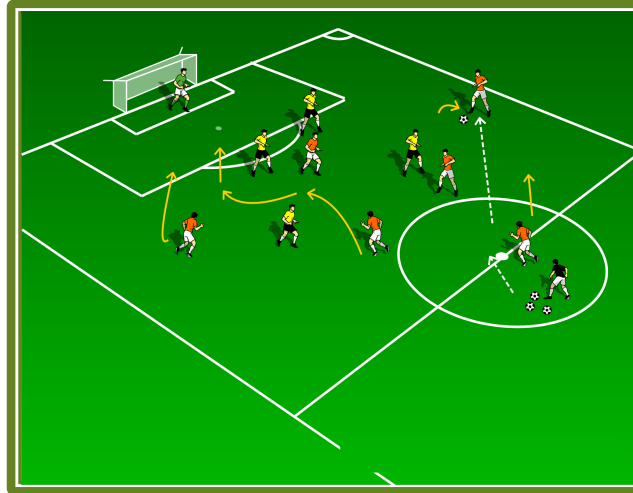


Soccer90

Attacking in a 4-3-3 - Advanced

Area – Half a field, set up a 6v4. Have the players in their starting positions. Here we have one holding midfielder.



1. The coach passes the ball to the orange holding midfielder.
2. Now work on the movement of the players and use it as a functional practice *
3. If yellows win the ball they pass it to the coach.
4. Add some combination play before you call 'Live'.

* Come up with creative combinations to start the exercise

Coaching points:

Movement of the central striker.

Player rotation from midfield three.

Wide players come in more centrally if the attack is coming from the opposite wing.

Quality possession because you have a 2 player advantage

Progression

1. 8v6 adding attacking and defending full backs.

2. You can add some wide mini goals for yellows to attack on or they can pass the ball to the coach if they win it.

3. Start with ideal starting positions.

4. The coach passes the ball out wide. Work on movement and combination play.



Coaching points:

Wide players make inside runs to make room for the full backs.

The two attacking midfielders make runs into the box.

Overlaps from attacking full backs.

Holding midfielder is always supporting the play

Lots of diagonal runs and passes

