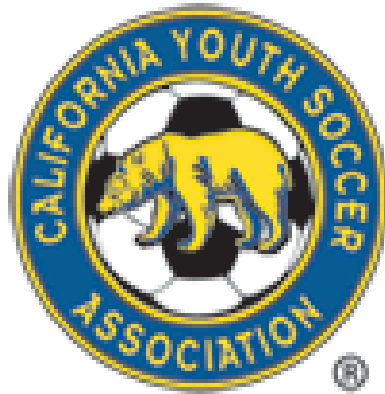


TACTICAL FUNCTIONAL TRAINING MIDFIELDERS

PLAYING SYSTEM 1-4-4-2



Main Characteristics of the players

- **Tactical Qualities**
- **Technical Qualities**
- **Personality / psychological aspect**
- **Physical Qualities**

Tactical Qualities In Possession

Defensive midfielder

1. Speed control
2. Ready in position to receive ball
3. Choice:
 - Maintain possession
 - Change point of play
 - Play direct or indirect
4. Maintain or create space and distance
5. Function as second or third player
6. Score goals

Tactical qualities of Defensive Midfielder

When dispossessed

1. Be aware at all times
2. Constant communication
3. Apply pressure on the ball at all times
4. Apply different types of marking:
 - man-to-man
 - Between 3 lines
 - Mixed
5. Ready to change from passive to active

Personality / psychological

Defensive midfielder

1. Leader and organizer
 - Maintaining space and distance
 - Create spaces
 - Control of pressure on the ball
2. Responsible/discipline
 - Ready to receive ball
 - Maintain positioning
3. Authority
4. Security in all play

Technical Qualities Defensive Midfielder

1. Usage of speed at all times
2. Dribble to pass
 - Good vision to pass both sides of field and in depth
3. Dribble to penetrate individually/combination
4. High passing and shooting technique
 - Short-medium and long
 - Accuracy from any angle

Physical Qualities –Defensive Midfielder

1. Speed in short distance
2. Change of speed
 - Able to play and organize at different speeds
3. Individual coordination
4. Agility
5. Able to be successful in 1 v 1 (marking)
6. Able to win balls in the air (defensively)

Tactical Qualities for attacking midfielders

When in possession:

1. Speed control
 - With the ball
 - Without the ball
2. Decision making-choices
 - 1st pass
 - Keeping possession
 - Change direction of play
 - Penetrating passes through the center
 - o flanks
3. Positional play
 - Always in position to receive the ball
4. Intelligent to demand the ball at the correct time-space

Tactical Qualities for attacking midfielders

When dispossessed:

1. Orientation-aware of the situation
2. Communication
With team-mates and about the opponents
3. Control the different types of marking
1 vrs 1
Between the different lines
mixed
4. From passive to active phase

Psychological aspect/personality

Attacking Midfielder

1. Discipline and responsible

- Always in position to receive the ball
- No risk in the first passing option
- Awareness
- Keeping position
- Run to short or close spaces
- Avoid crosses

2. Willingness to work for the team

- Attack-defense

3. Play with confidence at all times

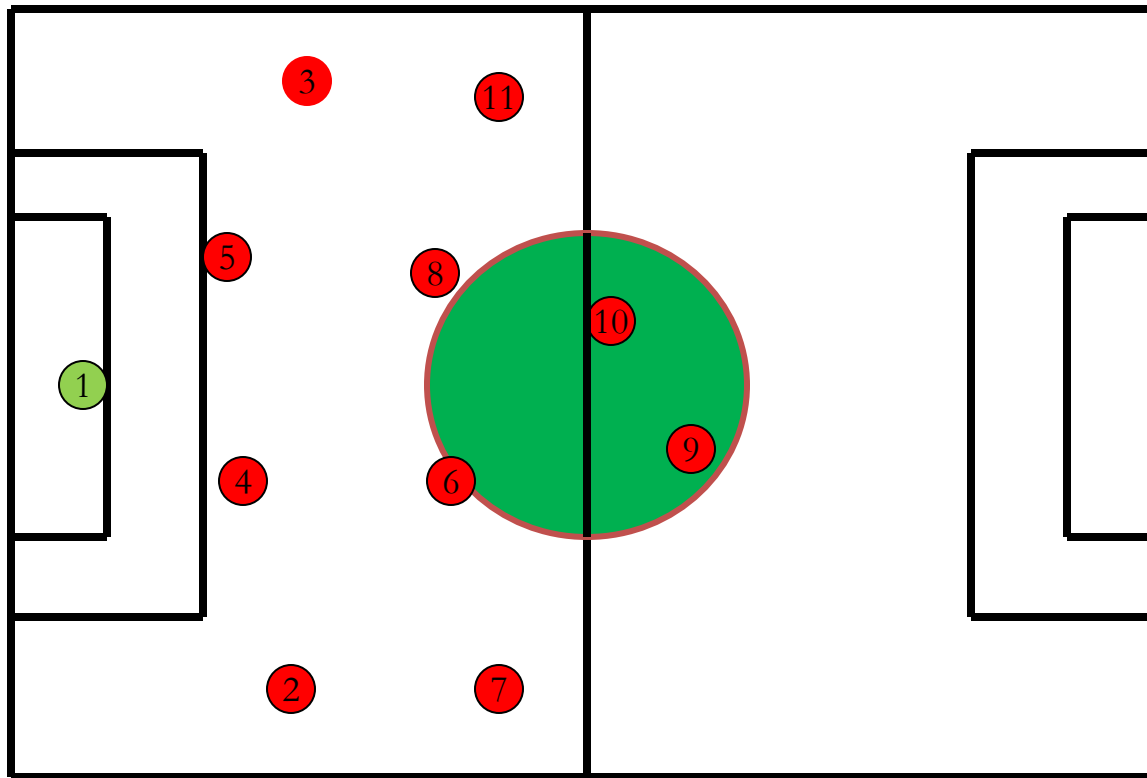
Technical Qualities of attacking midfielders

1. Use of speed of pass
2. Control ball
First touch/proper surface of foot/body
3. Passing and shooting technique
Short-medium-long distance, through the flanks or penetrating passes left-right
4. Penetrating individual dribbling
5. Score goals

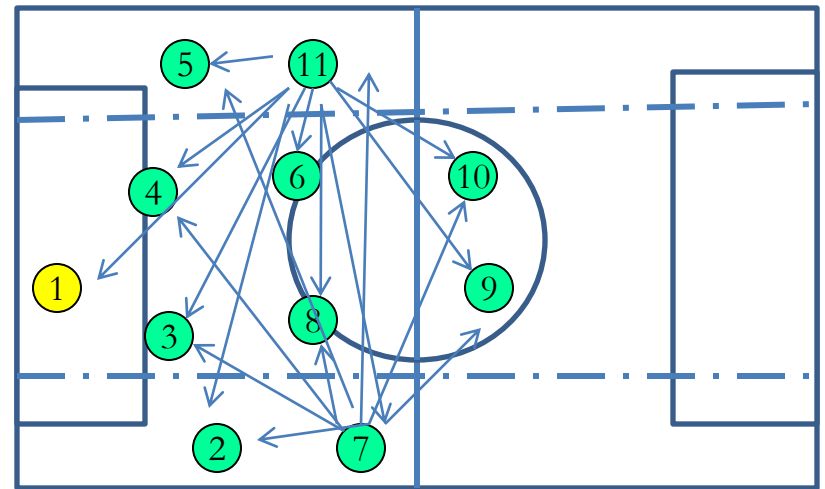
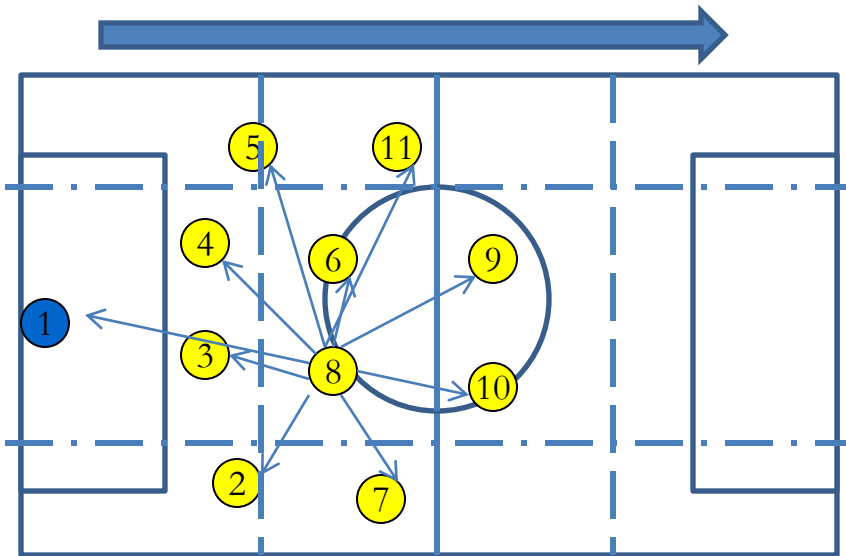
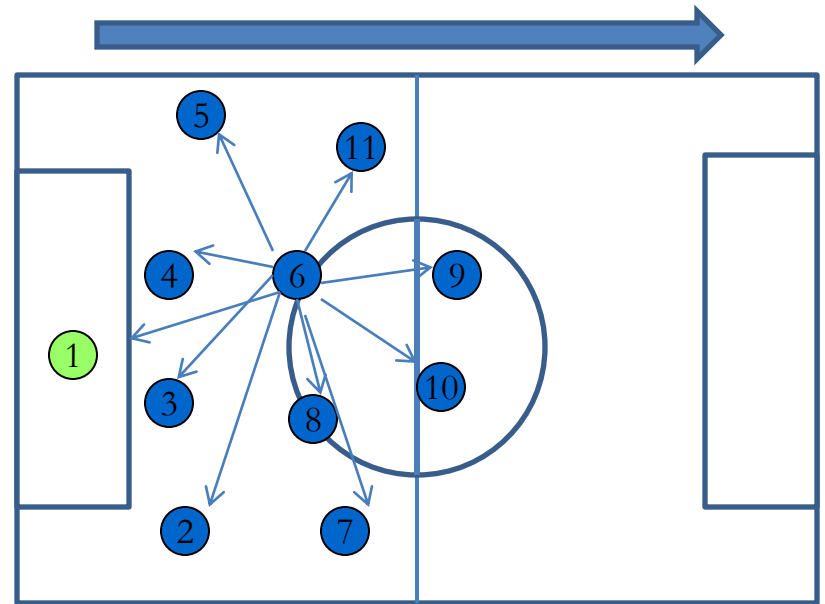
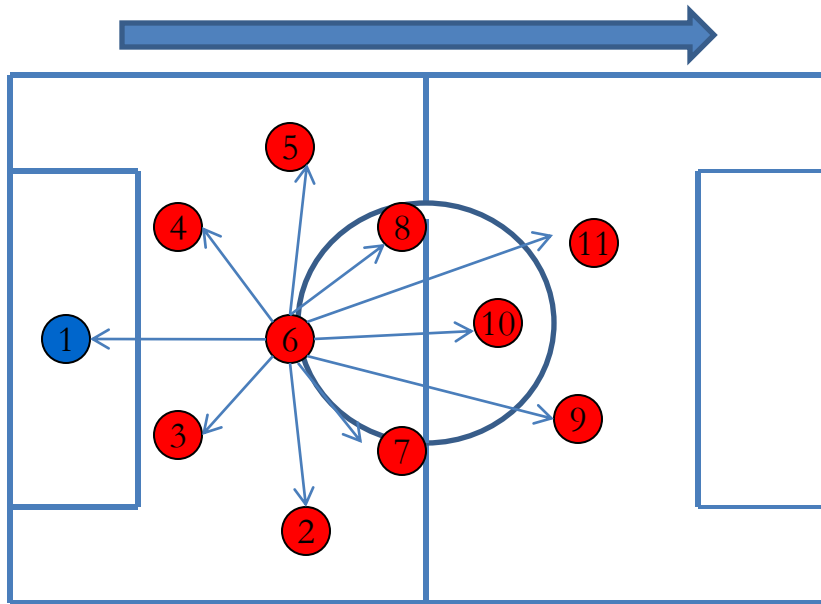
Physical Qualities for Attacking midfielders

1. Speed in short-medium and long distances
2. Change of pace and/or rhythm of the game
3. Successful in duels 1v1 defense-attack
4. Agility
5. High demands of fitness level

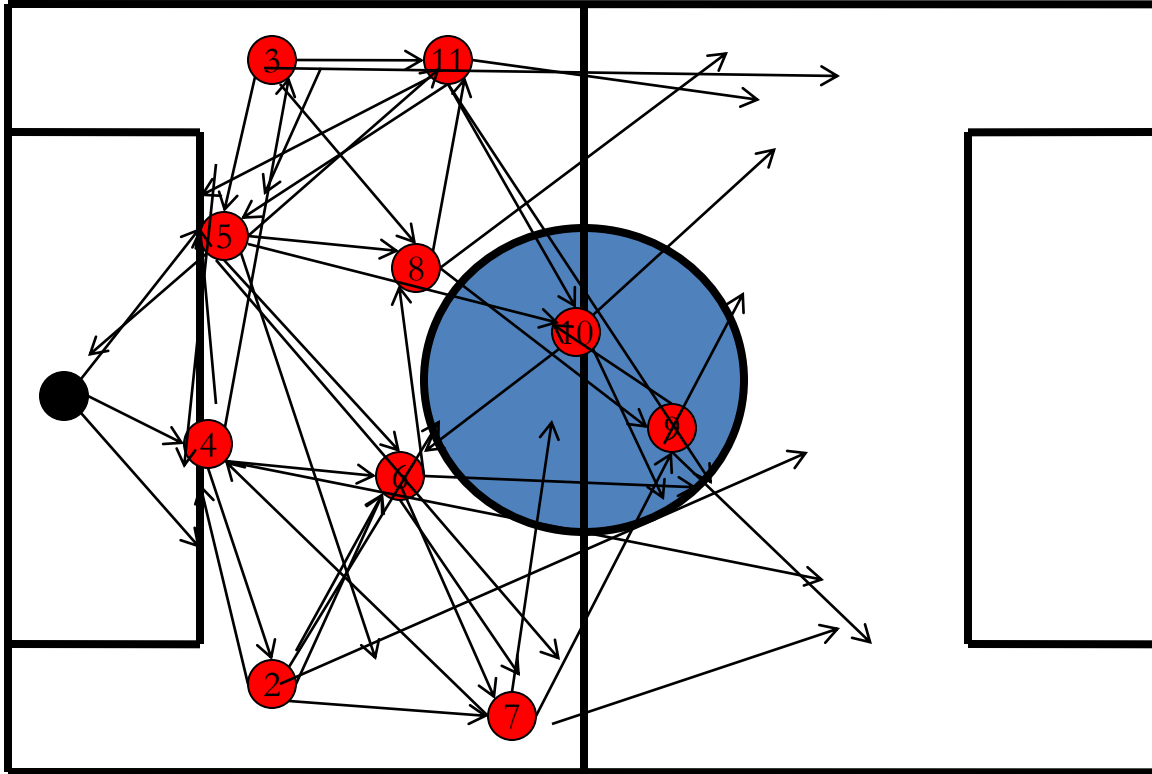
Basic 1-4-4-2



- Four defenders in line
- Four midfielders in line
- One defensive midfielder
- One attacking midfielder
- Two forwards, one deeper



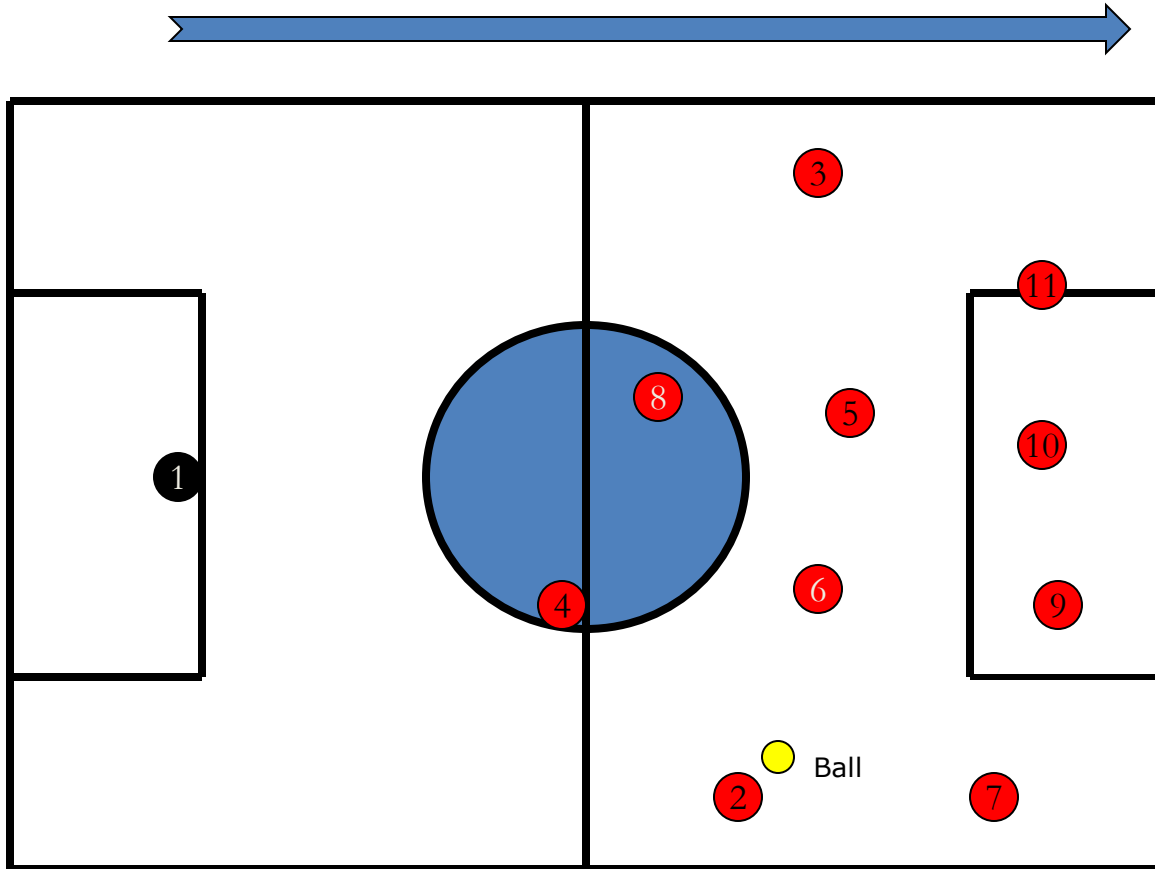
Passing Options



95% diagonals

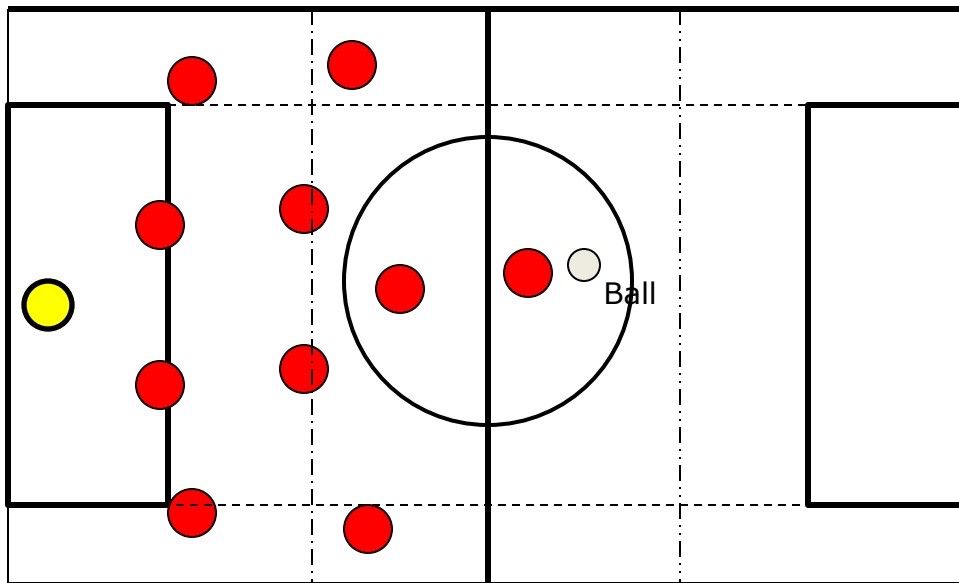
- Flat back four
- Flat back midfielders
- One withdrawn forward
- One deep center forward

Attacking Variants



System turns into
1-2-4-4

DEFENSIVE VARIANTS



- Four defenders
- Four midfielders in line
- One withdrawn forward
- One deeper midfielder