

11v11

1-4-3-3



Pros:

- Versatility and creativity in the movement of play.
- Balanced attack and defensive support
- Ability to over load and possess in the central midfield.
- Ability to press the opposition high up the field.

Weaknesses:

- Wide areas are vulnerable if wing players stay high.
- The freedom for outside backs to go forth can leave a team susceptible to the counter attack.
- Need to have discipline central midfielders who know their role.

1-3-4-3



Pros:

- Great balance and symmetry.
- High offensive firepower.
- Creates overloads for defenses in the attacking 3rd.
- Can press the opposition into mistakes.

Weaknesses:

- Vulnerable to the counterattack.
- Lack of defensive support if wingers don't work.
- Can be outnumbered in the central midfield with only 2.

1-4-4-2



Pros:

- Versatility in the formation. (EX: Diamond midfield as seen above OR flat)
- Strikers can stay high and keep a defense honest.
- Adapts into a high power 4-2-4 when in attack.
- Solid defensive support with the back line and midfielders.

Weaknesses:

- Teaching 2 strikers how to work off one another can be challenging.
- When in a flat midfield, outside midfielders are asked a lot of to get up and back.
- Either vulnerable in the wide areas or central midfield depending how you set up your midfield 4 players.

1-4-5-1



Pros:

- Allows for numbers behind the ball defensively.
- Great in possession with midfield depth and wide options.
- Can create fire power on the counter.
- Versatility and flexibility in its set up (EX: 4-1-4-1 or 4-2-3-1)

Weaknesses:

- Space can be compact in the defensive half.
- Lone striker needs the support of attacking midfielders and wide players.
- Can be vulnerable to the counter when dispossessed.