

Summary of my football / soccer philosophy

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Key points in our defense:

- We play a 5-4-1 formation in our own half of the pitch
- All players are on the correct side of the ball holder so they cannot play in between us
- We embrace the positional defense as method and with press and coverage as top priorities
- We work with straight lines
- Distance from the defenders to the forward is up to 20 meters long in our own half
- Distance to the closest teammate in the line is 8 meters maximum
- We change our defensive line from low to high and vice versa according to the football / soccer physics formula L-H-L / L-H-H.

Transition from defense to attack:

- A systematic build-up with short passing as our primary method if possible. Use the long ball to counterattack if we have a good opportunity.

Key points in our attack:

- We change to the 3-4-3-formation, with wing backs at level with the midfield and wingers at level with the forward
- Our primary method is the build-up play with short passes. If we have a good opportunity, try to mix the game with a long ball.
- Our central defender in the middle is important in the build-up play.
- We create appropriate distances between each other and offer alternatives to the ball holder
- We prefer to pass the ball in front of players who have the face towards the goal
- If this is not possible, we pass the ball to players who plays with the back against the goal.
- Our primary methods to come to scoring opportunities is to challenge the opponents, make crosses into the penalty area, wall plays, overlaps, breakthroughs in the middle or to turn the play to the other side.

Transition from attack to defense:

- If we lose the ball in the offensive half of the pitch, we stand with our 3-4-3 formation and press the opponents inwards in the pitch, where we have a numerical advantage. This is to win back the ball quickly and create a scoring opportunity when the opponents are not organized.
- If the opponents reach a player in playing space #1 without pressure or fins the playing space #2, we retreat to our own half and organize ourselves into the 5-4-1-formation

At set pieces:

- At defensive set pieces, we have a mixed the positional defense with the marking defense.
- At corners, we have two players in a line in front of the goal area. All other players have a man-man-marking.

- At free kicks close to our goal, we have a maximum of four players in the wall, all the others have a man-man-marking.
- At free kicks at the side, we have a maximum of two players in the wall, all others have a man-man-marking.
- At throw ins, we have a positional defense with elements of marking defense. This means that we use the positional defense, but if the opponents stand offside on purpose we take notice to this and lower the defensive line.
- At offensive set pieces, we prefer a systematic build-up play. But if we have the opportunity to shoot on goal, we should to do so. If we are trying the cross, aim for the far post so we can make the opponents to move out of position.

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