



TEAM CONNECTICUT CCSU MEN'S SOCCER

The 1-4-5-1

The 4-5-1 system is predominantly a defensive style of play. The nature of the positioning of players makes it a very difficult system to break down, particularly if your opponents are disciplined and well organized.

The burden of support in attack from the midfielders is greater due to the lone striker up front. Playing five in the midfield provides instant width in attack and good coverage defensively from flank positions.



ROLE OF THE FOUR DEFENDERS 2, 3, 4 & 5

The back four defenders must play as one unit around the entire defensive half of the field. Most often teams will use one central defender (stopper) as a man for man marker and the second as a covering defender. Some teams opt for a "flat back four" with both central defenders sharing the responsibility of marking.

ROLE OF THE TWO OUTSIDE BACKS 2 & 3

- Must play as one unit around the entire defensive half of the field.
- Maintain compactness to support each other and avoid being spread out.
- Must play as one unit up and down the wide channel with the midfield and wide forward.
- Provide instant width when building possession from the back.
- Deepest defender acts as the leader for providing information to the other three defenders.
- Disciplined in maintaining defensive responsibility, even when their team is attacking.
- Ability to defend on a 1 v 1 basis. Knowing when to delay and when to challenge an oncoming opponent.
- Support both the middle and wide midfield players by providing an option of an overlap or a supporting position behind the ball.

ROLE OF THE TWO CENTRAL DEFENDERS 4 & 5

- Must play as one unit around the entire defensive half of the field.
- Maintain compactness to support each other and avoid being spread out.
- Must play as one unit up and down the center channel with the midfield and forwards.

- Communicate well with co-center back, knowing when to mark tight and when to drop deeper into a supporting position.
- Deepest defender acts as the leader for providing information to the other three defenders.
- Disciplined in maintaining defensive responsibility, even when their team is attacking.
- Ability to defend on a 1 v 1 basis. Knowing when to delay and when to challenge an oncoming opponent.
- Support both the middle and wide midfield players by providing a passing option behind the ball.

ROLE OF THE FIVE MIDFIELDERS 6, 7, 8, 10, 11

The five midfielders are the link between offense and defense and must operate from penalty area to penalty area. The wide midfielder must act as a fifth defender when the opponents are attacking on the opposite side of the field. They should occupy the space in the fullback position and add cover whenever possible.

The three central midfielders should look to keep their position in the middle of the field. If both wide midfielders attack and are in advanced positions, one of the midfield players may have to remain in a deep position to stop any swift counter attack if possession is lost.

ROLE OF THE TWO WIDE MIDFIELDERS 7&11

- Must play as one unit across the middle of the field with the three central midfielders.
- Must play as one unit up and down the field with the wide defender.
- Create width in attack.
- Must act as a fifth defender when the opponents are attacking on the opposite side of the field, occupying the space in the fullback position and add cover whenever possible.

- Get into advanced positions of the ball whenever their team can play forward. Insurance of having three central defenders should provide encouragement to attack at any and every opportunity.
- Look for blind-sided runs behind the defender when their team is attacking on the opposite side of the field.
- Carry the ball forward and deliver crosses to forwards and midfielders.
- Deliver a variety of crosses into the far and near post.
- Use a variety of crossing techniques such as the bent cross, driven and lofted cross.

ROLE OF THE THREE CENTRAL MIDS 6, 8 & 10

- Must play as one unit across the middle of the field with the two wide midfielders.
- Must play as one unit up and down the field with the defenders and forwards.
- Maintain shape in the middle of the field and not become too isolated from each other.
- Team organizers and pace setters. Increase and lower the team tempo when needed.
- Use of cross over runs to create space for open passes when defenders are looking to play from the back.
- Getting possession of the ball from defense and carrying it forward.
- Use of deep probing runs into the attacking third to lose markers while attacking.
- Provide defensive cover if both wide midfielders attack and are in advanced positions. One midfielder may have to remain in a deep defensive position to stop any swift counter attack if the ball is lost.
- Track opponents' attacking midfield runs deep into their own penalty area.
- Short quality passes to forwards feet and long well-paced passes expose area behind the opponents' defenders.
- Frequent use of "give and go" passes to link up with each other.

- Frequent use of "give and go" passes to link up with forwards'.
- Constantly playing with the head up to scan the field and instantly assess the best forward passing option.
- Interchange of players between the midfield and forwards needs to be highly developed.

ROLE OF THE FORWARD 9

The forward must play as target player. It is important to ensure not to congest the five midfielders by dropping into deep forward positions. The forward should be continually searching for space to receive a pass, create shooting opportunities and score goals. Runs can be somewhat isolated to the center channel due to the automatic width provided by the two wide midfielders. The forward must be a player who is competent at holding the ball under pressure to provide enough time for support play.

- Must continually be presentable as a moving target in the attacking third of the field.
- Must interchange with wide midfielders in flank positions.
- Constantly looking to exploit space.
- Constantly looking to create space for midfield players to exploit.
- Press deep onto opponent's defense to create space for midfield play.
- Ability to make intelligent runs and decisions on where and when to receive passes into feet and into space.
- Ability to make intelligent runs and judgments on where and when to receive passes in front of the opposing defense and behind the opposing defense.
- Holding up the ball under pressure.

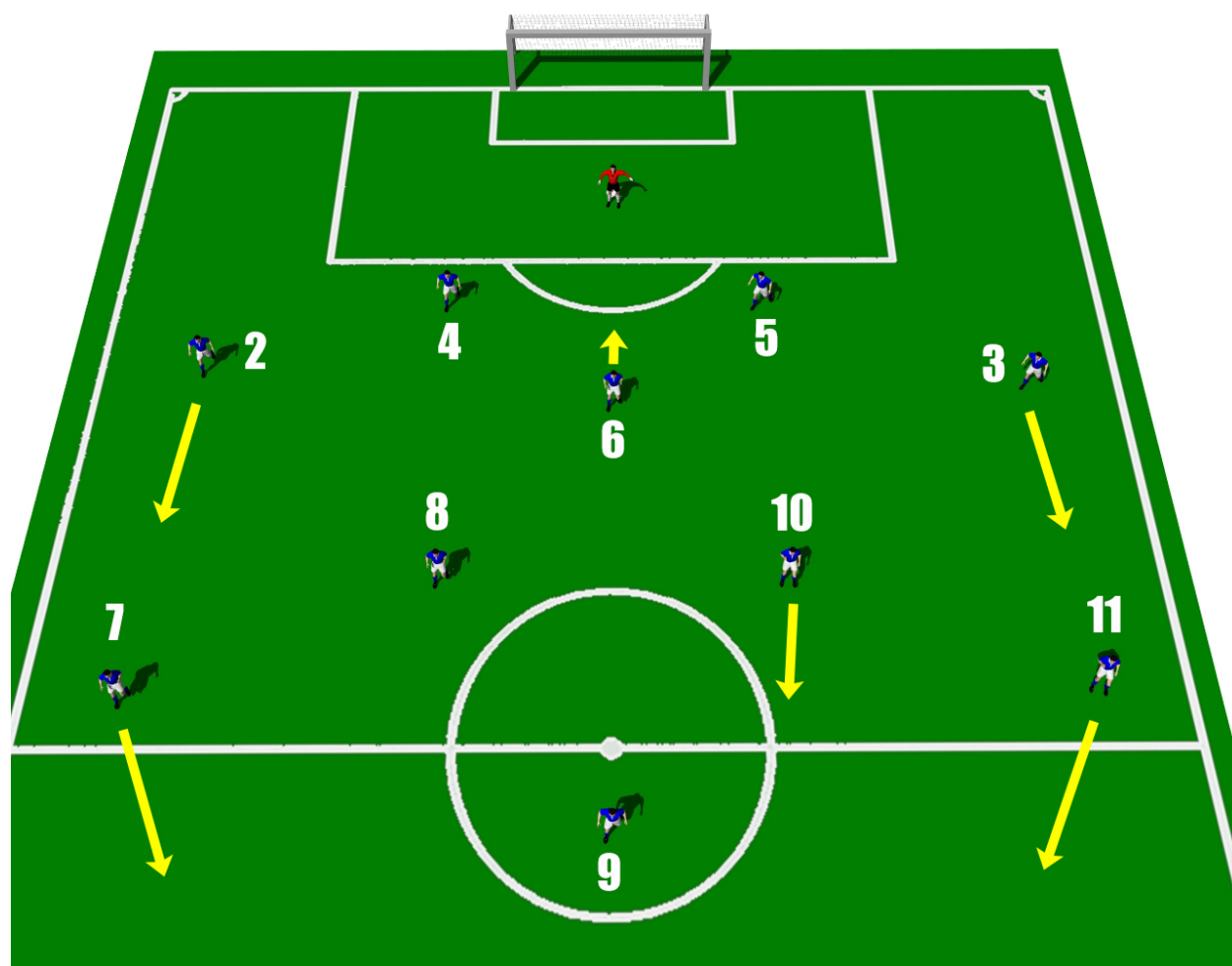


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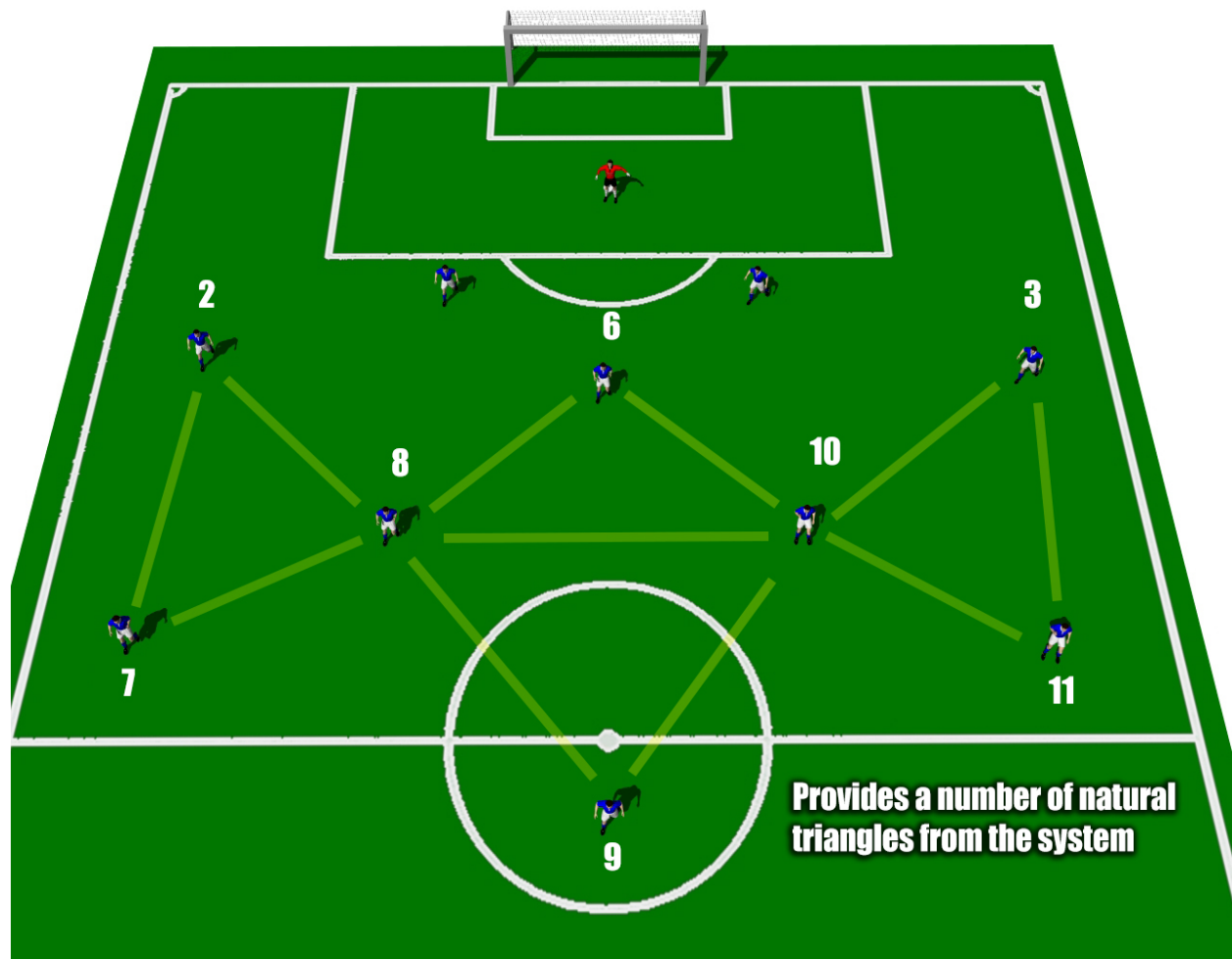
IN POSSESSION OVERVIEW OF 4-5-1

Team Shape



IN POSSESSION OVERVIEW OF 4-5-1

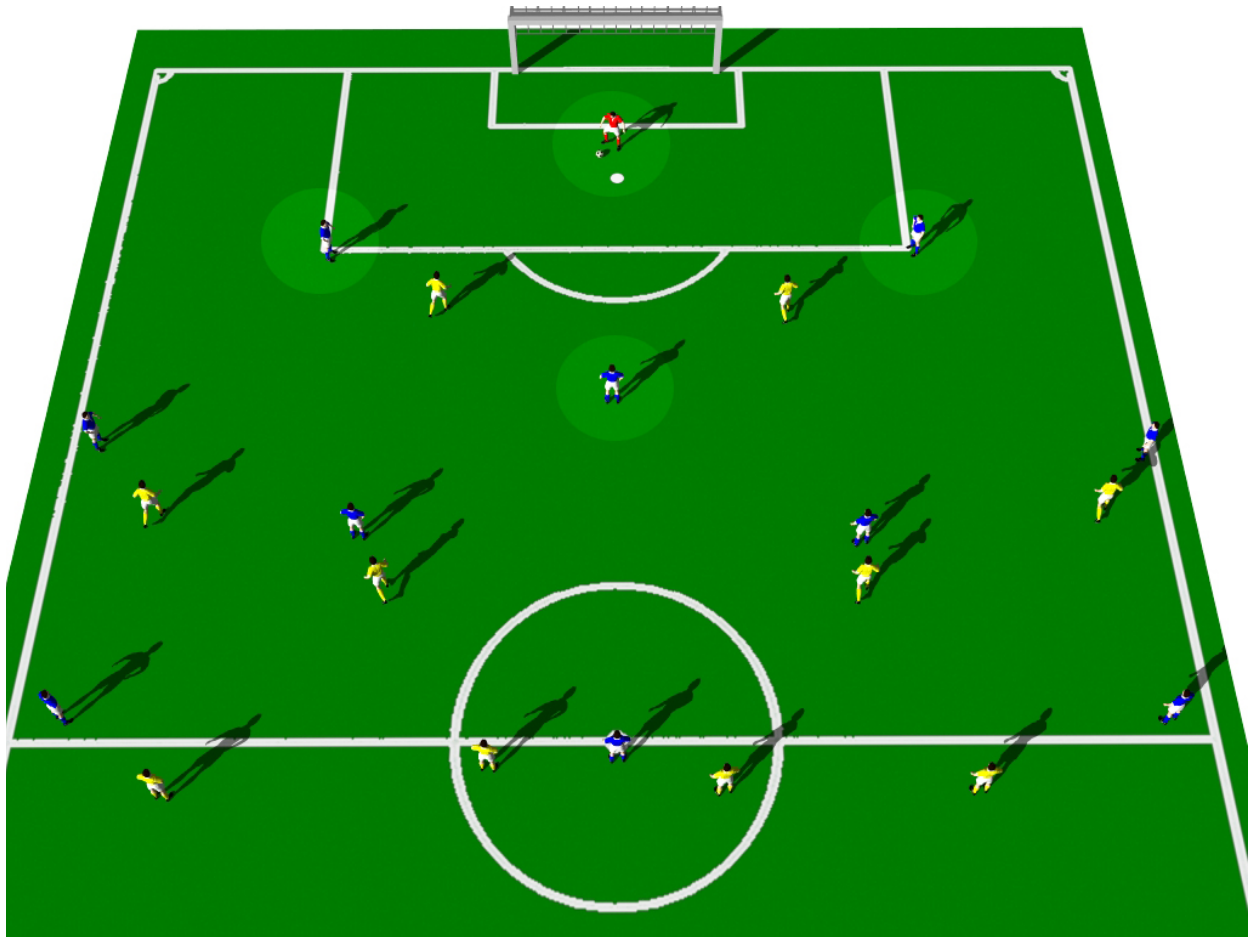
Balanced Supporting Angles.



10 Balanced Triangle Passing Options

IN POSSESSION OVERVIEW OF 4-5-1

From the Goalkeeper Playing out of the Back.



We must isolate an overload in our defensive third

- Both Central Defenders start at the corner of the box.
- Both Fullbacks push on high, to pull their wide players back.
- Create a 4v1 or 4v2 from the back.

IN POSSESSION OVERVIEW OF 4-5-1

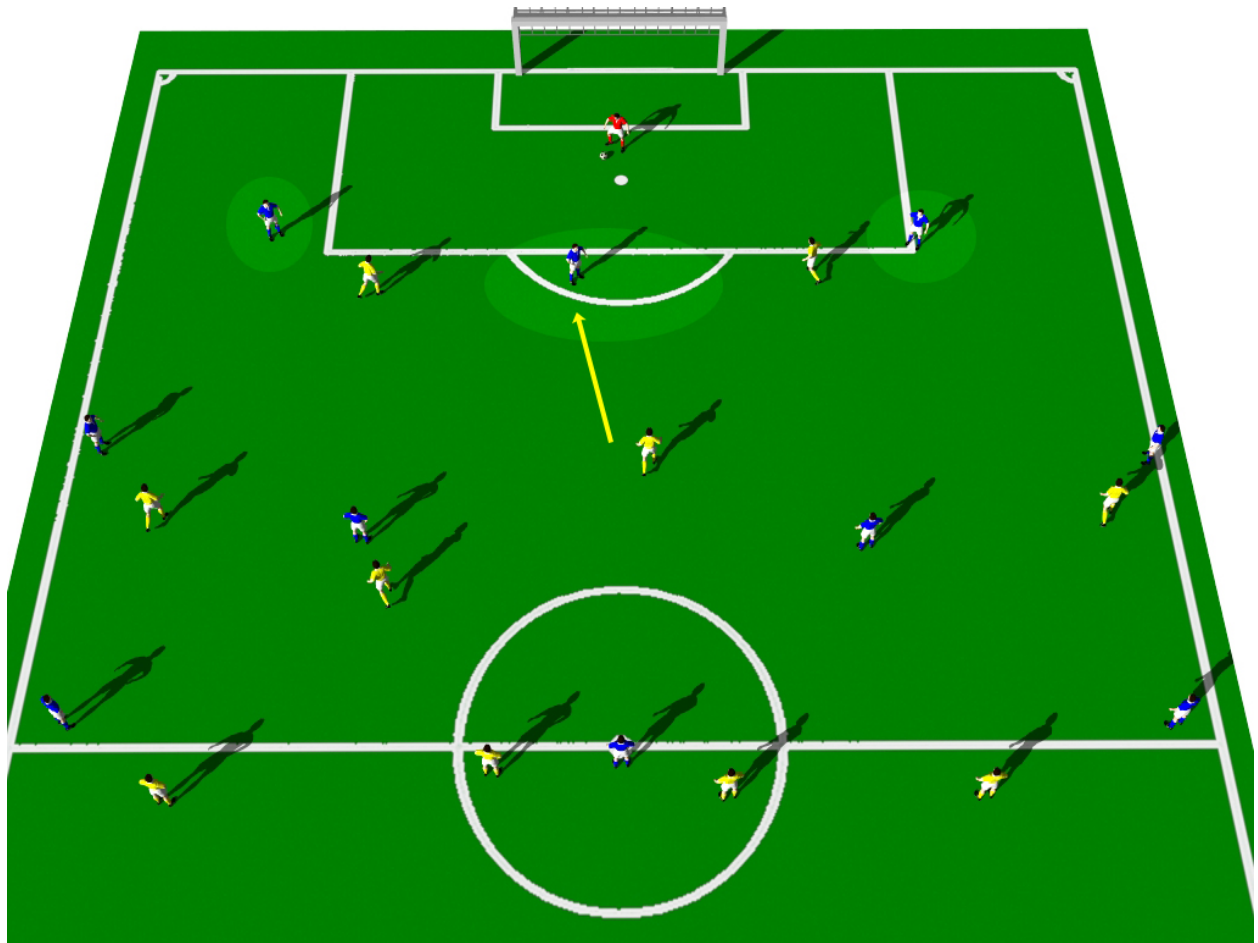
From the Goalkeeper Playing out of the Back.



- If the two strikers press, our central defenders drop deep to either:
 1. Received the ball from the goalkeeper if you have space, or
 2. Create space for our #6 by making the forward press tight.
- If you receive the ball, can always play back to the Goalkeeper.

IN POSSESSION OVERVIEW OF 4-5-1

From the Goalkeeper Playing out of the Back.



- If they push a midfielder onto our #6, our #6 come deeps to create a back 3.

IN POSSESSION OVERVIEW OF 4-5-1

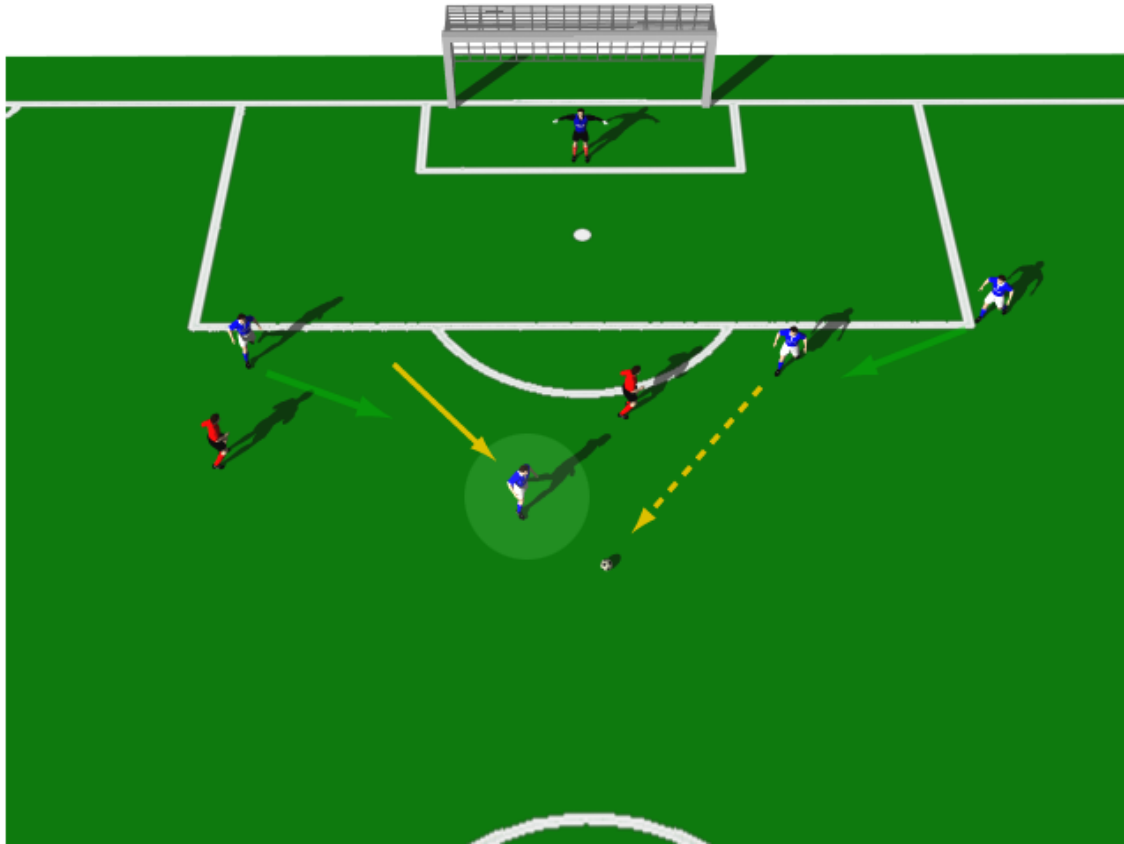
Central Defender Runs Forward to Split Strikers



- If the ball has been played to one of the Central Defenders, the Central Defender should look for the opportunity to move in advance of the two forwards by running with the ball.
- The main objective is to penetrate forward and create a 5 v 4 numbers up situation in the midfield third.
- It is of vital importance that once the Central Defender has pushed forward into midfield that the two fullbacks move into a more central position in defense for a more compact defensive shape.

IN POSSESSION OVERVIEW OF 4-5-1

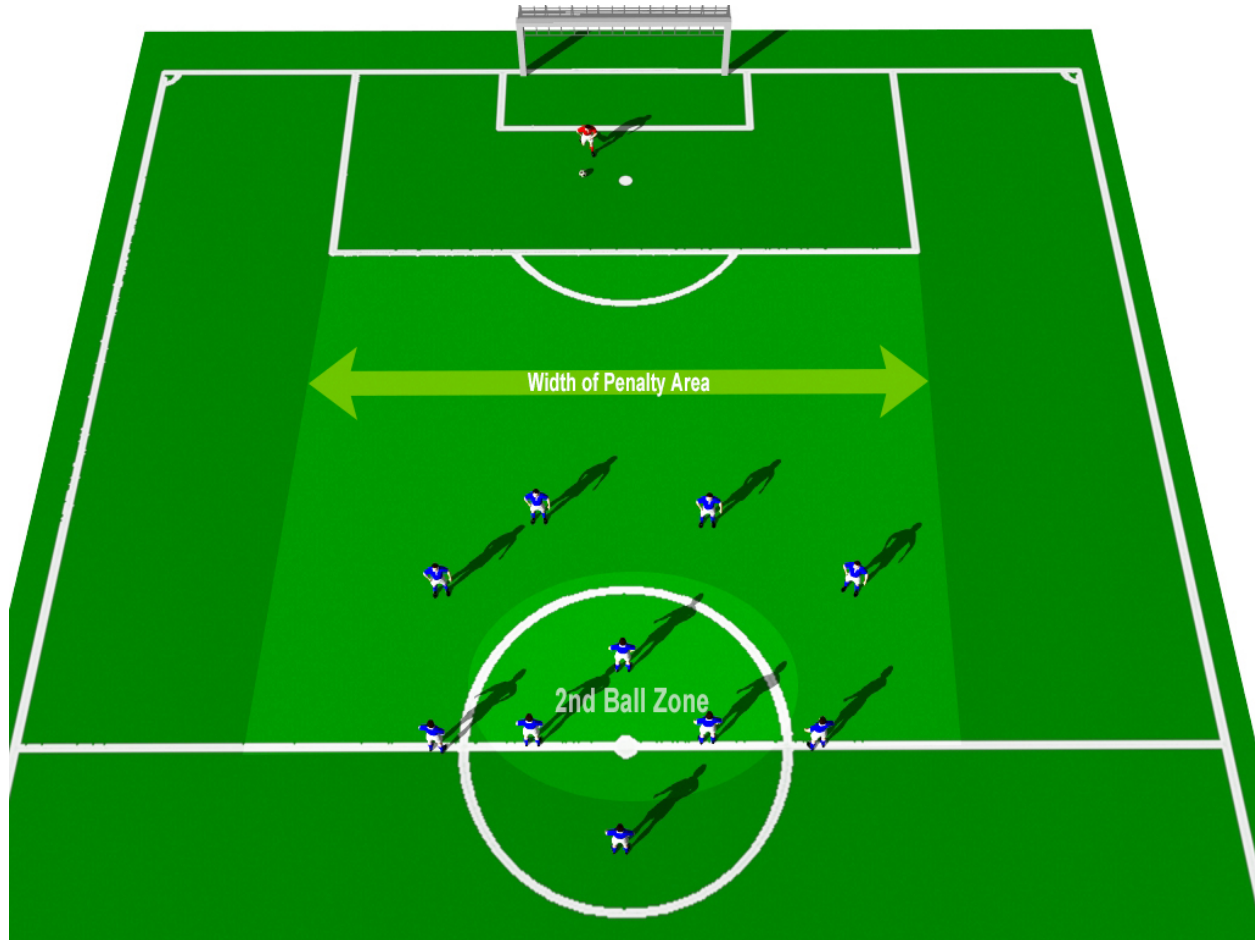
Central Defender Receives a Through Ball and Moves Forward



- If the ball has been played to one of the Central Defenders, the second Central Defender should look for the opportunity to move in advance of the two forwards and receive the pass behind the forwards.
- A good indicator to gauge where to support is by watching the Central Defenders head. If the Central Defender has their head down or is being pressurized closely by the forward you should hold in a deep supporting position behind the ball. If the Central Defender has their head up scanning the field, then you should look for a forward run and support in advance of the ball.
- The main objective is to penetrate forward and create a 5 v 4 or 6 v 5 numbers up situation in the midfield third. It is of vital importance that once the Central Defender has pushed forward into midfield that the two fullbacks move into a more central position in defense for a more compact defensive shape.

IN POSSESSION OVERVIEW OF 4-5-1

Goalkeeper Kicks Long



Did you know. In the 2018/19 Premier League season, Manchester United led the league in goal kicks, with 332 for the season. Fulham player, Aleksandar Mitrovic led the league in Aerial Battles won with 240.

- Lock in our defensive shape before the Goalkeeper kicks the ball.
- Entire team within the width of the penalty area, stay “compact”.
- Get “chest tight” with an opponent to prevent them from attacking the ball.
- Must be alert to any second ball opportunities to regain possession.

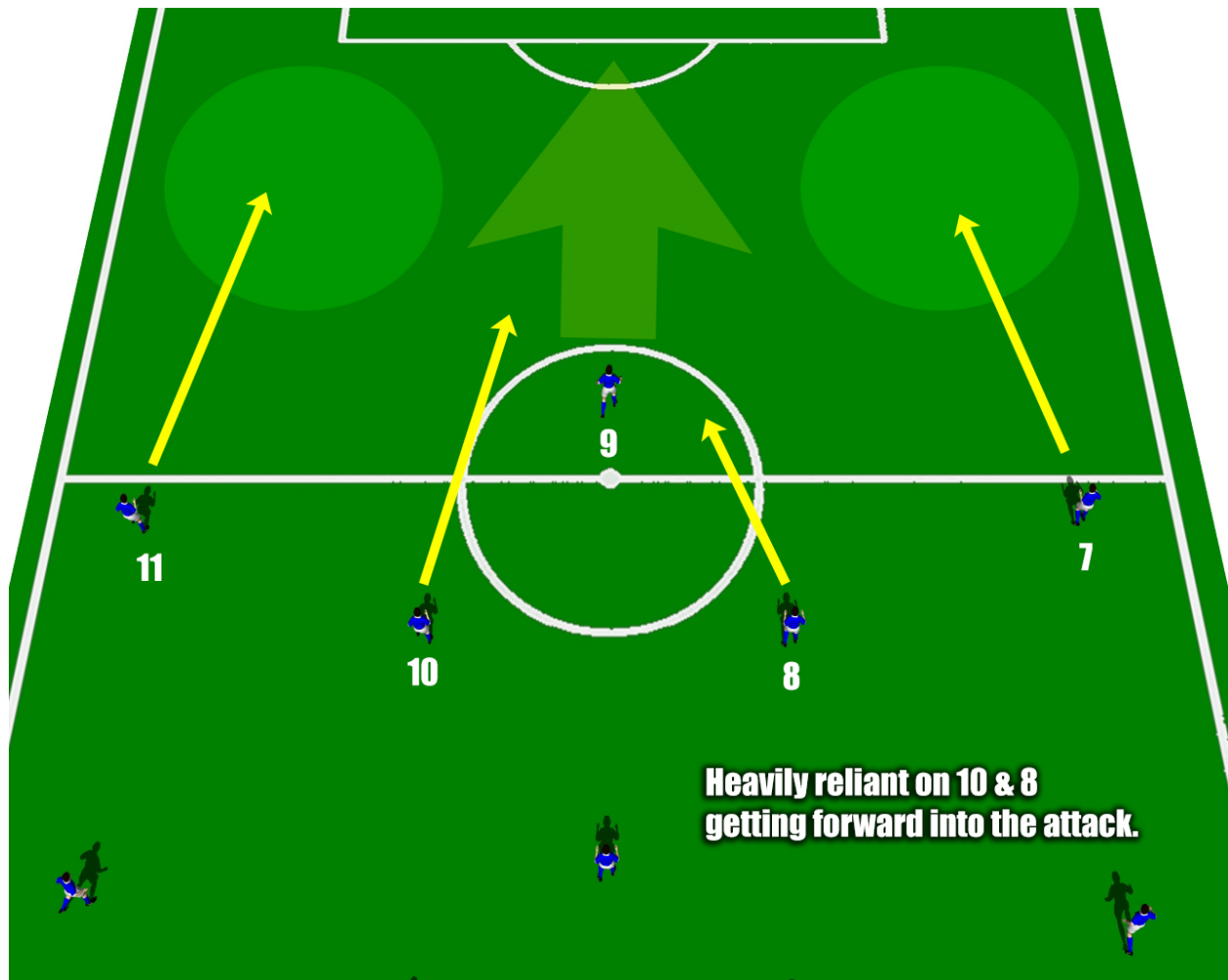
IN POSSESSION OVERVIEW OF 4-5-1

Attacking Width primarily comes from wide players 7 & 11



IN POSSESSION OVERVIEW OF 4-5-1

Attacking Support also comes from 10 & 8



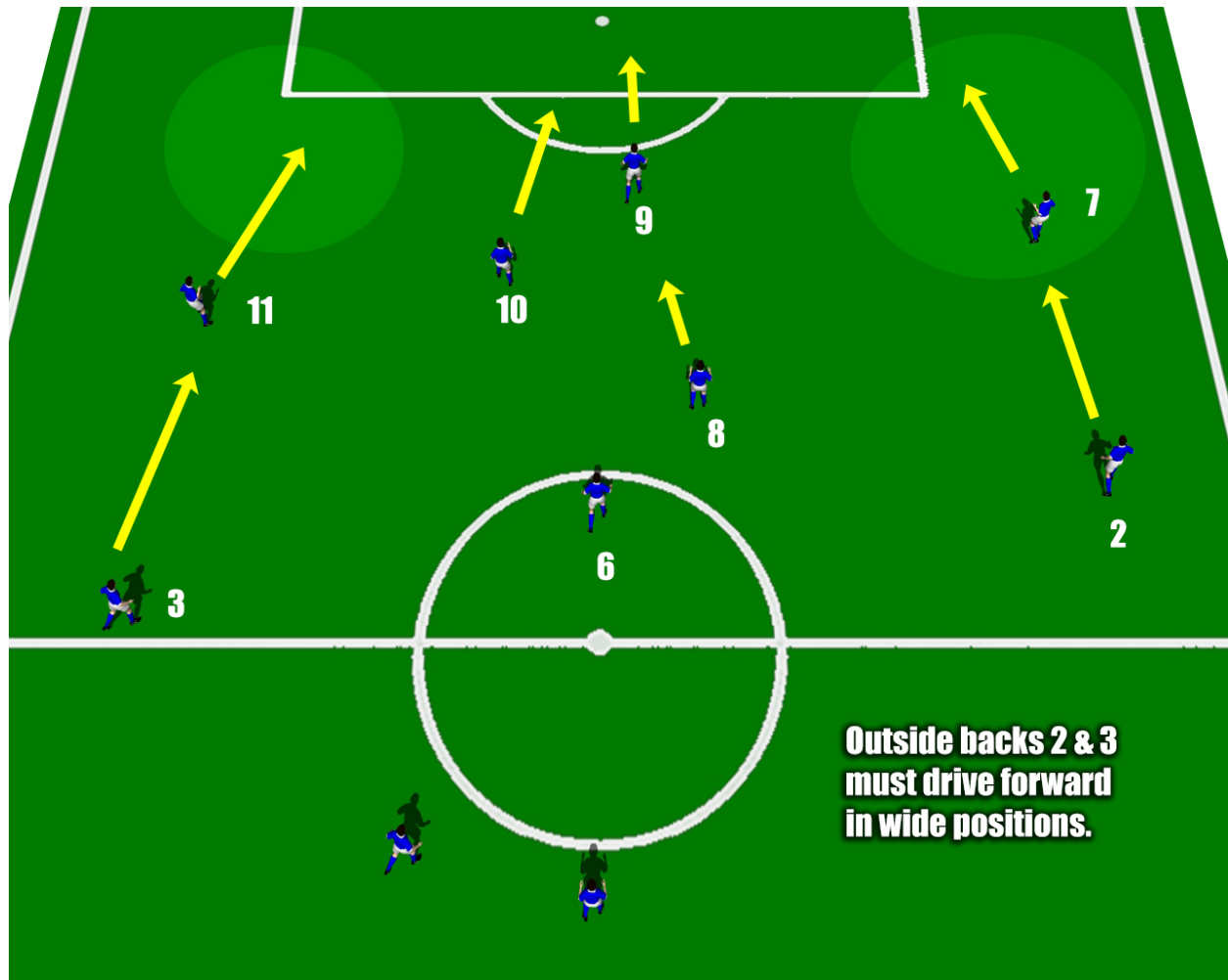
IN POSSESSION OVERVIEW OF 4-5-1

Always moving for Width from 2, 3, 7 & 11



IN POSSESSION OVERVIEW OF 4-5-1

Critical for outside Backs 2 & 3 to support 7 & 11



IN POSSESSION OVERVIEW OF 4-5-1

#6 is our Holding Midfielder and Playmaker.



IN POSSESSION OVERVIEW OF 4-5-1

#10 plays in between the lines in the inverted triangle.





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OUT OF POSSESSION OVERVIEW OF 4-5-1 Team Shape



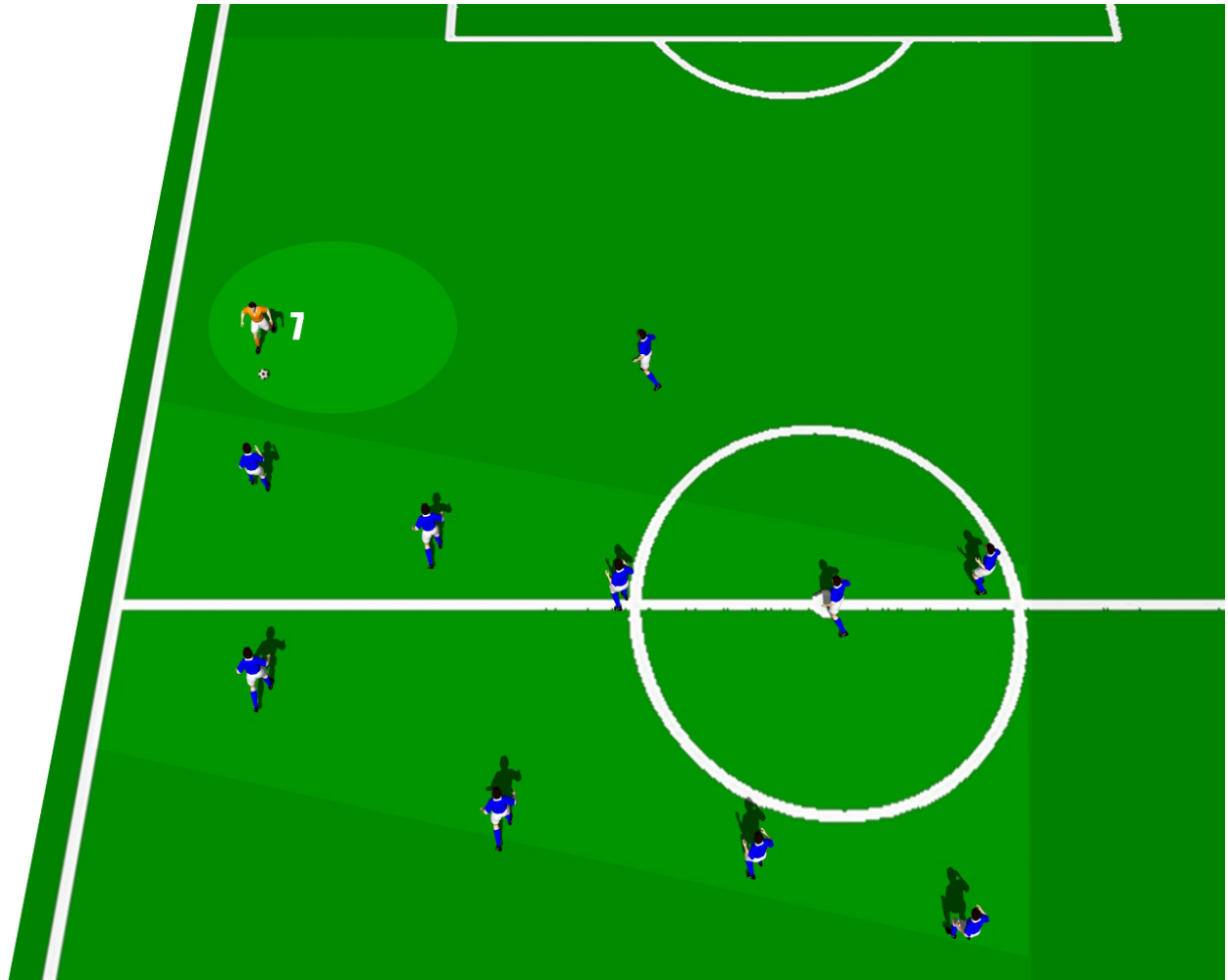
OUT OF POSSESSION OVERVIEW OF 4-5-1

Midfield 5 are always connected defensively



OUT OF POSSESSION OVERVIEW OF 4-5-1

Block of 9 are always connected defensively



OUT OF POSSESSION OVERVIEW OF 4-5-1

2 Defensive Blocks with #6 Covering & Screening



OUT OF POSSESSION OVERVIEW OF 4-5-1

Defensive Strength comes from using 3 Middle players



OUT OF POSSESSION OVERVIEW OF 4-5-1

Attacking Minded Middle 3



OUT OF POSSESSION OVERVIEW OF 4-5-1

Defensive Minded Middle 3



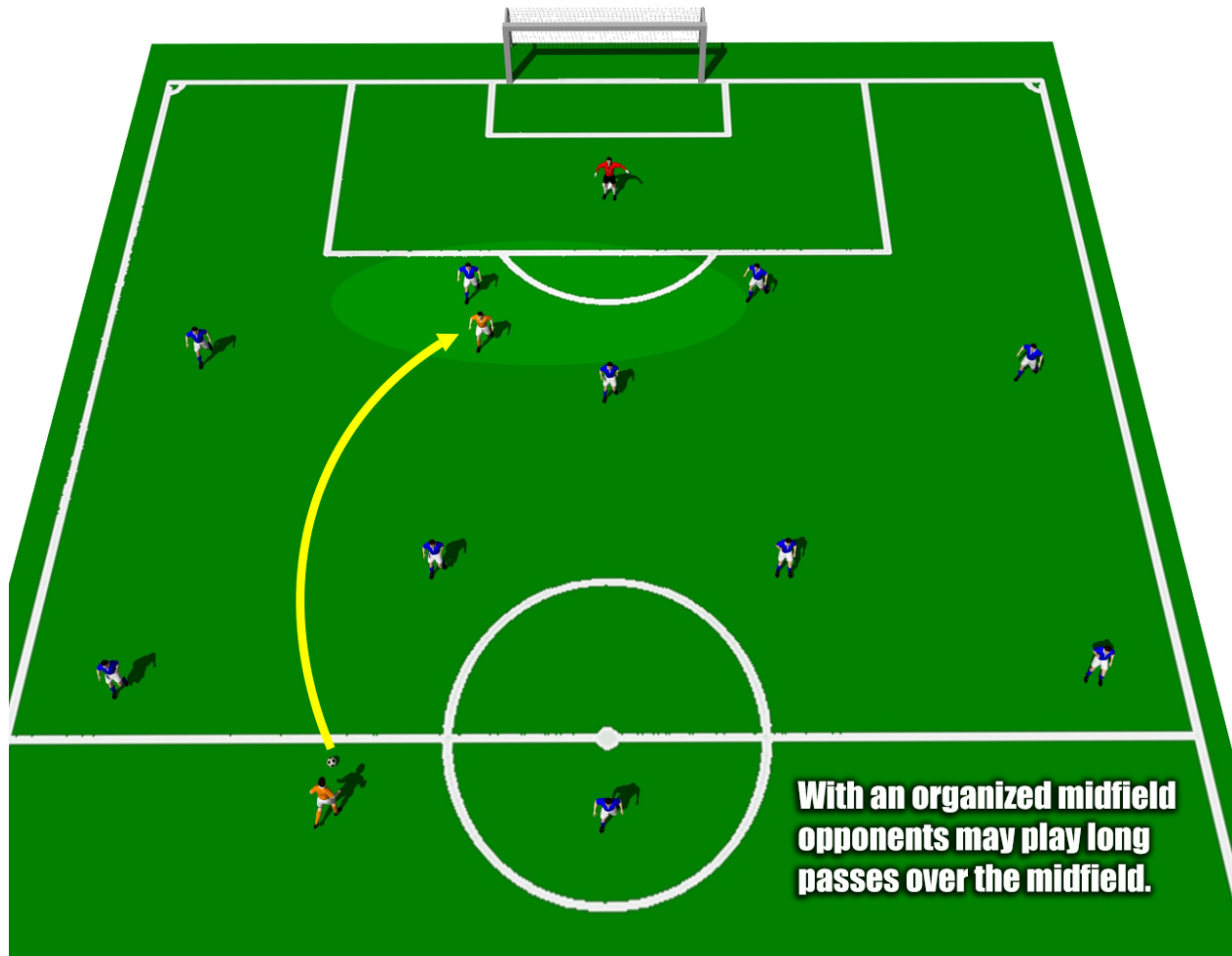
OUT OF POSSESSION OVERVIEW OF 4-5-1

Also provides a Block of 4



OUT OF POSSESSION OVERVIEW OF 4-5-1

Making their play predictable – Reduce options



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Making their play predictable – Reduce options



OUT OF POSSESSION OVERVIEW OF 4-5-1

Relentless Work rate from 7 & 11

