



Interactive Session Plan™



Coach

Barker

Session date

1 Jan 2015

Time available

75mins

Topic

4-2-3-1 Formation in possession (attacking)

Technical / Tactical Tactical / Technical 

WARM-UP

Organization

40 yds of width, 35 yds of length
Servers on each side of the space
Servers are targets for the team defending the big goal

Attacking team (black) sets up in a 3-1
Defending team (white) sets up in a 2-2

Key Coaching Points

Movement as the ball is moving both to and away from the action
Maintaining depth/angles off of teammates
Unbalance the block of 3 defenders
Look to penetrate

ACTIVITY 1

Organization

40 yds of width, 35 yds of length with wide space beyond the cones
Servers on each side of the space
Servers are targets for the team defending the big goal

Attacking team (black) sets up in a 2-3-1
Defending team (white) sets up in a 4-2

Back four is restricted to the space until the ball is played wide. Then they can go out to defend

Key Coaching Points

After the ball is entered centrally look to play it out wide to on rushing full backs
The 3-1 look to keep the opponents defending narrow
If the opponents defend effectively wide then look to penetrate centrally
Unbalance the opponent with width and mobility
Maintain depth relative to teammates and their movement

ACTIVITY 2

Organization

Phase of play

Attacking team (black) goes to big goal
Defending team (white) goes to counter goals

Attacking team (black) has two servers/(center backs) and is in 2-2-3-1
Defending team (white) is a 4-4-2

Key Coaching Points

Exploit the opponents' 3 lines by playing into the OCMs or to the dropped of DCMs
Seek to draw the opponent in before exploiting the width provided by full backs
Servers set wider than the DCMs so the entry ball is initially played in field
The x3 OCMs seek to create space for full backs and make central attacking runs to support the lone forward

GAME

Organization

11 vs. 11 full game

Identified attacking space
W= wide channel
C= central attacking channel
D= deep space for DCM to control the action

Key Coaching Points

In the full game identify key attacking themes and areas based on the formation and the personnel employed
In the full game identify attacking themes and areas based on the opposing formation
W Wide space when opposing full backs are drawn in
C Central channels when opposing full backs are drawn out and the lone forward engages the opposing center backs
D Deep attacking space for center mid fielders when the opposition is forced to defend deep