maintain balance in attack in case of loss of possession.
- Ability to step in and press opponent
- Ability to defend in 1v1.
- Protect and cover the pressing from advanced midfielders.
- Winning the second ball quickly.
- Ability to play a direct pass or dribble/carry forward to create an overload situation.
- Ability to recognize when to make a forward run to support the counterattack or maintain balance.
- Ability to Maintain balance whilst in attack.
- Ability to block lanes / delay or Intercept forward passes by opponents.



The System of Play 1-4-3-3 (Player Tasks)

The Attacking Midfielders

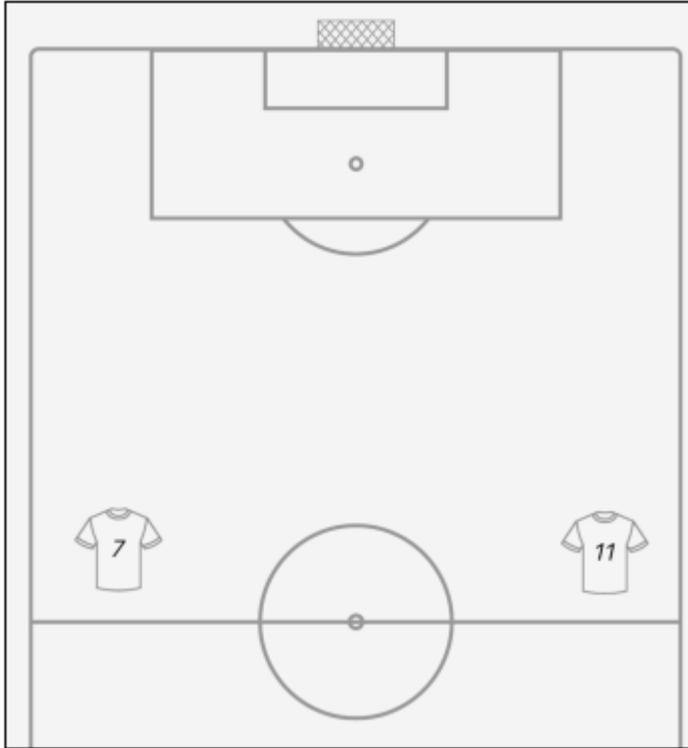


- Ability to take up good positions between the layers.
- Ability to take touches on the move.
- Ability to play penetrative passes.
- Ability to take on a player in a 1v1 duel.
- Make pro-active runs rather than re-active.
- Ability to defend in a 1v1.
- The ability to recognize set plays or patterns of play.
- Ability to press and regain possession.
- Ability to make forward runs with good timing to support and join the attack.
- Create overload with balance in finishing area to score.
- Ability to react quickly and put pressure on the ball immediately.
- Ability to block lanes / delay or Intercept forward passes by opponents



The System of Play 1-4-3-3 (Player Tasks)

The Wingers

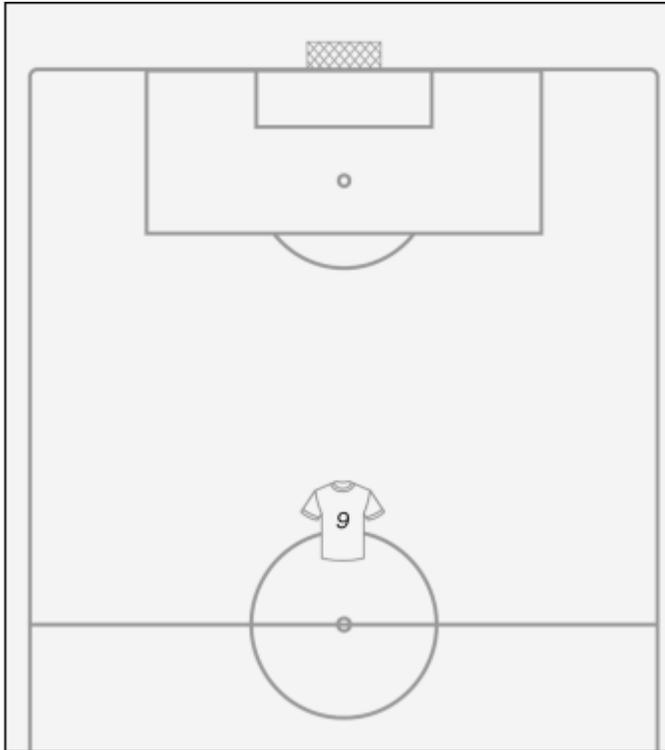


- Ability to duel in a 1v1 attacking situation.
- Ability to get into goal scoring positions.
- The ability to score.
- Provide width and length.
- Receive the ball between layers.
- Create space for the overlapping fullback.
- Ability to make forward runs.
- Ability to play crosses and cut-backs.
- Make Intelligent runs into finishing positions.
- Ability to press and close on an opponent.
- Ability to close the gaps between layers.
- Ability to block passing lanes.
- Ability to find space and be able to receive a forward pass into feet or in behind the last line through well timed forward runs.
- Take up position early to influence the game
- Ability to immediately pressure to win ball back as quickly as possible and prevent forward passes.
- Ability to get back quickly into a compact shape.



The System of Play 1-4-3-3 (Player Tasks)

The Striker



- Ability to score with limited space and limited touches.
- Ability to get into goal scoring positions.
- Ability to combine with players making forward runs into finishing positions.
- Ability to stretch opponents to allow midfielders or wingers to play in areas.
- Ability to arrive first in the box.
- Cover when wingers are pressing the ball.
- Make a collective press.
- Stop opponent to switch the ball to the other side.
- Ability to find space and be able to receive a forward pass into feet or in behind the last line through well timed forward runs.
- Look to get back quickly into a compact shape.
- Force opponents into non-threatening areas
- Don't allow the opponents defending midfielders
- get on the ball if their fullback has the ball.