

## Team Challenger FC Player Guide

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## Labeled Soccer Field



## Labeled Thirds of a Soccer Field



### Position abbreviation, Proper Terminology & Position by Number

Abbreviation	Terminology	Number
CF	Center Forward	9
S/St	Striker	9
F	Forward	9 or 10
LW	Left winger	11
LM	Left-Midfielder	11
RW	Right winger	7
RM	Right-Midfielder	7
CM	Center Midfielder	8 or 10
CAM	Center Attacking Midfielder	10
CDM	Center Defensive Midfielder	6 (Europe 4)
HM	Holding Midfielder	6 (Europe 4)
LB	Left-back	3
RB	Right-back	2
CB	Center-back	4 or 5 (Europe 6)
GK	Goal Keeper	1

## Formations

### Basic 11v11 Formations

- GK - 4 - 4 - 2
- GK - 4 - 3 - 3
  - GK - 4 - 2 - 3 - 1
- GK - 3 - 5 - 2
- GK - 4 - 1 - 4 - 1

### Basic 9v9 Formations

- GK - 3 - 3 - 2
- GK - 3 - 2 - 3
- GK - 3 - 4 - 1
- GK - 4 - 3 - 1
- GK - 2 - 3 - 2
- Gk - 2 - 4 - 2

### Basic 7v7 Formations

- GK - 3 - 2 - 1
- GK - 2 - 3 - 1
- GK - 3 - 3 - 0
- GK - 3 - 1 - 2

## 11v11 Formations, Positions &amp; Numbers

## GK-4-4-2



## 11v11 Formations, Positions & Numbers

### GK-4-3-3 (GK-4-3-2-1)



## 11v11 Formations, Positions & Numbers

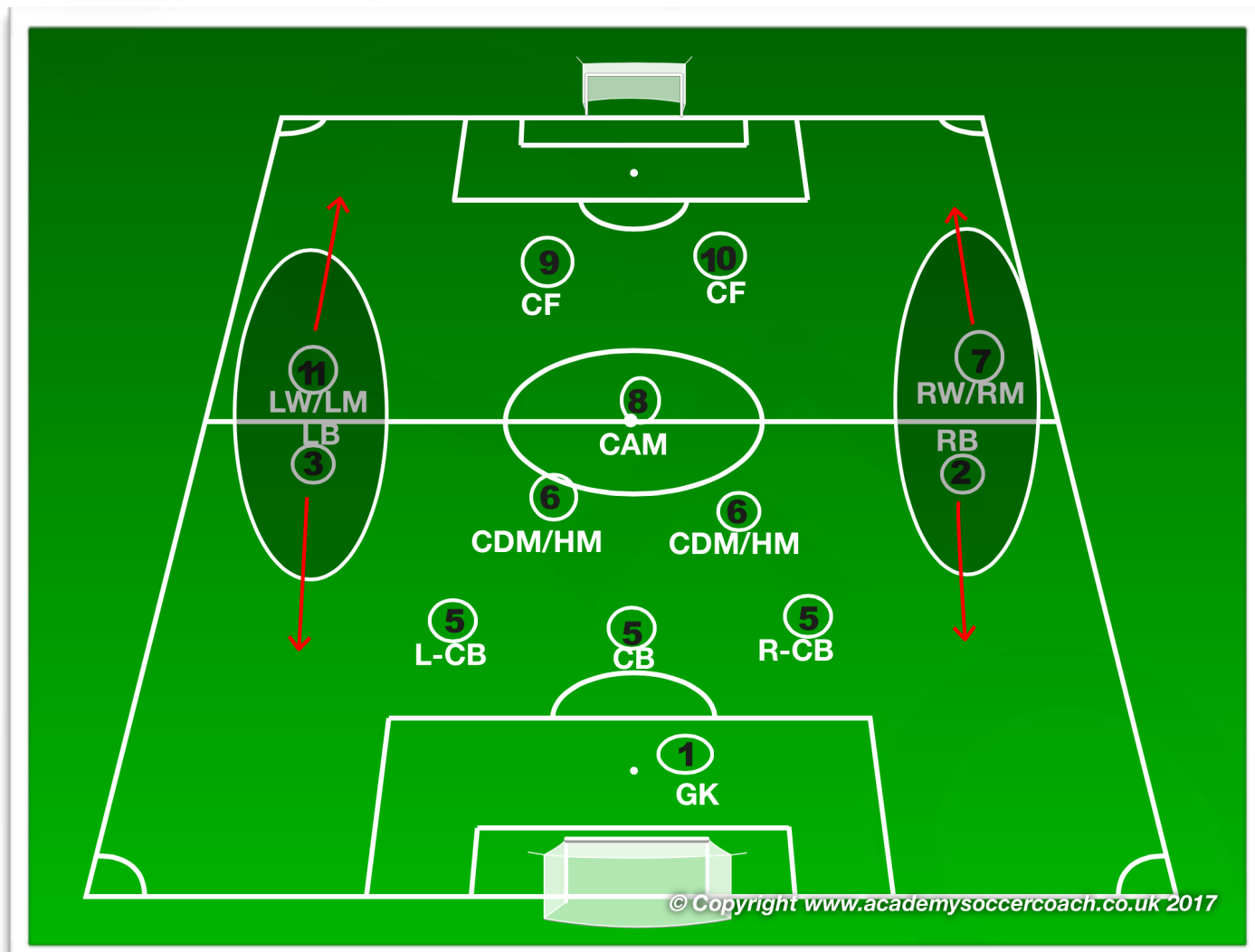
GK-4-1-4-1





## 11v11 Formations, Positions & Numbers

GK-3-5-2



## 9v9 Formations Positions & Numbers



**GK-3-3-2**

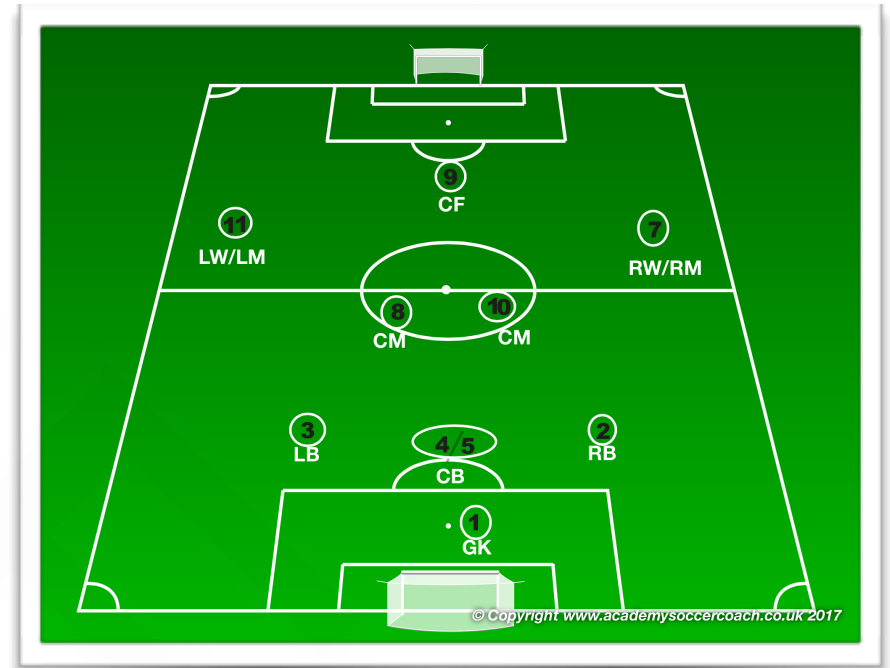


**GK-3-1-3-1**

## 9v9 Formations, Positions & Numbers



**GK-4-3-1**



**GK-3-2-3**

## 9v9 Formations, Positions & Numbers



**GK-2-3-3**



**GK-2-4-2**

## 7v7 Formations, Positions & Numbers

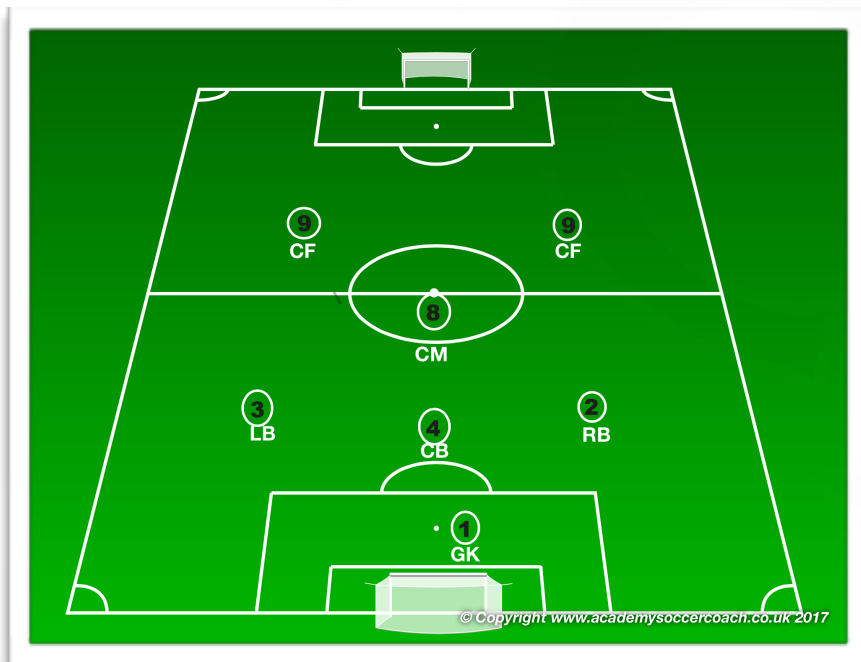


**GK-3-2-1**

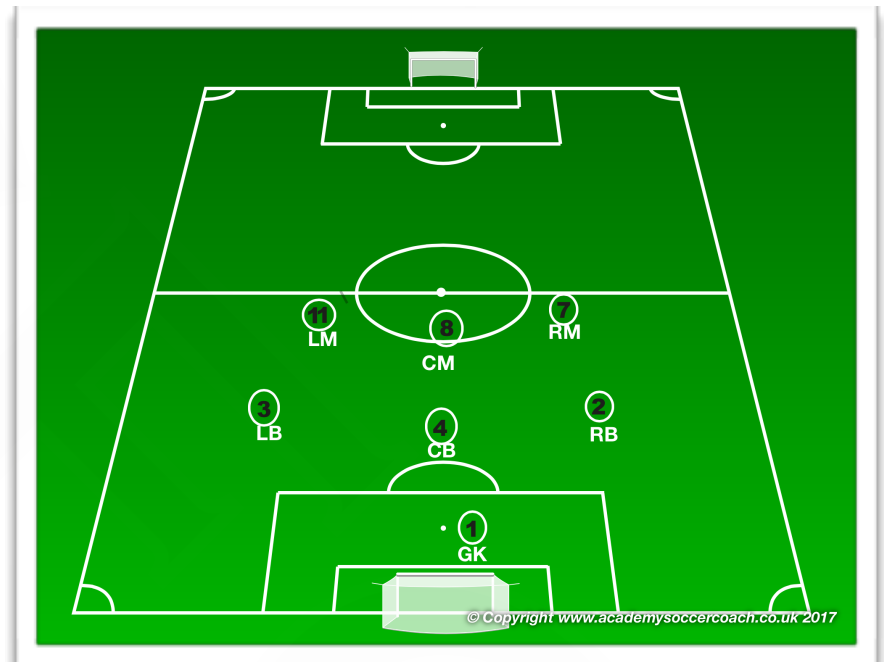


**GK-2-3-1**

## 7v7 Formations, Positions & Numbers



**GK-3-1-2**



**GK-3-3-0**

## Juggling Competency Chart

There is juggling for the sake of juggling and there is juggling for competency. Our goal is for our players to not only be able to juggle but rather for them to demonstrate competency with the ball and apply their juggling skills to game situations.

Level 1			
10 Right foot	10 Left foot		20 Juggles
Leve 2			
10 Right foot	10 Left foot		
5 Inside left foot	5 inside right foot		30 Juggles
Level 3			
10 Right foot	10 left foot		
5 Inside Left foot	5 inside right foot		
5 left thighs	5 Right thighs		40 Juggles
Level 4			
10 Right foot	10 left foot		
5 Inside Left foot	5 inside right foot		
5 left thighs	5 Right thighs		
10 head			50 Juggles
Level 5			
10 Right foot	10 left foot		
5 Inside Left foot	5 inside right foot		
5 left thighs	5 Right thighs		
5 Outside Left foot	5 Outside right foot		
10 head			60 Juggles

## Soccer Terminology

Combining/Combination	1st touch	speed of play	back post	Shift
angles and support	flighted ball	interchange	near/front post	Drop off
bending runs	Driven ball	flick	goal line	Push up
counter attack	give-and-go	Target	Taking players on	Dribble
chip	possession	take over	width	Pass
striking	penetration	dribble at speed	depth	Split
Bending Ball	lay off	1v1	attacking Third	Shoot
volley (full/half)	overlapp	cross bar	Middle Third	Header/Heading
double touch	1 touch	upper 90	Defensive Third	Pull-back
wall pass	receiving/controlling	attacking midfielder	offsides	Cryuff
inside of foot	juggle	defensive midfielder	Throw-ins	Scissors
outside of foot	attacking	target forward	free-kick	Man on
laces	centerback	holding midfielder	Penalty	Nut meg
bottom of toes	right back	systems/formations	Direct Free-kick	back heel
instep	left back	wingers	Indirect Free-kick	Ball watching
Team shape	Technical	wall pass	Wall	zonal marking
press/pressure	tactics	skill	Set pieces	Man to Man marking



line of confrontation	low pressure	high pressure	Penalty spot	Right flank
Center Circle	half way line	touch line	Transition	Left flank
technique	Tackle	recover	marking	Goal
warm-up	cool down	Top of the box	close down space	
Deny space	Delay run/tackle	slide tackle	foul	
drop ball	corner kick	team shape	contain	
cover	balance	compactness	mobility	
Goal Side	diagonal ball	diagonal run	place it	
Finish	Half time	extra time	overload	
switch point of attack	through ball/pass	Shielding	numbers up/down	

## 11v11 Formation Pros & Cons

### **Pros GK-4-4-2**

- Simple formation to play
- Players can easily understand Roles and responsibilities
- Two good Center-forwards will/can create lots of goal scoring opportunities.

### **Cons GK-4-4-2**

- Wide players must be able to go from box to box
- If midfielders aren't playing together (i.e, both joining the attack) there can be gaps in midfield when the opponent is in possession of the ball.
- pockets of space can be available between lines if your team is not compact when out of possession.

### **Pros GK-4-3-3 (GK-4-3-2-1)**

- Lots of triangles all over the field, helps to keep possession of the ball.
- attacking formation
- Good formation for teams who like to counter their opponents
- Flexible formation if your team likes to change formations during the game (i.e, attack with 4-2-3-1, but defend in a 4-5-1).

### **Cons GK-4-3-3 (GK-4-3-2-1)**

- vulnerable midfield in defensive transition
- Center-forward can be isolated if support is not quick enough.
- Center-forward can spend a lot of effort pressing from the front.

## 11v11 Formation Pros & Cons

### Pros GK-3-5-2

- Strong Midfield Presence, providing numerical advantage
- Lots of support for the two Center-forwards
- Provides the advantage of a solid build-up in midfield
- Defensively transitions into a 1-5-3-2, also providing numerical advantage

### Cons GK-3-5-2

- The three central defenders can be exposed when your team is out of possession.
- Vulnerable to direct attack from the opposition, a direct ball from the back can bypasses the 5 midfielders.
- If wingers are caught out of position, the opponent will have lots of space to attack on the flanks.

### Pros GK-4-1-4-1

- Provides an extra line (4 lines), denying pockets of space the opponent can make penetrating runs and passes into.
- Very defensive formation, for a team playing low pressure and trying to stay organized.
- Good formation for teams looking to counter-attack the opponent.

### Cons GK-4-1-4-1

- Center-forward can be isolated
- Center Defensive Midfielder will have lots of grounds to cover so must be very good at reading the game.
- In defensive transition your team could be outnumbered in midfield.

## 9v9 Formation Pros & Cons

### Pros GK-3-3-2

- Simple formation to understand, very easy to transition to 11v11 (add 2 players; 1 to any line translates into a formation).
- Equal balance provides defensive cover and attacking support
- Two Center-forwards provides lots of defensive pressure from the front and lots of goal scoring opportunities

### Cons GK-3-3-2

- If LM or RM is not disciplined defensively then the CM will be alone in midfield or having lots of grounds to cover
- If LB or RB is not disciplined defensively then the CB will have lots of grounds to cover and will not be able to track every penetrating runs or disrupt combination in and around the 18yd box.

### Pros GK-3-2-3

- Provides defensive balance and attacking support
- its an attacking formation, good for counter attacks
- lots of triangles across the field to keep possession
- Flexible formation (defensive transition to 3-4-1).

### Cons GK-3-2-3

- opponent has tons of space to attack on the flanks in the middle third.
- Vulnerable in midfield
- with enough pressure the opponent can disrupt some of the supply to the front three by man-marking or high pressing the two central players.

## 9v9 Formation Pros & Cons

### Pros GK-3-4-1

- Very strong midfield presence
- good formation for keeping the opponent in front of you and staying compact, denying space for opponent to play into or run into.
- Provides width, depth and compactness
- good choice formation if you have the personnel and is looking to counter attack your opponent immediately after regaining possession.

### Cons GK-3-4-1

- Center-forward could be on his own at times if support is not quick enough
- Center-forward will have to defend a lot from the front and could take away from the energy needed to score goals

### Pros GK-4-3-1

- Solid defensive unit
- Balanced Midfield providing extra coverage
- Creates space on the flanks for outside backs to join the attack

### Cons GK-4-3-1

- Slow attack
- Center-forward may not have enough support at times/quick enough support
- Can be vulnerable immediately after trying to attack the opponent as (especially if its a build vs a direct attack).

## 9v9 Formation Pros & Cons

### Pros GK-2-3-3

- Very attacking formation
- Lots of triangles across the field to keep possession
- Lots of support in the attack third

### Cons GK-2-3-3

- Center-backs are vulnerable when your team is out of possession
- Very vulnerable to direct attacks, especially on the flanks behind the midfielders

### Pros GK-2-4-2

- Very Strong midfield presence
- Lots of support for the two center-forward

### Cons GK-2-4-2

- Center-backs are very vulnerable to direct attack
- Flank space behind LM and RM is open
- Very vulnerable to direct attacks, especially on the flanks behind the midfielders

## 7v7 Formation Pros & Cons

### Pros GK-3-2-1

- Balanced formation for young players
- easy to understand

### Cons GK-3-2-1

- Midfield will be open in transition if both center mid join the attack
- flanks are wide open for the opponent to attack

### Pros GK-2-3-1

- Center-forward has lots of support
- good for counter attacking your opponent
- A Center-back partnership

### Cons GK-2-3-1

- Wingers have to go from box to box (younger players may not have the necessary stamina so monitor substitution)
- Center midfielder will have a lot of grounds to cover
- Midfield will/could be vulnerable to attack in transition

## 7v7 Formation Pros & Cons

### Pros GK-3-3-0

- Keeps possession
- provides good defense cover

### Cons GK-3-3-0

- No forwards therefore no depth
- you could be stuck in two thirds of the field for a long time
- after a breakdown in your build-up the middle of the field can be vulnerable to attack if the midfield cant recover or reorganize quick enough
- less goal scoring opportunities

### Pros GK-3-1-2

- Good counter attacking formation
- Two Center-forwards
- Solid/Balanced defensive unit

### Cons GK-3-1-2

- Weak midfield
- Center-mid will have to cover lots of space in midfield
- If the opponent man-marks or puts lots of pressure on the Center-Mid, it cuts off some supply to the two Center-fowards