

System of play 7 a side 1-3-2-1

<http://ascmjfoot.over-blog.com/article-systemes-habituels-en-football-a-7-introduction-44227712.html>



This system originates from 1-3-1-2, by removing an attacker to strengthen the midfield, improving the distribution in the playing space and efforts to be implemented in the field.

The usual composition of this system corresponds to: 1 goalkeeper, 3 defenders, 2 half-central and 1 attacker

The defenders are divided into two sides, with or without an offensive - defensive role, according to their physico-technical-tactical level, and a central defender, who acts free from marking, with a great sense of coverage and attack play

Two midfielders, one more defensive and the other playing more in the opposing camp, find themselves side by side in defensive position.

And finally, an attacker, with great mobility and having ability for support and getting rid of your mark, skills to play in the 2vs1 game, fast and effective against the opposing goal.

This system claims to improve the occupancy of the playing field, offering better defensive strength while playing more together. It comes much closer to the idea of the game with 11, with two late-

ral players that are incorporated in the attack, and two central midfielders that with function very similar to 11, and a point that gets used to playing alone , Offering opportunities for partners who come from behind

Advantages of the system:

Greater similarity with the tactical operation of soccer at 11, better distribution on the game space and better distribution of efforts. Improved defense efficiency by staying initially more together. Improved possession of the ball; Not excessive distances between the partners and indeed a better staggering of positions. Possibility to enjoy free spaces in counter-attacks.

Disadvantages of the system:

In attack, little help to bring to the point if not well organized and trained in this type of game, requires greater tactical work to coordinate collective, offensive and defensive actions, it is a system to be used for 10 - 11 year old, because they have a greater ability to assimilate tactical concepts. In the previous age categories, this creates more problems in putting it into practice.

Different applications of the system:

It can be used to improve tactical-technical aspects of players, with the intention of making them more complete, such as: playing with a line of three defenders with the possibilities mentioned in the previous systems.

The center midfielders may be: 1 defensive to play in front of the defense and the other more in a point that moves in front of the defense and behind the attacker in order to take advantage of the open spaces near the opposing zone

Two creative midfielders playing in front of the defense, who must coordinate their offensive and defensive actions by ensuring that one remains in a withdrawal position. Alternating both in these

functions, since otherwise the team would be unbalanced and exposed to adverse counter-attacks.

Two central defenders who go up in midfielders when we have the ball, improve their quality in the offensive game, by placing them in a position where there will be a lot of passing. If they do not accompany the attacks, the point will be very neglected and the group unbalanced, they will have no other choice but to be forced in the offensive zone.