

IN CONCLUSION

To close this book I am showing a following example of a curriculum in short showing the progressive development of a system of play incorporating a back three as the ultimate goal at 11 v 11.

It begins at 4 v 4, then goes through the age groups and sizes of games through 7 v 7 to 9 v 9 ultimately to 11 v 11.

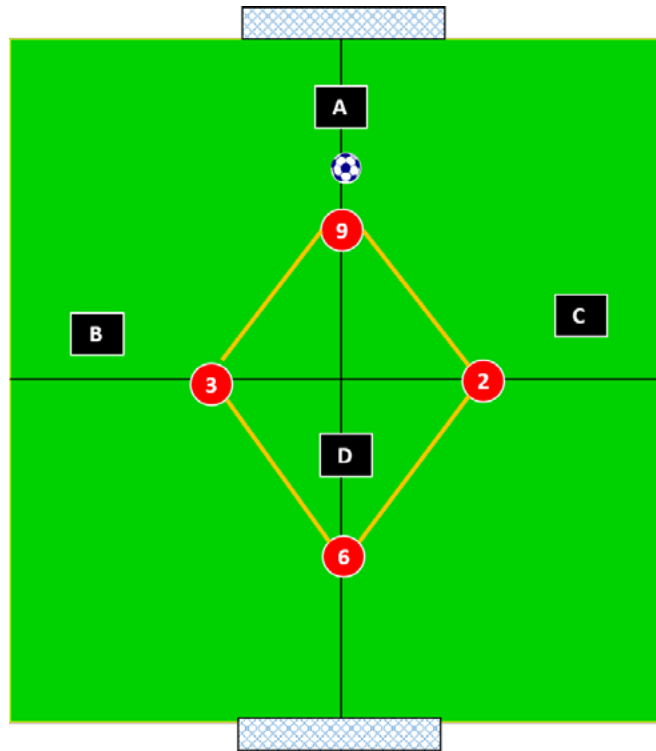
It is very difficult to show every formation and system here but I have developed a plan which coaches can work from to incorporate all the sizes of games and find some common ground between them all for simplicity of the teaching and education of players.

I hope very much this has been a useful introductory guide to all coaches to help them develop their own ideas and work on them with their players.

Kindest regards and thank you for your support of this book.

Wayne Harrison

4 v 4 A Basic Diamond Shape for defending



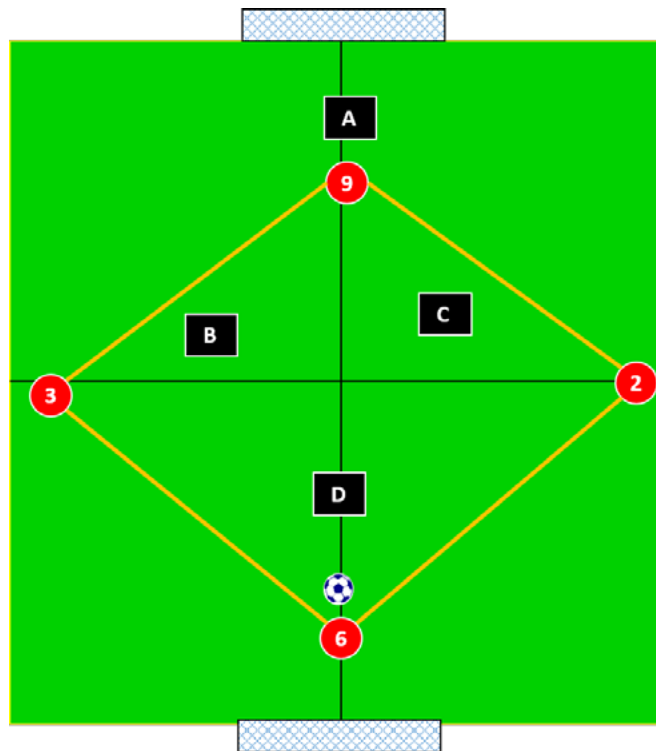
The main idea here is for the defending team to condense the area the ball can be played into the defending team become a diamond within the opponents attacking diamond. (4) Forces (A) one way and the rest of the team adjust their positions off this. (3) Protects the space inside but can close down (C) if the ball is passed, (2) and (1) is the same scenario and this results in the diamond being shorter and tighter. As the opponents move the defending team must move to compensate. Also if any pass is played behind (1), (2) or (3) they should be first to the ball.

Coaching Points:

1. Pressure – 1 v 1 defending to win the ball, delay or force a bad pass.
2. Support – position of immediate teammate (angle, distance and communication).
3. Cover – positions of teammates beyond the supporting player.
4. Recovering and Tracking should the ball go past our position, recovery run to goal side of the ball and tracking the run of a player.
5. Double-Teaming – (A) passes to (C), (3) closes (C) down from in front, (4) follows along the path of the ball to close down from behind or slightly to the side. (4) Closes in such a way as to obstruct a pass back to (A).
6. Regaining Possession and creating Compactness from the back (pushing up as a unit).

The objectives of defending are to disrupt the other teams build up, make play predictable, prevent forward passes and ultimately regain possession of the ball. Techniques include – pressuring, marking, tackling and winning the ball.

4 v 4 A Basic Diamond Shape for attacking



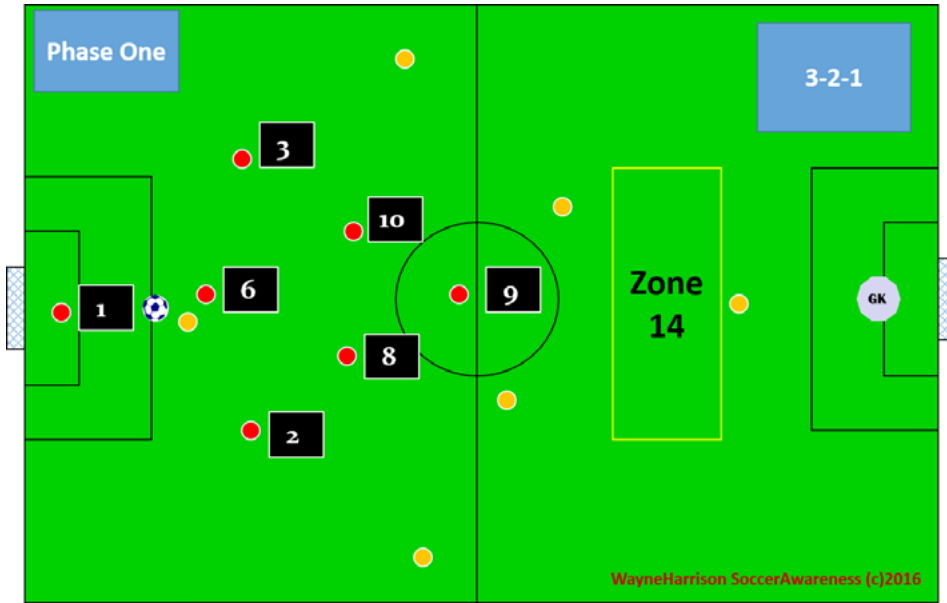
Coaching Points for 4 v 4:

1. Correct Positioning when Attacking and Defending.
2. Maintaining Possession and dictating the direction of play by running with the ball, passing and dribbling.
3. Forward passing but if not then positioning for back or sideways passing.
4. Movement as a team forward, backward, sideways left and right.
5. Communication – verbal and non-verbal (body language).
6. Techniques involved – Controlling and Passing, receiving and turning, dribbling, shielding and shooting. Defending.

This is the set up for the eventual 4 v 4 (or 5 v 5 plus keepers) competitive game situation. The above coaching points are important to use as guidelines to what you are trying to achieve in this coaching practice.

The attacking four spread out as wide and long as they can to make it difficult for the defending team to mark them. Maintenance of a rough diamond shape ensures good angles and distances of support wherever the ball may be.

The use of the awareness principles is very important in the development of this game concept and you can ensure they are applied by conditioning the game for example making it one and two touch play to mention just one way.

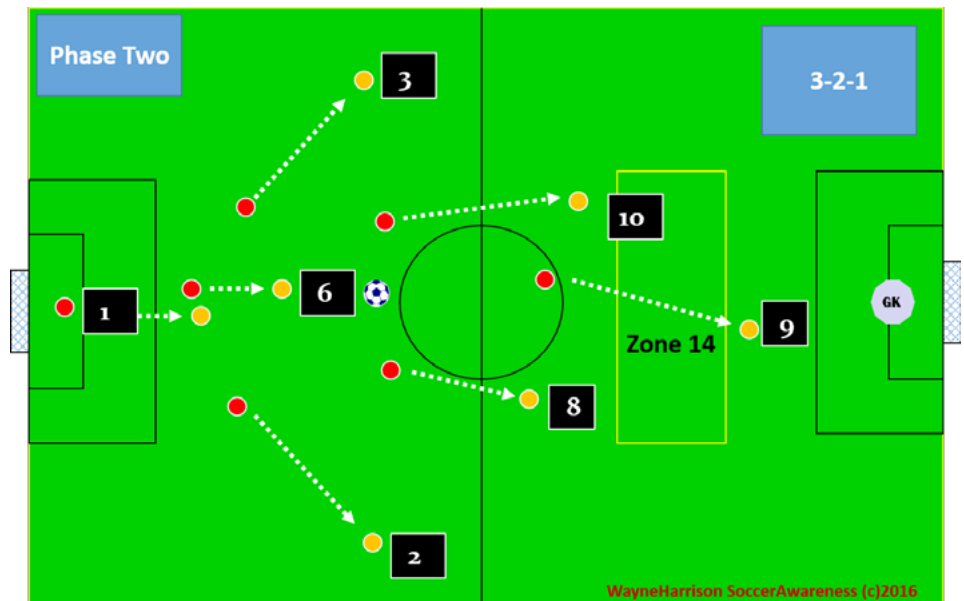


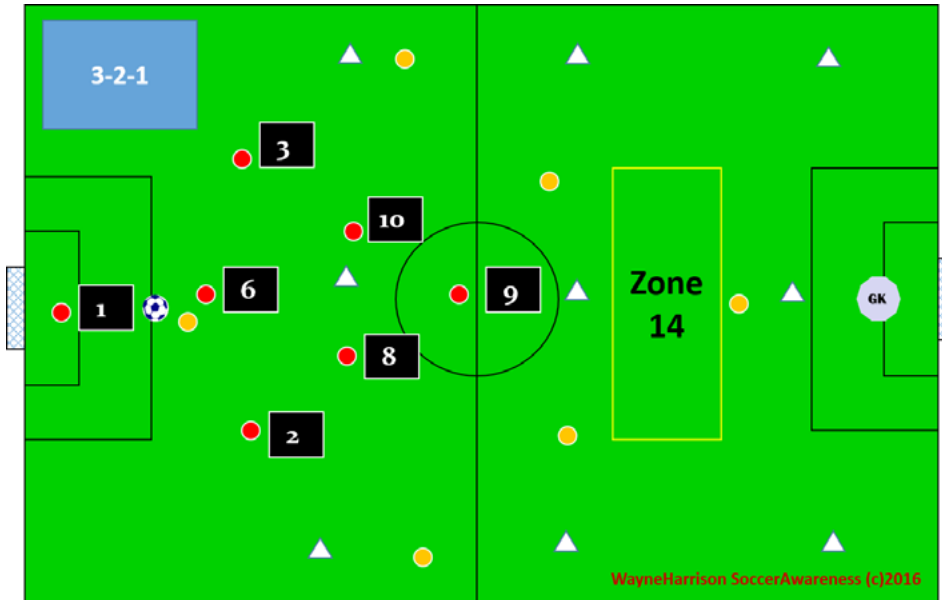
7 v 7: Players in our Defensive 1-3-2-1 set up

Using Cones as reference points for team shape defensively then team shape offensively. This is the team shape start position of a 3-2-1

7 v 7: Players in our Attacking 1-3-2-1 set up

Zone 14 is the area between the opponents back players and their midfield.



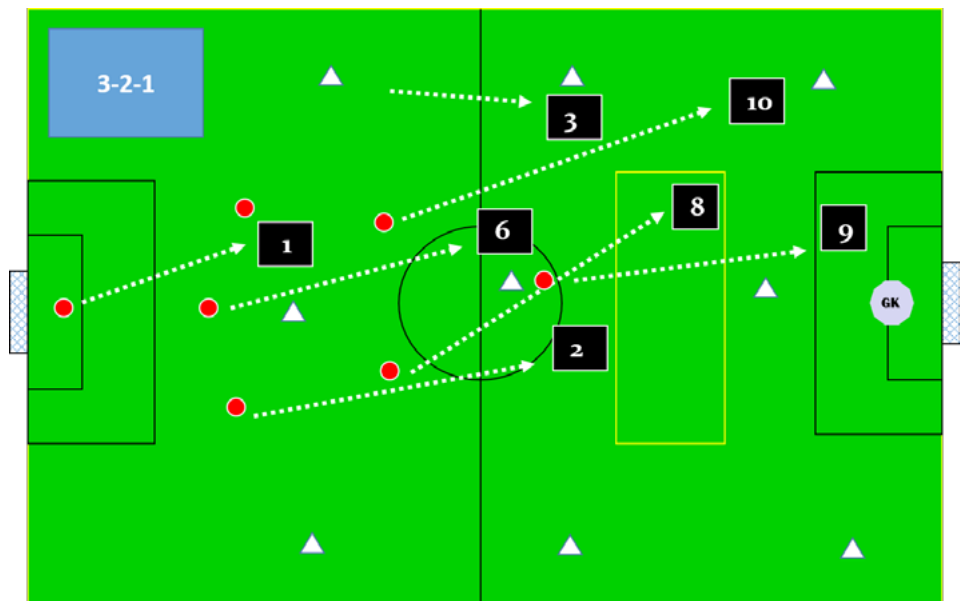


7 v 7: 1-3-2-1: Team Shape defensive positioning based on where the ball is

White cones represent opposition players. The coach calls out a cone (right, left or central, 1, 2 or 3) which represents the ball and the team takes its defensive shape off that cone.

7 v 7: 1-3-2-1: Pressing the cone / ball

Here we show how the team presses collectively. "Short and tight", small spaces between each player. Pressing players (10) shows INSIDE to our support. If we win it there we have a shot on goal. (8) supports (10) close.



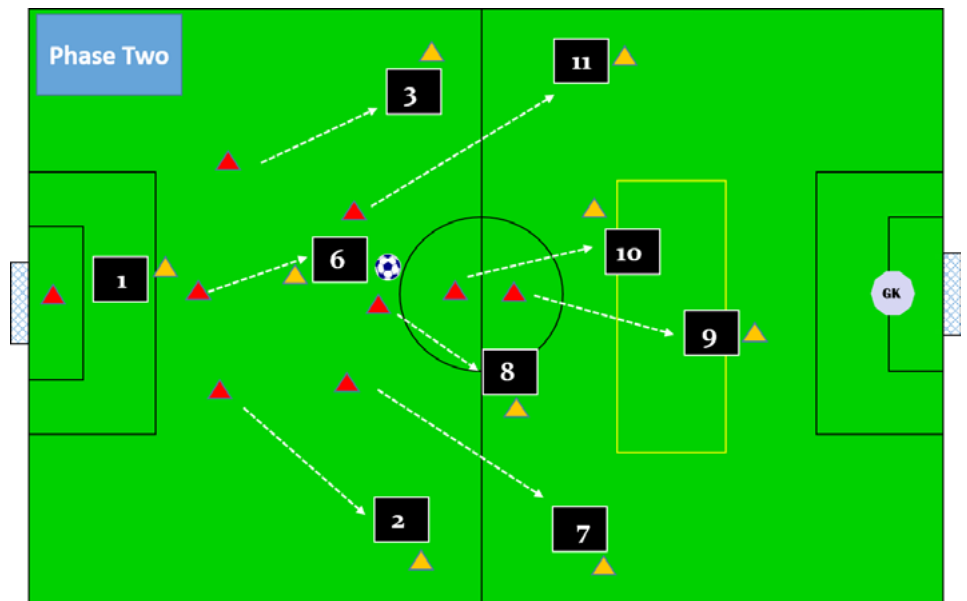


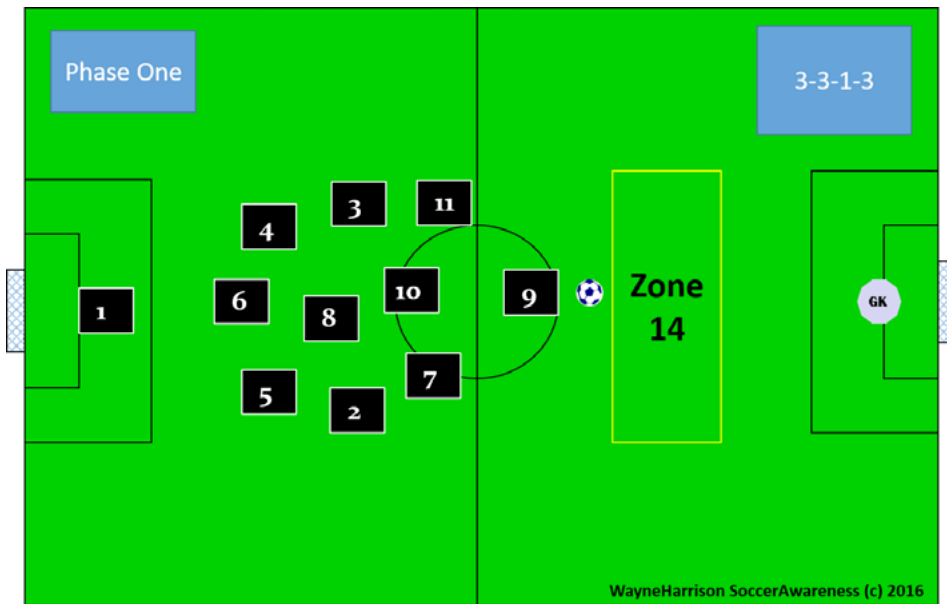
9 v 9: Team shape from defending to attacking in 1-3-3-1-1 preparing for a back three at 11 v 11

Defensive shape is at the red triangle cones. Attacking shape at yellow triangle cones.

9 v 9: Team shape attacking in 1-3-3-1-1 preparing for a back three at 11 v 11

Defensive shape is at the red triangle cones. Attacking shape at yellow triangle cones.



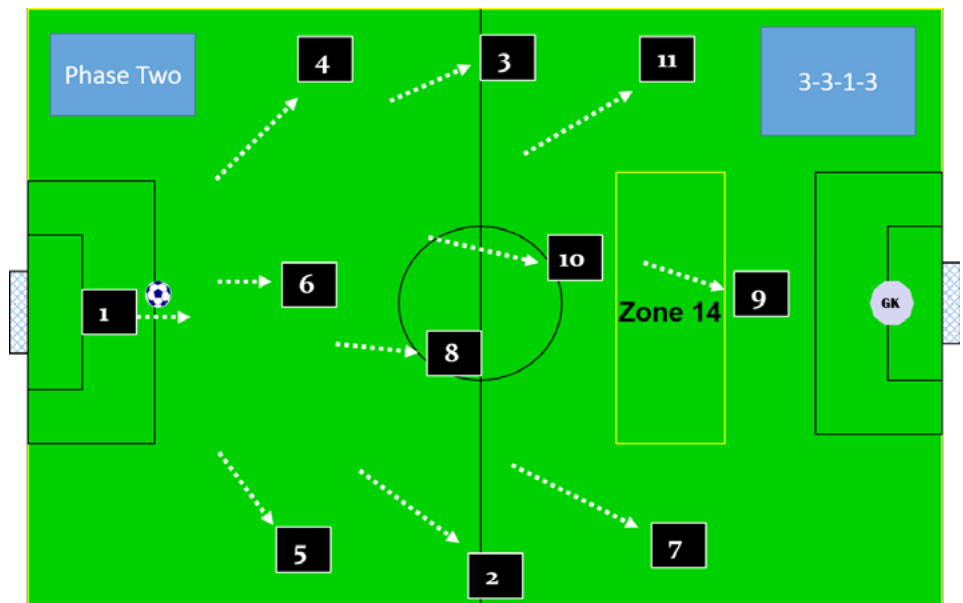


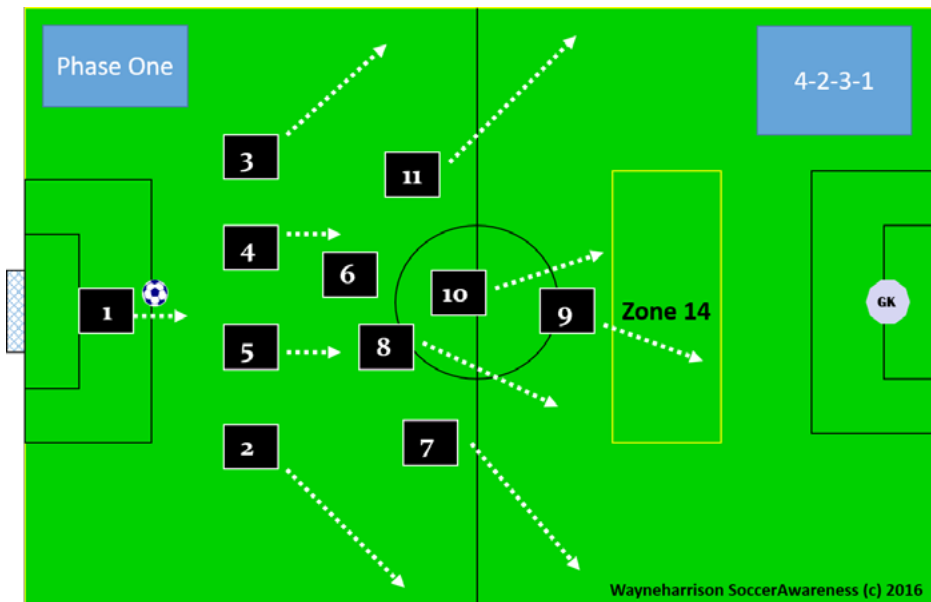
11 v 11: The players in our 1-3-3-1-3 system of play

This is the defending team shape (defending start position) of a 1-3-3-1-3. The positioning of the wing fullbacks defensively is somewhat alien to most set ups in other formations and you have to explain and show in detail to your players how this works and why.

11 v 11: The players in our 1-3-3-1-3 system of play

This is the attacking team shape (attacking “start position”) for a 1-3-3-1-3. Zone 14 is the area between the opponents back three or four and their midfield.



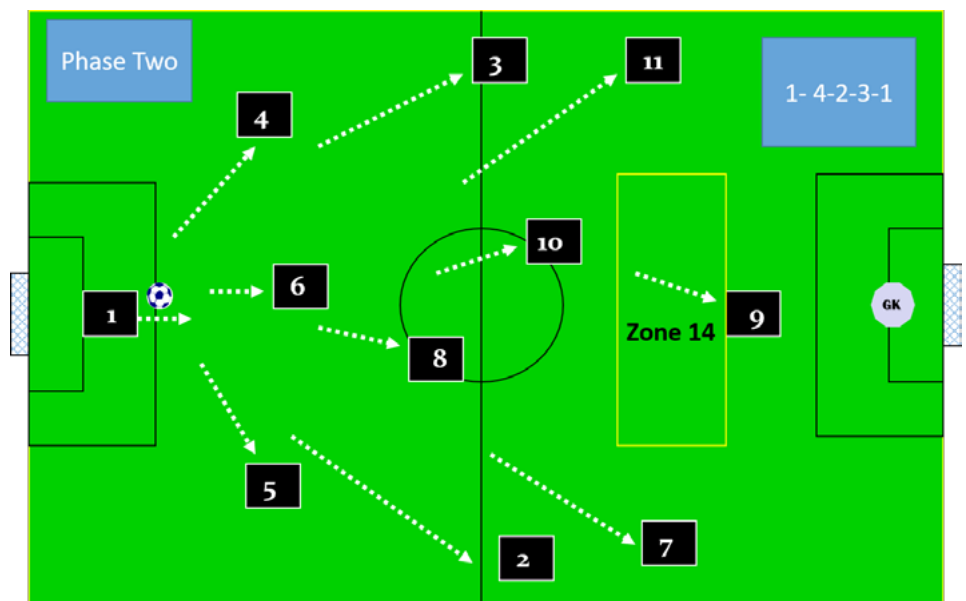


The players in our 1-4-2-3-1 system of play

This is the DEFENDING team shape (“start position”) for a 4-2-3-1.

Initial Attacking Set up

This is the attacking team shape (attacking “start position”) for the 1-4-2-3-1. Zone 14 is the area between the opponents back three or four and their midfield. For U12 and U13 to affect the minds of 7 and 11 we may call it a 4-2-1-3 so they think positive and in an attacking mode.





ABOUT WAYNE HARRISON

Married to Mary for 30 years with two daughters Sophie 26 and Johanna 23.

Wayne is available for Soccer Symposiums and Conventions wherever they are needed; and able to offer field clinics and classroom presentations of your choosing. He has vast experience in this field of work.



His specialist system of play is the 4-2-3-1. His favored type of development training is that of creating the “THINKING PLAYER” through his SOCCER AWARENESS methods of coaching.


His belief is developing the MIND of the player through ONE TOUCH training, which is purely to help the development of the SKILL FACTOR (the when, where how and why of decision making; or the thinking process). He wants all coaches to teach where it is the player who becomes the decision maker not the coach.

You can contact him on soccerawareness@outlook.com and / or view his website www.soccerawareness.com.

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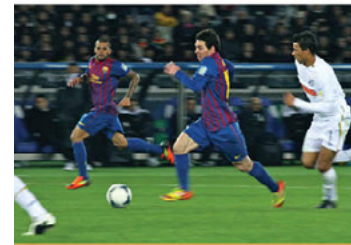
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