



## a Pro-Club: FAW Coach Ed

Session: Match day

Alfonso Galvan, Houston, United States of America

### Formations

Red 11 Defensive shape: 5-3-2

Isaac Alex Eduardo Jacob Ethan.W

Ethan.C James Mayer

Wilhelm Mathew

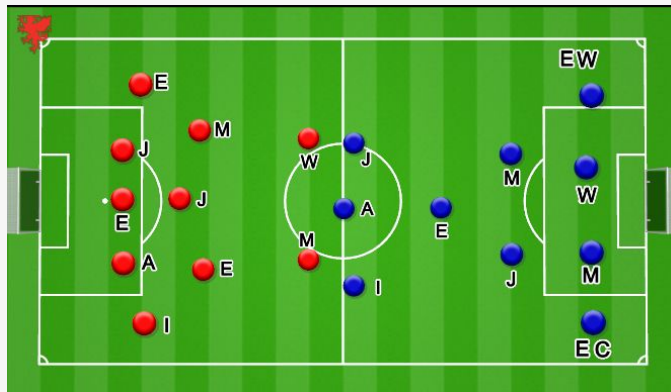
Blue 11 Attacking shape: 3-1-4-2

Isaac Alex Jacob

Eduardo

Ethan.c James Mayer Ethan.W

Matthew Wilhelm



### 5-3-2 Defending

#### Back 5 forms a line across the box

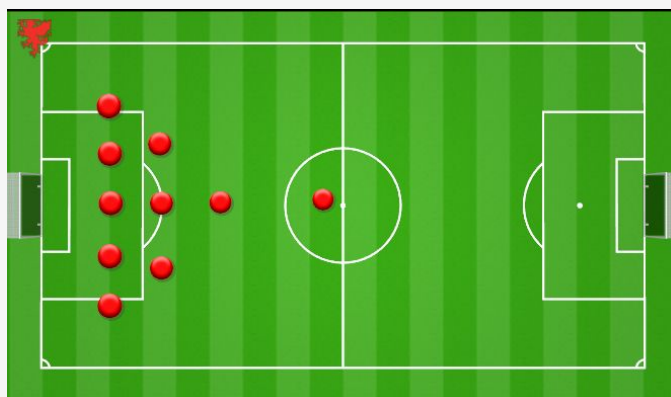
- Protecting the goal and staying tight is the main goal
- If one steps the rest cover

#### Midfield 3 on top of the 18

- LCM and RCM cut the options and cut the gaps to start counters
- CM becomes the shield and covers the middle ready to start the counter

#### One forward on the CDM

#### One forward ready to counter



### 4-4-2 Pressing

#### 4-4-2 when pressing

#### Back 4

- 2 CB stay in the middle of the half way line
- 2 FB stand on the top of the half circle line

#### CM

Shift and cover, depending on what side the ball is in

Man mark midfielders

#### Wide Midfielders

Cover wide areas, pressure FB

#### ST

Pressure CB

