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Coaching The Flex 1-3-3-1-3: Adaptable Tactics For The Modern Game



Synopsis

The 3-3-1-3 is not an entirely new concept, though it has become more popular in recent years due to its dynamic attacking nature. In particular, former Chile National Team coach Marcelo Bielsa and former Barcelona and Bayern Munich boss Pep Guardiola have implemented this system with great success. This book explores, in detail, the strengths and weaknesses of the system, the roles and responsibilities of each player in both attack and defense and the permutations of the team shape against different formations and in varying situations. Depending on the circumstances at any one moment of the match in terms of the score, the opponent's tactics, time remaining etc., the formation could become a 1-3-4-3, a 1-2-3-2-3, or even a 1-5-4-1 in an ultimate defensive setup. This adaptability, the FLEX, is made possible by teaching players to recognize the rotations required "on the fly" by presenting them with very specific game situations in training. In this book, Harrison takes you through his training sessions geared toward developing in players the tactical and spatial awareness necessary to run the FLEX 1-3-3-1-3 successfully.

Book Information

File Size: 21703 KB

Print Length: 344 pages

Publisher: Reedswain (January 26, 2016)

Publication Date: January 26, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01B5BHK6E

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #352,840 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #48

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Soccer #127 in Books > Sports & Outdoors > Coaching > Soccer #148 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Soccer

Customer Reviews

Think about the game! That is Wayne Harrison's specialty and this gives you a totally different viewpoint!

Love this book!

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