

NGS 9v9 Formation



The **1-3-3-2 formation** offers a balanced spread of players over the field with numerous triangles and diamond shapes which creates good opportunities for:

- Greater ability to play forward to two target player quickly
- Increased option to pressurize teams in their own half
- Effective against teams with a slow sweeper or an unskilled zonal system
- Allows fullbacks to over-lap into the attack, and create width going forward
- Effective positioning play
- Playing out from the Back
- Combination passing and Possession style soccer
- Creative and varied attacking play using the width of the field

TEAM DEFENDING PRINCIPLES

If a mistake is made on attack an opportunity is lost. If a mistake is made on defense a game may be lost. Therefore it is critical solid defense will be a key to your success. In order to understand team defending, meaning all players are working together to defend.

1) PRESSURE the ball. The first step is to always apply immediate pressure on the ball. This does not mean diving in but closing down the players space on the ball.

2) COVER off the ball. The defense must move as one, providing support and coverage for one another. The primary thing to remember here is to have a good shape, being **BALANCED**. The main principle here is to not ball watch, cover dangerous space and keep an eye on your opponent while adjusting.

3) COMPACT in the center of the field. When the team closes down the center of the field and has no gaps between players it is very difficult for opponents to penetrate and attack the dangerous space.

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4) DELAY the attack. You don't always have to immediately win the ball. After attacking the space, to keep opponents from moving forward sometimes it is best to stall their progress and wait for your team to get into defensive shape. When your team has an attack delayed in a one-on-one situation another team member should move in as a second defender to attack the ball.

5) EACH PLAYER MARKED every defender should know where every attacking player is at all times. The primary thing to make this happen is constant communication.

6) FALL BACK every player is a defender when the opposition has the ball. If players are tired after an attack first sprint back to goal-side of opposition to rest; they shouldn't allow attackers to win the ball in front of them. When one defender steps up to play the ball other defenders should not remain square but, should immediately drop to support. This is also known as **DEPTH** in the defense.

TEAM ATTACKING PRINCIPLES

To make all components of the attack work your team needs know what to do depending on where in the field they are. Though every situation will require different needs, it is helpful to think of the field in three parts.

DEFENSIVE THIRD (from the goal defending to about 20 yards beyond the penalty box)

When your team has the ball in your defensive end the main focus is **DISTRIBUTION**. Remembering that defensive mistakes lose games you want to get the ball out of the back quickly. As a team you want to avoid one-on-one dribbling out of the back, avoid passes to the center of the field.

CENTRAL THIRD (about 20 yards on both sides of the midline)

In this third you want to focus on **PENETRATION**. However you need to decide when to **Penetrate** V's when to **Possess** the ball. Deciding when to force the play when it is not on, but when you do have space in front of you, you want to penetrate forward. Good decision making on whether to penetrate or possess will help you be more effective.

Open up the defense and create the space for penetrating runs and passes.

ATTACKING THIRD (from 20 yards beyond the midfield to the goal line we are attacking)

In this area we want to focus on **CREATING OPPORTUNITIES TO FINISH**.

The four "S" WILL HELP CREATE OPPORTUNITIES TO FINISH

1) SPEED - On the ball the weight of the pass has to be good so it cannot be intercepted. Forward diagonal passes are key, to put the opponent on the back foot. Square passes slow the flow down and can be intercepted easily. When running with the ball this has to be at speed to suck a defender/s in to create the space for a pass to a team mate or create space for a team mates run. Movement off the ball is vital to speed the play up. Diagonal runs, overlapping runs, will help isolate defenders and create numbers up situations.

2) SPACE – To create space players be constantly on the move. Every time a player moves they create another space for another team mate. When in possession the space should be created with spreading the field with width and depth. This will allow movement to happen and good supporting angles and distances.

3) SUPPORT – When the ball is played it is important that players support the play. Good angles and distance of support is vital to allow space and time to play the next pass, dribble, cross or finish.

4) SURPRISE – It is important that players *do not* become *predictable*. Robotic players can become very easy to break down. Being creative in the attacking third can always create opportunities to goal. If this means dribbling 1v1, striking from distance, playing a free kick or corner quickly to create a goal scoring opportunity.

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PLAYER ROLES

#1 Goalkeeper:

- Play the Ball Out Quickly to Defenders If Possible, If Not Punt It
- Be Alert and Ready to Come Out of Goal When Necessary
- Be Alert When Other Team is Shooting
- Communicate to Defenders
- Take the Goal Kicks For the Team

#4 Center Defender:

- Defend Players In the Middle of the Field and Stop Them From Going To Goal
- Connect The Two Outside Defenders To Each Other
- Stay in Center of Field So Other Team Cannot Use Space
- Push Team Up The Field and Move Them Back When the Ball Moves In a Game
- Clear Balls That Are in Our Penalty Box

#2 and #3 Outside Defenders:

- Defend Players On The Outside and Center of the Field and Stop Them Going To Goal
- Get Wide When We Have the Ball.....If Ball Goes Out To Other Defender, Then Move In To Center of Field
- Push Up and Help Attackers When Ball Goes Up the Field (Become Another Midfielder)
- Get Back on Defense When Ball is Lost
- Shoot Ball When Open

#6 Center Midfielder

- Attack and Defend In the Center Of Field, Must Cover A Lot of the Field On Defense and Attack
- Find Teammates Who Need Help and Let Them Know You Are Open By Being In A Position Where They Can Pass You the Ball
- Connect Passes From Players On One Side to Players On Another
- Shoot The Ball When Open
- Cross the Ball Into Penalty Area When Needed

#7 & #11 Outside Midfielder

- Get Wide To Sideline When Ball is Won
- Shoot When Open
- Cross the Ball into Penalty Area When Needed
- Take on Opponents With Dribble
- Get Back on Defense When the Ball is Lost

#9 & #10 Forward

- Push Up to The Opponent Back Line, Stay onside
- Move Towards Midfielders and Be In a Good Spot to Receive Pass
- Look to Dribble the Ball and Beat Opponent To Goal
- Shoot When Open
- #10 Forward should be Willing to Take Risks and Be Creative With The Ball To Beat Defenders

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How it transfers to the 11v11

- Note how the player's numbers correspond to players with the same or similar roles in the 11v11 system.
- Back 3 on defense will gain a #5 to complete the back 4 at 11v11
- #2 & #3 are outside defenders working hard to get behind the ball defensively, but getting forward to provide width to the midfield and attack.
- #6 in central midfield, perform various aspects of the 2 central midfield players at 11v11, always trying to receive the ball, and being disciplined in when to attack and defend.
- #9 & #10 performs a very similar role as the central forward in the 11v11 system
- #7 & #11 also involve some similar aspects as the wide forwards in 11v11 by getting forward to support the #9 & #10

Look out for...

- Isolated attacker #9 may receive little support and poor service
- Flat back three or marking backs with sweeper can easily lose defensive integrity
- Center midfield may become outnumbered and can be isolated in the middle of the field
- Allows the opponents to build up out of the back