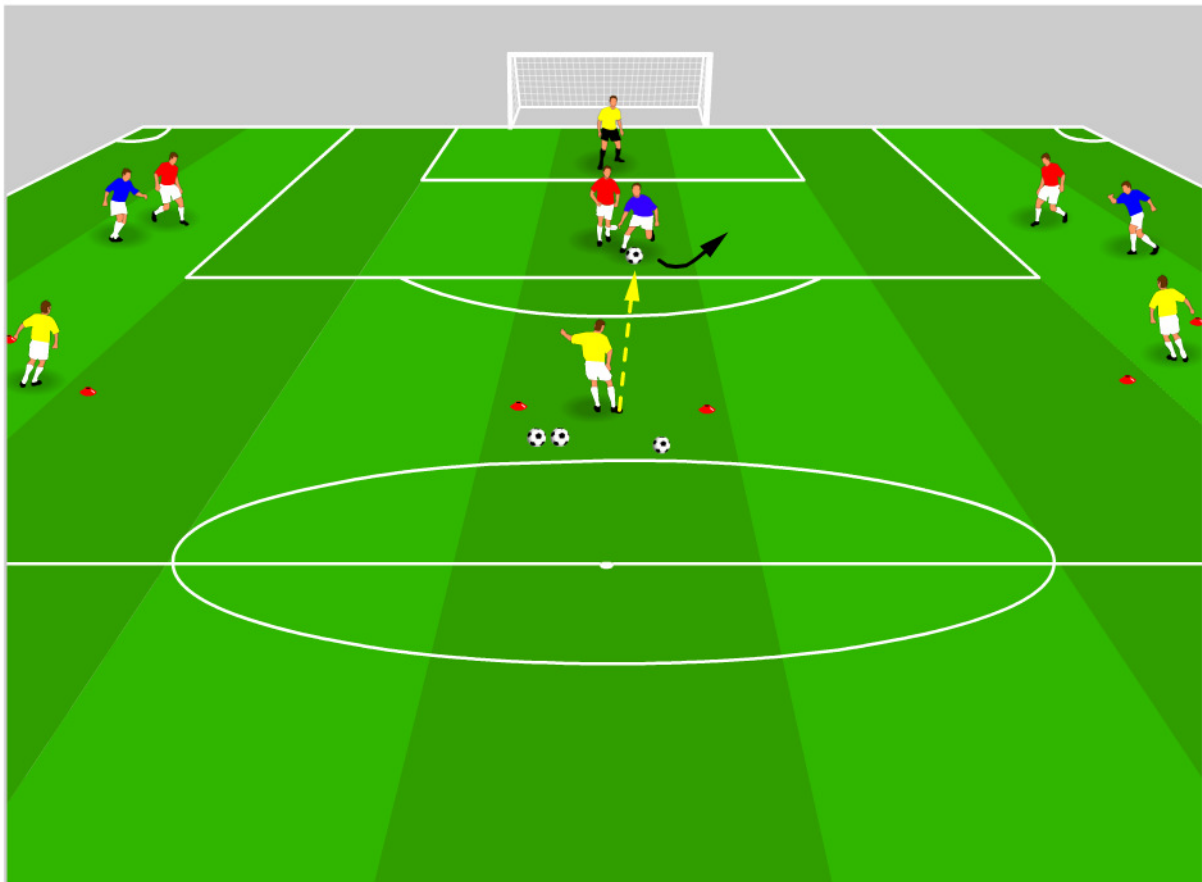


## Coaching the Dutch 4-3-3 - Training the 3 Forwards

**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

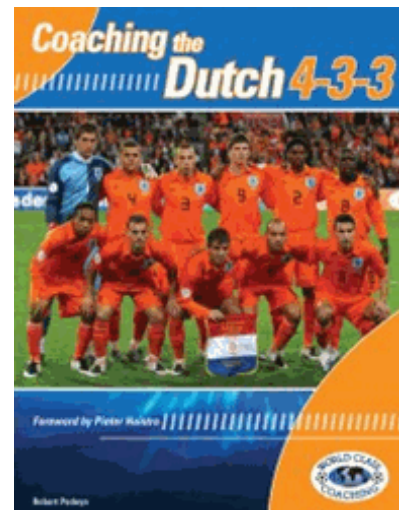
**Coaching Points:**

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.

# **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>

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