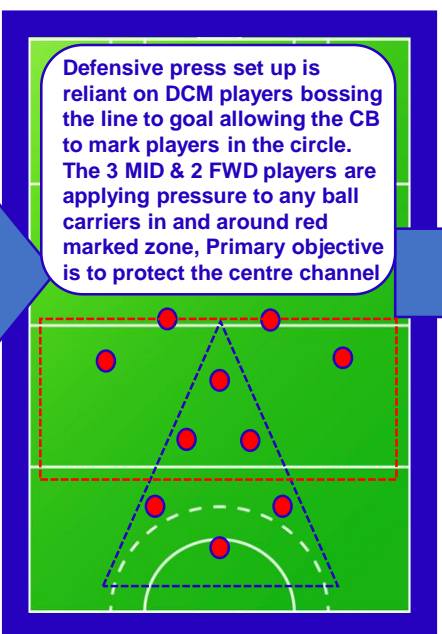
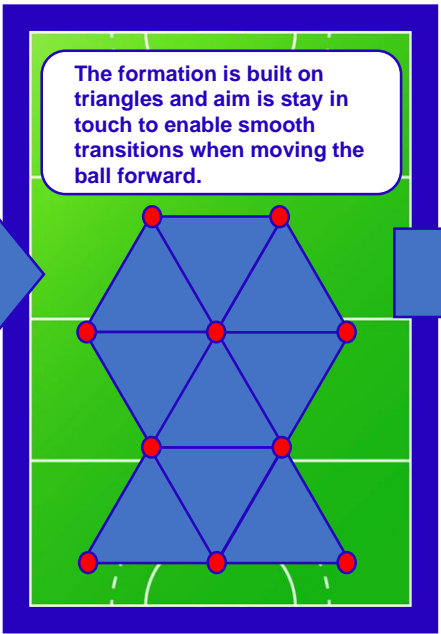
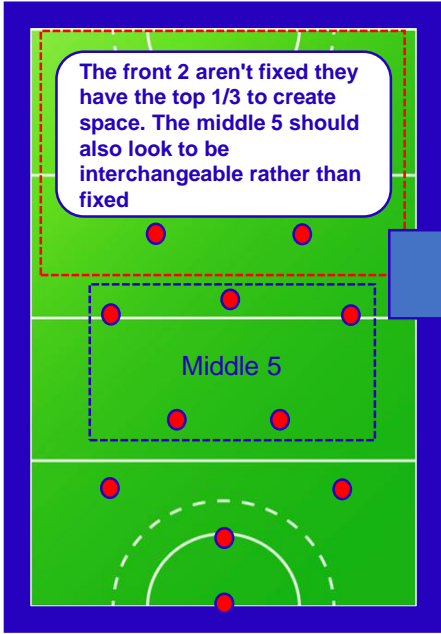
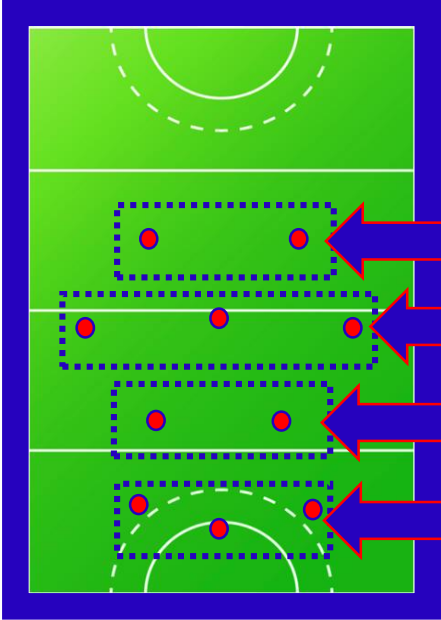


# FORMATION 3-5-2(3-2-3-2)



- Key points to pressing in this formation are as follows;
- Press Laterally (then to ball)
  - Press the receive
  - Shift as a unit
  - If shifting laterally cut off the original route of the ball to apply more pressure
  - Only protect 2/3 channels
  - Communication is key
  - **ALWAYS BE READY TO RECEIVE!!!!**
- Everyone is a defender when the team is out of possession, and that starts with the forwards, if we force cheap turnover in the oppositions half we catch them off guard with less players behind the ball.



**3-2-3-2 explained**

Formation break down is below with each positions rough roles and responsibilities listed to the right. Requires everyone to apply themselves and be "PROACTIVE" at all times.

- 2 Forwards
- 3 Midfielders
- 2 Defensive midfielders (midfield sweepers)
- 3 Centre backs

- **2 Forwards** – (ATK)Constant movement in running the channels, looking for space in behind the back lines, looking to exploit the baseline either side of the goal to add depth to the attack (DEF)A lot of leg work needed to apply pressure to players and keep passing lanes blocked.
  - **3 Midfielders** – (ATK)The left and right midfielders being used to create the initial width aiming to stay in touch with other players to move the ball in triangles to get forward (DEF) Apply pressure in turnover zone to the ball carrier aiming to hunt in pairs and 3s. Always Staying in touch with each other and still looking to block out 2/3 channels with the wider players tucking in to support.
  - **2 Defensive Midfielders** – (DEF)Front sweepers! At least 1 of these players should always be protecting the line to goal to stop the crash ball in and should be free of marking responsibilities (ATK) These players offer the base to an attack until sustained pressure is applied then the 3 CB's move up to create the transfer base for the press.
  - **3 Centre backs** – (DEF)Marking is No1 priority to try leave the DM's free to police the line to goal (ATK) If on a counter attacking aim to hold back encase of cheap turnover, in sustained attack step with the team to provide a transfer base to shift the point of attack.
- COUNTER ATTACKS** – The team will always counter attack with the 7 offensive players leaving the 3 CBs to hold defensively just incase of turnover during the counterattack. Defensive looking to support in around the half way line during sustained possession (5-8sec)