

1-3-5-2

Soccer System

- The 1-3-5-2 Mt. SAC style of play .
- 3 Defenders, 5 Midfielders, 2 Forwards
 - 1-3-5-2 Basic Formation
 - Defensive Player Roles
 - Midfielder Player Roles
 - Offensive Player Roles
 - Defensive Shape
 - Offensive Shape

1-3-5-2

Basic Formation

Goalkeeper

X
Center
Back

X
Left
Back

X
Right
Back

X

X

Center
Midfielder

Center
Midfielder

X

X

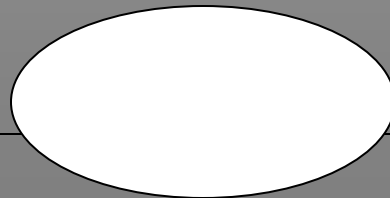
Attacking
Midfielder

X

Left
Flank

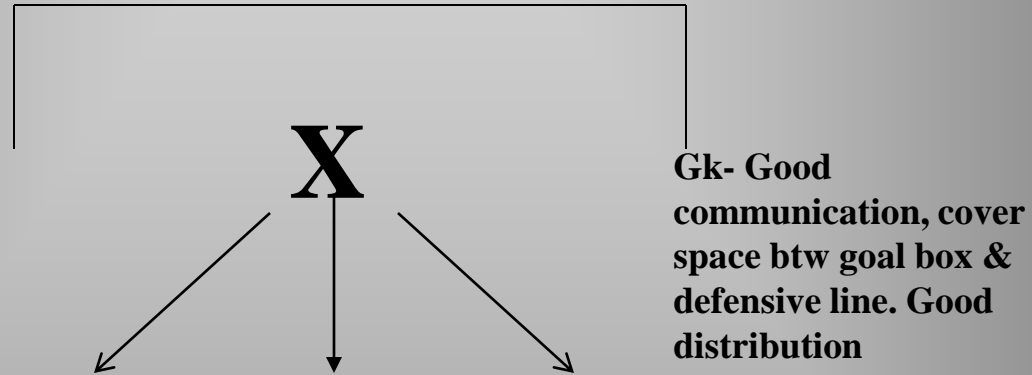
X
Forward

Forward

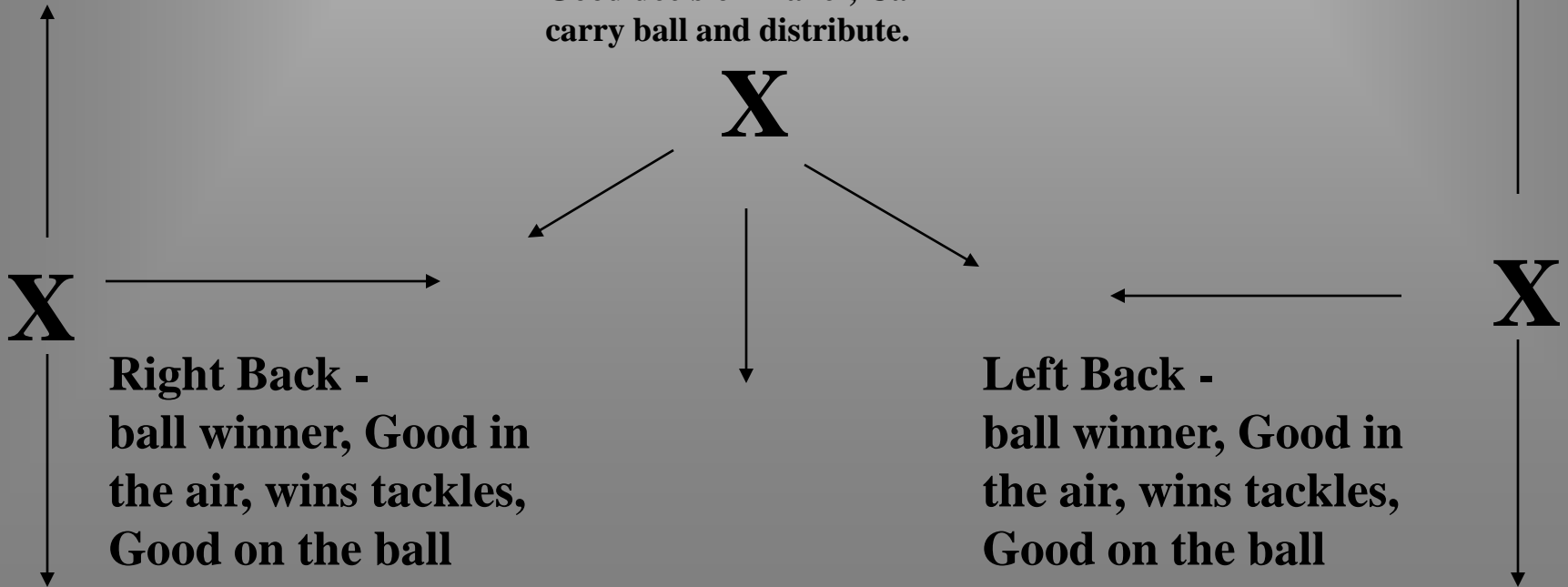


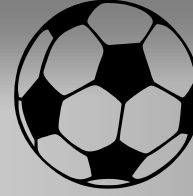
Defensive Roles

3 Defenders



Center Back Intelligent, Good decision maker, Can carry ball and distribute.





Midfielders Roles

Right Flank

Good
Defensively
Good Speed,
Excellent 1v1,
High endurance,
Attacks and
serves good
crosses

Left Flank

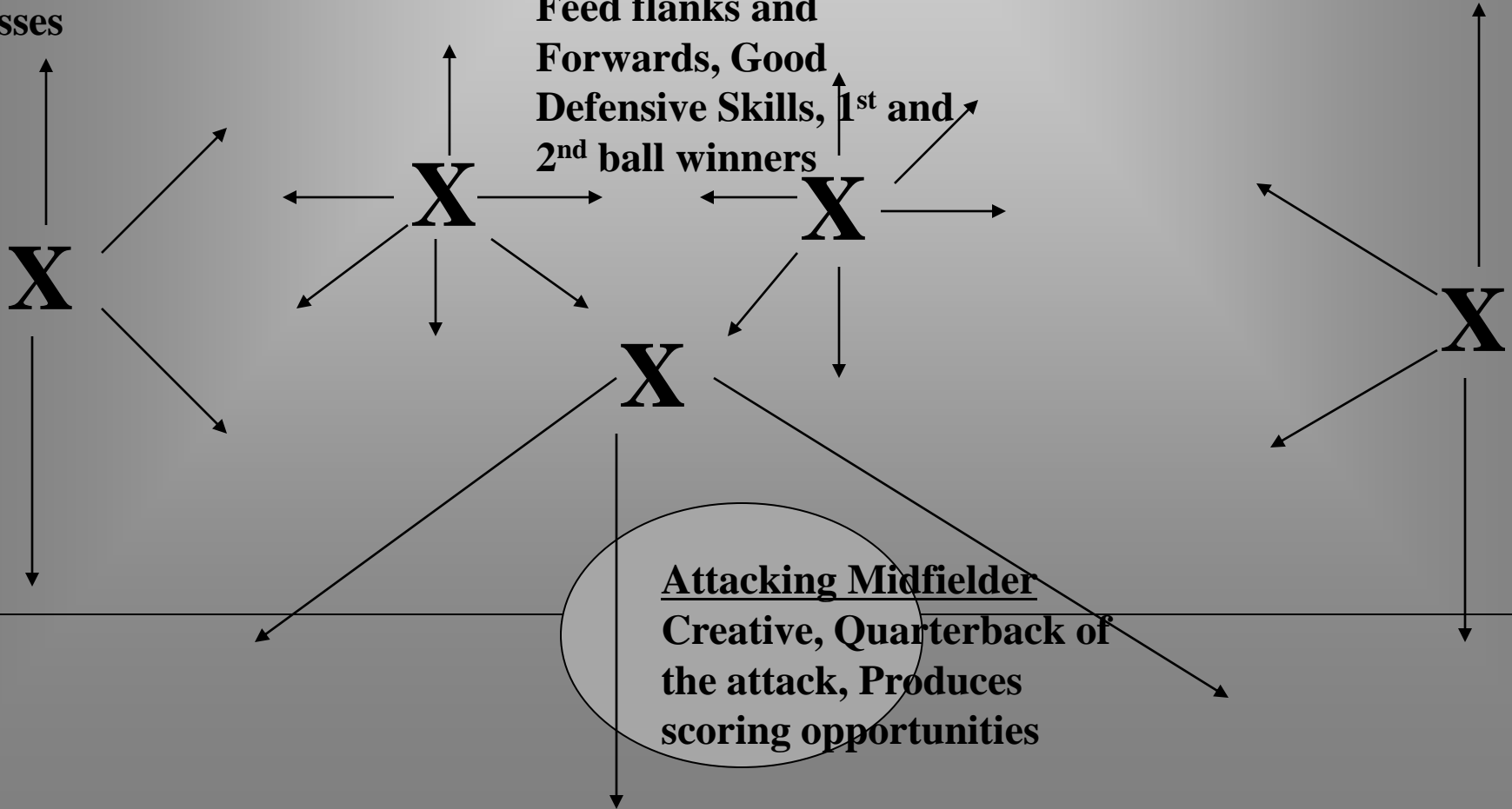
Good
Defensively
Good Speed,
Excellent 1v1,
High endurance,
Attacks serves
good crosses

Central Midfielder

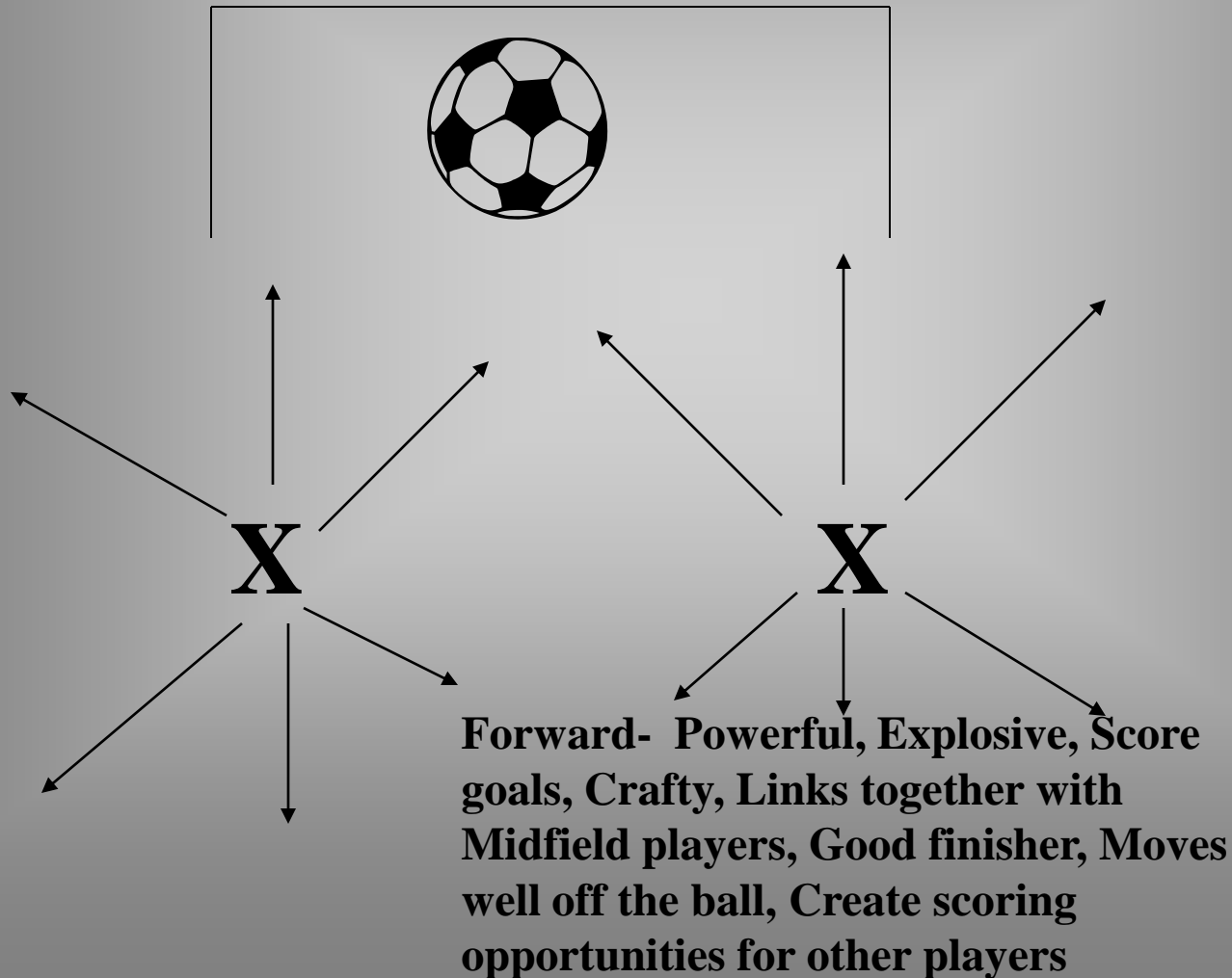
Disciplined, Ball
winners, Switch balls,
Feed flanks and
Forwards, Good
Defensive Skills, 1st and
2nd ball winners

Attacking Midfielder

Creative, Quarterback of
the attack, Produces
scoring opportunities



Forwards Roles



Defensive Movement

According to the Ball

gk
X

X

X

X

O

O

X

X

X

X

O

O

O

Fwd
force
inside

X

O

X

X

cut passing lane
to CMF



O

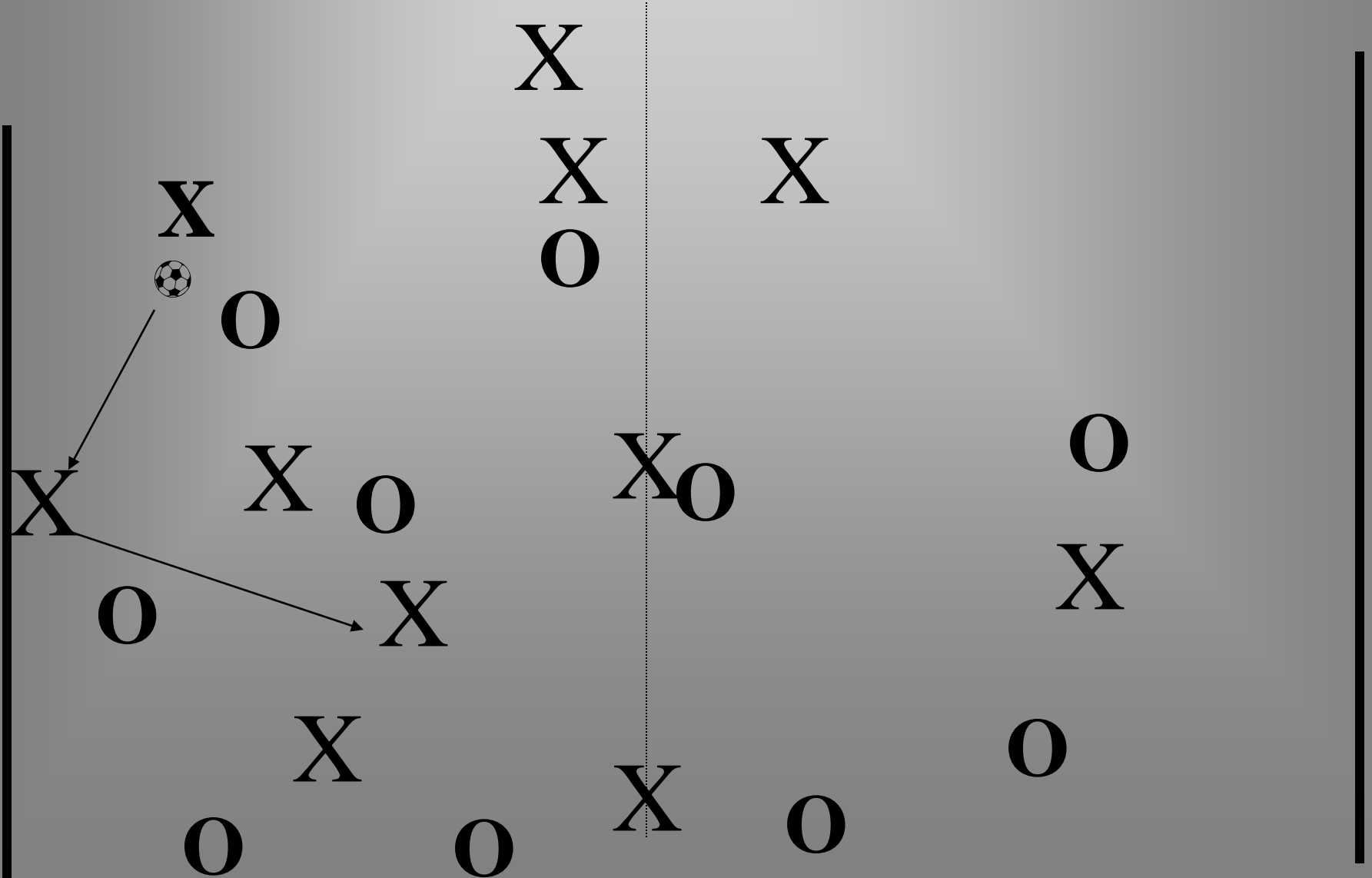
O

O

O

Offensive Movement

According to the Ball



Defensive and Offensive Shape

- Defensively Balance
- Forwards force ball inside on attacking half.
- Midfielders recover ball immediately- Compact zone
- Defenders aggressive versus attackers always forcing to help
- Goalkeeper good communication & step off goal line
- Offensively balance
- Forwards checking for the ball
- Attacking Mid-Creative and looking to combine/find forwards
- Flank Midfielders-Wide and create crossing opportunities
- Central Midfielders-Distribute balls to flanks and Forwards
- Defenders -Attack with ball and distribute short and long range passes

1-3-5-2 Formation Review

- **Discipline at every position**
- **Good Defensive Shape**
- **Good Offensive Shape**
- **Good Communication all over the Field**

Review the Formation and Study your position.