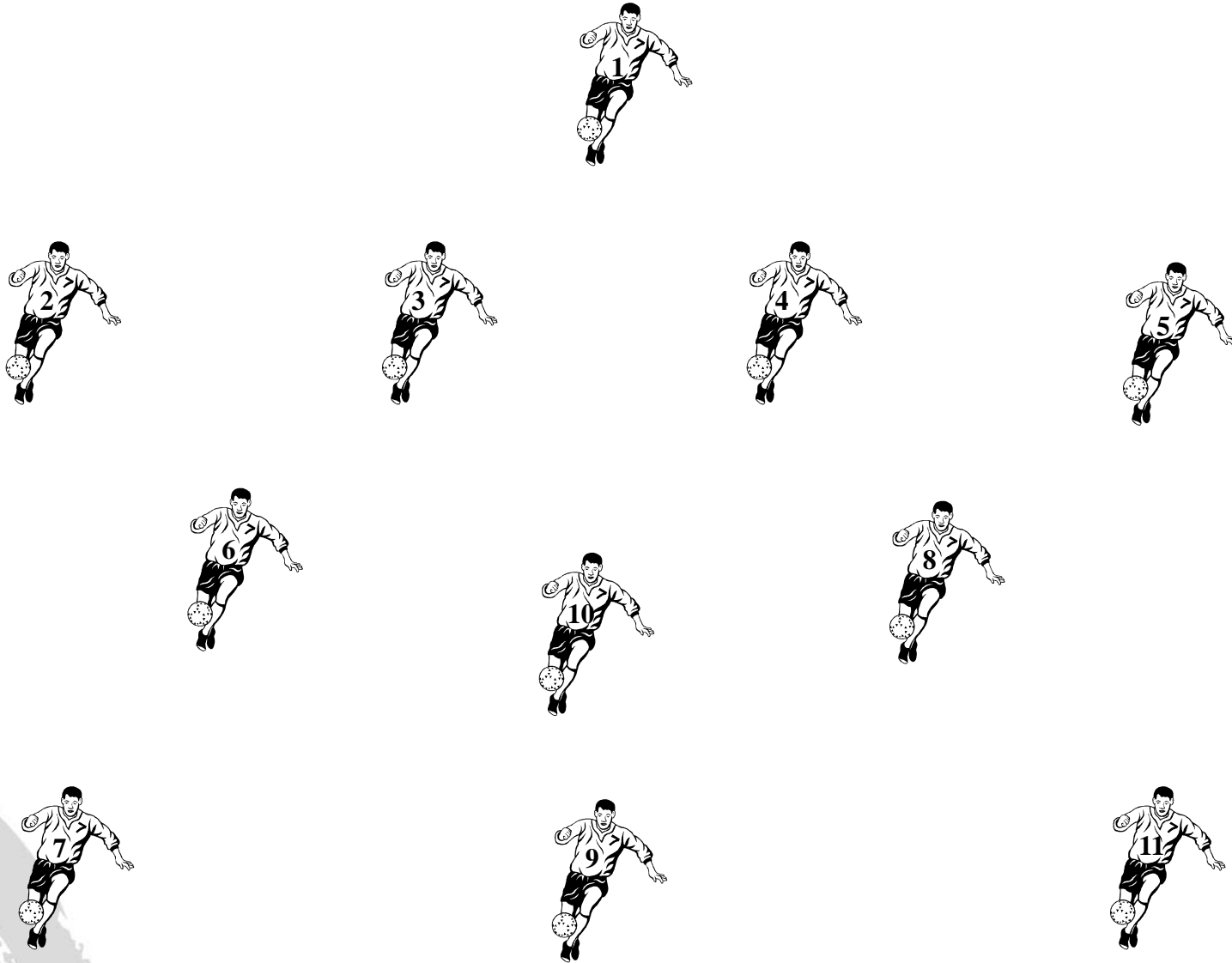


The 1-4-3-3 Formation



The next structure has been used consistently:

- Total team functioning
- Per line (defence + gk – midfield – attack)
- Per position (individual skills & competencies)

Within the main moments of the game:

1. Ball possession (BP)
2. Transition
3. Ball possession opponent (BPO)
4. Transition



The main moments are divided into the following team tasks :

1. Ball possession (BP)

Team Tasks:

- Building up
- Attacking / scoring

2. Transition

Team Tasks:

- From ball possession to ball possession opponent (BP to BPO)

3. Ball possession opponent (BPO):

Team Tasks:

- Disturbing
- Defending

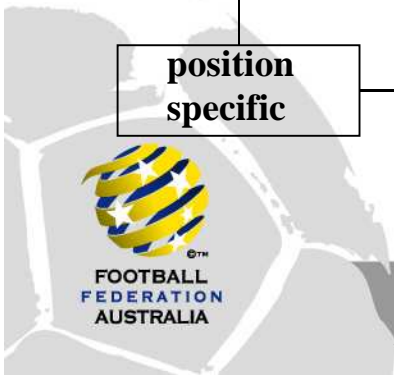
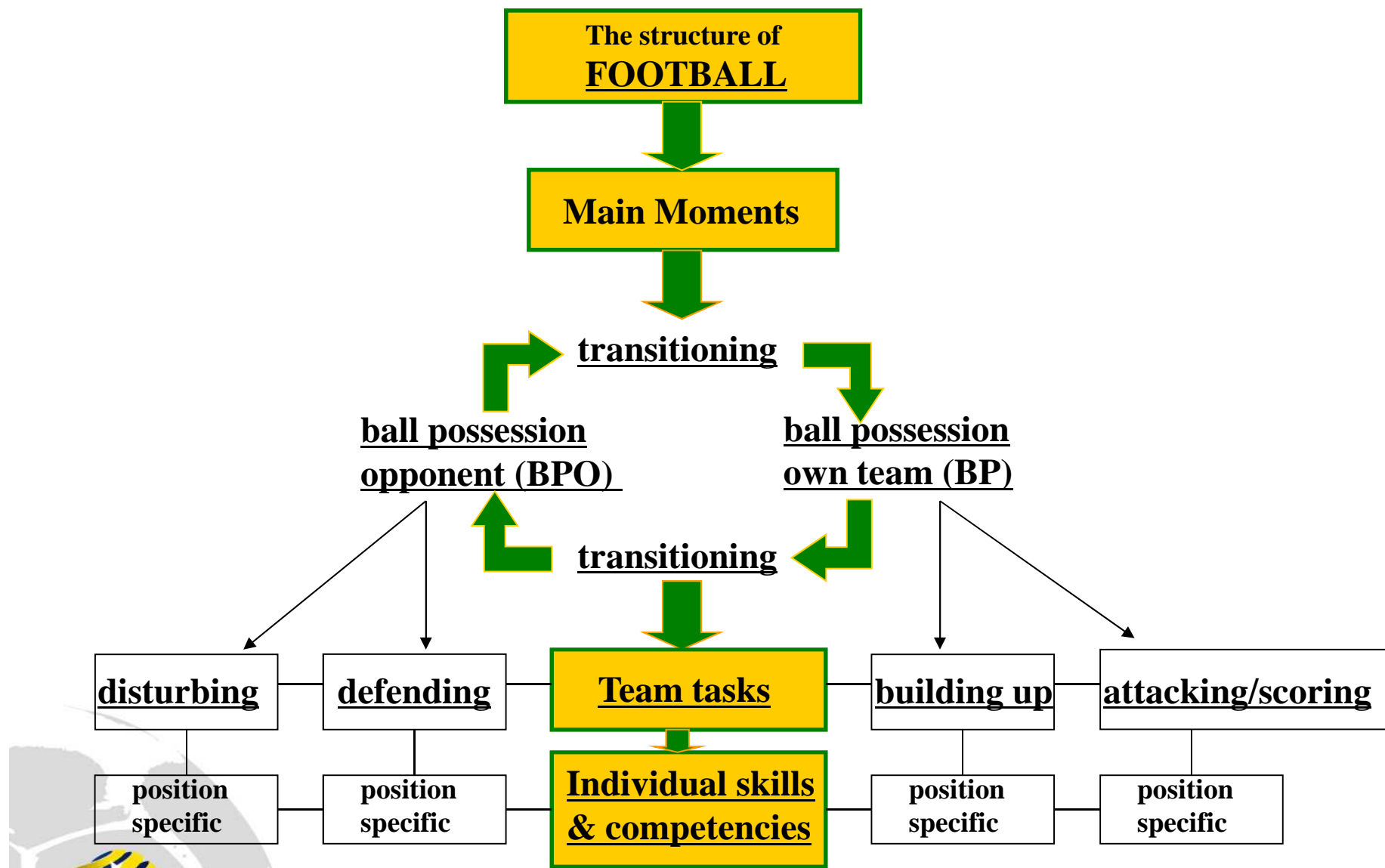
4. Transition

Team tasks:

- From ball possession opponent to ball possession (BPO to BP)

Finally, the Team Tasks lead to *individual skills and competencies** that are position specific and (partly) depend on the style of play / formation.





3 'Main Groups'

- All formations can be converted to 3 'main groups' e.g.:
 - 1-4-3-3
 - 1-4-4-2
 - 1-3-5-2
- The 1-4-3-3 formation is the most suitable formation for a playmaking proactive style of play
- The other formation are more suitable for a reactive (counter) style of play and offer more defensive security
- 1-4-3-3 is known as the 'house style' of the Netherlands but is actually used 'world wide'



General characteristics of a pro active play style:

- Ball possession / attacking is the starting point
- Putting the opponent under pressure and forcing mistakes by:
 - In ball possession: high tempo game ('breakdown the opponent')
 - If opponent is in possession of the ball: aggressive pressure, hunt down/close down (FORCING the opponent to make mistakes as apposed to WAITING for the opponent to make mistakes)
- It is a difficult play style with lots of risks



General conditions for this style of play:

- Demands the right focus ('attitude') of ALL players
- Transitioning is essential both from ball possession (BP) to ball possession opponent (BPO) and BPO to BP
- It requires high physical demands: *football condition**
- Concentration and game discipline is vital (balance and organisation)
- Tasks consciousness/ task awareness is vital (no one can neglect their responsibilities)



General conditions when opponent has possession of the ball:

- All players must be ABLE and WILLING to pressure/ hunt down the opponent (mental and physical qualities)
- Tactical insight and coach qualities of player(s) in the axis (central positions) is required (tactical insight, choice of the right moment)
- All lines require 1 v 1 defensive abilities (avoid unnecessary sliding tackles - stay on feet!)
- To be able / dare to defend against the middle line (fast defenders; tactical insight: use offside trap sparingly, especially since the change of the offside rule)
- The goalkeeper needs “libero” qualities



General condition when we have possession of the ball:

- Playing out of the back by means of quality positioning play
- Fast ball circulation
- Always look for the forward 'option', but recognise the right moment
- Attacking players in 'wide' positions to enable effective attacking play via the flanks
- Central attacker who is strong in receiving and holding the ball with his/her back to the goal under pressure from a defender
- High quality functional game skill / technique of all players that guarantees high handling speed in tight areas
- Decisive individual attacking qualities



Additional comments:

- To play in the highest tempo for 90 minutes is impossible (even for the best teams in the world) so certainly in Australia (and Asia) given the climatic conditions.

Therefore players must learn how to:

- In BP: Change the tempo of the game as required and also to play on the counter if necessary
- In BPO: **PRESSURE** the opponent 'later' by dropping back first, reducing spaces and getting organised (this is different than sitting back and 'waiting' for the opponent to loose the ball!)
- Recognise the right moments and to make good choices (role of the coach in this process!)



Rationale

- The 1-4-3-3 formation is a (the?) most appropriate formation for (mastering) a proactive style of play;
- To meet all above listed conditions the 1-4-3-3 formation can be used effectively
- Because of the 3 lines and the balanced distribution of players over the playing field you have 'triangles' of players. This creates an ideal condition to achieve effective and constructive offensive positioning play
- For young players, the positions and the attached basic tasks are logical and recognizable, which makes learning to play as a team easier to develop



Basic forms

The 1-4-3-3 formation has 4 basic forms, with a number of derived (offensive or defensive) variations:

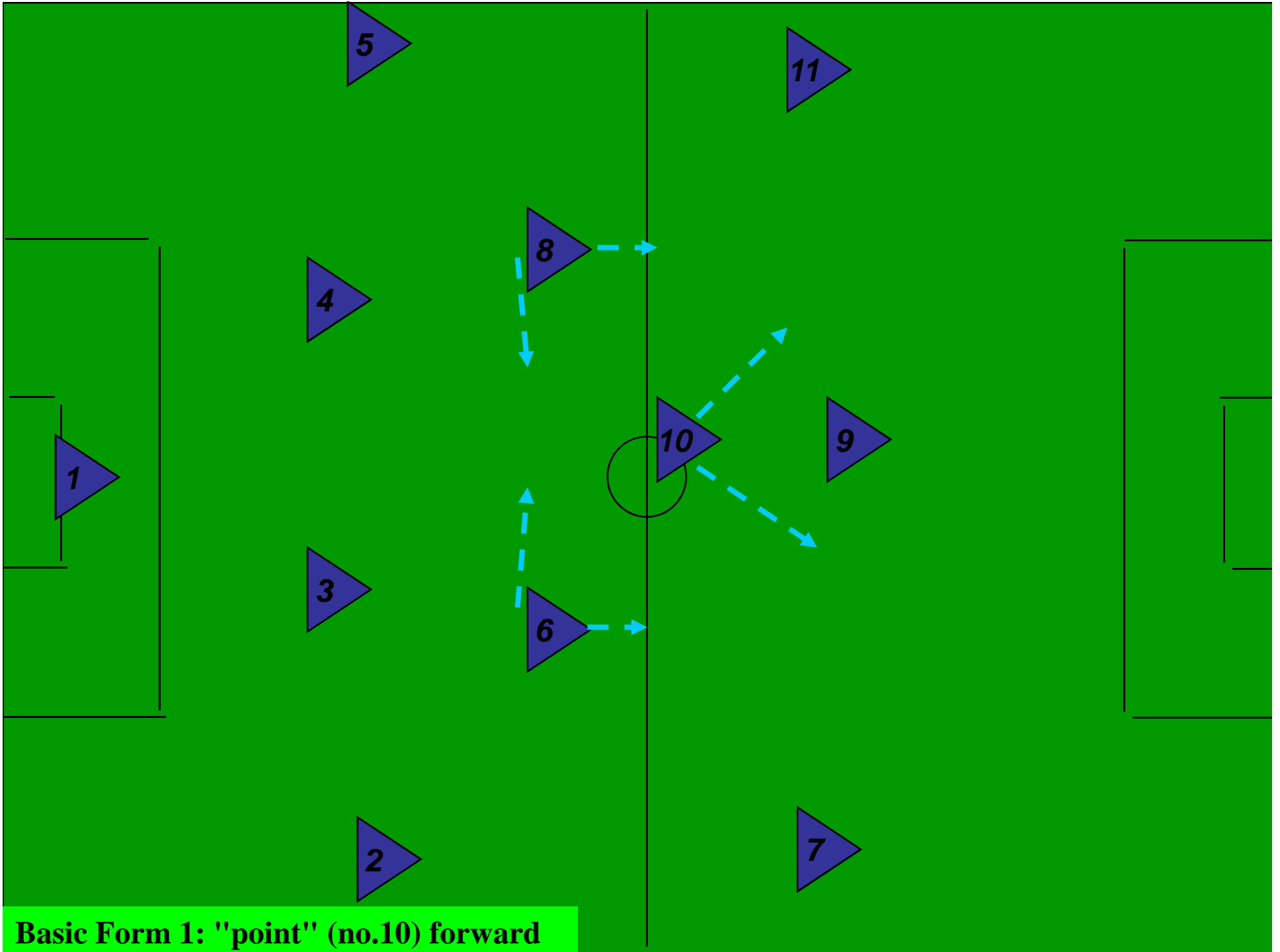
1. The midfield triangle with the "point" (no.10) forward.
2. The 1-3-4-3 formation.
3. The midfield triangle with the "point" (no.6) to the rear.
4. A "tilting" or rotating triangle (BP: point forward, BPO: point backwards)



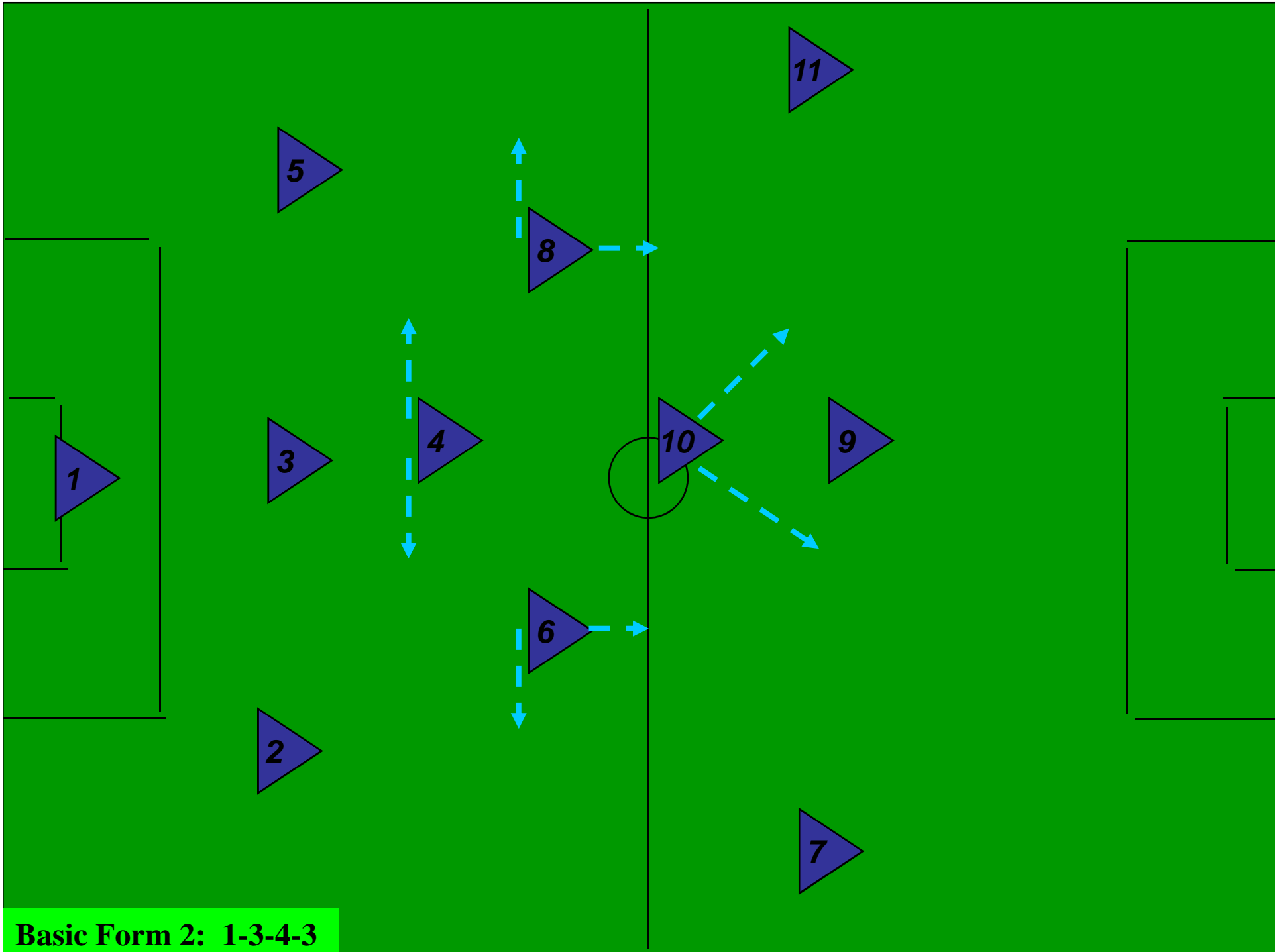
Basic forms

- An explanation of all 4 basic forms (and some of the variations) will be provided but this document will focus on the detailed description of the 1-4-3-3 with the "point" forward taken as a starting point.
- The structure and content is set up in such a way that the transfer to basic forms 2, 3 and 4 is easy to make by all coaches.
- The starting point is that players in the age categories U/12 to U/15 must master the basic form 1 and 2 (phase: performance preparation)
- U/16 to U/19 should also learn to master the basic form 3 and basic form 4 as well as the variations. (phase: performance maturity)

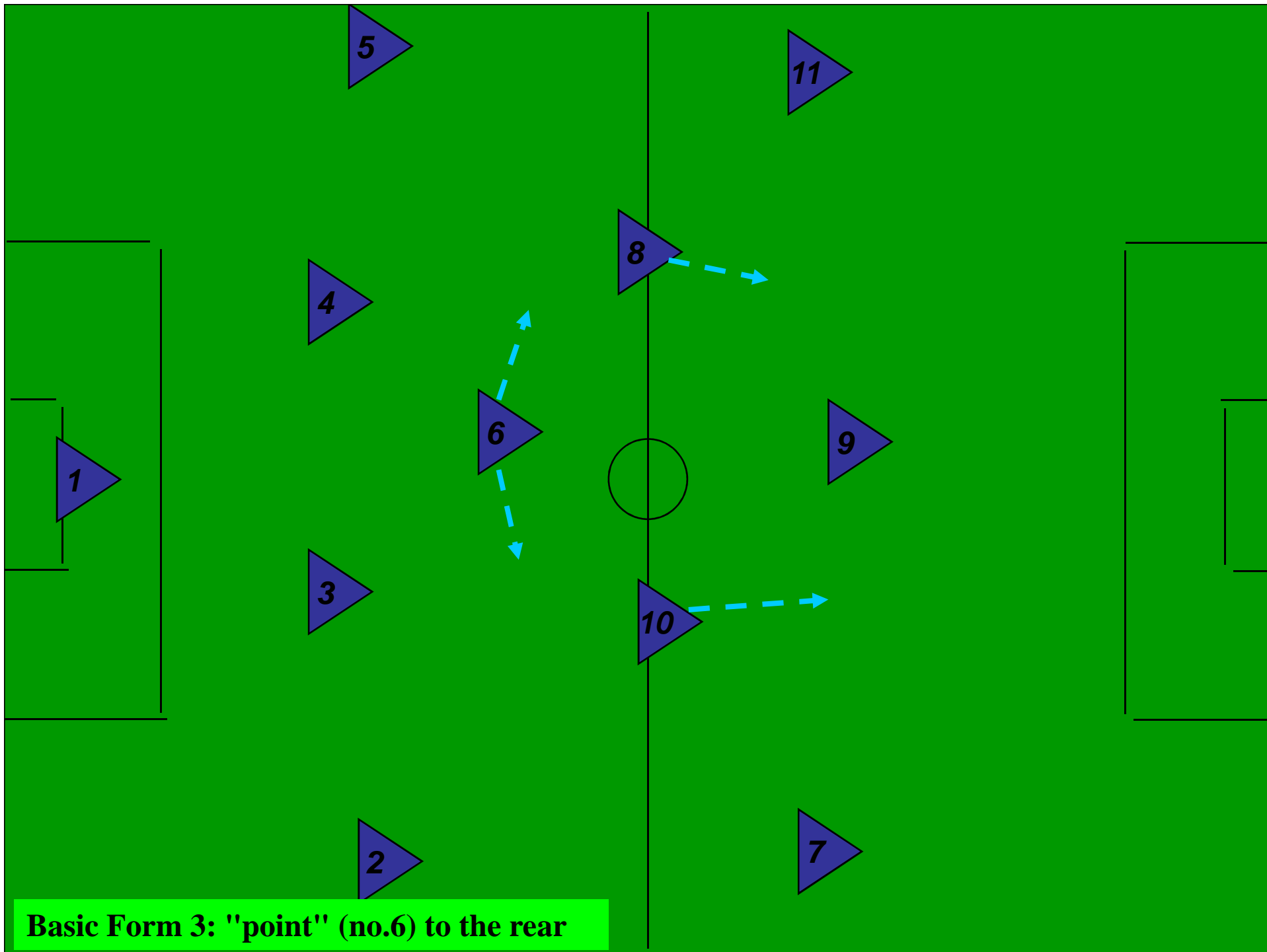


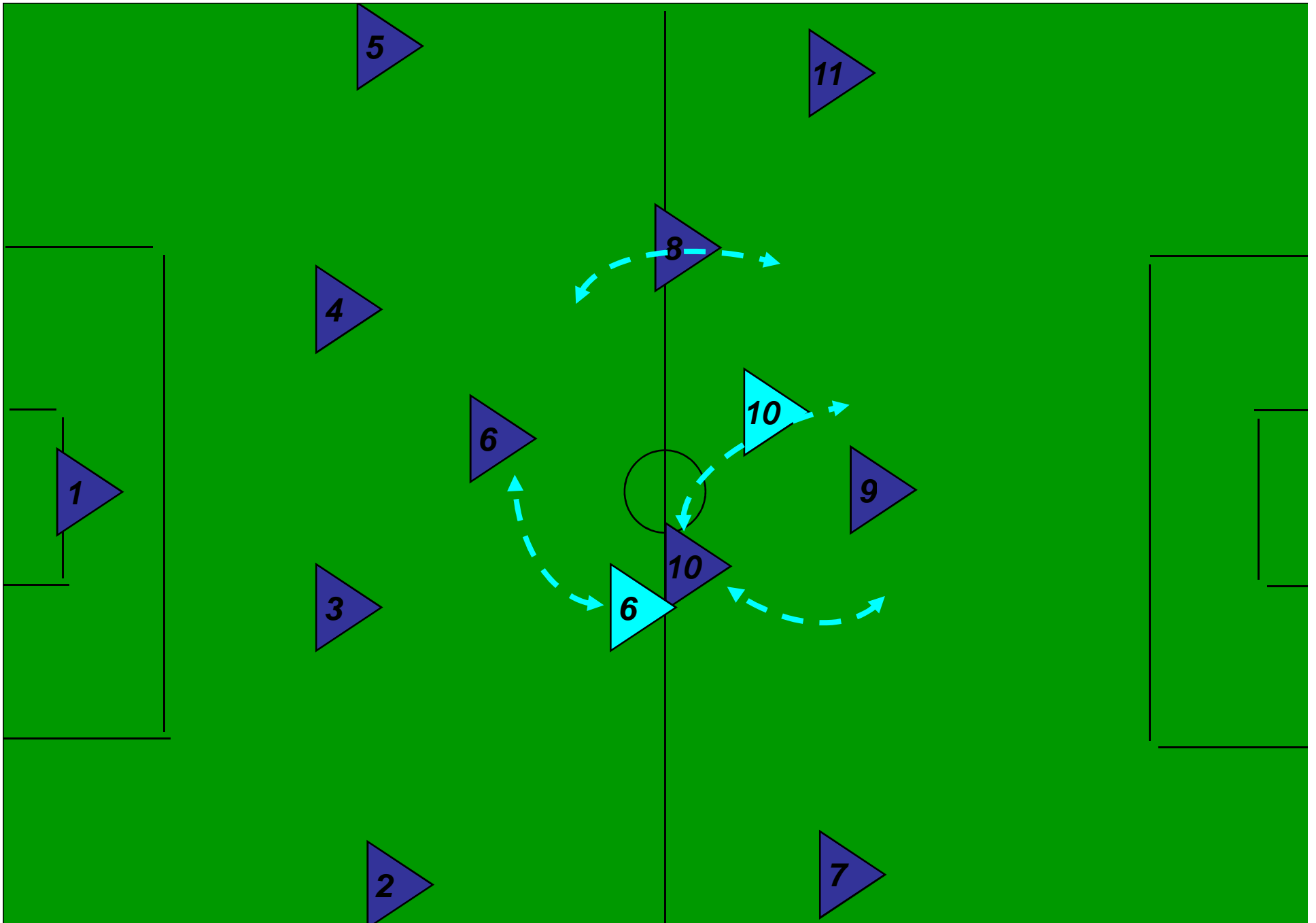


Basic Form 1: "point" (no.10) forward



Basic Form 2: 1-3-4-3

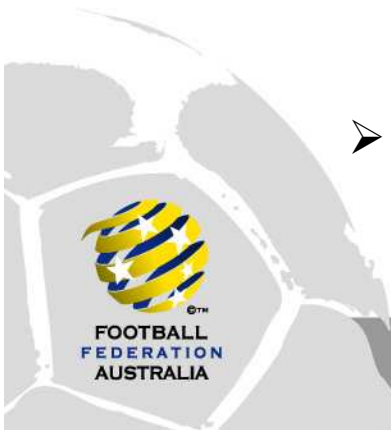




Basic Form 4: Rotating MF **BPO** **BP**

General defensive principals (basics)

- Direct transition of all players, everyone behind the ball (no time to 'mourn')
- Make team compact, short distances between lines and players:
 - team total: 40 x 40 m.
 - distance between players: 10-15 m.
- Always maintain formation (no mixing of the lines)
- Keep the central spine always occupied.
- Always press the ball (pressurized defending by the whole team, forcing the opponent to play wide or back or lose the ball)
- Players to always coach the players in front of them (help your team mate)



Total team functioning when the opponent has ball possession (disturbing / defending)

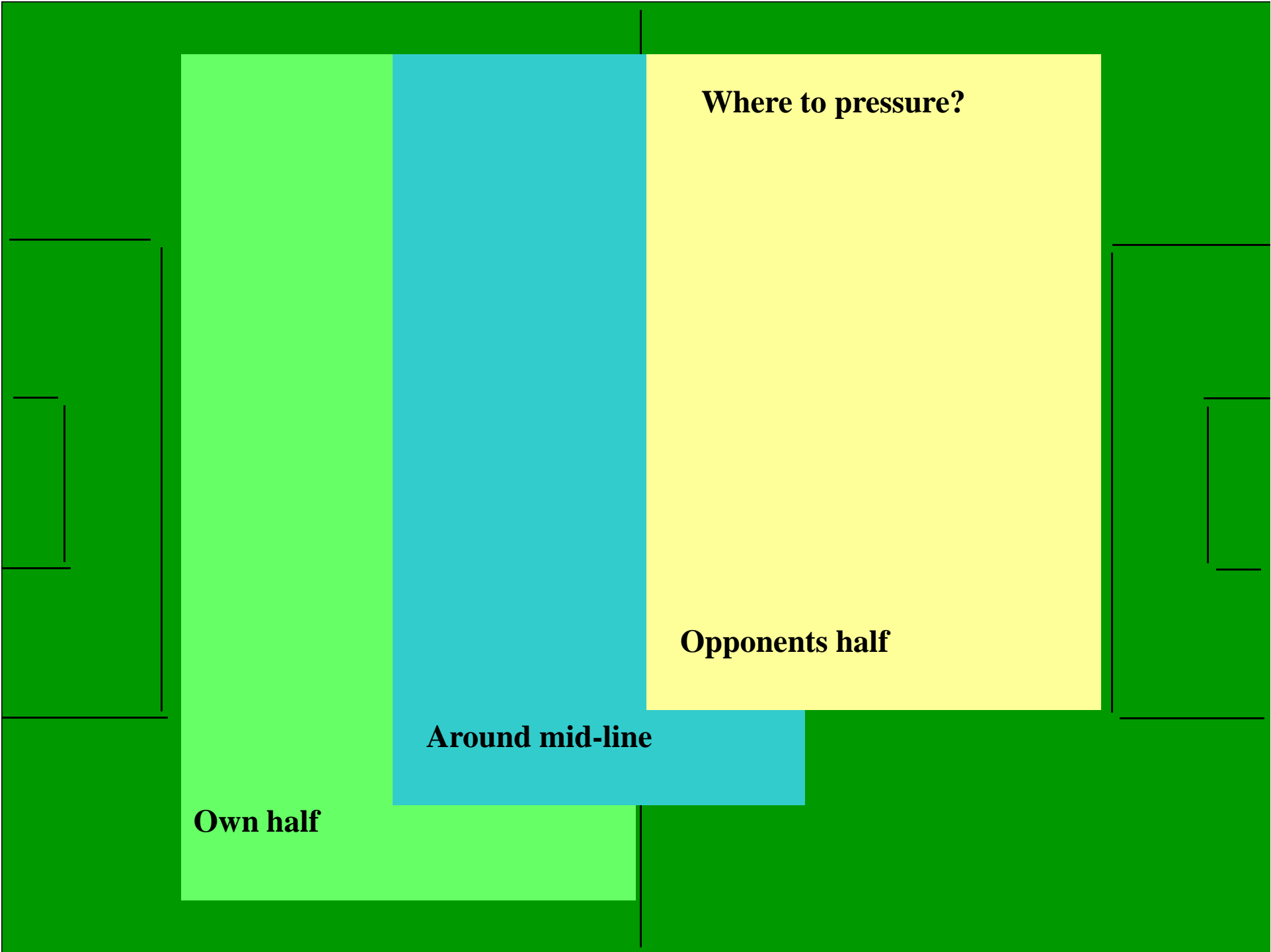
Where:

- In the opponents half
- Halfway
- In your own half

How:

- Everyone responsible for their own position / zone
- Aggressive defending, pressuring the ball
- Collectively, no one can neglect their task
- At the right moments (on field leadership by choosing the moments and take the initiative / give the order to start pressuring)
- The correct manner (tactically and technically)





Where to pressure?

Opponents half

Around mid-line

Own half

The choice of where to pressure is determined by:

- Qualities of your own team
- Strength / quality of opponent
- The score
- The position on the table
- The aim of the game
- Weather and terrain conditions
- Etc.



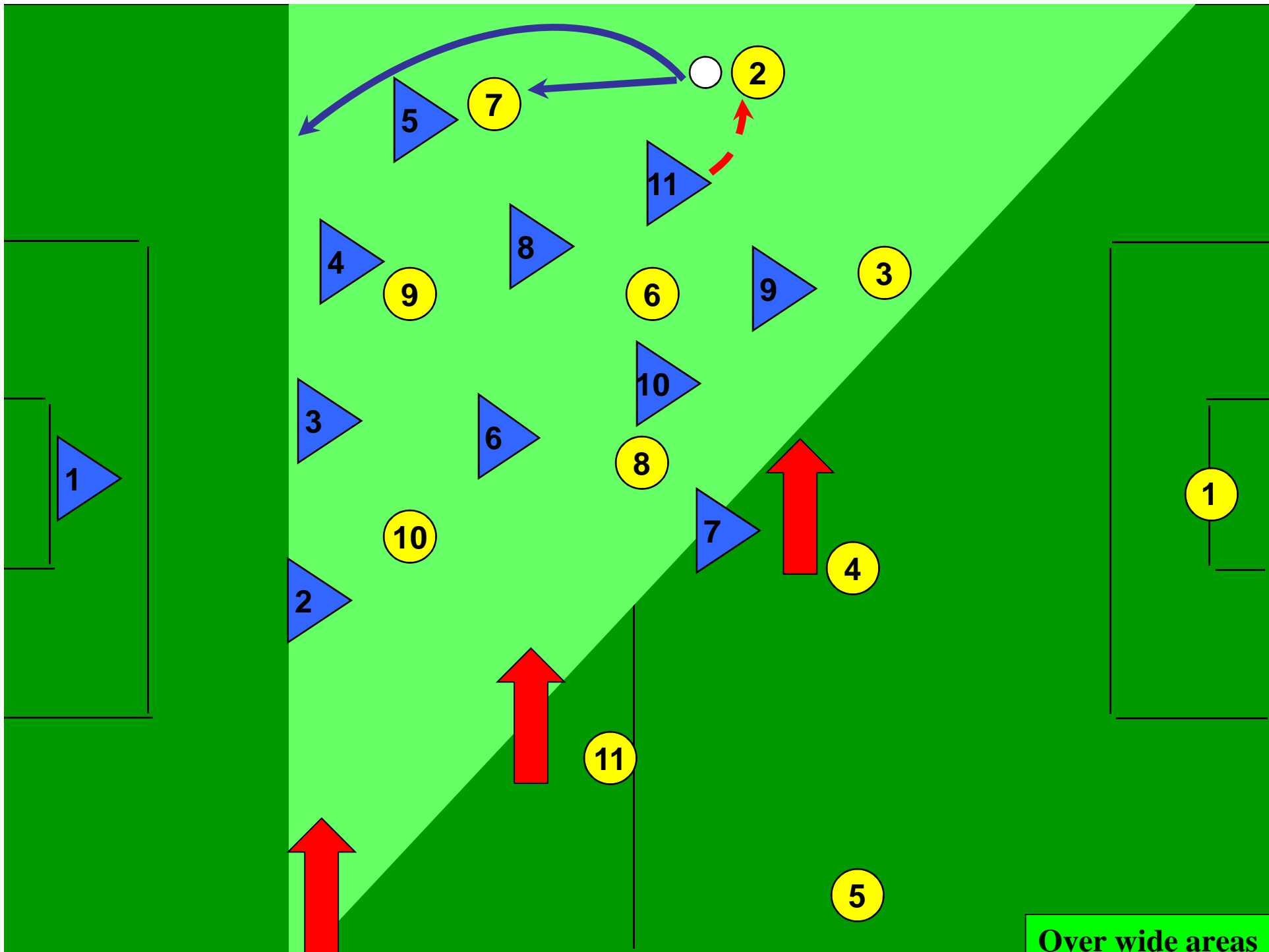
Team Tasks when the opponent has ball possession (Disturbing / defending)

For the tactical execution of defensive pressure, there are 2 options:

1. To force the opponent to build up over wide areas
2. To force the opponent to build up in central areas

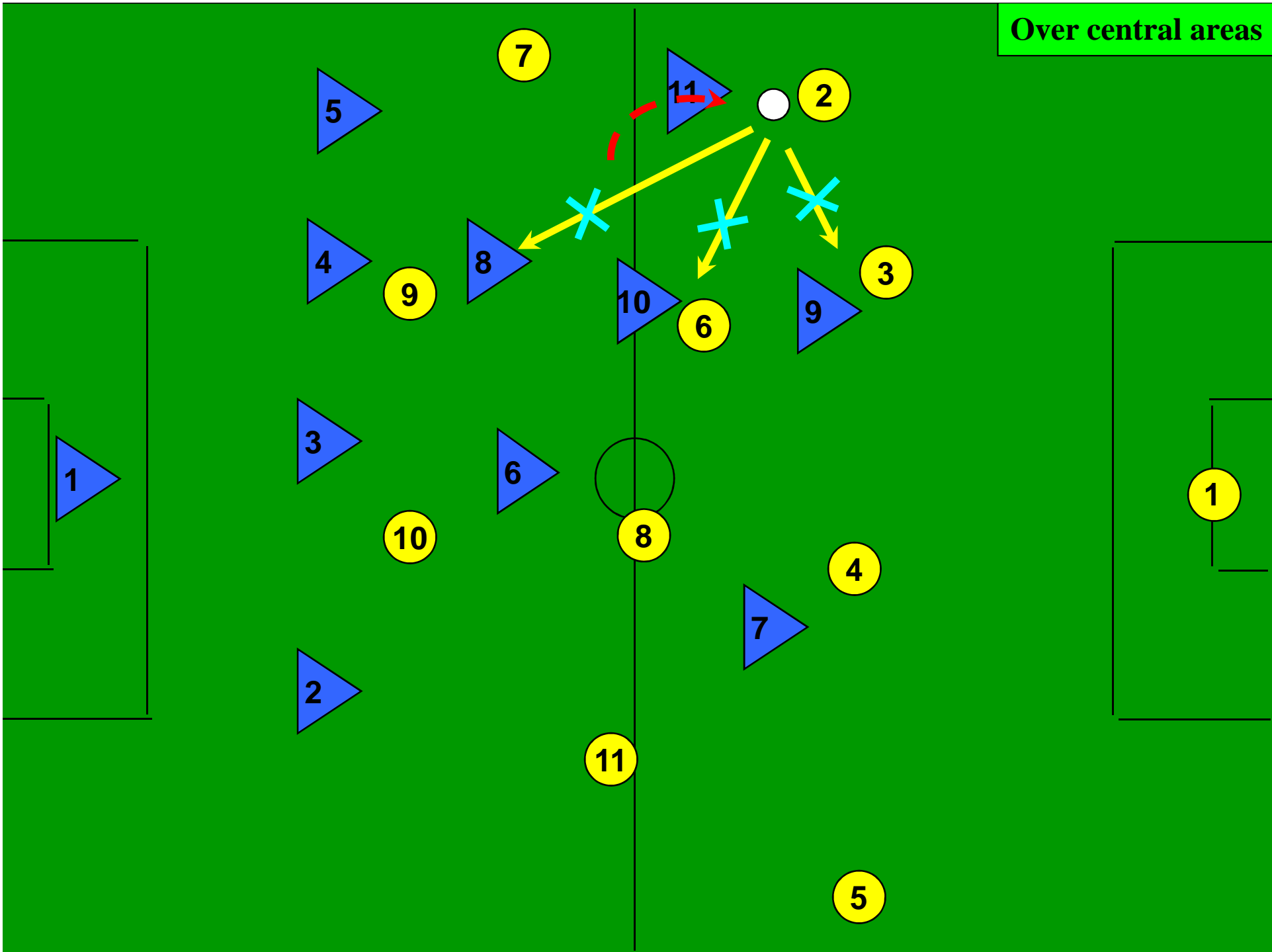
zone-defence* requires ball-oriented defending





Over wide areas

Over central areas

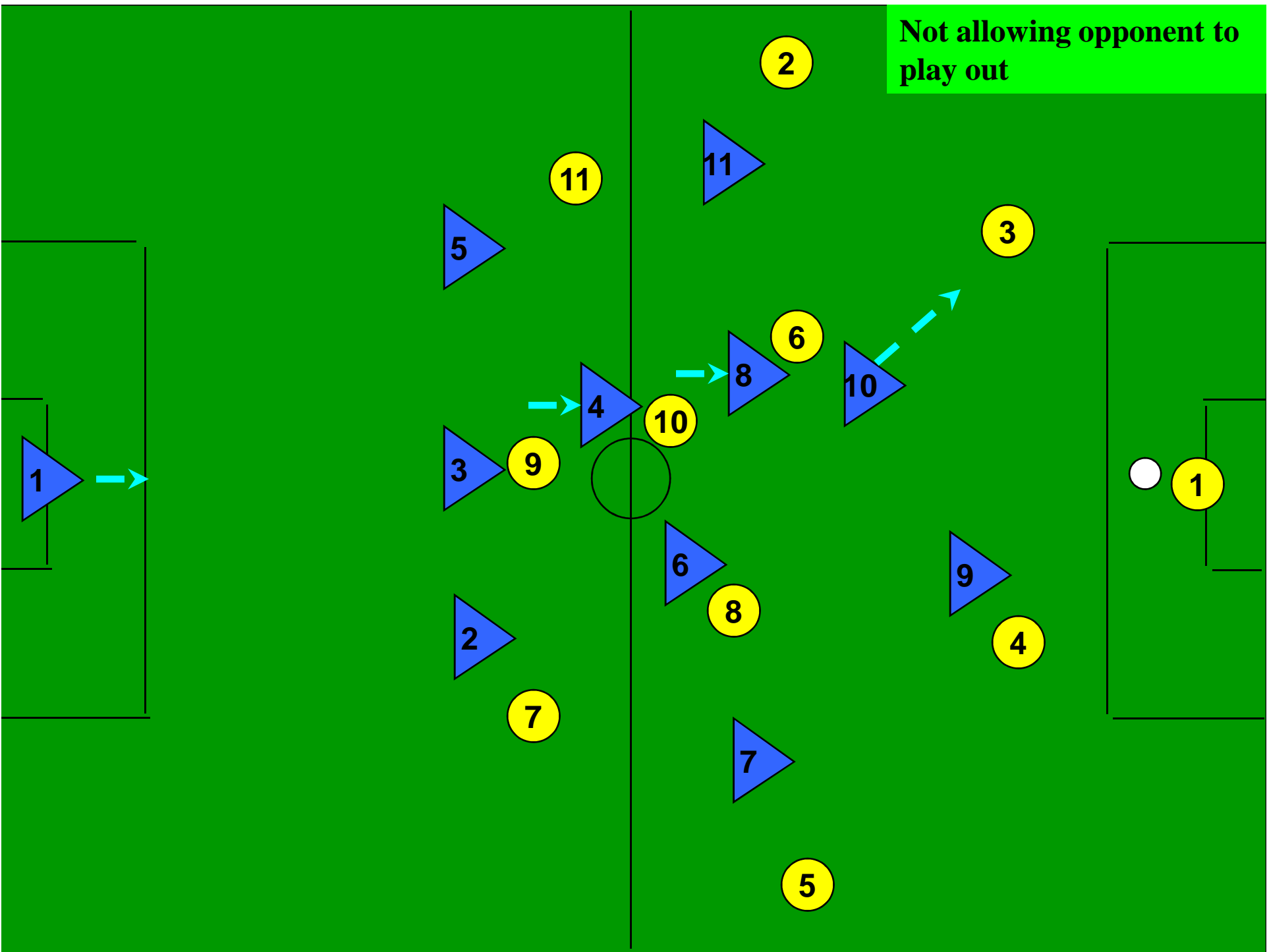


Appropriate moments for collective pressure:

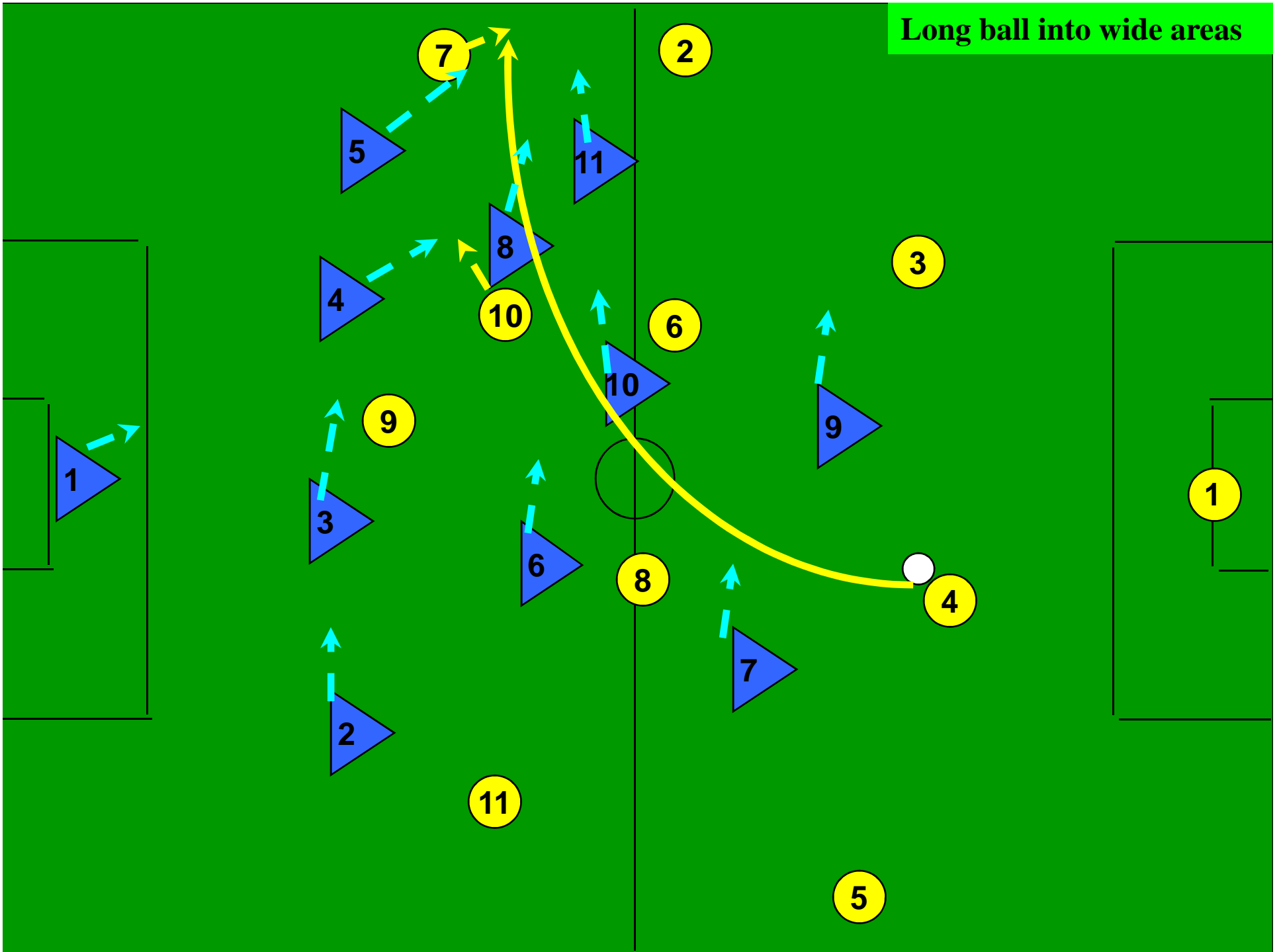
- When the opponent goalkeeper has possession of the ball: this is a moment to not permit the opposition to build up from the back (not allowing a free player in the back third)
- If a long ball is played (particularly) to a player in a wide area and it is anticipated that this player may have difficulty to control the ball.
- When the opponent has a defender (preferably a full back) with weak building up qualities. Deliberately allow this player to get the ball in order to isolate and pressure him / her
- When the ball is cleared, the whole team moves up and pressures as a unit.
- In case the opponent plays a back pass, the whole team moves up and pressures as a unit.



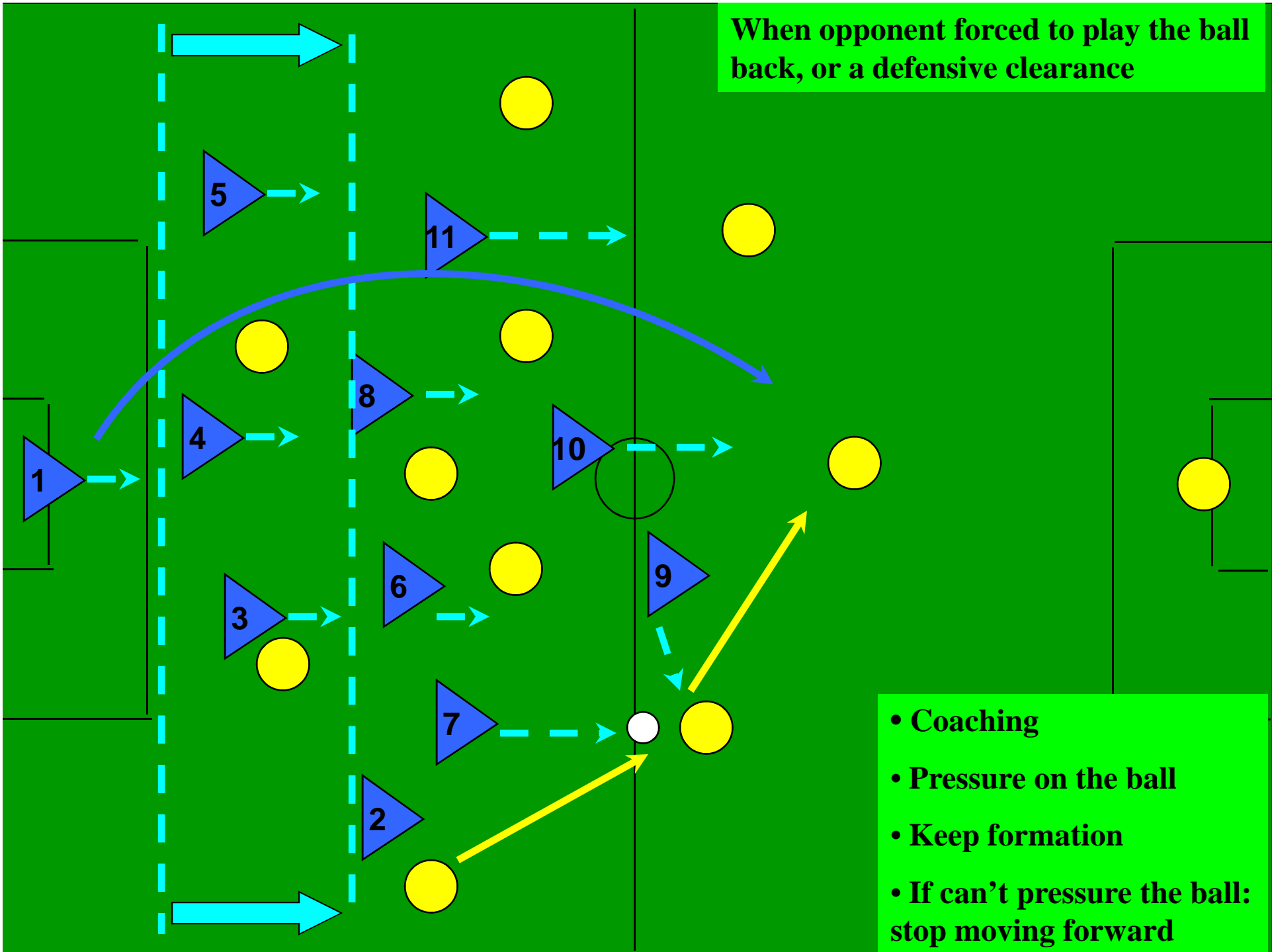
Not allowing opponent to play out



Long ball into wide areas



When opponent forced to play the ball back, or a defensive clearance



- **Coaching**
- **Pressure on the ball**
- **Keep formation**
- **If can't pressure the ball: stop moving forward**

Tasks per line (BPO)

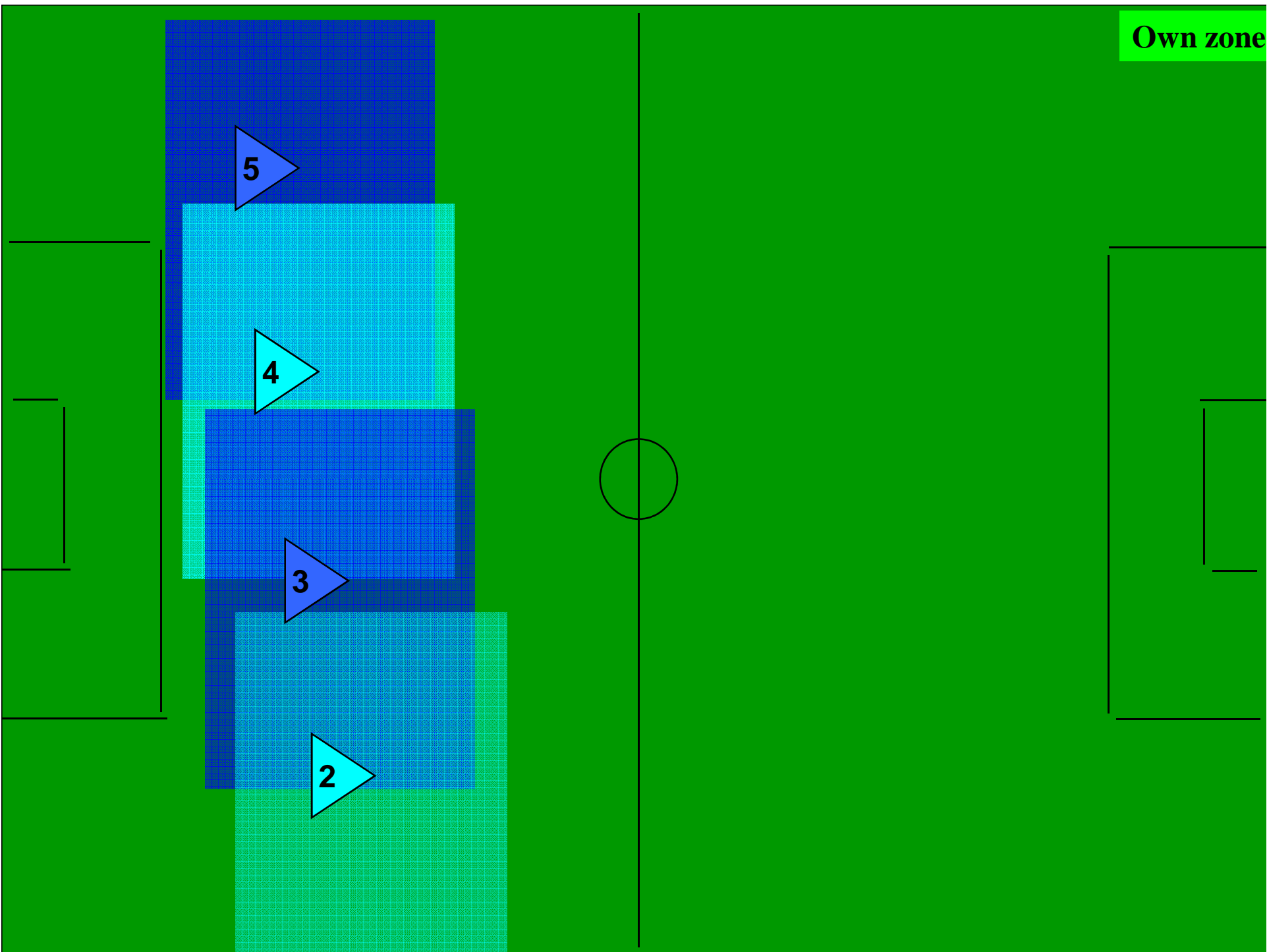
The Defense

Responsibility to be taken for own zone so:

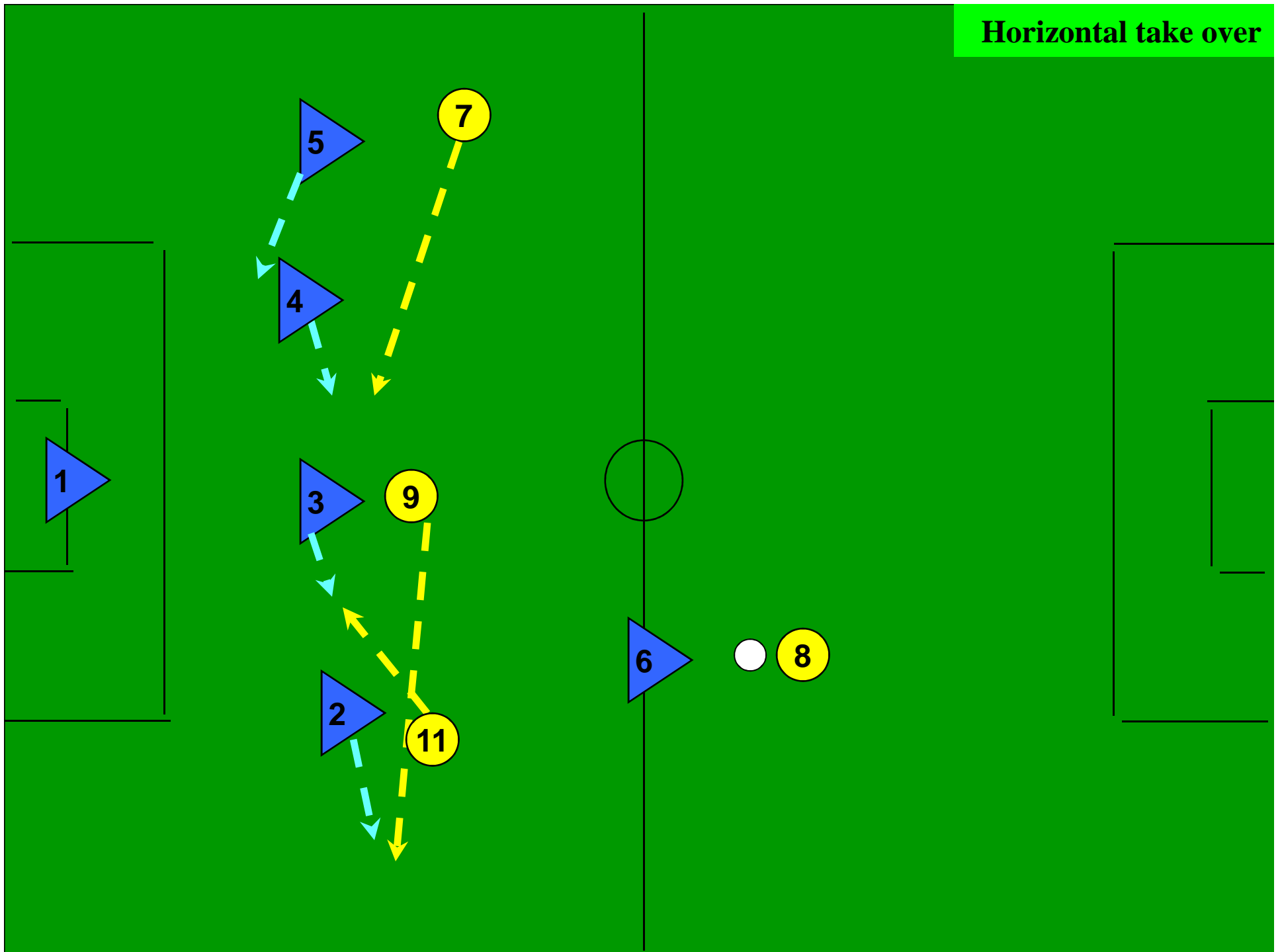
1. Horizontal take over: pass players on in case of *switching* opponents (*width* of pitch)
 2. Vertical take over: pass players on in case of *overlapping* opponents (*length* of pitch)
- Covering each other (diagonal)
 - Keep distance with the midfielders intact (no mixing of lines)
 - Pro active (forward) defending: keep opponent out of the penalty area as far as possible
 - Well considered use of offside trap, especially since the change of the offside rule
 - Goalkeeper to act as sweeper.



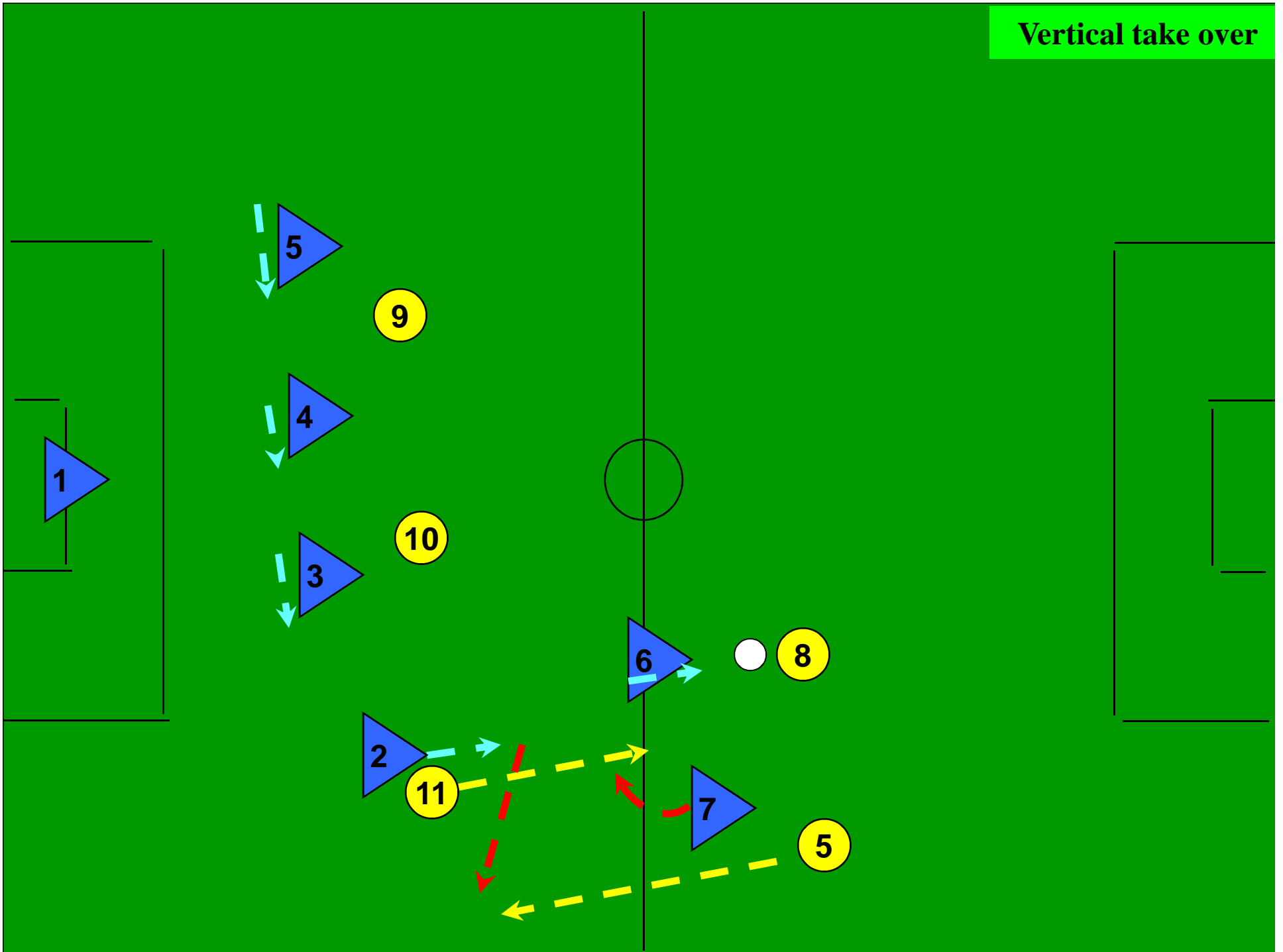
Own zone



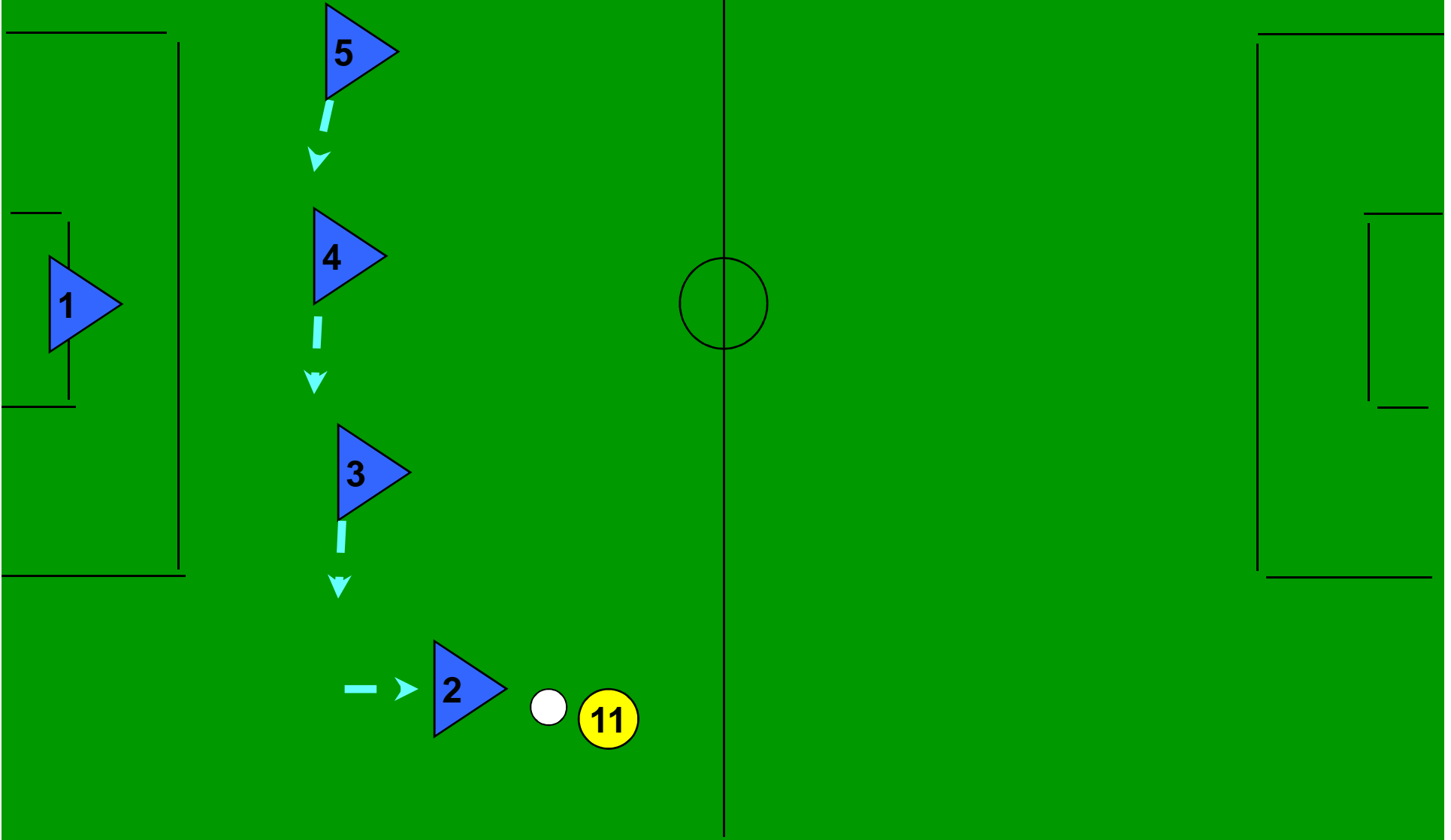
Horizontal take over



Vertical take over



Diagonal covering



Tasks per line (BPO)

The midfield

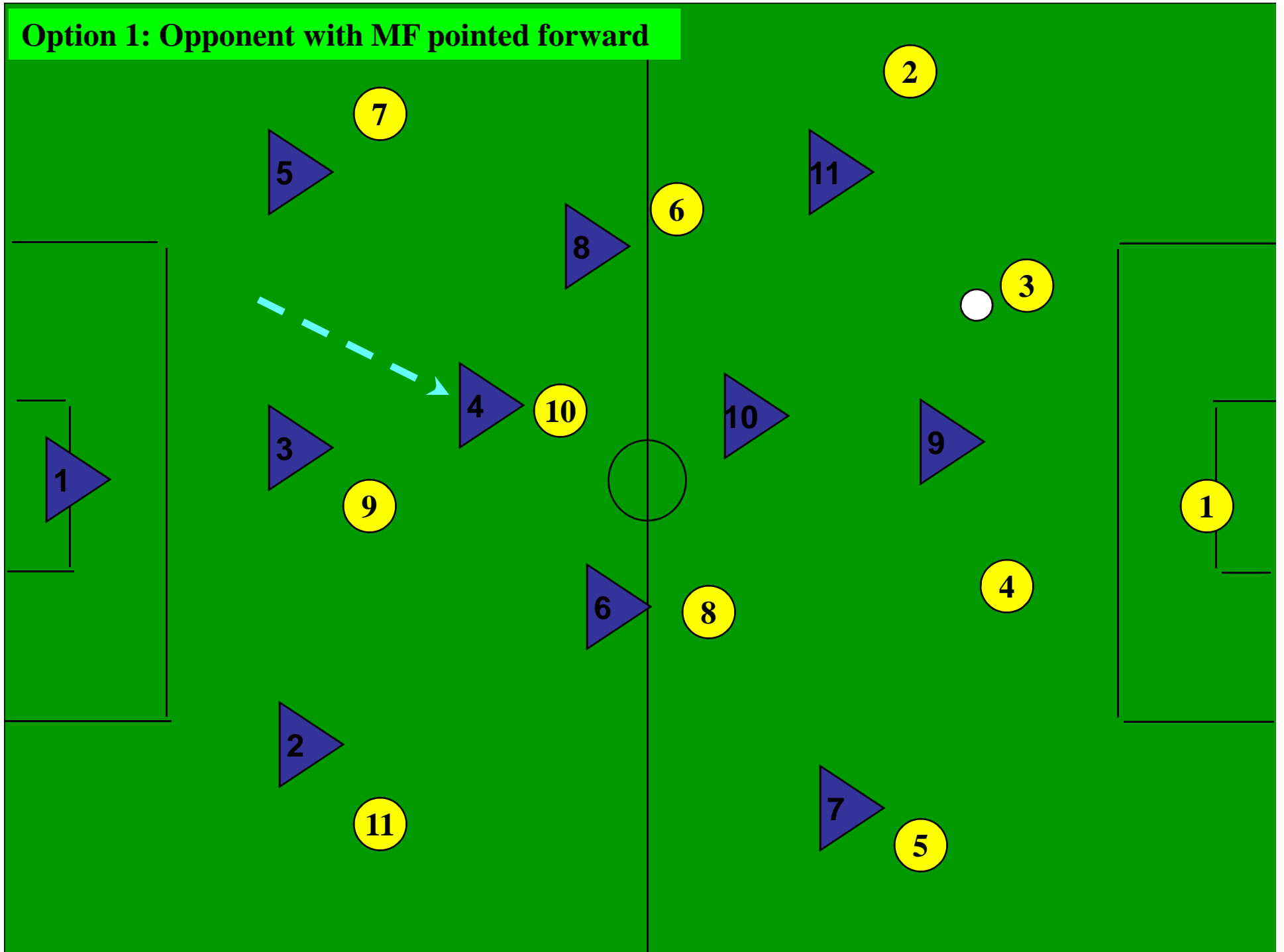
If an opponent also plays with the midfield pointed forward, we basically have 3 options:

1. If we want to maintain the midfield shape with our no.10 pointed forward we need to adjust our formation to 1-3-4-3 (mandated to master for U/12 to U/15)
2. Adjust our formation to the (stronger) opponent by playing with the 'point' (no.6) to the rear (mandated to master for U/16 to U/19)
3. Using the "tilting" or rotating midfield shape:
 - BPO: point to the rear;
 - BP: point forward

Mandated to master for U/16 to U/19



Option 1: Opponent with MF pointed forward

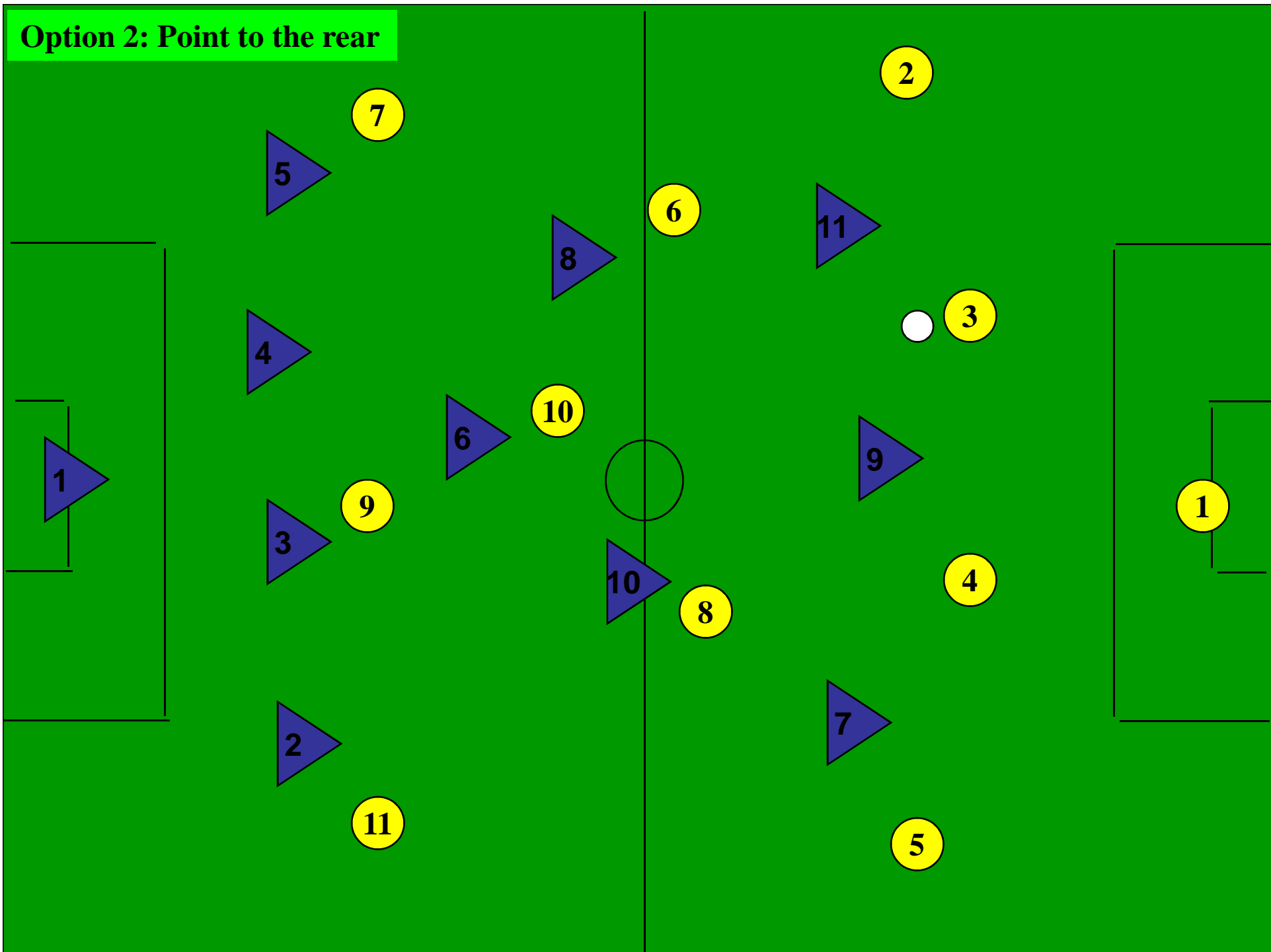


Midfielders tasks:

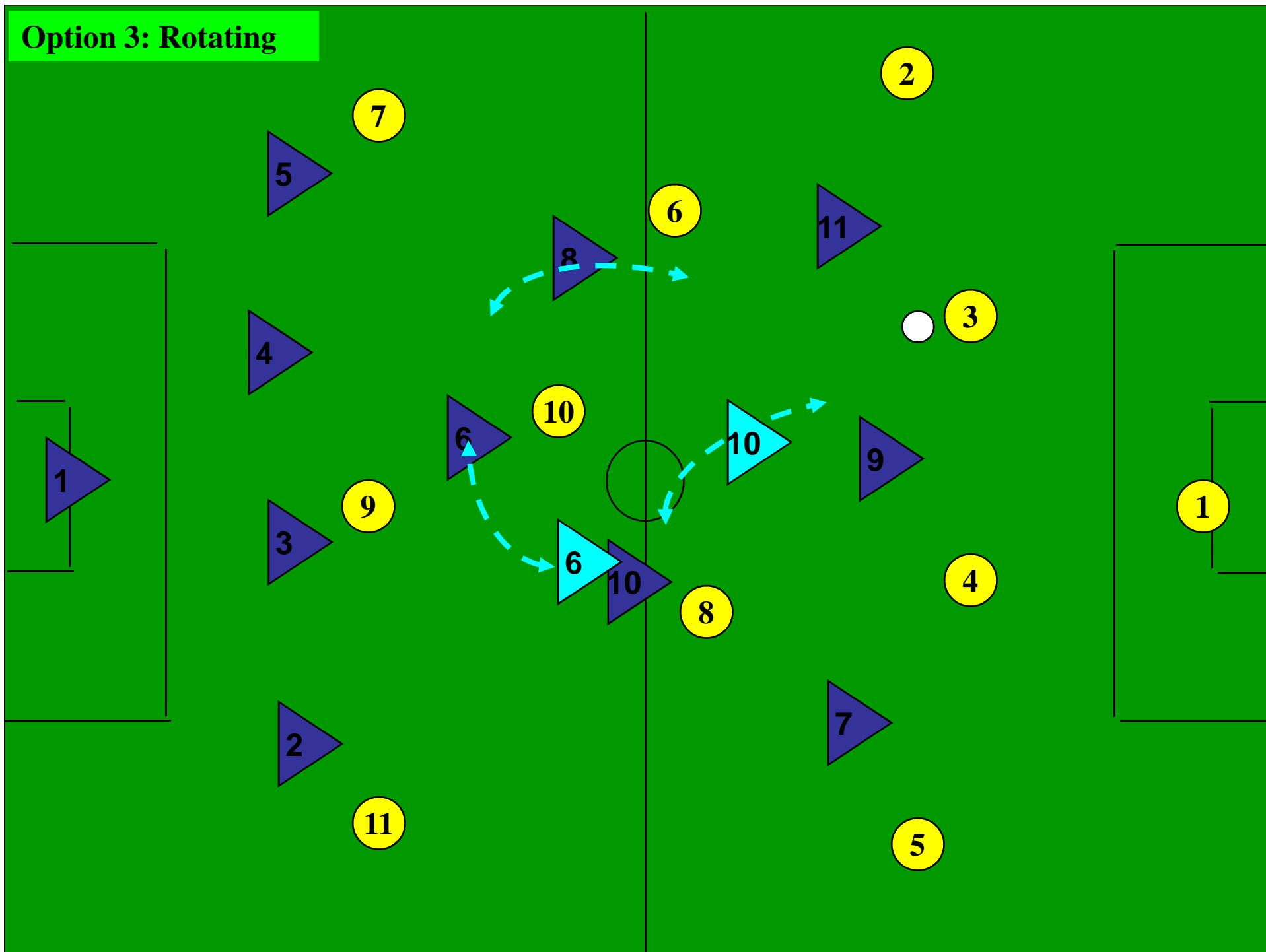
- Maintain midfield structure/formation with triangle (no.10) pointed forward
- Maintain proper distances especially in the spine between no's 3-4-10 and 9
- No. 4 to;
 - mark the opponents no.10
 - shield/screen the line to opponents no.9.
 - Stay in front of the back 3 (not to play in the defense line!)
- No.10 supports no.9 in pressuring
- Always stay compact as a team and pressure the opponent on the ball



Option 2: Point to the rear



Option 3: Rotating



Midfielders tasks:

- When transitioning from BP to BPO: the midfield triangle rotates from 'point' forward to 'point' to the rear
- Rotation to left or right depending on qualities of own players and opponents (own no.10 rotates back to opponents most defensive midfielder)
- No. 6 gives cover to no's. 8 & 10 and shields / screens the line to opponents no. 9
- Choose the right moment to pass on opponents and press (communication/coaching)
- Keep the midfield shape, stay compact and always press the ball (communication/coaching)



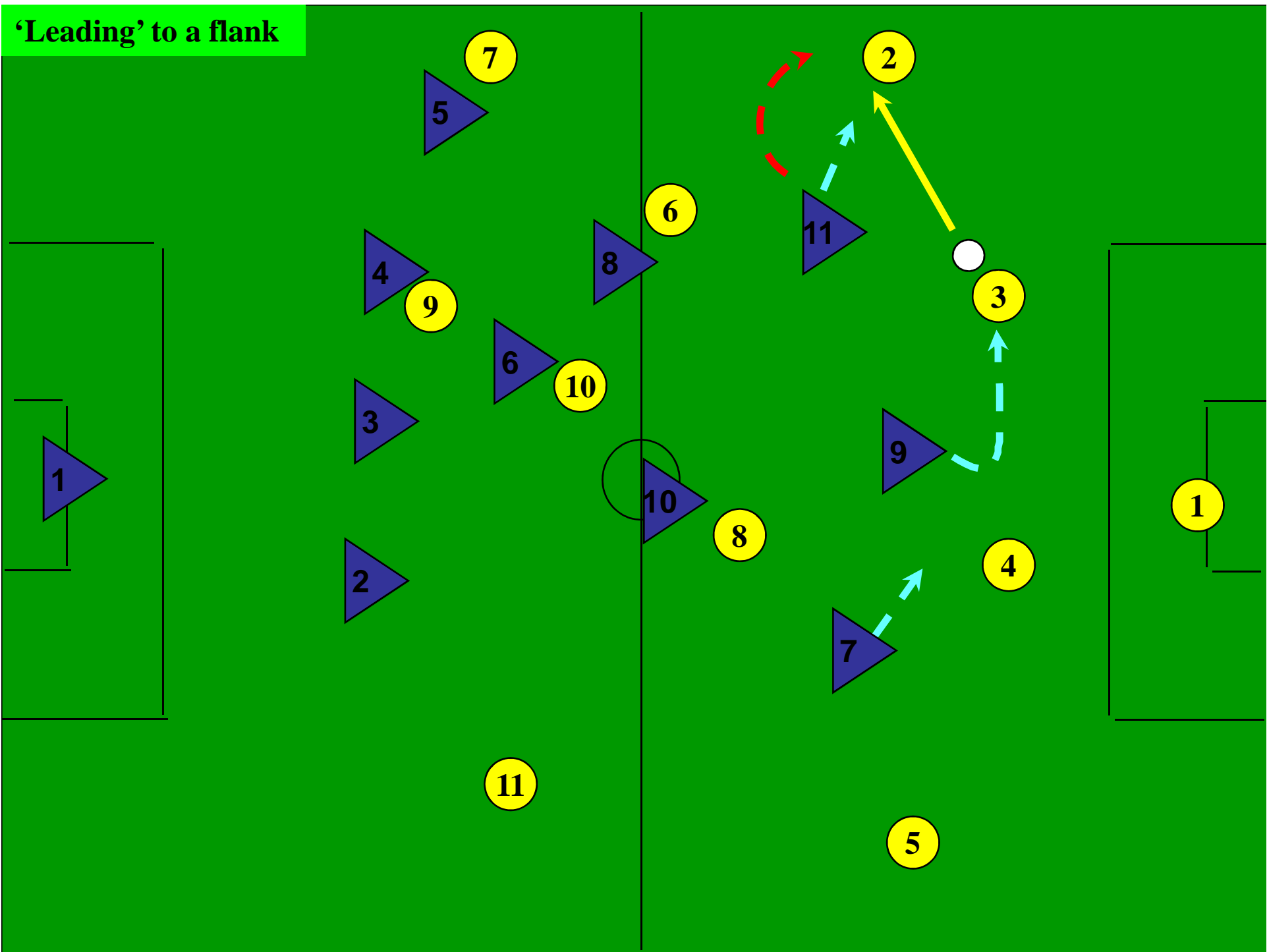
Tasks per line (BPO)

The attack

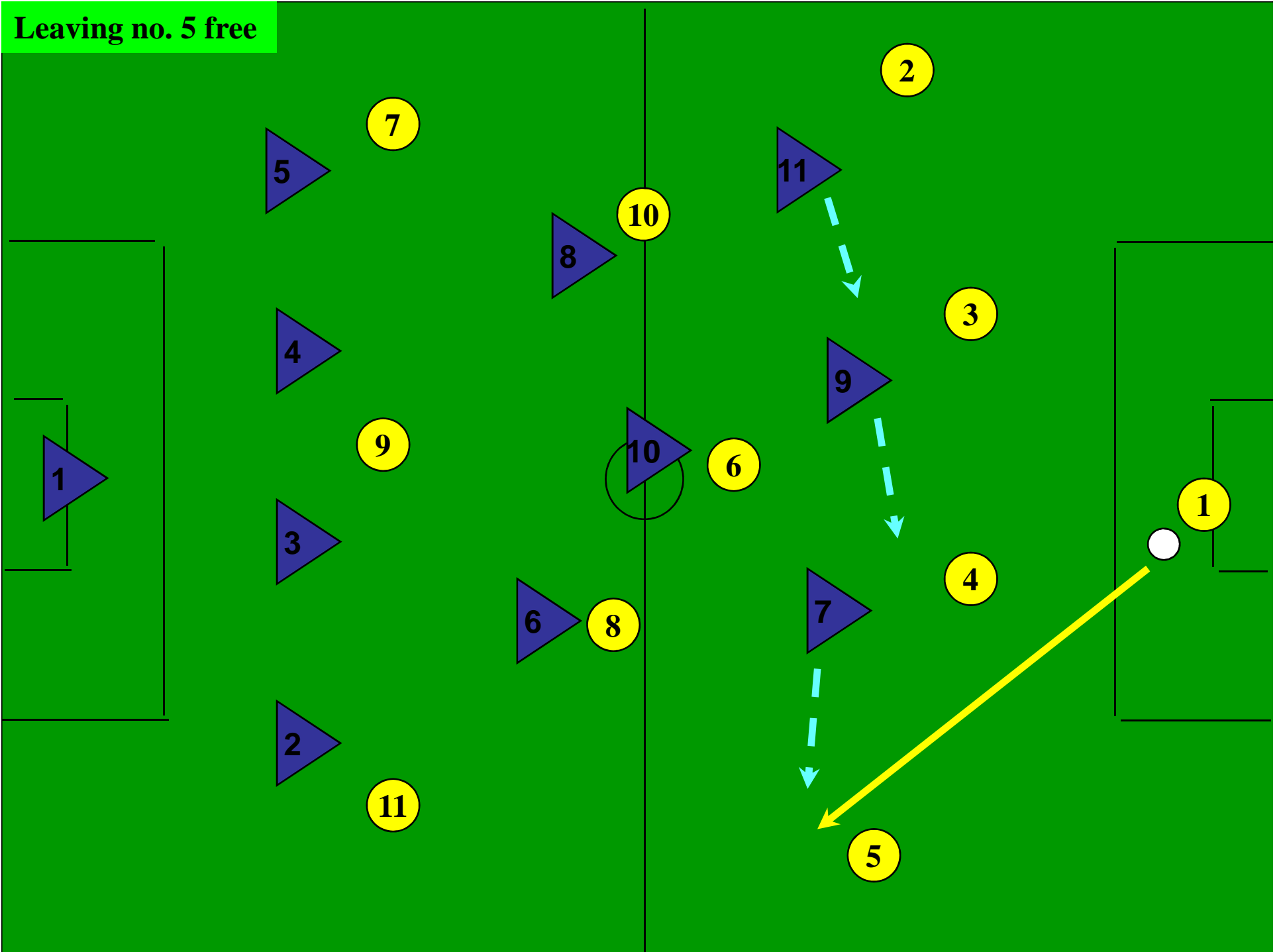
- Immediate transitioning from BP to BPO (especially important for attackers!)
- ‘Connect’ to the midfield ASAP
- For the 3 attackers: squeeze and delay opponents playing out while ‘leading’ them to a flank (or deliberately leave a wing defender with weak building up qualities free)
- start pressuring collectively on the signal from (one of) the designated axis player(s)
- Prevent opponent from playing a forward pass where possible, otherwise always force opponent to give the forward pass under pressure
- Prevent defenders from moving into the midfield
- In case of positional changes: knowing and taking over each others positions/tasks



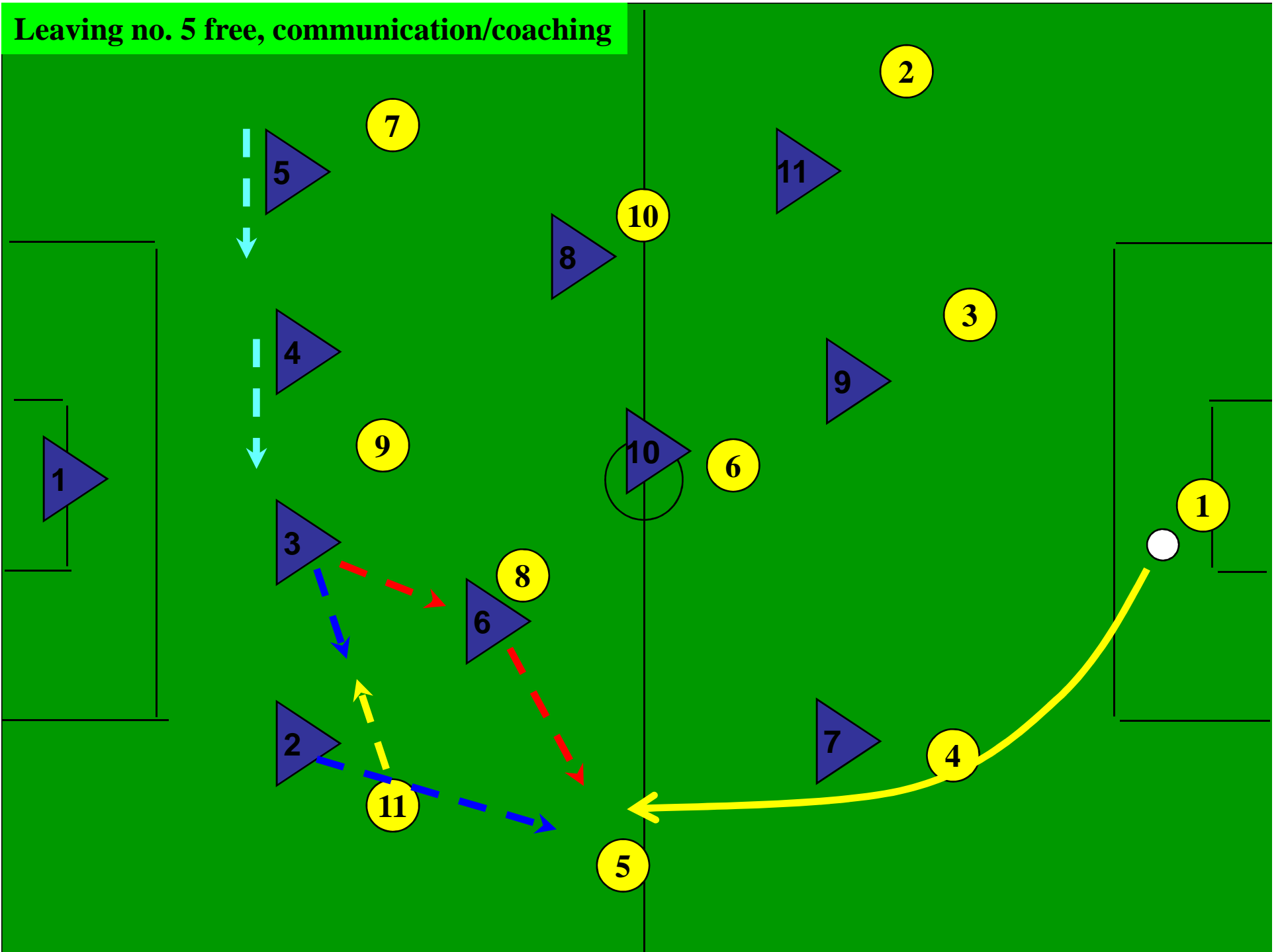
'Leading' to a flank



Leaving no. 5 free



Leaving no. 5 free, communication/coaching



General offensive principals (basics)

- Immediate and quick transition BPO to BP by all players
- Open up the spaces (make the field 'big') without losing the cohesion between the lines
- Face 'open' (side on, forward) so that forward situations are always in your field of vision
- No square passing (outside to inside) in building up phase (deadly in case of interception!)
- Always look for a forward pass as first option (vision: not only look for the nearest option)
- Always maintain the formation/teamstructure (take over each others positions & tasks)



Team tasks when own team has ball possession (building up & attacking/scoring)

- Always maintain the proper teamstructure/formation
- Dynamic participation of all players while playing out (no ‘hiding’)
- The objective of playing out is:
 1. to create the right moment for the forward pass or:
 2. to have a defender move into midfield to create an ‘extra player’
- No’s. 6 & 8 are ‘controlling’ midfielders, their task is to build up, feed and support the attack
- No. 10 is the attacking midfielder, his/her task is to have a good ‘interaction’ with the strikers (especially no. 9), feed and support them, go forward at the right moments and look for scoring opportunities
- No’s. 7 & 11 are the ‘wing attackers’ making attacking moves starting from wide positions (to the outside and to the inside)
- No. 9 must be proficient in receiving and holding the ball with his/her back to the goal under pressure from a defender and (of course) be a goal scorer
- Collective important aspects in the attacking third:
 1. Fast/direct combination play (wall-pass; no look pass; 3rd man; etc.)
 2. Individual attacking qualities and improvisation
 3. Positioning in front of goal



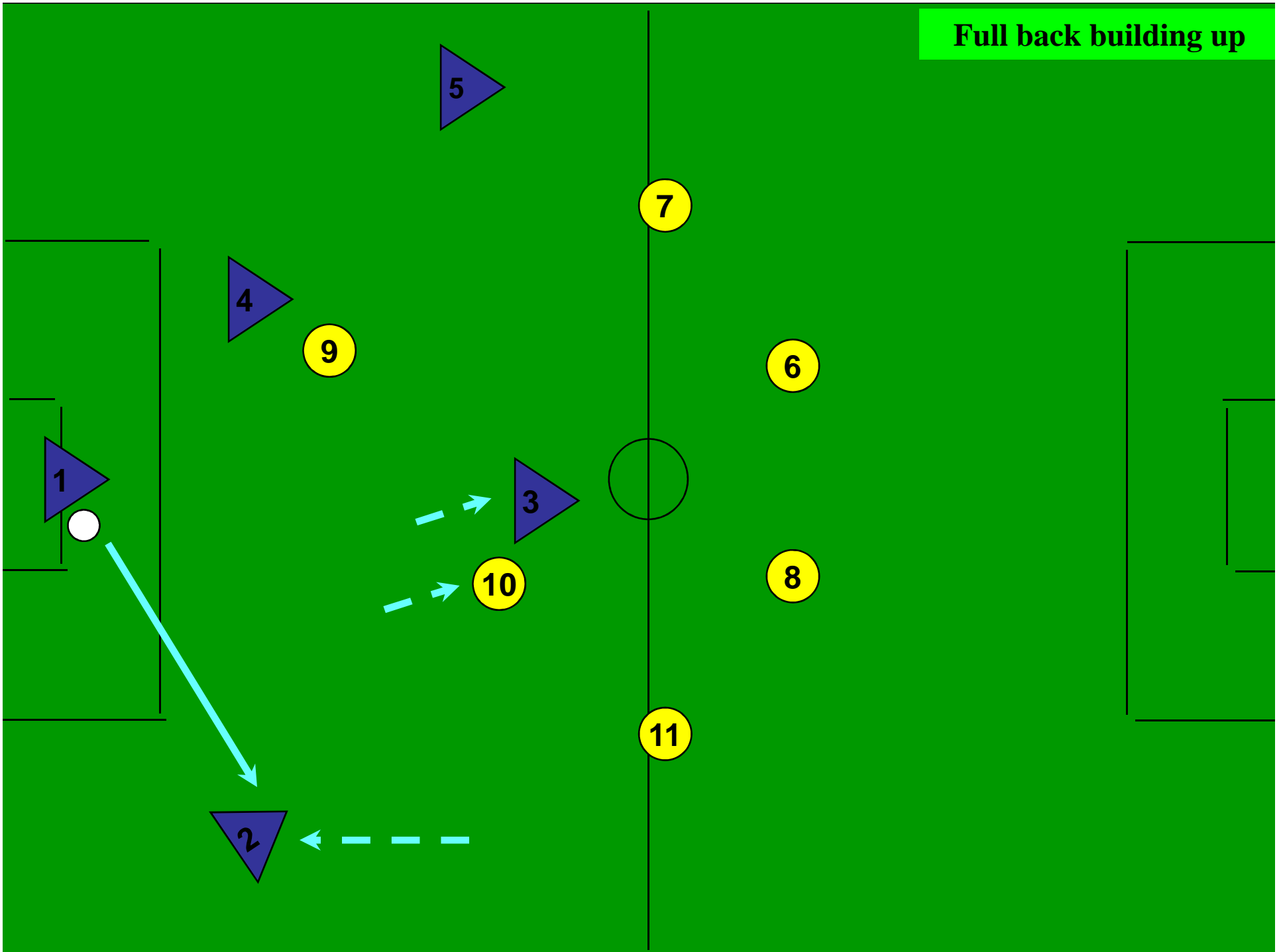
Tasks per line (BP)

The Defense

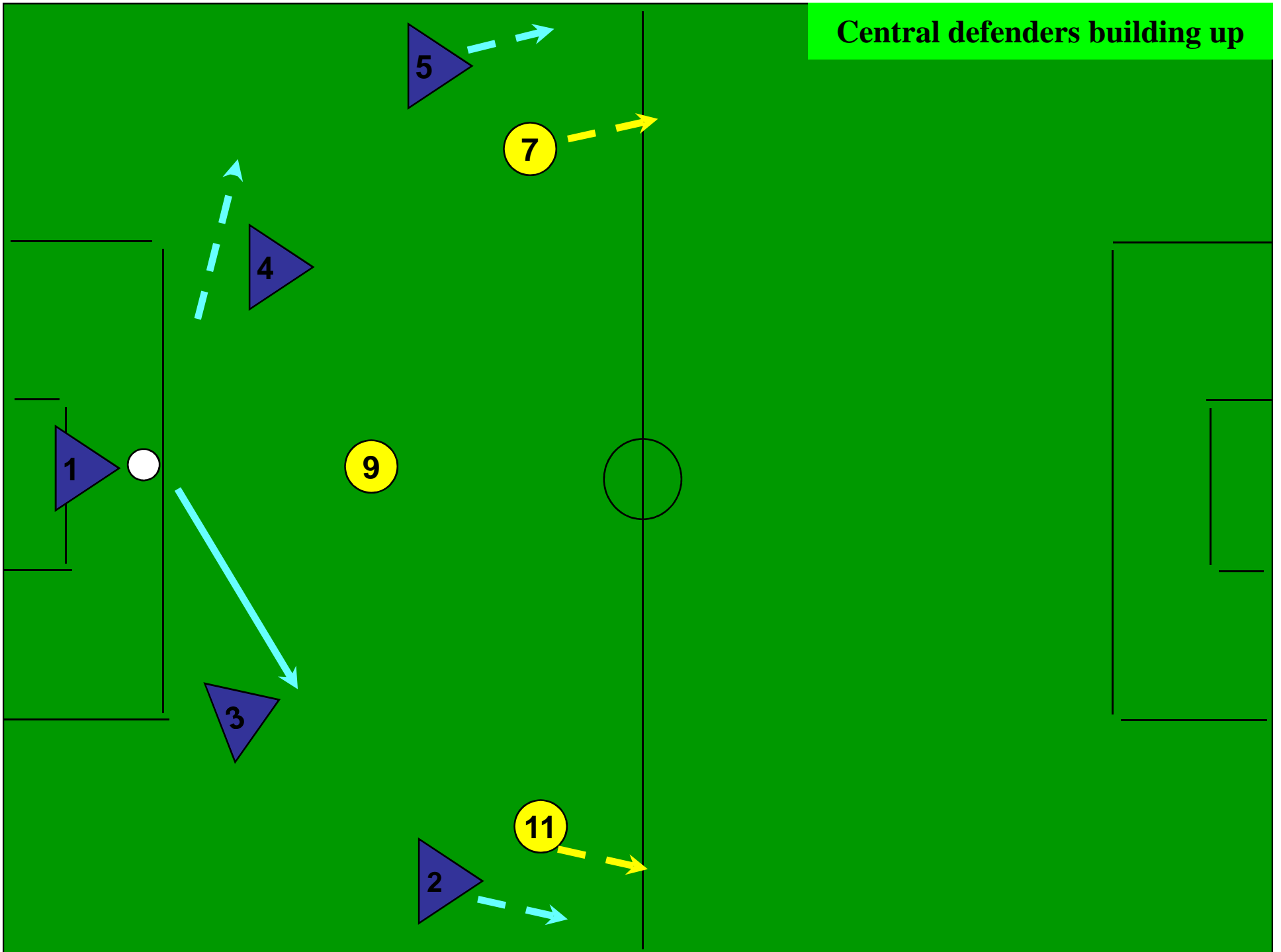
- **Playing out is a means to an end! The purpose is to go forward while keeping possession!**
- It requires dynamic participation of all players and through good positioning and fast and precise passing:
 1. create the right moment for the forward pass or:
 2. have a defender move into midfield to create an ‘extra player’ in the midfield
- Goalkeeper: Is the 11th outfield player while playing out! (fast change of direction; recognising the right moment to play the forward pass; etc.)
- If opponent uses a formation with 2 strikers: the emphasis is placed on building up through full backs (central defenders to create space)
- If opponent uses formations with 3 strikers: the emphasis is on building up through central defenders (full backs to create space)
- In case of a situation when there is no free player in the back third to play the ball to:
 1. The ‘footballing’ qualities of the goalkeeper now become essential
 2. Midfielders to move ‘in and out’ in order to get free from markers



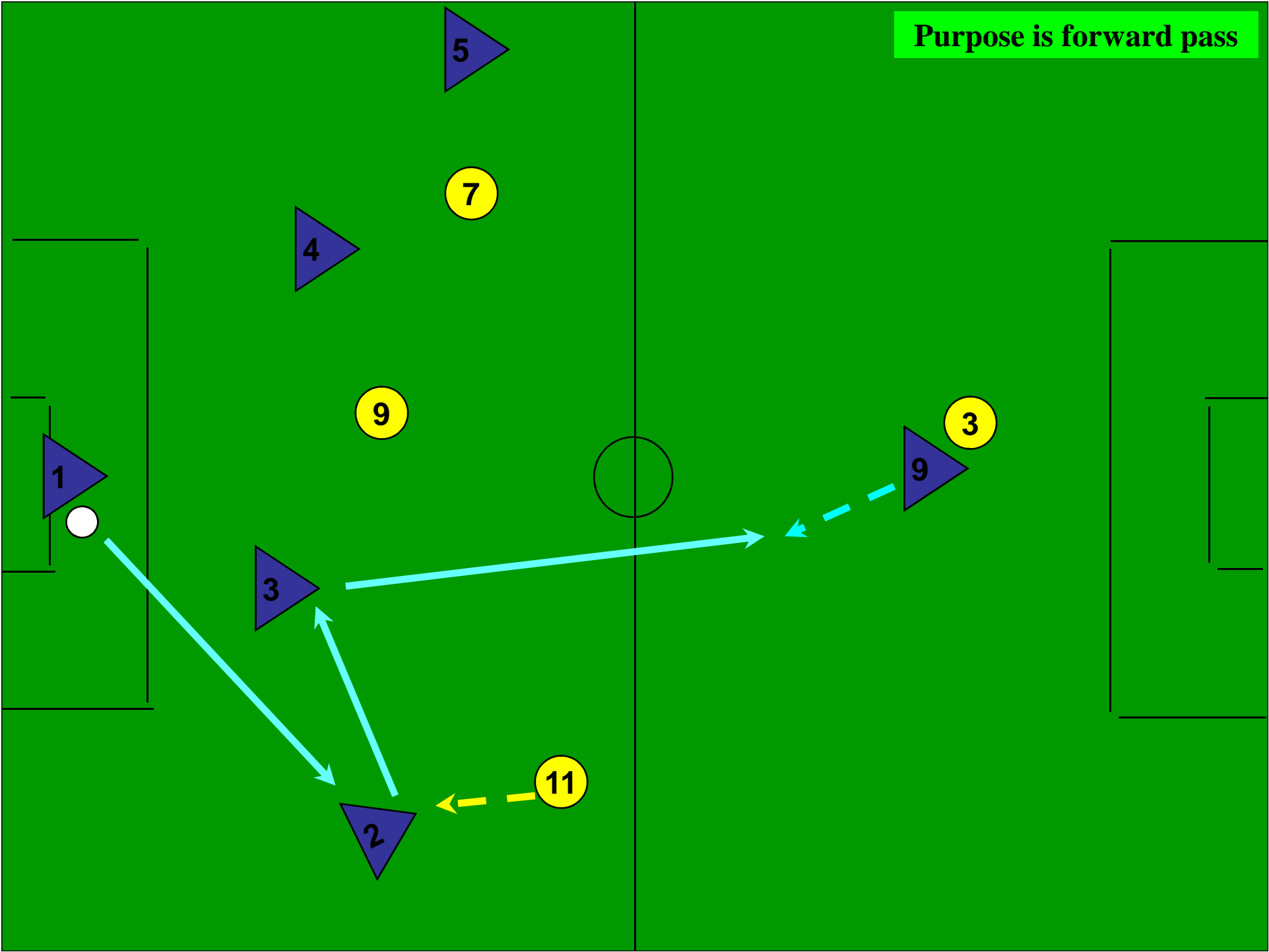
Full back building up



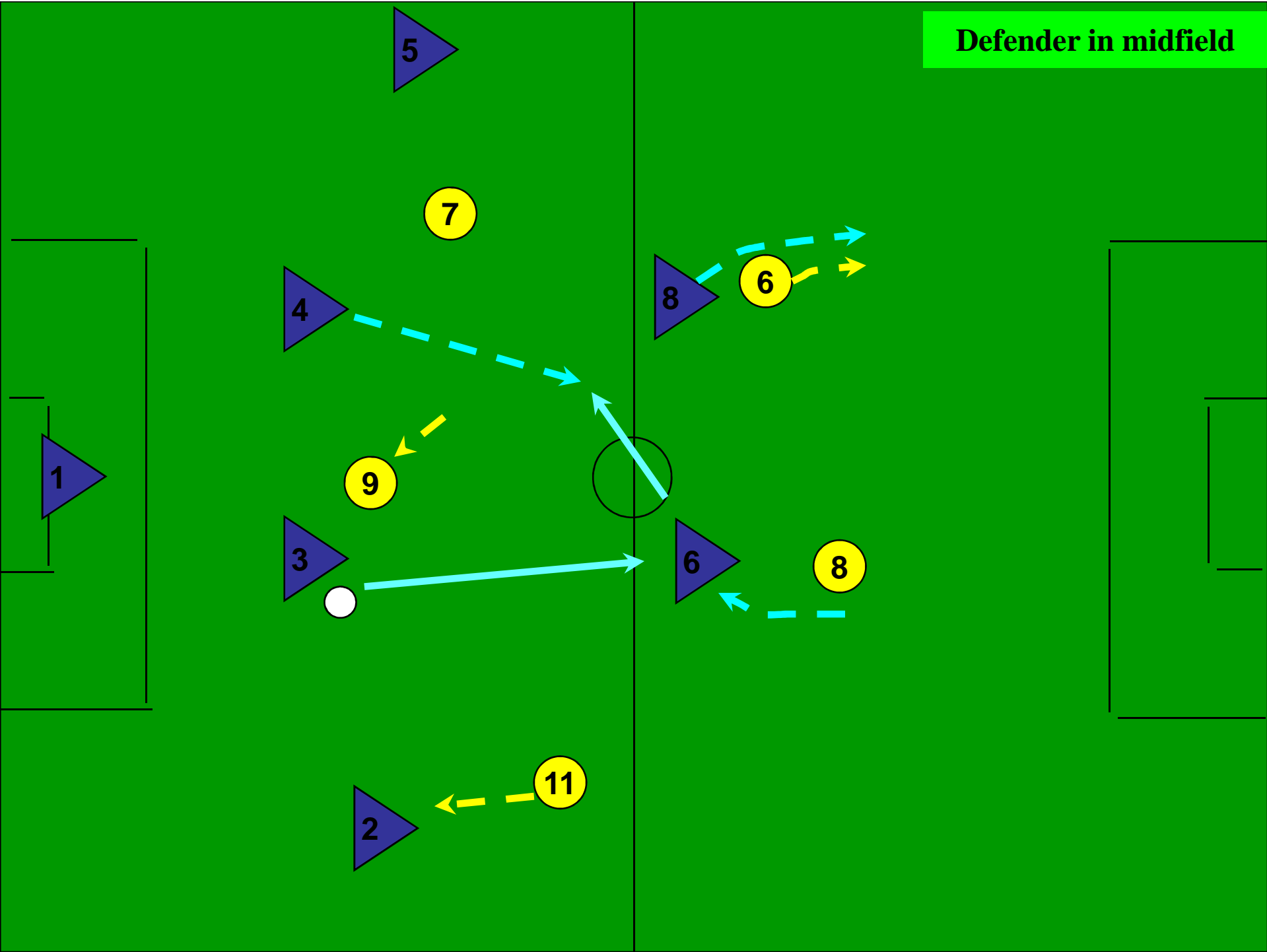
Central defenders building up



Purpose is forward pass



Defender in midfield



Tasks per line (BP)

The midfield

- Always maintain the proper team structure/formation (keep the spine occupied !)

Midfielders no's. 6 & 8:

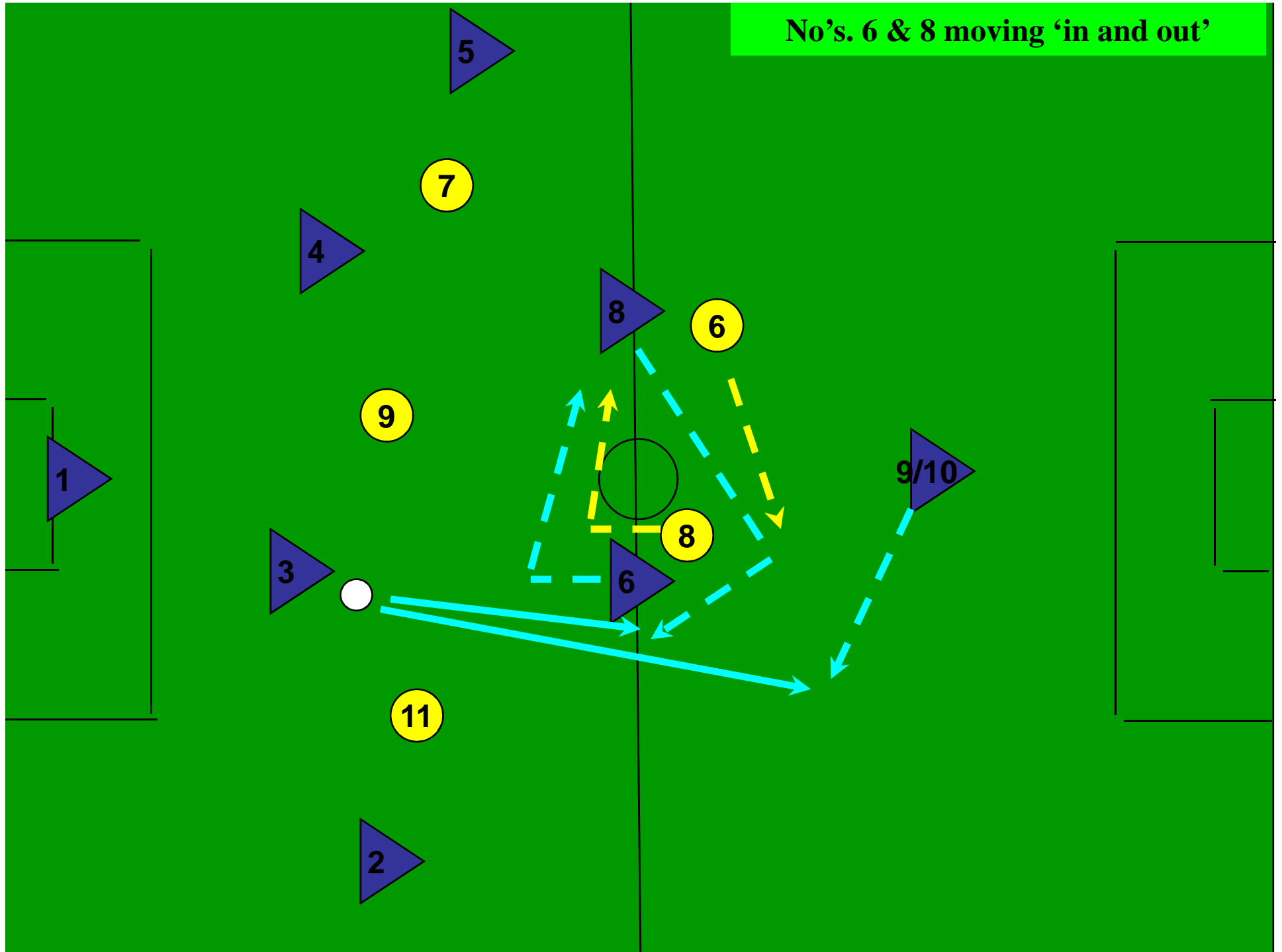
- move 'in and out' in order to make space for forward pass or to break free from markers and get on the ball
- support the attackers and when they give a back pass:
 1. look for the forward pass to no. 9 or 10 and, if not possible:
 2. Switch the point of attack with a cross field pass
- this requires good game (passing) skills, vision and handling speed!

Attacking midfielder no.10:

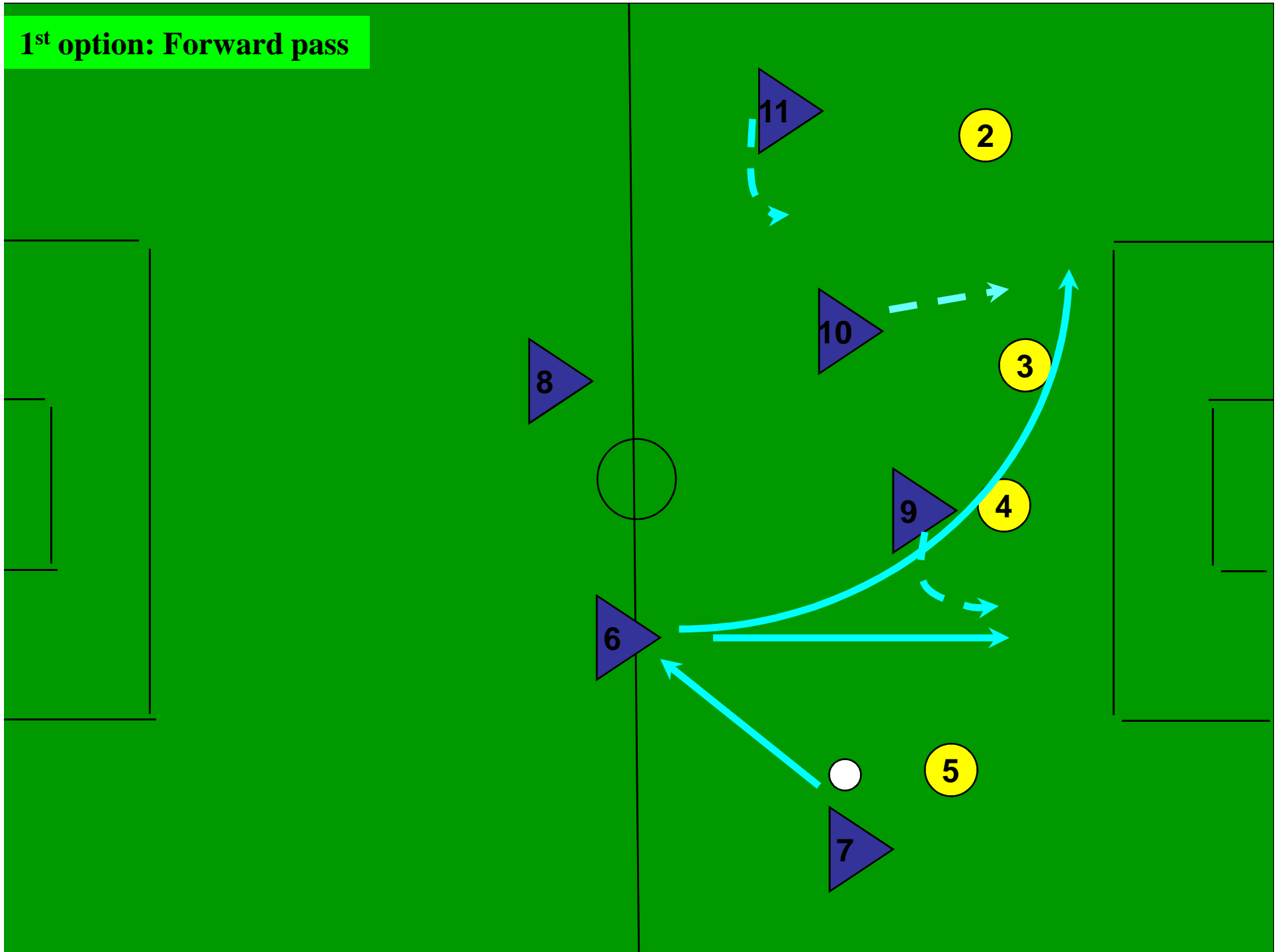
- good 'interaction' with the strikers (especially with no. 9)
- penetrate in front line and look for scoring chances
- good anticipation/feeling for right moment
- good tactical insight



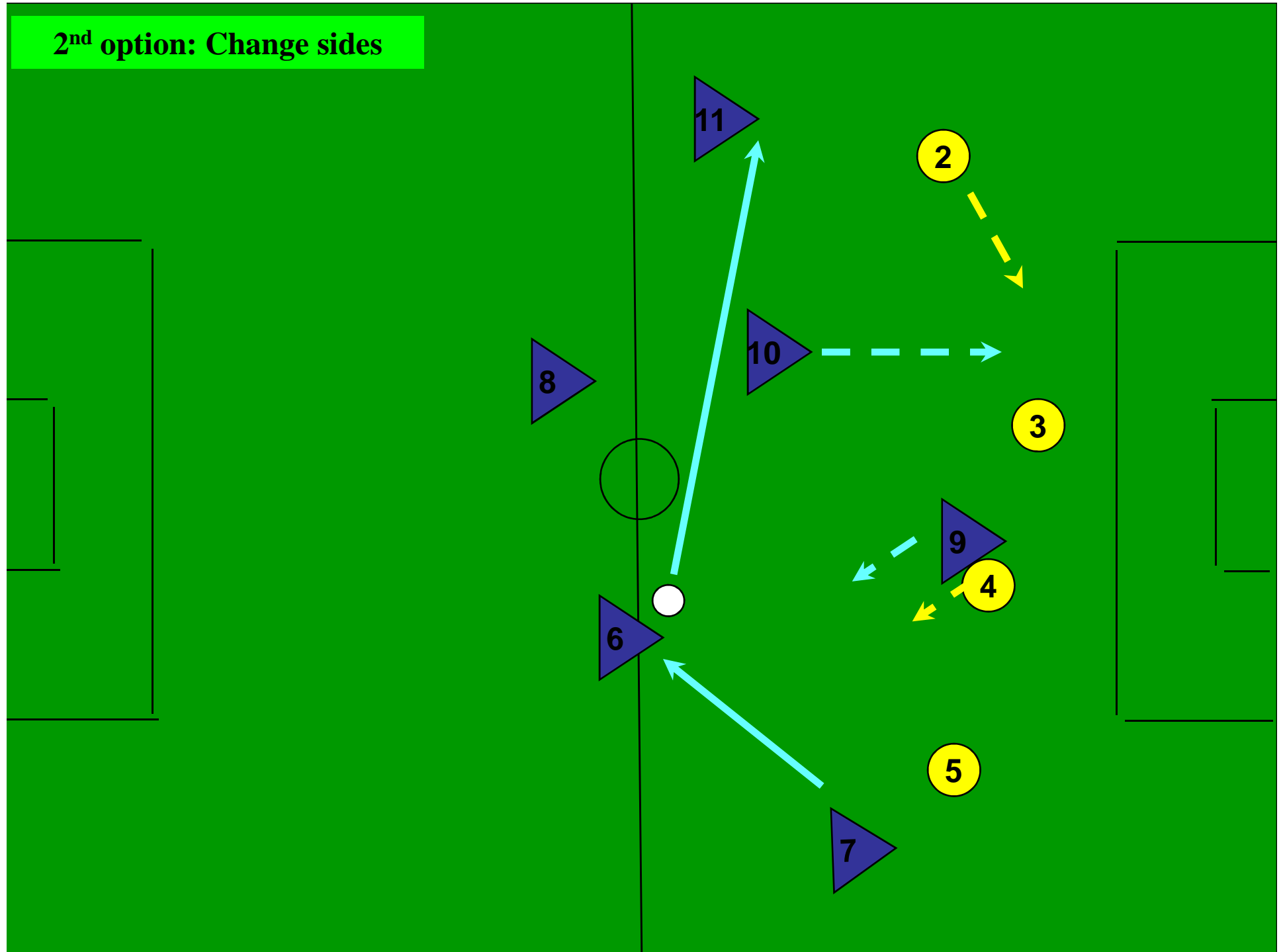
No's. 6 & 8 moving 'in and out'



1st option: Forward pass



2nd option: Change sides



Tasks per line (BPO)

The attack

Wing attackers no's. 7 & 11:

- starting from wide positions going outside and inside
- are creative and pro active (with the ball and running off the ball)
- provide assists, crosses and have goal scoring ability

Central striker no. 9:

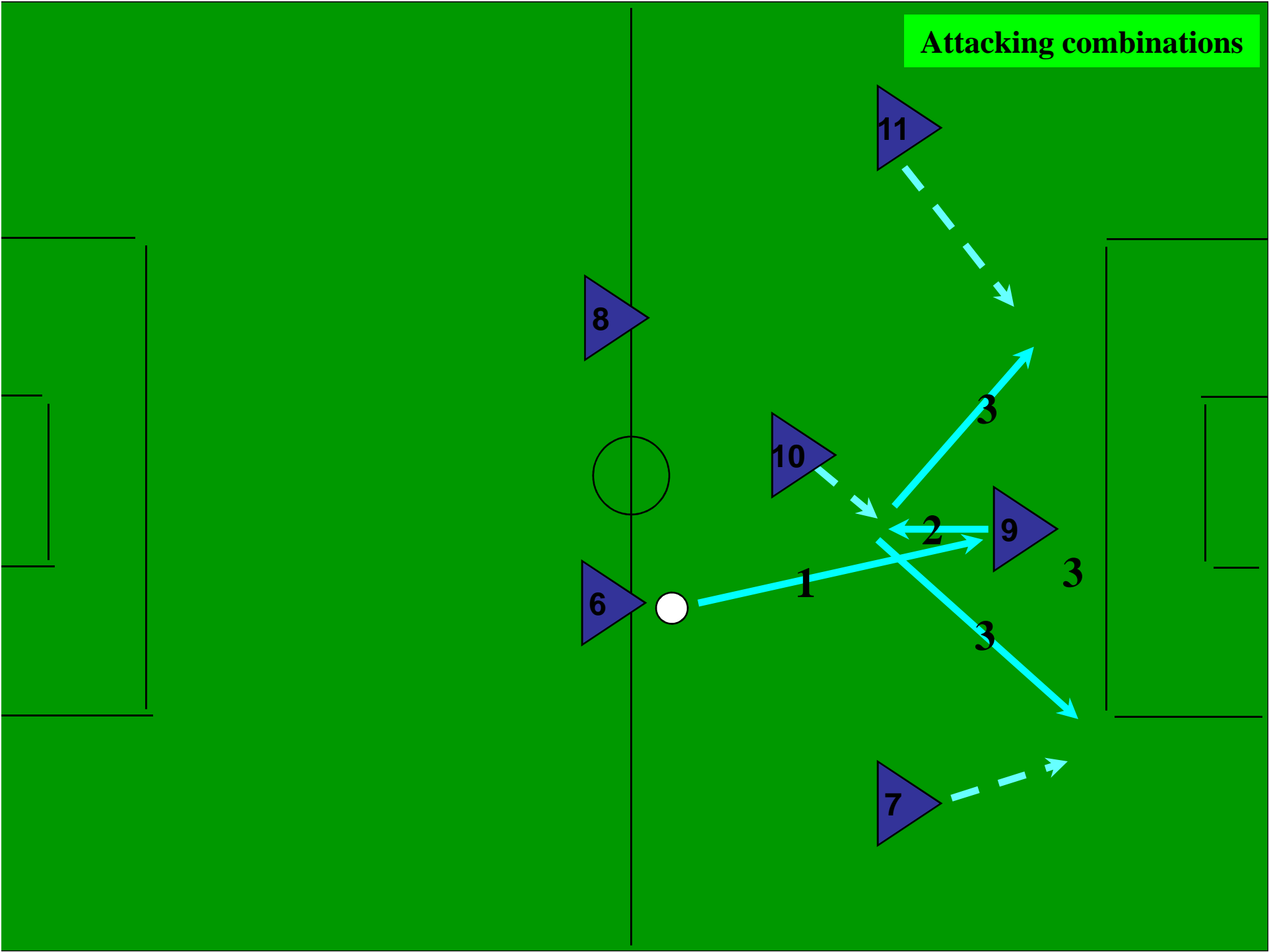
- strong in receiving and holding the ball with his/her back to the goal
- strong in attacking combinations
- goal scorer

Collective important aspects in the attacking third:

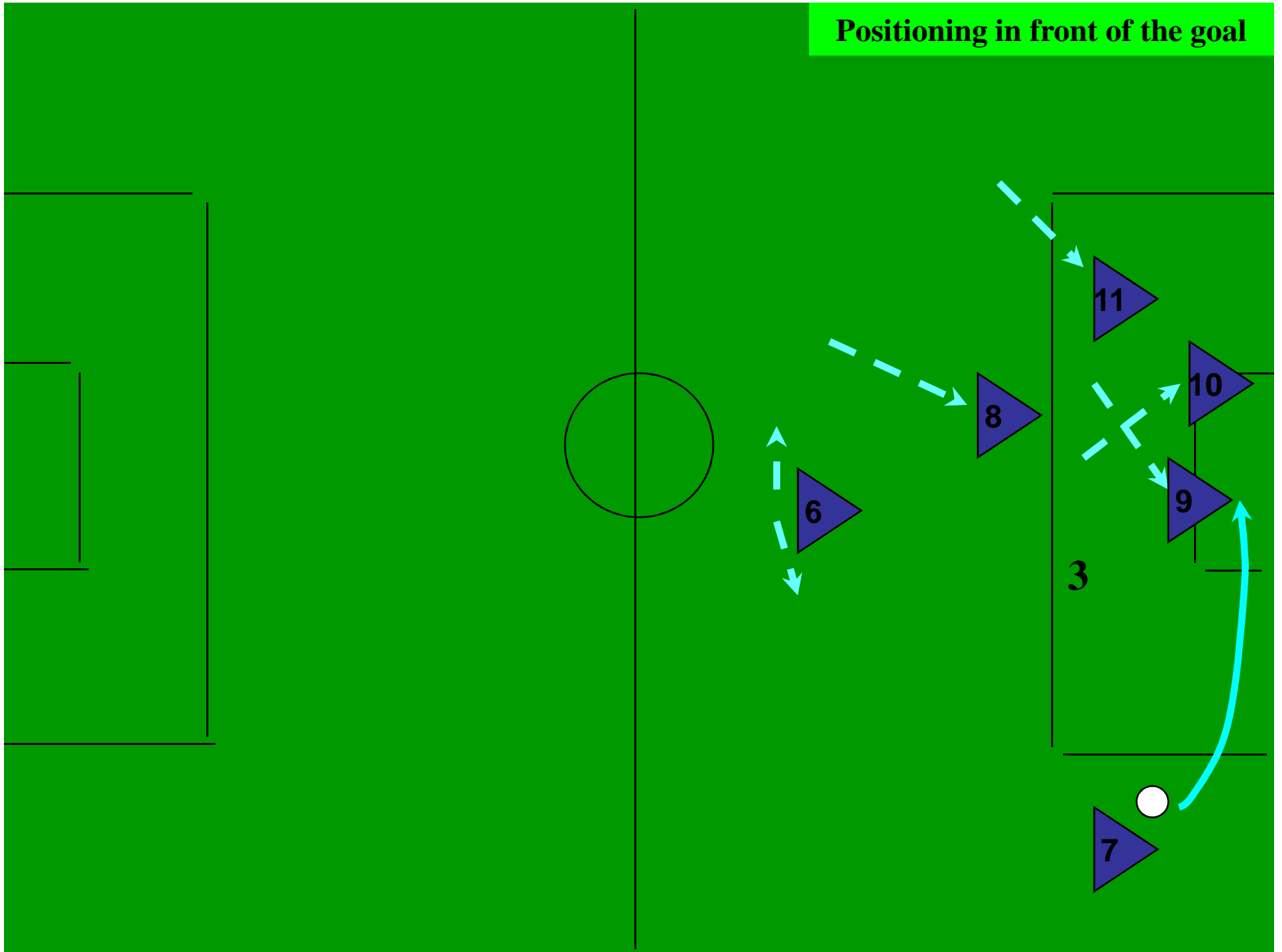
- Fast/direct combinations (wall-pass; no look pass; 3rd man; etc.)
- Individual attacking qualities and ability to improvise
- Effective positioning in front of goal



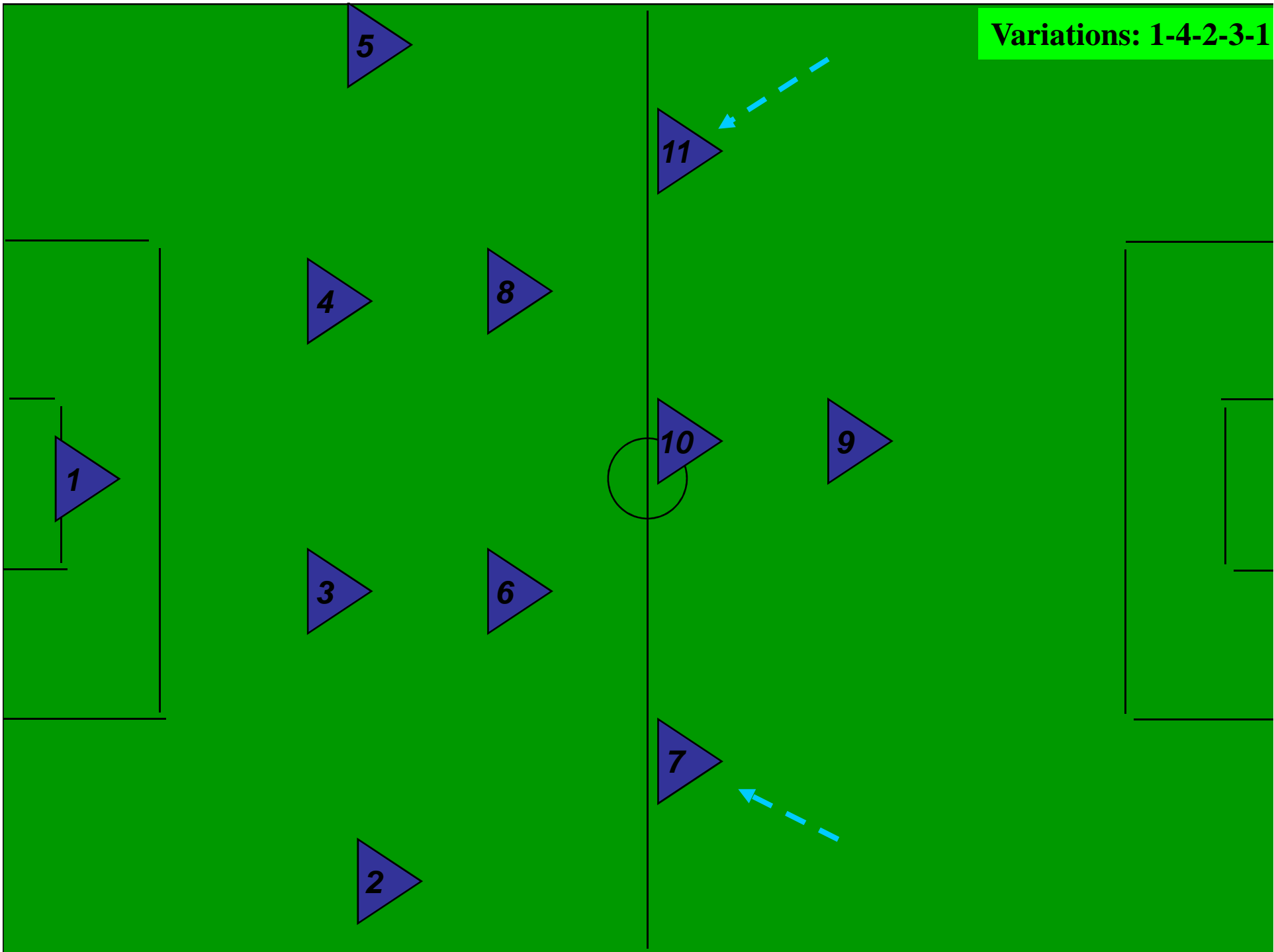
Attacking combinations



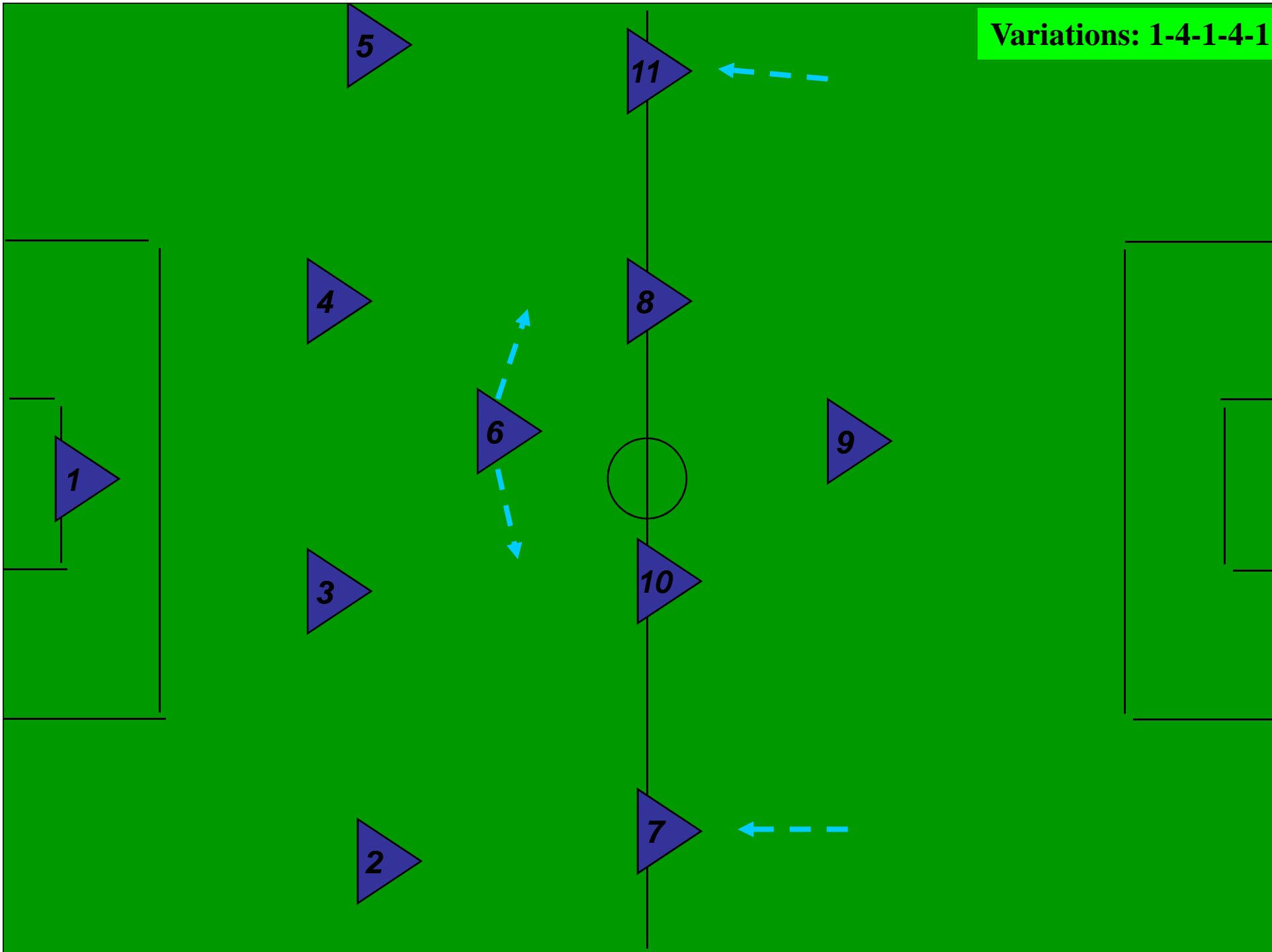
Positioning in front of the goal



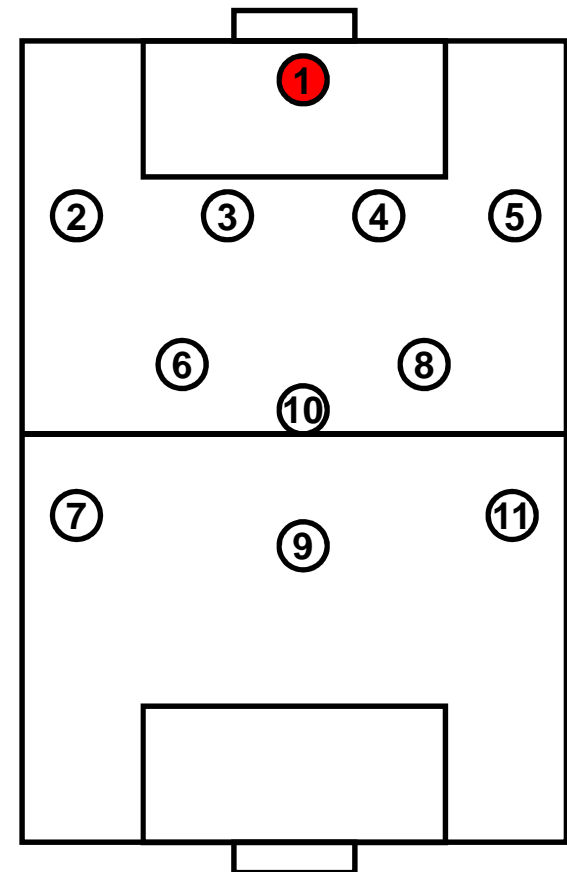
Variations: 1-4-2-3-1



Variations: 1-4-1-4-1

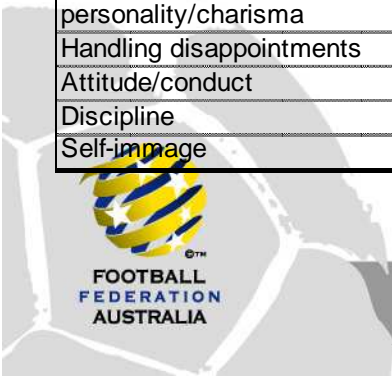


Position 1 Competence-profile & evaluation-form	u'12-u'13			u'14-u'15			u'16-u'17			u'18-u'19		
	G	S	I	G	S	I	G	S	I	G	S	I
Ball-possession												
Playing out												
Goal-kick												
Volley and dropkick												
Throwing												
Ball-possession opponent												
Startingpose and footwork												
Duel 1 v 1 (opponent broke through defence)												
Picking up the ball												
Overhand catching												
Diving												
Tipping and boxing												
Intercepting crosses												
Tactical insight/decision-making												
Set-pieces												
physical qualities												
Starting-speed (explosiveness)												
General physical strenght												
Jump-power												
Manouvrable												
Litheness												
Personality characteristics												
Coaching/guiding the defence												
Pressure-resistant												
Courage/guts												
Coachable												
Focussing												
personality/charisma												
Handling disappointments												
Attitude/conduct												
Discipline												
Self-image												

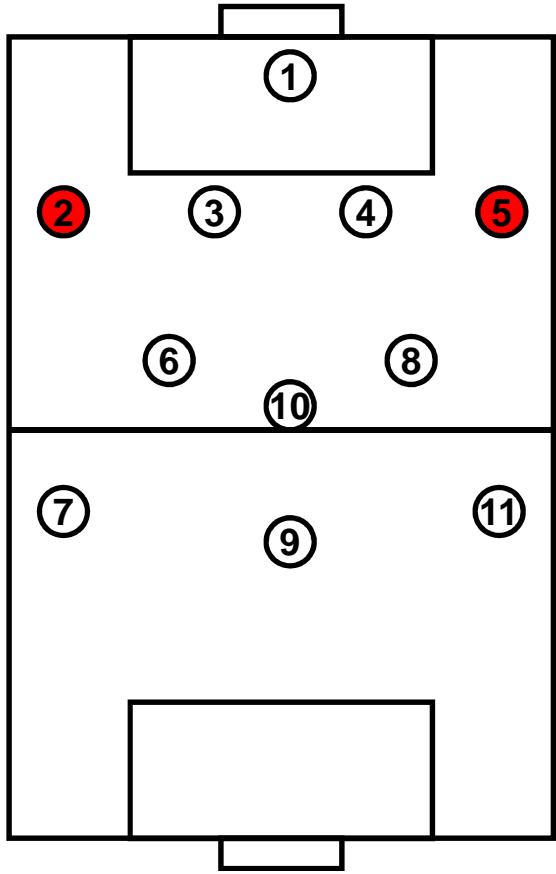


Remarks & follow-up:

-
-
-
-
-
-



Positie 2/5 Competence-profile & evaluation-form	D-pupillen			C-junioren			B-junioren			A t/m 1e		
	G	V	O	G	V	O	G	V	O	G	V	O
Balbezit												
Opstelling/balaanname												
Passing kort (inspeelpass)												
Passing lang (inspeel/dieptepass)												
Eindpass en voorzet												
Handelingssnelheid												
Tactisch inzicht opbouwend/aanvallend												
2-benigheid												
Omschakeling BBT naar BB												
Balbezit tegenstander												
Ingrijpen/duelleren												
Voorkomen/blokken voorzet												
Verdedigend koppen												
Opstellen/positie kiezen												
Knijpen/rugdekking geven												
Mandekking												
Positiedekking												
Tactisch inzicht/keuzes												
Omschakeling BB naar BBT												
Fysiek en conditioneel												
Algemene lichaamskracht												
Algemene voetbalconditie												
Wendbaarheid												
Sprongkracht												
Start/sprintsnelheid												
Persoonlijkheidskenmerken												
Taakbewust												
Agressief												
Initiatiefrijk												
Doorzettingsvermogen												
Motivatie												
Coachbaarheid												
Concentratievermogen												
Houding/gedrag/discipline												
Omgaan met teleurstellingen												
Zelfbeeld												

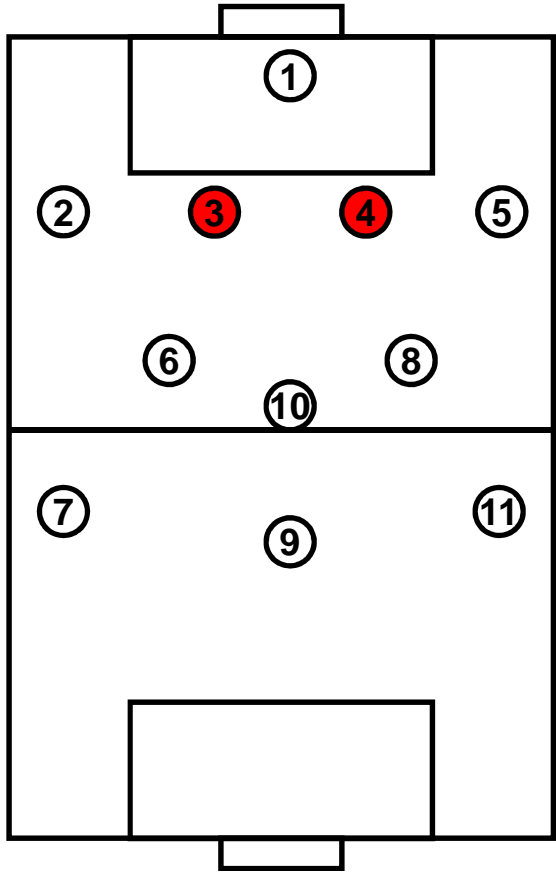


Remarks & follow-up:

-
-
-
-
-
-
-



Positie 3/4	D-pupillen			C-junioren			B-junioren			A t/m 1e		
	G	V	O	G	V	O	G	V	O	G	V	O
Balbezit												
Opstelling/balaanname												
Passing kort (inspeelpass)												
Passing lang (inspeel/diepte/crosspass)												
Balvoering/indribbelen												
Handelingssnelheid												
Taktisch inzicht opbouwend/aanvallend												
2-benigheid												
Omschakeling BBT naar BB												
Balbezit tegenstander												
Ingrijpen/duelleren												
Verdedigend koppen												
Opstellen/positie kiezen												
Rugdekking geven												
Mandekking												
Positiedekking												
Taktisch inzicht/keuzes												
Omschakeling BB naar BBT												
Fysiek en conditioneel												
Algemene lichaamskracht												
Algemene voetbalconditie												
Wendbaarheid												
Start/sprintsnelheid												
Sprongkracht												
Persoonlijkheidskenmerken												
Taakbewust												
Verantwoordelijkheidsgevoel												
Coachen/leiding geven												
Onverzettelijkheid												
Motivatie												
Coachbaarheid												
Concentratievermogen												
Houding/gedrag/discipline												
Omgaan met teleurstellingen												
Zelfbeeld												

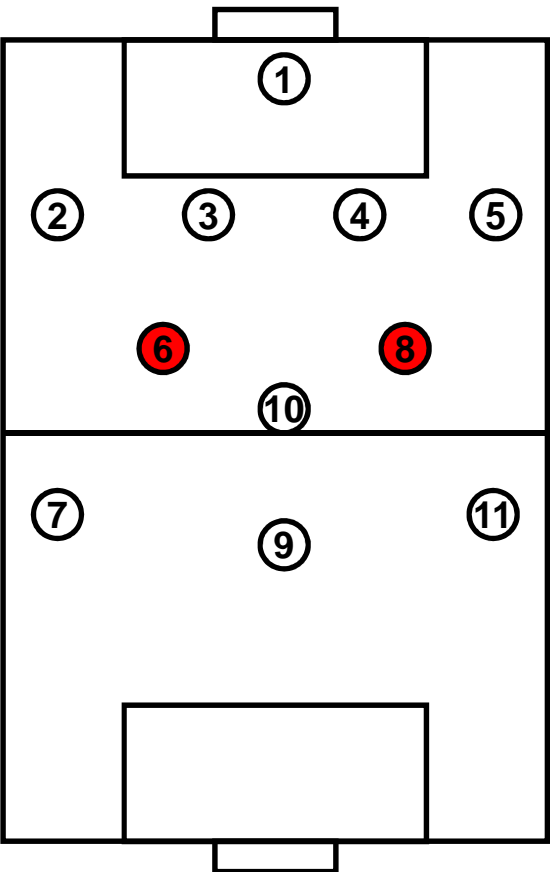


Remarks & follow-up:

-
-
-
-
-
-
-



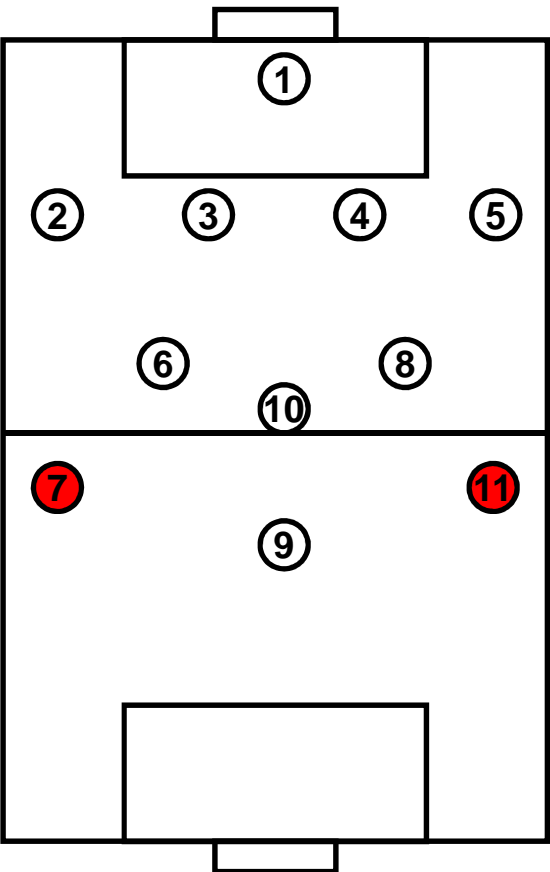
Positie 6/8	D-pupillen			C-junioren			B-junioren			A t/m 1e		
	G	V	O	G	V	O	G	V	O	G	V	O
Balbezit												
Opstelling/balaanname												
Passing kort (inspeelpass/steekpass)												
Passing lang (inspeel/diepte/crosspass)												
Creëren scoringskansen (eindpass)												
Diepgang/scoren												
Balvastheid (afschermen/wegdraaien/vrijmaken)												
Combinatievermogen												
Handelingssnelheid												
Taktisch inzicht/beheersen speltempo												
2-benigheid												
Omschakeling BBT naar BB												
Balbezit tegenstander												
Ingrijpen/duelleren												
Volgen/dekken												
Jagen/pressen												
Taktisch inzicht												
Spelsituaties "lezen"/anticiperen												
Omschakeling BB naar BBT												
Fysiek en conditioneel												
Algemene lichaamskracht												
Algemene voetbalconditie												
Wendbaarheid												
Start/sprintsnelheid												
Duurvermogen												
Persoonlijkheidskenmerken												
Taakbewust												
Spelintelligentie												
Coachen/leiding geven												
Onverstoorbaar												
Agressief												
Motivatie												
Coachbaarheid												
Concentratievermogen												
Houding/gedrag/discipline												
Omgaan met teleurstellingen												
Zelfbeeld												



Remarks & follow-up:

-
-
-
-
-
-

Positie 7/11	D-pupillen			C-junioren			B-junioren			A t/m 1e		
	G	V	O	G	V	O	G	V	O	G	V	O
Balbezit												
Opstelling/balaanname												
Combinatie vermogen												
Individuele actie												
Balvoering/dribbelen												
Scorend vermogen												
Creëren scoringskansen (voorzet/eindpass)												
Handelingssnelheid												
Taktisch inzicht												
2-benigheid												
Omschakeling BBT naar BB												
Balbezit tegenstander												
Omschakeling BB naar BBT												
Storen/meeverdedigen												
Jagen/vastzetten/duelleren												
Opstellen/positie kiezen (kantelen)												
Spelsituaties "lezen"/anticiperen												
Fysiek en conditioneel												
Algemene lichaamskracht												
Algemene voetbalconditie												
Wendbaarheid												
Start/sprintsnelheid												
Persoonlijkskenmerken												
Creatief												
Initiatiefrijk												
Doelgericht												
Motivatie												
Coachbaarheid												
Concentratievermogen												
Houding/gedrag/discipline												
Omgaan met teleurstellingen												
Zelfbeeld												

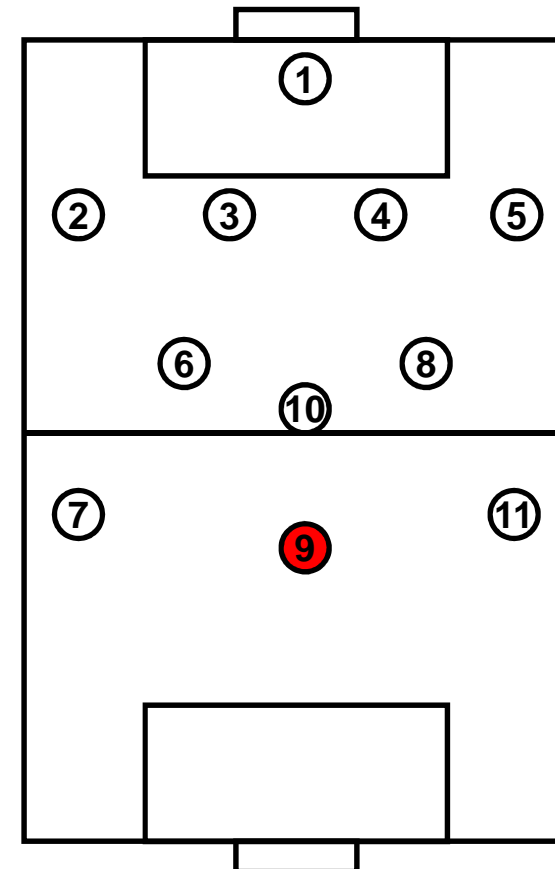


Remarks & follow-up:

-
-
-
-
-
-



Positie 9	D-pupillen			C-junioren			B-junioren			A t/m 1e		
	G	V	O	G	V	O	G	V	O	G	V	O
Balbezit												
Opstelling/balaanname												
Combinatie vermogen (3e man)												
Individuele actie												
Scorend vermogen												
Schotkracht												
Aanvallend koppen												
Creëren scoringskansen medespelers												
Balvastheid (afschermen/wegdraaien/vrijmaken)												
Handelingssnelheid												
Taktisch inzicht												
2-benigheid												
Omschakeling BBT naar BB												
Balbezit tegenstander												
Omschakeling BB naar BBT												
Storen/meeverdedigen												
Jagen/vastzetten/duelleren												
Opstellen/positie kiezen												
Spelsituaties "lezen"/anticiperen												
Fysiek en conditioneel												
Algemene lichaamskracht												
Algemene voetbalconditie												
Wendbaarheid												
Start/sprintsnelheid												
Sprongkracht												
Persoonlijkheidskenmerken												
Onverstoorbaar												
Doelgericht												
Afmaker												
Koelbloedig												
Motivatie												
Coachbaarheid												
Concentratievermogen												
Houding/gedrag/discipline												
Omgaan met teleurstellingen												
Zelfbeeld												

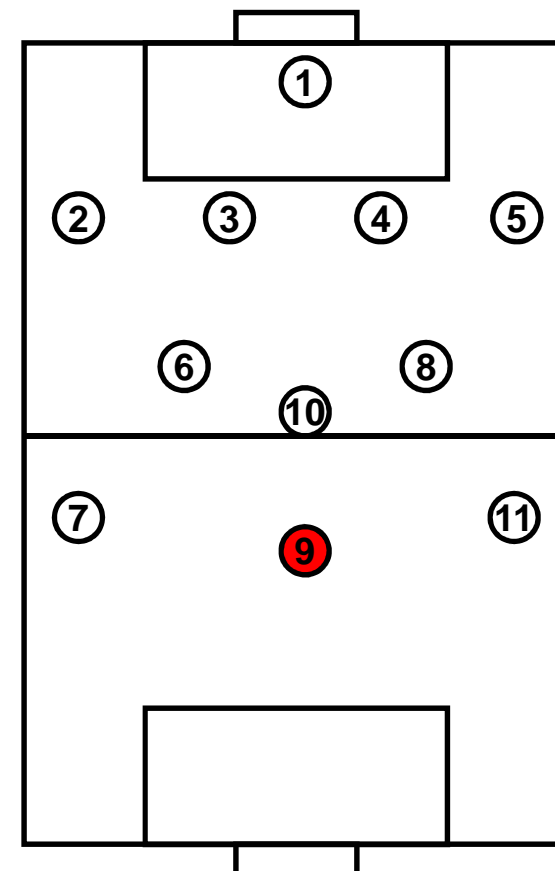


Remarks & follow-up:

-
-
-
-
-
-
-



Positie 10	D-pupillen			C-junioren			B-junioren			A t/m 1e		
	G	V	O	G	V	O	G	V	O	G	V	O
Balbezit												
Opstelling/balaanname												
Diepgang												
Combinatie vermogen (3e man)												
Individuele actie												
Scorend vermogen												
Creëren scoringskansen (steekpass)												
Balvastheid (afschermen/wegdraaien/vrijmaken)												
Handelingssnelheid												
Taktisch inzicht												
2-benigheid												
Omschakeling BBT naar BB												
Balbezicht tegenstander												
Omschakeling BB naar BBT												
Storen/meeverdedigen												
Jagen/vastzetten/duelleren												
Opstellen/positie kiezen												
Spelsituaties "lezen"/anticiperen												
Fysiek en conditioneel												
Algemene lichaamskracht												
Algemene voetbalconditie												
Wendbaarheid												
Start/sprintsnelheid												
Persoonlijkskenmerken												
Creatief												
Spelintelligentie												
Initiatiefrijk												
Doelgericht												
Taakbewust												
Motivatie												
Coachbaarheid												
Concentratievermogen												
Houding/gedrag/discipline												
Omgaan met teleurstellingen												
Zelfbeeld												



Remarks & follow-up:

-
-
-
-
-
-
-

