

## PERMISSIVE AND LIMITING FACTORS IN THE GAME OF FOOTBALL – 1-4-3-3

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**Abstract:** *Tactical component brought in the game vocabulary words like placement, strategy, positive or negative transition, fluency, ball line, covered or uncovered ball, words that bring improved importance versus other components of training, obviously without underestimating their importance in football. In the football game, player's placement depends on tasks drawn by coach on offensive and defensive phase. The game result is submitted, by the weather, the field surface, superiority or inferiority of players on the field. There are some elements of success, like: play without ball, balanced position of the field, the movement of the ball played faster towards players (who move simultaneous to take possession) continuous players' movement on the field. That is in order to offer the player a solution for passing ball, while the others set on the free space, doubled by movements related to zone of the ball, pressing the opponents on the defensive phase by closing spaces and lanes, so giving a few solutions for tactical game system 1-4-3-3.*

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

### 1. Introduction

The tactic of the game of football has not been something new in the game of football for a long time, but it must be said that the new trends in football are presented in the form of tasks in increasingly complex positions.

The tactical component brought in the vocabulary of this game, words like: placement, strategy, positive or negative transition, fluency, ball line, covered or uncovered ball, words that bring increased importance of the components of training, obviously without highlighting their importance in football training.

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The tactic represents the totality of individual and collective actions organized, coordinated unitarily and rationally, both in defensive and in attack, within the limits of the game rules and fairness, in order to obtain victory. "The succession and dynamics in the actions of the players is imposed by the game itself, by the totality of the phases and the variants of settlements in the field, with the help of which each player or team acts, both in attack and in defensive" [8].

In order to establish a tactical game system, several aspects must be taken into account, namely:

- Tradition of the tactical system imposed by the club, from juniors to seniors;
- Possibilities of the players to play this system;
- Mobility of changing the game system from one match to another or even in the same game;
- Adapting the game system to the value of the opposing team, with the required tasks;
- Technical-tactical value of the players;
- Intelligence and emotion of the players;
- Thinking on establishing the game system, the coach must take into account these:
  - Level of development of the physical abilities necessary for alternation of the different system.
  - Specialized forms of technical procedures and their adequacy and correctness.
  - Receptivity to the game's changes and the possibilities to a fast adaptation.

- Intelligence's degree and tactical maturity, related to the coach tactical conceptions.

- Emotional balance, attention, and concentration, will's qualities, motivation's stability, imagination and creativity, and finally, personality profile.

- Deep knowledge of game's rules and arbitration [9].

The coach has the classic board present the game tactics, but also some new gadgets, applications specific to the field. These new technological applications are very useful to the coach in order to implement the game tasks within the tactical system, the movement of the ball and the players, facilitating their level of understanding.

The 1-4-3-3 game system requires a good physical training for the players to deal with the game's tasks. The game speed has increased a lot that is demonstrated by studies on game velocity on different compartments. "The differences in match running distance depend on playing position in the 1-4-3-3 formation. It is suggested that this game be practiced in separate groups, depending on playing position in order to improve soccer fitness" [10].

"The game system is the position that the players of a team adopt on the field of play, before the ball moves, and must be considered the following lines within it:

- Defensive line: formed by defenders;
- Central line: formed by midfielders;
- Line of attack: formed by attackers" [5].

Before discussing concretely about the proposed football system game, this issue

must be viewed from another perspective, namely, the game system with 4 defenders or 3 defenders. In this regard we could have a broader vision of the tactical system itself.

The way of expressing tactics is done both in attack (possession of the ball, organization of offensive actions, completion) and in defensive (tactics to prevent the opponent from completing, dispossession of the ball).

Collective attack tactics - is the use of the principles of attack and the rules according to which the team acts, when all players work together, acting against the opposing defensive. Collective tactics for defensive - is the use of principles and rules of collaboration between two or more defenders, in order to delay / stop / break the opponent's actions to remove the danger of receiving a goal.

The game is a continuous alternation between the phases of possession and non-possession [7].

Specifically in the football game, the placement of players in this system is dependent on the tasks set by the coach on both offensive and defensive phase, the current outcome of the game, the weather and the surface of the field, the superiority or inferiority of players on the field.

That is why we can say that the game system imposes a general characteristic followed by a mixture of other systems / settlements / strategies influenced by the characteristics presented above.

The game system has a vital importance because:

- Sets the starting point when planning each game.
- It is the guiding framework of the team.
- It is the origin of all the defensive and offensive moves that each player adopts within his team [4].

It is generally recognized the principles of football game:

- "Attack phase (staggering, penetration, breadth, mobility, unpredictability);
- Defensive phase (staggering, retarding action, concentration, equilibrium, control and limitation)" [3].

## 2. Objectives

Beyond all these aspects, it must be said that a game system depends on the technical-tactical value, motor intelligence and their creative reactivity in order to impose this game system, but also other systems. Regardless of the game system chosen, it is necessary to respect certain general, specific tactical principles of attack or defensive.

"The 1-4-3-3 system is the ideal system for developing offensive play. In addition to the observance of the 5 principles of the collective tactical offensive, it guarantees more space in the width of the field, where near the top attacker can penetrate the central and lateral midfielders" [1].

## 3. Material and Method

The acts of football game must have a high controlled speed. Sometimes the dynamism of the game made the difference regarding the final match score.

“The importance of high-speed action in professional football is well known, and this importance seems to increase when the level of competition or the level of the opponent is higher” [2]. So “when we look at sprint distance, maximum speed and other high-intensity activities, it has been shown that the task imposed on players in these activities is the highest among central defenders and central midfielders” [6].

General principles of football game tactics, means:

- Fast transition from defensive to attack and from attack to defensive;
- Focusing on all game actions during it;
- Performing actions at the right time and without mistakes;
- Development of anticipatory sense in attack and defensive;
- Creating numerical superiority both in attack and defensive;
- Collaboration within the team and determination of the opponent to make mistakes.

Special principles for attack:

- Possession of the ball in order to complete;
- Principle of deep play;
- Principle of gaining space in the opponent's field;
- Principle of mobility, of changing the rhythm and the game parts;
- Principle of improvisation or change when the opponent has discovered the attackers' intentions;
- Principle of widening the front of attack (dissolving the defensive).
- Special principles for defensive:
- Principle of insuring against the opponent's deep play and his removal;

- Principle of delaying the adverse attack;
- Principle of balancing the number of players in defensive with the number of strikers;
- Principle of orienting the defensive on the areas and directions of attack of the opponent;
- Principle of control of withdrawal-use of probing.

#### 4. Results and Discussions

We have some tactical recommendations in order to create a game system with 4 defenders:

1. Fluency of the game depends on the speed of thinking and the possession of the technique in order to overcome the opponent in speed. Therefore, the modern player is based on a training, which enables him to perform frequent anaerobic efforts and to use a technique at the speed corresponding to this type of effort.
2. The speed attack, dynamic type (with anaerobic effort) is confusing and creates more opportunities to complete. Travel speed and speed technique ensure greater efficiency.
3. The pursuit of fluency is an essential concern, and when speed (gaining time in all phases of the game) becomes a condition of fluency both technique of movement and shot of the ball, must be adapted to these imperatives of the game efficient.
4. Division of the field into three areas: the third in front of the goal, the third in the middle and the third in front of the opposing goal; the recovery of the

ball in the middle of the field has a special importance offering many chances for completion.

5. The permanent task of the players is to take possession of the ball and keep it until completion, which means security of operation of the attack, constant movement of players to support and assist the player in possession of the ball.
6. The fluency of the game means fast executions, anticipated thinking and the continuous increase of the game speed expressed by accelerations, especially in the finishing phases.
7. The team that can concentrate and engage more players in attack can ensure possession of the ball for a long time and therefore has even more initiative to play.
8. The use of deflection passes, as well as of the processing with transmission, during the game, is of particular importance for shortening the time from the initiation to the end of the attack.
9. Deviations are the most effective and efficient means of provoking the opponent's surprises.

#### **Game system characteristics 1-4-3-3:**

1. The science of the game without the ball;
2. Occupying the land in a balanced way along its entire width;
3. The movement of the ball is done quickly towards players who move all the time to take possession of it;
4. Use of short, safe passes when the player with the ball is pressed;
5. The continuous movement of the players to change the place on the field to provide the player with the ball support to pass while the others occupy the space left free;
6. Simultaneous and coordinated movement of players depending on the area of the ball;
7. Pressing the opponent on the defensive phase by closing the spaces and corridors, offering him as few solutions as possible;
8. Maintaining a sustained pace by achieving a constant initiative to take the ball possession to control the game and shot at goal.

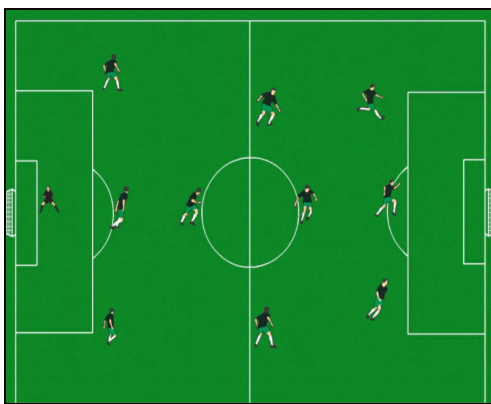


Fig.1. 1-4-3-3 System - Offensive version

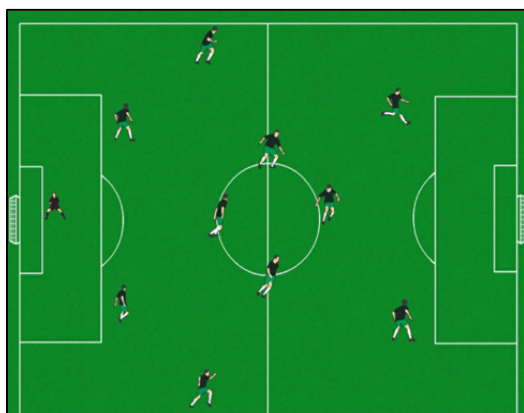


Fig. 2. 1-4-3-3 System - Defensive version

***The 1-4-3-3 game system is structured on lines and corridors***

- First line refers to both horizontal and vertical goalkeeper;
- Line of four defenders;
- Line of 3 midfielders operating in the central area but supporting the actions carried out on the side corridors;
- Line of attack formed by two extremes and central striker;
- Lateral corridors formed by extremes and lateral defenders;
- Central corridor formed by central and attacking midfielders that ensures the median area from the opposing half;
- Central corridor consisting of goalkeeper and two central defenders ensuring the area of the penalty area.

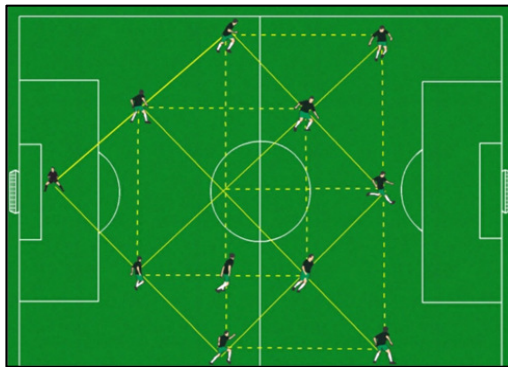


Fig. 3. 1-4-3-3 System  
*Passing and interaction players lines*

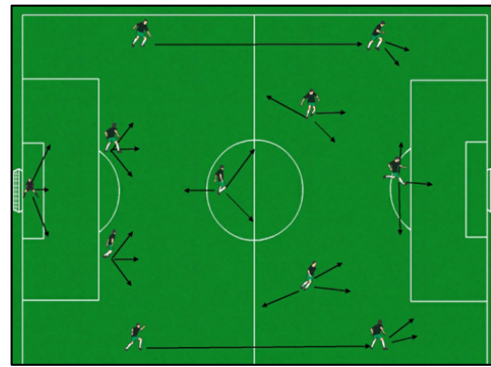


Fig. 4. 1-4-3-3 System  
*Basic movements of the play*

## 5. Conclusions

### 5.1. Permissive and Limiting Factors in the Game of Football 1-4-3-3 System

***Permissive factors of this system:***

1. Equality or numerical superiority in attack area by participation of the central midfielders and /or the band midfielders;
2. Allows rapid retreat especially by withdrawing through the central axis of the midfielders, preventing the launch of counterattacks;
3. Realization of an advanced defensive device, even aggressive, which keeps the opposing team in its own half;
4. Possession of the ball, with superiority over the middle area being able to impose the rhythm of the game;
5. Rational placement in the field, covering the whole field it forms triangles of players who can very easily ensure a progressive possession towards the opposing goal;
6. Participation of the central and band midfielders can produce numerical superiority (2x1, 3x2, 4x3) and the destabilization of the adverse defensive;

7. Psychologically speaking this system provides a state of confidence and security in front of the opponent creating the impression of superiority in front of the opponent.

#### **Limiting factors of this system 1-4-3-3**

1. Strong offensive character can creates situations when the retreat does not take place quickly and gaps appear in the defensive system speculated by the opponent, either by counterattack or rapid attack;
2. Lines being caught as being too large open the corridor for the opponent, destabilizing the entire defensive system;
3. System seems to be quite automated by templating certain routes of the ball, but also the players, fact for which would be errors of the ball movement and so, players require a certain creativity made by a lot of effort;
4. Interaction between players must be seen as a unified whole, which leads to the risk of imbalances, because "a piece" does not work properly.

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