

ACTIVITY #1

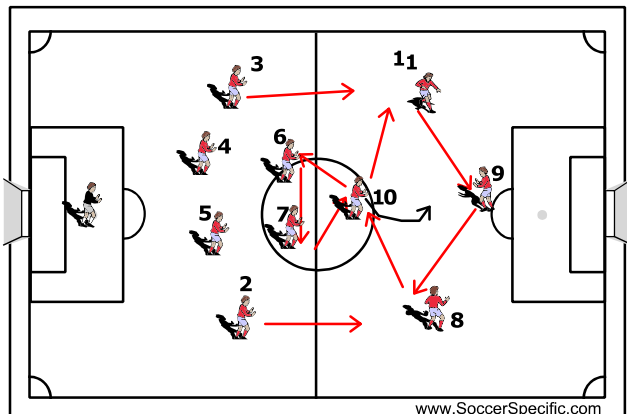
Set up: What formation is this????

U15 Girls coach, AJ Sollom asked how similar was a 4231 to the 433 negative triangle midfield he is currently playing.

On paper it is almost identical. If we look at this picture we see AJs team in the 433, negative tri midfield (if two attacking mids I refer to it as the "Positive triangle) 6,7,10 form a tight midfield that probably moves together doing a fair bit of work across the pitch. We also see Danes u14s here in a 4231, the 10 steps forward and this clearly becomes a 4231, so what is the difference?

Instructions: The differences are quite subtle for the most part. It is really the way we define the roles that shapes things. In the 433 I would look for 10 to be a larger part of the midfield, in the 4231 a larger part of the attack, in both the 10 can do both mid and attack but I think the % changes.

Coaching Points: Type Coaching Points Here...

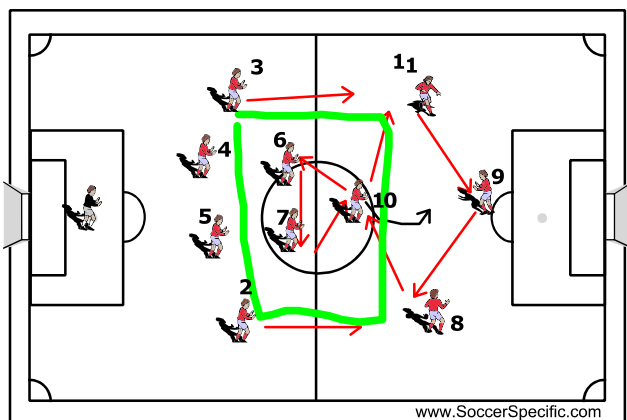


ACTIVITY #2

Set up: Formation? By asking the 10 to play in the 3 mids we are then upping the % of attacking work by 11 and 8 and basically making them forwards who probably get asked to drop back to support, receive and cut off the switch of play. This was Mourinho's Chelsea. 433 attack/451 defend. It really is a case of tweaking things to suit the players, Mourinho had Drogba, he can hold up a ball to get a team out and bring in support! Not many youth players grasp that or can do it.

Instructions: In AJs 433 I would be looking for the mids to dominate the area outlined, this is the main priority. We definitely want the 10 getting into the box when possible but often its a case of having a great player in the 10 spot who pulls the strings for the team. 11 and 8 will get their 1v1 moments wide and 10 needs to recognise this and attack early. The other key roles of 8 and 11 are back post runs.

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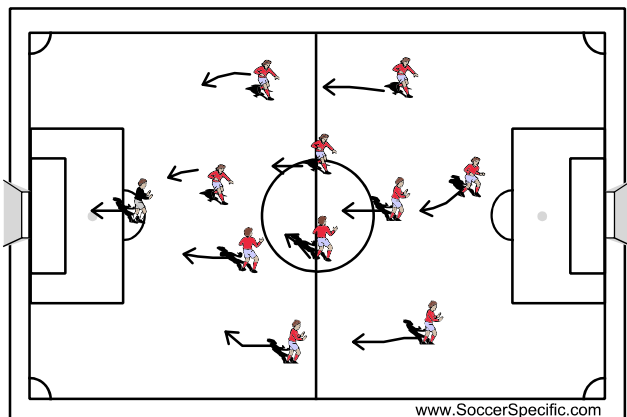
ACTIVITY #3

Set up: Formations? To complicate things a little more, yet make a point that its defined roles that really matter, look at the retreat of the team here. The positions before retreat clearly show a 4231, ala Danes 14s. If we look at the team dropping back it can become a 4411 with 9 staying high and 10 staying higher than 8,11,7,6 and being the support striker when we get it back, if we stagger 9,10 both vertically and horizontally its practically a 442!

Instructions: So as interesting as the topic of formations are they are more of a starting base to draw on the board and we need to then define roles from there, the roles need to be simple. It would serve a purpose to explain to players what formation we attack in and what formation we defend in!

I would strongly suggest you do shadow movement of the 11 up and down the pitch and work on the attacking roles and defensive roles.

Coaching Points: Type Coaching Points Here...



ACTIVITY #4

Set up: Formations? Here is the team dropped from the 4231 and now looking like a 4411 (442?) or a defensive 4231! It really is all in what you ask of the players. 2,3,8,11 get most of the vertical work and we ask that 10 remains a fair distance in advance of the hm's 6,7 so that when we win it 10 finds the open window to receive. 10 needs to be a great player and even in this advanced role they need to not give the ball away often otherwise the outside players will find themselves running and running without knowing where, when why!

Instructions: So, to capsule- the real keys are still technique and decision making as these are what make any formation a success or failure. A 10 who gives the ball away too often has the team in a constant state of confusion with needless energy wasted. 10 should always find feet or space behind the opponents back 4.

Coaching Points: Type Coaching Points Here...

