

- A. If playing against 3 up top, play 7 yards off the “3” . . . stay closer to the defense.
- B. If playing against 2 up top, play 10 yards off the “2” . . .
- C. Attack every ball you can from your position, sideline to sideline and into midfield: “double” in all directions except when the ball is within service range of the defensive penalty box then the holding midfielder drops into the center of the defense to help the center back.
- D. Play like a sweeper positionally except you are in front of the flat “3” and your game is played offensively and defensively between the ball and your own goal.
- E. If you are not moving constantly during the game, you are doing something wrong.

VI. Defense

The Goalkeeper in a semi-flat back 1-3-4-3 plays

- A. Like a sweeper ...
- B. Until the ball is within shooting range and then she becomes a line keeper
- C. And then if a player breaks into the penalty box within 16 yards of the goal she closes the player to “snuff the shot” or force the shot wide

OFFENSE

I. Offense

Everything is about shape.

Width in midfield out of the defense half.

Flood zones up top when ball gets into midfield.

Flank players give early width

- A. To run at defenses if they are unmarked
- B. To run behind defenses if they are marked

II. Offense

Field is divided up into three “columns” and when the ball gets into service range the front line:

- A. The front runner shows when the ball is in her “column”,
- B. If the ball is on the flank within service range over the top, the center forward makes the diagonal run (or the flat run if the defense is flat) to the flank.
- C. The opposite side wing runs into the center and either shows short along with the checking player or shows long along with the center forward.
- D. If the ball is in the middle “column” the center forward shows, one flank player makes a slashing run across, the other flank player goes wide.

III. Offense

Width is up top on the ball side in the attacking half with one front runner on the ball side as wide as possible and the flank midfielder as wide as possible on the opposite side.

IV. Offense

- A. Organizing the attacking box with numbers and variety
- B. Framing the goal

The Semi-Flat Back 1-3-4-3 (Practical)

Part II

DEFENSE

- I. Defense
 - A. Everything is about shape
 - B. P/C/B three diagonals each has its own angle of balance
 - 1. Defense – least radical angle (flattest)
 - 2. Midfield – most radical angle
 - 3. Attack – in between the two

- II. Defense
 - How to coach the flat 3
 - A. Draw the line on the highest front runner
 - B. How to play when they must play short and in front (because there is pressure), challenge when
 - 1. You can win it or
 - 2. When the player you are tracking can't turn and has no support or
 - 3. When you can bring your entire line with you . . . “step”!
 - C. How to play when they can play behind (when there is no pressure)
 - 1. Get side on
 - 2. Sprint back as a group before service
 - 3. Get wider

- III. Defense
 - How to coach the flat 3 (cont)
 - A. How to play when they can't play behind (when there is pressure).
 - 1. Get tighter.
 - 2. Compress space: move forward (compaction), move laterally (concentration).
 - B. What to do when they pass square or back.
 - 1. Outside of defensive penalty box, always play the ball, not the player.
 - 2. Step forward in bites of 3 to 7 yards.
 - 3. But be prepared to sprint back (be side on) in case of first time serve over the top.

- IV. Defense
 - A. How to play when they are running at the line
 - 1. Delay
 - 2. Pinch to support the player that is being run at 1v1
 - 3. Pinch to not get split
 - a. force them to go over the top or
 - b. wide (show the less dangerous angle when a pass is forced wide rather than split).

- V. Defense
 - How to coach the holding midfielder