

COACHING THE
FLEX
1-3-3-1-3

Wayne Harrison

ADAPTABLE
TACTICS
FOR THE
MODERN GAME



REEDSWAIN

Coaching Flex 1 3 3 1 3 Adaptable Tactics

Tony Englund



Coaching Flex 1 3 3 1 3 Adaptable Tactics:

Coaching the Flex 1-3-3-1-3 Wayne Harrison, 2016-01-08 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 *Defending in Soccer* Tony England, 2023-10-01 The 1990 World Cup in Italy was infamous for generating the lowest ever goals per game average and since then tactical thought has focused heavily and consistently on flexible attacking designed to break down and defeat defending in depth This book argues that the next tactical revolution belongs to the defending side of the ball and it features complex layered defending blending postures and pressures designed to keep an attacking team off balance throughout the match There are many quality soccer coaches in the game at every level who feel that defending is more about mentality than tactics that defending topics do not need to be part of every training session This book seeks to reestablish balance in tactical planning and in training design by examining every aspect of individual and team defending making it easy for the coach to incorporate tackling defending roles pressing defending setpieces and many more topics into team training With its more than 190 defending drills to train players it is the complete guide to mastering defending in soccer *Scholastic Coach* ,1987 *Athletic Journal* ,1986 Coaching Strategies for Corporate Innovation Ivan Yong, Sam Lee, 2025-09-24 Drawing upon the authors own extensive experiences within the field and melding startup dynamics with corporate innovation the book equips readers to navigate the complexities of this emerging innovation practice Collaboration between large corporations and innovative startups represents a strategic pillar of corporate innovation and is growing at a rapid pace globally Such engagements are situated within the broader paradigm of open innovation and are categorised explicitly as corporate venturing when they involve mechanisms such as strategic investments partnerships incubators or co development initiatives Leveraging the authors extensive experience in startup investment mentorship and corporate innovation thought leadership forums this book addresses the critical need for innovation coaching strategies to succeed in this dynamic corporate startup collaboration Through a synergy of practical insights riveting case studies and authoritative thought leadership readers will be guided on a transformative journey encompassing innovation culture symbiotic partnerships with

startups and the coaching strategies pivotal for unlocking innovation advantage This book is tailored for corporate leaders innovation teams corporate venture capitalists and professional coaches aspiring to transcend conventional wisdom in the current corporate innovation practices **Ebook: Fundamentals of Human Resource Management** Raymond Noe,John Hollenbeck,Barry Gerhart,Patrick Wright,2014-10-16 Fundamentals of Human Resource Management 5th Edition by Noe Hollenbeck Gerhart and Wright is specifically written to provide a complete introduction to human resource management for the general business manager This book is the most engaging focused and applied HRM text on the market **Sport**

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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Coaching Flex 1 3 3 1 3 Adaptable Tactics** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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