

QUEENSLAND MEN'S BASE GAME

POSITIONS

4,3,3 STRUCTURE

1 X GOALKEEPER	
2 X FULLBACKS	CENTRAL DEFENDERS, BACKS
2 X WING HALVES	OUTSIDE HALFBACKS, HALVES
1 X CENTRE HALF	DMF, CENTRE MIDFIELDER
2 X INSIDE FORWARDS	INNERS, LINKS, ATTACKING MIDFIELDER
3 X STRIKERS	WINGERS, CENTRE FORWARD, FORWARDS, ATTACKERS

OUTLETING (WITH THE BALL (WB))

DEFENDERS	MIDFIELDERS	STRIKERS
BACK 4 ACROSS THE FIELD (STRETCH)	CENTRE HALF CONNECTING WITH BACK FOUR BUT IN FRONT - STAY CENTRAL	STRETCHING HIGH (DEPTH) AND CREATING SPACE BETWEEN THEMSELVES AND INSIDE FORWARDS - USE THE FULL WIDTH OF THE FIELD
	INSIDE FORWARDS CONNECTING WITH CENTRE HALF BUT IN BEHIND CENTRE HALF (TRIANGLE SHAPE)	

OUTLETING SHAPE VARIATIONS

BACK 4 TO A BACK 3 **ONE OF THE WING HALVES GOING UP THE LINE	CIRCULAR ROTATION BETWEEN THE THREE (EITHER DIRECTION) - LATERAL MOVEMENT BY INSIDE FORWARDS	**INVERTED - CENTRE FORWARD DEEPER AND WORK CLOSER TO INSIDE FORWARDS. WINGERS HIGHER ON OUTSIDES
BACK 4 TO A BACK 3 **ONE OF THE FULLBACKS PUSHING INTO THE MIDDLE AND WORKING WITH CENTRE HALF	INSIDE FORWARDS LEADING OUT WIDE TO SIDELINE TO CREATE SPACE FOR EXTRA DEFENDER PUSHING INTO DEFENSIVE MIDFIELD ROLE	**POINTED - CENTRE FORWARD PUSHED HIGHER AND WINGERS ON OUTSIDE CLOSER TO INSIDE FORWARD LINE
		**SPINAL - ALL START CENTRAL ON DIFFERENT DEPTHS FROM ATTACKING CIRCLE EDGE TO 60M OUT

PRESSING (WITHOUT THE BALL(WOB))

DEFENDERS	MIDFIELDERS	STRIKERS
3 DEFENDERS MARK OPPOSITION STRIKERS - 2 X WING HALVES, 1 X FULLBACK	CENTRE HALF MARKS OPPOSITION CENTRE HALF	POINTED SHAPE
1 X FULLBACK IS A SWEEPER - FREE DEFENDER PROTECTS HOTLINE AND SPACE IN FRONT OF MARKING DEFENDERS	INSIDE FORWARDS MARK OPPOSITION INSIDE FORWARDS	IF FULLBACK TAKES FREEHIT - CENTRE STRIKER TO TAKE THE MARK 5 YARDS OFF BALL (WORK THE MARK)
**SWEEPER CONTROLS THE LANDING ZONE OF OPPOSITION OVERHEADS	**IF BALL IS TO ONE SIDE OF THE FIELD, NO NEED TO BE MAN ON MAN IF DIRECT OPPONENT LEADS AWAY TO OPPOSITE SIDE OF FIELD. POSITION TO BE AWARE BUT STAY CONNECTED TO OUR TEAM	OUTSIDE STRIKERS RESPONSIBLE FOR OPPOSITION WING HALVES - TUCK INFIELD TO HELP PROTECT INSIDE FORWARD CHANNELS BUT STAY 90 DEGREES WITH OPPONENT AND SIDELINE
		**IF OPPOSITION WING HALF TAKES FREEHIT - OUTSIDE STRIKER TAKES THE MARK AND CENTRE STRIKER DENIES BALL GOING AROUND THE BACK - OPPOSITE WINGER COMES ACROSS INTO THE CENTRE KEEPING A TRIANGLE SHAPE AMONGST THE STRIKERS.

PRESSING SHAPE VARIATIONS

FALL AWAY - NO FURTHER THAN 65 YARD MARK
**SAME ROLES AS ABOVE AND SAME FRONT STRIKER SHAPE - ONLY DIFFERENCE IS BRINGING THE STARTING POSITION OF THE CENTRE FORWARD BACK
**IF OPPOSITION CENTRE HALF OR INSIDE FORWARD GOES BACK TO BALL IN FRONT OF OUR FRONT LINE, ALLOW THEM TO GO AND DO NOT MARK MAN ON MAN - KEEP COMPACT SHAPE
**ALLOW OPPOSITION TO BUILD UP PLAY AND WAIT UNTIL BALL IS SHIFTED TO ONE SIDE (PREFERABLY LEFT) BEFORE PRESSING OUT WITH CENTRE STRIKER AND DENYING BALL BACK INTO MIDDLE
**CENTRE STRIKER DETERMINES WHEN TO GO AND EVERYONE ELSE MOVES ACCORDINGLY OFF OF HIM

CORE THEMES

- ** IFIT - IN FRONT IN TOUCH (MARKING OPPONENT IN FRONT)
- ** "SHALLOW TRIANGLE" - BODY POSITION IN RELATION TO MARKING (JOIN A LINE BETWEEN BALL, DEFENDER AND ATTACKER AND IT SHOULD FORM A SHALLOW TRIANGLE WITH DEFENDER IN FRONT OF ATTACKER)
- ** FIRST TOUCH - CONTROLLING THE BALL WITH YOUR FIRST TOUCH AND POSITIONING IT READY FOR THE NEXT PLAY (IDEALLY OFF YOUR RIGHT FOOT)
- ** PASSING QUALITY - HITTING THE TARGET EVERYTIME - FLAT, FIRM, ACCURATE, WEIGHTED
- ** BALL CARRYING POSITION - OUT OFF RIGHT FOOT (1 O'CLOCK POSITION) SO NOT TO BE CLOSED OFF AND CAN STILL PLAY BOTH SIDES
- ** ATTACKING SPEED - RECEIVING GOING FORWARD
- ** HOTLINE - LINE BETWEEN THE BALL AND DEFENSIVE GOAL - HAVING THIS LINE COVERED AT ALL TIMES WITHOUT THE BALL
- ** WORKING THE MARK - PLAYER FIVE YARDS OFF FREE HIT MOBILE AND QUESTIONING/DENYING OPPONENT ON THE BALL