

# **Soccer Formations & Systems**

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## **4-4-2**

Very popular and versatile formation that permits the use of a sweeper and wingers. Many teams use their own version of this system. The main strength of the system is the defense-midfield interaction. The weakness is the two forwards have to be constantly supported by the midfield.

## **4-3-3**

Systematic formation used by Dutch and youth squads because of its simplicity. It permits the use of a sweeper and a designated striker. The two outside attackers can be withdrawn back to the position of wingers thus packing in defensively.

## **4-5-1**

This formation crowds nearly all parts of midfield slowing down enemy attacks. From an offensive point of view, the system relies on wing attacks supported by the midfield. The downside is that the lone striker is left on his own up front and may become isolated.

## **3-5-2**

Relatively modern formation that developed after the popularization of 4-4-2. It utilizes more efficiently the fourth fullback who frequently had little to do when defending against only two attackers.

## **3-4-3**

Classic and offensive formation that balances all players evenly across the field. A typical center striker must be utilized with this formation. In defense, the three fullbacks have to be permanently supported by the midfield with at least one defensive halfback.

## References

1. ExpertFootball.Com, <http://www.expertfootball.com/> (2004)
2. About.Com, <http://www.sportsmedicine.about.com/> (2005)
3. *The Official FA Guide to Fitness for Football.*
4. Les Reed, *The Official FA Guide to Basic Team Coaching*, (Hodder Arnold 2004).