



SYSTEMS OF PLAY

“Without Intelligence there is no system”

El Chino, Boca Junior. Copa Sur America Champion 2004

1. What is a System of play
Definition: The way in which the system of play is implemented, in which the degree of recognition of the way of playing and the match tactics are central. (KNVB manual, 2005)
 - a. Theoretical system of play
 - b. Practical system of play
 - c. Objectives
 - i. Create clarity
 - ii. Handrail
 - iii. Winning
2. How is a system of play created?
 - a. Culture
 - b. Historical knowledge → experience
 - c. Qualities of players
 - d. Chance
 - e. A system of play is always based on one of the 3 basic systems:
 - i. 1:4:4:2
 - ii. 1:4:3:3
 - iii. 1:5:3:2
3. What does a system of play depend on?
 - a. Structure / vision of a club or trainer
 - b. Qualities of the players
 - c. Finances
 - d. Result / importance of the match
 - e. Way of playing
 - f. Position in the match / league
4. What is the ideal system of play?
5. Organizational guidelines
 - a. What is the basic system?
 - b. What are the basic tasks?
 - c. How is the team balance?
 - d. Defensive team functions as starting point
 - e. Strategies guidelines: confrontational line, restraining line, high or low pressure, man to man or zone marking, channeling, switching point of attack offensive and defensive.

- f. Playmaking or counter strategy?
- g. Defending, building up and attacking strategies

Most important:

Quality of the individual player!!

6. Variations in formation

- a. 1:4:4:2
- b. 1:4:3:3
- c. 1:5:3:2

7. Training

- a. Different systems (formations)
- b. The influence of the opponent

System	Against	Against	Against
1:4:4:2	1:4:3:3	1:4:4:2	1:5:3:2
1:4:3:3	1:4:3:3	1:4:4:2	1:5:3:2
1:5:3:2	1:4:3:3	1:4:4:2	1:5:3:2

8. Training topics

- a. Building up to attack + transition to defense
 - i. Cooperation between defenders and midfield players
- b. Defending + transition to possession
 - i. Cooperation between defenders and midfield players
- c. Attacking + transition to possession by the opponent
 - i. Cooperation between the midfield players and the strikers
- d. Defending + transition to counter attack

9. Economic training

- a. Simplifying the game
- b. Shadow play

10. National teams system of play

- a. Italy
- b. Brazil
- c. Argentina
- d. Germany
- e. England

KNVB, 2005. Match Analysis & Match related Training. Zeist, The Netherlands.