Coaching the Dutch 4-3-3 - Training the 3 Forwards

Date: 11 Jan 2011       Measurement: Third of Pitch
Time: -                Players: 7
Duration: -             Level/Age Group: U8+

Description: 3 supporting players play inside 3 gates positioned left, right and centrally. The 3 forwards play against 3 defenders. The ball is played from the central player into one of the forwards who's objective is to finish on goal, by beating player 1v1 or interplay. If the 3 forwards need support then they should look for support from the 3 supporting neutral players.

Objective: To develop the 3 forwards in the 4-3-3 formation

Coaching Points:
1. Forwards should create space and lose their marker before receiving the ball
2. If a wide forward is isolated 1v1 then should look to beat the defender every time
3. If chance to shoot, take it.
4. Focus of quick, aggressive and direct play

Progression: 1. Move the 3 gates back 10 yards and the wide left and right supporting players can be introduced for an overlap or to deliver the ball for forwards.

Created using SoccerTutor.com Tactics Manager | © SoccerTutor.com Ltd. 2001 - 2010 All Rights Reserved
This Practice was taken from Coaching the Dutch 4-3-3 Book

This book explains how the 4-3-3 is played, why it is so successful and why it is the formation of choice for Dutch teams and many others. Author Robert Podeyn explains the roles and responsibilities of the defenders, midfielders and forwards both in attacking and defending situations. He describes many practices that he has used and observed during his coaching experiences in the Netherlands that will show you how to train your team to play using the 4-3-3 formation. These practices start with technical skill drills and progress to functional training by position.

Purchase the Book

Rest of the World Shop:

http://shop.soccertutor.com/Coaching-the-Dutch-4-3-3-p/wcc-b1070.htm

US and Canadian Shop:

http://shopusa.soccertutor.com/Coaching-the-Dutch-4-3-3-p/wcc-b1070.htm

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

http://www.soccertutor.com/tacticsmanager