



Basic Systems of Play





Basic Systems of Play

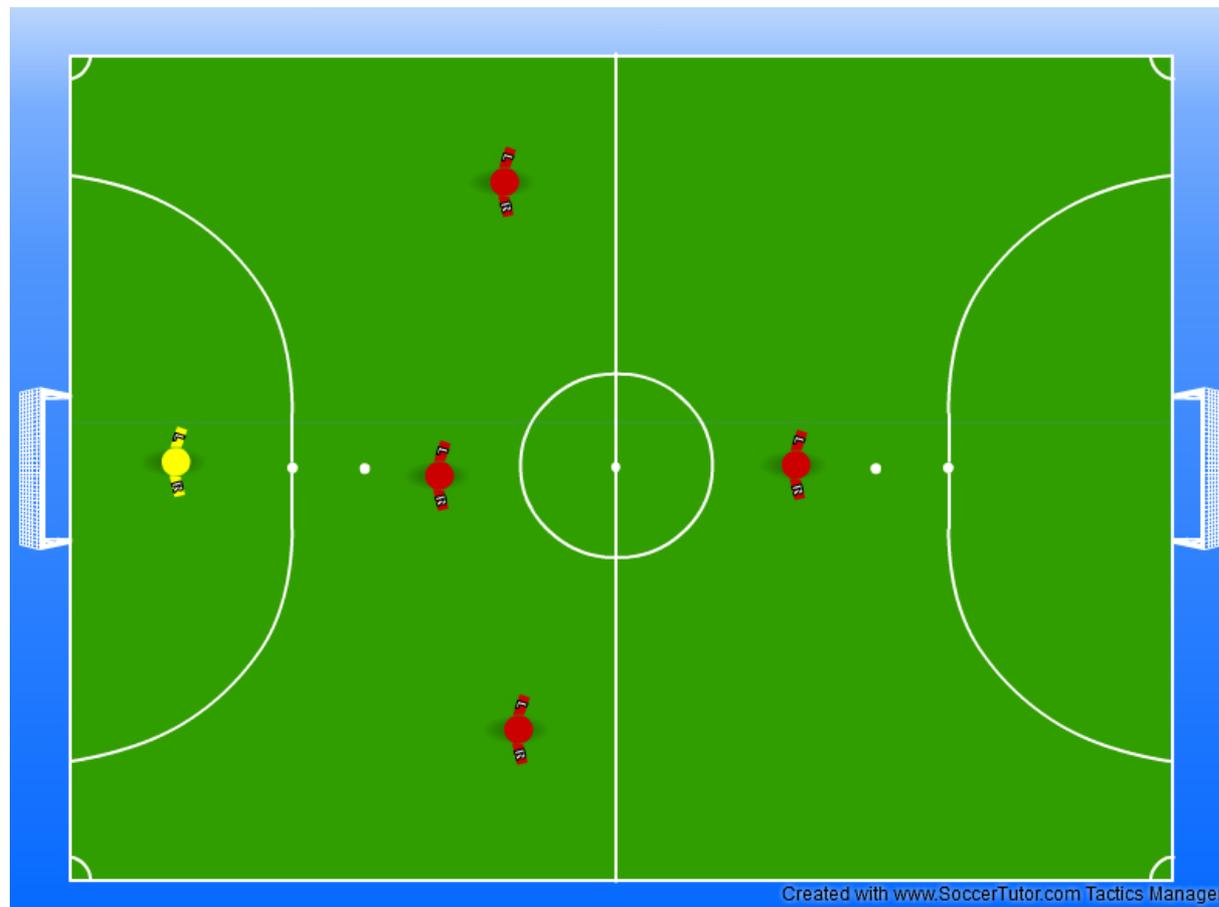
All coaches will face the question of what system they are going to play. When we talk about systems we basically mean how we are going to position our players on the court to get the best results.

There are many different systems, but the main systems used are 1-3-1, 1-2-2, 1-2-1-1, and 1-1-3. When deciding on the system for your team there will be other fundamental questions to ask yourself, “Do I play a system to meet the players’ attributes, or do the players’ attributes have to meet the system?”

I believe the best way to answer this question is to ask yourself honestly, “What is the best system for my players taking into account their attributes defensively and in attack?” Therefore you can only come to a decision to what system you will play if you have good knowledge of your players and knowledge of the different systems strengths and weaknesses. Also we as coaches need to decide what our strategy for defense will be, are we going to play a zone, man to man or a mixed defensive strategy. We must also decide how, where and when we will apply pressure on the opponents.

The 1-3-3 System

Three players are lined up in the back and one is playing forward as a target. This system is used to apply pressure and is best used when the opponents are only playing ordinary pressure on you (light). This system provides more options to work the ball properly and gives you defensive integrity and attacking options.



The 1-2-2 System

Two players are lined up behind and two players are lined up in front. This system is excellent to relieve pressure from your opponents if they are playing high pressure (tight). This system creates great width and depth to play around a high pressing team; the goalkeeper's influence is imperative for this system.



The 1-2-1-1 System

Two players line up in back, one on the halfway line and the other as a target man. This is another good system to play out of high pressure (tight) it gives you more options centrally than the 1-2-2, which is a little more direct. Again the goalkeeper is imperative in this system.



The 1-1-3 System

One player lined up in back and three players line up in front. This system is extremely aggressive and used by teams who need to get a result; the system risks everything to score. Teams who are far more advanced than their opponents will also play this system.





THANK YOU!

