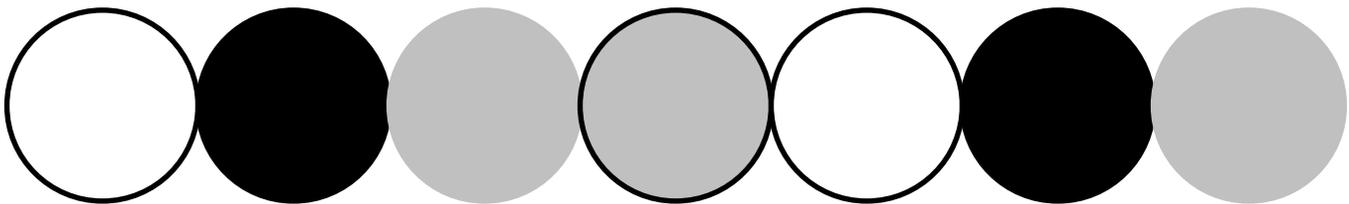


ENGLAND HOCKEY DEVELOPMENT

5:3:2:1 System of Play Workshop

Course Content

Course Tutor Pack



ENGLAND HOCKEY WORKSHOP

5:3:2:1 SYSTEM OF PLAY



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Section A

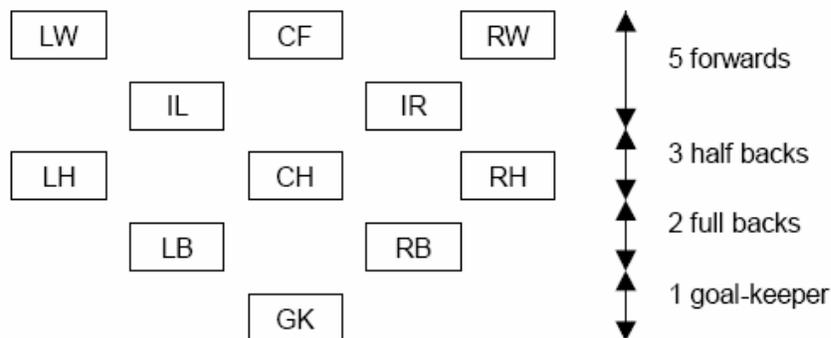
5:3:2:1 SYSTEM OF PLAY

This document does not set out to compare different systems. It is intended to provide an understanding of the philosophy and principles of the 5:3:2:1 system as a framework in which to play.

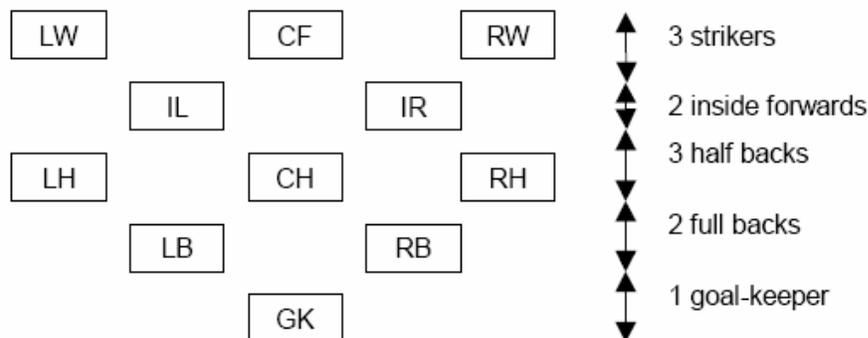
All systems only provide a framework for play. It is important to have this framework because it provides the basis around which the style and philosophy of play is built. It allows a common understanding for the individual strengths of the players and minimises their weaknesses.

FRAMEWORK (means 5 forwards, 3 half backs, 2 full backs, 1 goal-keeper)

LINE UP



MODERN Perhaps a more modern way of describing this system would be by calling it 3:2:3:2:1. (Meaning 3 strikers, 2 inside forwards, 3 half backs, 2 full backs, 1 goal-keeper)



ADVANTAGES

- (i) The basic framework allows for good support from back to front without obvious gaps between the lines.
- (ii) All systems require work rate and effort. This system offers an even share of the work load throughout the team.
- (iii) A good balance between attack and defence is easily achieved because of the way the players are positioned on the pitch.
- (iv) There is good control of the central areas of the pitch is good.
- (v) Ability to support flanks and link switch play is easily conducted.
- (vi) The rule, no offside, effectively makes the pitch 25 yards longer. This system allows good support, with depth to exploit the extra space in attack.
- (vii) This player placement also enables good depth to defence when early pressure is exercised on the opponents, when possession is lost.
- (viii) In the midfield areas a good share of defensive duties can be achieved while in the defence area the system is very secure.
- (ix) The system is suited to exploit long and/ or short pass play options. The depth placement of the players creates good passing angles.
- (x) The overall framework of the system is flexible and can easily accommodate tactical requirements.
- (xi) This system allows place changing, while maintaining discipline between the lines, especially up and down the pitch, which is far more difficult for the opponents to defend, than interchange across the pitch.
- (xii) The placement of players enables the phases of transition from attack to defence and defence to attack to be dealt with easily and comfortably due mainly to the support the players can provide.
- (xiii) Zonal or man to man marking or a combination of the two can very easily be adapted as the team or game tactics dictate.

KEY POINTS

Using this framework can develop a more attacking attitude.

- (i) This is mainly because the two inside forwards (IL and IR) play in a more attacking fashion because their prime duty is to support the strikers LW, CF and RW.
- (ii) The CH supports behind the inside forwards, and acts as the pivot centrally between the defence and attack.
- (iii) The LH and RH, pivot on the CH and support more infield
- (iv) The LB and RB, in attack, support higher in the space behind the CH and wing half, on the ball side, with the other full back covering centrally and deep.
- (v) When the team is attacking, the goalkeeper is a part of the deep support, patrolling nearer the top of the circle.
- (vi) When possession is lost, this placement encourages the strikers supported by the insides IL and IR to have the prime role of pressurising the opponents to win the ball back, rather than the normal main duty of marking their opposite inside forward.

(vii) In this phase, it is the role of the half backs and full backs to do the covering and marking and when necessary provide the delay to allow time for the inside forwards to recover and assume marking roles, if the opponents break out.
(see diagram 1 and 2)

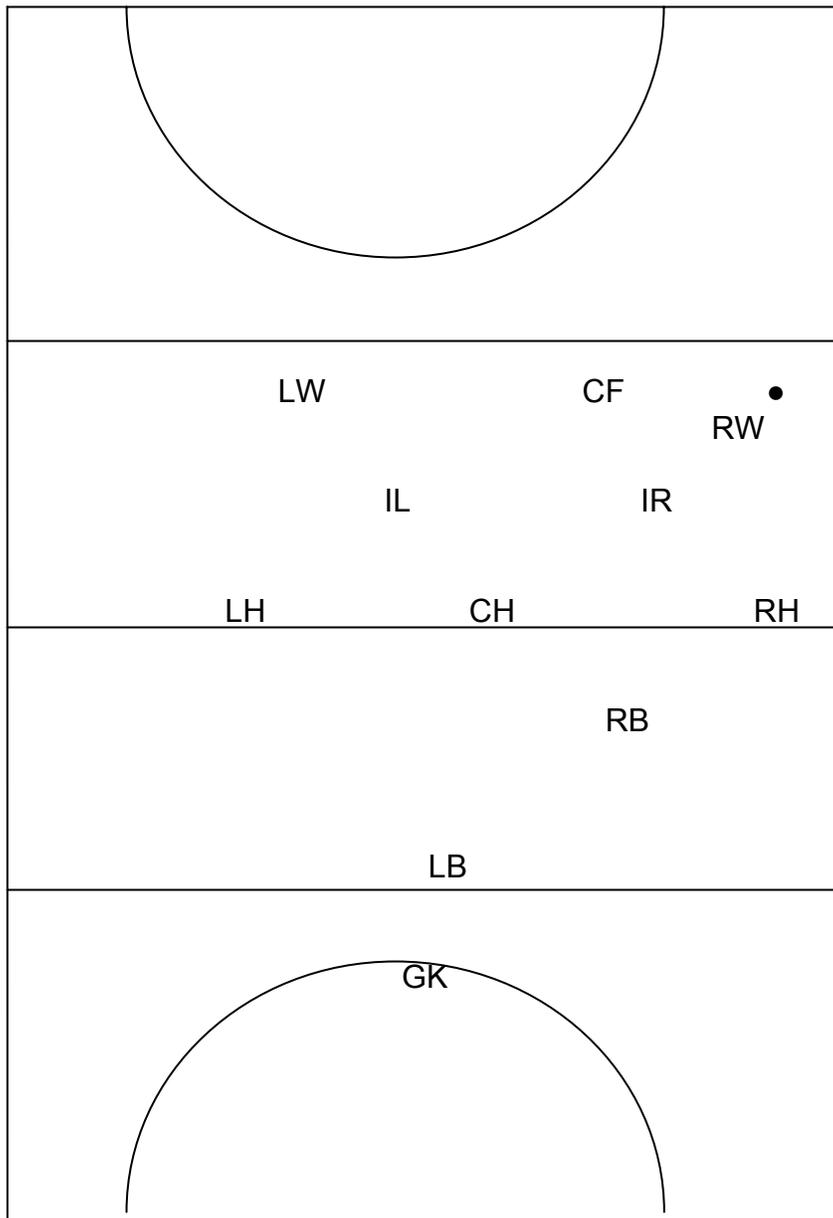


Diagram 1
Support to the player
on the right

• Ball

↑ Play

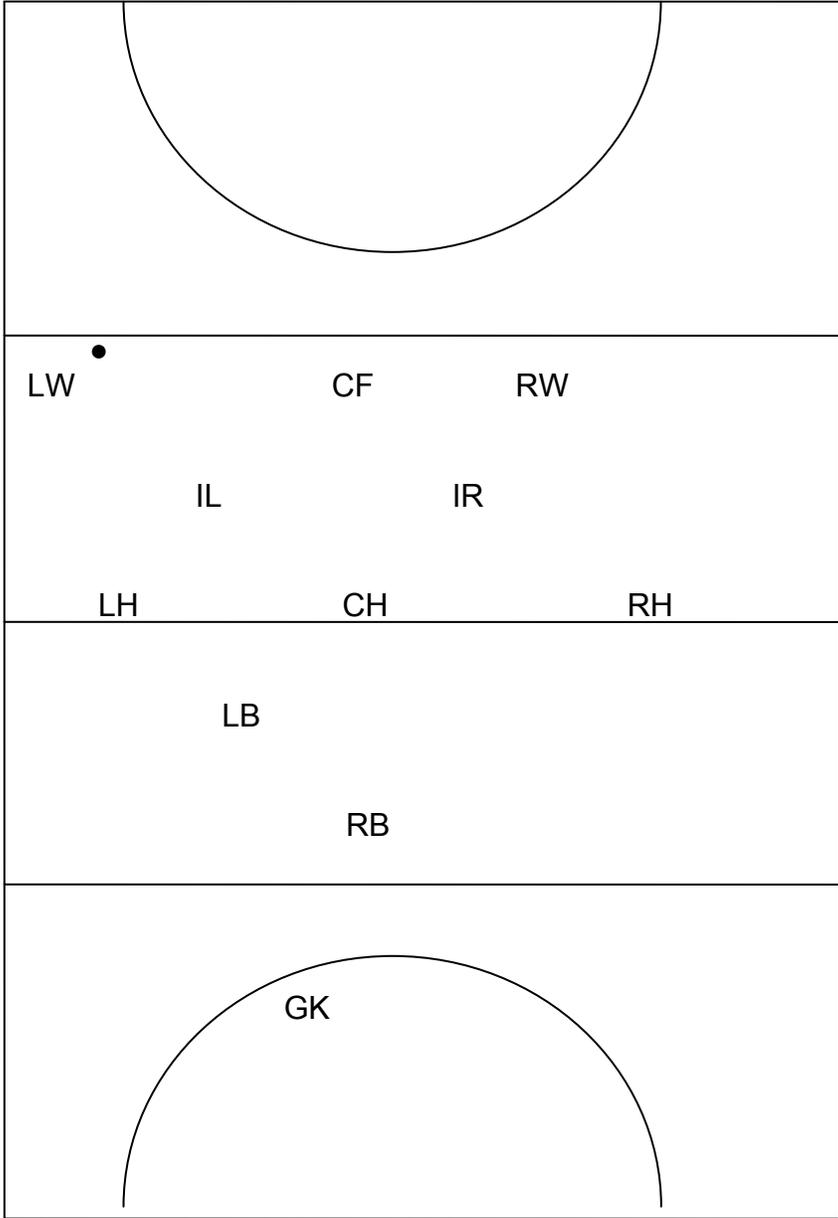


Diagram 2
Support to the ball on
the left

• Ball

↑ Play

Section B

ATTACK (meaning the team in possession of the ball.)

GENERAL

In its original format players tended to play in channels up and down the pitch. Nowadays, the system is much more complete where the players have the flexibility to move across the pitch with play.

The comfort of the central and 'far side players' to support action by moving across the pitch is a valuable asset.

This flow often requires the far side wing half and full back moving back and across to provide cover and depth.

Place changing between the lines, up and down the pitch, so much more damaging to the opponents than across the pitch, can easily be accommodated, with the more advanced 'front to back' principle of interchange being even better applied.

DEFENCE AREA

From the defence area, the aim should be to get the ball, early and safely, to the CH in a central area. This will require the understanding and co-operation of other players. Chiefly, the full backs and half backs but to a lesser extent the inside forwards.

This allows the inside forwards to look for space to attack possibly behind their opponents.

As this happens, the full back, on the ball side, can move forward to support behind the attacking inside forward and beside the CH and wing half, while the other full back provides cover and depth.

(see *diagram 5*)

If it is necessary for the ball to come back to the defence and be switched to the other side of the pitch, then the full backs and half backs will need to adjust their positions, back and across to take up similar positions, to support play on the other side.

(see *diagram 6*)

MIDDLE AREA

Good movement by the strikers LW, CF, RW together with the inside forwards IL, IR to create space and maintain width is essential to enable attacking passes to be made as well as helping maintain ball possession.

Sufficient depth between the strikers and inside forwards is important so that good angles for passes can be available and also so that they don't crowd their own working space by being in too flat a line.

The placement of the support attackers, half backs LH, CH, RH and full backs LB, RB is also very important.

If they are too slow or don't even attempt to support too big a gap is likely to develop causing problems for both retaining possession and also making defence more difficult when possession is lost.

Too close a support presence creates too crowded an area, which makes it easier for the opponents to defend.

So a suitable balance is required and this is best achieved by the other supporting players taking their bearings from the CH.

Correct depth by the support attackers greatly assists ball retention thus enabling moves to be attempted again on the same side of the pitch, but also provides the opportunity to switch quickly and safely to attack on the opposite diagonal or down the opposite flank.

Positional adjustments, by the support attackers on the other side, should be achieved quite easily.

(see diagram 7 and 8)

ATTACK AREA

The three strikers LW, CF, RW should be looking to attack, with and without the ball, keeping width and trying to exploit the space, especially behind their opponents.

The IL and IR providing service and support to the CF and the wing on their own side of the pitch.

The main aim of these five players is to score and create goal scoring chances.

Of course, others can be involved in goal scoring but the remainder of the team is best used as support attackers.

Positioning, use and control of the central area, with the CH acting as the hub of the action is crucial to allowing others free movement to attack.

It is too easy for the support players, half backs and full backs to push too high up the pitch, thus actually crowding the useable space for the five attackers. Therefore, depth when supporting is all important.

(see diagrams 9 and 10)

Comfort to flow across the pitch that is the movement of the central and far side players from the ball, to support towards the action, while still keeping working with width is a valuable asset.

The key to this movement being effective is timing.

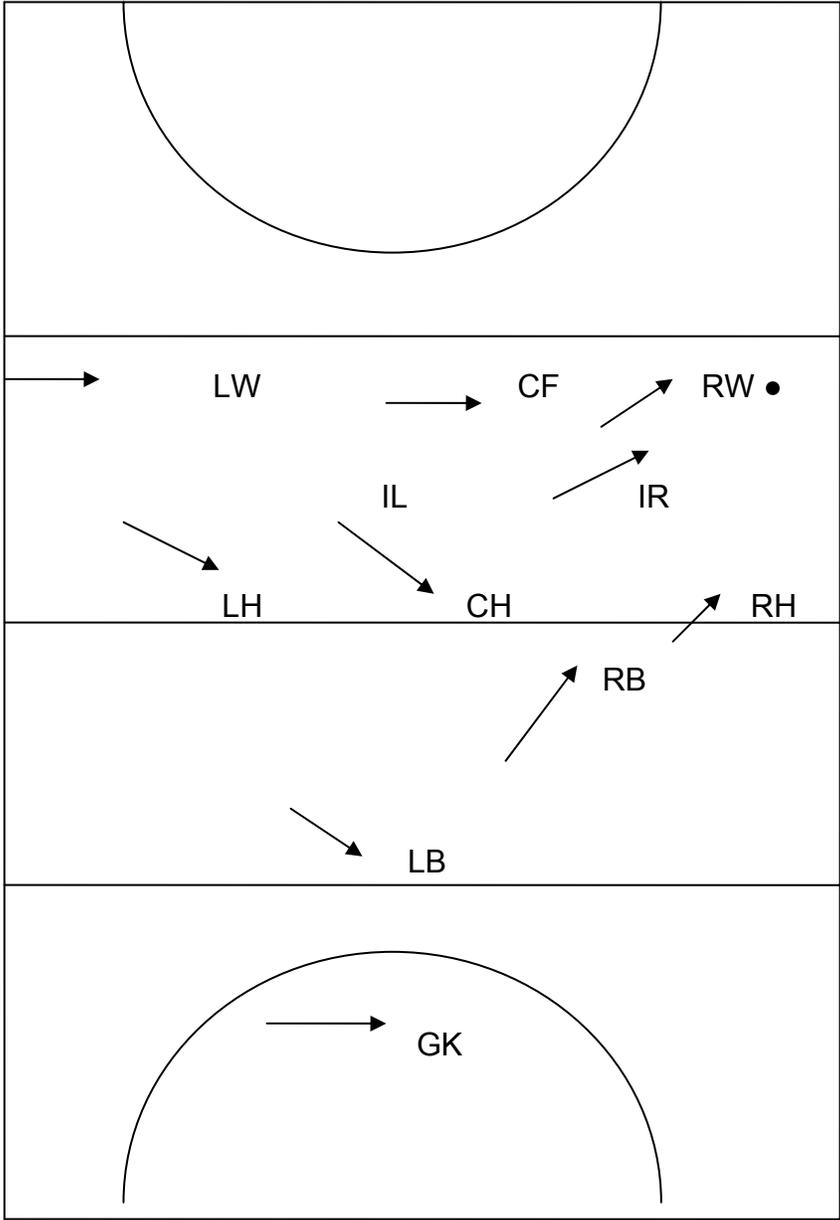


Diagram 3
Flow from Left to
Right

● Ball
↑ Play

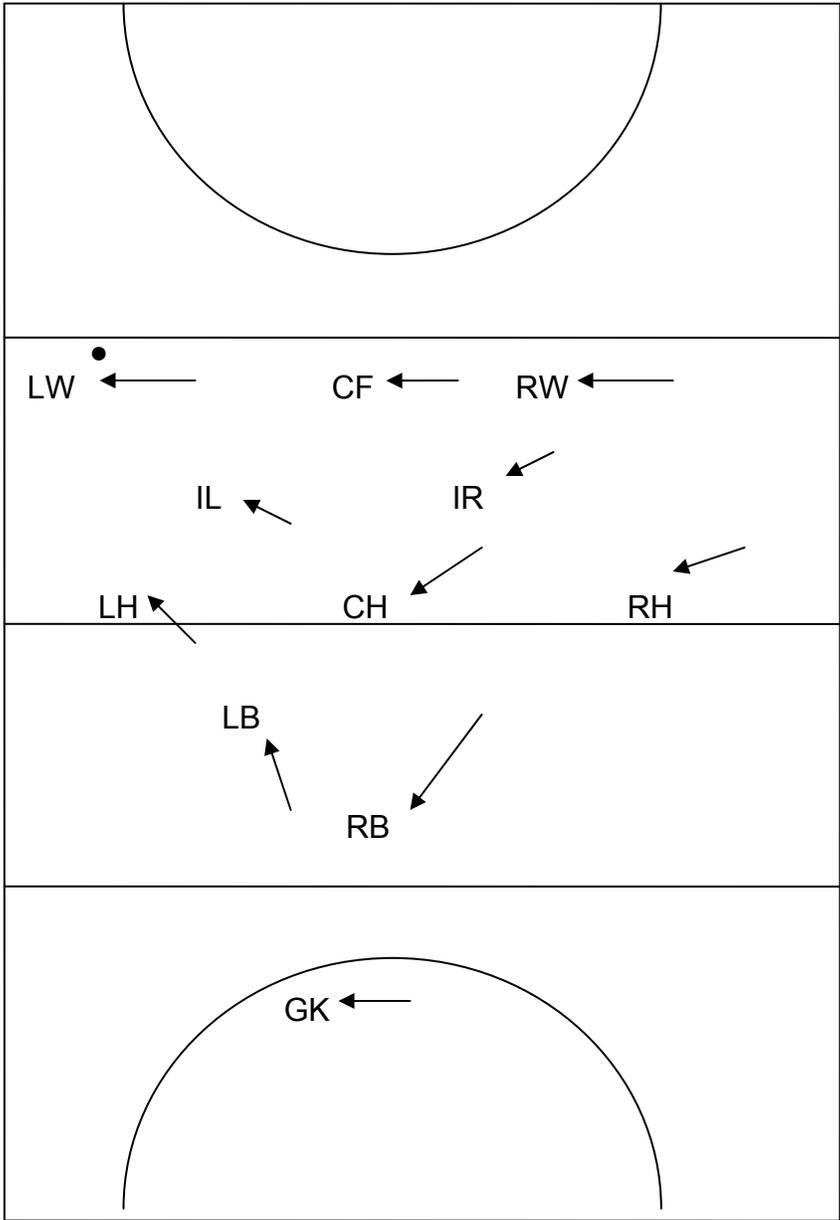


Diagram 4
Flow from Right to Left

• Ball

↑ Play

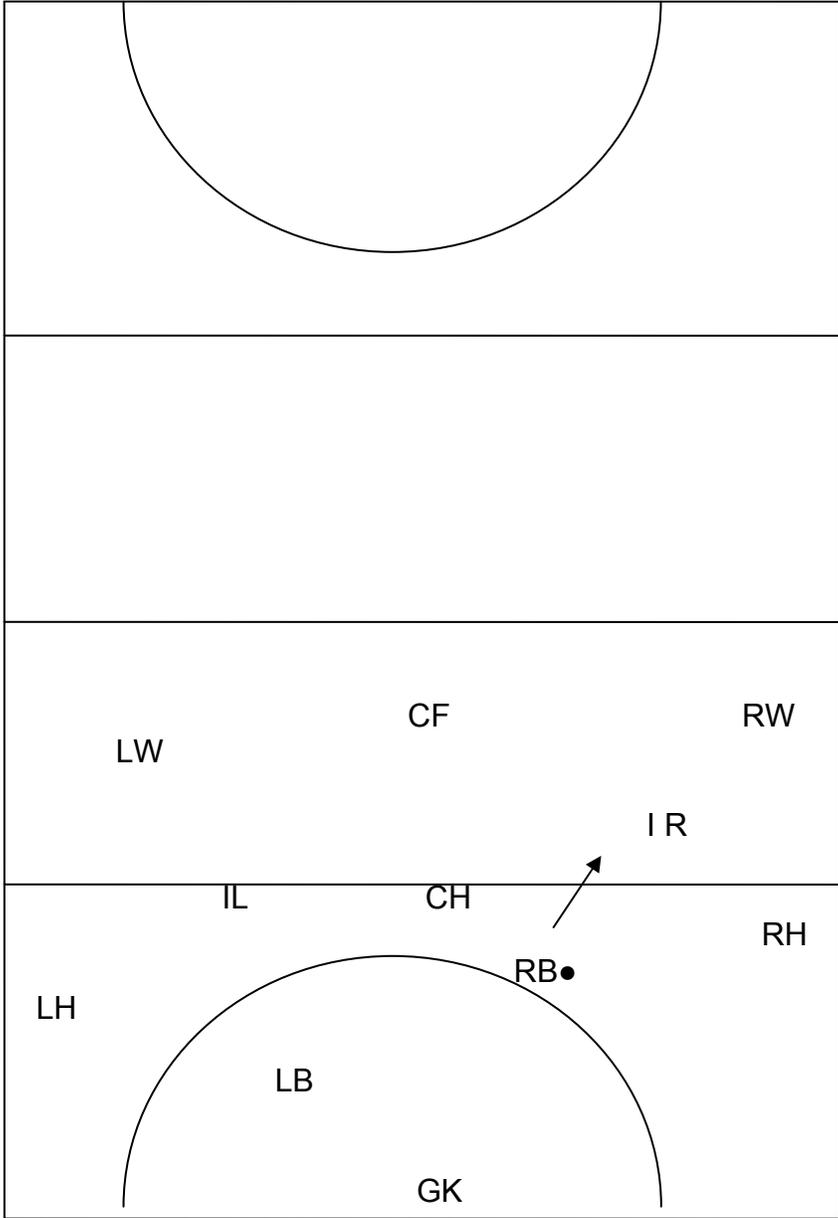


Diagram 5
Ball out of Defence to
Right Side

• Ball

↑ Play

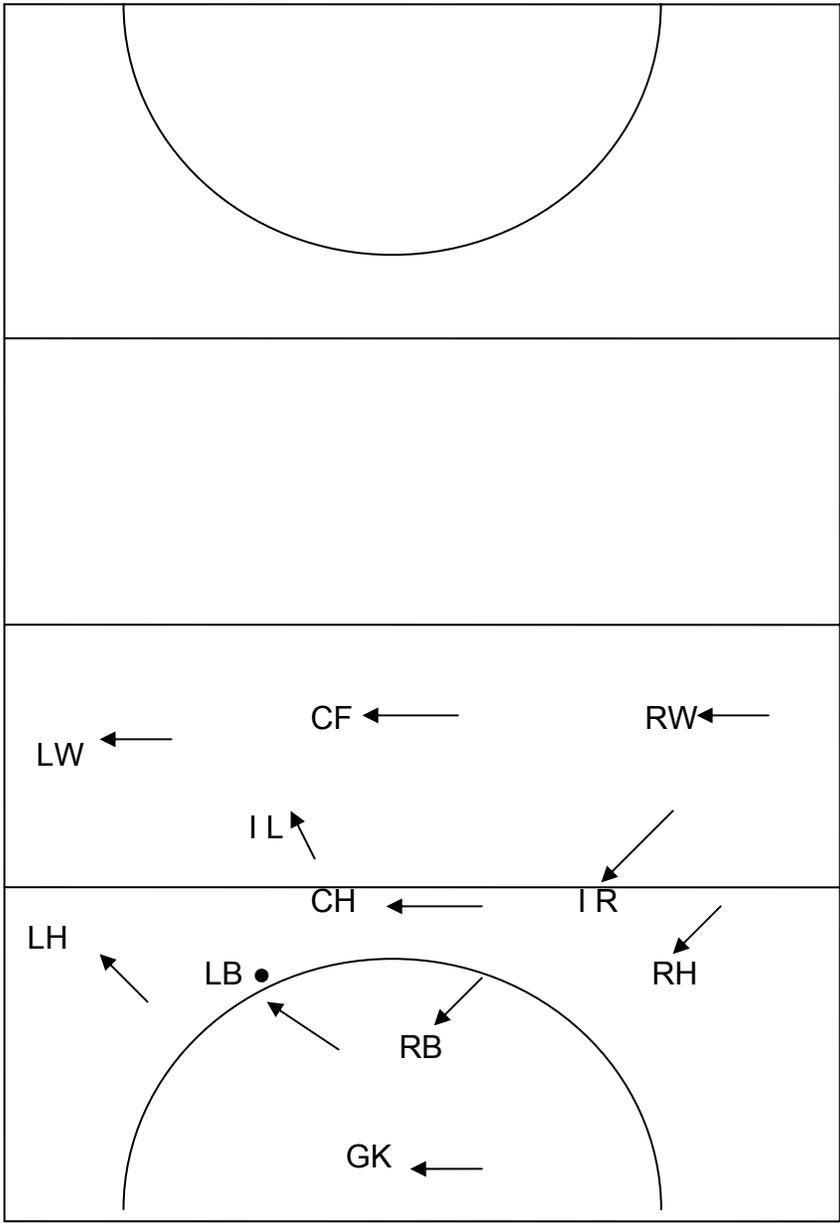


Diagram 6
Flow to Left when ball
switched from Right

• Ball

↑ Play

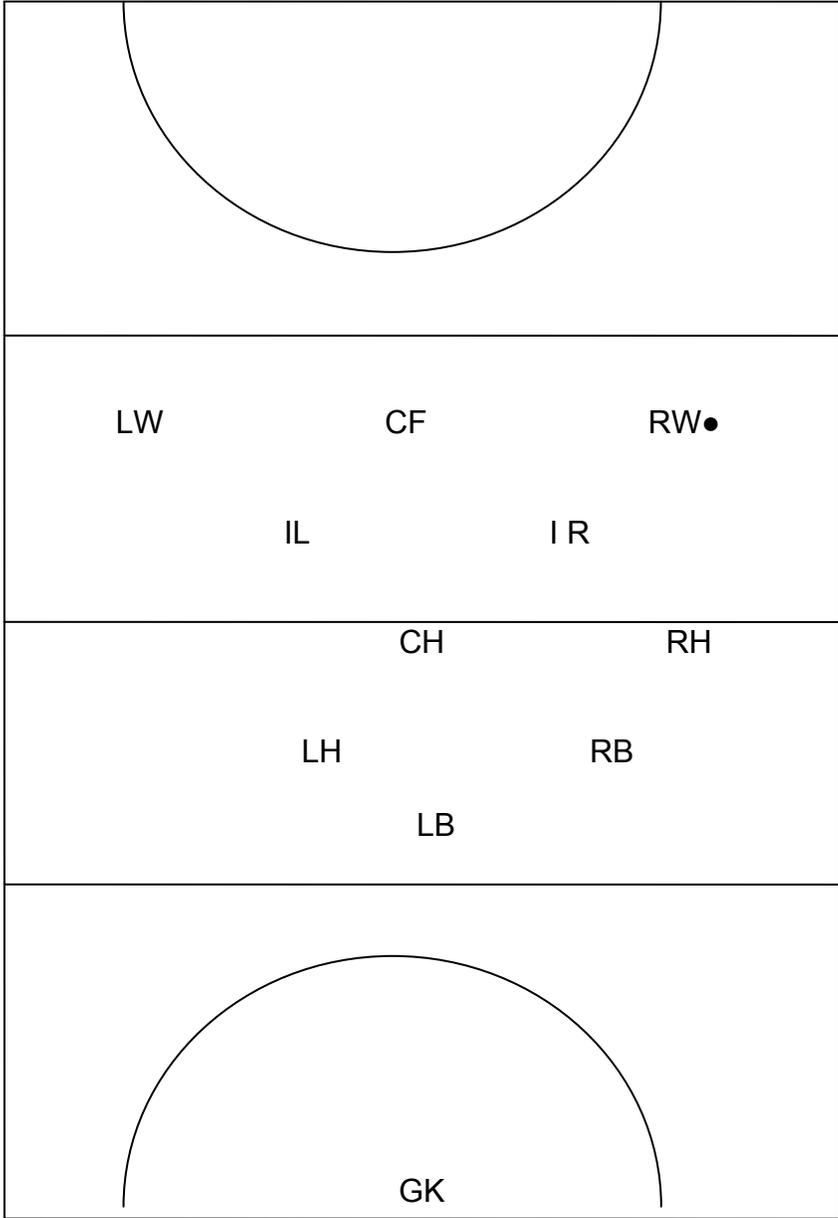


Diagram 7
Midfield
Good support and
Depth

● Ball
↑ Play

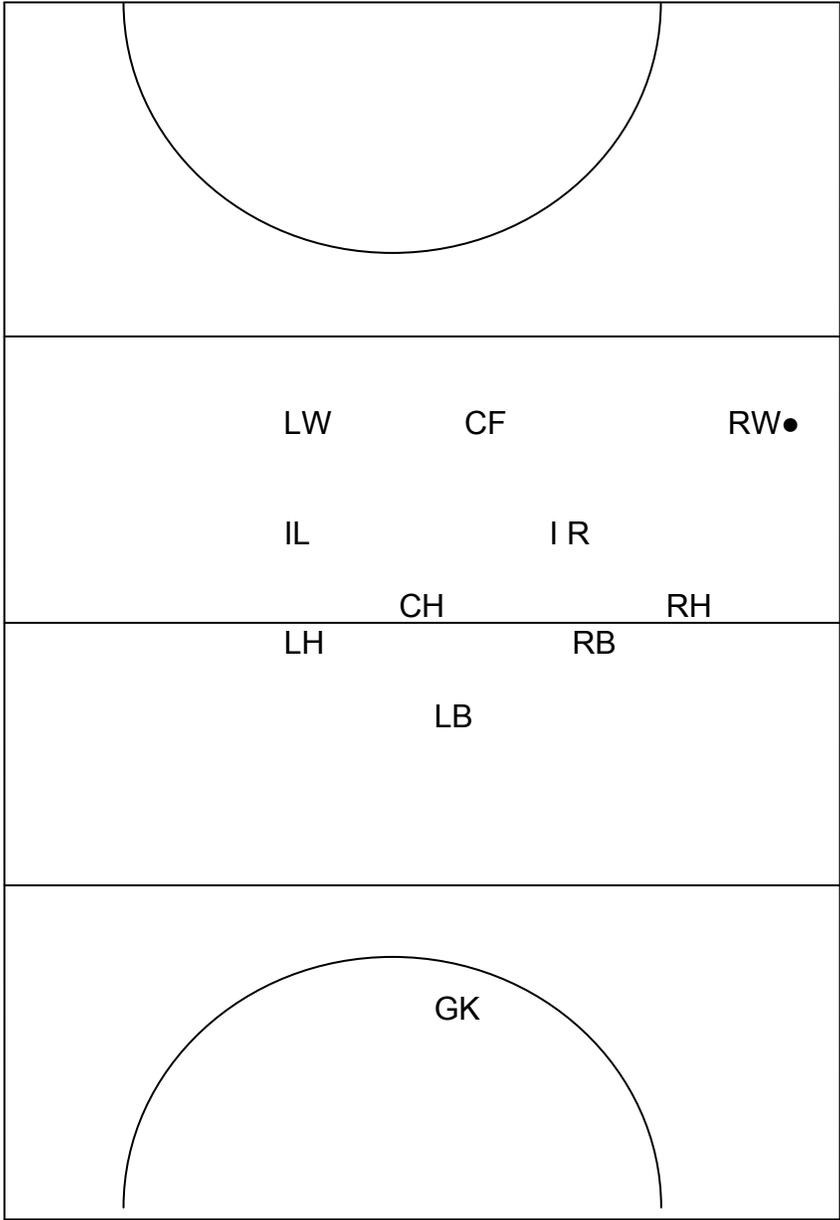


Diagram 8
 Midfield
 Support and Depth to
 Flat and Close

● Ball
 ↑ Play

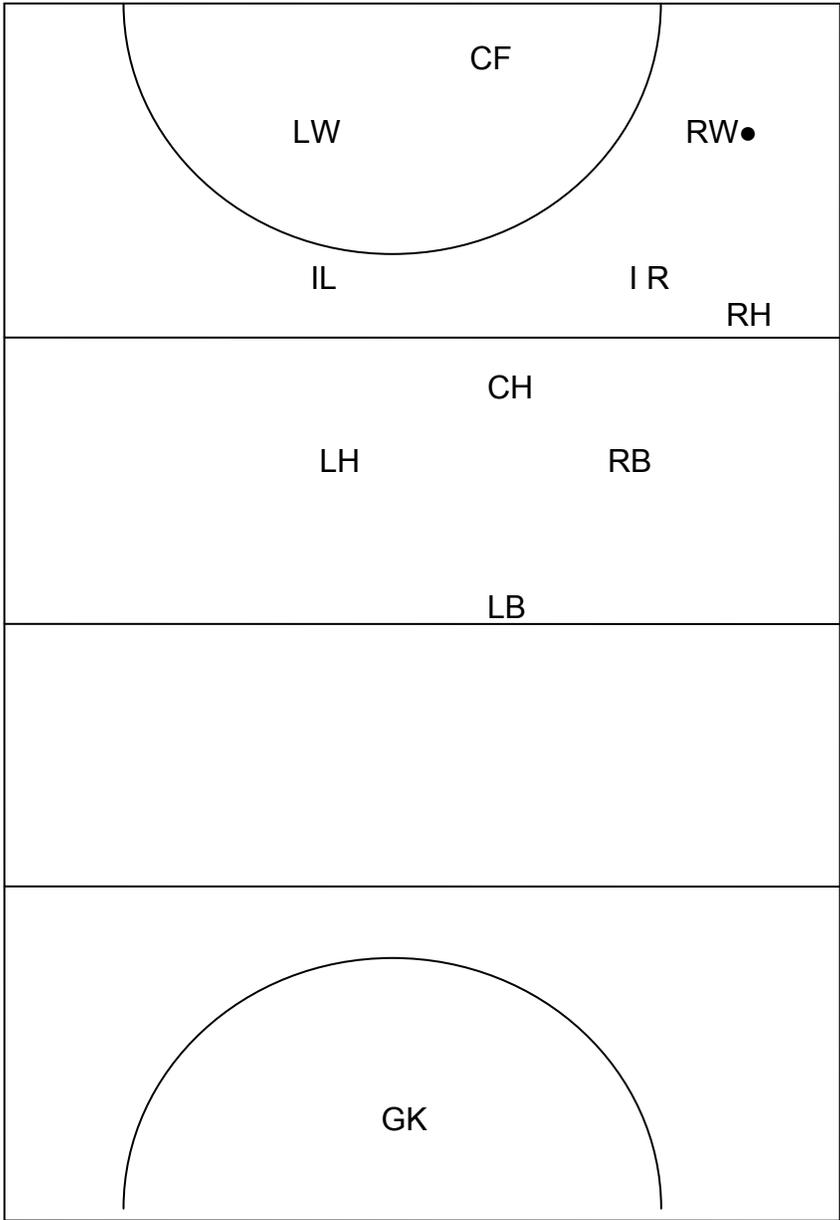


Diagram 9
 Attack
 Good support and
 Depth

● Ball

↑ Play

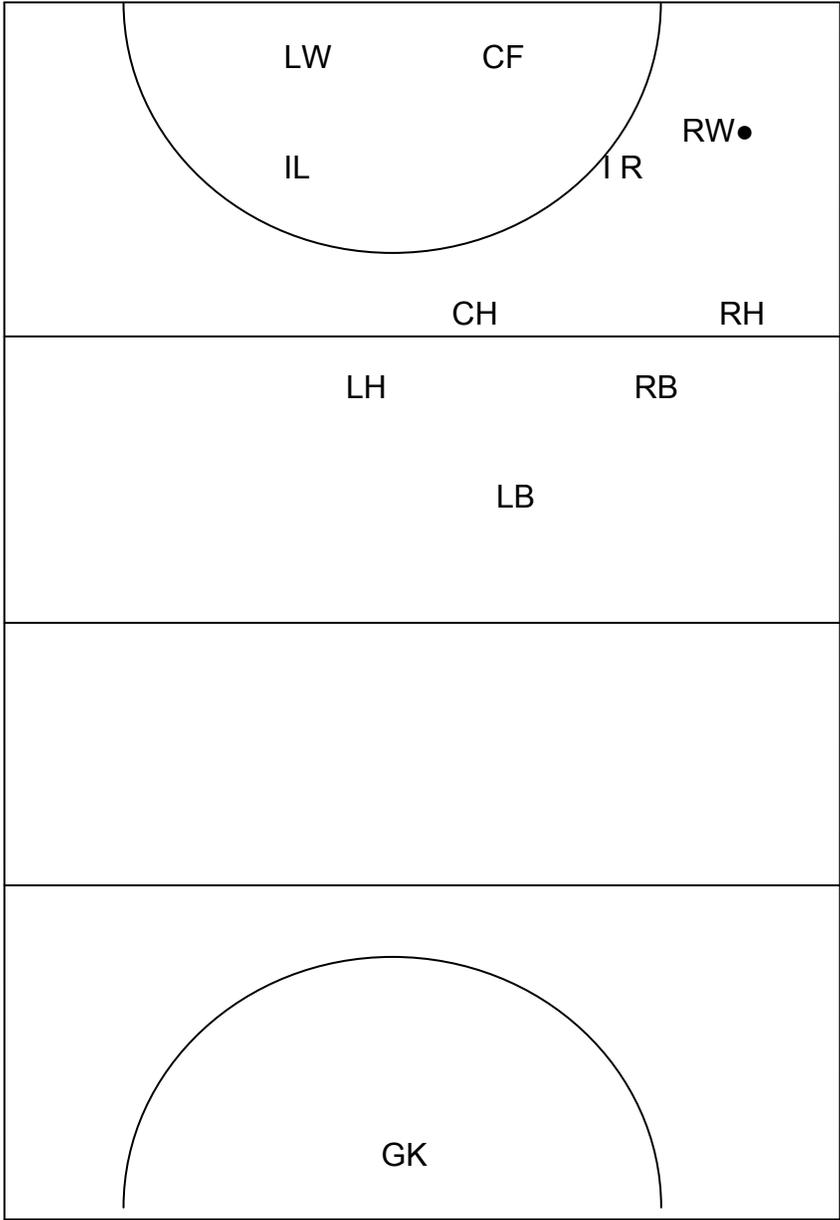


Diagram 10
 Attack
 Support and Depth to
 Flat and Close

● Ball

↑ Play

TRANSITION (means the point of change of possession from attack to defence and defence to attack)

The fractions of a second BEFORE possession is lost or regained are the most important. In fact one of the determining factors in recognising difference in player class is the ability of an individual to anticipate and their speed of reaction prior to possession change.

The 5:3:2:1 system can accommodate good slack in these phases, due to the line placement of the support players.

In possession, if the support of the player with the ball is intelligent and players are able to anticipate, the possible loss of possession, and then react, perhaps to leave a yard or two of space in front of them, then those players will be best placed to minimise the damage.

In the attacking area, this is important because it allows the IL and IR, in particular, to be more aggressive, through the transition phase and to try to win the ball back, knowing that the support, half backs and full backs, are in good positions to cover and mark for them.

When defending, the ability of the strikers LW, CF, RW and inside forwards IL and IR to anticipate the change of possession, defence to attack, and make early leads, can be of great benefit in launching counter attacks.

DEFENCE (meaning the team without the ball)

GENERAL

When the opponents have the ball, they are in charge.

Early reading of play and positioning, especially before possession was lost, (see transition), is the real secret to creating sound foundations from which to defend.

For any defence pattern to work, each individual needs to perform their own job to a high and effective quality.

Covering defenders take their leads and cues from the player who is engaging the ball carrier. These 1 to 1 defending skills are very important to the whole defence system.

Originally, the 5:3:2:1 system in defence was predominately a zonal marking system. It then developed so that some players were asked to mark certain opponents.

Today, the system easily lends itself to zonal or man to man or in fact a

combination as the game or specific tactics require.

DEFENCE AREA

The GK should try to encourage the LB, RB and LH, CH, RH to defend as high as is sensibly possible. This allows space for the GK and cover defenders to work in.

Space and time become critical when defending inside the 25 area and circle. In these circumstances, it may be appropriate to mark 'man to man' rather than zonally.

Usually, one full back marks the opponent central forward while the other FB acts as a sweeper behind the defence, in front of the GK, with the CH defending the area in front of the full backs.

The wing half and inside forward, on the ball side mark the opponent wing and inside respectively.

The far side inside forward and wing half flow across the pitch to cover and track their opposite inside and wing.

The strikers (LW, CF, RW) should be careful that they don't come too deep, if not required.

When they do defend, it is usual for the winger, to mark the opponent half back, on the ball side. The CF often marks the opponent CH or FB's (team tactics dictate) with the far side wing covering the space, in front of the IF and HB on that side, watching for the opponents switch play.

(see diagram 11)

MIDFIELD AREA

There can be two quite distinct defensive attitudes in the midfield area.

Firstly, a drop off type or where your own team is under pressure and secondly, where you want to try to exercise pressure to win the ball back. In the first case, all the players drop back, to get 'Behind the Ball' and ensure there is good placement between the lines of players, front to back.

The CF marks the opponents CH.

The wingers cover any forward attackers by the opponent's wing halves on their side of the pitch.

The inside forwards mark their opponents midfield players.

The CH covers behind the inside forwards and in front of the full backs, to act as a midfield sweeper.

The wing halves mark their opposition wingers.

The front full back marks the opponent CF, with the cover full back behind as a deeper sweeper.

There will be a movement back and across field by the wingers, inside

forwards and wing halves pivoting on the CH, as adjustment to the ball being switched from one side to the other flank.

The full backs will move in a 'V' shape as the front full back, adjusts to become the cover back, while the other back moves forward to mark, again pivoting on the CH.

Sometimes circumstances may suit that the high full back stays high and marks across the pitch, with the deeper full back remaining as the sweeper.

(see diagram 12)

The second case, where you want to exert pressure to win the ball back.

This is usually best attempted when the opponents have moved or are made to move the ball to one flank or the other.

Let's assume they have the ball on their left, with the left half.

Our marking then is:-

RW challenge their LH.

CF and LW prevent switch through their full backs and right half.

IR supports RW, while IL covers their CH and cross field pass to their right midfield.

RH covers the space behind IR and beside and to the right of the CH and is able to mark the opponents left midfield or left wing.

CH covers the space behind the insides and provides depth to prevent cross field and or thru centrally passes. Marking, if needed, the opponent CH or left midfield.

LH covers across the pitch in the area behind IL and to left of CH, marking the opponent right midfield. This could leave the opponent right wing unmarked, but as this position is most distant it is the least dangerous and if a ball did get through there would be time to cover.

RB moves forward to cover space between and behind RH and CH. If needed they can mark opponent left midfield if ventures forward.

LB provides depth cover and marks opponent CF.

GK should patrol the top of the circle so as to be in a good position if long balls are cleared by the opponents.

(see diagram 13)

If the ball is on the opponents right or gets switched, then the movement back and across the pitch, (pivoting on the CH) takes place, and the jobs become the same, but for the left side.

ATTACK AREA

The three strikers, LW, CF, RW main aim will be to pressurise the opponents back players.

The inside IL, IR support the striker on the ball side, while the far side inside forward moves across the pitch, in front of the CH.

The CH acts as a sweeper in midfield behind the insides.

The wing halves LH and RH together with full backs LB, RB support so as to cover clearances and mark opponents if the ball gets into midfield.

Good depth by CH and wing halves together with full backs is important as too close a support can easily allow the opponents to put the ball into the space behind, so releasing the pressure.

Good depth also allows better interception of passes and easier cover marking so that there is also more useable space to re-attack when possession is regained.
(see diagram 14)

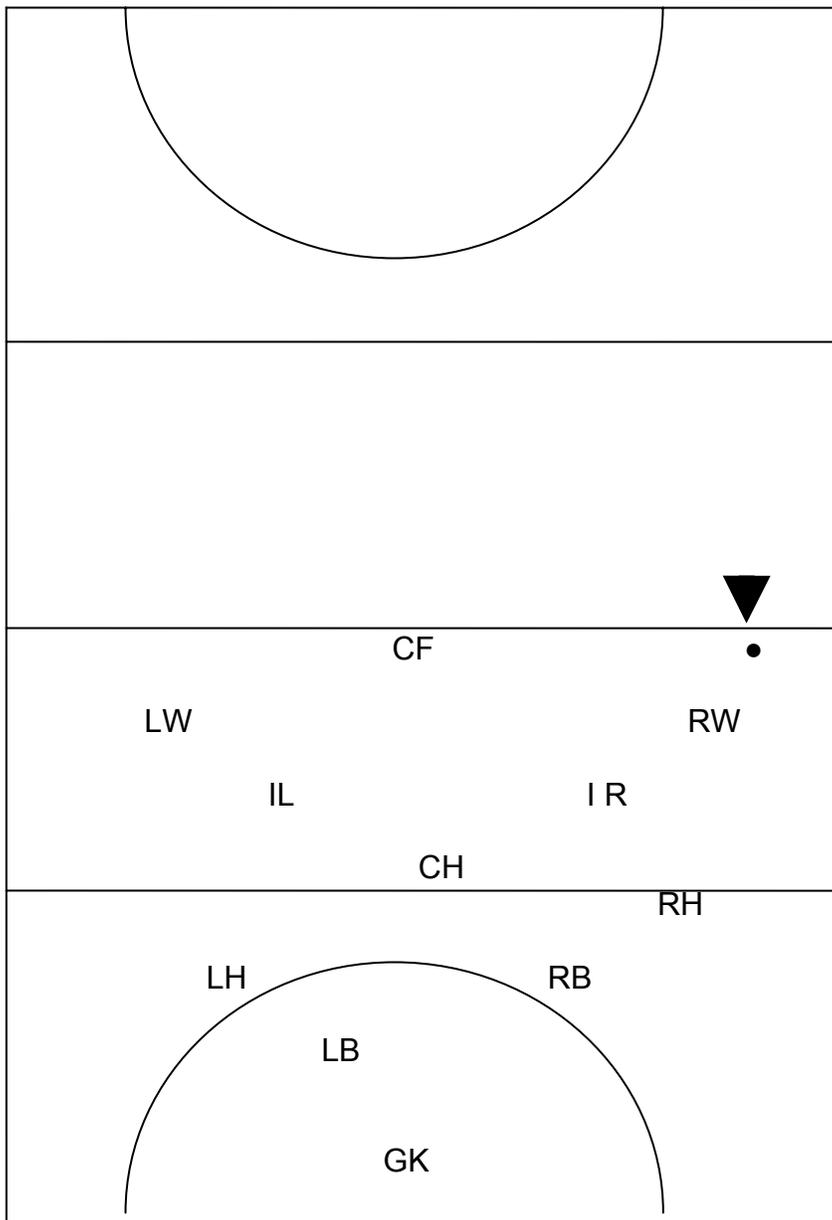


Diagram 11
Defence to Left attack

• Ball

↓ Play

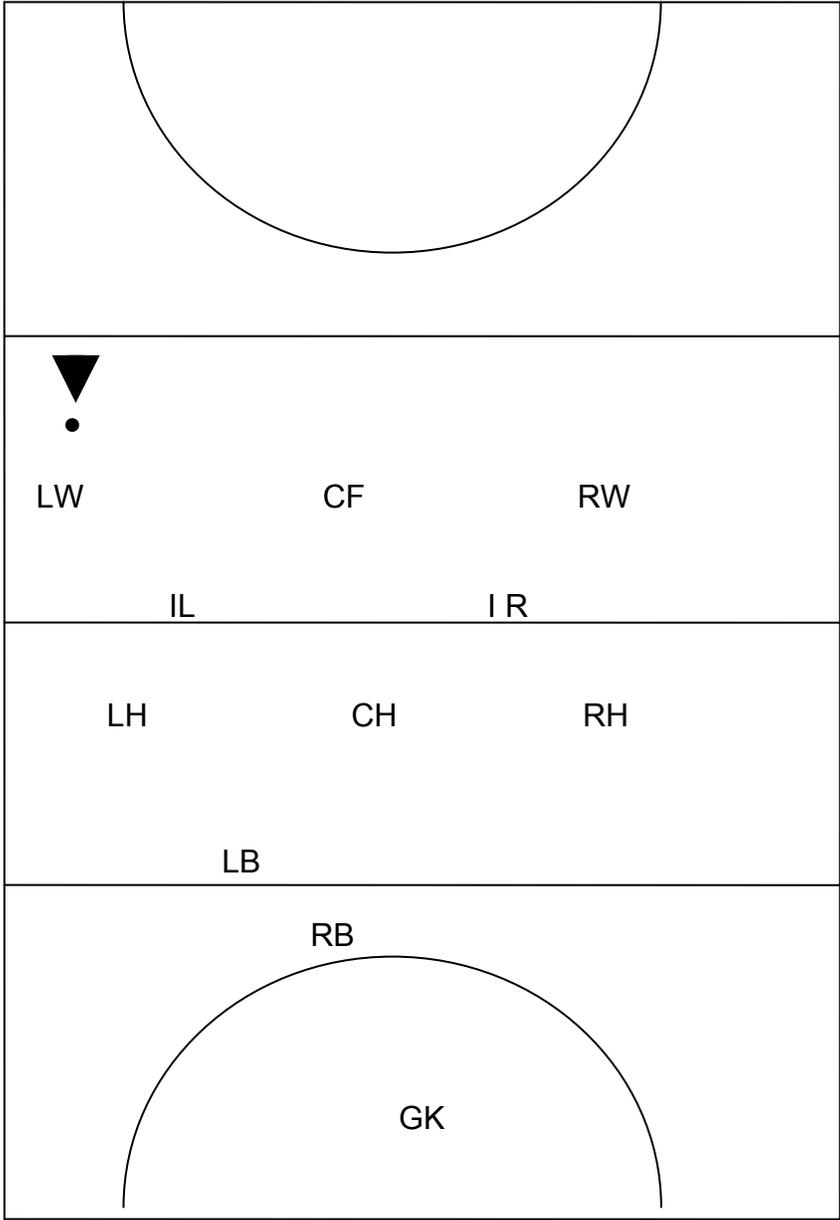


Diagram 12
Drop off Defence

• Ball

↓ Play

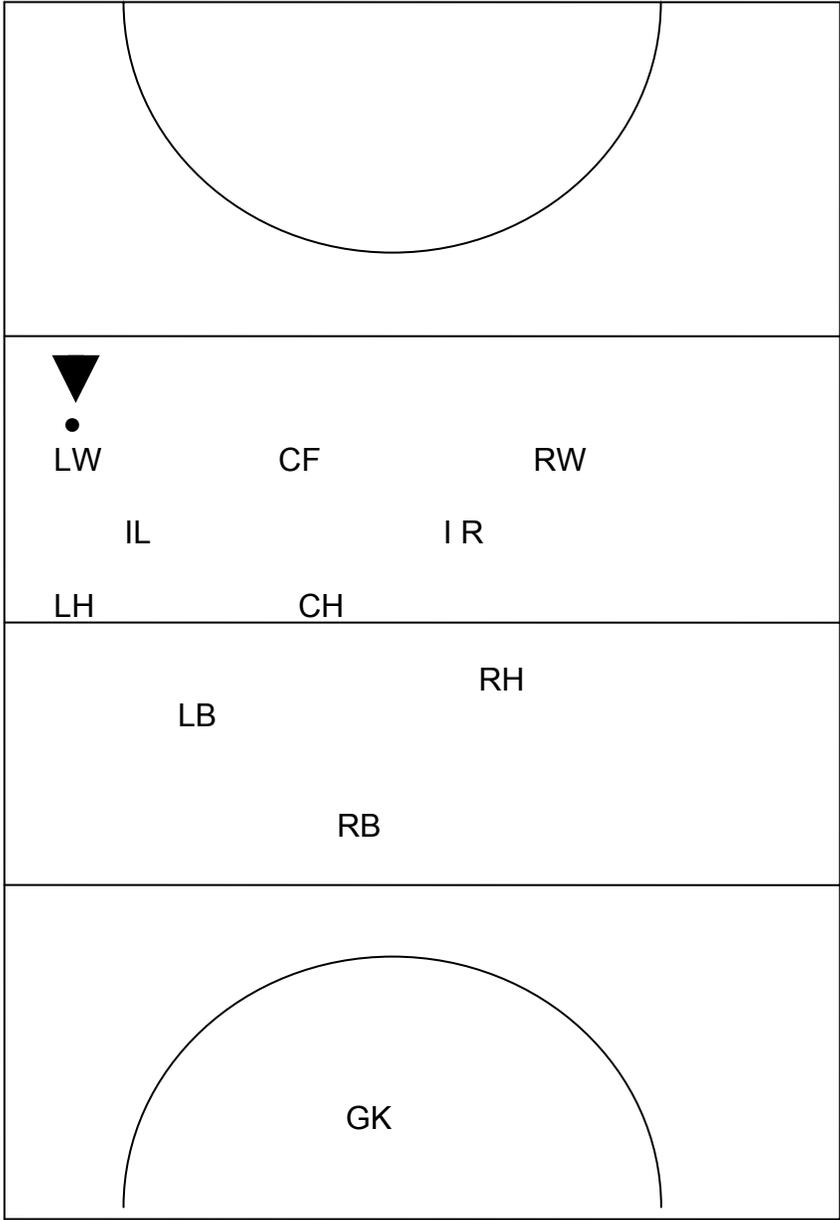


Diagram 13
Midfield
Pressure Defence on
Left

● Ball

↓ Play

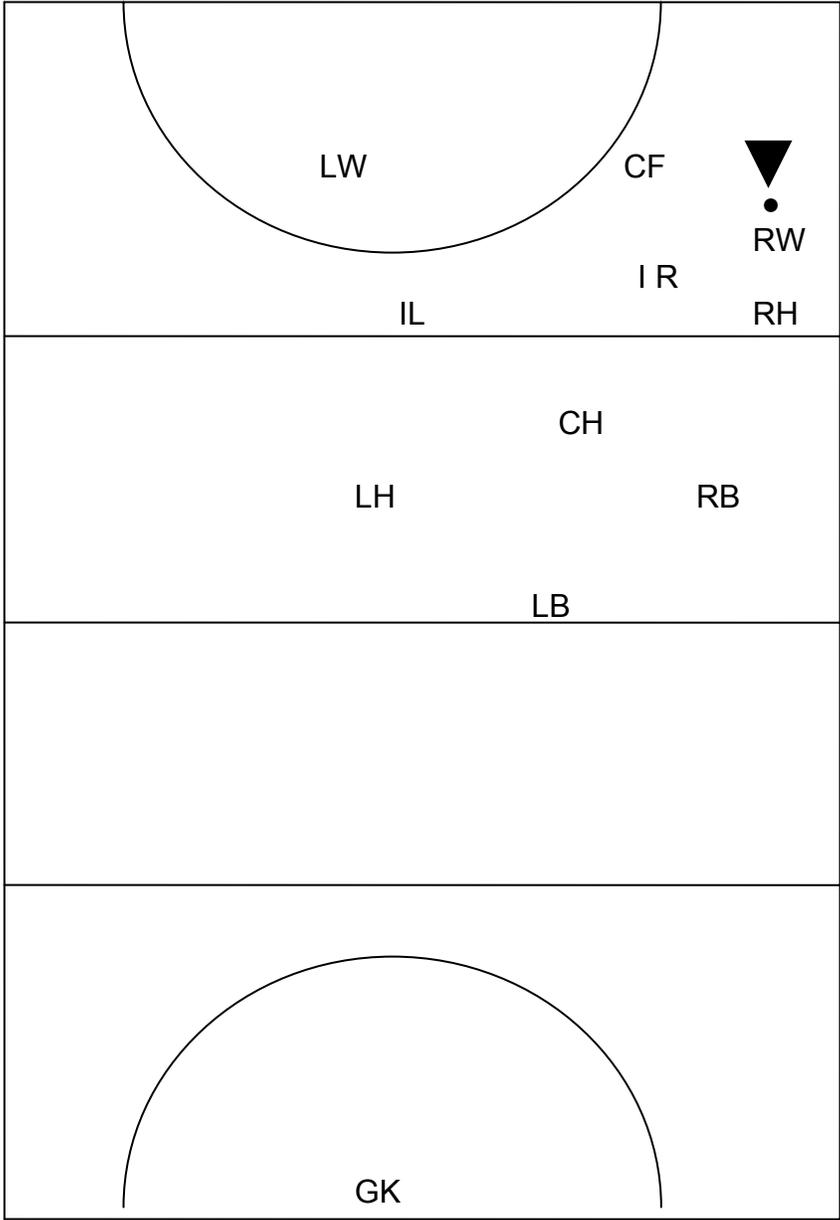


Diagram 14
 Attack
 Pressure Defence on
 Right

● Ball

↓ Play

Section C

INDIVIDUAL ROLES - ATTACK

GK

Try to save clear shots so as to set up counter attacks.
Act as a release player to switch ball, at the back.
Patrol top of circle, when ball in opponents half.

LB

In possession priority passes are to CH, IL, IR, and LH
Secondary passes to LW, RB, RH, CF
Support the attack, when ball is on our left side, in the space behind the LH and CH.
When the ball is on our right, support the attack by providing depth as a sweeper, behind the RB.
Usually take most 16yd hits, from left and central areas.

RB

In possession priority passes are to CH, IR, RH, and RW
Secondary passes are to IL, LB, LH, CF
Support the attack, when ball is on our right , in the space behind the RH and CH
When the ball is on our left, support the attack by providing depth as a sweeper, behind the LB.
Take 16yd hits on right of circle.

LH

In possession priority passes are to IL, LW, CH, and LB
Secondary passes are to CF, RB, RH, IR
Support the attack, when ball is on our left , behind IL and left beside the CH
When the ball is on our right, support the attack, in the space beside and between the CH and LB
Take 16yd hits in the extreme left of defence
Usually take the side line restarts on our left side.

CH

Try to be available to receive passes from the full backs, LB, RB and wing halves LH, RH
Aim to control the central areas of the pitch.
In possession priority passes are to IR, IL, CF, RW, LW
Secondary passes are to RH, LH, RB, LB
Support the attack by providing depth in midfield. This will also require some movement to the right when the ball is on our right and to the left when it is on our left.
Usually take free hits in the central areas and top of the attack circle.
Look for opportunities to shoot, especially from the top of the circle.

RH

In possession priority passes are to IR, RW, CH, and CF

Secondary passes are to RB, IL, LB, LH
Support the attack, when ball on our right , behind IR and right beside CH
When ball is on our left, support the attack, in the space beside and between the CH and RB
Take 16yd hits in the extreme right of defence
Usually take the side line restart on own right side.

IL

Look to be available to receive passes from the LB, RB, LH, RH and especially from the CH
In possession priority passes are to LW, CF, IR, CH
Secondary passes are to LH, RW, LB, RH
Look to create goal scoring opportunities
Support the attack, when the ball is on our left , behind LW and CF
Be available for centres, from our LW, usually at the back of the circle
When the ball is on our right, support the attack, in the space left to centre behind the LW, CF and in front of the CH
In the circle be alert for follow up and rebound situations

IR

Look to be available to receive passes from the LB, RB, RH, LH and especially from the CH
In possession priority passes are to RW, CF, IL, CH
Secondary passes are to RH, LW, RB, LH
Look to create goal scoring opportunities
Support the attack, when the ball is on our right, behind RW and CF
Be available for centres, from our RW, usually at the back of the circle
When the ball is on our left , support the attack, in the space right to centre behind the RW, CF and in front of the CH
In the circle be alert for follow up and rebound situations

LW

Look to be available to receive passes from LH, LB, CH and especially the IL
In possession priority passes are to CF, IL, IR, RW
Secondary passes are to LH, CH, LB, RH
Look to create goal scoring chances.
By centring, set up opportunities for CF, RW and IL, IR, CH
When supporting the attack, with the ball on our right, use the space to left of CF and in front of IL
Be available for centres from the right, usually near the left post
In the circle, be alert for follow up and rebound situations

CF

Look to be available for passes from LB, RB and CH out of defence and IL, CH, IR in attack, and with LW and RW when centring

In possession priority passes are to RW, IR, LW, IL and CH

Secondary passes are to RH, LH and RB

Look to create goal scoring opportunities

In attack, stay fairly central, although it will be necessary to move to right, in front of IR when ball on our right and in front of IL when on our left

Be available for centres from right or left

It is most important to be alert for follow up and rebound situations

RW

Look to be available to receive passes from RH, RB, CH and especially the IR

In possession priority passes are to CF, IR, IL, LW

Secondary passes are to RH, CH, RB, LH

Look to create goal scoring chances.

By centring, set up opportunities for CF, LW and IR, IL, CH

When supporting the attack, with the ball on our left, use the space to right of CF and in front of IR

Be available for left side centres, usually near the right post

In the circle, be alert for follow up and rebound situations

INDIVIDUAL ROLES – DEFENCE

GK

Keep the ball out of the goal

Help the defenders to engage the opponents outside the 25 yard area if possible

Patrol to the top of the circle, acting as a sweeper, behind LB, RB when the play is up field

LB

Cover and mark the area behind and between the LH and CH when the ball is on our left

When the ball is on our right provide cover behind the RB and give depth to the defence, as a sweeper, as play progresses up field

Tactics will dictate when it is necessary to mark the opponents RM and or CF

RB

Cover and mark the area behind and between the RH and CH when the ball is on our right

When the ball is on our left provide cover behind the LB and

give depth to the defence, as a sweeper, as play progresses up field

Tactics will dictate when it is necessary to mark the opponents LM and or CF

LH

Mark the opponents RW, when the ball is on our left
When the ball is on our right provide cover to the left and beside CH and LB

CH

Mark the central area of the pitch. Tactics will dictate whether to mark the opponents CF or CH and when to provide cover in front of the LB and RB

Act as a sweeper behind the IL and IR giving depth in midfield

RH

Mark the opponents LW, when the ball is on our right
When the ball is on our left provide cover to the left and beside CH and RB

IL

Cover and mark the area behind LW and CF and in front of LH and CH, when the ball is on our left
When the ball is on our right cover across beside and in front of the CH

Tactics will dictate when it is necessary to mark opponents RM IR

Cover and mark the area behind RW and CF and in front of RH and CH, when the ball is on our right

When the ball is on our left cover across beside and in front of the CH Tactics will dictate when it is necessary to mark opponents LM

LW

Mark the opponents RH when the ball is on our left
Cover the area in front of LH, IL and to left of CF when the ball is on our right

CF

Mark the central area in front of the CH. Tactics will dictate whether to mark the opponents FB's or CH and
When the ball is on the flanks, to move across to provide cover on the inside

RW

Mark the opponents LH when the ball is on our right
Cover the area in front of RH, IR and to right of CF when the ball is on our left

Section D

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