

## ADVANTAGES AND DISADVANTAGES OF 1-4-2-3-1 TACTICAL GAME SYSTEM

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**Abstract:** *Football world agrees that nowadays the game has become so tactical that we can liken it as a chessboard in which the pieces become players and vice versa. There are coaches who impose a tactical game system. There is practically no football game where there is no discussion about how the players are placed on the field, about their tasks (offensive and defensive) or in the game relations. This paper does not aim to say which game system is better, but only stress the attention on those interested aspects related to the 1-4-2-3-1 system game, a system usually applied by professional teams in the country and abroad.*

**Key words:** *football, tactics, tactical game system.*

### 1. Introduction

The football world agrees that nowadays the game of football has become so tactical that we can liken it as a chessboard in which the pieces become players and vice versa.

It must be said that football has reached unsuspected heights in terms of training components, components that have evolved separately and together, for which the tactical component is no exception.

There are coaches who impose a tactical game system, just because they master it very well, regardless of the qualities of the players, which limit the evolution and

performance of the team. There are other coaches who have a tactical culture both theoretical and practical advanced that is focused on the qualities of the players, for which the evolution and, performance of the team is appreciable.

“There is no better system than another, indeed it would be advisable to know how to use and / or alternate 2-3 different systems” [6].

“Tactics of the football means game totality of individual and collective actions a team developed, both in attack and defensive, designed efficiently, respecting the game’s laws and the features of sports

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conduct and so obtaining a positive result” [3].

One Spanish author said defines tactics “as all those actions of attack and defensive that can be carried out to surprise (fight) or counter (neutralize) the opponents during the game with the ball in play” [9].

“The importance for coaches understanding is that positional physical characteristics which are influenced by the demands of playing in different formations during match play” [12].

Some authors classify game systems into:

“1. Game systems based on the width of the space

- 1.1. Occupancy and incorporation systems
- 1.2. Position game systems
- 1.3. Mixed game systems

2. Game systems based on the rational occupation of the playing field

- 2.1. Game systems acting transversally
- 2.2. Game systems acting longitudinally” [7].

Occasionally, the elements that determine the nuance of the system variants can be of two types, obviously under the conditions of the game regulations [10].

- Influences related to the players that make up the group: team homogeneity, level of training, performance, sportsmanship, collaboration between players, or injuries, eliminations from the game, etc.

- External influences: the opponent and his game, the quality of the field and the atmospheric conditions, the evolution of the score, eliminations from the game from the opposing team, etc.

There are some authors that consider that for a good application of this system it is necessary:

- “Full participation in the game;
- Alternation of functions between the lines;
- Extensive technical and tactical knowledge;
- Excellent physical condition;
- Maturity tactics” [7].

Tactical system of the game has become so nuanced that the difference is very small. The difference is made by the new match analysis technologies that support the coaches in making themselves easier to understand in front of the players.

On some specialists’ opinion “professional football requires more and more tools to help analyse the different teams from a multidisciplinary perspective with the aim of optimizing their performance in competition” [11].

“The game system must take into account the following lines:

- Defensive line: composed of defenders
- Central line: composed of midfielders
- Line of attack: composed of attackers” [5].

For a better understanding of the players’ movements during a football match, the new technologies managed to become the coach's ally, making his work easier. New technologies make it possible to identify tactical solutions within the team, including the actual tactical system.

In a study with 36 football players is presented the importance of Global Positioning System technology for the players’ performance in Brazilian championship. This system has a very high accuracy regarding the distance covered, travel speed, position occupied on the field, including physiological records [1].

Football game tactics has several characteristics, among which we mention:

- Reasonable placement and anticipation depending on the concrete situation in the field (attack / defensive);
- Dependence on the level of the other components of the training;
- Flexibility and dynamics of the game, weather conditions, the value of the opponent, time result of the game;
- Theoretical, technical tendencies, evolution or modifications of the game's laws;

During the game there are six continuous moments, like:

- “- Offensive moment when the team is in possession of the ball;
- Moment of transition attack - defensive, when the team is vulnerable in defensive;
- Defensive moment, when the team is organized for defensive;
- Moment of transition defensive - attack, when the ball is recovered and trying to take advantage of the defensive disorganization of the opponent;
- Defensive set pieces moment; team does not has possession of the ball and may be organized or disorganized waiting for the opponent's actions;
- Offensive set pieces moment; team has the possession of the ball and be organized prepared to surprise the rival” [4].

## 2. Objectives

This paper underlines some interested aspects related to the 1-4-2-3-1 game system, a system very often applied by professional teams in the country and from abroad.

Like any system, it has certain advantages and disadvantages that can be amplified or minimized by concrete tasks

of the players on both the defensive and attack phases. There is practically no football game without discussion about how the players are placed on the field, about their tasks (offensive and defensive) or the game relations.

Positional play refers to a philosophy or style of play at the base of which there is a continuous search for superiority, which can be numerical, positional and qualitative [8].

## 3. Material and Methods

In this sense, we bring to your attention some general and particular aspects regarding the 1-4-2-3-1 tactical game system:

- Lateral defenders; players participate in the construction of the attack phase climbing into the opponent's field creating a numerical superiority on the ball area, even reaching to central the ball in the opponent's box. This requires the player to a fairly intense physical and mental effort and its efficiency depends on its technical-tactical level. On the defensive phase he covers the free spaces and helps the line of defenders crowding the ball area with the supervision of the sideband.
- Central midfielders are players with availability for effort who have a higher technical-tactical level, with the role of connecting the line of defenders, demarcating themselves on the most appropriate areas and spaces to receive the ball and further coordinate the attack phase. The offensive midfielder and the lateral midfielders, connected with the line of attackers, and they act together. Supports the defensive phase by

retreating on the best corridors, in order to delay the opponent's attack or even recover the ball.

- Lateral midfielders are band players and they must have a good physical training, a good technical-tactical level with the role of creating amplitude of the attack phase in order to defeat the opposing team. For defensive phase players must crowd the central axis, crowd the ball area and even to go down in their own field to support their teammates in order to recover the ball.
- Offensive central midfielder is the player with a large freedom of movement, with a very high level of technicality, a good vision of the game. He has the role of creating a density on the ball area, to filter the balls of teammates putting them in positives situations to score.

- The striker is the player who participates in the attack phase moving to occupy a good position to receive the ball, harasses the opposing defensive creating spaces and corridors for teammates. He is the beneficiary of the last pass to complete. On the defensive phase, he will try to slow down the attacking team's attack, going down to the central of the field to support the team in order to recover the ball.
- An Italian football opinion believes on “fundamental player of 1-4-2-3-1 and attacking midfielder, must be able to refine and finalize, being necessary technical skills and motor intelligence to allow better actions in various football game situations” [2].

Classic position of the players in the 1-4-2-3-1 system (Figure 1).



Fig. 1. *Classic position of the players in the 1-4-2-3-1 system*

#### 4. Results and Discussion

We present the advantages and disadvantages of the game system

##### *Advantages*

1. Due to the support of the lateral defenders creating a numerical superiority on the ball area, attack

actions can be carried out both on the central axis and on the lateral bands;

2. The multitude of situations that can be created by the device created by the system, especially in 2x1 or 3x2 relationships;
3. Creating free spaces on the lanes can lead to a 1x1 adversity with chances of completion;

4. Creating a density of players (central and offensive midfielders) in the central axis by creating a triangle that opens opportunities to play the ball to both sides;
5. Depending on the concrete situation on the field, the goalkeeper can identify good opportunities to trigger the counterattack;
2. Numerical defensive with high chances of recovery;
3. Achieving a pressing with chances of success due to the small distances between lines and small spaces between players;
4. Making a positive transition each player has the predetermined placement in such situations, in order to launch a counterattack or quick attack;
5. The individual and collective quality of the players who can make a difference in the success of a completion as quickly as possible;

#### *Disadvantage*

1. Prolonged possession may allow the opponent to retreat;
2. Lack of completion can create some difficulties in folding;
3. Lack of support of the player trying to dispossess the opponent of the ball can create spaces and corridors to his own goal;
4. The lack of a quick reaction to launch a counterattack or quick attack allows the opponent to retreat;
5. Incorrect placement of the 3 midfielders in the central axis can lead to numerical imbalance;
6. Lack of translation of the ball from one side to the other leads to a crowded game with no chance of success;

#### *Disadvantage*

1. Numerical inferiority on the area, without the possibility to create 2x1 or 3x2;
2. Due to the agglomeration towards the central axis, the system has a certain weakness on the sidebands;
3. The lack of a quick reaction of the defensive system can create a disorganization of it with undesirable effects;
4. Lack of communication between the players of the line of defensive can lead to inefficient duplication or even escape from the scoreboard;
5. Not all players participate in the defensive system, for which the opponent can obtain a numerical superiority on the attack phase (players farther from the area where the ball is must remain focused on supporting their teammates).

### ***Advantages and disadvantages of the game system in the defensive phase***

#### *Advantages*

1. Collective defensive device in which the entire defensive device acts as a unit, especially in relation to the ball and the free spaces;

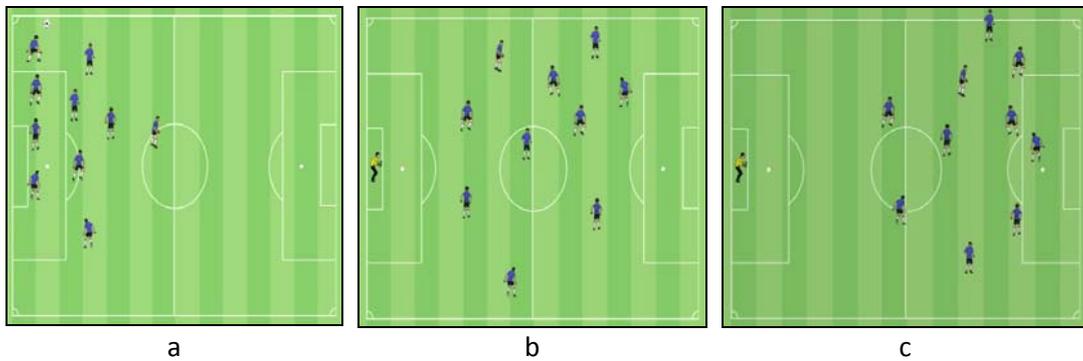


Fig. 2. *Players' movement - the ball is on offensive phase*

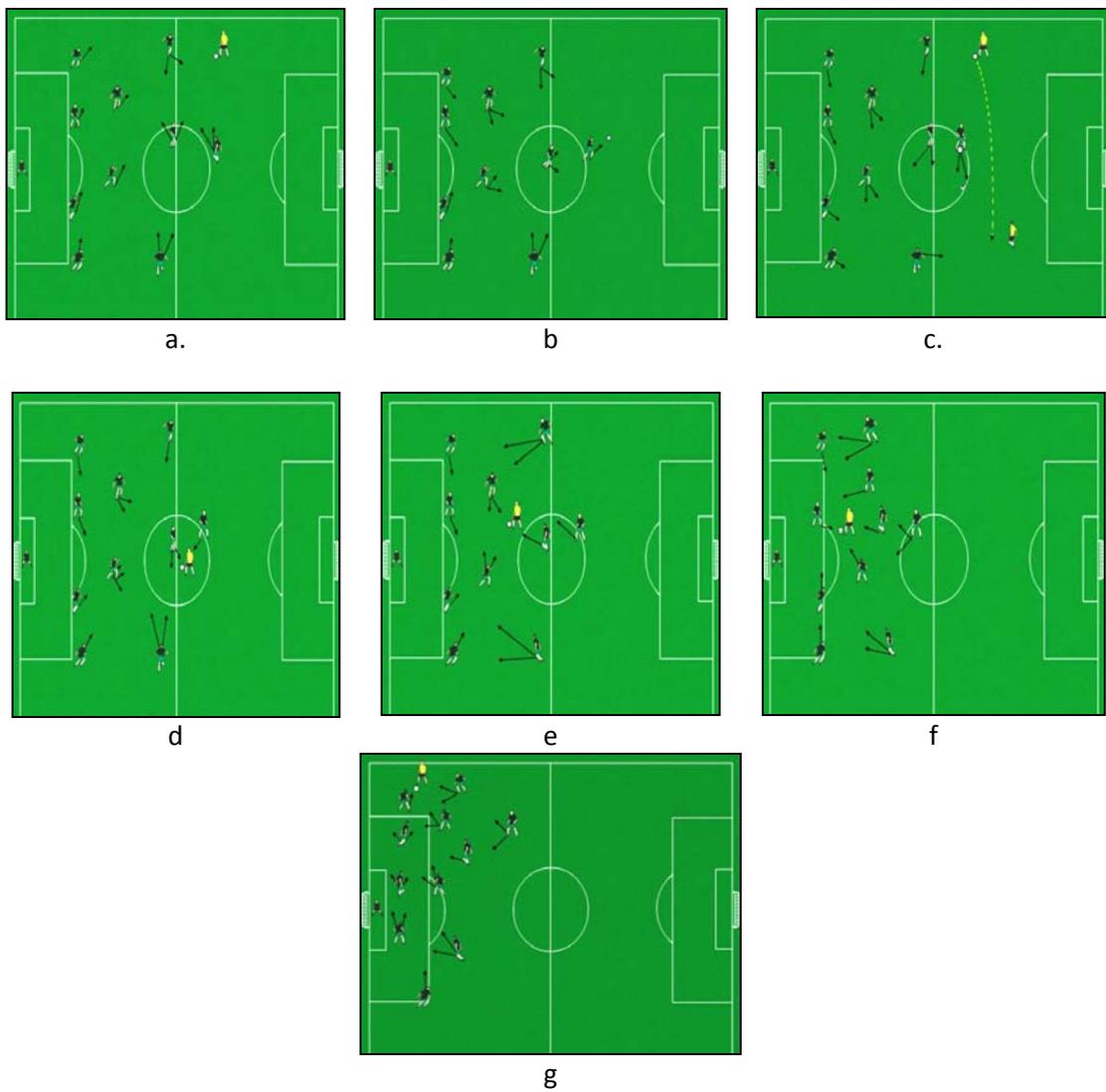


Fig. 3. *Players' movement - the ball is on defensive phase*

## 5. Conclusions

It can be observed a greater capacity of each player to adapt to the diversity of concrete playing situations on the field.

A better adaptation to the real conditions on the field generated by the opponents team, weather conditions, the score game, inferiority or superiority of the players. In order to be tactically efficient, it is absolutely necessary that the team to be well prepared on physical, theoretical, psychological point of view. Using the means of action in the form of games, in conditions close to the official game, in conditions of adversity, so that the player is put in as real situations as possible during the game.

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