

The Rose Method

Introduction

As a humble coach, I offer you this overview of setting up your teamsheet, knowing that you may well have better ideas. I presume you have set up a balanced squad consisting of eight forwards, eight midfielders, and eight defenders. You may have less than twenty-four players by possessing some utility players.

The Rose Method will allow you coach in the A.F.E.L. with confidence, success, and sexiness.



The Tactics

The Rose Method is based on a central forward attack with play through the middle of the pitch and a man-to-man defence. If you choose to play different tactics, you will need to make alterations.

- Spreading the attack allows you to move your better forwards from full forward and centre-half to the pockets and flanks.
- Using a wing attack means your better midfielders should be there rather than in the centre.
- Using flooding or forward midfield tactics is for someone else to explain as I don't use them.
- The same goes for zonal defence.

The Forwards

There are four types of forwards. Each of them requires a slightly different player.

Full Forward

This is the lynch pin of the attack. He needs very high marking and goal kicking. Stamina is the least important for this player.

Centre Half Forward

This player can also score a lot, but is less likely. He needs very high possession gathering, goal kicking, and stamina.

The Pockets

The pocket players are mini full forwards.

The Flanks

The flanks are mini centre half forwards.

The Defenders

There are also four types of defenders. Each of them requires a slightly different player.

Fullback

The fullback is asked to counter the full forward. He thus needs very high marking and defence. Stamina is not important.

Centre Half Back

This player's priority is to stop the centre half forward. He needs very high defence, marking, possession gathering, and stamina. He can also score...

The Pockets

The pocket players are mini full backs.

The Flanks

The flanks are mini centre half backs.

The Midfielders

There are essentially five midfield positions. Midfielders all need very high possession gathering, stamina, and defence.

Ruck

This is the tall man. His priority is actually marking, but not at the expense of the other skills.

Rover

The rover is the biggest goal kicking threat, so his skill should reflect that.

Ruck Rover

This should arguably be your best all-round player as he needs marking and goal kicking ability along with the other three.

Centre & Wings

The centre is the best player of the three as the game goes through him. He can handle not having high marking. The wings are mini centres.