


*Training Attacking Aspects of the 1-4-3-3 System of Play*  
**Rob Herringer**

Activity and Progression	Diagram	Coaching Points
<p><b>Warm-up- Globetrotters</b></p> <p><b><i>Ball in the Players' Hands</i></b>  <i>Two balls are used for this portion of the warm-up. One ball should start with the #1 player, the other with the #5 player. Players should always be in motion- no standing.</i></p> <ol style="list-style-type: none"> <li>1. Pass and move in sequence.</li> <li>2. Players perform two "around the back" moves and pass with hands.</li> <li>3. Players tap each thigh with the ball and pass with hands.</li> <li>4. Players perform "monster steps" or lunges, bringing the ball through each leg, and then pass with hands.</li> </ol> <p><b><i>Ball on the Ground (one per group)</i></b></p> <ol style="list-style-type: none"> <li>5. Two-touch passing in sequence with feet.</li> <li>6. One-touch passing.</li> <li>7. One-touch passing, but when the coach calls a number from 1-9, that numbered player takes their team's ball, passes it to the other team and also joins the other team. Each team will end up with a new player and new ball.</li> </ol>		<ol style="list-style-type: none"> <li>1. Communication/ demanding the ball.</li> <li>2. Proper checking and constant movement of players (going away and coming back).</li> <li>3. Check back in front of teammate, not behind (do not want teammate to have to turn and find checking player). Checking player must "get in the vision" of the player with the ball.</li> </ol>

*Training Attacking Aspects of the 1-4-3-3 System of Play*  
**Rob Herringer**

**Attacking in the Final Third**

1. 3 v 3 and GK (ball played in by servers). Attackers go to goal. Backs attempt to win the ball and play back to one of the servers.

***Progression***

2. Ball is still played in by servers, but one or two servers/midfield players may join the attack. The coach may also add another defender to make a four-person backline.

3. 6 v 5 and GK. The coach allows all forwards and midfielders to attack as a group. Add a defensive midfielder to the defending team. Play starts with a punt from the goalkeeper.



1. Movement and runs of forwards. The coach should pay particular attention to the movement of the center forward.
2. Forwards look to create 2 v 1 situations.
3. Support of midfield players.
4. Look to penetrate quickly and finish as early and often as possible!

*Training Attacking Aspects of the 1-4-3-3 System of Play*  
**Rob Herringer**

**Playing in the Attacking Half**

1. 10 v 6 and GK- all new balls start with the coach at midfield.

***Progression***

2. Remove cone lines.

3. 11 v 11- full field.



**Coaching in the Game (all of the above)**