CMG COACHING MEDIA GROUP
NSCAA eLEARNING
SYSTEMS OF PLAY 11v11

Introduction to Systems of Play 11v11

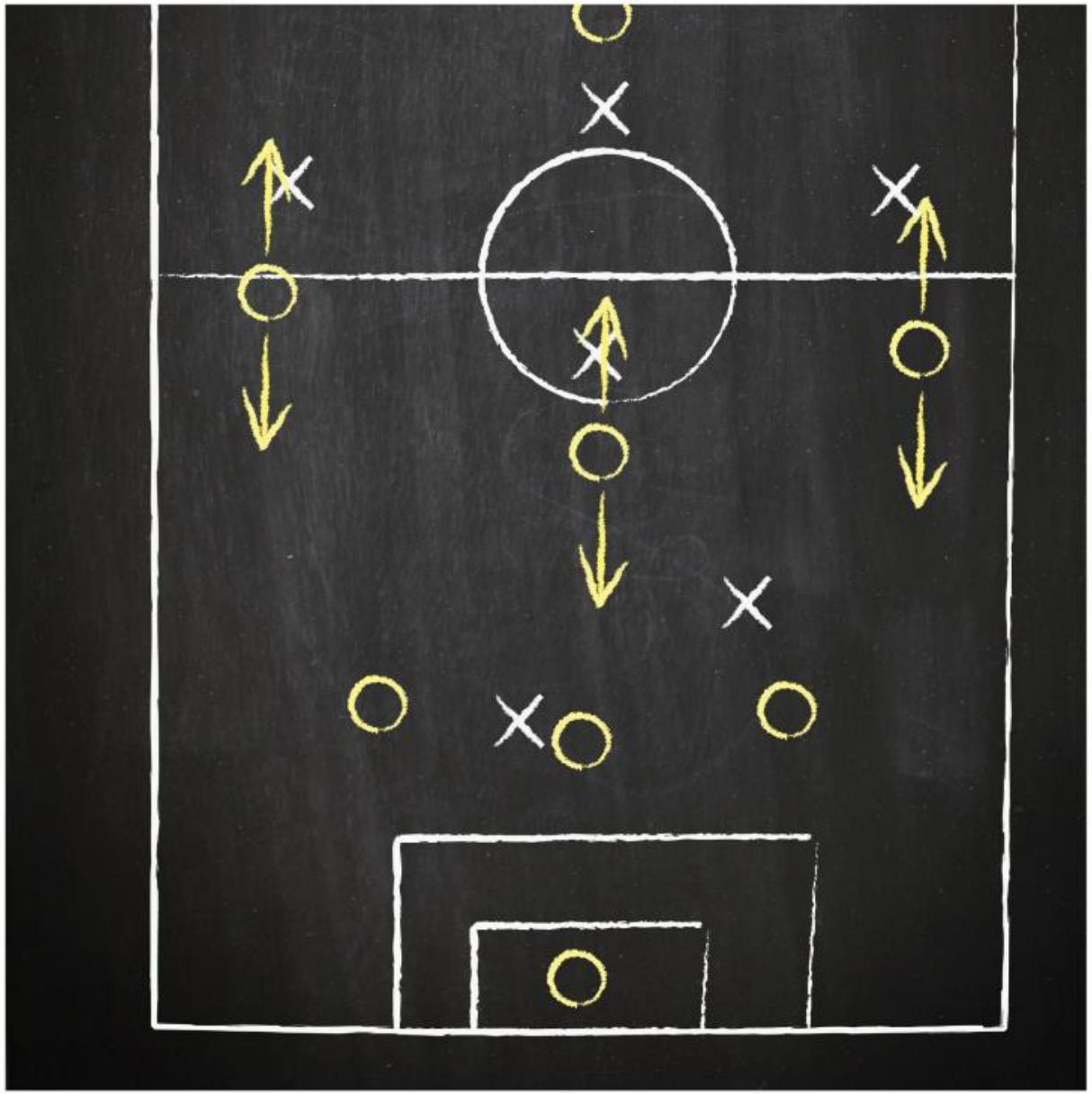
National Soccer Coaches Association of America

- Preview of new eLearning series commencing in spring 2016.
- 6 presentations: Introduction, 1-4-5-1, 1-4-2-3-1, 1-4-4-2, 1-3-5-2, 1-4-3-3.
- Each presentation includes 10 activities.
- Convention preview includes 3 activities per system.

Introduction to Systems of Play 11v11

What are Systems of Play

- Organization of the team from the back to the front.
- Typically includes 4 distinct lines – Goalkeeper, Defense, Midfield and Attack.
- Can be as few as 3 lines – (Spain without a Striker)
- Can be as many as 5-6 lines – various Midfield and Attacking line formations.



Choosing a System of Play

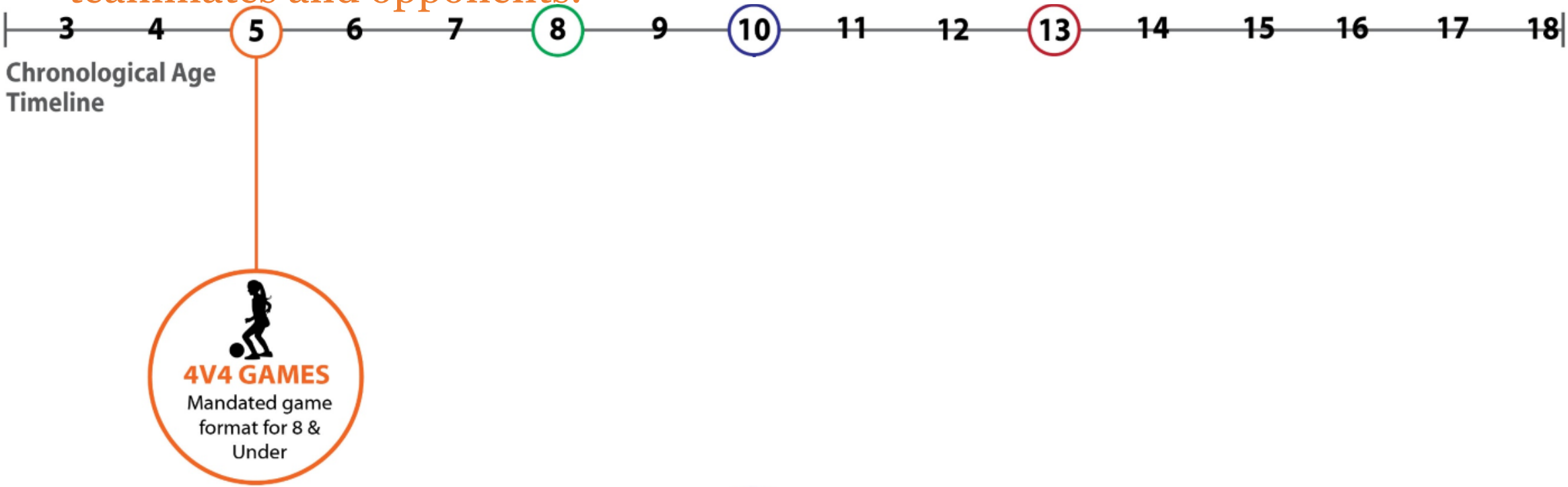
- Must be appropriate for the game format – 4v4, 7v7, 9v9 & 11v11.
- Ideally will be taught in progressions over many years leading into 11v11 – roles and responsibilities of different positions.
- Player competency should be a critical factor in selecting the system – based on the strengths of individuals.
- Competency of units and partnerships is important.
- Player familiarity with the system.
- Availability of personnel – any injuries or suspensions.
- Scouting reports of the opponent.
- Field and weather conditions.

Learning Pathway - Preparing Players for 11v11

National Soccer Coaches Association of America

4v4 – 0-1-2-1

- Introduction to attacking and defending principles.
- Basic diamond – width, depth and length.
- Movement in relation to the ball, teammates and opponents.
- Attacking penetration and support.
- Pressure and cover.
- Compact team defense in front of goal.

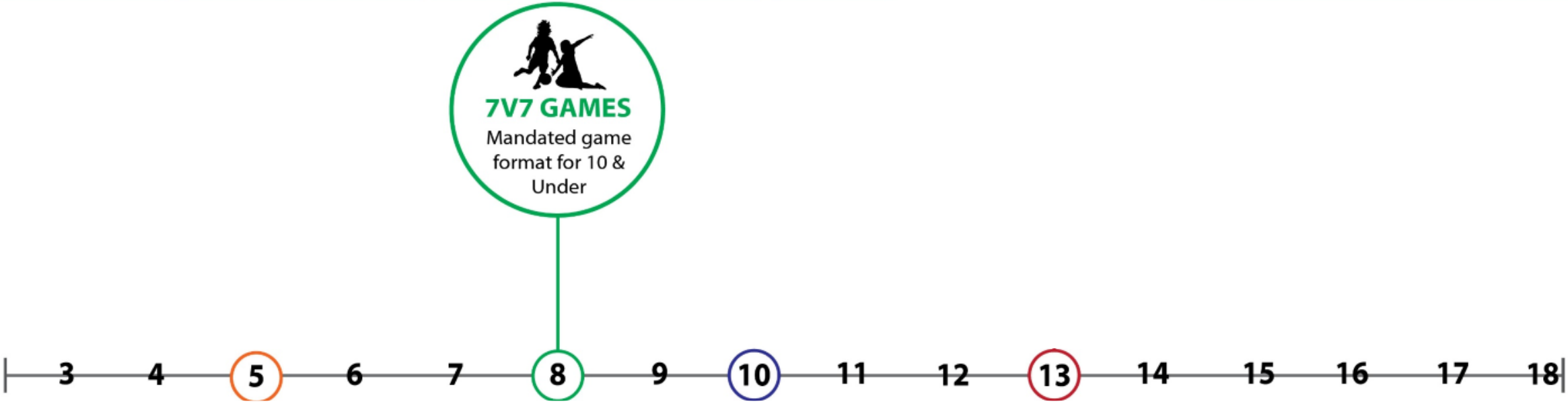


Player Competencies Leaving 4v4

1. Dribble with both feet and use take-on moves to beat an opponent 1v1 and escape moves to elude pressure.
2. Decide appropriately when to dribble, pass or shoot.
3. Understand when to support the attack and recover to defend.
4. Pass over 10-20 yards in a straight line (in pairs).
5. Combine and move to maintain a triangle between 2 or 3 players.

Learning Pathway - Preparing Players for 11v11

National Soccer Coaches Association of America



7v7 – 1-2-3-1

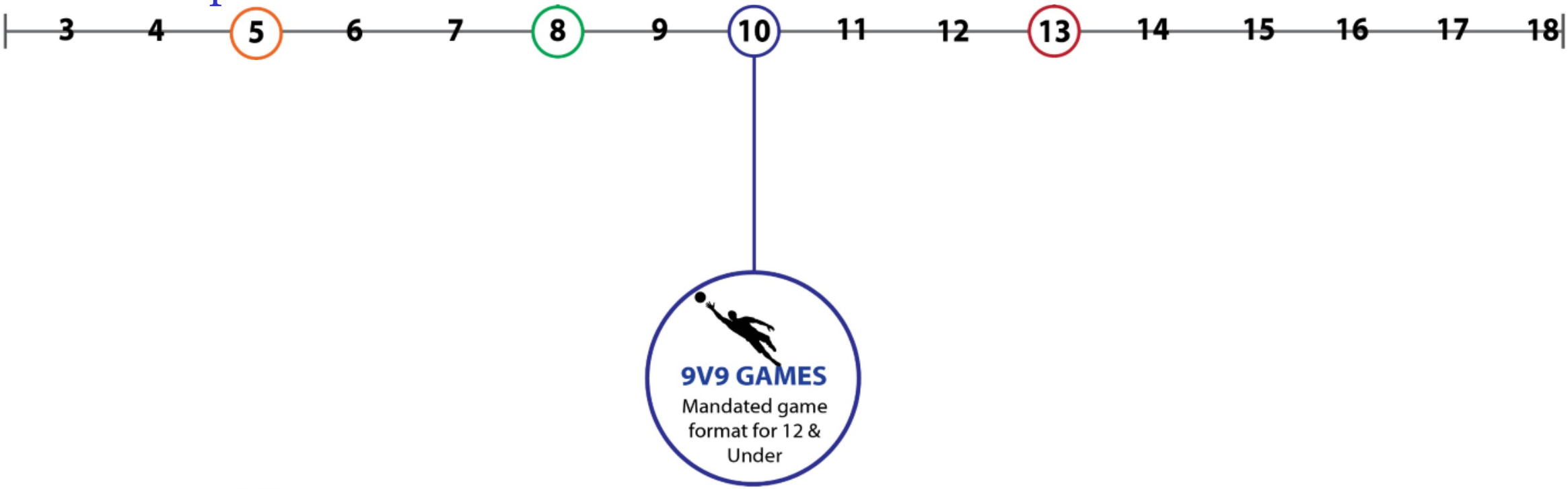
- 3 players added to the field – 1 goalkeeper.
- Introduction of a central midfield player.
- Goalkeeper provides more freedom for defenders to attack.
- Early signs of lines – defenders, midfield and attack.
- Partnerships develop – i.e. central midfield and forward.

Player Competencies Leaving 7v7

1. Passing - Improved weight and accuracy of short/ medium range passes.
2. Receiving to move forward or maintain possession.
3. Dribbling that is purposeful using feints and fakes to penetrate.
4. Finishing - surface selection - short vs longer range.
5. Attacking Principles - penetration, depth, with a ‘dash’ of width.
6. Defending Principles - Pressure, cover, with a ‘dash’ of balance.

9v9 – 1-3-4-1

- 2 additional players added – 1 defender and 1 midfield.
- Width provided by wide midfielders and fullbacks.
- Main roles transferring to 11v11 are now in place.
- More advanced tactical concepts can be introduced – e.g. Switching point of attack, immediate and delayed pressure defending etc.

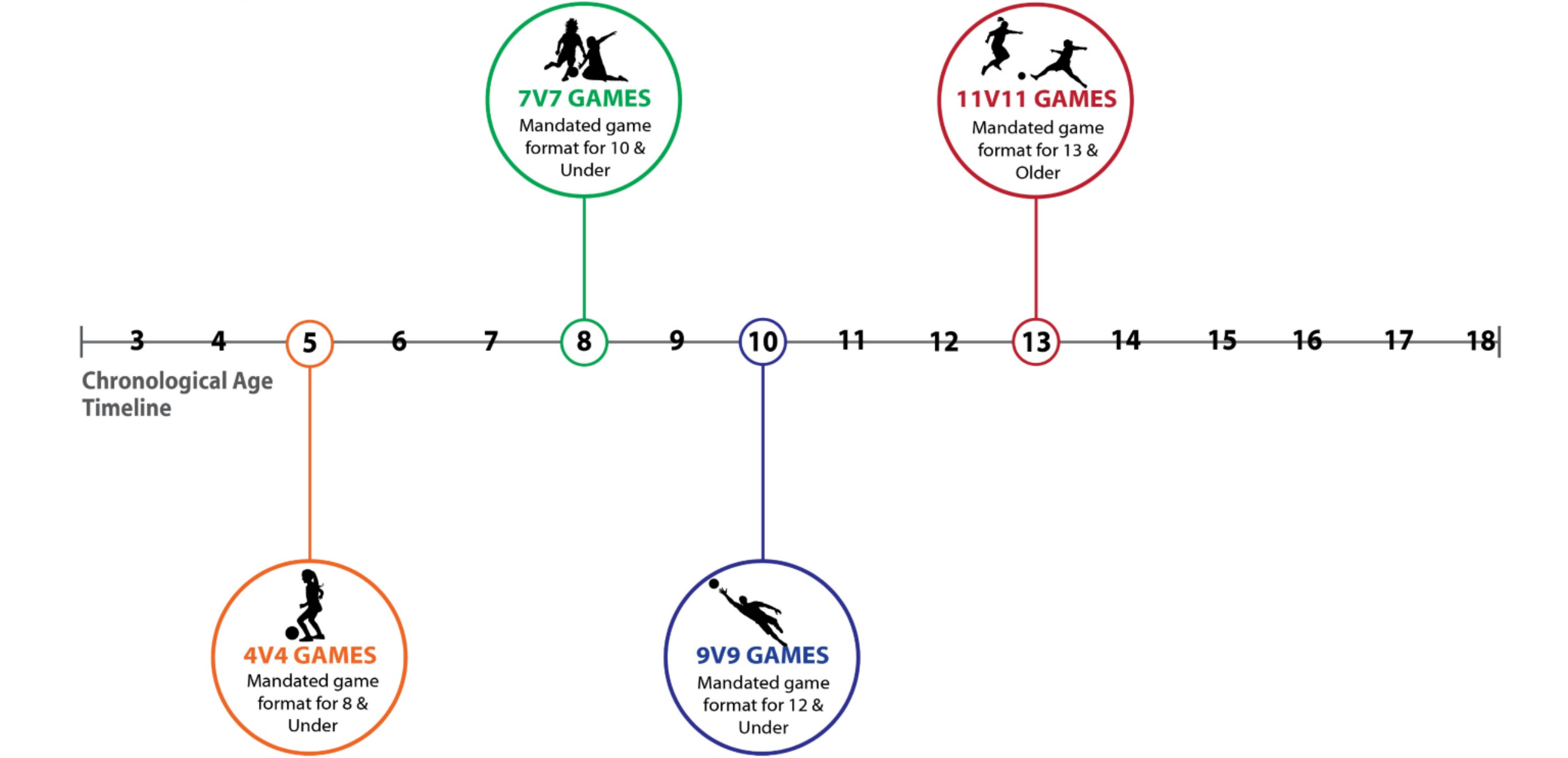


Player Competencies Leaving 9v9

1. Recognize and respond to visual cues to initiate a tactical adjustment - i.e. Switch the point of attack.
2. Ability to pass over short and medium distances and change the attacking tempo and the speed of play.
3. Develop attacking and defending partnerships with teammates in front, behind and by the side.
4. Attacking Principles - individual and team movement (mobility) to create space.
5. Defending Principles - apply high and low pressure in team units.

Learning Pathway - Preparing Players for 11v11

National Soccer Coaches Association of America



CMG COACHING MEDIA GROUP
NSCAA eLEARNING
SYSTEMS OF PLAY: 1-4-5-1

1-4-5-1 Formation

National Soccer Coaches Association of America

1-4-5-1 Formation - Attacking Shape

National Soccer Coaches Association of America

1-4-5-1 Formation - Defending Shape

National Soccer Coaches Association of America

Activity 1A: Unbalancing - Functional Phase

National Soccer Coaches Association of America

CMG COACHING MEDIA GROUP

Activity 1B: Unbalancing - Functional Phase

National Soccer Coaches Association of America

Activity 1C: Unbalancing - Functional Phase

National Soccer Coaches Association of America

Activity 2A: Unbalancing - Phase of Play

National Soccer Coaches Association of America

Activity 2B: Unbalancing - Phase of Play

National Soccer Coaches Association of America

Activity 2C: Unbalancing - Phase of Play

National Soccer Coaches Association of America

Activity 3A: Unbalancing - Final Game

National Soccer Coaches Association of America

Activity 3B: Unbalancing - Final Game

National Soccer Coaches Association of America

Activity 3C: Unbalancing - Final Game

National Soccer Coaches Association of America

CMG COACHING MEDIA GROUP
NSCAA eLEARNING
SYSTEMS OF PLAY: 1-4-2-3-1

1-4-2-3-1 Formation

National Soccer Coaches Association of America

1-4-2-3-1 Formation - Attacking Shape

National Soccer Coaches Association of America

1-4-2-3-1 Formation - Defending Shape

National Soccer Coaches Association of America

Activity 1A: 4v1 Defending Targets and Transition

National Soccer Coaches Association of America

Activity 1B: 4v1 Defending Targets and Transition

National Soccer Coaches Association of America

Activity 1C: 4v1 Defending Targets and Transition

National Soccer Coaches Association of America

Activity 2A: 4v4 plus 3 training the number 9

National Soccer Coaches Association of America

Activity 2B: 4v4 plus 3 training the number 9

National Soccer Coaches Association of America

Activity 2C: 4v4 plus 3 training the number 9

National Soccer Coaches Association of America

Activity 3A: Defending 10v11 with 4 goals and 3 zones

National Soccer Coaches Association of America

Activity 3B: Defending 10v11 with 4 goals and 3 zones

National Soccer Coaches Association of America

Activity 3C: Defending 10v11 with 4 goals and 3 zones

National Soccer Coaches Association of America