

**MORECAMBE**

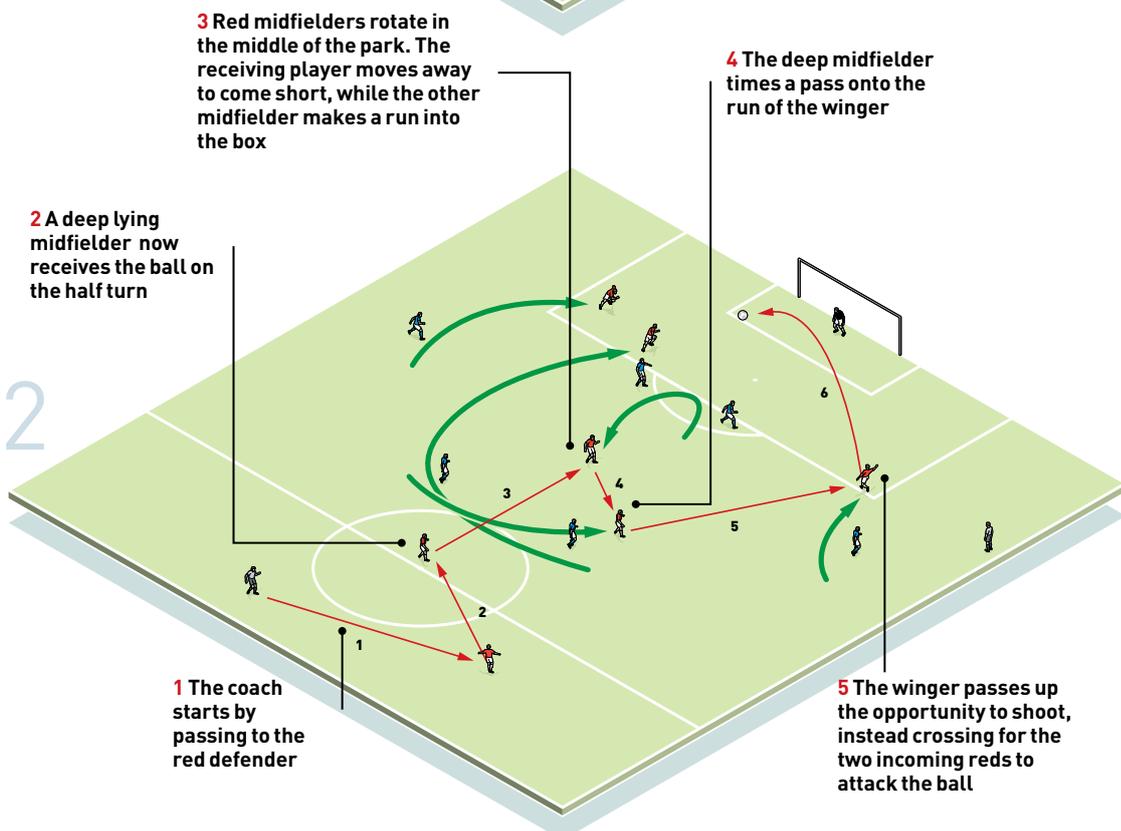
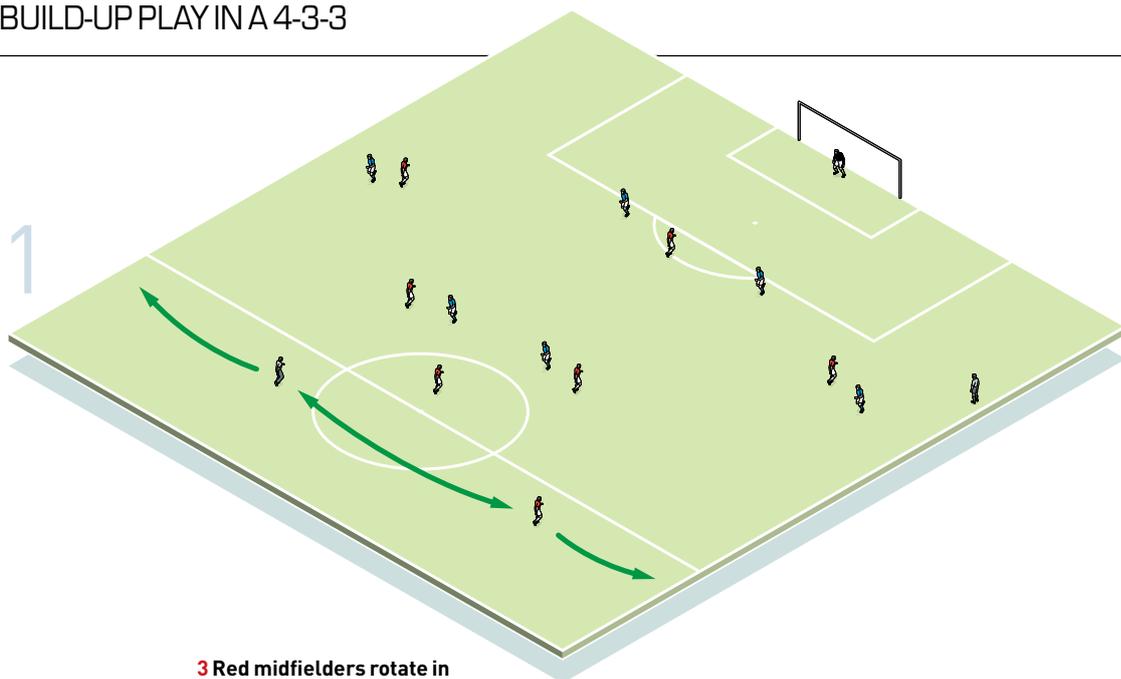
## Jim Bentley Build-up play in a 4-3-3

**Overview:**

This session is about playing out from the back in a 4-3-3 formation, coaching players on how to move the ball well and build through the units. It focuses on individual player movement, timing of runs to receive and support and, of course, an excellent end product.

It's important to practise the principles outlined in this session because every player needs to understand the philosophy behind how we try to play, and must know their roles and responsibilities within this system. It's a blueprint we've used frequently this season, taking different scenarios and different interpretations of the plan. Working on this in a dedicated manner in training means we always see the rewards play out on match day.

### BUILD-UP PLAY IN A 4-3-3



<b>SET-UP</b>
<b>AREA</b>
Up to full pitch
<b>EQUIPMENT</b>
Balls, bibs, cones, goals
<b>NUMBER OF PLAYERS</b>
22
<b>SESSION TIME</b>
Session 1 15mins, session 2 20mins, session 3 25mins

**What do I get the players to do?**

**Phase of play (7v6)**

This practice uses the full width of the pitch, and 65 yards in length.

The aim here is for the midfield three (reds) to combine with the front three, with players setting up as shown (1). Each move begins

with the coach, who moves along the line to different positions before serving into the area. In the scenario shown, the ball is moved forward through the area with reds looking to score in the goal (2).

No throw-ins, goal kicks or corners are allowed, and if

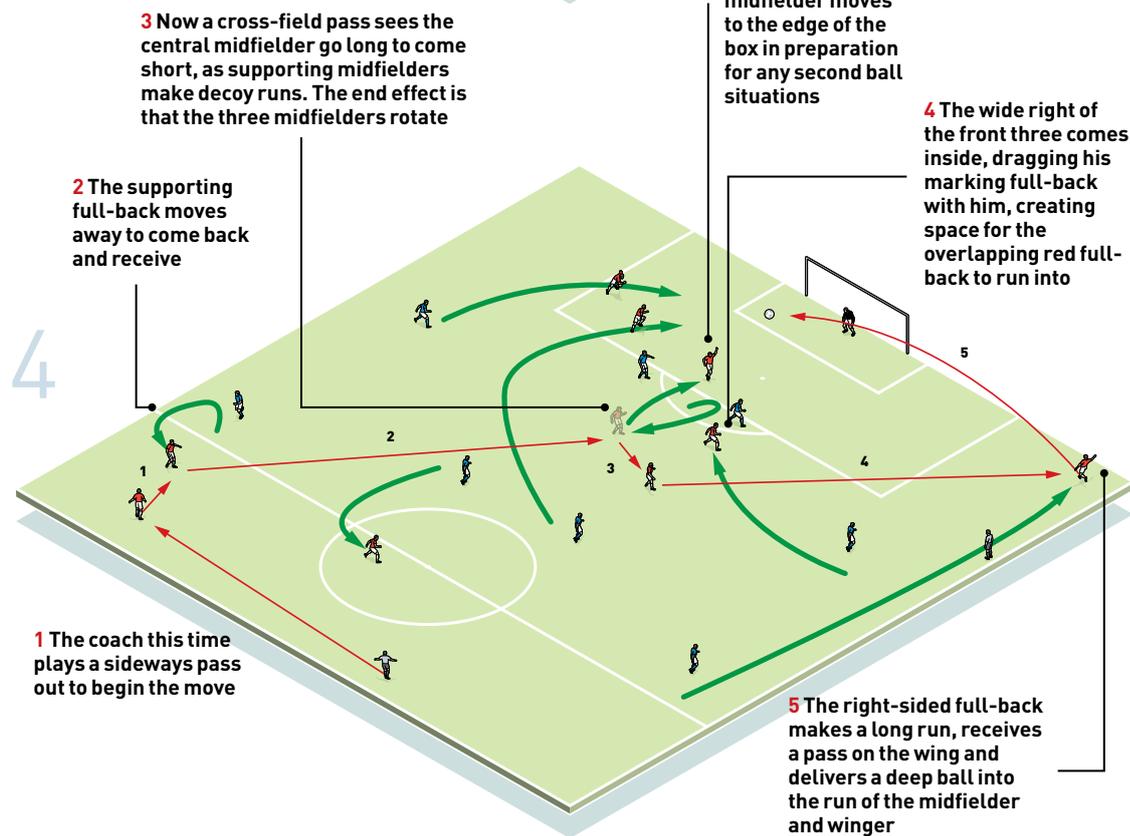
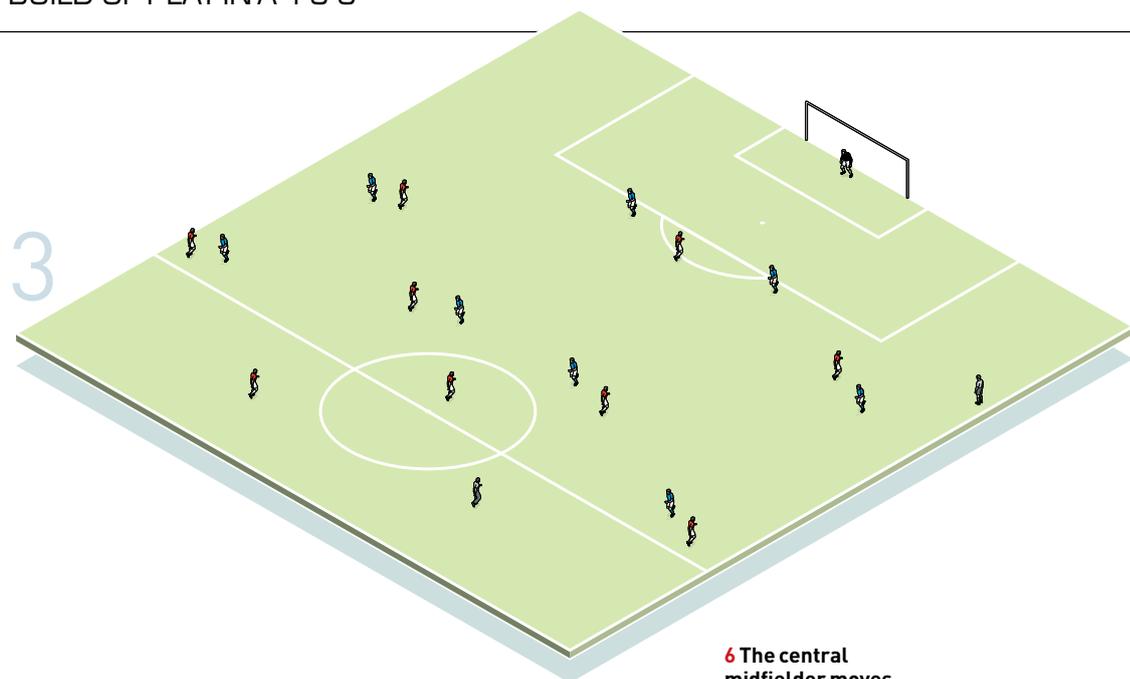
a goal is scored, or the defending team regains possession, the ball is played back to the coach as quickly as possible so the practice can restart.

**What are the key things to look out for?**

We're looking for player movement,

“Every player needs to understand the philosophy behind how we try to play, and must know their roles and responsibilities within this system.”

**BUILD-UP PLAY IN A 4-3-3**



movement to receive, quality and timing of pass, timing of support runs, and a positive goalscoring end product.

**Phase of play (9v8)**

On the same playing area we now construct an outfield 9v8 in favour of the attackers.

This is essentially a progression of the 7v6, with the attacking team having added full-backs and the defending team now benefitting from added wingers (3). Attacking midfielders and full-backs must combine with the front three. The move subscribes

to the same rules as the first practice (4).

**What are the key things to look out for?**

We're looking for players to continue looking out for the key points learnt in the first practice, as well as helping to fully harness

the power of the full-backs' overlapping runs. We again want to see good rotation of the midfield three, as well as players receiving on the half-turn in the centre of the park.



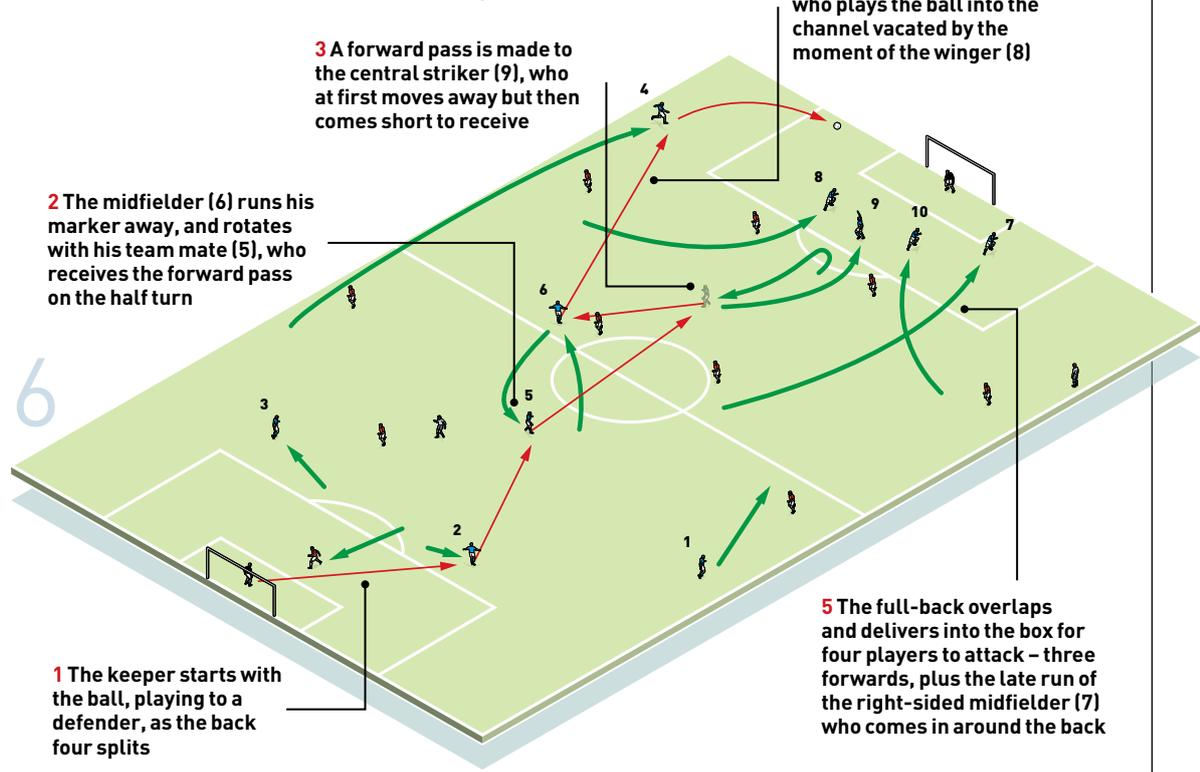
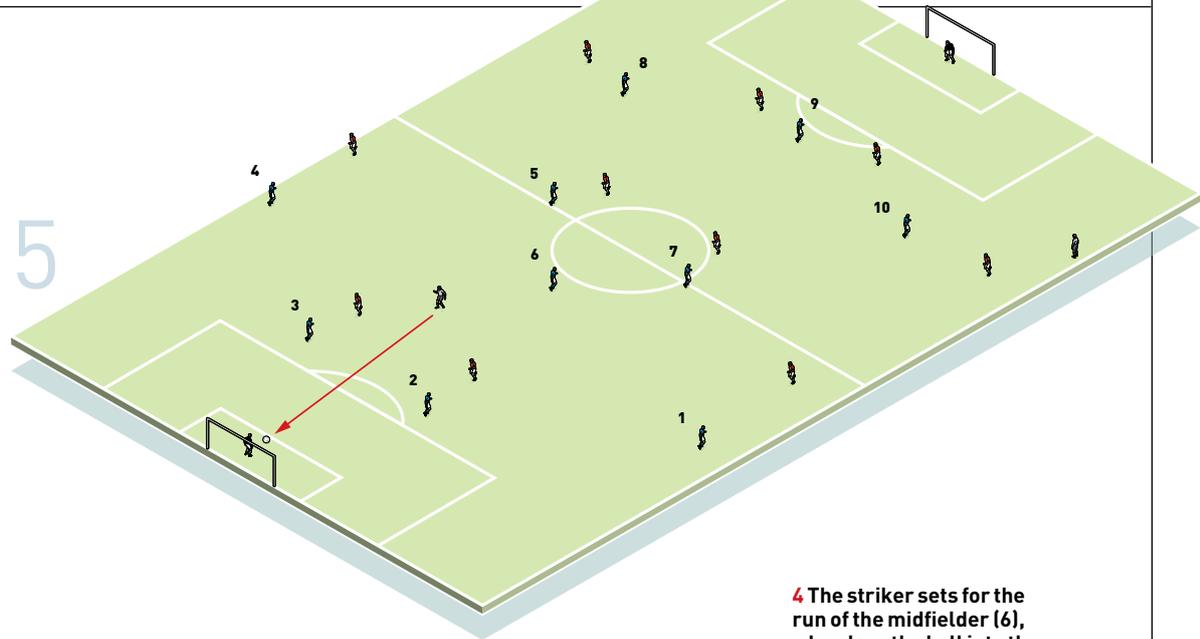
**Jim Bentley**

**MORECAMBE**

Morecambe boss Jim Bentley has a long association with the npower League Two side having first joined the Shrimps in 2002 as a rampaging centre-back. He went on to make 328 for the club, before accepting the chance to become first-team manager in May 2011.

Hanging up his boots has enabled the 36-year-old to concentrate on the managerial and coaching side of the game, and under his guidance, Morecambe have become a 'hard to beat', established Football League side.

**BUILD-UP PLAY IN A 4-3-3**



- 1** The keeper starts with the ball, playing to a defender, as the back four splits
- 2** The midfielder (6) runs his marker away, and rotates with his team mate (5), who receives the forward pass on the half turn
- 3** A forward pass is made to the central striker (9), who at first moves away but then comes short to receive
- 4** The striker sets for the run of the midfielder (6), who plays the ball into the channel vacated by the winger (8)
- 5** The full-back overlaps and delivers into the box for four players to attack – three forwards, plus the late run of the right-sided midfielder (7) who comes in around the back

**11v11 game**

Now moving onto a full pitch, the emphasis here is for play to be built up through the units. In this, another progression, the attacking team has added centre-halves and a keeper, while the defending team now includes two centre-forwards (5).

The coach starts the practice by chipping the ball to the attacking side's keeper – here it's the blues (6). If reds win the ball they must attempt a shot on target within five passes. If the ball goes dead for any reason restart as before with the coach.

**What are the key things to look out for?**

In the 11v11 game, we want to see the same passing and movement practised previously, whilst also looking to protect against missed attacking opportunities, or worse still, loss of possession. These will

occur if there is poor or insufficient movement in receiving a pass, or a lack of running and movement off the ball which should be helping to move defending players out of position.

Incorrect support runs will also thwart progress, as well poor quality or incorrect timing of passes. ■

“We’re looking for player movement, quality and timing of pass, and a positive goalscoring end product.”