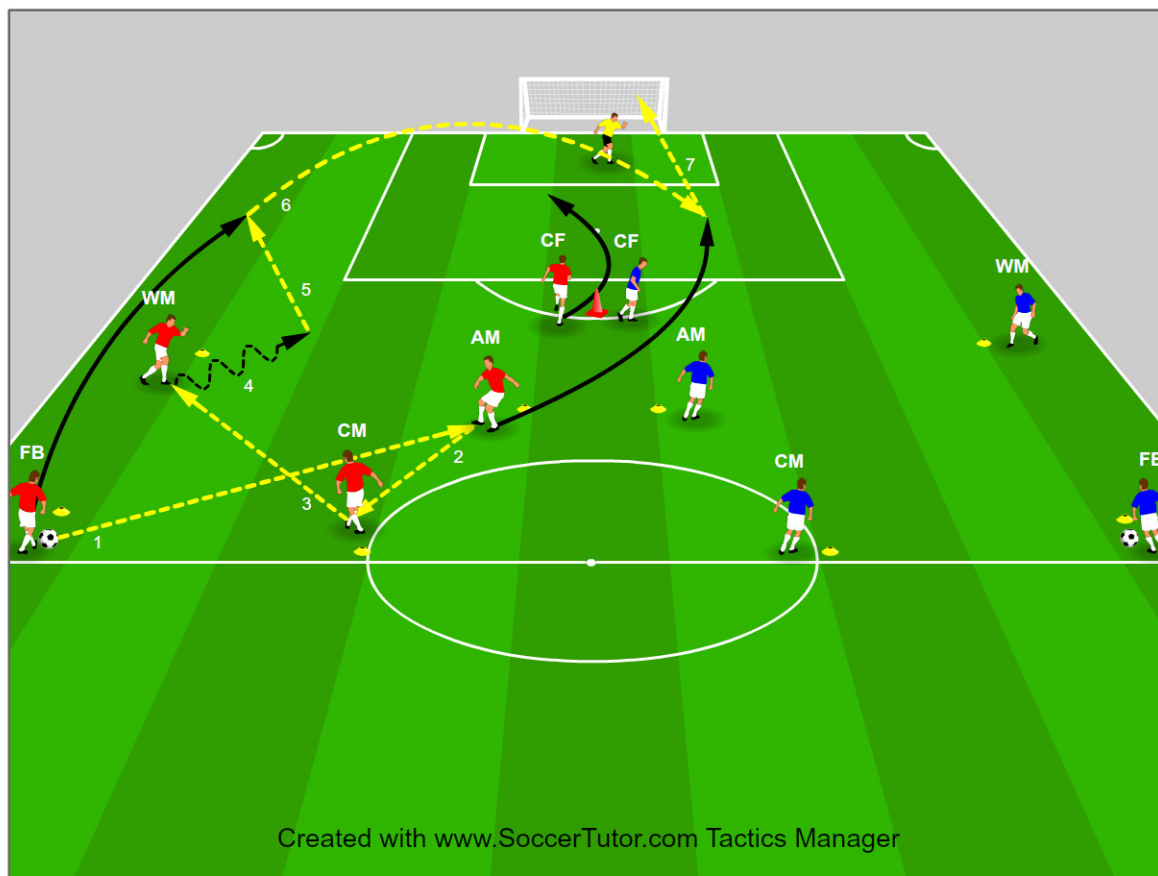


Crossing and Finishing in the 4-2-3-1



Date:	29/Jan/2013	Measurement:	Half a Pitch
Time:	N/A:N/A	Players:	11
Duration:	25	Level/Age Group:	U11 - 18+

Description: Five player movement involving the FB, CM, WM, and CF.

FB passes in AM who passes back to CM, AM makes way into the box. CM passes diagonally into the winger, who has the FB overlapping. Winger cuts inside then passes wide into the overlap to cross to the AM and CF (both players in line with the cross)

Objective: To develop attacking, crossing and finishing within the 4-2-3-1 formation.

Coaching Points:

1. Weight of passes to allow 1 touch play
2. Speed and timing over overlapping runs
3. Timing and angle of the pass of the Full Back
4. Angle, height and speed of delivery - pick a player rather than hit an area.

Progression:

1. Add Full Back to press winger as he cuts inside
2. CM joins in the attack at the edge of the box for rebounds
3. Add defensive midfielder to track the run from the AM

Coaching the 4-2-3-1

Coaching the 4-2-3-1 shows you how coaches at the top level implement the formation, both in defense and attack. Packed with more than 30 training sessions and 150 diagrams, this book will show you how to train your team to play the ball wide, how to look for overlaps, when to penetrate the forward line and all the other aspects of playing this highly flexible formation successfully.



Purchase the book:

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