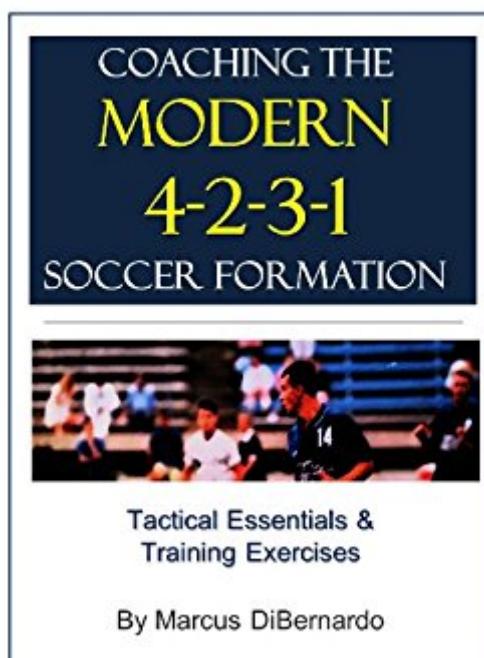


The book was found

Coaching The Modern 4-2-3-1 Soccer Formation: Tactical Essentials & Training Exercises



Synopsis

The 4-2-3-1 is a system that Arsenal, Real Madrid, Everton, Bayern Munich and many more professional teams use. The formation can be employed in many different ways depending on the personnel available. It can be used to play a conservative, defensively sound counter-attacking game or opened up for an ultra-offensive approach. The interchanging of positions, room for tactical adjustments, defensive soundness, room for creativity and overall fluidity of the system is what makes the 4-2-3-1 effective. This book will take you through the fundamental roles and responsibilities of each player within the system. It also provides multiple training exercises, explains and demonstrates individual and team movement patterns, covers the strategy of team defending and team attacking in the 4-2-3-1 and a number of ways to modify the system.

Book Information

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Customer Reviews

I will not really recommended ... it's fine if you want to read something about players positions but for the rest ... you can find everything for free online. The first impression was very bad ... it looks like somebody just printed a few pages and sold them.

Great introduction to a system I hope to implement for my boys high school team this upcoming 2017 spring season.

Easy to read didn't need to over analyze everything. Great simple practices and went to attack then defend. Good job

This book gives an overview of the 4-2-3-1 system of play. It is good for a coach thinking about switching to this alignment. I would like to see additional details and drills.

Great information

Very basic overview. Any coach who has experimented with various formations would know most everything in this book.

Just Perfect. Easy and understandable illustrations

It's ok

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