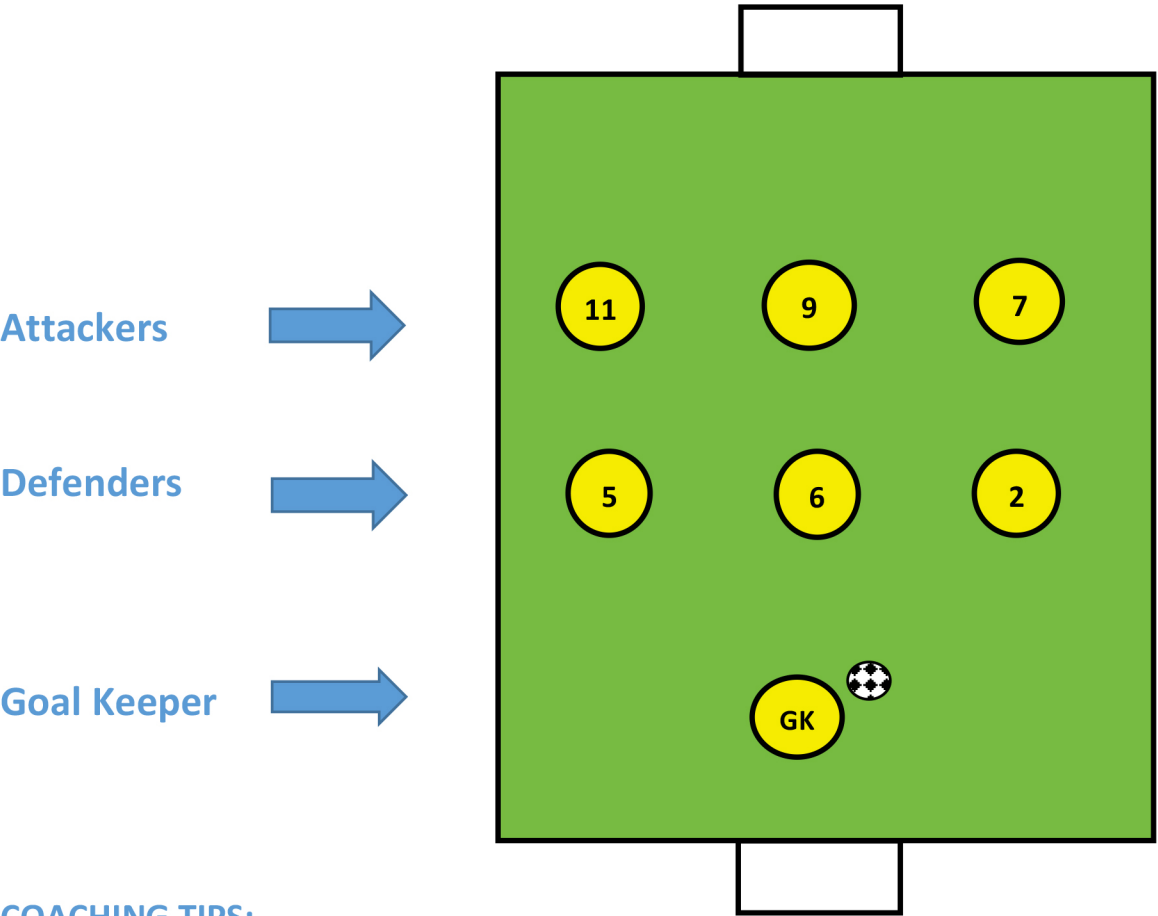


POSITIONING & SHAPE 1-3-3



COACHING TIPS:

- Start by working on a basic organisation (1 in goal, 3 at the back, 3 up front) and a basic understanding of some team tasks (eg: how to defend and attack as a team)
- The coach should still let every player play in every position regularly. One week they want to be Goal Keeper, next time the centre forward etc.
- The coach should not be too concerned with ‘tactics’.
- The focus in training is on the individual player, so they then apply their skills in the weekend game.
- Aim for equal playing time.
- Give basic tasks for players such as “when the Goal Keeper has the ball, can the defenders spread out wide to receive the ball?”
- Try avoid players “just kicking the ball”
- Do not commentate every pass in the game ie let the players play and decide what they should do on the field rather than telling them what the next pass should be
- At half time, reinforce the team task and what you would like to see more of or less of
- Remember, be positive and ensure players are having fun!