



AUSTRALIA



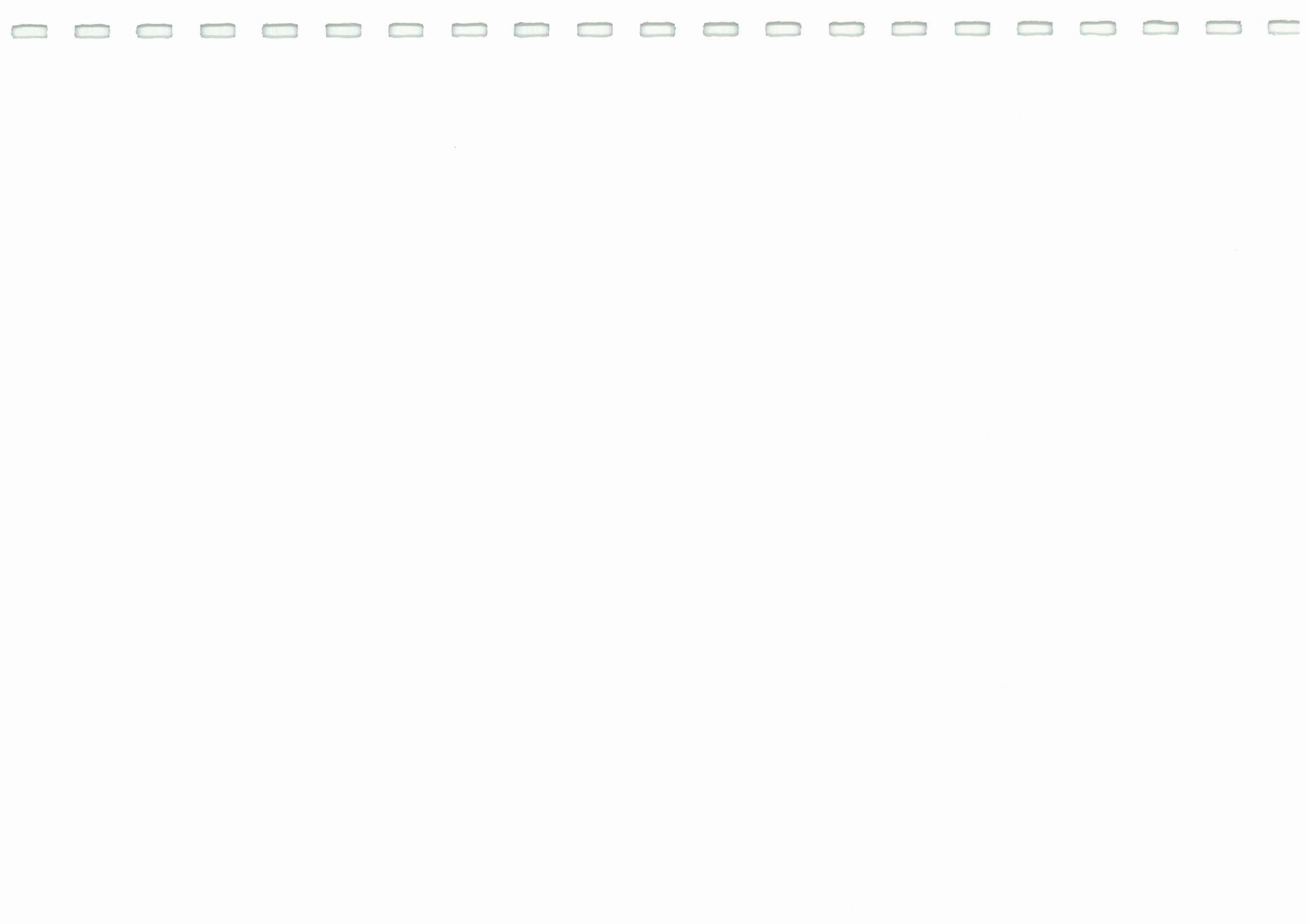
FFA National Curriculum

PRACTICE CONTENT



Contents

Game Training	1
Passing Exercises	2
Positioning Games	3
Playing Out	4
Attacking	5
Defending	6
Training Games.....	7



1-4-3-3 Game-Training



1-4-3-3 game training

- The exercises in this document show how to methodically train and develop the following main aspects of the 1-4-3-3 formation:
 1. Defending
 2. Passing
 3. Positional play
 4. Playing out
 5. Attacking
 6. Training games
- The starting point is a game related approach of training
- The players are supposed to be technically well developed in the preceding (skill acquisition) phase
- In general one example of an exercise is given per methodical step
- Depending on the development level of the players, it is up to the coach to influence the exercises by increasing or decreasing the game related resistances (one step up or down) and to design more exercises with the same training aim



FFA Curriculum Framework

The essence of teaching (training) is to always think of the actual game situation as the starting point and then simplify / modify the game situation for training. This is achieved by reducing the game specific resistances until the obtained training aim can be realised by the players.

➤ Therefore a coach must be able to:

- analyse football;
- define the 'football problems' of the team and / or the individual players in *football-acting* language;
- design and implement exercises to realise the training aims.



3

FFA Curriculum Framework

In every (youth) training session the following questions should be answered with YES:

1. Is football being played?
2. Is football being learned (and therefore taught)?
3. Is football being experienced (and enjoyed)?
4. Do the players understand the football purpose of the exercise?
5. Do the players recognize the game related intention?
6. Are the players challenged to improve both individually and as a team?

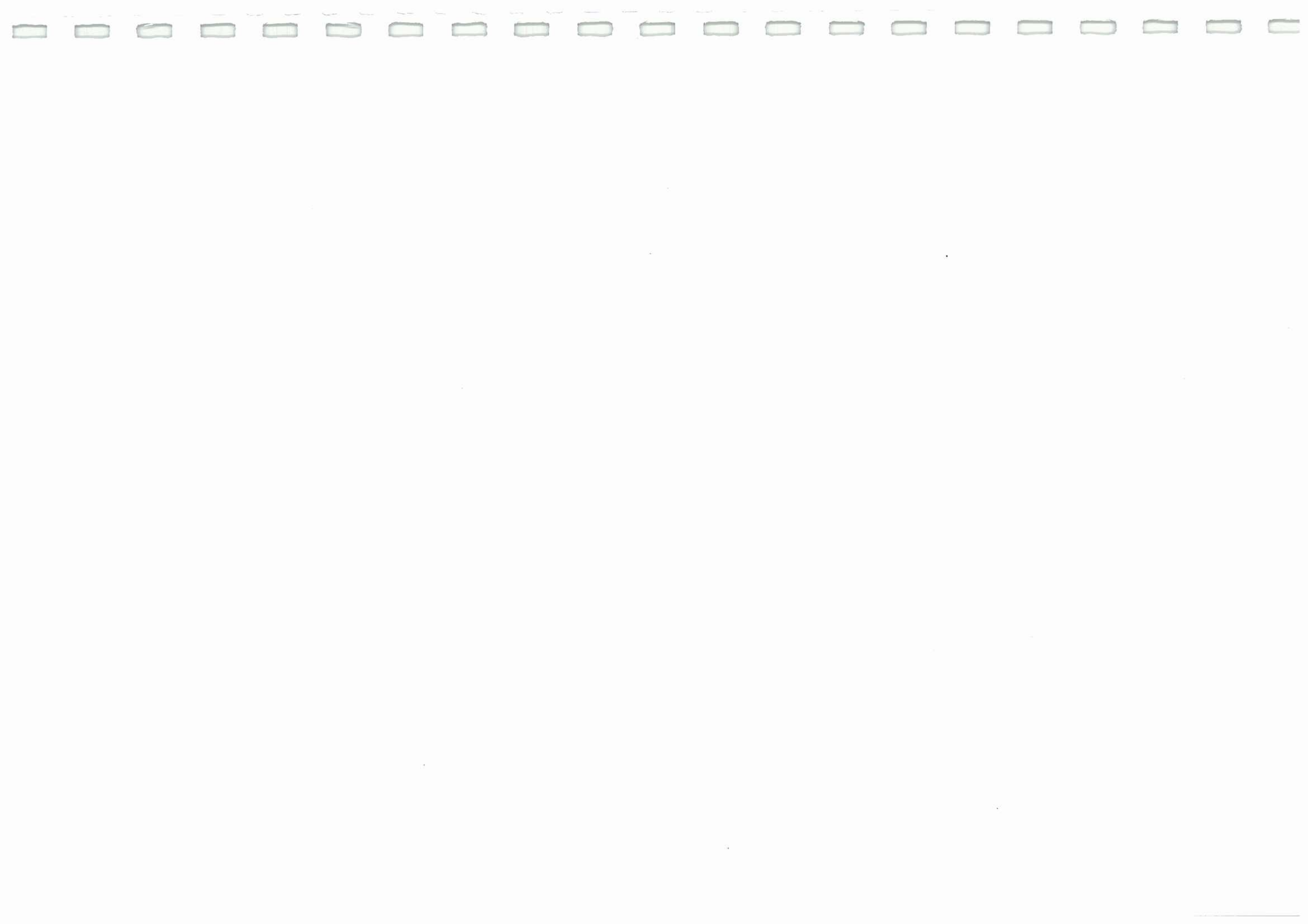


4

Composition of a training session

1. **Warming-up: 15-20 minutes**
 - running with or without ball; dynamic stretching; touch-game
 - passing exercises
2. **Part 2: Positioning-Games (20 minutes)**
3. **Main part: 1-4-3-3 Game-Training (30-40 minutes)**
 - Defending or
 - Playing out or
 - Attacking
4. **Final part: Training-Game (20-30 minutes)**
 - Related to subject of main part





1-4-3-3 Passing Exercises

Passing Exercises

Passing Exercises should be on every training sessions' 'menu', preferably at the beginning as (part of) the Warming Up, to maintain or improve the technique of striking the ball. All exercises should be practiced with both feet (i.e. to the left and to the right side).

The essence of the 1-4-3-3 passing exercises is that the players pass & receive the ball in positions related to the 1-4-3-3 formation which helps them in their orientation & recognition during game situations. As a result certain patterns and combinations become 'automatisms'.

In the general 1-4-3-3 Passing Exercises all players move to every position.

The specific 1-4-3-3 Passing Exercises form the first methodical step of the chapter 'Attacking'. Here the players stay on their designated positions within the 1-4-3-3 formation.

1-4-3-3 Passing Exercise 1

Organisation:

1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'turn'
2. Player 2 receives & turns inside (one touch) and passes with right foot to (the left foot of) player 3 who already anticipates
3. Player 3 plays first touch to player 4 who receives & turns (outside right foot) and dribbles back starting position
4. All players involved move to next position.
Sequence: 1 to position 2; 2 to 3; 3 to 4; 4 to 1
5. Player 5, 6, 7 & 8: do the same but to the other side e.g. every action is contra
6. Take turns to the left and right with every new start

1-4-3-3 Passing Exercise 2A

Organisation:

1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'man on'
2. Player 2 plays one touch back to (the right foot of) 1 who already anticipates
3. Player 1 plays one touch to (the left foot of) player 3 who plays direct to 4;
4. Player 4 receives & turns (outside right foot) and dribbles back starting position
5. All players involved move to next position
6. Player 5, 6, 7 & 8 do the same but to the other side e.g. every action is contra
7. Take turns to the left and right with every new start

Methodical development:

- Players that are next in line (2a; 6a) to act as 'passive' defenders. Short marking = 'man on', giving space = 'turn'

2B

1-4-3-3 Passing Exercise 2B

Organisation:

1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'man on!'
2. Player 2 plays back to (the right foot of) 1 who already anticipates (in the width instead of forward)
3. Player 1 plays a lofted pass to (the left foot of) player 3 who plays to 4 (if possible: all passes first touch)
4. Player 4 receives & turns (outside right foot) and dribbles back starting position
5. All players involved move to next position
6. Player 5, 6, 7 & 8 do the same but to the other side e.g. every action is contra
7. Take turns to the left and right with every new start

3

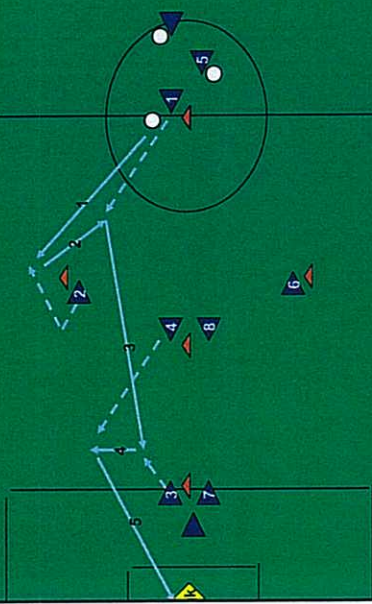
1-4-3-3 Passing Exercise 3

Passing Exercises 3, 4A & 4B are identical compared to 1, 2A & 2B, only now with finishing

Organisation:

1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'turn!'
2. Player 2 receives & turns inside (one touch) and passes with right foot to (the left foot of) player 3 who already anticipates
3. Player 3 plays first touch to player 4 who finishes
4. All players involved move to next position. Sequence: 1 to position 2; 2 to 4; 4 to 3; 3 to 1 (bring ball along)
5. Player 5, 6, 7 & 8: do the same but to the other side e.g. every action is contra
6. Take turns to the left and right with every new start

4A

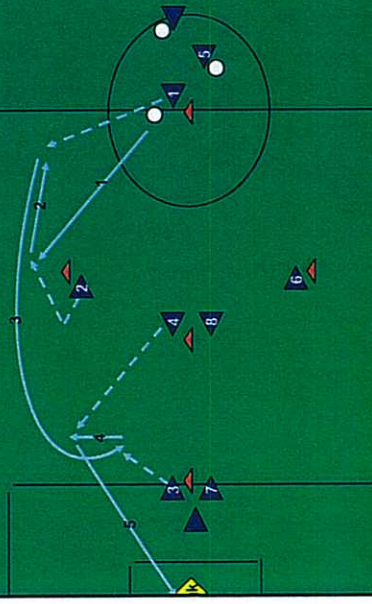


1-4-3-3 Passing Exercise 4A

Organisation:

1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'man on!'
2. Player 2 plays one touch back to (the right foot of) 1 who already anticipates
3. Player 1 plays one touch to (the left foot of) player 3 who plays direct to 4.
4. Player 4 finishes
5. All players involved move to next position
6. Player 5,6,7 & 8 do the same but to the other side e.g. every action is contra
7. Take turns to the left and right with every new start

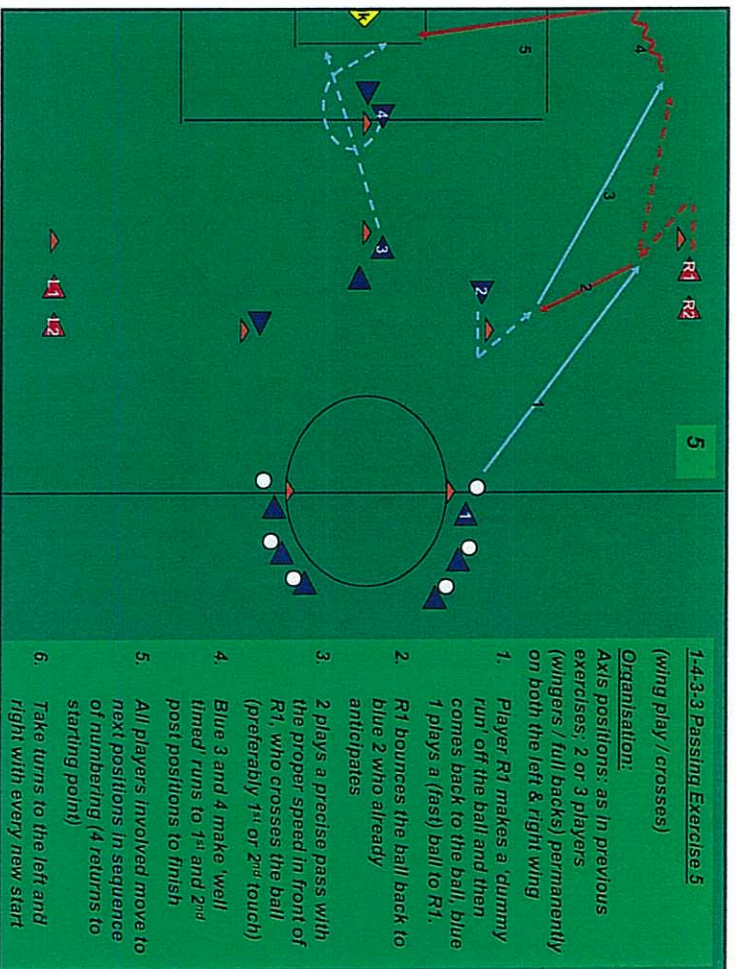
4B



1-4-3-3 Passing Exercise 4B

Organisation:

1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'man on!'
2. Player 2 plays back to (the right foot of) 1 who already anticipates (in the width instead of forward)
3. Player 1 plays a lofted pass to (the left foot of) player 3 who plays to 4 (if possible: all passes first touch)
4. Player 4 finishes
5. All players involved move to next position
6. Player 5,6,7 & 8 do the same but to the other side e.g. every action is contra
7. Take turns to the left and right with every new start



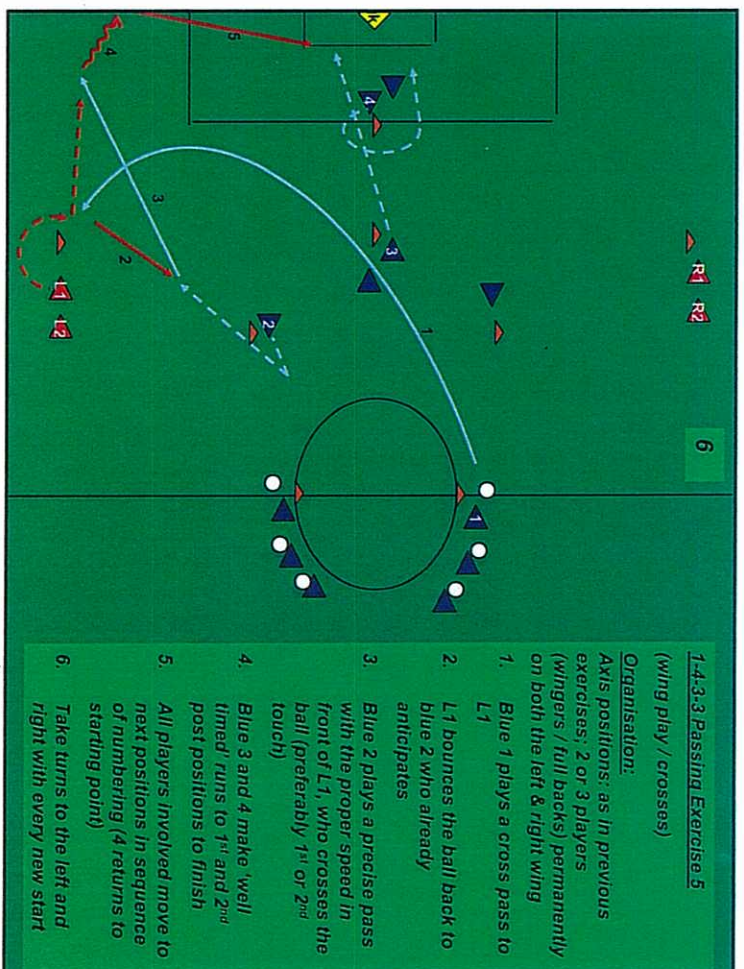
5

1-4-3-3 Passing Exercise 5
(wing play / crosses)

Organisation:

Axis positions: as in previous exercises; 2 or 3 players (wingers / full backs) permanently on both the left & right wing

1. Player R1 makes a 'dummy run' off the ball and then comes back to the ball, blue 1 plays a (fast) ball to R1.
2. R1 bounces the ball back to blue 2 who already anticipates
3. 2 plays a precise pass with the proper speed in front of R1, who crosses the ball (preferably 1st or 2nd touch)
4. Blue 3 and 4 make 'well timed' runs to 1st and 2nd post positions to finish
5. All players involved move to next positions in sequence of numbering (4 returns to starting point)
6. Take turns to the left and right with every new start



6

1-4-3-3 Passing Exercise 5
(wing play / crosses)

Organisation:

Axis positions: as in previous exercises; 2 or 3 players (wingers / full backs) permanently on both the left & right wing

1. Blue 1 plays a cross pass to L1
2. L1 bounces the ball back to blue 2 who already anticipates
3. Blue 2 plays a precise pass with the proper speed in front of L1, who crosses the ball (preferably 1st or 2nd touch)
4. Blue 3 and 4 make 'well timed' runs to 1st and 2nd post positions to finish
5. All players involved move to next positions in sequence of numbering (4 returns to starting point)
6. Take turns to the left and right with every new start

Methodical development:

- Players that are next in line in the strikers position (4a) to act as defenders.
- Phase 1 = 'passive' defending: marking one of the two strikers so that L1 is forced to make the right choice.
- Phase 2 = full resistance, preventing to score

Remarks:

The exercises shown here are only one example. There are of course numerous other possibilities. It is up to the creativity of the coach to design more / other variations.



1-4-3-3 Positioning Games



Positioning Games

Positioning Games are basic (daily) drills to train combination/possession play. The 'ingredients' of these exercises are (short) passing; first touch; positioning and handling speed as well as insight and decision-making.

The methodical structure to develop the basic principles of positioning-play is From simple (small numbers/spaces; easy decision-making) to complex (bigger numbers/spaces; more difficult decision-making)

The Positioning Games have the following development structure :

providing 2 options (left & right) : 4 v 1 / 3 v 1 + variations (basic forms 1)
providing 3 options (left; right & middle): 4 v 2 / 5 v 2 + variations (basic forms 2)
providing 4 options (left; right; middle & "far") 6 v 3 / 5 v 3 + variations (basic forms 3)

The Positioning Games lay the foundations for 'combination football' and 'short passing' play-style. The principles are recognisable in every game situation, especially using the 1-4-3-3 formation in which there are triangles of players everywhere on the pitch.

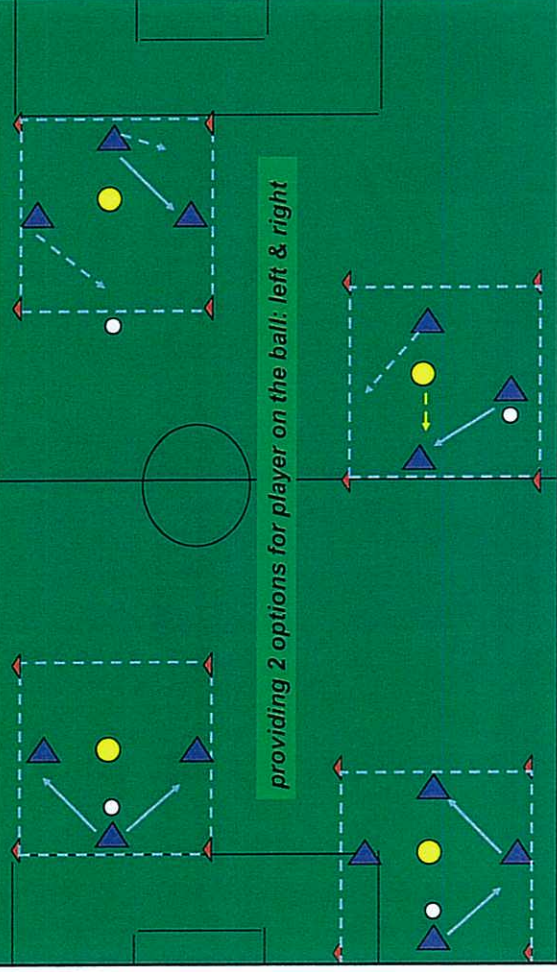


Positioning game 4 v 1 & 3 v 1 (basic form 1)

Size of square(s) 15-15 m; defender holds bib
Blue players: keep possession; defender: try to intercept (than do), changes position with attacker that lost possession)

Game-intention: passing and positioning. Always providing 2 options for player on the ball (left & right)

Methodical development: free touches; limited (3/2) touches; smaller squares (12-12/10-10 m)

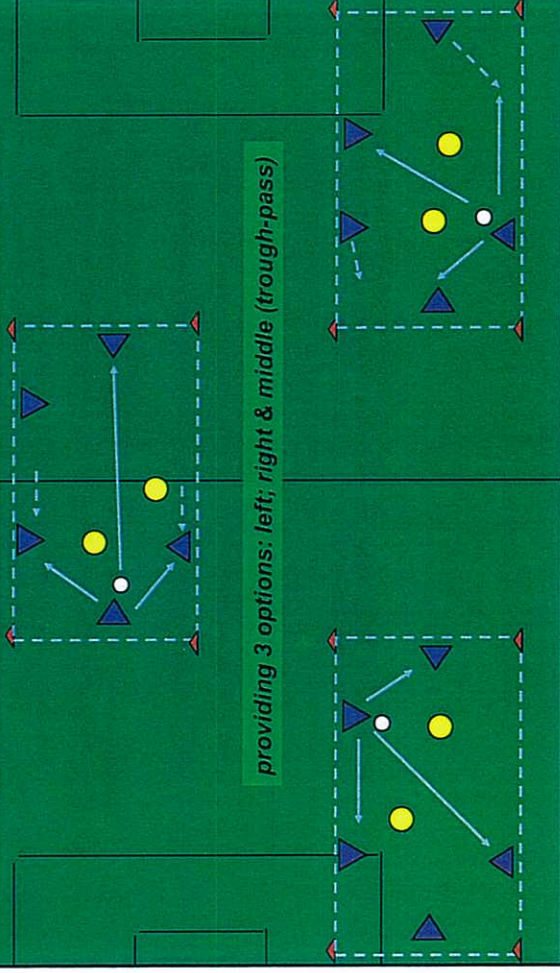


Positioning game 5 v 2 (basic form 2)

Size of rectangle(s) 20-15 m; defenders holding bibs
Blue attackers: keep possession; defenders: try to intercept (than defender changes position with attacker that lost possession)

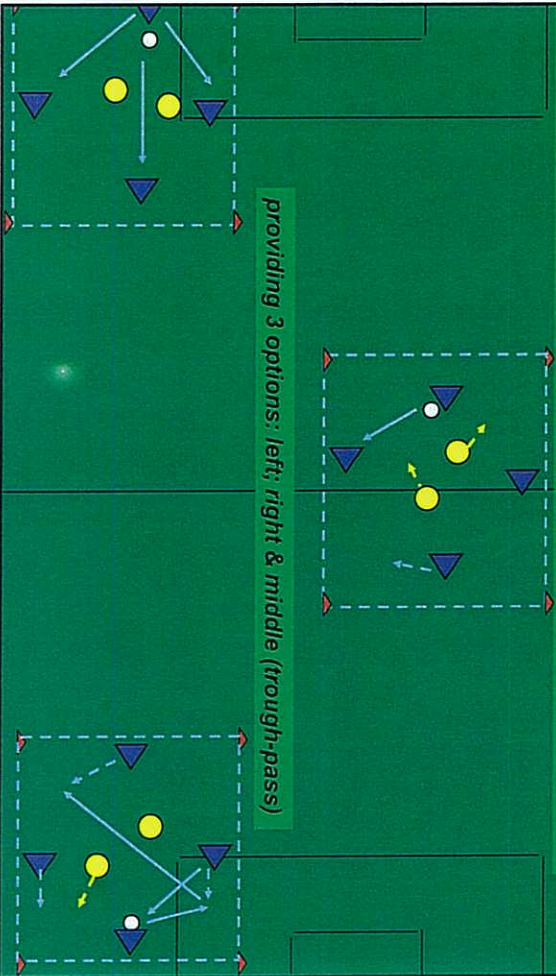
Game-intention: passing and positioning. Always providing 3 options for player on the ball

Methodical: free touches; 3/2 touches. Smaller rectangle (15-12 m)



Positioning games 4 v 2 (basic form 2)

- Size of square(s) 15 - 15m; defenders holding bibs
- 4 attackers; keep possession; defenders: try to intercept (than defender changes position with attacker that lost possession)
- Game-intention: passing and positioning. Always providing 3 options for player on the ball
- Methodical development: free touches; 3/2 touches. Smaller squares



Basic form 3:

6 v 3 with 9 players (3 x 3)

Spaces: square 30, 30m.

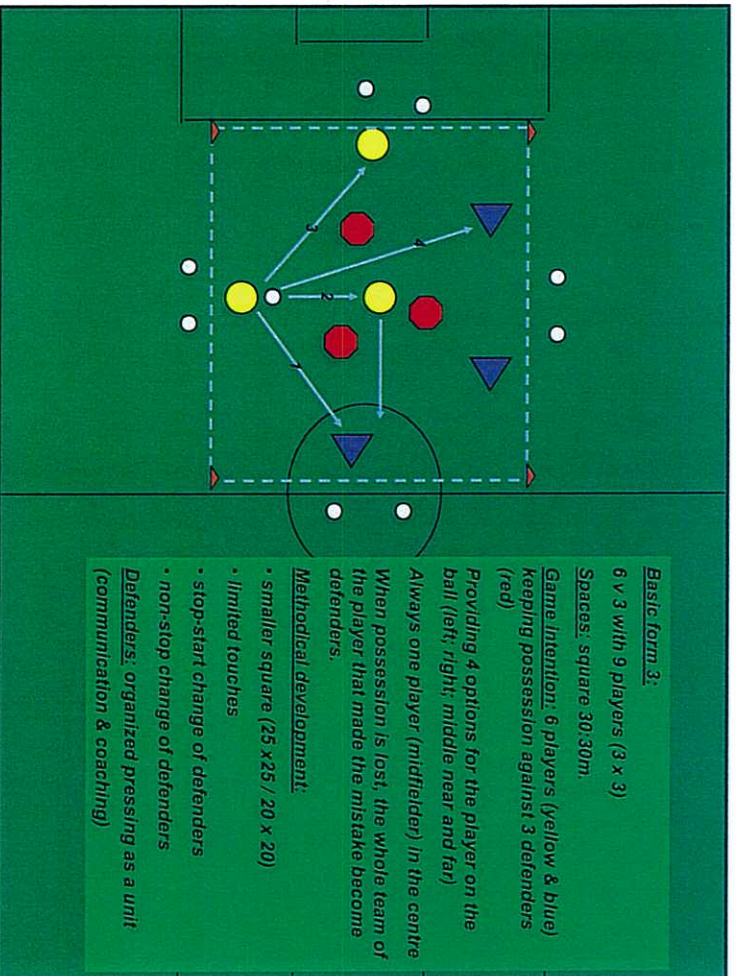
Game intention: 6 players (yellow & blue) keeping possession against 3 defenders (red)

Providing 4 options for the player on the ball (left; right; middle near and far)

Always one player (midfielder) in the centre
When possession is lost, the whole team of the player that made the mistake become defenders.

Methodical development:

- smaller square (25 x25 / 20 x 20)
 - limited touches
 - stop-start change of defenders
 - non-stop change of defenders
- Defenders: organized pressing as a unit (communication & coaching)**



Basic form 3:
 5 v 3 in rectangle 25 x 20m.
Game intention: 5 players keeping possession against 3 defenders (defenders holding/wearing bibs)
Providing 4 options for the player on the ball (left; right; middle near and far)
Always one player (midfielder) in the centre
When possession is lost, the player that made the mistake becomes defender.
Methodical development:

- smaller space (20 x 15 / 15 x 12)
- limited touches
- 3 v 3 with 2 'neutral' players

Defenders: organized pressing as a unit (communication & coaching)

Positioning game 3.v.1 (basic/advanced) with 5 players in 2 squares divided by a 'neutral' area (orange)
 Seize of squares 15-15 m, (neutral area 15-7 m), defender wears/holds bib

Game development: start 3 v 1 in one square; after minimum 5 passes play to blue player 4 in other square. Passing player (blue 1) stays behind; blue 2 & 3 as well as defender follow the ball. Defender changes with player that lost possession or after 1/2/3 minute(s)

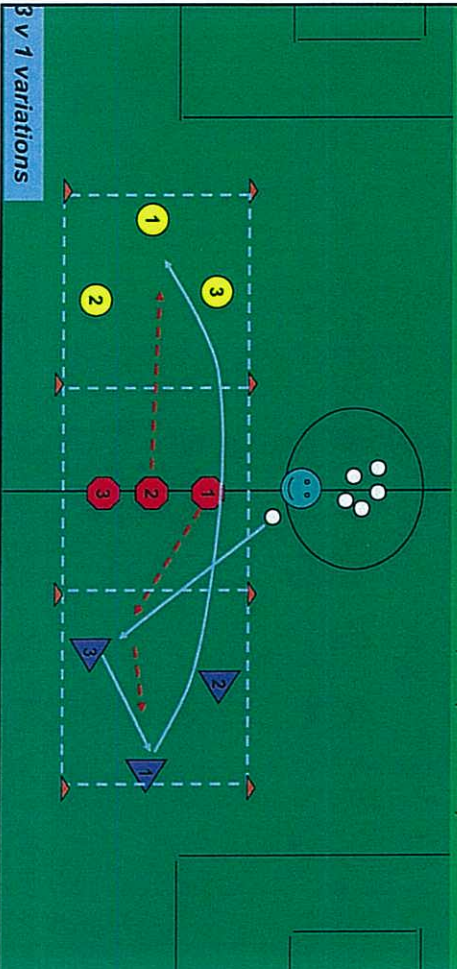
Game intention: passing, positioning, preparing for pass to striker (right moment and position) & support

Methodical development: free touches; 3/2 touches; min. 5/7/10 passes; smaller squares (12-12/10-10 m), with second defender in the neutral area or smaller/no neutral area.

3 v 1 variations

Positioning game 3 v 1 (basic/advanced) with 9 players in 3 squares

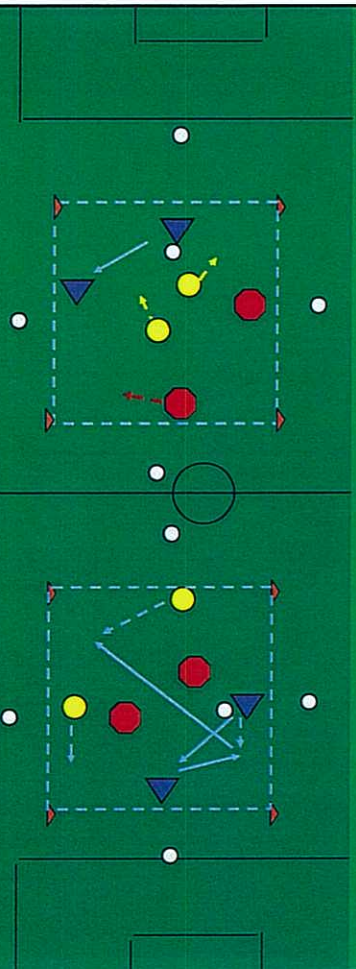
- Seize of squares: 15-15 m; 3 teams of 3 players wearing different colour bibs; each team is positioned in one of the squares. The team in the middle square (red) starts defending
- Game development: the coach plays the ball one of the blue players; red defender 1 starts pressuring in 3 v 1. After minimum 5 passes blue can play to a yellow player in other square. Defenders: try to intercept (then defending team changes position with team of the player that lost possession). The defenders are also allowed to intercept the passes through/across the middle area
- Game-intention: passing; positioning; handling speed; change of direction (right moment and position); ball pressuring (defenders)
- Methodical development: free touches; 3/2 touches; min. 5/7/10 passes; smaller squares (12-12/10-10 m)



3 v 1 variations

Positioning game 4 v 2 (basic) with 3 couples

- Seize of squares: 15-15 m; 3 couples wearing different colour bibs.
- Game development: 4 v 2 (two couples trying to keep possession, the 3rd couple is defending. If the defenders win the ball or one of the attackers makes a mistake) both defenders change positions with the attacker that lost possession and his teammate.
- Game-intention: passing; positioning; decision making; handling speed; ball pressuring (defenders)
- Methodical development: free touches; 3/2 touches; stop-start change of defenders; non stop change of defenders; smaller squares (12-12/10-10 m)



4 v 2 variations

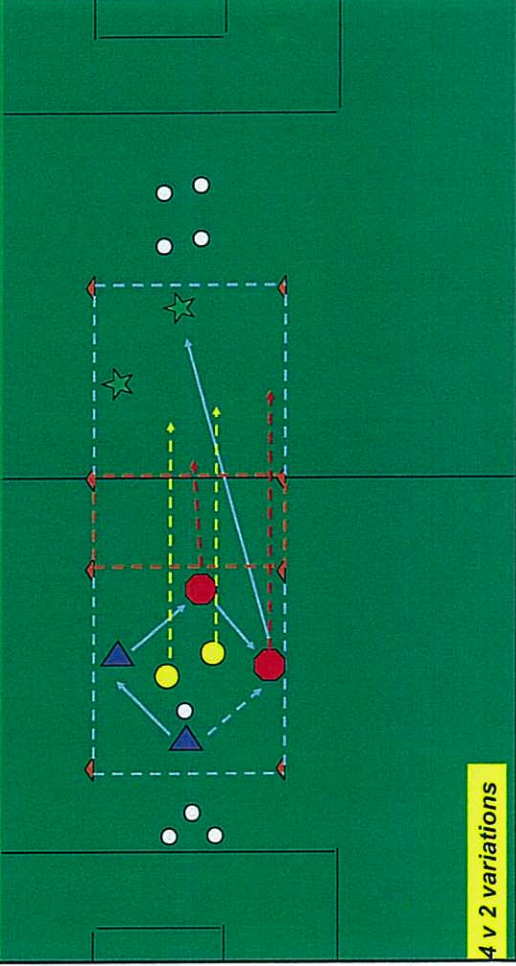
Positioning game 4 v 2 (advanced) with 8 players in 2 squares divided by a "neutral" area (orange)

• Size of squares 20-20 m, (neutral area 20-10 m); 4 couples wearing different colour bibs

• Game development: start 4 v 2 in one square; after minimum 5 passes play to a green player in other square. Passing player & partner as well as defenders: follow the ball and continue to play 4 v 2 in the other square. Defenders change with couple that lost possession or after 1/2/3 minute(s)

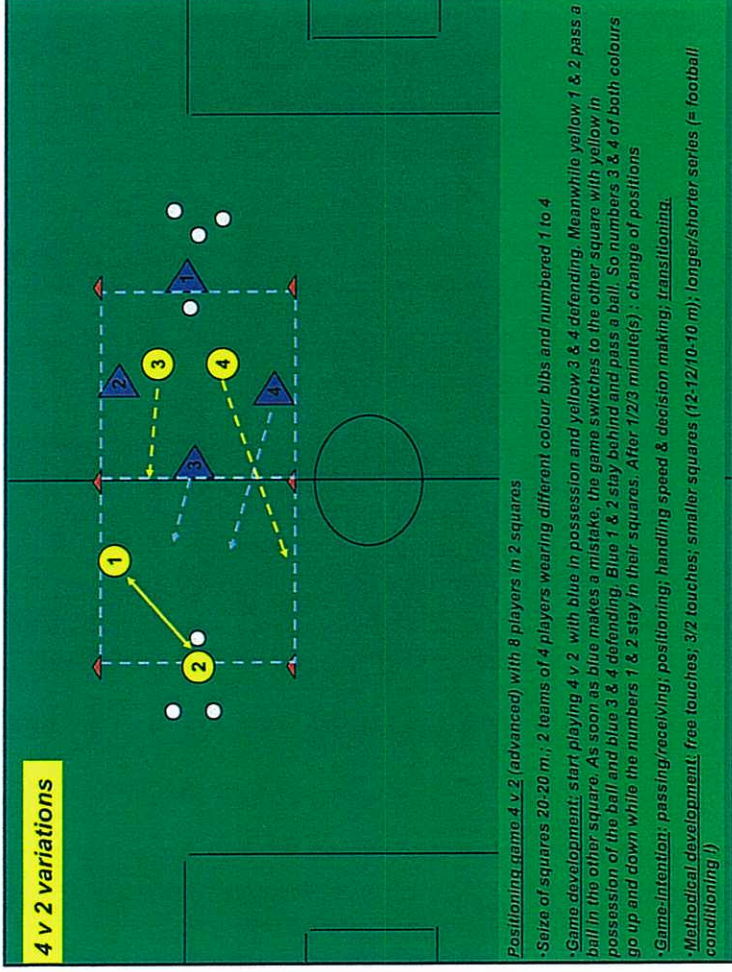
• Game-intention: passing, positioning, preparing for pass to striker (right moment and position) & support

• Methodical development: free touches; 3/2 touches; minimum 7/10/15 passes; smaller squares (12-12/10-10 m); with second couple of defenders in the neutral area or smaller/no neutral area.



4 v 2 variations

4 v 2 variations



Positioning game 4 v 2 (advanced) with 8 players in 2 squares

• Seize of squares 20-20 m; 2 teams of 4 players wearing different colour bibs and numbered 1 to 4

• Game development: start playing 4 v 2 with blue in possession and yellow 3 & 4 defending. Meanwhile yellow 1 & 2 pass a ball in the other square. As soon as blue makes a mistake, the game switches to the other square with yellow in possession of the ball and blue 3 & 4 defending. Blue 1 & 2 stay behind and pass a ball. So numbers 3 & 4 of both colours go up and down while the numbers 1 & 2 stay in their squares. After 1/2/3 minute(s) : change of positions

• Game-intention: passing/receiving; positioning; handling speed & decision making; transitioning.

• Methodical development: free touches; 3/2 touches; smaller squares (12-12/10-10 m); longer/shorter series (= football conditioning)

Positioning game 4 v 2 (advanced) with 9 players.

Two squares of 15-15 m divided by a "neutral" area 7-15 m. Two teams of 4 wearing different colour bibs and one "joker" (midfielder)

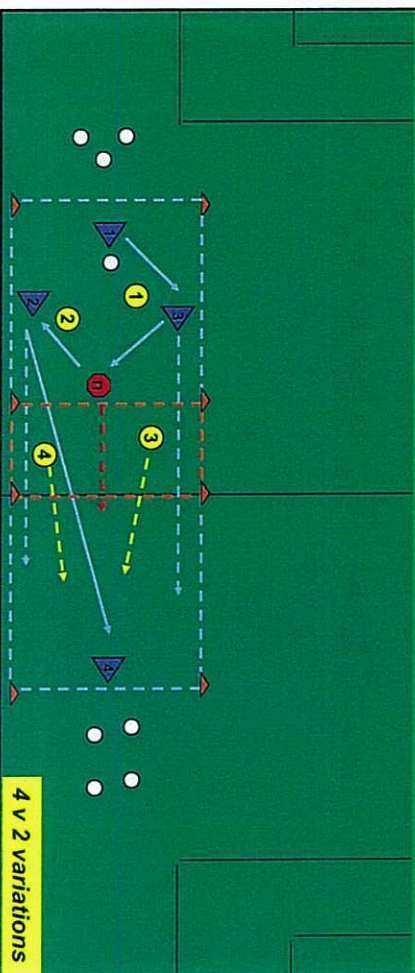
Game development: blue players 1,2,3 + joker keeping possession, yellow 1 & 2 defending. Blue 4 positioned at the far end of the other square; yellow 3 & 4 waiting in the neutral zone.

After minimum 5 passes: look for right moment to pass to blue 4 in other square. Nearest two blue players as well as joker follow the ball; yellow 3 & 4 may intercept the pass in the neutral area or start defending as soon as the pass to blue has been played. Yellow defenders 1 & 2 go to neutral zone.

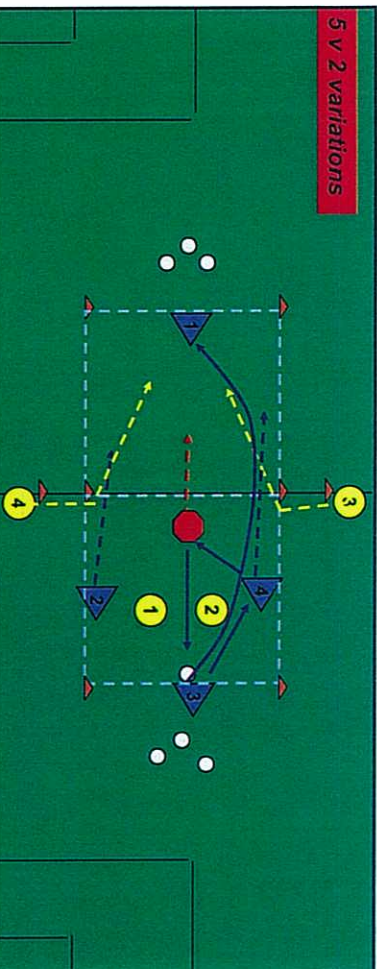
Blue and yellow teams: change tasks every time possession is lost or a mistake is being made by the attacking team

Game-intention: passing; positioning; decision making; handling speed; transitioning; ball pressing (defenders)

Methodical development: free touches; 3/2 touches; minimum 7-10-12 passes before passing to player in other square; smaller squares (12-12/10-10 m)



5 v 2 variations



Positioning game 5 v 2 with 9 players (advanced).

Two squares of 15-15 m. Two teams of 4 wearing different colour bibs and one "joker" (midfielder)

Game development: blue players + joker keeping possession, yellow 1 & 2 defending; yellow 3 & 4 positioned at 2 cones 5m from the middle-line.

After minimum 5 passes: look for right moment to pass to blue 1 in other square. Nearest two blue players as well as joker follow the ball; as soon as the pass to blue 1 has been played yellow 3 & 4 sprint around the cones and start defending. Yellow defenders 1 & 2 go to the cones on the outside.

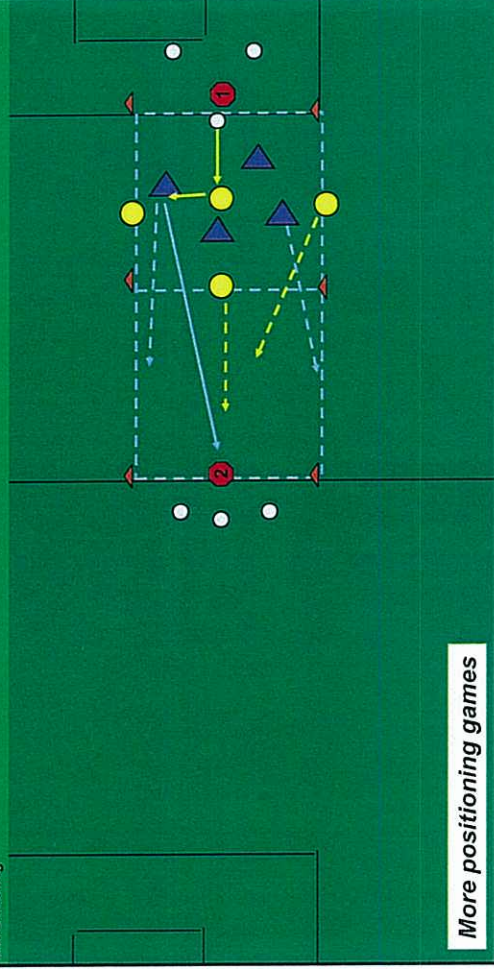
Blue and yellow teams: change tasks every time possession is lost or a mistake is being made by the attacking team

Game-intention: passing; positioning; decision making; handling speed; transitioning; ball pressing (defenders)

Methodical development: free touches; 3/2 touches; minimum 7-10-12 passes before passing to player in other square; smaller squares (12-12/10-10 m); defenders starting at 4/2/1 m.

Positioning game 5.v.4 with 10 players (advanced).

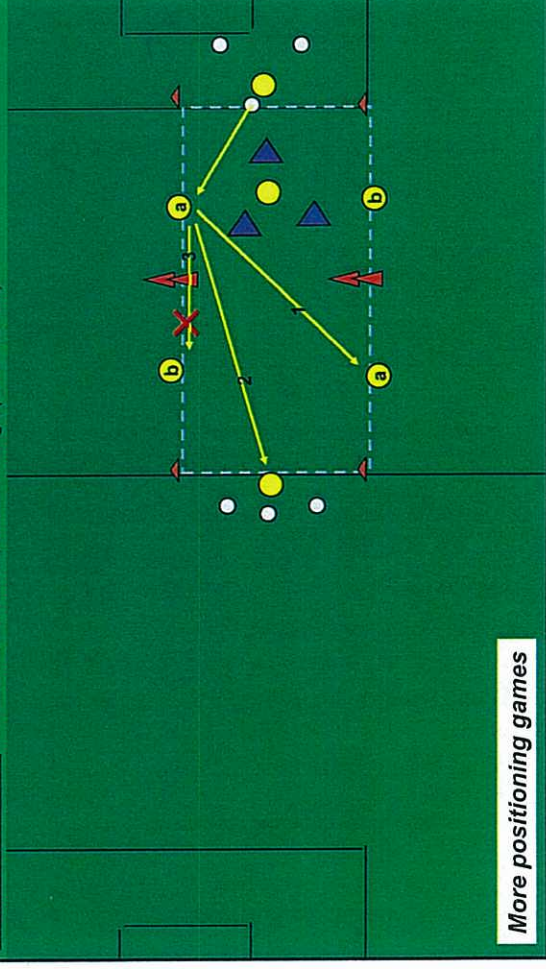
- Two squares of 25-25 m. Two teams of 4 wearing different colour bibs and two 'jokers' (goalkeepers?)
- Game development: yellow players + joker 1 keeping possession, blue team defending; 5 v 4 in one of the squares; joker 2 positioned at far end of other square
- If the blue team wins the ball they try to pass it to joker 2 and support the pass. Then 5 v 4 in other square with blue + joker 2 in possession and yellow defending.
- Game-intention: passing; positioning; decision making; handling speed; transitioning; ball pressing (defenders)
- Methodical development: free touches; 3/2 touches; smaller squares (20-20 m); stop-start after transitioning; non stop transitioning



More positioning games

Positioning game 7.v.3 (basic/advanced).

- Rectangle of 24-12 m. 6 of the players that try to keep possession are positioned between the cones on the outside; one in the centre. The defenders hold/wear different colour bibs.
- Game development: 7 v 3 possession play, only no square passes (a to b / b to a) allowed. Passes 1 & 2 are possible; pass 3 is not possible (for that reason; put 2/3 big cones as a barrier)
- Game-intention: passing; positioning (angles); decision making; handling speed; ball pressing (defenders)
- Methodical development: free touches; 3/2 touches; smaller rectangle (20-10 / 16 - 8m)



More positioning games

Positioning game 4 v 4 with 4 walls (12 players)

Spaces: square 40x40 m.

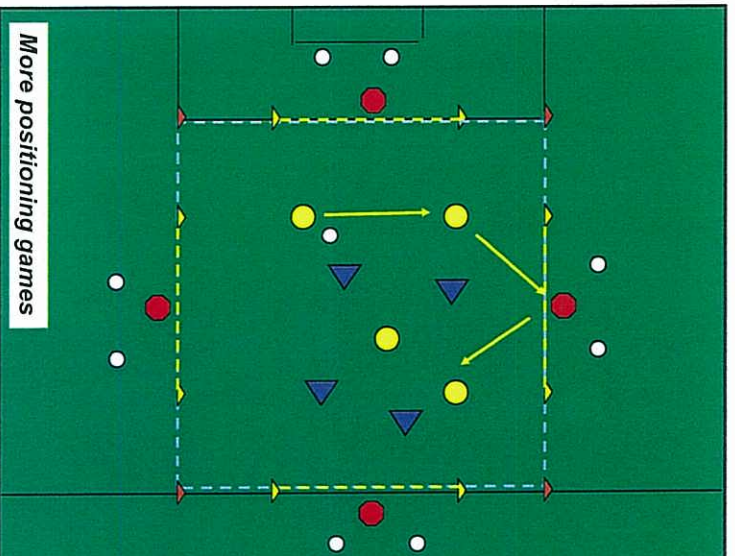
Game development: yellow/keeping possession using the red walls; blue team defending (8 v 4). When blue wins the ball, immediate transition / change of tasks. After 3 min. red team changes positions with yellow or blue. Wall players: stay between the yellow cones.

Game intention in possession: positioning; passing; 1st touch; handling; speed; insight/decision making

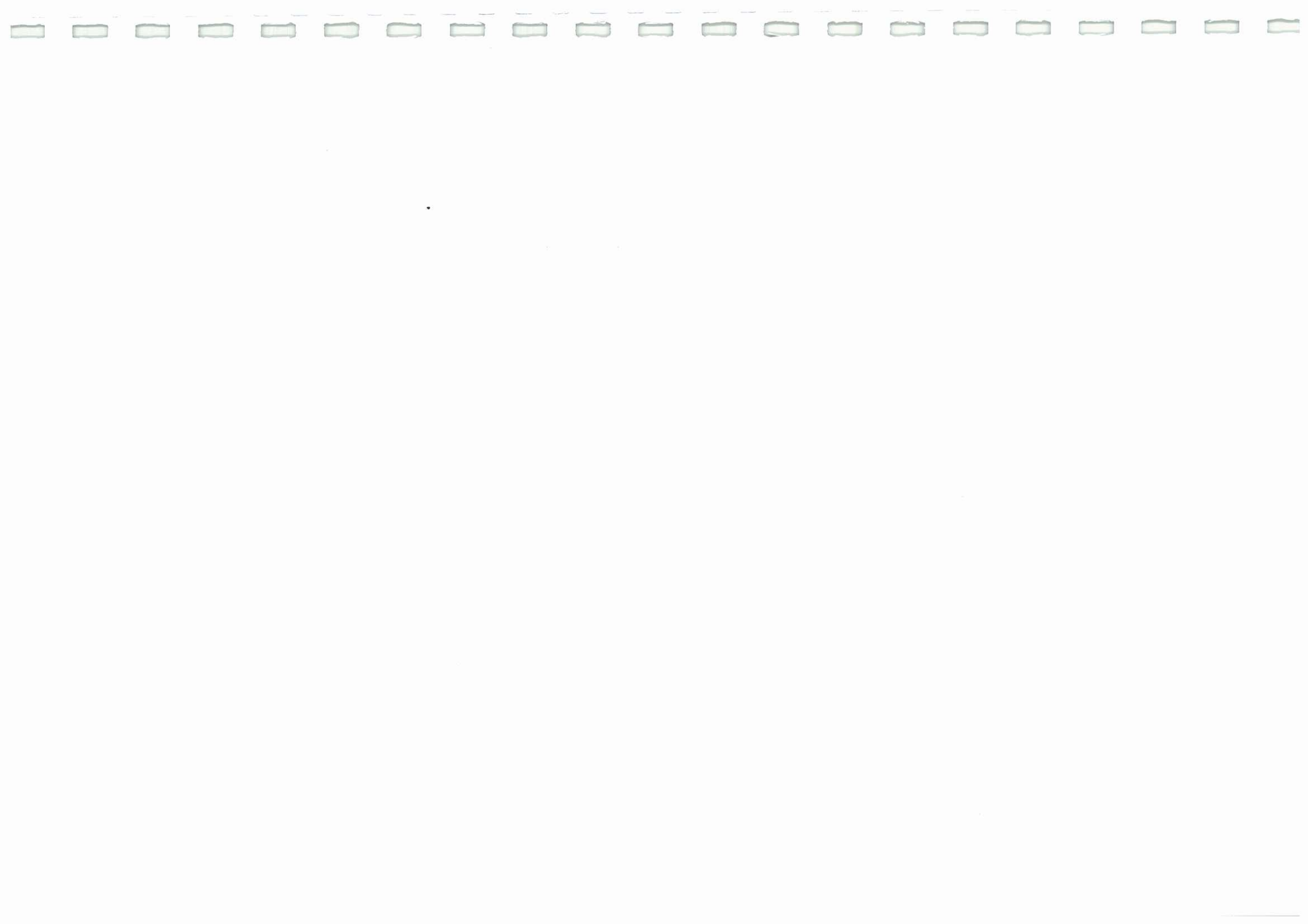
Defensively: pressing / defending as a unit; coaching

Methodical steps & variations:

- Limited touches for walls (3/2/1)
- Smaller square
- Walls: not back to same player
- Bigger numbers (5 v 5/6 v 6/7 v 7)
- Use of goalkeepers on wall positions
- Only 2 walls
- Without walls



More positioning games



1-4-3-3 Playing Out

Playing out

- Playing out is a means to an end!The purpose is to go forward while keeping possession!
- This requires dynamic participation of all players, good positional play and fast and precise passing in order to:
 1. Create the right moment for the forward pass or:
 2. Have a defender move into midfield to create a 'numerical maprity' in the midfield
- The goalkeeper must be able to be the 11th outfield player while playing out!(comfortable with the ball using both feet to pass a precise forward pass or change sides;etc.)

1:4:3:3 game-training (basic)

Objective: Playing-out

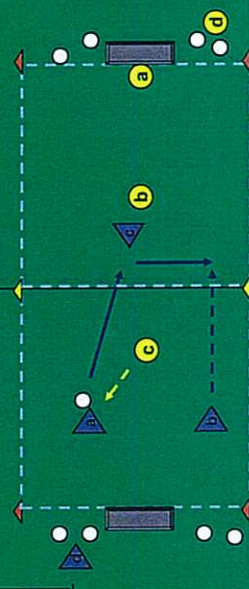
Organization: field-size 40:20m (2x 20:20m); 2 small goals, 6 players (3 v 3); one defender is goalkeeper.

Rules: 2 blue defenders building-up v. 1

yellow attacker, one of the defenders must cross middle-line (dribbling or via combination), play 2 v 1 on other half and try to score. The blue defender that supported the attack (b) leaves the field and (d) takes his position in the goal. Re-start through yellow player (a)

Methodical development of exercise:

- free touches, later 3/2 touches while building-up
- half resistance from striker to full resistance
- scoring-attempt withinseconds
- smaller pitch-size
- off-side
- Immediate counter attack allowed in case of loosing possession while playing out



1:4:3:3 game-training (basic/advanced)

Objective: Playing-out with GK to create a

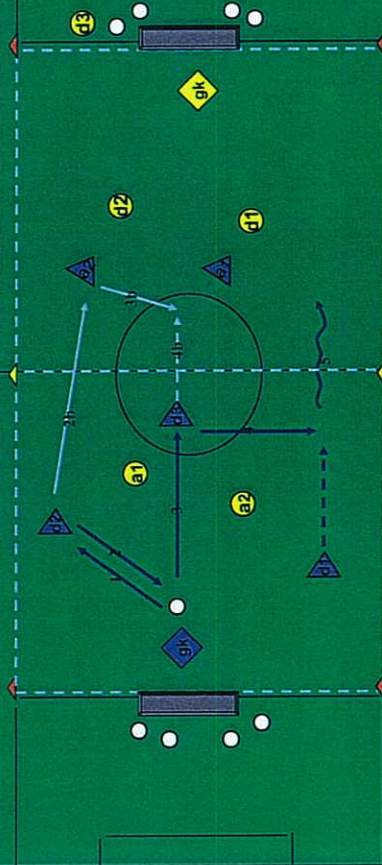
'one man more' situation in attacking half

Organization: 2 equal halves (40x40 m)

Players: 10 outfield players + 2 Goalkeepers

Methodical development:

- free touches, later 3/2 touches building-up
- half/full resistance defending players
- scoring-attempt withinseconds
- smaller pitch-size
- off-side



Development of the exercise (1)

3 blue defenders (d1;d2;d3) + GK play out vs. 2 yellow attackers (a1;a2), trying to get one defender in the attacking half.

In the attacking half 2 blue attackers (a1;a2) are marked by 2 yellow defenders (d1;d2). The 3rd defender (d3) is waiting behind the by-line

Development of the exercise (2)

One of the defenders defender can cross the middle-line running with the ball (b) or being the 3rd man in combination play (4b).

Now 3 v 2 in the attacking half and finishing. Next: restart by yellow GK; d3 yellow comes in, the blue defender that joined the attack (d1/d2) goes out

1.4:3:3 game-training (basic / advanced)

Objective: Playing-out with GK

Organization: 6 v 6 + GK's (3 attackers and 3 defenders in each half); one substitute of each team next to the goal.

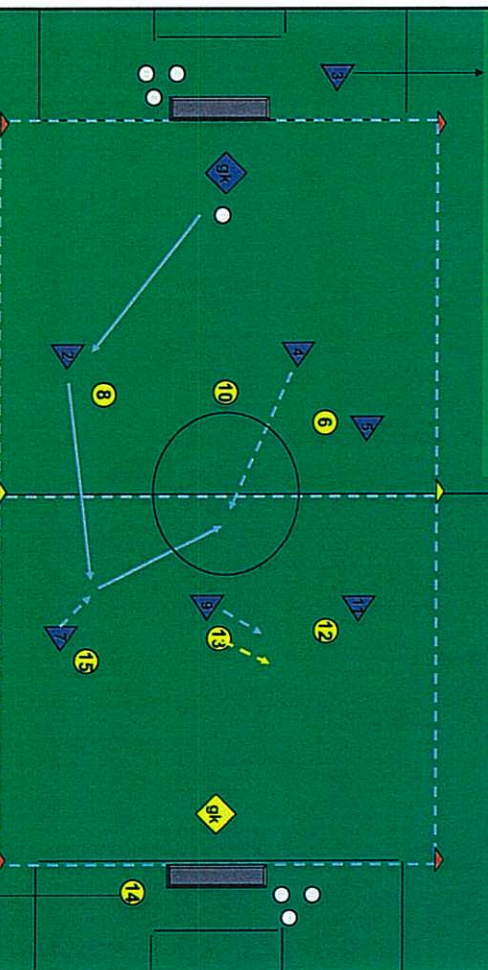
Field-size: 2 equal halves of 40/40/50/50m divided by middle line

Rules: 4 blue players (3 defenders + GK) play out under pressure of the 3 yellow attackers. One of the defenders must cross middle-line (dribbling or via 3rd man combination) to create 4 v 3 on other half and try to score. The blue defender that supported the attack (4) leaves the field and (3) takes over his position. Re-start through yellow GK. In case of losing possession, immediate transition (counter attack 3 v 2) is allowed (1 attempt)

Methodical development of exercise

1. Players in their 'proper' (game) positions
2. Defenders & attackers together (blue team)
3. Defenders & midfielders together (yellow 6-8-10 change places with blue 7-9-11)
4. Midfielders & attackers together (6-8-10 yellow with 7-9-11 blue)
5. Off side
6. Limited touches (3/2) on own half

3 takes over position of 4; 4 goes out after the attack is finished



14 takes over position of the yellow defender that joins in the next attack

1.4:3:3 game-training (basic / advanced)

Objective: Playing-out

Organization: On both halves of the pitch 4 (+ GK) v 3 between 18 yards line and yellow line.

Development of the exercise:

4 defenders (+ GK) play out against 3 attackers.

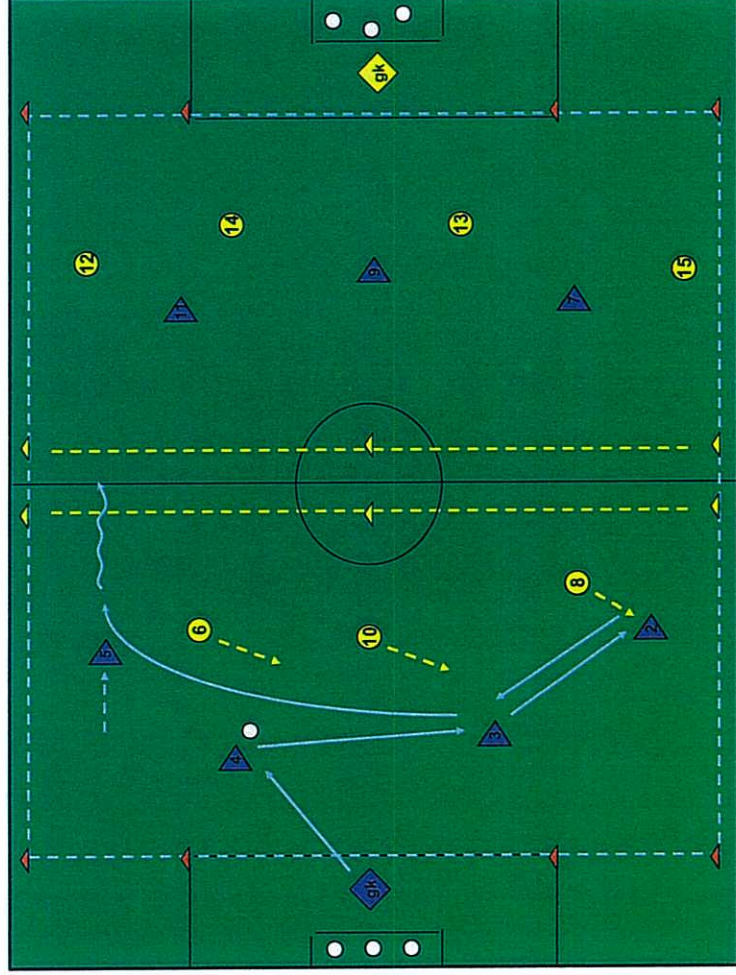
The defenders score a point if one of them dribbles the ball across the yellow line.

The attackers score 2 points by taking the ball from the defenders and dribble across the 18 yards line.

All restarts from the goalkeeper; all players in their proper game positions

Methodical development of exercise

- more easy: make the spaces bigger or take out one attacker
- more difficult: make the paces smaller; narrow the pitch
- limited touches for the goalkeeper
- the defenders have to score withinseconds



1.4.3.3 game-training (advanced)

Objective: Playing-out

Organization: 7 v 6; field-size 80-80m (2x 80-40m).

Rules: 4 v 3 (with GK 5 v 3) playing out and create 'one man more' in other half through pass to strikers & bounce to 3rd man or dribble across middle line.

Play 4 v 3 in attacking half and score by dribbling across 18 yards line.

In case of scoring: re-start other GK.

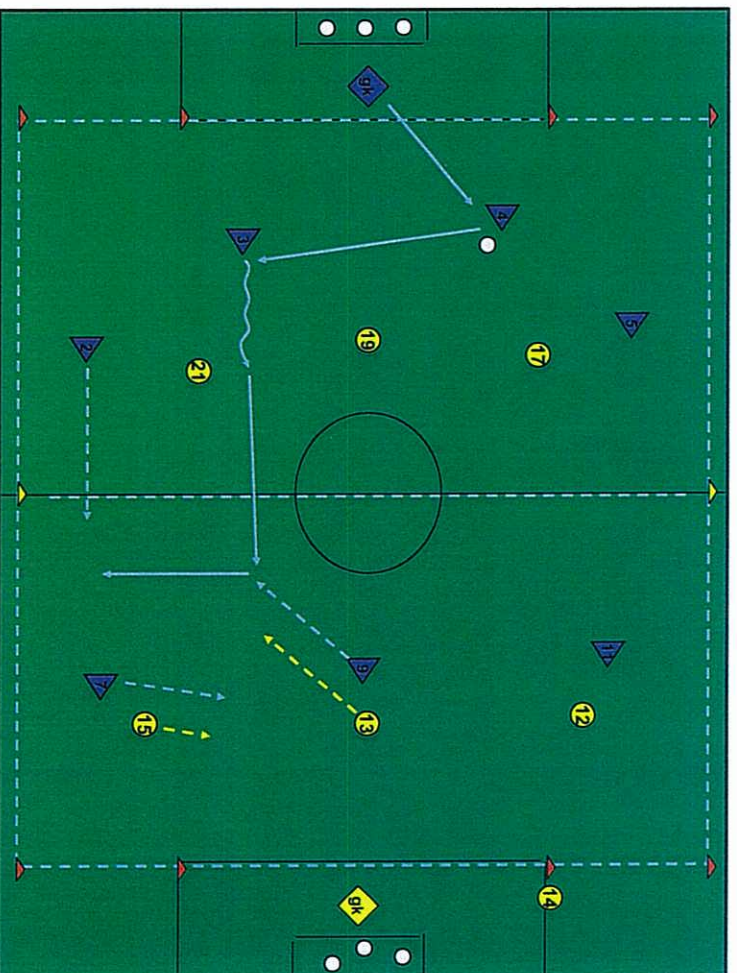
In case of losing possession: 1x counter attack allowed, then restart other GK.

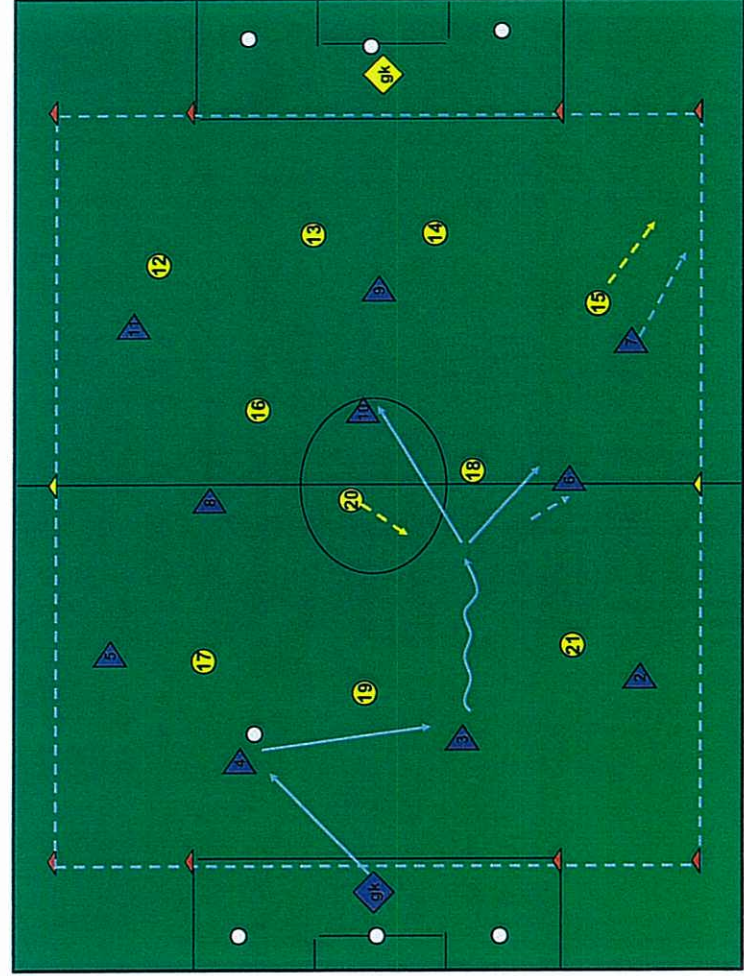
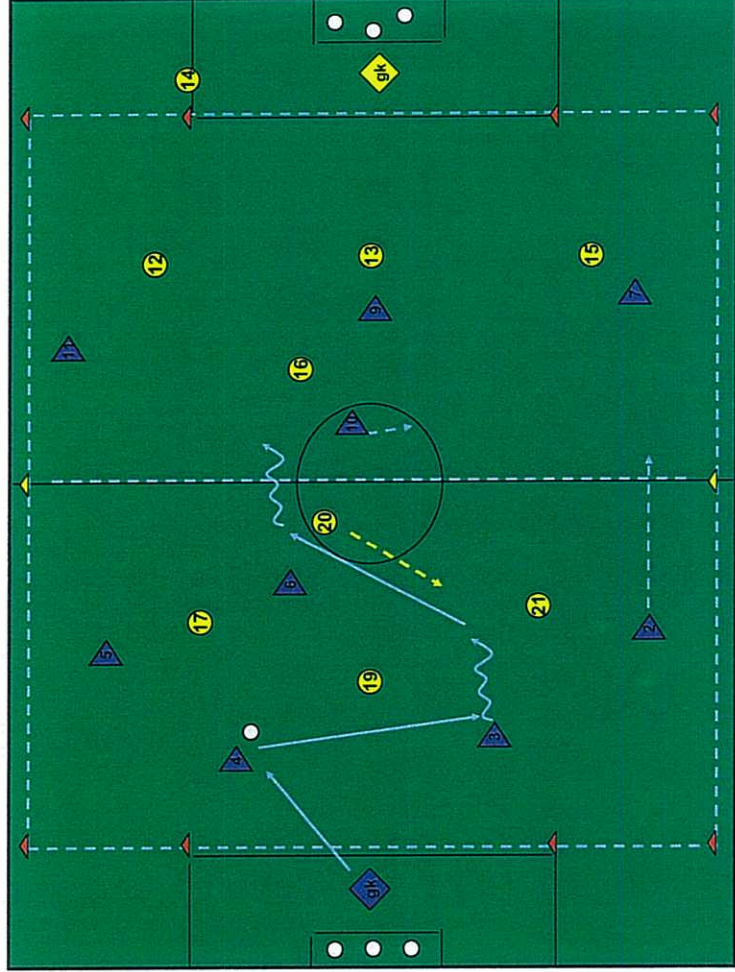
The defender that joined the attack goes out (becomes the 'not working defender').

Players always in their proper game positions.

Methodical development of exercise

- Smaller space (more narrow)
 - Limited touches (3/2) in 'playing out' half (incl GK)
 - Off side applies
 - Add 2 midfielders in each half; 5 (+GK) v 4 playing out; 5 v 4 in attacking half
 - Not working defender in play permanently (5 + GK v 4 playing out; 5 v 5 in attack)
 - Full teams 10 v 10, no restrictions of 2 zones
- With scoring in goals: full training game





1-4-3-3 Attacking

1-4-3-3 Attacking

It is more difficult to methodically structure Attacking within a training plan because attacking often depends on individual qualities such as creativity, the ability to improvise and act on impulse.

It is the unpredictability that characterises the real attacker who is able to destabilize defenses. Each coach should therefore give players (especially attackers) with these qualities the liberty to use them.

These players often are the very talented, 'gifted' ones (Messi, Cristiano Ronaldo) since these abilities are difficult to 'learn'.

In order to stimulate the development of creative players the next points are of interest:

- Focus on the development attacking skills in the 8-12 age group
- Practice the attacking skills in this age group in game related exercises like 1v1; 2v1; 2v2 etc. stimulating players to express themselves
- Encourage creativity & individual play
- Encourage taking initiatives & risks
- Cherish 'creative' players and be patient with them!

1-4-3-3 Attacking

Apart from the choice for certain strategy like a pro-active (dominating) or re-active (counter) play style, each team should also have an attacking structure with tuned tasks and mutual understanding in order to not only have to depend on the individual (1v1) skills of players. Consequently this chapter is about:

'structured attacking combination play within the 1-4-3-3 formation'

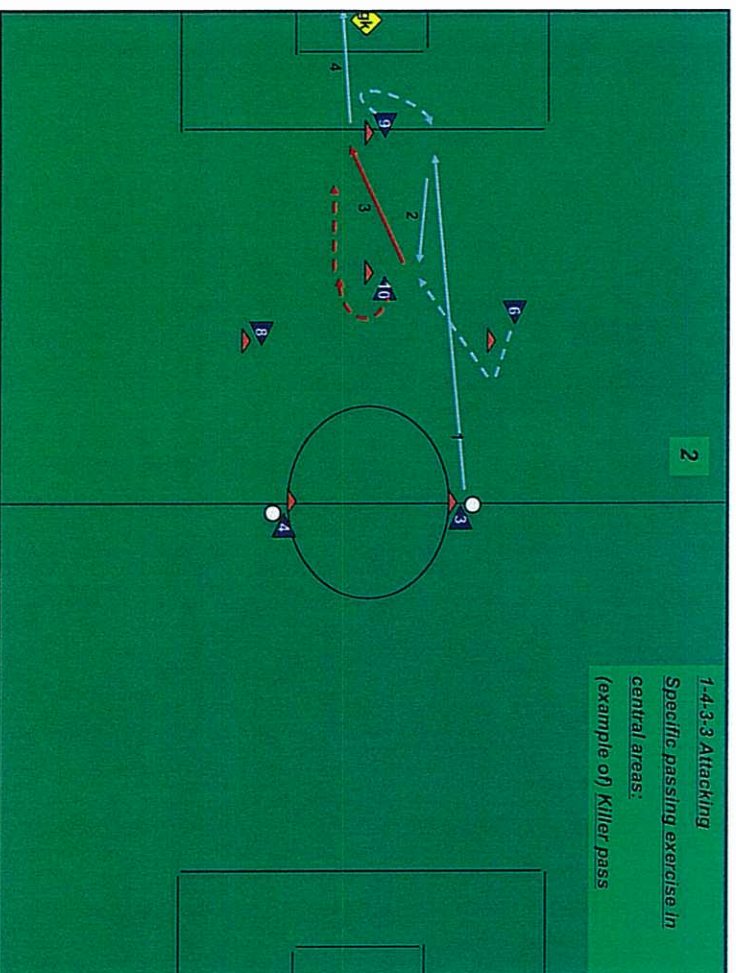
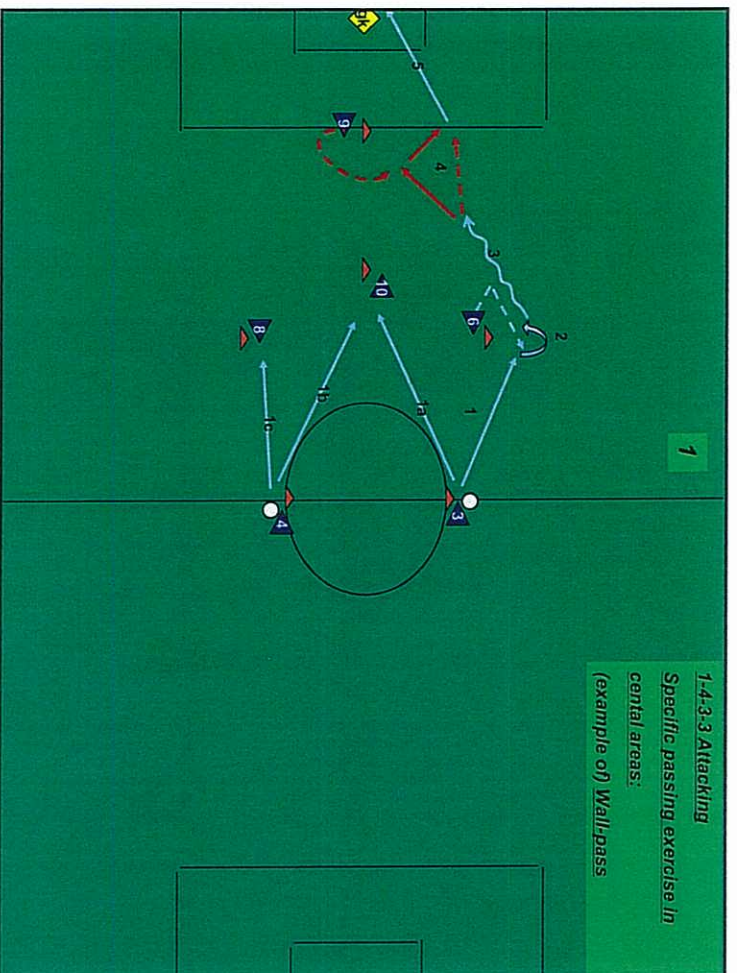
1. in central areas
2. in wide areas

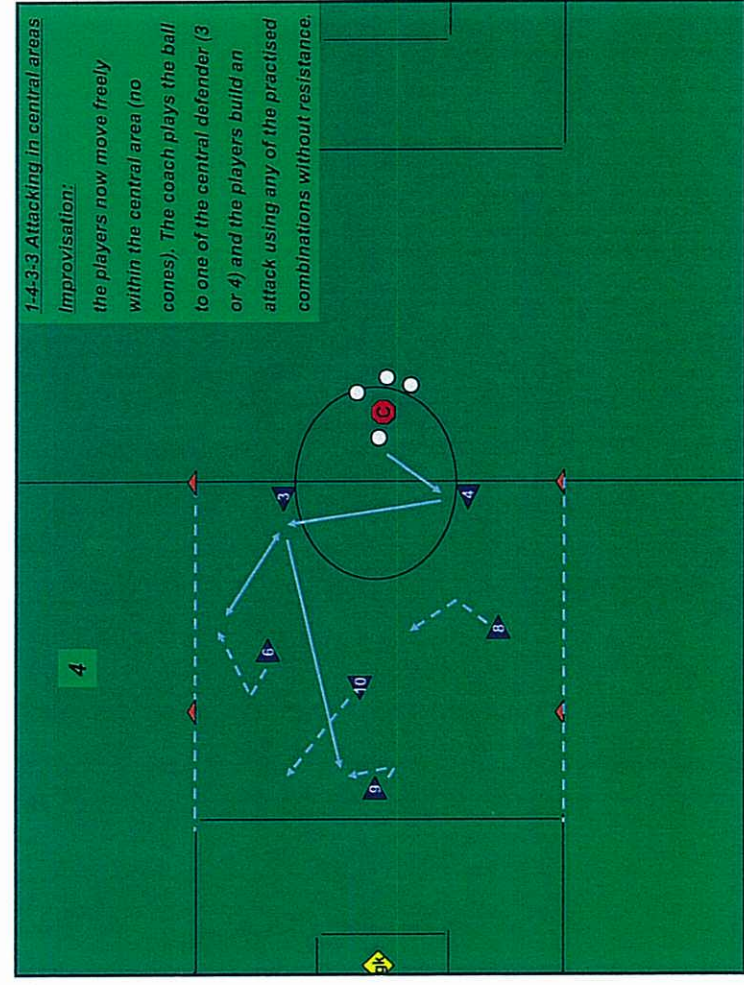
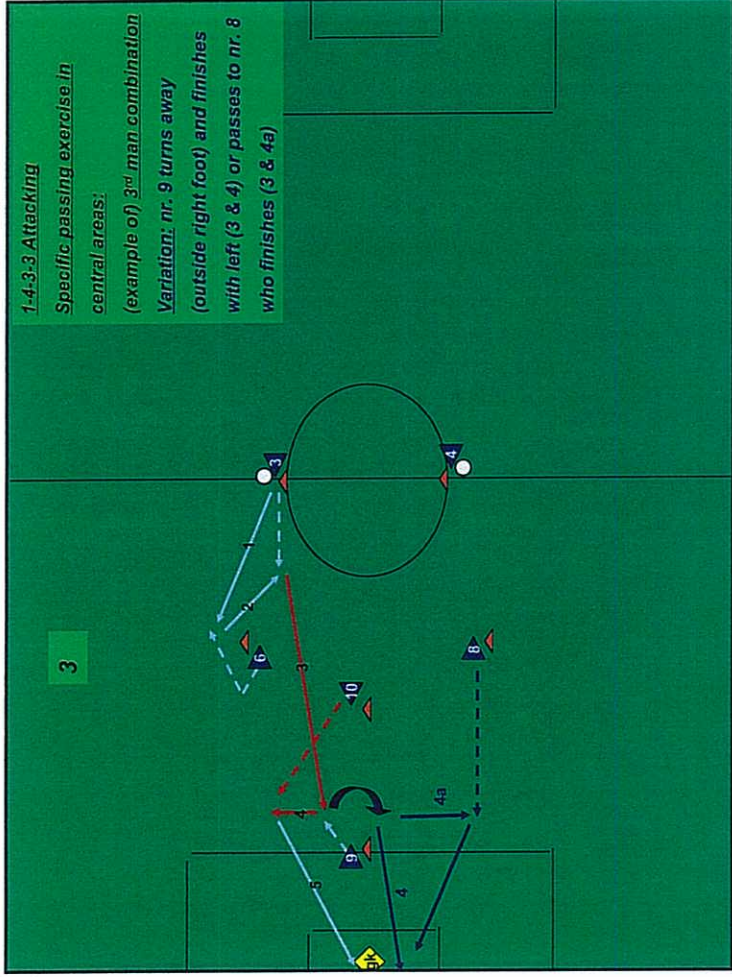
Most common attacking combinations are:

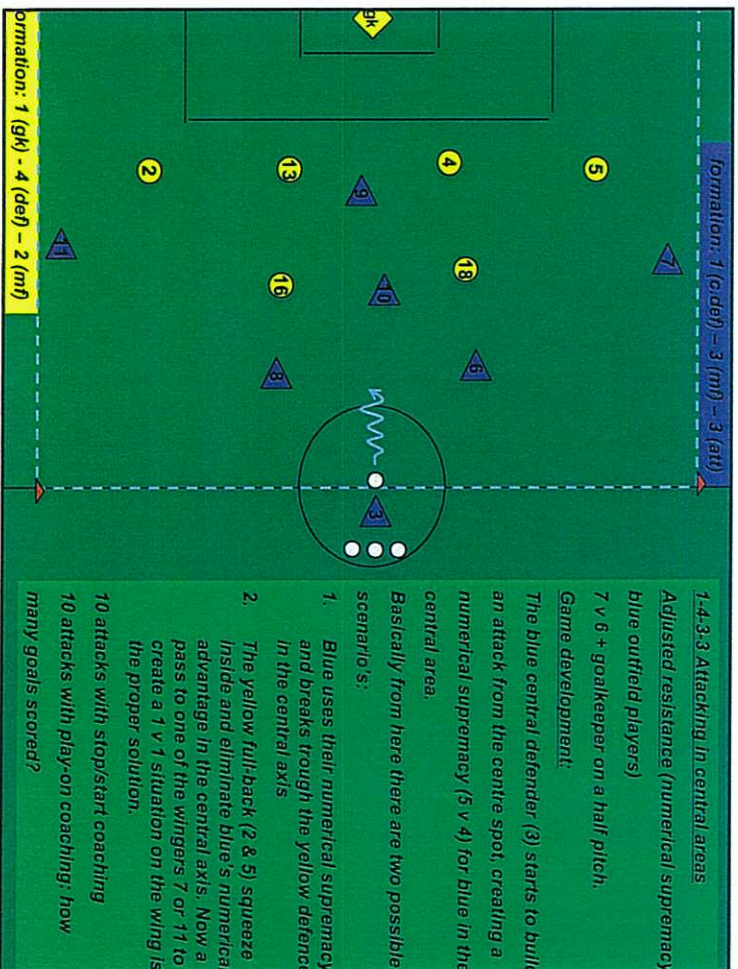
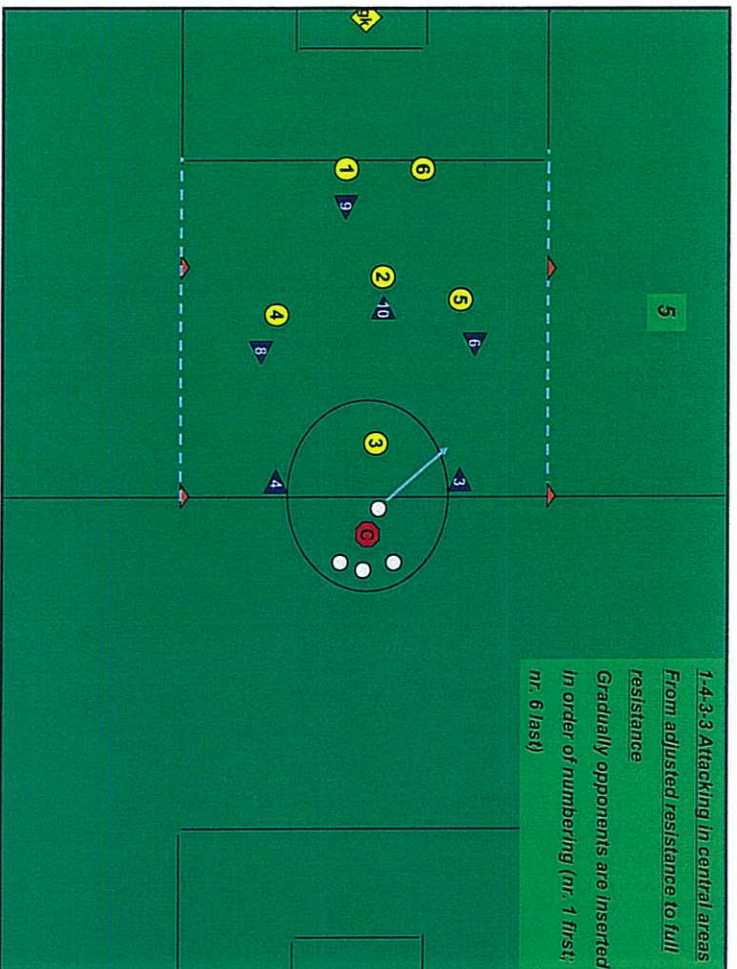
- △ Wall pass
- △ 3rd man combination
- △ ('no look') killer pass
- △ (feint) take over
- △ Overlap

The chosen methodical structure is as follows:

1. **Specific passing exercises:** all players in their designated positions within the 1-4-3-3 formation (no opponents, many repetitions so that patterns and combinations become 'automatisms'). The general passing exercises form the preparation for this methodical step.
2. **Adjusted resistance:** gradually defenders are brought in, but the attackers keep a numerical supremacy over the defenders. The attackers have to make the right choices in relation to the positioning and acting of the defenders. A coach must be able to use a proper balance between 'stop-start' coaching and 'play-on' coaching.
3. **Full resistance:** same numbers of attackers and defenders or even a numerical supremacy for the defenders! Maximum 'real game' resistance for the attackers, they have to find the solutions by themselves now. Here, 'play-on' coaching is required as much as possible and Training Games are the desired exercise format.

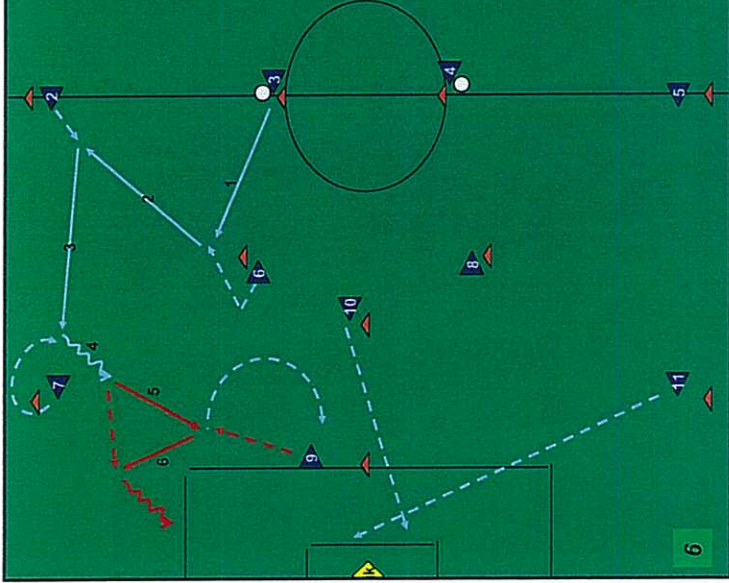






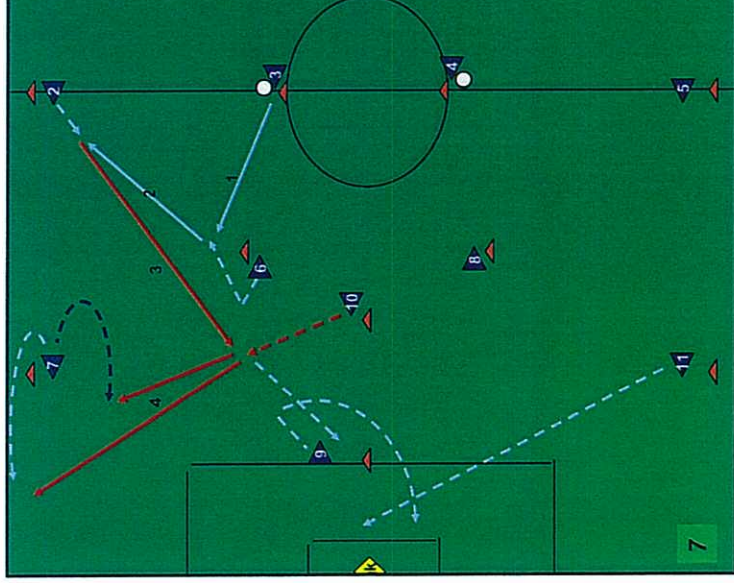
1-4-3-3 Attacking

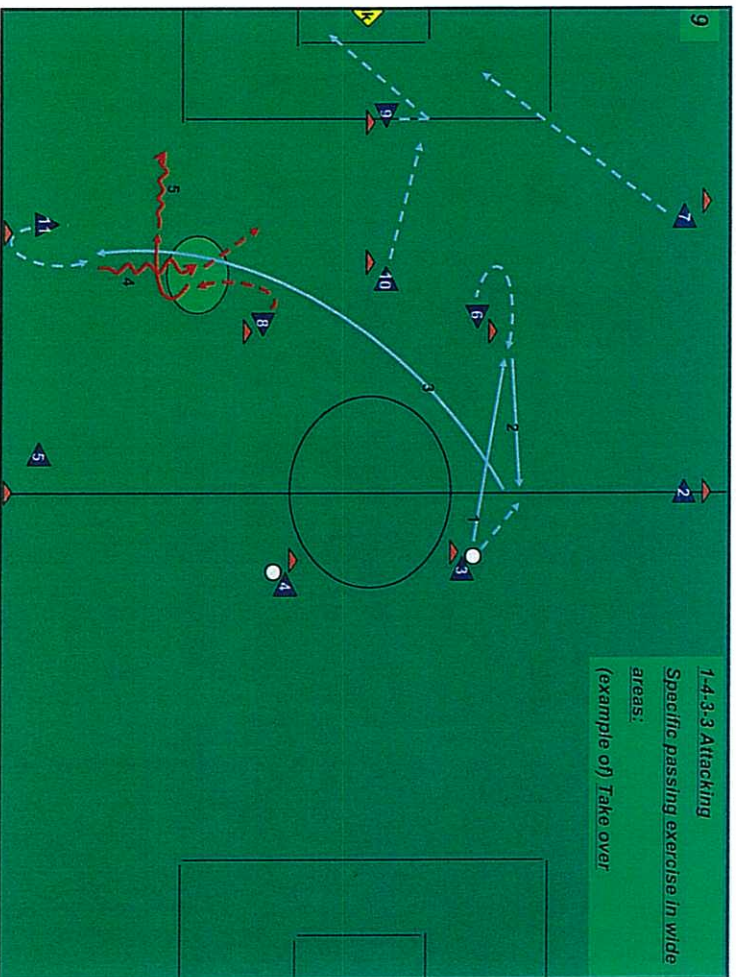
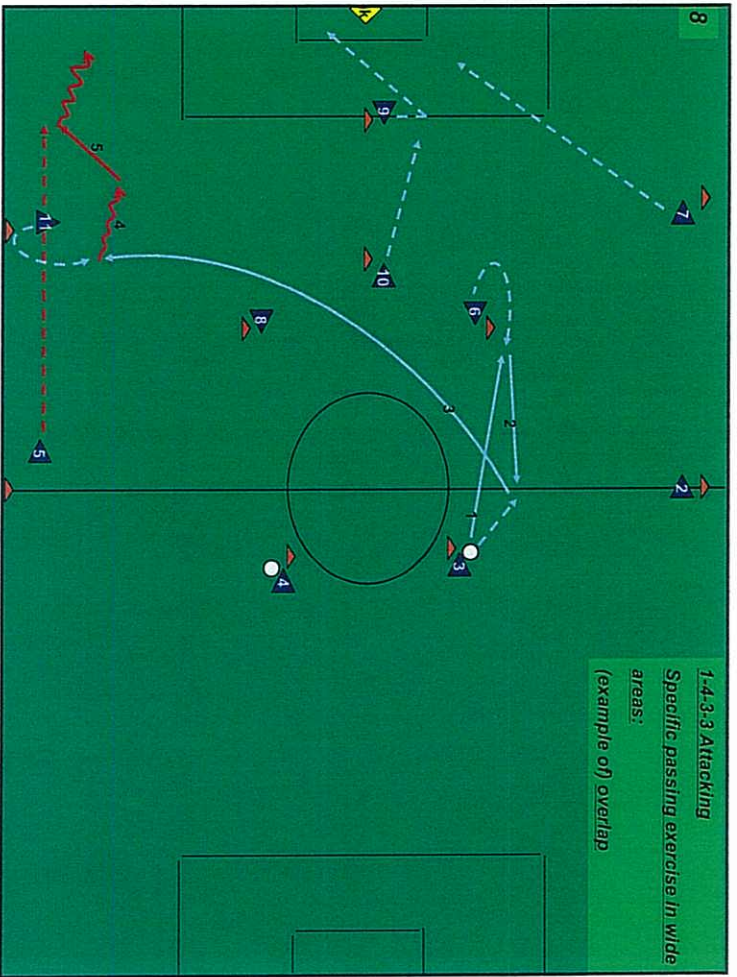
Specific passing exercise in wide areas:
(example of) Wall pass



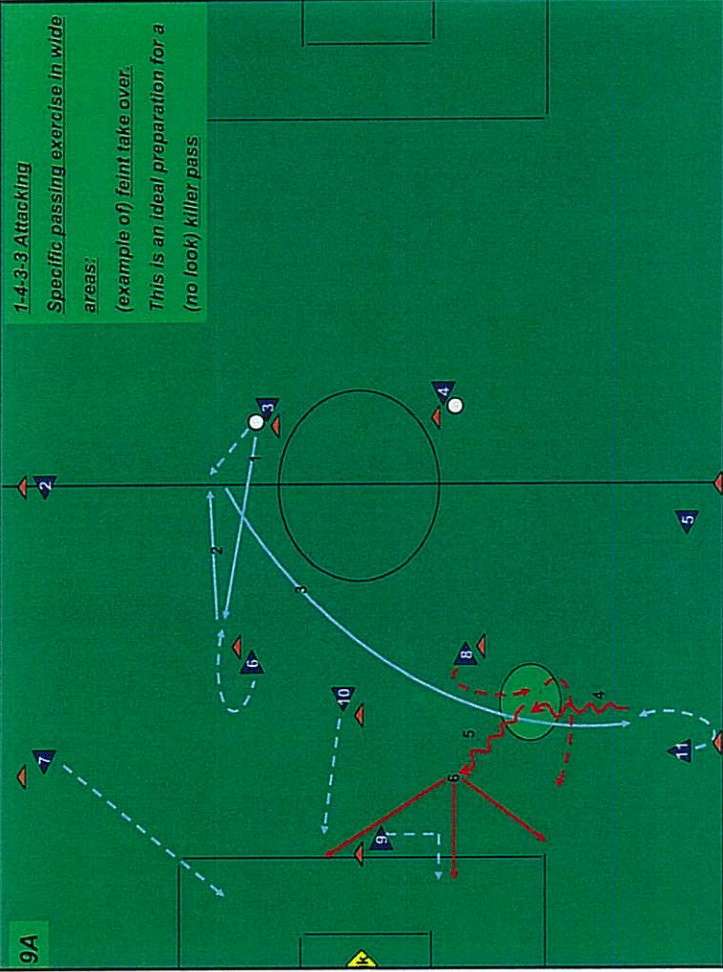
Important point of interest is the timing and positioning in front of the goal order to be able to finish crosses successfully.
Always players making well-timed diagonal runs to the 1st post; 2nd post and the edge of the penalty area.

1-4-3-3 Attacking
Specific passing exercise in wide areas:
(example of) 3rd man combination





9A

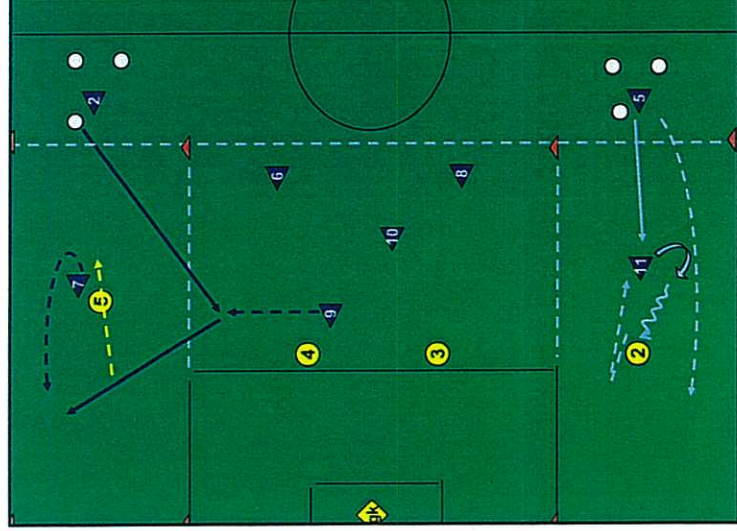


1-4-3-3 Attacking

Specific passing exercise in wide areas:

(example of) feint take-over.

This is an ideal preparation for a (no look) killer pass



1-4-3-3 Attacking in wide areas

Exercise with adjusted resistance.

6 attackers & midfielders (+ 2 full backs) v. 4 defenders + goalkeeper.

Pitch = full width; length = 40m; diverted into one central area and two wing areas.

Game development:

The blue full backs 2 & 5 (positioned outside the wing areas) play the ball to the blue wingers (7 & 11). Depending on the marking of the yellow full backs the blue wingers try to beat them running of the ball; 1 v 1 or using any of the practised combinations.

Maximum 2 blue players allowed in the wide areas, so either 2 or 5 can make an overlap or a player from the central area can enter the wing area for a (feint) take-over.

The yellow full backs are not allowed to enter the central area.

2 & 5 blue each starting the game 10x, scoring attempts should come from wing-play only

4-3-3 Attacking in wide areas

exercise with full resilience

✓ 4 line football: left wing (4-5, 8 & 11) vs. right wing (2, 3, 6 & 7)

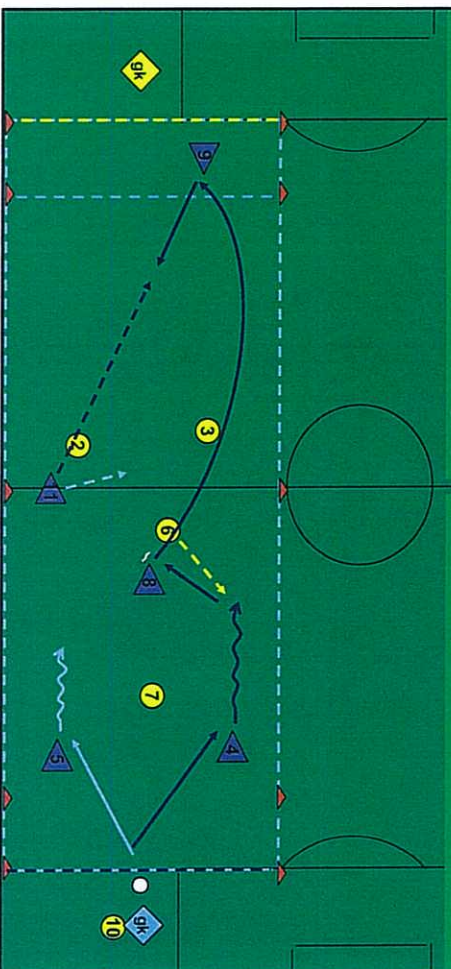
length pitch: box to box; width: wing-area (25/30 m)
 game development: goalkeeper (coach) start up the line, the team in possession tries to dribble the opponents line through good combination/wing play.

off-side rule applies.

Game intention: developing / improving combination play of both left & right wing.

Methodical development:

- pitch more narrow
- scoring by pass from own half to 9/10 in endzone who has to bounce direct with a supporting player (this way all 11 players are involved !)







1-4-3-3 Defending (training Zone Defense)

Characteristics of zone defense

Using Zone defense, the formation of the opponent is irrelevant with regards to your teams' (defensive) formation because:

- The position of the players towards each other and towards the opponent is determined by the position of the ball ('ball-oriented' defending).
- Defenders and (defensive) midfielders have no direct opponent (as in man-marking) but are responsible for the player(s) entering their zone.
- Attackers and (offensive) midfielders are responsible for blocking / cutting the opponents' forward passing lines.



Basic principles of Zone defense

Always pressure the opponent in possession of the ball (in case of no pressure on the ball: drop off)

Keep short distances between the lines as well as individual players (defense - midfield: max. 10m.)

Cover one another (squeezing and backing-up)

Anticipate and communicate with each other ('coach' the players(s) in front of / next to you when an opponent is entering their zone)

Keep / push the opponent away from your goal ('forward defending')



Pressure on the ball

The pressuring can be executed in two manners:

From inside to outside, forcing the opponent to wide areas.

Advantages:

Easy understandable & clear

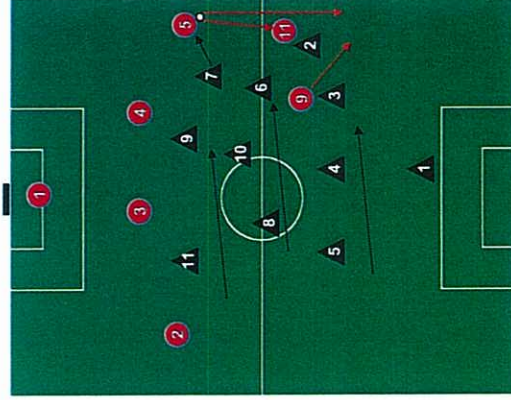
Tactically not very complex

Easy covering

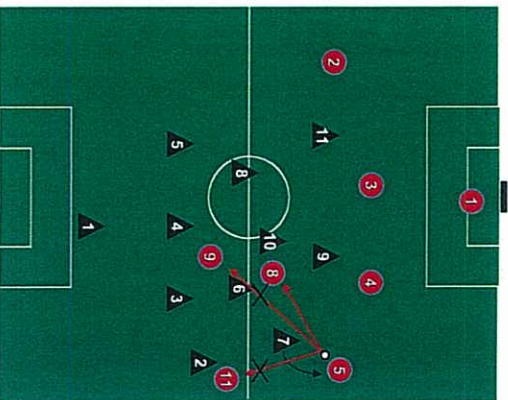
Disadvantages:

Passing options available for opponent in wide areas

The ball is usually regained in an unfavourable position



Pressure on the ball



2. From outside to inside, forcing the opponent into central areas.

Advantages:

Opponent is lead into 'crowded areas' where the change of them loosing possession is bigger

The ball is usually regained in a favourable (central) position to undertake an immediate counter attack

Disadvantages:

Tactically more complex
Communication vital

If not executed well the opponent can break trough central axis

1:4:3:3 basic defending (defenders)

3 v 2 (3 v 3) 'line football' on 30-15 m. fields

Game development: 3 blue players try to beat 2 (3)

yellow defenders and score by dribbling across the

yellow 'line'. If yellow wins the ball, play back to the

yellow player that waits behind the by-line. Now restart

with 3 yellow attackers vs. 2 blue defenders (one blue

player goes out)

Off side applies!

Game Intention: ball oriented defending and backing

each other up (figures A,B & C). Off side rule is

indispensable to realise the purpose!

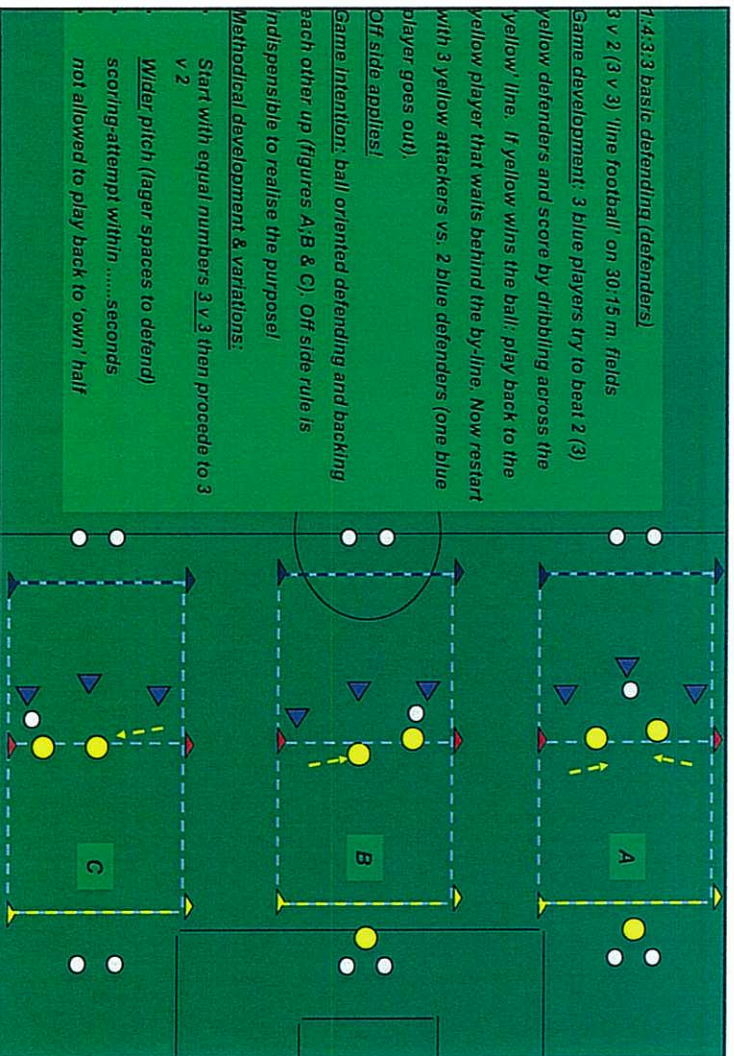
Methodical development & variations:

Start with equal numbers 3 v 3 then proceede to 3 v 2

Wider pitch (lager spaces to defend)

scoring-attempt withinseconds

not allowed to play back to 'own' half



1.4.3.3 basic defending (attackers)

4 v 3 on 30:20 m. field with 3 small (1,5 - 2m.) goals 7 - 10m. behind the 'shooting-line'

Game development: 4 blue players against 3 yellow; scoring by passing in one of the 3 small goals from outside the shooting-line area. If yellow wins the ball; play back to yellow player 4 who waits behind the by line. Now restart with 4 yellow players against 3 blue players (one blue player goes out).
Off side applies!

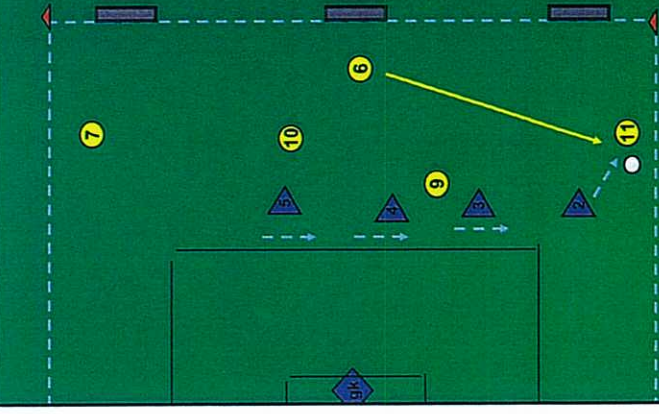
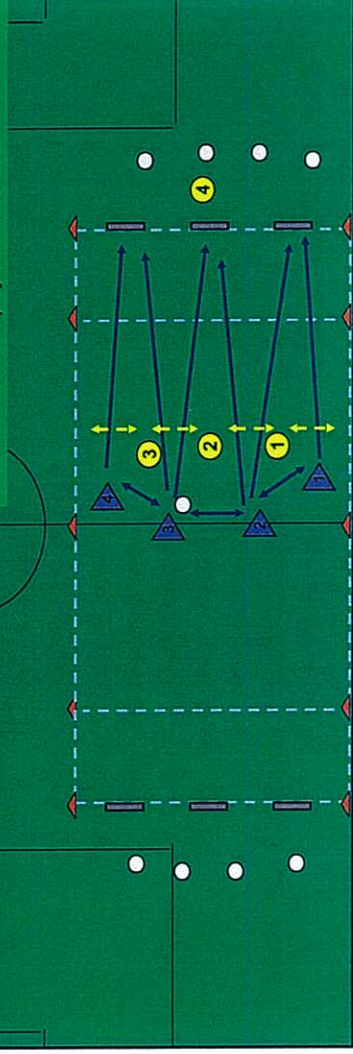
Game intention: ball oriented defending as a unit and trying to screen the passing lines to the goals.

The 'not working defender' (yellow 4 in the figure) has to help his team mates by 'coaching' them.

Off side rule is indispensable to realise the purpose!

Methodical development & variations:

- Start with equal numbers 4 v 4 then proceed to 4 v 3
- Wider pitch (larger spaces to defend)
- scoring-attempt withinseconds
- not allowed to play back to 'own' half



1.4.3.3 advanced defending (defenders & attackers)

5 attackers/midfielders vs 4 defenders + goalkeeper field-size 60:40m; all players in their 'game positions'

Game development:

- yellow team scoring by beating the blue gk;
- blue team scoring by passing in one of the three small (3/5m) goals
- the blue team can play on off-side

Game intention blue team (defensive):

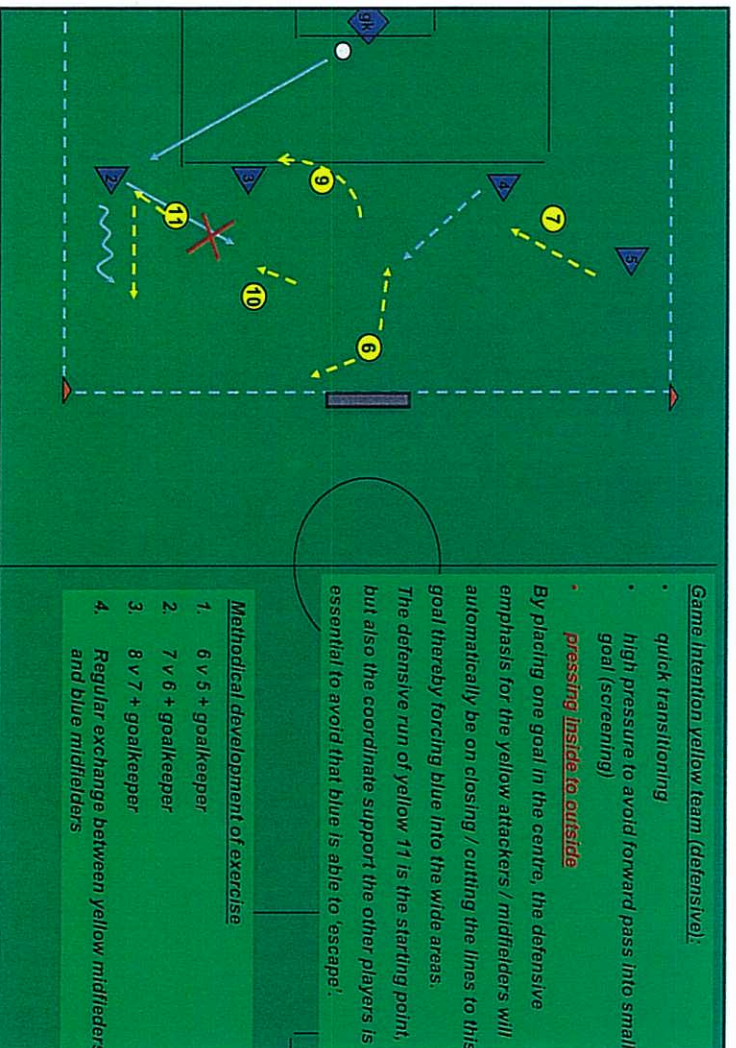
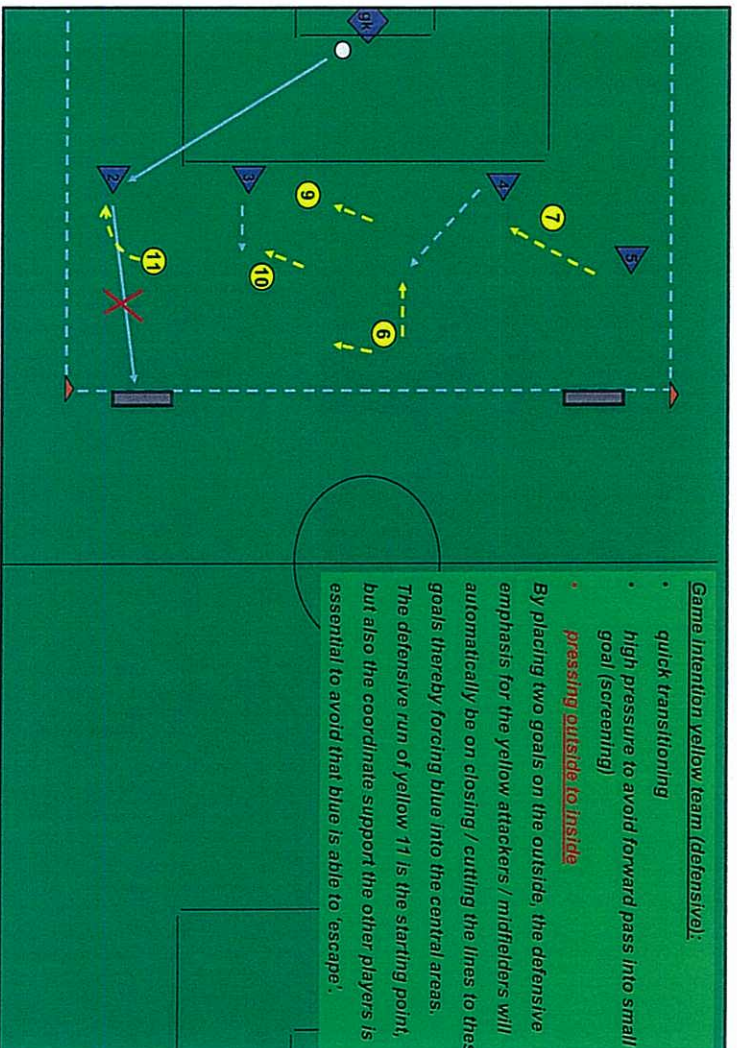
- ball oriented defending, covering and squeezing
- short distances
- press the player on the ball
- communication: COACHING

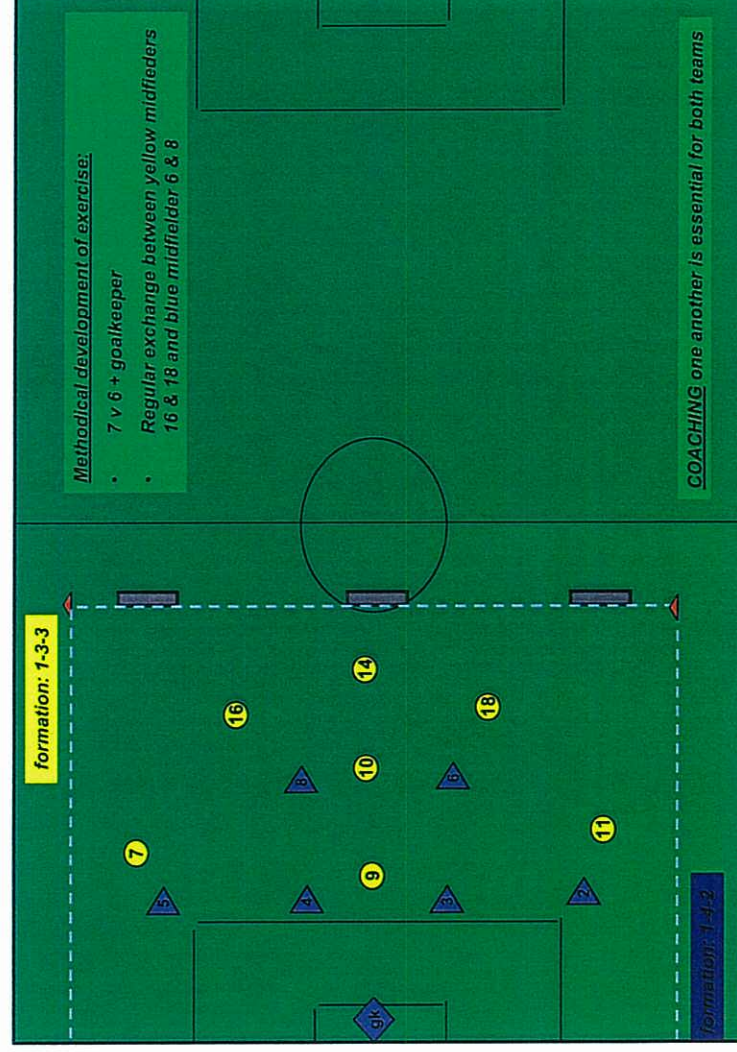
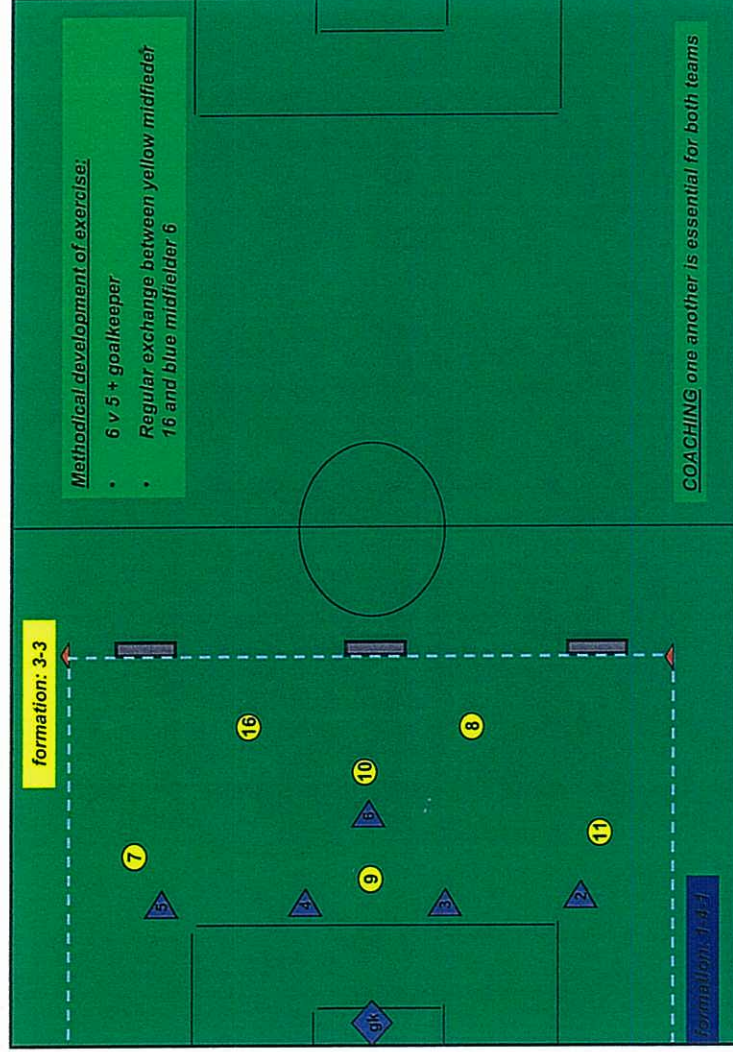
Game intention yellow team (defensive):

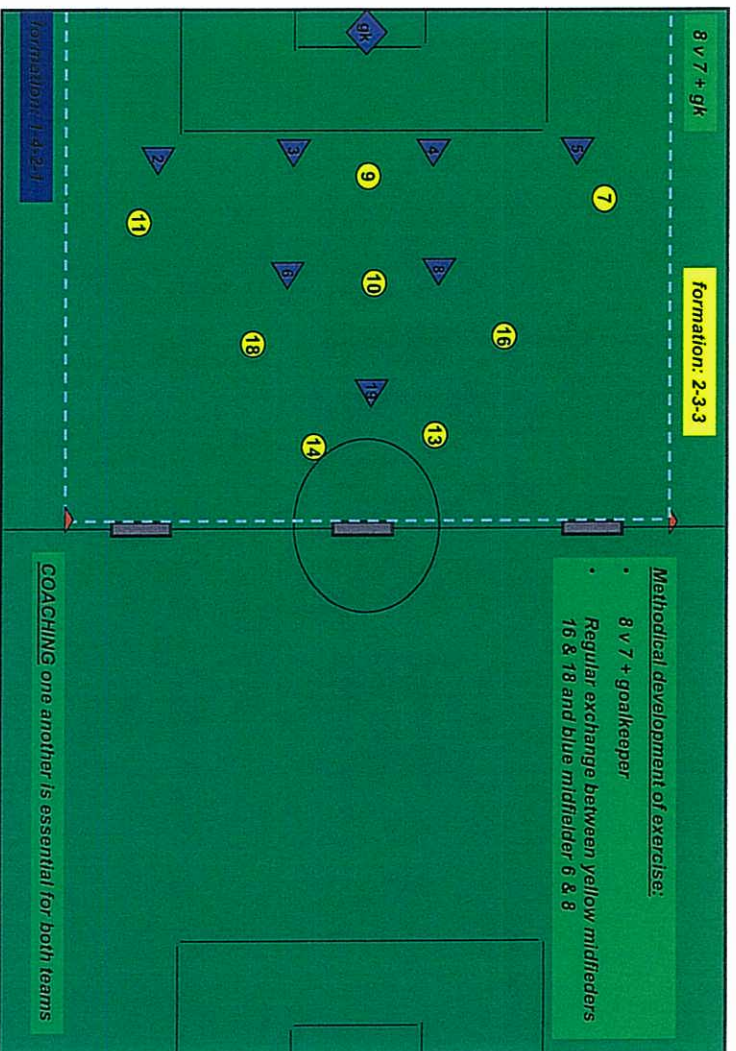
- quick transitioning
- high pressure to avoid forward pass into small goal (screening)
- pressing inside to outside or pressing outside to inside

Methodical development & variations:

- limited touches (2) for yellow no. 6
- wider pitch (up to maximum width)







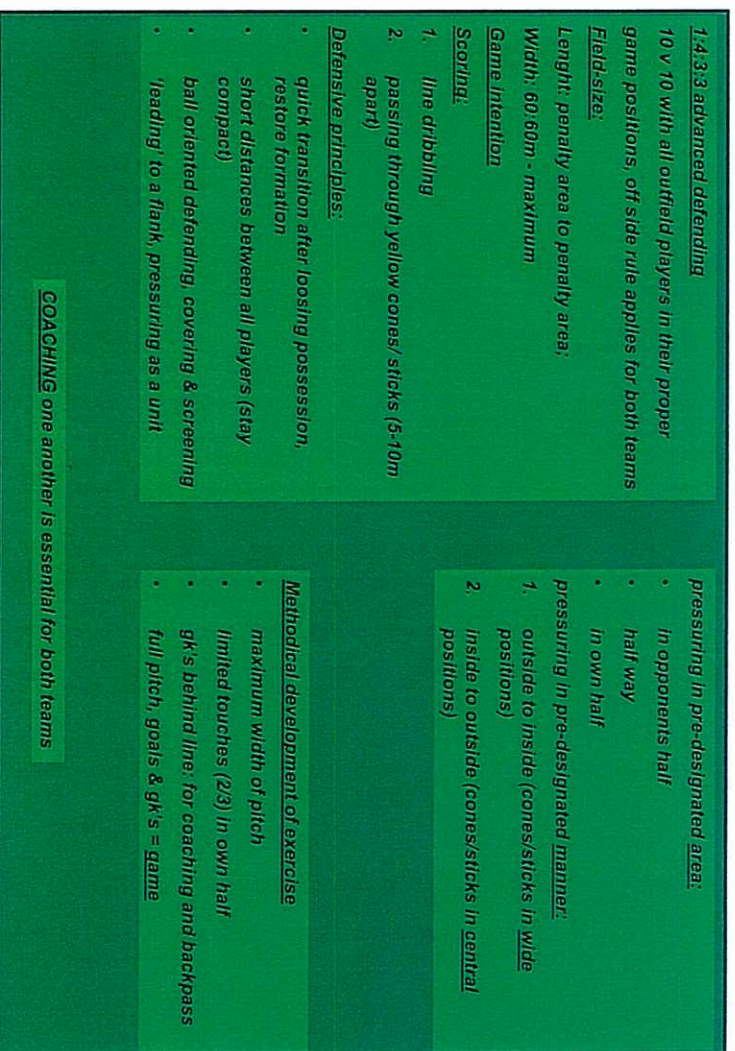
8 v 7 + gk

formation: 2-3-3

Methodical development of exercise:

- 8 v 7 + goalkeeper
- Regular exchange between yellow midfielders 16 & 18 and blue midfielder 6 & 8

COACHING one another is essential for both teams



1.4:3:3 advanced defending

10 v 10 with all outfield players in their proper game positions, off side rule applies for both teams

Field-size:

Length: penalty area to penalty area;

Width: 60-60m - maximum

Game Intention

1. line dribbling
2. passing through yellow cones/ sticks (5-10m apart)

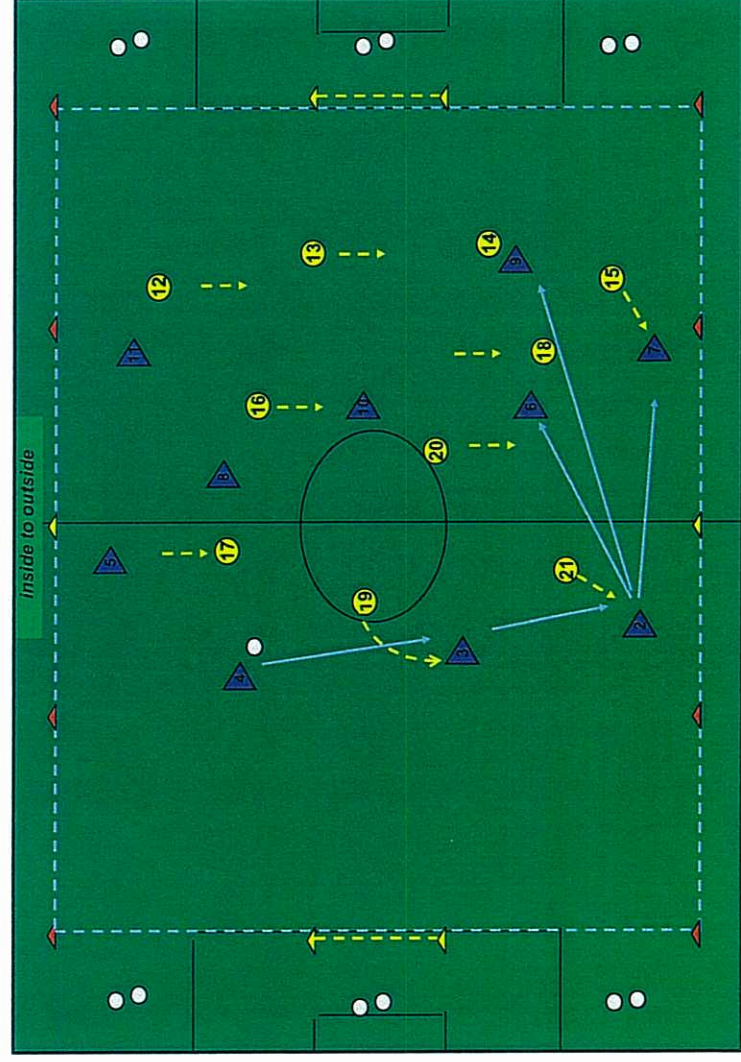
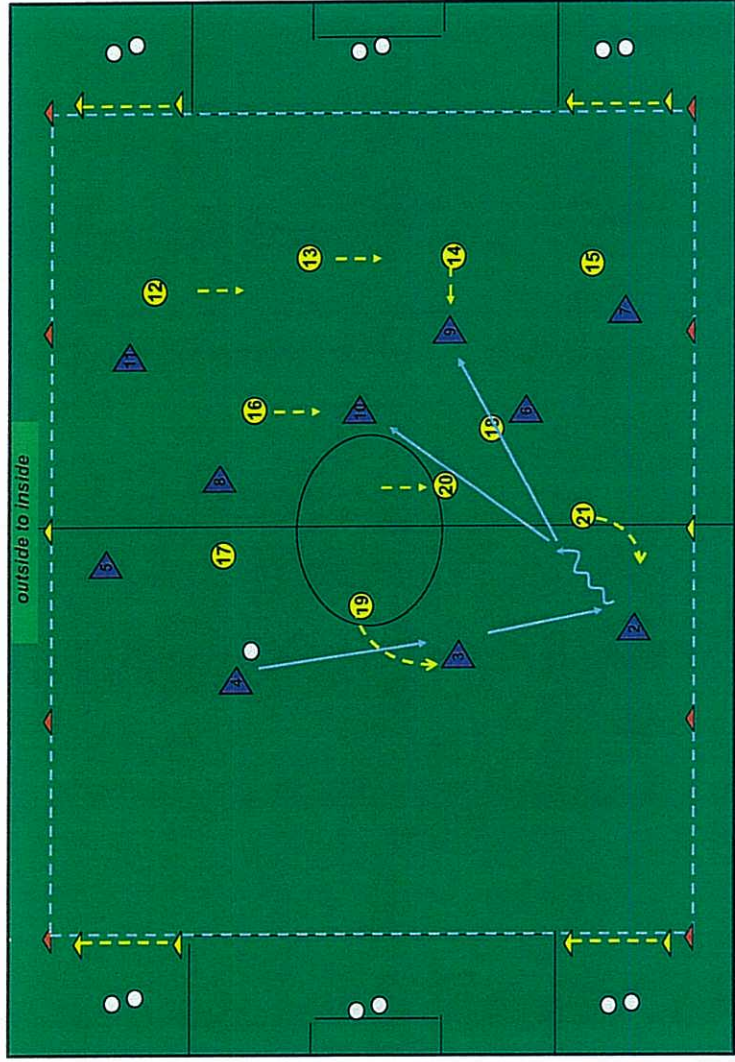
Defensive principles:

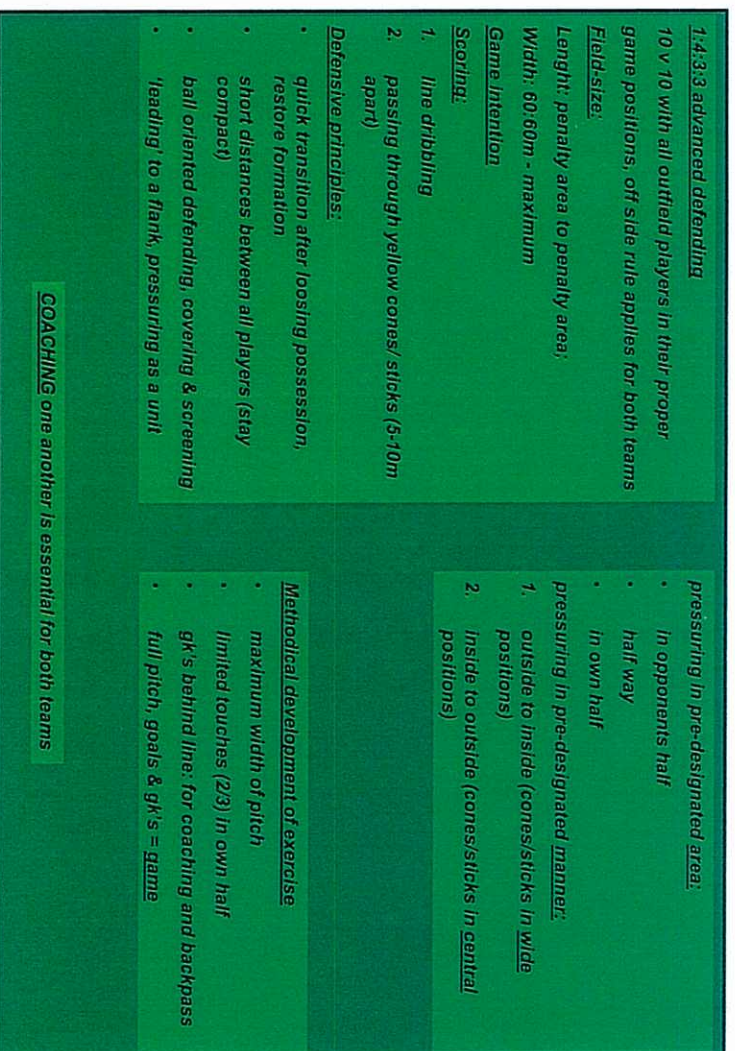
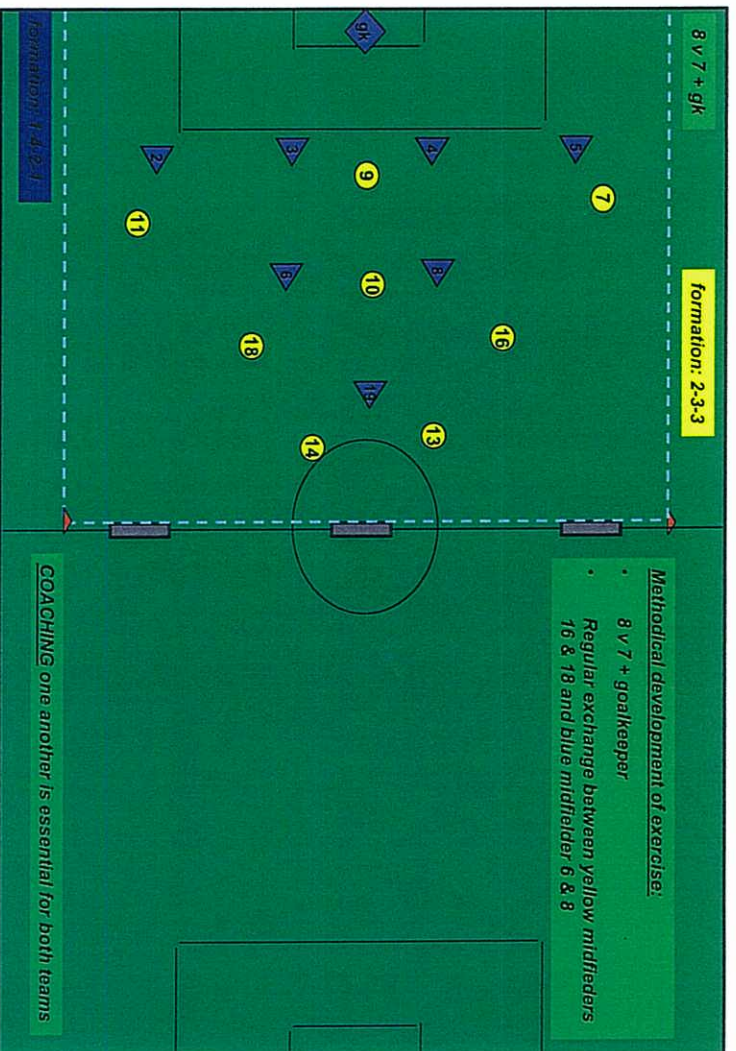
- quick transition after loosing possession, restore formation
- short distances between all players (stay compact)
- ball oriented defending, covering & screening
- leading to a flank, pressuring as a unit

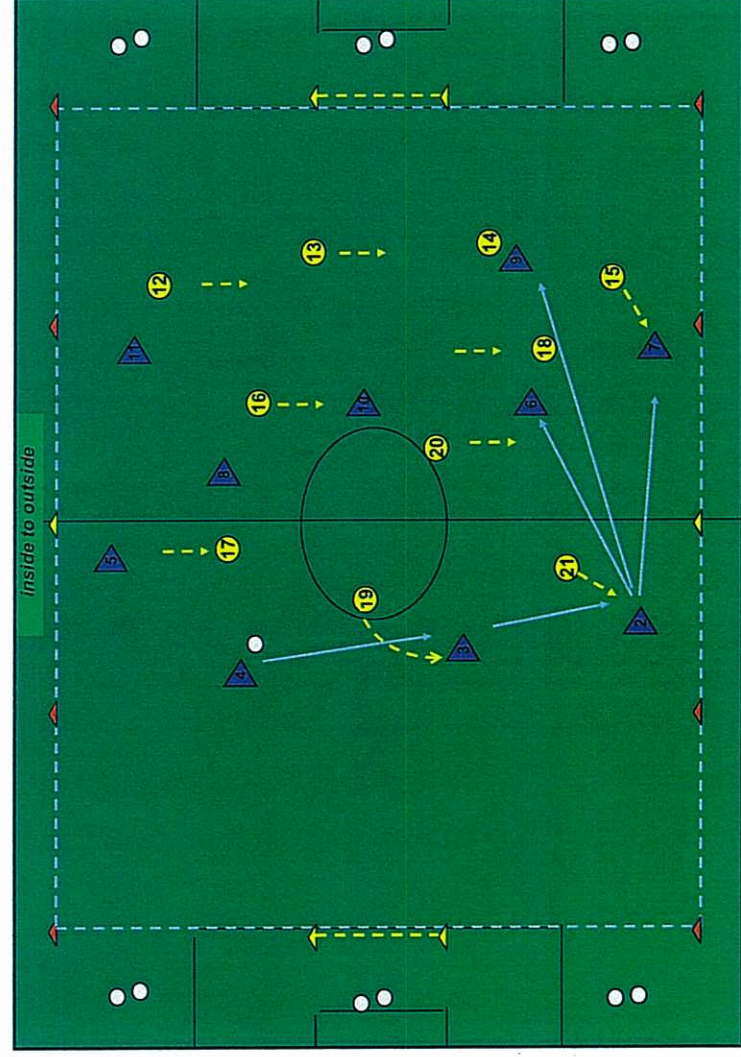
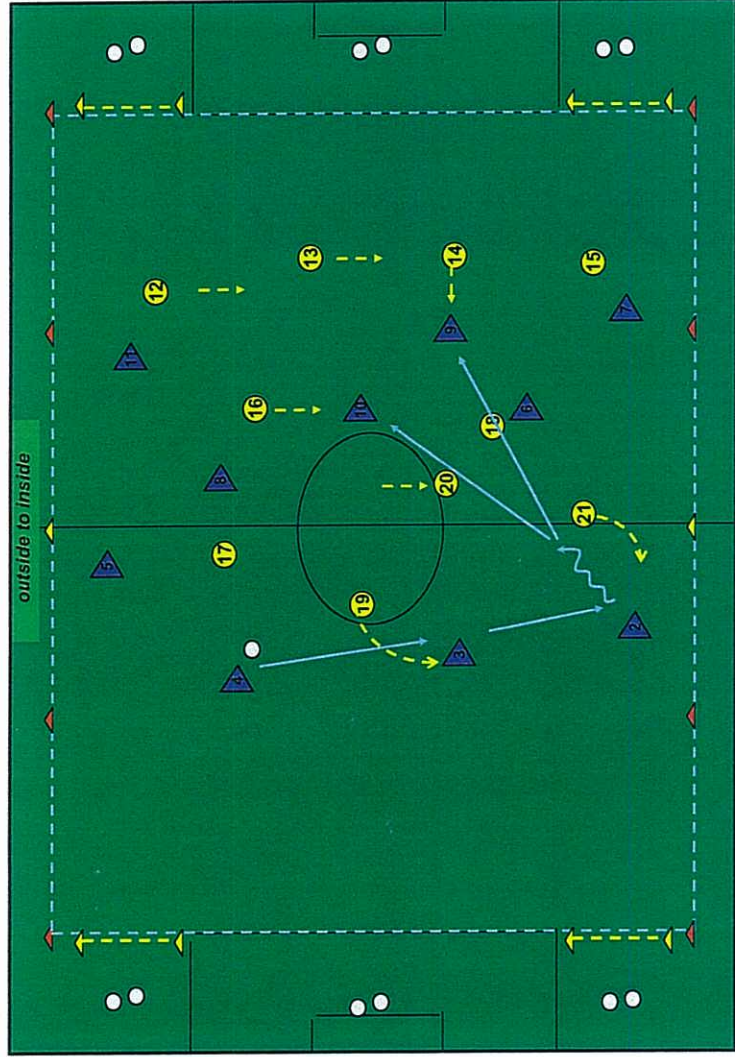
Methodical development of exercise

- maximum width of pitch
- limited touches (2/3) in own half
- gk's behind line: for coaching and backpass
- full pitch, goals & gk's = game

COACHING one another is essential for both teams









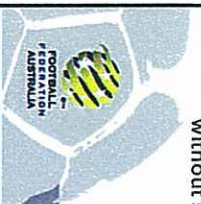
1-4-3-3 Training Games

Training Games

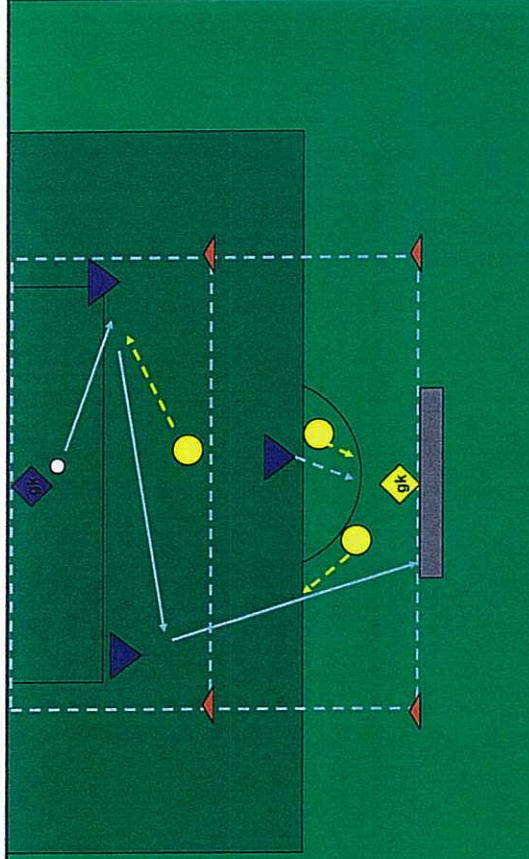
Training Games should be on every sessions 'menu', preferably at the conclusion.

In Training Games all Main Moments of Football (defending; building up; attacking / scoring & transitioning) are included but one or two could be emphasized and the players are tested with all game specific resistances present.

In Training Games there should be a minimum of 'Coaching Stops' (preferably non). The Coach should mainly be refereeing the game and give instructions without stopping the game.



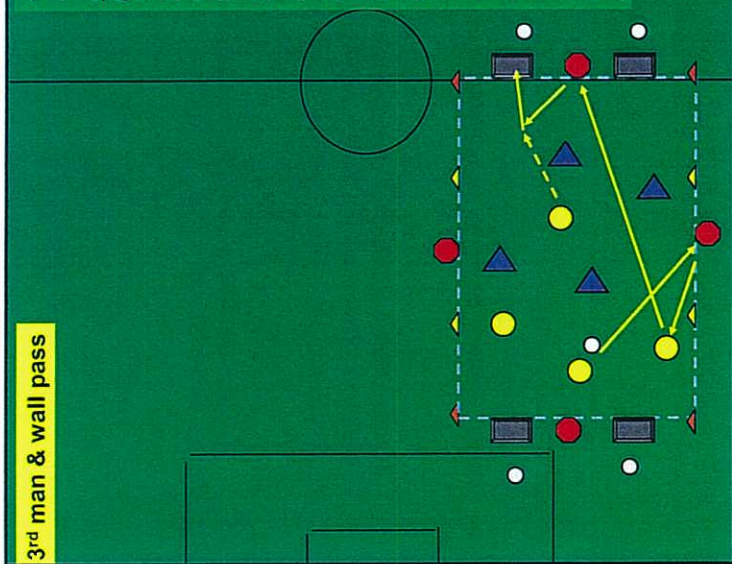
hing



Game: 3 v 3 on a 20:20 m. field (divided into two equal halves) with 2 goals + goalkeepers
Game development: 2 blue outfield players + gk v 3 v 1 till one of the outfield players has a shooting opportunity. If the yellow player wins possession he can make an individual action trying to score or play back on the yellow players in the other half

Game intention: Improving shooting & finishing; handling-speed
Methodical development:
 • Limited touches
 • Limited time to undertake an attempt
 • 3 v 2 + gk's

3rd man & wall pass



Game: 4 v 4 with 12 players (4 walls) in rectangle 20:30 m. with 4 small goals on the by-lines.
Game development: 4 v 4, team in possession tries to score and can use all 4 walls (8 v 4).

Rotating the teams after 3 minutes or after each score: scoring team stays, other team goes off.

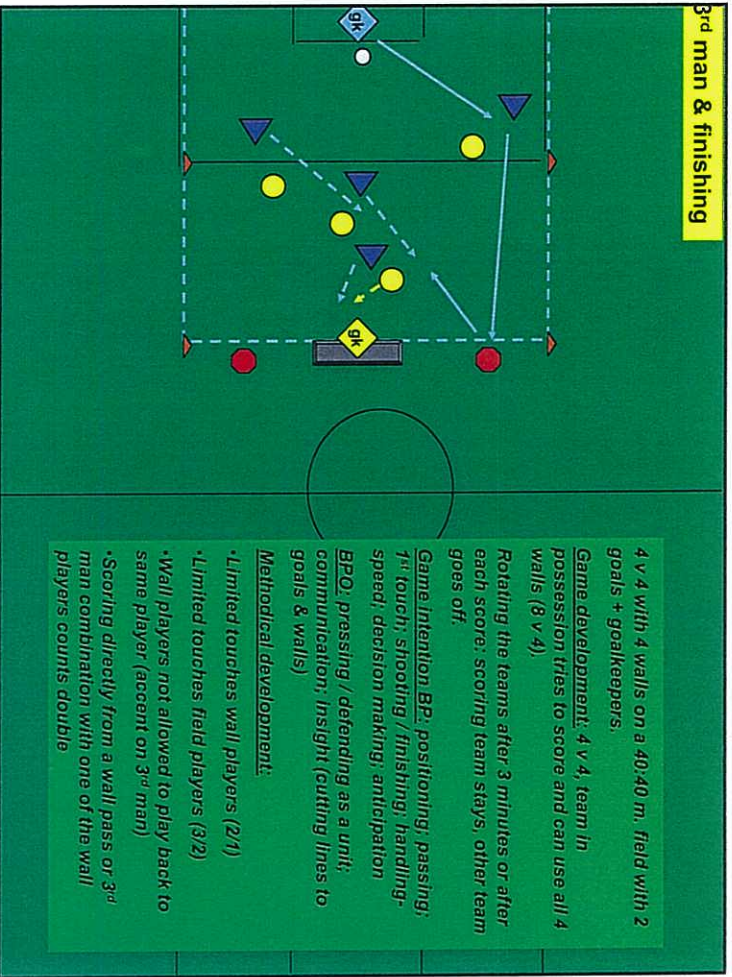
Game intention: BP; positioning; passing; 1st touch; handling-speed; decision making; anticipation

BPO: pressing / defending as a unit; communication; insight (cutting lines to goals & walls)

Methodical development:

- Limited touches wall players (2/1)
- Limited touches field players (3/2)
- Wall players not allowed to play back to same player (accent on 3rd man)
- Scoring directly from a wall pass or 3rd man combination with one of the wall players counts double

3rd man & finishing



4 v 4 with 4 walls on a 40:40 m. field with 2 goals + goalkeepers.

Game development: 4 v 4, team in possession tries to score and can use all 4 walls (8 v 4).

Rotating the teams after 3 minutes or after each score; scoring team stays, other team goes off.

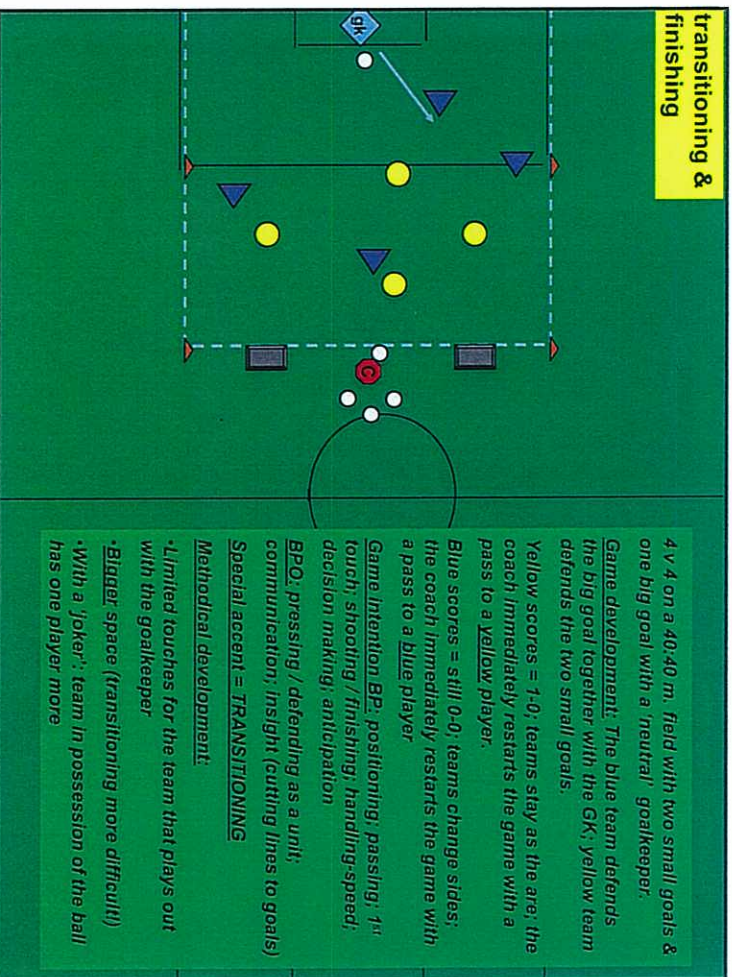
Game intention BP: positioning; passing; 1st touch; shooting / finishing; handling-speed; decision making; anticipation

BPO: pressing / defending as a unit; communication; insight (cutting lines to goals & walls)

Methodical development:

- Limited touches wall players (2/1)
- Limited touches field players (3/2)
- Wall players not allowed to play back to same player (accent on 3rd man)
- Scoring directly from a wall pass or 3rd man combination with one of the wall players counts double

transitioning & finishing



4 v 4 on a 40:40 m. field with two small goals & one big goal with a 'neutral' goalkeeper.

Game development: The blue team defends the big goal together with the GK; yellow team defends the two small goals.

Yellow scores = 1-0; teams stay as the are; the coach immediately restarts the game with a pass to a yellow player.

Blue scores = still 0-0; teams change sides; the coach immediately restarts the game with a pass to a blue player

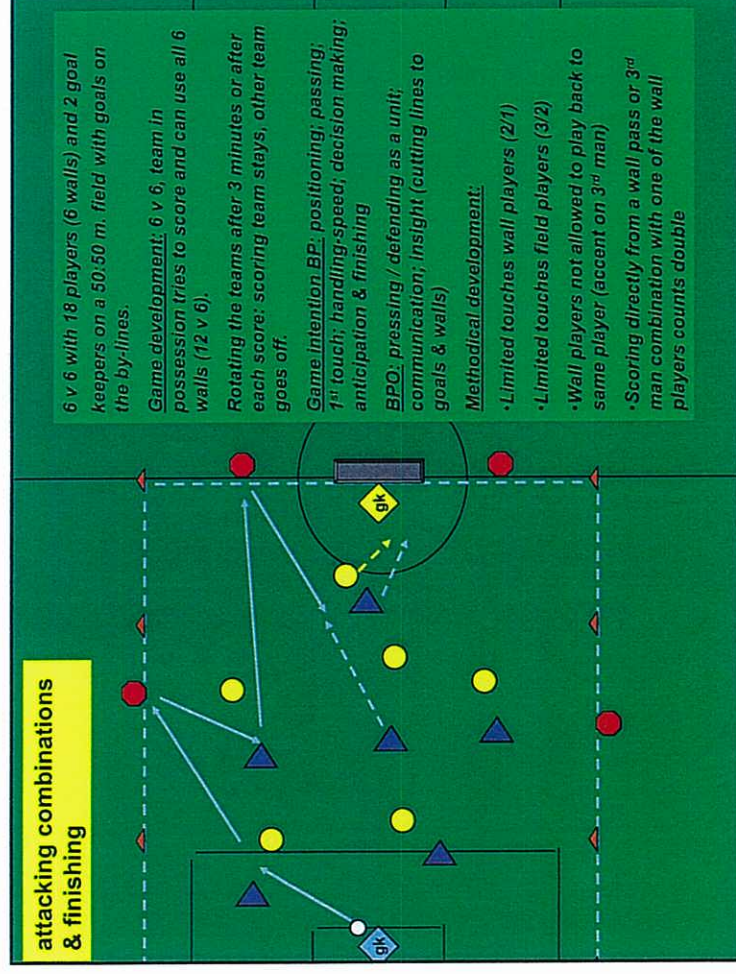
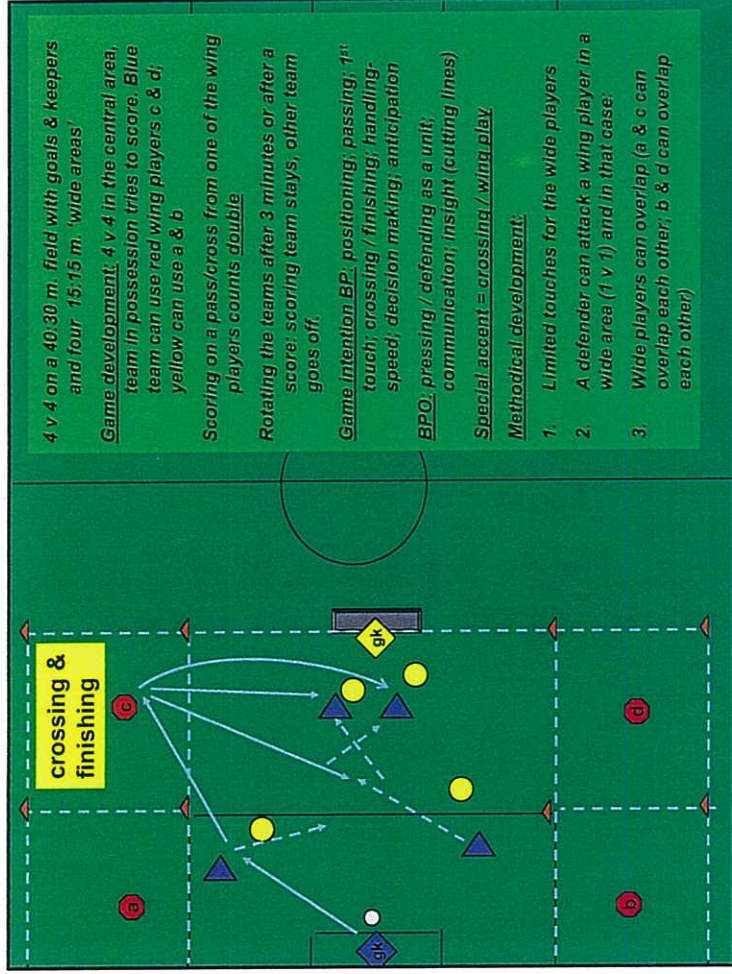
Game intention BP: positioning; passing; 1st touch; shooting / finishing; handling-speed; decision making; anticipation

BPO: pressing / defending as a unit; communication; insight (cutting lines to goals)

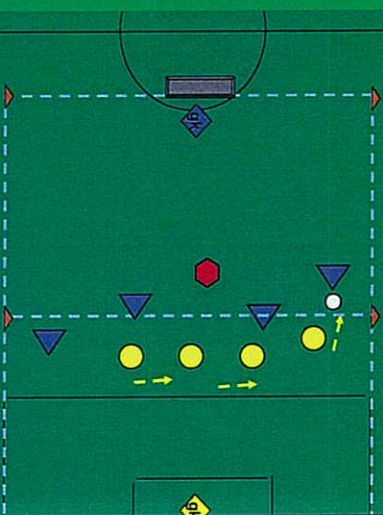
Special/accents = TRANSITIONING

Methodical development:

- Limited touches for the team that plays out with the goalkeeper
- Bigger space (transitioning more difficult)
- 'With a 'joker': team in possession of the ball has one player more



Attacking with numerical superiority / defending with numerical minority



5 v 4 (4 v 4 + 'joker') on a 40:40 m. field with 2 goals +goalkeepers.

Game development: 4 blue players + the (red) 'joker' try to beat 4 yellow defenders and score in the 'yellow' goal. When yellow wins the ball the 'joker' joins the yellow team and yellow tries to score in the blue goal!

Off-side applies!

Game intention: ball oriented defending and backing up / covering each other. Leave the 'less dangerous' opponent unmarked.

Off-side rule is indispensable to realise the purpose!

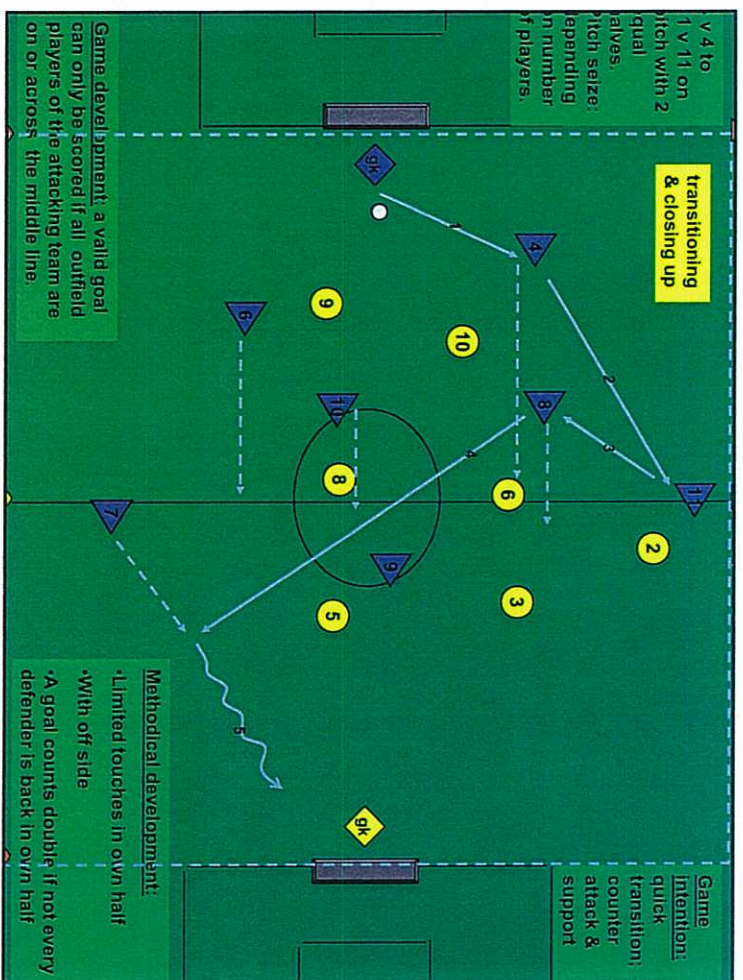
Methodical development & variations:

Wider pitch (larger spaces to defend)

Scoring-attempt withinseconds

Not allowed to play the ball back to 'own' half

Game intention:
quick transition; counter attack & support



transitioning & closing up

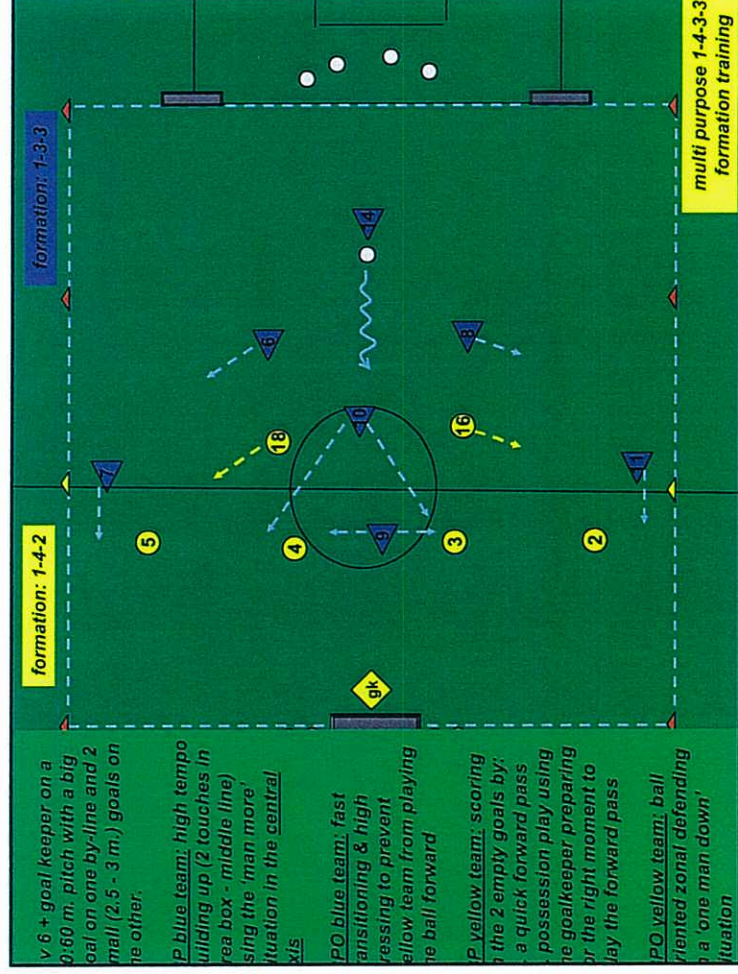
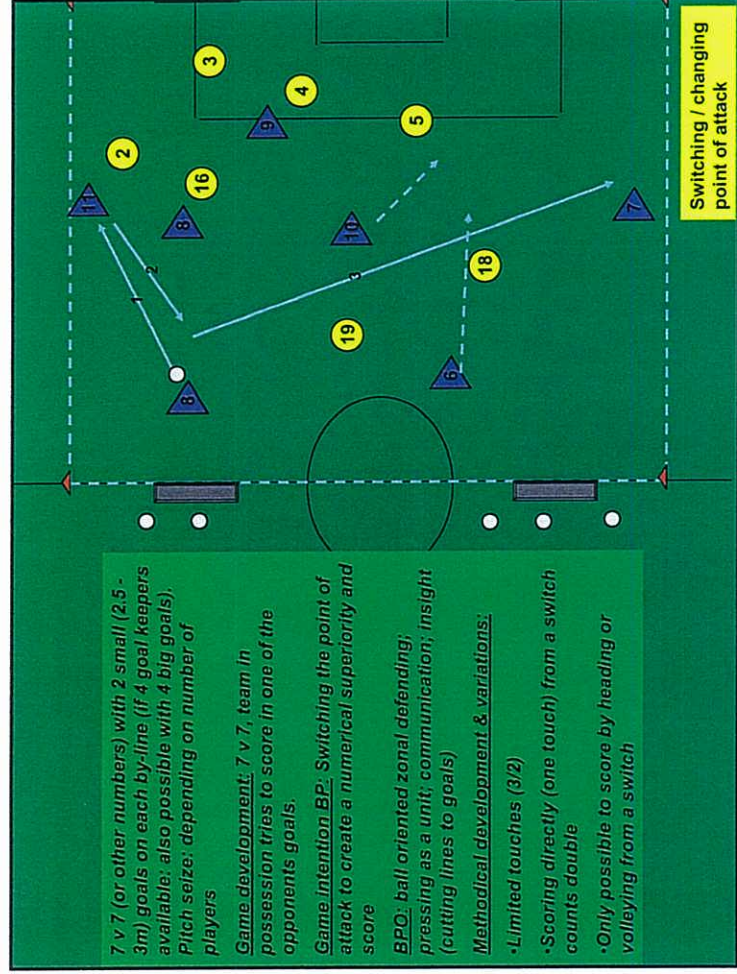
1 v 4 to 1 v 11 on pitch with 2 goalkeepers.
Pitch seize: depending on number of players.

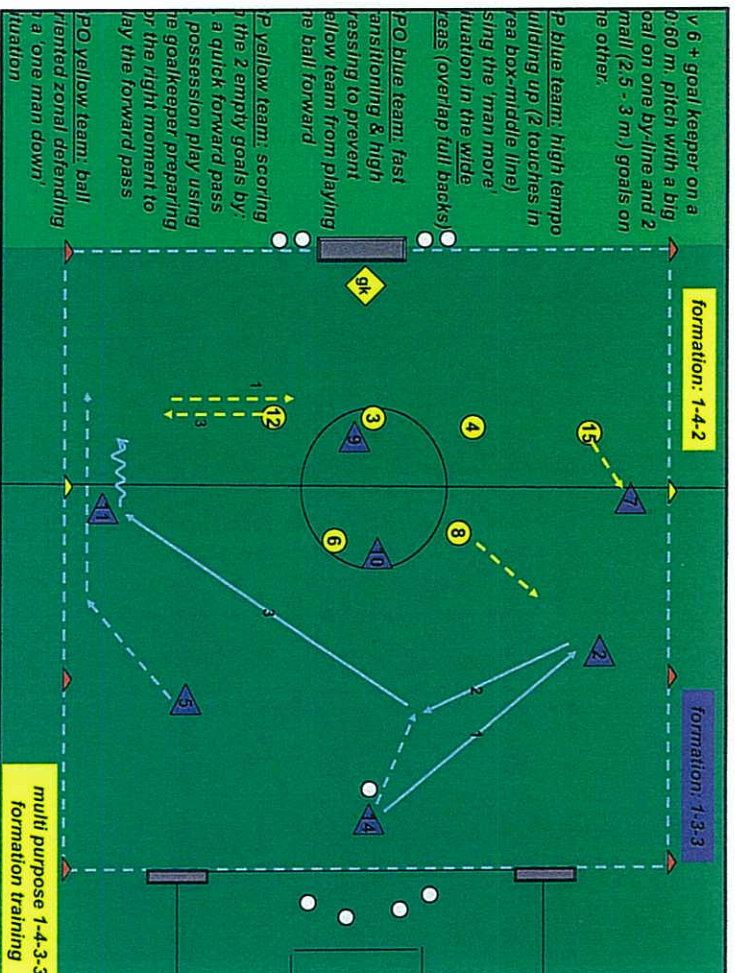
Methodical development:

- Limited touches in own half
- With off side

• A goal counts double if not every defender is back in own half

Game development: a valid goal can only be scored if all outfield players of the attacking team are on or across the middle line.





8 v 7 with goal keepers, goals on the 18 yard lines and a 'forbidden area' (20 m.) in the half of the team that has 8 players

Game development: 8 v 7, team in possession of the ball tries to score. For the team with 8 outfield players it's not allowed to defend in the 'forbidden area',

Game intention is different for both teams; see the respective columns.

Methodical development & variations:

- 2 touches on own half (including 'forbidden area'); unlimited touches in attacking half for the blue team (8 players)
- Increase / decrease size of 'forbidden area' with 7; yellow with 8)

Formation: 1-2-3-3
 "Must win attacking play against very defensive opponent!"

BP:

- Open up, make the field 'big'
- High tempo precise passing
- Fast change of direction
- Decisive attacking actions in tight areas

BPO:

- Immediate pressing in opponents half (do not allow to 'escape')
- Use of off-side 'trap'
- Goal keeper to play as 'sweeper'
- No defending allowed in forbidden area

Formation: 1-4-2-1
 "Organized defending under heavy pressure & counter attacking"

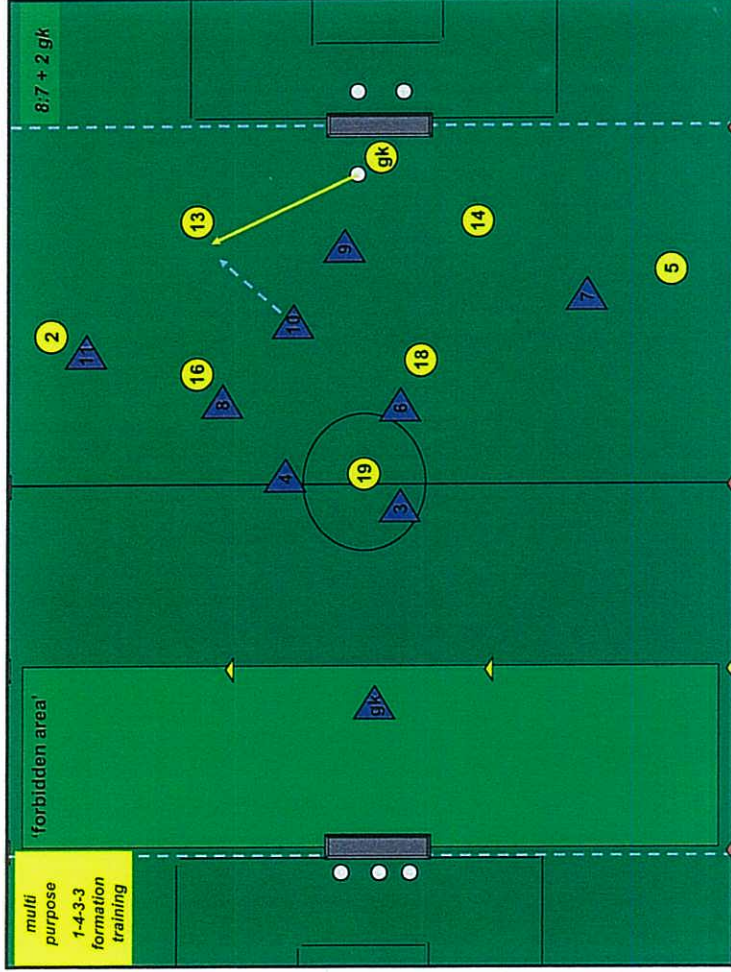
BPO:

- Quick transition
- Drop back, reduce spaces
- Compact lines
- Keep formation intact
- Ball oriented (zone) defending in a 'one man down' situation

BP:

- Quick transition, make the field 'big'
- Look for a forward pass as the first option (counter attack)
- Use the goalkeeper as the 8th outfield player (but avoid unwarranted risks)

multi
purpose
1-4-3-3
formation
training



8,7 + 2 gk

forbidden area