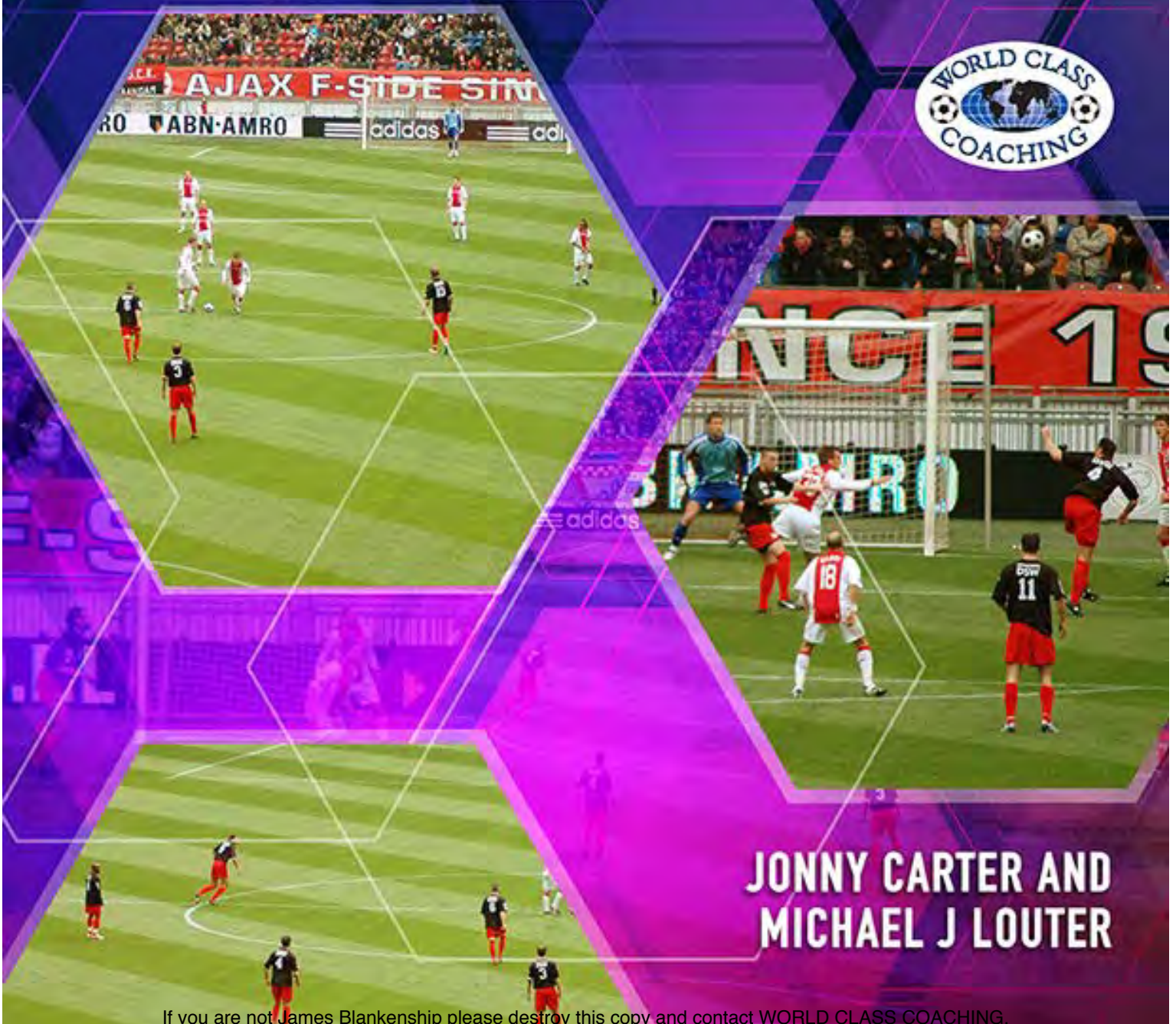


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TACTICAL SOCCER COACHING VOL.2

SYSTEMS OF PLAY, STRATEGY AND ANALYSIS



**JONNY CARTER AND
MICHAEL J LOUTER**

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Tactical Soccer Coaching Volume 2

Systems of Play, Strategy and Analysis

By

Jonny Carter

And

Michael J Louter

Published by

WORLD CLASS COACHING

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Education Football
Tactical Soccer Coaching Vol. 2

Elite Champion Course

Foreword

Tactical Soccer Coaching Vol. 2 | **Foreword**

The **Education Football** concept was a creation born out of a need for soccer knowledge. As a student of the game I found it tough to find information in easily accessible and cheap formats. I couldn't find the time or money to attend a coaching course just to satisfy my inquisitive nature regarding a certain formation that I had seen deployed in the *Champions League* semi-final or some such equivalent match. The pundits on the TV were more interested in stroking their co-presenter's media ego than teaching me the nuances of the game during the half-time love-in. Newspaper journalists were just vehicles for facts, no detail at all. Cookie cutter reports arbitrarily regurgitating what happened; "he passed to him, him passed back to he, that guy kicked it in...34th minute". Who cares? I want to know why it happened. Not when or where or who or how; I want to know why. I had nowhere to turn to validate my thoughts or to realign my errors. How could something so important be so difficult to find information on? Why is tactical elaboration so difficult to learn? Where can a soccer student look for his epiphany?

With this barren deficit of information all too evident I chose to self-educate and document. Collecting pieces of knowledge from one resource and comparing it with another; building a collection of information that was previously impossible to obtain. After a lifetime of hoarding random nuggets of wisdom I turned that collection of information into a detailed series of courses that are lecture-presented through **Education Football** | www.EducationFootball.com



*Offering a pathway of UK accredited academic courses on the concepts of soccer. **Education Football** is the pioneer of certificated qualifications in football theory*

Tactical Soccer Coaching Vol. 2 explained

Now the course content and resource materials from **Education Football** are available through World Class Coaching www.WorldClassCoaching.com

Education Football delivers a series of UK accredited academic football / soccer theory courses with a clear pathway guiding our soccer students through a natural advancement and with a coherent flow. All **Education Football** courses currently run at 12 hours duration and are 100% classroom-based lectured courses. Full attendance at every course component is mandatory to complete the course and therefore to receive an *attendance certificate*. All **Education Football** candidates have to complete a regulated on-line test in order to receive their *qualification certificate*. Regulated tests are conducted in compliance with strict UK academic testing guidelines.

Education Football testing is done in a regulated environment with course candidates able to access the on-line testing web site via a *Smartphone, i-phone, Blackberry, Tablet or laptop*.

All **Education Football** courses are academically accredited through **TLM**.

The Learning Machine Ltd (TLM) is an innovative academic awarding organization that is accredited by Ofqual www.OfQual.gov.uk, the Office for Qualifications regulation in England, Wales and Northern Ireland; and utilizes International Grades – Open Technologies to provide on-line customer service to candidates <https://theingots.org/community/about>. TLM is proud to have their unique organization publically listed on the Ofqual Register of Regulated Qualifications on the Ofqual web site <http://register.ofqual.gov.uk/Organisation/Details/RN5273>. TLM is the first Ofqual registered awarding organization to offer academic football / soccer certifications outside of the UK.

The **Premier Select Course** content and the **Elite Champion Course** content are included within the pages of **Tactical Soccer Coaching Vol. 2**. The **Professional Course** content and the **Master Course** content will be released in the near future to complete the four course pathway.

Those soccer students now have a place to turn when they need a resource of reliable information. These pages will provide some answers to those troubling questions that you just can't quite work out. Not only will questions be answered but new and interesting topics will be opened up inspiring a further desire for knowledge and soccer information.

If you like these pages then you will certainly be looking forward to the **Professional Course** content and the **Master Course** content that will be arriving in the World Class Coaching www.WorldClassCoaching.com coaching resource store in the near future.

If you or your football / soccer organization would be interested in an **Education Football** course then there are a few options available...

1. Host a 12hour, 100% classroom-based, lecture-presentation **Education Football** course for your soccer community
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4. Become an owner of **Education Football** and deliver an on-field '*Special-Topics*' clinic for your soccer community

Thank you.

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Education Football
Tactical Soccer Coaching Vol. 2

Elite Champion Course

Introduction
Professional Authors

Introduction | Professional Authors

Jonny Carter has a rich football experience having been a student of the game from his informative playing days through a celebrated coaching career that has seen him travel to multiple football cultures in the pursuit of knowledge. Since earning his first coaching certificates while still at University in the mid 1990's Jonny has voyaged through Europe, America and across much of Asia learning and sharing his unique insight into football and coaching.

As a soccer student Jonny is obsessed by the intricacies of tactical football and the methodologies used worldwide to coach this information. As a keen advocate of youth development Jonny has previously documented his 'Principles-Based' methodology in his earlier *World Class Coaching* published manuals, and has further documented his possession oriented approach to coaching in other recent manuals. Some of the training activities and ideas that Jonny uses to share his philosophies are detailed and included within this coaching manual.



Jonny has travelled far in search of coaching wisdom including the 1st Team Head Coach at the prestigious Kowloon Cricket Club located in the vibrant heart of Hong Kong, Vitesse Soccer based in Tennessee and as Technical Coordinator of the u13 & u15 Academy Generations | 1st Team Assistant Coach at Phnom Penh Crown FC. Jonny has written and delivered the football program for the Nike Soccer Camp in Hong Kong that offers elite youth player's opportunity to experience his contemporary training methods. Jonny was the guest Head Coach for the Yau Yee League Select Team who participated with esteem at the respected HKFC Citibank Soccer 7's event in 2014, where the amateur team were pitted against local professional clubs and Premier League heavyweights.



Jonny currently runs a series of coach education courses based on theoretical football concepts through his Education Football www.EducationFootball.com project; *soccer students can learn from a pathway of UK accredited academic courses on the concepts of soccer. Education Football is the pioneer of certified qualifications in football theory.*

To open video links in a new tab, hold the Ctrl key down when clicking the link.

Introduction | Professional Authors

Michael J Louter originates from the Netherlands and brought with him a strong football heritage when he concluded his playing career in Holland and embarked on his academic coaching career in the US. Following his academic pursuit Michael turned attentions to coaching, marrying a keen interest in psychology with the technical and tactical components of the game. Alongside his college coaching experience Michael has excelled in the collection of coaching certificates boasting both a USSF 'A' License and the NSCAA Premier Diploma.



Michael is currently the Director of Talent Development FC Dallas Tri and oversees the development of the senior section of players from u13 – u19. In addition to this responsibility Michael runs his elite camp program *Soccer Camps at Vitesse*, which offers elite players the opportunity to experience his vast knowledge of football and coaching in a spectacular purpose built training facility in Tennessee. *Soccer Camps at Vitesse* www.SoccerCampsAtVitesse.org has two purpose built grass fields, a small-sided astro training field and a residential lodge suitable for accommodating forty players and staff; set in idyllic Tennessee this truly is an exclusive training experience.



Michael was a youth player of Vitesse '22 Football Club in Castricum, Holland from age 8 to when he entered the Dutch professional program as a senior player. From this legacy Michael founded *Soccer Camps at Vitesse* in 2006 because he wanted to provide for his family, and for other families, similar opportunities that he had growing up with Vitesse '22 FC. The core value at Vitesse is COMMUNITY | A safe place for each individual to be challenged in exploring their interests and talents, with each individual truly identifying and being embraced for his/hers strengths.

“Having grown up in that nurturing environment for 20 years, I am convinced that the concept of ‘community’ allowed me to develop at the level to play professionally”



Jonny Carter

Kowloon Cricket Club | Vitesse Soccer



ODP | Olympic Development Program | Tennessee | www.TNsoccer.org
TN ODP Staff Coach | Summer 2016

Tri Cities FC PDL Otters | Tennessee | www.OtterSoccer.com
Staff Coach | Talent Assessor

Phnom Penh Crown FC | Cambodia | www.PPCfc.com
Technical Co-ordinator u13 & u15 Academy Generations | PPCFC 1st Team Assistant Coach

Vitesse Soccer | Tennessee | www.SoccerCampsAtVitesse.org
Group Tactics Coach

Kowloon Cricket Club | Hong Kong | www.KCC.org.hk
u15 Elite Team | KCC 1st Team Head Coach

Nike Soccer Camp | Hong Kong | www.CNSportsCamps.com
Head Coach | Curriculum Development

Yau Yee Select | Citi Bank HKFC Soccer 7's | Hong Kong | www.HKSoccerSevens.com
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AFC 'A' Licence | 2013 · AFC 'B' Licence | 2012
NSCAA Advanced National Diploma | 2007 · NSCAA National Diploma | 2006



Michael J Louter

FC Dallas Tri | Vitesse Soccer



FC Dallas Tri | www.FCDallasTri.org
Director of Talent Development | Seniors u13 – u19

US Club Soccer | www.USClubSoccer.org
State Technical Director | Alabama

Fairleigh Dickinson University | www.FDU.edu
Staff Coach | Women's Soccer

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Coaching Qualifications & Certificates

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NSCAA Premier Diploma
M.S. Degree in Sports Coaching & Sports Fitness | US Sports Academy
B.S. Degree | Psychology



World Class Coaching | www.WorldClassCoaching.com

Since 1998, WORLD CLASS COACHING has become a household name in the worldwide soccer coaching community.

Our digital magazine is the publication of choice for soccer coaches in over 70 countries ranging from coaches of professional and national teams to coaches of young recreational teams.



WORLD CLASS COACHING has its own line of over 200 soccer coaching DVDs and books as well as the world's largest online searchable database of soccer drills and exercises.

Every year WORLD CLASS COACHING conducts an international coaching seminar that is attended by hundreds of coaches from across the country.

In total, over 40,000 soccer coaches from all over the world, use WORLD CLASS COACHING to help with their training sessions and game day coaching.

WORLD CLASS COACHING has received many *testimonials* from prominent coaches and clubs as well as from our regular customers. Visit our web site for these testimonials and other information. www.WorldClassCoaching.com

Coaching Soccer Weekly Pod Cast | www.CoachingSoccerWeekly.com

Jonny Carter and the World Class Coaching publication *Conquering Your Next Coaching Course* is featured in the recent pod cast interview with Coaching Soccer Weekly | Listen to the in-depth interview

The banner for the Coaching Soccer Weekly podcast features a dark blue background with a portrait of Tom Mura on the left. The text "COACHING SOCCER WEEKLY WITH TOM MURA" is prominently displayed. On the right, the World Class Coaching logo is visible. Below the main text, there is a red section containing a SoundCloud player for the "Coaching Soccer Weekly Intro" episode, which shows a progress bar and a "Cookie policy" link. At the bottom of the banner, there is a row of five small photographs of various soccer coaches in different settings, including training sessions and interviews.



CLICK HERE

Coaching Possession with a Purpose | Volume I

A complete guide to making maximum use of possession so you also pose maximum danger. Packed with detailed diagrams, setup instructions and coaching points, its drills will give your players a bigger advantage every time you win possession.

Divided into 11 chapters, with each focused on a specific scenario when you are in possession and how to train your players to move the ball in the right direction up the pitch and through the opposition. This includes building play through the midfield, third player movement to create penetration, penetrating runs to break midfield lines and urgency of possession in attacking areas.



CLICK HERE

Coaching Possession with a Purpose | Volume II

The game has wised up. Today's clued in coaches know it's not how much of the ball you have but what you do with it that counts. They've realized that chasing crazy high possession stats isn't going to win you games. It's playing with maximum productivity that will.

This new manual expands on the first volume with highly focused drills that train your players to exploit the weaknesses of high possession sides and to make better use of the ball to mount attacks. It includes chapters on switching the play, executing 'give and go' combination plays, exploiting creative wing play and much more.



"The concept of the coaching manual 'Conquering Your Next Coaching Course' is a truly excellent idea and one that the industry really does need. The concept of understanding the coaching course environment and being advised on how to prepare specifically for the high pressure setting is valuable knowledge, and these pages are full of knowledge.

The training session plans are clearly set up with very coherent flow, relevant progressions and all are scalable to different levels on the coaching course pathway. Well written, well presented and well-conceived; incredible."

Tom Durkin

Former US National Team Coach | u17 boys

Former Assistant Coach | Tampa Bay Mutiny MLS | Former IMG Academies Director



Coaching the Principles of Soccer Attack & Defense

This manual breaks down how the game is played into digestible chunks. Drills are provided which highlight to players what they need to do, when and why in a variety of offensive and defensive situations. Every drill is clearly explained with setup instructions, detailed diagrams and coaching points for maximum benefit.

The principles are clearly defined, which remain the same whatever formation you play. These chapters also look at the numbering of positions and where in the formation you'd expect each player to be. In particular, it aims to help players understand what their roles and responsibilities are in different situations.



Conquering Your Next Coaching Course

If you want to advance your career this manual is essential reading. It's a unique guide on exactly what to expect at every stage and what to do to impress the assessors. With these valuable insights, you know exactly what's expected of you before you arrive. Instead of massive pressure and stress, you'll feel confident and ready to pass.

Coaching courses can be harsh and unforgiving. Give yourself the best possible chance of survival with this unique self help guide on 'conquering' every stage of any coaching course and coaching at the next level.

-The ultimate guide to preparing for any coaching license



"Coaching the Principles of Soccer | Attack & Defense is more than just a coaching tool and more than just another football coaching resource. The structure and clarity of the documentation allows a coach to understand the core principles of attacking and defensive football and then carry these training concepts from the page, to the practice field and to share the details with our players.

The formatting of the session plans allows a coach to retreat or to progress training session to meet the needs of your players and your teams."

Arjan de Zeeuw
13 Years Professional Player in England | 6 Years Premier League
Barnsley FC | Wigan FC | Portsmouth FC | Coventry City FC

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Education Football
Tactical Soccer Coaching Vol. 2

Elite Champion Course

Traditional Numbering System of Players

Traditional Numbering System of Players

There is much debate and conjecture regarding the origins of the traditional numbering of football positions, some theories holding with more merit than others. The most logical suggestions relate back to early formations of the 1950's and some of these legacies have carried through into the contemporary game. However, over the course of time some of the definitions have been lost or confused and even different football cultures have variations in the numbering of player's positions.

For the benefit of this book the following numbering of positions have been used. This may differ from other opinions but for the benefit of consistency and continuity through the following information it is important that the reader recognizes the following detail.

The goalkeeper has always and will always be number #1.

The defensive group is organized as Right fullback #2, Left fullback #3, two central defenders #4 & #5. Occasionally you would see number #6 used instead of #5, Bobby Moore for England 1966 is a good example. The concept of a back four is a relatively new evolution in the long history of football strategy; the early formations were very much front-heavy with little regard for defending. The balance between defense and attack is really only noticeable during the 1950's and onwards. In English football a central defender is often still referenced as a "*centerhalf*" which is a legacy from the midfield players being pushed back into a defensive role but still carrying his midfield (half) name. The two last defenders or '*full backs*' were pushed wide but too kept their name even with the addition of players to the defensive group.

The midfield four have the two central midfield players as #6 & #8; with the wide right midfield #7 and the wide left midfield #11.

The central forward is the #9 with the second striker, or playmaker, or attacking central midfielder as #10.

4-4-2 Formation	Traditional Shirt Numbers
Goalkeeper	#1
Right Fullback	#2
Left Fullback	#3
Central Defender Centerhalf	#4
Central Defender Centerhalf	#5
Central Midfield	#6
Right Midfield	#7
Central Midfield	#8
Central Forward	#9
Attacking Central Midfield 2nd Striker	#10
Left Midfield	#11

Traditional Numbering System of Players

4-4-2 Formation



4-3-3 Formation



4-4-2 | Formation



4-3-3 | Formation



Education Football
Tactical Soccer Coaching Vol. 2

Elite Champion Course

Section #6
Penetration | 2 vs. 1 versus 1 vs. 1

Section #6

Penetration | 2 vs. 1 versus 1 vs. 1

Adherence to tactical formations and to a system of play, combined with the '*Principles of Football*' are regarded as the best possible practice to achieving the primary objective; scoring goals. However, as previously referenced, the scoring of goals is somewhat more difficult to achieve in the reality of the game field against the theory of the chalkboard. And as also referenced, the **formation**, the **balancing** and the **Principles of Football** will go a long way to aid in a team's chances of scoring goals, and scoring more goals than the opposition, but cannot be depended upon alone to deliver results.

It must be recognized that a team will rarely score a goal from every chance that it creates and so in order to score goals a team must first generate goal scoring opportunities, and plenty of them.



Diagram A

But there is still a missing link between the theory and the reality. And this is the vital question, how does the **formation**, the **balancing** and the acknowledged **Principles of Football** actually create goal scoring opportunities?

Why do *FC Barcelona* and *Bayern Munich FC* choose to pass the ball with metronomic and intricate monotony? Or why does *Manchester Utd. FC* often elect to sit deep with a well organized defense when not in possession? There is reason for this. There is a tactical foundation on which these chosen '*philosophies*' and '*attitudes*' are based. The possession game of *FC Barcelona* is trying to move the opposition defenders around out from their comfortable positions with short and often first-time passes. While *Manchester Utd. FC* are trying to stay organized and '*compact*' waiting for the '*transition*' of possession and the opportunity to '*counter-attack*'.

Under any given strategy the vehicle to reach the primary objective of scoring goals frequently filters down to a few common scenarios. The chosen vehicle of *FC Barcelona* in their pursuit to create goal scoring opportunities is to move the ball around with a short-range passing game in an effort or '*unbalance*' the organization of the opposition defensive group in an attempt to create a **2 vs. 1** situation; 2 attacking players 1A & 2A versus 1 defensive player 1D. (See diagram A)

The vehicle that *Manchester Utd. FC* frequently used in their pursuit of creating goal scoring opportunities is to try to create a **counter-attack** at the moment of **transition** in an effort to isolate an



Diagram B

opposition defender in a **1 vs. 1** situation; 1 attacking player 1A versus 1 defensive player 1D. (See diagram B). This rather dynamic style of play delivered under the coaching guidance of *Sir Alex Ferguson* saw *Manchester Utd. FC* reach unparalleled success, which is in direct contrast to the pragmatic and possession-heavy style of football that the 2015 version of *Manchester Utd. FC* play under the stewardship of *Louis van Gaal's*.

How these **2 vs. 1** and **1 vs. 1** situations are '*created*', '*recognized*' and then '*executed*' is often the most significant reason for making goal scoring opportunities, and indeed not making goal scoring opportunities.

Penetration | 1 vs. 1

When certain situations transpire on the football field there are often a number of different decisions that can be made. How the 1st attacker copes with a **1 vs. 1** situation is frequently a contributing factor to the outcome of games, it certainly will be a contributory factor to the creating of goal scoring opportunities.

When the 1st attacker has '*isolated*' the 1st defender and there is space in-behind for the 1st attacker to exploit with penetration on-the-dribble; (see diagram B), then the 1st attacker is encouraged to be creative, to be positive and attempt to beat the 1st defender with **1 vs. 1** moves.

How to be Successful at 1 vs. 1 Moves	Coaching Points
Change of Pace	Fast to Slow; Slow to Fast Acceleration
Change of Direction	Be Unpredictable
Disguise	Feints & Tricks & 1 vs. 1 Moves

Cristiano Ronaldo | CR7 is perhaps the most creative player at developing an isolated **1 vs. 1** situation.



Penetration | 2 vs. 1 Combination Play

When defenses are tight and *'compact'* through the middle of the field or when rapid changes to the *'point-of-attack'* are particularly accurate from the offensive team there is occasionally a **2 vs. 1** situation *'created'*. **2 vs. 1** situations are best exploited with a *'combination play'*; defined as... *'an accurate synergy of passing skills working together between two players'*.

Unlike the **1 vs. 1** situation, which encourages a player to **penetrate** on-the-dribble, a **2 vs. 1** encourages players to **penetrate** with a passing combination.

2 vs. 1 | Give & Go, Wall Pass, One-Two

The *'give-&-go'* requires the 1st attacker **1A** to *'engage'* the 1st defender **1D**. **Engagement** means that the 1st defender is attracted to and is, crucially, committed to **pressuring** the ball and the 1st attacker. If the commitment of **pressure** is not significant enough by the 1st defender then any **combination play** is fatally doomed.

Once the 1st defender has **engaged**, the ball can be passed from the 1st attacker to the 2nd attacker **2A** assuming that the **angle of support** allows. (See diagram A)



Diagram A

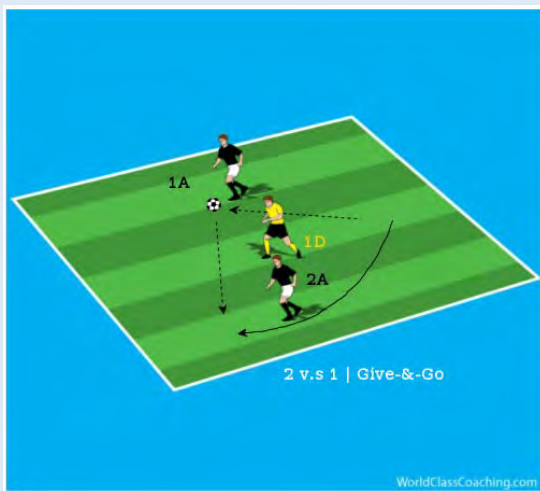


Diagram B

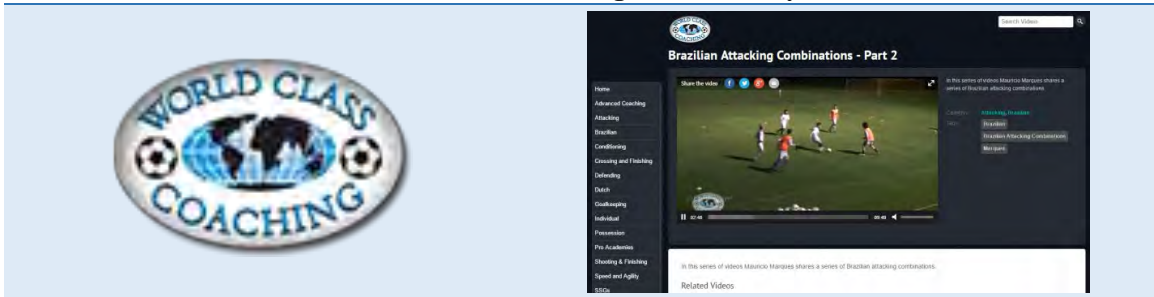
The 1st defender then assumes the primary **Defensive Principles of Soccer**; the role of the 1st defender – deny the **penetration**; and begins to provide **pressure** to the new 1st attacker; but now from a recovery position.

While the 1st defender is readjusting his position the new 2nd attacker takes up a positive or **penetrating angle of support** to receive a return pass, often best executed as a first-time pass (one touch).

(See diagram B)

Give-&-Go combination plays are best executed with first-time passing, over a distance of 5yds - 7yds, played on an angle between 35°degrees and 60°degrees, and played at a medium to firm *'weight-of-pass'*.

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2 vs. 1 | Overlapping Run

The '*overlap*' or '*overlapping run*' requires the 1st attacker **1A** to **engage** the 1st defender **1D**. **Engagement** means that the 1st defender is attracted to and is, crucially, committed to **pressuring** the ball and the 1st attacker. (See diagram A). If the commitment of **pressure** is not significant enough by the 1st defender then any **combination play** is fatally doomed.



Diagram A

The 1st attacker actively dribbles towards the 1st defender in a designed effort to initiate the 1st defender **engagement**. The 2nd attacker **2A**, arcs a run around and wide of the 1st attacker. (See diagram A)

When the full commitment of **engagement** from the 1st defender is recognized by the 1st attacker and/or the '*angle of support*' to the 2nd attacker is recognized by the 1st attacker, the pass is played to the 2nd attacker allowing them to **penetrate** unopposed. (See diagram A)

If the pass is too early and the 1st defender has not committed his **engagement** then he can simply move to **pressure** the new 1st attacker or the pass will arrive too soon. If the pass is too late then the 2nd attacker will '*over-run*' his **angle of support** and the 1st defender will intercept.

The **overlapping run** must be wide enough of the engagement to render the 1st defender redundant and yet close enough to remain connected to receive the pass. An overlapping run is best executed at between 5yds - 7yds from the engagement, with the pass played at an angle of between 55° and 75° degrees, and played with a medium weighted pass.

2 vs. 1 | Conclusion

The creating of goal scoring opportunities will forever be maximized by players making the correct decisions for the given environment that presents itself. And frequently missed opportunities and lost goals can be attributed to the poor '*decision-making*' of players when offered critical scenarios.

(See diagram A)

How a team deals with the rare **1 vs. 1** situation and how a team exploits the engineered **2 vs. 1** situations often dictates the outcome of the game. Of course, the exploitation of these critical events appears often bungled and frequently is attributed to the unsuccessful outcome of the result.



Diagram A

When dealing with the vital moments of **1 vs. 1** and **2 vs. 1** situations it is worth understanding that a number of factors have to align themselves to maximize the potential of these infrequent events.

Firstly, the situations have to be '*created*'. Given that both teams start the game with an equal number of players and that much consideration has already been given to strategic formation it is not a common occurrence or even a fair expectation to assume that an isolated **1 vs. 1** scenario will be presented easily. The concept of a **2 vs. 1** '*numbers-up*' situation or '*overload*' presenting itself is even more remote. These game events are not given away by the opposition lightly and much tactical graft and much delivery on the '*Principles of Football*' will need to be provided to even '*create*' an advantageous situation.

Secondly, assuming that **1 vs. 1** situations have been created and assuming that **2 vs. 1** scenarios are being created then the next stage is to '*recognize*' these situations. It seems like such an obvious point to raise; and yet at the game-field the coach's frustration is perhaps agitated the most by missed opportunity and a lack of '*recognition*' for positively created play.

When advantageous situations have been created players must command the cerebral capacity to understand and recognize the best course of action. Dribbling when a player should pass and passing when a player should dribble will quickly eliminate excellently created situations through a failure to recognize the game environment. (See diagram B)



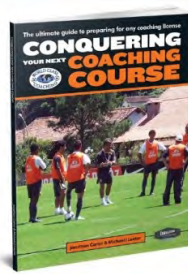
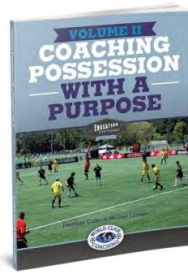
Diagram B

And thirdly, after creating favorable situations and after recognizing advantageous scenarios the players involved in a **1 vs. 1** or a **2 vs. 1** have to '*execute*' correctly; perhaps the most difficult component of a difficult process.

A team can create as many opportunities as they like; a team can recognize as many opportunities as they create, but if the execution is fluffed with over weighted passes or under weighted passes or no passes at all then all the good creative work that preceded it counts for zero.

Goal scoring opportunities have to be '*created*', '*recognized*' and then '*executed*'. Any failure to deliver on each stage of this process will result in limited or no goal scoring opportunities at all.

On the following pages are some training activities that have been successfully used to coach players the all important **creation**, **recognition** and **execution** of **2 vs. 1** and **1 vs. 1** situations. The training sessions are extracts from the following coaching manuals.



World Class Coaching Reference |

<http://www.coachingadvancedplayers.com/coaching-possession-with-a-purpose-vol-2/>

<http://www.coachingadvancedplayers.com/conquering-your-next-coaching-course/>

Conquering Your Next Coaching Course
#6 | Dribbling

Conquering Your Next Coaching Course | #6

Dribbling | Technical Training

Technical Training | Highest Levels of Coach Intervention

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up

5 Player Dribbling Rotation

- 30yds wide x 40yds long | 2 x grids
- 5 Players per grid | 1 ball per grid
- Player 'A' plays into Player 'B'
- Player 'A' follows pass
- Player 'B' turns and dribbles forward
- Player 'B' dribbles past Player 'C' who is a passive Defender
- Player 'B' plays into Player 'D'
- Player 'B' follows pass & takes the place of Player 'D'
- Player 'D' starts the rotation back in the opposite direction | Player 'D' plays into Player 'C'

Coaching Points

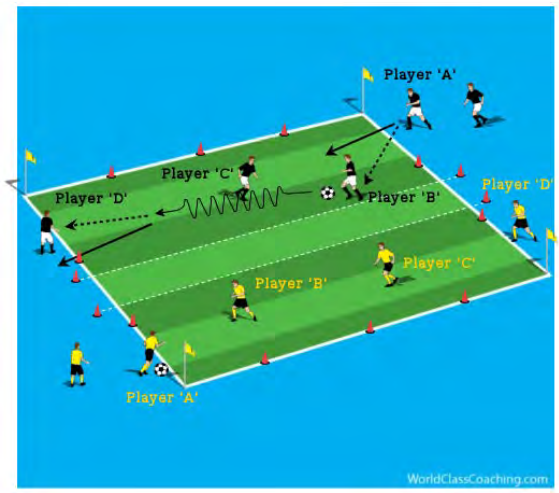
Technical

- Close control
- Engage the defender
- Change of Pace | Explosive action | Acceleration
- Change of Direction
- Fake | Feint | Dummy | Disguise

Tactical

- Create > Recognize > Execute 1 vs. 1 situations
- Space behind the defender
- Positive attitude | Commitment
- Speed ahead of technique

Field Plan



Conquering Your Next Coaching Course | #6

Dribbling | Game Related

Game Related | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

1 vs. 1 Dribble Rotation

- 30yds wide x 40yds long | 2 x grids
- 4 Attacking Players vs. 1 Defensive Player per grid | 1 ball per grid
- Player 'A' plays into Player 'B'
- Player 'A' follows pass
- Player 'B' turns and dribbles forward
- Player 'B' dribbles at Defender #1
- Player 'B' attempts to dribble past Defender #1
- Player 'B' plays into Player 'C'
- Player 'B' follows pass & takes the place of Player 'C'
- Player 'C' starts the rotation back in the opposite direction | Player 'C' plays into Player 'A'
- If the Defender wins possession of the ball they dribble over the nearest end line to score
- Restart dead balls with a new feed
- Play to 10 rotations then swap each grid's Defender

>Progression

- Can add a Neutral Player as a passing option | as a disguise option

Coaching Points

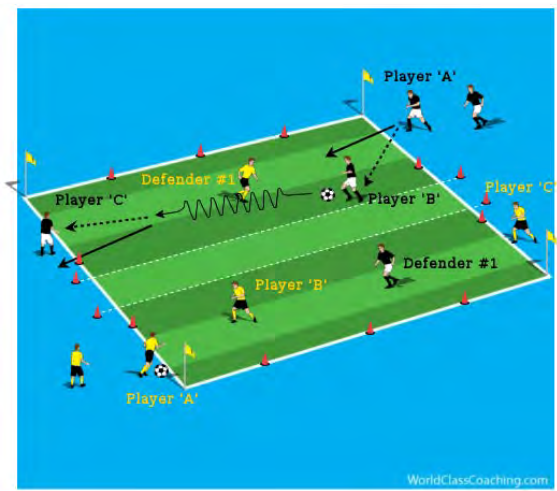
Technical

- Close control
- Engage the defender
- Change of Pace | Explosive action | Acceleration
- Change of Direction
- Fake | Feint | Dummy | Disguise

Tactical

- Create > Recognize > Execute 1 vs. 1 situations
- Space behind the defender
- Positive attitude | Commitment
- Speed ahead of technique

Field Plan



Conquering Your Next Coaching Course | #6

Dribbling | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Teammates • Match-Like Conditions • Tactical Decision-Making • Directional Play • Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up

4 vs. 4 | 2 vs. 2 Half Conditions Directional to Goal + GK

- 30yds wide x 40yds long | Halfway line
- 4 Players vs. 4 Players
- + GK's
- 2 Attacking Players & 2 Defensive Players conditioned to each half
- Restart dead balls with GK
- Play many short mini-matches to retain intensity

>Progression

- 1 recovery Defender permitted in to opposite half

Field Plan



Coaching Points

Technical

- Close control
- Engage the defender
- Change of Pace | Explosive action | Acceleration
- Change of Direction
- Fake | Feint | Dummy | Disguise

Tactical

- Create > Recognize > Execute 1 vs. 1 situations
- Space behind the defender
- Positive attitude | Commitment
- Speed ahead of technique

Conquering Your Next Coaching Course | #6

Dribbling | Conditioned Match Play

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up

8 vs. 8 + GK's | Directional to Goal | 1 vs. 1 Zones

- 44yds wide x 45yds long
- 2 x Wide Attacking Zones | 2 x Wide Defensive Zones
15yds wide x 22.5yds long
- 3 x Central Zones | Attack | Midfield | Defense | 15yds wide x 15yds long
- 8 + GK vs. 8 + GK | Conditioned 1 vs. 1 in each zone | 2 vs. 2 in Midfield Zone | #2 vs. #11 | #3 vs. #7 | #4 vs. #9 | #6 & #8 vs. #6 & #8
- Play directional to opposition goal + GK
- Restart dead balls with dribble-in
- Restart each goal from own GK | Retain possession from a score

>Progression

- Recovery Defender | 1 defensive player can enter the adjacent zone

Field Plan



Coaching Points

Technical

- Close control
- Engage the defender
- Change of Pace | Explosive action | Acceleration
- Change of Direction
- Fake | Feint | Dummy | Disguise

Tactical

- Create > Recognize > Execute 1 vs. 1 situations
- Space behind the defender
- Positive attitude | Commitment
- Speed ahead of technique

Technical Training

Set Up

5 Player Dribbling Rotation

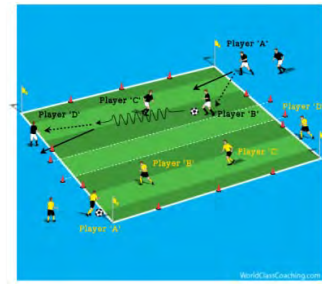
- 30yds wide x 40yds long | 2 x grids
- 5 Players per grid | 1 ball per grid
- Player 'A' > Player 'B'
- Player 'A' follows
- Player 'B' turns and dribbles
- Player 'B' dribbles past Player 'C'
- Player 'B' > Player 'D'
- Player 'B' follows
- Player 'D' > Player 'C'

Coaching Points

Technical

- Close control
- Engage the defender
- Change of Pace | Explosive action | Acceleration
- Change of Direction
- Fake | Feint | Dummy | Disguise

Field Plan



Game Related

Set Up

1 vs. 1 Dribble Rotation

- 30yds wide x 40yds long | 2 x grids
- 4 Attacker vs. 1 Defender
- 'A' > 'B'
- 'A' follows
- 'B' turns and dribbles past Defender #1
- 'B' > 'C'
- 'B' follows & takes place 'C'
- 'C' starts the rotation back > 'A'
- Defender wins the ball dribble to end line

Coaching Points

Tactical

- Create > Recognize > Execute 1 vs. 1 situations
- Space behind the defender
- Positive attitude | Commitment
- Speed ahead of technique

Field Plan



Game Specific

4 vs. 4 | 2 vs. 2 Half Conditions

- 30yds x 40yds | 4 vs. 4 | +GK's
- 2 Attackers & 2 Defenders in each half
- >Prog. | 1 recovery Defender in opposite half



Conditioned Match Play

8 vs. 8 + GK's | Directional to Goal | 1 vs. 1 Zones

- 44yds x 45yds | Wide Atk. & Def. Zones
- 3 x Central Zones | Attack | Midfield | Defense
- 8 + GK vs. 8 + GK | Conditioned 1 vs. 1 in each zone



Coaching Possession with a Purpose
#15 | Coaching 2-v-1 & 3-v-2 Attacking Situations

Coaching Possession with a Purpose | #15

Coaching 2-v-1 & 3-v-2 Attacking Situations | Introduction

Introduction | The 'Introduction' of the session plan should allow the player to establish the technique required to perform & perfect the skill to be tested later in the decision-making components of the session. High Repetition | Low Pressure

Set Up

Field Plan

3 Play Passing Rotation

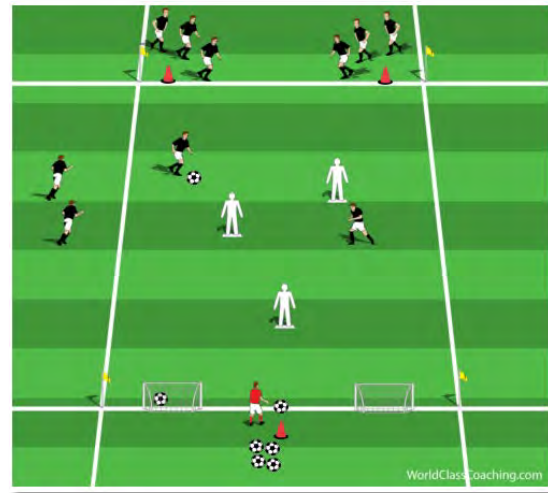
- 15yds wide x 20yds long
- Mannequins | Visual passive defenders obstructing the field
- 2 x switch goals
- Players split into 2 small groups
- Feeder plays to either attacking player
- Players negotiate the ball unopposed through the grid to finish on switch goals
- Return ball and players return to start

Attacking Movements

- Overlapping Run
- Give & Go Combination
- Diagonal Blind Run

> Progression

- 2 groups go at the same time from either end | confusion pressure



Coaching Points

Technical

- Engage defender | Time the offload
- Disguise the offload
- Verbal & Visual Communication

Tactical

- Speed of execution
- Create space to perform the combination
- Create > Recognize > Execute

Coaching Possession with a Purpose | #15

Coaching 2-v-1 & 3-v-2 Attacking Situations | Game Related

Game Related | ‘*Game Related*’ means that exercises & activities need to have some relevance or connection to the game of football. There should be a progression into ‘*Game Specific*’ activities.

Set Up

Field Plan

2 vs. 1 | 2 vs. 2 Directional to Switch Goals

- 15yds wide x 20yds long
- 2 Black Attackers vs. 1 Yellow Defender
- Yellow Defender plays ball to either 2 Black Attackers
- Black Attackers attempt to score on switch goals = 2pts
- If Yellow Defender wins the ball and counter attacks to opposition switch goal = 5pts
- Play to 10 balls then swap roles
- Keep accurate score
- Change the starting point of the Defenders
- Change the starting point of the Attackers

Attacking Movements

- Overlapping Run
- Give & Go Combination
- Take Over
- Diagonal Blind Run
- Fake > Dribble 1 vs. 1
- Shoot

Coaching Points

Technical

- Engage defender | Time the offload
- Disguise the offload | Fake intention
- Verbal & Visual Communication | Clarity of Actions

Tactical

- Speed of execution | Explosive movement
- Decision of where and when to perform combination
- Understand & Recognize numbers up situations
- Create > Recognize > Execute



Progression | 'Progressive' means that as the session develops the degree of pressure the player is subjected to and the level of difficulty of the required task should increase – thus 'Progressive'

Set Up

Field Plan

2 vs.2 | 3 vs. 2 Directional to Switch Goals

- 15yds wide x 20yds long
- 2 Black Attackers vs.2 Yellow Defender
- Yellow Defender plays ball to either 2 Black Attackers
- Black Attackers attempt to score on switch goals = 2pts
- If Yellow Defenders wins the ball and counter attacks to opposition switch goal = 5pts

- Play to 10 balls then swap roles
- Keep accurate score
- Change the starting point of the Defenders
- Change the starting point of the Attackers

>Progression

- 3vs. 2 | 3vs. 3
- Introduce Neutral Players on outside

Attacking Movements

- Overlapping Run
- Give & Go Combination
- Take Over
- Diagonal Blind Run
- Fake > Dribble 1 vs. 1
- Shoot

Coaching Points

Technical

- Engage defender | Time the offload
- Disguise the offload | Fake intention
- Verbal & Visual Communication | Clarity of Actions

Tactical

- Speed of execution | Explosive movement
- Decision of where and when to perform combination
- Understand & Recognize numbers up situations
- Create > Recognize > Execute



Coaching Possession with a Purpose | #15

Coaching 2-v-1 & 3-v-2 Attacking Situations | Game Specific

Game Specific | 'Game Specific' means that exercises & activities have a recognizable connection to real football i.e. opposing teams, team-mates, decision-making requirements, directional play, territorial invasion, goals/targets & transition of possession etc.

Set Up

3 vs. 3 Directional to Goal + GK's

- 15yds wide x 20yds long
- 3 vs. 3
- GK's start in Goal | All other players start off the field
- Game begins and players can enter the field when coach feeds the ball in play
- Play ends with a score or a dead ball
- Clear the field quickly | Return the ball to feeder | Next 3 vs. 3 play immediately
- Play to 10 balls
- Keep accurate score

>Progression

- Coach plays the ball direct to a GK | 1 opposition player must touch the goalpost before entering the field | temporarily creating 3 vs. 2 numbers up for the attacking team with defensive recovery runner
- 2pts if attacking team score | 5pts if defending team score on a counter attack

>Progression

- Change the starting point of the Defenders
- Change the starting point of the Attackers

Attacking Movements

- Overlapping Run
- Give & Go Combination
- Take Over
- Diagonal Blind Run
- Fake > Dribble 1 vs. 1
- Shoot

Coaching Points

Technical

- Engage defender | Time the offload
- Disguise the offload | Fake intention
- Verbal & Visual Communication | Clarity of Actions

Tactical

- Speed of execution | Explosive movement
- Decision of where and when to perform combination
- Understand & Recognize numbers up situations
- Create > Recognize > Execute

Field Plan



Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme.

Set Up

Field Plan

4 vs. 4 - 1 Directional to Goal + GK's Scattered Starting Positions

- 25yds wide x 30yds long
- 4 vs. 4
- GK's start in Goal
- 4 Black Players and 4 Yellow Players start off the field at scattered starting positions
- Game begins and players can enter the field when coach feeds the ball in play to a GK
- GK distributes to his team and attacks immediately
- 1 opposition player must touch the goalpost to delay entering the play creating a temporary 4 vs. 3 numbers up situation for the attacking team
- Delayed defender enters the field from a recovery situation
- 2pts if attacking team score | 5pts if defending team score on a counter attack
- Play finishes with a score or a dead ball
- Clear the field quickly | Return the ball to feeder | Next play immediately
- Play to 10 balls
- Keep accurate score
- >**Progression**
- Change the starting point of the Defenders
- Change the starting point of the Attackers



Coaching Points

Technical

- Engage defender | Time the offload
- Disguise the offload | Fake intention
- Verbal & Visual Communication | Clarity of Actions

Tactical

- Speed of execution | Explosive movement
- Decision of where and when to perform combination
- Understand & Recognize numbers up situations
- Create > Recognize > Execute

Coaching Possession with a Purpose #15

Session Planner | Print & Play

Session Plan Theme | Coaching 2-v-1 & 3-v-2 Attacking Situations

Introduction

Set Up

3 Play Passing Rotation

- 15yds wide x 20yds long
- Mannequins | Visual passive defenders obstructing the field
- Players negotiate the ball unopposed through the grid to finish on switch goals

Attacking Movements

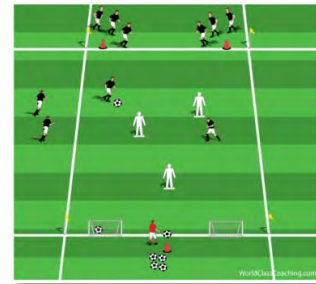
- Overlapping Run
- Give & Go Combination
- Diagonal Blind Run

Coaching Points

Technical

- Engage defender | Time the offload
- Disguise the offload | Fake intention
- Verbal & Visual Communication | Clarity of Actions

Field Plan



Game Related

Set Up

2 vs. 1 | 2 vs. 2 Directional to Switch

- 15yds wide x 20yds long
- 2 Black Attackers vs. 1 Yellow Defender
- Black Attackers score = 2pts | Yellow Defender score = 5pts
- Change the starting point

Attacking Movements

- Take Over
- Fake > Dribble 1 vs. 1
- Shoot

Coaching Points

Tactical

- Speed of execution | Explosive movement
- Decision of where and when to perform combination
- Understand & Recognize numbers up situations
- Create > Recognize > Execute

Field Plan



Game Specific

3 vs. 3 Directional to Goal + GK's

- 15yds wide x 20yds long | 3 vs. 3
- Players enter the field when the ball is fed in play



Conditioned Match Play

4 vs. 4 - 1 Scattered Starting Positions

- 25yds wide x 30yds long | 4 vs. 4 - 1
- GK's start in Goal | Players start off in scattered
- 1 opposition player must touch the goalpost



Tactical Soccer Coaching Vol. 2 | **Field Notes**



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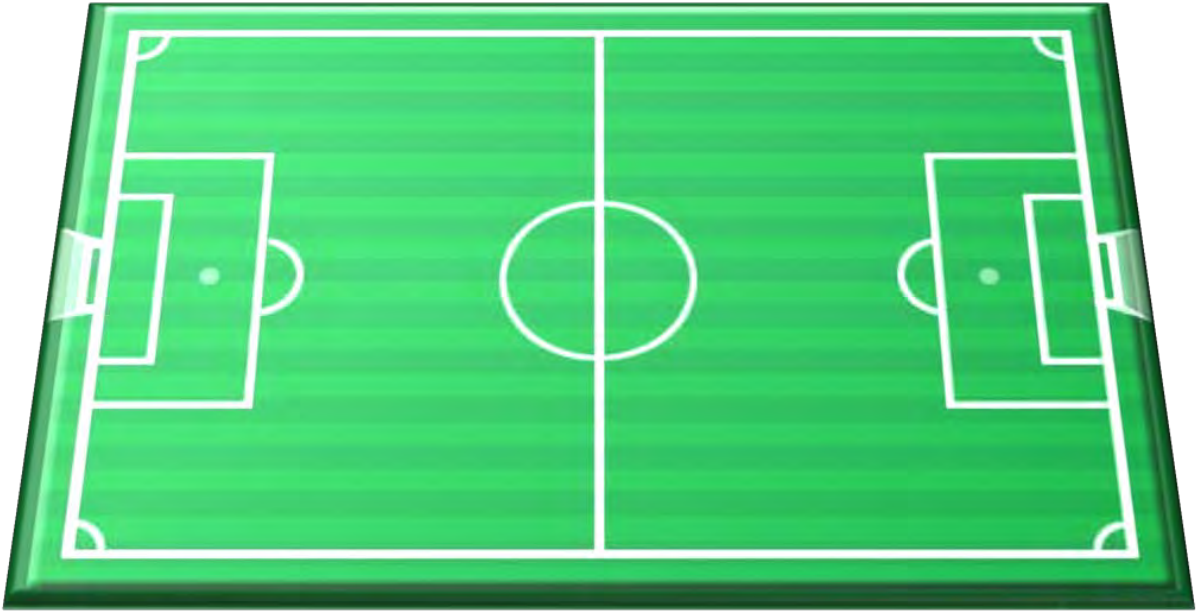
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Tactical Soccer Coaching Vol. 2 | **Field Notes**



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Education Football
Tactical Soccer Coaching Vol. 2

Elite Champion Course

Section #7
Possession or Counter Attack

Section #7

Possession or Counter Attack

There are many, styles, philosophies or '*attitudes*' that a team can adopt when preparing for a match. Should they try to aggressively attack or should they try to defend? Often these positive or more negative **attitudes** are dependent on certain variable factors such as the quality of the opponent, the location of the game – home or away, the importance of the match, missing players, confidence levels and many other considerations in addition.

By selecting an attitude the team system of play will be affected and/or changed to suit a given scenario. Perhaps two of the more common attitudes seen in world football are '*possession football*' and another is '*counter attacking football*'. There are other attitudes to choose from which we will continue to discuss further in the section, but these two referenced attitudes are perhaps the most frequently seen and often in direct opposition to each other.

Possession Football

What does '*possession football*' actually mean? A team that has a '*possession-based attitude*' is looking to retain a significant and dominant percentage of the ball possession in an effort to increase their chances of scoring and conversely starving the opposition of goal scoring chances of their own. A team rarely scores without possession of the ball and if your team have the ball for 65% of the game then the opposition only has 35% to threaten with.

The additional factor of commanding a high percentage of possession is that the ball is moved around the field which requires far less movement from the attacking players, not zero movement but certainly less movement. While the defending players have a significant distance to travel in order to pressure the ball; and so fatigue is a massive consideration, particularly as the game clock ticks on and players tire. Fatigue can lead to laziness and mistakes.

But defensive fatigue and an advantageous percentile chance of scoring are just benefits to the underlying strategy of **possession football**. By passing the ball, strategically over a short distance of approximately 10yds or under, and passing the ball quickly, ideally with first-time passing, the strategic objective is to disorganize or **unbalance** the opposition defensive structure. (See diagram A)



Diagram A



Diagram B

The defensive structure is often a combination of the defensive and the midfield **groups** combined. The quicker and more accurately that the ball is passed around the less time the defensive structure has to adopt the new positioning required to fulfill the '*Defensive Principles of Football*'; '*pressure*', '*cover*' & '*balance*'.

Once a defensive structure has become **unbalanced** then gaps and space begin to appear, which the attacking team can exploit to engineer goal scoring opportunities. Teams deploying a possession attitude will often try to use **combination plays** to work the ball quickly through heavily congested areas, (see diagram A) or **change-the-point-of-attack** with larger switch balls to shift the entire defensive structure. (See diagram B)

Frequently the team with possession will require patience before the defending team will make an error induced by being **unbalanced**; occasionally the fatigue factor previously referenced can contribute.

Possession Football | **Dangers & Flaws**

However, just by occupying possession for longer than the opposition does not necessarily promise success, there are some dangers connected with **possession football**. The main danger, that we will discuss in-depth throughout this section, is that if many attacking players are committed forward this can leave defensive cover limited when the **transition** of possession initiates an opposition **counter attack**. Conversely though, **possession football** can be rendered impotent if not enough players are committed to the positive **attitude** of attack leaving a well organized defensive structure under manageable duress.

If a team playing with a possession **attitude** is too passive or are unable to commit players forward to the attack then the **penetration** can be limited. Possession teams can find themselves passing sideways or backwards, or just passing the ball too slowly allowing the defensive structure to organize in time.

Many defending teams opposing against a **possession football attitude** will concede the territory in exchange for holding a tight and well organized defensive structure deep in their own half, with little or no intention of **pressuring** the ball; **pressure** only exerted when a critical moment or agreed line of confrontation is reached e.g. 10yds breached inside the defending half of the field. Sometimes teams can be wrongly recognized as displaying good **possession football** but really the defending team is allowing them to keep the ball in low-risk areas of the field that threaten little danger to the goal.

And of course, there is no guarantee that a team will make a defensive mistake or there is no guarantee that a defensive structure will become **unbalanced**. Especially at the professional standard '*individuals*' ,

'pairs', 'groups' and the 'team' are relentlessly drilled, and fitness levels are exceptionally high, meaning that mistakes just might never occur.

Possession football requires a high level of technical skill and a team perfecting this almost transcends mere coaching and borders on telepathy. The speed and accuracy of the ball movement required to excel at **possession football** means that not all players and not all teams can contribute to this **attitude**.

There are a select few teams that are able to excel at **possession football**; many teams try, some teams have seen some degree of success and some fail terribly. Undoubtedly *FC Barcelona* and *Pep Guardiola* inspired *Bayern Munich FC* are currently two of the very best exponents of **possession football** and can perhaps be regarded as the best of all time. That's not to say that *FC Barcelona* or *Bayern Munich FC* cannot or do not play with a variation of **attitudes**, it's just that they are the best advocates of **possession football**.



The Spain national team who dominated international football tournaments from 2008 – 2012 are also a fine exponent of **possession football**, and it comes as no coincidence that the Spain national team, and the deeper squad, is frequently populated with many *FC Barcelona* players.

In the Premier League *Arsenal FC* have earned many accolades for their **possession football** and the elegant style with which they play. However, the evident lack of success, defined by a lengthy absence of a Premier League winning trophy, lends itself to the argument that the *Arsenal FC*'s attitude is perhaps not as successful as it should be and is missing a vital ingredient when it comes to actually winning enough games.

Counter Attacking Football

In contrast to **possession football** another philosophy or **attitude** to game play that is very popular in modern football is the '**counter attack**'. What does '**counter attacking football**' actually mean? The basic concept of **counter attacking football** is to allow the opposition team to command possession of the ball in low-risk less-threatening areas of the field. The idea being that the attacking team will be drawn higher up the field and will commit more players to their attacking passages of play. The defensive team will allow this situation in exchange for a regimented and well organized defensive structure.

The defending team is looking for a point of **transition** from which to launch a **counter attack**. **Transition** refers to the changeover of possession; and how accurately and how quickly a team responds to **transition** is a vital component of the game, epitomized with the greatest venom by the **counter attack**.

The well organized defense wait patiently for a mistake or an opportunity to engineer a mistake, thus inciting the point of **transition**. Once the point of **transition** has returned possession for the defensive team they now become the attacking team and the **counter attack** is a race between how quickly and accurately the attackers can **penetrate** versus how quickly the defensive team can recover their '*Defensive Principles*'.

The vital component for the **counter attacking** team is the ability to commit players to the attack. Isolated players on an individual **counter attack** have few options but to dribble and the recovery defense can focus their **pressure** on one point of attack. Whereas, if a team can **counter attack** flooding multiple players forward the options for **penetration** are increased and the defensive organization becomes even more **unbalanced**.

Another vital component for the **counter attacking** team is the ability to **penetrate** as fast as possible; speed of the attack should not be underestimated. To maximize the **counter attack** players should be looking to play forward as generously and as directly as possible with incisive decision-making limiting the time the recovery defenders have to regroup. Multiple touches, aimless dribbling and labored decision-making all allow vital moments for the defensive **group** to recover.

	Coaching Points
How to be Successful at the Counter Attack	Allow the opposition to commit players into your territory Limiting defensive structure
	Allow the opposition to commit players into your territory Leaving space in which to counter
	Positive Transition Initiate or recognize the positive change of possession
	Play Fast Attack quickly and with speed. Slow dribbling is not as quick as passing
	Direct Attack Longer, Forward passes into link players or into vacant space
	Commitment of Player Additional attacking players must join the counter attack
	Provide Width This key attacking principles dilutes the focus of the opposition defense

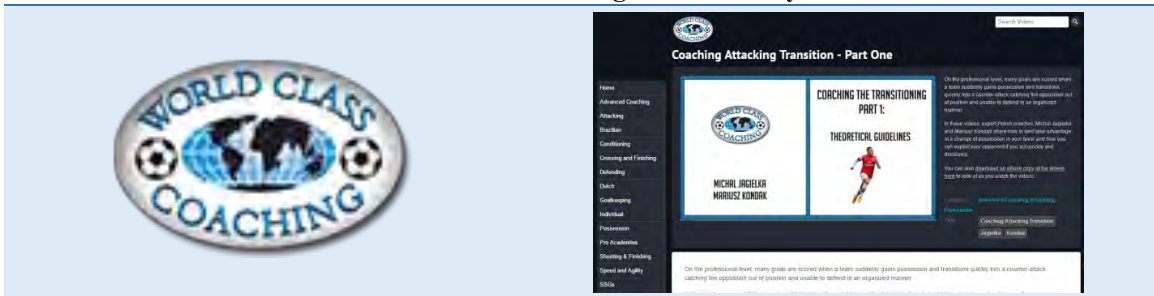
Counter Attacking Football | **Dangers & Flaws**

It can be somewhat dangerous to actively assume a passive defensive stance and invite the opposition team to attack you. If the defensive structure is not well prepared then conceding territory and surrendering possession is simply gifting the opposition a significant advantage. Equally the opposition might just be better equipped, and inciting such menace by allowing cheap and easy advancement can be soccer suicide.

There is something beautiful and something correct about a well executed **counter attack** that just represents the very best of attacking football. When you next watch an incisive **counter attacking** goal see if you can recognize where the initiation of the counter attack took place. Was the opposition team in possession, high in the attacking third and very much on the offence? Had the attacking team committed many players forward to the attack; maybe for a set-piece, particularly defenders for an attacking corner kick? Did the **transition** of possession leave the defensive structure vulnerable, stranded and out of position?

Can you recognize the tempo and **penetration** executed to devastating effect by being direct and playing with speed? Can you count the number of touches and the number of one touch first time passes to build the counter attack? Was it evident that the majority of the passing is forward as opposed to dribbling sideways? Were you able to notice the commitment of players to the attack and particularly those players who provide the width; many times some of the wide players don't even affect the ball but their positioning is vital in drawing away the focus of the recovery defenders.

World Class Coaching Video Library



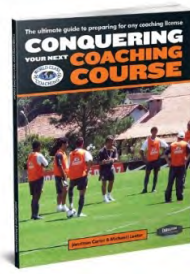
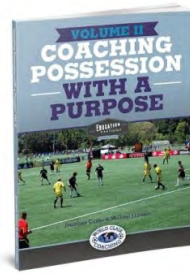
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World Class Coaching Video Library |

<https://wccvideosite.s3.amazonaws.com/CoachingAttackingTransition/CoachingAttackingTransitionI.mp4>

To open video links in a new tab, hold the Ctrl key down when clicking the link.

On the following pages are some training activities to coach the art of effective counter attacking play entitled *Constructing Counter Attacking Patterns*; as well as some training activities to coach *Defending Principles When Disorganized* in an effort to prevent the counter. The training sessions are extracts from the following coaching manuals.



World Class Coaching Reference |

<http://www.coachingadvancedplayers.com/coaching-possession-with-a-purpose-vol-2/>

<http://www.coachingadvancedplayers.com/conquering-your-next-coaching-course/>

Coaching Possession with a Purpose
#22 | Constructing Counter Attacking Patterns

Coaching Possession with a Purpose | #22

Constructing Counter Attacking Patterns | Introduction

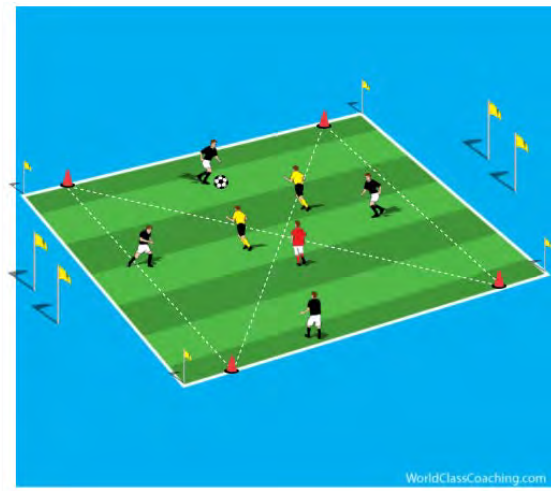
Introduction | The 'Introduction' of the session plan should allow the player to establish the technique required to perform & perfect the skill to be tested later in the decision-making components of the session. High Repetition | Low Pressure

Set Up

Field Plan

4 + 1 vs. 2 Crossed Zones

- 15yds x 15yds
- 2 x target goals situated 10yds back off the grid | 1 at either end
- 20yds grid split into 'X' from corner to corner
- 4 Black Attacking Players conditioned 1 player to each zone | 1 ball
- 2 Yellow Defensive Players unconditioned | Can play all zones - Anywhere
- 1 Red Neutral Players unconditioned | Plays with the team in possession
- 4 Black Attacking Players play keep-away possession | 12 consecutive passes then play through either target goal to score | 5pts
- If Yellow Defenders win possession counter attack (2 + 1 vs. 4) through either target goal to score | 10pts
- Restart dead ball with Black | Yellow 2pts
- Restart goal with Black
- >**Progression**
- Counter Attack to target goal in 3 passes or fewer before scoring | 1pts bonus



Coaching Points

Technical

- Recognize positive transition | Win > Shift (security pass) > Forward > Finish
- Play Fast | Quick Thinking Quick Ball
- Play Direct | Play forward | Hit the highest player

Tactical

- Commitment of players to the attack
- Positive penetrating runs without the ball | Width
- 2nd in possession 'Construct' the play

Coaching Possession with a Purpose | #22

Constructing Counter Attacking Patterns | Game Related

Game Related | 'Game Related' means that exercises & activities need to have some relevance or connection to the game of football. There should be a progression into 'Game Specific' activities.

Set Up

3 vs. 3 to End Zone

- 30yds wide x 40yds long
- 5yds End Zone top and bottom of the grid
- End Zone split into half | Left & Right
- 3 Black Players vs. 3 Yellow Players conditioned inside the 30yds x 30yds grid
- 2 Black Players conditioned in Black attacking End Zone | 1 Left & 1 Right
- 2 Yellow Players conditioned in Yellow attacking End Zone | 1 Left & 1 Right
- 2 Red Neutral Players conditioned unopposed outside the 30yds x 30yds grid | 1 Left & 1 Right
- 2 Red Neutral Players play with the team in possession
- 2 Red Neutral Players play 1 touch where possible | Can be opposed after 1st touch
- Team in possession play to either of their End Zone teammates to score | 1pt
- 3 passes or fewer before scoring on each new possession | 3pts
- 2 Red Neutral Players cannot score
- Restart dead balls or scores with deepest opposition player

>Progression

- 1 touch 2 touch condition
- Red Neutral Players opposed after 1 touch
- Remove Red Neutral Players | 1 joins each team to play 4 vs. 4 inside
- Player who plays scoring pass swaps places with the End Zone player

Coaching Points

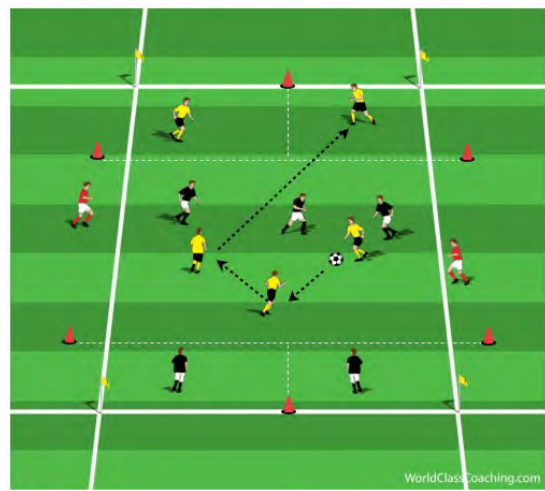
Technical

- Recognize positive transition | Win > Shift (security pass) > Forward > Finish
- Play Fast | Quick Thinking Quick Ball
- Play Direct | Play forward | Hit the highest player

Tactical

- Commitment of players to the attack
- Positive penetrating runs without the ball | Width
- 2nd in possession 'Construct' the play

Field Plan



Progression | 'Progressive' means that as the session develops the degree of pressure the player is subjected to and the level of difficulty of the required task should increase – thus 'Progressive'

Set Up

3 vs. 3 | 4 vs. 4 to End Zone

- 30yrds wide x 40yrds long
- 5yrds End Zone top and bottom of the grid
- 3 | 4 Black Players vs. 3 | 4 Yellow Players conditioned inside the 30yrds x 30yrds grid
- 1 Black Player vs. 1 Yellow Player conditioned opposed 1 vs. 1 in both End Zones
- 2 Red Neutral Players conditioned unopposed outside the 30yrds x 30yrds grid | 1 Left & 1 Right
- 2 Red Neutral Players play with the team in possession
- 2 Red Neutral Players play 1 touch where possible | Can be opposed after 1st touch
- Team in possession play to their End Zone teammates to score | 1pt
- 3 passes or fewer before scoring on each new possession | 3pts
- 2 Red Neutral Players cannot score
- Restart dead balls or scores with defending End Zone Player

>Progression

- 1 touch 2 touch condition
- Red Neutral Players opposed after 1 touch
- Remove Red Neutral Players | 1 joins each team to play 4 vs. 4 inside
- Player who plays scoring pass swaps places with the End Zone player

Coaching Points

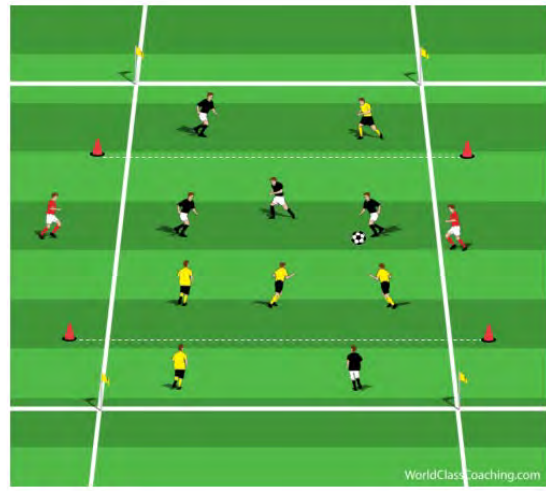
Technical

- Recognize positive transition | Win > Shift (security pass) > Forward > Finish
- Play Fast | Quick Thinking Quick Ball
- Play Direct | Play forward | Hit the highest player

Tactical

- Commitment of players to the attack
- Positive penetrating runs without the ball | Width
- 2nd in possession 'Construct' the play

Field Plan



Coaching Possession with a Purpose | #22

Constructing Counter Attacking Patterns | Game Specific

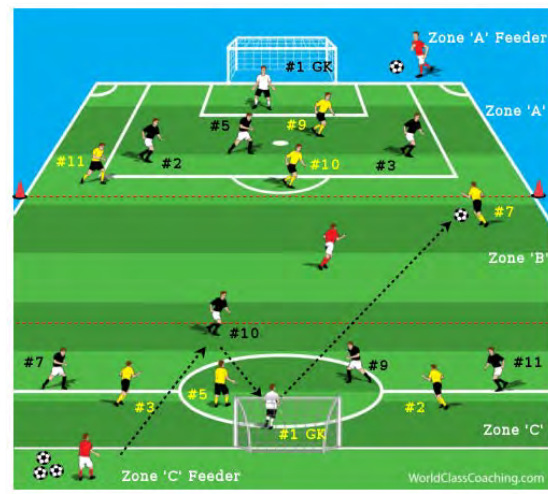
Game Specific | 'Game Specific' means that exercises & activities have a recognizable connection to real football i.e. opposing teams, team-mates, decision-making requirements, directional play, territorial invasion, goals/targets & transition of possession etc.

Set Up

Field Plan

7 + 1 vs. 7 Counter Attack Conditioned Zones

- Full width x 60yds long
- Length of the field split into 3 x 20yds zones
- 7 Black Players vs. 7 Yellow Players #2, 3, 5, 7, 9, 10 & 11 + #1GK
- Black Players #2, 3, 5 & #1GK | Yellow Players #7, 9, 10 & 11 starting point in Zone 'A'
- Yellow Players #2, 3, 5 & #1GK | Black Players #7, 9, 10 & 11 starting point in Zone 'C'
- Black Players #2, 3, 5 & #1GK | Yellow Players #7, 9, 10 & 11 conditioned to play in Zone 'A' & Zone 'B'
- Yellow Players #2, 3, 5 & #1GK | Black Players #7, 9, 10 & 11 conditioned to play in Zone 'C' & Zone 'B'
- 1 Red Neutral Player starting point in Zone 'B' but unconditioned | Can play all zones - Anywhere
- 1 Red Neutral Player plays with the team in possession
- Play starts with the Feeder playing into any attacking player in the zone | Attacking team play 4 vs. 3 + GK in the zone and play to goal
- Score | Miss | Save - Defending team immediately counter through GK and attack opposition goal
- When the play is dead, reset starting positions and restart with opposite Feeder
- Offside conditions apply on the counter attack



Coaching Points

Technical

- Recognize positive transition | Win > Shift (security pass) > Forward > Finish
- Play Fast | Quick Thinking Quick Ball
- Play Direct | Play forward | Hit the highest player

Tactical

- Commitment of players to the attack
- Positive penetrating runs without the ball | Width
- 2nd in possession 'Construct' the play

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme.

Set Up

8 vs. 8 | 9 vs. 9 Counter Attack Conditioned Zones

- Full width x 60yds long
- Length of the field split into 3 x 20yds zones
- 8 Black Players vs. 8 Yellow Players #2, 3, 5, 7, 9, 10 & 11 + #1GK | + #6 / #8
- Black Players #2, 3, 5 & #1GK | Yellow Players #7, 9, 10 & 11 starting point in Zone 'A'
- Yellow Players #2, 3, 5 & #1GK | Black Players #7, 9, 10 & 11 starting point in Zone 'C'
- Black Players #2, 3, 5 & #1GK | Yellow Players #7, 9, 10 & 11 conditioned to play in Zone 'A' & Zone 'B'
- Yellow Players #2, 3, 5 & #1GK | Black Players #7, 9, 10 & 11 conditioned to play in Zone 'C' & Zone 'B'
- Black Player #6 | #8 & Yellow Player #6 | #8 starting point in Zone 'B' but unconditioned | Can play all zones - Anywhere
- Play starts with the Feeder playing into any attacking player in the zone | Attacking team play 4 vs. 3 + GK in the zone and play to goal
- Score | Miss | Save - Defending team immediately counter through GK and attack opposition goal
- When the play is dead, reset starting positions and restart with opposite Feeder
- Offside conditions apply on the counter attack

> Progression

- 9 vs. 9 + GK's | Black #6 & #8 & Yellow #6 & #8

Coaching Points

Technical

- Recognise positive transition | Win > Shift (security pass) > Forward > Finish
- Play Fast | Quick Thinking Quick Ball
- Play Direct | Play forward | Hit the highest player

Tactical

- Commitment of players to the attack
- Positive penetrating runs without the ball | Width
- 2nd in possession 'Construct' the play

Field Plan



Coaching Possession with a Purpose #22

Session Planner | Print & Play

Session Plan Theme | Constructing Counter Attacking Patterns

Introduction

Set Up

4 + 1 vs. 2 Crossed Zones

- 15yds x 15yds | 2 x target goals
- ‘X’ from corner to corner
- 4 Black conditioned to each zone
- 2 Yellow unconditioned
- 1 Red Neutral Players unconditioned
- 12 passes then play through target goal
- Defenders win possession counter attack
- >**Progression**
- Counter Attack 3 passes | 1pts bonus

Coaching Points

Technical

- Recognize positive transition | Win > Shift (security pass) > Forward > Finish
- Play Fast | Quick Thinking Quick Ball
- Play Direct | Play forward | Hit the highest player

Field Plan



Game Related

Set Up

3 vs. 3 | 4 vs. 4 to End Zone

- 30yds wide x 40yds long
- 5yds End Zone | Left & Right
- 3 Black Players vs. 3 Yellow Players
- 2 Players conditioned in End Zone
- 2 Red Neutral Players outside | Left Right
- 2 Red Neutral opposed after 1st touch
- Play to either End Zone teammates
- >**Progression**
- 4 vs. 4 ·Scorer swaps End Zone player

Coaching Points

Tactical

- Commitment of players to the attack
- Positive penetrating runs without the ball | Width
- 2nd in possession ‘Construct’ the play

Field Plan



Game Specific

7 + 1 vs. 7 Counter Attack Conditioned Zones

- Full width x 60yds long | 3 x 20yds zones
- 7 Black vs. 7 Yellow #2, 3, 5, 7, 9, 10 & 11 + #1GK
- Conditioned in Zone ‘A’ | ‘B’ | ‘C’



Conditioned Match Play

8 vs. 8 | 9 vs. 9 Counter Attack Conditioned Zones

- Black & Yellow #6 | #8 in Zone ‘B’
- Play starts Feeder into attacking player in zone
- Score | Miss | Save – Defenders immediately counter



Conquering Your Next Coaching Course
#14 | Defending Principles When Disorganized

Conquering Your Next Coaching Course | #14

Defending Principles When Disorganized | Technical Training

Technical Training | Highest Levels of Coach Intervention

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up

Shadow Play | Pressure & Recovery

- 30yds wide x 40yds long
 - 3 x zones | 30yds wide x 15 | 10 | 15yds long
 - 4 Players per grid | + GK & Goal | Multiple balls
 - Black Attacking players play 2 vs. 1 + 1RD* | Attempting to dribble the ball from the halfway line into the end zone and play into the GK to score
 - 1 Yellow Defender 1RD | Starting position in opposite 15yrd zone | 1RD can recover on Attacker's first pass
 - Yellow Defenders and GK 'passive' | Tactical positioning priority over playing the ball
 - Rotate team objective regularly
- *1RD | 1 Recover Defender

Coaching Points

Technical

1st Defender Principles

- Role of the 1st Defender | Deny the penetration
- Apply 'Pressure' | 1st Attacker's eyes down
- Travel fast | Arrive slow
- Side-on & low body position

Tactical

Individual Defensive Principles | 1st Defender

- Ball > Goal > Opponent matrix | Starting position inside the 3 points of reference Δ
- Contain & Delay vs. Win the ball
- Show inside | Intended to win the ball
- Show outside | Intended to slow the attack

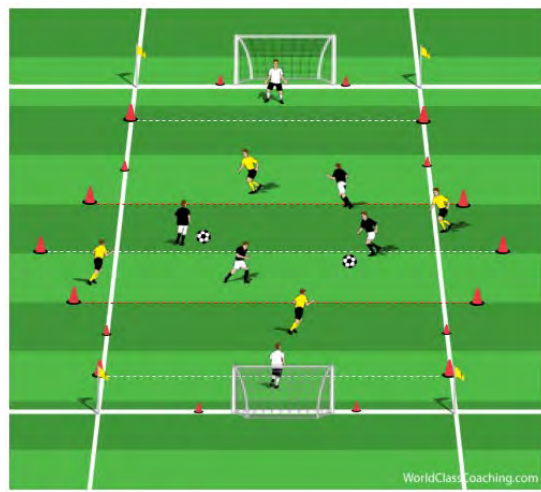
Individual Defensive Principles | Recovery Defender

- Attitude | 100% committed
- Recover first | Assign blame later
- 'Funnel' back to the ball-side goalpost
- 'Track' runners vs. Press the ball
- Don't 'track' poor runs | Utilize offside conditions

Individual Defensive Principles | Goalkeeper

- Starting position | High & Confident
- Body Shape | Aggressive & Proactive
- Sweeper-Keeper mentality
- Co-ordinate | Organize | Communication & Information

Field Plan



Conquering Your Next Coaching Course | #14

Defending Principles When Disorganized | Game Related

Game Related | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

2 vs. 1 + 1R | Pressure & Recovery

- 30yrds wide x 40yrds long
- 3 x zones | 30yrds wide x 15 | 10 | 15yrds long
- 4 Players per grid | + GK & Goal | Multiple balls
- Black Attacking players play 2 vs. 1 + 1R* | Attempting to score on goal + GK = 2pts
- 1 Yellow Defender 1RD | Starting position in opposite 15yrd zone | 1RD can recover on Attacker's first pass
- If Yellow Defenders & GK win possession they counter attack and play to controlled possession in attacking zone = 5pts
- Restart dead ball from any Attacker | = 1pt to Defenders
- Play to 20pts then swap Atk, & Def. roles

Coaching Points

Technical

1st Defender Principles

- Role of the 1st Defender | Deny the penetration
- Apply 'Pressure' | 1st Attacker's eyes down
- Travel fast | Arrive slow
- Side-on & low body position

Tactical

Individual Defensive Principles | 1st Defender

- Ball > Goal > Opponent matrix | Starting position inside the 3 points of reference Δ
- Contain & Delay vs. Win the ball
- Show inside | Intended to win the ball
- Show outside | Intended to slow the attack

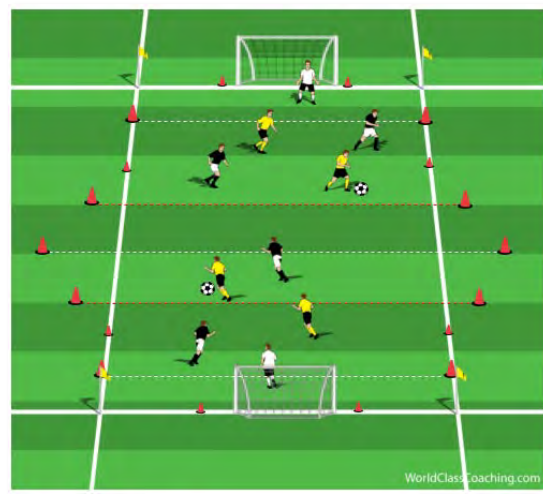
Individual Defensive Principles | Recovery Defender

- Attitude | 100% committed
- Recover first | Assign blame later
- 'Funnel' back to the ball-side goalpost
- 'Track' runners vs. Press the ball
- Don't 'track' poor runs | Utilize offside conditions

Individual Defensive Principles | Goalkeeper

- Starting position | High & Confident
- Body Shape | Aggressive & Proactive
- Sweeper-Keeper mentality
- Co-ordinate | Organize | Communication & Information

Field Plan



Conquering Your Next Coaching Course | #14

Defending Principles When Disorganized | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Teammates • Match-Like Conditions • Tactical Decision-Making • Directional Play • Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up

4 vs. 4 Directional To Goal + GK | 3 vs. 4 Condition

- 30yrds wide x 40yrds long | 3 equal zones
- 4 Players vs. 4 Players + GK's | 1 ball
- 1 Attacker per team conditioned to the attacking zone | Creating a possible 3 vs.4 number down situation for the defending team
- Restart dead balls from own GK
- Restart goals from own GK | Retain possession on a goal
- >**Progression**
- Offside conditions apply in attacking zone

Coaching Points

Technical

1st Defender Principles

- Role of the 1st Defender | Deny the penetration
- Apply 'Pressure' | 1st Attacker's eyes down
- Travel fast | Arrive slow
- Side-on & low body position

Tactical

Individual Defensive Principles | 1st Defender

- Ball > Goal > Opponent matrix | Starting position inside the 3 points of reference Δ
- Contain & Delay vs. Win the ball
- Show inside | Intended to win the ball
- Show outside | Intended to slow the attack

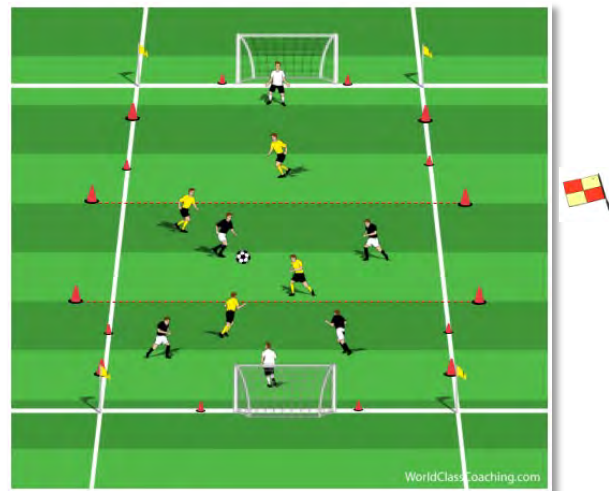
Individual Defensive Principles | Recovery Defender

- Attitude | 100% committed
- Recover first | Assign blame later
- 'Funnel' back to the ball-side goalpost
- 'Track' runners vs. Press the ball
- Don't 'track' poor runs | Utilize offside conditions

Individual Defensive Principles | Goalkeeper

- Starting position | High & Confident
- Body Shape | Aggressive & Proactive
- Sweeper-Keeper mentality
- Co-ordinate | Organize | Communication & Information

Field Plan



Conquering Your Next Coaching Course | #14

Defending Principles When Disorganized | Conditioned Match Play

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up

Field Plan

6 vs. 6 + GK's | Directional to Goal Conditioned Attackers

- 44yds wide x 50yds long | Attacking Zones
- 6 + GK vs. 6 + GK | 3-1-2 Formation
- #2, #3, #4, #6, #9 & #10 + GK
- Player #9 & #10 conditioned to Attacking Zones |
- Players #2, #3, #4 & #6 unconditional
- Play directional to opposition goal + GK
- Restart dead balls with Attacking GK
- Restart each goal from own GK | Retain possession from a score
- Offside conditions apply
- >**Progression**
- #10 unconditional | Recovery Runner
- 7 vs. 7 | +#8 for each team

Coaching Points

Technical

1st Defender Principles

- Role of the 1st Defender | Deny the penetration
- Apply 'Pressure' | 1st Attacker's eyes down
- Travel fast | Arrive slow
- Side-on & low body position

Tactical

Individual Defensive Principles | 1st Defender

- Ball > Goal > Opponent matrix | Starting position inside the 3 points of reference Δ
- Contain & Delay vs. Win the ball
- Show inside | Intended to win the ball
- Show outside | Intended to slow the attack

Individual Defensive Principles | Recovery Defender

- Attitude | 100% committed
- Recover first | Assign blame later
- 'Funnel' back to the ball-side goalpost
- 'Track' runners vs. Press the ball
- Don't 'track' poor runs | Utilize offside conditions

Individual Defensive Principles | Goalkeeper

- Starting position | High & Confident
- Body Shape | Aggressive & Proactive
- Sweeper-Keeper mentality
- Co-ordinate | Organize | Communication & Information



Conquering Your Next Coaching Course | #14

Session Planner | Print & Play

Session Plan Theme | Defending Principles When Disorganized

Technical Training

Set Up

Shadow Play | Pressure & Recovery
 ·30yds x 40yds | 3 x zones 15 | 10 | 15
 ·4 Players per grid | + GK & Goal
 ·Black Attacking players play 2 vs. 1 + 1RD | Attempting to dribble the ball from the halfway line into the end zone and play into the GK to score
 ·1 Yellow Defender 1RD | Starting position in opposite 15yrd zone | 1RD can recover on Attacker's first pass

Coaching Points

Technical
1st Defender Principles
 ·Role of the 1st Defender | Deny the penetration
 ·Apply 'Pressure'
 ·Travel fast | Arrive slow
 ·Side-on & low body position

Field Plan



Game Related

Set Up

2 vs. 1 + 1R | Pressure & Recovery
 ·30yds x 40yds | 3 x zones 15 | 10 | 15
 ·4 Players per grid | + GK & Goal
 ·1 Yellow Defender 1RD | Starting position in opposite 15yrd zone | 1RD can recover on Attacker's first pass
 ·If Yellow Defenders & GK win possession they counter attack and play to controlled possession in attacking zone = 5pts

Coaching Points

Tactical
 Individual Def. Principles | **1D**
 ·Ball > Goal > Opponent
 ·Contain & Delay vs. Win
 ·Show inside | Show outside
 Individual Def. Princ | **RD**
 ·Attitude | 100% committed
 ·'Funnel' back
 ·'Track' runners vs. Press
 Individual Def. Princ | **GK**
 ·Starting position | Sweep-GK
 ·Co-ordinate & Organize

Field Plan



Game Specific

4 vs. 4 Directional To Goal + GK | 3 vs. 4 Condition
 ·30yds x 40yds | 4 vs. 4 | +GK's
 ·1 Attacker per team conditioned to the attacking zone
 ·>Prog. Offside conditions apply in attacking zone



Conditioned Match Play

6vs. 6 + GK's | Directional | Cond. Attackers
 ·44yds x 50yds | Attacking Zones
 ·6+GK vs. 6+GK | 3-1-2 | #2, #3, #4, #6, #9 & #10
 ·Player #9 & #10 conditioned to Attacking Zones



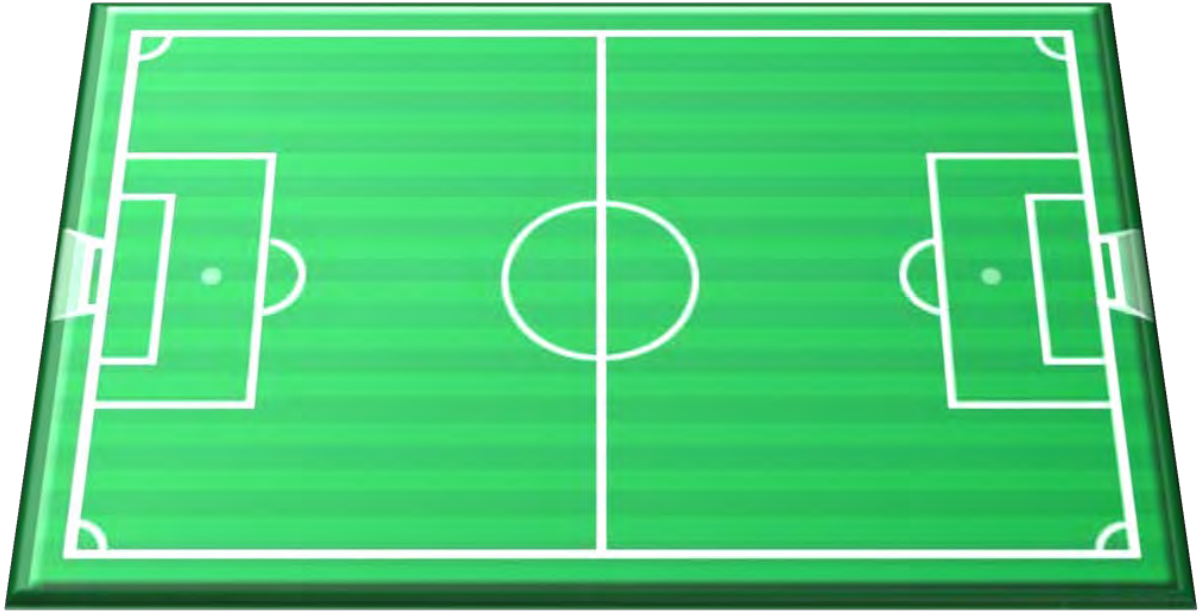
Tactical Soccer Coaching Vol. 2 | **Field Notes**



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Tactical Soccer Coaching Vol. 2 | **Field Notes**



Notes:

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Education Football
Tactical Soccer Coaching Vol. 2

Elite Champion Course

Section #8
High Pressure or Low Pressure Defending

Section #8

High Pressure or Low Pressure Defending

To compliment certain formations and to support certain game play attitudes it is necessary to consider how best to deploy the team's defensive tactics. Some systems of play and some game play philosophies are heavily dependent on the team defensive strategies, others less so, but it must be a consideration whatever team formation or system of play is utilised. (See diagram A)

Defensive strategies can be easily surmised in two rather fundamental styles of play; either '*high pressure defending*' or '*low pressure defending*'.



Diagram A

Low Pressure Defending | **The Low Block**

'*Low pressure defending*' certainly does not mean **no** pressure defending. **Low pressure defending** means that a defensive team are willing to exchange harmless possession and less-threatening territory in exchange for retaining or holding a solid defensive structure.



Diagram B

Only when a certain critical moment is reached or an agreed line of confrontation breached, e.g. advancement over the halfway line by the attacking team, will the '*Defensive Principles of Football*' begin to be displayed by the defensive structure; '*pressure*', '*cover*' & '*balance*'.

The tactical benefits of **Low pressure defending** is that the defensive structure remains '*condensed*' and '*compact*' leaving few gaps and limited space for the opposition to **penetrate**. (See diagram B)

The '*weak-side*' defenders and midfield players stay connected to their **groups** and in their **pair** creating heavy units of players between the goal and the 1st attacker, particularly in the vital area through the centre of the field.

The forward group drops deep to add defensive support to the defensive structure and resulting in a shortening and narrowing of the distance between the **groups**; defense, midfield and forwards. The closing of the gap between **groups** again limits the space for the attacking players to exploit. Ideally the distance from the deepest player in the defensive group to the highest player in the forward group should be 30yds – 40yds, maybe even closer again. (See diagram B)

Sometimes referenced as a '*low block*' the huge quantity of players in a defensive position behind the ball surrenders possession and concedes territory but only in areas of limited threat. In exchange the **low block** offers the opportunity to provide organized protection in front of goal.

Deep Defensive Line

A deep '*defensive line*' has some evident benefits, the first being that any attacking play from the opposition takes place in front of the defense where all the defensive players can see the complete picture and can see the play unfold. When the **defensive line** drops deeper, retreating to the top of the 18yrd box in an effort to avoid an over commitment to the play; the **defensive line** limits the space in-behind the defensive **group** and in front of the goalkeeper. (See diagram C)

Space is also limited behind the fullbacks that the attacking team would have been hoping to exploit, as dictated to by the third *Attacking Principle of Football*; '*width*'.

Teams that have slow defenders or who are playing against a particularly fast attacker often prefer to have a deeper **defensive line** and allow the play to develop in front of them rather than leave themselves susceptible to a ball in-behind the defense and to the advantage of the faster attacker.

Teams that are often perceived as inferior may adopt the **low pressure, low block, deep defensive line** to try to limit or stifle the superior opposition. Especially in high profile games where Premier League or Champions League points and even goal difference can be a factor in relegation or European qualification.



Diagram C

José Mourinho's infamous "...park the bus..." comments were a direct sound bite borne from frustration at an opposition team's insistence on this type of defensive organization.



"As we say in Portugal, they brought the bus and they left the bus in front of the goal."

- José Mourinho

Low Pressure Defending | **Dangers & Flaws**

It can seem dangerous and even maybe foolish to incite pressure, to concede territory and possession cheaply, and there are many occasions where teams have been destroyed by being too generous. But when deployed correctly '*Low pressure defending*' or utilizing the '*low block*' can be successful if not always as aesthetic as football could be. But sound defensive deployment should be appreciated as effective strategizing when successful, though never exactly pretty.

High Pressure Defending | **The High Press**

There are many good reasons to adopt a '*high pressure defensive*' strategy and some of the systems of play discussed previously require **high pressure defending** in order for the formation to be successful, particularly the formations with a three player defensive **group**. It is always worth considering of course, that defending is not just an action of the players in the defensive **group**, but rather an entire **team** strategy, and particularly '*high pressure defending*' and the deployment of the '*high press*' is dependent on the **team** organization.

The **high press** requires athletic, committed, disciplined and intelligent players to work effectively and not all players are able to offer those vital traits.

The overriding concept of **high pressure defending** is to **press-high** up the pitch on the opposition team and starve them of usable territory and apply relentless **pressure** in a desire to force errors and in turn force a point of **transition**. The change of possession will naturally be very advanced up the field meaning that when positive **transition** does occur the opportunities created are in the critical areas of the field in the attacking third and close to the opposition goal.

The key players in **high pressure defending** are undoubtedly the forwards. It is for this reason why formations with high numbers of forwards are suited to **high pressure defending**. The forwards are the first line of defense and their actions are vital in the success of the **high pressure defending** strategy.

The role of the '*ball-side forwards*', who are 1st defenders, is to **pressure** the 1st attacker; as dictated to by the '*Defensive Principles of Football*'. (See diagram A), the opposition right fullback #2 has received possession from the goalkeeper and that is when the **high pressure defending** team swarm in, denying any passing '*angles of support*' and preying on a mistake that will lead to a point of **transition**.

Pressure is applied very high up the field denying the attacking team any genuine space to launch creative attacks. The **high pressure** also forces attackers into rushed decision-making and hastily conceived judgments. Some players are not comfortable under such **pressure**, and under the added **pressure** of being dangerously close to their own goal should they lose possession; such players unable to cope with this **pressure** can concede possession cheaply, often by simply clearing the ball aimlessly long and avoiding decision-making altogether.

Pressing Tactics | Make Play Predictable

To aid with the **high pressure defending** strategy the 1st defenders must '*make-the-play-predictable*'. If the 1st attacker is initiating attacks from a variation of start points and different players are assuming the role of the 1st attacker then the role of the 1st defender becomes random and unpredictable. Under **high pressure defending** if the attacks are random and unpredictable then the tasks of the 1st defender is more difficult and very energy consuming. By making the play '*predictable*' the task of the 1st defender becomes more focused and more efficient and can be coached on the training field to further increase the likelihood of success.

The 1st defenders will try to offer or '*show*' the 1st attacker a potential avenue of penetration. 2nd defenders will strategically move their position to usher the 1st attacker down the avenue of counterfeit **penetration** designed by the defensive structure. Frequently a **high pressure defensive** tactic will have selected an opposition player to be the designated 1st attacker and the deployment of the 1st defender will try to engineer such a situation. Often the

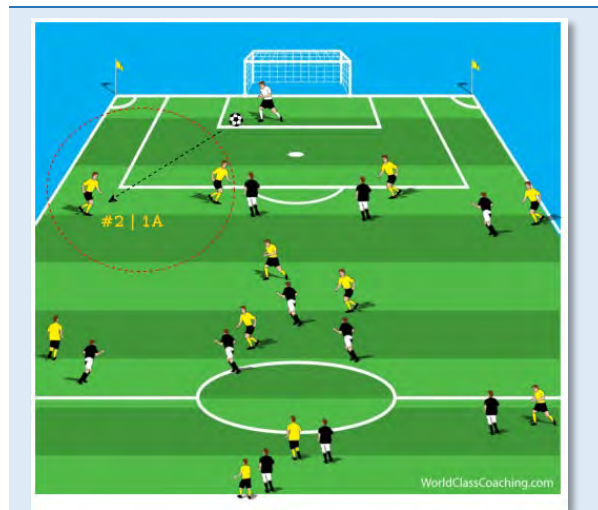


Diagram A

designated player chosen to be the 1st attacker ‘target’ is the weakest player on the opposition team. (See diagram A); recognize how the **high press** team have covered all the passing angles of support but for the option to the right fullback #2. By halving the field and concentrating the play to just one side the **high press** organization can make the play predictable, in this way the **high press** team set the trap and can organize their players to exert **high pressure** in an effort to turn over possession. (See diagram B)



Diagram B

Once the designated 1st attacker has committed to the **penetration** down the path designed by the **high pressure defensive** structure the defenders increase the **pressure** and look for the point of **transition**.

Pressing Tactics | Triggers

In addition to the planned setting of traps that can induce a moment for the **high press** there are other less designed moments that can be the catalyst of a **high press** called ‘*triggers*’. It is not possible for a team to action a **high pressure defending** strategy for the full duration of the game due to the high energy consumption and dynamic nature of the tactic, so it is vital for the success of the **high press** to recognize those moments when it is most likely to succeed.

Frequently a **high pressure defending** team will have a leader who can vocally coordinate the pressing tactics when the opportunities are set-up correctly and the **triggers** are recognized quickly and correctly enough.

	Coaching Points When To Press
Pressing Tactics Triggers	Opposition player takes a poor quality first touch
	Opposition player facing his own goal
	Numbers up or overload situation
	Immediately at the loss of possession
	Opposition set-piece throw in
	When the call for “ <i>Press, Press, Press...</i> ” is made

When an opposition player takes a poor quality first touch, which requires them to take recovery touches, is a key moment that can **trigger a high press**. If the opposition player is now more focused on the recovery of the ball and less focused on the construction of their attack then there is opportunity to apply pressure.

If an opposition player is placed under duress and they are facing their own goal, again with focus only for the recovery of the ball and less focused on the construction of their attack, there is potential for a press.

When there is a numbers up or overload in your favor, either by the design of the defending team or by the poor decision-making of the attacking team, an overload presents an opportunity to commit players to winning possession of the ball back.

Barcelona FC's fabled 'six second rule' was implemented to attempt to return the ball immediately at the loss of possession. The assumption is that while a team and specifically the player winning possession has focused so heavily on winning the ball back that they couldn't possibly have their attacking principles organized or wouldn't be in a position to make a strong attacking decision. This six second moment provides an opportunity to immediately regain lost possession and is a recognized **high press trigger**.

The opposition set-piece throw in, particularly deep in their own territory presents an opportunity to press very high. With one player removed from the field to take the throw in, combined with the inability to throw to the goalkeepers hands, and the tendency that the throw will not travel too far allows a **high pressure defending** team a great opportunity to win possession back in a very dangerous area of the field.

When the call for "Press, Press, Press..." is made. Sometimes a player might not recognize the trigger or might not understand the trigger, but when the call comes to press then the commitment needs to be 100%. If delays are made, even vital seconds, while players are trying to work out why the high press is being called then it can be too late already. If you hear the call then press; even if you don't know why.

Included at the end of this section is a *Print & Play Session Planner* taken from the *Phnom Penh Crown FC u15 Academy* generation that was designed for *Coaching Pressing Tactics & Triggers*



High Pressure Defending | **High Defensive Line**

Especially with **high pressure defending** the defensive line must '*push-up*' higher, in turn pushing the midfield **group** higher behind the line of forwards who are applying the **pressure** as 1st defenders. If the defensive group and the midfield group are not pushing up behind the 1st defenders then space and gaps will appear allowing the attacking team to easily break the forward line of the high press and escape. But not just escape the high press, rather be in a strong situation to develop their own attack with multiple opposition players well behind the play. Ideally the distance from the deepest player in the defensive '**group**' to the highest player in the forward '**group**' should be 30yds – 40yds, or closer again.

The high defensive line does leave space in-between the deepest defender and the goalkeeper which can be exploited by attacking players, particularly players who are faster than the defenders. This means that goalkeepers really need to be vigilant '*sweeper-keepers*' who can patrol the space left in-behind the last defender. The aggressive starting position of the goalkeeper is so important to ensure that if the pressing tactics are unsuccessful then the counter attack can be prevented. The need for the goalkeeper's

positioning to be well calculated just illustrates how the concept of high pressure defending is a full team tactic and not just effected by one or two players. However, if playing against a strong and physical back-to-goal #9 '*centre forward*' who is perhaps less mobile, it can be a good tactic to keep them playing higher and away from your own goal. Slow cumbersome forwards can easily be chased down if they spring a breakaway while their heading ability and link-up play from direct balls will be less dangerous nearer to the halfway line than the 18yrd line.

High Pressure Defending | **Dangers & Flaws**

The obvious critical flaw in a **high pressure defending** strategy is that if the high press structure is breached they are susceptible to great danger. By having players committed high up the field to an aggressive high pressure tactic can leave defensive coverage weakened or '*unbalanced*' elsewhere deeper on the field. (See diagram C)

Space is conceded behind the high defensive line that is susceptible to fast attackers, and means that the role of the goalkeeper is expanded beyond shot-stopper to auxiliary sweeper.

High pressure defending requires a complete '*team*' strategy with little capacity to accommodate individualistic players prone to laziness or ignorance. Players not completely committed to the **team** cause can be very detrimental to the whole structure.

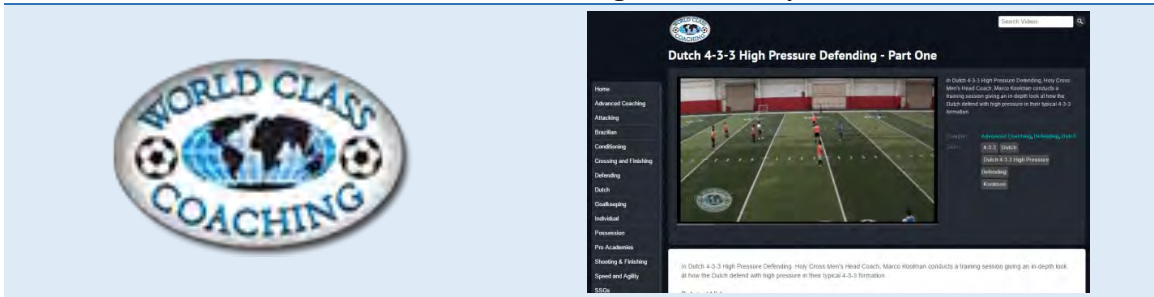


Diagram C

The main errors that undermine pressing tactics are usually with clumsy organization and disjointed coordination of the **press**. Groups of players choosing to press at the wrong times, either too early, too late or pressing alone are all lost and wasted opportunities that could prove costly. Many **triggers** are subtle and require good knowledge of the process to recognize them and to action them as quickly as required, not all players have this command of the concept.

Other issues include the positioning of the lines of supporting players behind the **press** being too late and too distant. The team concept is massive for success, if the midfield group are late in supporting the press, as too with the defensive group and then goalkeeper, the chances of a successful high press are compromised. Equally individuals can undermine the high press. If players don't pressure with the intensity required or cut off angles of support and passing lanes then the opposition can escape too easily. Block the option down the line and cutting the switch avoids the easy out for the opposition.

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<https://wccvideosite.s3.amazonaws.com/Dutch433HighPressureDef/Dutch433HighPressureDef1.mp4>

To open video links in a new tab, hold the Ctrl key down when clicking the link.



Wednesday 4th March 2015 | 9.00am – 10.30am | 12 Players + 3 GK Session Planner | Print & Play
Phnom Penh Crown FC u15 Academy | Coaching Pressing Tactics & Triggers

Introduction

Set Up

3v3 Directional | Man-to-Man
 · 15yrd x 20yrd · 3v3 | 1 ball
 · Each player conditioned to another player from the opposition | Can only tackle your opposite assigned player

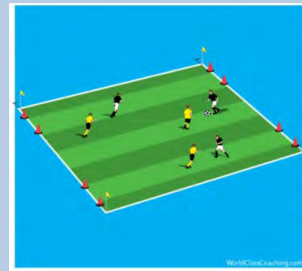
> **Progression**
 · 3 touches condition
 · Can intercept pass
 · Can block shot

Coaching Points

Technical
 · Travel Fast | Arrive Slow
 · Body shape Low
 · Angle approach to make play predictable
 · Distances | Get closer

Tactical
 · Attitude to press opposition
 · Aggressive position of 2nd Def.

Field Plan



Game Related

Set Up

5v6 | 6v7 | To Goal v Switch goals
 · 44yrd x 35 | 40yrd
 · #2,3,4,5,6&GK v #7,8,9,10&11
 · Yellow team Defending goal with GK
 · Black team Defending switch goals
 · Ball restarts into Yellow GK
 · Yellow starting positions have their attacking principles in order
 · Yellow build attack | Black recognize the triggers of when to press
 · Offside condition applies
 · Rotate teams after 8minutes

Coaching Points

Tactical
 · Attitude to press opposition 'Aggressively'
 · Recognise 'triggers'
 · Cut the switch
 · Block the line
 · Overload zone with 2 | 3 players
 · Try to win the ball
 · Counter attack mentality

Field Plan



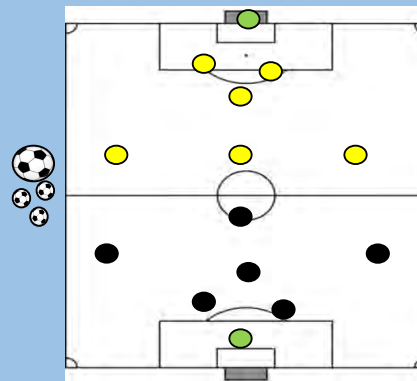
Game Specific

6v6 + GK's Directional | Three Zones 15yrd
 · 44yrd x 50yrd · Yellow Attacking team conditioned to have 1 player in each of the six zones · Black defending players allowed to move into adjacent zone
 · Coach working with Black Defenders | Dead ball restarts with Yellow GK · Offside condition applies
 · Rotate teams after 8minutes



Match Play

6 v 6 + GK's | Full Width x 50yds
 · Full Width x 50yrd · Directional to goal + GK's



Tactical Soccer Coaching Vol. 2 | **Field Notes**



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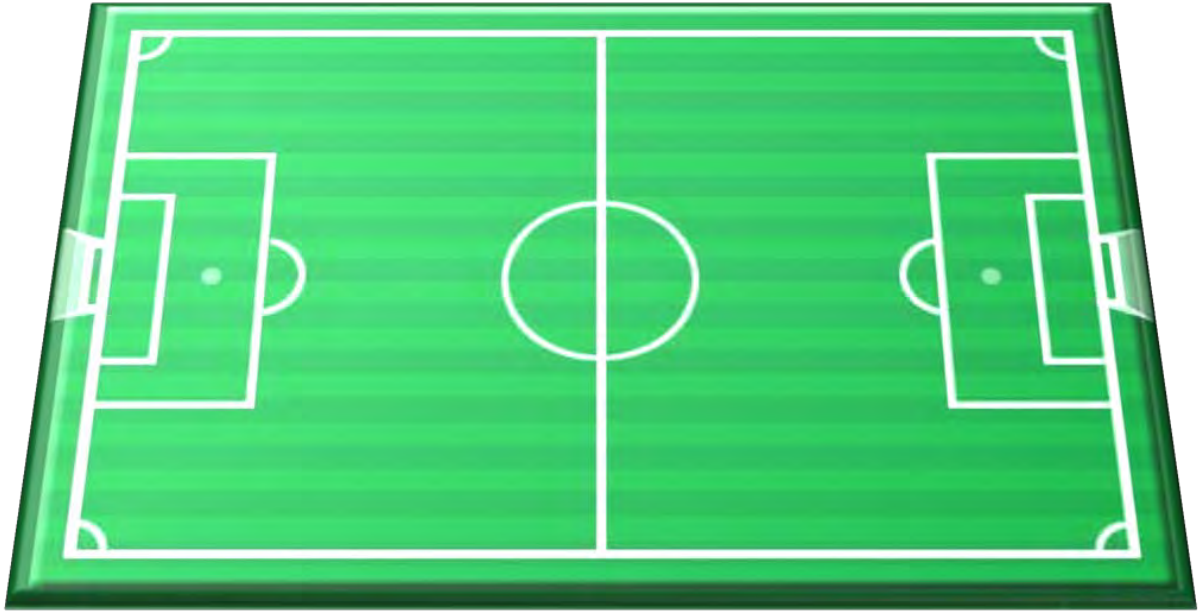
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Tactical Soccer Coaching Vol. 2 | **Field Notes**



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Education Football
Tactical Soccer Coaching Vol. 2

Elite Champion Course

Section #9
Offside | Tactical Principles

Section #9

Offside | Tactical Principles

There is frequently much debate about ‘*offside*’ and more often the debate surrounds the match day officials. From a tactical perspective the **offside** rule can play to certain advantages of certain methods, tactics and strategies. However, with the margin of error so small and with the number of variable factors so high there is certainly much to consider when thinking about playing **offside**.

Playing a **high defensive line** does mean that the defensive and midfield **groups** can remain connected to the forwards while under the assurance that the **offside** possibility can protect against the vast acres of space left behind the deepest defender. However, for the **offside** strategy to be effective as a genuine defensive tool then players have to be correct with their decision-making, correct with their positioning and correct with their communication. In addition to that, the referee and the other game officials also have to be correct with their decision-making.

There is a lot that could potentially go wrong!

When considering playing **offside** there are a couple of classic situations that first have to be mastered before a team can truly contemplate playing **offside** with any genuine success. These common mistakes quickly undermine any defensive coordination and make individual players, as well as whole teams look rather clumsy if not recognized.

Skewed Defensive Line

Perhaps the most common and definitely the most embarrassing mistake with playing **offside** is to play with a ‘*skewed defensive line*’. The deepest defender should always be the central defender who commands the widest field of vision and who can see the biggest picture; usually this will be the **weak-side** central defender #5 and not the **ball-side** central defender #4. Given the **weak-side** central defender #5 has the most informative perspective of the play, he alone can choose to ‘*step-up*’ and play an ‘*offside line*’ at the critical moment. (See diagram A)



Diagram A

If the fullback, especially **weak-side** fullback #2; who is shown to be blindsided of the decision-making central defender #5; have wandered into a deeper position then the **offside line** that the errant fullback #2 now carries the offside line, potentially rendering an attacking player onside. (See diagram B)

The **weak-side** fullback must have the discipline to stay higher than the central defenders and the central defenders must have the knowledge, understanding and the vocal communication to marshal the defensive line accordingly.



Diagram B

No Pressure on the Ball

Perhaps the second most common mistake with playing **offside** is to attempt an **offside** trap without enough **pressure** on the ball. Merely holding a correct **defensive line** is not necessarily enough to catch a player **offside**. Frequently the subtle movement and intelligence from a forward player can easily spring an **offside trap** with perfect timing. However, the chances of delivering the correct through ball to the subtle forward are significantly reduced with the added amount of pressure on the 1st attacker.

Under limited or no pressure even poor quality players will be able to recognize the correct pass or recognize when teammates have run themselves **offside** allowing opportunity for a revised decision. (See diagram C). Top quality players will thrive under no pressure. It is a vital component, and a widely ignored component, that an **offside line** simply cannot be played when there is not ample **pressure** on the 1st attacker. Only when the 1st attacker is under **pressure** and concentrating more on his own situation and less on the **penetrating** opportunity ahead can holding an **offside line** be considered. No pressure on the ball = no **offside line**.



Diagram C

If the **pressure** is not enough to deny the **penetration** then the defensive line must drop deeper towards their own goal and reassess the situation a moment later in the phase of play.

Principles of the Educated Defensive Line | Question & Answer

· Absolutely not a flat back-four

Question | Why do we not want the Fullbacks #2 & #3 deeper than the Central Defenders #4 & #5?

Answer | It changes the offside line

Answer | The Central Defenders #4 & #5 are the leaders and decision-makers of the offside line (See diagram D)



Diagram D

· Opposition attack from wide areas

Q | What is the role of the 1st Defender 1D?

A | Apply '**Pressure**' – Deny the penetration (See diagram E)

Q | What is the role of the 2nd Defender 2D?

A | Provide '**Cover**'

A | Angle & Distance of defensive support

A | Recognize 2nd Attacker 2A

(See diagram E)

Q | What is the role of the 3rd Defender 3D?

A | Provide '**Balance**'

A | Angle & Distance of defensive support

A | Recognize 3rd Attacker 3A

(See diagram E)

Q | What is the role of the **weak side** Fullback #2?

A | Be ready to '**Pressure**' #11 if there is a '**Change to the Point of Attack**'

A | Stay connected to the defensive group

A | Provide information & communication

(See diagram E)



Diagram E

Q | Why do we not want the **weak-side** Fullback #2 deeper than the Central Defenders #4 & #5?

A | It changes the offside line – and allows attacking players to run into space in behind
(See diagram F)



Diagram F

·Opposition attack from central area

Q | What should the defensive line look like?

A | Ball-side Central Defender '**Engages**' the ball to provide '**Pressure**'

A | Supporting Defensive Group '**Compact**' to protect the central area in front of goal

(See diagram G)

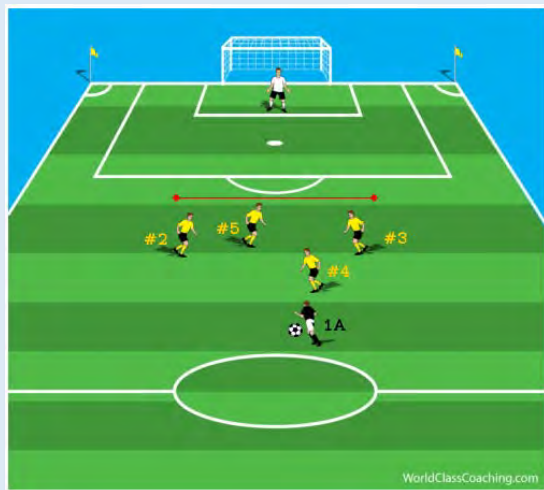


Diagram G

·Terminology of the **Defensive Group**

Q | When do we '**Hold**'?

A | Passive moments of opposition's Attacking play

A | Pressure on the ball and defensive principles well organized

(See diagram H)



Diagram H

Q | When do we '**Slide**'?

A | Opposition attacks from wide areas

A | Opposition's '**Changes to the Point of Attack**'

(See diagram I)



Diagram I

Q | When do we '*Push Up / Push Out*'?

A | When the ball travels higher up field
(See diagram J)

Q | How far do we '*Push Up / Push Out*'?

A | Approximately $\frac{1}{2}$ distance the ball travels high up field

Q | What is the maximum threshold to '*Push Up / Push Out*'?

A | Halfway line

Q | Why is the maximum threshold to '*Push Up / Push Out*' the halfway line?

A | Offside conditions apply in defensive half only



Diagram J

Q | When do we '*Drop*'?

A | When there is no pressure on the ball

A | When Defensive Group principles are disorganized

Q | What should supporting defenders do when the defensive group '*Drop*'?

A | Track the run of the immediate opponent

(See diagram K)



Diagram K

Don't Know the Rules

It is still a common mistake for a defensive **group** to attempt to play **offside** when the rules simple don't allow for that situation. It is a prudent coach and an educated player who is familiar with the rule book before choosing an **offside** strategy.

Attacking players cannot be **offside** from a goal kick, a corner kick or a throw in; attacking players cannot be offside in their own half; and the ball must be played forward by another attacking player. Make sure you know the rules that facilitate an **offside** decision; before you start moaning at the ref.

So once we have decided upon an overall team formation, and after we have balanced the pairs and the groups, and after we have thought through our possession or counter attack attitude, and after we have decided upon our low pressure defending or high press strategy, and after we have deeply considered our offside tactics, and after we have penetrated using our combination plays and created goal scoring opportunities now we can go on and win the game.

However, before we win we have to work out how to convert goal scoring opportunities into actual goals. How an attacking team organizes their players in the opposition penalty area will contribute heavily to the scoring of goals.

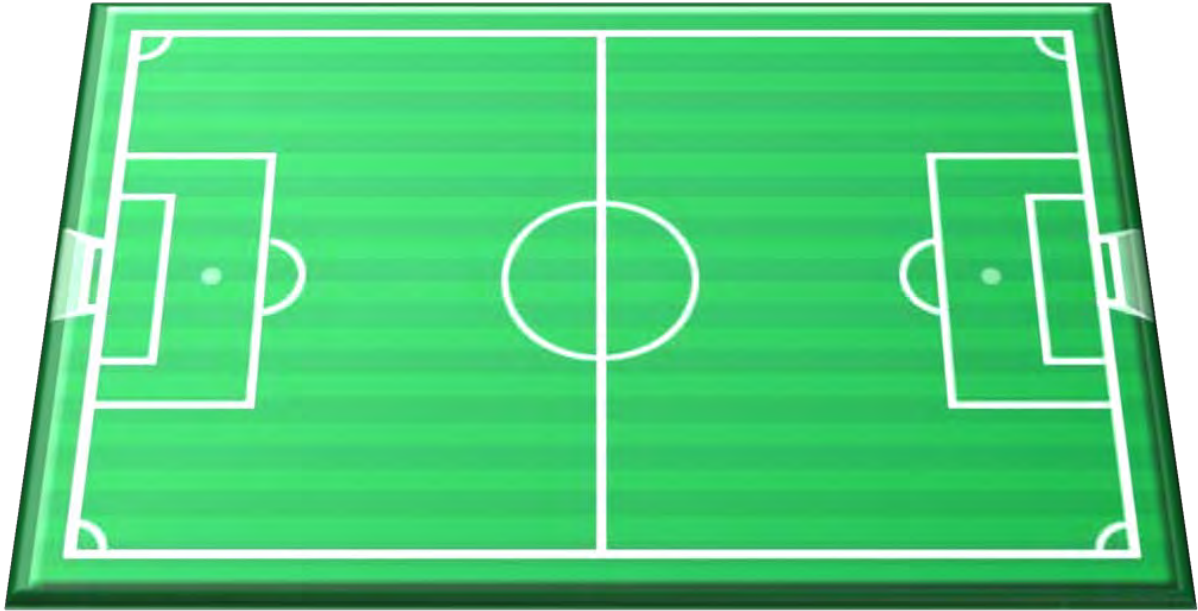
Tactical Soccer Coaching Vol. 2 | **Field Notes**



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Tactical Soccer Coaching Vol. 2 | **Field Notes**



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Education Football
Tactical Soccer Coaching Vol. 2

Elite Champion Course

Section #10
Box Organization

Section #10

Box Organization

If executed correctly the **Defensive Principles of Football** should have the defending team '*compact*' and '*condensed*' protecting the most dangerous area of the field, in front of the goal. The sacrifice of this though is that it allows the attacking team a better chance of **penetrating** down the flanks and in the wide areas of the field. As discussed, the **combination plays**, the **penetration** on-the-dribble in an isolated **1 vs. 1** situation or a rapid **counter attack** can all contribute to the creating of goal scoring opportunities.

When the ball is delivered from wide areas, particularly '*cut-back*' from the goal line, there are certain positions that players can take up to maximize the potential of any goal scoring opportunity. And while the referenced '*box organization*' cannot guarantee a certain goal, it is regarded that some routine and order to how players arrange themselves in the penalty area and the 6yrd goal box is logical and carries much merit.

The Front Post Run | **Box Organization**

An essential, yet frequently omitted, attacking movement in the penalty box is the '*front post run*'. It is an essential piece of movement to compliment the service from the flanks for a number of important and specific reasons. As the ball is being delivered from the wide area it should be mandatory to have a 2nd attacker accelerate toward the front post. Frequently this run will start on the **weak-side** of the field and blindside of the defenders. (See diagram A)

The reason for the **front post run** has two benefits. Firstly, this is the earliest opportunity to score. The ball is travelling the shortest distance and if an attacker can get to the ball first then he has an immediate opportunity to score. Often the angle will be tight but being so close to the goal means that even the faintest of touches on the ball can prove vital.



Diagram A

Secondly, the **front post run** means that the goalkeeper is obligated to follow the attacking movement towards the front post area. The goalkeeper must assume that the **front post runner** is the most immediate danger and therefore adjust his position accordingly.



Diagram B

The engagement of the goalkeeper to the front post is so important, even if the **front post run** does not yield a goal itself. By fixing the goalkeeper to one side of the goal this can create goal scoring opportunities for players arriving later in the play. If there is no **front post run** then the goalkeeper is advantaged and can cover a greater portion of the goal. (See diagram B)

When *Carlos Teves* graced the Premier League, particularly during his *Manchester Utd. FC* days, he was a wonderful exponent of the **front post run** and often scored from this simple piece of movement or allowed others to have scored because it.

France and *Arsenal FC* striker *Olivier Giroud* is another outstanding example of a player who relentlessly and successfully appreciates the merits of the **front post run**.

The most difficult component of a **front post run** from a defenders perspective is that the attacker runs from a blindside position. As the defender is watching the ball the attacker runs across the defender at the vital moment in an effort to collect the faintest of touches towards goal. The player making the **front post run** must arrive at the crucial moment; arrive too early and the attacker will overrun the pass, arrive too late and the defender will clear the ball first. However, arrive on time and the effects can be devastating.

So which player should make the **front post run**?
A general guideline is that the **front post run** should come from...

- The highest player on the field
 - Weak-side of the ball
 - Inside the width of the 6yrd goal box
- (See diagram C)



Diagram C

The Back Post Run | **Box Organization**

Once the goalkeeper has been engaged and attracted to the front post by the **front post run**, the next arrangement in the **box organization** comes with a '**back post run**'. With the most immediate defender and the goalkeeper occupying the front post area there is opportunity to bypass them and deliver to a later arriving '**back post runner**'.

However, the longer the ball travels the more time there is for the defensive **group** to recover their position. But by engaging both defenders and goalkeeper to the front post area does allow for opportunity to be presented later on in the passage of play.

(See diagram D)

Wayne Rooney of *Manchester Utd. FC* was a serial beneficiary of the *Carlos Teves front post run* and *Rooney* collected many goals from this later-arrival as a '**back post runner**'.

So which player should make the **back post run**? A general guideline is that the **back post run** should come from...

- The 2nd highest players on the field
- Weak-side of the ball
- Connected with the 1st attacker enough to reach the back post

Many factors have to align in order for this **back post run** to return a goal scoring opportunity. The delivery form out wide needs to be correct in terms of height, weight and timing, the movement of the **back post runner** needs to be considered, and indeed the individual finishing technique of the finishing player is hugely important.

But it should be considered further that the goal scoring opportunity would not be created without the **front post run** to engage the goalkeeper and would not be created without the **back post run** completing the basic box organization.

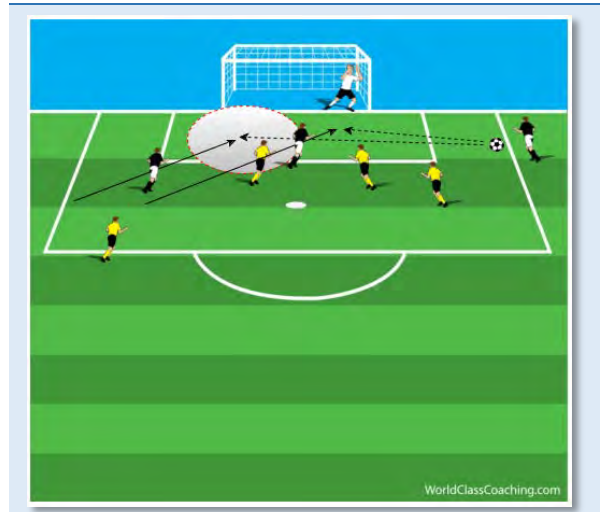


Diagram D

Penalty Spot Run | **Box Organization**

So when the **front post run** and the **back post run** attract recovery defenders and the goalkeeper towards the near post, there is often a small amount of space left slightly behind the play in the '2nd 6 yard box'.
(See diagram E)

A late arriving attacking midfield player joining the play with a '**penalty spot run**' or '**2nd 6**' run can occupy this space to devastating effect. With the scrambling defense all working toward goal to recover their position little attention is regarded to the next phase of attacking players. If positive midfield runners are able to join the attack there is often opportunity to be found in the penalty box, especially if defensive midfielders have failed to track their offensive runners.

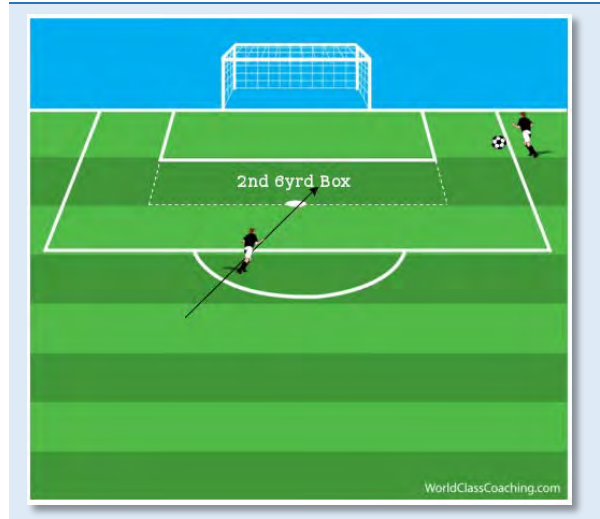


Diagram E

The late arrival makes attacking players difficult to pick up and given the close proximity to goal and the unbalanced, scrambled defensive organization, particularly the goalkeeper, any sort of connection at goal is very threatening.
(See diagram F)

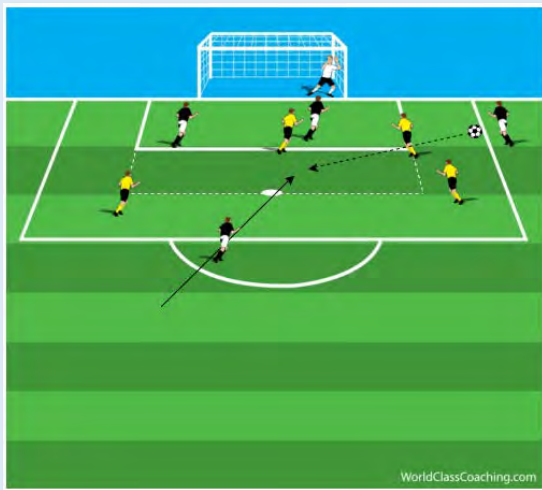


Diagram F

*Paul Scholes of Manchester Utd. FC and England used to excel at occupying the **penalty spot run** or **2nd 6** run and his delayed movement was exemplary; Scholes contributed over 100 midfield goals for Manchester Utd. FC and England over a glittering professional career that lingers long in the memory.*

So which player should make the **penalty spot run**? A general guideline is that the **penalty spot run** should come from...

- Late arriving attacking midfield player
- Central to the goal
- Connected with the 1st attacker enough to reach the penalty spot

Top-of-the-Box Run | **Box Organization**

Once the **front post run** has engaged the goalkeeper and once the **back post run** has been made to collect any bypassed balls, and once the **penalty spot run** has been offered by the late arriving attacking midfield, there might be opportunity for a **cut-back** to a lingering player patrolling the edge of the 18yrd area with a '**top-of-the-box run**'.

(See diagram G)

As recovery defenders are attracted to the ball or attracted to the goal line space can be found for a ball **cut-back** behind the offensive play to a player stationed and arriving late at the edge of the penalty area. The delay of the crossed ball and the time that elapses means that recovery defenders do tend to flood the goal box and occupy the goal line, but the unbalanced nature of the recovery defenders also means that goal scoring opportunity can be found for composed players delaying their movement into the passage of play with a **top-of-the-box run**.

Perhaps the best exponent of **top-of-the-box runs** was England and *Chelsea FC* midfielder *Frank Lampard*. From an attacking midfield berth *Lampard* has scored over 200 goals breaking from midfield, with many goals being scored from this exact '**box organization**'.

So which player should make the **top-of-the-box run**? A general guideline is that the **top-of-the-box run** should come from...

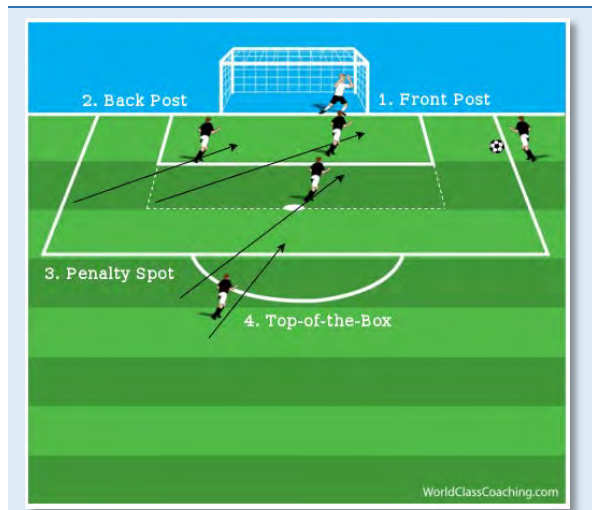
- A player with late arriving movement
- Moving central to the goal
- Connected with the 1st attacker enough to reach the 18yrd box



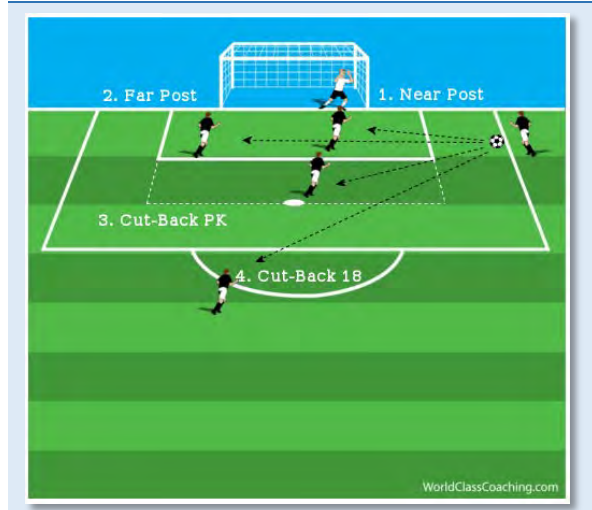
Diagram G

Box Organization

#1 Front Post Run	Near Post Cross #1
#2 Back Post Run	Far Post Cross #2
#3 Penalty Spot Run	Cut-Back to Penalty Spot #3
#4 Top-of-the-Box Run	Cut-Back to the 18yrd Box #4

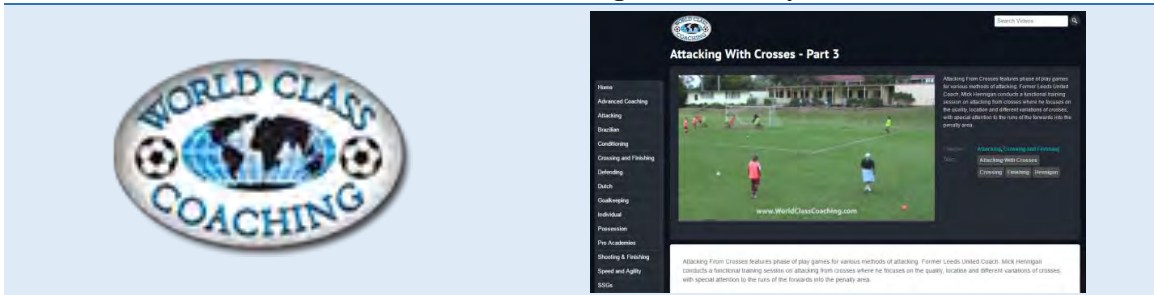


Attacking Runs



Attacking Deliveries

World Class Coaching Video Library



Gain access to 500+ Videos of Soccer Drills You Can Use to Make Every Training Session More Invigorating, Enjoyable and Effective

World Class Coaching Video Library |

http://dmg6y9v1wt1p.cloudfront.net/FunctionalAttacking/FunctionalAttackingCrosses3_A_CF_WCC%20640x360.mp4

To open video links in a new tab, hold the Ctrl key down when clicking the link.

On the following pages are some training activities that have been successfully used to coach players about *Exploiting Creative Wing Play* and the necessity to have structure **Box Organization**. The training sessions are extracts from the following coaching manuals.



World Class Coaching Reference |

<http://www.coachingadvancedplayers.com/coaching-possession-with-a-purpose-vol-2/>

Coaching Possession with a Purpose
#18 | Exploiting Creative Wing Play

Coaching Possession with a Purpose | #18

Exploiting Creative Wing Play | Introduction

Introduction | The 'Introduction' of the session plan should allow the player to establish the technique required to perform & perfect the skill to be tested later in the decision-making components of the session. High Repetition | Low Pressure

Set Up

Field Plan

Across Goal Crossing Rotation | 2 vs. 2

- 44yrds wide x 35yrds from goal
- 2 Black Attacking Players stationed centrally at the top of the grid 'A' & 'B' | With a supply of balls
- 2 Black Attacking Players stationed in wide 'winger' positions | 1 Left & 1 Right 'C' & 'D'
- 2 Yellow Defenders positioned in the field of play as they deem appropriate
- GK in the Goal

- Rotation starts with either Black Attacking Player 'A' or 'B' playing a 'free' pass out to either wide Black Attacking 'winger' 'C' or 'D'
- Black Attacking 'winger' 'D' creates the attack in a wide area
- Black Attacking Player 'A' & 'B' join the attack and play to goal + GK
- 2 Yellow Defenders + GK respond to the play as they deem appropriate
- If Yellow Defenders or GK win possession counter attack and play to coach

- Black Attacking Player 'A' & 'B' collect the ball and recycle to starting position
- Black Attacking 'winger' returns to starting position
- Rotation of positions if desired

>Progression

- After the play is complete Black Attacking Player 'A' & 'B' immediately transition into the defending pair | 1 Player attempting to block the cross 1 Player tracking the runners
- Defenders from the previous play recycle off

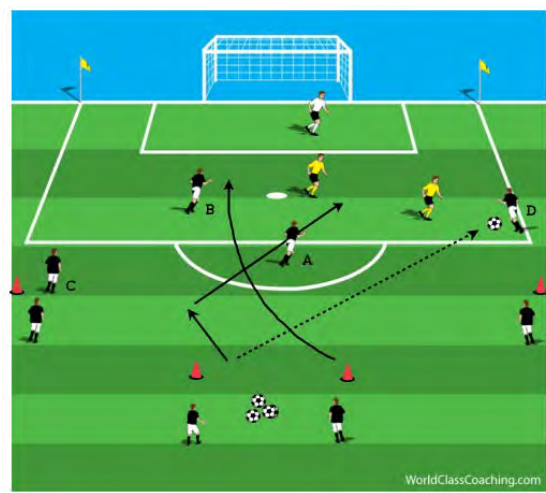
Coaching Points

Technical

- Disguise of movement from Attacking Players
- Timing of movement from Attacking Players
- Desire of Attacking Players to get across defenders

Tactical

- Variation in attacking movement | Box organisation
- Variation in delivery options | Early | Late | Cut Back
- 2nd phase reaction | Recycle involvement | Stay alive – Stay outside



Coaching Possession with a Purpose | #18

Exploiting Creative Wing Play | Game Related

Game Related | 'Game Related' means that exercises & activities need to have some relevance or connection to the game of football. There should be a progression into 'Game Specific' activities.

Set Up

2 + 2 vs. 2 Wing Attack

- 44yrds wide x 30yrds long
- 2 x 5yrds crossing channels marked on both flanks
- 2 Black Players vs. 2 Yellow Players inside the grid
- + 2 Wide Red Neutral Players unopposed conditioned inside the crossing channels | 1 each flank
- + 2 Wide Red Neutral Players play with the team in possession
- + 2 End Red Neutral Players unopposed conditioned outside the end of the grid | 1 each end
- The team in possession play through either of the unopposed Wide Red Neutral Players finishing into End Red Neutral Player
- Dead ball or score restart from appropriate End Red Neutral Player
- Swap inside players and 'wingers' regularly

>**Delivery Options**

- Early | Deep behind the defenders
- Flat | Across 2nd six yard box
- Cut Back | From goal line
- Dribble | 'Winger' carries to near post
- Cut Inside | Delay the play, cut inside, shoot

>**Progression**

- Players conditioned inside the crossing channels can be defended | Opposed
- Play 3 vs. 3 on the inside

Coaching Points

Technical

- Utilising the numbers up to unbalance the defence
- Recognising when to play wide for the 'winger'
- Disguise of switch ball out wide

Tactical

- Variation in attacking movement | Box organisation
- Variation in delivery options | Early | Late | Cut Back
- 2nd phase reaction | Recycle involvement | Stay alive – Stay outside

Field Plan



Progression | *'Progressive'* means that as the session develops the degree of pressure the player is subjected to and the level of difficulty of the required task should increase – thus *'Progressive'*

Set Up

Field Plan

2 + 2 vs. 2 Wing Attack to Goal + GK

- 44yrds wide x 30yrds long
- 2 x 5yrds crossing channels marked on both flanks
- 2 Black Players vs. 2 Yellow Players inside the grid
- + 2 Wide Red Neutral Players unopposed conditioned inside the crossing channels | 1 each flank
- + 2 Wide Red Neutral Players play with the team in possession

·The team in possession play through either of the unopposed Wide Red Neutral Players finishing at Goal + GK

·Dead ball or score restart from appropriate GK

·Swap inside players and *'wingers'* regularly

>**Delivery Options**

- Early | Deep behind the defenders
- Flat | Across 2nd six yard box
- Cut Back | From goal line
- Dribble | *'Winger'* carries to near post
- Cut Inside | Delay the play, cut inside, shoot

>**Progression**

- Players conditioned inside the crossing channels can be defended | Opposed
- Play 3 vs. 3 on the inside



Coaching Points

Technical

- Utilising the numbers up to unbalance the defence
- Recognising when to play wide for the *'winger'*
- Disguise of switch ball out wide

Tactical

- Variation in attacking movement | Box organisation
- Variation in delivery options | Early | Late | Cut Back
- 2nd phase reaction | Recycle involvement | Stay alive – Stay onside

Coaching Possession with a Purpose | #18

Exploiting Creative Wing Play | Game Specific

Game Specific | 'Game Specific' means that exercises & activities have a recognisable connection to real football i.e. opposing teams, team-mates, decision-making requirements, directional play, territorial invasion, goals/targets & transition of possession etc.

Set Up

4 + 2 vs. 4 Wing Attack to Goal + GK

- 44yds wide x 40yds long
- 2 x 5yds crossing channels marked on both flanks
- 4 Black Players vs. 4 Yellow Players inside the grid
- + 2 Wide Red Neutral Players unopposed conditioned inside the crossing channels | 1 each flank
- + 2 Wide Red Neutral Players play with the team in possession
- The team in possession play through either of the unopposed Wide Red Neutral Players finishing at Goal + GK
- Dead ball or score restart from appropriate GK
- Swap inside players and 'wingers' regularly

>**Delivery Options**

- Early | Deep behind the defenders
- Flat | Across 2nd six yard box
- Cut Back | From goal line
- Dribble | 'Winger' carries to near post
- Cut Inside | Delay the play, cut inside, shoot

>**Progression**

- Play with off-side condition
- Players conditioned inside the crossing channels can be defended | Opposed
- Wide Red Neutral Players can enter inside the field

Coaching Points

Technical

- Utilising the numbers up to unbalance the defence
- Recognising when to play wide for the 'winger'
- Disguise of switch ball out wide

Tactical

- Variation in attacking movement | Box organisation
- Variation in delivery options | Early | Late | Cut Back
- 2nd phase reaction | Recycle involvement | Stay alive – Stay onside

Field Plan



Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behaviour relevant to the session theme.

Set Up

4 + 2 vs. 4 Wing Attack to Goal + GK

- 44yds wide x 40yds long
- 2 x 5yds crossing channels marked on both flanks
- 4 Black Players vs. 4 Yellow Players inside the grid
- + 2 Wide Red Neutral Players unopposed conditioned inside the crossing channels | 1 each flank

>Delivery Options

- Early | Deep behind the defenders
- Flat | Across 2nd six yard box
- Cut Back | From goal line
- Dribble | 'Winger' carries to near post
- Cut Inside | Delay the play, cut inside, shoot

>Progression

- Play with off-side condition
- Players conditioned inside the crossing channels can be defended | Opposed
- Wide Red Neutral Players can enter inside the field
- Play 5 vs. 5 on the inside | No Wide Red Neutral Players | Attackers unopposed in crossing channel | Attackers inside the crossing channel can be defended on 1st touch

Coaching Points

Technical

- Utilising the numbers up to unbalance the defence
- Recognising when to play wide for the 'winger'
- Disguise of switch ball out wide

Tactical

- Variation in attacking movement | Box organisation
- Variation in delivery options | Early | Late | Cut Back
- 2nd phase reaction | Recycle involvement | Stay alive – Stay onside

Field Plan



Coaching Possession with a Purpose | #18

Session Planner | Print & Play

Session Plan Theme | Exploiting Creative Wing Play

Introduction

Set Up

Across Goal Crossing Rotation | 2 vs. 2

- 44yds wide x 35yds from goal
- 2 Black Players central | 2 'wingers'
- 2 Yellow Defenders ·GK in the Goal

>Progression

- After the play is complete Black Attacking Player 'A' & 'B' immediately transition into the defending pair | 1 Player attempting to block the cross 1 Player tracking the runners ·Defenders from the previous play recycle off

Coaching Points

Technical

- Disguise of movement from Attacking Players
- Timing of movement from Attacking Players
- Desire of Attacking Players to get across defenders

Field Plan



Game Related

Set Up

2 + 2 vs. 2 Wing Attack

- 44yds wide x 30yds long
- 2 x 5yds crossing channels
- 2 Black vs. 2 Yellow
- + 2 Wide Red Neutral Players

>Delivery Options

- Early | Deep behind the defenders
- Flat | Across 2nd six yard box
- Cut Back | From goal line
- Dribble | 'Winger' carries to near post
- Cut Inside | Delay, cut inside, shoot

Coaching Points

Tactical

- Variation in attacking movement | Box organisation
- Variation in delivery options | Early | Late | Cut Back
- 2nd phase reaction | Recycle involvement | Stay alive – Stay onside
- Utilising the numbers up to unbalance the defence

Field Plan



Game Specific

4 + 2 vs. 4 Wing Attack to Goal + GK

- 44yds wide x 40yds long
- 2 x 5yds crossing channels ·4 Black vs. 4 Yellow
- 2 Wide Red Neutral Players



Conditioned Match Play

5 vs. 5 Wing Attack to Goal + GK

- Play 5 vs. 5 | No Neutral Players
- Defending crossing channel on 1st touch



Tactical Soccer Coaching Vol. 2 | **Field Notes**



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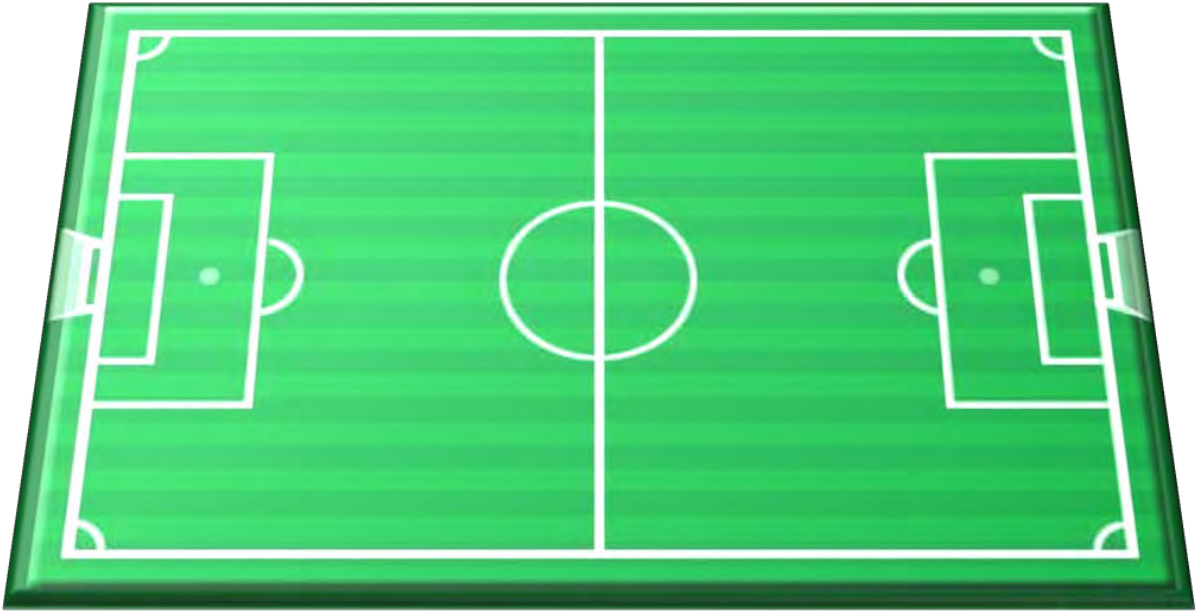
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Tactical Soccer Coaching Vol. 2 | **Field Notes**



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Education Football
Tactical Soccer Coaching Vol. 2

Elite Champion Course

Section #11
Match Analysis & Player Analysis

Section #11

Match Analysis

The popularity in the collection of data, statistics and information has exploded in the professional game in recent years. As the coach and the technical staff look for ever increasing detail to aid with improving chances of success so the industry of analysis has increased as well.

Whether it is analyzing a prospective opponent's tactical nuances or deconstructing your own team's performance the need for supporting information is ripe. At any given match day at the elite echelons teams of analysts are monotonously collecting the minutia of the game; the bigger and richer the organization the more eyes are studying the match and the more fingertips are counting or tagging the events.

A whole new growth industry has emerged; specific sports analysis companies have developed technological tools to help with the collection of information, all designed to provide detail that can be directly channeled back to the coach and positively affect the training environment.

Even at the medium to lower levels of the sport the use of analytical information is becoming important. Having a scouting report on the prospective formation of the opposition team can only be useful; having knowledge of how an opponent constructs their play or how they defend at a set-piece is all information that can aid with the preparation of the team.

So whether you have an entire department at your club devoted to statistical analysis or whether you have just the opinions of a verbal scouting report the importance of analysis is relevant.

Match Analysis | Report

On the coming pages we have provided a sample of a Match Analysis. The report is an example of what a post match analysis might look like and what content you might expect to find in a report or be asked to provide if creating a report. Of course, some match analysis reports might be more comprehensive with greater detail, full blown dossiers of important games or significant clubs. Some of the details might be specific to a coach's request and the more people analyzing the game the more 'events' during that game can be collected. But by way of a sample match analysis you would expect to see the following information.

Match Analysis Report Sections & Descriptions	
Introduction	The game details; items including location, weather, scorers with goal times etc.
Squad & Team Sheet	The match day squad with starting positions and characteristic statements of each player's profile
Style of Play	<i>Individual, Pair, Group & Team</i> Defensive tactics for certain scenarios
Style of Play	<i>Individual, Pair, Group & Team</i> Attacking tactics for certain scenarios
Style of Play	<i>Individual, Pair, Group & Team</i> tactics for certain Set-Piece scenarios
Game-Play Trends	A review of evident tendencies or match features broken down through short period increments
Statistical Analysis	A count of the number of chosen 'events' to occur. The events are selected ahead of time dependent on what information items the coach requires. Events might include <i>possession percentage statistics, attacking third entries, number of possessions relinquished, 1 vs. 1 duels won & lost</i> etc. Or information items might include personal and individual counts of events rather than team events
Conclusion	Summary of opinions and findings regarding individual players, group behavior or team tactics. And potential tactical suggestions to exploit, reduce or counter those tactical findings

This match analysis was taken from the 2012 UEFA Champions League final between *Bayern Munich FC* and *Chelsea FC*. This analysis is a report specifically focused on *Bayern Munich FC*'s second half performance.

Match Analysis | **Bayern Munich FC**

Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Introduction

Date: Saturday 12th May 2012
Venue: Allianz Arena, Munich, Germany
Time: 7.45pm Kick Off
Conditions: Hot & Dry
Competition: UEFA Champions League | Final
Match: Bayern Munich FC (Germany) v's Chelsea FC (England)
Score: 1 – 1 AET | Chelsea win by penalty kicks

Scorers in regulation time

#25 <i>Mueller</i> 83 rd	1 – 0	
	1 – 1	#11 <i>Drogba</i> 87 th

Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Team Sheet | Bayern Munich FC

Squad Number	Player's Name	Position	Comment	Goal
#1	<u>Neuer</u>	GK		
#26	<u>Contento</u>	LB		
#44	<u>Tymoshchuk</u>	CB		
#17	<u>Boateng</u>	CB		
#21	<u>Lahm (C)</u>	RB		
#39	<u>Krooz</u>	DCM		
#31	<u>Schweinsteiger</u>	DCM		
#25	<u>Muller</u>	ACM		"87
#7	<u>Ribery</u>	LW		
#10	<u>Robben</u>	RW		
#33	<u>Gomez</u>	CF		
#5	<u>Van Buyten</u>	CB		"87

Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Characteristics of the Players | Bayern Munich FC

Nº.	Player's Name	Position	Characteristics
#1	<u>Neuer</u>	GK	Commanding in the air. Excellent with his feet. Brilliant Sweeper-Keeper
#26	<u>Contento</u>	LB	Pragmatic and organised stay at home defender. Left footed
#44	<u>Tymoshchuk</u>	CB	Good ball playing central defender, happy in possession. Libero
#17	<u>Boateng</u>	CB	Strong 1 vs. 1 defender. No discernable weaknesses
#21	<u>Lahm (C)</u>	RB	Excellent passer. Very attack minded, supports the offence regularly. Right foot
#39	<u>Krooz</u>	DCM	Most progressive of the Defensive Central Midfield, great range of pass
#31	<u>Schweinsteiger</u>	DCM	More defensive orientated of the DCM's. Good positioning, screens #9 well
#25	<u>Muller</u>	ACM	Very mobile in the #10 role, often fills the wide space vacated by wingers
#7	<u>Ribery</u>	LW	Right footer playing on left, cuts inside almost every time
#10	<u>Robben</u>	RW	Left footer playing on the right, cuts inside almost every time. Excellent shot
#33	<u>Gomez</u>	CF	Classic #9 Centre Forward, not technically strong but has an eye for a finish
#5	<u>Van Buyten</u>	CB	Rather clumsy CD, not as comfortable in possession as starting CD's

Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Organisation of the Team | Bayern Munich FC | 4-2-3-1



Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Organisation of the Team | Bayern Munich FC

Defence

Heavy numerical advantage due to Chelsea FC's formation 4-5-1
#21 Lahm often free to make penetrating runs without the ball

Midfield

#31 Schweinsteiger & #39 Krooz DCM | Screen Defensive Group
#25 Muller often occupied Right Wing vacated by #10 Robben
#39 Krooz most progressive of the DCM's

Attack

#33 Gomez playing classic #9 Centre Forward
'Inverted Wingers' | #10 Robben LFoot on Right | #7 Ribery RFoot on Left
Support from Midfield #25 Muller & #39 Krooz

Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Style of the Defence | Bayern Munich FC

Generally #44 Tymoshchuk marked the lone Chelsea FC striker #11 Drogba

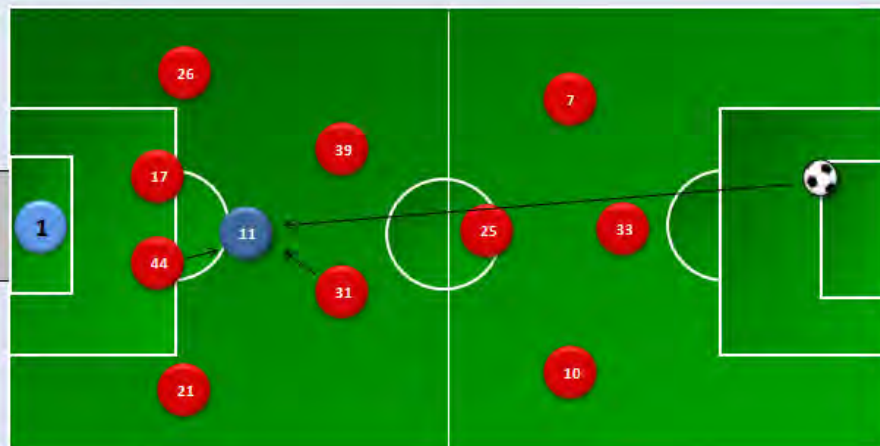
#31 Schweinsteiger always screening in front creating 2v1

Very effective | Great discipline

Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Style of the Team | Bayern Munich FC | Defence



Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Style of the Attack | Bayern Munich FC

Often built up attacks from Defence and through Midfield

Most of the Attacking 3rd entries were created from short passing or dribbling | Only occasional direct play to #33 *Gomez*

Tried to stretch Chelsea FC's defence wide but were not successful | Why?

The '*Inverted Wingers*' #10 *Robben* on Right & #7 *Ribery* on Left often cut inside onto their favoured foot allowing the Chelsea FC defensive group to stay compact and making Bayern Munich FC's attack predictable

#7 *Ribery* | *Inside 4* | *Outside 1* | #10 *Robben* | *Inside 7* | *Outside 2*

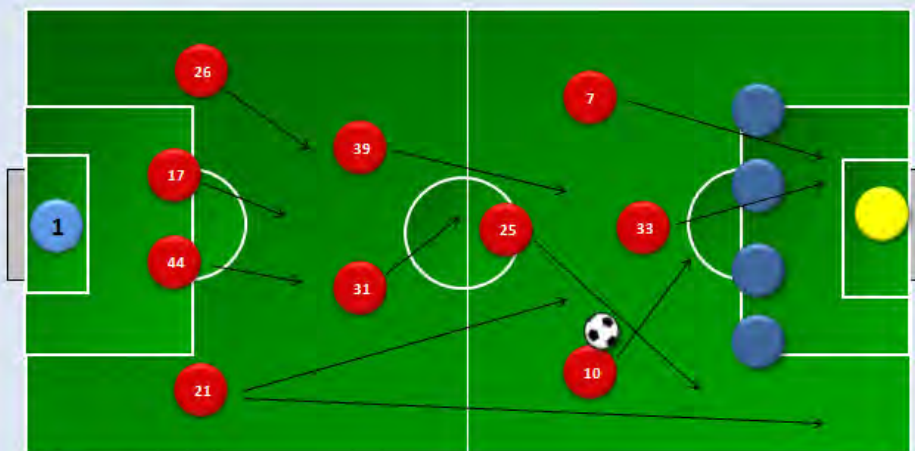
#21 *Lahm* & #25 *Muller* often occupied the space vacated by #10 *Robben* creating 9 crosses

However, even though there were fewer crosses from the left 4; 3 were deemed successful with one leading to the Munich goal

Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Style of the Team | Bayern Munich FC | Attack



Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Attacking Set-Piece Corners | Bayern Munich FC

Short corner option with #10 *Robben* & #7 *Ribery* creating a 2v1

Attempting to enter 'danger zone'

Or play to third player #25 *Muller* or #39 *Krooz* in 'danger zone'

Looking for shot to goal from 'danger zone' or back post delivery

Direct corner option with flat delivery into #33 *Gomez*, #44 *Tymoshchuk* & #17 *Boateng*

#21 *Lahm* & #26 *Contento* marking 2v1 on halfway

#31 *Schweinsteiger* screening the counter attack

Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Attacking Set Piece Starting Positions



Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Break Down of the 2nd Half | 15 minute periods

<p>76" – 90"</p> <p>Bayern Munich FC's Dominance Produced The Disallowed Goal The Late Goal But Created a Change in Strategy Chelsea FC's Threw Desperate Hope to the Counter Attack</p>
<p>61" – 75"</p> <p>Dominance From Bayern Munich FC in Possession Territory Goal-Scoring Opportunities Chelsea FC's Less Effective on the Counter Attack</p>
<p>45" – 60"</p> <p>Major Bayern Munich FC Possession & Territory Chelsea FC's Sporadic Counter Attack Easily Nullified</p>

Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Statistical Analysis | Bayern Munich FC

Possession %	Actual Time in Possession	Number of Accurate Passes	Number of Inaccurate Passes
52 %	21:35	178	28
Att. 3 rd Entries	Via Passing	Via Dribbling	
31	21	10	
Crosses	Left	Right	Successful
13	4	9	4
Total Shots	On Target	Off Target	Blocked Shots
14	4	3	7

Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Conclusions | Bayern Munich FC

Playmaker

#25 Muller | Supported the attack with intelligence; especially his movement to occupy the right wing vacated by *#10 Robben*

Dangerous Player

#10 Robben & *#7 Ribery* | Constant occupying of Chelsea FC Defensive Group which gave *#25 Muller* the space to attack

Match Analysis | Bayern Munich FC

UEFA Champions League | Final 2012

Conclusions | Bayern Munich FC

Statistical analysis supports Bayern Munich FC's dominance | Generally excellent in open play

Bayern Munich FC became more defensive after goal | Shift in attitude

Questioned the merit of the substitution | *#5 Van Buyten* for *#25 Muller*

4 positional changes just to accommodate this one substitution

#25 Muller excellent defensive header | Box organisation at the defensive corner

Chelsea only had 1 corner in the entire game

Value of set pieces

Player Analysis

In addition to the keeping of statistics and analyzing team events the collection of data for an individual player's behavior can provide wonderful insight into their tendencies and can be a great tool to help guide training behavior. In addition to the collection of data from in-game events, a log of minutes played, training sessions participated in and the intensity or loading of those sessions all helps to build up a profile not just of the player, but of the athlete as well. This analysis can be used to balance athletic endeavor and help prevent injuries, it also helps to provide the coach with knowledge of the athletic welfare of his players.

Whereas statistics can sometimes be misleading or can reflect on suggestions in differing ways; there can be much use in tracking certain information, for certain players and particularly for certain positions on the field. However, just owning a high pass completion percentage does not necessarily paint the full picture, the nature of those passes needs to be considered. And equally, running a massive distance during the game doesn't necessarily reflect a player's overall contribution.


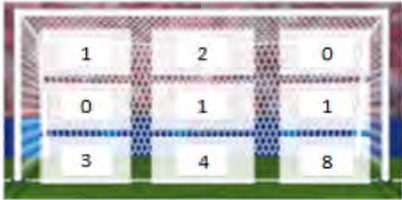

One position where data can become very useful is with regards the striker position. The build up of this information can reveal interesting and sometimes alarming findings that perhaps are difficult to see when just watching an isolated game. The layering of the information allows the coach and player to identify areas where a player is strong and areas where a player can improve. And equally, this information can provide a coach with the opportunity to prepare his team with suggestions of how best to counter strengths and exploit weaknesses.

Included is a sample data collection sheet for a sample player playing the majority of his field time as the #9 striker position. Data is meticulously collected over a period of time to build up a profile of the player's tendencies.

The amount of data collected depends on the resources that a coach has available, but with a detailed data collection compiled over a large period of time many enlightening conclusions can be drawn. On the sample player analysis profile the striker scores predominantly with his right foot, 18 goals to one with the left foot. This tendency can become very predictable and easier to defend if the opposition are aware that almost all dangerous shots at goal will be right footed efforts. Equally, the coach now furnished with this information regarding his player's profile can create a training program designed specifically to counteract a situation that he might not have recognized by simply viewing the game.

The more complex the data the more detailed the refinement can be. By logging data such as where in relation to goal the goal scoring shots were taken from, the distance from goal, the assisting player's location and type of assist etc etc etc can all add to the information that the coach has and can all contribute to aid tactical and strategic decision-making.

Player Analysis | **Player Profile & Season Evaluation**

Player Evaluation for Season 2015 / 16			
Profile			
Name	Jonny Carter		
Date of Birth	31.12.1975		
Height	5' 11" 1.8m		
Weight	154 pounds		
Jersey Number	11		
Playing Position Options			
Position	#9 Centre Forward - Striker		
Position	#10 Atk Midfield		
Position			
Caution			
Number of yellow	4		
Number of red	0		
Goals			
	Total 20	1 touch	
Goals from open Play	10	7 goals	
Goals from Cross			
Goals from Corner	1	100%	
Free Kick	8		
%	1	100%	
average distance	12,2 meter		
Goal every 93 min			
			
Assist			
	Total 12		
Assist in open Play	7		
Assist by Cross	3		
Assist by Corner	1		
Assist by Free Kick	1		
Total Appearances			
	League (22 games)	Cup (4 games)	
Starting 11	20	3	
Full Games	16	2	
Sub out	4	1	
Sub in	2	1	
total min played	1876	95%	185 51%
While on the field			
the team scored	55	96%	
the team conceded	18	90%	
Goal difference	37		
number of clean sheets	9	100%	
Scoring with which body part...			
Goals			
			
Right foot: 18 1 Left foot:			
Head: 1			
Less ▲			
Top foot: Bottom foot:			
Exterior: Interior:			
Toe: Heel:			
Comments - Gift Mental Goal Physical Goal Technical Goal Social Goal			
Extremely powerful and hard working, excellent attitude, amazing right foot			
Lack of presence in the box, no rebound goals, no tap ins, not at end of crosses			
Poor finish with left foot and attack on arcal balls, mostly not even try/challenge			
Great skill and understanding, good on free kick, professional attitude			
Improved defensive work/support, hard work in game			
Too predictable with cut in right foot, not easy enough, missing too much			

Tactical Soccer Coaching Vol. 2 | **Field Notes**



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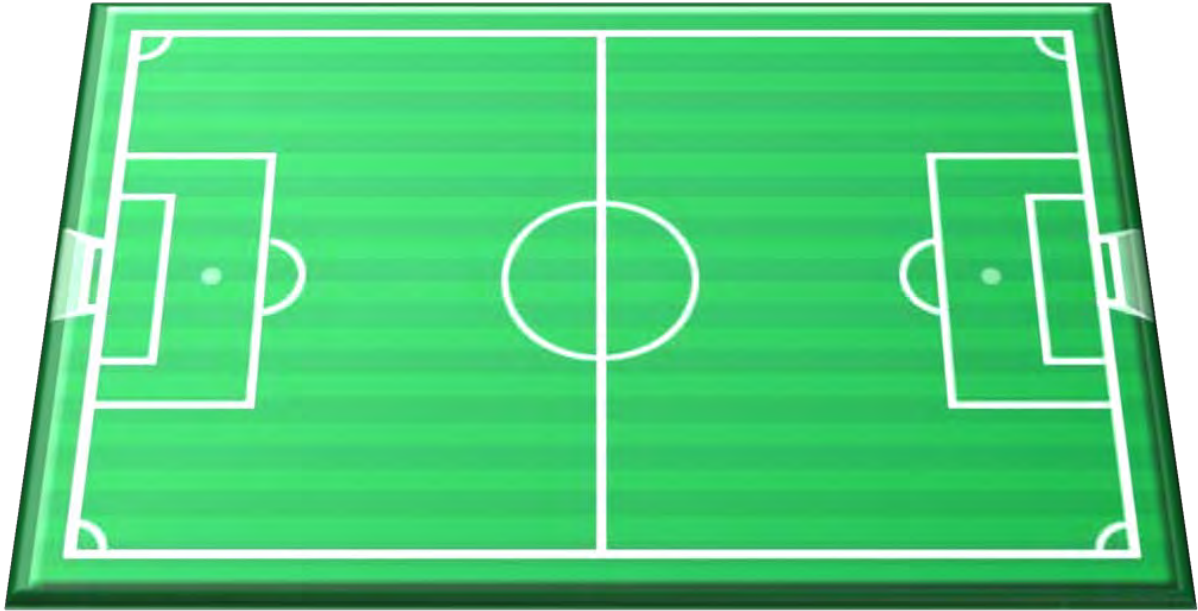
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Tactical Soccer Coaching Vol. 2 | **Field Notes**



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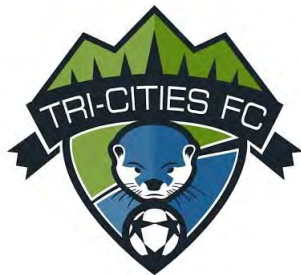
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