

15 March 2023

Coach Name: Liam Lacy

Session Duration: 90 Mins

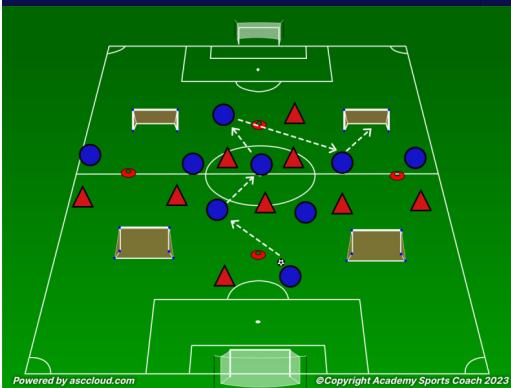
Progressive Possession

4-2-3-1

Component 1

5v5 + 4 to 2 x Goals

15-20 Mins



Organization

- Area pinched in 10yds from sideline in middle third
- Each team attempts to score in 2 x goals on each side
- Teams are set up with 4 x players on outside of area - 1 behind, 1 in front and 1 on either side
- Play 5v5 in middle - rotate outside players into game
- Ball cannot be played from outside player to outside player

Progression / Scenarios

- Remove players from sides or behind / in front - play 7v7
- Ball has to be played in to target player in front before shot / goal

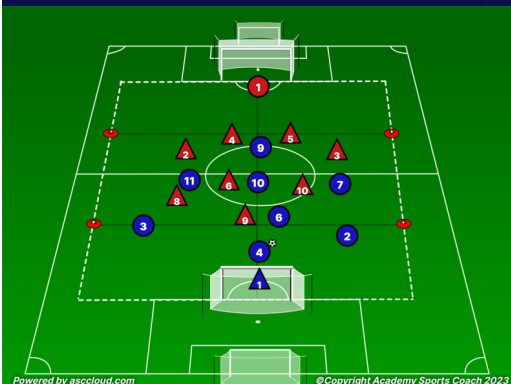
Objectives / Coaching Points

- Quality of pass - weight, accuracy and disguise - ability to play with limited touches where needed
- Body position to receive (key for HM / #6) - ability to play ball in multiple directions (forward to progress play - be positive)
- Awareness of options in possession - players in front, behind and laterally by design
- Spatial awareness - make area big when in possession - angles to show for player on ball

Component 2

9v9 to 2 x Full Sized Goals

20 Mins



Organization

- Goals pulled up to edge of boxes
- Sidelines pinched in 5 yds on each side
- 8v8 on field with 2 x GK's
- Blue (key principles) team to play 3-1-3-1 (to replicate 4-2-3-1)
- Red (counter principles) team to play 4-3-3 (to replicate 4-3-3)

Conditions / Scenarios

- Ball has to be played through each zone / third before shot / goal
- Ball has to be played laterally (across mid line) before shot / goal

Objectives / Coaching Points

- Numerical superiority to play out of the back - use of GK to create options (diamond shape)
- Role of HM / #6 - show behind first line of pressure and out of sight of direct marker - can rotate into FB positions if needed
- CM's to adapt positions between wide and inside - awareness of space and position of FB's
- CF to stretch play - start offside and come back - threaten in behind - timing to show & link

Phase of Play

9v9

20-25 Mins



Organization

- 9v9 - Working in different areas of the field (2 x Def 3rd to Mid 3rd + 2 x Mid 3rd to Att 3rd)
- Blue team play to progress ball through thirds (Option 1 & 2 to line / Option 3 & 4 to goal)
- Red team play to Full Size Goal if they win the ball and can counter

Option 1

- Build out from Defensive Third to Middle Third (GK Distribution - wide)

Option 2

- Build out from Defensive Third to Middle Third (GK Distribution - central)

Option 3

- Progression from Middle Third to Attacking Third (3 man combination - wide)

Option 4

- Progression from Middle Third to Attacking Third (3 man combination - central)

Objective / Coaching Points

- Included in Phase of Play descriptions and as above
- Start with options in from Defensive Third to Middle Third and progress to go to goal

11v11 Game

11v11 - 4-2-3-1 v 4-3-3

25 Mins



Organization

- Full Field
- Blue (key principles) team to play 4-2-3-1 - players in same positions as Component #1, Component #2 & Phase of Play
- Red (counter principles) team to play 4-3-3 - change player positions to provide challenge for specific positions (e.g change CF for aggressive press on CB's in build out)

Objectives / Coaching Points

- Identify moments for Phase of Play concepts & patterns
- Individual, unit and team coaching points from Component 1, Component 2 & Phase of Play

Other

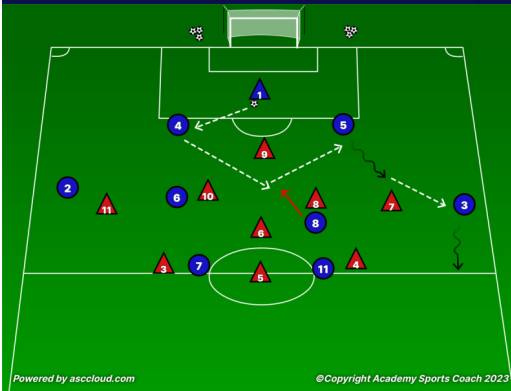
- Coaching Position - initially from sideline but can vary (height if possible)

Phase of Play Options

Option 1

Build Out - Defensive Third to Middle Third (Central)

5-6 Mins



Option #1 - Progress Possession - Defensive Third to Middle Third (Central)

- 1) Ball starts with GK (can be in hands or at feet). GK played to either CB (work right side first).
- 2) HM's (#6 & #8) start high, beyond their markers if possible. As the ball travels from GK to CB far side HM comes back towards the ball.
- 3) HM draws CM with them and plays 1 touch out to opposite CB (body position & approach is key).
- 4) CB drives towards the wide area (as CM should be inside) and plays with FB (2v1).

'What If' - Opposition CM marks tight on HM (#8) as they drop down.

Solution: CB (#4) can find other HM (#6) who can hit the ball out to opposite CB (#5) or bounce the ball back to same CB (#4) who can find CB (#5), providing CF

Option 2

Build Out - Defensive Third to Middle Third (Wide)

5-6 Mins



Option #2 - Progress Possession - Defensive Third to Middle Third (Wide)

- 1) Ball starts with GK (can be in hands or at feet). CB's stay inside. Both offer on angle but not too wide.
- 2) Ball side HM (#6) drops down into the FB position ('false full back').
- 3) At the same time as that is happening, our FB (#2) moves forward and wide and our RACM (#7) moves inside.
- 4) GK can find HM (#6) in lower position, facing forward to play wide (to #2 in higher position) or inside (could be to #7 in pocket of space).

'What If' - Opposition LF (#11) steps high to mark HM (#6) as they drop down.

Solution: HM(#6) vacates space and pulls #11 with them. CB (#4) can move lower to side of box and create diamond shape with HM (#6), FB (#2) and RACM (#7). Potentially play 4v3 on right side (against #11, #10 & #3) to progress ball.

Option 3

Ball Progression - Middle Third to Attacking Third (Wide)

5-6 Mins



Option #3 - Progress Possession - Middle Third to Attacking Third (Central)

Remove GK (#1) and FB (#3) on one side and add CF (#9) and ACM (#10) on blue team. Remove RF (#7) and CF (#9) and add FB (#2) and GK (#1) for red team. Focus on one side of field.

- 1) CB (#5) switches the ball to other CB (#4). Can bounce pass to signal change of tempo.
- 2) As ball moves, RACM (#7) engages FB (#3) with physical contact and draws them out as they check into space to side of HM.
- 3) Our HM (#6) checks off marker to underneath RACM (#7) to provide option for lay off to player facing forward.
- 4) RB (#2) times run to leave LF (#11) and arrives on to the ball from HM (#6) to drive beyond or receive behind the back line.

'What If' - LB (#3) does not move inside with RACM (#7) and stays in position.

Option 4

Ball Progression - Middle Third to Attacking Third (Central)

5-6 Mins



Option #4 - Progress Possession - Middle Third to Attacking Third (Wide)

Same set up as Option #3 but can consider switching and using the opposite side (introduce LB for blue and RF for red).

- 1) Ball is switched from CB (#5) to CB (#4). ACM (#10) begins to move out of central area to draw HM (#6) away from screening role.
- 2) Ball goes wide to RB (#2) who has dropped back off direct marker to receive. They can either receive facing forward to target or potentially play round the corner (if they have the ability on the left foot).
- 3) The entry ball has to be played in with pace into CF (#9) who has checked off opposite CB (#4) to in front of other CB (#5). Attempt to draw CB (#4) with CF (open space between CB & RB).
- 4) CF (#9) drops the ball to HM (#6) who steps in to play through ball for LACM (#11) running inside FB.

'What If' - HM (#6) is marked or late arriving to play with CF (#9).

Solution: CF (#9) can play out to ACM (#10), providing they move into angle underneath.

Name: Liam Lacy	Coach ID:
UEFA A Licence	Topic: Progressive Possession in a 4-2-3-1
15 March 2023	Venue: IMG Academy, Florida

Which parts of the session did you feel went well?

Component #1 - 5v5 + 4 to 4 x Small Goals

- Players were engaged from the start and seemed to enjoy the activity. Having specific players outside of the grid allowed them space and time to focus on receiving the ball and decision making in possession. This was specifically useful for one of our CB's who has had issues dribbling 'overplaying into pressure.

Component #2 - 9v9 to 2 x Full Size Goals

- Possession from GK in the defensive zone into the middle zone was good as we used the numbers up situation to our advantage. The 3 x ACM's often dropped down which created a 8v4 overload if the back 4 for red stayed deeper. The counter to this was that we struggled at times to move up from higher in the middle third / zone to the final zone as too many players were behind the ball.

Phase of Play - 9v9

- We able to identify and work on an area that has been an issue for us to date, namely our HM's playing too deep and close on top of the CB's. The move to have them start a bit higher and come back to the ball helped with distance of pass and angles off the opposition CM's (as opposed to starting in front of them and showing / trying to receive to play with them on their back tight).

Which parts of the session did you find to be challenging?

Component #1 - 5v5 + 4 to 4 x Small Goals

- As the players on the outside could not be challenged initially the players would play to them and then leave them on the ball (no option back inside). They may then receive again but give it back to the same player so we introduced a condition where if you received from one player on the outside you could not play back to the same player. The players on the outside were encouraged to find a different player to the one who played them the ball.

Component #2 - 9v9 to 2 x Full Size Goals

- The players positioned within the inside #10 roles (RACM = #7 and LACM = #11) had a tendency to want to drift wide. Rather than moving from outside to inside they primarily played inside to outside. This wouldn't be an issue but it meant that the opportunity to combine in central areas was less. One of these players mainly plays as a wide forward within our alternative 4-3-3 so it is understandable so may be worth considering selecting a more natural #10 within this role for the game.

Phase of Play - 9v9

- Within option #4, the CB passed on the CF, rather than being dragged out, so there was no space for the inside #10 (#11) to run into to penetrate as the ball between the two was too difficult to hit. I allowed the ball to go wide to #11 if needed providing they came back inside.

What might you change for future sessions?

Component #1 - 5v5 + 4 to 4 x Small Goals

- Not much I would change aside from some of the use of specific players on the outside. A couple of the boys were used here as they are returning from injury, rather than being position specific, so I would likely change this to reflect the positions they should be (CB, CF, FB's).

Component #2 - 9v9 to 2 x Full Size Goals

- The use of the mid line to encourage the switch of play as well as the vertical pass did not really work. Players are smart and they hit this pass as one of their first within the build up phase. It might be that this condition could be useful in the middle third so is only applied there to try and unbalance the opposition as we try to create space to penetrate.

Phase of Play - 9v9

- Option #1 has to be played to a high quality as if the HM has a poor touch or the pass is off then we risk a turnover in a central area in our defensive third. While the option worked well in practice, I'm not sure if we will use this option in the game as some of the higher quality teams we face within the league press with an intensity we cannot always replicate in training with our squad.

Three Personal Improvement Goals?

1. Coach the options and patterns but consider the 'what if' moments more and think more about what the opposition are likely to do. Put myself in the position of the opponent or ask our players what they would do in that positions and try to predict how they will react. As the opposition move the picture will constantly change so need to address the alternatives ('if they do this, we can try this...').

2. Consider more what the strengths of each of our players is and consider this within the role they will perform within the system. If the player is better wide and direct at the FB then we may have to set up differently on each side (right side = direct, 1v1, wing play / left side = combinations, patterns, numbers up).

3. Be clearer in advance if we are moving players within the Phase of Play (i.e the changes made between Option #2 & Option #3). Players were told before the session what was happening but need to check for understanding better so there is less confusion in the roles and who is doing what as we move between options.