

Football Game Plan, Set Up & Transitional Play

Training Plan 2023
Grass Roots & Juniors

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Team Tactical Positionings

5 vs 5

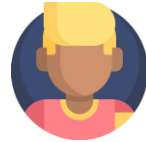
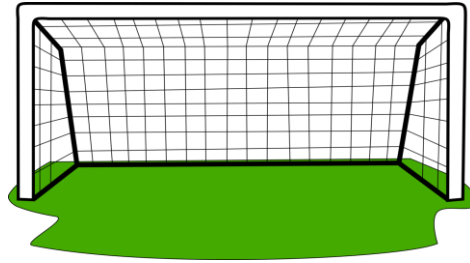
7 vs 7

9 vs 9

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2 – 2

Balanced Flat Structure



Standard starting position for any new team, suits beginner players for their first experience.

Flat square structure to help players get used to space and other players around them.

Players line up in two rows with generic defending and attacking positions.

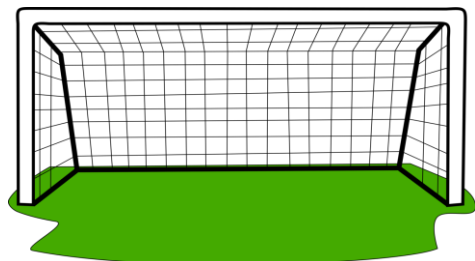
Rigid and basic.

2 defenders, 2 attackers.

5 vs 5



1 – 1 – 2



5 vs 5

Y Formation/Attack Structure

As players develop, more emphasis is placed on two wide players working with one middle pivot player.

One defender stays back to break down opposition attacking play or can be used to advance attack pushing up the midfielder.

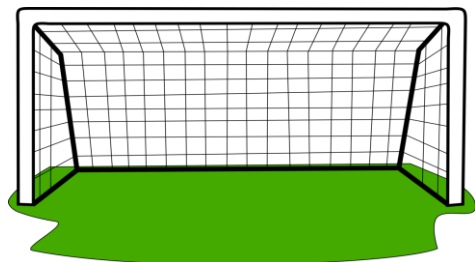
Wingers run up and down the line to attack and defend in a very linear fashion so as to free up the central striker/midfielder.

As defenders get more comfortable they are able to work in conjunction with the goalkeeper to work as a back two and spread the game into wider channels for further advancement.

1 defender, 3 strikers.



1 – 2 – 1



Diamond Possession Structure

The diamond structure is for players who have developed nicely and have a better understanding of the dynamics of the game.

This shape works well when players understand their positions and roles and can be very effective in both attack and defence but focused primarily on ball possession and learning the triangles for player development.

1 defender.

2 wide players that push out when attacking and return to the midfield when defending.

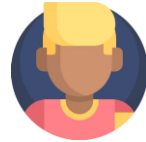
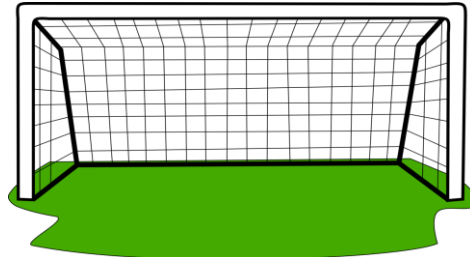
1 striker who also drops back and acts as a pivot player to hold possession and change or carry the ball forward.

5 vs 5



2 – 3 – 1

Balanced Offensive Structure



Well balanced team structure.

Good starting structure to assess player skill sets and dynamics within the team.

2 defenders closely knit to goalkeeper

3 midfielders, one in the middle to be the key pivot players with the other two acting in generally wider positions.

1 striker to lead the line.

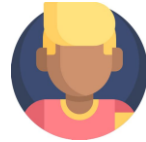
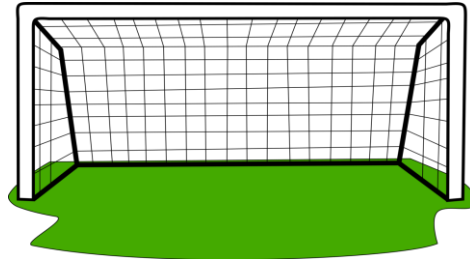
Leaves open spaces in front which the striker has to keep closing down space to alleviate slow build up pressure from opposition.

7 vs 7



3 – 1 – 2

Defensive Structure



Good defensive starting position.

Great for slower build up and teams with better ball control able to find spaces.

3 defenders, allowing more width at the back and release pressure to the deeper set defender/winger players.

1 central midfielder/pivot player who can carry and release to the two strikers.

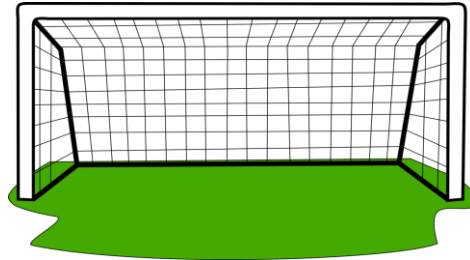
Strikers can be better utilised to apply pressure on the opposition allowing pivot player to collect the ball prolonged possession/attack movements.

7 vs 7



3 – 2 – 1

Counter Attack & Defensive Structure



7 vs 7

Excellent for reducing space for playing against highly skilled ball possession teams and great for transitioning to counter attack play.

Good for own slow build up and utilises a diamond structure in the centre, builds upon 5 vs 5 diamond structured gameplay at grass roots levels.

3 defenders

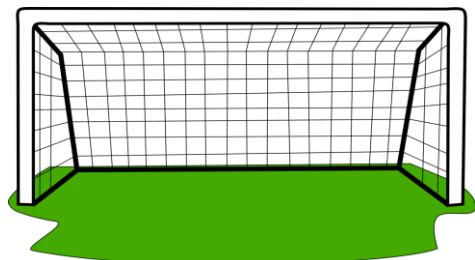
2 central midfielders who are able to push wide or come in central depending on transitional play dynamics

1 striker pushing up deeper and leading the line to release pressure off the inner 3.



2 – 3 – 3

Outright Offensive



9 vs 9

Offensive formation with front three players pushing onto opposition defenders from the start.

Pivot player collects and distributes ball and dictates direction. Need a strong visionary player to shift game direction with two defenders and GK playing to two wing players allowing width.

Allows for wide players to grant opportunity for box overloads with crosses from both sides and pivot player helping to release pressure off back 2 defenders.

2 defenders

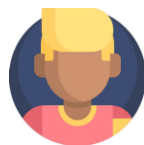
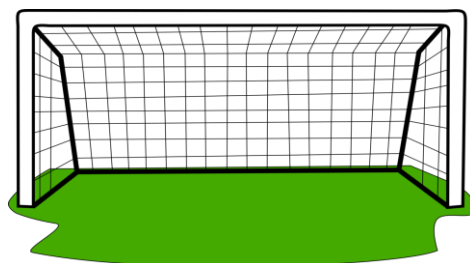
3 midfielders, one defensive and 2 offensive

2 wingers for width and one striker



3 – 2 – 3

Balanced Offensive



Well balanced team structure with a bias towards defensive structure and slower build up play from the back.

3 defenders to create width from the back and relieve midfield pressure.

2 central midfielders to both act as defensive breaks or to transition quickly to attack play for build up link play with the front 3.

2 close wingers that can shift wide or remain tightly compressed to pressure opposition defenders

1 striker who forms part of the collective front 3 players

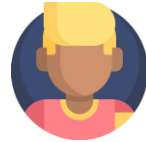
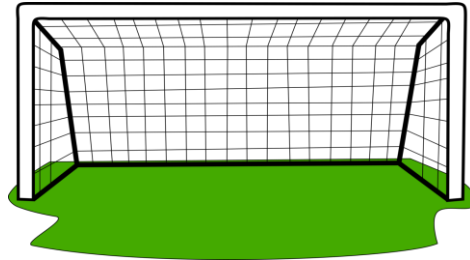
Utilises the central diamond formation from 5vs 5 and 7 vs 7 structures

9 vs 9



4 – 3 – 1

Balanced Defensive/Counter Shape



Well balanced team structure but releases quickly to create an attacking overload.

4 defenders to absorb pressure and release quickly through the middle or to stretch the game at the back and release the two full backs into winger positions.

3 central midfielders

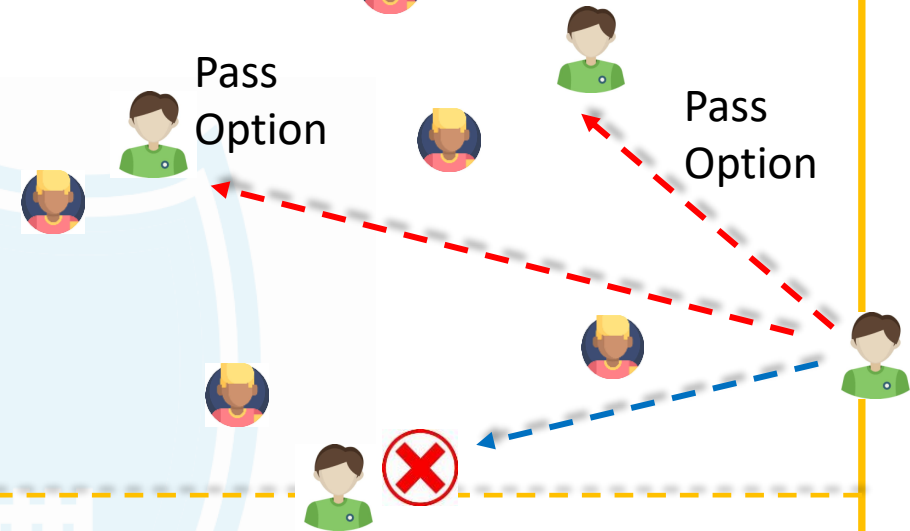
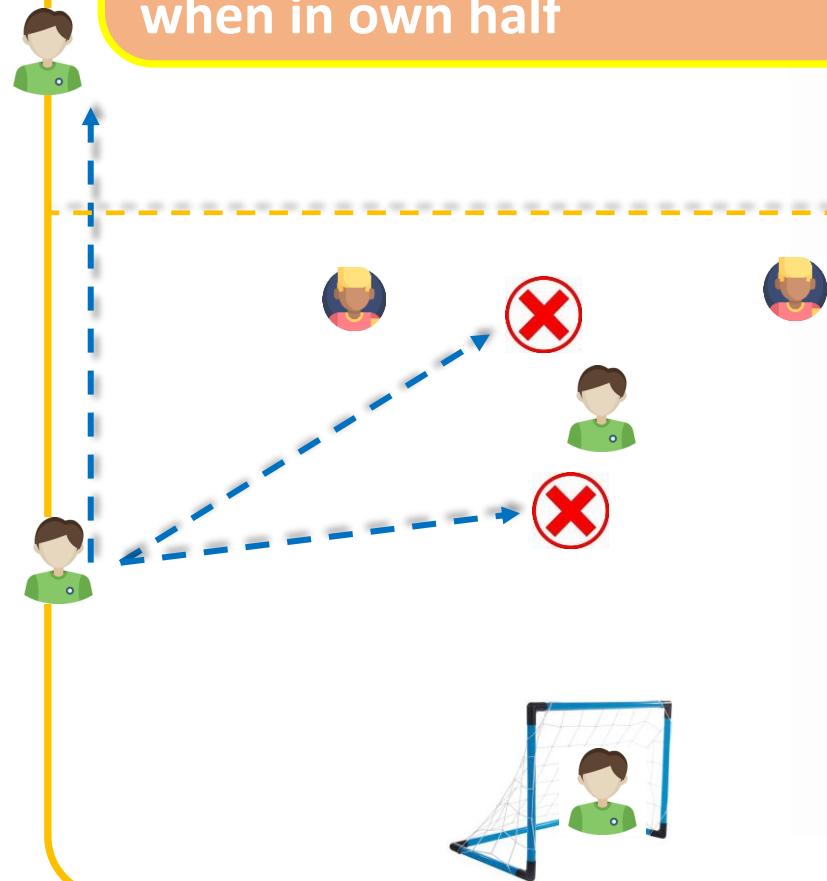
1 striker who doesn't push deeply onto opposition defenders/midfielders and invites opposition to move forward so as to help setup a faster counter attack.

9 vs 9





Kick ball up the line and not across field in own half, reduce interceptions and goal threat when in own half



Pass goalwards when in their half, a high ball will cause a goal mouth scramble or an opportunity to further attack in opponents half

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Y shape, utilise GK as extra
outfield defender and push
defender up field



Diamond shape, very common,
static very easy to breakdown with
faster players



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Box/square shape, easy to start with but causes bunching or static play, great starting formation



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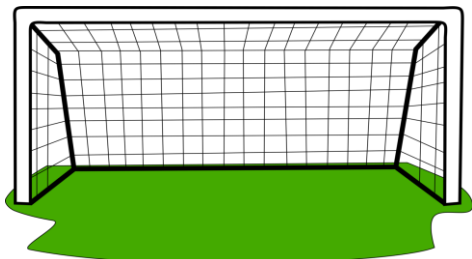
Game Planner & Templates

(structures, positions, names, match notes)

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2 – 2

Balanced Flat Structure



Date:
Opposition:
Score:

Game Notes:

Substitutes

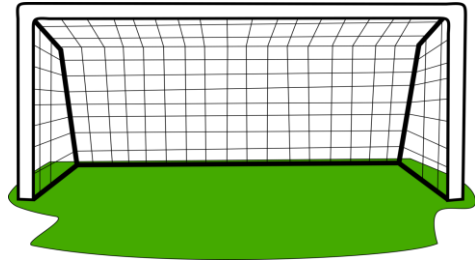


5 vs 5



1 - 1 - 2

Y Formation/Attack Structure



5 vs 5



Date:
Opposition:
Score:

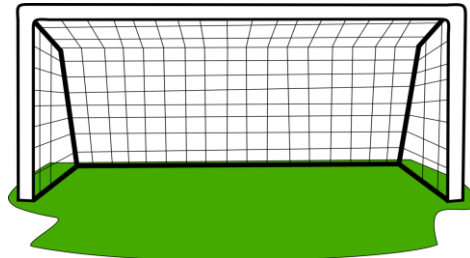
Game Notes:

Substitutes



1 - 2 - 1

Diamond Possession Structure



Date:
Opposition:
Score:

Game Notes:

Substitutes

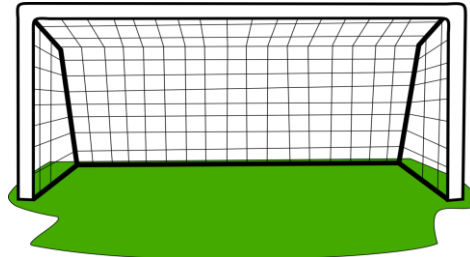


5 vs 5



2 – 3 – 1

Balanced Offensive Structure



Date:
Opposition:
Score:

Game Notes:

Substitutes

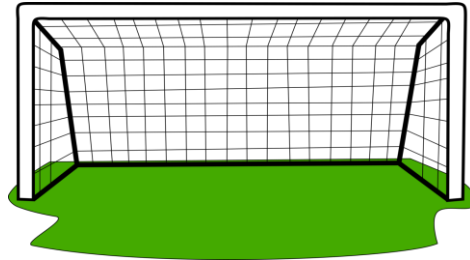


7 vs 7



3 – 2 – 1

Counter Attack & Defensive Structure



7 vs 7

Date:
Opposition:
Score:

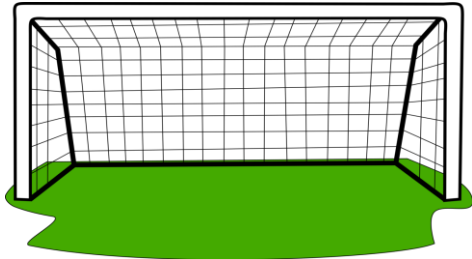
Game Notes:

Substitutes



3 - 1 - 2

Defensive Structure



7 vs 7

Date:
Opposition:
Score:

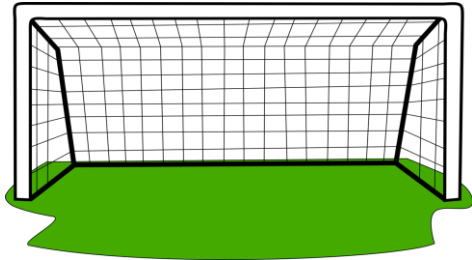
Game Notes:

Substitutes



2 - 3 - 3

Outright Offensive



9 vs 9

Date:
Opposition:
Score:

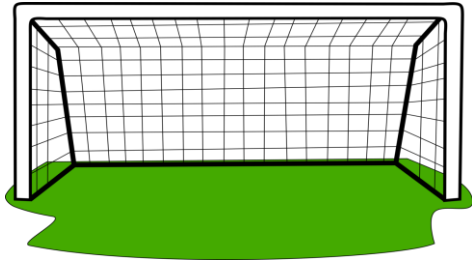
Game Notes:

Substitutes



3 – 2 – 3

Balanced Offensive



Date:
Opposition:
Score:

Game Notes:

Substitutes

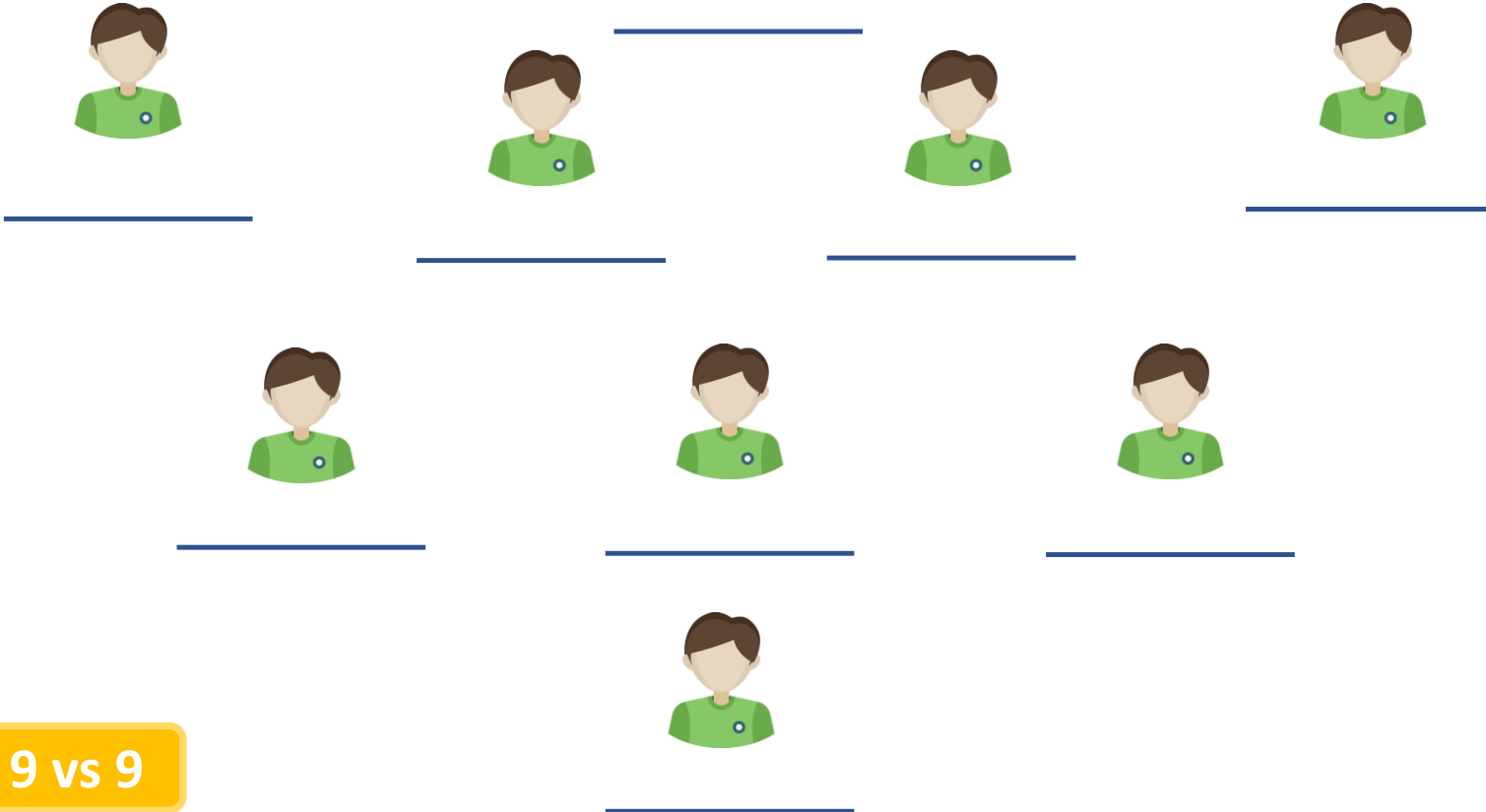
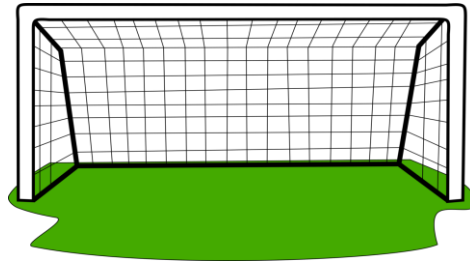


9 vs 9



4 – 3 – 1

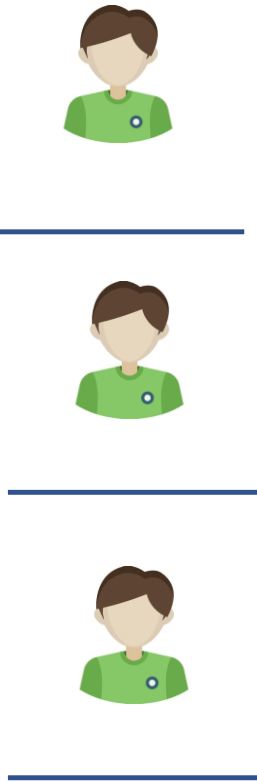
Balanced Defensive/Counter Shape



Date:
Opposition:
Score:

Game Notes:

Substitutes



9 vs 9



Game result & note summary

Date

Home Team

vs

Opponent

Home

Away



Key learnings summary

1.

2.

3.

4.

5.

Player details

1.

2.

3.

4.

5.

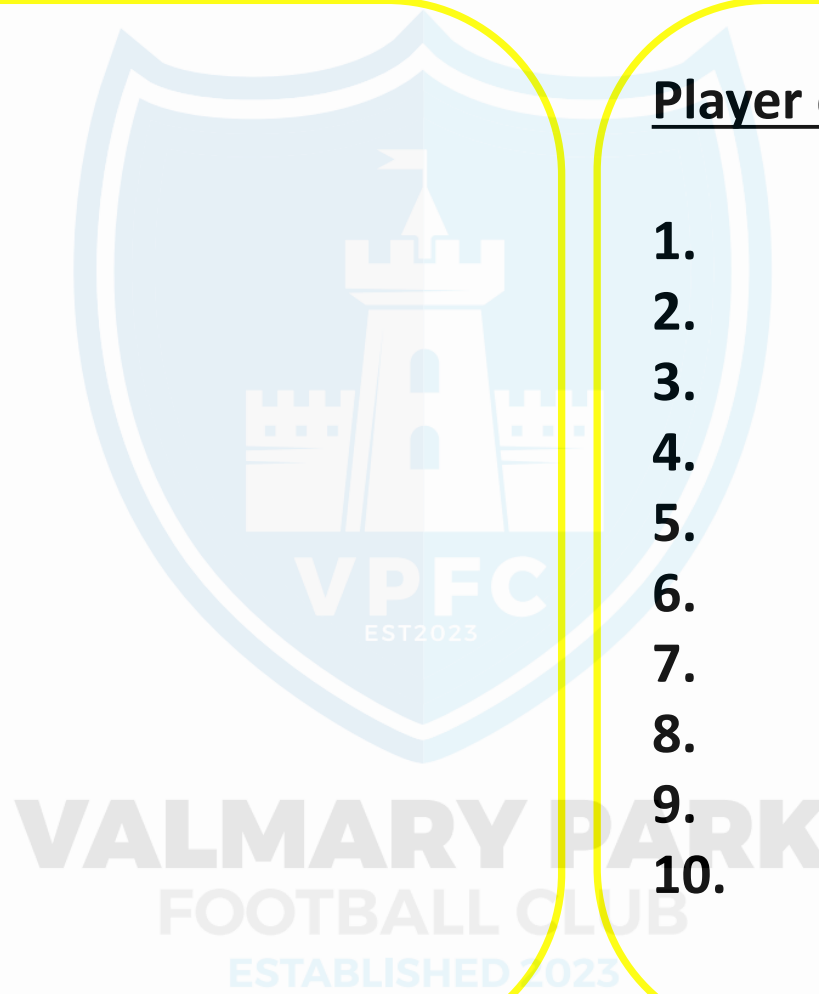
6.

7.

8.

9.

10.



Safeguarding of Players

Do you know where the first aid kit is at the club?

Are you aware of any health conditions of any of your players/coaches?

Do all of your players have refreshments for training and games?

Do all of your players have the required/necessary equipment?

If there is an emergency at the club, do you know who to contact?

Where is the evacuation assembly point at your club?

Do you have spare equipment (balls, cones, pump, pump needle, shin pads, goalkeeper gloves, whistle)?

Do the parents have your contact details?

