



STRUČNO – STRUKOVNA ORGANIZACIJA  
FUDBALSKIH TRENERA FSS

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CENTAR ZA EDUKACIJU FUDBALSKIH  
TRENERA FSS



# *Sistem igre u napadu 4-0*

Ivančić Goran



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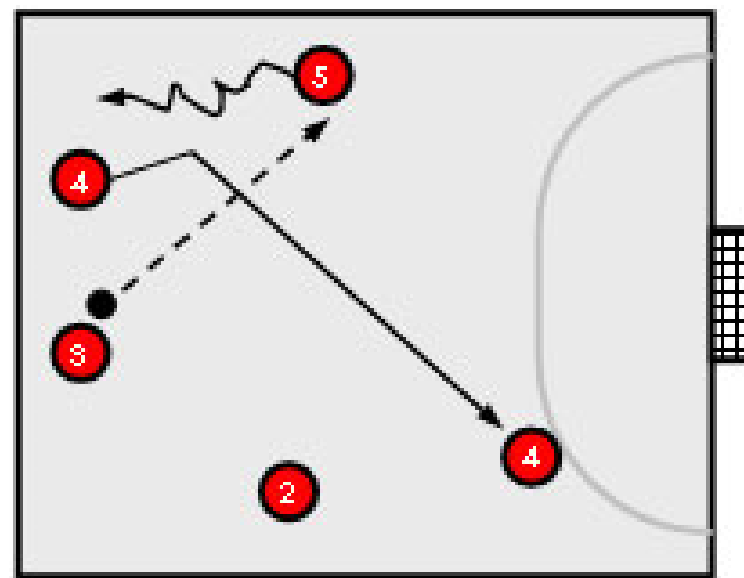
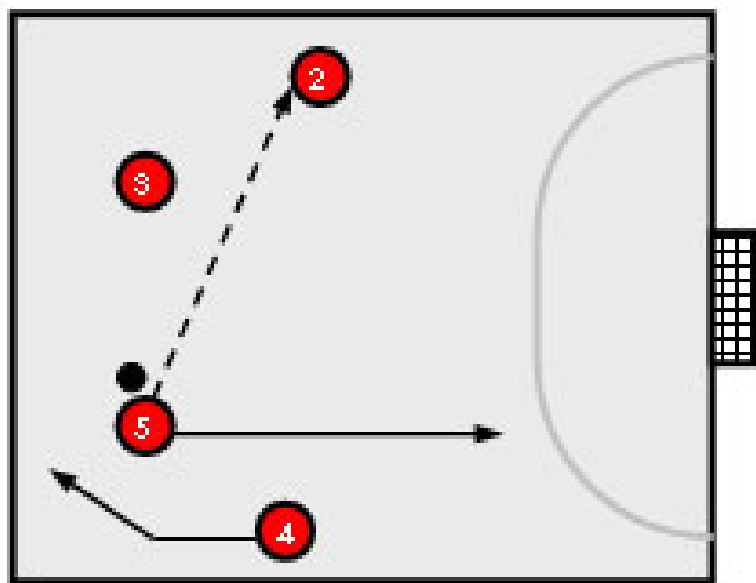
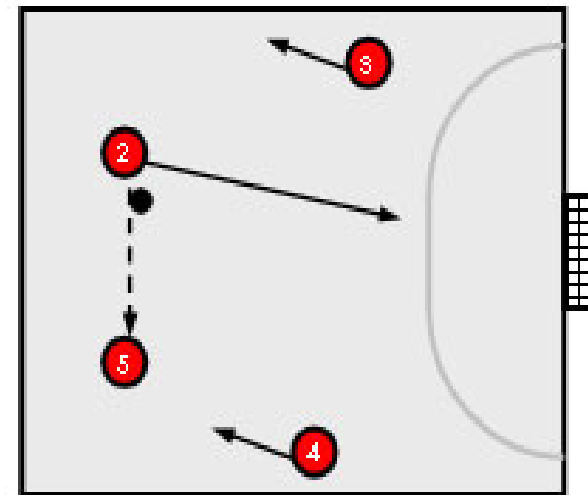
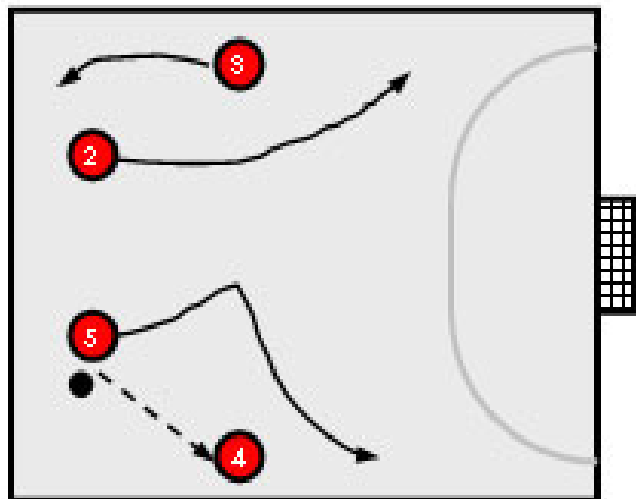
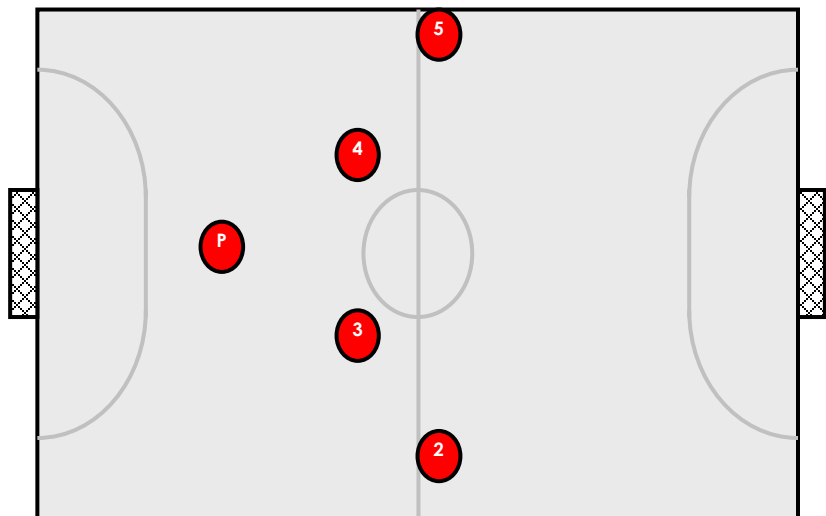
# *KARAKTERISTIKE SISTEMA*

## *4-0*

- Sistem 4-0 postavlja svakog igrača u istu liniju (polukrug)
- U početku ne postoji centralna figura (kao pivot u sistemu 3-1)
- Napadači pokušavaju da probiju odbrambene linije i da osvoje prazan prostor iza leđa odbrane
- Zahteva svestrane igrače i manje je kruta od sistema 3-1
- Prouzrokuje veći mentalni i fizički napor protivničke odbrane
- Omogućava lakše zadržavanje lopte u posedu

- Uspešna protiv odbrane čovek-čoveka, stvara se prostor iza leđa odbrane, u poslednjoj trećini terena
- Kada se koristi protiv zone ili odbrane preuzimanjem napada se prostor između odbrambenih linija, prouzrokuje probleme prilikom preuzimanja
- Prouzrokuje manji broj odbrambenih linija
- Efikasan sistem za stvaranje i zauzimanje prostora
- Teško se koristi kada je odbrana postavljena blizu sopstvenog gola

- Povećan rizik za odbrambenu ravnotežu, jer su igrači u liniji
- Omogućava napadačkoj ekipi da zadnjeg odbrambenog igrača skloni sa pozicije
- Zahteva visok nivo fizičke pripremljenosti, tehničke i taktičke obučenosti
- Zahteva uigranost, održavanje ritma, konstantno kretanje i brz protok lopte
- Nepredvidiv sistem i nudi veiki broj kombinacija
- Neophodno prepoznavanje situacija i donošenje odluka

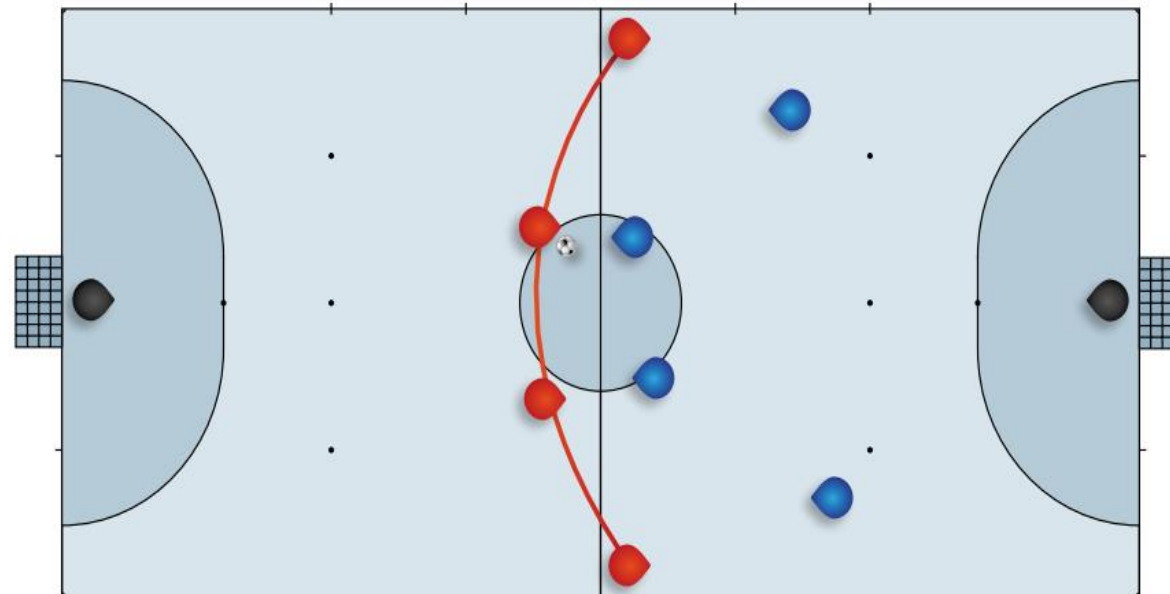
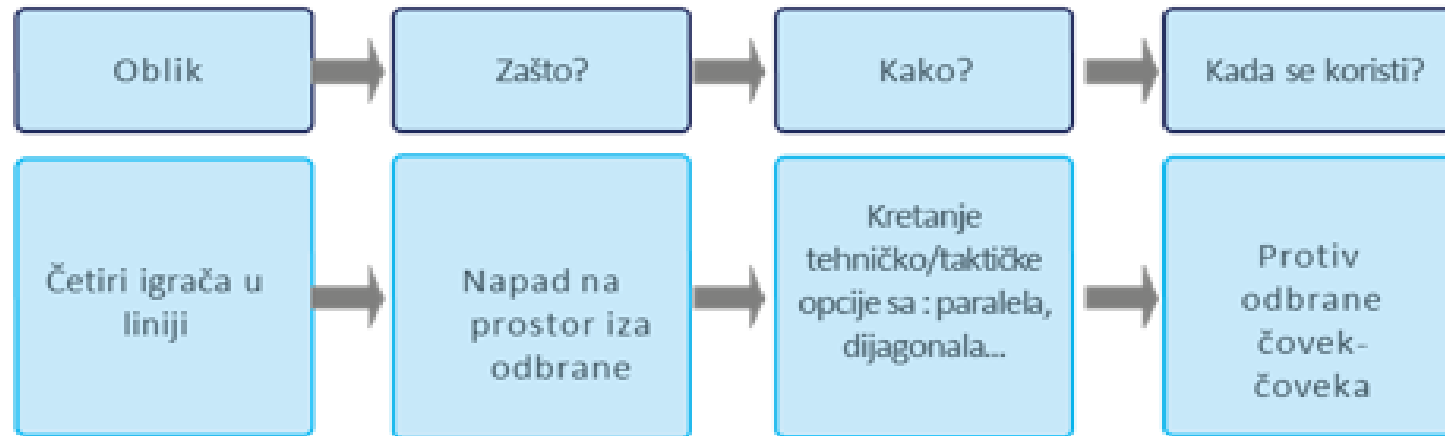


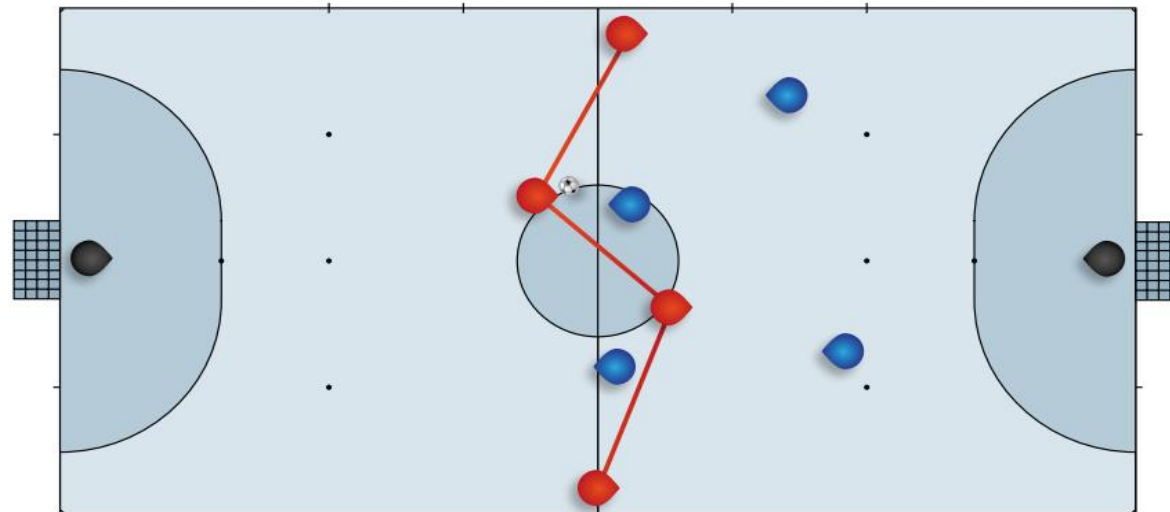
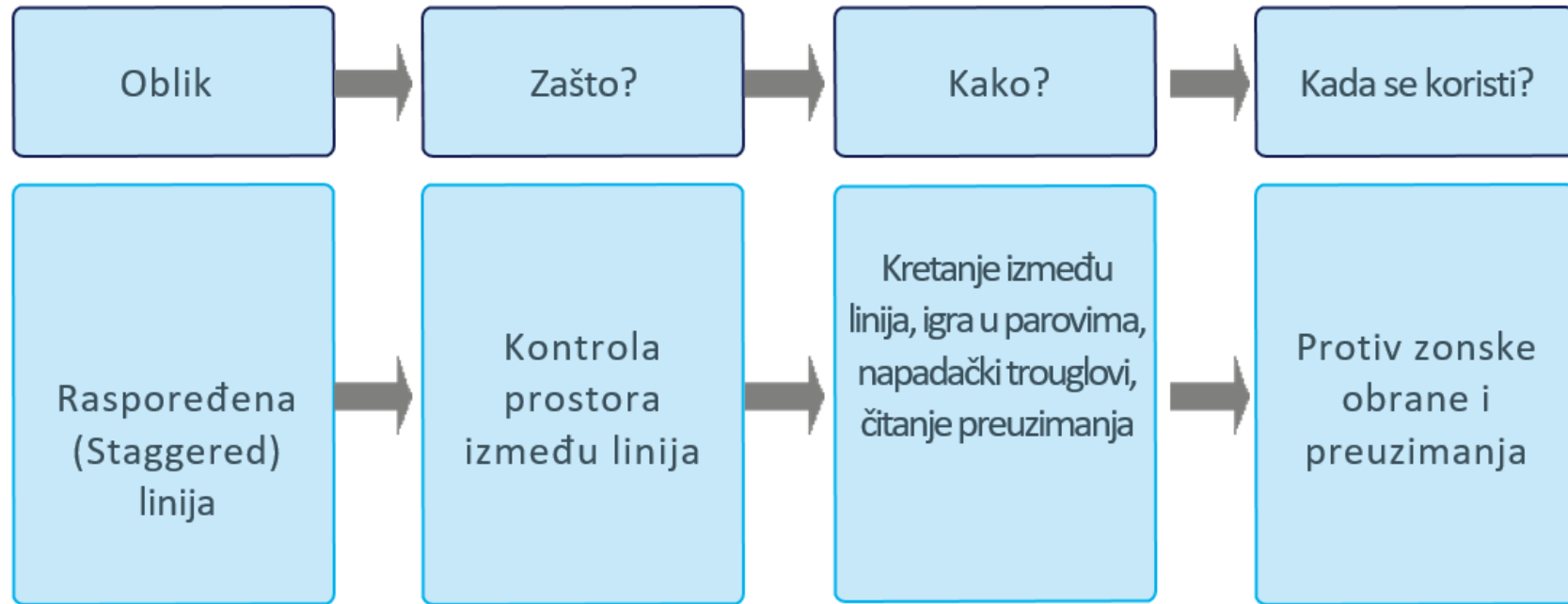
**Legenda**

Putanja lopte ----->

kretanje igrača ----->

## Variations of the 4-0 system







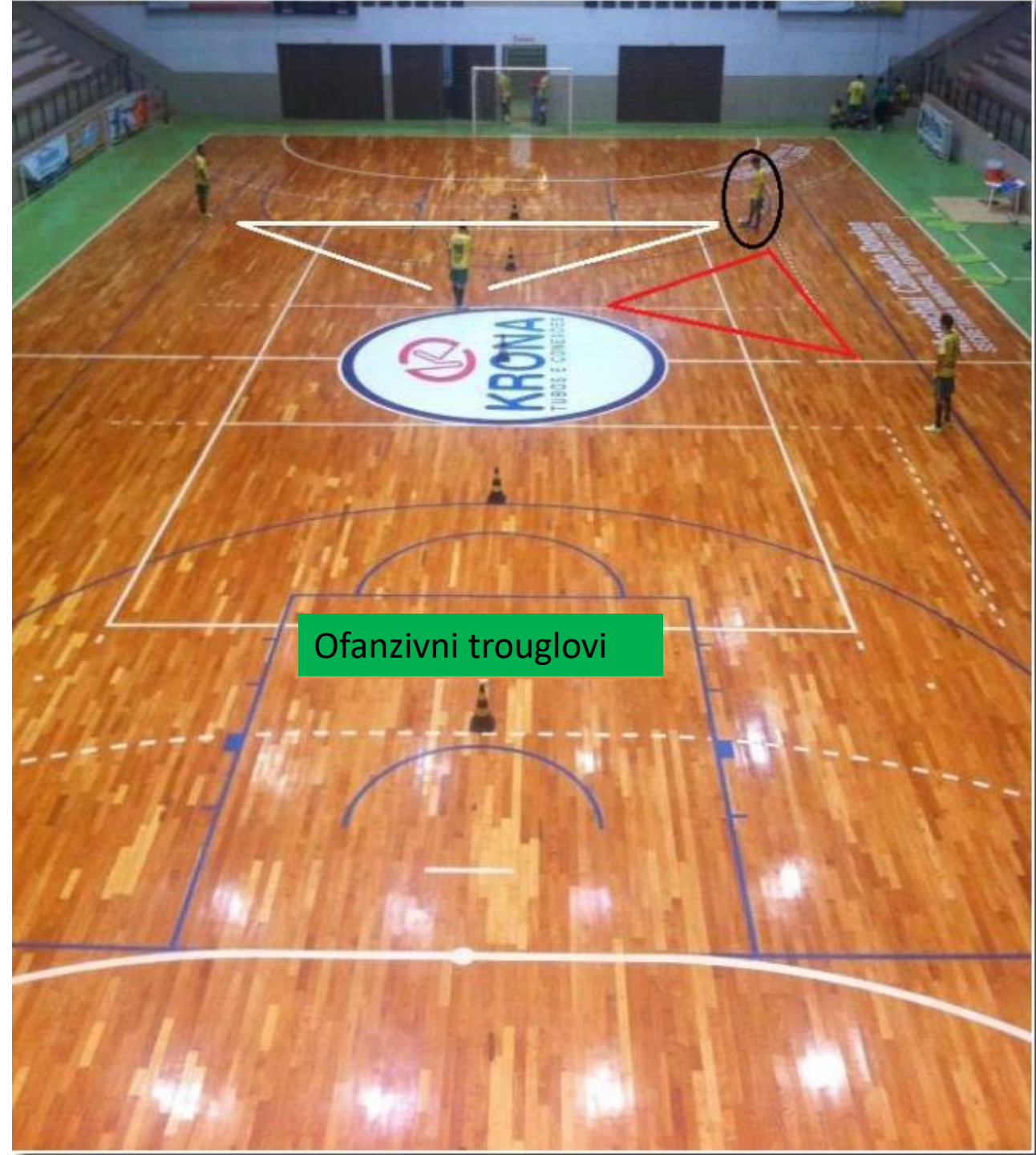


Lateralna (spoljašnja) formacija – igra u paru





Ofanzivni trouglovi



Ofanzivni trouglovi



FIFA

For the Good of the Game

10:40

CHINESE TAIPEI TOSHIBA

AVAYA



Bliža strana

06 : 07	РОССИЯ	0
1 тайм	БРАЗИЛИЯ	0



Dalja strana

07:20	РОССИЯ	0
1 тайм	БРАЗИЛИЯ	0

adidas

ТА



Dva igrača u isto vreme



Attack System 4/0. Move 2



Player 1 passes to the band and open space through the center



INT

2

ZAR

08:44

1'

REBRACOR

la

MOVISTAR



dijagonala

07:20 2'

15:50 FÚTBOL

ALMERIA - GUADALAJARA

DIRECTO

INT 4 3 SEG

movistar

Sprinter

Vito

MARCA

PS PENALTY

PENALTY



Indirektna paralela



FCB 0 0 NAV / 16:36 1P

23:00 LA NOCHE DEL BOXEO (+18)



DIRECTO

SPORT SPORT SPORT SPORT SPORT SPORT SPORT SPORT SPORT SPORT SPORT SPORT

PALEU DE LA GUARDIA



15:50 FÚTBOL

ALMERIA - GUADALAJARA



DIRECTO



ARCA 18:10 19  
INT 0 0 POZ

10:00 FUTBOL: ELCHE - CARTAGENA  
1:00 RESUMEN R. MADRID - SPORTING

DIRECTO

SEGUROS





Pomoćno odigravanje, ulaz sa boka, dijagonala

02:25 19

INT 1 0 POZ



DIRECTO





ЦЕНТАР  
СПОРТ  
ШУМИЦЕ  
БЕОГРАД

SELECT









1ST

13:24

SRB

0-1

KAZ

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BEATEK



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НОРНИКЕЛЬ

АССОЦИАЦИЯ МИНИ-ФУТБОЛА РОССИИ

НОВАТЭК

МЕГАФОН

НОВАТЭК

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НОВАТЭК

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11

11

11

11

11

5

11

11

LSTV



1 16:32 CZE - SRB 0:0





**LNFS**





MAN 1-3 FCB



2P 13:33

16:00 FUTBOL: VALLADOLID-GIRONA  
18:00 MARCAGOL



DIRECTO



LSTV



1 09:51 CZE - SRB 1:0





2º TEMPO

ORLÂNDIA  
CORINTHIANS

1  
1

Anglo  
Stamps

PENALTY

UTILU

SPORTV

LIGA FUTSAL

SPORTV



M MILSPED GROUP

SPORT  
ЦЕНТАР  
ШУМИЦЕ  
БЕОГРАД

M MILSPED GROUP





16

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Sina

Šabari





# Exercises for the 4-0 SYSTEM

Author: Jorge Rodríguez Vázquez.  
Photos: Jorge Graña

*One of the most important aspects when working with teams, is to try to transfer to the training sessions, with the greatest similarity possible, the different situations that may occur during the course of actual matches.*

*Through these 4 exercises we will work two basic movements - parallel and diagonal of the rotation 4-0 system. Furthermore while at the same time working situations of 2x1, 2x2, 3x2, etc. thereby being enriching exercises in different aspects.*



## EXERCISE 1.

Name: Diagonal

Players: 4 players + Goalkeeper

Space: 20x20

Description: The starting position is 2-2 and the pass is always to the opposite wing. The goalkeeper starts to player 2, after receiving he passes to the opposite wing (player 1) and makes a diagonal. 1 after receiving passes to player 3 who has come out in support and also makes a diagonal. And so on successively. The players always move from the opposite side to where they have passed the ball.

Variations:

- a.- Limit the number of touches
- b.- Limit the time to completion
- c.- Incorporate 4 defenders to offer some form of opposition but without stealing the ball.

## EXERCISE 2.

Name: Diagonal without the ball

Players: 4 players+Goalkeeper

Space: 20x20

Description: The exercise is the same as the previous one, but so that the rotation is not so predictable, once player 2 receives the ball, player one makes a diagonal without the ball and who receives the ball is player 4. 2 makes a diagonal, 3 appears but makes a diagonal without the ball and finally 2 is the one who received the ball from 4.

Variations:

- a.- Limit the number of touches
- b.- Limit the time to completion
- c.- Incorporate 4 defenders to offer some form of opposition but without stealing the ball.





3

## Futbol-Tactico



4

## Futbol-Tactico



## EXERCISE 3.

Name: Parallel

Players: 4 players rotating and another 4 providing opposition defence without stealing the ball. We have 2 goalkeepers with which to finish the rotation. Space: 40x20

Description: The major difference with respect the two previous exercises is that now the player cuts along the same side where the ball is passed (previously the player cut to the opposite side from where the ball was passed). The goalkeeper initiates to player 2, who passes to player 1 and makes a diagonal to the same side where the ball passed, 3 appears and receives the pass from 1, 1 makes a diagonal etc

Variations:

- a.- Limit the number of touches
- b.- Limit the time to completion
- c.- Limit space

## EXERCISE 4.

Name: Parallel without the ball.

Players: 4x4+2 Goalkeepers

Space: 40x20

Description: Same as exercise 3, but now the players go on a parallel movement without the ball. The goalkeeper initiates to player 2, player 1 cuts without the ball and player 4 receives, player 3 appears but cuts without the ball and the one who appears again is player 1 who receives the ball from player 4 and so on successively.

Variations:

- c.- Limit the number of touches
- d.- Limit time
- e.- Limit space

Conclusion: With these 4 exercises we try to go from a basic exercise, in which the players can undertake the rotation practically walking in order to automate it, to subsequently introduce the defenders and finally making it like real play.

As always they are a base so that you can later develop other movements, paying attention to the individual characteristics of your squad (for example not having any left footed players). While also keeping in mind the defence of our opponents when making the movements which are best for us in every moment, eg. if I prefer a more direct rotation or to have more possession of the ball etc...



DAVID MADRID

futsal coach





COACHING  
PROGRAMME

*Hvala na pažnji!*