



YOUTHTOPROSOCCER



4-3-3

EXERCISES AND SESSIONS BOOKLET

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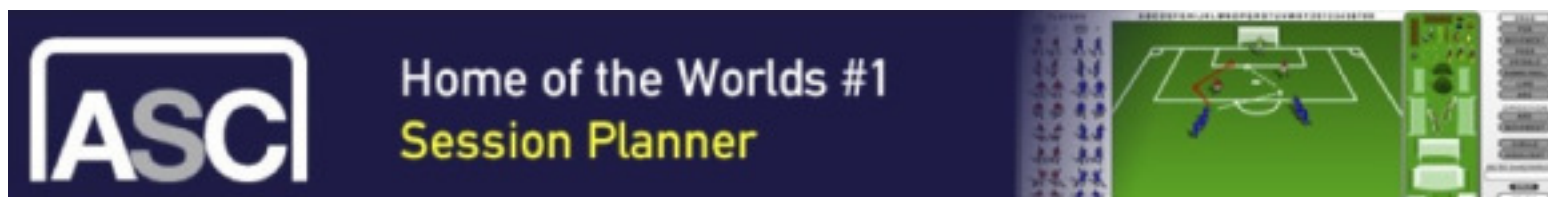


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4-3-3 SYSTEM OF PLAY

TEAM DEFENDING PRINCIPLES

If a mistake is made on attack an opportunity is lost. If a mistake is made on defense a game may be lost. Therefore it is critical solid defense will be a key to your success. In order to understand team defending, meaning all players are working together to defend.

A) PRESSURE the ball. The first step is to always apply immediate pressure on the ball. This does not mean diving in but closing down the players space on the ball.

B) COVER off the ball. The defense must move as one, providing support and coverage for one another. The primary thing to remember here is to have a good shape, being **BALANCED**. The main principle here is to not ball watch, cover dangerous space and keep an eye on your opponent while adjusting.

C) COMPACT in the center of the field. When the team closes down the center of the field and have no gap's between player's it is very difficult for opponents to penetrate and attack the dangerous space.

D) DELAY the attack. You don't always have to immediately win the ball. After attacking the space, to keep opponents from moving forward sometimes it is best to stall their progress and wait for your team to get into defensive shape. When your team has an attack delayed in a one-on-one situation another team member should move in as a second defender to attack the ball.

E) EACH PLAYER MARKED Every defender should know where every attacking player is at all times. The primary thing to make this happen is constant communication.

F) FALL BACK Every player is a defender when the opposition has the ball. If players are tired after an attack first sprint back to goal-side of opposition to rest; they shouldn't allow attackers to win the ball in front of them. When one defender steps up to play the ball other defenders should not remain square, but immediately drop to support. This is also known as **DEPTH** in the defense.



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ATTACKING PRINCIPLES

To make all components of the attack work your team needs know what to do depending on where in the field they are. Though every situation will require different needs, it is helpful to think of the field in three parts.

DEFENSIVE THIRD (from the goal defending to about 20 yards beyond the penalty box)

When your team has the ball in your defensive end the main focus is **DISTRIBUTION**. Remembering that defensive mistakes lose games you want to get the ball out of the back quickly. As a team you want to avoid one-on one dribbling out of the back, avoid passes to the center of the field.

CENTRAL THIRD (about 20 yards on both sides of the midline)

In this third you want to focus on **PENETRATION**. However you need to decide when to **Penetrate** V's when to **Possess**. Deciding when to force the play when it is not on, but when you do have space in front of you, you want to penetrate forward. Good decision making on whether to penetrate or possess will help you be more effective.

Open up the defense and create the space for penetrating runs and passes.

ATTACKING THIRD (from 20 yards beyond the midfield to the goal line we are attacking)

In this area we want to focus on **CREATING OPPORTUNITIES TO FINISH**.

The four "S" WILL HELP CREATE OPPORTUNITIES TO FINISH

- **SPEED**
- **SPACE**
- **SUPPORT**
- **SURPRISE**

SPEED - On the ball the weight of the pass has to be good so it cannot be intercepted. Forward diagonal passes are key, to put the opponent on the back foot. Square passes slow the flow down and can be intercepted easily. When running with the ball this has to be at speed to suck a defender/s in to create the space for a pass to a team mate or create space for a team mates run. Movement off the ball is vital to speed the play up. Diagonal runs, overlapping runs, will help isolate defenders and create numbers up situations.



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SPACE – To create space players be constantly on the move. Every time a player moves they create another space for another team mate. When in possession the space should be created with spreading the field with width and depth. This will allow movement to happen and good supporting angles and distances.

SUPPORT – When the ball is played it is important that players support the play. Good angles and distance of support is vital to allow space and time to play the next pass, dribble, cross or finish.

SURPRISE – It is important that players *do not* become *predictable*. Robotic players can become very easy to break down. Being creative in the attacking third can always create opportunities to goal. If this means dribbling 1v1, striking from distance, playing a free kick or corner quickly to create a goal scoring opportunity.



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4-3-3 POSITION RESPONSIBILITIES

THE GOALKEEPER

DEFENSE

- 1) Be vocal in organizing the defense. The goalkeeper must see the full field and direct players where to go.
- 2) Make quick and confident decisions to come off the line for balls; come out strong for balls in the air and in one-on-one situations.
- 3) Agile feet and sure hands for shot stopping.

ATTACK

- 1) Accurate distribution – Diagonal distribution
- 2) Support defenders for balls back.
- 3) First thought to play short. If not on to play short play long and wide.

DEFENDERS – FULL BACKS

DEFENSE

- 1) Immediate pressure on the ball when outside forwards are in possession of ball.
- 2) Strong and confident tackles; no diving in.
- 3) Be compact to support central defenders and close down dangerous space.
- 4) Provide depth and balance on opposite side of attack; cover for other's mistakes.
- 5) Scan the field to make certain all players are marked; no ball watching!

ATTACK

- 1) Provide outlet support for goalkeeper and central defenders.
- 2) Quick and accurate distribution to target forwards.
- 3) Think like an outside midfielder to provide width and option for switching attack.
- 4) Push up on offensive restart opportunities.

CENTRAL DEFENDERS

DEFENSE

- 1) Must be in constant communication with one another; play as one.
- 2) Delay central attack; strong and decisive tackles when appropriate.
- 3) Immediate pressure on ball with the other in supportive space.
- 4) Stay compact in central, dangerous space.



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- 5) Cover for outside defenders if they are beat.
- 6) Be strong in the air to clear balls sent in high.

ATTACK

- 1) Quick and accurate distribution to outside defenders or target forwards.
- 2) Provide depth support for midfield.
- 3) Attempt to switch attacking sides of play when ball is played to the center.

DEFENSIVE MIDFIELDERS

DEFENSE

- 1) Deny the attack from entering center of the field.
- 2) Become a second defender supporting outside back delaying Forward.
- 3) Screening the forwards feet and denying penetrating passes in behind the defense.
- 4) Winning aerial balls in midfield and starting the attack from restarts

ATTACK

- 1) Dictating the speed of the game
- 2) The link from defense thru midfield to forwards
- 3) Covering for full backs when they join in the attack.
- 4) Staying connected to the other midfielders to create scoring opportunities.

ATTACKING MIDFIELD

DEFENSE

- 1) Immediate marking of opposing central midfield players.
- 2) Move in as second defender to assist central defenders delaying attack.
- 3) Mark area at top of the box for any outside shots or drops.
- 4) Win balls in the air to clear of dangerous space.

ATTACK

- 1) Provide immediate support from targets to transition to attack quickly.
- 2) Use combination play (give-and-go passes, take-over...) to create space in center of field
- 3) Switch side of attack when possible.



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4) Take shots from outside of the box

CENTRAL FORWARD

DEFENSE

- 1) 2nd defender pressure with other forwards.
- 2) Cover the “hole”, roughly halfway between penalty box and midfield, to win balls cleared by teams defense or dropped by opposite attack.
- 3) Communicate and organize defense from the attacking side.
- 4) Drop back to defend against restarts.

ATTACK

- 1) Play deep, off-shoulder to check back and receive as primary target.
- 2) Look to spin and get in behind.
- 3) Look for through runs past wing forwards for balls into space; look for quick switches to far-side wings.
- 4) Take outside shots to high corners to catch keeper off their line.
- 5) Go strong to the box to finish crosses and through balls.

WING FORWARDS

DEFENSE

- 1) When lose the ball get ‘goals side, ball side’ immediately
- 2) Apply immediate pressure on opposing defenders with the ball.
- 3) Front defenders to deny passes into the midfielders or forwards.

ATTACK

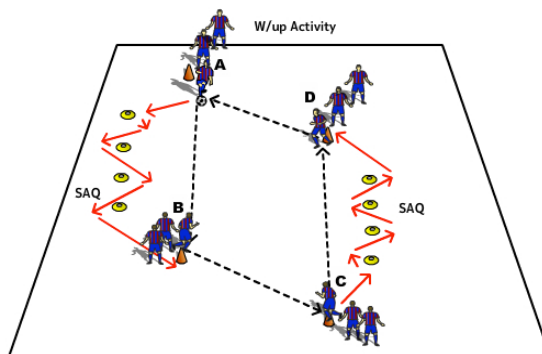
- 1) Near side support and runs off target player; far side runs for quick switches.
- 2) Provide outlet support to full backs.
- 3) Look to switch to far-side forward.
- 4) Take space on through runs, overlaps, and corner runs; avoid running in straight lines
- 5) Attack in the box to finish crosses and follow-up opportunities

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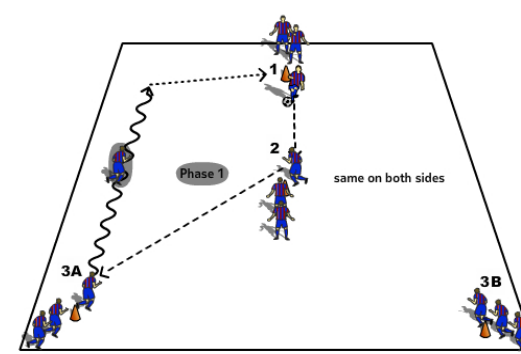


PASSING PATTERNS



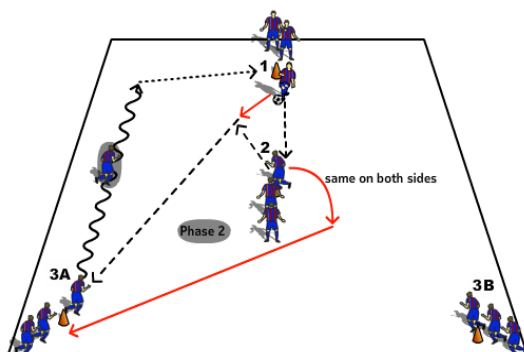
Passing pattern w/up (SAQ)

1. Player A plays to player B then goes to SAQ station.
 2. B receives, opens up and plays to C and follows pass.
 3. C receives and plays to D then goes to SAQ Station.
 4. D opens up and plays to A. Sequence rotates.
- *Can introduce dynamic stretches between stations.



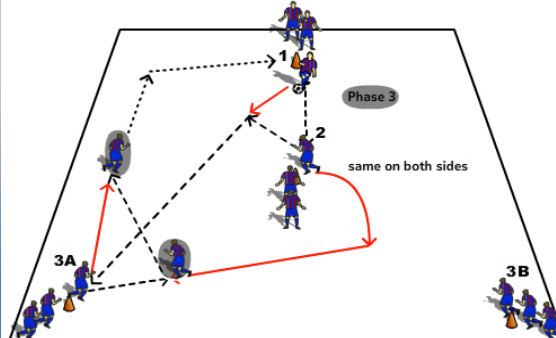
Y - Passing Pattern - Phase 1

- players check in to every ball
- weight of pass
- playing to correct foot to keep the **Flow**
- player 1 passes to 2 and follows pass.
- 2 opens up and plays a pass wide to 3. Encourage 2 to use front and back foot to open up.
- 3 good first touch of feet and controlled dribble.



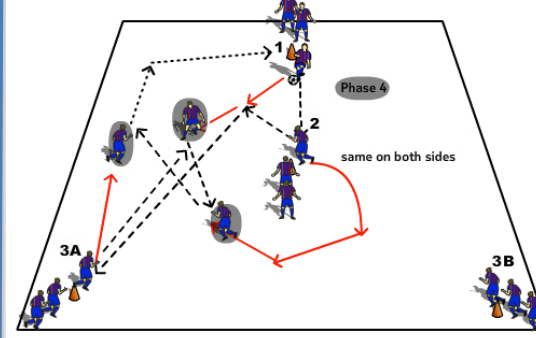
Y - Passing Pattern - Phase 2

- players check in to every ball
- weight of pass
- playing to correct foot to keep the **Flow**
- player 1 passes and moves to encourage next pass in correct direction.
- 2 lays off to 1 and spins. 1 then plays a pass wide to 3.
- 3 good first touch of feet and controlled dribble.



Y - Passing Pattern - Phase 3

- players check in to every ball
- weight of pass
- playing to correct foot to keep the **Flow**
- timing of run
- player 1 passes to 2 who lays off and spins.
- 1 plays a pass wide to 3. 3 then lays off to 2 who then passes the ball down the line to 3.



Y - Passing Pattern - Phase 4

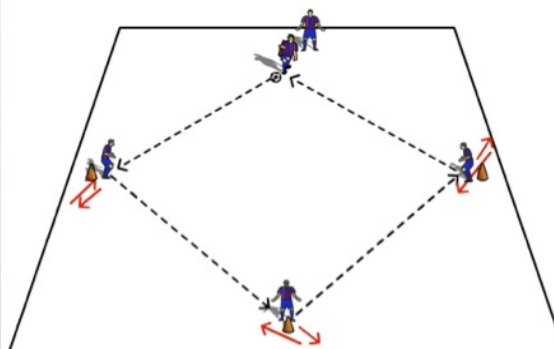
- players check in to every ball
- weight of pass
- playing to correct foot to keep the **Flow**
- timing of run
- player 1 passes to 2 who lays off and spins.
- 1 plays a pass wide to 3. 3 then passes back to 1. 1 then lays off to 2 who then plays the ball down the line to 3. (quick combination play - 3rd man run)

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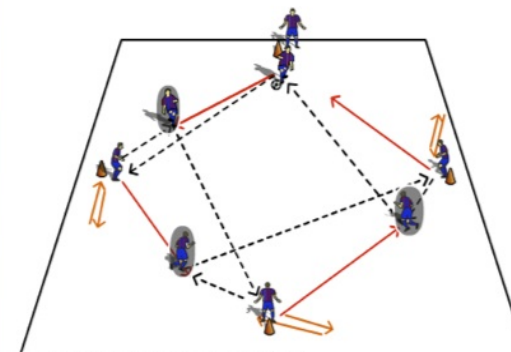
PASSING PATTERNS



Diamond Passing Patterns:

Ball starts where there are 2 players. Players pass and follow around the Diamond, players receiving opening up their bodies to keep the flow.

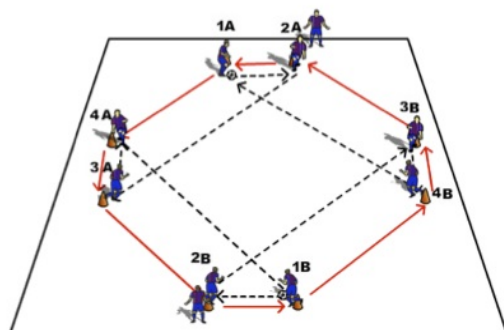
- weight of pass
- accuracy of pass
- players check out and checking in (movement to receive)
- *make sure players play both ways, working with both feet.



Diamond passing patterns: 'Long short long'

2 players start where the ball is. Player plays to the next player in the diamond then follows. Player receiving then lays off for the player that followed his/her pass to hit a diagonal pass to the next player in the diamond, sequence continues...

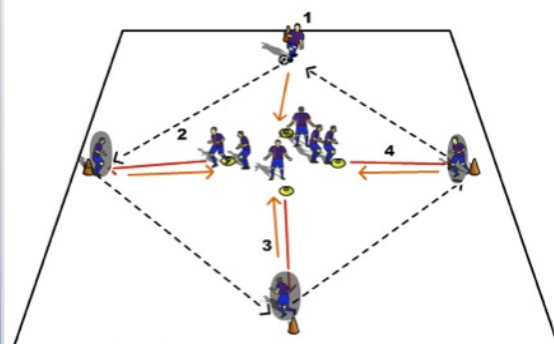
- weight of pass
- accuracy of pass
- movement to receive
- *make sure you work both sides. (left and right foot)



Diamond passing pattern: 'short long short long'

2 balls working at the same time. Player 1A plays a short pass to player 2A who then plays a long diagonal pass to player 3A. 3A lays off to player 4A who then plays to 1B. Sequence continues. After playing a pass all players move to the next cone.

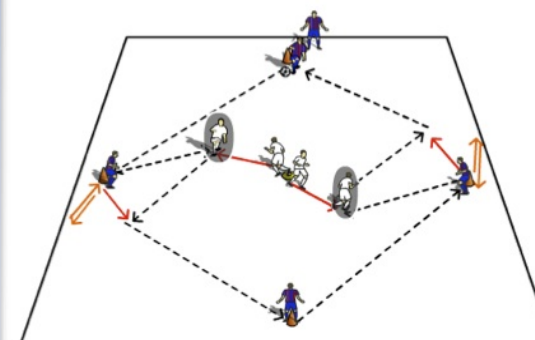
- weight of pass
- accuracy of pass
- timing of movement
- speed of play
- concentration
- *make sure you work both sides (left and right foot)



Diamond Passing pattern:

One player starts with a ball at the top of the diamond (1). To start the exercise the central player (2) runs out to the wide area to receive. As the ball is travelling then the next player travels out (3) and so on. Once players pass the ball they make a recovery run into the central area.

- weight of pass
- timing of run
- body shape to receive (side on)
- *Can add another ball to test players. balls start on opposite sides.



Diamond passing pattern: 'the one two'

Exercise starts by playing wide to next player in the diamond who has worked to create space. As the ball is moving the floater (white) checks in to create an option for 'the one two'. The player then receives the ball back and plays it to the next player who receives and plays wide, sequence continues...

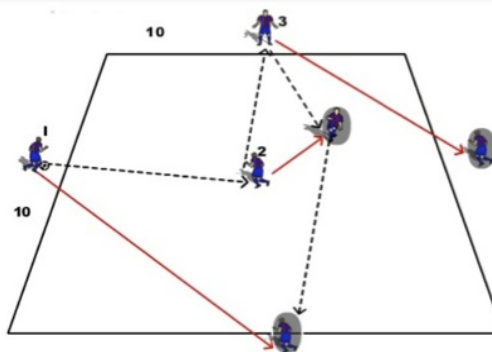
- weight of pass
- accuracy of pass
- movement to receive
- speed of play
- concentration
- *work both sides (left and right foot)

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Possession & Movement Exercises



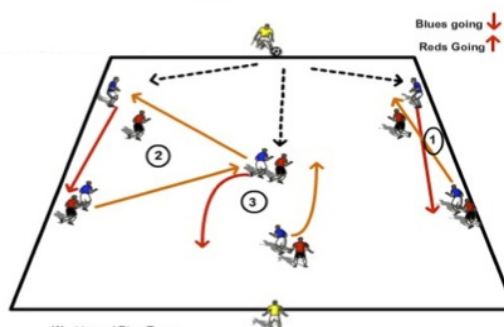
Speed of play -
2 players on outside 1 player working in the middle.
1 plays to 2, 2 plays to 3.
After a player plays into the middle they move to an open space/side.
The player receives in the middle and plays to the other player.
This presents quick thinking by the middle player to receive side on to know the next pass.
Exercise works on: quick thinking, awareness, movement, communication.



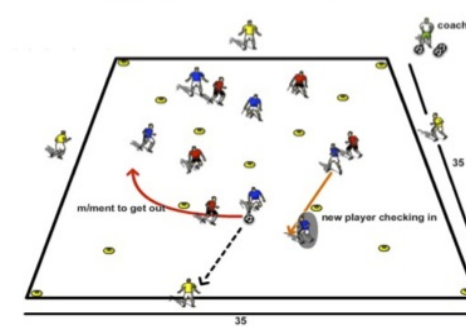
3v3 + 2x2 Targets
Players have to try and play from one set of target players to the other by playing through the middle zone.
3 in MDF have to work on there Movement to create space to play forward.
- Receiving at Angles.
- Encourage Diagonal Passes
- Keep the flow
- Creating space for yourself and other players.



4 Box with Neutrals (4v4+4):
Players score a goal by receiving the ball in the corner box.
Players use the neutrals to keep the ball and work on creating space and exploiting space. Movement off the ball (replacing) should take place to create space.
Combining quickly with Ns to score goals should be encouraged.
* Cannot score in the same goal/box straight after ball has come out box.



Working w/ Blue Team
6v6 playing to Targets (GKs) - Once a team hits a target (GK) the other team attacks the other way.
* Work on starting position when GKs have the ball (High & Wide)
Creating Triangles,
To create space:
Movement 1: Wide Defender Moves High Wide MDF Replaces
Movement 2: Wide Defender Moves High, central MDF Replaces, Wide MDF Replaces Central MDF
Movement 3: Central Moves High, Central FWD moves into MDF



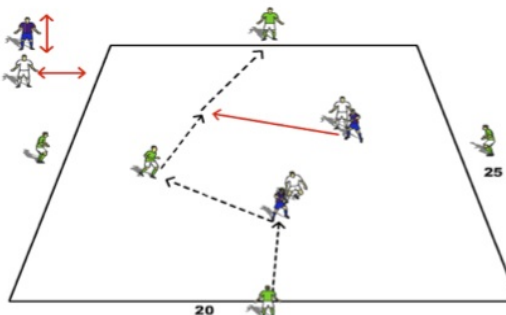
Movement and awareness
5v5+4 Grid split into 4 triangles by cones/pinnies/flat cones
After player plays a pass in one triangle they have to 'get out' (creating space for another player to check in).
Players can use outside neutrals to keep the ball.
* Work on players movement and awareness of where to move to create space and decision making where to play the ball. Work on 'Replacing'
* Make it competitive.

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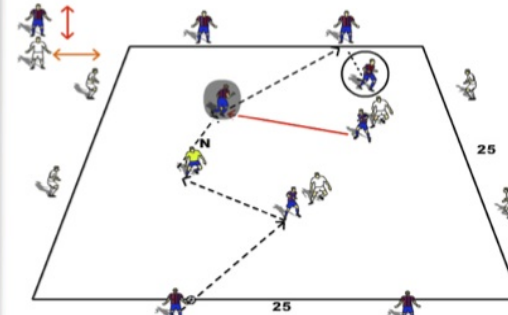


Transition Exercises



Transition 2v2 + 1 to Targets

To score a goal 2 players in the middle have to link up with the neutral to play to the other target player on opposite side of grid. Other team has to defend. If they win the ball back they play wide to there target player. Once they have hit there target player they have to try and hit the opposite one. Neutral player is always playing with the team that has the ball.



Transition 2v2 + 1 to 2 Target players that 'break out'

To score a goal 2 players in the middle have to link up with the neutral to play to the other target player on opposite side of grid. When 2 Targets receive they break out to middle area to go the other way. Other team has to defend. If they win the ball back they play wide to there target players. Once they have hit there target player they break out and replace there team mates. They have to try and hit the opposite target players. Neutral player is always playing with the team that has the ball.



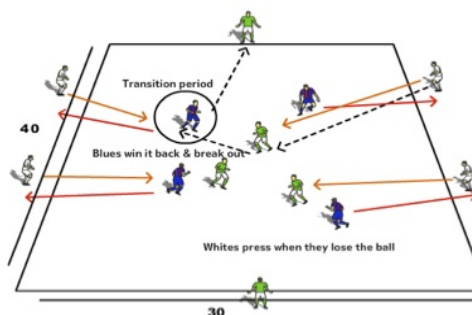
Transition 5v5 + 2

Team with the ball (blue) possesses ball with the yellows around whites. 4 blues players on outside of grid 1 blue in the middle. 2 neutrals always inside the grid.

Transition period:

If whites win the ball. Then 4 whites break out the grid 1 stays in the grid with yellows. The 4 blues from outside then break in the grid to defend.

After winning the ball. It encourages team to spread out & create space quickly. Use yellow (Ns) as an outlet.
After losing the ball it makes the team press the ball and close the space.
*This is an exercise for High level players.

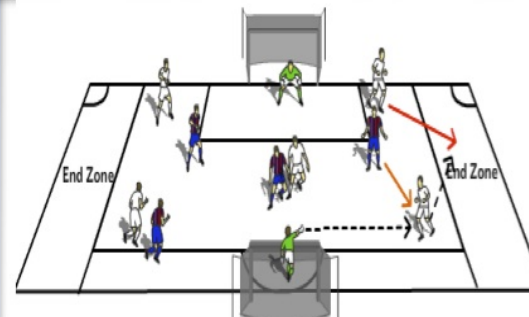


4v4 + 5 N (3 inside grid)

4 defenders in the middle versus 3 Ns. 2 Ns at end of grid with 4 opposing players on outside.

Transition period when Blues (4 middle players) win the ball they play to Ns to keep it and break out to outside ide areas. 4 whites on outside come in and press.

Movement is vital to keep the ball. Defensive team works as a unit to keep it. If exercise is too easy take a Neutral player out of the central area.
*Make it competitive.



5v4 plus 2 GKs

White Team plays to the end line by passing the ball into it for some one to run onto. Blue team scores in either goal by pressing the ball. If whites score they keep the ball. They can use the GKs as a team mate. Blues press hard to win ball back to finish quickly.

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Transition Games

Using GKs an Outlet / Playing out of pressure 8 (inc 2 GKs) v 6



Trying to Hit a Target / Then playing out of the back. Under full pressure.

Game: Team in possession score a point when they make 8 passes (blue)
Team defending score in the goals passed the GK. (Full Press)

When possessing work on start positions and movement when GK has the ball. Decision making whether to play short or play long.
Team defending full press stay connected. Be positive when they win to attack the Goal. make play predictable.

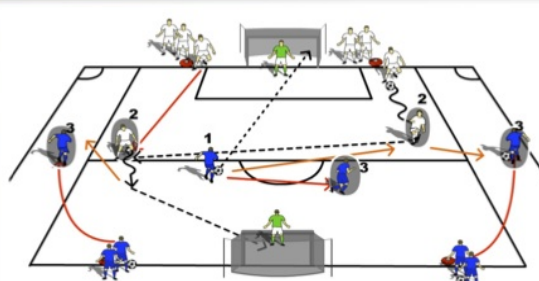


Transition Game (7v7 inc GKs) playing thru Gates.

Teams score a point if they play thru gates, score 2 pts if score in goal.
in possession: wide and high. being positive, decision making whether to penetrate or possess.
defensively - stay compact shift quickly (delay penetration)

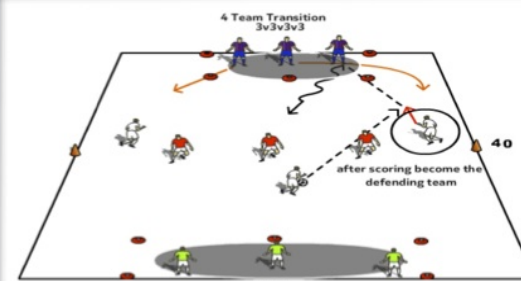


6v6 + 2+2 Targets (4)
Players have to hit Target Players (players in yellow)
Target players have to lay off to players in central pressured zone. After players enter free zone they finish at goal.
Defensively players have to shift an stop ball getting to targets. (Can work on high and low pressure)
Also works on players tracking runners (using their bodies being physical).
Awareness of attacking runs.
Attacking wise players have to make decisions if they possess or penetrate.
Also have to work on their timing and movement of their runs to receive from Target players.
When in free (no pressure) zone players work on their finishing



Transition: Overload flying changes
1v0, 2v1, 3v2, 4v3

Transition: Overload flying changes.
1/ Starts with 1 player dribbling out (blue) and shooting on the edge of the box.
2/ 2 players (white) come out to play 2v1 attacking the opposite goal.
3/ same player that defended (1st blue) then joins in with two new blues to make 3v2
4/ To progress you could make 4v3. 2 new whites join the two original whites to attack the three blues.
After 4v3 start over again.
Teams take it in turn to start exercise.
If team steals/tackles and scores rotation carries on.
Defensively press quickly to delay an attack to deny penetration in behind to goal.
When attacking break quickly, create space (wide & High), pace of pass. Be positive towards goals (shoot)



Quick transition from attacking to defending.

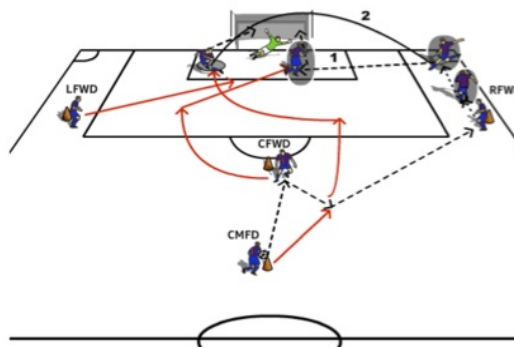
Communication to pick up players - staying compact.
Close down the ball fast, put immediate pressure on the ball to deny a quick easy pass to the end zones.
Break out quickly from the end zones to exploit space.
Good attacking movement to disrupt the defending teams organization.

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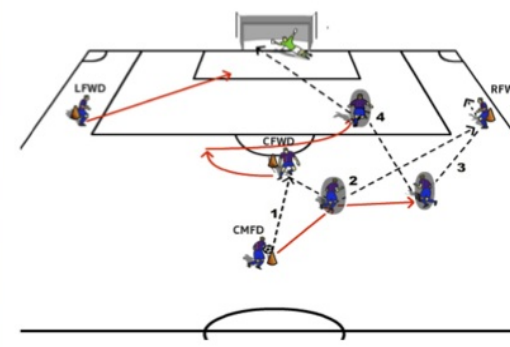
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'Y' PASSING PATTERNS TO GOAL



Y exercise crossing and finishing.
ball starts with CMFD. CMFD PLAYS TO CFWD.
CFWD lays off and spins. CMFD plays wide to RFWD/ LFWD
*(rotate both sides) crosses stay the same. 2 / 3 crosses on each wide position.
Wide forwards dribble down the line to cross.
CFWD & CMFD work on their movement and time of the runs.
To progress add DEF in the box.
Also encourage opposite Wide FWD to attack the ball in the box
*Work on crosses on the ground (1) and lofted crosses (2).



ball starts with CMFD. CMFD PLAYS TO CFWD.
CFWD lays off and spins. CMFD plays wide to RFWD/ LFWD
*(rotate both sides)
Wide forwards lay back to CMFD.
CFWD keeps an eye on the ball and darts in behind
CFWD & CMFD work on their movement and time of the runs.
Also encourage opposite Wide FWD to attack the ball in the box



Ball starts with CMFD. CMFD PLAYS TO CFWD.
CFWD lays off and spins. CMFD plays wide to RFWD/ LFWD
*(rotate both sides)
Wide forwards lay back to CMFD.
Opposite Wide FWD (e.g. LFWD) makes a run across the line, curves his run and darts in behind surprising the back four.
Wide FWD & CMFD work on their movement and time of the runs.
Also encourage CFWD to attack the ball in the box.



Ball starts with CMFD. CMFD plays to CFWD.
CFWD lays off and spins. CMFD plays wide to RWFD/LFWD who checks to ball. (rotate sides). CMFD then overlaps wide FWD. wide FWD plays ball down the line. CFWD, RFWD, and LFWD time their runs into the box. To progress add defender. 3 options for crosses. 1 on the ground front post, 2 pull back, 3 lofted cross far post.



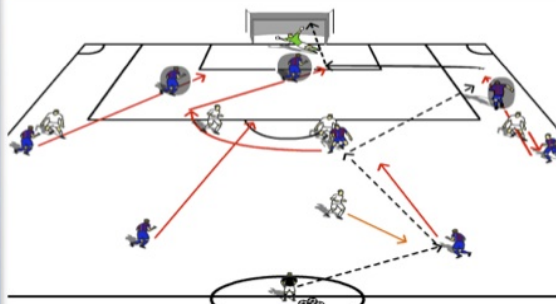
Ball starts with CMFD. CMFD plays to CFWD.
CFWD lays off and spins. CMFD plays wide to RWFD/LFWD who checks to ball. (rotate sides). CMFD then supports and receives the the ball. takes a touch and crosses to the CFWD and LFWD. RFWD follows in for rebound.

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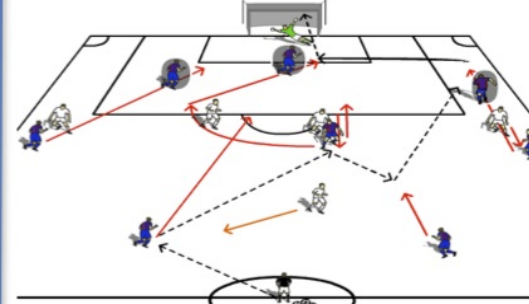
Forward Movement in the Attack



Option 1 - Build up play in wide areas

Ball starts with Coach playing ball into 2 attacking midfielders. They receive on the diagonal. The wide player ball side of the field checks in and creates space in behind. The ball gets played to the forward who holds it up and plays out wide into the space created by the wide forward.

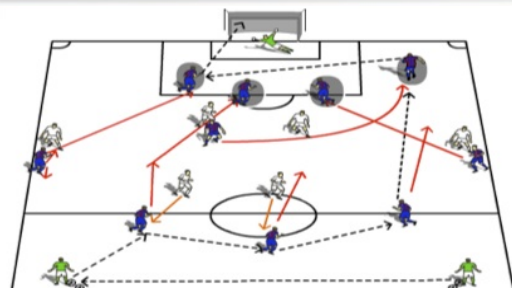
- Pace of pass
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate



Option 2 - Build up play in wide areas

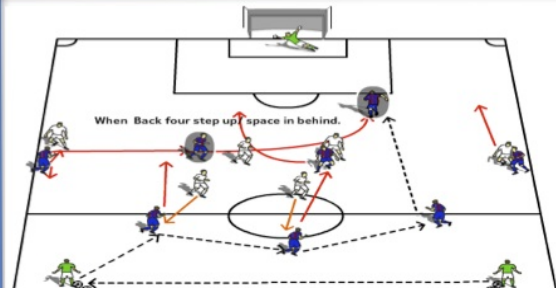
Ball starts with Coach playing ball into attacking midfielder who plays to the forwards feet. Forward holds the ball up and plays to second attacking midfielder who receives and plays wide in behind the full back to the wide forward into space.

- Pace of pass
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate



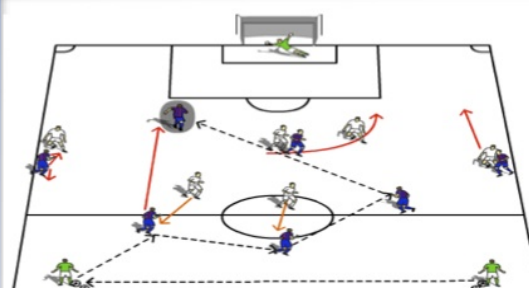
Option 3 - Playing to Forward in behind - curved run
Ball starts with Target players playing ball into midfield, midfield then build the play. Forward identifies space to exploit in behind the back four. Midfield build the play until pass is on between full back and central defender. Important that ball side wide forward stays wide to create passing lane. Opposite wide forward times their run into the box from cross from central forward. Midfield must have players attacking cross. If defenders win the ball they play to Target players to score. When targets receive they play across to start exercise again.

- Pace of pass
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate
- good decision from crosser - on the ground, pull back/driven or lofted back post.



Option 4 - Playing to weak side forward - curved run across back four.
Ball starts with Target players playing ball into midfield, midfield then build the play. Weak side Forward identifies space to exploit in behind the back four. Midfield build the play until pass is on between full back and central defender. Important that ball side wide forward stays wide to create passing lane. Timing of run to stay on side from wide forward is key. If defenders win the ball they play to Target players to score. When targets receive they play across to start exercise again.

- Pace of pass
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate



Option 5 - Playing to Midfield runner
Ball starts with Target players playing ball into midfield, midfield then build the play. Central forward curves run into space in behind to drag defenders to create space. Midfield runner identifies space to exploit in behind the back four. Midfield build the play until pass is on between full back and central defender. Important that ball side wide forward stays wide to create passing lane. Timing of run to stay on side from midfielder runner is key. If defenders win the ball they play to Target players to score. When targets receive they play across to start exercise again.

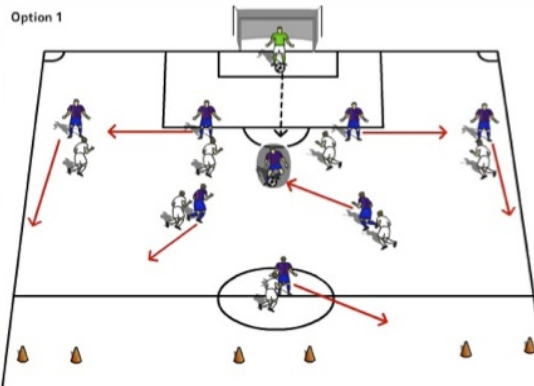
- Pace of pass
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate

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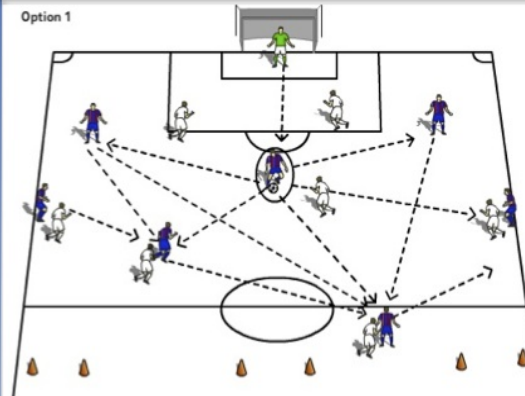
4-3-3 Booklet



Playing Out The Back



Option 1 - Playing into Midfield from GK
Goal keeper plays into central midfielder player. Midfielder receives the ball & has a number of passing options. (Encourage midfielder to play a maximum of two touch, move the ball quickly with penetrating passes & play forward when possible)



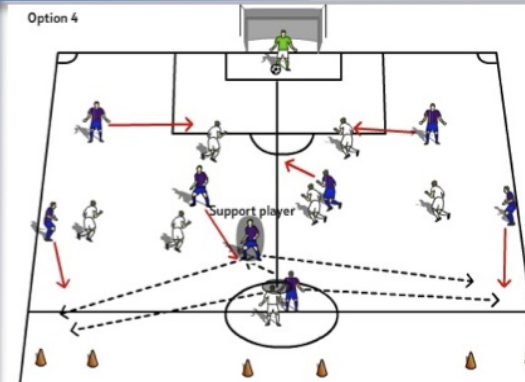
Option 1 - Playing into Midfield from GK
Here are the passing options from from MDF



Option 2 - playing to the Central Defender from GK
If the 2 strikers prevent the goal keeper playing into midfield, GK can play into either of the central defenders. Depending on the side GK distributes the ball, one midfielder will play short- the other play long. The player in possession now has a number of passing options, decision will be dictated by the position of defending players.



Option 3 - GK plays to Full Back (LB/RB)
Midfielders play short and long. Attacking team must provide good support in front and behind the ball. Full back has a number of passing options or can carry the ball forward if the opportunity arises.



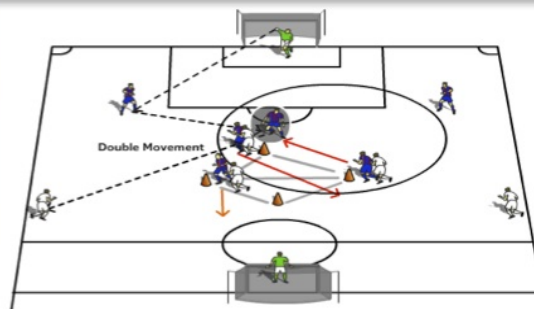
Option 4 - GK plays into FWD
It is vital that players provide support quickly in and around the ball. Encourage good hold up play from the striker. While focusing on good supporting runs, we must also provide cover in defence in order to prevent the counter attack.

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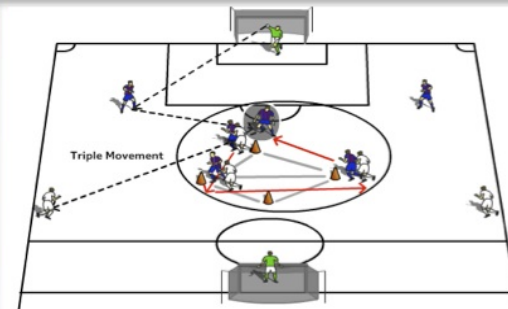
Playing through Midfield



Shadow play: (Double movement in Midfield)
Ball starts with GK who plays out to CD. As this is happening the midfielders execute their movement with passive pressure. *The players rotate their role. When they receive the ball they play out wide. The exercise then rotates and the opposing team do the same. Starting positions are a triangle with the point of the triangle next to the defenders.
The movement of midfield is double movement where the midfielder on the weak side of the field replaces the Midfielder closest to the ball. The third pushes high up the field taking players away, supporting the wide player on the ball.

- Encourage speed of play
- Body shape to receive
- Communication
- Fluid Movement
- weight of pass

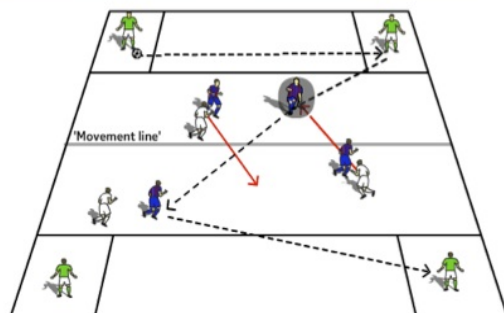
*Can encourage combination play before ball is played wide.



Shadow play: (Triple movement in Midfield)
Ball starts with GK who plays out to CD. As this is happening the midfielders execute their movement with passive pressure. *The players rotate their role. When they receive the ball they play out wide. The exercise then rotates and the opposing team do the same. Starting positions are a triangle with the point of the triangle next to the defenders.
The movement of midfield is triple movement where the midfielder on the weak side of the field checks in to the ball, the player closest moves high and the highest MDF moves across the field

- Encourage speed of play
- Body shape to receive
- Communication
- Fluid Movement
- weight of pass

*Can encourage combination play before ball is played wide.



Playing thru Midfield - 3V3 to 2 Targets Grid split in 4 zones
Ball Starts with one target playing across to the other target. As this is happening midfield players creating space to receive. Players work on replacing each other to maneuver defenders. All 3 players cannot be in same half. When ball is played to Targets its a goal then the team defends. Opposing team attacks. When targets receive they have to play across to allow movement to happen.

- Can players receive side on facing forwards
- Relieving on the front foot.
- Being positive.
- Encourage diagonal passes
- Encourage Targets (CBs to play safe - simple)



CD play ball across to trigger movement in the MDF grid.
The MDF can now play to the three FWDs. One MDF can join in the attack as the ball is played forward to the FWDs. The Midfield make the decision on which MDF supports the FWDs.

- Weight of pass
- Defenders play safe/simple pass into MDF
- Fluid Movement of midfield
- Angles of support
- Speed of Play
- Movement of FWDs to create space to receive.



Playing thru Midfield - 6V6 to Goals 3 zones with 'movement line'
Ball Starts with GK who plays out to either Central Defender
As this is happening midfield players creating space to receive. Players work on replacing each other to maneuver defenders. All 3 players cannot be in same half. The three MDFs have to try and play with the FWD. A MDF can join in the attack to go to goal.
GK always starts with the ball to allow movement to occur.

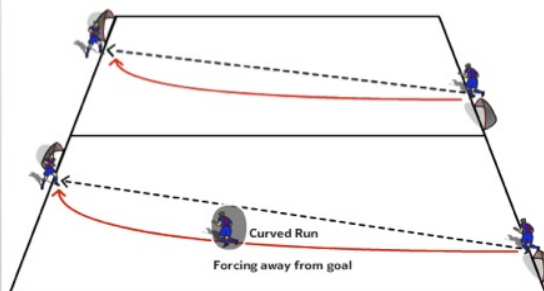
- Can players receive side on facing forwards
- Relieving on the front foot.
- Being positive.
- Encourage diagonal passes
- CBs to play safe - simple
- Timing of runs to support the FWD.

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4-3-3 Booklet

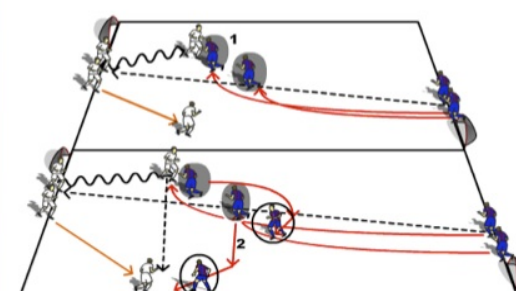


Defending – Building with numbers



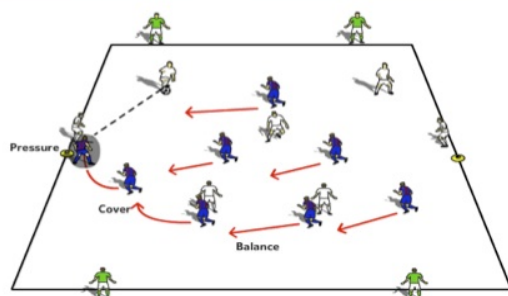
Defending 1v1
Players play a pass to opponent. As opponent receives ball defender closes them down. Defenders Close down, Slow down and Show the attacker away from goal.

- Immediate Pressure on the ball
- Correct Body shape - Denying towards goal
- Front foot back foot- side on.
- Can the defender steal it with foot first.
- If they cant win the ball then force them out of bounds



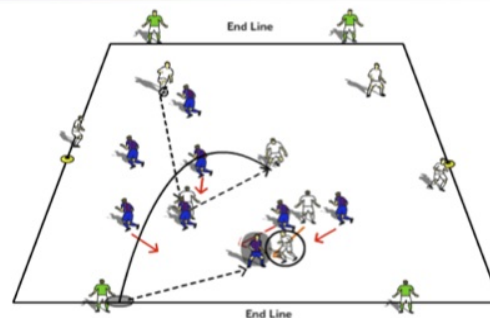
2v2 Defending - Pressure, Cover
First defender plays the ball to the other team then closes them down. The second defender covers him diagonally behind covering him and the other attacker. (1)
If the ball gets played to the other attacker then the covering defender becomes the pressing defender and visa versa (2). Defenders always forcing away from goal.

- Immediate Pressure on the ball
- Cover behind the pressure
- Correct body shape, forcing away from goal
- Quick movement to press and cover when ball moves laterally
- Tracking runners, bumping defenders
- Encourage pressing defender not to follow ball when ball gets played pass him/her
- Communication from covering defender
- If defenders win the ball quick counter



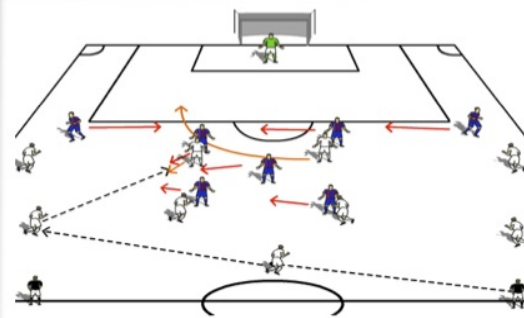
Defending: High and Low Pressure
Both Teams have to try and hit the Green Target players to score a goal. If the targets are hit then the target player that received the ball plays the ball across to start again to the opposing team. Defenders now have to decide as a team if they press the ball high to stop the long ball to the 'T' player or they sit deep.

- What Pressure on the ball? High or Low
- Keeping the lines the same - staying connected
- Cover behind the pressure
- Correct body shape, forcing towards pressure
- Quick shifting movement to press and cover when ball moves laterally to stay balanced
- Tracking runners, bumping defenders
- Encourage pressing defender not to follow ball when ball gets played pass him/her
- Communication from covering defender
- If defenders win the ball quick counter



Defending: Tracking Runners
Both Teams have to try and hit the Green Target receive the ball back and dribble over end line to score. Defenders now have to concentrate on tracking the runners to receive the next ball. Defenders have to be Ball side and Goal side to track the runners.

- What Pressure on the ball? High or Low
- Keeping the lines the same - staying connected
- Cover behind the pressure
- Correct body shape, forcing towards pressure
- Quick shifting movement to press and cover when ball moves laterally to stay balanced
- Tracking runners, bumping defenders
- Encourage pressing defender not to follow ball when ball gets played pass him/her
- Communication from covering defender
- If defenders win the ball quick counter



Defending: Focus on Back Four
-Defenders win the ball they play to Targets, Attackers score at Goal

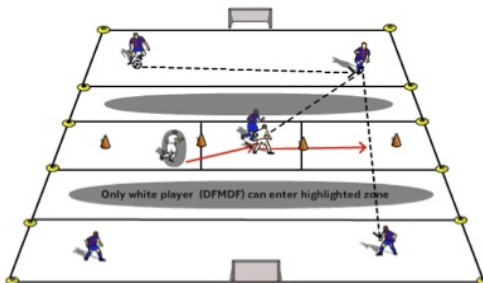
- Identify triggers as an individual and team
- What Pressure on the ball? High or Low
- Keeping the lines the same - staying connected-Cover behind the pressure
- Correct body shape, forcing towards pressure-Quick shifting movement to press and cover when ball moves laterally to stay balanced-Tracking runners, bumping defenders-Encourage pressing defender not to follow ball when ball gets played pass him/her-Communication from covering defender

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4-3-3 Booklet

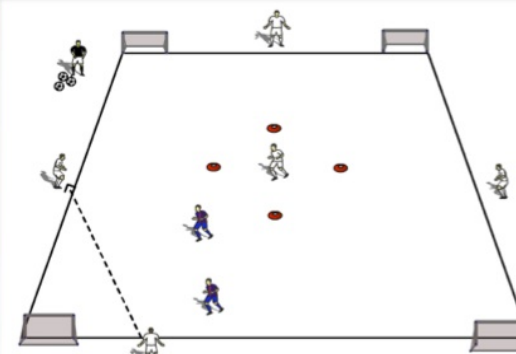


Role of the Defensive Midfielder



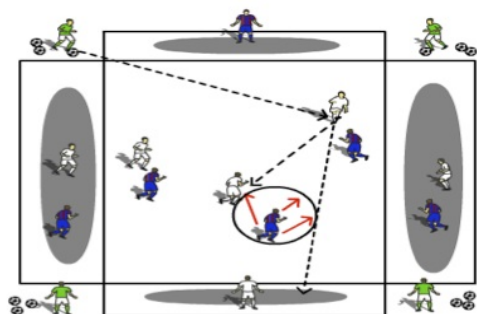
Defensive Midfielder (5 v1):
Players with the ball start by playing across the grid. The attackers can score by playing down the line into the other end zone or by playing into the midfielder who bounces the ball back to the other player. Defensive Midfielder has to try and intercept a pass that is played down the line or to the midfielder's feet. If DFMDF does win the ball they can try and score by passing into the small goals.

- All passes have to be played on the ground.
- Shifting quickly
- Screening the target players
- Reading when to press
- Reading when to intercept a longer straight pass



Defensive Midfielder: 5v2 possession
The attackers can score by playing making 6 consecutive passes or by playing into the middle player in the central diamond. Defensive Midfielder's have to try and win the ball. If DFMDF's win the ball they try and score in the corner goals.

- Staying connected
- Communicating- Shifting quickly (goal side - ball side)
- Screening the target players
- Reading when to press
- Track the runners
- Reading when to intercept a longer straight pass



Defensive Midfielder: 6v6 with servers
The game starts with a server playing the ball in on the diagonal. The attackers can score by playing into the end zone or by playing into the target player. Players in highlighted zones are restricted. Defensive Midfielder has to try and stop the ball hitting the target player. If DFMDF does win the ball they try and play forward to the target player on his team. If he cannot penetrate then he can possess with other MDF or wide players.

- Staying connected
- Communicating
- Shifting quickly (goal side - ball side)
- Screening the target players
- Reading when to press
- Track the runners
- Reading when to intercept a longer straight pass



Defensive Midfielder Role in SSG Situation:
2v2 in End Zone's 3v3 in Middle Zone. Defensive Midfielder has to stay in own half to protect back two. If ball is played through zones players can move forward to support the play accept DMF who holds. If one of Central Defenders goes forward the DMF replaces him. When the two central defenders have the ball DMF showing on the diagonal to receive to play forward. Can the play forward? If not combine with other midfielders.

- Staying connected
- Communicating
- Shifting quickly (goal side - ball side)
- Screening the target players
- Reading when to press - Track the runners
- Reading when to intercept a longer straight pass
- Replacing



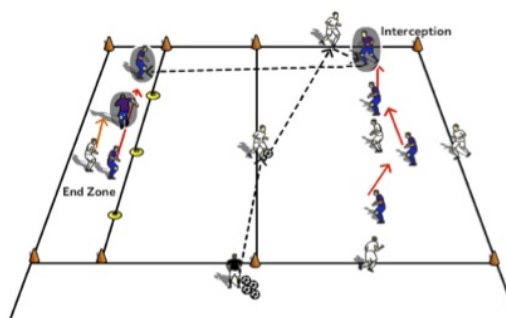
Defensive Midfield Pressing Movements: key: P= Pass M = Defensive Movement
5V5 Defending team attacks gates. Shifting quickly and pressing the ball. (1M) When ball gets played wide. Shifting and screening, stopping the ball being played to the FWD (2M). If the ball gets played wide and Center back goes wide to press. DMF slots into back 4 (3M) - Same on both sides. If he wins the ball can he play through Gates or play Full backs who break on opposite side to play through gates. - Identify times when to press and when to shift. - Screen forward and passing lanes. - staying connected with Back 4.

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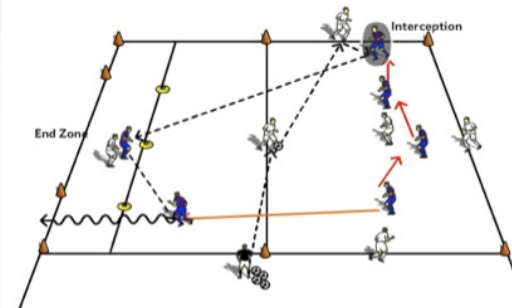
4-3-3 Booklet



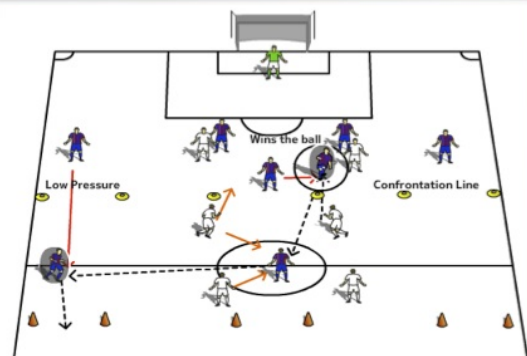
Counter Attack



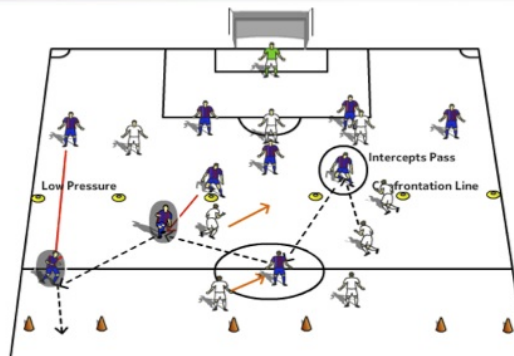
5V3 plus 1 Target Player v 1 Defender
5V3 in the Possession grid. 5 players have to try and keep possession (4 outside players 1 in the middle). 3 players have to try and keep the ball. They score a goal when they play 6 passes. If the 3 middle defenders win the ball they have to try and hit the target player in the end zone. If the Target player controls the ball in the end zone then the counter attacking team score a goal.
-Shifting quickly
-closing space
-When win the ball can they hit the target player early.
- If cannot hit target player can possess around the 1 player in the middle until they can play forward. (penetration Vs possession)



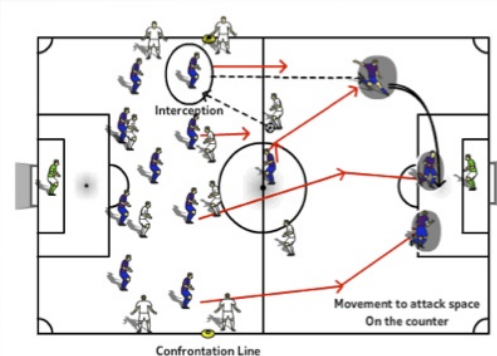
5V3 plus 1 Target Player v 1 Defender
5V3 in the Possession grid. 5 players have to try and keep possession (4 outside players 1 in the middle). 3 players have to try and keep the ball. They score a goal when they play 6 passes. If the 3 middle defenders win the ball they have to try and hit the target player in the end zone. As the ball travels to the target player a attacking player can join in the counter attack with numbers up. They have to score in wide gates.
-Shifting quickly
-closing space
-When win the ball can they hit the target player early.
- If cannot hit target player can possess around the 1 player in the middle until they can play forward. (penetration Vs possession)
- when the ball travels to target player, timing of run by supporting player on the counter.



Counter Attack: 7 (including GK) v 6 Attackers
Defending:
Press hard when opposing team gets to confrontation line, shift quickly and stay connected, screen passing lanes, keep space between lines.
Attacking:
Hit forward early, If cant possess build the play and stay positive, play other side of pitch (away from pressure - weak side)



Counter Attack: 9 (including GK - 4-3-1) v 8 (2-3-3) Attackers
Defending:
Press hard when opposing team gets to confrontation line, shift quickly and stay connected, screen passing lanes, keep space between lines.
Attacking:
Hit forward early, If cant possess build the play and stay positive, play other side of pitch (away from pressure - weak side)



Counter attacking Movement 11v11:
Midfield (3 central and 2 wide FWDS) and Back four drop in line with confrontation line, leaving space to attack. As soon as ball is intercepted can they play forward as quickly as possible. If not then possess. When hitting the FWD, the midfields movement to support the play needs to be as quick as possible find space.
GK and Back 4 step up keeping the lines the same.