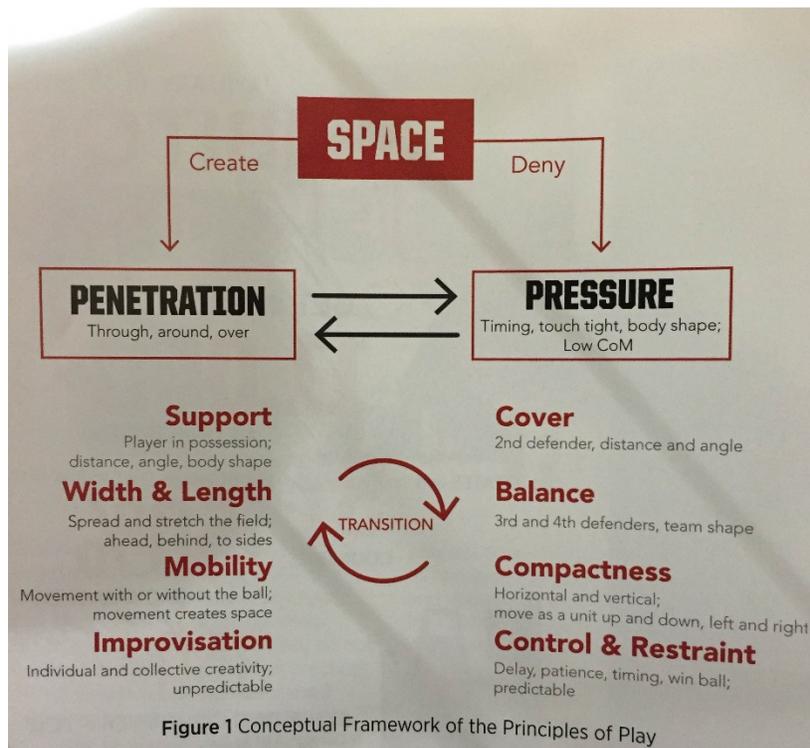


USF Real 9v9 Recommendations and Outlines
Principles of the game:

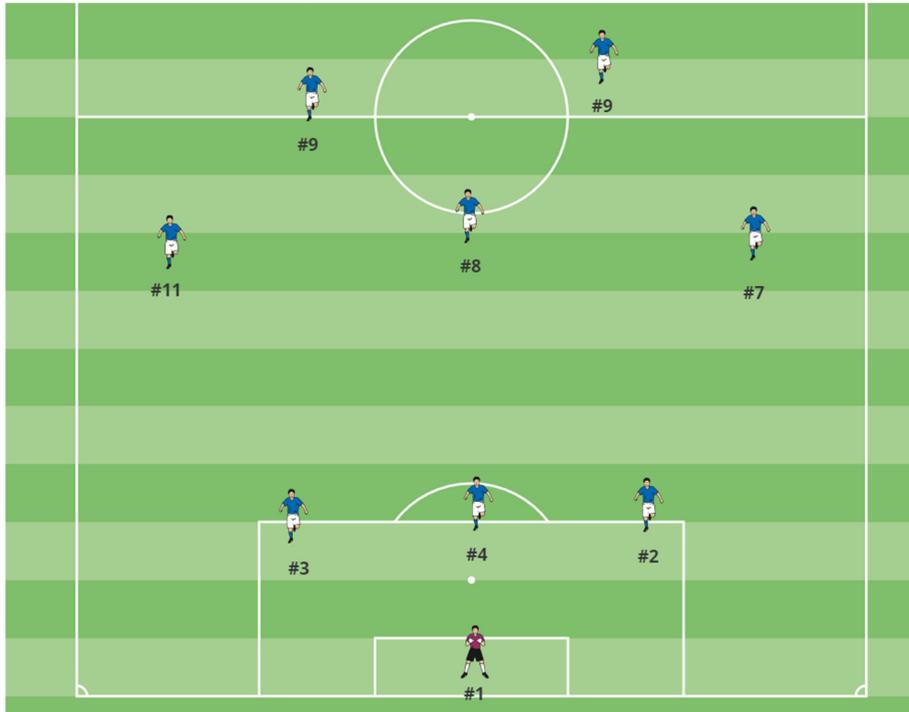
Attacking	Defending
Penetration – through, over and around	Pressure – Immediate pressure on the ball, timing, touch tight, body shape
Support – 2nd attacker, distance, angle, body shape	Cover – 2nd defender, distance and angle
Width & Length – spread and stretch the field (ahead, behind and to sides)	Balance – 3rd defenders, team shape
Mobility – movement with and without the ball	Compactness – Staying tight as a team, move together up, down and side to side
Improvisation – be unpredictable individually and collectively	Control & Restraint – Delay, patience, timing, win the ball, make the other team predictable

We want to be able to play the game using as many of the principles of the game as we can. This means we also want to incorporate these into our practices as often as we can. The drills we do should build toward a scrimmage each evening. The drills should have elements of these principles and the scrimmage should reflect that.

The 9v9 game allows for the use of these principles. Each formation, however, has its strength and weaknesses. Some are more attacking, more defending or more balanced. The more balanced the lineup, the more you will be able to incorporate the principles of the game. The less balanced, the more the focus will shift to a limited selection of the principles. This isn't always a bad thing, but keep in mind what the focus of your lineup is when trying to coach the principles of the game.



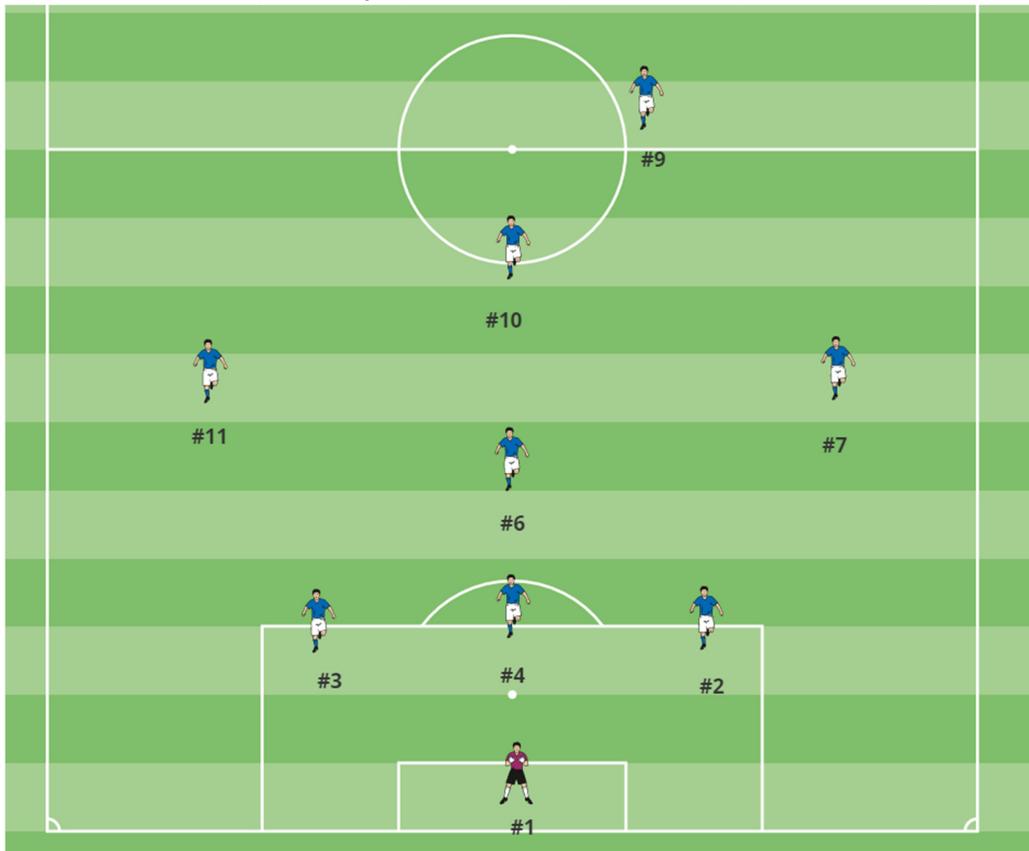
1 – 3 – 3 – 2 (Goalkeeper, 3 Defenders, 3 Midfielders and 2 Attackers)



Attack	Defense
2 attackers provide ability to stretch the field (diagonal runs, runs into space)	3 Defenders defending inside the 18 with midfielders to mark the wide wings
3 midfielders provide width (overlapping and underlapping runs)	Immediate pressure on the ball, support by 2 nd and 3 rd defenders
3 defenders provide support (provide depth and ability to run forward)	Restrict space forcing pressure, providing cover, showing control
Lots of space left, right, forward and back (make the team big)	Team stays compact (keeps team shape/balanced)
Space = penetration, mobility, improvisation also support, width and length	Everyone stays with their mark or communicates a switch

In soccer, the transition from offense to defense or defense to offense does not really mean moving from scoring a goal to blocking a shot or vice versa. The transition is in moving from the 5 principles of attack to the 5 principles of defense. The quicker the players can move from one to the other, creating space to denying space, the more successful they can be. The 3-3-2 formation allows for a more fluid and complete game based on the 5 principles of soccer. This gives the coaches a greater chance to truly teach and coach the game of soccer.

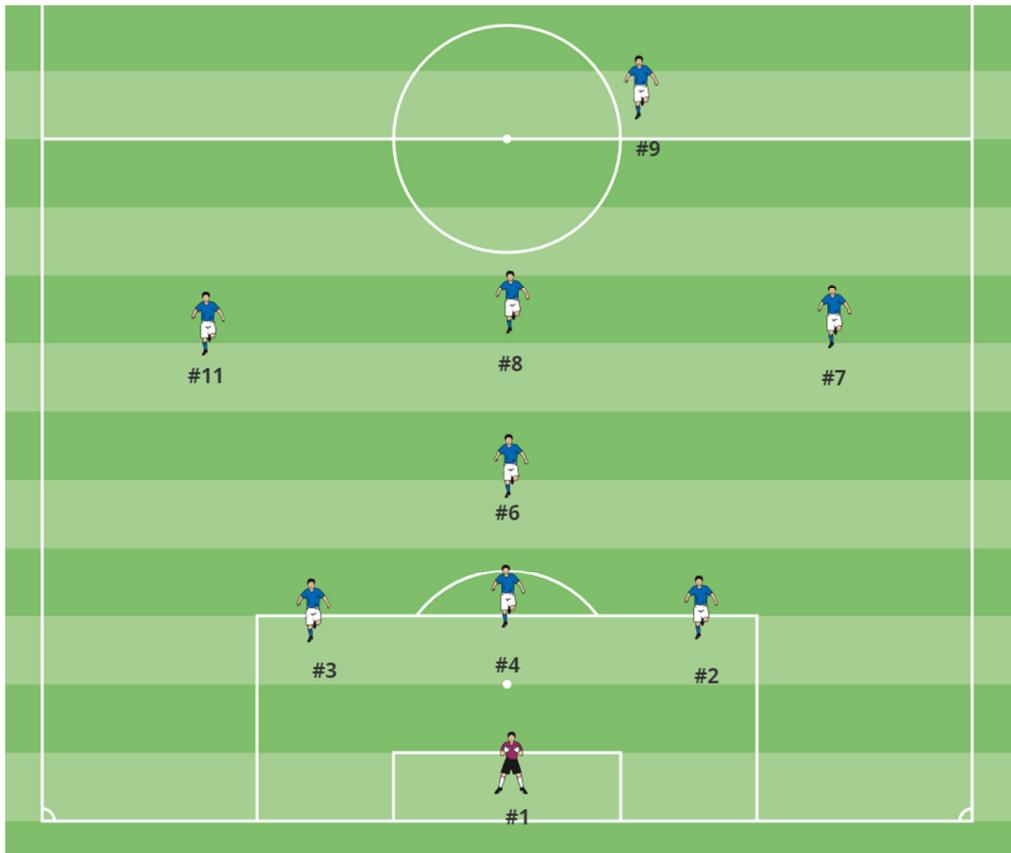
1 – 3 – 4 – 1 (Goalkeeper, 3 Defenders, 4 Midfielders, and 1 Attacker)



Attack	Defense
1 attackers provides the lone target to stretch the field (running into space is imperative)	3 Defenders defending inside the 18 with midfielders to mark the wide wings
4 midfielders provide width as well as length and depth (overlapping and underlapping runs)	Immediate pressure on the ball, support by 2 nd and 3 rd defenders (forward forces opposition to one side of the field)
3 defenders provide support (provide depth and ability to run forward)	Restrict space forcing pressure, providing cover, showing control
Less space due to a fuller midfield (spread field left & right, central mids work together to fill the middle)	Team stays compact (keeps team shape/balanced) Midfield helps the forward apply pressure by limiting a switch of fields
Space = penetration, mobility, improvisation also support, width and length	Everyone stays with their mark or communicates a switch

Transitioning from offense to defense and vice versa in the 3-4-1 is a bit more difficult than in 3-3-2 in some areas. The #9 (attacker) needs to apply pressure on the ball but must make sure to force the ball to one side of the field (pressure under control), preferably the side it was on (more pressure there) without giving the opponent an easy switch to low pressure. The midfield will need to help by providing support and marking the easy switch. The transition for defense to offense should give many opportunities for midfielders to move wide as well as stretching the field. The forward will need to stretch the field by moving to the same side as the ball and finding space there. Once there the forward needs to move as the ball moves side to side. Midfielders need to be sure there is no dead zone in the middle of the field where #8 (central midfielder) would play.

1 – 3 – 1 – 3 – 1 (Goalkeeper, 3 Defenders, 3 Midfielders and 1 Attacker)



Attack	Defense
1 attackers provides the lone target to stretch the field (running into space is imperative)	3 Defenders defending inside the 18 with midfielders to mark the wide wings
4 midfielders provide width as well and depth (overlapping and underlapping runs)	Immediate pressure on the ball, support by 2 nd and 3 rd defenders (forward forces opposition to one side of the field)
3 defenders provide support (provide depth and ability to run forward)	Restrict space forcing pressure, providing cover, showing control (#6 is a nice link between defense and midfield to help mark and slow the opposition)
Lots of space left, right, and back. Limited space forward. #6 is a nice link to open for the defense and turn to the midfielders (make the team big)	Team stays compact (keeps team shape/balanced) Midfield helps the forward apply pressure by limiting a switch of fields
Space = penetration, mobility, improvisation also support, width and limited length	Everyone stays with their mark or communicates a switch

Transitioning from offense to defense and vice versa in the 3-1-3-1 is a bit more difficult than in 3-3-2 in some areas as well. The #6 does provide a nice link between the defense and midfield for both defense and attack. #6 can help mark and slow the opposition but also provide an outlet for the defense that is closer than the midfield line. The one forward, however, still is limited in defending and is forced to move a lot in the attack both by checking back into space and moving side to side as the ball does. With this lineup there should be no dead zone in the middle of the field as we are playing with a true #8 (central midfielder). By not having a #6 the attack is limited, but the team shape and balance should be easier to keep.