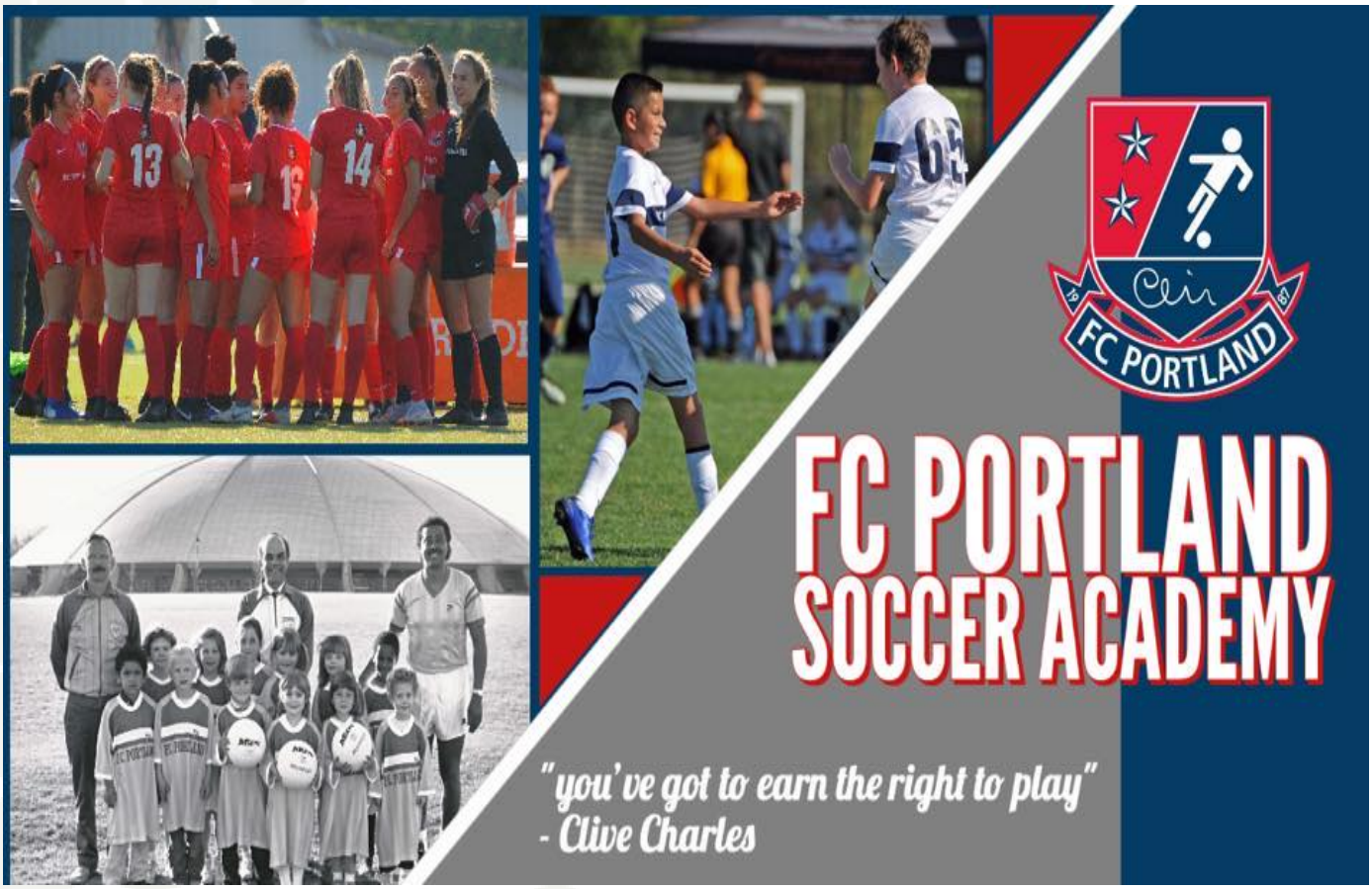
FC PORTLAND ACADEMY

PLAYER POSITION GUIDE



Position specific details for FC Portland players.

FC PORTLAND ACADEMY

ABOUT THIS GUIDE

Each position on the soccer field places specific demands on a player, whether it's in defence, midfield or attack. This guide will help your players understand exactly what they should be doing in a match and encourage them to try out different positions.

No matter how skilful a player is, he/she won't be much use to your team if she/he doesn't fully understand what they should be doing on the field.

Whether playing in defence, midfield or attack, players should know where they need to be at all times during the match and what their responsibilities are. FC players must understand what you expect from them when the team is going forward or when it is on the back foot, and also know what they should do when you have a free kick or corner.

Play in each position?

Every player is different. We all respond differently. Making a statement "All players should play in every position" may not be the correct thing to say. At FC Portland "We will educate the players so that they can play multiple positions. We know that playing in every position does not suit everyone. Some athletes can move to a different positions with ease, while with others it will take patience and time. We will encourage our players to play multiple positions and if there is anxiety from the player, then we will help them overcome this hurdle through trust.



DNA of an FC Player.

In this guide, we lay out the main responsibilities for each position when attacking or defending. We also highlight the 'X factors' – those key attributes that make the best stand out from the rest.

We prepare players to perform on the field and to thrive in life beyond it – it's what we call turning potential into belief. It's a mission that runs right through our Club and it's delivered through our unique culture and soccer philosophy – The FC Way.

There is also a Where Have You Played? sheet, which you can give to the players to encourage them to try out playing in different positions. Once a player has played at full back, for example, he can record the date, score and opposition and also keep a note of how he played. And there is another sheet for you to record when each of your players has tried out a different role.

TEAMWORK UNITY
INTEGRITY RESPECT
HUMBLE LEARNING
WINNER CREATIVITY
PRIDE TOUGHNESS
FC PORTLAND

"We never lose. We either win, or we learn."

Contents

GOALKEEPER	3	WIDE MIDFIELDER	11
SWEEPER	4	WINGER	12
FULL BACK	5	MAN IN THE HOLE	13
CENTRAL DEFENDER	6	INSIDE FORWARD	14
WING BACK	7	CENTRE FORWARD	15
HOLDING MIDFIELDER	8	WHERE HAVE YOU PLAYED?	16
BOX-TO-BOX MIDFIELDER	9	FORMATIONS	17
ATTACKING MIDFIELDER			

FC PORTLAND ACADEMY

GOALKEEPER

A.K.A. KEEPER • GOALIE • GOALTENDER • CUSTODIAN • GLOVEMAN • STOPPER

ATTACK

- Ensure accurate distribution from goal kicks, kicks from hands and throw outs.
- Get into good support positions, watching your angles at all times.
- Demonstrate quick and confident decision making.

FREE KICKS

IN ATTACK

- Don't doze off! Maintain your concentration and be in a good position to react to a quick counter attack.

IN DEFENCE

- Organise your defensive wall.
- Try and get into a position where you have a good view of the ball.
- Be on your toes, ready to react to a shot or the ball coming in behind the defence.

X FACTOR

- Act as a sweeper behind the defence.
- Use both feet to deal with back passes.
- Take deep free kicks.



DEFENCE

- Be alert and aware of your positioning.
- Use good footwork and quick feet to get into position.
- Show confidence in your handling and shot-stopping.
- Be able to, and decide when to, catch, deflect or punch.
- Deal with crosses confidently using good, well-timed jumps.
- Communicate with your defence constantly.
- Be loud and clear – let everyone know that the ball is yours.

CORNERS

IN ATTACK

- As with free kicks, maintain your concentration and be in a good position to react to a quick counter attack.

IN DEFENCE

- Help organise your defence.
- Get into a good starting position and be ready to come out and jump so you can attack the ball at its highest point.
- Make a decision to catch, deflect or punch depending on pressure.
- Call "KEEPER'S", or "AWAY" if you wish the defence to clear.
- Be alert to a second ball cross or shot.
- Shout "OUT" to your defence when the ball is safe.

STAR PLAYER

Joe Hart

FULL BACK

A.K.A. DEFENDER • LEFT BACK OR RIGHT BACK

ATTACK

- Look to receive the ball from the keeper using a good first touch.
- Attack space in front of you, running with the ball at pace.
- Link with midfielders and wide players.
- Pass to feet with good pace and accuracy.

DEFENCE

- Support team mates in midfield.
- Make recovery runs to link with the defensive line.
- Put pressure on your opponent in 1v1 situations.
- Don't dive in – delay, stay on your feet, stay side on and force your opponent one way.
- Tackle when balanced and ready.
- If all other options are covered, play safe and put the ball out for a throw-in or corner.

X FACTOR

- Run at opponents with good pace and control.
- Deliver quality crosses.
- Get into position to attack and score from set pieces.



FREE KICKS

IN ATTACK

- Take free kicks from wide, deep areas and possibly from the middle third.
- If you're not taking the kick, offer support behind the free-kick taker.
- Take throw-ins.
- Cover against the possibility of a quick counter attack.

IN DEFENCE

- Stand in the wall if required.
- Mark your man or your zone.

CORNERS

IN ATTACK

- Move up for attacking corners.
- Take up a position on the edge of the opposition's area.
- Be prepared to sprint back to cover a counter attack.

IN DEFENCE

- You may be required to stand on the post.
- Mark the zone in front of goal or mark a player man to man.
- Attack the ball.
- Move to block your opponent.
- Clear your lines.
- Push out on the keeper's shout.

STAR PLAYER

Ashley Cole

SWEEPER

A.K.A. CENTRE HALF • STOPPER



ATTACK

- Maintain a good position to support players in attacking areas, mainly behind the ball.
- Play good passes out of defence to feet or into space behind opponents.
- Organise players in front, telling them when and where to push up.

DEFENCE

- Communicate to players in front when to press and when to delay.
- Make sure the team is compact in defensive situations.
- Mark and cover space between the centre backs and the goalkeeper.
- Be aware and quick enough to react to dangers and tidy up (sweep).
- Make good challenges and stop shots on goal when needed.

FREE KICKS

IN ATTACK

- May take the kick from deep areas.
- Cover and support in areas behind the ball in the middle and attacking thirds.

IN DEFENCE

- May be in the wall in central areas.
- Charge down indirect free kicks.
- Mark players or be ready to react to the ball in behind the wall, denying space to the attackers.
- Clear your lines.

CORNERS

IN ATTACK

- Likely to be expected to stay back and mark lone striker or cover space in case of a quick counter attack.
- If picking up a cleared ball, play a good pass back into attacking areas.

IN DEFENCE

- Mark space in and around the goal.
- Cover other defenders who are marking and be aware of late runs from opposing forwards.
- Attack and clear the ball to start a counter attack.
- Along with the goalkeeper, communicate to players when to push out.
- Ensure that cover is in place, in case your team loses possession.

X FACTOR

- Pass the ball swiftly and accurately to trigger good counter attacks.
- Show good speed and endurance.
- Come out of defence with late runs to support attacks and be able to recover if an attack breaks down.

STAR PLAYER

Vincent Kompany

CENTRAL DEFENDER

A.K.A. CENTRE HALF • CENTRE BACK

ATTACK

- Be prepared to receive the ball from the keeper and play it forward if possible.
- Don't rush – patient build up from the defensive unit can be effective.
- Be available to link up play with central and wide midfielders.
- Make late forward runs where space and opportunity allow.
- Get in position behind the attack to offer support.

FREE KICKS

IN ATTACK

- Take free kicks from the defensive third.
- Get into a support position for free kicks in the middle third.
- Go up for kicks in the attacking third.

IN DEFENCE

- Mark your man or your zone.
- Attack and win high balls.
- Protect the goalkeeper.
- React to the loose ball and clear your lines.

X FACTOR

- Drive forward with the ball into the attacking third.
- Take long-range free kicks direct on goal.
- Show strong leadership qualities.



DEFENCE

- Maintain a good position.
- Communicate with defensive and midfield units.
- Anticipate dangerous passes and be aware of opposing strikers.
- Get good height and distance on defensive headers.
- React to the second ball and clear your lines.
- If you find yourself in a 1v1 situation, don't dive in – think about when to tackle and when to delay.
- Prevent strikes on goal – get your body in the way.

CORNERS

IN ATTACK

- Move up to provide an aerial threat.
- Make specific runs, either to score or to block defenders.
- React first to the loose ball.
- Get back quickly when the attack breaks down.

IN DEFENCE

- Mark your man or your zone.
- Attack the ball at its highest point to get height and distance on your headers.
- Put pressure on the second ball.
- Protect the keeper.
- Block runs of attackers.
- Communicate with team mates.
- Clear lines and push out on the keeper's call.

STAR PLAYER

Nemanja Vidic

WING BACK

A.K.A. ATTACKING FULL BACK

ATTACK

- Get wide to receive in space.
- Play your first touch forward.
- Run with the ball if there's space.
- Give and go, if under pressure.
- Combine with midfield and strikers to reach the final third using overlapping or underlapping runs.
- Look to deliver effective crosses.

DEFENCE

- React to lost possession.
- Make fast recovery and tracking runs.
- Put pressure on wide attackers.
- Double up with your central defender to prevent a cross or shot.
- Tackle and regain possession when possible.
- Cover the space on the opposite side to the ball, being alert to runners and cross-field passes.

X FACTOR

- Beat an opponent with good dribbling skills.
- Be happy to cut inside on weaker foot.
- Provide crosses with either foot.
- Possess speed and a good engine to get up and down the field.



FREE KICKS

IN ATTACK

- Possibly take the kick from wide areas in the middle and attacking thirds.
- Pair up with a midfielder for indirect kicks.
- Stay wide in space to receive diagonal long ball.
- Pick up loose ball and deliver into the danger area.

IN DEFENCE

- Take up a position in the wall.
- If not in the wall then mark a player or space as designated.
- Clear lines and press the second ball to regain possession.
- Push out on the keeper's shout.

CORNERS

IN ATTACK

- Take the corner if required.
- Stay back and cover central defenders who go up for headers.
- Or take up a position outside the penalty area to pick up the loose ball from clearances made under pressure.
- Deliver good ball back into the area or strike on goal.

IN DEFENCE

- Prevent short corners.
- Take up a position on a post if required.
- Mark a player or a zone as designated.
- Attack the ball in your area.
- Block strikes on goal.
- Clear lines and push out on the keeper's shout.

STAR PLAYER

Glen Johnson

HOLDING MIDFIELDER

A.K.A. DEFENSIVE MIDFIELDER • ANCHORMAN • MIDFIELD ANCHOR



ATTACK

- Create space to receive the ball from the keeper or defenders.
- Use awareness and vision to weigh up attacking options.
- Use a good range of passing – short and long, to feet or into space.
- Make support runs for attacking players.
- Make late runs to create scoring opportunities.

DEFENCE

- Protect the back line.
- Communicate with the defensive unit and recovering midfielders.
- Show strength in 1v1 challenges.
- Man-mark specific players when required.
- Anticipate and intercept passes through midfield.

X FACTOR

- Make positive runs with the ball into space from deep areas.
- Instigate quick counter attacks with early through balls.
- Score spectacular long range goals.

FREE KICKS

IN ATTACK

- Take indirect free kicks in the middle and attacking thirds.
- Provide support and cover
- Make late and blindside runs to receive from free kicks.

IN DEFENCE

- Prevent quick free kicks
- Take up a position in the wall if required
- If not in the wall, put pressure on the free-kick taker
- Be aware of and cover opponents' runs
- Anticipate and react quickly to second ball
- Support the defence until the ball is safe.

CORNERS

IN ATTACK

- Patrol the edge of the penalty area to attack cleared balls.
- Receive the ball from the corner taker to take a shot at goal.
- Make late runs into the area to attack the cross.

IN DEFENCE

- Cover centre backs if needed.
- Protect the edge of the penalty area.
- Put pressure on the second ball.
- Delay counter attacks.
- Make recovery runs into vulnerable areas.
- Track dangerous opponents.

STAR PLAYER

Xabi Alonso

BOX-TO-BOX MIDFIELDER

A.K.A. MIDFIELD DYNAMO

ATTACK

- As the name suggests, work mainly in central areas between the two penalty areas.
- Always look to receive the ball.
- Show a good range of passing.
- Show awareness of time and space.
- Demonstrate a high level of fitness.
- Make well-timed support runs to help the strikers and get into goalscoring situations.
- Be a good communicator.

DEFENCE

- React quickly when your team loses the ball.
- Try and win the ball back high up the field.
- Delay the counter attack to give your team time to recover.
- Intercept passes between the defence lines.
- Make recovery and tracking runs into the defending third.

X FACTOR

- Start and finish counter attacks.
- Lead by example.
- Never give up.



FREE KICKS

IN ATTACK

- May take the kick in the middle and attacking thirds.
- Join with forwards to attack on indirect free kicks.
- Follow up direct shots to win the second ball from saves and knock-downs.

IN DEFENCE

- May be in the wall in central areas.
- Try to charge down the ball on indirect free kicks.
- Block movements and shots of attacking players and be first to the loose ball.
- Clear lines and push out on a call from the keeper or defenders.

CORNERS

IN ATTACK

- May be positioned 'on' the goalkeeper (standing in his way, blocking his movement).
- Join in on attacking runs into the area with strikers.
- May have a specific role, such as making a near post run to score, or acting as a decoy for a defender.

IN DEFENCE

- Mark a player or zone.
- Attack the ball to clear danger.
- React first to second or loose ball.
- Push out on the keeper's shout.

STAR PLAYER

Yaya Touré

ATTACKING MIDFIELDER

A.K.A. PLAYMAKER

ATTACK

- Create space either to receive the ball or for team mates to exploit.
- Possess a good first touch and have the ability to turn and dribble.
- Support strikers in front of and behind the ball.
- Play clever forward passes between defenders.
- Time runs to create shooting chances.
- Link up play between defence and attack.

DEFENCE

- React to lost possession.
- Support and provide cover behind forwards.
- Make recovery and tracking runs.
- Pressure opponents in midfield to prevent turns and passes.
- Challenge for the ball and counter attack if possible.

X FACTOR

- Make mazy runs (dribbles) from midfield.
- Score from spectacular long-range shots.
- Turn defence into attack using clever tricks and turns.
- Score from creative free kicks.



FREE KICKS

IN ATTACK

- May take the kicks.
- Make clever movements off the ball to create space.
- React first to the loose ball to create secondary scoring opportunities.

IN DEFENCE

- May be in the wall.
- Mark opponents.
- Challenge for the ball and prevent shots.
- Win the second ball and push out.

CORNERS

IN ATTACK

- May take the corner.
- Make late runs from the edge of the area, or hold for knock-downs or pull-back passes.
- Attack the area and the ball with purpose.
- Take goalscoring opportunities.

IN DEFENCE

- Mark players arriving late into penalty area.
- Block runs and win challenges.
- Clear the danger and press the second ball.
- Push out on keeper's or defenders' call.

STAR PLAYER

Jack Wilshere

ATTACK

WIDE MIDFIELDER

A.K.A. WIDE MAN



DEFENCE

- Work with the centre forward to either delay or pressurise opponents in the attacking third.
- Make challenges or interceptions in the midfield and attacking thirds.
- Make recovery runs, dropping into midfield areas to protect the full back or moving inside to support central midfield.

FREE KICKS

IN ATTACK

- May take the kick from wide areas or anywhere in the attacking third.
- Combine with a team mate to take indirect kicks.
- Make angled runs in behind the defensive line.

IN DEFENCE

- May be in a wall of one or two in wide areas.
- Drop into the defending third and mark players or space.
- Attack loose ball and counter attack.

CORNERS

IN ATTACK

- May take the corner.
- Make attacking runs.
- Take up a position on the edge of the box for pull backs or second ball.

IN DEFENCE

- May be asked to stay up field to counter attack.
- Mark in or around the edge of the penalty area.

ATTACK

- Give width in attacking areas.
- Go 1v1 with a defender, attacking and exploiting space behind the defensive line.
- Cut to the outside to deliver effective crosses or cut inside to attack the penalty area.
- Use good close control and dribbling skills to create chances.
- Make diagonal and blindside runs to create space to receive passes from midfield.
- Make unselfish runs to create space for team mates.

X FACTOR

- Have a great first touch and show awareness of options.
- Be inventive with the ball.
- Be clever in dead-ball situations – bend and swerve free kicks.

STAR PLAYER

Gareth Bale

WINGER

A.K.A. WIDE MAN

ATTACK

- Stay near to the side line to provide width in attack.
- Take on players in 1v1 situations and have good dribbling skills.
- Have good speed with and without the ball to attack and exploit space in wide areas and deliver good crosses in the attacking third.
- Have a good range of passing techniques, both short and long, to combine with the midfield and overlapping full backs.
- Use both feet so that you can switch sides and cut inside to deliver crosses or shoot.

DEFENCE

- Stop forward play from the opposing full back or winger.
- Track support runs of opposing wide players and make recovery runs to cover any space left by defenders.
- Make challenges or interceptions to regain possession in the middle and attacking thirds.
- Communicate with midfielders and defenders about positioning.

CORNERS

IN ATTACK

- May take the corner.
- Make runs to the far post or the edge of the area to knock the ball back in or take a shot.
- Combine with corner taker for short corners.

IN DEFENCE

- May be on a post or marking the edge of the penalty box, picking up late runs.
- Block attempts on goal.
- Gain possession and counter attack at speed.

FREE KICKS

IN ATTACK

- May take direct free kicks or combine with a team mate for indirect free kicks.
- Make runs into danger areas to receive a pass or create space for others.
- Attack first and second ball to make goalscoring opportunities.

IN DEFENCE

- Likely to be in a wall of one or more in wide areas.
- Track and mark runners.
- Press and challenge for the ball.
- Clear lines and counter attack.

X FACTOR

- Have good tricks to beat opponents in 1v1s.
- Put in great crosses and score great goals.
- Be inventive and try to put on a show to entertain the fans.

STAR PLAYER

Theo Walcott

MAN IN THE HOLE

A.K.A. WITHDRAWN STRIKER

ATTACK

- Create space for yourself in central areas behind the forward.
- Have a good first touch and awareness and use both feet to create opportunities.
- Link up play between midfielders and forwards with good passing.
- Combine with forwards and wide players to create goalscoring opportunities.
- Make angled support runs in the attacking third to create space and/or score goals.

DEFENCE

- React quickly to lost possession.
- Support forwards in pressing opponents in the attacking third.
- Intercept cleared passes.
- Make tracking runs into the middle third to support team mates.

X FACTOR

- Demonstrate a good range of techniques and tricks.
- Be able to turn opponents in 1v1 situations and leave them trailing.
- Score goals with clever techniques such as volleys and swerve shots.



FREE KICKS

IN ATTACK

- May take the kick from central areas in the attacking third.
- Link with forwards or midfielders for indirect kicks.
- Look to attack areas where the ball will be delivered or react to the second ball/ rebounds to score goals.

IN DEFENCE

- May make up part of the wall.
- Look to prevent quick free kicks higher up the field.
- React first to loose/second ball and prevent shots on goal.
- Regain and maintain possession for a counter attack.

CORNERS

IN ATTACK

- May be positioned on/in front of the opposition's goalkeeper to distract his concentration on the ball.
- Make well-timed movements/angled runs to meet crosses.
- Be strong in the air and in 50/50 challenges – make the ball yours and score.

IN DEFENCE

- Mark a player or an area in and around the edge of the penalty box.
- Block late runs from opponents.
- Win balls in your area, be strong and clear lines.
- Keep possession and use good passing to start counter attacks.

STAR PLAYER

Lionel Messi

INSIDE FORWARD

A.K.A. SECOND STRIKER • ATTACKER

ATTACK

- Be aware of, and exploit, space in central areas of the attacking third.
- Be strong in the air to win flick-ons from long passes and goal kicks.
- Move off the ball to support your strike partner.
- Be the link player for passes from midfield.
- Combine with other forward players in the final third to create goalscoring opportunities.
- Be confident and have the technical ability to finish in goalscoring situations.

DEFENCE

- React quickly to lost possession.
- Press or delay forward passes in the attacking third.
- Make recovery and tracking runs to support midfielders defending in the middle third.
- Intercept opposition passes and launch a quick counter attack.

X FACTOR

- Be clever under pressure – use tricks, turns and dribble moves.
- Finish with one touch using either foot, including volleys and scissor kicks.



FREE KICKS

IN ATTACK

- May take the free kick from central areas in the attacking third.
- Combine with a team mate for indirect kicks.
- Otherwise, attack areas into which the free kick is played.
- Be determined and first to the ball to score goals.
- Be first to react to loose or second ball.

IN DEFENCE

- Drop into an area close enough to help if needed around the free kick.
- Be aware of late runs from opponents, track and mark if needed.
- Regain possession and launch a counter attack.

CORNERS

IN ATTACK

- Attack target areas with angled runs to create goalscoring opportunities.
- Be brave and strong in the air as well as sharp and alert to low ball and secondary opportunities.

IN DEFENCE

- Stay high up the pitch as an outlet for a quick counter attack.
- Otherwise drop and mark space or a player in and around the penalty area.
- Use strength in the air to attack high balls.
- React first to loose or second ball and clear lines.

STAR PLAYER

Cristiano Ronaldo

CENTRE FORWARD

A.K.A. STRIKER • FORWARD • ATTACKER

ATTACK

- Maintain a position near the last defender (usually one of the centre backs).
- Make small movements to distract defenders, don't be easy to mark.
- Be able to receive and bring down high balls under pressure.
- Stay strong and protect the ball until support players can receive it.
- Combine with other forwards to create goalscoring opportunities.
- Use timing and power to attack high balls from crosses.
- Score goals!

X FACTOR

- Make clever, well-timed runs behind the defence.
- Score with a one-touch turn and finish.
- Score from diving headers and volleys.

DEFENCE

- React to lost possession in attacking third.
- If possible, press to regain ball quickly or delay forward play.
- Intercept back passes.



FREE KICKS

IN ATTACK

- Take direct free kicks in central areas, including penalty kicks.
- Combine with a team mate for indirect kicks.
- Be strong in the air when attacking free kicks come from wide areas.
- React quickest to second or loose ball in your area.
- Hit the target and score goals.

IN DEFENCE

- If the free kick is central, stay upfield ready to counter attack.
- If the kick is from a wide area, use strength in the air to aid the central defenders.

CORNERS

IN ATTACK

- Be the prime target player for high balls.
- Make unselfish runs to create space for team mates.
- Get headers and shots on target – accuracy is more important than power.
- React to rebounds and deflections for secondary chances.

IN DEFENCE

- Drop into defensive areas to use strength in the air.
- Mark a designated player or zone.
- Clear with good height and distance.

STAR PLAYER

Robin van Persie

PLAYER POSITION GUIDE

FORMATIONS - 7 v 7

At 7 v 7 and 9 v 9 FC Portland players are taught to play in systems that eventually will help when playing 11 v 11. The systems we play encourage the player to make decisions and understand their role on the field. Boys and girls play the same system at the younger ages.

The game day instructions for the players are kept simple. We start warming up 30 minutes before kick-off. A similar version to the club warm-up is sufficient. The team will be chosen from the players who arrive on time for the start of the warm-ups. When playing 7 v 7 the team will line up in a 1-2-3-1 formation. The two defenders are told the following instructions:

• If the opposition does not have a forward when we are attacking, one of the defenders will step into the middle of the midfield and play as a holding midfield player.

•If they have one forward when we are attacking, one defender will stand in front of the forward, and one defender will stand behind the forward. If the opposition clears the ball, then the defender standing in front will hopefully win the ball back to start another attack.

• If they have two forwards (which will not happen), both defenders will stand 'goal side' of those forwards.

• When the ball is lost, the players need to understand when to mark tight and when to mark loose. If there is one forward, one defender is tight, and the other defender is the sweeper. Instructions to the wide midfielders:

• When possession is lost, your wide player gets goal side on the opposition wide player that is closest to their goal if the opposition is playing a 3-3 formation.

• At their first opportunity, they must run at the defender and try to beat them in a 1 v 1. It will give them an idea of the opposition defenders' skills. Are they slow or fast? Can they defend a 1v1? Are they aware of field position?

• Make runs behind the defender.

• Play give and go's with teammates.

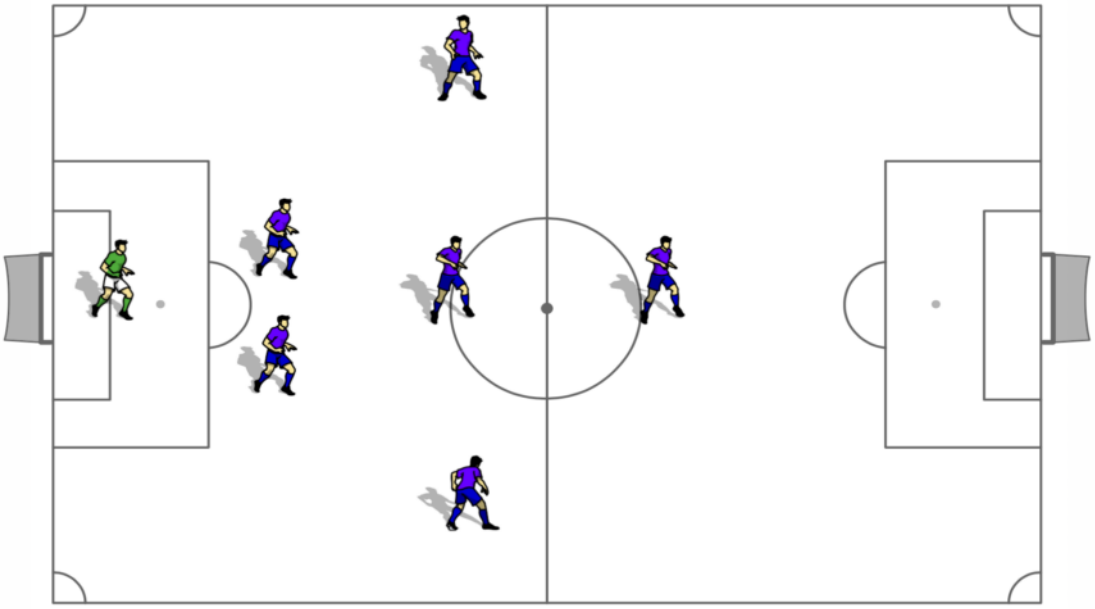
• Make quality crosses. Instructions to the center midfield player:

• Move up and down the field, supporting the team on defense and offense.

• Find pockets of space when your team is in possession.

• Get goal side (behind the ball) when possession is lost.Instructions to the center forward:

• Stay upfront and move sideways to support the play. Tactical instructions when in possession (See formation below) – The player with the ball has at least three players available for a pass. One behind, one to the side and one ahead of the ball. As the players mature, we expect the player on the ball to have more than three supporting players. The 1-2-3-1 formation creates triangles all over the



© Copyright www.academysoccercoach.co.uk 2020

PLAYER POSITION GUIDE

FORMATIONS - 9 v 9

At 9 v 9 we can play multiple formations. At FC Portland we use two. We play a 1-2-1-3-2 formation and if we feel the team need a challenge or some education, we switch it to a 1-3-2-3.

The game day instructions start to become more tactical. Warm up time is the same as U9 and U10. When playing 9 v 9 the team will line up in a 1-2-1-3-2 formation. The instructions to the two defenders will be the same instructions in 7v7. The opposition is more likely to have at least one forward and possibly two whereas at 7v7 this is not the case. The two defenders need to have tactical awareness of when to mark tight and when to mark lose. The opposition will play a 1-3-3-2 formation and 95% of the time the three defenders will not cross the half-way line. This means that when FC are defending we will have a player advantage over the opposition (6 v 5)Below is a list of coaching points to explain to the players:

•Anticipation – Players must react quickly when possession is won or lost. Win the ball, find space. Lose the ball, get goal side.

• The player with the ball has at least 3 players supporting their play. One play supports behind, one from the side and one forward. This will gradually move to more supporting players as the players mature.

• The two defenders must stay focused when we win possession. The two forwards must stay focused when we lose possession. When possession is lost the forwards defend from the front. Once the ball is in our own attacking third the forwards are looking to take up a position on the field that when the ball is won, the team can get them the ball.

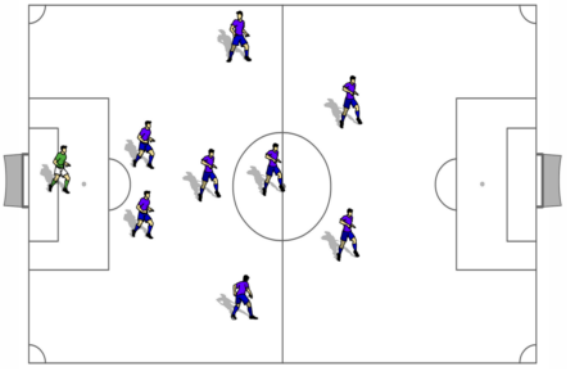
• If a defender attacks, the best player that is positioned to cover for the defender will do so.

• Play with a holding midfield player.

• Encourage the goalkeeper to play out from the back. This means if the ball is caught by the GK then the two center backs split quickly to the corner of the penalty area because the opposition may be 'out of balance.' One of the central midfield players will sit in the space created by the two center backs and play deeper as they may also collect the ball from the GK. If the GK does not deliver the ball to any of these three players then they will quickly return to a more central defensive and midfield position.

The main system

9 v 9 - 1-2-1-3-2 (1-2-4-2)



© Copyright www.academysoccercoach.co.uk 2020

Our coaching staff will implement a different system so that we can prepare the players for 11 v 11. The players will be shown how to play with three at the back and three forwards. It will be the coaches discretion on when they will implement these changes.

1-3-2-3



© Copyright www.academysoccercoach.co.uk 2020

FORMATIONS - 11 v 11

It's important that our players know their own roles and also know how we want them to play as a team. Take a bit of time to explain the team's formation to them. These are some formations you may play at FC Portland.

1-4-4-2

Most teams play 1-4-4-2 when they first move to 11-a-side. It is a very versatile system and can be a very attacking one using overlapping full-backs and clever midfielders – you can quickly add players from defence to midfield, and midfield to attack.

It is a strong defensive formation. With two lines of four across the midfield and defence, it is difficult to break down. Having two forwards is an advantage but we could get exploited in the middle of the field if the opposition are playing with three midfielders. When we lose the ball one of the forwatds would drop back into the midfield.



© Copyright www.academysoccercoach.co.uk 2020

1-4-2-3-1

The most popular formation in the modern professional game at present is 1-4-2-3-1, used by the likes of Bayern Munich, Real Madrid, Borussia Dortmund and Manchester United, to name a few.

The two midfielders in front of the back four give support to the defence, with one player breaking up opposition attacks, and the other distributing the ball to the attacking players.

The formation should ensure teams are not outnumbered in midfield, and with so many advanced players, there is great flexibility.



© Copyright www.academysoccercoach.co.uk 2020

1-4-3-3

The 1-4-3-3 system is four defenders, three midfielders and three attackers. The key to formation occurs when the team wins the ball from its opponents. As soon as possession is gained, the team must be prepared to create width, depth and support at pace. It can be used as a counter-attacking tactic against strong teams.

Barcelona use a variation of the 1-4-3-3 with a diamond midfield, which allows Lionel Messi a free role playing the hole behind two attackers. This outnumbers the opposition midfield because you have 4 to their 3.



© Copyright www.academysoccercoach.co.uk 2020

1-3-5-2

Teams that use a 1-3-5-2 are often explosive, attack-minded and unpredictable. They aim to dominate the midfield with the extra player and use wide players to exploit attacking space.

The formation relies heavily on the left and right midfielders who have to play as wing backs and have to both defend and attack. These two wing backs use the halfway line as a positional guide. The key to this system is to always be aware of your wing backs. The area behind them can get exploited. A great system but players have to understand their roles more than any other system.



© Copyright www.academysoccercoach.co.uk 2020

1-3-4-2-1 or 1-3-4-3

This formation, which utilises the sweeper between two centre backs, is probably the least used in the modern era but was very popular in the late 1990s and early 2000s. A system that is great for playing out from the back. You can get outnumbered in the middle of the field. The forward and any of the three defenders must always be aware of this. This is a great system when playing against a 1-4-4-2, especially if the opposition have fast forwards.



© Copyright www.academysoccercoach.co.uk 2020

WHERE HAVE YOU PLAYED?

DEFENCE MIDFIELD ATTACK

Use this chart to keep track of all the positions you've tried out on the soccer pitch. Write in the date you played, the team you were up against and the score in the match. Then give your performance a mark out of 10.

NAME:



DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

GOALKEEPER



DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

WING BACK



DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

SWEEPER



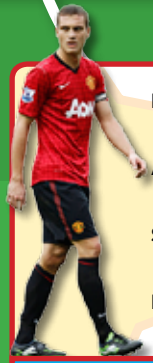
DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

FULL BACK



DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

BOX-TO-BOX MIDFIELDER



DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

CENTRAL DEFENDER



DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

HOLDING MIDFIELDER



DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

WINGER



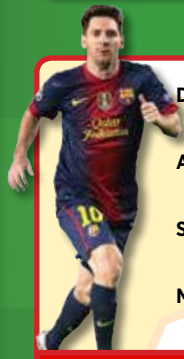
DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

ATTACKING MIDFIELDER



DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

WIDE MIDFIELDER



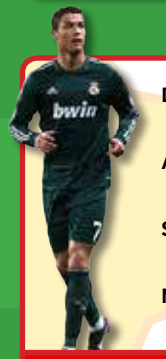
DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

MAN IN THE HOLE



DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

CENTRE FORWARD



DATE PLAYED:
AGAINST:
SCORE:
MY RATING:

INSIDE FORWARD