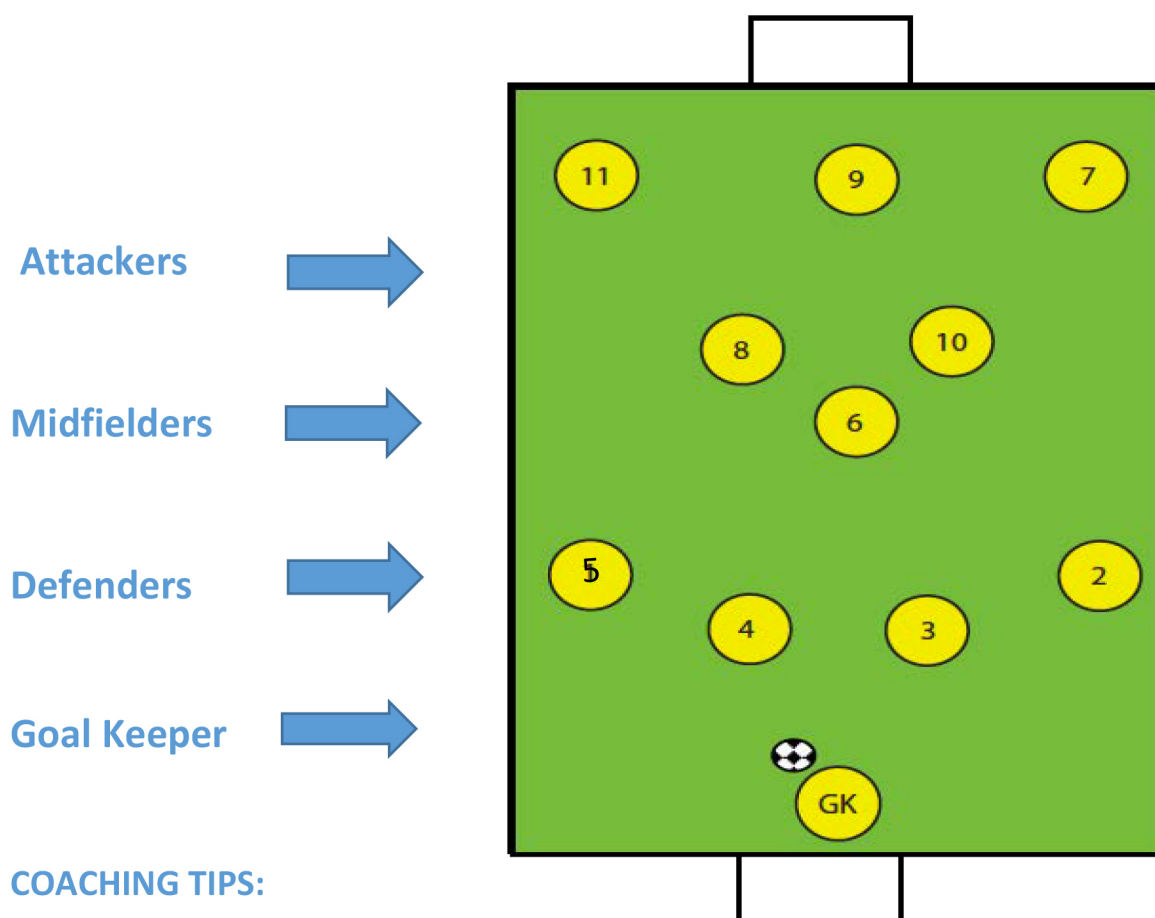


## POSITIONING & SHAPE 1-4-3-3



### COACHING TIPS:

Start by working on a basic organisation (1 in goal, 4 at the back, 3 in the midfield, and 3 up front) and a basic understanding of some team tasks (eg: how to defend and attack as a team).

When we do not have the ball, the coach should structure the defence by controlled pressing as a team from the forward line.

Play the ball on the ground from the back line through midfield to the forward line through controlled possession. Aggressively (at speed) attack the oppositions goal, and head towards their goal with every opportunity.

The 2 & 5 should use every opportunity to push forward up the wings to create an attacking overload.

Corners should be played as quickly as possible as we should with any dead ball situation. Keep the ball in play in our possession at all times, and not play it out (giving it away) and not playing the clearance kick to nobody.

The coach should be concerned with shape and hence forming triangles with the players to create passing lanes.

Give basic tasks for players such as "when the Goal Keeper has the ball, can the defenders spread out wide to receive the ball?"

Do not commentate every pass in the game i.e. let the players play and decide what they should do on the field rather than telling them what the next pass should be, let them make their own decisions.

At half time, reinforce the team task and what you would like to see more of or less of.

Over the course of the season allow that all players have at least 60% of playing time and remember, be positive and ensure players are having fun!