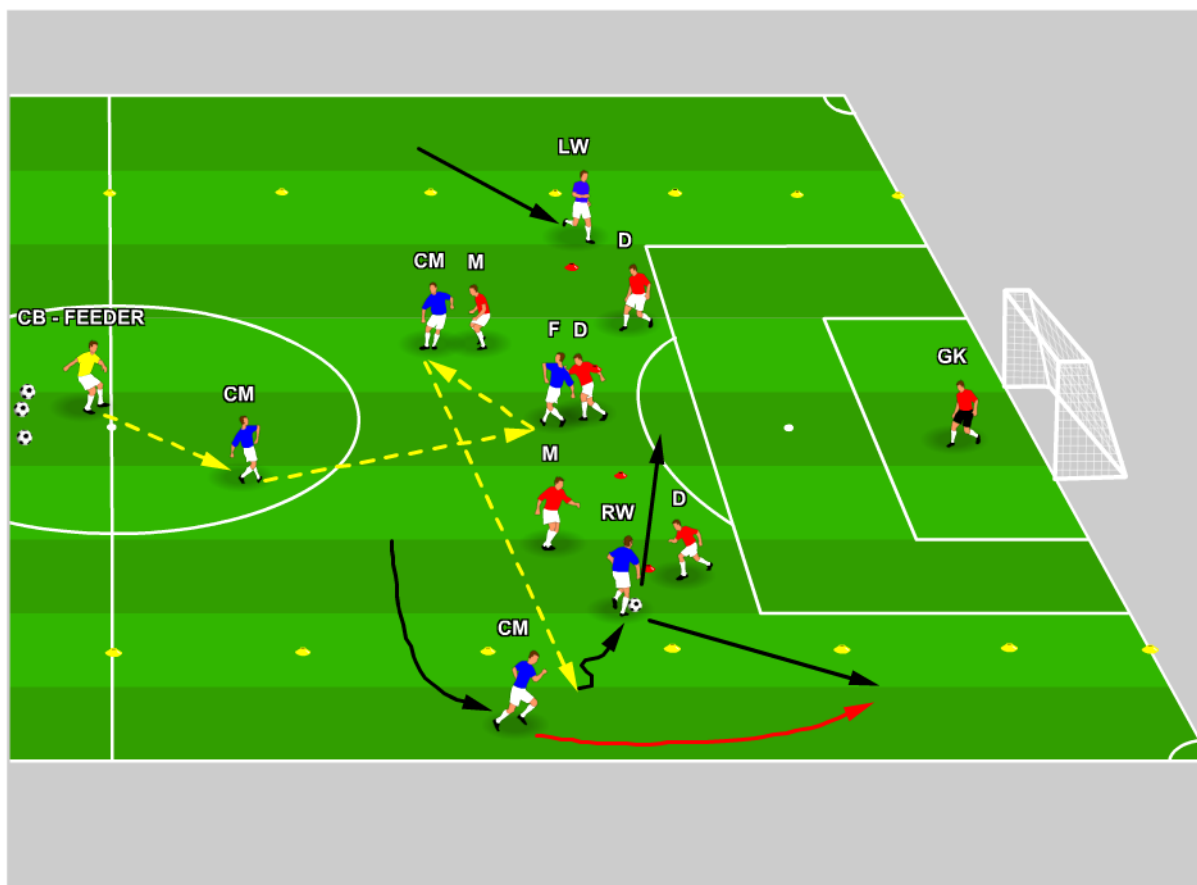


Coaching the 4-3-3 Attacking DVD - Movement, Runs and Options



Date:	11 Jan 2011	Measurement:	Half Pitch
Time:	-	Players:	13+
Duration:	-	Level/Age Group:	U11+

Description: The team are arranged with 3 CMs - 1 plays a holding role while the other 2 play higher up. LW, RW and CF. At first the team go through various unopposed patterns of play before adding 5 opponents. This attack starts with FEEDER playing to the holding CM who then plays into the forward who sets back to one of the advanced CM who passes first time to either LW or RW. The Winger dribbles inside to create 2 options, play to the CF or play outside to the overlapping CM.

Objective: To develop attacking plays and options in the 4-3-3 formation.

Coaching Points:

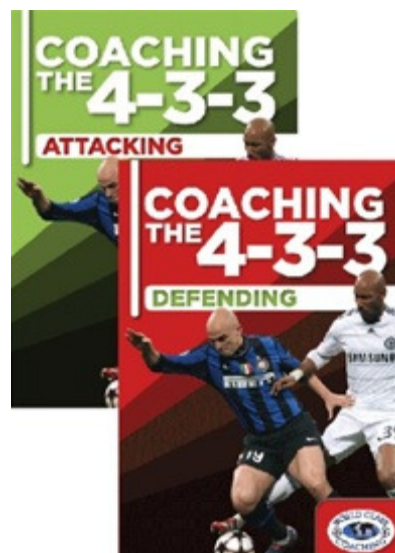
1. Correct body shape with the ball and without
2. If needed, create space before receiving the ball
3. Pass to teammates to the correct side
4. Timing of runs and finishing of goal is important

Progression:

1. Attack both sides left and right
2. See Coaching the 4-3-3 Attacking for more attacking plays

This Practice was taken from Coaching the 4-3-3 Attacking and Defending DVD Combo

These DVDs break down the 4-3-3 from an Attacking and Defending standpoint. They take a look at the responsibilities of the back four, midfield three and the three attackers in both attacking and defending situations. They explain the roles of each unit and show exercises you can use to train your team to understand the responsibilities that are important needed when playing the 4-3-3 formation.



Purchase the DVDs

Rest of the World Shop:

<http://shop.soccertutor.com/Coaching-the-4-3-3-DVD-Set-combo-p/wcc-d4120.htm>

US and Canadian Shop:

<http://shopusa.soccertutor.com/Coaching-the-4-3-3-DVD-Set-combo-p/wcc-d4120.htm>

Diagrams were created using www.SoccerTutor.com Tactics Manager Software

<http://www.soccertutor.com/tacticsmanager>