

THE ROLE OF THE WINGER IN THE 4-3-2-1 SYSTEM

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Abstract

Each player has a certain position and a role within a team. The position of players is established by the coach, depending on the position requirements, the player's qualities and the demands of a game, but the way in which the position is interpreted depends on the charisma and personality of each player. It goes without saying that this role belongs to a certain type of player, but in all cases it must be subordinate to the interests of the team and his presence must be felt at each and every moment of the game.

Keywords: attacking phase, positive transition, defensive phase, negative transition, create space, completion, pressing.

Introduction

The first coach to use this system was Juan Manuel Lillo in the season of 1991-92, with Leonesa Cultural team, and later he used it successfully with U.D. Salamanca. This system was subsequently used by Victor Fernandez, then by Aimé Jaquet with France at the 1998 World Cup. Between 2001-2004, Rafa Benitez obtained with Valencia two champion titles and won the UEFA Cup. The Spanish national team coached by Vicente del Bosque has achieved the greatest success in history using this system. Over time, great coaches such as A. Ferguson, J.Mourinho, A. Wegner, J. Klopp have achieved impressive results due to this system.

Its origin lies in the 4-4-2 system, by the advancing of the side midfielders and the retreat of a striker. This is due to the skills of the players in the team, qualities that could not cope with another system and that are described below.

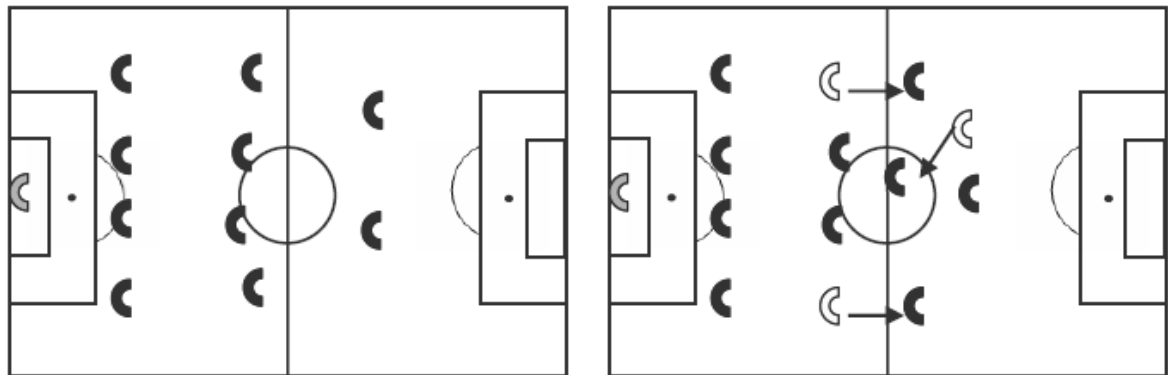


Figure 1 - 4-2-3-1 System out of 4-4-2 System.

The qualities of wingers in the 4-2-3-1 system.

- a. Technical.
 - lead the ball
 - takeover /pass
 - dribbling
 - cross
 - shot
- b. Physical.
 - endurance -speed (aerobic – anaerobic)
 - strength (duel)
 - agility.

- c. Tactical.
 - participation in attack
 - defensive retreat
 - pressing
- d. Mental.
 - will
 - concentration
 - taking risks
 - combativity

Purpose of the research is meant to underline the role of the winger in the 4-2-3-1 system in all four phases of the game and creating players capable to play on this position from the tactical point of view.

Tasks

- apply tactical drills specific to the position of winger;
- monitor and record the evolution of the performance of the players who act on this position in the official games;
- highlighting results.

Hypotheses of the research:

1. It is considered that the implementation of the specific training program for the winger in the 4-2-3-1 system will contribute to the formation of players capable to play on this position from the tactical point of view.
2. If the methods and means used will contribute to the formation of wingers capable of taking the step to high performance.

Material and Method

The subjects-the players under 17 acting on the position of winger in the 4-2-3-1 system ASCM Dunarea Galati, players that evolve in the junior I republican national championship.

The experimental program was applied during a competitive tour 1st of August – 18th of December 2015.

Applied tactical exercises specific to the winger in the four phases of the game.

1. The Attacking Phase

- a) Create spaces in the flank
 - For the full-back – the left side stiker retreats and the left full-back takes his place, advancing on the field.
 - For the attacking midfielder – the winger retreats and the space he creates is used by the attacking midfielder no.10.
 - For the striker – the winger retreats and the space created is used by the centre- forward.
- b) Using the space created by the attacking midfielder no. 10 and by the centre-forward
 - The left full-back is in possession of the ball and midfielder no.10 or the striker unmark in the side area, pulling the full-back after him, the left winger taking advantage of the space created and exploring it, getting the ball from the full-back.
- c) Arrival of the winger on completion – there are three ways in which he can arrive on completion
 - From a through ball
 - From a cross
 - After an individual action

Aspects to train so as to create spaces in the flank and arrival on completion :

- The players must be aware of the tactical situation, learning to choose the correct option at the right time.
- Good timing between players
- Positioning of players in such a way that they can take advantage of the free space created
- The accuracy of the through ball

- Timing between the pass amplitude and the player's movement.

2. The Positive Transition

We encounter the following situations:

a) The positive transition when the winger recovers the ball and plays in the side area – the left winger intercepts the ball and passes to the centre-forward, who unmarks in the side area. He advances with the ball and has two options:

- either cross the ball in the goal box for the right winger;
- or pass back to the left winger or to the centre midfielder.

b) The positive transition when the winger recovers the ball and passes it up to the striker or the attacking midfielder.

Aspects to train for the success of positive transition:

- players must have quick reactions in responding to the requirements of the transition.
- players must behave like in the game situations, advancing rapidly into the created gaps.
- the accuracy of the pass and the completion.

3. The Defensive Phase

a) the position and motion of wingers in the pressing performed in the opposing third.

-When the opponent full-back gets the ball from the goalkeeper he is under pressing by the opponent striker and plays on the lateral side. The left winger stands at first in a position that will allow him to block the verticalization of the game. After playing on the edge, the opposing full-back presses the player who has received the ball.

-The movement of the winger on pressing is performed by himself and the opponent full-back plays back with the goalkeeper. After the opposing full-back plays back with the goalkeeper, the right winger keeps marking him, the pressing continuing to be performed by the centre-forward.

- After the opposing full-back plays back to the goalkeeper, the right striker still marks him, the pressing being performed further by the centre-forward. If the right winger presses the first on the centre full-back, being helped by the centre-forward and by the midfielder with no. 10 and this one tries to play with the other centre full-back, the left winger is the one who needs to decode the game and intercept the ball. If he doesn't believe he will succeed, he will have to stay in the first position.

- The movement of the winger is performed on pressing by one of them, and the opponent full-back plays with the centre midfielder. In this situation, if the left winger does not manage to block rapidly enough the opponent centre midfielder who has received the ball, he must retreat fast to prevent the verticalization of the game by the opponents.

- The movement of the winger performed on pressing by one of them, and the opponent full-back plays back with the goalkeeper, and the latter uses a through ball. In this situation the winger having done pressing retreats rapidly, to replace the center midfielder, who has come in front of the player with the ball, and the other winger retreats and narrows the central area.

b) the position and motion of wingers on pressing in the mid area

- When playing in the lateral area. The winger stands at first in a position that will allow him to block the verticalization of the game. After playing on the edge, the opposing full-back presses the player who has received the ball.

- When playing on the lateral side of the central area. The first player coming in the way is the center midfielder, and the centre-forward with the player having no.10 come from the side and from the back to attack him. The left winger and the remaining center midfielder form the defensive triangle, and the winger becomes the most advanced player.

-When the other team plays with a through ball. In this case, the right striker must retreat as far as possible to prevent the numerical superiority of the opposing team on the lateral side.

c) the position and motion of wingers on pressing made in their own third of the pitch.

- The left winger must retreat to help the full-back to block the game. If the centre midfielder is the one helping the full-back, instead of the left winger, the winger must retreat to fill the gap left by the departure of the midfielder.

Aspects to train for teaching pressing:

- the players must be able to identify the tactical situation and to initiate pressing.
- the ones who perform the pressing must take advantage of the ball transmission phase by using a keyword that can start the attack.

- a good timing and communication are needed.

4. The Negative Transition

The following situations can be encountered:

a) The motion of the wingers when the ball is lost in the lateral area.

-The right winger must go down and put pressure on the opponent from the back, while the left winger must retreat and narrow the diagonal in the central area.

b) The motion of the wingers when the ball is lost in the central area.

- In this tactical situation, the winger must narrow the game in the central area in order to prevent the counter attack.

Aspects to train for the success of the negative transition:

- the players must have rapid and cohesive reactions on losing the ball.
- the players must decode the tactical situation created and synchronize, in order to prevent the opponent players from coming into the free space.

Results of the research:

The performance obtained by the players who played on the position of winger in the de 4-2-3-1 system – confirmed the validity of tactical training programs, performance which were materialized in ;

- two players (S.L. and I.A.) transferred from ASCM Dunarea Galati to the football academy of Atletico Madrid in Bucharest;
- two players (M.G. and A.I.) were promoted to the junior team under 19 of the club.

Conclusions:

- The 4-2-3-1 system is currently the most intensely used system in the international football and in our country, being used by both national team and club teams.
- To have a successful team, it is essential that the players feel comfortable on the position they play, that they have the necessary qualities, and to develop a game on the flanks, it's not mandatory to have the classical extremes on the field, that play near the edge, but to create and to exploit gaps.
- Lately, there is a tendency to play with three extremely offensive players behind the striker, players with a number 10 profile. More and more often, we see that the large teams which use the 4-2-3-1 system, prefer to play in a three-line without a side midfielder, but two of them, however, placed on the flanks. When three attacking players are placed behind the head striker, we must develop a mechanism that allows them all to get to the centre during the attacking phase, where they feel the most comfortable. Create space for them.
- It is preferable, if possible, that the two wingers who will play on the left and the right side, to be positioned with their main leg inside. The left-handed on the right, the right-handed on the left. Thus, they will look for the inside, to stand on the main leg, thus being easier for them to shoot the ball, to pass or play in combinations. In such situations, a great contribution in making the situation easier is paid by the side full-backs, who have a very important role and should contribute to the construction of the phase.

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