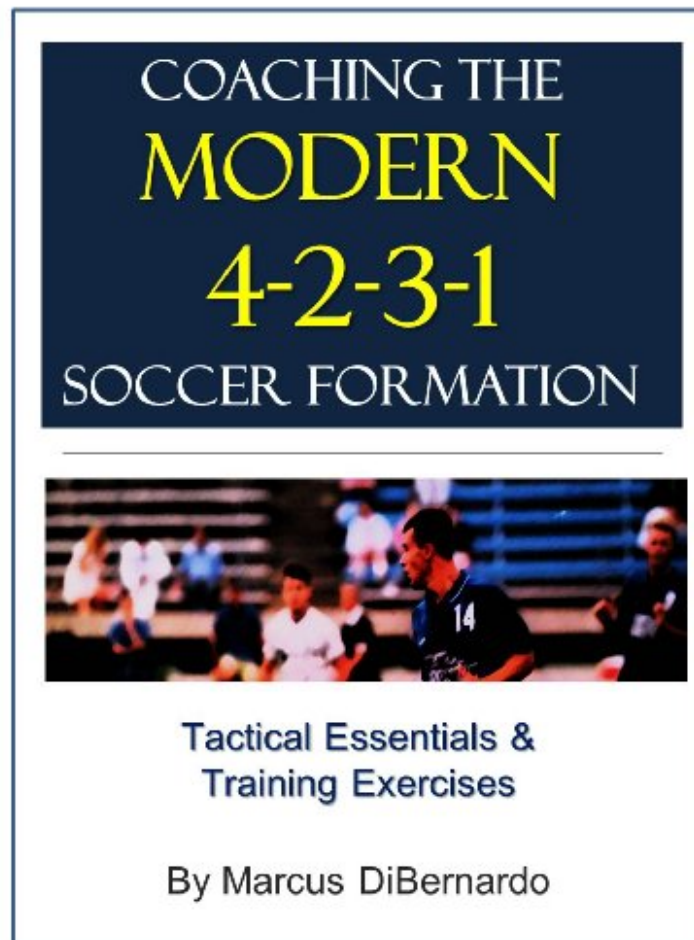


(Read free) Coaching The Modern 4-2-3-1 Soccer Formation: Tactical Essentials Training Exercises (English Edition)

Coaching The Modern 4-2-3-1 Soccer Formation: Tactical Essentials Training Exercises (English Edition)

Von *Marcus DiBernardo*
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KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. gute zusammenstellungVon Alexander StindtHier wird das spielsystem sehr gut eklrt. Das besondere ist allerdings die beschreibung zu trainingsmglichkeiten. Ein super nachschlagewerk fr die basics dieses systems.

KurzbeschreibungThe 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.

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