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 Center Midfielder

X Attacking Midfielder

X Forward

X Forward

X Left Back

X Right Back

X Right Flank

X Center Flank
Defensive Roles

3 Defenders

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

- **Right Back**
  - Ball winner,
  - Good in the air,
  - Wins tackles,
  - Good on the ball

- **Left Back**
  - Ball winner,
  - Good in the air,
  - Wins tackles,
  - Good on the ball

- **Gk**
  - Good communication,
  - Cover space between goal box & defensive line.
  - Good distribution
Midfielders Roles

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

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
Forwards Roles

Forward- Powerful, Explosive, Score goals, Crafty, Links together with Midfield players, Good finisher, Moves well off the ball, Create scoring opportunities for other players
Defensive Movement

According to the Ball

Fwd force inside

cut passing lane to CMF
Offensive Movement

According to the Ball

gk

X

X

X

X

O

X

O

X

O

X

O

X

O

O

X

O

X

O
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.