



# SYSTEMS OF PLAY: 1-4-4-2



# 1-4-4-2 Formation



# 1-4-4-2 Formation - Attacking Shape





# 1-4-4-2 Formation - Defending Shape



# Activity 1A: Building from the back functional







# Activity 1C: Building from the back functional





# Activity 2A: Building from the back phase





# Activity 2B: Building from the back phase



# Activity 2C: Building from the back phase





# Activity 3A: Building from the back game



# Activity 3B: Building from the back game

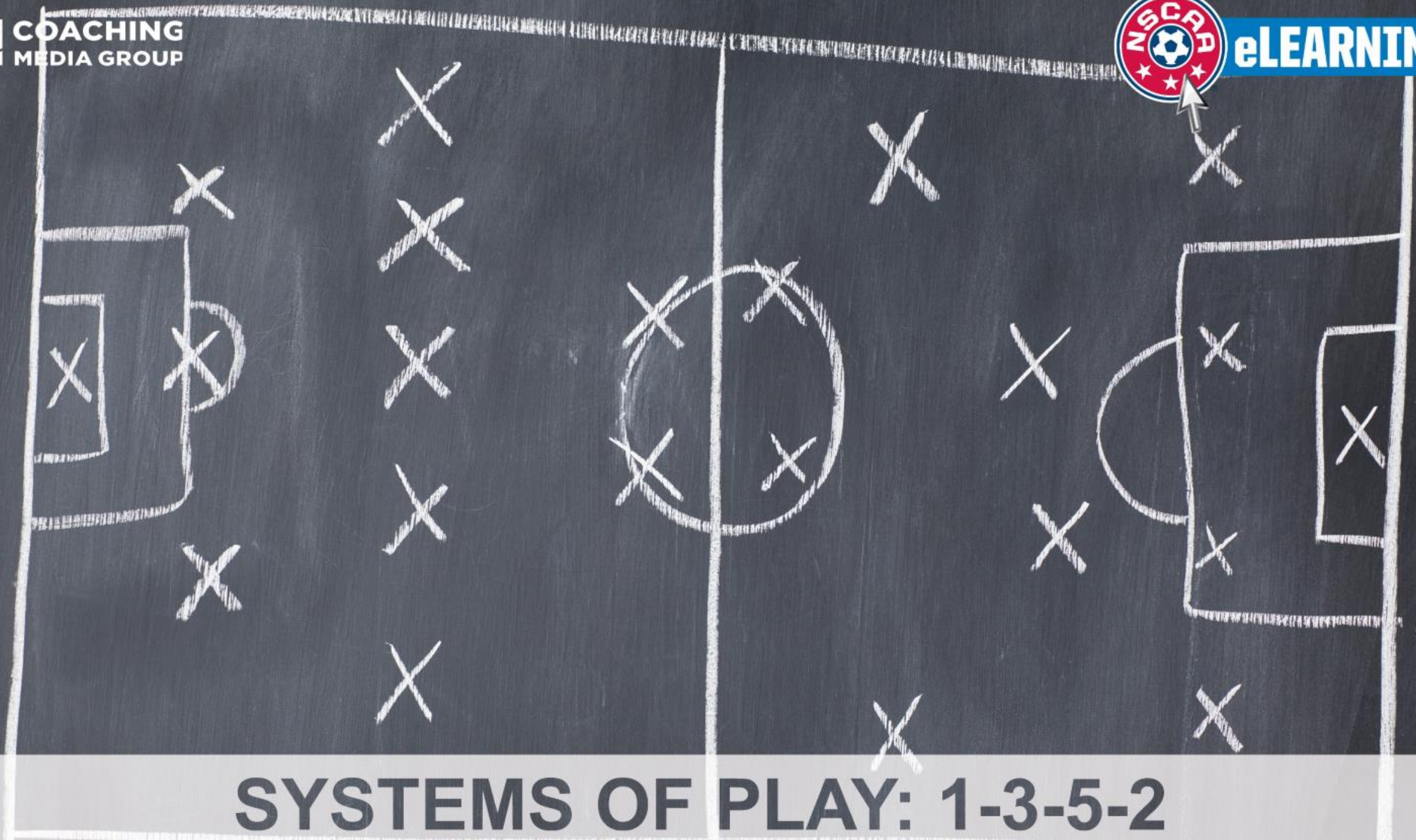




# Activity 3C: Building from the back game







# SYSTEMS OF PLAY: 1-3-5-2



# 1-3-5-2 Formation



# 1-3-5-2 Formation - Attacking Shape





# 1-3-5-2 Formation - Defending Shape



# Activity 1A: Functional defending in midfield





# Activity 1B: Functional defending in midfield



# Activity 1C: Functional defending in midfield





# Activity 2A: Defending midfield third to goal



# Activity 2B: Defending midfield third to goal





# Activity 2C: Defending midfield third to goal



# Activity 3A: 11v11 - Team Defending in 1-3-5-2





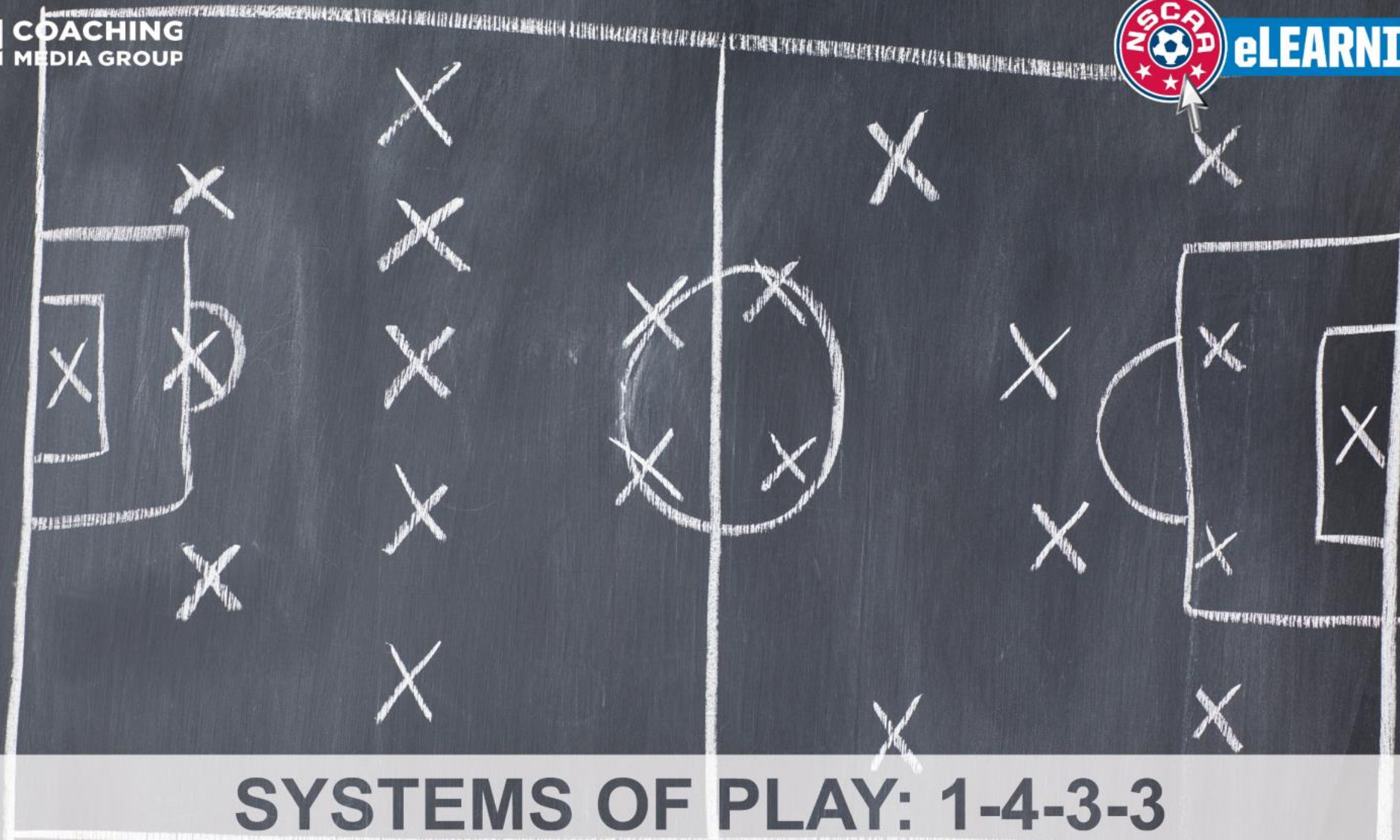
# Activity 3B: 11v11 - Team Defending in 1-3-5-2



# Activity 3C: 11v11 - Team Defending in 1-3-5-2







# SYSTEMS OF PLAY: 1-4-3-3



# 1-4-3-3 Formation





# 1-4-3-3 Formation - Attacking Shape



# 1-4-3-3 Formation - Defending Shape





# Activity 1A: Functional Training of the Front 3 Strikers



# Activity 1B: Functional Training of the Front 3 Strikers



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# Activity 1C: Functional Training of the Front 3 Strikers



# Activity 2A: Penetrating in Phase of Play





# Activity 2B: Penetrating in Phase of Play



# Activity 2C: Penetrating in Phase of Play





# Activity 3A: Teaching Team to Penetrate



# Activity 3B: Teaching Team to Penetrate





# Activity 3C: Teaching Team to Penetrate

