



FFA National Curriculum

PRACTICE CONTENT

Contents

Game Training	1
Passing Exercises	2
Positioning Games	3
Playing Out	4
Attacking	5
Defending	6
Training Games.....	7

1-4-3-3 Game-Training



1-4-3-3 game training

- The exercises in this document show how to methodically train and develop the following main aspects of the 1-4-3-3 formation:
 1. Defending
 2. Passing
 3. Positional play
 4. Playing out
 5. Attacking
 6. Training games
- The starting point is a game related approach of training
- The players are supposed to be technically well developed in the preceding (skill acquisition) phase
- In general one example of an exercise is given per methodical step
- Depending on the development level of the players, it is up to the coach to influence the exercises by increasing or decreasing the game related resistances (one step up or down) and to design more exercises with the same training aim



FFA Curriculum Framework

The essence of teaching (training) is to always think of the actual game situation as the starting point and then simplify / modify the game situation for training. This is achieved by reducing the game specific resistances until the obtained training aim can be realised by the players.

➤ Therefore a coach must be able to:

- analyse football;
- define the 'football problems' of the team and / or the individual players in *football-acting* language;
- design and implement exercises to realise the training aims.



3

FFA Curriculum Framework

In every (youth) training session the following questions should be answered with YES:

1. Is football being played?
2. Is football being learned (and therefore taught)?
3. Is football being experienced (and enjoyed)?
4. Do the players understand the football purpose of the exercise?
5. Do the players recognize the game related intention?
6. Are the players challenged to improve both individually and as a team?



4

Composition of a training session

1. Warming-up: 15-20 minutes

- running with or without ball; dynamic stretching; touch-game
- passing exercises

2. Part 2: Positioning-Games (20 minutes)

3. Main part: 1-4-3-3 Game-Training (30-40 minutes)

- Defending or
- Playing out or
- Attacking

4. Final part: Training-Game (20-30 minutes)

- Related to subject of main part



1-4-3-3 Passing Exercises

Passing Exercises

Passing Exercises should be on every training sessions' 'menu', preferably at the beginning as (part of) the Warming Up, to maintain or improve the technique of striking the ball. All exercises should be practiced with both feet (i.e. to the left and to the right side).

The essence of the 1-4-3-3 passing exercises is that the players pass & receive the ball in positions related to the 1-4-3-3 formation which helps them in their orientation & recognition during game situations. As a result certain patterns and combinations become 'automatisms'.

In the general 1-4-3-3 Passing Exercises all players move to every position.

The specific 1-4-3-3 Passing Exercises form the first methodical step of the chapter 'Attacking'. Here the players stay on their designated positions within the 1-4-3-3 formation.

1-4-3-3 Passing Exercise 1

Organisation:

1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'turn'
2. Player 2 receives & turns inside (one touch) and passes with right foot to (the left foot of) player 3 who already anticipates
3. Player 3 plays first touch to player 4 who receives & turns (outside right foot) and dribbles back starting position
4. All players involved move to next position. Sequence: 1 to position 2; 2 to 3; 3 to 4; 4 to 1
5. Player 5,6,7 & 8: do the same but to the other side e.g. every action is contra
6. Take turns to the left and right with every new start

1-4-3-3 Passing Exercise 2A

Organisation:

1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'man on'
2. Player 2 plays one touch back to (the right foot of) 1 who already anticipates
3. Player 1 plays one touch to (the left foot of) player 3 who plays direct to 4.
4. Player 4 receives & turns (outside right foot) and dribbles back starting position
5. All players involved move to next position
6. Player 5,6,7 & 8 do the same but to the other side e.g. every action is contra
7. Take turns to the left and right with every new start

Methodical development:

•Players that are next in line (2a; 6a) to act as 'passive' defenders. Short marking = 'man on', giving space = 'turn'

1-4-3-3 Passing Exercise 2B

Organisation:

1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'man on'
2. Player 2 plays back to (the right foot of) 1 who already anticipates (in the width instead of forward)
3. Player 1 plays a lofted pass to (the left foot of) player 3 who plays to 4 (if possible: all passes first touch)
4. Player 4 receives & turns (outside right foot) and dribbles back starting position
5. All players involved move to next position
6. Player 5,6,7 & 8 do the same but to the other side e.g. every action is contra
7. Take turns to the left and right with every new start

1-4-3-3 Passing Exercise 3

Passing Exercises 3, 4A & 4B are identical compared to 1, 2A & 2B, only now with finishing

Organisation:

1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'turn'
2. Player 2 receives & turns inside (one touch) and passes with right foot to (the left foot of) player 3 who already anticipates
3. Player 3 plays first touch to player 4 who finishes
4. All players involved move to next position. Sequence: 1 to position 2; 2 to 4; 4 to 3; 3 to 1 (bring ball along)
5. Player 5,6,7 & 8: do the same but to the other side e.g. every action is contra
6. Take turns to the left and right with every new start

1-4-3-3 Passing Exercise 4A

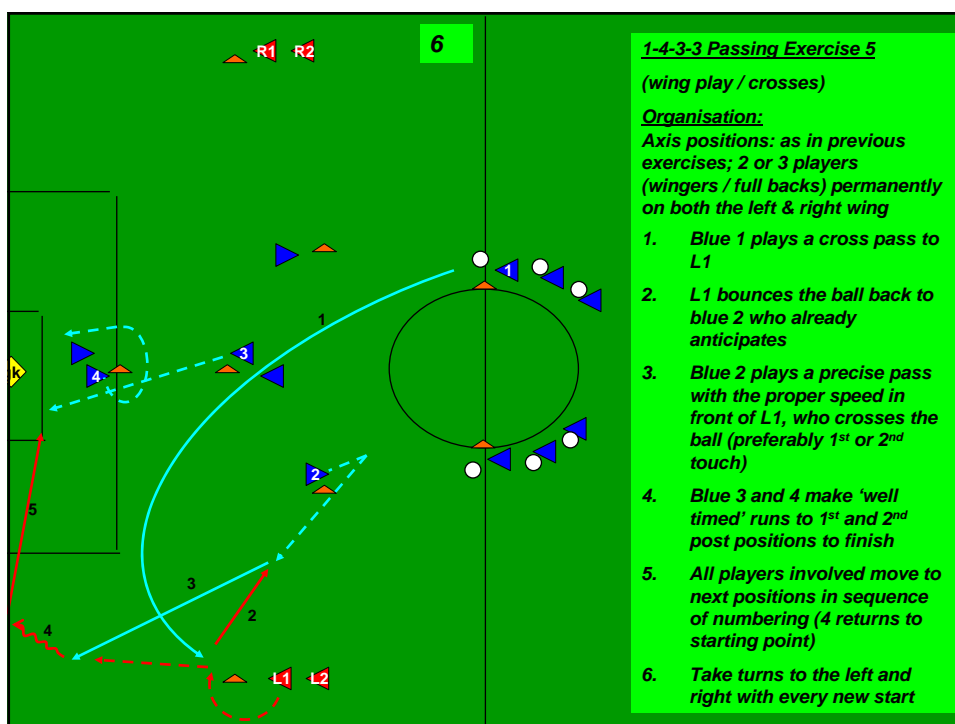
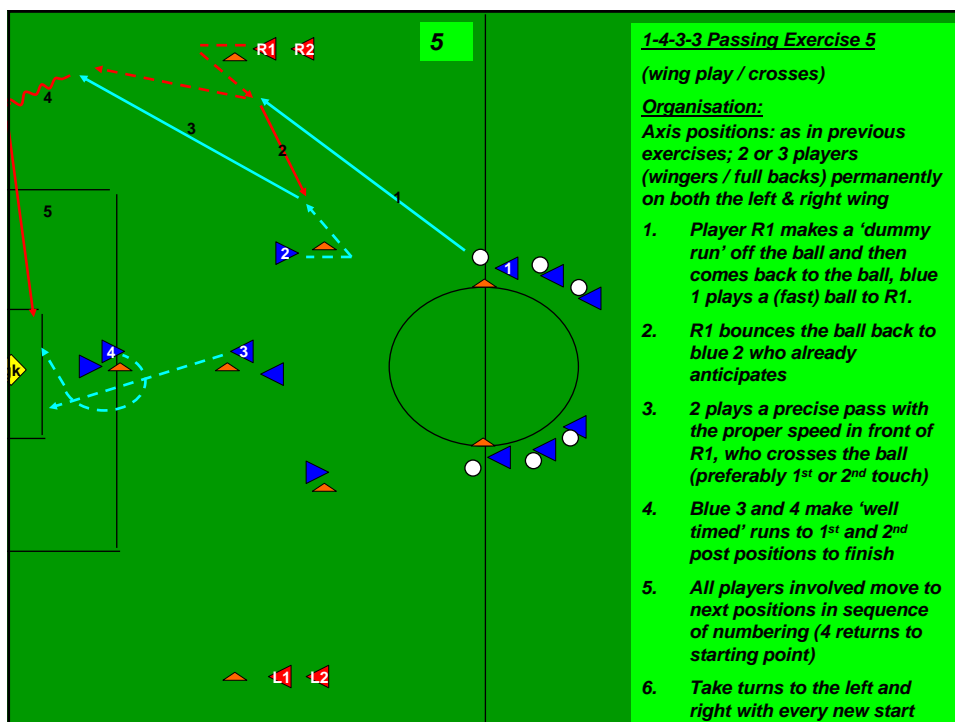
Organisation:

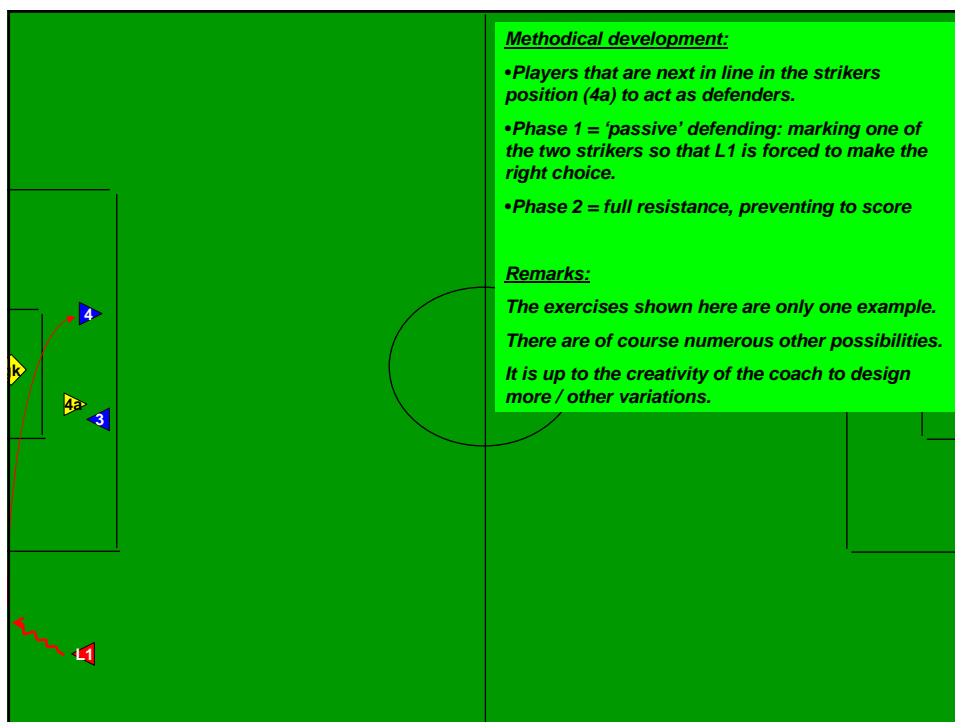
1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'man on'
2. Player 2 plays one touch back to (the right foot of) 1 who already anticipates
3. Player 1 plays one touch to (the left foot of) player 3 who plays direct to 4.
4. Player 4 finishes
5. All players involved move to next position
6. Player 5,6,7 & 8 do the same but to the other side e.g. every action is contra
7. Take turns to the left and right with every new start

1-4-3-3 Passing Exercise 4B

Organisation:

1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'man on'
2. Player 2 plays back to (the right foot of) 1 who already anticipates (in the width instead of forward)
3. Player 1 plays a lofted pass to (the left foot of) player 3 who plays to 4 (if possible: all passes first touch)
4. Player 4 finishes
5. All players involved move to next position
6. Player 5,6,7 & 8 do the same but to the other side e.g. every action is contra
7. Take turns to the left and right with every new start





1-4-3-3 Positioning Games



Positioning Games

Positioning Games are basic (daily) drills to train combination/possession play. The 'ingredients' of these exercises are (short) passing; first touch; positioning and handling speed as well as insight and decision-making.

The methodical structure to develop the basic principles of positioning-play is From simple (small numbers/spaces; easy decision-making) to complex (bigger numbers/spaces; more difficult decision-making)

The Positioning Games have the following development structure :

providing 2 options (left & right): 4 v 1 / 3 v 1 + variations (basic forms 1)
providing 3 options (left; right & middle): 4 v 2 / 5 v 2 + variations (basic forms 2)
providing 4 options (left; right; middle & "far") 6 v 3 / 5 v 3 + variations (basic forms 3)

The Positioning Games lay the foundations for 'combination football' and 'short passing' play-style. The principles are recognisable in every game situation, especially using the 1-4-3-3 formation in which there are triangles of players everywhere on the pitch.



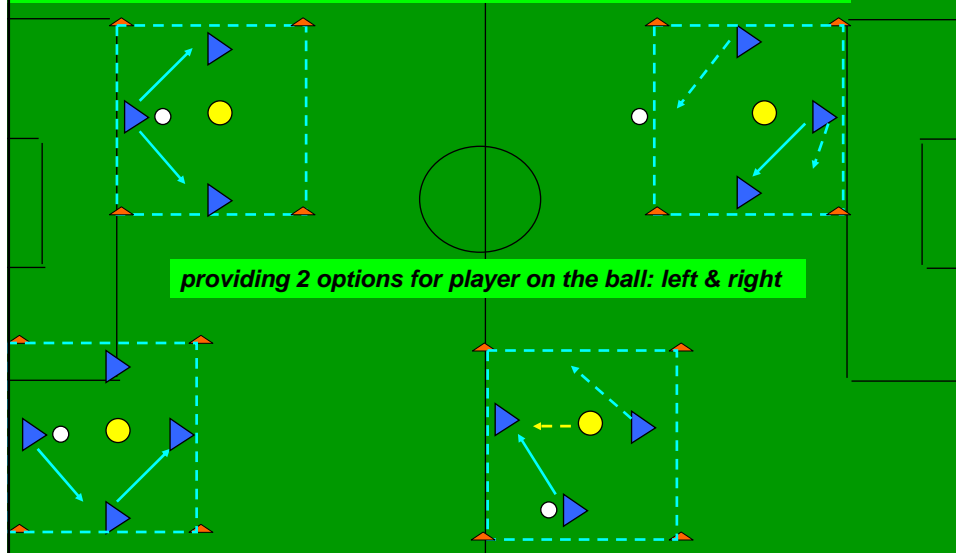
Positioning games 4 v 1 & 3 v 1 (basic form 1)

Size of square(s) 15-15 m; defender holds bib

Blue players: keep possession; defender: try to intercept (than def. changes position with attacker that lost possession)

Game-intention: passing and positioning. Always providing 2 options for player on the ball (left & right)

Methodical development: free touches; limited (3/2) touches; smaller squares (12-12/10-10 m)



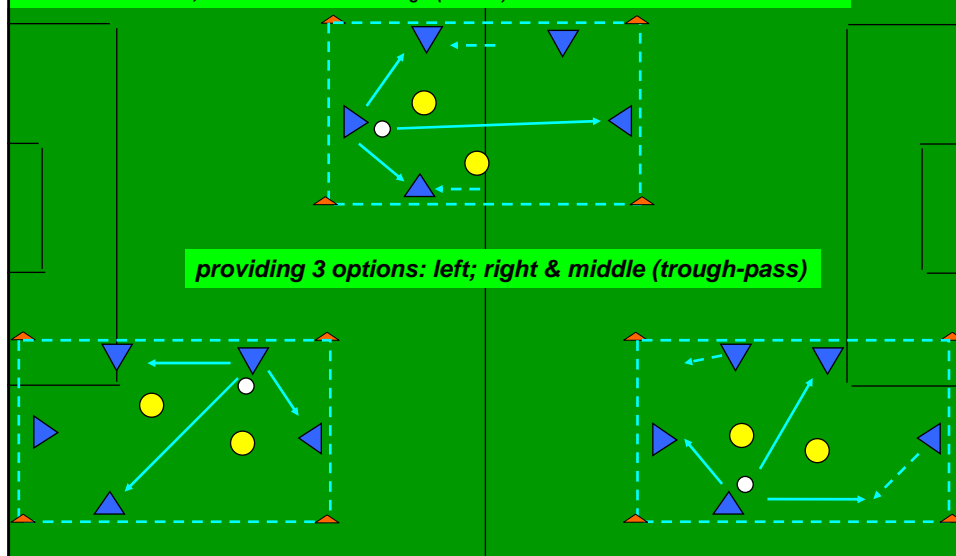
Positioning game 5 v 2 (basic form 2)

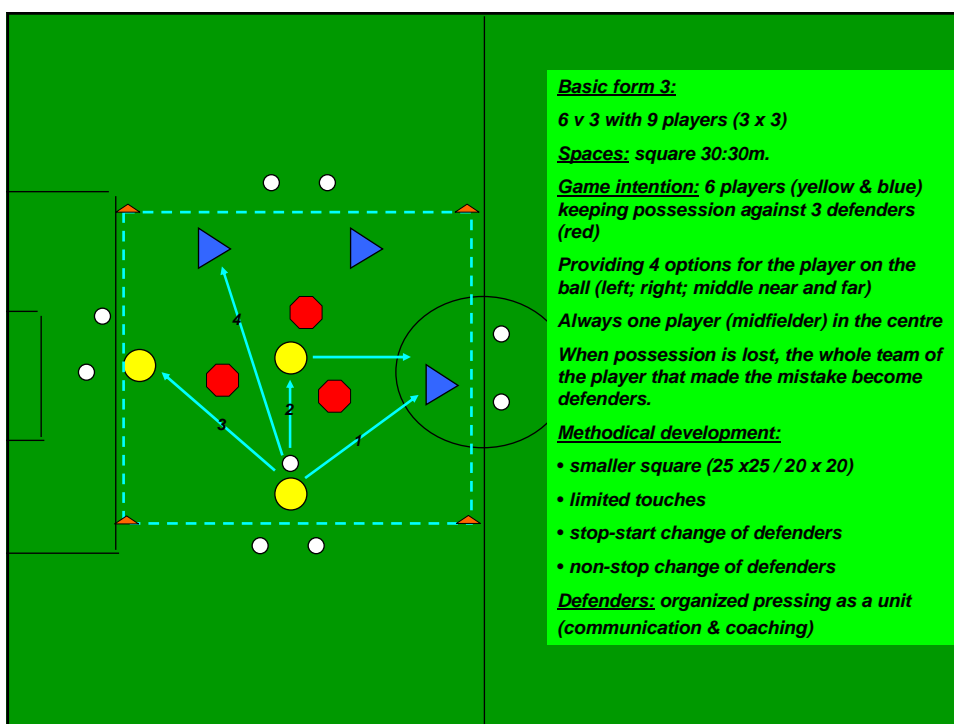
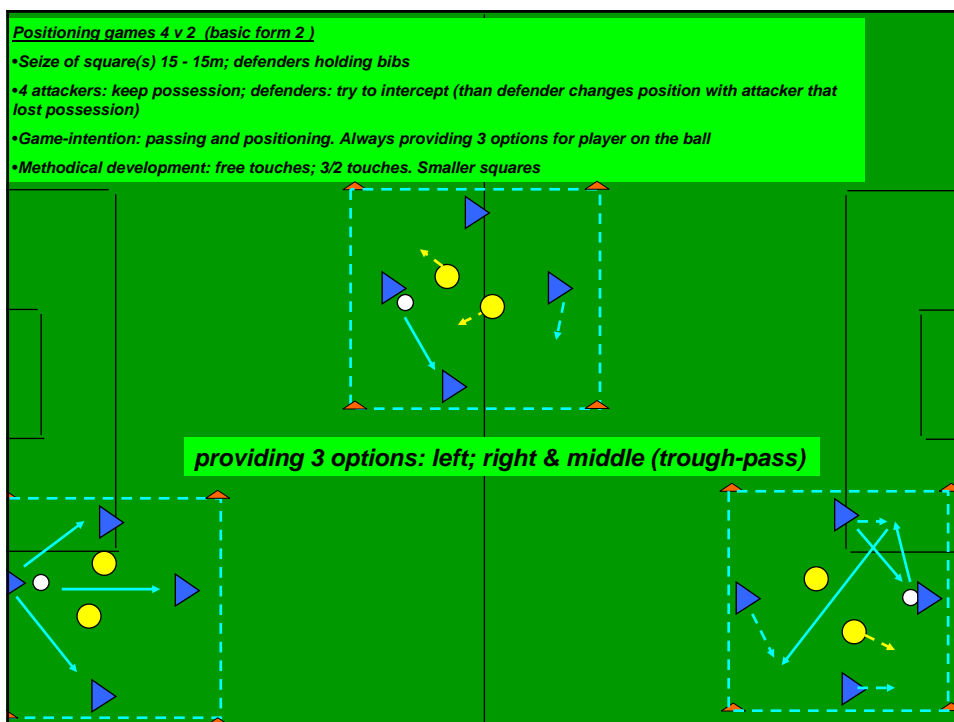
Size of rectangle(s) 20 -15 m; defenders holding bibs

Blue attackers: keep possession; defenders: try to intercept (than defender changes position with attacker that lost possession)

Game-intention: passing and positioning. Always providing 3 options for player on the ball

Methodical: free touches; 3/2 touches. Smaller rectangle (15-12 m)





Basic form 3:

5 v 3 in rectangle 25 : 20m.

Game intention: 5 players keeping possession against 3 defenders (defenders holding/wearing bibs)

Providing 4 options for the player on the ball (left; right; middle near and far)

Always one player (midfielder) in the centre

When possession is lost, the player that made the mistake becomes defender.

Methodical development:

- smaller space (20 x15 / 15 x 12)
- limited touches
- 3 v 3 with 2 'neutral' players

Defenders: organized pressing as a unit (communication & coaching)

Positioning game 3 v 1 (basic/advanced) with 5 players in 2 squares divided by a "neutral" area (orange)

Seize of squares 15-15 m, (neutral area 15-7 m); defender wears/holds bib

Game development: start 3 v 1 in one square; after minimum 5 passes play to blue player 4 in other square. Passing player (blue 1) stays behind; blue 2 & 3 as well as defender: follow the ball. Defender changes with player that lost possession or after 1/2/3 minute(s)

Game-intention: passing; positioning, preparing for pass to striker (right moment and position) & support

Methodical development: free touches; 3/2 touches; min. 5/7/10 passes; smaller squares (12-12/10-10 m); with second defender in the neutral area or smaller/no neutral area.

3 v 1 variations

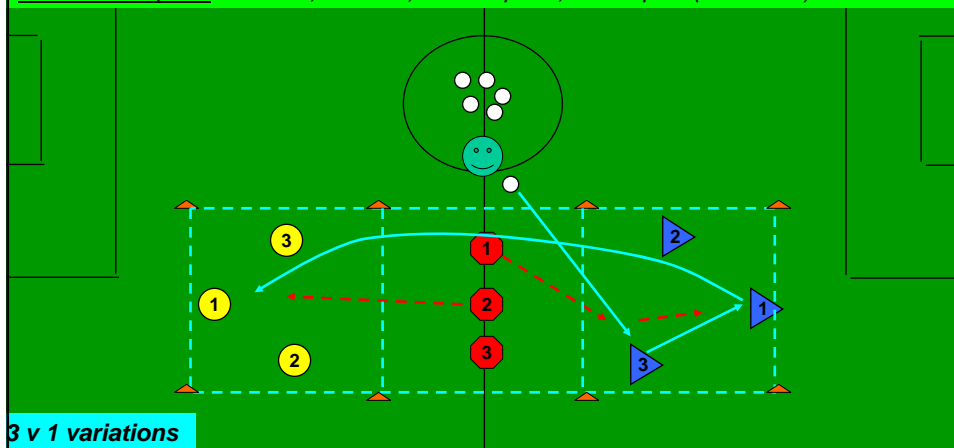
Positioning game 3 v 1 (basic/advanced) with 9 players in 3 squares

• **Seize of squares** 15-15 m; 3 teams of 3 players wearing different colour bibs; each team is positioned in one of the squares. The team in the middle square (red) starts defending

• **Game development:** the coach plays the ball one of the blue players; red defender 1 starts pressuring in 3 v 1. After minimum 5 passes blue can play to a yellow player in other square. Red defender 2 starts pressing as soon as pass to yellow has been played. Red 1 goes back to central area. Defenders: try to intercept (than defending team changes position with team of the player that lost possession). The defenders are also allowed to intercept the passes through/across the middle area

• **Game-intention:** passing; positioning; handling speed; change of direction (right moment and position); ball pressuring (defenders)

• **Methodical development:** free touches; 3/2 touches; min. 5/7/10 passes; smaller squares (12-12/10-10 m)



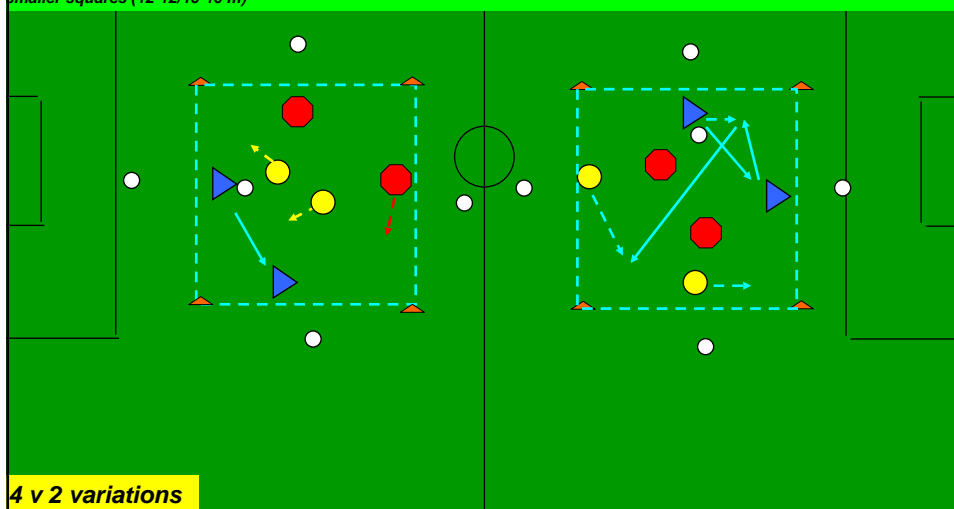
Positioning game 4 v 2 (basic) with 3 couples.

• **Seize of squares** 15-15 m; 3 couples wearing different colour bibs.

• **Game development:** 4 v 2, two couples trying to keep possession, the 3rd couple is defending. If the defenders win the ball (or one of the attackers makes a mistake) both defenders change positions with the attacker that lost possession and his teammate.

• **Game-intention:** passing; positioning; decision making; handling speed; ball pressuring (defenders)

• **Methodical development:** free touches; 3/2 touches; stop-start change of defenders; non stop change of defenders; smaller squares (12-12/10-10 m)



Positioning game 4 v 2 (advanced) with 8 players in 2 squares divided by a "neutral" area (orange)

- **Seize of squares** 20-20 m, (neutral area 20-10 m); 4 couples wearing different colour bibs
- **Game development:** start 4 v 2 in one square; after minimum 5 passes play to a green player in other square. Passing player & partner as well as defenders: follow the ball and continue to play 4 v 2 in the other square. Defenders change with couple that lost possession or after 1/2/3 minute(s)
- **Game-intention:** passing; positioning, preparing for pass to striker (right moment and position) & support
- **Methodical development:** free touches; 3/2 touches; minimum 7/10/15 passes; smaller squares (12-12/10-10 m); with second couple of defenders in the neutral area or smaller/no neutral area.

4 v 2 variations

4 v 2 variations

Positioning game 4 v 2 (advanced) with 8 players in 2 squares

- **Seize of squares** 20-20 m.; 2 teams of 4 players wearing different colour bibs and numbered 1 to 4
- **Game development:** start playing 4 v 2 with blue in possession and yellow 3 & 4 defending. Meanwhile yellow 1 & 2 pass a ball in the other square. As soon as blue makes a mistake, the game switches to the other square with yellow in possession of the ball and blue 3 & 4 defending. Blue 1 & 2 stay behind and pass a ball. So numbers 3 & 4 of both colours go up and down while the numbers 1 & 2 stay in their squares. After 1/2/3 minute(s) : change of positions
- **Game-intention:** passing/receiving; positioning; handling speed & decision making; transitioning.
- **Methodical development:** free touches; 3/2 touches; smaller squares (12-12/10-10 m); longer/shorter series (= football conditioning !)

Positioning game 4 v 2 (advanced) with 9 players.

Two squares of 15-15 m divided by a "neutral" area 7-15 m. Two teams of 4 wearing different colour bibs and one "joker" (midfielder)

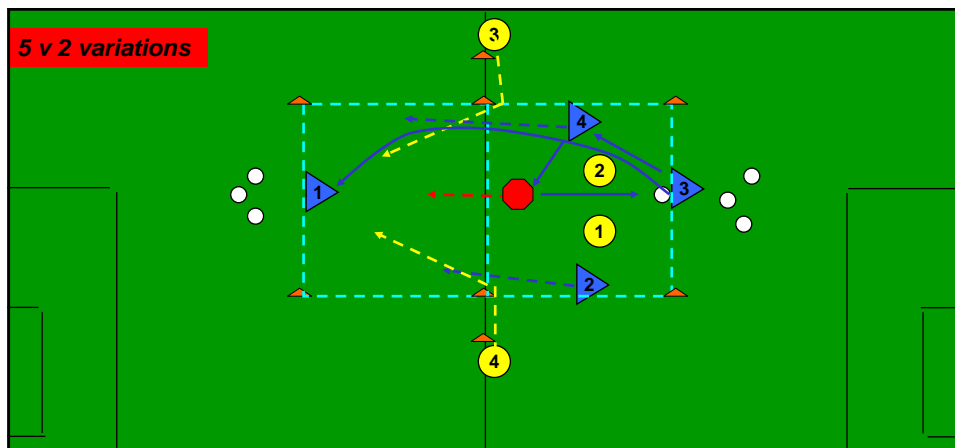
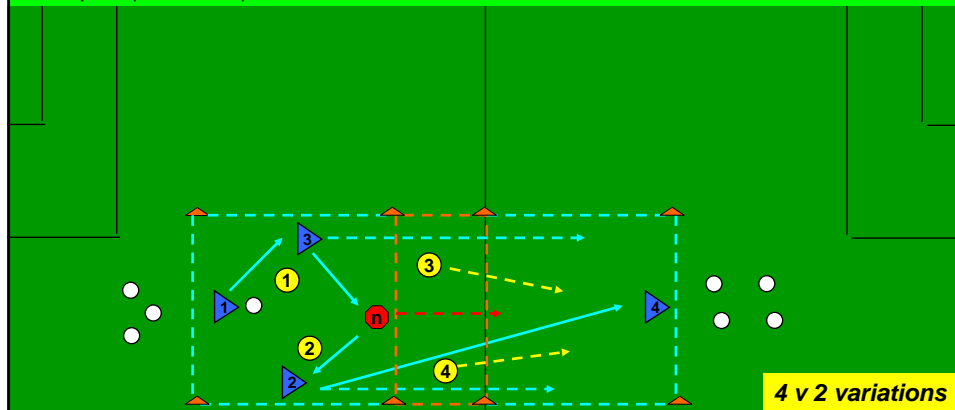
Game development: blue players 1-2-3 + joker keeping possession, yellow 1 & 2 defending. Blue 4 positioned at the far end of the other square; yellow 3 & 4 waiting in the neutral zone.

After minimum 5 passes: look for right moment to pass to blue 4 in other square. Nearest two blue players as well as joker: follow the ball; yellow 3 & 4 may intercept the pass in the neutral area or start defending as soon as the pass to blue 4 has been played. Yellow defenders 1 & 2: go to neutral zone.

Blue and yellow teams: change tasks every time possession is lost or a mistake is being made by the attacking team

Game-intention: passing; positioning; decision making; handling speed; transitioning; ball pressuring (defenders)

Methodical development: free touches; 3/2 touches; minimum 7-10-12 passes before passing to player in other square; smaller squares (12-12/10-10 m)



Positioning game 5 v 2 with 9 players (advanced).

Two squares of 15-15 m. Two teams of 4 wearing different colour bibs and one "joker" (midfielder)

Game development: blue players + joker keeping possession, yellow 1 & 2 defending; yellow 3 & 4 positioned at 2 cones 5m from the middle-line.

After minimum 5 passes: look for right moment to pass to blue 1 in other square. Nearest two blue players as well as joker: follow the ball; as soon as the pass to blue 1 has been played yellow 3 & 4 sprint around the cones and start defending. Yellow defenders 1 & 2: go to the cones on the outside.

Blue and yellow teams: change tasks every time possession is lost or a mistake is being made by the attacking team

Game-intention: passing; positioning; decision making; handling speed; transitioning; ball pressuring (defenders)

Methodical development: free touches; 3/2 touches; minimum 7-10-12 passes before passing to player in other square; smaller squares (12-12/10-10 m); defenders starting at 4/2/1 m.

Positioning game 5 v 4 with 10 players (advanced).

- Two squares of 25-25 m. Two teams of 4 wearing different colour bibs and two "jokers" (goalkeepers !?)
- **Game development:** yellow players + joker 1 keeping possession, blue team defending: 5 v 4 in one of the squares; joker 2 positioned at far end of other square
- If the blue team wins the ball they try to pass it to joker 2 and support the pass. Then 5 v 4 in other square with blue + joker 2 in possession and yellow defending.
- **Game-intention:** passing; positioning; decision making; handling speed; transitioning; ball pressuring (defenders)
- **Methodical development:** free touches; 3/2 touches; smaller squares (20-20 m); stop-start after transitioning; non stop transitioning

More positioning games

Positioning game 7 v 3 (basic/advanced).

- Rectangle of 24-12 m. 6 of the players that try to keep possession are positioned between the cones on the outside; one in the centre. The defenders hold/wear different colour bibs.
- **Game development:** 7 v 3 possession play, only no square passes (a to b / b to a) allowed. Passes 1 & 2 are possible; pass 3 is not possible (for that reason: put 2/3 big cones as a barrier)
- **Game-intention:** passing; positioning (angles); decision making; handling speed; ball pressuring (defenders)
- **Methodical development:** free touches; 3/2 touches; smaller rectangle (20-10 / 16 - 8m)

More positioning games

Positioning-game 4 v 4 with 4 walls (12 players)

Spaces: square 40:40 m.

Game development: yellow keeping possession using the red walls; blue team defending (8 v 4). When blue wins the ball: immediate transition / change of tasks. After 3 min. red team changes positions with yellow or blue. Wall players: stay between the yellow cones

Game intention in possession: positioning; passing; 1st touch; handling-speed; insight/decision making

Defensively: pressing / defending as a unit; coaching

Methodical steps & variations:

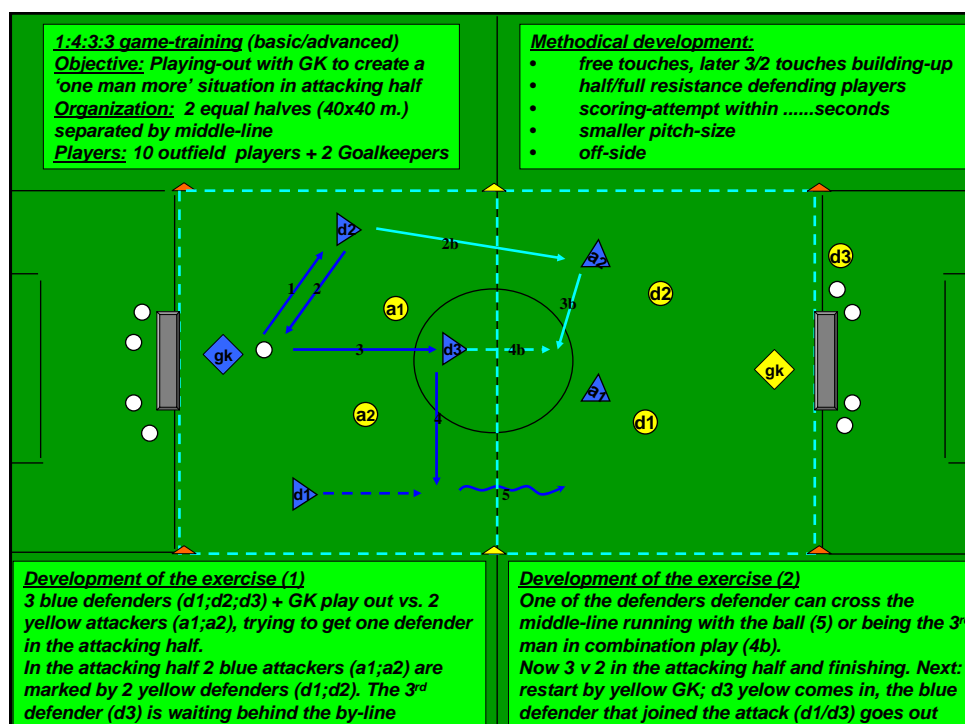
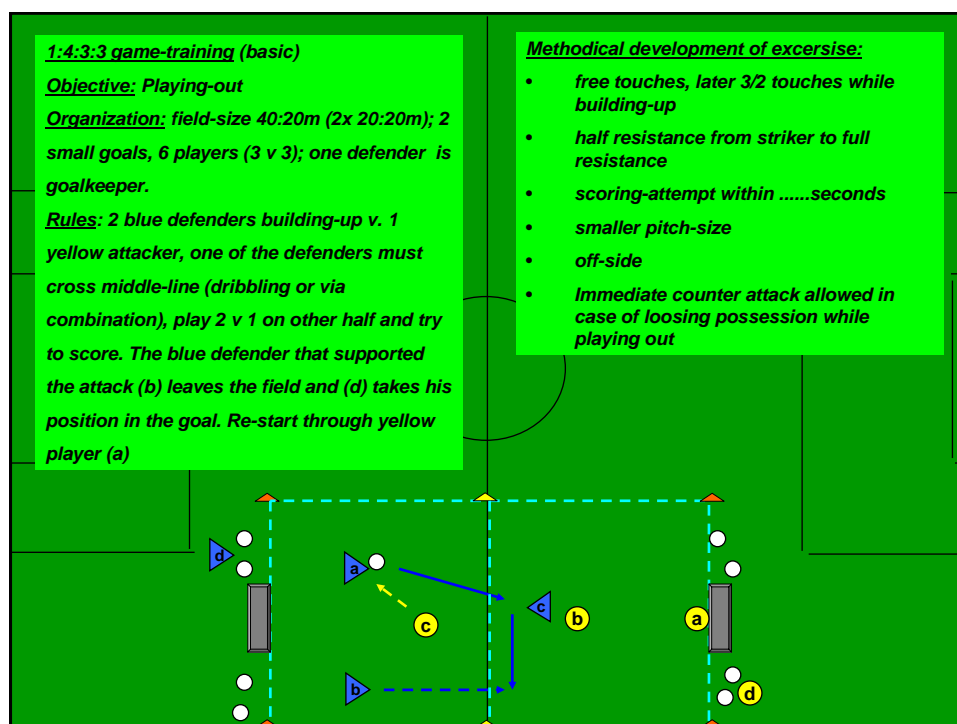
- Limited touches for walls (3/2/1)
- Limited touches in the field
- Smaller square
- Walls: not back to same player
- Bigger numbers (5 v 5/6 v 6/7 v 7)
- Use of goalkeepers on wall positions
- Only 2 walls
- Without walls

More positioning games

1-4-3-3 Playing Out

Playing out

- **Playing out is a means to an end!** The purpose is to go forward while keeping possession!
- This requires dynamic participation of all players, good positional play and fast and precise passing in order to:
 1. Create the right moment for the forward pass or:
 2. Have a defender move into midfield to create a 'numerical majority' in the midfield
- The goalkeeper must be able to be the 11th outfield player while playing out! (comfortable with the ball using both feet to play a precise forward pass or change sides; etc.)



1:4:3:3 game-training (basic / advanced)

Objective: Playing-out with gk

Organization: 6 v 6 + GK's (3 attackers and 3 defenders in each half); one 'substitute' of each team next to the goal.

Field-size 2 equal halves of 40:40/50:50m divided by middle line

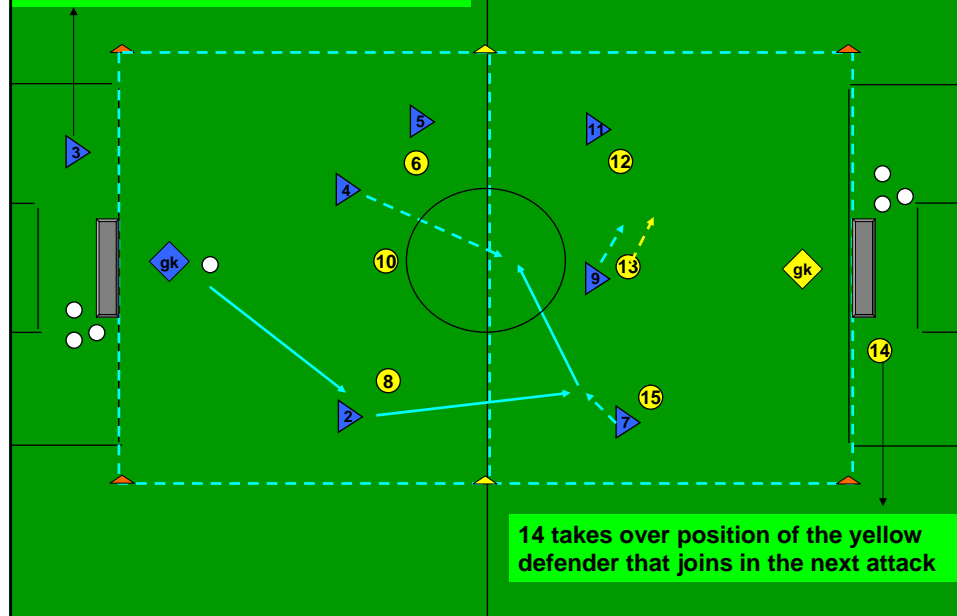
Rules: 4 blue players (3 defenders + GK) play out under pressure of the 3 yellow attackers. One of the defenders must cross middle-line (dribbling or via 3rd man combination) to create 4 v 3 on other half and try to score. The blue defender that supported the attack (4) leaves the field and (3) takes over his position. Re-start through yellow GK.

In case of losing possession: immediate transition (counter attack 3 v 2) is allowed (1 attempt)

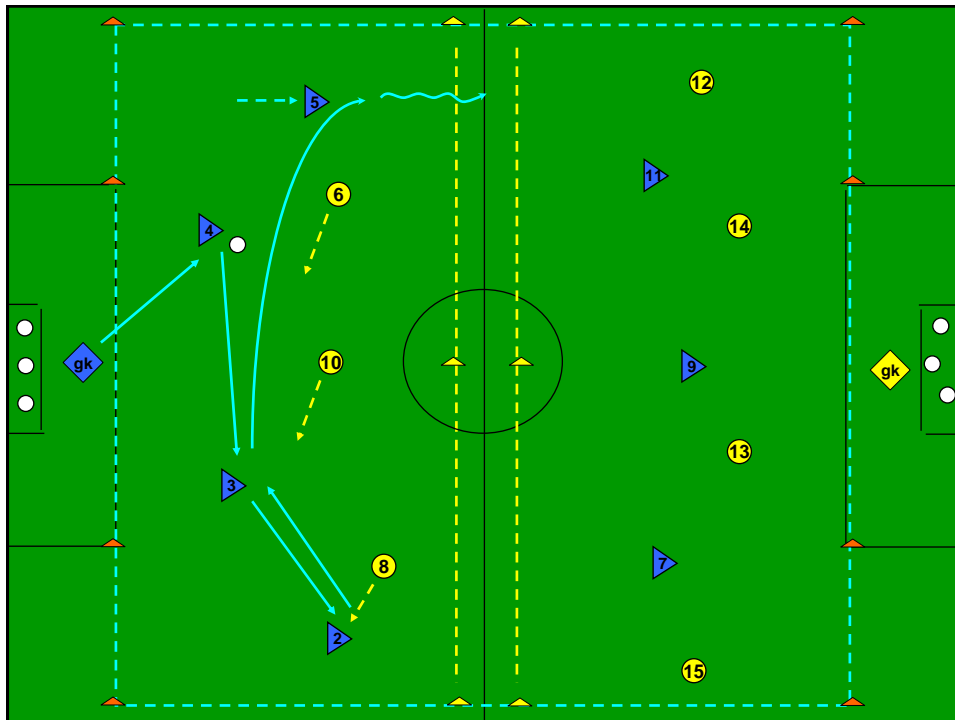
Methodical development of exercise

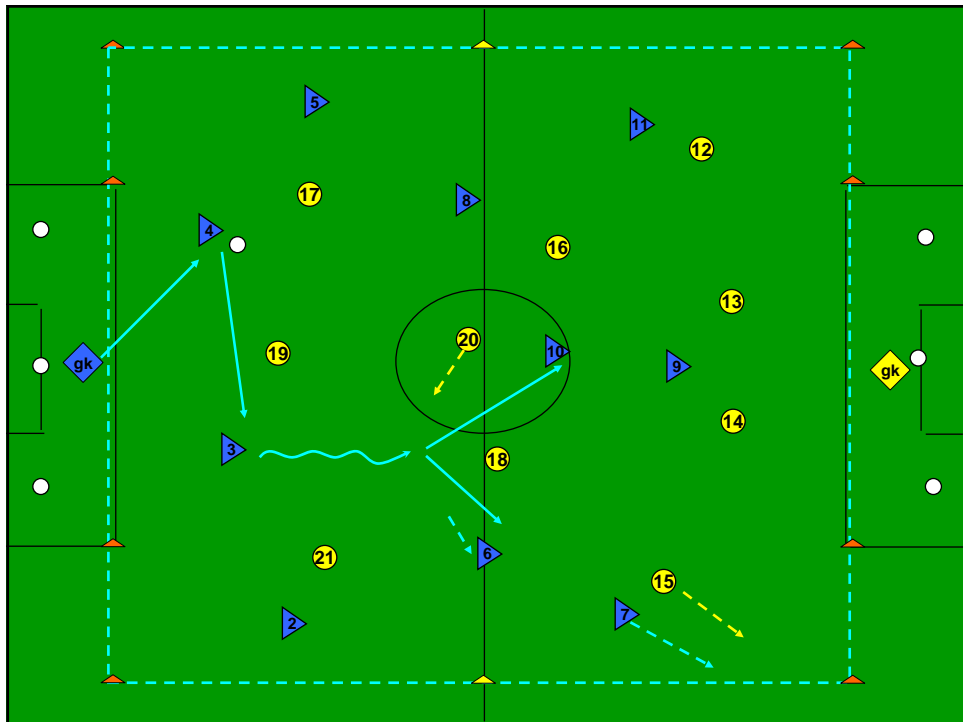
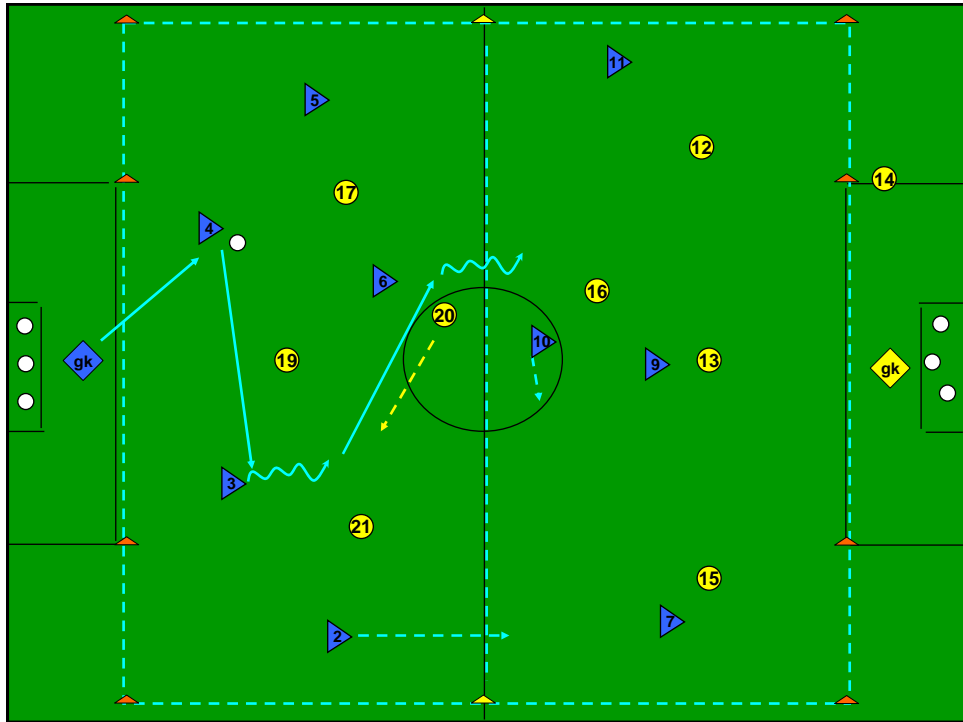
1. Players in their proper (game) positions
2. Defenders & attackers together (blue team)
3. Defenders & midfielders together (yellow 6-8-10 change places with blue 7-9-11)
4. Midfielders & attackers together (6-8-10 yellow with 7-9-11 blue)
5. Off side
6. Limited touches (3/2) on own half

3 takes over position of 4; 4 goes out after the attack is finished



- *more easy: make the spaces bigger or take out one attacker*
- *more difficult: make the paces smaller: narrow the pitch*
- *limited touches for the goalkeeper*
- *the defenders have to score withinseconds*





1-4-3-3 Attacking

1-4-3-3 Attacking

It is more difficult to methodically structure Attacking within a training plan because attacking often depends on individual qualities such as creativity, the ability to improvise and act on impulse.

It is the unpredictability that characterises the real attacker who is able to destabilize defenses. Each coach should therefore give players (especially attackers) with these qualities the liberty to use them.

These players often are the very talented, 'gifted' ones (Messi, Cristiano Ronaldo) since these abilities are difficult to 'learn'.

In order to stimulate the development of creative players the next points are of interest:

- Focus on the development attacking skills in the 8-12 age group
- Practice the attacking skills in this age group in game related exercises like 1v1; 2v1; 2v2 etc. stimulating players to express themselves
- Encourage creativity & individual play
- Encourage taking initiatives & risks
- Cherish 'creative' players and be patient with them!

1-4-3-3 Attacking

Apart from the choice for certain strategy like a pro-active (dominating) or re-active (counter) play style, each team should also have an attacking structure with tuned tasks and mutual understanding in order to not only have to depend on the individual (1v1) skills of players. Consequently this chapter is about:

‘structured attacking combination play within the 1-4-3-3 formation’

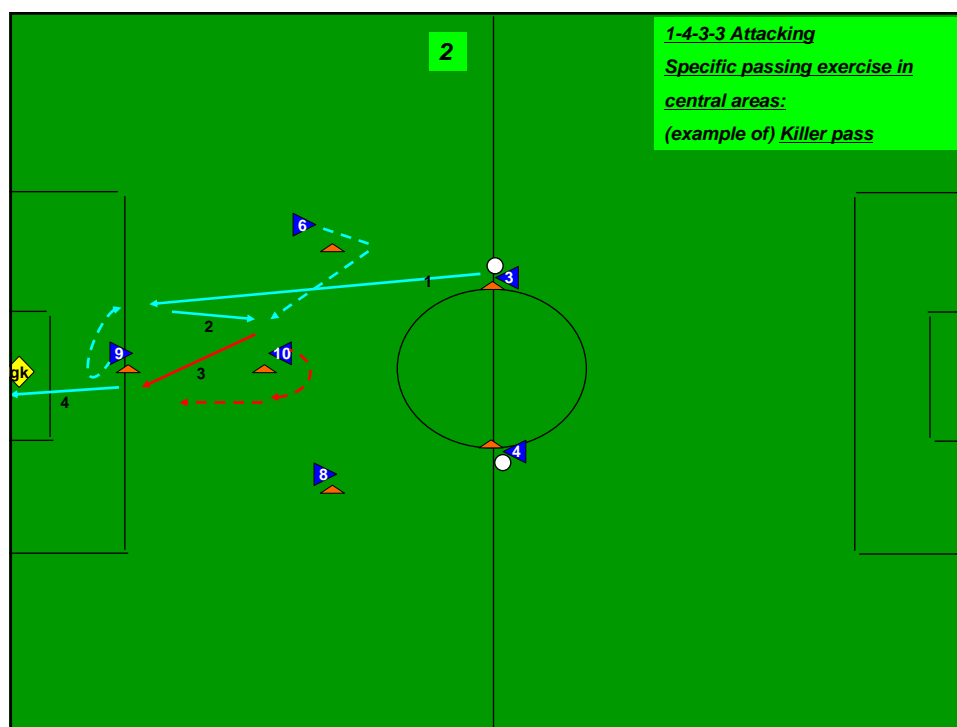
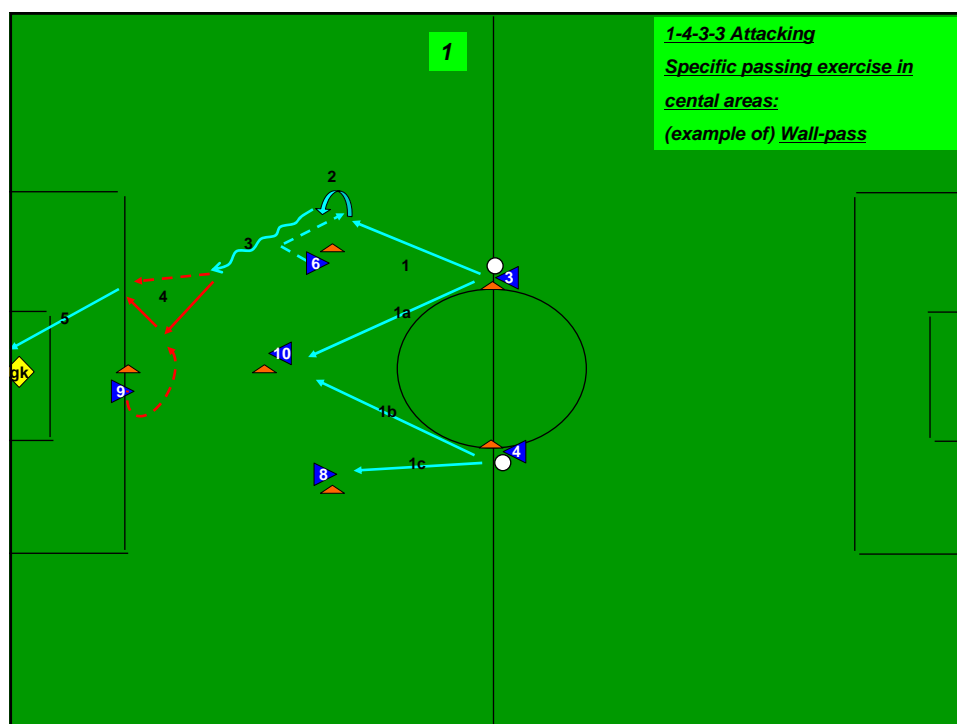
1. in central areas
2. in wide areas

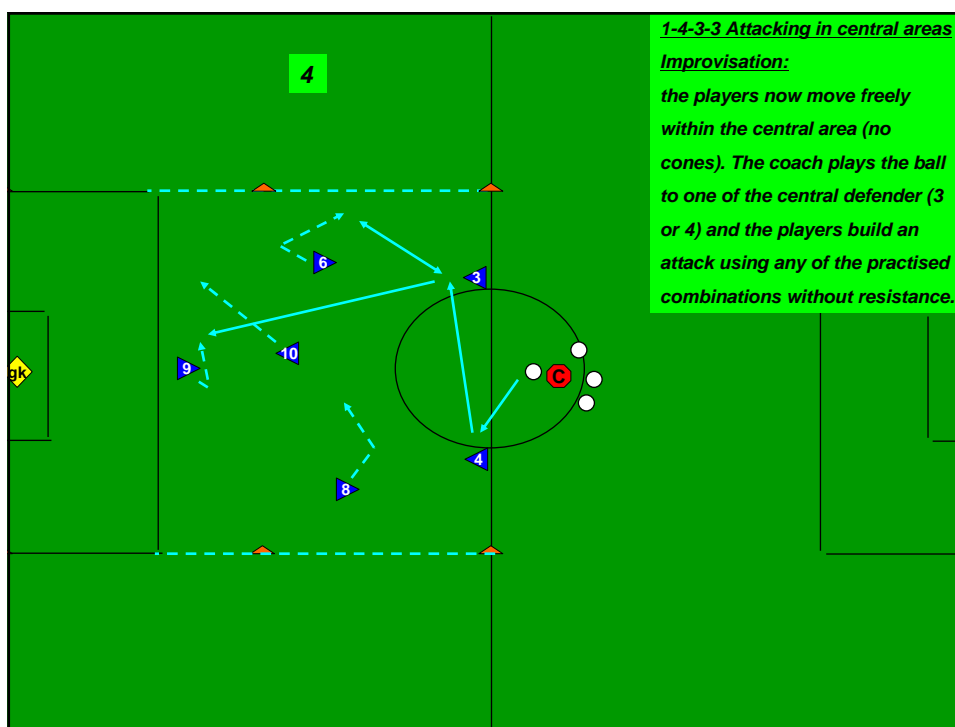
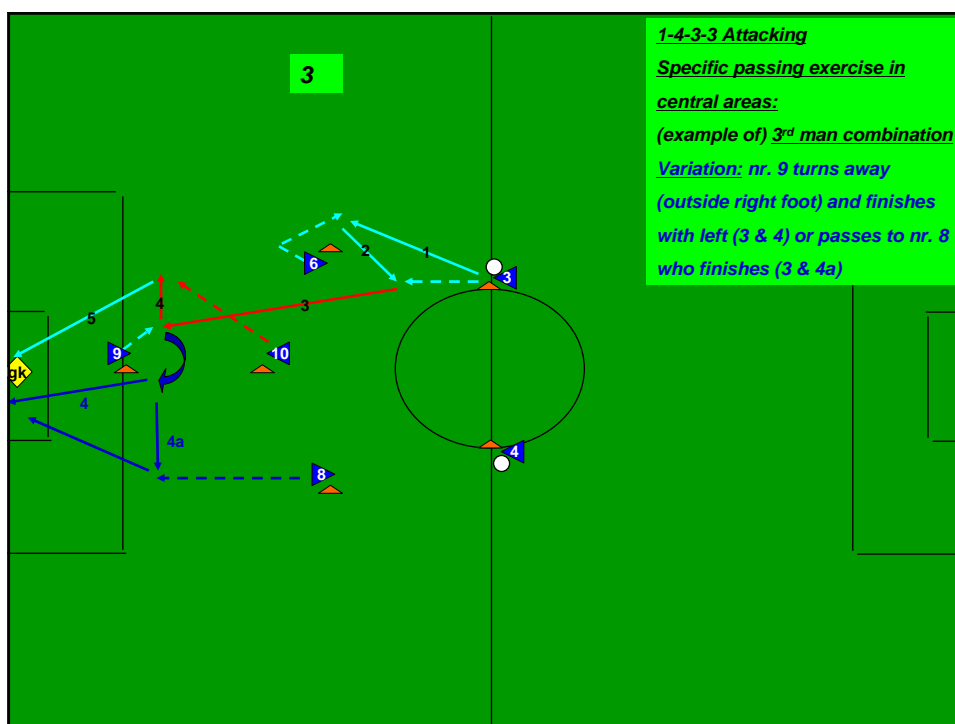
Most common attacking combinations are:

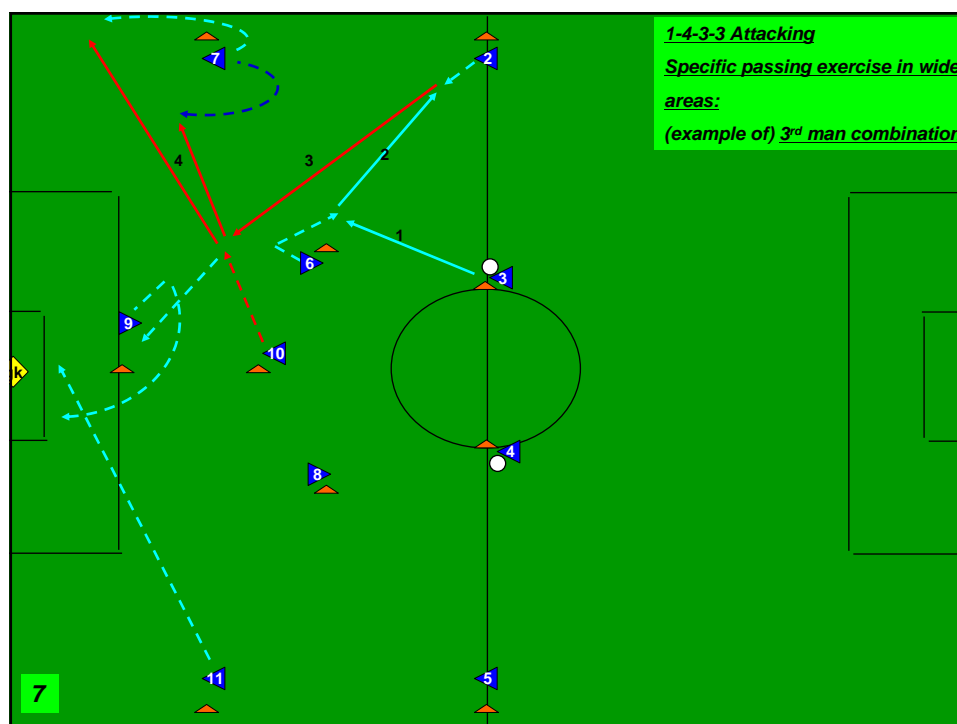
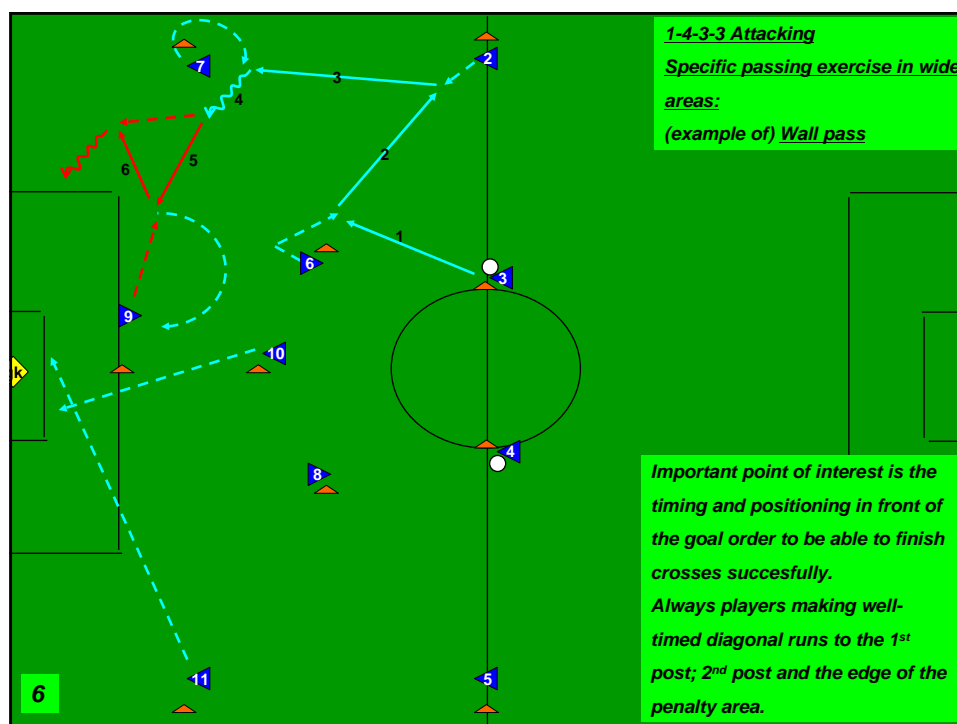
- Wall pass
- 3rd man combination
- (‘no look’) killer pass
- (feint) take over
- Overlap

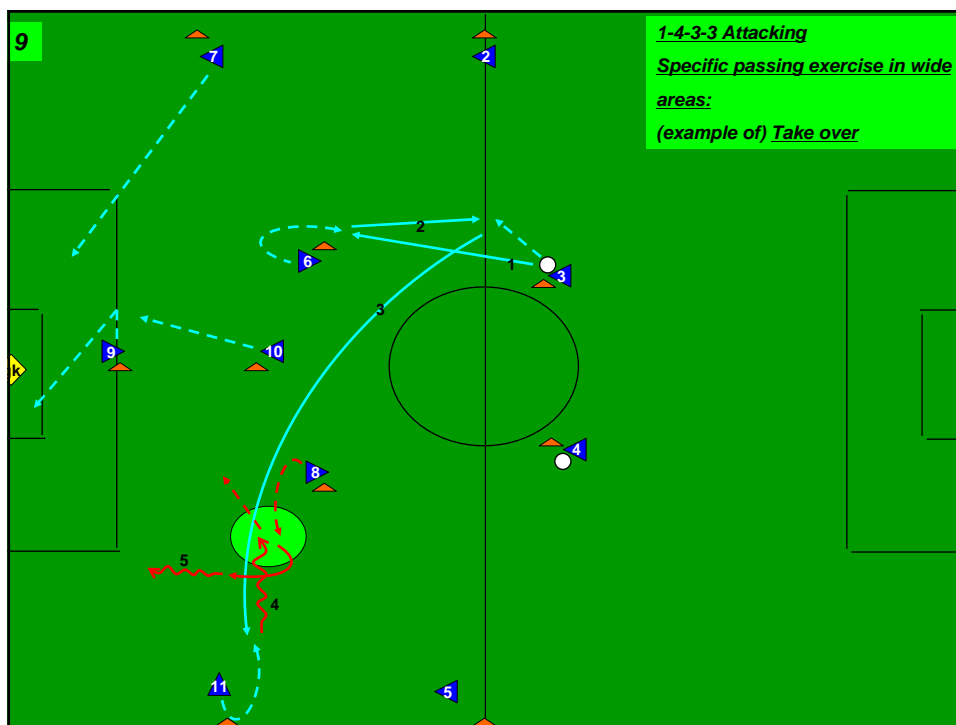
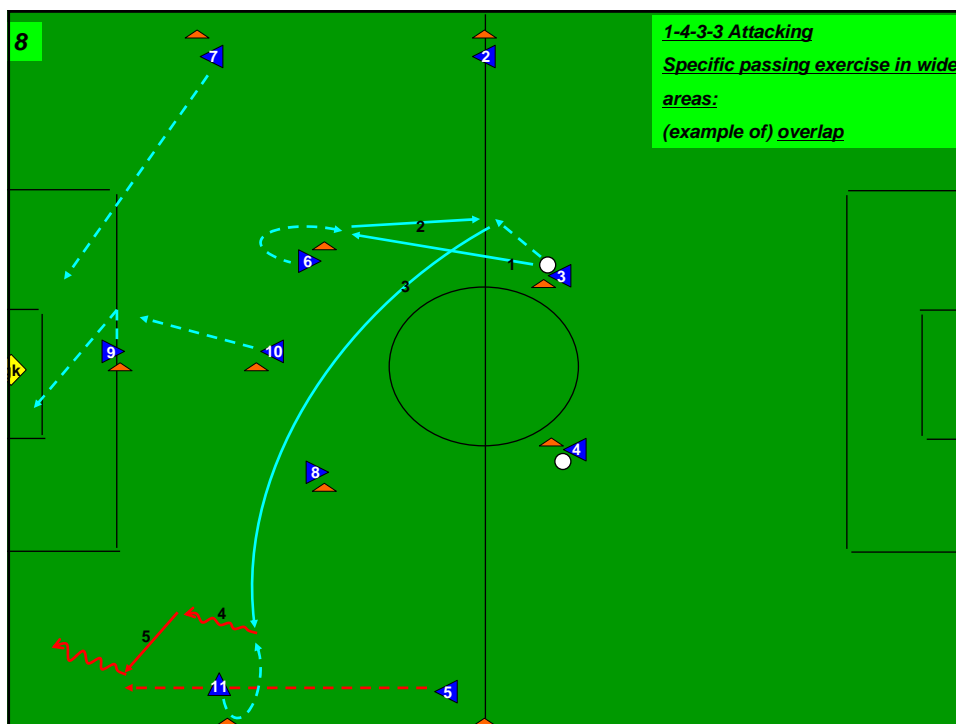
The chosen methodical structure is as follows:

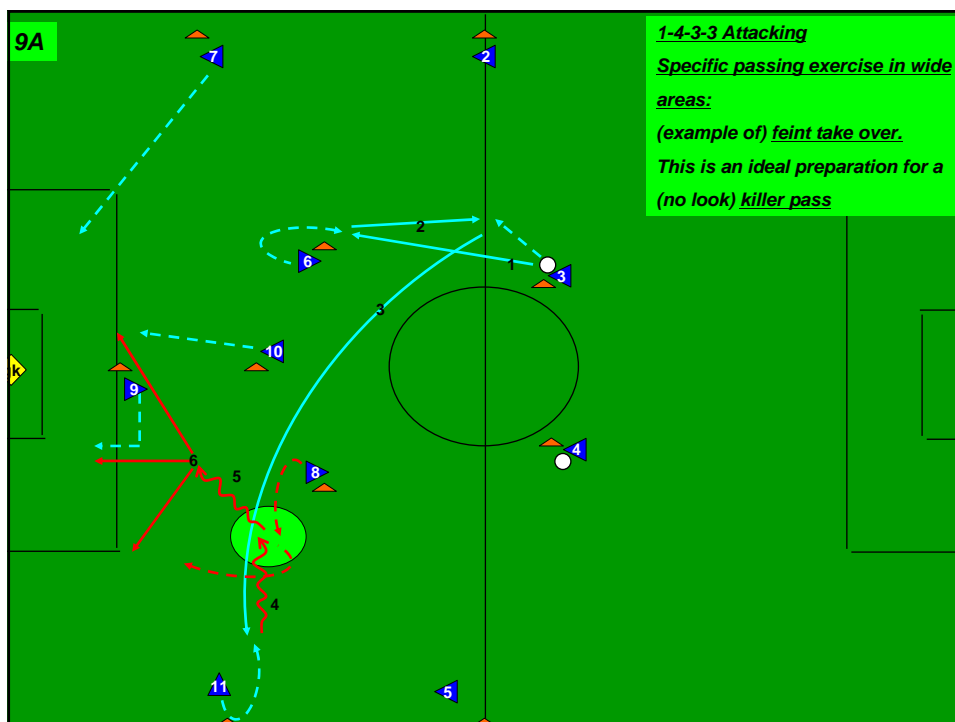
1. Specific passing exercises: all players in their designated positions within the 1-4-3-3 formation (no opponents, many repetitions so that patterns and combinations become ‘automatisms’). The general passing exercises form the preparation for this methodical step.
2. Adjusted resistance: gradually defenders are brought in, but the attackers keep a numerical supremacy over the defenders. The attackers have to make the right choices in relation to the positioning and acting of the defenders. A coach must be able to use a proper balance between ‘stop-start’ coaching and ‘play-on’ coaching.
3. Full resistance: same numbers of attackers and defenders or even a numerical supremacy for the defenders! Maximum ‘real game’ resistance for the attackers, they have to find the solutions by themselves now. Here ‘play-on’ coaching is required as much as possible and Training Games are the desired exercise format.

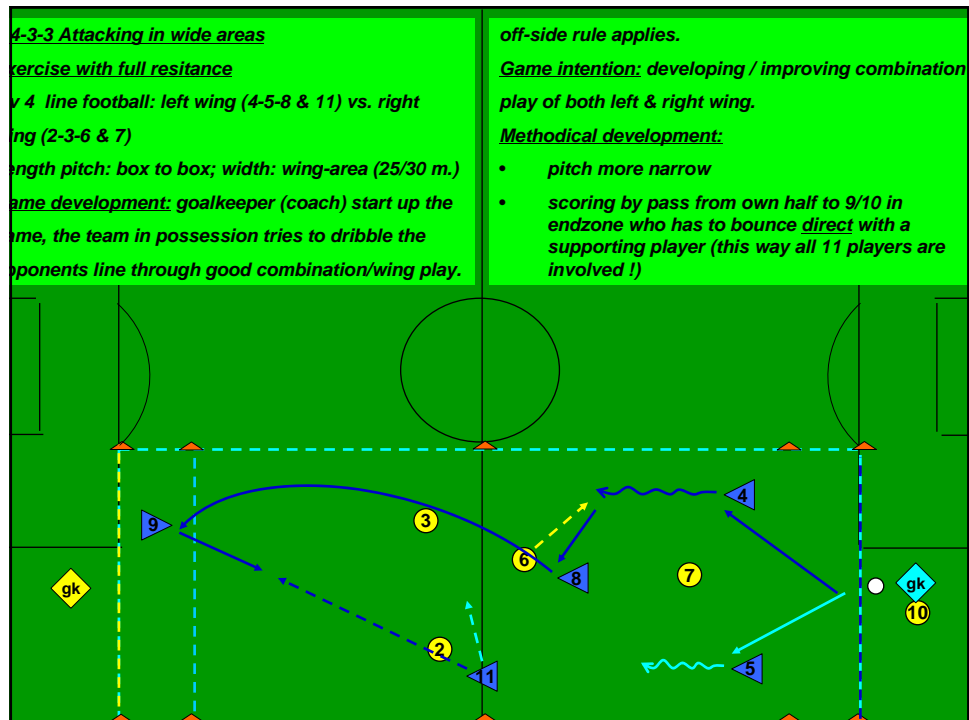












1-4-3-3 Defending **(training Zone Defense)**



Characteristics of zone defense

Using Zone defense, the formation of the opponent is irrelevant with regards to your teams' (defensive) formation because:

- The position of the players towards each other and towards the opponent is determined by the position of the ball ('ball-oriented' defending).
- Defenders and (defensive) midfielders have no direct opponent (as in man-marking) but are responsible for the player(s) entering their zone.
- Attackers and (offensive) midfielders are responsible for blocking / cutting the opponents' forward passing lines.



Basic principles of Zone defense

Always pressure the opponent in possession of the ball (in case of no pressure on the ball: drop off)

Keep short distances between the lines as well as individual players (defense - midfield: max. 10m.)

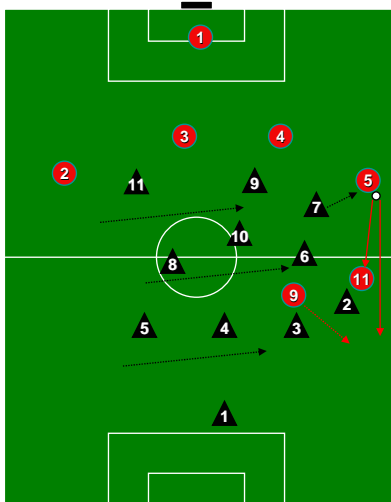
Cover one another (squeezing and backing-up)

Anticipate and communicate with each other ('coach' the players(s) in front of / next to you when an opponent is entering their zone)

Keep / push the opponent away from your goal ('forward defending')



Pressure on the ball



The pressuring can be executed in two manners:

From inside to outside, forcing the opponent to wide areas.

Advantages:

Easy understandable & clear

Tactically not very complex

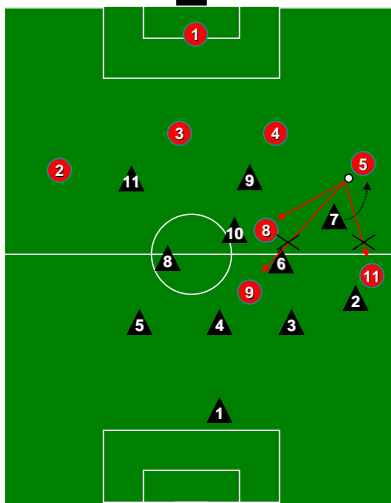
Easy covering

Disadvantages:

Passing options available for opponent in wide areas

The ball is usually regained in an unfavourable position

Pressure on the ball



2. From outside to inside, forcing the opponent into central areas.

Advantages:

Opponent is lead into 'crowded areas' where the change of them loosing possession is bigger

The ball is usually regained in a favourable (central) position to undertake an immediate counter attack

Disadvantages:

Tactically more complex

Communication vital

If not executed well the opponent can break trough central axis

1:4:3:3 basic defending (defenders)

3 v 2 (3 v 3) 'line football' on 30:15 m. fields

Game development: 3 blue players try to beat 2 (3) yellow defenders and score by dribbling across the 'yellow' line. If yellow wins the ball: play back to the yellow player that waits behind the by-line. Now restart with 3 yellow attackers vs. 2 blue defenders (one blue player goes out).

Off side applies!

Game intention: ball oriented defending and backing each other up (figures A;B & C). Off side rule is indispensable to realise the purpose!

Methodical development & variations:

- Start with equal numbers 3 v 3 then procede to 3 v 2
- Wider pitch (lager spaces to defend)
- scoring-attempt withinseconds
- not allowed to play back to 'own' half

1:4:3:3 basic defending (attackers)

4 v 3 on 30:20 m. field with 3 small (1,5 - 2m.) goals 7 – 10m. behind the 'shooting-line'

Game development: 4 blue players against 3 yellow; scoring by passing in one of the 3 small goals from outside the shooting-line area. If yellow wins the ball: play back to yellow player 4 who waits behind the by line. Now restart with 4 yellow players against 3 blue players (one blue player goes out).

Off side applies!

Game intention: ball oriented defending as a unit and trying to screen the passing lines to the goals.

The 'not working defender' (yellow 4 in the figure) has to help his team mates by 'coaching' them.

Off side rule is indispensable to realise the purpose!

Methodical development & variations:

- Start with equal numbers 4 v 4 then proceed to 4 v 3
- Wider pitch (larger spaces to defend)
- scoring-attempt withinseconds
- not allowed to play back to 'own' half

1:4:3:3 advanced defending (defenders & attackers)

5 attackers/midfielders vs 4 defenders + goalkeeper
field-size 60:40m; all players in their 'game positions'

Game development:

- yellow team scoring by beating the blue gk;
- blue team scoring by passing in one of the three small (3/5m) goals
- the blue team can play on off-side

Game intention blue team (defensive):

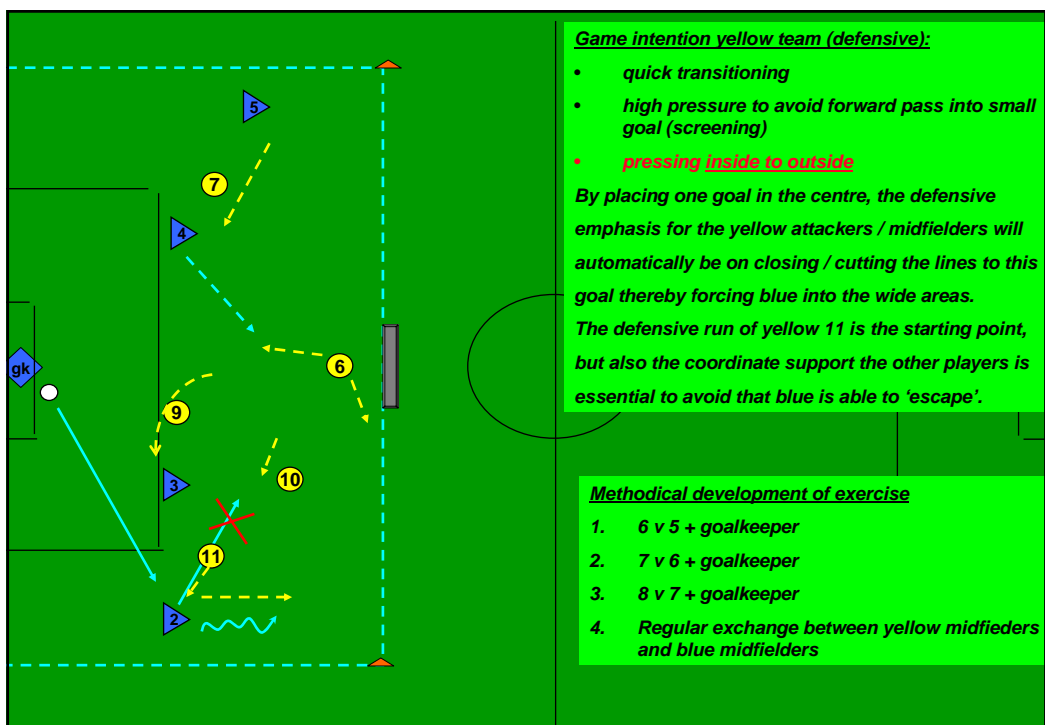
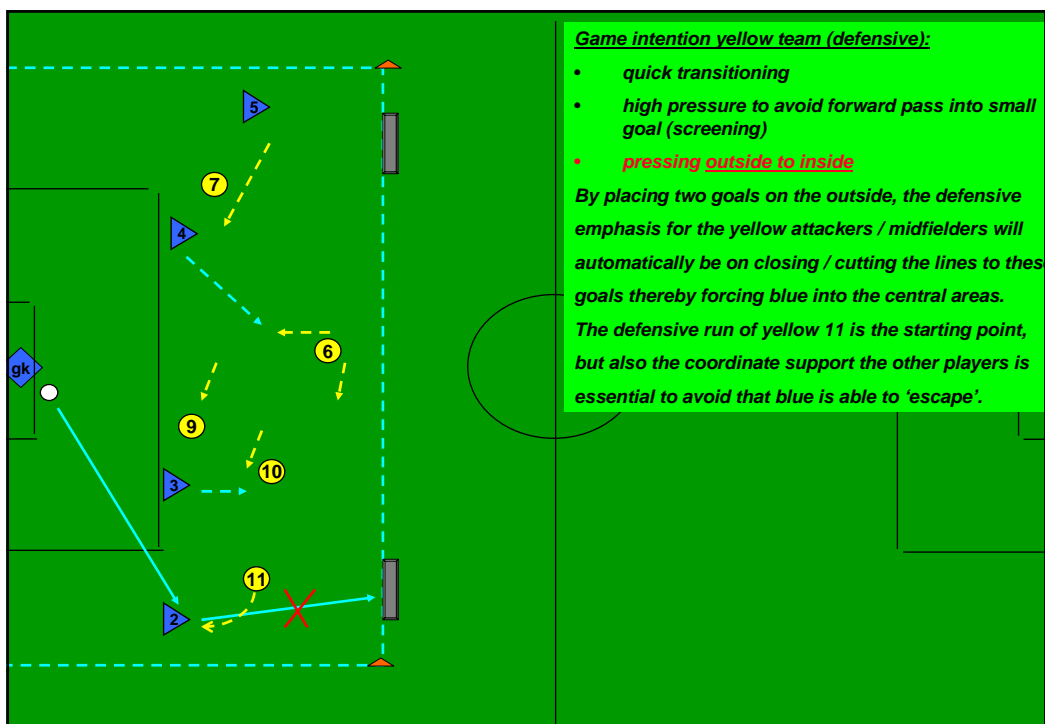
- ball oriented defending, covering and squeezing
- short distances
- press the player on the ball
- communication: COACHING

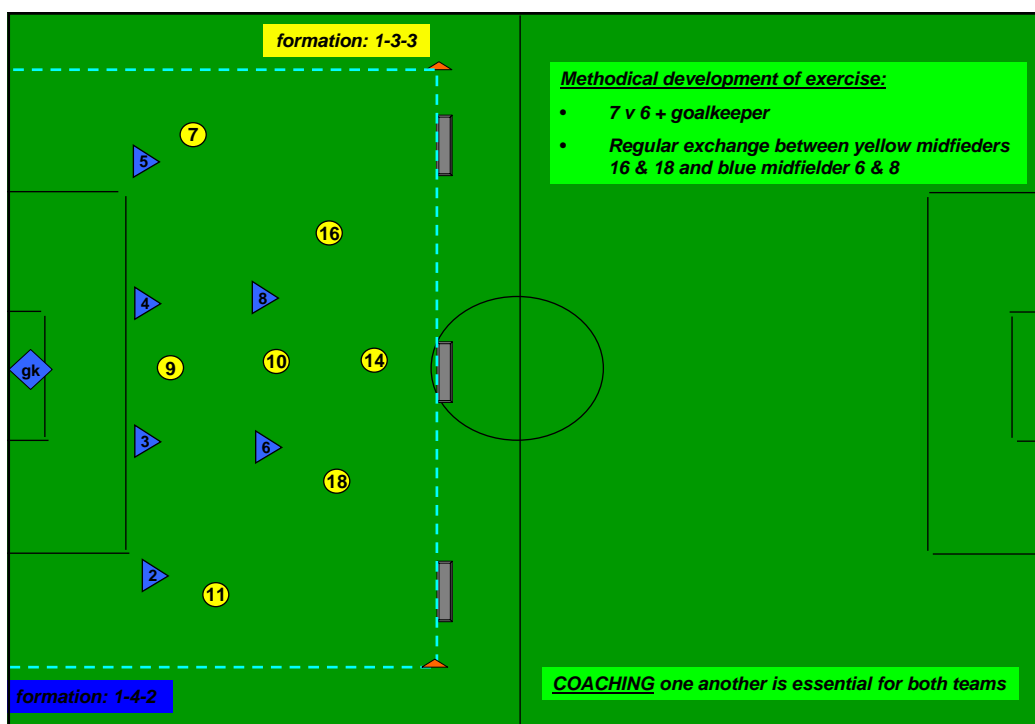
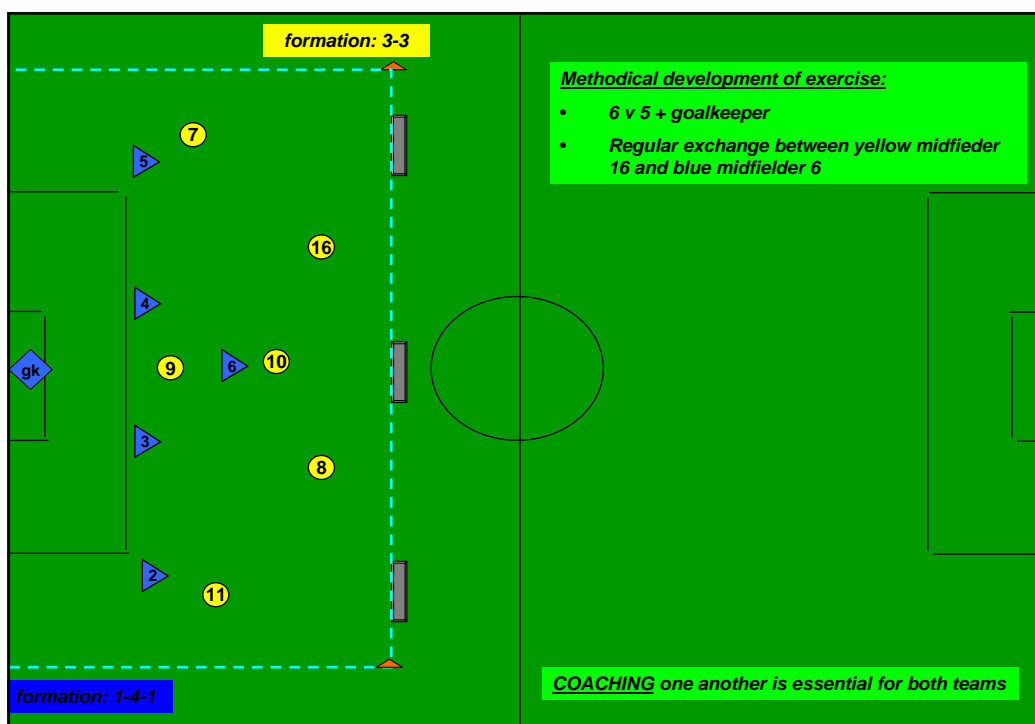
Game intention yellow team (defensive):

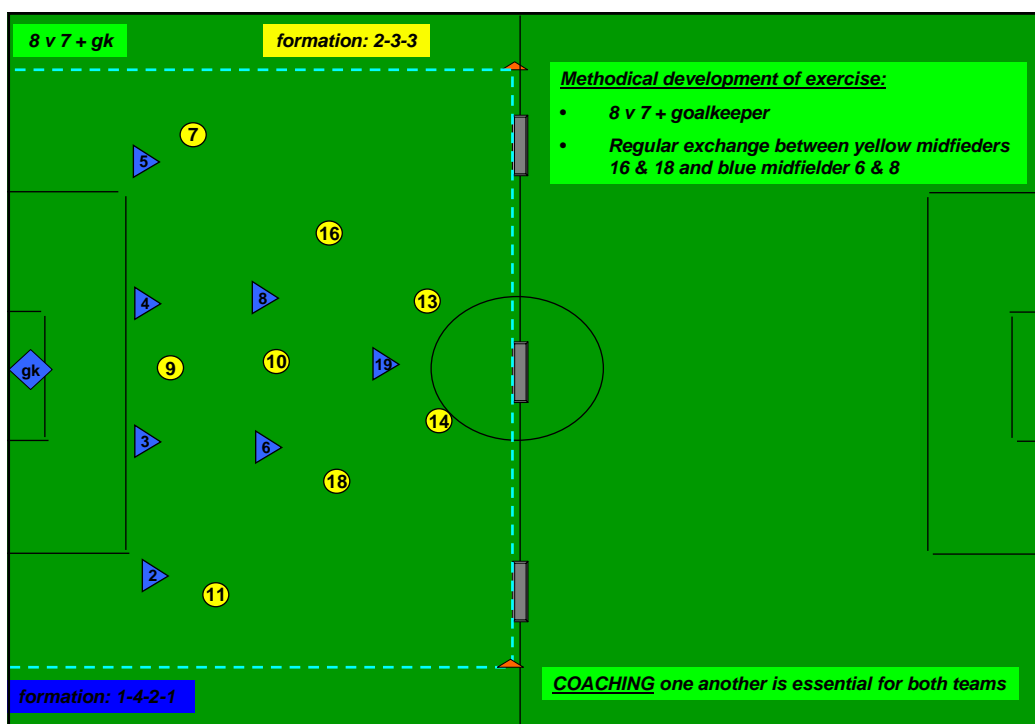
- quick transitioning
- high pressure to avoid forward pass into small goal (screening)
- pressing inside to outside or pressing outside to inside

Methodical development & variations:

- limited touches (2) for yellow no. 6
- wider pitch (up to maximum width)







1:4:3:3 advanced defending

10 v 10 with all outfield players in their proper game positions, off side rule applies for both teams

Field-size:

Length: penalty area to penalty area;

Width: 60:60m - maximum

Game intention

Scoring:

1. line dribbling
2. passing through yellow cones/ sticks (5-10m apart)

Defensive principles:

- quick transition after losing possession, restore formation
- short distances between all players (stay compact)
- ball oriented defending, covering & screening
- 'leading' to a flank, pressuring as a unit

pressuring in pre-designated area:

- in opponents half
- half way
- in own half

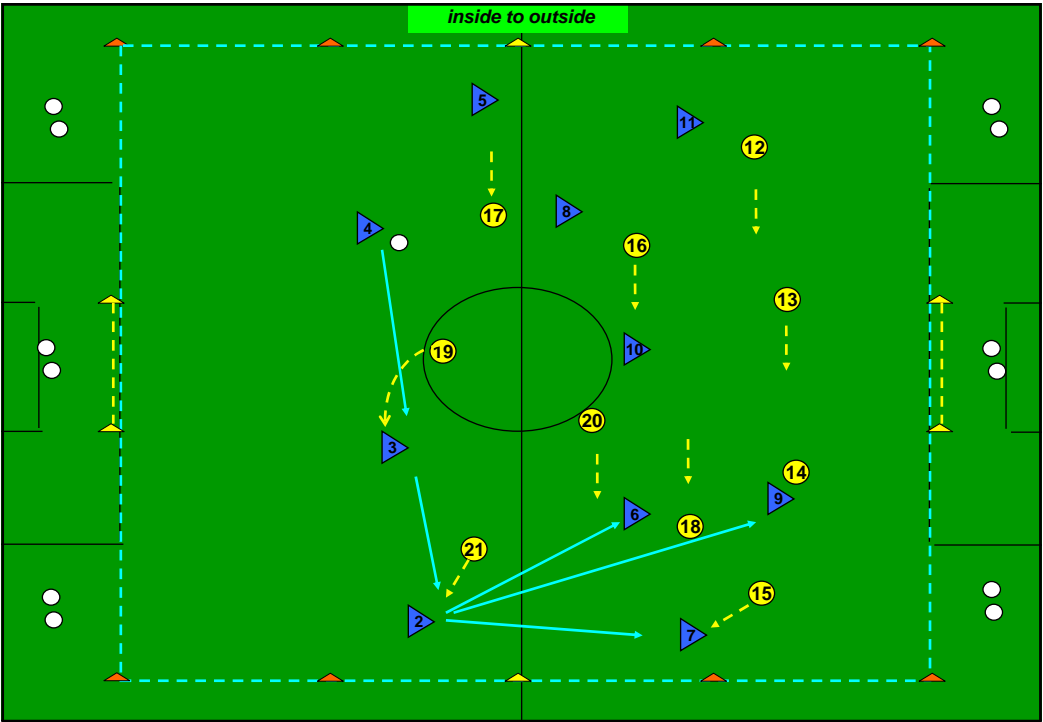
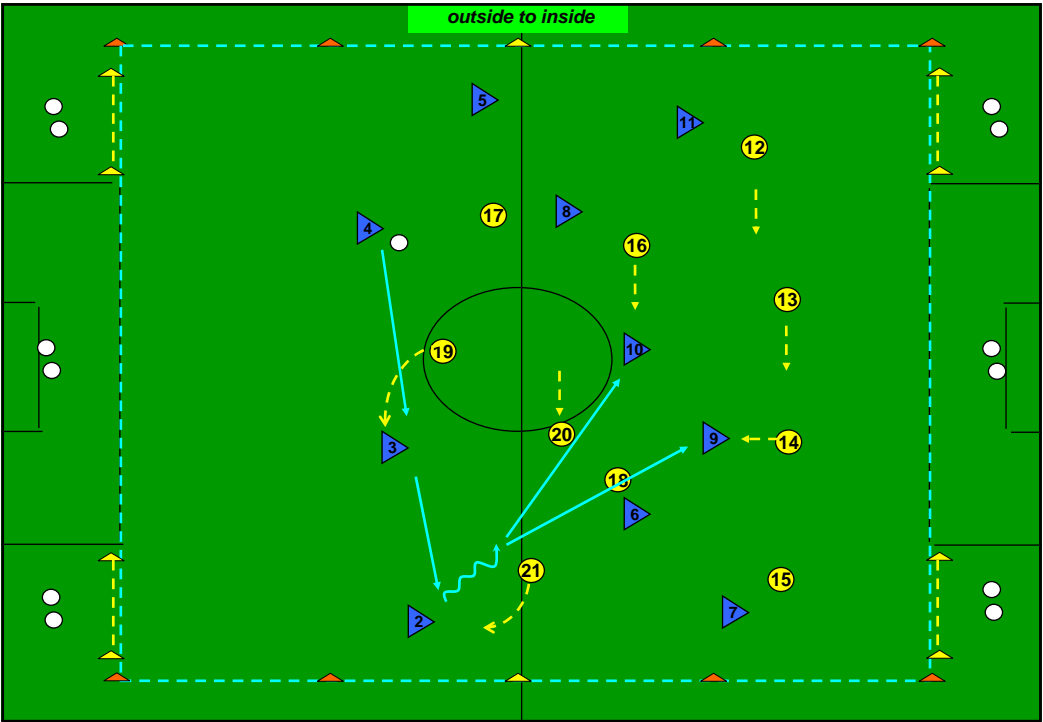
pressuring in pre-designated manner:

1. outside to inside (cones/sticks in wide positions)
2. inside to outside (cones/sticks in central positions)

Methodical development of exercise

- maximum width of pitch
- limited touches (2/3) in own half
- gk's behind line: for coaching and backpass
- full pitch, goals & gk's = game

COACHING one another is essential for both teams



1-4-3-3 Training Games



Training Games

Training Games should be on every sessions 'menu', preferably at the conclusion.

In Training Games all Main Moments of Football (defending; building up; attacking / scoring & transitioning) are included but one or two could be emphasized and the players are tested with all game specific resistances present.

In Training Games there should be a minimum of 'Coaching Stops' (preferably non). The Coach should mainly be refereeing the game and give instructions without stopping the game.



Shooting

Shooting-game: 3 v 3 on a 20:20 m. field (divided into two equal halves) with 2 goals + goalkeepers

Game development: 2 blue outfield players + gk play 3 v 1 till one of the outfield players has a shooting opportunity. If the yellow player wins possession he can make an individual action trying to score or play back on the yellow players in the other half

Game intention: improving shooting & finishing; handling-speed

Methodical development:

- limited touches
- limited time to undertake an attempt
- 3 v 2 + gk's

3rd man & wall pass

4 v 4 with 12 players (4 walls) in rectangle 20:30 m. with 4 small goals on the by-lines.

Game development: 4 v 4, team in possession tries to score and can use all 4 walls (8 v 4).

Rotating the teams after 3 minutes or after each score: scoring team stays, other team goes off.

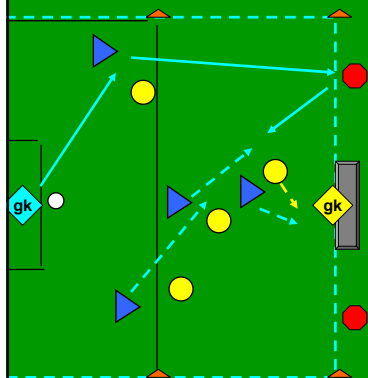
Game intention BP: positioning; passing; 1st touch; handling-speed; decision making; anticipation

BPO: pressing / defending as a unit; communication; insight (cutting lines to goals & walls)

Methodical development:

- Limited touches wall players (2/1)
- Limited touches field players (3/2)
- Wall players not allowed to play back to same player (accent on 3rd man)
- Scoring directly from a wall pass or 3rd man combination with one of the wall players counts double

3rd man & finishing



4 v 4 with 4 walls on a 40:40 m. field with 2 goals + goalkeepers.

Game development: 4 v 4, team in possession tries to score and can use all 4 walls (8 v 4).

Rotating the teams after 3 minutes or after each score: scoring team stays, other team goes off.

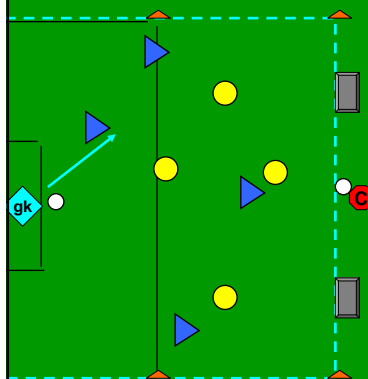
Game intention BP: positioning; passing; 1st touch; shooting / finishing; handling-speed; decision making; anticipation

BPO: pressing / defending as a unit; communication; insight (cutting lines to goals & walls)

Methodical development:

- Limited touches wall players (2/1)
- Limited touches field players (3/2)
- Wall players not allowed to play back to same player (accent on 3rd man)
- Scoring directly from a wall pass or 3rd man combination with one of the wall players counts double

transitioning & finishing



4 v 4 on a 40:40 m. field with two small goals & one big goal with a 'neutral' goalkeeper.

Game development: The blue team defends the big goal together with the GK; yellow team defends the two small goals.

Yellow scores = 1-0; teams stay as the are; the coach immediately restarts the game with a pass to a yellow player.

Blue scores = still 0-0; teams change sides; the coach immediately restarts the game with a pass to a blue player

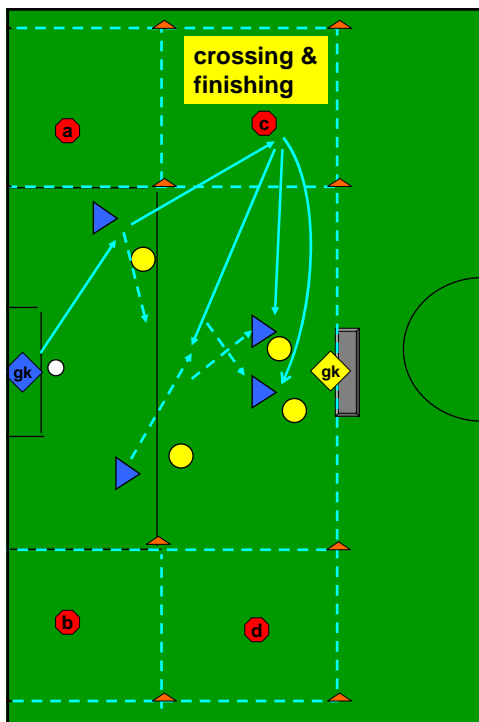
Game intention BP: positioning; passing; 1st touch; shooting / finishing; handling-speed; decision making; anticipation

BPO: pressing / defending as a unit; communication; insight (cutting lines to goals)

Special accent = TRANSITIONING

Methodical development:

- Limited touches for the team that plays out with the goalkeeper
- Bigger space (transitioning more difficult!)
- With a 'joker': team in possession of the ball has one player more



4 v 4 on a 40:30 m. field with goals & keepers and four 15:15 m. 'wide areas'

Game development: 4 v 4 in the central area, team in possession tries to score. Blue team can use red wing players c & d; yellow can use a & b

Scoring on a pass/cross from one of the wing players counts double

Rotating the teams after 3 minutes or after a score: scoring team stays, other team goes off.

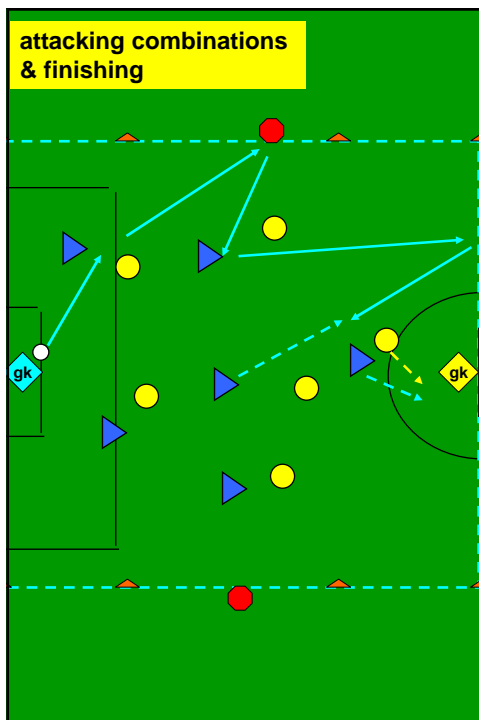
Game intention BP: positioning; passing; 1st touch; crossing / finishing; handling-speed; decision making; anticipation

BPO: pressing / defending as a unit; communication; insight (cutting lines)

Special accent = crossing / wing play

Methodical development:

1. Limited touches for the wide players
2. A defender can attack a wing player in a wide area (1 v 1) and in that case:
3. Wide players can overlap (a & c can overlap each other; b & d can overlap each other)



6 v 6 with 18 players (6 walls) and 2 goal keepers on a 50:50 m. field with goals on the by-lines.

Game development: 6 v 6, team in possession tries to score and can use all 6 walls (12 v 6).

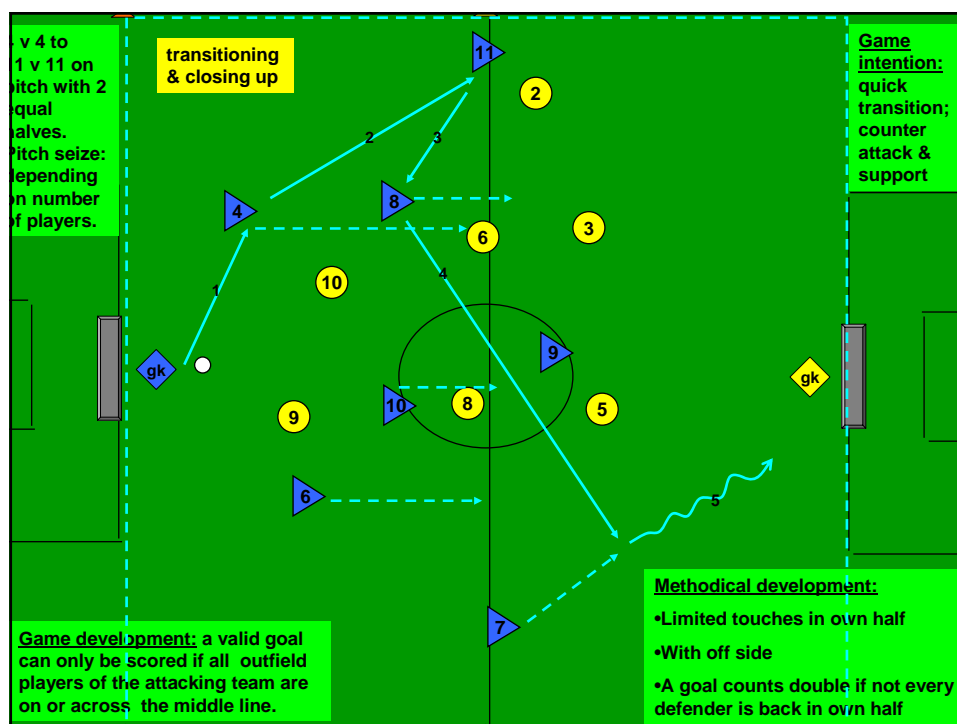
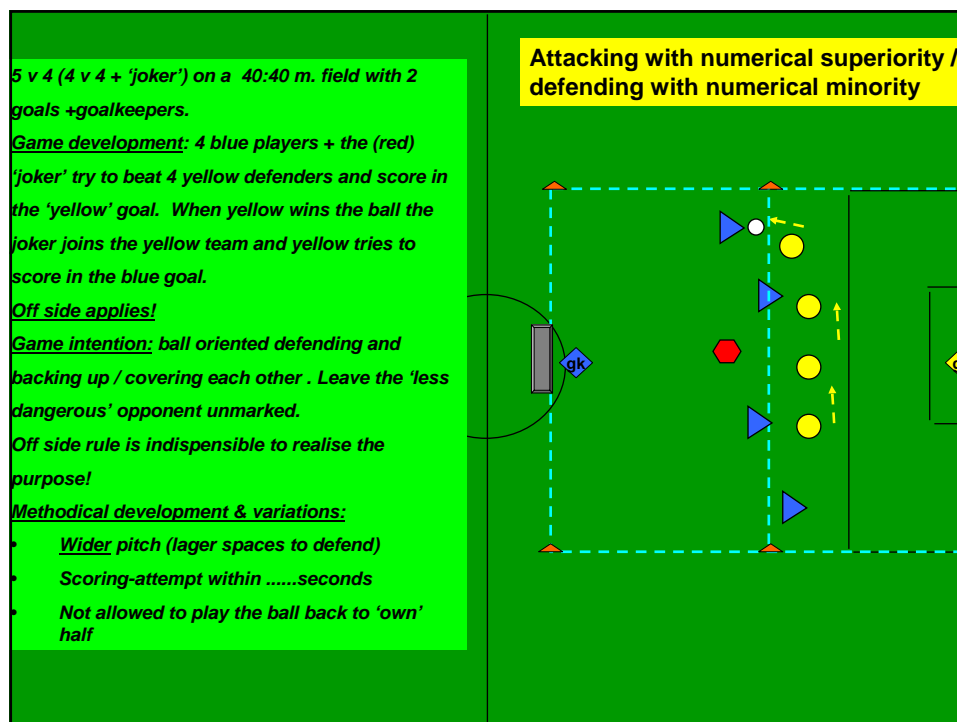
Rotating the teams after 3 minutes or after each score: scoring team stays, other team goes off.

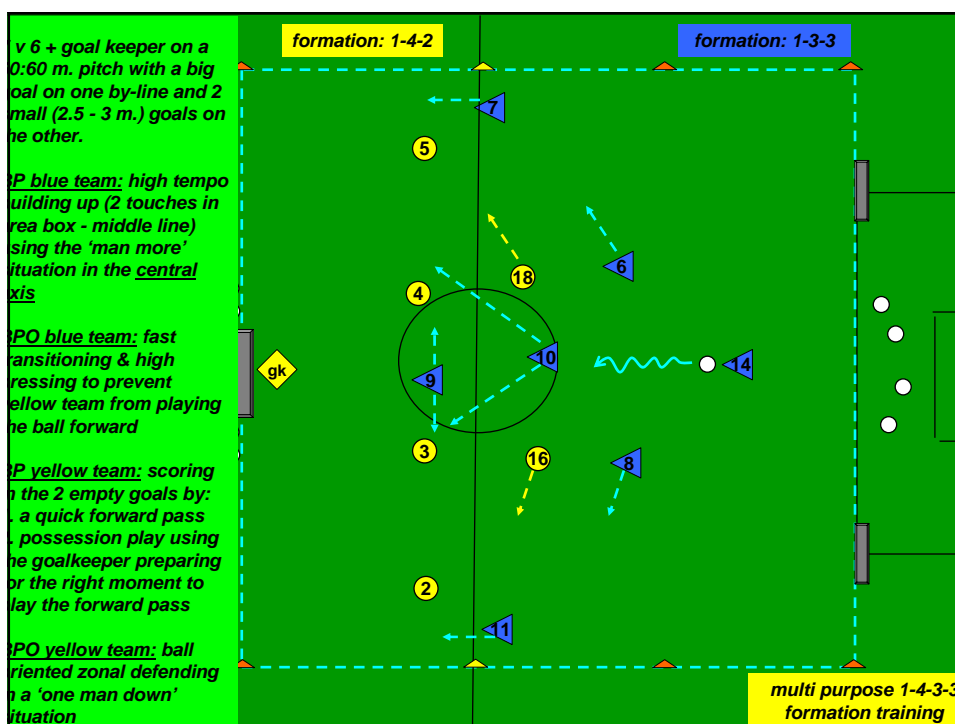
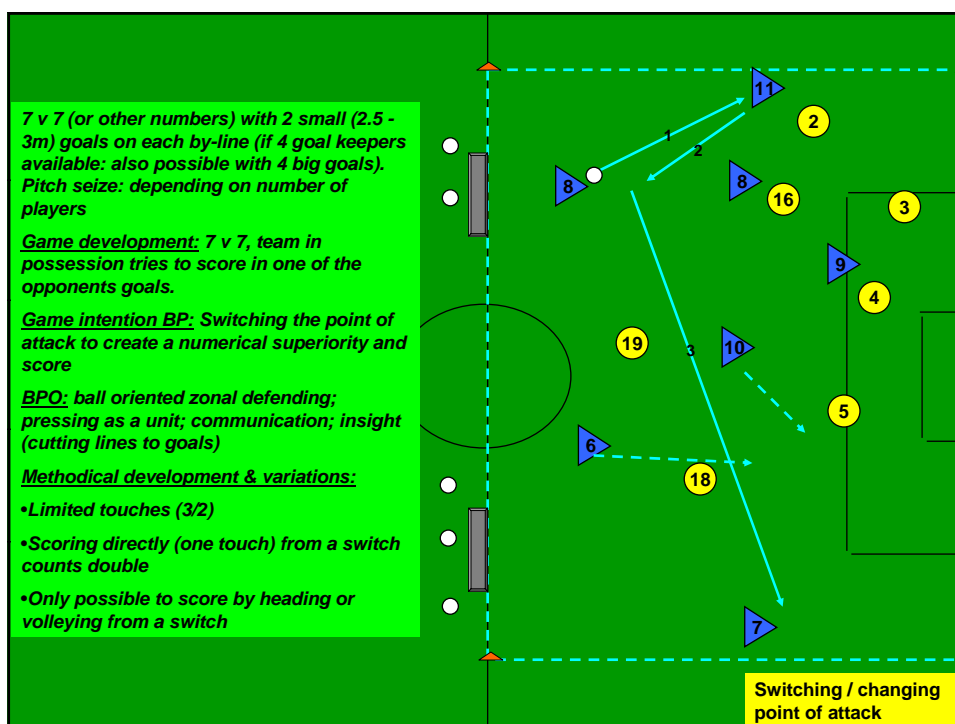
Game intention BP: positioning; passing; 1st touch; handling-speed; decision making; anticipation & finishing

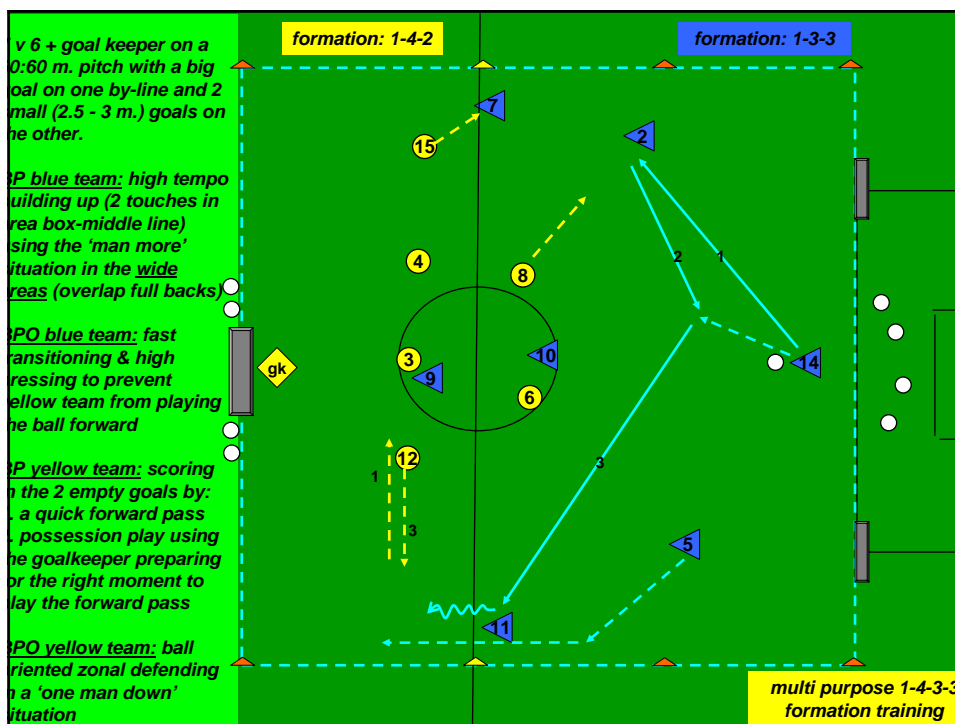
BPO: pressing / defending as a unit; communication; insight (cutting lines to goals & walls)

Methodical development:

- Limited touches wall players (2/1)
- Limited touches field players (3/2)
- Wall players not allowed to play back to same player (accent on 3rd man)
- Scoring directly from a wall pass or 3rd man combination with one of the wall players counts double







<p>8 v 7 with goal keepers; goals on the 18 yard lines and a 'forbidden area' (20 m.) in the half of the team that has 8 players</p> <p>Game development: 8 v 7, team in possession of the ball tries to score. For the team with 8 outfield players it is not allowed to defend in the 'forbidden area'.</p> <p>Game intention is different for both teams; see the respective columns.</p> <p>Methodical development & variations:</p> <ul style="list-style-type: none"> • 2 touches on own half (including 'forbidden area'); unlimited touches in attacking half for the blue team (8 players) • Increase / decrease size of 'forbidden area' • Change the teams tasks regularly (blue with 7; yellow with 8) 	<p>Formation: 1-2-3-3</p> <p>"Must win attacking play against very defensive opponent"</p> <p>BP:</p> <ul style="list-style-type: none"> • Open up, make the field 'big' • High tempo precise passing • Fast change of direction • Decisive attacking actions in tight areas <p>BPO:</p> <ul style="list-style-type: none"> • Immediate pressuring in opponents half (do not allow to 'escape') • Use of off-side 'trap' • Goal keeper to play as 'sweeper' • No defending allowed in forbidden area 	<p>Formation: 1-4-2-1</p> <p>"Organized defending under heavy pressure & counter attacking"</p> <p>BPO:</p> <ul style="list-style-type: none"> • Quick transition • Drop back, reduce spaces • Compact lines • Keep formation intact • Ball oriented (zone) defending in a 'one man down' situation <p>BP:</p> <ul style="list-style-type: none"> • Quick transition, make the field 'big' • Look for a forward pass as the first option (counter attack) • Use the goalkeeper as the 8th outfield player (but avoid unwarranted risks)
---	--	---

