

SUMMARY

Key points in our defense:

- We play 1-2-1-formation in our own half
- Our libero marks the most dangerous player in the middle of the court
- Our wing players and pivot plays a positional defense
- Sometimes, we play a 1-1-2-formation on the flanks when we move from side-to-side
- Our team is 11 meters long and 5 meters wide at our own half of the court
- We change the height of the defense line according to the formula L-H-L / L-H-H

Transition from defense to attack:

- Use a counter attack if possible
- If that does not work, use a systematic build-up play

Key points in our attacks:

- We play 1-2-1-formation when we have the ball in our possession
- We prefer to use a systematic build-up play, but can also use a counter-attack with long balls
- Our wing players play wide, but are not afraid of moving in to the central space if needed
- Our pivot has his / her position in the central space, but can also play at the flanks

Transition from attack to defense:

- Our libero marks the most dangerous player in the central space
- All the other players play in a positional defense
- We use a 1-2-1-formation, but if it is necessary we can sometimes use 1-1-2
- We retreat to our own half if the opponents reaches the playing space #1 or worse

At set pieces:

- At defensive set pieces, we use a straight man-man-marking system
- At free kicks close to our goal, preferably only one but a maximum of two players in the wall
- The goalkeeper decides if it will be one or two players in the wall at dangerous free kicks
- At offensive set pieces, we have two good alternatives to choose from depending on the situation

// Johan Solinger, 5 April 2017, Hisingen