



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

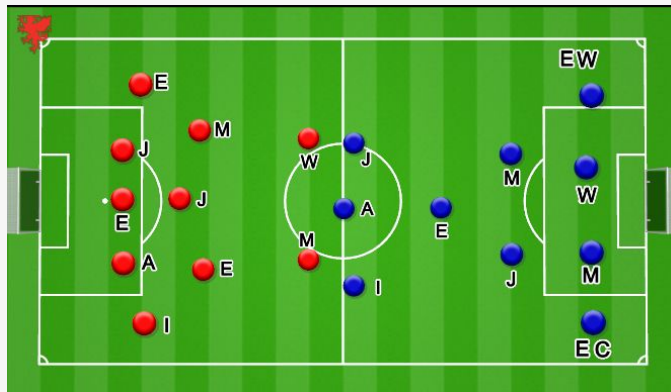
Blue 11 Attacking shape: 3-1-4-2

Isaac Alex Jacob

Eduardo

Ethan.c James Mayer Ethan.W

Matthew Wilhelm



5-3-2 Defending

Back 5 forms a line across the box

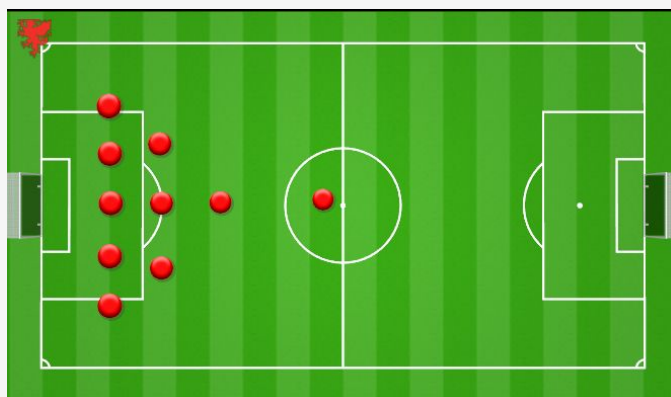
- Protecting the goal and staying tight is the main goal
- If one steps the rest cover

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

