



TECHNICAL FIELD FIGC

MASTER COURSE 2004-2005

THESIS

Midfielders CHARACTERISTICS OF THE THREE IN A THREE MIDFIELD

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Coverciano July 7, 2005

**Midfielders CHARACTERISTICS OF THE THREE
IN A THREE MIDFIELD**

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1. INTRODUCTION

In modern football it is applied various different gaming systems, which are used keeping in mind the physical, technical and psychological of the players that the coach has at his disposal.

It shall some systems focused on the figures of the midfielders, but I will not go on the systems to be adopted according to the characteristics of the opposing team on duty, because this would lead too far in the exposition and falls outside the task that I have proposed.

That year just finished (2004/2005 football year) was my second coaching experience.

I was forced to make a virtue of necessity in regard to the choice of a form of the game, because I did not know all the features of the individual players that society, SPAL, had put at my disposal; I, in fact, reached the team only the day before that on which the same team left for the retreat.

So I had to take some 'time before choosing the form in which to play the team, so you can make the most of the potential of the individual to gradually players who had no way of knowing.

At first I thought to adopt a 4-4-2, form that ensures at least a good defensive seal; then, for shortlist reasons and due to various injuries are passed to a 4-3-3 (see Fig. 1 below).

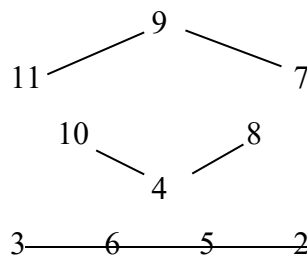


Fig. 1

In the first eight games we played using this system; I later changed the structure of the field center, in the sense that instead of playing with low director # 4 (see again Fig. 1), I spilled the triangle center field and I made the team play with the two median and the advanced playmaker (see Fig. 2), always maintaining

in two offensive attack the external and the central tip and maintaining the in-line four defenders:

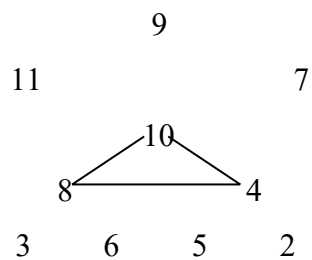
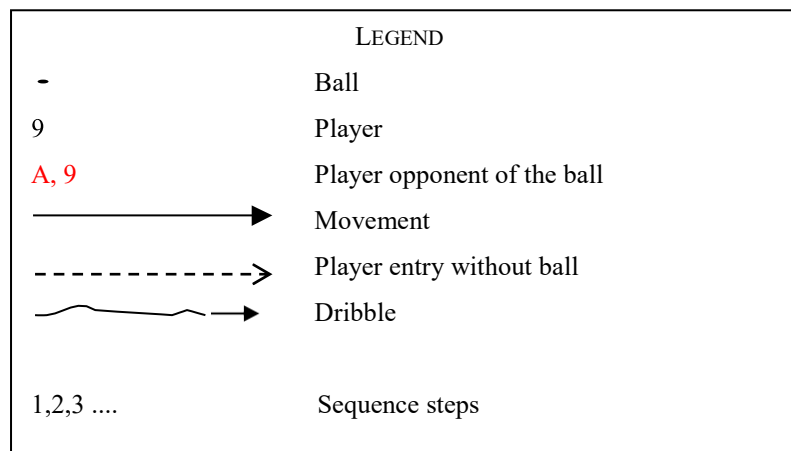


Fig. 2

2. REQUIREMENTS midfielders



The technical and tactical quality of the three midfielders must be very different depending on whether you choose to play with the midfielder # 4 lower front of the defense and two midfield interior # 8 and # 10 (Fig. 1) or with two midfielders n ° 8 and n ° 4 in front of four defenders, with the playmaker n ° 10 in front of the two midfielders (Fig. 2).

I will begin to treat the peculiarities of individual players (midfielders), then move on to stating the advantages and disadvantages encountered when the team is or is not in possession of the ball.

2.1 Triangle with the apex downwards

Let's see what are the requirements that need to possess the players when the team plays with the top down



Fig. 3

The midfielder before the defense (No. 4, "director") Ideally it should first be equipped

- of great charisma so as to be able to control at best the two midfield interiors N ° 10 and N ° 8 when not in possession of the ball and the three men attack N 7, # 9 and # 11.

Example:

when the opposing team starts the action, the low director N ° 4 must give the timing output of the two outer N ° 7 and N ° 11 and of the two midfield interior # 8 and # 10 by shortening forward; at the same time the N ° 9 goes to close the possibility of backward transition from D to C:

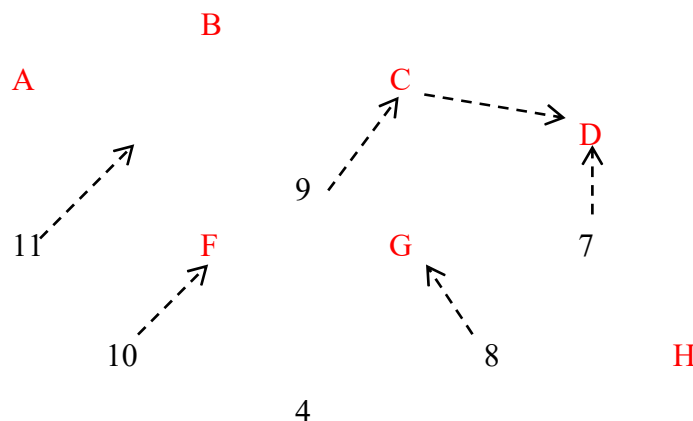


Fig. 4

Important: When your team finishes the action, the backlog director's task is to draw the two midfielders and three strikers at once to get into the right positions in order to organize the recapture of the ball.

In the case in which the three attack men are cut off from the phase of recovery of the ball, the behavior of the three midfielders and four defenders must be the following:

1. do not blow themselves up but slow down the action of the backing opponents,
2. the # 8 out outside 3 The # 4 takes the place of the # 8 and # 10, ducking, running out towards the center:

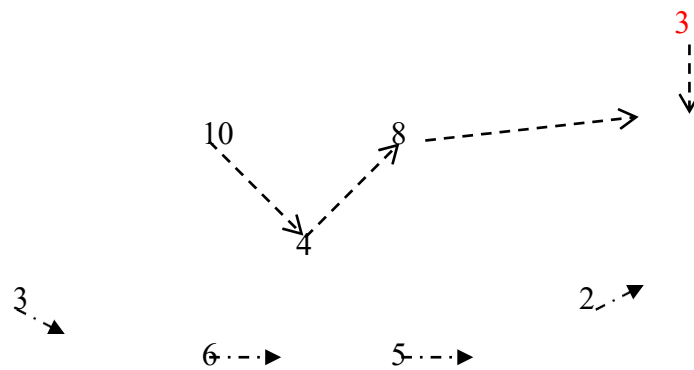


Fig. 5

In the situation then where we should defend the six defenders of attack with central ball, you must:

1. do not blow themselves up but stall;
2. the director # 4 tries to shadow the ball carrier zone A, limit time and space game and calling the N ° 8 to give coverage to the shoulders, while the four defenders behind remain tight:

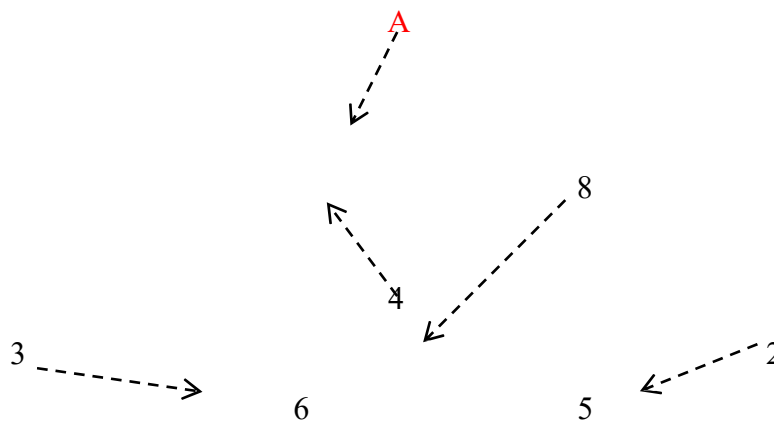


Fig. 6

The N ° 4, the "director" must also have

- good technique, in order to give the game to the team times;
- an excellent sense of position (tactical sense), in order to play on short when it comes to spin the ball, and then always find himself unmarked in such a way as to act as a reference point for all other companions;
- a good football is long and precise to be able to readily transform the action to be defensive in attack (counter-action) and, above all, in order to change the face of the game when the team is pressing and you can easily find the other side of the field where the opposing team is presumably not covered.

It must also be proficient in verticals and must never lose the position, because that way when not in possession can offer coverage (do screen) to its four defenders, trying to go to prevent the play vertically or diagonally players opponents, defenders or midfielders who are in favor of their attackers.

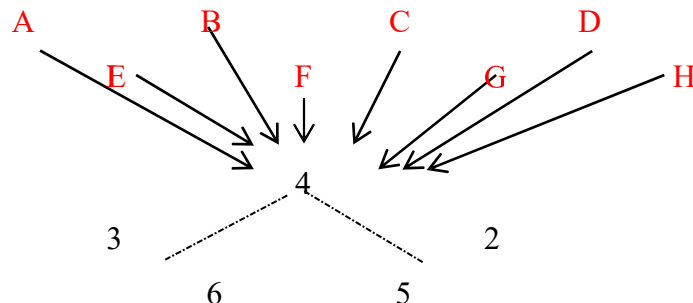


Fig. 7

Great tactical sense, then, seems to be the specific quality more important for a player involved in these tasks.

They will be few and well-thought his offensive entries during the game; This not to leave unguarded area of the central area.

The team is waiting for him to provide balance in the nerve-center of the field.

Unlike the central midfielder, the two midfielders (# 8 and # 10) must be in possession of a good run, especially since, as the team will play a central striker and two external attack, it takes many their entries without the ball in the frontcourt.

The insertion times in the various offensive solutions are fundamental in order to arrive at the conclusion or with a shot from outside the area or go to close the action via any combinations (rounds) that are built mainly on the opposite side of the field (eg a cross).

Usually one of the two (traditionally # 10) must

- be able to create numerical superiority (jumping man) by the dribbling;
- being able to perfectly execute the last step;
- be in possession of a good shot from outside;
- and above all to vertical system the action in order to put the three attack men in a position to go to the successful conclusion of the action.

Unlike the N ° 10, N ° 8 must:

- possess more quality tactics;
- more help fellow midfielder;
- work to a greater extent when the team is not in possession of the ball;
- help the central midfielder in giving balance to the team and retrieve balls from the opponent's team.

Although the N ° 8 has minor technical qualities of Comrade # 10, he must be able to accompany the action and then be able to go to the conclusion (shot from outside). The No. 8 is also a good hitters head (contrasts on referrals) and strong physically.

2.2 Triangle with the high summit

But when you play with two middle front of the defense and the attacking midfielder,

10

8

4

the characteristics that must have all three players in question are completely different from those of midfielders mentioned above.

With this arrangement (see above), the middle two seats in front of the defense are fundamental for the balance of the team.

They should never leave the central area of the field; always accompanying the action should never to be found above the line of the ball, both in attack either, more so defensive.

One of the two must be further equipped with the own characteristics of a director, in such a way as to be able to act as a point of reference for the four defenders in offensive action construction phase.

The other, however, must surely be equipped with a highly dynamic, excellent race and a good header.

Once the players endowed with these characteristics were denominated midfield sliders.

These two median have the task of protecting the defense when the team is not on the ball, to give balance to the team and always be in support of attacking midfielder # 10 and three men (# 7, # 9 and N ° 11) that make up the attack.

Let's look at two examples:

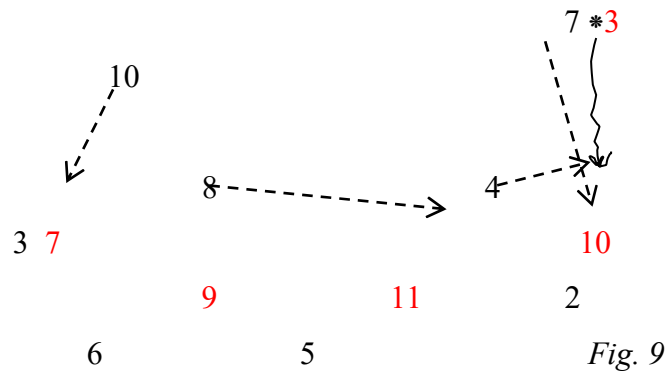


Fig. 9

In this situation, the N ° 7 misses the action, the first goal of the six who defend is to not blow themselves up and slow down the action, "running away" to the door to take up room and not give depth to the opponents: The N ° 4 comes out on # 3 adversary, the # 8 scale in the middle and the # 10 takes the left indoor place: the # 4 do not have to blow up and wait for the doubling of the eventual N ° 7 who returns; N ° 2, in this case, can not go out and doubling because it must control the # 10.

In a situation almost similar to the previous one:

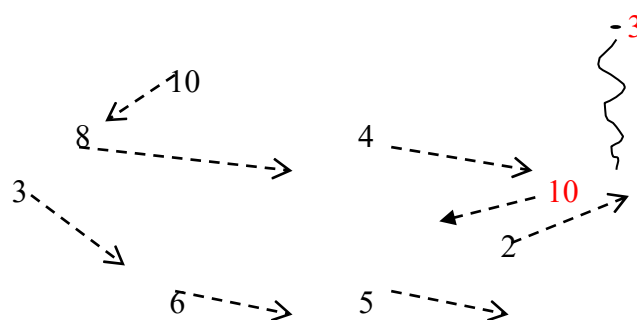


Fig. 10

In this case, with the cutting of # 10 adversary, the # 2 comes out on # 3, Stalling, the # 4 doubles the # 8 and goes to make the low summit (the screen in front of the defense) in place of N ° 8 acting as a left inside.

The playmaker # 10, or attacking midfielder, has the task of attacking the director and minor defensive duties of the other midfielders.

Needs to:

- be always find unmarked as a reference point for the development of offensive game, giving support to the two midfielders, as well as, when necessary, to the four defenders;
- move around especially in the field of intermediate zone between the midfielders and defenders opponents;
- possess good technique and good dribbling so you can create numerical superiority;
- know how to verticalize (last step);
- It is equipped with a good shot
- and finally to have the right timing of passage for any of his team-mates.

3. The 4-3-3 with low summit

The following will explain what are, in my opinion, the advantages of the 4-3-3 with top down when the team is in possession of the ball with respect to 4-3-3 with a high summit.

If you play with the midfield top down and two interior, you are far more offensive solutions (a greater number of men than the ball) and restarts when the ball conquered are sent, as there are a lot more opportunities to do of insertions, both the central and lateral, with the two interior.

Let us see some examples, referring to the legend presented above:

1) Objective: exterior insertion from the side opposite to that where is the ball and the interior of the opposite half to the place where it comes from the last step

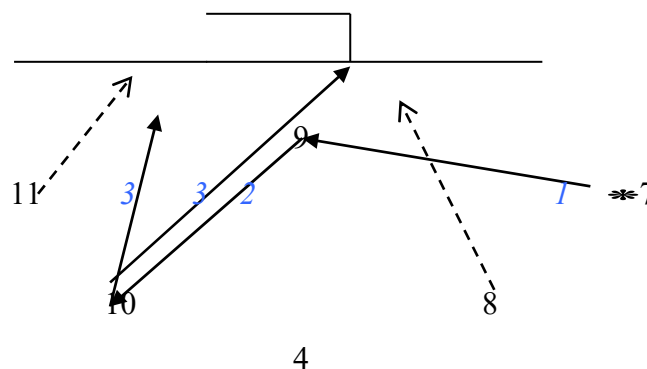


Fig. 11

Ball to # 7 that the plays diagonally on # 9 which in turn discharge back to the # 10 that sends the conclusion or the # 8 or # 11 that are inserted from behind without the ball.

2) Objective: to reach the conclusion the N ° 10 itself or the interior and exterior of the opposite side to the place where it comes the last step

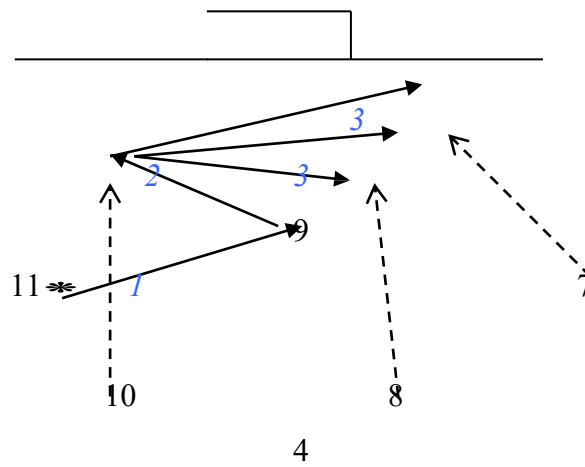


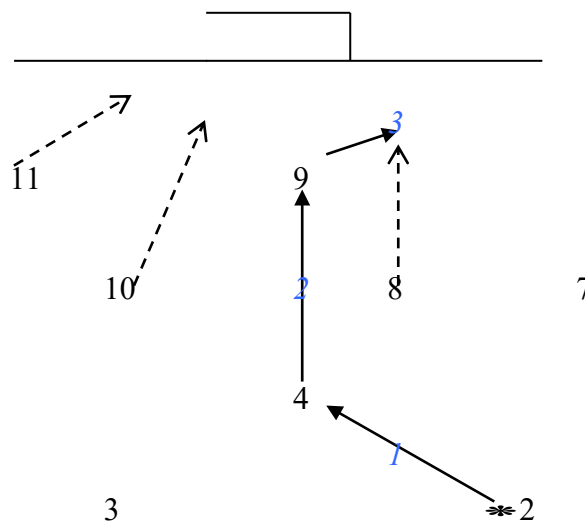
Fig. 12

Ball and # 11 which, after checking, the plays on the # 9 which closes the triangle with # 10 Insert without the ball.

With the inclusion on the opposite side of the N ° 7 and N ° 8, N ° 10, depending on the circumstances, can arrive at the conclusion himself or behind support for the # 7 or # 8.

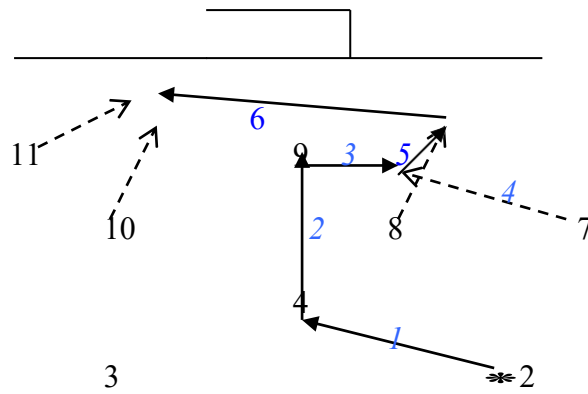
3) Ball and # 2 that the plays on the # 4 which in turn plays the vertically on the N ° 9, which at this point has at its disposal three solutions:

3a: Objective: send directly into the goal # 8:



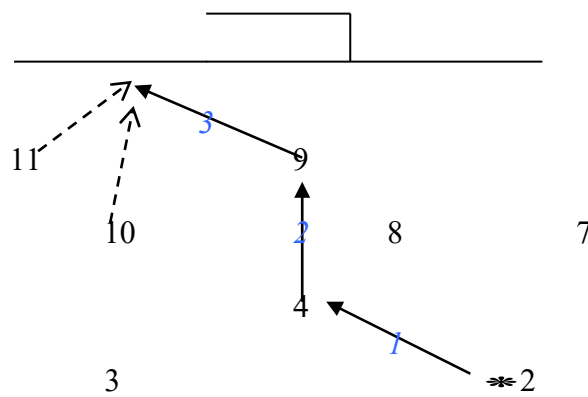
6 5
Fig. 13

3b: objective: to download the ball on the N ° 7, which can send to cross the N ° 8;



6 5
Fig. 14

3c: Objective: verticalize for the # 10 or # 11.



6 5
Fig. 15

At the same time the N ° 2, N ° 3, N ° 5, N ° 6 and N ° 4, together with the N ° 7 when it is not directly called upon, accompanying the action; But all this while remaining behind the line of the ball in order to cover any counter of the opponents.

Adopting this game system are called into question, for the development of the action offensive, the three most attack men, in turn, one of the two inner midfield, while the four defenders and the central midfielder, as I said above, remain (almost) behind the line of the ball.

The backs are called into question for the development of the action only when this part from the bottom, their insertions by overlapping remain infrequent.

Surely it must be a relatively long time to be able to find the balance in the central part of the field, nerve center for the development of each action, both offensive and defensive; the two midfielders, in fact, must be able to coordinate the alternation in the offensive entries not to leave alone the central midfielder to man the midfield.

4. The 4-3-3 with high summit

This module, with more defensive characteristics with respect to 4-3-3 with apex downwards, obviously offers greater guarantees and balance in the rear, because the two median, # 4 and # 8, remaining predominantly blocked in front of the defensive line to four, always ensure good coverage.

In this case, however, being able to use fewer solutions using offensive midfielders, it is often necessary to call into question, and to participate in the offensive play either one of the two full-backs.

It seems obvious that this form will be more effective when you have to attack a closed team: since the two external are lowered to support the onset of the offensive, the men of the defense have before them a dual standby that can open more opportunities to penetrate or get around a closed defense.

Let's see some possible solutions:

1) Objective: To construct the action on the one hand to fit it on the bottom opposite the back, which can thus perform the cross:

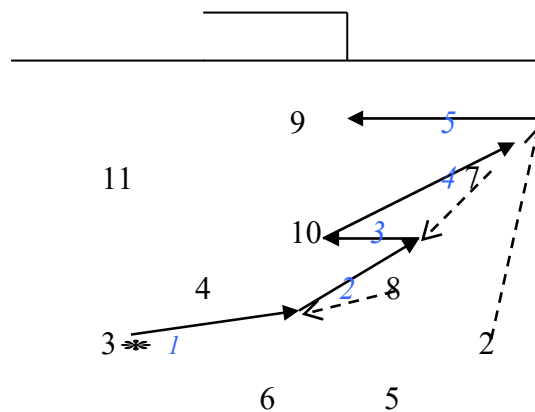


Fig. 16

Ball at # 3 that the yields to N ° 8, which is lowered, that gives in turn to N ° 7 abbassatosi too, that rests on the N ° 10; meanwhile the # 2 has risen

inserting the right and can receive the ball from the N ° 10 and close with a cross to the # 9 or # 11, or even towards the N ° 10, which has risen towards the goal.

2) The same action can obviously be performed on the opposite side, starting from # 2, then the N ° 4, N ° 11, N ° 10 (the pin), and finally the # 3 which has risen along its line lateral.

3) Objective: to send to pull the two outer

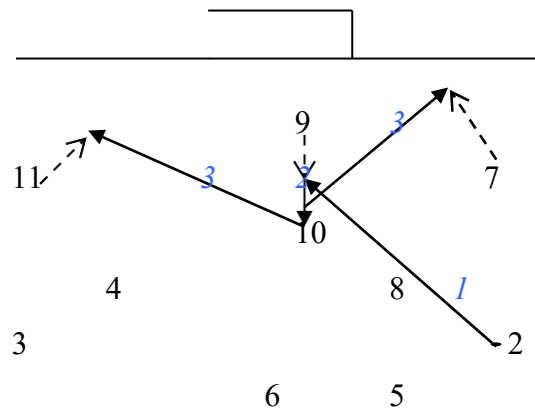


Fig. 17

Ball and # 2 that plays long to # 9 which is lowered, the N ° 10 goes to rest, receives, and further sends inside vertical or # 7 or # 11.

4) Subject: prepare the insertion outside of the N ° 3

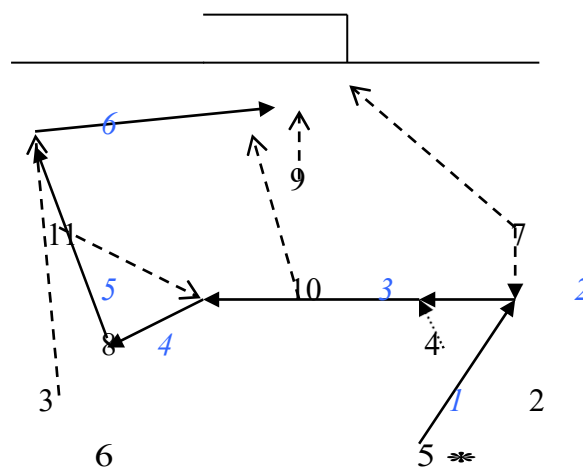


Fig. 18

Ball to # 5 that plays on the N ° 7 which descends from the outside to meet him and plays on the # 4 which advances towards the midfield; N ° 4, received the ball, the plays on the # 11 that, entering the field, creates space for the insertion of the N ° 3, N ° 11 plays the ball on the N ° 8, which sends it to cross the N # 3 who has since advanced on the left wing. The N ° 9, N ° 10 and N ° 7 are preparing to receive the ball, while the N ° 11 remains outside the box.