Alabama ODP Playing Shape: 1-4-3-3

Player Roles in Building From the Back

01- GK (The keeper's role in building up from the back is to work with the back line in possession. The keeper should help the back line maintain possession and switch the point of attack when the team is under pressure.)

03- LB (encouraged to push forward and get involved in attack by crossing, overlapping, being a support option, etc.)

05- CB (The role of the back line in possession is to support the ball and always be available for a back pass. The back line needs to work as a unit. When one defender gets the ball, the other three defenders need to open up and spread out and form a bowl shape that is far enough from opponents to be safe in possession.)

04- CB (see #5)

02- RB (see #3)

06- CM (defensive minded midfielder that acts as a "screen and scheme" player. The 6 provides support to the back line from in front of the play, and supports the wingers and attacking mids from behind)

08- CM (could be full attacking or half attacking and half defending)

010- CM (more of an attacking role)

011-LW (The role of the wingers in building out from the back is to stretch the field and make it as big as possible by pushing as far up as possible and staying wide against the sidelines.)

09- CF (The role of the center forward when the team is building from the back is to stretch the field, give the team depth and be available as a target.

07- RW (same as #11)

Playing Style

- Patient Passing Game
- Building From the Back (GK are encouraged to play out of the back)
- Using a possession rhythm similar to high level international play
- Quick Transitions