



Position relationships

The lineup shown is a 4-1-3-2 or also called the 4-3-1-2 formation. All players on the field must become defenders and offenders depending on which team has the ball. Additionally the whole team must shift and sag with the movement of the opposing players or the ball; the opposing players when they are in possession and the ball when we are in possession.

The figure on the left shows a static formation lineup. On the right are shades showing the relationship between the various players and lines. Note the two forwards and the Front CHB are shaded as a triangle, while the relationship with the other Halfbacks is in the form of a diamond. The fullbacks and the keeper are in a fluid relationship. Their shaded relationship does not stay as tightly as the others.

The Front CHB supports the forwards on attack (offense) and the other halfbacks on defense. ALL players must be shifting and sagging all the time. No player must stand and watch. As the ball moves left and right (narrow and wide), players shift. As the ball moves up and down the field (long and short), players sag when short, extend when long.