



POCHETTINO

COACHING

EBOOK



THE
FOOTBALL
COACH



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Pochettino

Mauricio Pochettino's coaching career began at a very young age, when he took charge of relegation-threatened Espanyol in the beginning of 2009 aged just 36. Pochettino known as Poch, had spoken about how he had already began thinking about his coaching career long before he stopped

Playing, took over a relegation doomed Espanyol who had already sacked two managers that season, and took the risk on the untested and unproved Pochettino. Poch was a fan favorite at Espanyol having played at the club previously, and guided Espanyol away from the relegation places, and in to tenth place. The early influence of his former boss were very evident, Marcelo Biesla influence was for all to see. His aggressive nature out of possession, and brave positional play in possession



Replicated that of his former boss. Pochettino then made the switch to the premier league, taking control of Southampton, taking points from premier league giants such as Manchester United on the way to a successful period, before taking charge of Tottenham Hotspurs.



Pochettino's Beliefs

Poch has commonly received praise for his ability to integrate young players in to his first team, but not only integrate these players, but provide them with a platform to succeed, and an environment that allows them to prosper and develop.

When asked what was important to his coaching philosophy Pochettino was very clear 'Its about relationships' its about belief and faith with people, especially with young people, you have to be able to give them to platform to grow and perform, and allow them to perform and grow In their own time, some players take 3 months to be able to cope with the first team environment, some players take 18 months or two years, it depends on how

“He was a key player, committed to marking, but his work went beyond the football pitch. Bielsa would instruct him — and the other younger players — to perform tactical tasks away from training” - Mazur



Long it takes to be accepted in the first team environment. The first thing Poch has always done when becoming the first team coach, is to be interested in the academy, he believes you should get to know the young players because they are the future, something he believes he developed during his youth career at Newell's Old Boys in Argentina.

When dealing with players Pochettino mentions his approach, stating that it needs to be a personable and human approach, he believes good values need to be shared with young players, such as the need to shake everyone's hand when you enter a room, this is not a rule states Pochettino, this is respect it is something everybody must do. He also believes you must preach the characteristics and personality traits you want to see in young players in order to support their development. Pochettino also believes the environment is key to the development of players, he believes you must create an environment that has the ability to allow growth, without growth he believes players become fixed and limited. But you must also combine this with an open door policy that allows



“He (Bielsa) often asked Pochettino to find out how Newell’s next opponents would play. He’d then expect a dossier of information. It’s no surprise that 15 of the 18 players in that squad went on to become managers.” - Mazur





“Everybody liked him, they still do, he did everything for you” - Davies

Players to be open and honest and share problems as the sharing of problems allows you to effect people, and effecting people is more important than effecting footballers. Pochettino's approach to youth development can be seen through out his coaching philosophy however, he also suggests that a player should not be promoted from the u18

Or u23 age group because they are performing well, they should be promoted from team to team because their personality can benefit from the experience in the next group, this holistic approach to personal development, and integration of human principles is very simple yet very effective. He also is very keen on the need to talk, touch and feel, it helps build something between you and your team mate, you and the groundsman. Relationships are key to personal development and personal development is key to player development and player development in the key to team development.



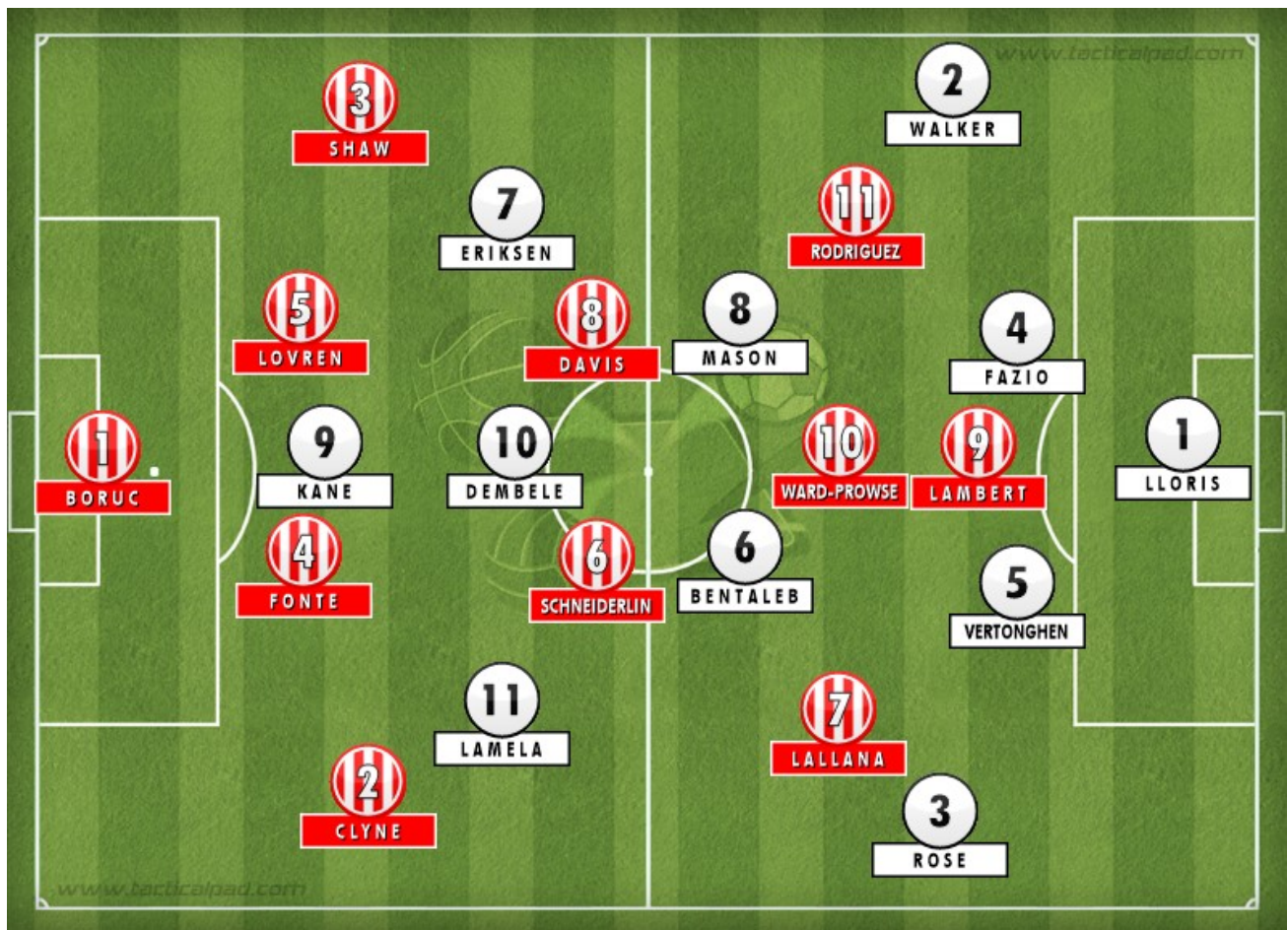
Understanding Pochettino

Poch

Mauricio Pochettino's playing philosophy can be recognized as similar to those seen used in Spain by FC Barcelona, Bayern Munich or even Manchester City in recent years, this is probably because of the previously mentioned influence of Marcelo Bielsa, who has also had influences on coaches such as Pep Guardiola.

Pochettino has a very simple concept to his philosophy in possession that is to value possession, want the ball and have patience and purpose when passing the ball, but the purpose element is key as the purpose, requires pace and individualism to allow for successful attacks. Attacking players are also required to understand extensively the defensive elements of performance under Pochettino, persistence, concentration and pressure are key out of possession in Pochettino's system.





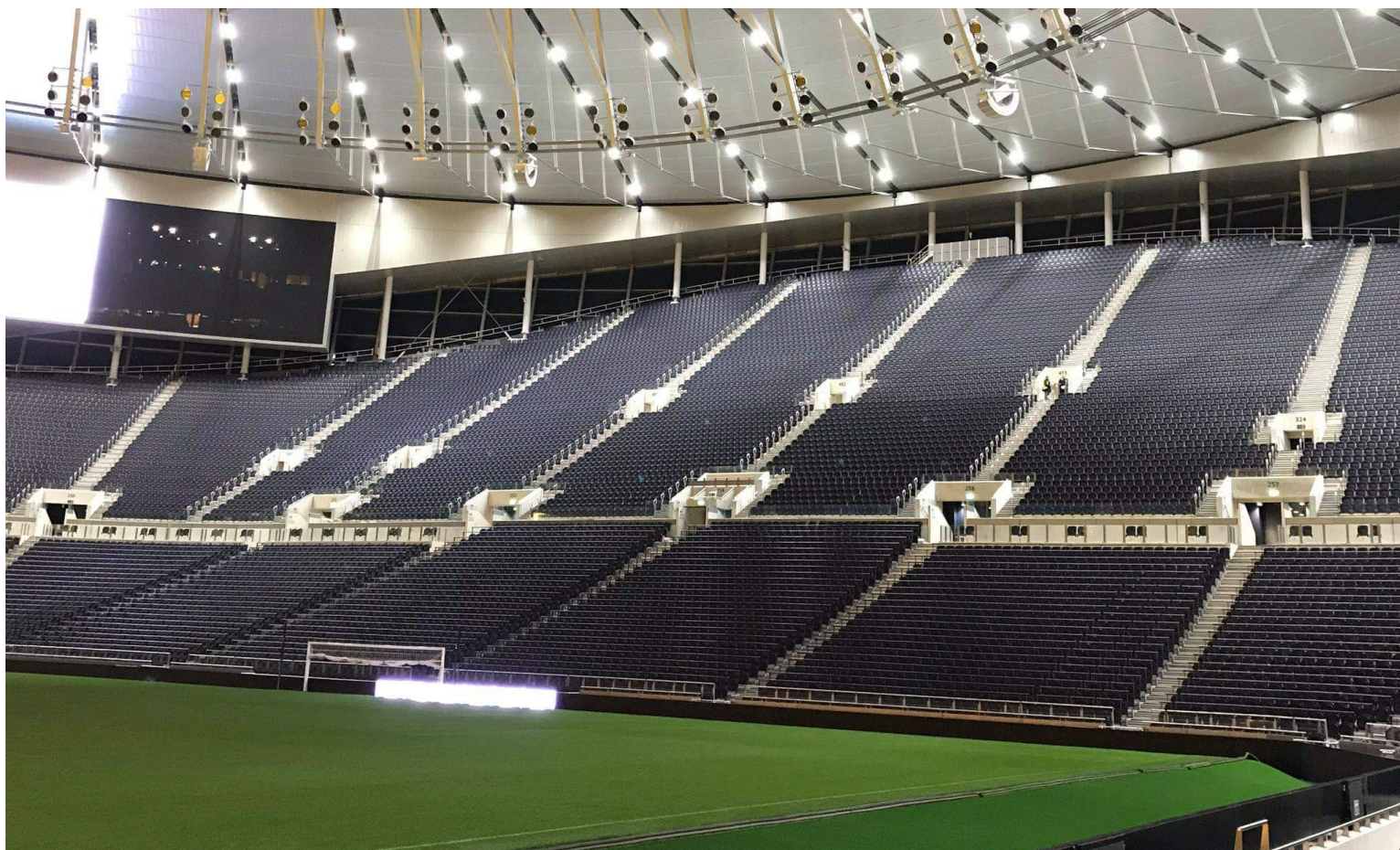
Pochettino's In Possession

Typically Pochettino has used a 1-4-2-3-1 formation when working in England. The teams he has developed have familiar principles, quick, athletic full-backs with the ability to cross from various positions. The teams he has coached also tend to have a defensively superior midfield player able to protect two centre backs. In possession the attacking 3 behind the 9 have attacking freedom, movement between the 4 is key to their success, their movements inside create space for one another, but also provide quick combination moves to allow his teams to play through deep blocks. There is clearly fluidity and freedom amongst the front 4, and their movement inwards allows for the full backs to create the width in the attacking phase.

"I'm quite sure Bielsa will always be a reference point for Pochettino," Vivas said. "When Mauricio stopped playing in 2008, he joined Marcelo at the Under 21 tournament in Toulon with Chile, when Bielsa was then working with the new generation of players. - Vivas"



Once in the attacking phase, 3 outfield players will not join the attack, two centre backs and the deepest midfield player. Because of the attacking fluidity Pochettino's teams are susceptible to the counter-attack, the defensive midfielder must be comfortable forcing play wide and defending 1v1 whilst the advanced and narrow attacking players must counter-press quickly to prevent the opponent breaking quickly. Out of possession Poch has a clear positional press system that sees the player set up in a 4-2-3-1 shape and press the ball in specific zones, and then drop in to shape in others, the 9 will always stay in the opponents half and the 10 will allow passes inside to allow the 11 or 7 and 6 or 8 to try and press the player inside and win to allow quick transitional play, his teams are relentless with out possession and the two central midfield players are expected to consistently prevent the central pass becoming a successful pass, expecting them to cover huge high intensity distances in order to prevent the opponent playing through central areas.



Coaching Sessions



Practice Design:

3v3 practice in to wide player who plays in to grids of 1v1x4. The play then turns to 4v4 on the attackers first touch.

Practice Objective:

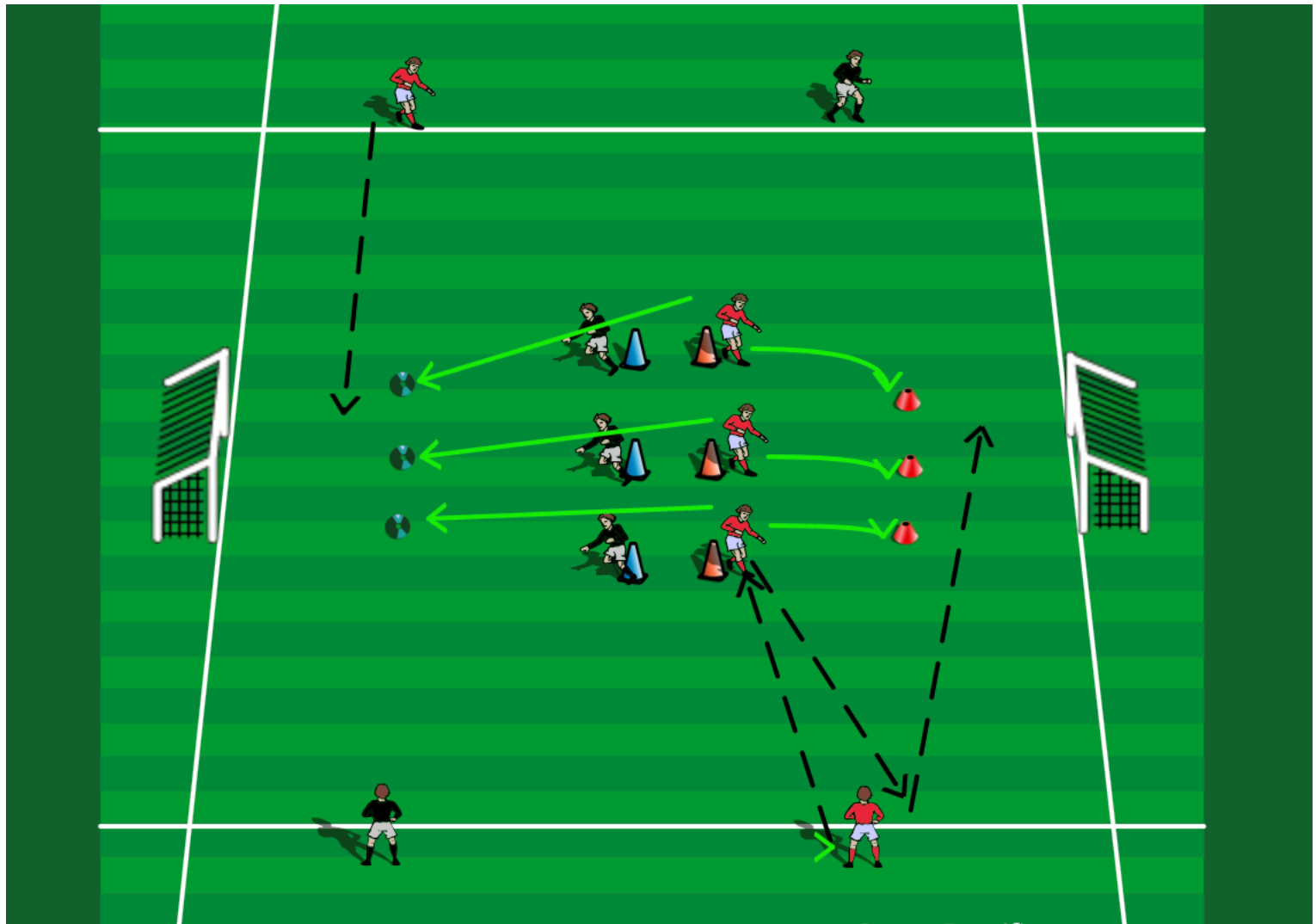
Get used to full backs being width within the team and the correct angle, get used to full backs who are deep passing inside.

Practice Detail:

Receiving across the body for full backs, can wide player move inside when pass goes to attacking players, as a progression full backs can get in to final zone to create 6v4



Coaching Sessions



Practice Design:

Wide player sets runner who plays back to crosser for a cross, 3 attack box, they then run to opposite goal where other red crosser puts a first time cross for players to attack, whilst this happens the blues do the same practice going left to right

Practice Objective:

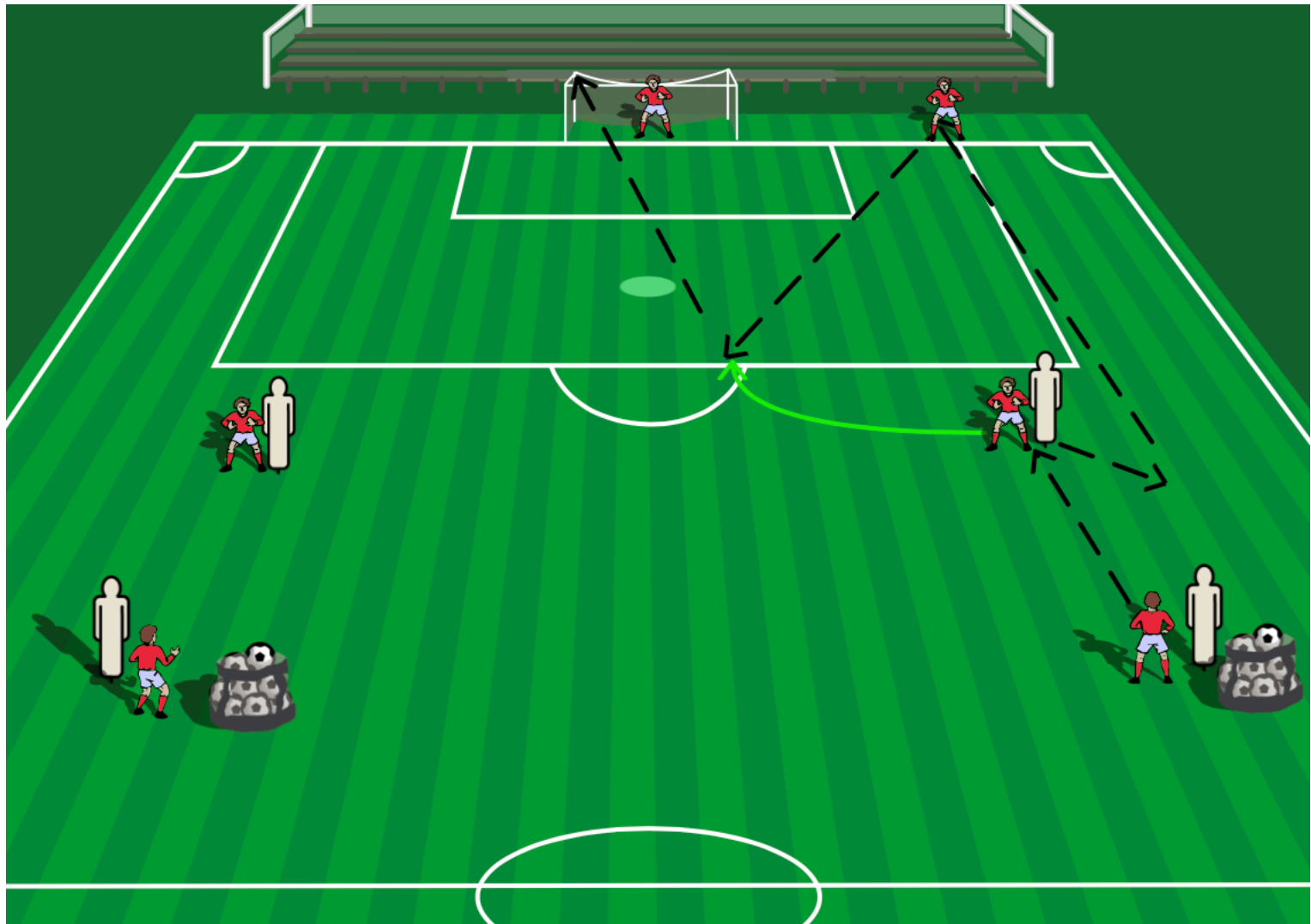
High in repetition, high in explosive distance to match the playing philosophy of Pochettino.

Practice Detail:

Session requires high motivating coaches, willing to encourage and maintain the session quality. More about distance and intensity than quality, used in high blocks for maximal effort.



Coaching Sessions



Practice Design:

Simple passing and crossing exercise, full back passes in to wide player who sets the full back who plays to an outside player and then sets the wide player for a first time finish.

Practice Objective:

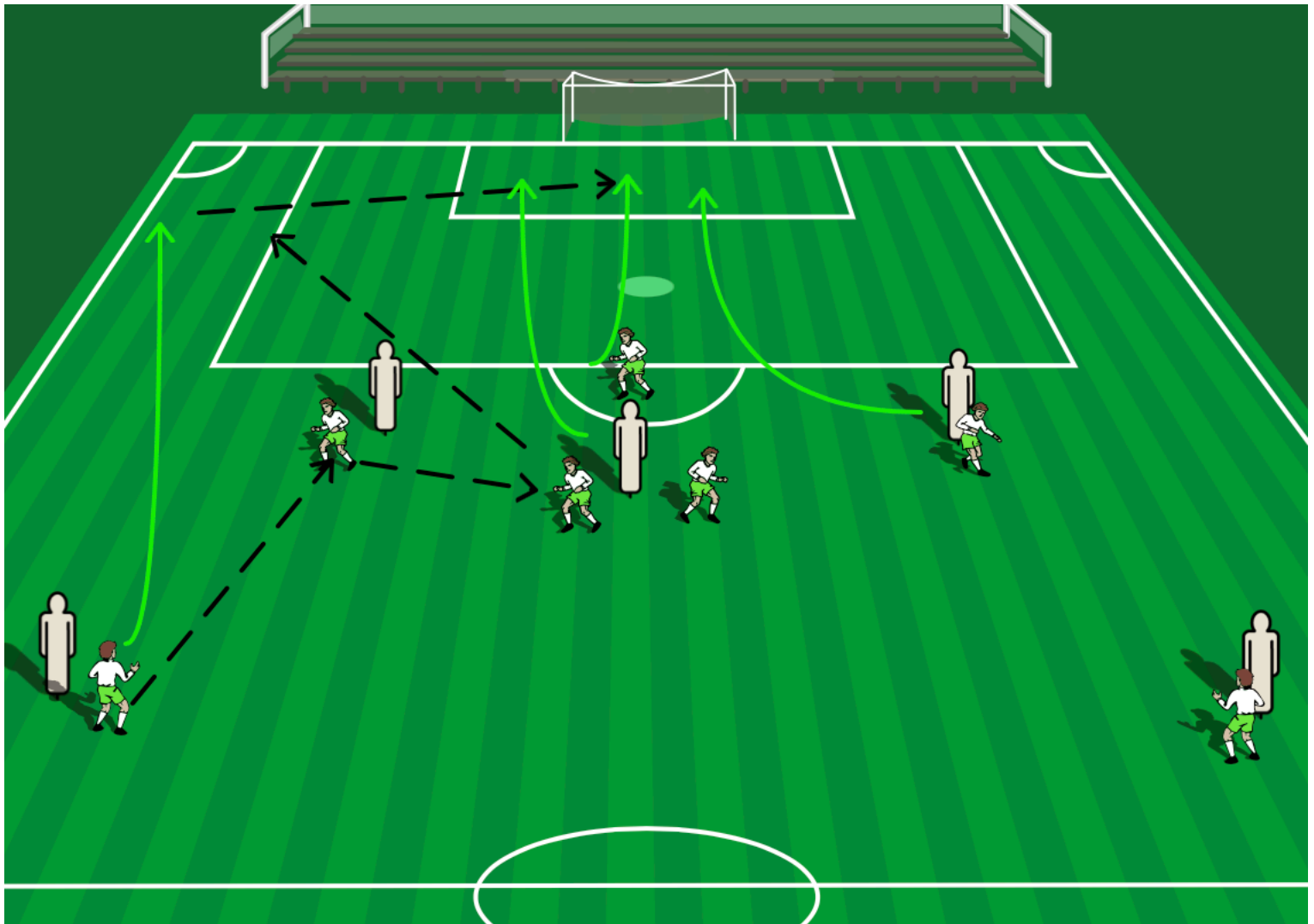
This will replicate with high repetition the amount of cut back opportunities the full backs will create in game situations, the wide player will be expected to finish first time and across the goal

Practice Detail:

Wide player must maintain distance to allow space for cut back, as session progresses opposite wide player could attack back post cross.



Coaching Sessions



Practice Design:

Passing practice in to crossing, the first pass is in to the inside 10, before a bounce inside, and slipped through to the aggressively running full back to cross for the 2 midfield player and opposite wide player.

Practice Objective:

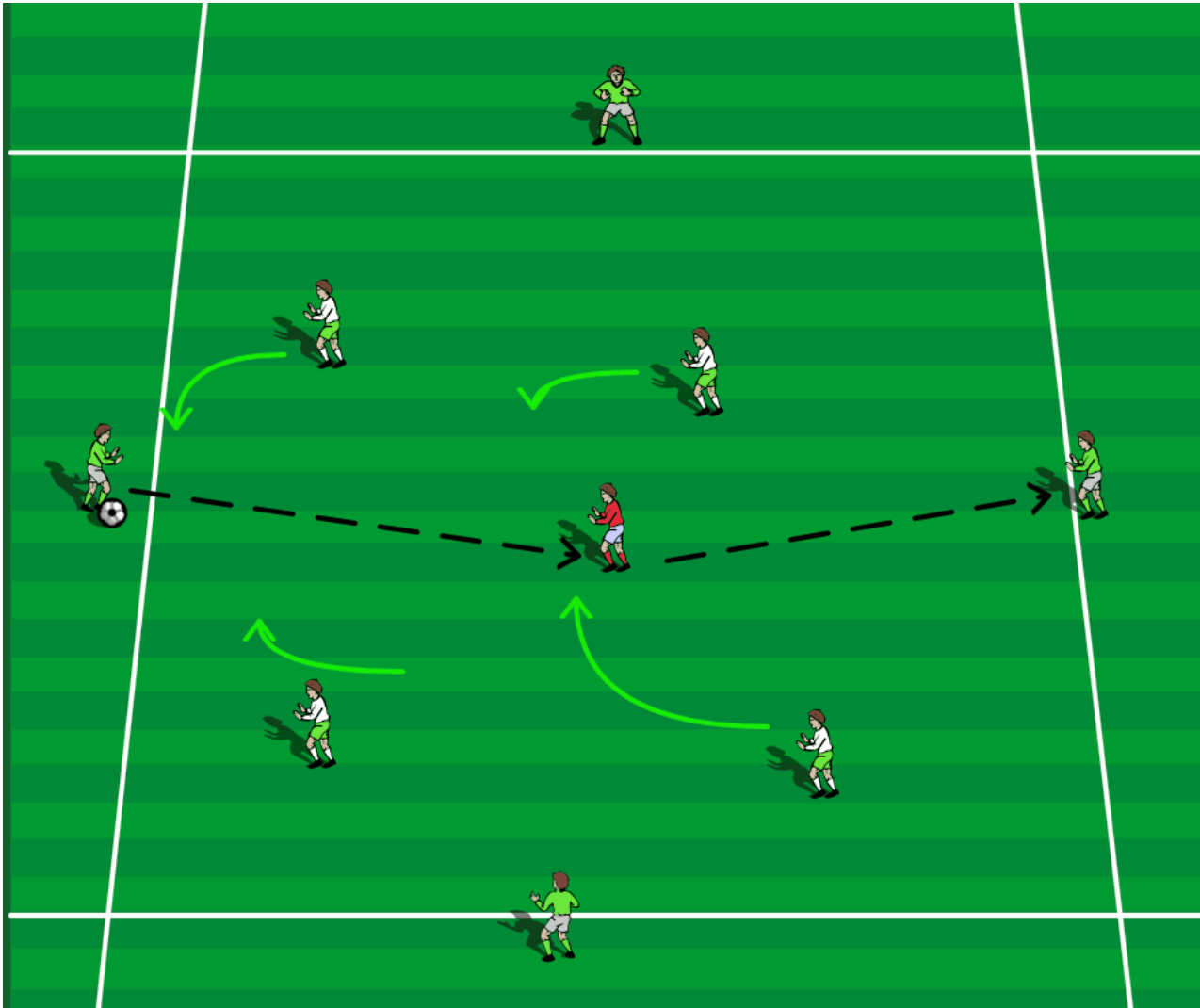
This is a practice that creates overloads in the box whilst practicing a consistently used pattern in Pochettino system.

Practice Detail:

The wide player must cross first time to match the realism of the situation faced in games, the midfield players must stay inside to make space for the cross but the outside midfield player must stay on the outside shoulder of full back to occupy half space and force the space for a threaded pass.



Coaching Sessions



Practice Design:

4v4+1 rondo, used to understand how to dictate the opponents movements, central player looks to bounce the ball out wide, if whites win the ball back the 2 closest greens can transition in to the practice to create a 4v3.

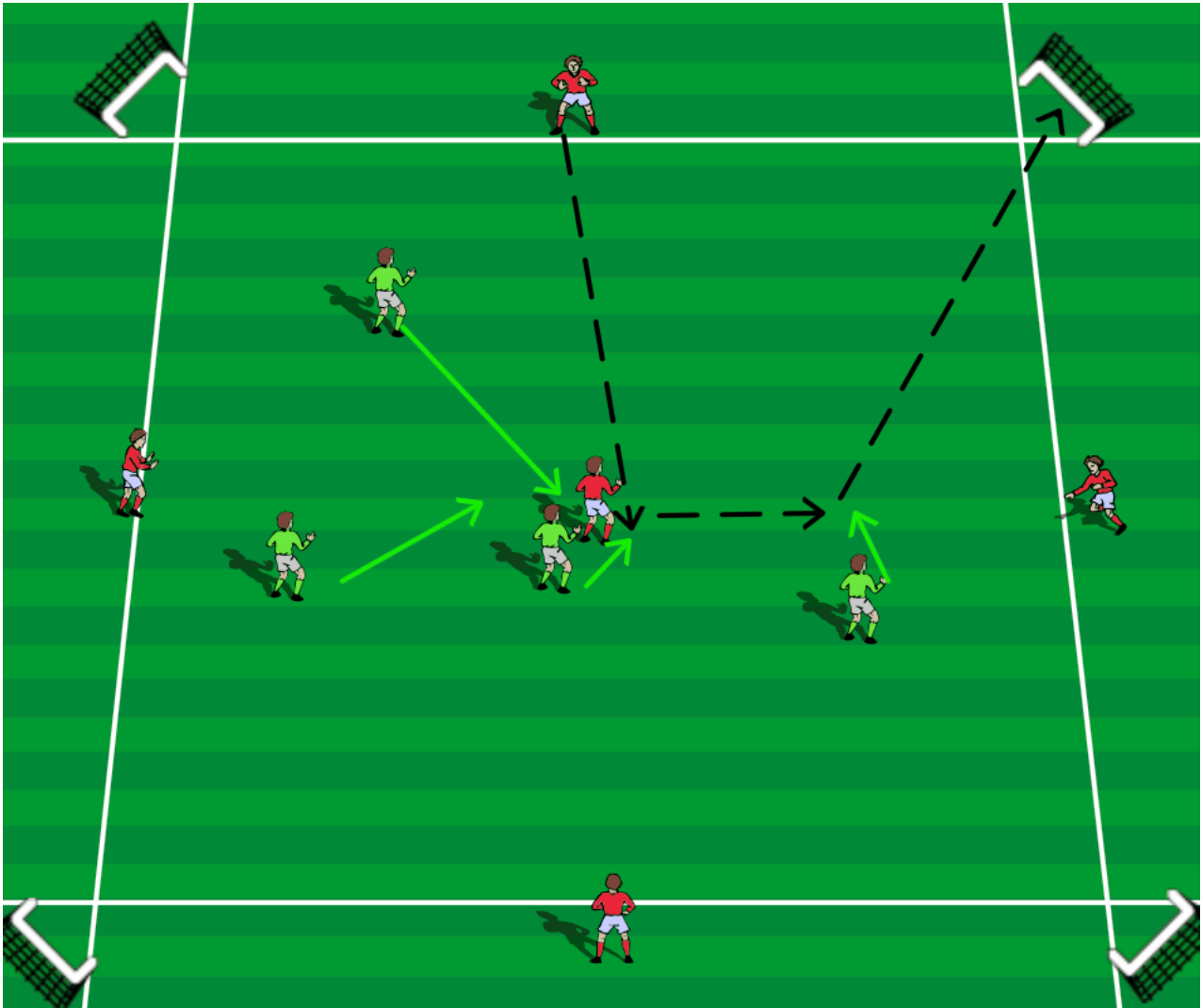
Practice Objective:

Understand how boy position can influence the opponents movement, and ball position and effectively push them in to areas of positional strength.

Practice Detail:

Although this can be used in 100 different ways it is being used in this practice to force play inside to a position of positional superiority before the defensive team press and win the ball back early.

Coaching Sessions



Practice Design:

A continuation of the previous activity, but now th

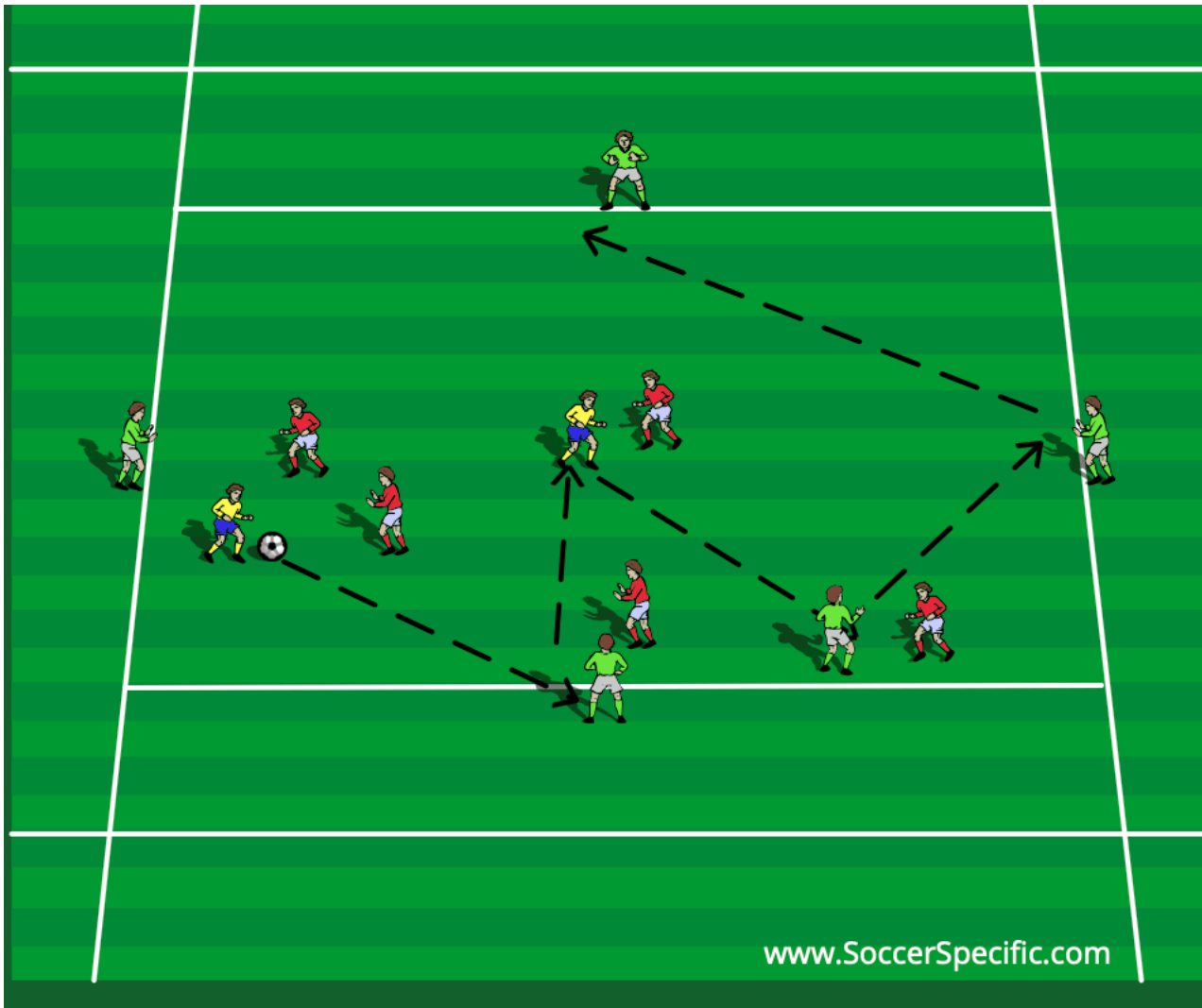
Practice Objective:

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Practice Detail:

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Coaching Sessions



Practice Design:

5v5+2 This is a transitional line ball game, where the team in possession have 1 central player + 2 natural players. The team out of possession look to press and win the ball back, when they do this the outside players step in and look to defend creating. A 7v5

Practice Objective:

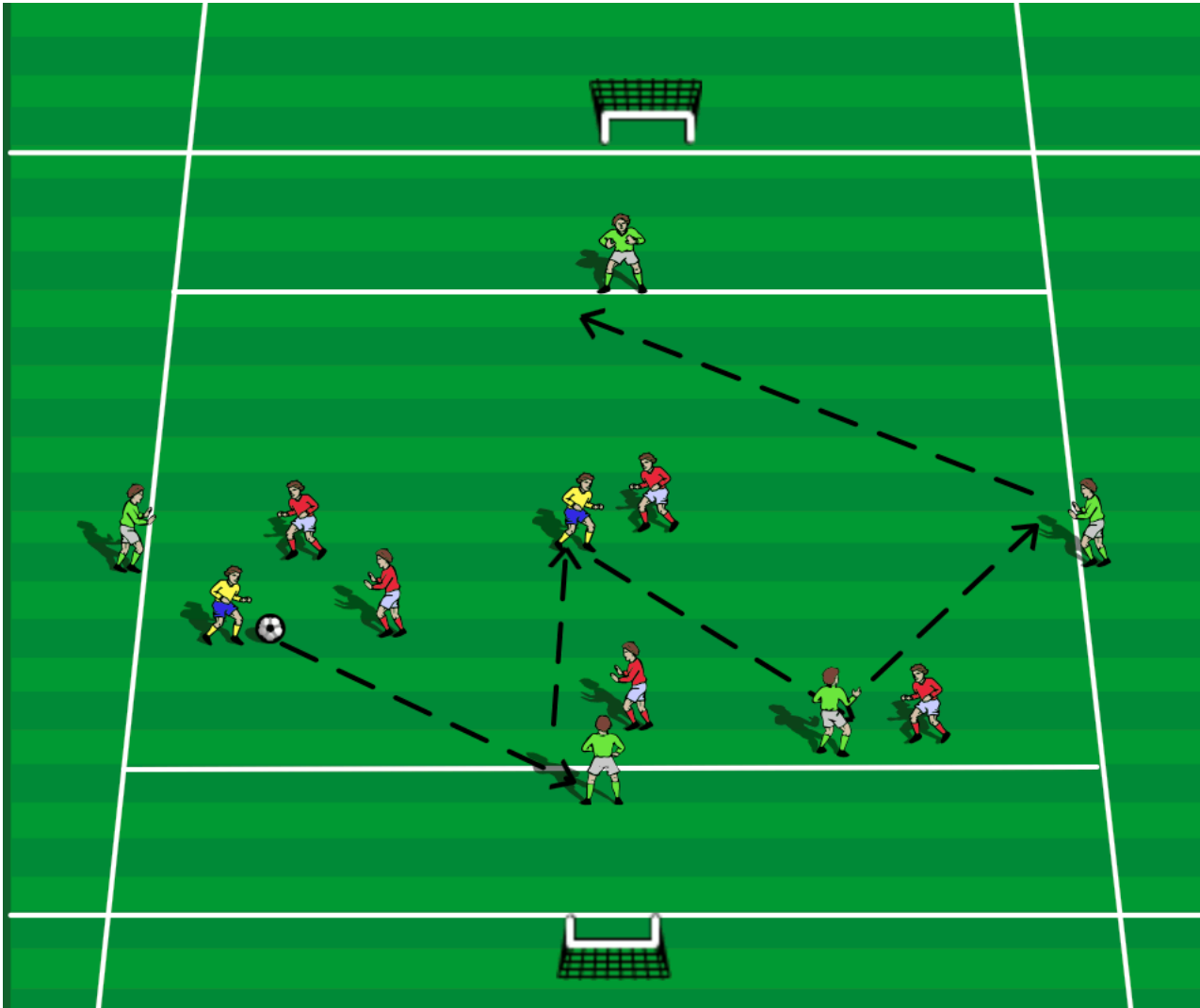
Recognize the defensive transition, early recognition important.

Practice Detail:

Movement of central players key to ball rotation, can players stay away from the ball to aid the circulation of the ball. Out of possession time the outside team to motivate and encourage quicker defensive transitions.



Coaching Sessions



Practice Design:

Identical to the last practice, but now when the defensive team win the ball, they break out in to either goals, the team defending against them must be quick to stop forward movement.

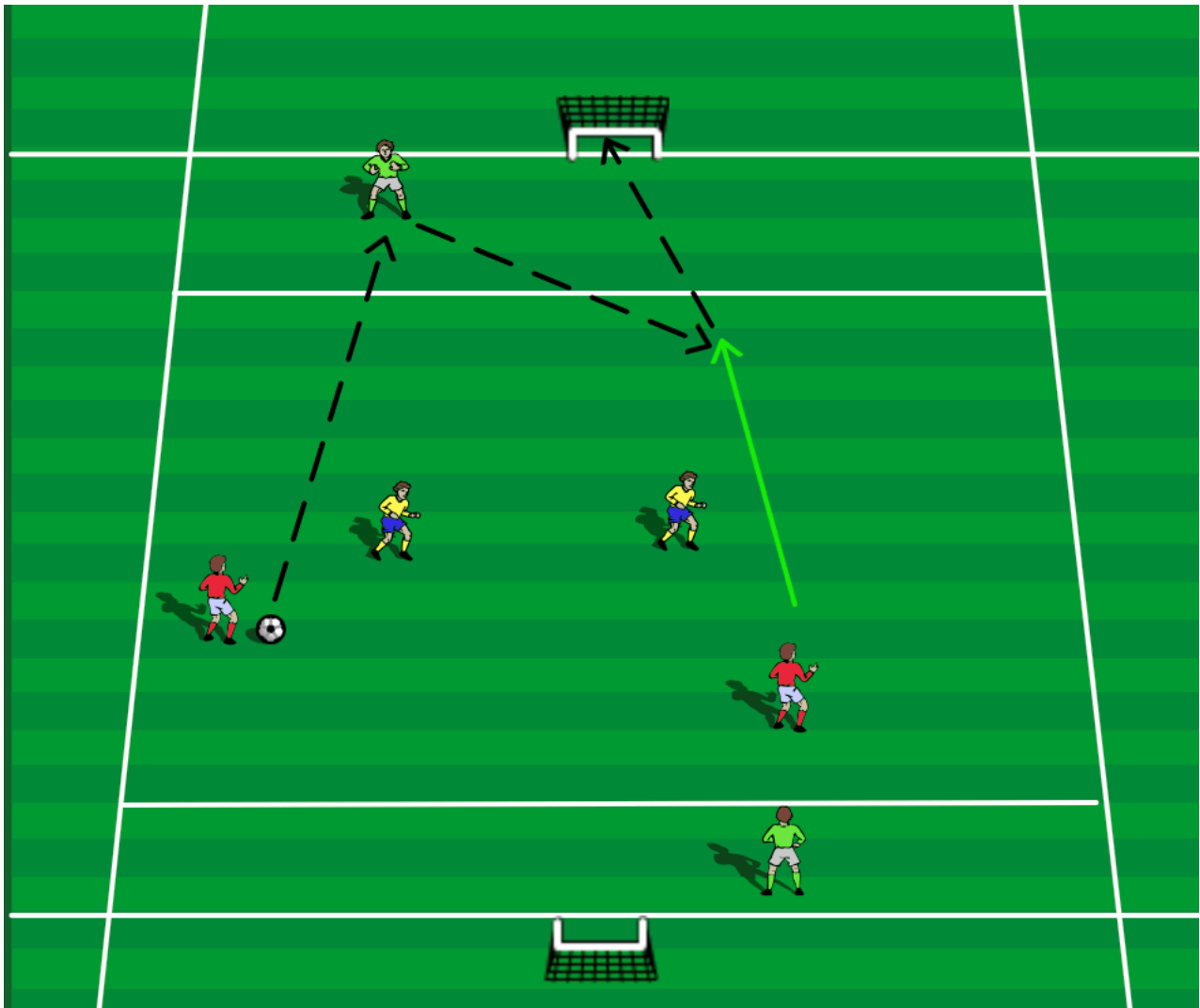
Practice Objective:

Recognize the defensive transition, early recognition important.

Practice Detail:

Movement of central players key to ball rotation, can players stay away from the ball to aid the circulation of the ball. Out of possession time the outside team to motivate and encourage quicker defensive transitions.

Coaching Sessions



Practice Design:

2v2+2 transitional practice. Team in possession use end players to bounce the ball off the end player and score inside end zone.

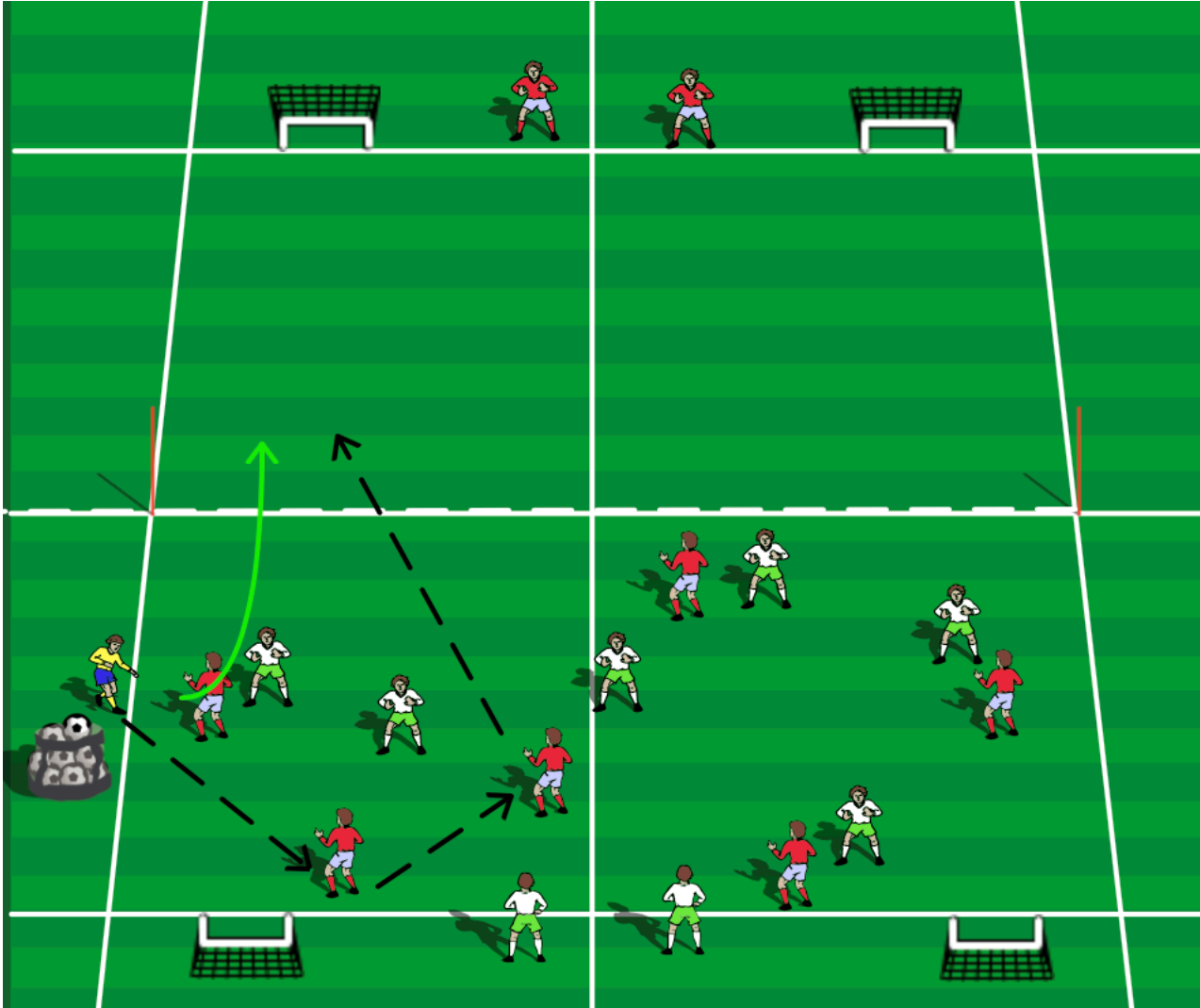
Practice Objective:

Create tactically aware players who are able to deal with the defensive and offensive transition.

Practice Detail:

Can the players in possession look to create space with movements between the defensive two, whilst also using the end player when there is enough space behind the back 2 to attack.

Coaching Sessions



Practice Design:

Multi-Goal transitional practice. 6v6 +4 the practice begins with a 6v6 in Half the pitch, once the team in possession are able to find a forward pass they can pass in to the end players for a bounce pass and score. If the defensive team with the ball back they can score without playing to outside players.

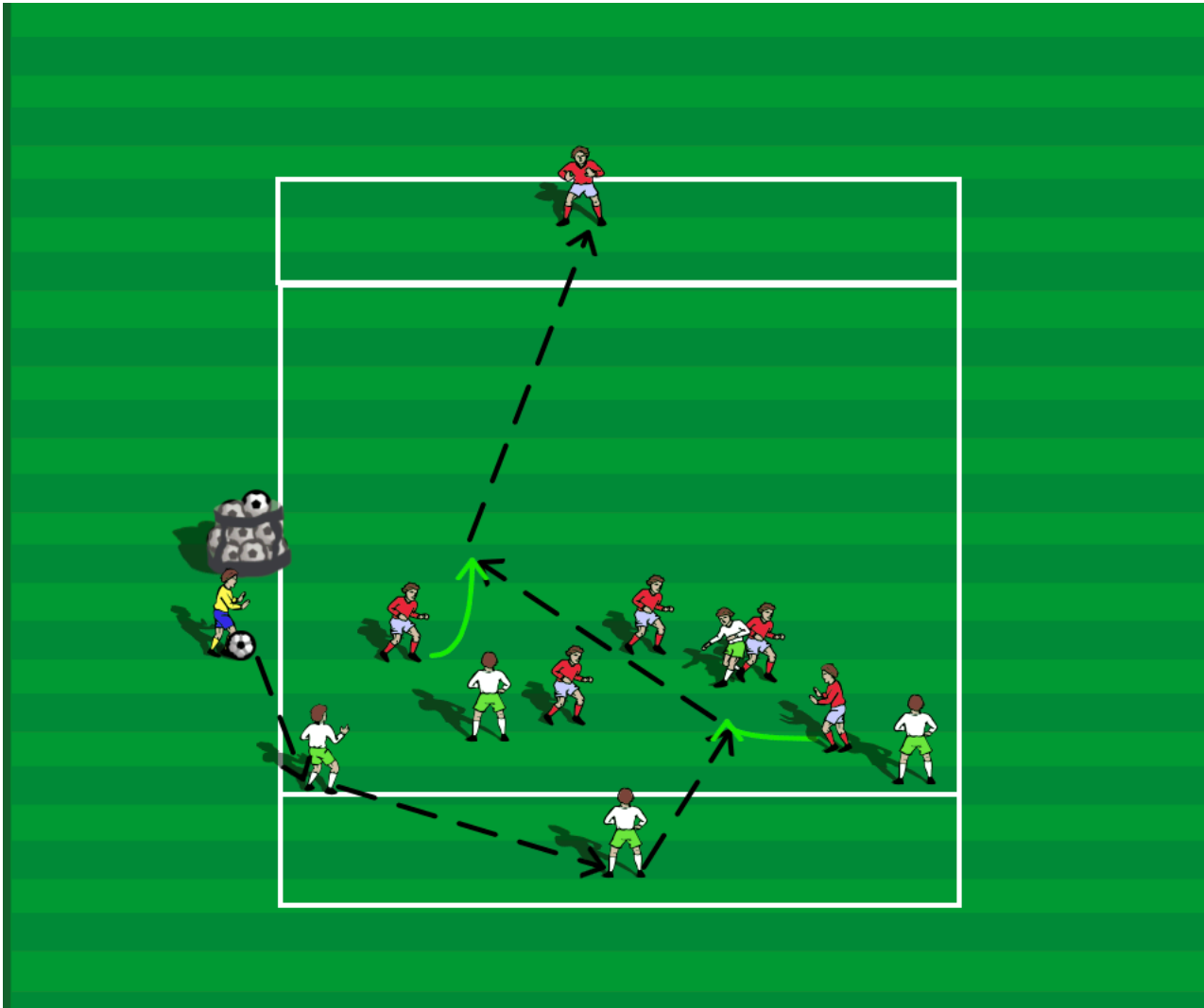
Practice Objective:

Value the defensive transition, prevent forward passes.

Practice Detail:

Stay with runners, defend high, prevent forward passes and stay compact as a defensive unit.

Coaching Sessions



Practice Design:

5v5 in central area with 1v1 at each end, coach feeds the ball in before the team in possession look to play forward in to the opposite end man whilst the opponent looks to win it and pass in to the end man in the same bib as them

Practice Objective:

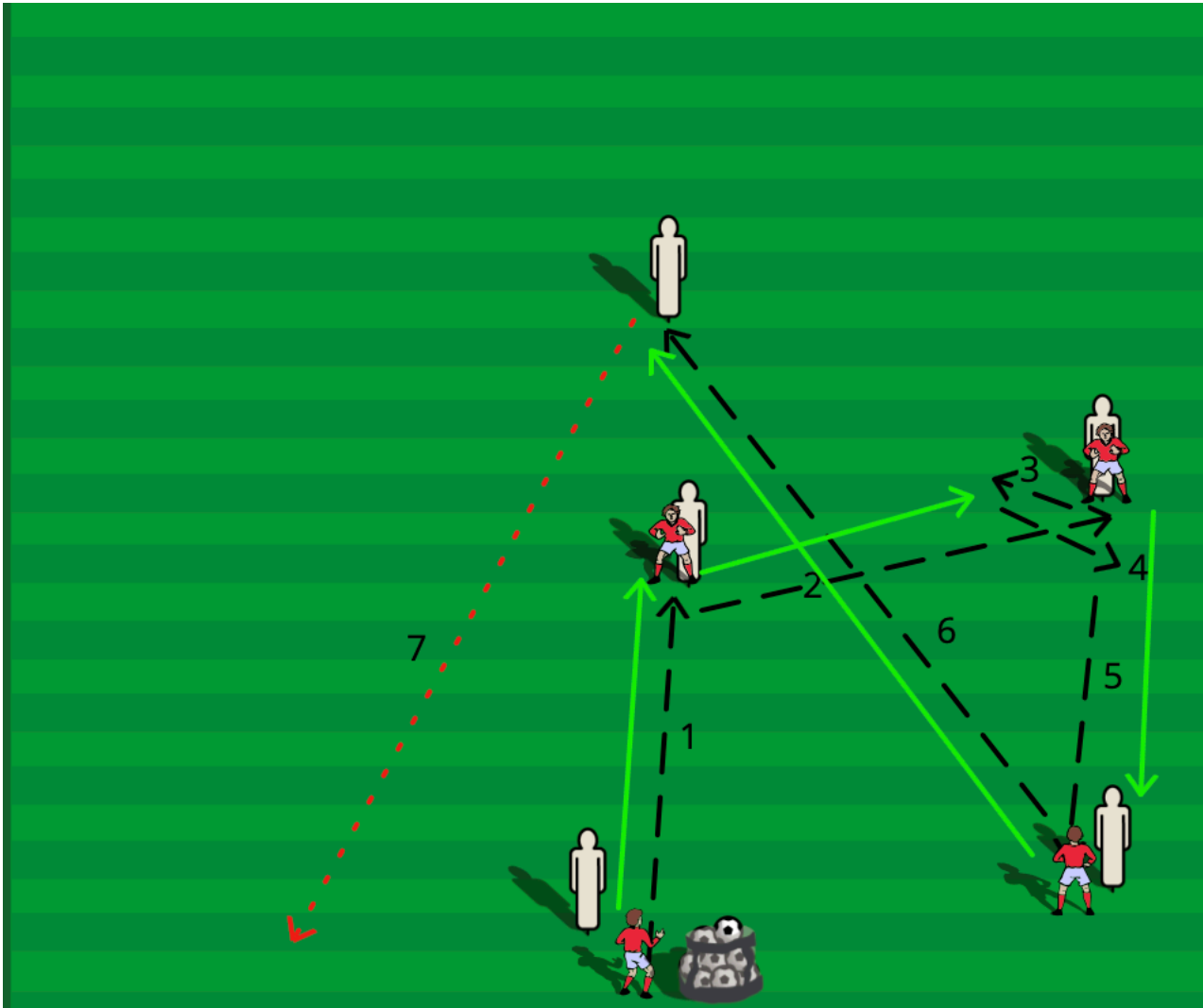
Reward the team with 2x goals if they can win the ball in the attacking half, creating a highly transitional game.

Practice Detail:

Prevent forward pass with pressure and body position. Supporting movements behind the ball to ensure the opposition can't play forward.



Coaching Sessions



Practice Design:

First pass forward, second passed out wide on the angle before being set back and passed forward on the diagonal line.

Practice Objective:

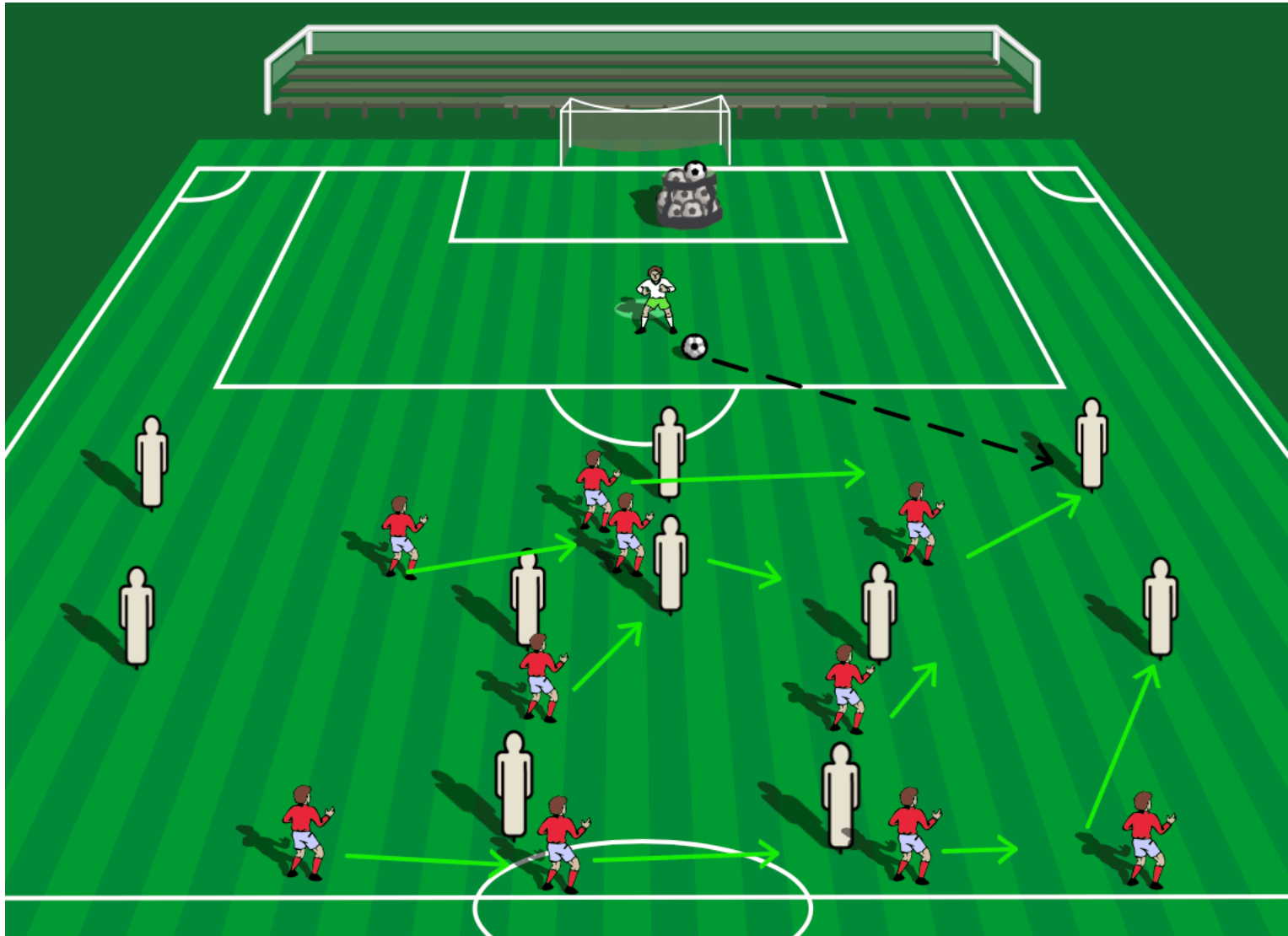
Understand how to pass the ball amongst the out side diamond, how the weight of pass and timing of pass is vital in playing forward in the outside diamond.

Practice Detail:

Players must move the ball with speed, the first touches must allow the next player to pass with his first touch, the movement away from the mannequin is key to the success of this practice.



Coaching Sessions



Practice Design:

Session design is very simple. Opposition shape is lined out and then the pressing pattern takes place as the coach kicks the ball towards one of the mannequins.

Practice Objective:

Understanding the pressing pattern when playing against the opponent

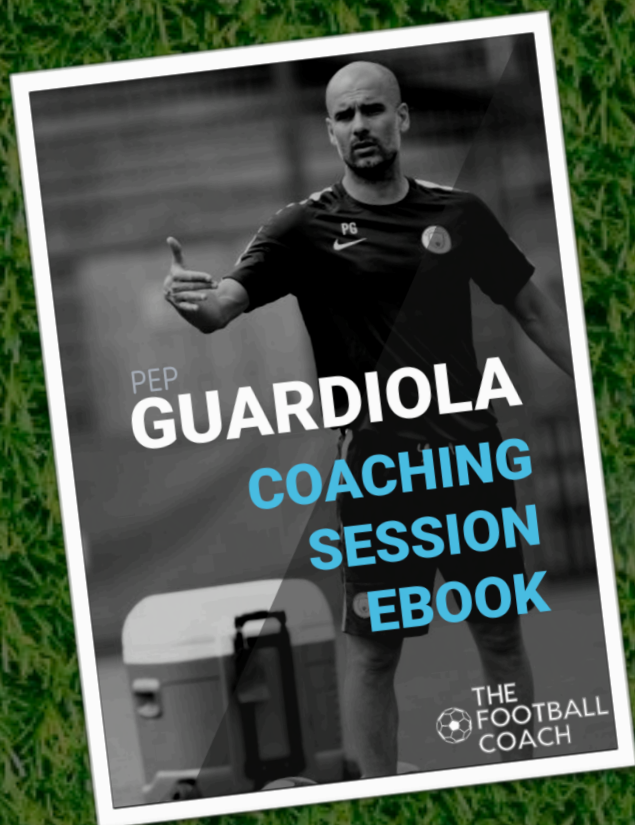
Practice Detail:

Striker prevents the opponent switching play, whilst the midfield players goes across and presses the full back, the ten slides across to stop a pass Inside, and the opposite wide player does the same, the two midfield players lock on to their opposite numbers whilst the back 4 slides across one





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