

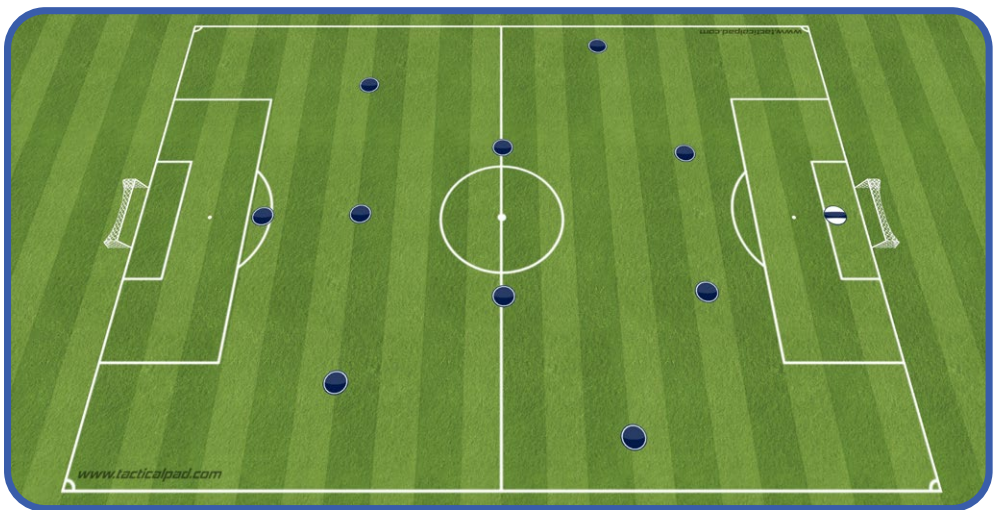
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## INTRODUCTION

The 1-4-2-3-1 formation is a flexible and widely used formation in soccer/football. It provides a balanced structure that combines defensive solidity with strong attacking capabilities. Known for its adaptability, this formation is often considered both defensive and offensive, offering a comprehensive approach to the game. Consisting of a goalkeeper, four defenders, two defensive midfielders, three attacking midfielders, and one striker, the 1-4-2-3-1 formation creates a dynamic presence on the pitch.



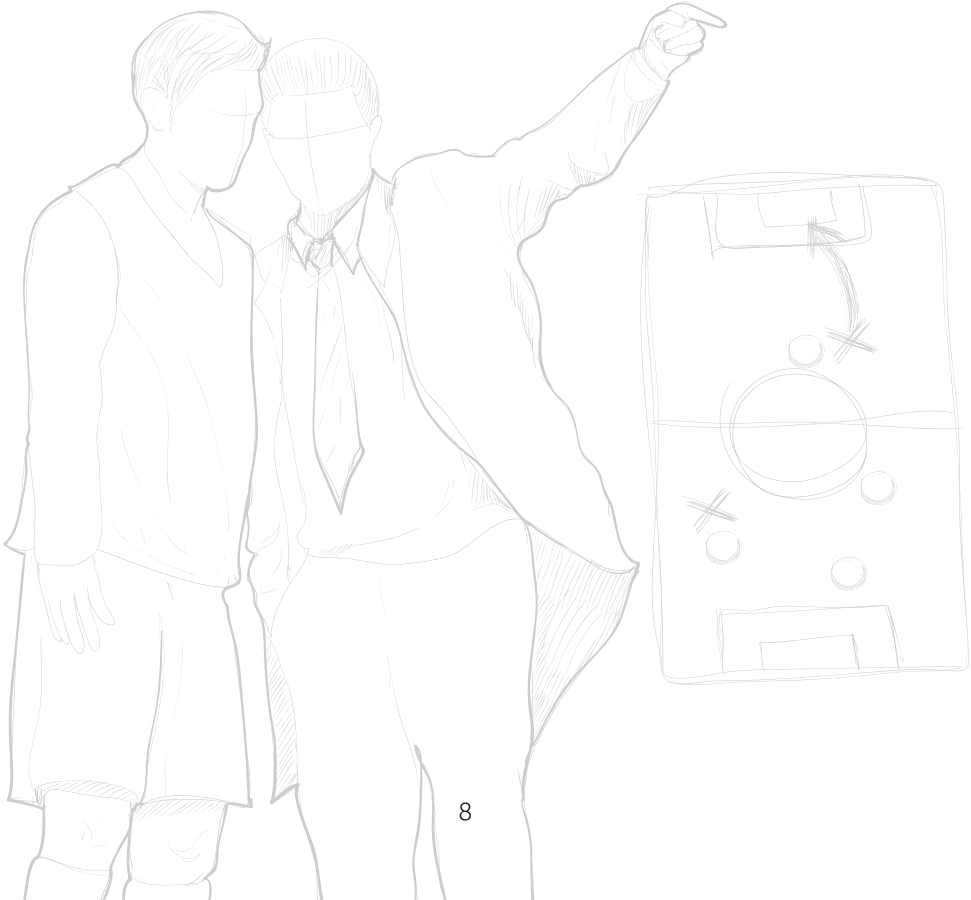
*The 1-4-2-3-1 formation.*

Many prominent contemporary coaches use or have used the 1-4-2-3-1 formation. It is no coincidence that coaches such as Jose Mourinho, Pep Guardiola, Hansi Flick, Roberto de Zerbi, Vincent Kompany and others have chosen to implement the 1-4-2-3-1 formation, taking full advantage of the great possibilities it offers in the game.

## THE 1-4-2-3-1 FORMATION VERSUS OTHER FORMATIONS

This book provides a detailed analysis of the conditions that arise when the 1-4-2-3-1 formation is used against the basic formations in soccer. The most important advantages and disadvantages of this formation compared to other formations are mentioned. It also presents the basic tactical principles that must be followed in order for the formation to function effectively and help the team achieve success.

At the end of the book, 20 specialized exercises are presented for training the formation and helping players assimilate it.



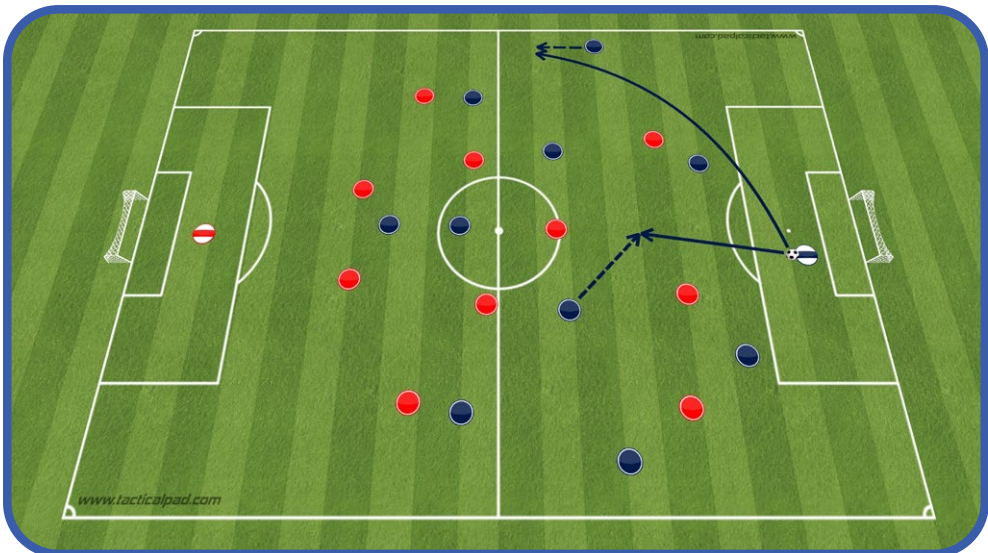


## THE ROLES OF THE PLAYERS IN THE 1-4-2-3-1 FORMATION

As with all other soccer formations, in order for the 1-4-2-3-1 to work to the team's advantage, all players must understand their roles and stick to them throughout the game.

### Goalkeeper

It should be made clear that the primary and most important task of goalkeepers is to protect the goal and prevent the opposing team from scoring.



*The goalkeeper must be able to make accurate passes.*