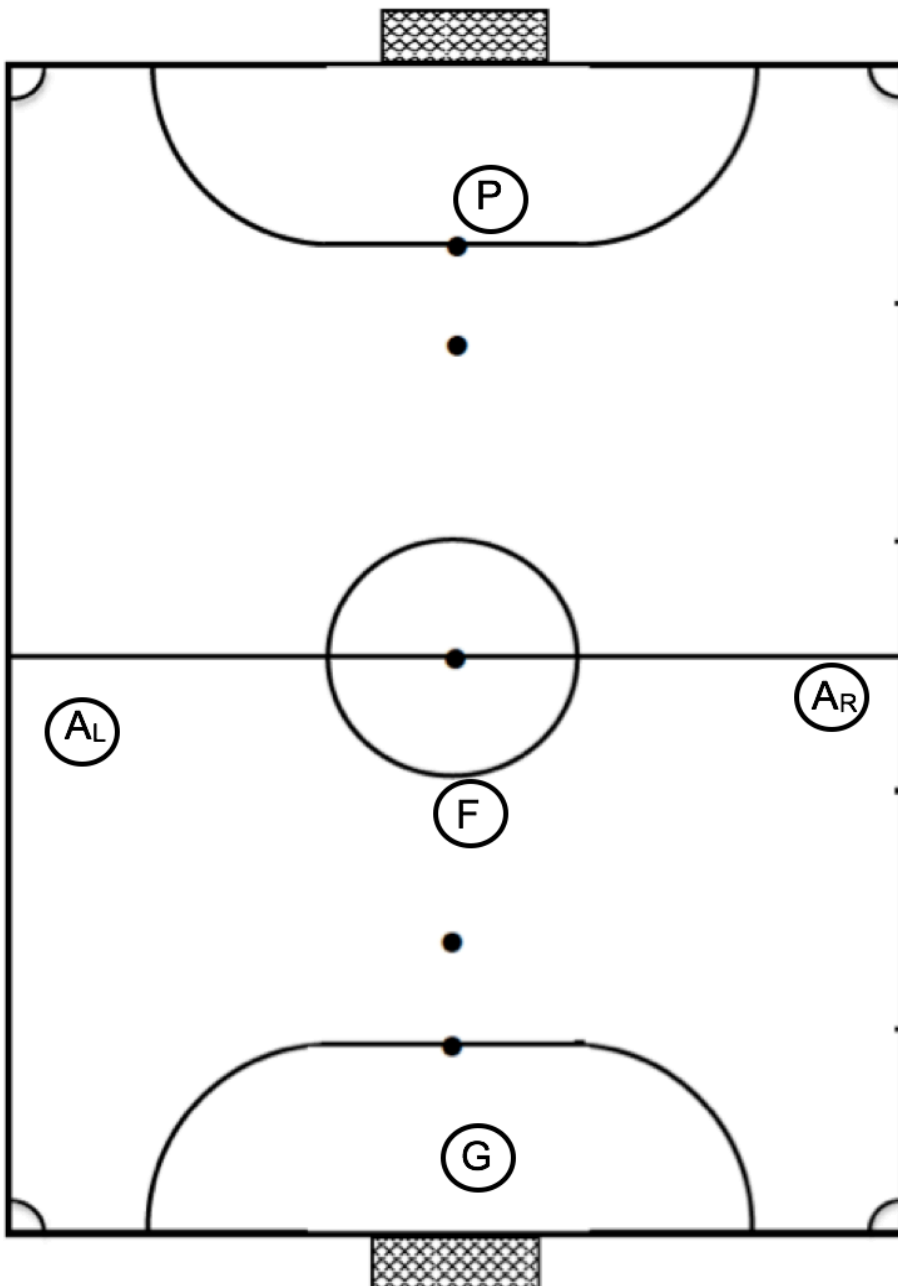


FORMATION – THE 3-1

(by Otto Orf, 6-20-2014)

The 3-1 is the most popular advanced formation for players who have mastered the skills of passing and trapping and have the capacity to grasp high level tactical movements, the concept of spacing and the timing of runs.

The shape is now one of a line of 3 in the back with a solo dangerous Pivo working hard to make himself available for penetrating passes. The Pivo holds the ball to lay off to slashing Ala's, plays the ball to the far post or turns and shoots. The role of the 'Pivo' is to work hard to get downfield quickly and draw out the defense. This player must be dangerous or opposing teams will pressure and have an advantage.



The Fixo and Ala's will now become interchangeable in the defensive half especially as they work a 3 man weave to possess the ball and look for passing lanes to deliver to the Pivo.

The ball is played from the center to the outside and after delivering the pass the center player makes a penetrating diagonal run to the same side as the ball.

Upon receiving the ball the Ala now brings it toward the center, becoming the new Fixo.

The Fixo retreats into the Ala position and we return to a line of three.

Repeat this process going to either side to possess the ball or to attack.