



# COACHING SEMINARS



**AUSTRALIA**

**'2010 FFA Roadshow'**

**Practical sessions**

**Positioning, Possession and the 1-4-3-3**



**Presented by**

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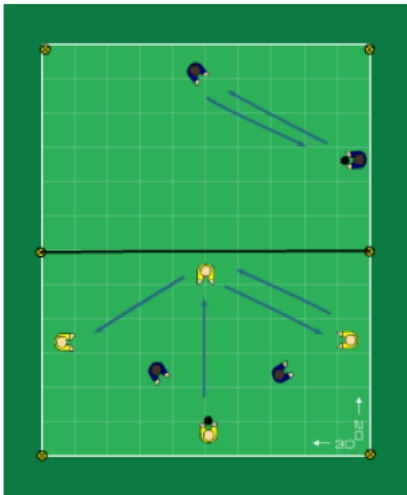
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## Exercise #1 4 v2 Variation



[1]

### Organisation:

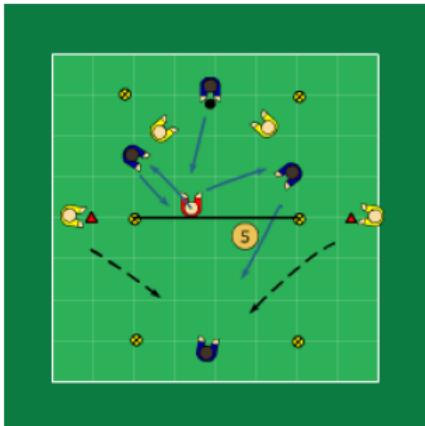
8 Players, 2 Teams of 4, Approx 20 x 30 Grid. The Yellow Team with the ball keeps possession while two defenders (Blue) attempt to win the ball. When blue team wins the ball, play immediately starts on the opposite side of the grid where two players already have a ball moving back and forth.

### Learning:

Passing, decision making, positioning, possession, transition. Diamond formation, Always 3 players supporting 1 player left 1 right 1 centre. two players waiting for transition should be in good positions to play immediately on transition.

### Variations:

## Exercise #2 5 v2 Variation



[1]

### Organisation:

Two grids, side by side 15 x 15, 9 players, 4 Yellow, 4 Blue, 1 White Neutral  
Play 4 v 2 for 5 passes then play switches to opposite grid (target man) Team shifts across and repeats trying to keep possession then hitting target man. New set of defenders enter grid immediately following each switch. Play for 2 minute intervals then switch teams.

### Learning:

Team shape, diamond with central player, supporting angles and movement off the ball, body shape, passing and receiving. Identify the correct moment to pass the ball to the target man.

### Variations:

Increase/decrease size of playing area, Increase # passes required before hitting target man, Decrease defending transition distance

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## Exercise #3 3 v 3 Plus 3



[1]

### Organisation:

40 x 40 Grid, 9 Players, 3 teams of 3 players, Two teams attempt to keep possession from the third team, the team that loses possession becomes the new defending team.

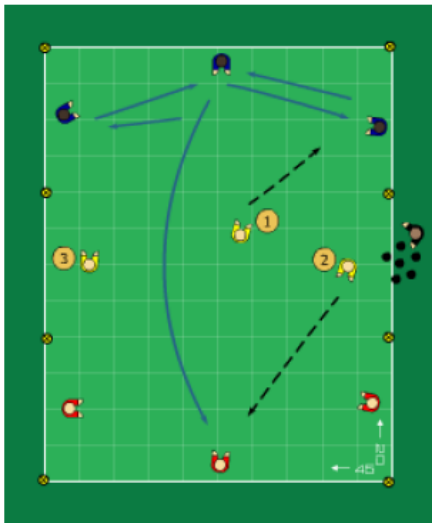
### Learning:

Positioning, Team shape, Possession, Support

### Variations:

- 1) Stop Start
- 2) Immediate transition
- 3) Defending team only needs a touch to win possession
- 4) Defending team needs to win the ball and complete a pass to win possession

## Exercise #4 3 v 1 Transition



[1]

### Organisation:

9 Players, 3 teams of 3 players, Players number themselves 1, 2 or 3. The coach serves the ball into one of the end teams (blue) who must keep possession of the ball from Yellow # 1. After completing 5 passes they can switch the ball to the opposite square. Yellow # 2 now defends. On loss of possession team becomes defenders.

### Learning:

Positioning, Possession, Transition, Ball speed

### Variations:

- 1) Stop/Start restarts
- 2) Continuous Restarts
- 3) 3 v 2

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## Exercise #5 Attacking in a 1-4-3-3 (6 v 4)



[1]

### Organisation:

11 Players, Two Teams, 6 v 5 on half a pitch, Attacking and defending teams to play in positions. 6 or 8 starts attack and combine with 9 and 10 to create numerical superiority through the middle or with 7 or 11 to outnumber the defence wide or create 1 v 1 situations. If defending team wins they try to combine to get the ball across the half way line

### Learning:

Attacking in the final third, attacking combinations in central and wide areas, creating 2 v 1 and 1 v 1 situations.

### Variations:

Add defenders 1 by 1 for adjusted resistance  
two touch or 3 second handling rule to ensure realism  
Play 6 v 6

## The 1-4-3-3 Numbering System

