

1-3-2-1: PATTERNS OF PLAY: AT 7 V 7

Taking simple tactical ideas created on the training field to the game situation.

We teach certain movements in training; players take ownership of them in the game situation.

How to break down player movements

The following presentation is designed to simplify the potential Patterns of Play of players at 7 v 7.

We show 3 different systems of play.

Eventually we will show several movements but we need to build up to these slowly and with patience.

A Team Pattern of Play

Patterns of Play are designed to be practiced to help players identify common situations in the game itself.

When these situations occur the players involved will think about the movements within a pattern of play (that they practiced in training) and will re-enact them in the game.

Our goal is to make this an unconscious decision where the players don't even have to think about it; they just do it naturally / instinctively.

The Roles and responsibilities of each player in the 7 v 7

Here we are looking at players 1, 2, 3, 6, 8, 9 and 10 of the 11 v 11 and we will look at them in this particular formation of 1-3-2-1 but will show other variable formations too.

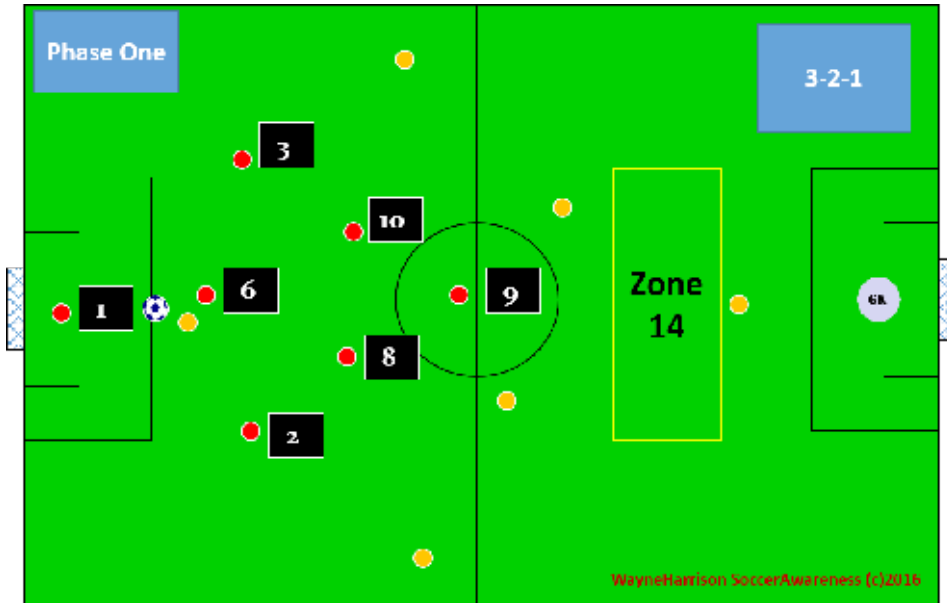
(2) And (3) can take on the characteristics of (7) and (11) in attack. We want them to get up and down the field as our wide outlets..

(6) Can be compared to center backs (4) and (5) in their roles though in a more attacking minded way in the way I believe we can play. (6) is also playing a more characteristic Number (6) role as in the 11 v 11 team.

(8) Is like a link midfield player and (10) is the shadow striker in behind (9) the central striker.

In this set up the shadow striker has perhaps slightly more defensive duties than the shadow striker in an 11 v 11 due to the lower number of players on the team.

Defensive positioning is more beside (8) than in front of (8) as it would be in the 11 v 11.
(9) Plays the traditional striker role.

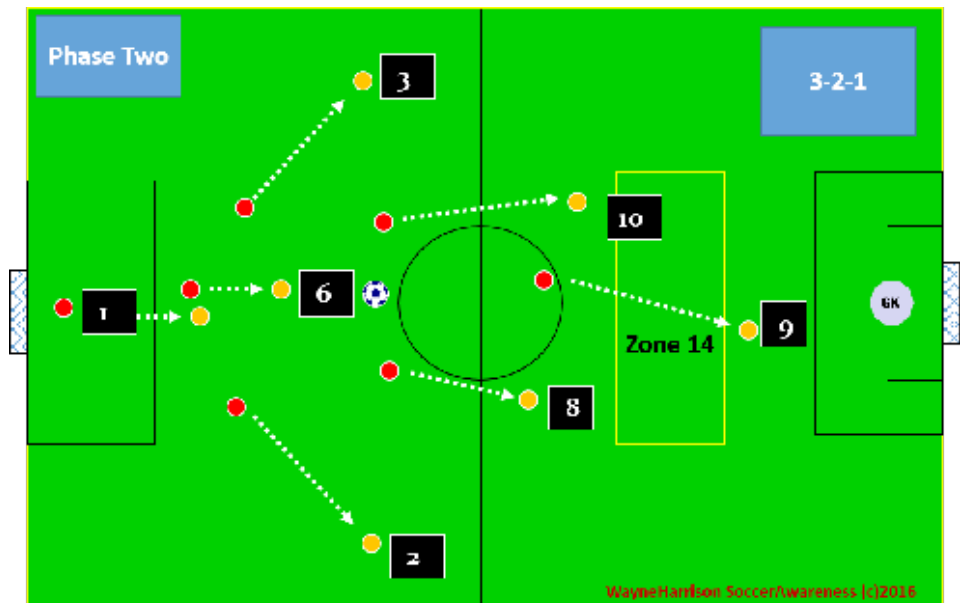


Players in our Defensive 3-2-1 set up

Using Cones as reference points for team shape defensively then team shape offensively. This is the team shape start position of a 3-2-1.

Players in our Attacking 3-2-1 set up

Zone 14 is the area between the opponents back players and their midfield.



The Role of the Keeper:

With the Ball / Without the Ball

1. Technical
2. Tactical
3. Psychological
4. Physical
5. Skill

Technical Qualities: With the Ball

1. Speed and quality of distribution
2. Pass, kick, without hands and excellent on the floor technique.
3. Technique of releasing the ball with the feet and hands - distance (short, middle and long) with speed and direction

Tactical: With the Ball

1. Speed - with ball TO START ATTACKS
2. Positioning - in a position to receive the back pass.
3. Choice - playing in depth - retaining possession of the ball

Without the Ball:

1. Positioning: depending on where the ball is and who has it
2. Communication - with their peers and with respect to the opponents
3. Control of ways to defend - the goal - area (at the sides, in front of the back four and behind the back four)

Psychological:

1. The "Will" to avoid goals against
2. Disciplined and responsible
3. Stable / consistent performances - avoiding risk
4. A Leader and organizer
5. Highly Vocal Communication Skills - with defenders (especially) - with the midfielders - with the forwards (Can see the WHOLE FIELD)

Physical Attributes:

1. Speed over short and middle distances
2. QUICK Reactions (not anticipation)
3. Vertical Force - strong jumping ability - to attack the ball AT ITS HIGHEST POINT
4. Duel - in the air - power in the 1 to 1; so a strong body

Skill:

1. All about Decision Making and developing the mind of the player. The “Skill Factor: is perhaps THE most important component to develop in a player.
2. Everything they do relates to this in terms of assessing options and what the right course of action to take both on and off the ball.

The Role of the Central Defender Number (6) in the 7 v 7

The same technical, tactical, psychological, physical and skill factor attributes as shown in the 4 v 4 set up.

Percentages for attacking and defending for each player are only approximate depending on how each team employs their players.

DEFENDING (65%)

Screening: He / she positions in front of the keeper to screen shots at the keeper. Must be a good reader of the other team’s intentions.

Double; Teaming: He / she can act as a double teaming player with the players in front if the ball gets past those in front. Example: tight to opponent (9) delaying for (8) to double up from the other side.

Man Marking: Working centrally most of the time so likely up against the opponents (9) in a 1 v 1. If the number (6) gets drawn away from his / her position by tracking the striker (9) going short for example, then (2) or (3) can drop in and fill the same role.

Tackling: A good tackler also who is able to win the ball and set up the attacks simply.

Pressure: Ability to press quickly and also good in the 1 v 1 defending situation.

Physical: He /she needs to be a tremendous physical presence and be a strong and determined player.

ATTACKING (35%)

He / she needs to read the game well, must keep possession and pass calmly.

He / she needs to be comfortable dropping back and changing the point of attack around the back

Awareness: He / she must be able to anticipate his or her next pass or movement ahead

and in advance of the ball; as often the space to play in where he / she operates is restricted and oppressed by the opposing striker at 7 v 7.

Passing: He / she must have a high percentage success rate for maintaining possession; as losing the ball in his area of work is very dangerous, so a very skilled passer and a strong physical player to protect the ball also.

Often this player is the player with the most time on the ball and everything is in front of them so he / she HAS to be an excellent passer.

Discipline and Personality: (6) has to have an incredibly DISCIPLINED MIND as he / she must resist the urge to venture too far from their area of work; (unless he / she is interchanging with teammates). He / she is the player who must always want the ball, never hiding from the action; so he / she has to be a super confident and a player with a strong dominating character.

Game Intelligence: Ultimately; the most interesting thing about this role, however is that they really are the catalyst to all the moves on the team and the team takes its shape off the positioning of (6).

A major decision maker in the team and the team in this type of system is build around the number (6) as he / she is a part of so much defensively; breaking up the opponent's final attacks as the last line of defense for the keeper and so much offensively; and starting off the teams build up play; often with just a simple pass to maintain initial possession.

The Roles of Players (2) and (3) in the 7 v 7

The same technical, tactical, psychological, physical and skill factor attributes as shown in the 4 v 4 set up.

DEFENDING (55%)

1 v 1: They need to be very good in 1 v 1 confrontations knowing when to press and when to delay.

Physical: Physically strong to be able to compete against powerful players and quickness of foot as they usually come up against wide players with pace.

Game Intelligence: He / she has to build a good relationship and understanding with the keeper behind, immediate player in front and the defender beside them. So building a relationship with first the keeper, with (6), (10) and ultimately (9) when they attack.

Positional intelligence is vital, not letting players get in behind them.

Recovery: Recovery runs are vitally important for this player in this system of play. When attacking they must have the capacity to get back. But, lets say (3) has attacked and is in front of (10) then we would expect (10) to help out defensively behind them.

ATTACKING (45%)

Offensively, in our 3-2-1 system of play the wingbacks have freedom to attack, and unlike many systems of play that only allow for one fullback to attack at any open time this system allows for both of them to attack at the same time. That said if you are more cautious in your approach only one will attack at any one time and the other will tuck in and defend alongside (6).

Normal wingbacks percentage between defending and attacking would be far higher on the defending side; but our system encourages them to attack more so the percentages are closer.

Crossing: A high ability to cross the ball is a must for these modern day wingbacks as they will find themselves in many crossing positions during a game. They will be crossing with a moving ball so they need to learn several techniques for crossing the ball. This will include driven crosses, lofted crosses, cut back crosses, bending whipped crosses and so on depending on the situation.

Tactical Understanding / Game Intelligence: They must be better all-round players than the traditional wide player because they are acting like a wingback AND a winger even in 7 v 7 in this 3-2-1 set up whether it be a defensive minded or attacking minded player, now it is best if they can be good at both.

If the attacking full-backs get to the byline and the defending wide midfielders track them all the way, the defending team will end up with something approaching a flat back six.

Opposites: You “could” play a right footed player who can play on the left and cut inside and have a good shot, and vice versa. They attack the opponent inside, and they have an advantage from this as they cut inside onto their strongest foot and inside against the opponents weakest foot; attacking the left side defenders right foot; and the right defenders left foot.

Shooting and Crossing: Having the ability to shoot on goal. Traditional wide players usually are good at crosses and tended to stay wide, the modern wide player has to be better at so many more skills than previous generations of players.

So; they need the ability to stay wide and cross the ball and the ability to cut inside and shoot at goal.

The Roles of Players (8) and (10)

Player (8) Can play slightly different to (10), (8) being more the link player between (6) and (10), more the passer; and (10) being the more offensive creative player. They may interchange depending on the team methodology of play.

So you may select different types of players offensively for these two positions but both need to be able to defend well also due to it only being 7 v 7.

Technical:

1. Speed with the ball
2. Control of the ball – excellent first touch
3. Passing Ability - short, medium and long distance
4. Dribbling Ability - to create a situation of 2 to 1 to score goals
5. Long distance shooting on goal

Tactical: With the Ball

1. Change of pace
2. Coordination with the ball
3. Game head – when and where to move – making third man runs

Tactical: Without the Ball

1. Ability to read movement off the ball and press, mark or track opponents.
2. Communication - with their peers and with respect to the opponent
3. Attitude to pressure as a team player
4. Control of the different types of marking - between the lines, 1 v 1 pressing

Psychological

1. Quick thinkers
2. Disciplined and responsible - always in the position of receiving the ball. Assessing options before receiving the ball. First check - First pass –Movement off the ball recognition
3. Will work for the team - on offense / on defense
4. With confidence - to go deeper - to score goals - to return to his / her position - To defend

Physical

1. Speed - In short (especially), medium and long distance
2. Change of pace
3. Good coordination and balance with and without the ball
4. Strength of passing
5. Shooting power
6. Endurance / stamina

Skill:

1. All about Decision Making and developing the mind of the player. The "Skill Factor: is perhaps THE most important component to develop in a player.
2. Everything they do relates to this in terms of assessing options and what the right course of action to take both on and off the ball.
3. When; where and how to pass (very important as they will have the ball a lot).

The Role of Central Striker Player (9)

The same technical, tactical, psychological, physical and skill factor attributes as shown in the 4 v 4 set up.

ATTACKING (80%)

The lone striker has to have good mobility and an ability to hold up the ball until support arrives so physically very strong and difficult to knock off the ball.

Obviously the usual characteristics of being a good goal scorer, a great shooter of the ball able to link up well with supporting players in front and behind him or her. Great pace is a bonus.

High Technical ability is required as he / she will often be trying to control the ball in tight spaces especially when he / she is the only striker.

Ability to play with their back to goal and also to be able to play facing the goal and get in good side on positions to receive and attack.

So; knowing where and when to come off his / her marker and get free (not dissimilar to the number (10) in this regard).

An ability to create space for him or herself or for others through intelligent movement off the ball is important for this player.

Often the coach will choose between a tall, physically strong player; able to hold the ball up and be good in the air, and be a “great wall” to play off for supporting players, or rather a quick smaller and shorter limbed player with the ability to dribble and run at center backs and expose them 1 v 1.

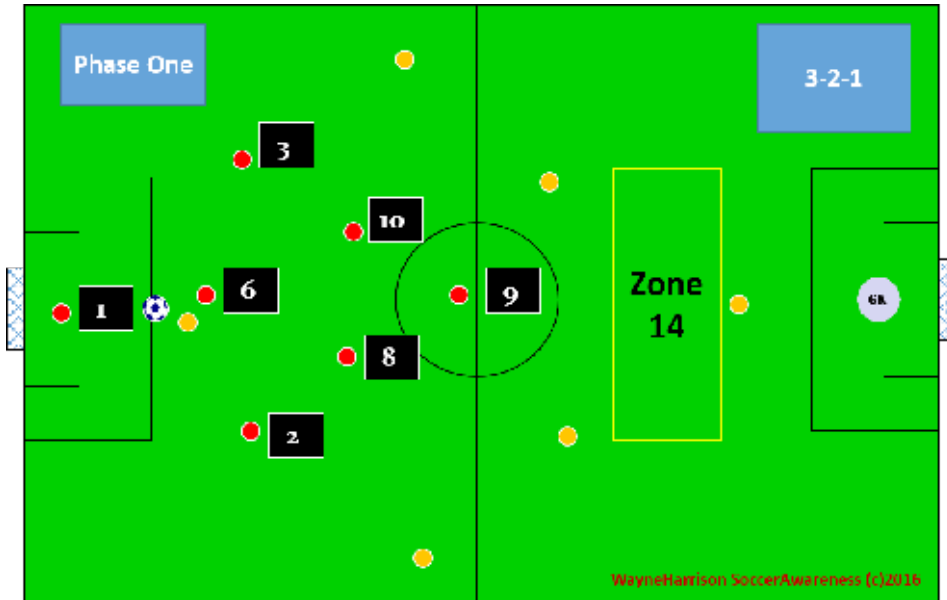
Again it depends on the coaches personnel and also the type of player he / she prefers or the type of opposition he / she is playing against..

DEFENDING (20%)

The First line of defense on the team and so it is useful if he / she is good at pressing.

He / she needs to pick when and where to press to conserve energy; but if supported by teammates and not isolated alone; he / she can be very effective.

So, a willingness to close down players when the opportunity arises to help the team defensively is a good asset and of course the reward for this is often a chance of a shot on goal.

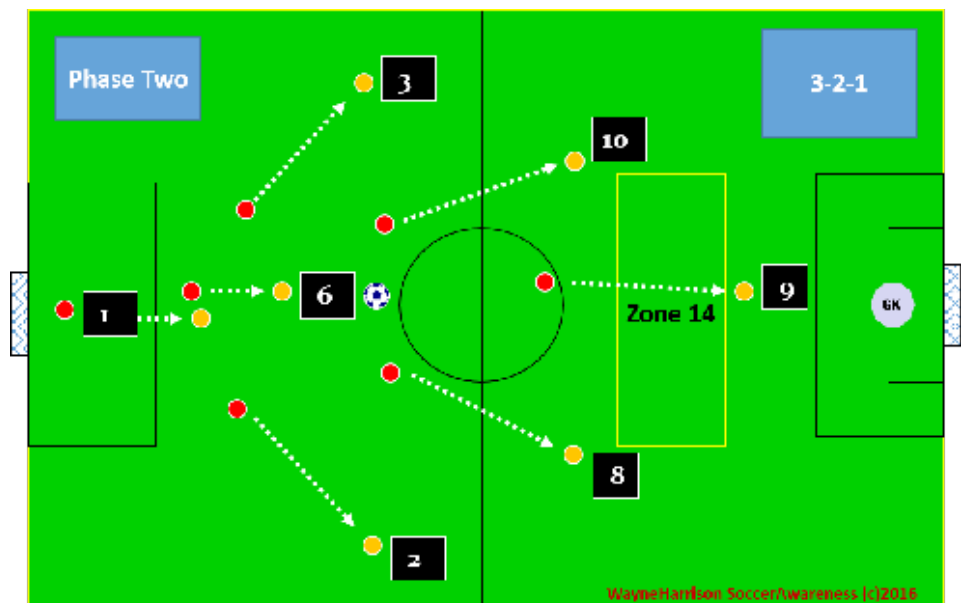


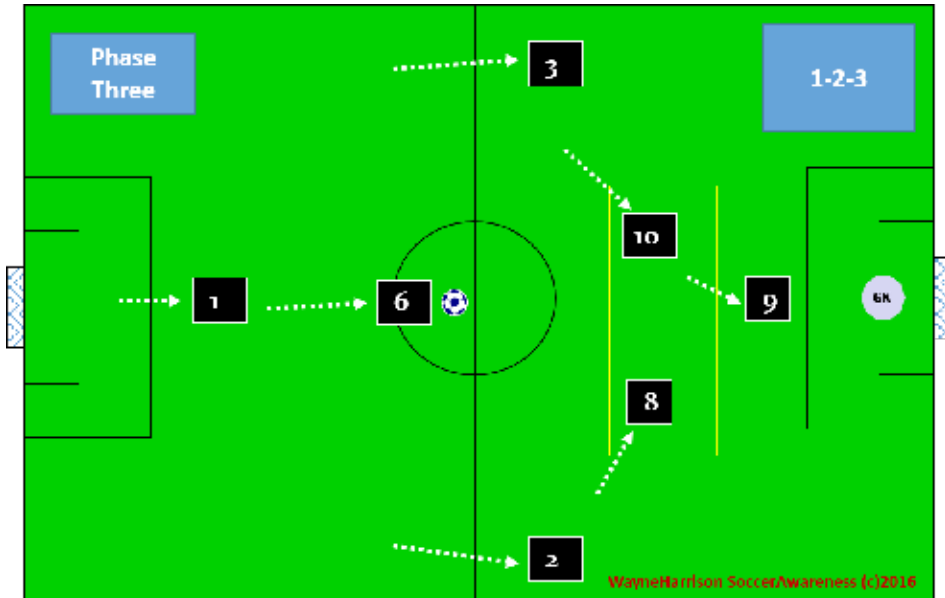
Players in our Defensive 3-2-1 Shadow Phase of Play

Using Cones as reference points for team shape defensively then team shape offensively. This is the team shape start position of a 3-2-1.

The Initial Attacking Shadow Phase of Play

Zone 14 is the area between the opponents back players and their midfield.



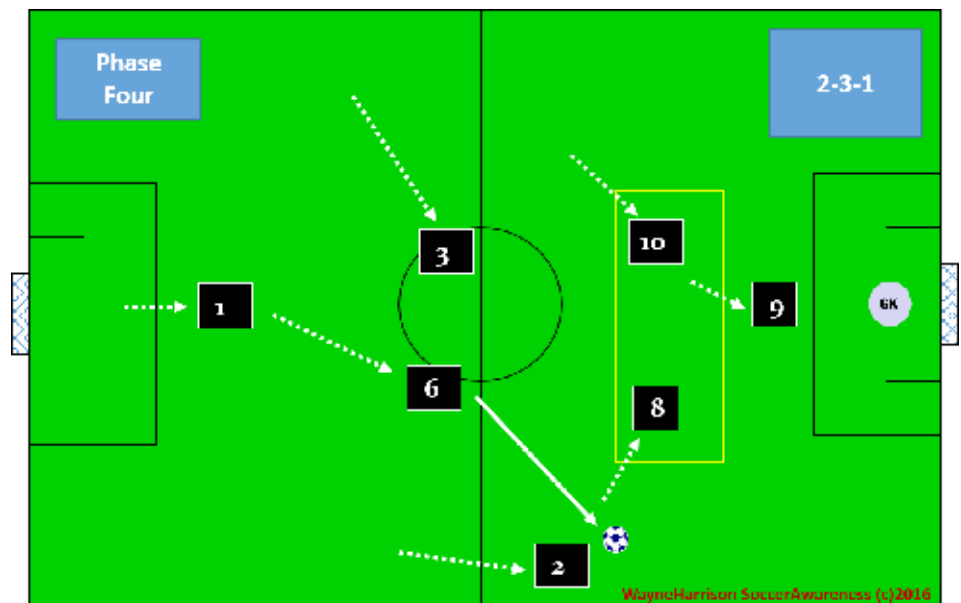


The Full Attacking System Of Play

This is the attacking team shape now a 1-2-2-1. The attacking team shape we change to when we are chasing a game; perhaps losing 1-0 and wanting to be more positive in attack. So this now would be the start position.

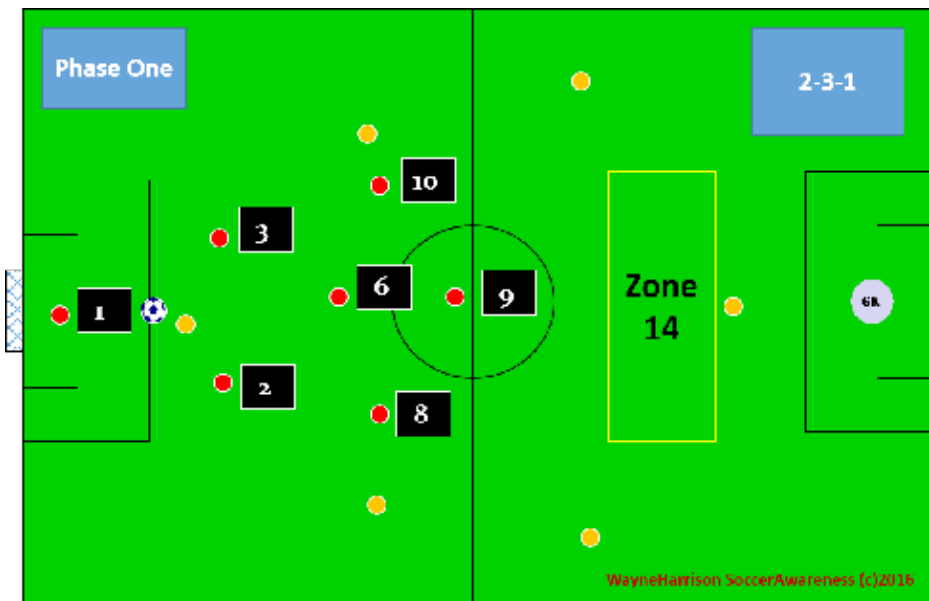
Slightly Safer Way To Play

This is the attacking team shape now a 2-3-1. The attacking team shape We push one wingback / FB forward only and keep safe at the back should the opponents win the ball and counter attack.



1-2-3-1: PATTERNS OF PLAY: AT 7 V 7

Taking simple tactical ideas created on the training field to the game situation. We teach certain movements in training; players take ownership of them in the game situation. This is a starting point of developing a team to play with a back four as we are developing the two central defenders.

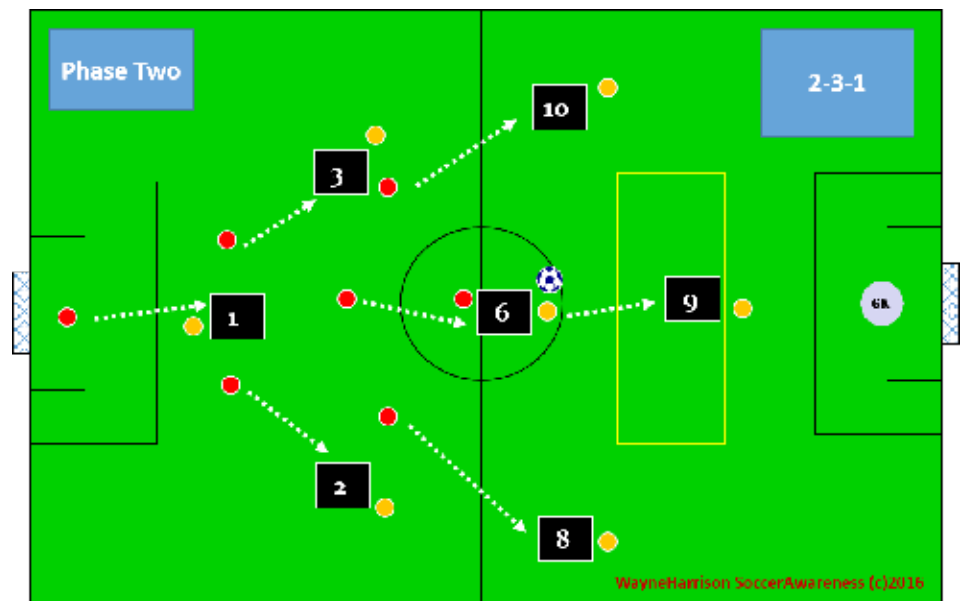


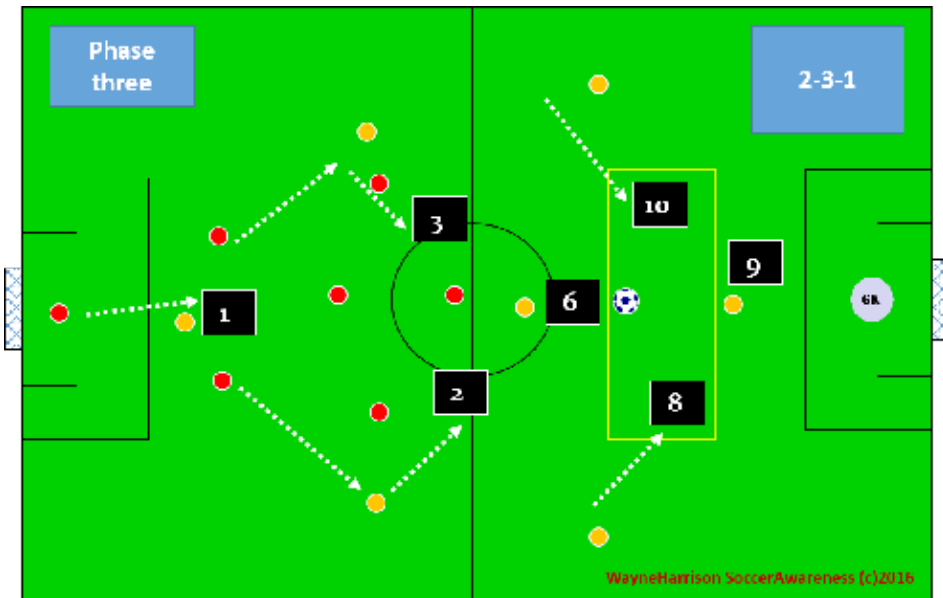
Players in our Defensive 2-3-1 Shadow Phase of Play

Using Cones as reference points for team shape defensively then team shape offensively. This is the team shape start position of a 2-3-1.

The Initial Attacking Shadow Phase of Play

Using Cones as reference points for team shape defensively then team shape offensively. This is the team shape start position of a 2-3-1.



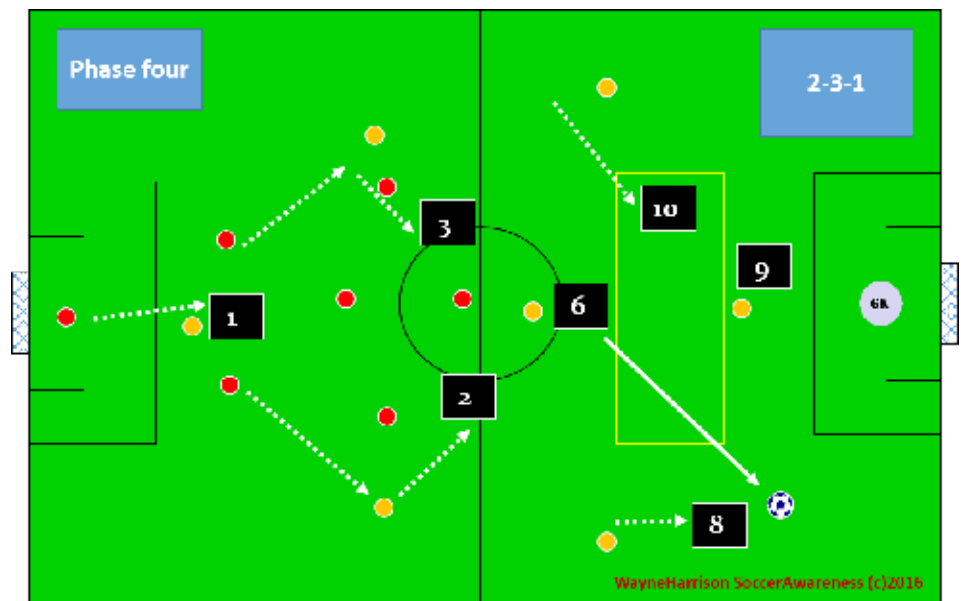


The Full Attacking System Of Play

(2) And (3) now tuck back inside having offered themselves up initially to receive the pass. The ball is forward at (6) so they keep their defensive shape now behind.

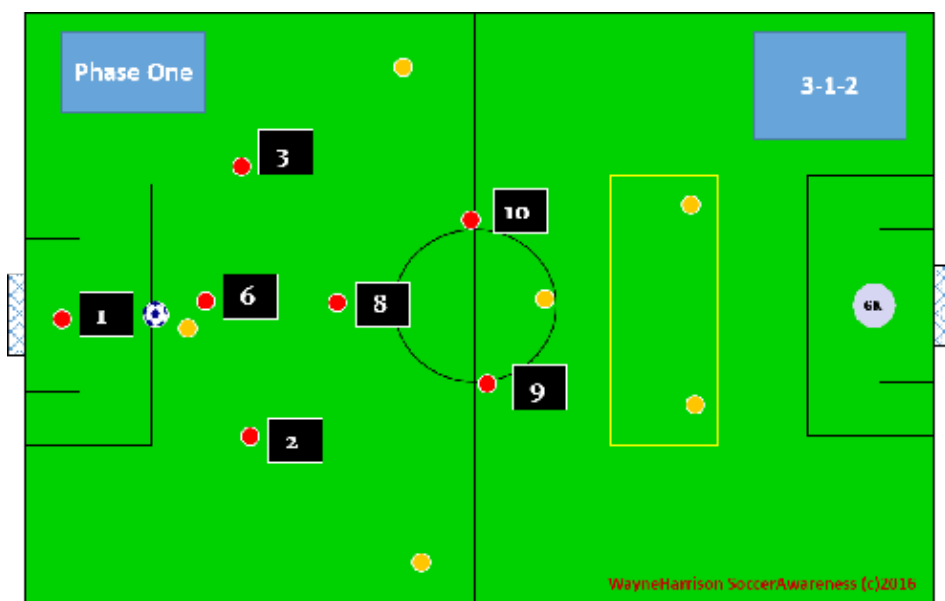
The Full Attacking System of Play

Or (8) stays wide and gets into a crossing position.



1-3-1-2: PATTERNS OF PLAY: AT 7 V 7

Taking simple tactical ideas created on the training field to the game situation. We teach certain movements in training; players take ownership of them in the game situation. This can be good for developing a back three or playing with two strikers at 11 v 11.

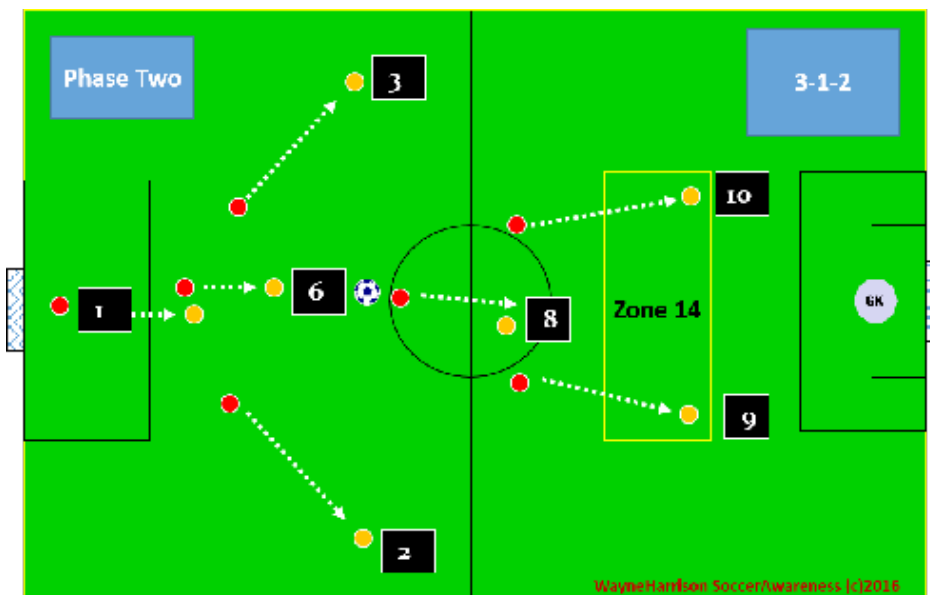


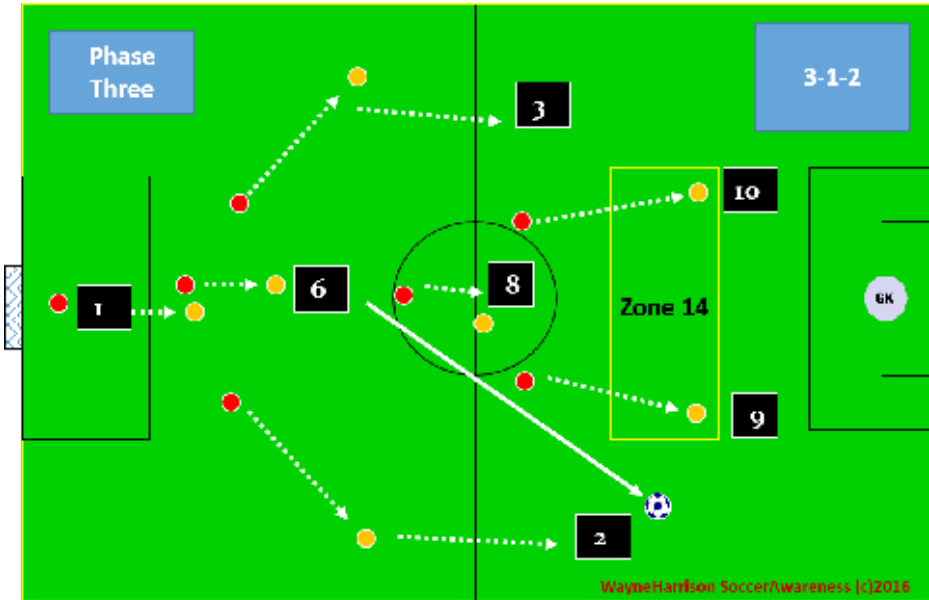
Players in our Defensive 3-1-2 Shadow Phase of Play

Using Cones as reference points for team shape defensively then team shape offensively. This is the team shape start position of a 3-1-2.

The Initial Attacking Shadow Phase of Play

Zone 14 is the area between the opponents back players and their midfield.



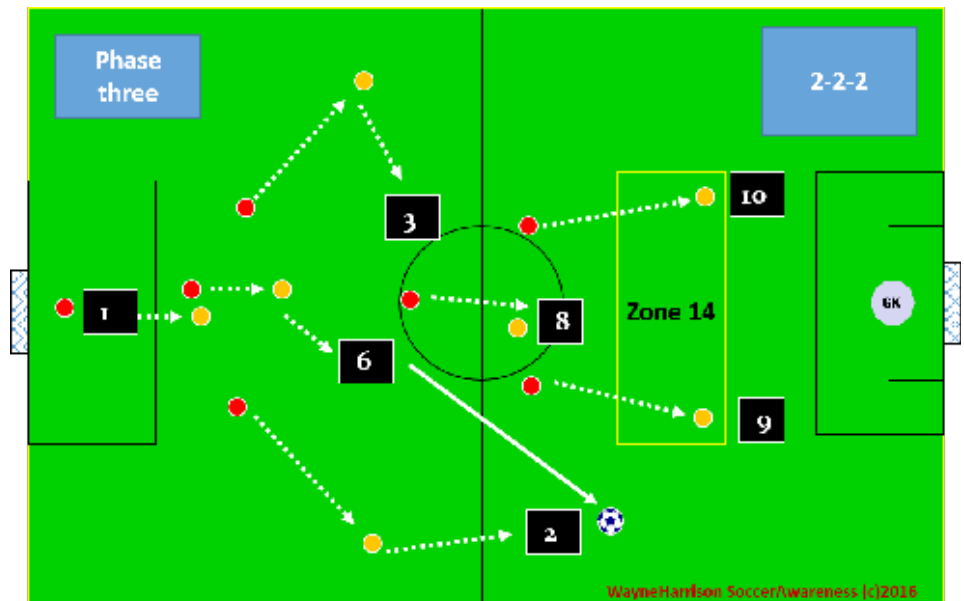


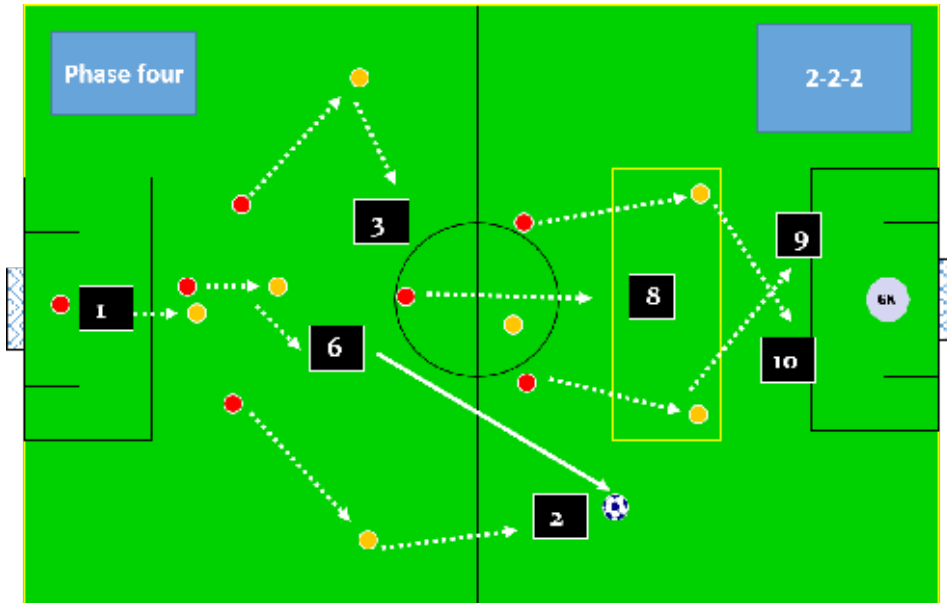
Full on Attack

Now we have a very attacking team shape and (8) becomes the player to drop back in not (2) or (3) as we are encouraging them both to attack. If the move breaks down then (8) drops back to help (6) defensively.

The Full Attacking System of Play

Now we push (2) on and (3) tucks in for defensive security with (6).



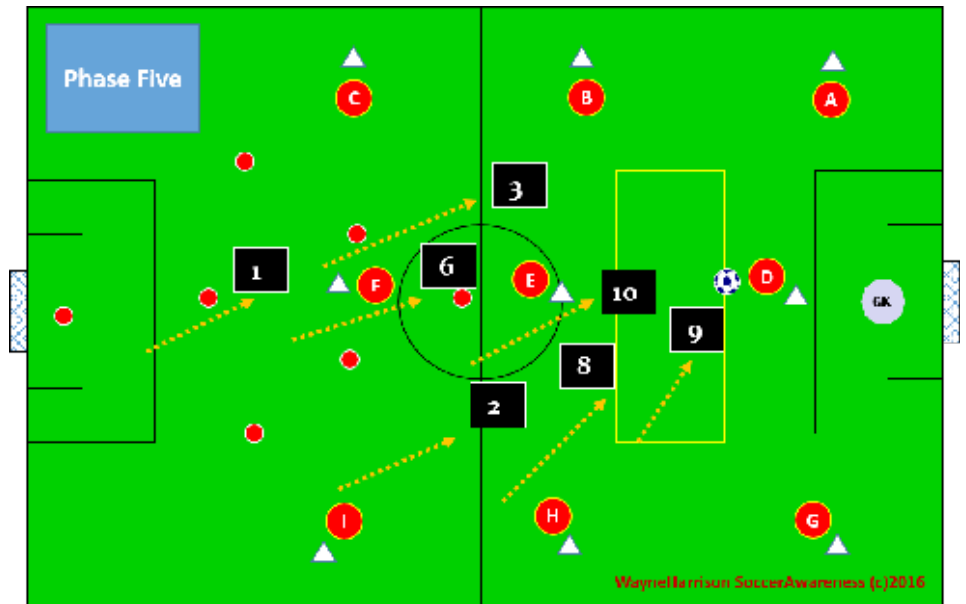


The Full Attacking System Of Play

The two strikers cross over to create movement in front of the ball and to confuse defenders.

Finishing Defensive Set Up Based On The Ball

Could be (3) who supports (9) if closer than (10). (9) shows left so the team set up based on that, (3) slightly wider, (1) supports to the left, (6) covering towards the left, (2) and (8) really tucked in because the ball will not go to the right if (9) does the pressing job correctly. Game Situation: (I); (F) and (C) offside.



1-3-2-1: ONE WORD COMMUNICATING AT 7 V 7

In the actual game it is always best if the coach has trained his or her players to think for themselves on the field so the coach doesn't have to give too much instruction from the sidelines. Better still have a player call the one word commands for the team. This depends often on the age groups as younger team generally need a little more help than older teams IF the older teams have been shown this and encouraged to think for themselves from an early age.

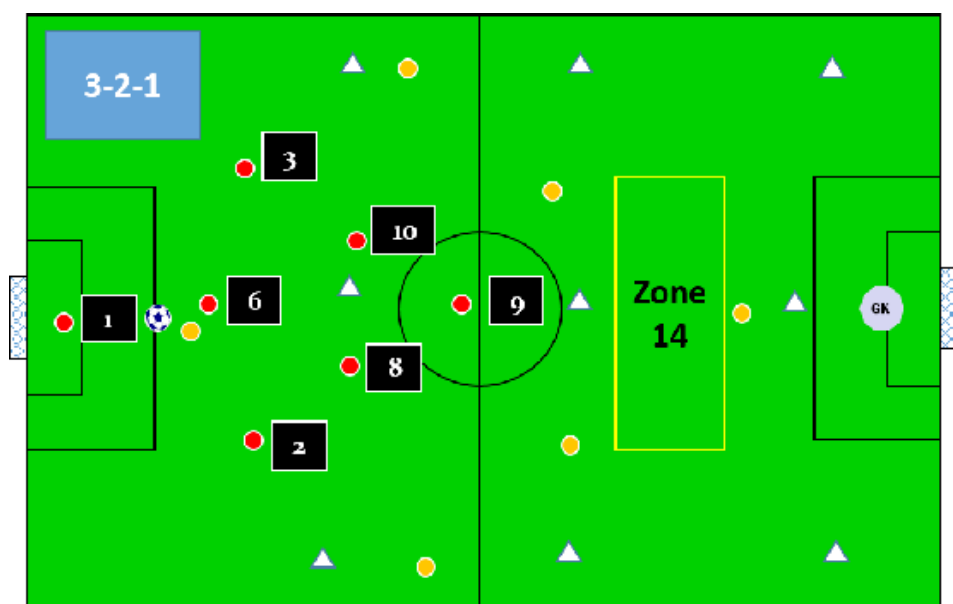
Depending how quickly the players learn will affect how much help they need off the coach. If you don't have a lot of time to get your team developed try this. If we need to help them a little more than we would like; then given the circumstances; whatever they are, that is what you can do.

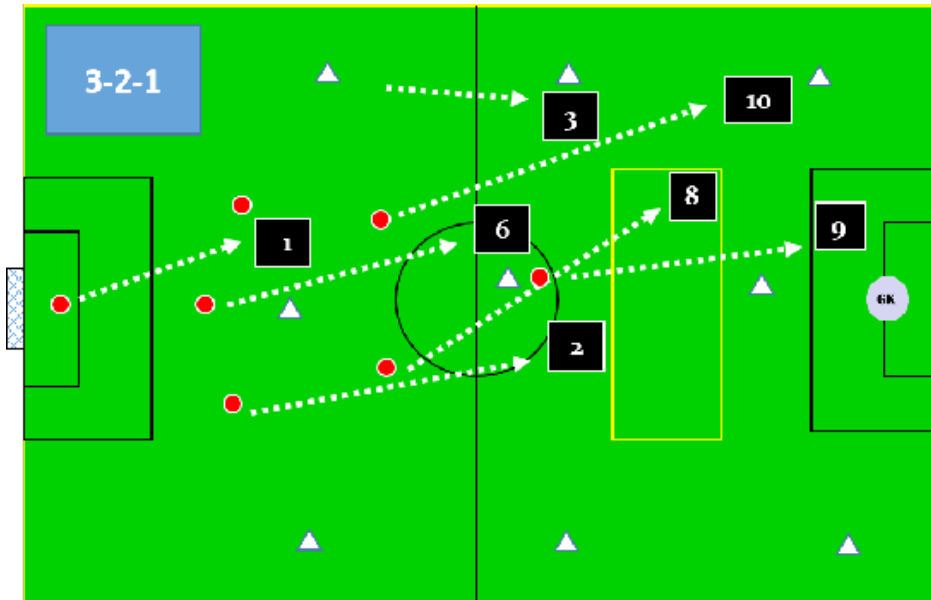
1. Therefore just a one word signal from the coach can organize a back defense line so everyone knows what to do and reacts together as a unit. Also midfield players close by and strikers can react off the call too.
2. One word calls ensure everyone will know quickly and effectively what they should do as a unit and as a team.
3. Hence the back players (and the keeper) can organize their movement as a unit (and therefore influence those in front of them) from FIVE, one word commands.
4. Momentum is triggered from the back & runs forward through the team to the striker.

This way the coach can help them as a team but with minimum impact on the learning or decision making process for the players.

Team Shape defensive positioning based on where the ball is

White cones represent opposition players. The coach calls out a cone (right, left or central, 1, 2 or 3) which represents the ball and the team takes its defensive shape off that cone.



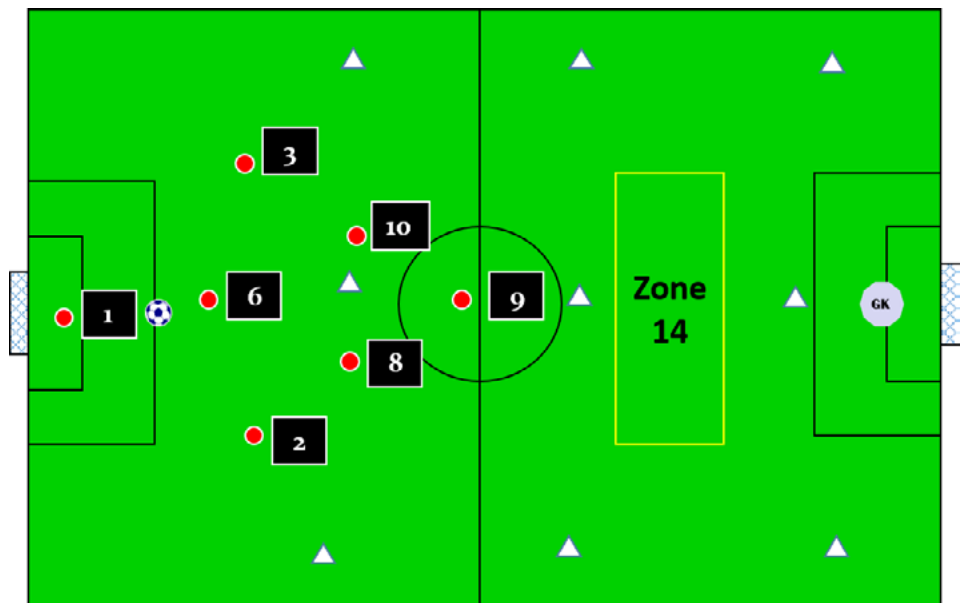


**Using the cones for team shape reference:
Pressing the cone / ball**

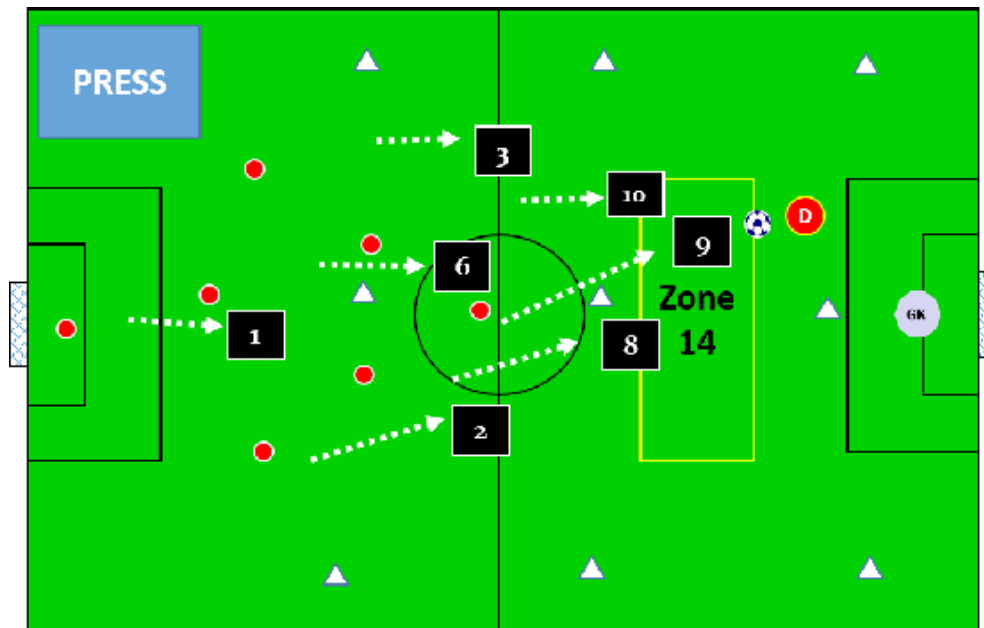
Here we show how the team presses collectively. "Short and tight", small spaces between each player. Pressing players (10) shows INSIDE to our support. If we win it there we have a shot on goal. (8) supports (10) close.

One Word Commands at 7 v 7 to affect team shape

In the actual game it is always best if the coach has trained his or her players to think for themselves on the field so the coach doesn't have to give too much instruction from the sidelines, a player can make the calls and decide when and where to make them; not you.



One Word Commands At 7 v 7 To Affect Team Shape



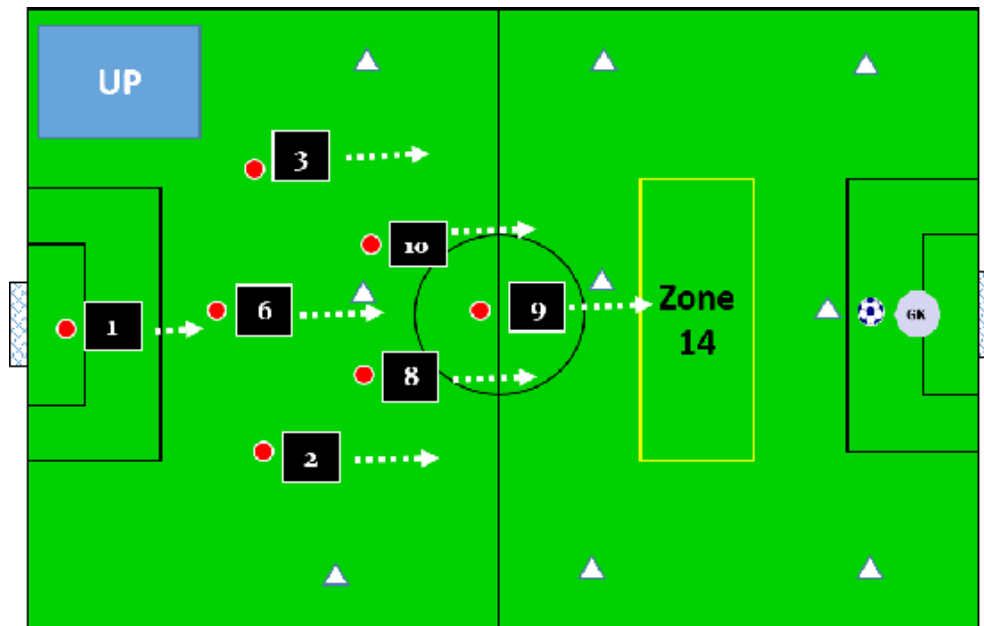
Game Situation:

They have the ball and are moving forward with it, maybe in a wide area.

Here the team PRESSES together rather than recovering back to the goal with a DROP call. Again it isn't all black and white here as to when this happens but a situation could be when they have the ball and are moving forward we have pressure on the ball so the player on it can't pass it forward and maybe in behind our back players.

In the game the closest player would go to the opponent on the ball and PRESS HARD delaying the forward pass to allow others to get PRESSED also and win possession especially in the ATTACKING THIRD. For ease of practice to highlight the movement here we work all the players together to get the point across.

One Word Commands At 7 v 7 To Affect Team Shape



Game Situation:

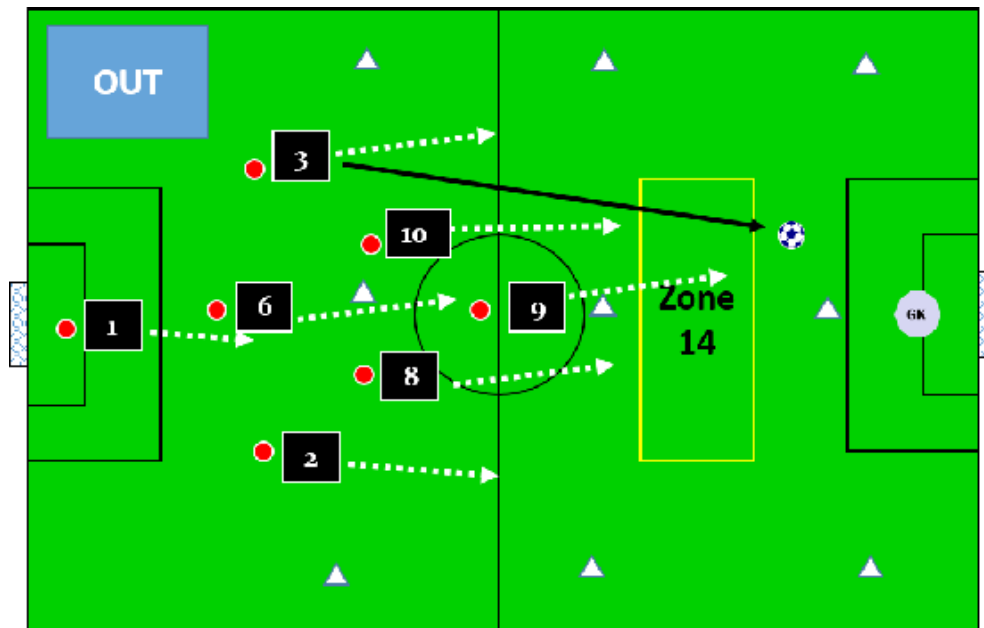
Opponents have the ball and pass it back towards their own goal for example or we pass the ball forward maintaining possession. The coach can move around the field with a ball and the team can take their shape from that also. All the movements are without a ball.

Here in the game the players move up the field only up to five yards in distance, edging out waiting to see if we win the ball then they can apply the OUT call.

Also it can be when we pass it forward and move up as a team. Units move up together maintaining the same distance between each other.

They move up a short distance then reassess the situation depending where the ball is. If it goes back again (we force them to play it back as a team) we can move a short distance up again.

One Word Commands At 7 v 7 To Affect Team Shape

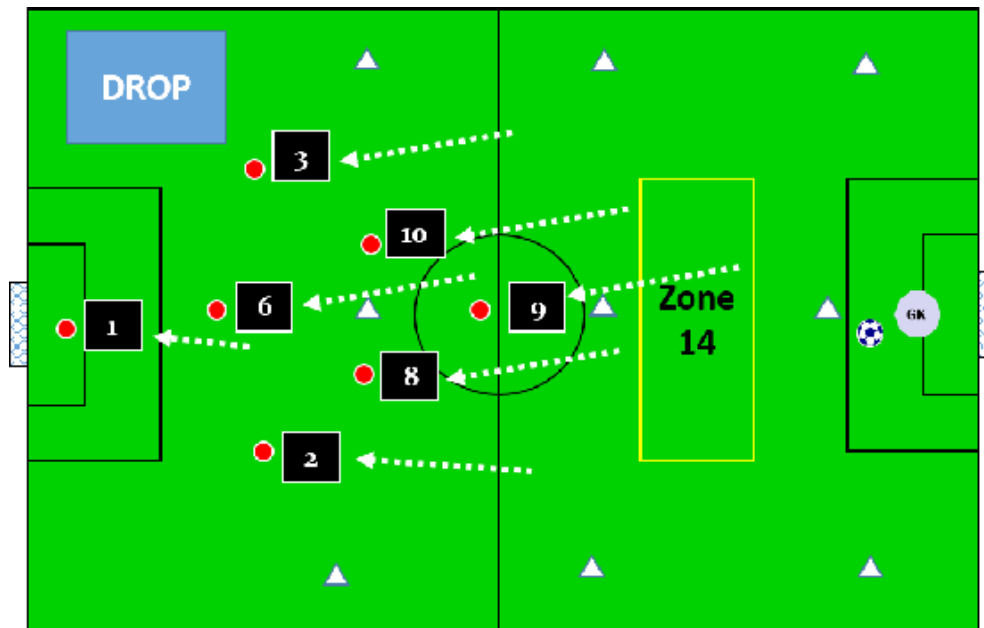


Game Situation:

We have the ball and have played it forward into the attacking third for example and kept possession (or not, maybe just played it behind the opponents defense). It can be a big movement forward of the team. The coach can move around the field with a ball and the team can take their shape from that also.

The team sprint out together on the OUT word until you say sit or stop, they then stop moving and sit down and you assess their spacing between players and between the three units. As they get good at this, speed up the commands until they are moving around the field quickly and efficiently with correct spacing. Eventually you can say the different words and all they do is stand still not sit on the stop command so you can move them around the field at a faster pace working the transitions.

One Word Commands At 7 v 7 To Affect Team Shape

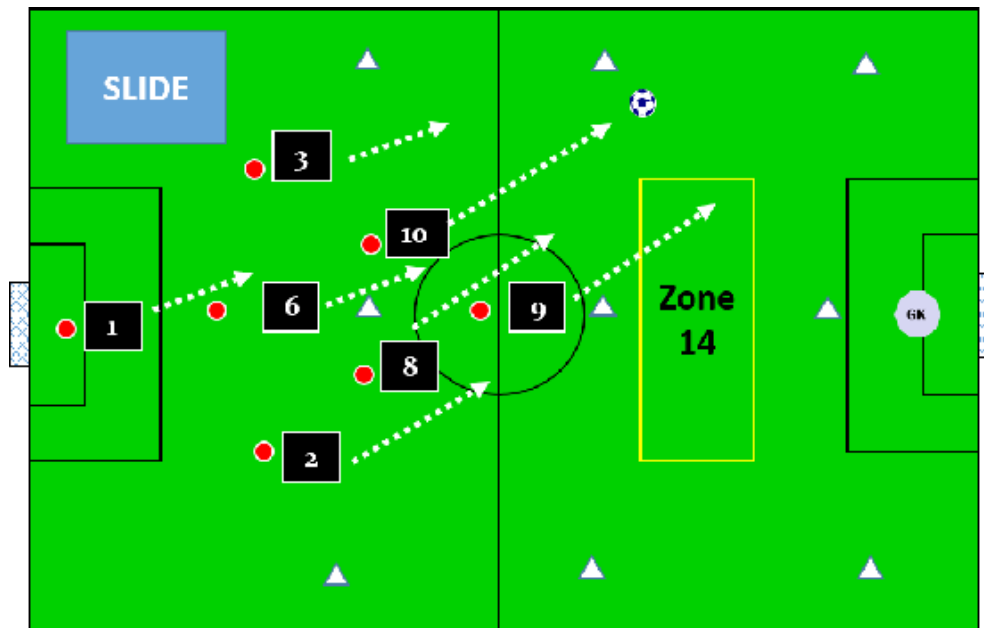


Game Situation:

They have the ball and are moving forward with it, maybe in a wide area. Here the team drop back together recovering back to the goal. Again it isn't all black and white here as to when this happens but a situation could be when they have the ball and are moving forward and there is no pressure on the ball so the player on it can pass it forward and maybe in behind our back players.

To avoid this we drop back as a team behind the ball but in the game the closest player would go to the opponent on the ball delaying the forward pass to allow others to get back behind the ball. For ease of practice to highlight the movement here we work all the players together to get the point across.

One Word Commands At 7 v 7 To Affect Team Shape



Game Situation:

Here the opposition has played the ball into a very wide area and we all move across the field. Slide can be used when the opponents are taking a goal kick so there are players around the area where the ball is to be kicked.

Moving across the field, don't take it literally at 90 degrees it could be diagonally in a game (45 above) but for our practice you could have them moving across the field like this just to get the idea across.

In the game the ball may have been passed wide in the opponent's possession and we move across the field as a team to close down all the spaces around the ball to try to win it back.

1-3-2-1: DEFENSIVE PATTERNS OF PLAY AT 7 V 7

Taking simple tactical ideas created on the training field to the game situation.

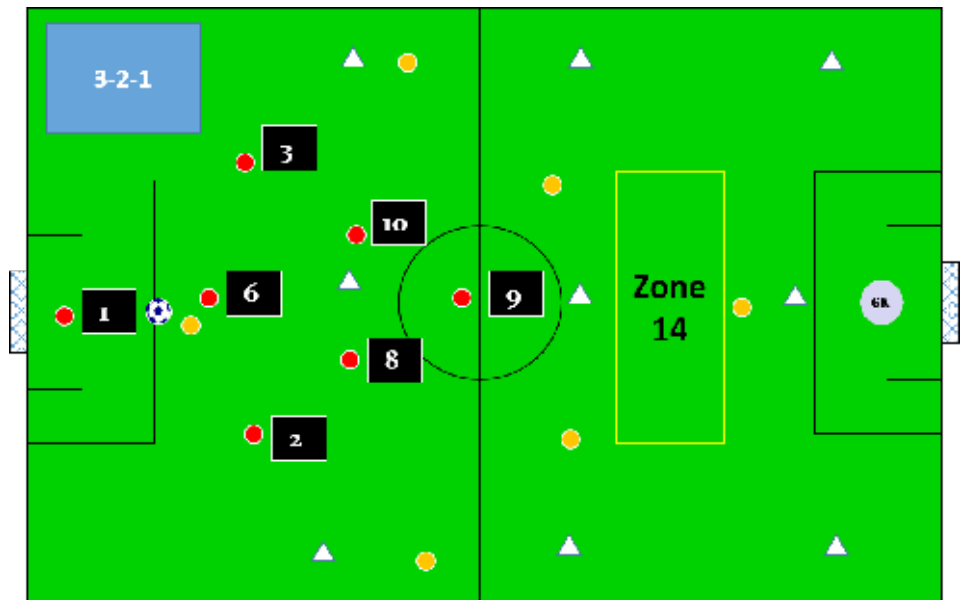
We teach certain movements in training; players take ownership of them in the game situation.

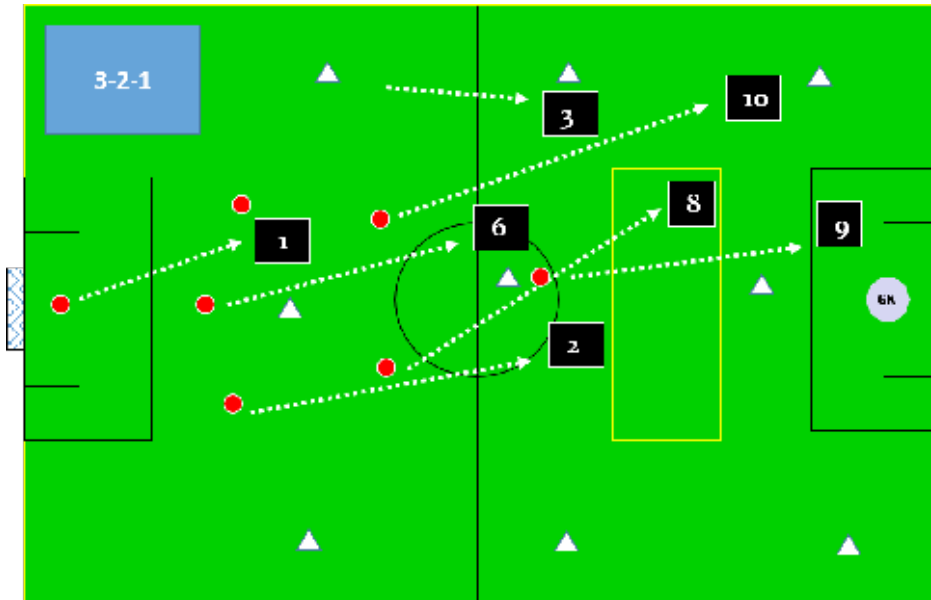
This session: Working on defensive team shape based on the ball being in certain positions on the field.

A structured educational defensive team movement session by the coach where we ultimately get to the game situation and the players make ALL the decisions based on what they have learnt.

Team Shape defensive positioning based on where the ball is

White cones represent opposition players. The coach calls out a cone (right, left or central, 1, 2 or 3) which represents the ball and the team takes its defensive shape off that cone.



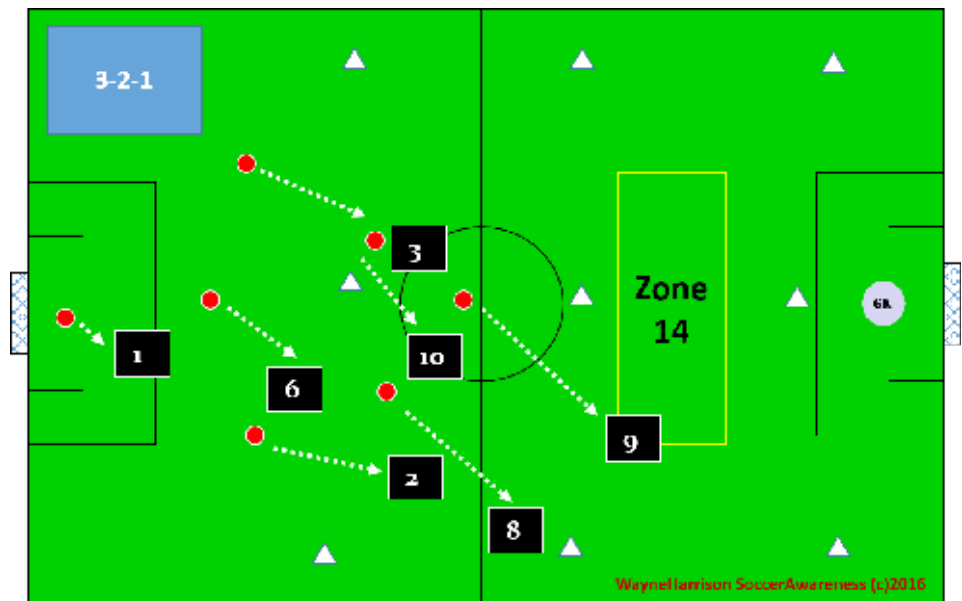


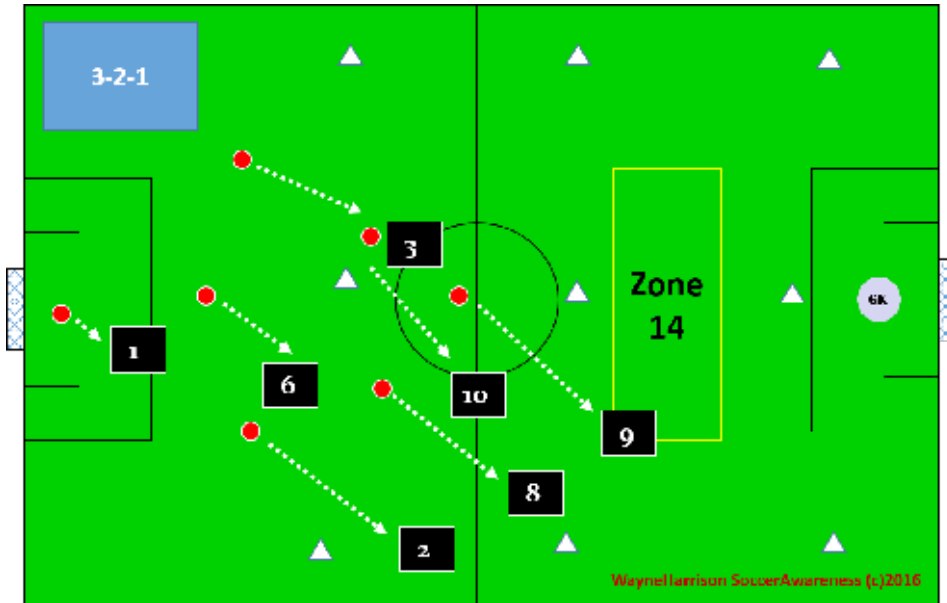
Pressing the Cone / Ball

Here we show how the team presses collectively. “Short and tight”, small spaces between each player. Pressing players (10) shows INSIDE to our support. If we win it there we have a shot on goal. (8) supports (10) close.

Another Movement Here to the “Right and Position 2”

(9) Pushes past to be in position to stop or intercept the back pass. Closest player presses the ball in this case (8). If (2) were closer then (2) would press the ball. (8) presses inside and cuts off the outside pass and (2) supports inside.



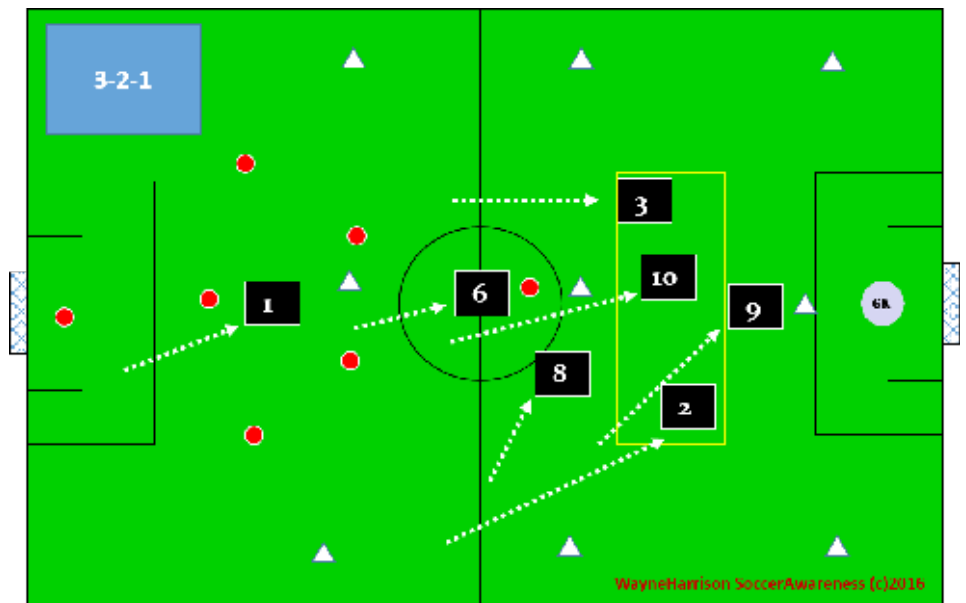


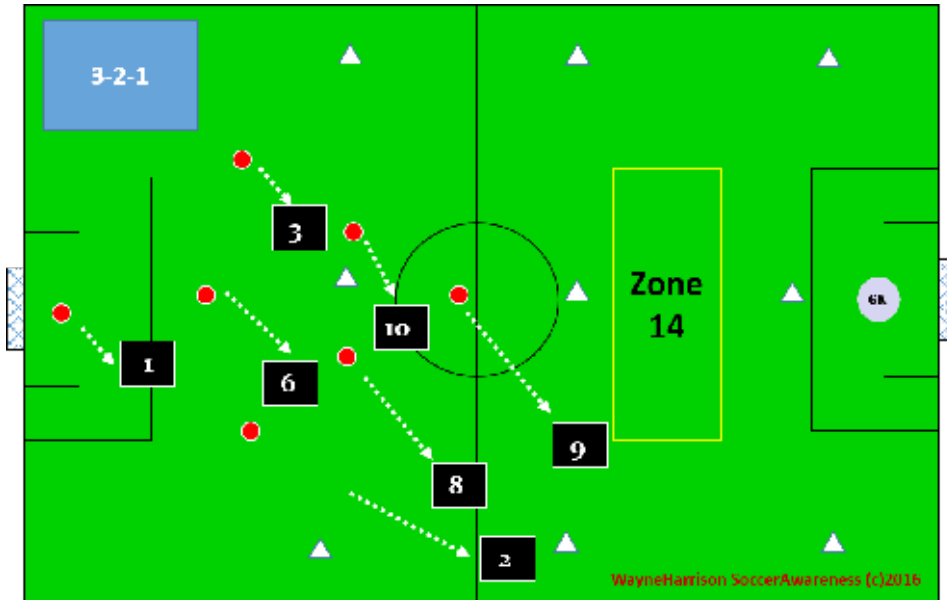
The Angle of Press

(8) Cannot get there to cut off the outside pass and force inside so presses outside. (2) takes up a different position previously as does (10) to support this action. (8) so the bets pass for the opponent would be down the line but (2) fills that position defensively.

Another Movement Here to the “Central and Position 3”

Movement from the last position pressing the cone at right and position 2.



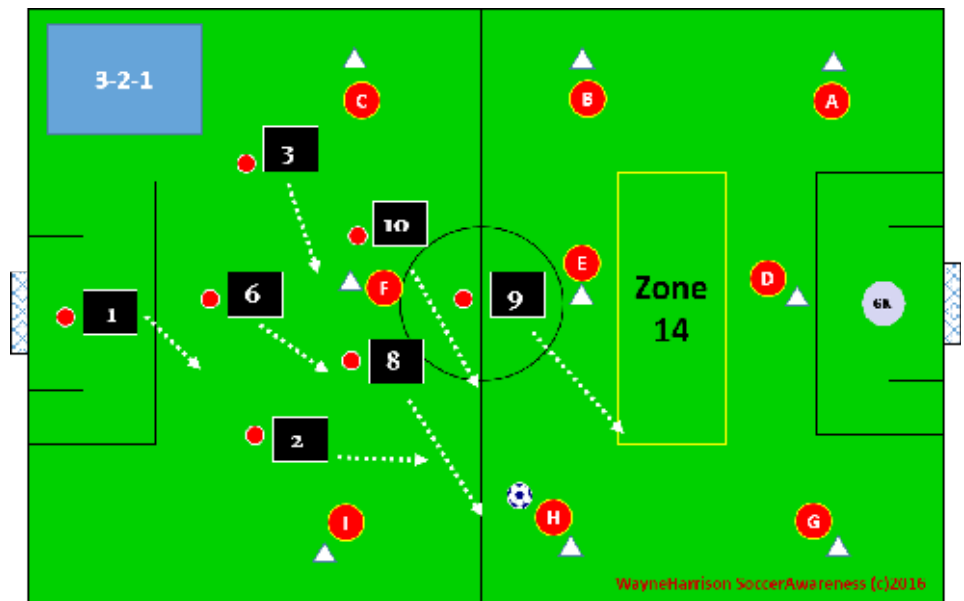


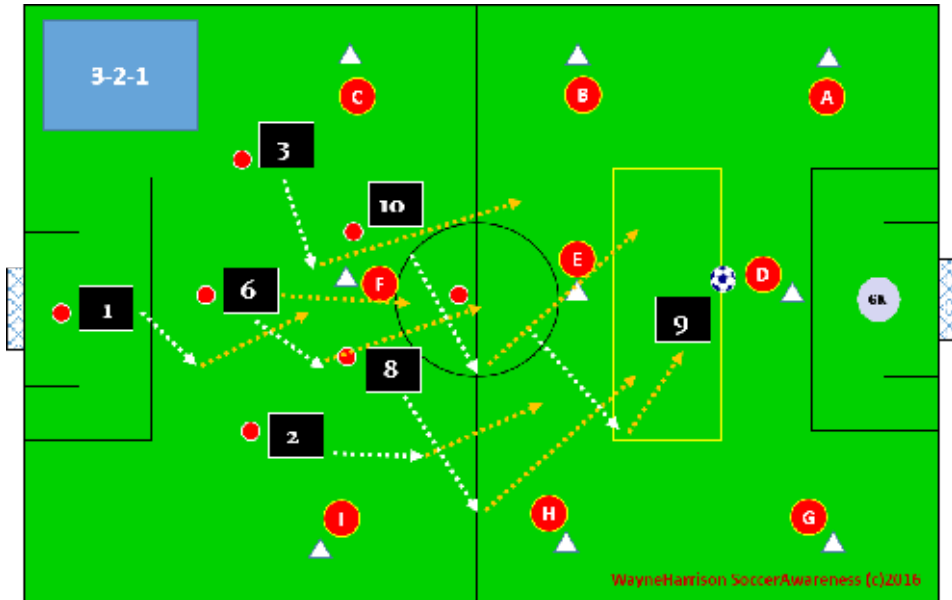
Rotation of defenders covering for each other

Here (2) is closer when it looks like (8) would be the obvious choice to press at right position 2. So (8) is the covering player now.

Introduce players and a ball to pass around with

The ball is at (H) the team presses to that position. The coach shouts "Pass" and (H) passes to another player who keeps the ball to allow the team to adjust.



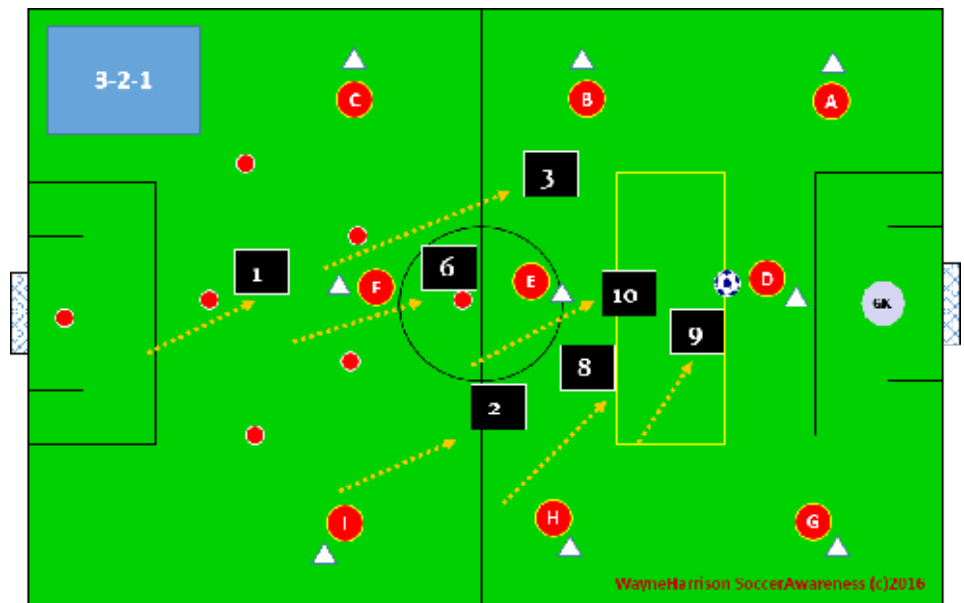


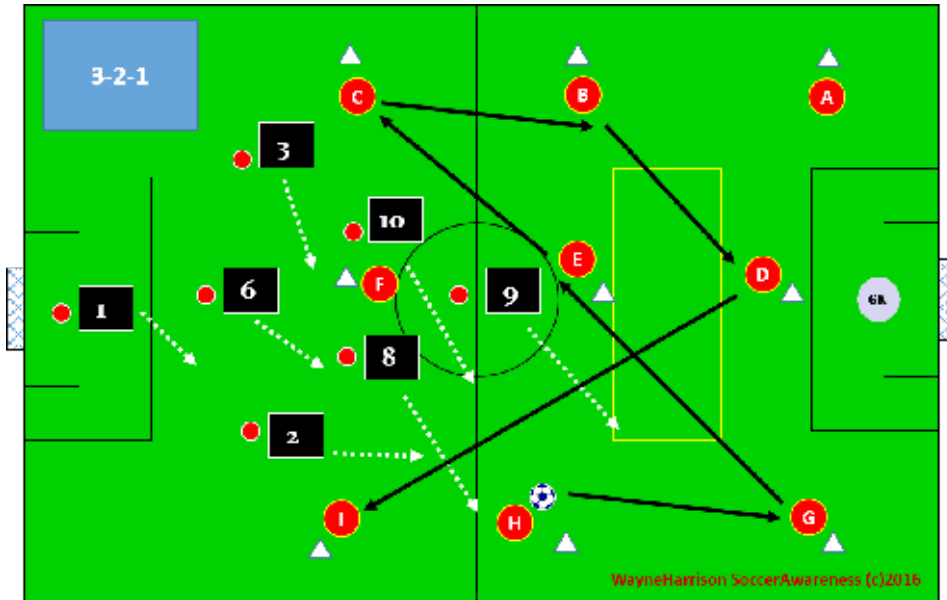
Once established have the opponents players pass the ball around

Coach shouts “Press” as the ball moves from (H) to (D). (9) is the catalyst to it all and the team position off (9). Pressing player is THE most important player as everyone takes their shape off that player.

Finishing defensive set up based on the ball

Could be (3) who supports (9) if closer than (10). (9) shows left so the team set up based on that, (3) slightly wider, (1) supports to the left, (6) covering towards the left, (2) and (8) really tucked in because the ball will not go to the right if (9) does the pressing job correctly. Game Situation: (I); (F) and (C) offside.



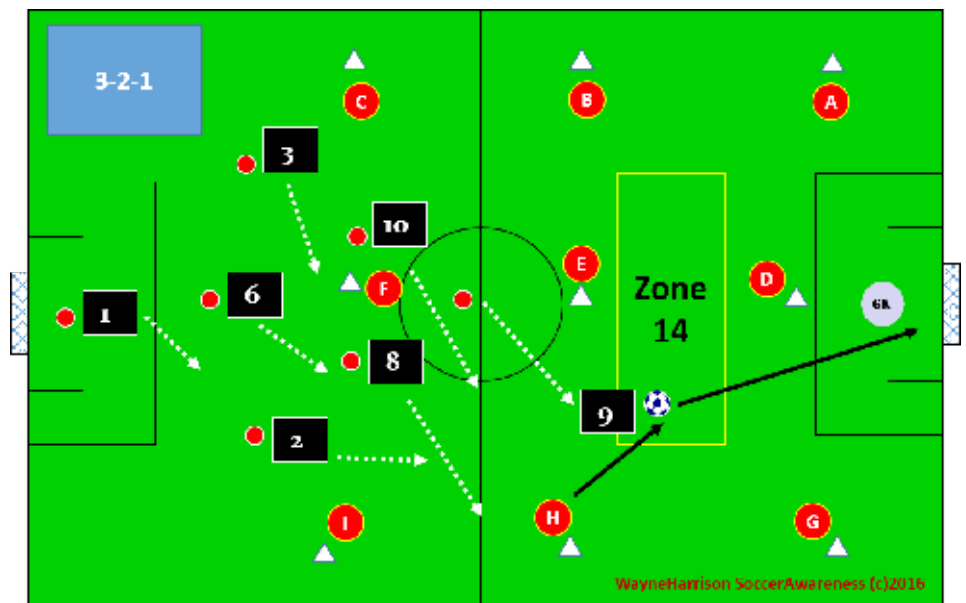


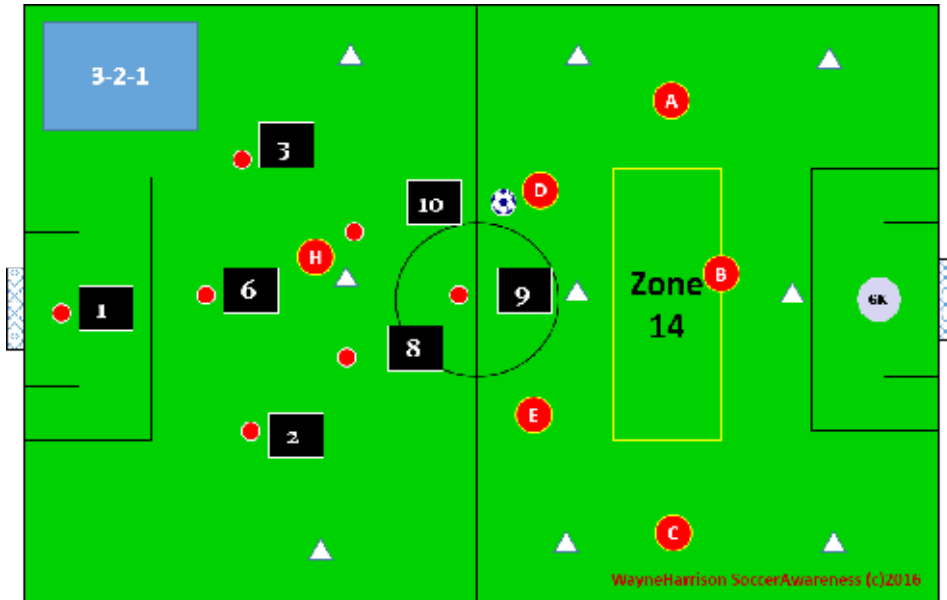
Game Situation

Defending team can only intercept the passes, the opponents with the ball have to stay in the same areas and pass around quickly. Defending team win the ball they can score.

Game Situation: Two themes / conditions, up to 3 touches the attacking letters team, interceptions only on the defending numbers team

Here (9) intercepts the pass and the defending team win possession and score. Next have the attacking letters team move freely so it is 7 V 7 GAME. Set different themes for each team.



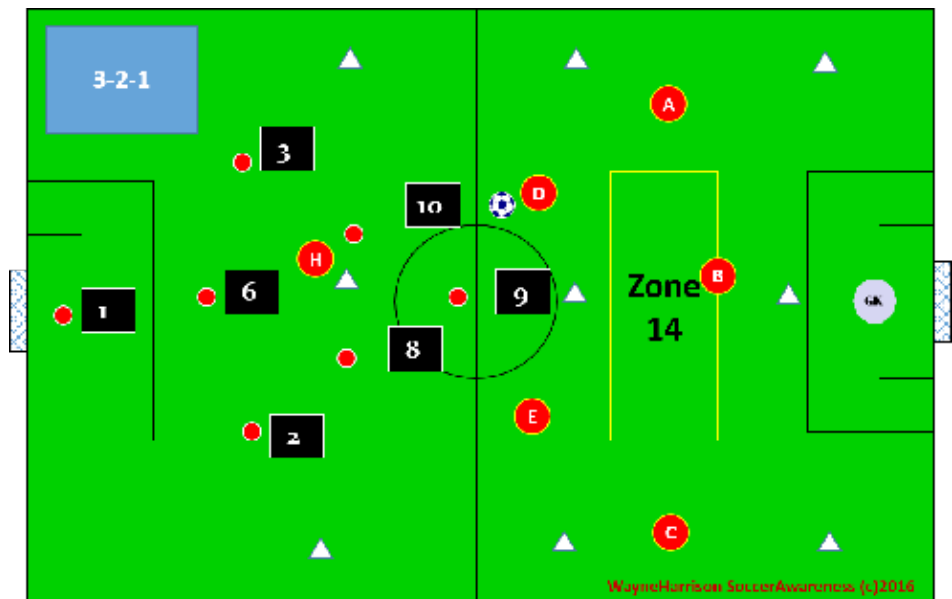


Game Situation and free play everyone on the move

Defending numbers team can only score with an “interception” so press fast and force a mistake. Attacking numbers team can only play up to 3 touches each. Whoever has the ball can score., If the defending numbers team win it they are in “free play” to attack. Numbers team try to stop them. Rotate teams so each do it.

Ultimate Game Situation no themes no conditions

Everyone free to just play and we see how the players can now make their own decisions offensively and defensively based on the guided advice we have offered them. Coaches must ask questions or ask players to SHOW them if anything needs improving; the players work the solution out themselves all the time unless they need absolute guidance on a particular point.



The Roles and Responsibilities of Each Player in the 9 v 9

Here we are looking at players 1, 2, 3, 6, 7, 8, 9; 10 and 11 of the 11 v 11 and we will look at them in this particular formation of 1-3-2-1 but will show other variable formations too. We add (7) and (11) to the attack. We want them to get up and down the field as our wide outlets.

(6) Can be compared to center backs (4) and (5) in their roles though in a more attacking minded way in the way I believe we can play. (6) is also playing a more characteristic Number (6) role as in the 11 v 11 team.

(8) Is like a link midfield player and (10) is the shadow striker in behind (9) the central striker.

In this set up the shadow striker has perhaps slightly more defensive duties than the shadow striker in an 11 v 11 due to the lower number of players on the team.

Defensive positioning is more beside (8) than in front of (8) as it would be in the 11 v 11.

(9) Plays the traditional striker role.

We have covered the other positions previously now we add (7) and (11) to the team set up

THE ROLES OF WIDE ATTACKERS (7) AND (11)

Technical:

1. Speed with the ball
2. Control of the ball - first control – great first touch
3. Crossing Ability – cross with pace: on the ground or by air, with a curve out of the reach of the goalkeeper and between the goalkeeper and defenders. Where to Cross can depend on the position of goalkeeper, defenders and attackers (to the near post, to the far post, the pull back, beyond the far post)
4. Also dribbling inside and outside to shoot at goal or to cross
5. Passing ability
6. Scoring - balls on the floor - balls in the air

Tactical: In Possession

1. With ball - speed control with the ball
2. Positioning- always in a position to receive, open stance, and facing towards the goal, and as open as possible
3. Know how to choose (when and where) - Cross, 1 to 1 dribble; when to pass, when to shoot.
4. Understanding of when and where to break outside to inside.

Tactical: Out of Possession

1. Orientation: Movement off the ball - to attack - to defend
2. Communication - with their peers and with respect to the opponent
3. Attitude to close spaces as a team player
4. Ability to press and hold the position.
5. Retrieve balls

Psychological

1. Disciplined and responsible - make the field as large (and deep) as possible
2. Orientation. Will work for the team - on offense - on defense: close spaces and prevent deep passes
3. Confidence - Create actions for goals - Passing and crossing

Physical

1. Speed - in short, medium and long distance - technical in speed (with great coordination)
2. Endurance
3. Change of pace - be able to play at three different speeds.
4. Ability in Passing and Crossing; Dribbling; Shooting ability; Heading Ability.
5. Agility

ATTACKING (55%)

Depending on the way the coach plays the 4-2-3-1 the types of players in these roles may be quite different team to team. A more defensive minded coach may use defensive midfield players here, an attacking coach may choose wingers here which would produce totally different effects with the same system.

Or, the coach may pick certain players in these positions based on what the opponents will play like.

A big part of the switch is the role of the wide players. Rather than stay wide (which would hamper the ability of the full-backs to get forward), they narrow and become almost a conventional front three with the lone striker (9). This has the effect of narrowing the opposition defense, as their natural markers (full-backs) follow them into the center.

Tactical Understanding / Game Intelligence: So, wide players must be comfortable drifting into the center of the field and coming inside not just being skilled going outside and crossing as is the traditional role of the wide player. Therefore they must be better all round players than the traditional wide player (whether it be a defensive minded or attacking minded player, now it is best if they can be good at both).

Of course, this opens up a huge amount of space on the flanks, which the full-backs can exploit. This presents a further problem for the defending team, as their wide midfield players are suddenly charged with almost a solely defensive job. If the attacking full-backs get to the byline and the defending wide midfielders track them all the way, the defending team will end up with something approaching a flat back six.

Opposites: An added advantage is a right footed player who can play on the left and cut inside and have a good shot, and vice versa. They attack the fullback inside, and they have an advantage from this as they cut inside onto their strongest foot and inside against the fullback's weakest foot; attacking the left backs right foot; and the right backs left foot.

Shooting and Crossing: having the ability to shoot on goal. Traditional wide players usually are good at crosses and tended to stay wide, the modern wide player has to be better at so many more skills than previous generation's of players. So; they need the ability to stay wide and cross the ball and the ability to cut inside and shoot at goal.

DEFENDING (45%)

Understanding: Must defend in front of their respective fullback and develop a defensive relationship with them. This player can defensively cover for the fullback attacking. Must have a good tactical understanding to be able to combine with his fullback and know when and where to cover for him; when the fullback breaks forward.

Recovery: Recovery runs are vitally important for this player in this system of play. When recovering they can become a part of a defensive four in midfield.

1 v 1: Must be good at 1 v 1 defending