

GK 433

MIDFIELD ROTATION IN A 4-3-3

UEFA A LICENCE PRE-COURSE TASK 2015

DAN WRIGHT



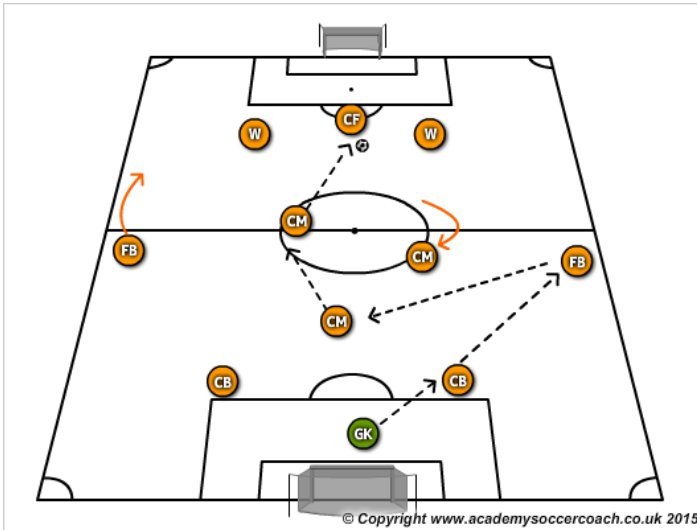


TASK

1. DESIGN A PRACTICE AS PART OF YOUR CLUB, SCHOOL OR ORGANISATIONS PROGRAMME OF WORK TO IMPROVE YOUR PLAYERS AND TEAM IN A CERTAIN ASPECT OF THE DEVELOPING MODERN GAME.
2. YOU WILL NEED TO ILLUSTRATE AND DEMONSTRATE THAT THIS IS A PARTICULAR AREA FOR IMPROVEMENT REQUIRED TO DEVELOP YOUR TEAM AND IMPROVE PERFORMANCES.
3. YOU WILL THEN PLAN ORGANISE AND DELIVER A PRACTICE FOCUSSED ON THE TACTICAL ASPECTS OF THE GAME/PRACTICE.
4. YOU WILL HAVE APPROXIMATELY 25 MINUTES TO DELIVER THIS PRACTICE DURING BLOCK 1 OF THE COURSE. YOU WILL ALSO HAVE THE OPPORTUNITY TO DISCUSS YOUR SESSION WITH OTHER GROUP MEMBERS AND YOUR TUTOR PRIOR TO DELIVERY AND POST THE DELIVERY.

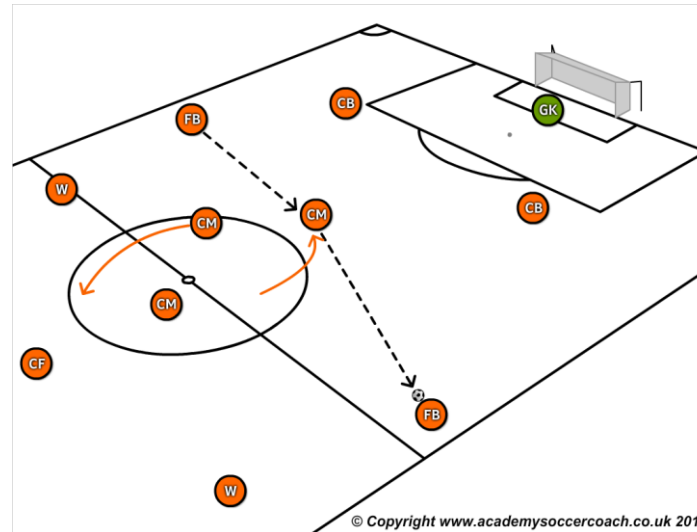
THE *'BENEFITS'...*

HOW DOES THE PRACTICE IMPROVE PERFORMANCE



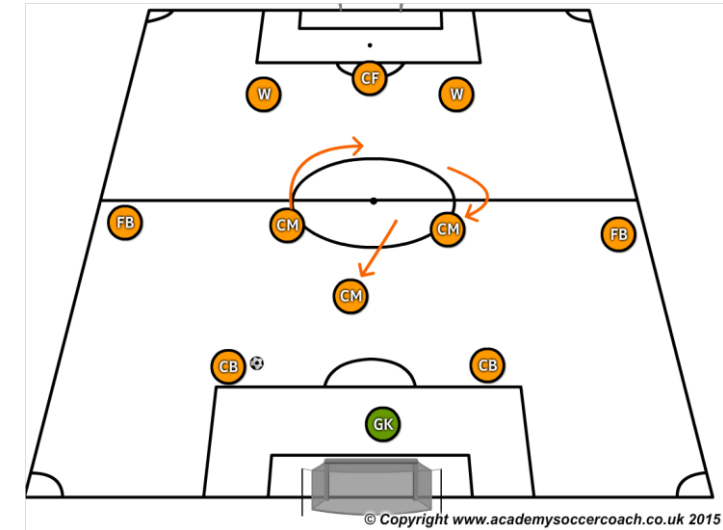
'INCREASED POSSESSION'

- GIVES US THE ABILITY TO CONTROL GAMES
- ALLOW US TO BUILD FROM THE BACK AND PLAY THROUGH THE THIRDS



'POSITONAL PLAY'

- THIS SUPERIORITY IN POSSESSION, ALLOWS US TO CREATE OVERLOADS IN KEY AREAS
- ALLOWS US TO MOVE THE OPPOSITIONS DEFENSIVE BLOCK TO EXPLOIT AND PENETRATE

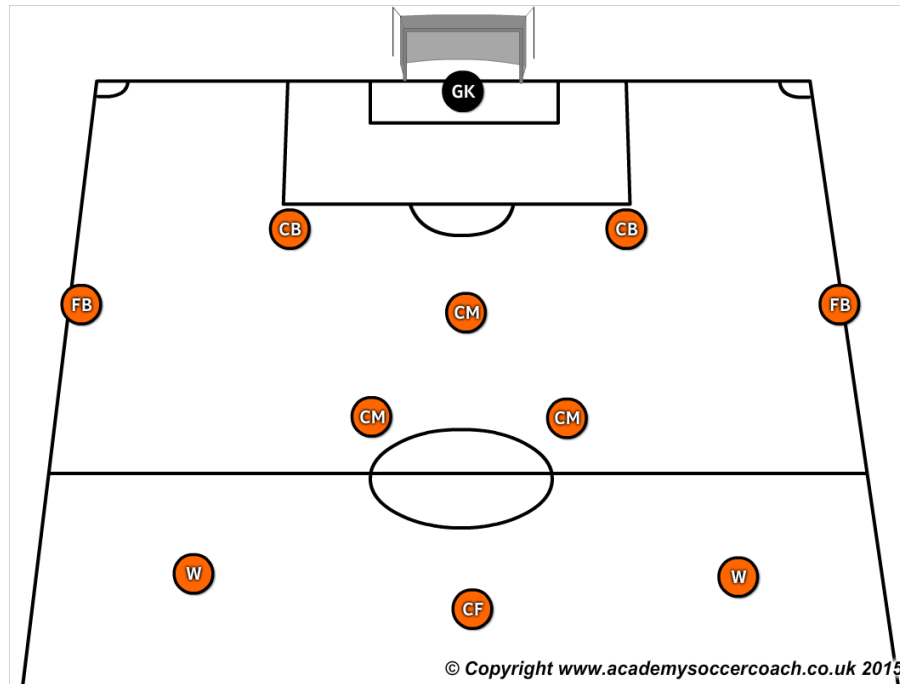


'UNPREDICATBLE'

- PLAYERS THAT ARE COMFORTABLE TO PLAY IN A NUMBER OF 'POSITONS' MEANS THE TEAM IS UNPREDICTABLE AND DIFFICULT TO DEFEND AGAINST

THE 'SHAPE'

WHAT ARE THE DEMANDS



GOALKEEPER COMFORTABLE PLAYING WITH HIS FEET. RECOGNISING WHEN TO 'LEND' AND 'TEASE' BUT ALSO WHEN TO BREAK.

CENTRAL DEFENDERS 'SPLIT', OFFER WIDTH AND DEPTH TO START ATTACKS AND RECYCLE POSSESSION

FULL BACKS THAT ARE ATHLETIC AND CAN OFFER WIDTH IN POSSESSION

MIDFIELDERS ONE DROPS IN, ONE IN BETWEEN AND ONE BEYOND.

- WHEN TO 'BOUNCE'

- WHEN TO COMBINE

- THE RELATIONSHIP BETWEEN EACH OTHER

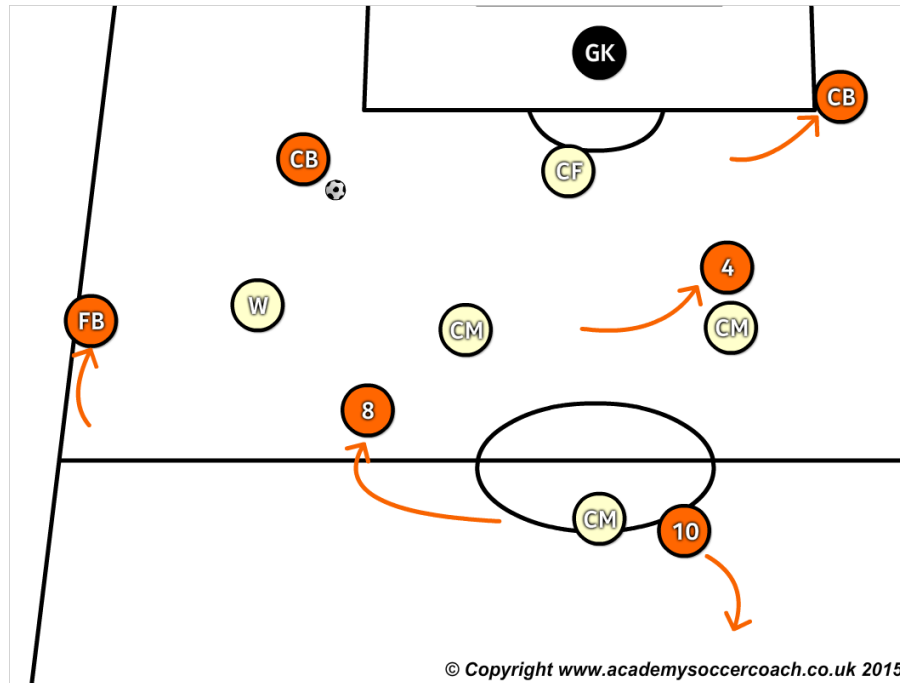
FORWARDS THAT ARE INTERCHANGEABLE. CAN PLAY EITHER SIDE, RUN BEYOND AND PLAY INBETWEEN.

***FORMATIONS ARE
STARTING POINTS***

***INTERPRETATION &
UNDERSTANDING IS
MORE IMPORTANT***



AN 'IN GAME' EXAMPLE



ONE 'PICTURE'. MANY OPTIONS.

CENTRAL DEFENDER IN POSSESSION. PARTNER **DROPS OFF** TO AFFECT THE STRIKER AND BE IN A POSITION TO RECEIVE FROM THE **GOALKEEPER** IF PLAY IS SWITCHED.

FULL BACK DROPS TO GIVE THE WINGER A DECISION, PRESS OR DROP?

#4 DROPS IN, CAN LINK WITH 1-2 TOUCH, OPEN THE GAME OR CREATE SPACE FOR HIS FELLOW MIDFIELDERS

#8 PLAYS '**IN BETWEEN**' THE LINES GIVES CENTRAL DEFENDER OPPORTUNITY TO ELIMINATE /BREAK LINES.

#10 RUNS BEYOND OR COULD MAKE DOUBLE MOVEMENT TO RECEIVE IN FRONT.

CONSIDER...THE OPPOSITION AND THE OPPORTUNITIES

WHERE CAN WE CREATE OVERLOADS?

FORMATION

GK442, GK352, GK433..ETC

WHERE IS THERE *ALREADY* SPACE?

DEFENSIVE BLOCK

HIGH, MEDIUM, LOW?

WHERE *COULD* WE CREATE IT?

ORGANISITON

PRESS/MOVE TOGETHER OR DISORGANISED? GAPS?

OTHER AREAS TO EXPLOIT

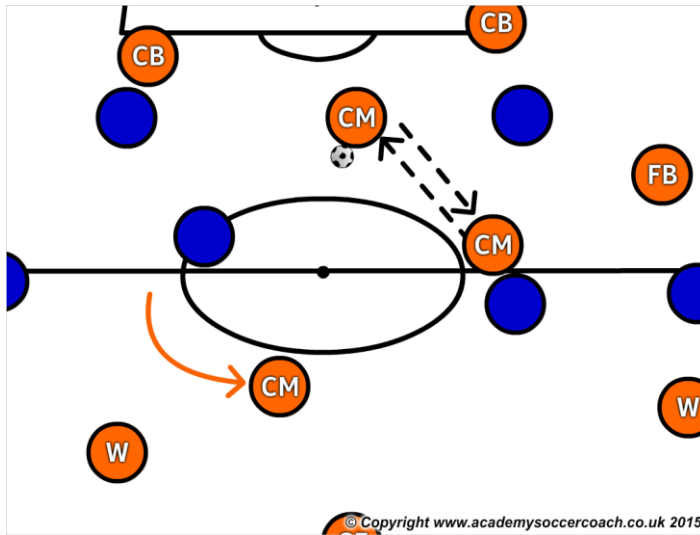
INDIVIDUAL CHARACTERISTICS

STRONGEST AND WEAKEST PLAYERS?

STATE OF THE GAME

THE *'HOW'...* ON THE BALL

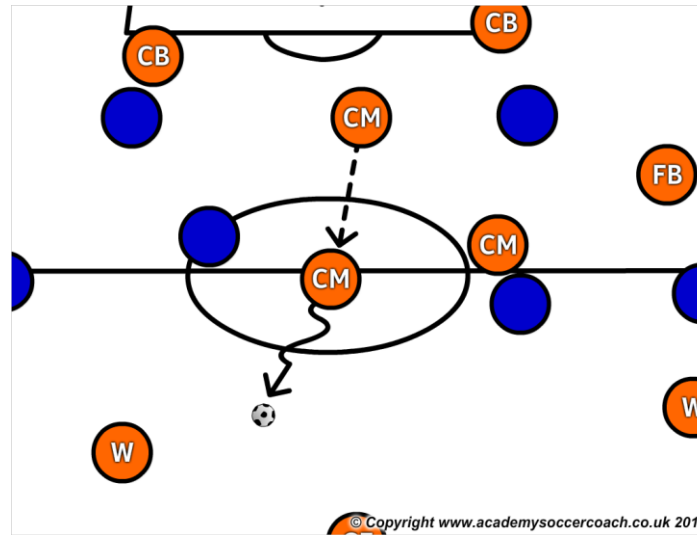
CONSISTENT PICTURES THAT WILL REPEAT THROUGH ALL PRACTICES



'BOUNCE'

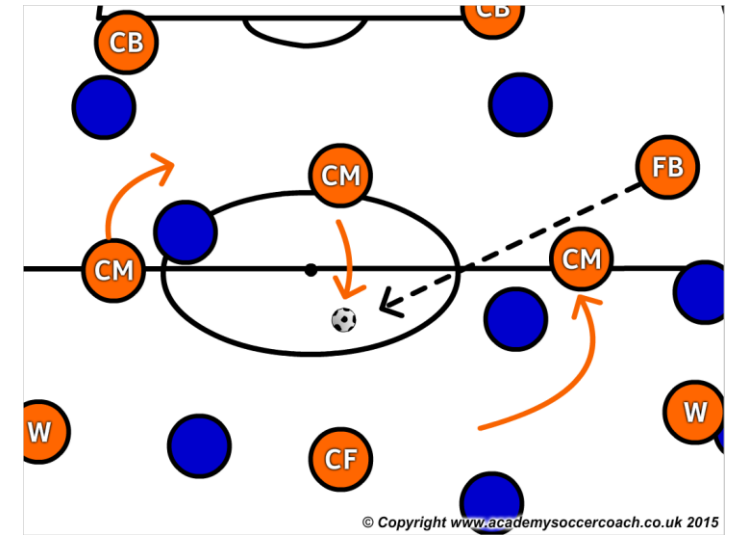
MIDFIELDER LENDS POSSESSION TO A TEAMMATE.

- TEAM MATE MIGHT BE UNDER PRESSURE SO CAN NOT PLAY FORWARDS
- 'BOUNCE' ALLOWS THE PICTURE TO CHANGE



'OPEN UP'

MIDFIELDER CAN RECEIVE THE BALL, OPEN AND PLAY FORWARDS.

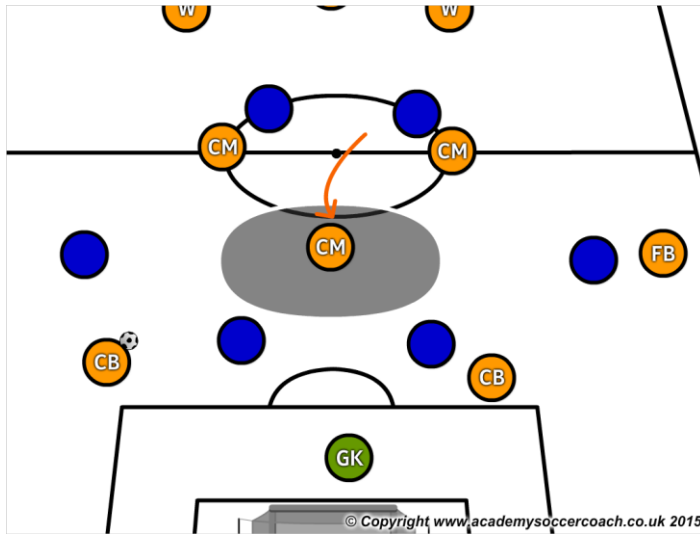


'MISS OUT'

MIDFIELDER MAKES A MOVEMENT TOWARDS THE BALL, **TEAM MATE** RECOGNISES SPACE HAS BEEN CREATED. PLAYER IN POSSESSION MISSES OUT THE CLOSER PLAYER AND PLAYS HIGHER UP THE PITCH.

THE *'HOW'...* OFF THE BALL

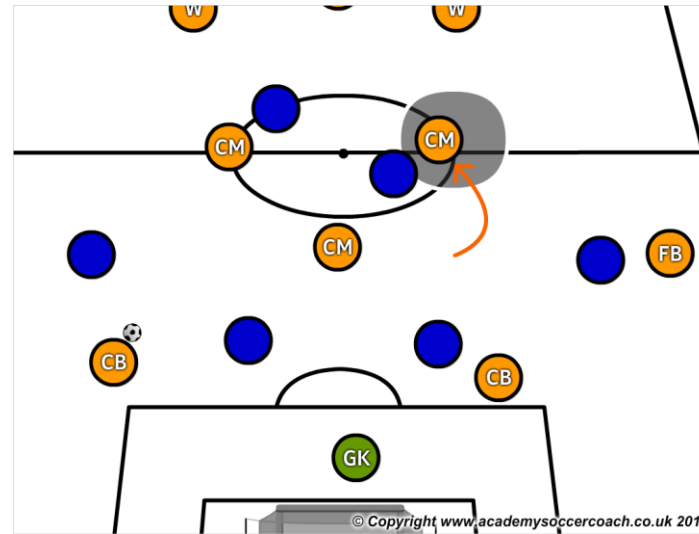
THE MOVEMENTS OF THE MIDFIELD THREE



'DROP IN'

ONE **MIDFIELDER** LOOKS TO FIND SPACE BETWEEN LINES (OPPOSITIONS MIDFIELD AND ATTACKING UNIT)

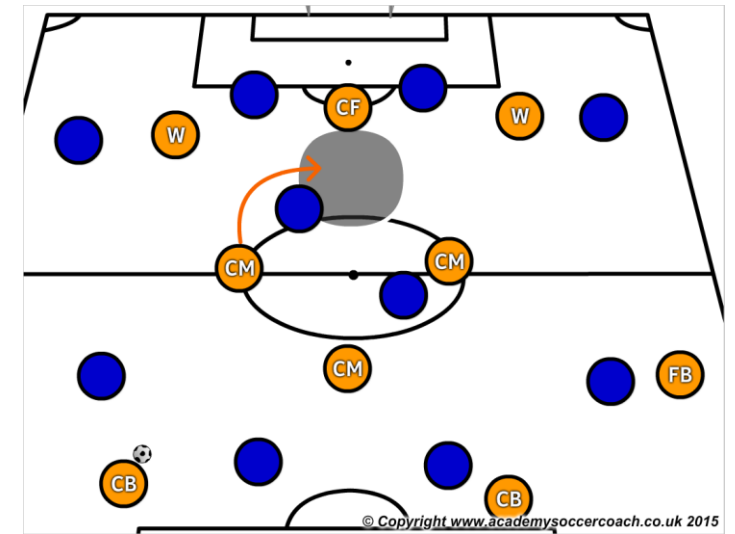
- IDEAL: TURNS AND PLAYS FORWARDS OR WIDE IF WE HAVE AN OVERLOAD
- OR...OCCUPIES A TEAMMATE/OPENS PASSING LINES



'ON THE SHOULDER'

MIDFIELDER LOOKS TO PLAY ON THE BLINDSIDE OF THE OPPONENT

- IDEAL: OPPOSITION MARKS POORLY AND HE CAN RECEIVE THE BALL
- OR...OCCUPIES OPPONENT FOR TEAMMATE



'BEYOND'

MIDFIELDER LOOKS TO FIND SPACE BETWEEN LINES (OPPOSITIONS MIDFIELD AND DEFENSIVE UNITS)

- IDEAL: RECEIVES THE A BALL IN A DANGEROUS AREA
- OR... OPENS SPACE FOR A TEAMMATE

LEAD IN SESSION: EMPTYING AND FILLING

SESSION NOTES

2 of 3 teams work in a 12x12 grid, with 2x target players outside the grid. Objective for the players is to transfer the ball from target to target, using the 4 grids as guide. Midfield 3 should look to fill 3 of the 4 boxes at any time.

NO. OF PLAYERS IN THE PRACTICE 8 (2X PRACTICE WITH A SQUAD)

COACHING OUTCOMES/FACTORS

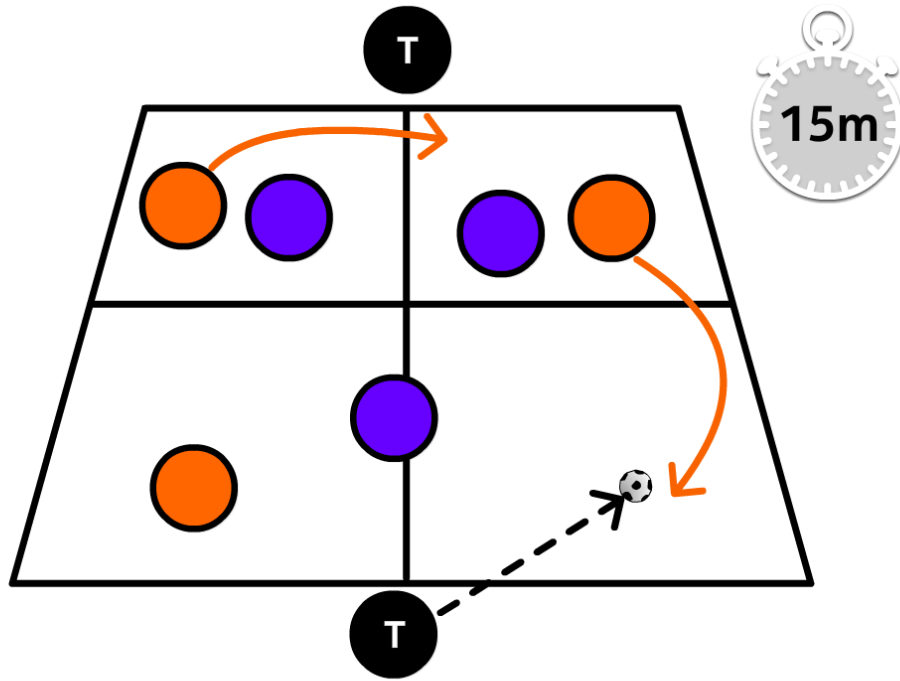
- Players should look to 'empty and fill' the areas to create space for themselves, their teammates and the target players.
- Players should aim to be 'offline' in a 1-2 or 2-1 formation
- Ability to play off 1-2 touch where needed
- Recognition of when to play forwards and when to keep possession (penetration vs patience)
- 'Eyes off the ball' recognise the moment

PROGRESSIONS/ADAPTIONS

- With more players, one colour plays vertically the other plays horizontally.
- Add competition. Point for successful transfer

KEY QUESTIONS

- Why is it important to try and fill 3 of the 4 boxes?
- How will you know when to play forwards?
- Will you always be able to play forwards?
- What are the 'triggers' to leave your box?



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TECHNICAL

Passing variations
BOUNCE – OPEN – MISS OUT
Emptying and filling each others space

SOCIAL

Collaboration to find a solution
Communication within the group
Confidence to experiment, get it wrong and try again.

PHYSICAL

Physical demand is high, little or no rest period. 3 minute bursts
Movements to receive

PSYCHOLOGICAL

Recognising the correct picture
Awareness – ball, teammate, defender and objective!

SSG: PLAYING THROUGH MIDFIELD

SESSION NOTES

SSG/9v9. Pitch with central midfield 'zone' to replicate lead in practice. Teams set up in a 4332 formation, linking to philosophy. Team aim to play through midfield zone before scoring. To start players 'locked in' to zones.

NO. OF PLAYERS IN THE PRACTICE 18

COACHING OUTCOMES/FACTORS

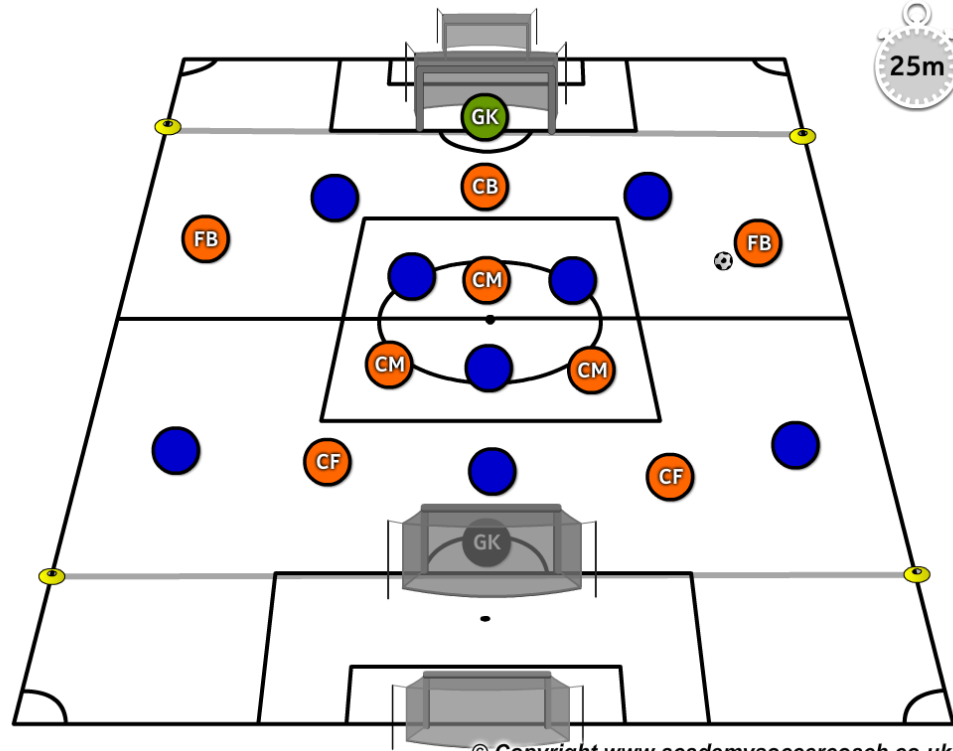
- Team should 'lend' possession to 'tease' opposition out of shape...then exploit!
- Players should look to 'empty and fill' the areas to create space for themselves, their teammates and the target players.
- Players should aim to be 'offline' creating width and depth in the midfield
- Ability to play off 1-2 touch where needed
- Recognition of when to play forwards and when to keep possession (penetration vs patience) increased realism
- 'Eyes off the ball' recognise the picture from 'emptying and filling'

PROGRESSIONS/ADAPTIONS

- Encourage full backs to join attack, whilst maintaining balance

KEY QUESTIONS

- How does a teammates movement affect yours?
- What are the 'triggers' to play forwards?
- How can you create space for another midfielder?



TECHNICAL

BOUNCE – OPEN – MISS OUT
Emptying and filling each others space

SCORE – SET UP - SECURE

SOCIAL

Collaboration to find a solution
Communication within the group
Confidence to experiment, get it wrong and try again.

PHYSICAL

Runs inbetween – DROP IN, OFF THE SHOULDER and RUNS BEYOND

PSYCHOLOGICAL

Recognising the correct picture
Awareness – ball, teammate, defender and objective!

11v11: PLAYING THROUGH MIDFIELD

SESSION NOTES

11v11 'game' situation. ORANGES in a 4-3-3 and BLUES in a 4-4-2. ORANGES look to play through midfield 3 to score.

NO. OF PLAYERS IN THE PRACTICE 22

COACHING OUTCOMES/FACTORS

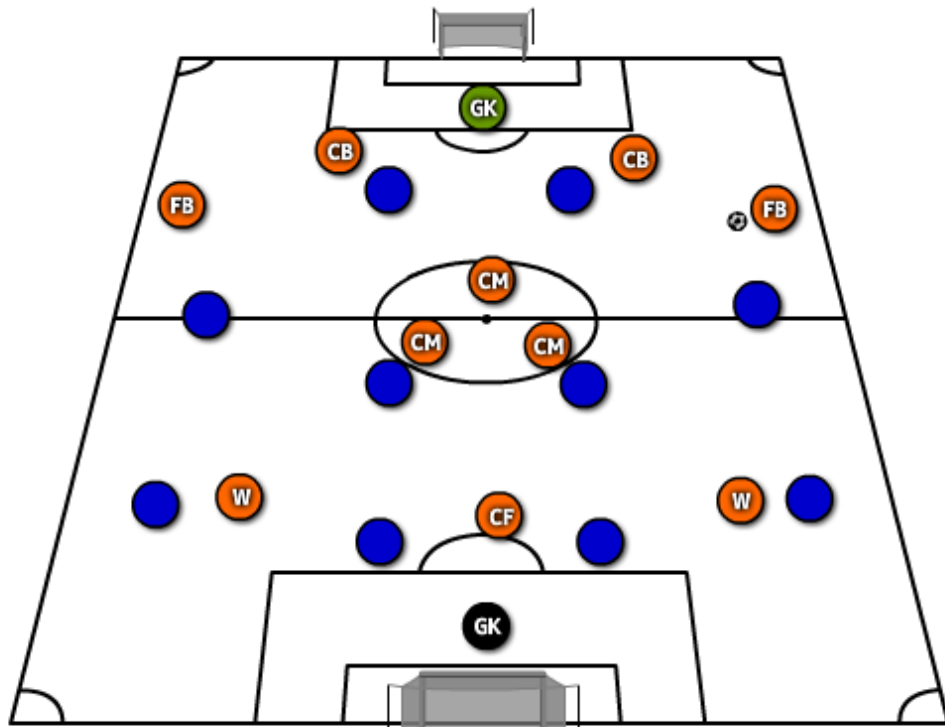
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- Ability to play off 1-2 touch where needed
- Recognition of when to play forwards and when to keep possession (penetration vs patience) increased realism
- 'Eyes off the ball' recognise the picture from 'emptying and filling'

PROGRESSIONS/ADAPTIONS

- Switching play – short, long using full backs and wingers
- Midfield runs 'beyond' to join the attack

KEY QUESTIONS

- How can we create an overload (numerical advantage) over the opposition?
- Which of the 'pictures' are being recreated? Do we read and act accordingly?
- Which midfielder is getting the most success? Why? How does it benefit the team?



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TECHNICAL

BOUNCE – OPEN – MISS OUT
Emptying and filling each others space
SCORE- SET UP –SECURE

SOCIAL

Collaboration to find a solution
Communication within the group
Confidence to experiment, get it wrong and try again.

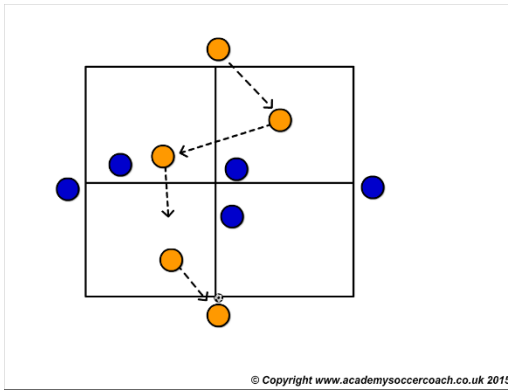
PHYSICAL

Increased area size might mean the picture is created less frequently but increased realism

PSYCHOLOGICAL

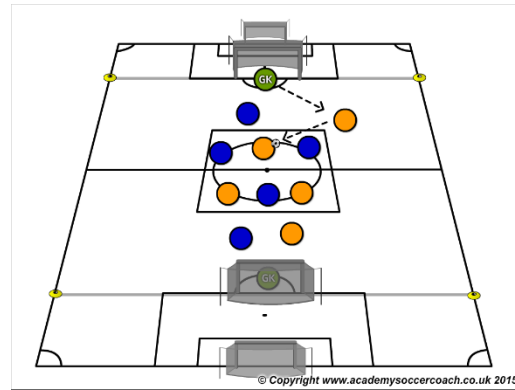
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Awareness – ball, teammate, defender and objective!

WHAT IF SCENARIOS...



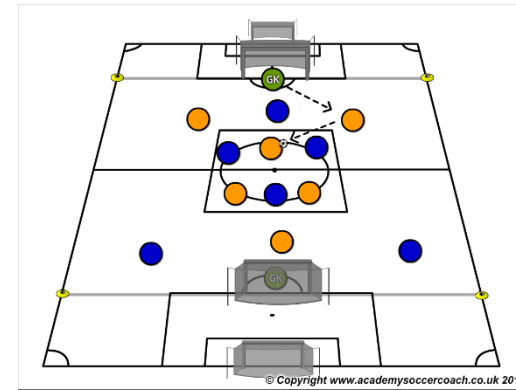
TEN PLAYERS

3V3 IN CENTRAL GRID
BLUES PLAY HORIZONTALLY
ORANGES PLAY VERTICALLY
ROTATION OF TARGETS



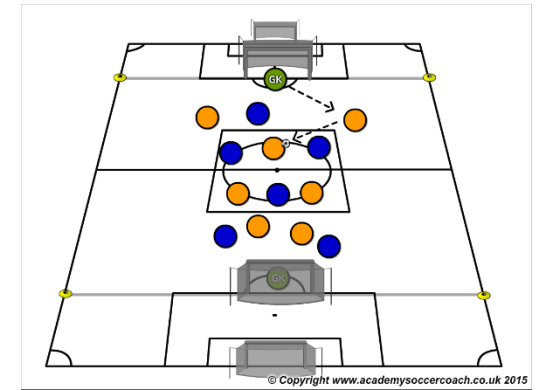
TWELVE PLAYERS

SSG
GK131 FORMATION
MIDFIELDERS PLAY 'FREE'



FOURTEEN

SSG
GK231 FORMATION
SIMILAR TO SSG PRACTICE
MIDFIELDERS JOIN ATTACKERS



ODD NUMBERS

PLAY GAME THAT'S NEAREST
WITH OVERLOAD/UNDERLOAD
NO NEUTRALS