

SUBJECT: Year 10 PE

UNIT: Football



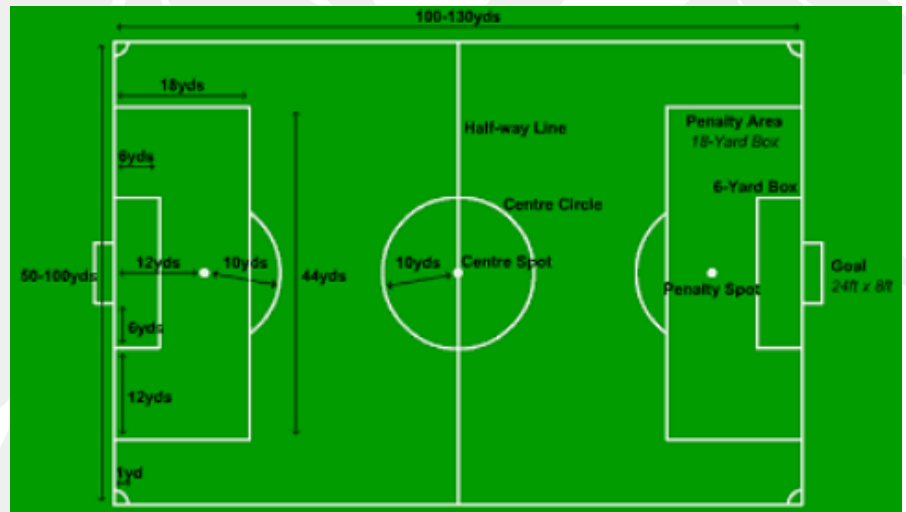
Formations

4-3-3 (4 defenders, 3 midfielders, 3 strikers) – A traditional team set up.

5-3-2 (5 defenders, 3 midfielders, 2 strikers) – A defensive set up.

3-4-3 (3 defenders, 4 midfielders, 3 strikers) An attacking set up.

Pitch Layout



Tika-Taka: Lots of short quick passing. Overloading the middle of the pitch with players and retain possession of the ball for large portions of the game so the other team cannot get the ball and eventually tire.

Park the bus: The sole purpose is to not concede a goal. It involves putting the majority of the players in defence and leaving minimal space for the attacking team to pass and score.

The High Press: The high pressing game is one that is built from how you play off the ball, rather than on it. At its core, the high press works on the precedent that the higher up the pitch you win the ball, the short distance you have to go to get into a goal scoring position.