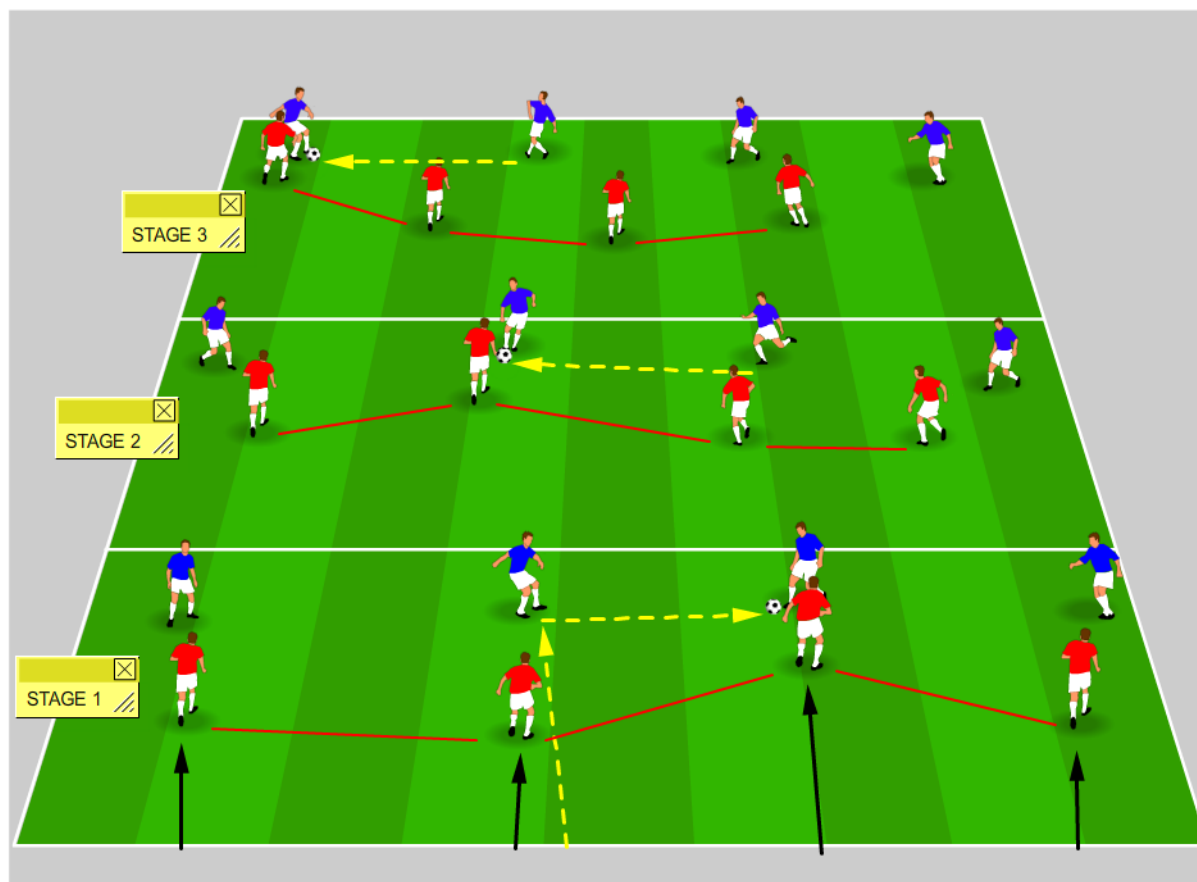


## Coaching the 4-3-3 Defending - Defensive line Shape and Positioning



**Date:** 11 Jan 2011

**Measurement:** 40 x 20

**Time:** -

**Players:** 8

**Duration:** -

**Level/Age Group:** U11+

**Description:** STAGE 1 - One RED defender passes the ball to one of the BLUE attackers whose objective is to keep the ball. The defender's objective is to win the ball. The nearest player goes to ball, the other players drop off like a triangle shape. STAGE 2 - players adjust their positioning in the same triangle shape. STAGE 3 - nearest player goes to ball with body shape forcing the play inside. The 3 defenders form support and cover positions similar to a CHECK MARK. The end defender is not too tight or too deep.

**Objective:** To develop the defensive line shape and positioning in the 4-3-3 team formation

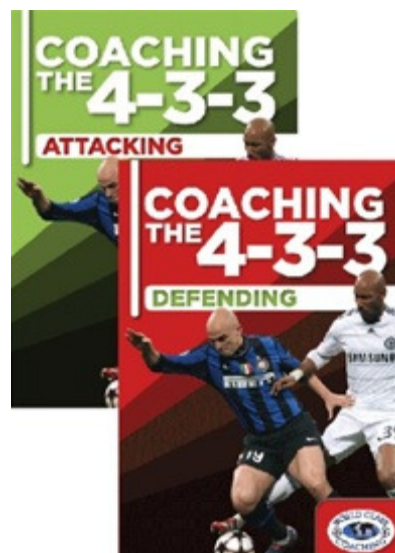
**Coaching Points:**

1. Nearest player goes to ball
2. Other players drop off to cover and support so not vulnerable to pass in behind
3. Adjust body shape to forcing play back inside - back 4 form a check mark shape
4. Furthest end player should be in a position not too close to attacker but not too deep either. This way he can intercept a pass should it be switched

**Progression:** Progress to half-field phase of play.

# **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](http://www.SoccerTutor.com) Tactics Manager Software**

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