

EUSC COACHES TRAINING
FORMATIONS: PROS & CONS

STYLES OF PLAY (FORMATIONS):

2-5-3: Really 2-3-2-3 Formation (Double "W")

Pros: Even distribution of Defense/Attack; 3 forwards w/2 support players;
Consider when short on "Classic Defenders"

Cons: Need fast back 2 defenders who communicate well and very strong
Outside middies who track back; corners open in back; difficult
to teach young players

3-4-3: Flat Back Defenders & Flat Midfielders

Pros: Good attacking formation: 7 players in attack

Cons: Need excellent quick Defenders who communicate well; need quick
2-way Middies to support back-3; Need active, fast Keeper

3-4-3: Flat back Defenders & Off-set Midfielders (1 or 2)

Pros: A little more defensive formation; still a good attacking formation;
Strong centrally; 3 target players up-top

Cons: More space in middle of field if 2 Middies off-set; communication
between 2 middies critical or attack/defense in middle breaks down;
if Middies play wide gaps in midfield possible

3-5-2: Flat Back Defenders or w/Sweeper w/5 offset-middies

Pros: Lots of players in middle of field; good attacking formation; good formation
with lots of midfielders and few "strikers"

Cons: Need 2 strikers who work well together; outside middies have to
recognize when to become wing attackers/defenders; potential
crowded midfield

4-3-3: Flat back 4 or Diamond Defender; Flat midfield

Pros: Good formation for a team with 3 good passing/dribbling midfielders;
3 options up top rather than 2 target players

Cons: Need 3 good ball control passers in midfield! Danger behind flat-back
4 or in corners for diamond defense; lots more mid-field space to exploit
against this formation

4-4-2: Flat Back Defenders; Flat Midfield

Pros: 9 players (w/Keeper) in Defensive position; even # of Defenders/Middies
- Can quickly get 6 players into attack

Cons: Need excellent communication among back-four; need quick, aggressive
Keeper behind back-four; area behind/over back line is danger zone

- 4-4-2: Double Diamond Formation; Sweeper/Stopper Formation;
Center Defensive Midfield; Center Attacking Mid supporting 2 Strikers
Pros: Support in Back w/Sweeper; support in Midfield w/Stopper & Def Mid;
Support in attack w/Attacking Middle
Cons: Players have to know their roles and mature enough to switch back and forth (ex: Ctr Attacking Mid & Stopper); Central Middies may not be as wide as other 4-4-2 formations; space behind defenders (corners) area to be exploited
- 4-5-1: Very Defensive formation: 10 players on Defense; outside Middies become forwards; Target Striker on top (works side-to side; keep last D'er honest)
Pro's: 10 defenders on Defense; good formation against good passing teams;
Outside middies w/speed become strikers (3 forwards): 4-3-3 in attack
Cons: Hard work for lone striker (target player); difficult for striker to immediately combine w/outside middies; outside middies have to recognize attacking situations ; lone striker needs ability to receive/hold ball and be excellent 1v1 player; congestion in midfield
- 3/4 2006 World Cup Finalists played with a variation of this formation (4-2-3-1)
- Germany played w/2 Strikers
Flat Back 4 was preferred defensive formation in WC 2006.