

The Fundamental Philosophies of the UNC Semi-flat Back 1-3-4-3 System

Defensively we are going to play hell bent for leather maximum high pressure defense for 90 minutes on every square inch of the 75 by 120 field. We don't want anyone to breathe anywhere. We don't track players (as a rule) we track the ball.

If we lose possession the players closest to the ball sprint at it to win it back, the players off the ball sprint into their shape (usually underneath the ball).

Everyone plays with a doubling mentality.

- Each striker doubles back in her midfield column at a sprint if the ball is there.
- The attacking center midfielder doubles in all directions and anywhere she feels we don't have enough pressure at a sprint.
- The defensive center midfielder attacks every ball she can from her starting position on top of the flat three in all directions like the attacking center midfielder. Her starting position is usually 7 to 10 yards off the flat three between the ball and the middle of the goal she is defending. The only exception to this positioning is once the ball is within service range of the penalty box; then she drops in next to the center back to set the centerback free to provide cover for the flank defenders.
- The flank midfielders double back and forward ball side and balance weak side at a sprint.
- The flat three step forward every back pass and square ball to compact the game and get "side on" before every ball that can be served behind and sprint back as a group before every ball played over the top or through . . . "drop"!
- The goalkeeper plays high off her line as a deep sweeper unless the opponent is within shooting range . . . she then plays like a line keeper, literally on her line.

Offensively we are going to play the game as fast as humanly possible (we are trying to prepare you to play at the highest level). With the ball we are going to move it quickly one and two touch until we have a 1v1 isolation on the flank or up front in the attacking half and we are then going to ask you to shred that defender with whatever aspect of your personality permits you to beat people to get a cross off or a shot on goal (speed, quickness, skill, deception, guile, confidence, creativity or all of the above). Without the ball you are sprinting somewhere . . . to get in, to get wide, to find space, to support, to somehow tear the opponent's defense apart.

We want to play a threatening combination of the direct and indirect game and take whatever the other team gives us and also take some things they don't want to give us. There are litanies of choices we want you to consider as soon as you win possession in this order:

1. look to shoot immediately
2. look to penetrate on the dribble if you have one player to beat to shoot or cross
3. look to get someone in
4. look to change the point directly
5. look to go forward
6. look to go wide

7. look to go back or square as a last resort to maintain possession.

These decisions above are decisions to attack and that's the way we play. And given a choice ALWAYS leave the ball on the ground and whenever you pass the ball move at a sprint immediately after (knock and move).

Also organize the attacking box:

1. fight for the spaces in front of (slash) defenders and goalkeepers
2. be patient on the back post
3. select the back post with a bent ball or a finishing seam from the endline
4. select the back post with a bent ball or a passing seam from the flank
5. look to shoot, combine or for an entry passing seam from the top of the box

Frame the goal on every shot:

1. each post should have sprinters coming there on every strike while
2. the goalkeeper is being slashed or fronted

We want to play as many people as we can who will do these things the best. Ideally, if we have the players that will do all these things we will play 18 players a game.