



E-LEARNING

The Central Circle  
Lithuanian Football Federation



**FORMATION 1-4-3-3**  
**INDIVIDUAL tasks in  / **



# E-Learning in the LFF Vision

- ✓ Football E-learning can help coaches and players to excel in their development.
  - It can be a complementary tool for both, even for parents and stakeholders
  - It will help to mastering all the necessary fundamentals of the learning content in its process.
  - It will also give coaches more time to focus on details and individual skills when players are educated in these fundamentals.
- ✓ With this E-learning booklets we want to explore:
  - the various principles of play associated to a topic in a 11v11 game and in a 1-4-3-3 system.
  - the approaches of theoretical content and practical sessions of a topic.
  - information related to a Football Tactical Topic.
- ✓ If we as coaches are committed to the development of a player who is innovative and creative then we have to understand the importance of E-learning in the modern football development process.  
E-learning gives us the chance to update with the current needs. It promotes also a self-paced learning process.

Good Luck

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# Table of content

Intro	2
Table of content	3
LFF Football vision: 11v11	4
Formation	5
In Possession	7
Out of Possession	11
Player Profiles	15
Authors	22



# LFF Football vision 11v11



# FORMATION



# Football vision 1-4-3-3

Development Formation with zonal marking

1. GOAL KEEPER
2. RIGHT BACK
3. RIGHT CENTRAL DEFENDER
4. LEFT CENTRAL DEFENDER
5. LEFT BACK
6. DYNAMIC CENTRAL MIDFIELDER
7. RIGHT WINGER
8. DYNAMIC CENTRAL MIDFIELDER
9. STRIKER
10. DYNAMIC CENTRAL MIDFIELDER
11. LEFT WINGER

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**IN POSSESSION**

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- Play in support of winger
- Overlapping and underlapping
- Dominating in 1v1 situations



- Creating width in the play
- Open Body shape and first touch into space
- Diagonal passing



- Safe and accurate passing under pressure
- Limited touches to switch the play fast
- Infiltration with and without the ball
- Good diagonal long pass



- Pushing the team forward to stay compact
- Able to play in behind the defense
- Playing in support of fullback



- Playing forwards
- Being an active member of the team
- Playing in support
- Switching the play

- Decision making to find the free player
- Accurate short, half long and long passing
- Always communicating and coaching teammates





- Giving key passes into the box
- Shooting from distance
- Playing one touch passes



- Infiltrations with and without the ball
- Open body shape to play forward
- Passing and receiving in tight areas



- Break lines with passes
- Move between the lines
- Support wide players and attackers



- Playing with the back to goal
- Drop to ask for the ball
- Making runs in the back of defensive line

- Making runs inside the box
- Clinical finish with different bodyparts
- Playing in tight areas



- Create width in the play
- Making deep runs and cutting inside
- Open body shape to play forward



- Giving assists by key passes
- Different kind of crosses
- Dominating 1v1s

# OUT OF POSSESSION

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- 1v1 Defending
- Intercept and stealing the ball
- Sliding with the defense line



- Blocking crosses and passes into the box
- Diagonal cover
- Win arial duels



- Blocking shots and passes into the box
- Communication with teammates
- Win arial duels



- 1v1 Defending
- Covering teammates
- Interception and stealing the ball



- Making saves
- Adjusting position to secure the goal
- Catching and diving basics

- Dominating 1v1s
- Clearing crosses
- Dealing with long passes into the box





- Mainting compact shape
- Force the opponent to play outside
- Intercept and steal the ball



- 1v1 Defending
- Closing down passing lines
- Win arial duels



- Stay compact (distance between the lines)
- Direct press on the ball

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- Force opponent to play outside
- 1v1 defending
- Timing of pressing
- Rest attack



- Compact shape
- Forcing opponent to play outside



- Pressing on the outside
- 1v1 defending



# PLAYER PROFILES

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## IN POSSESSION B+

- Active member in the build up
- Switch the play fast
- Passing between the lines
- Decision making to find the free player
- Able to play direct long
- Covering the space when the team is high
- Communication with teammates

## GOALKEEPER



## OUT OF POSSESSION B-

- Making saves
- Clearing the crosses
- Be brave in 1v1 situations
- Deal with long passes into the box
- Communication with teammates
- Cover the space when the team is high up the field



## TRANSITION

### After gaining possession

- Adjust position to be available or to cover the space
- Communication with teammates
- Look for options deep

### After losing possession:

- Adjust position to secure the goal
- Communication with teammates

## BASICS

- Catching
- Diving
- Accurate short, half long and long passing
- Receiving and switching the play
- Quick reactions

## IN POSSESSION B+

- Open body shape to be able to play forward
- Playing in support wide players
- Long passes behind the opponent defense line
- Infiltration with and without ball to create overload
- Pushing forward to keep the play compact
- Switch the play to the weakzone
- Passing between the lines
- Playing with the head on set pieces
- No risky passes in build up

## CENTRAL DEFENDER



## OUT OF POSSESSION B-

- Keeping the team compact
- 1v1 Defending
- Intercepting
- Blocking shots and passes into the box
- One touch defending – Clearing the ball
- Win ariel duels
- Organisation of defensive line and communication with team
- Diagonal cover



## TRANSITION

### After gaining possession

- Decision making: Direct forward or keeping possession
- Play direct out of the press

### After losing possession:

- Direct press on the ball
- Block direct dangerous action (pass, shoot or dribble)
- Delay the play in order the team can get back in formation

## BASICS

- Defending 1v1/2v2 situations
- Defending on long balls
- Passing and receiving
- Heading
- Marking
- Pressing
- Blocking
- Counterpressing

## IN POSSESSION B+

- Open body shape to play forward
- Creating width in the play
- Diagonal passing (IN-OUT passing)
- Playing the pass in behind the defensive line
- Playing in support of the winger
- Innerlaps and overlaps
- Dominating 1v1's
- Cutting inside
- (Early) crosses

## FULLBACK



## OUT OF POSSESSION B-

- Slide with the backline
- Diagonal cover on winger
- 1v1 Defending
- Interception
- Blocking crosses and passes into the box
- Win arial duels
- One touch defending

## TRANSITION

### After gaining possession

- Decision making: Direct forward or keeping possession
- Play direct out of the press

### After losing possession:

- Direct press on the ball
- Block direct dangerous action (pass, shoot or dribble)
- Delay the play in order the team can get back in formation
- Force the pass back in order the team can get back in formation

## BASICS

- Defending
- Diagonal passing and receiving
- Crossing
- Split passing
- Heading
- Marking
- Pressing
- Blocking
- Counterpressing

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## IN POSSESSION B+

- Open body shape to be able to play forward
- Playing in support of attacking and wide players
- Create dynamic movements and rotations
- Playing between the lines
- Playing forward and breaking lines
- Dominating 1v1's
- Giving key passes into the box
- Able to win the second ball
- Able to create scoring opportunities by assist or shooting from distance
- Making vertical runs to create overloads in attack and defense
- Turning up

## TRANSITION

### After gaining possession

- Decision making: Direct forward or keeping possession
- Play direct out of the press
- Support attacking players

### After losing possession:

- Direct press on the ball
- Force to play back in order the team can get back in formation
- Delay the play in order the team can get back in formation

## DYNAMIC CENTRAL MIDFIELDER



## OUT OF POSSESSION B-

- Closing down passing lines
- Keeping the team compact
- Block and intercept passes
- Defensive 1v1s
- Block shots from distance
- Block/avoid passes into the box
- Cover each other and wide players

## BASICS

- One touch passing under pressure
- Split passes
- Creativity
- Passing and receiving in tight areas
- Finishing from distance
- Heading
- Marking
- Pressing
- Blocking
- Counterpressing

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## IN POSSESSION B+

- Creating width
- Deep runs
- Cutting inside
- Open body shape in order to play forward
- Different kind of crosses in order to give assists
- Dominating 1v1s
- Diagonal passing (IN-OUT passing)
- Turning up

## WINGER



## OUT OF POSSESSION B-

- Compact shape
- Forcing the play outside and pressing on the outside
- Timing of pressing
- Rest attack position
- 1v1 Defending



## TRANSITION

### After gaining possession

- Direct depth in play by a deep run
- Connecting players by dropping and asking for the ball
- Direct pass forward to create chance

### After losing possession:

- Direct press or back into position after losing the ball
- Delay the play of opponent so the team can get in formation

## BASICS

- Receiving
- Crossing
- Key passes
- Creativity
- Passing and receiving in tight areas
- Finishing with different body parts
- Heading
- Marking
- Pressing
- Counterpressing

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## IN POSSESSION B+

- Create scoring opportunities by shooting or giving assists
- Playing with the back to the goal
- Dominating 1v1's
- Making runs (in and outside the box)
- Creating depth
- Dropping into the space
- Playing in tight areas
- Winning arial duels

## STRIKER



## OUT OF POSSESSION B-

- Closing down passing lines
- Force opponent to play outside
- Timing to press (individual and to start the press as a team)
- Rest attack position
- 1v1 Defending

## TRANSITION

### After gaining possession

- Direct depth in play by a deep run
- Direct available with back to goal to have an option forward

### After losing possession:

- Direct press or back into position after losing the ball
- Delay the play of opponent so the team can get in formation

## BASICS

- One touch passing under pressure
- Playing with opponent in the back
- Creativity
- Passing and receiving in tight areas
- Finishing with different body parts
- Heading
- Marking
- Pressing
- Counterpressing

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