



London United

2-3-5 Attacking formation

Attacking a low defensive block in a 2-3-5 structure begins with establishing deep positional control and stretching the opponent's compact shape horizontally. The back two circulate possession patiently, drawing the first line of pressure while the midfield three occupy staggered heights to create constant central passing options. This controlled circulation forces the opposition to shift laterally, opening micro-gaps between their midfield and defensive lines. With the wide players (the "5 line") holding maximum width, your team prevents the block from collapsing too centrally, and this width becomes the foundation for provoking defenders to break their line.

Once the block begins shifting, the key is to generate positional and qualitative superiorities between the lines. The two interior forwards operate in the half-spaces, constantly searching for pockets between the opponent's midfield and defensive lines. They play on different heights to avoid being flat and make it difficult for defenders to track them without disorganising the block. The central forward pins the centre-backs and threatens the space behind, ensuring the opposition cannot step out freely. Meanwhile, the fullbacks—or wide 5s—must stretch the last line vertically by threatening 1v1s, quick combinations, and underlapping runs. These coordinated movements aim to create the decisive moment where an interior player receives facing forward between the lines.

The final phase revolves around exploiting the advantage once it appears. When an interior receives between the lines, the closest supporting players must activate immediately: one runner attacking the space behind to fix defenders, another offering a bounce pass, and the opposite-side winger crashing into the far post to attack the blindside. Quick, synchronized patterns—third-man runs, wall passes, inside-out combinations—break the compactness by forcing defenders into impossible decisions.

