



# 9v9 Formation 1-3-4-1

Category: Tactical: Positional understanding  
Difficulty: Academy Sessions

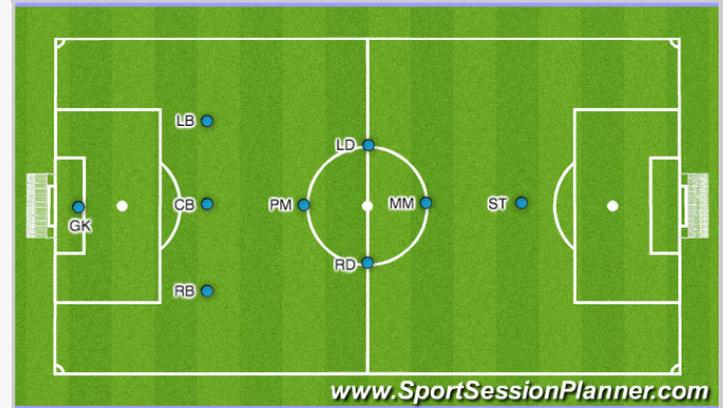
Michael Fox



## Formation 1-3-4-1

### Organisation - Team to be set up in 1-3-4-1 formation.

With playing 3 players at the back we can now look to get the full backs pushed out wide giving us the width to attack down the flanks. Diamond will remain in the middle but will now hopefully not feel they have to cover the whole width of the football pitch. Playing only 1 striker up front it will be vital that the MM & LD/RD's get up in support with forward runs.



## Playing out from the back

### When our GK has the ball

Try to play out to the player furthest away from the ball. REMEMBER try to look after the ball at all times.

LB & RB to pull out as wide as possible and to get up the pitch.

CB to drop to one of the sides of the box

PM to drop the opposite side to the CB to create a passing angle ( don't drop any deeper than the CB)

LD & RD try to play on opposite lines at a passing angle to support TM on ball.

MM & ST stay high up the pitch to create space for others to exploit. Try to make supporting runs & movements ahead of the ball.

If we lose possession - TRANSITION 6 SECONDS - Can we win the ball ? if not Delay, Recover, Compactness, Defending principles.

