

QUEENSLAND WOMEN'S BASE GAME

POSITIONS 4,3,3 STRUCTURE

1 X GOALKEEPER	
3 x DEFENDERS	
1 x SWEEPER	
1 X CENTRE HALF	
2 X ATTACKING MIDFIELDERS	
3 X STRIKERS	

OUTLETTING (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 THE MIDFIELDERS - USE THE FULL DEPTH & WIDTH OF THE FIELD
	INSIDE FORWARDS CONNECTING WITH CENTRE HALF BUT IN BEHIND CENTRE HALF (TRIANGLE SHAPE)	

OUTLETTING SHAPE VARIATIONS

BACK 4 TO A BACK 3 IN DEFENSIVE HALF **THE SWEEPER PUSHING INTO THE MIDDLE AND WORKING WITH CENTRE HALF TO CREATE 2 V 1 OPPORTUNITIES AND/OR TO CHANGE THE POINT OF ATTACK	ATTACKING MIDFIELDERS LEADING OUT WIDE TO SIDELINE TO CREATE SPACE FOR EXTRA DEFENDER PUSHING INTO DEFENSIVE MIDFIELD ROLE	**INVERTED - CENTRE FORWARD DEEPER AND WORKING CLOSER TO ATTACKING MIDFIELDERS. 2 x HIGH STRIKERS STRETCHING THE DEFENDERS TO CREATE SPACE FOR THEMSELVES AND THE MIDFIELDERS
** BACK 4 IN ATTACKING HALF. THIS IS FOR SHAPE AGAINST NUMBERS BACK IN DEFENCE AND FOR COUNTER ATTACK PREVENTION	ATTACKING MIDFIELDERS TO PLAY WIDE ON BALL SIDE IN ATTACKING HALF TO KEEP STRIKERS CENTRAL (IN FRONT OF GOAL)	**OVERLOAD - ON LONG BALLS 1 X STRIKER LEADING WIDE AND 2 X STRIKERS CENTRAL AT DIFFERENT DEPTHS
KEY IS TO ASSESS WHETHER OPPOSITION HAVE A WIDE OR NARROW PRESS EG BACK 4 WORKS BEST AGAINST A NARROW PRESS		**STRIKER POSITIONING IN ATTACKING HALF FROM WIDER CHANNELS.. 2 STRIKERS EITHER SIDE OF OPPOSITION SWEEPER AND ONE IN AND AROUND 2ND POST

PRESSING (WITHOUT THE BALL(WOB))

DEFENDERS	MIDFIELDERS	STRIKERS
3 DEFENDERS MARK OPPOSITION STRIKERS	CENTRE HALF DEFENDS OPPOSITION CENTRE HALF AFTER INITIALLY GIVING 'FAKE SPACE'	POINTED SHAPE AGAINST BACK 4
1 X SWEEPER - FREE DEFENDER PROTECTS HOTLINE (LINE OF BALL TO GOAL) AND SPACE IN FRONT OF MARKING DEFENDERS	ATTACKING MIDFIELDERS DEFEND OPPOSITION ATTACKING MIDFIELDERS AFTER INITIALLY GIVING 'FAKE SPACE'	IF CENTRAL DEFENDERS TAKE 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 HELP SIDE STRIKER LOOKS TO BLINDSIDE PRESS BALL GOING AROUND THE BACK - CENTRE STRIKER ADDS DOUBT TO ANY PASS INTO OPPOSITION CENTRE HALF FROM WIDER AREAS

PRESSING SHAPE VARIATIONS AGAINST BACK 3

CENTRE STRIKERS STARTING POSITION IS DEEPER TO BE IN TOUCH WITH OPPOSITION DEFENSIVE MIDFIELDERS

** AGAINST BACK 3 STARTING POSITION DEEPER AS ABOVE AND THEN WHEN BALL IS ROLLING LOOK TO PRESS THE ROLLING BALL.
**IF OPPOSITION CENTRE HALF OR INSIDE FORWARD GOES BACK TO BALL IN FRONT OF OUR FRONT LINE, ALLOW THEM TO GO - KEEP COMPACT SHAPE
** LOOK FOR OPPORTUNITIES TO DOUBLE AND TRIPLE TEAM OPPONENTS RECEIVING BALL IN THE MIDFIELD PARTICULARLY IF THEY USE A CLOSED RECEIVE AND CANT SEE FORWARD

CORE THEME - "SPEED OF PLAY"

- ** PASSING PRECISION - HITTING THE TARGET EVERYTIME - FLAT, FIRM, ACCURATE, WEIGHTED
- ** FIRST TOUCH - CONTROLLING THE BALL WITH YOUR FIRST TOUCH AND POSITIONING IT READY FOR THE NEXT PLAY (IDEALLY OFF YOUR RIGHT FOOT).
- ** BOSY POSITON TO BE OPEN FACING ATTACKING GOAL IF POSSIBLE BEFORE RECEIVING
- ** 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
- ** IFIT - IN FRONT IN TOUCH (MARKING OPPONENT IN FRONT)
- ** STRIKERS PRESSURE OFTEN RESULTS IN INTERCEPT OPPORTUNITIES FOR MIDFIELDERS AND DEFENDERS
- ** "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)
- ** COUNTER- CONTROL - RE-FILL SPACE WHEN GOING INTO ATTACK SO THERE IS NO EASY OUTLET OPTION WHEN OPPONENTS WIN THE BALL