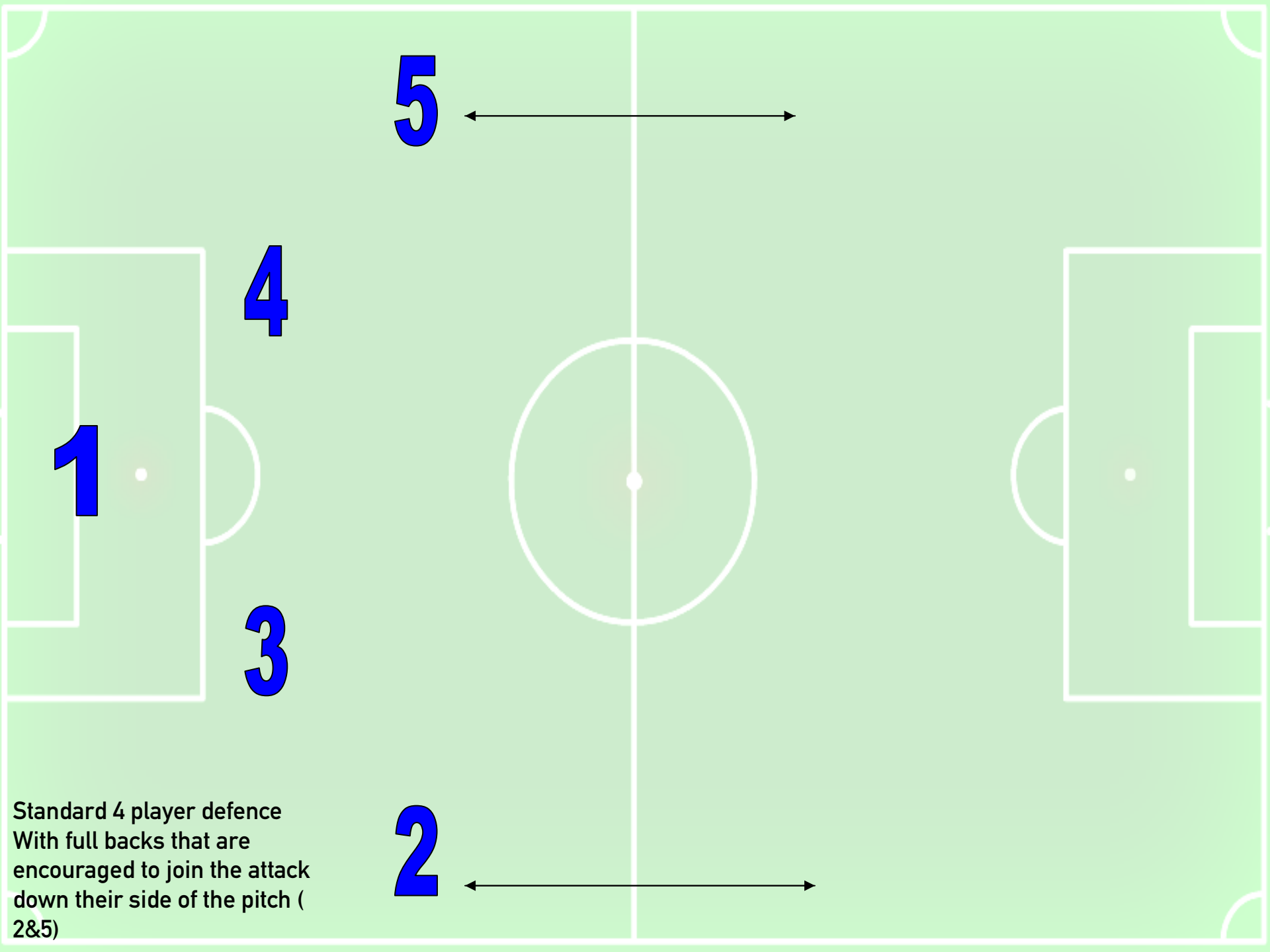


Develop the Core – Develop the Formation



5

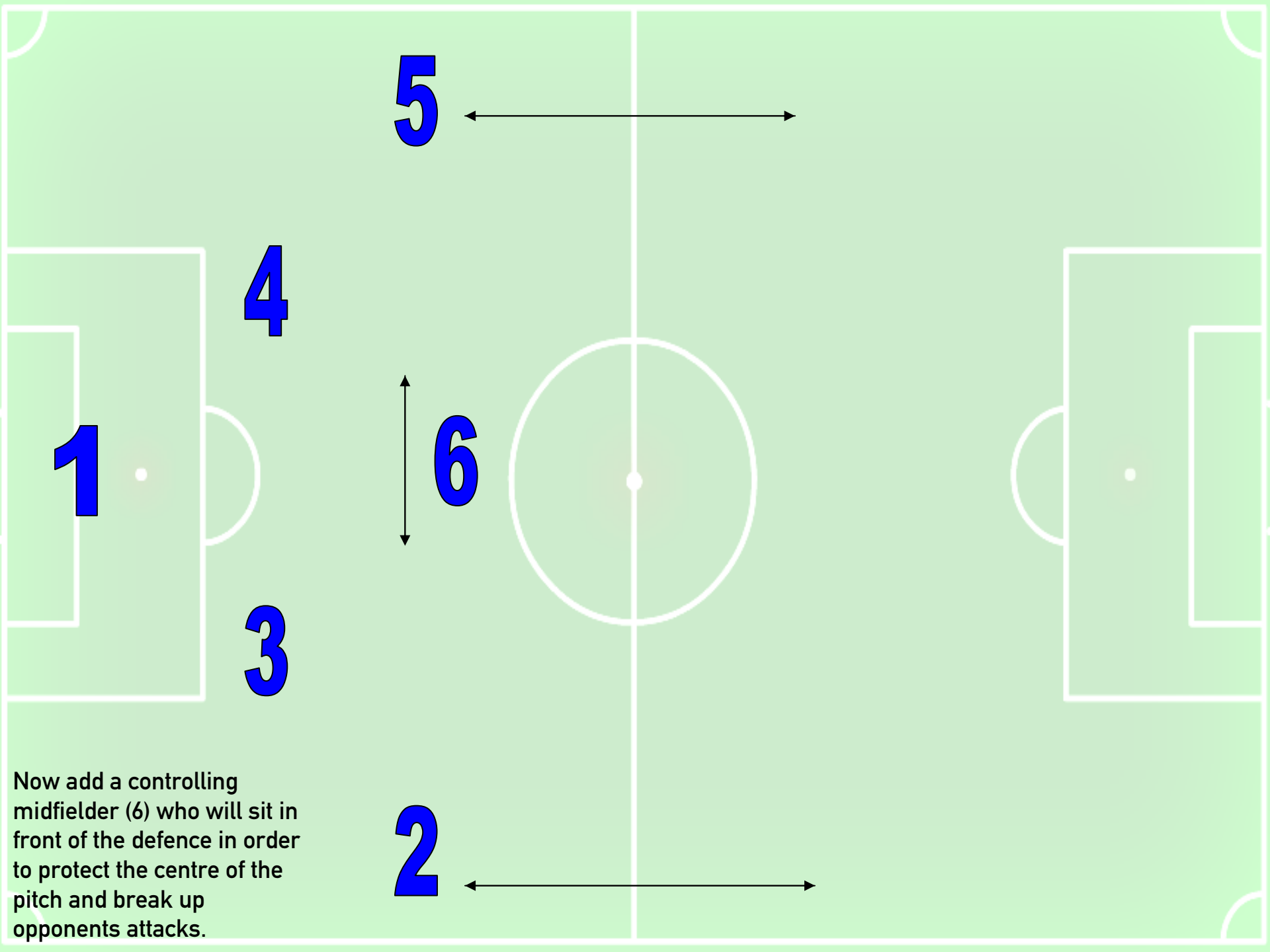
4

1

3

2

Standard 4 player defence
With full backs that are
encouraged to join the attack
down their side of the pitch (2&5)



5



4



6

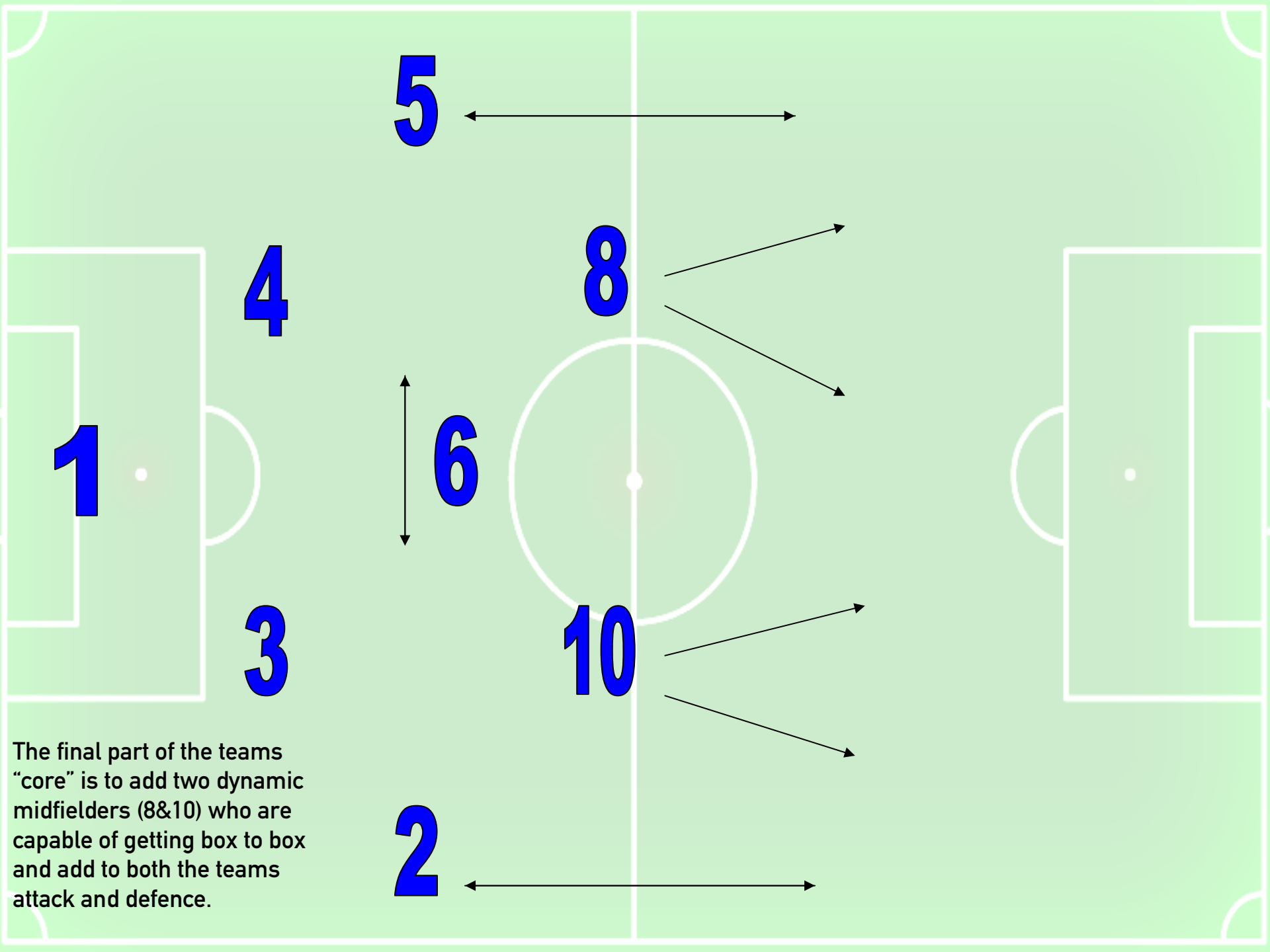
1

3

2



Now add a controlling
midfielder (6) who will sit in
front of the defence in order
to protect the centre of the
pitch and break up
opponents attacks.

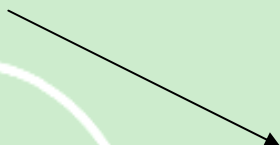
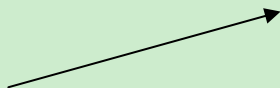


5



4

8



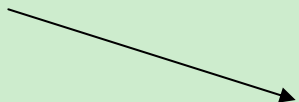
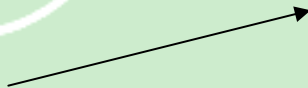
6



1

3

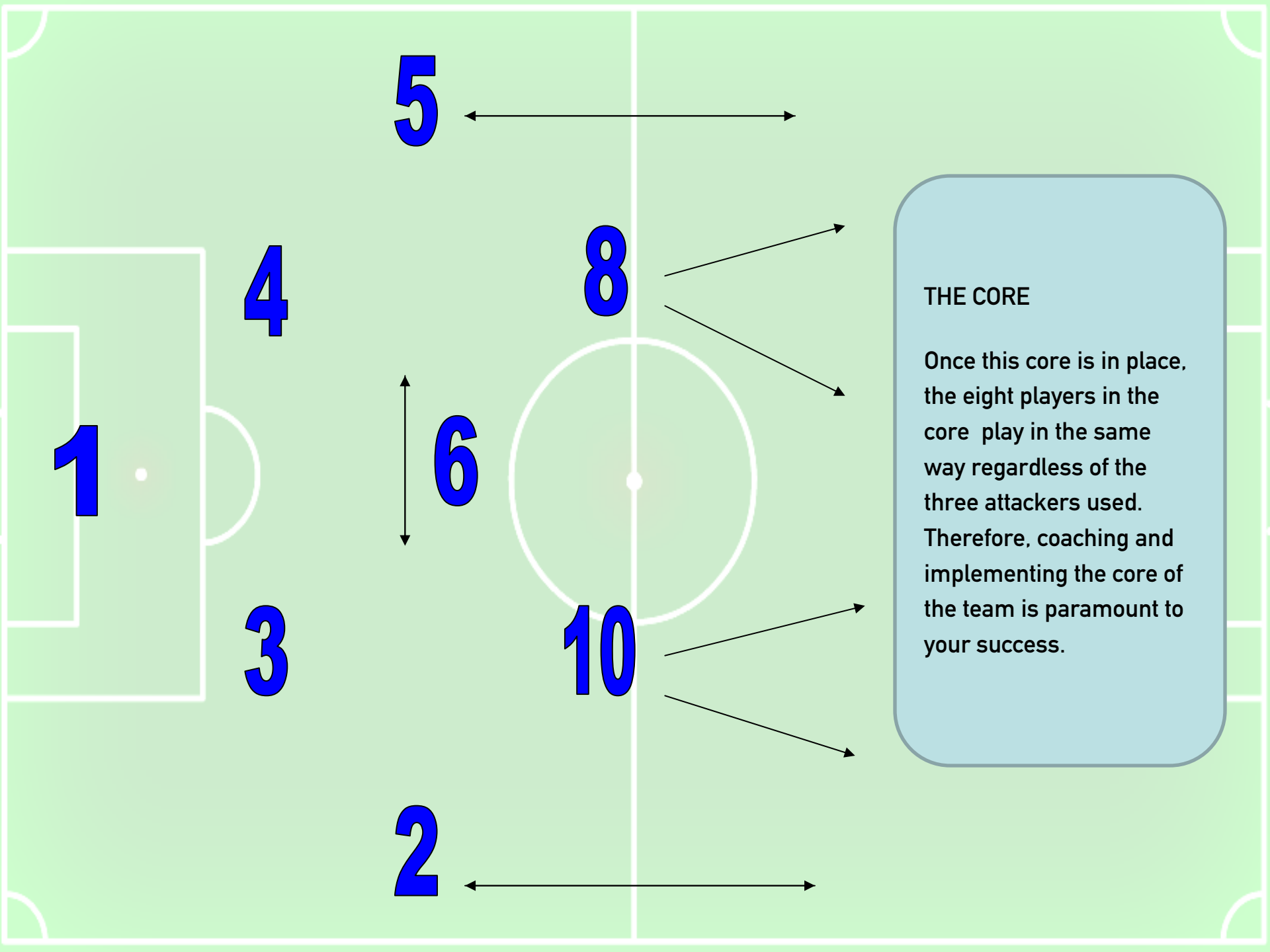
10



2

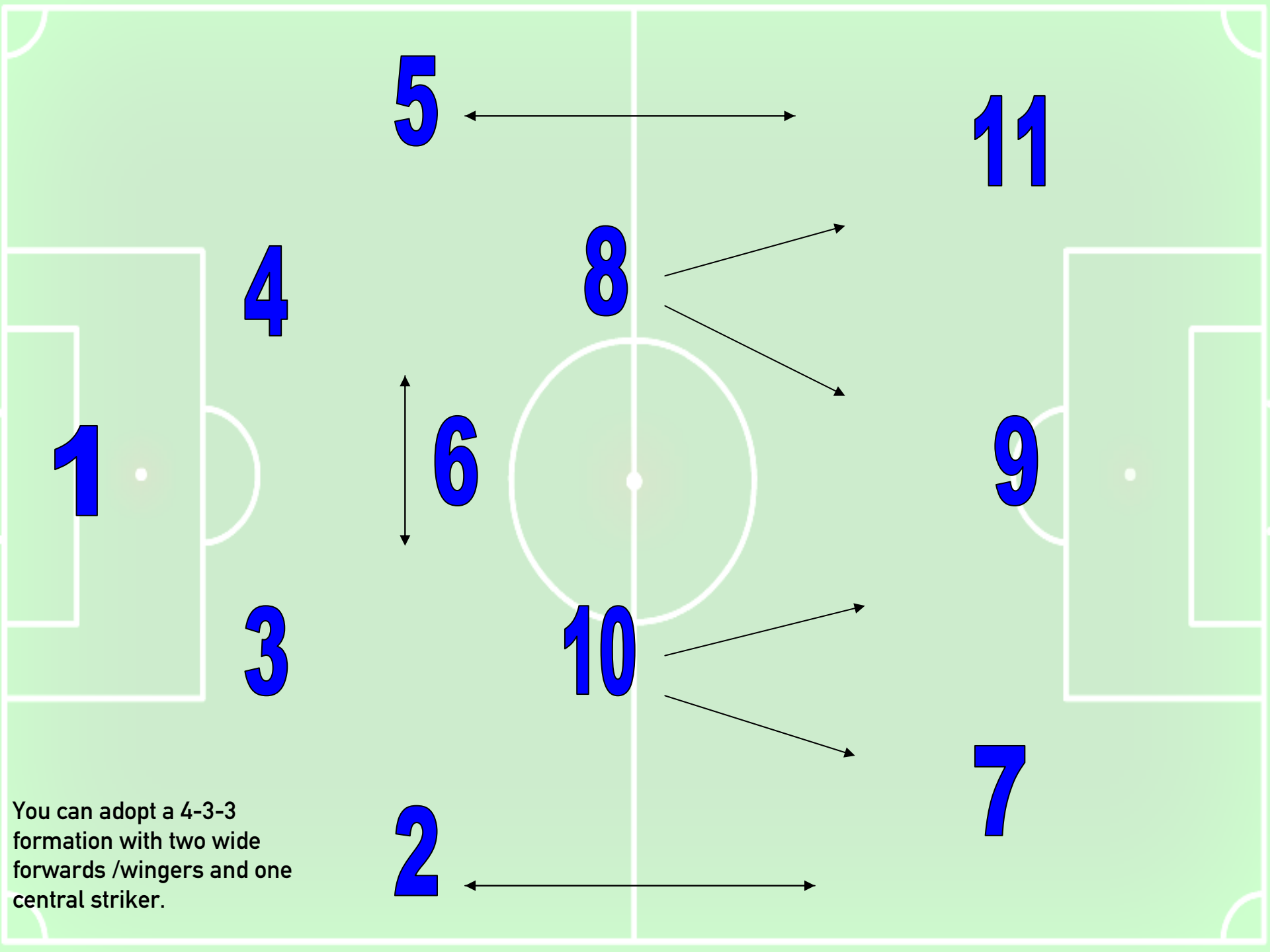


The final part of the teams
"core" is to add two dynamic
midfielders (8&10) who are
capable of getting box to box
and add to both the teams
attack and defence.



THE CORE

Once this core is in place, the eight players in the core play in the same way regardless of the three attackers used. Therefore, coaching and implementing the core of the team is paramount to your success.



5

11

4

8

1

6

9

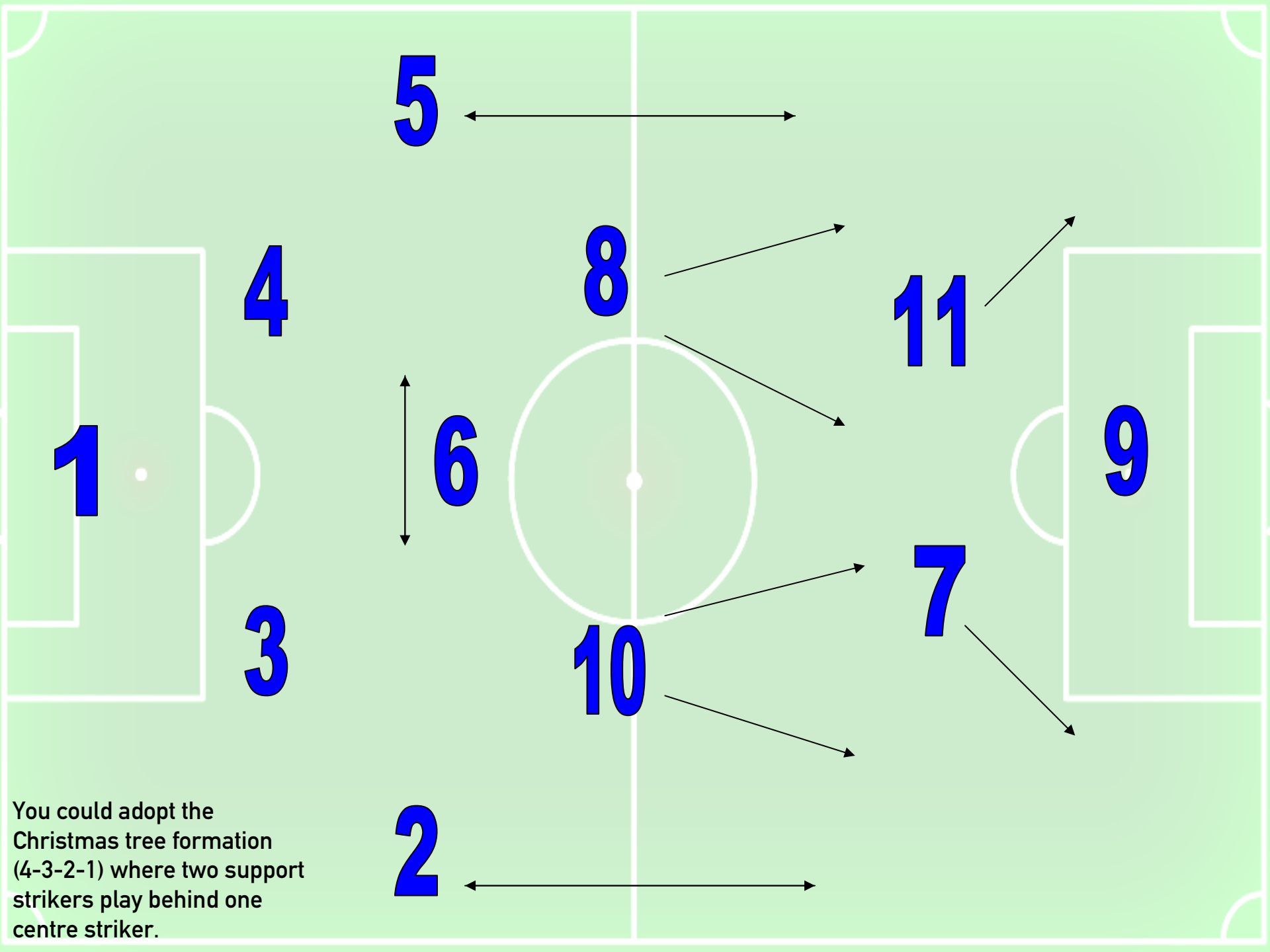
3

10

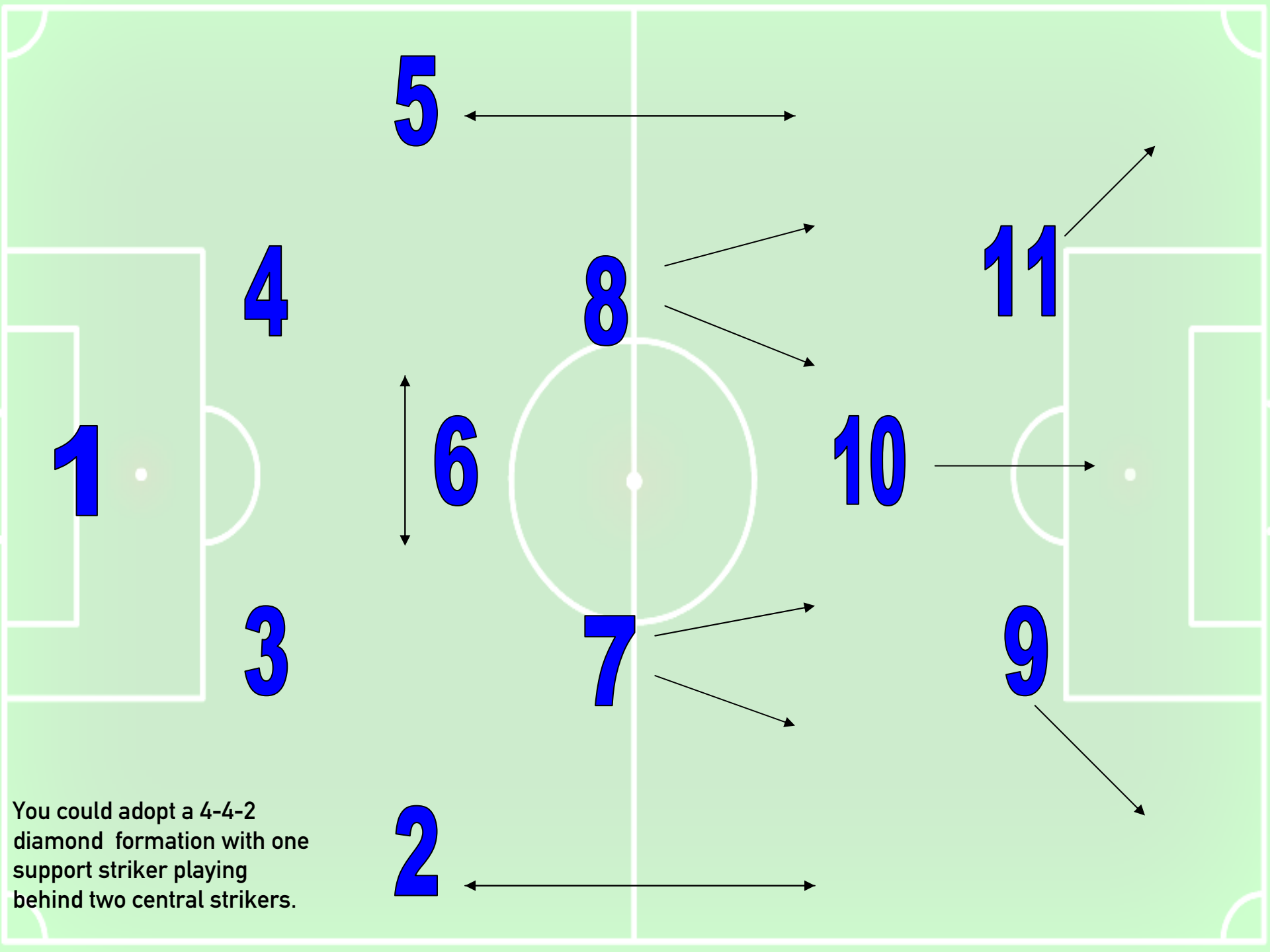
2

7

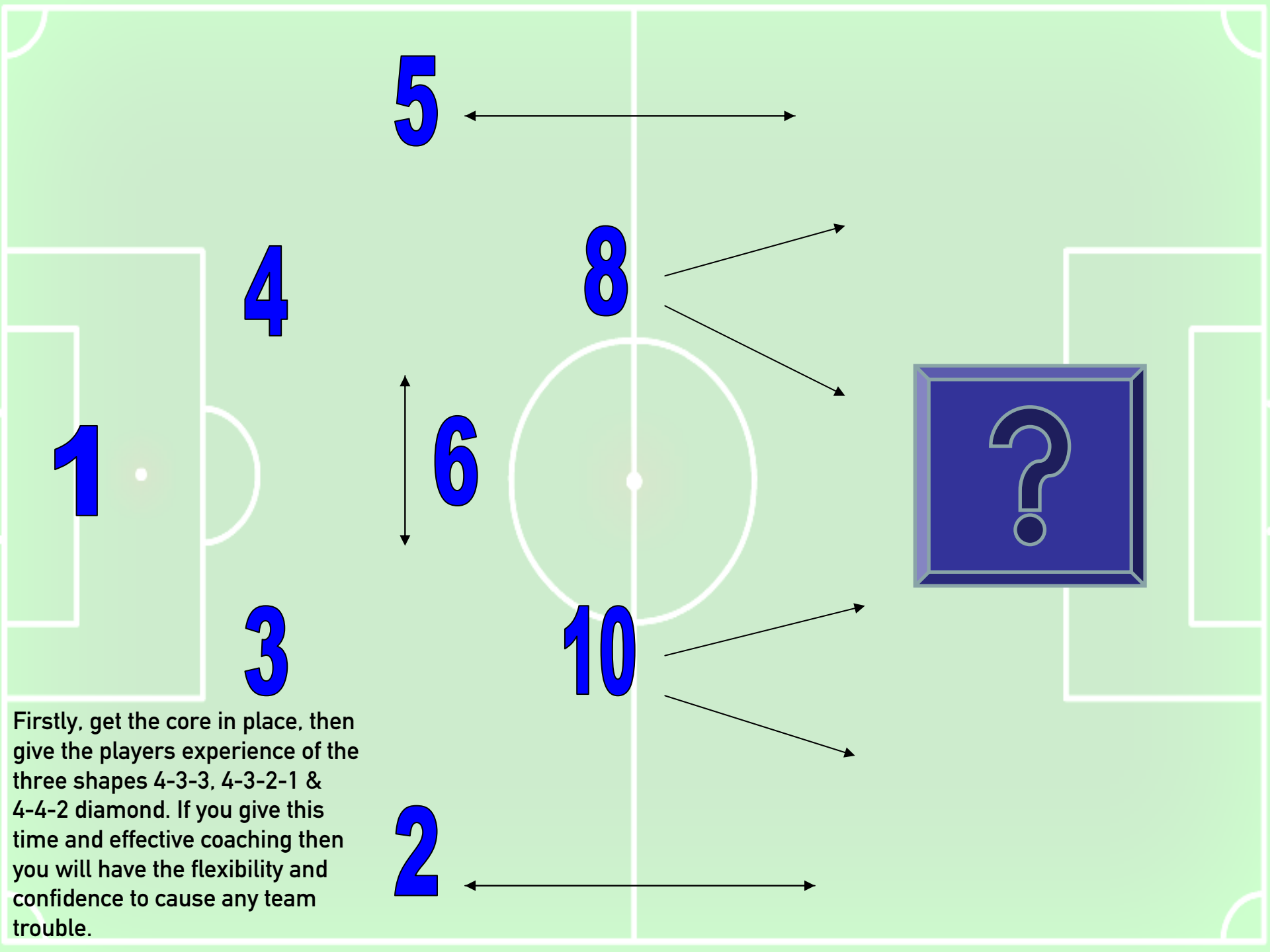
You can adopt a 4-3-3 formation with two wide forwards /wingers and one central striker.



You could adopt the Christmas tree formation (4-3-2-1) where two support strikers play behind one centre striker.



You could adopt a 4-4-2 diamond formation with one support striker playing behind two central strikers.



5

4

1

6

8

3

10

2



Firstly, get the core in place, then give the players experience of the three shapes 4-3-3, 4-3-2-1 & 4-4-2 diamond. If you give this time and effective coaching then you will have the flexibility and confidence to cause any team trouble.