

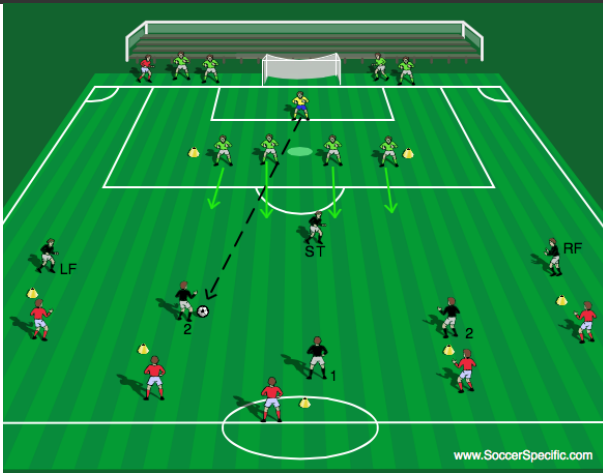


Attacking Patterns in a 4-3-3

Date: Mar 17, 2016

Team: Iran National Team - Carlos Queiroz

Duration: 75 min

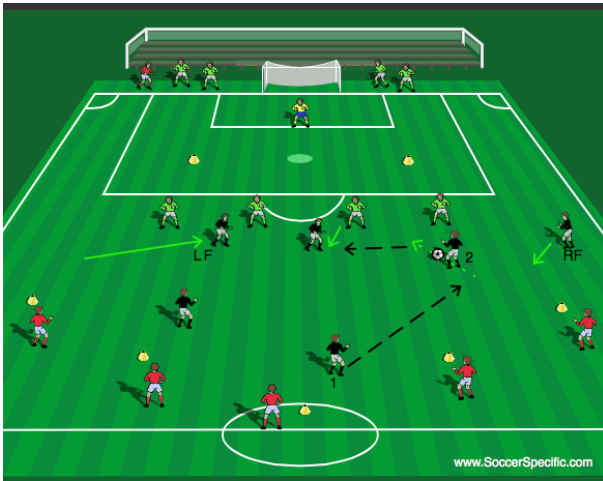


Setup: 20 Players + 3 Goalkeepers. 2 groups of 4 defenders (green) and 2 groups of 6 attackers (Black + Red) organised in positions as shown.

Instructions: ATTACKING OPTIONS IN A 4-3-3: Play starts with a throw from the Goalkeeper to any Midfield player (in the diagram- Black team is attacking first). The 4 defenders (green) must START between the yellow cones in line with the penalty spot. As the GK throws the ball they must QUICKLY push up to a position slightly outside the box to draw their line and await the first attack. A 6v4 attacking situation is created. Alternate Black and Red attacks - also, alternate the Defensive players after 2-3 attacks. Attacking team must use various patterns to create goalscoring opportunities.

Coaching Points: Attacking Team: Quick ball movement, Overlap, Pass and Drive forward - movement to create chaos for opponent. Opposite side forward must come into a central striker position. Encourage players to move 'in and out' - swap positions, drive forward etc - FORCE the Back-4 into uncomfortable situations Defensive Team: Stay compact, hold the line, press the ball when appropriate

1 ⌚ 15 minutes ↗ Attacking Half

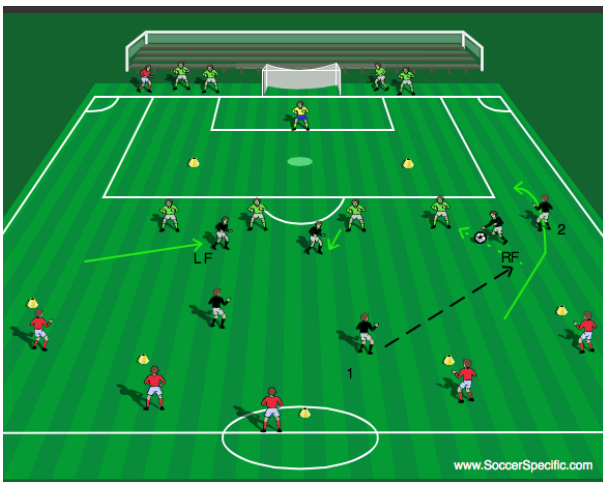


Setup: 20 Players + 3 Goalkeepers. 2 groups of 4 defenders (green) and 2 groups of 6 attackers (Black + Red).

Instructions: ATTACKING OPTIONS IN A 4-3-3: Options: (a) R + L Midfielders can overlap R + L forwards (b) In the diagram the L. Forward (LF) has driven inside to become the 2nd Center-Forward. This opens up areas for teammates and forces the Back-4 to mark + adjust. (c) Player (2) R. Mid can dribble inside + pass to the center-forward and continue to DRIVE forward - this run forward affects the defensive line and opens space for teammates. The R Forward (RF) can check back into space to receive the pass.

Coaching Points: Attacking Team: Quick ball movement, Overlap, Pass and Drive forward Opposite side forward MUST come into a central striker position. Encourage players to move 'in and out' - swap positions, drive forward etc - FORCE the Back-4 into uncomfortable situations Defensive Team: Stay compact, hold the line, press the ball

2 ⌚ 15 minutes ↗ Attacking Half



Setup: 20 Players + 3 Goalkeepers. 2 groups of 4 defenders (green) and 2 groups of 6 attackers (Black + Red).

Instructions: ATTACKING OPTIONS IN A 4-3-3: Options - In the Diagram the R. Midfield player has overlapped the Right Forward who is driving inside.

Coaching Points: Attacking Team: Quick ball movement, Overlap, Pass and Drive forward Opposite side forward MUST come into a central striker position. Encourage players to move 'in and out' - swap positions, drive forward etc - FORCE the Back-4 into uncomfortable situations Defensive Team: Stay compact, hold the line, press the ball

3 ⌚ 15 minutes ↗ Attacking Half





Attacking Patterns in a 4-3-3

Date: **Mar 17, 2016**

Team: **Iran National Team - Carlos Queiroz**

Duration: **75 min**



Setup: An 11v11 is organised as follows: In each half - 6 Attackers vs. Back-4 + Goalkeeper. Players must remain in their designated half of the pitch.

Instructions: 11v11 - EMPHASIS ON ATTACKING PATTERNS IN A 4-3-3: Play starts each time with a throw from the Goalkeeper to his midfield player(s) in the attacking half; on receiving the ball they must immediately attack the Back-4 using the previously practiced patterns. Alternate attacks - ball starts with Goalkeeper (A) one time / Goalkeeper (B) next time. Progression: Normal 11v11 free play

Coaching Points: On receiving the ball, turn and immediately attack the Back-4 at pace - all previous coaching points apply; overlapping, drive inside, quick ball circulation. If Defensive team wins possession they can immediately pass to their attacking players.

4

⌚ 30 minutes ↗ Full Field

