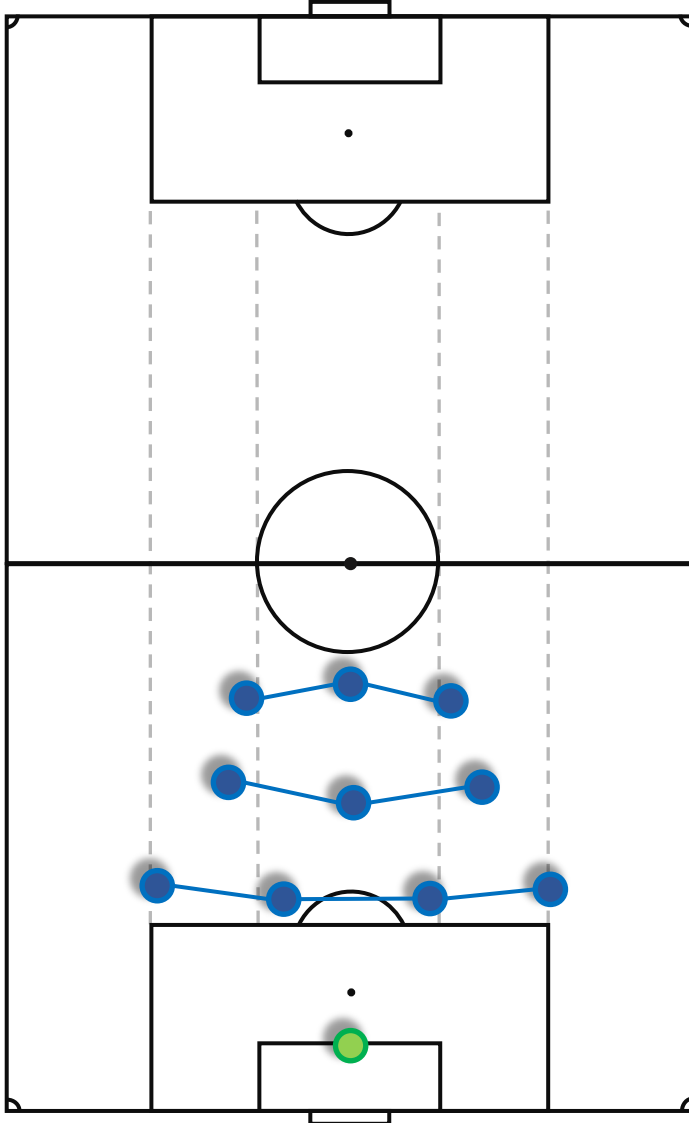


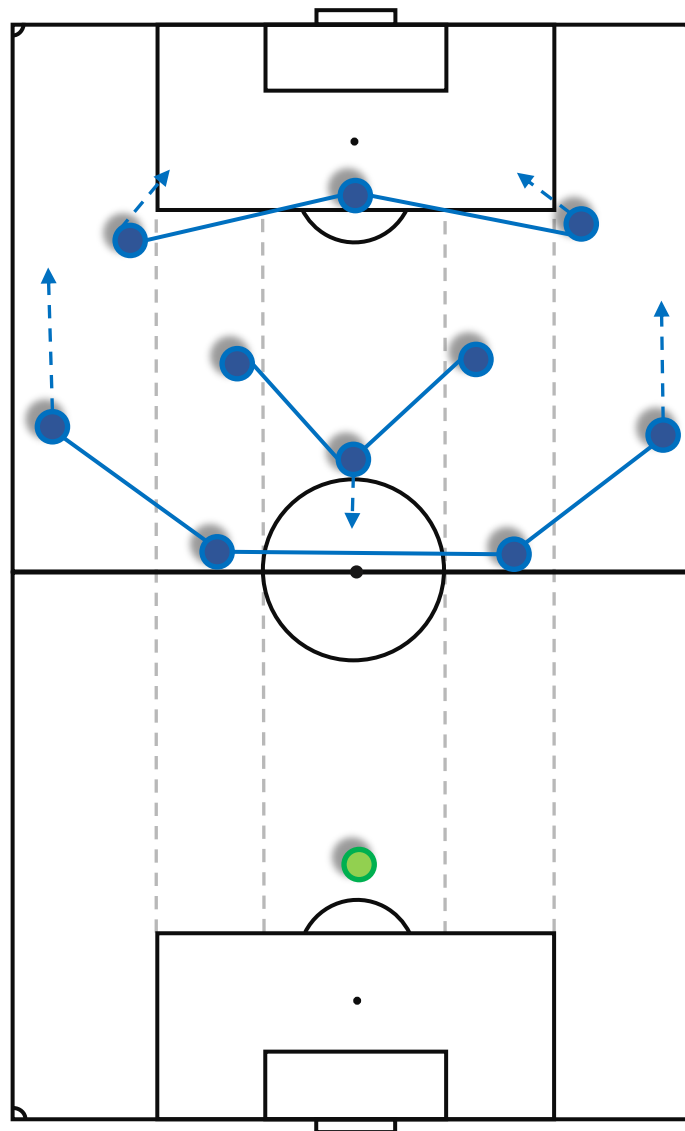
OUT OF POSSESSION SHAPE

low block



IN POSSESSION SHAPE

creation phase



ADVANTAGES

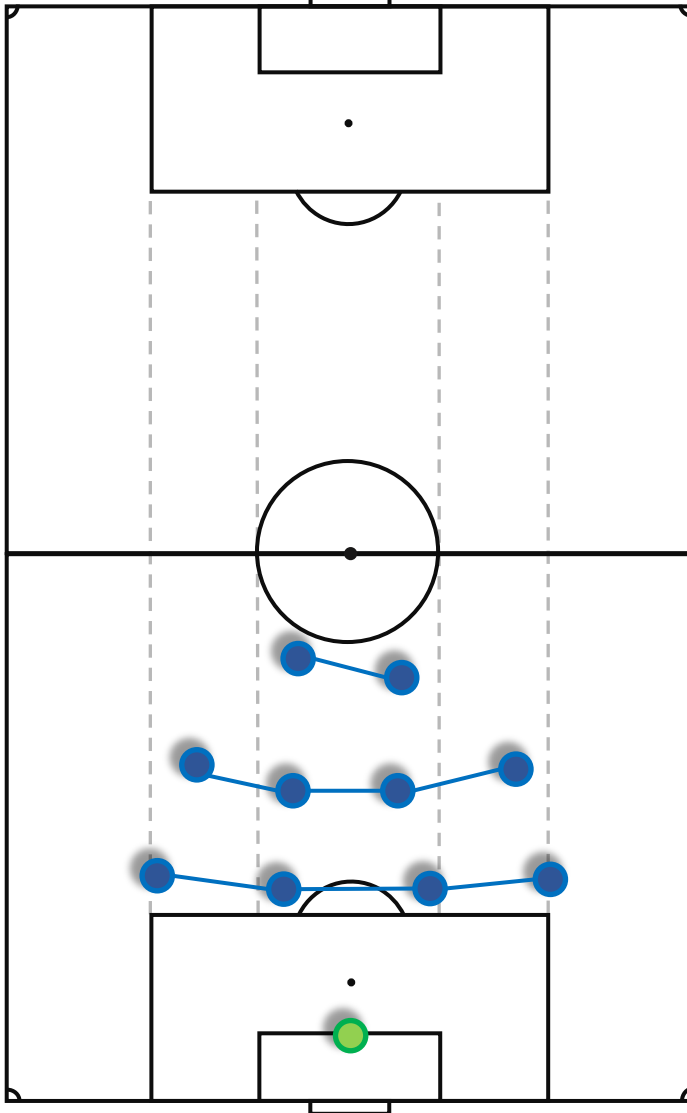
- 3 central midfielders enhances ability of the team to control central areas and dominate the midfield
- A holding #6 allows fullbacks more attacking freedom
- Natural creations of passing angles and offensive triangles
- 3 attacking players can pin back opposition fullbacks
- Fluidity in system changes (4-1-4-1, 4-5-1)
- Flexibility in off-ball positional rotations in possession

DISADVANTAGES

- Concede space on the wings if wide players are not disciplined while out of possession
- Lone striker can often become isolated
- Complex decision making and positional discipline required by midfield trio
- Vulnerability in defensive transitions if #6 gets pulled out of position
- Potential lack of options in opposition penalty area if wingers stay wide and attacking mids don't push forward

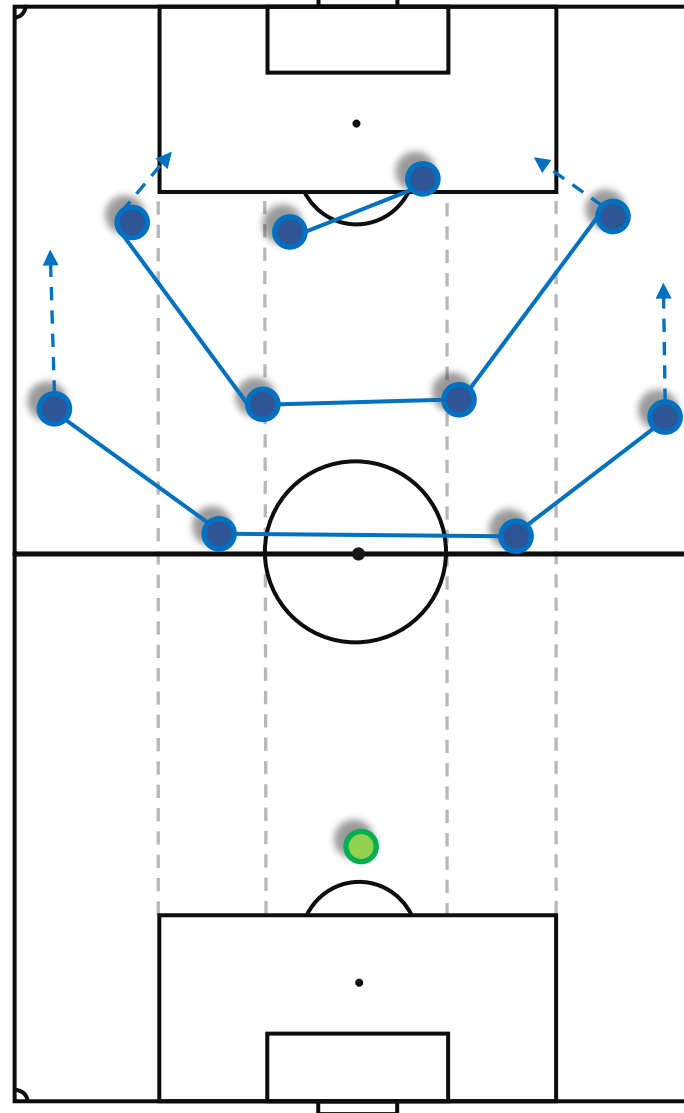
OUT OF POSSESSION SHAPE

low block



IN POSSESSION SHAPE

creation phase



ADVANTAGES

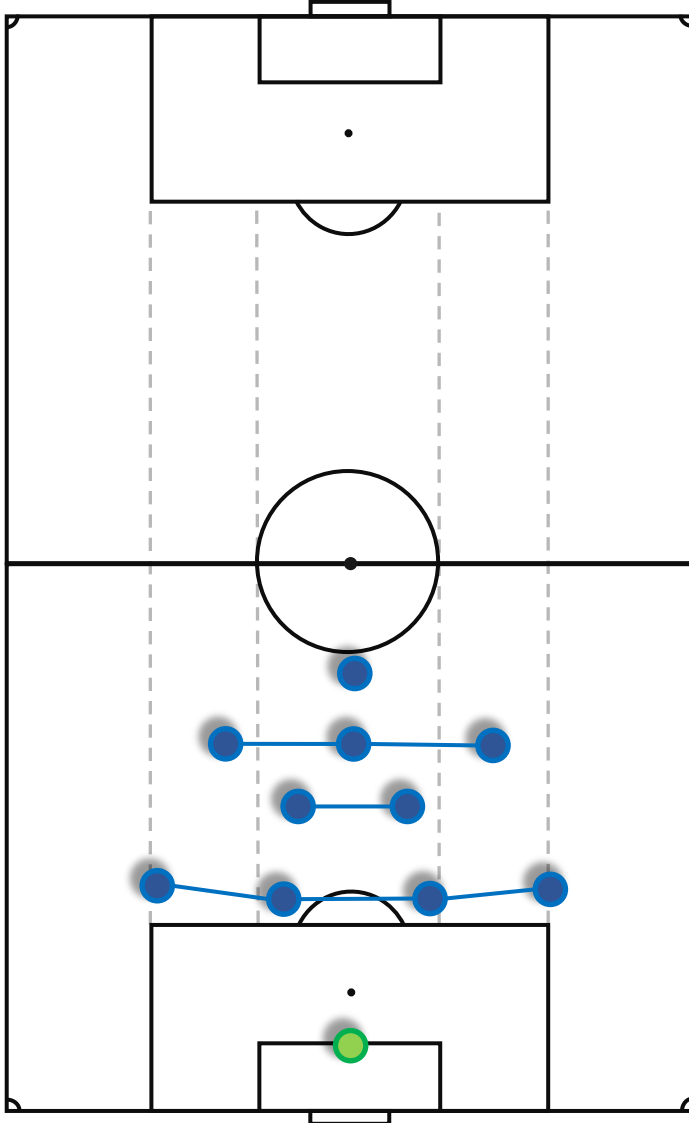
- Statistically covers the most pitch area while out of possession
- Offers good balance during both in possession and out of possession phases
- Extremely solid structure when team remains compact during out of possession phase
- Offers natural width when in possession
- Adept for verticality in attacking transitions

DISADVANTAGES

- Can be overloaded in midfield when playing opposition with 3-man midfield formations
- Lack of quality passing angles and options
- Spaces between the lines will appear if team shape does not remain compact, forcing defenders into more decisions
- Midfielders are given a lot of responsibility both in possession and out of possession phases
- Symmetrical shape can create predictable attacking patterns

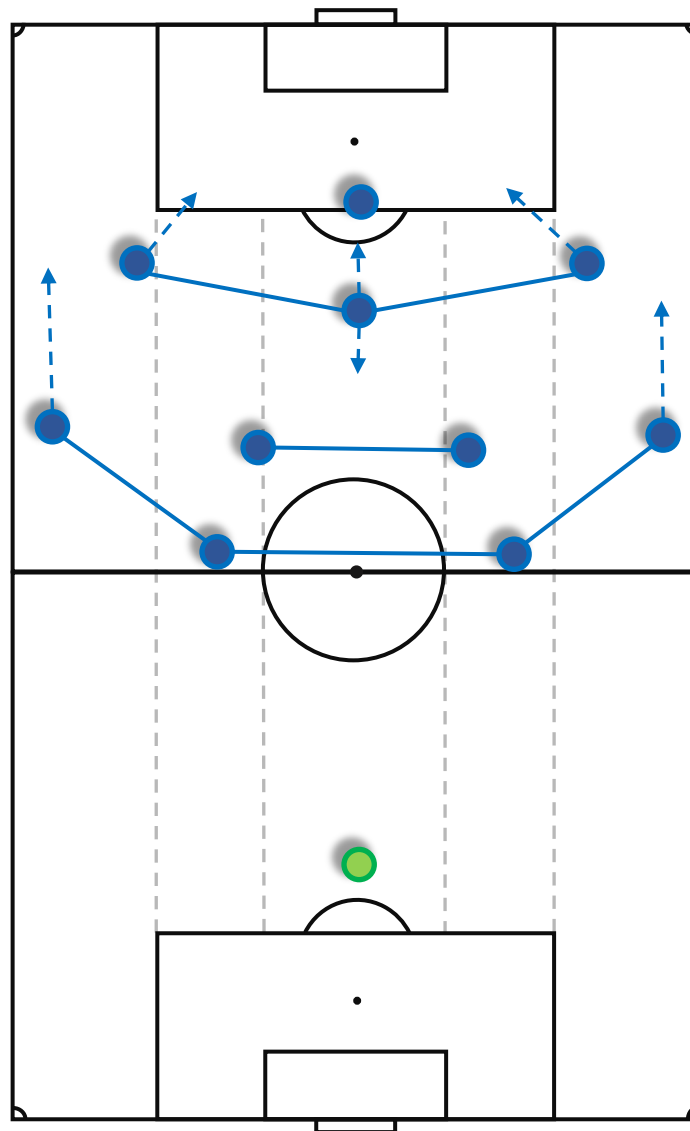
OUT OF POSSESSION SHAPE

low block



IN POSSESSION SHAPE

creation phase



ADVANTAGES

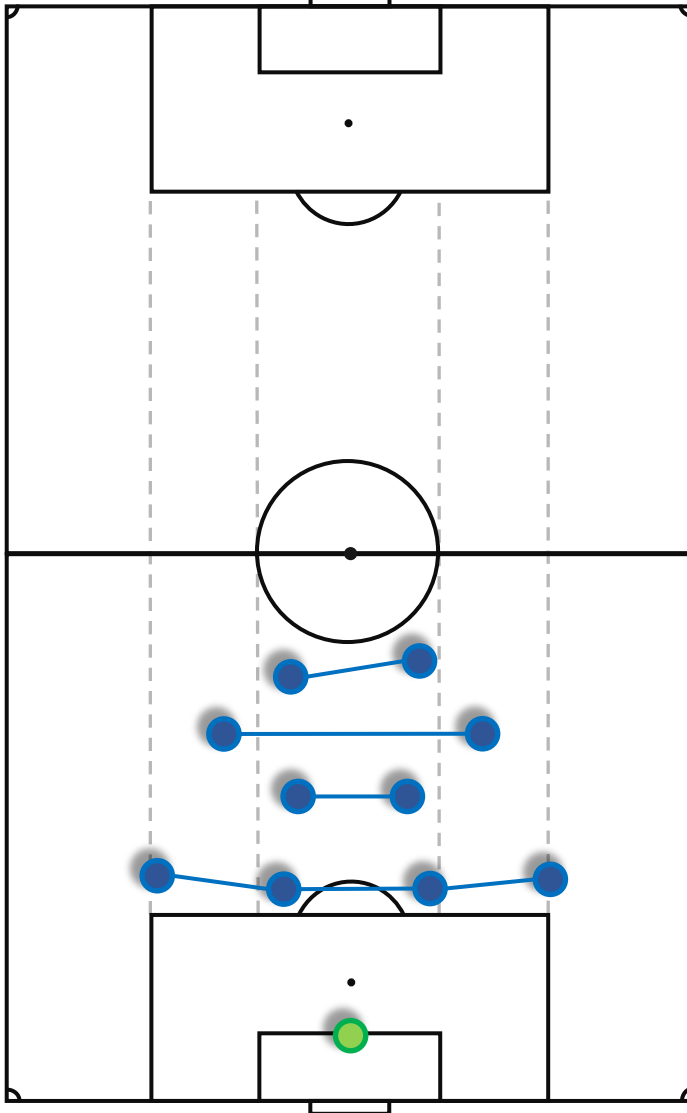
- Solid spine with 2 holding midfielders and 2 central defenders creating defensive box
- Natural triangles through the middle and on the wings while in possession
- Balanced formation allows for creativity in attack as well as solidarity out of possession
- 4 natural attackers allows for flexibility and positional rotations throughout the attack
- Fullbacks are granted attacking freedom with 2 holding midfielders to cover vacated spaces

DISADVANTAGES

- Danger of back 6 and front 4 becoming disconnected in transitional moments
- Striker can become isolated if attacking trio get pinned back out of possession
- Requires discipline from wingers to track back and help maintain shape defensively, potentially limiting attacking output
- Lack of options in penalty area if striker drifts
- If both midfielders hold, heavy reliance on creativity from front 4

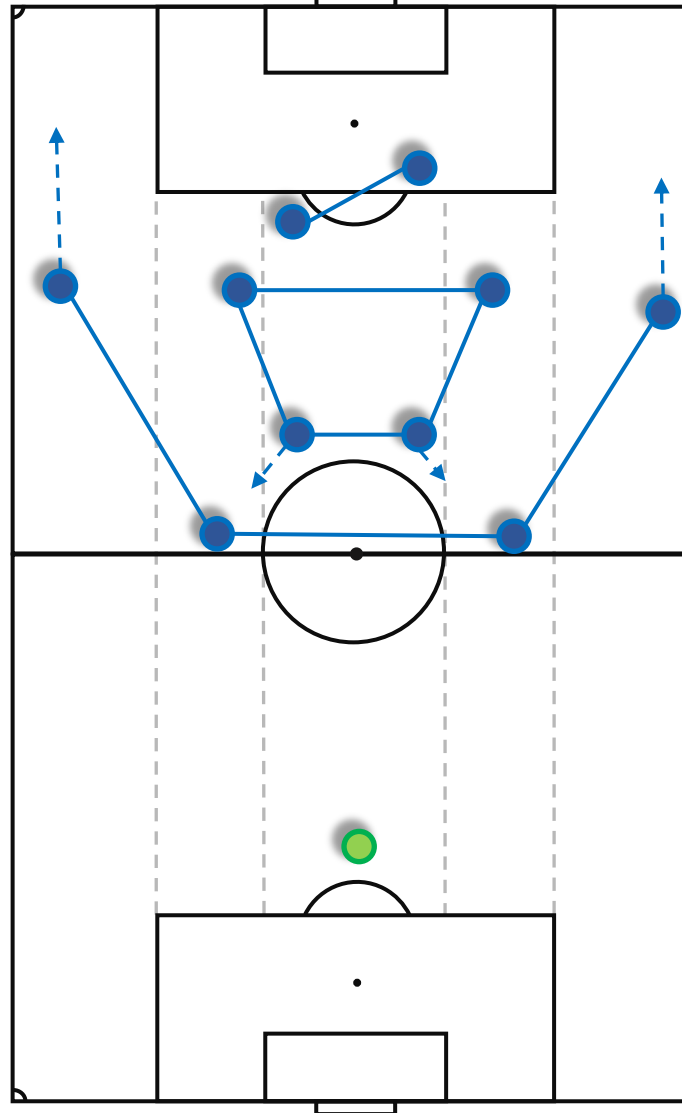
OUT OF POSSESSION SHAPE

low block



IN POSSESSION SHAPE

creation phase



ADVANTAGES

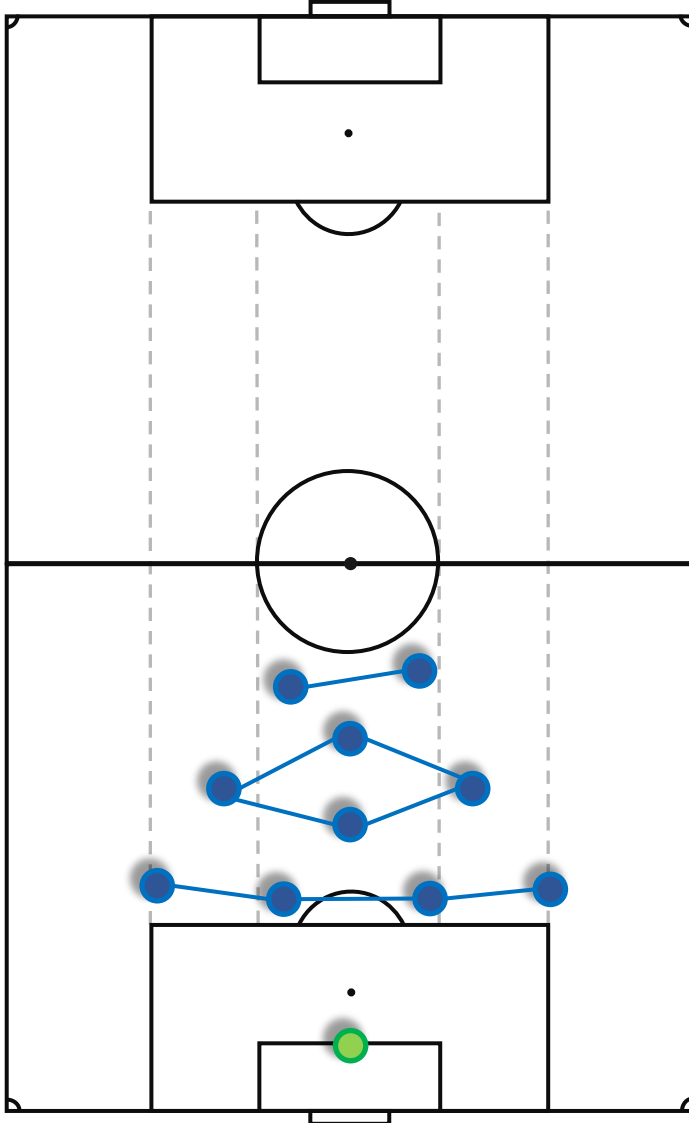
- Natural overloads in central areas, both in possession and out of possession
- Positional attacking freedom for both attacking midfielders while in possession
- Lots of vertical progressive options while in possession
- When fullbacks are able to support the attack, it is possible to overload the opposition backline with 6 attacking players
- Narrow shape will force opposition attacks down the wings

DISADVANTAGES

- Opposition can easily overload the wing areas
- Tendency to become too narrow while in possession, not stretching the opposition horizontally
- Huge responsibility on the fullbacks to support the attack and provide width
- Lack of attacking freedom for central defensive midfielders, also requiring great positional discipline
- Vulnerable to counter attacks down the wings when fullbacks are supporting attack and holding midfielders are protecting central spaces

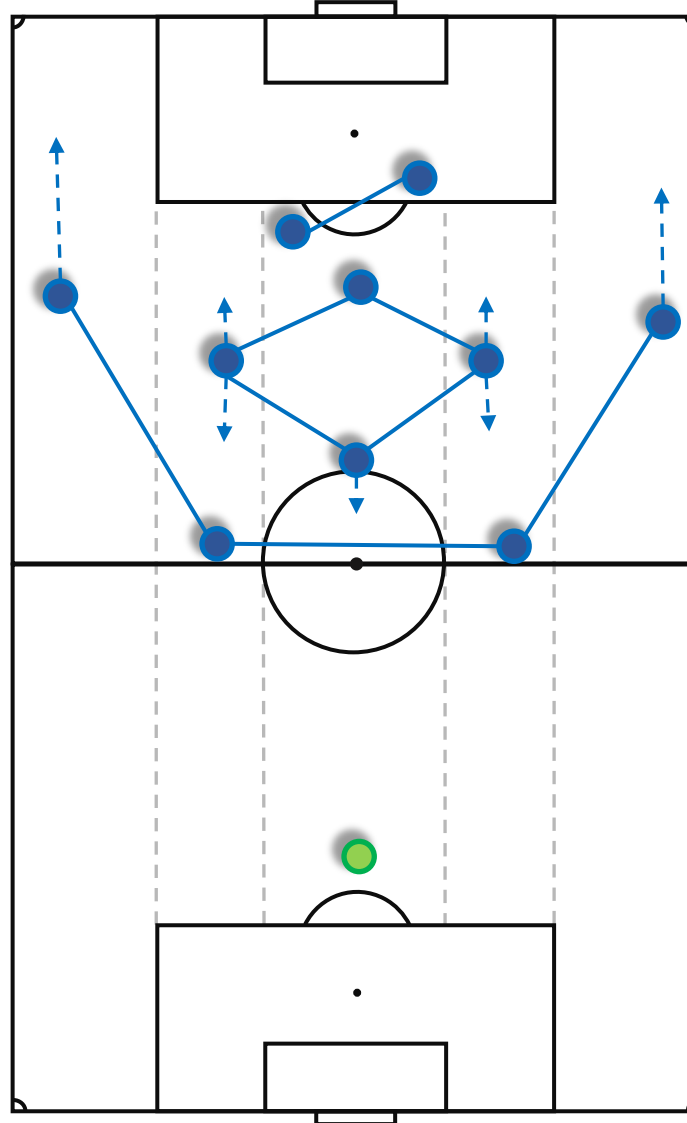
OUT OF POSSESSION SHAPE

low block



IN POSSESSION SHAPE

creation phase



ADVANTAGES

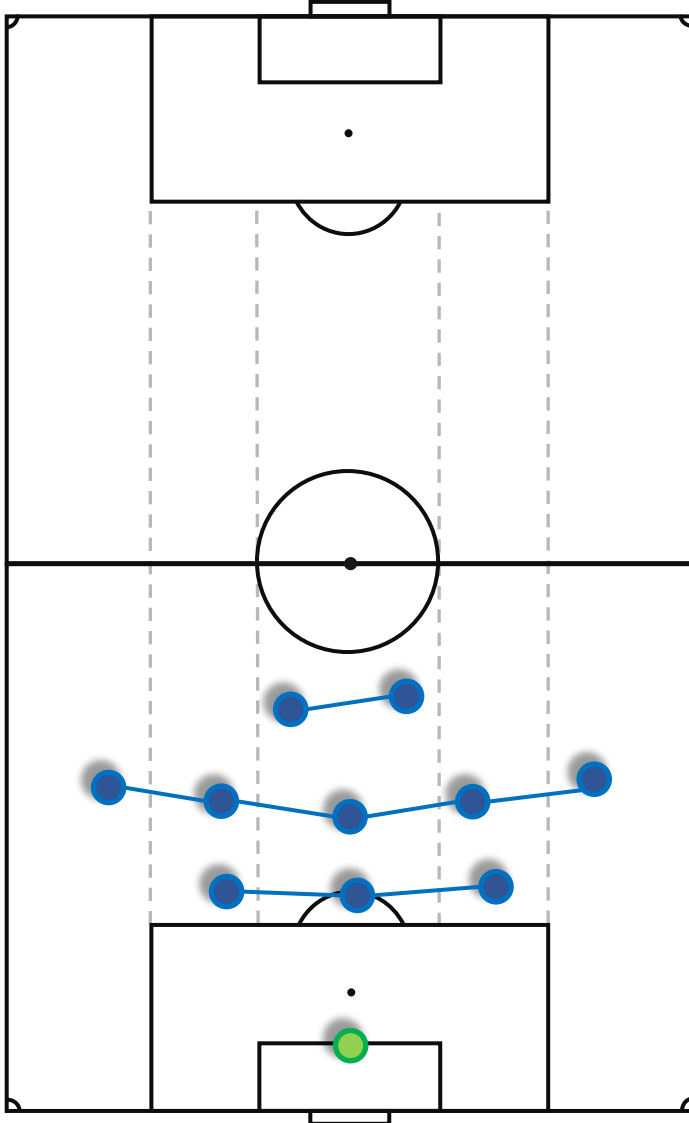
- 4 central midfielders will almost always create central overloads both in and out of possession
- When facing 4-man backlines, having 2 strikers occupy opposition central defenders can create extra space between the lines for attacking midfielder
- Offers a lot of vertical progressive passing options in attacking transition moments
- Natural angles for passing and keeping possession in the middle of the pitch
- Flexibility for outside midfielders to play narrow or wide

DISADVANTAGES

- Vulnerable to attacks down the wings
- Requires fullbacks that are able to get up and down the wing to support both in and out of possession
- Potential to leave spaces centrally if outside midfielders are covering for fullbacks in transitions
- Extreme responsibility for the holding midfielder to remain disciplined and protect the backline
- Difficult to create overloads in wide areas while team is in possession
- Lack of natural width in possession

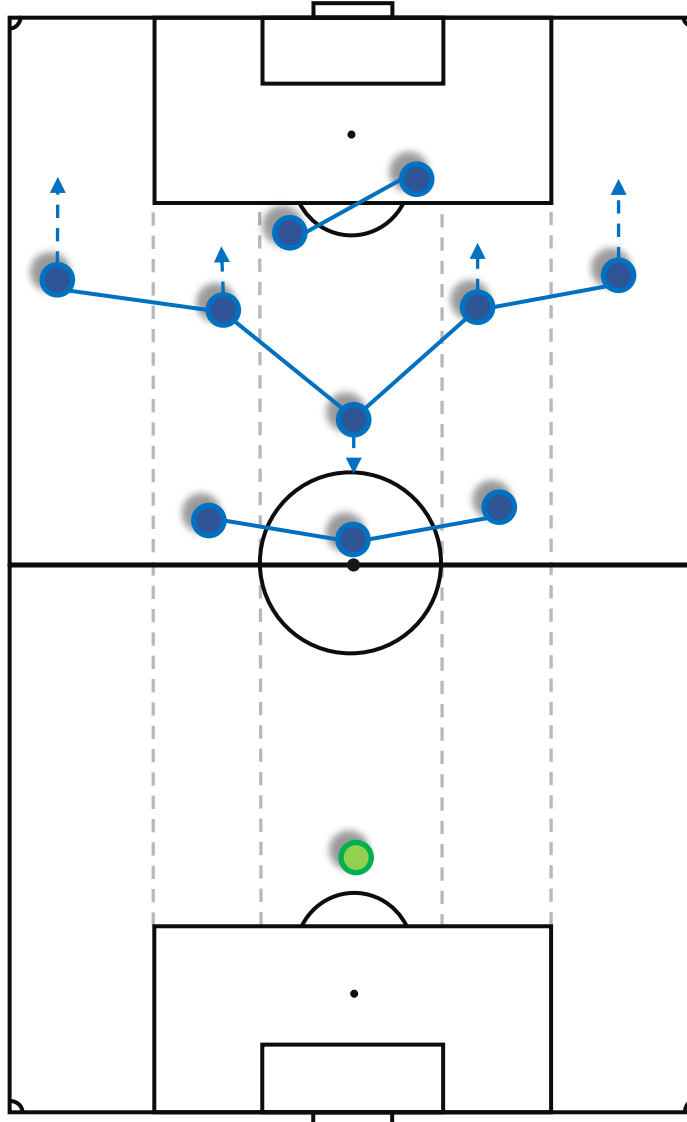
OUT OF POSSESSION SHAPE

low block



IN POSSESSION SHAPE

creation phase



ADVANTAGES

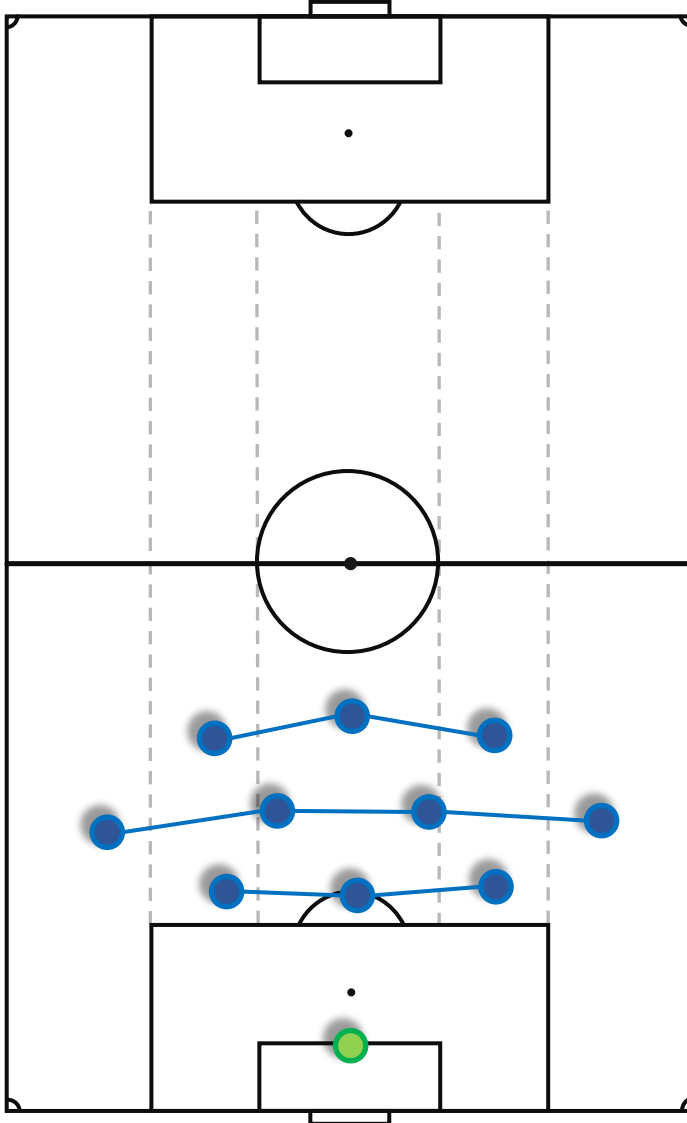
- 3 central defenders creates natural width and better passing angles into the midfield while in possession
- Allows for the use of 2 strikers, while at the same time utilizing 3 central mids to control middle of the park
- Wing backs supply natural width on both sides of the pitch while in possession, stretching the opposition
- Wingbacks are able to push up while out of possession to limit simple forward passing options
- Deploying 3 center backs gives better control of defensive penalty area during crossing situations

DISADVANTAGES

- Danger of becoming static in possession with few natural positional rotations available
- Extreme amount of work required from wing backs to support in possession, track back out of possession
- Can be deficient out of possession if opposition overload the wide areas
- Discipline and decision making required from back 3 while out of possession, must be decisive on marking responsibilities
- Vulnerable to counter-attacks in vacated space on wings

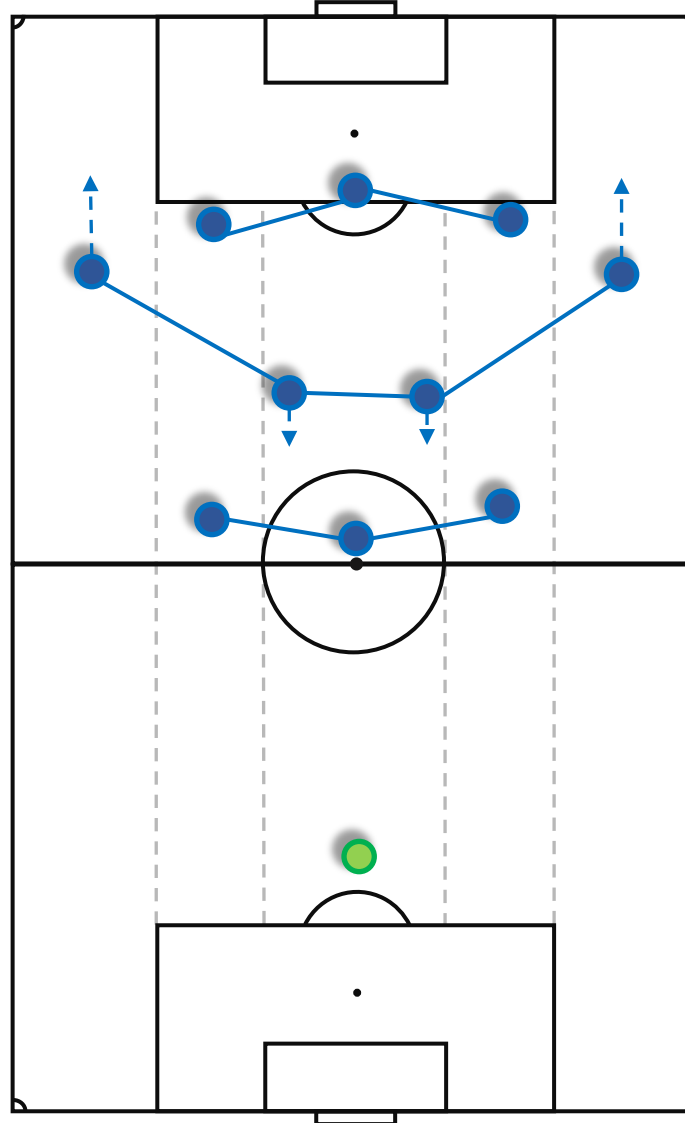
OUT OF POSSESSION SHAPE

low block



IN POSSESSION SHAPE

creation phase



ADVANTAGES

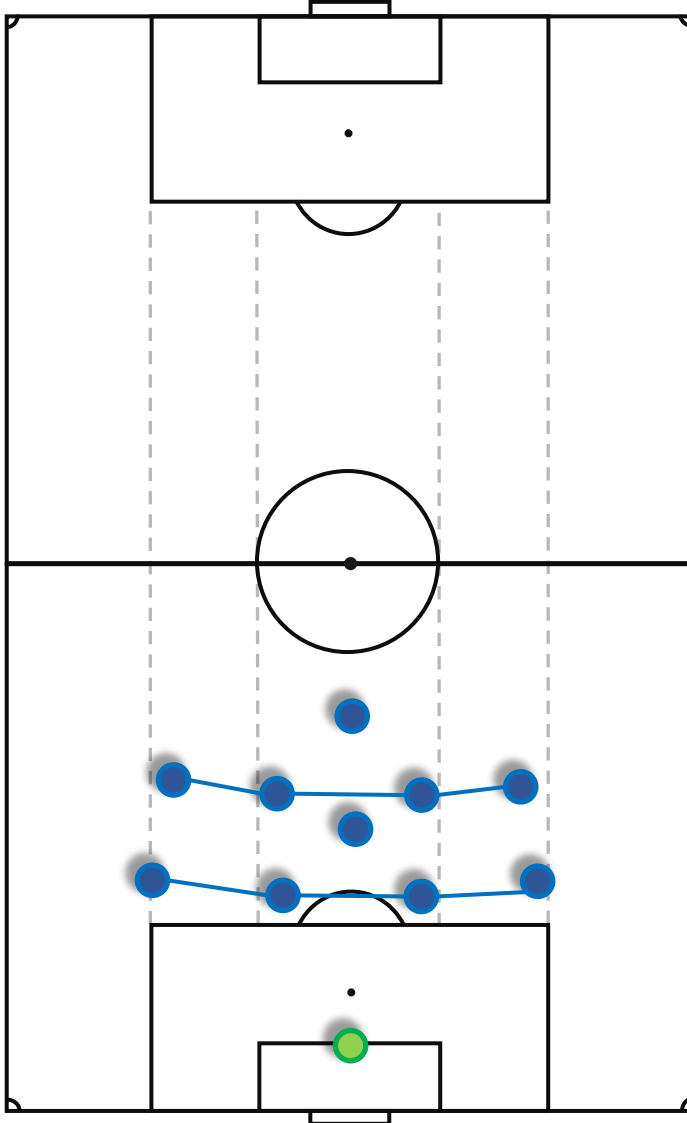
- Utilizing both wingers and wing backs allows for effectively creating overloads in wide areas
- Having a narrow attacking trio will offer good matchups against both 4-man and 3-man backlines
- Flexibility when transitioning from in possession to out of possession shapes -> 3-4-3 to 5-4-1
- Wide players in front 3 have lots of freedom to find attacking spaces when wingbacks provide width and the striker maintains a central attacking threat
- Natural positioning of front 3 and wing backs gives strong preconditions for counterpressing

DISADVANTAGES

- Susceptible to counter attacks when wingbacks are committed to supporting the attack
- Requires central defenders who are comfortable in possession and who can progress the ball both through carries and passing
- Danger of front 3 making similar movements and occupying the same spaces when they are narrow
- Wing backs should be competent two-way players who can make a positive impact both in and out of possession
- Facing opposition with 3 central midfielders can create underload situations in central areas

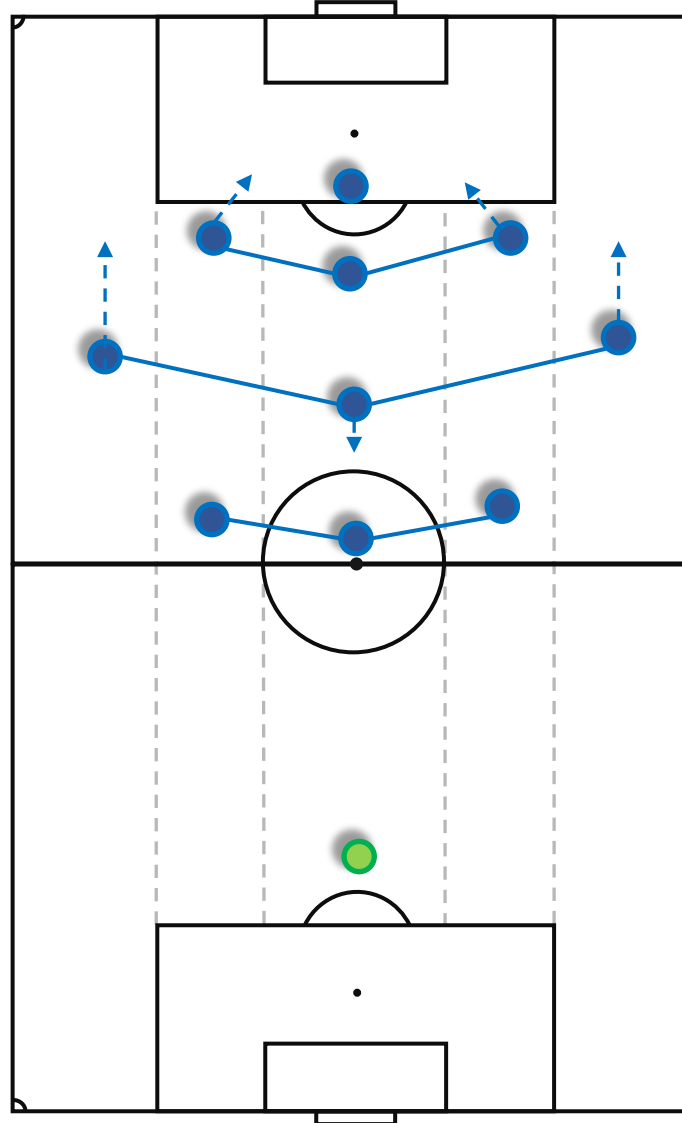
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low block



IN POSSESSION SHAPE

creation phase



ADVANTAGES

- Creates maximum amount of triangles in possession, increasing passing options for all players
- All 3 lines of 3, can provide width or compress in possession, offering good passing angles and ability to manipulate opposition defensive structures
- Players have ability to occupy half-spaces in all 3 lines, which can force opposition into difficult decisions while pressing
- Flexibility in attacking centrally or through wide areas, as all 3 lines can overload desired areas of the pitch
- When out of possession, flexibility in varying between 3 or 5 man backline

DISADVANTAGES

- For optimal performances, the formation demands technical players across the pitch, as structure is designed to facilitate a possession style attack
- Versatility amongst all players abilities is key, since the formation requires constant movement in all lines, varying between occupying wide areas and the half-space
- High level of discipline required for the front 3 to support the defense, particularly in wide areas as other players push forward through the fluid lines
- Difficulties can occur when transitioning from in possession shape to out of possession shape