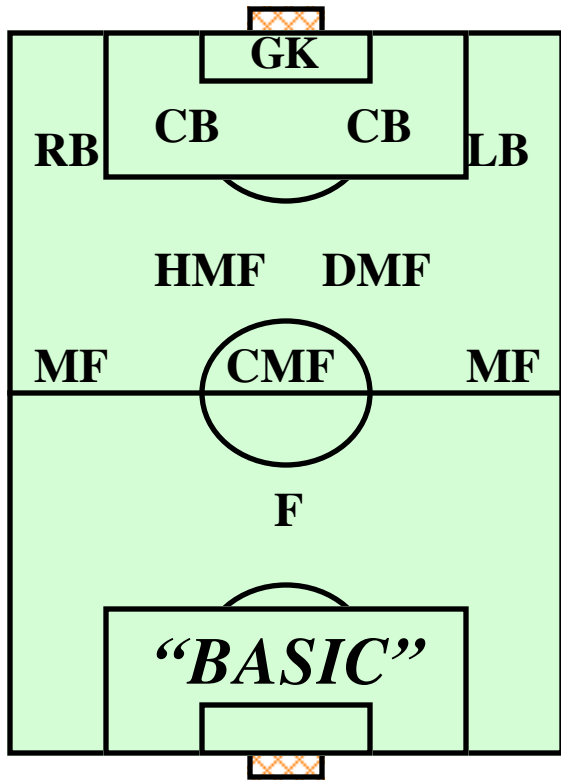


# "4-5-1" Formations



**POSITIONS**

GK  
Goalkeeper

CB  
Center Back

RB  
Right Back

LB  
Left Back

DMF  
Defensive Midfielder

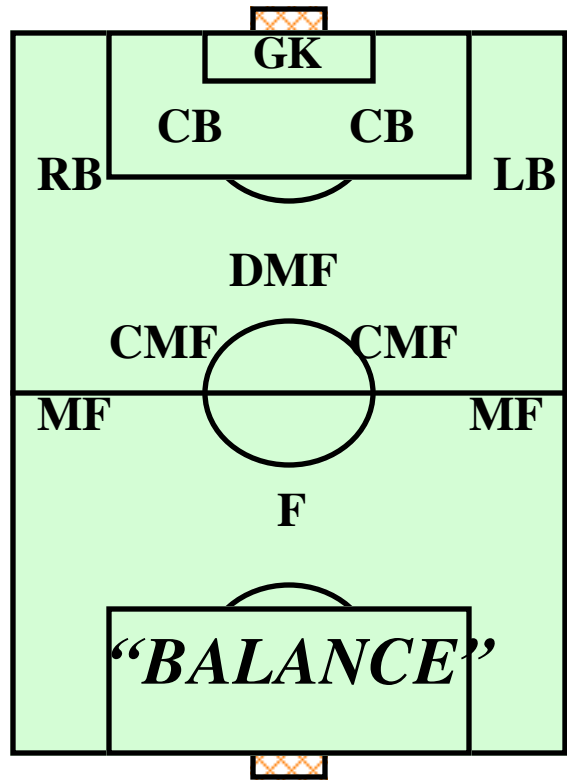
HMF  
Holding Midfielder

MF  
Midfielder

CMF  
Center Midfielder

AMF  
Attacking Midfielder

F  
Forward



**"BASIC 4-5-1"**  
**Strengths:** defensively strong in middle and defensive third; possession-oriented  
**Weaknesses:** too conservative offensively; not recommended for youth teams

**"BALANCE 4-5-1"**  
**Strengths:** midfield is strong in a pyramid formation; outside mids can attack as wing forwards  
**Weaknesses:** lots of pressure on lone forward who has to be a target-striker-type player; CMFs have to be compatible

**"ATTACK 4-5-1"**  
**Strength:** excellent balance, especially in midfield; AMFs form triangle with lone forward  
**Weaknesses:** leaves space behind three MFs and in front of back four; AMFs have defensive responsibility on flanks

