



# Uefa A Licence

## A coaches guide....





# Contents

Club Philosophy & Talent ID	Page 3
Periodisation Programme (6wks) inc Games	Page 10
Role of the Coach	Page 28
Match Analysis : Team A v Team B	Page 33
Next Training Session after Match	Page 52
Individual Player Development 5 x Sessions	Page 55
Formation Analysis from World Cup 2014	Page 61
Training Session Plans	Page 74
50 Passing Drills	Page 84
Blank Pitch Coaching Page	Page 95





# Club Philosophy & Talent ID



# Club Philosophy

Club A's Philosophy :

*"To identify, nurture and develop talented young players for the Club's 1st Team"*

The philosophy within the club is the development of each individual player being paramount.

Working alongside the 4 corner development programme ;

Technical, Physical, Psychological and Social

This covers our philosophy to develop each young player to reach their highest potential.

Club A seek to create the correct environment for young players to develop and enjoy playing football. Vital to this is the relationships built through staff/parents and players to maximise retention of the players themselves.

Players must understand the importance of respect, attitude, discipline, commitment and dedication required to be a young professional player at Club A.

The coaching ethos at the club is one of developing technically able, highly disciplined players with a freedom to play football.

In – Service training enables coaches to understand and deliver Club A's philosophy in developing young players.

From this pathway the Youth Academy looks to attain the following performance criteria each season :

To produce 1 player each season to attain a full-time 1<sup>st</sup> team contract.

To produce 1 player every 2 seasons to be playing in the 1<sup>st</sup> team.

To sell 1 player on every 3 seasons that will generate a profit for Club A from the Youth Development Programme.



Developing players to meet the club standards is extremely important and to aid this coaching staff identify player's weaknesses/strengths and the players are then given individual development programmes (Personal Improvement Programme).

Players are encouraged to work on their individual programmes before training and also in their spare time in the form of a homework package.

The programmes work alongside other homework packages including sports science, diet + nutrition and self evaluation (psychology). At the start of the season players are taken through the following areas and are given the handouts below to ensure they understand Club A's philosophy;

Player code of conduct

Parental Agreement

Anti Discrimination Policy

Players are also given a players handbook and child protection policy at the start of every season which contains all information needed on the Academy and its policies and philosophy.





# Talent ID

Working with age groups from under 8 through to under 19's, the club looks to cover all areas within talent identification and recruitment.

The head of youth and 1<sup>st</sup> team manager and backroom staff have an excellent working relationship, and producing young football players for 1<sup>st</sup> team is a priority.

Team A looks to provide the best possible opportunities for the best young players of this area, to achieve footballing excellence and to fulfil their all-round potential– on and off the pitch.

The club goes through a 4 stage process in getting youth players to 1<sup>st</sup> team level.....



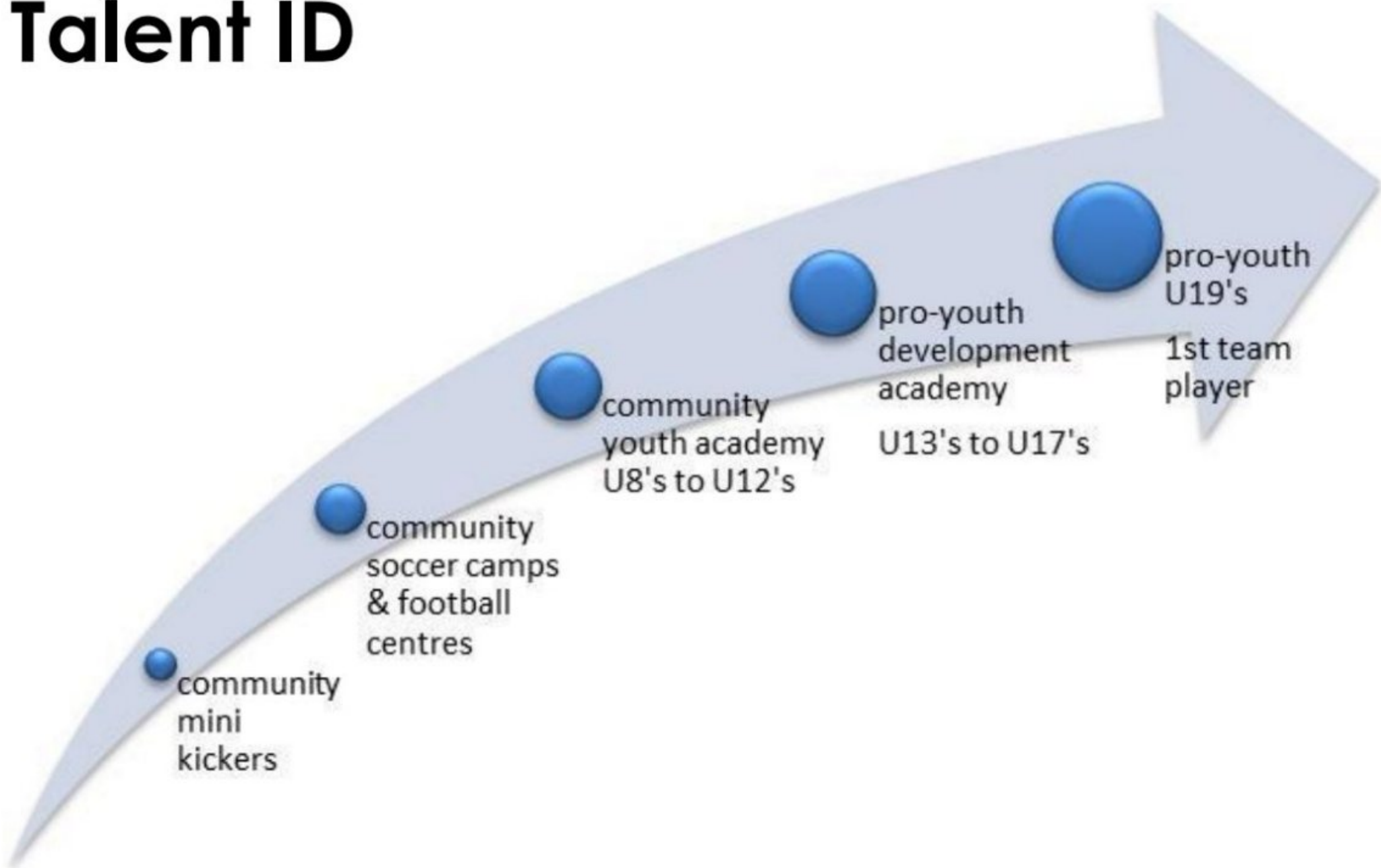
## Detection

How will Club A detect good and promising young footballers in the local area?

The main area for detection includes the network of scouts we have. As a club we look to continually increase the number of scouts and improve the quality of scouts. One of our priorities is to look close to home first and then broaden our scope. It is essential that we get our own doorstep correct and that we are very competitive within our 60 minutes and then within our 90 minutes. Creating good links with local boys clubs to enhance best local talent coming to the club is something we strive for as these relationships work two way. On occasions, Club A received better players and the boys club receive better players going in the other direction. Open festivals and trials are areas that we utilise in the close season to encourage possible recruits to the club. The club is fortunate to have a vibrant and wide reaching community programme which we link in with to detect possible talent. A process is in place for community coaches to alert academy staff to prospective players.



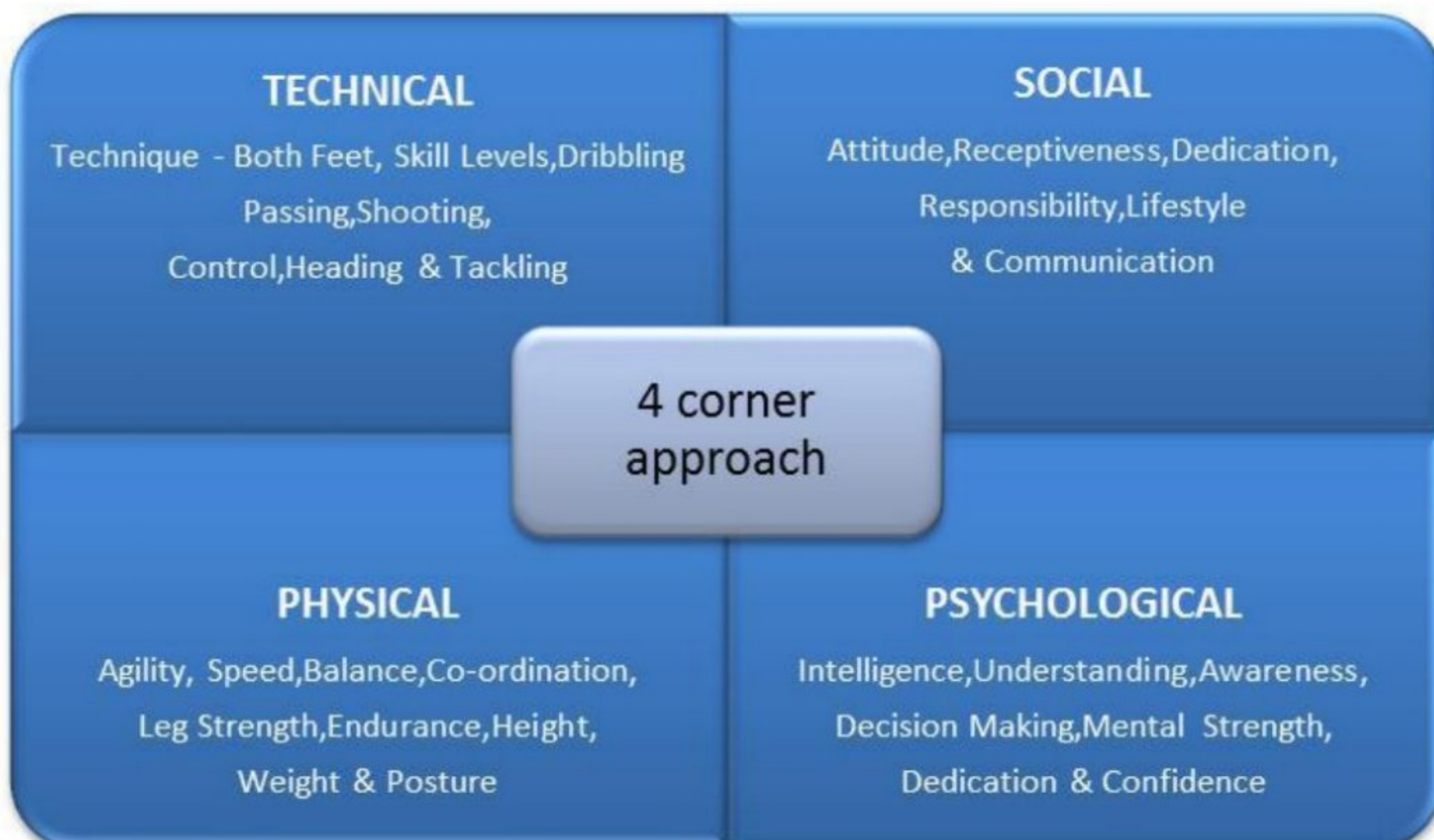
# Talent ID



When we start recruiting at the grassroots level we have a series of camps, classes and development centres and we work closely with our football in the community (see above). So there is a basic grassroots development and coaching going on below 9 years of age.

## Selection

The club places great emphasis on the traditional 4 corner approach when selecting players





# Talent ID

## Identification

Scouts and coaches must have key criteria or performance indicators to look for in a young player.

Name :

Position :

DOB :

Attacking	Comments
Passing – short	
Passing – long	
Receiving	
First touch	
Control	
Driving	
1v1	
Shooting	
Heading	
Decision making on the ball	
Availability	
Defending	Comments
Pressure	
Tackling / Challenges	
Heading	
Winning the ball	
Positioning	
Decision making	
Physical skills	Comments
Speed	
Endurance	
Agility	
Strength/Power	
Character	Comments
Competitive	
Self-confident	
Take responsibility	
Creative	
Positive	
Will power	

Any Other Comments :



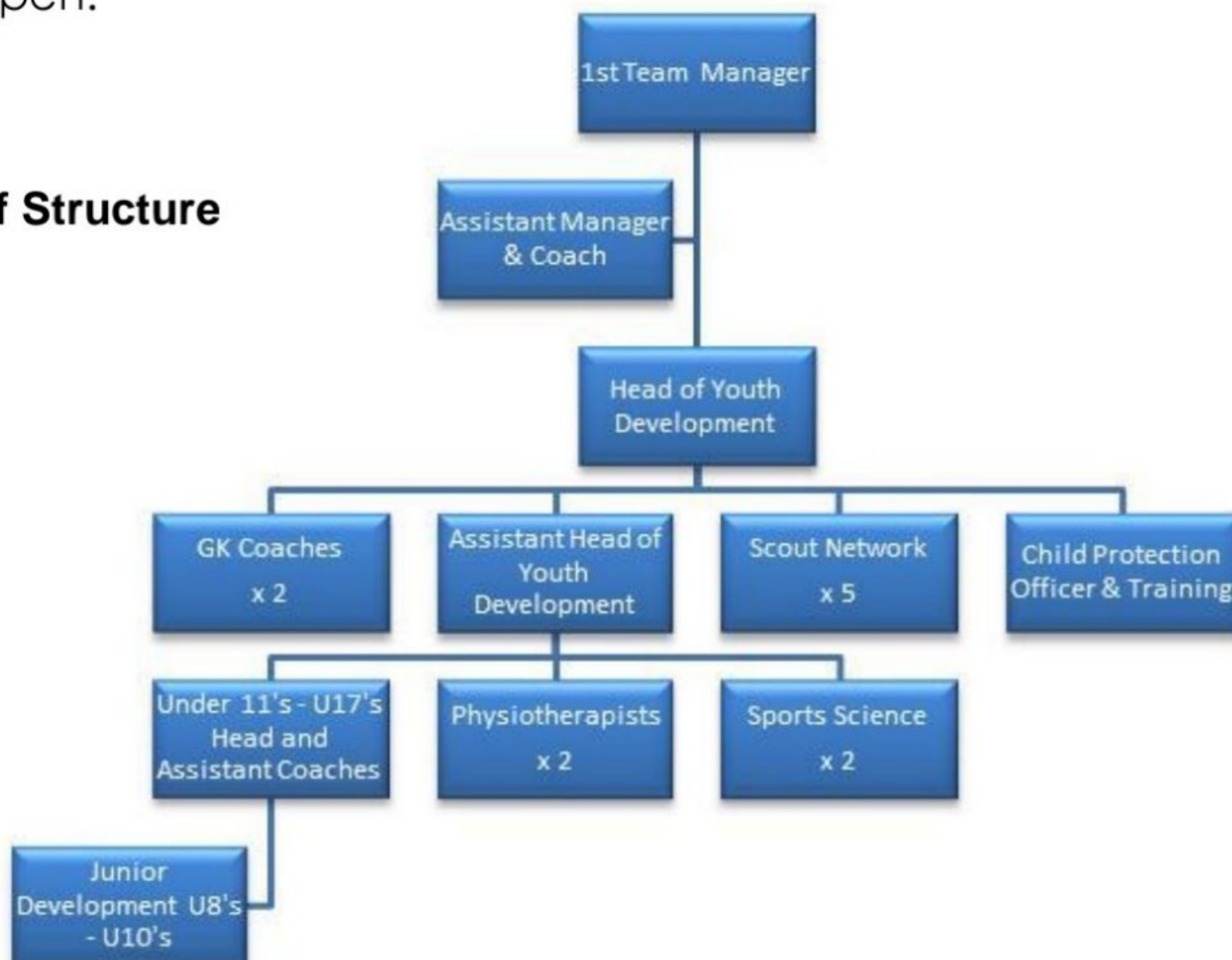
# Talent ID

## Development

One of the elements of recruitment that is vitally important is what you do with the kids once they are in the youth academy. Coaches are very important in this process and so is the education, the medical support, the physiological support and then the guidance at the end of that pathway from academy to first team. Outstanding players must get the opportunity to play for our first team and that pathway must be clear and visible to them. For the manager it's a risk putting in a young player, because the chances are he is going to make mistakes, as everyone does learning and going into something new. Good working relationships with the manager and backroom staff are vital to ensure such mistakes are minimised and recognised as learning experiences. There has to be regular dialogue and we are all working and operating to the same philosophy.

In order to do so I believe the manager and reserve manager need to be made aware of who is doing well and who deserves an opportunity to play with the reserve or the first team. I think that becomes a key part, so that all the hard work which done for 8-9 years isn't then locked due to personalities or poor communication and if you are not careful that can happen.

## Staff Structure







# Periodisation Programme

Uefa A Licence  
6 week Programme  
at Full Time Club



## Periodisation Programme 2014/15

Jose Mourinho & his assistant Rui Faria apply the football specific approach to periodisation. Conditioning with the ball & gradual build-up in pre-season.

*"Have you ever seen a pianist run around his piano before sitting down to unleash a masterpiece? In our methodology we don't send them on laps around the pitch either". Rui Faria, Assistant to Jose Mourinho*

Raymond Verheijen believes that a traditional Pre-Season is now a thing of the past highlighting a quick build up will mean short term fitness and more injuries. Also, fitness drops toward later stages of season and develops fatigue.

Periodisation looks at a gradual build up over 6 weeks, *"If football is an intensity sport, then less is more and you have to focus on the quality of training instead of the quantity,"* stats Verheijen, whose *bête noire* is double-training sessions.

*By doing one session a day with maximum intensity, when you come to November and December your players will be much fitter and fresher than they are normally are with the traditional approach."*

*source BBC Sport*

Verheijen's periodisation model looks to damage the body slightly, in a responsible manner, after which the body recovers stronger all within a game specific environment. *source KNVB*

### **Ideal Periodisation Fitness Model : Gradual build up.**

- 6 weeks football (conditioning) training
- Gradual build up = long term fitness
- Fitness increases during season/ no drop
- Almost no injuries and slow loss of fitness during injury periods.
- More training with entire squad
- Initial gains same as quick build ups

Gradual build up fitness increases toward end of season.





Football Periodisation : 4 key indicators

- 1) Increase of explosive power in football actions
- 2) Increase of explosive power stamina (explosive capacity)
- 3) Decrease of recovery time between two explosive actions
- 4) Increase of recovery stamina (recovery capacity)

The Periodisation model:

These 4 key indicators are trained in 6 week cycles within the model

Overload principle: increasing time / series, decreasing rest / intervals per 6 weeks

Only game related football exercises

Football conditioning continues the whole season

Basic 6 Week Periodisation *source Football Federation Australia*

Week 1 and 2	Week 3 and 4	Week 5 and 6
Explosivity Preparation Exercises (EPE)	Football Sprints (FS) with short rests (Quantity)	Football Sprints with long rests (Quality)
11v11 / 8v8	7v7 / 5v5	4v4 / 3v3

Blocks of 2 weeks

Generally at the start of pre-season if you try to play with a high intensity you can't maintain for very long

So we start with high volume (11v11/8v8) "Big Games", to "Medium Games" and move to high intensity SSG's (4v4,3v3)



Accompanying this, we must complete Explosivity Preparation Exercises in the first two weeks of every cycle (usually part of warm up) in order to prepare the body for the explosive actions to follow. Please see below. *Source KNVB Periodisation Presentation*

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Cycle 1	Explosivity Prep Exercises		Football Sprints with little rest		Football Sprints with much rest	
	8v8 - 11v11		7v7 - 5v5		4v4 - 3v3	
	3 * 12'	3 * 13'	4 * 5'	4 * 5.5'	2*6*1' (3'R)	2*6*1' (2.5'R)
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Cycle 2	8v8 - 11v11		7v7 - 5v5		4v4 - 3v3	
	3 * 13'	3 * 14'	4 * 5.5'	4 * 6'	2*6*1' (2.5'R)	2*6*1' (2'R)
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Cycle 3	8v8 - 11v11		7v7 - 5v5		4v4 - 3v3	
	3 * 14'	3 * 15'	4 * 6'	4 * 6.5'	2*6*1' (2'R)	2*6*1' (1.5'R)
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Cycle 4	8v8 - 11v11		7v7 - 5v5		4v4 - 3v3	
	3 * 15'	4 * 12'	4 * 6.5'	4 * 7'	2*6*1' (1.5'R)	2*6*1' (1'R)
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Cycle 5	8v8 - 11v11		7v7 - 5v5		4v4 - 3v3	
	4 * 12'	4 * 13'	4 * 7'	4 * 7.5'	2*6*1' (1'R)	2*6*1' (0.45'R)
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Cycle 6	8v8 - 11v11		7v7 - 5v5		4v4 - 3v3	
	4 * 13'	4 * 14'	4 * 7.5'	4 * 8'	2*6*1' (0.45'R)	2*6*1' (0.30'R)

When players look tired its NOT because they aren't aerobically fit, it is because they aren't able to reproduce explosive actions. Long duration running will NOT fix this, we must overload short, football specific actions. The body WILL adapt.





To reiterate previous, Verheijan highlights factors of Periodisation in the table below. Physical overload continues during the whole season, bulding it up as we progress. For example, week 7 will almost be the same as week 1 etc.

		etc		etc		etc		etc		etc		etc	
		19		20		21		22		23		24	
		13		14		15		16		17		18	
		7		8		9		10		11		12	
week 1		week 2		week 3		week 4		week 5		week 6			
<u>velocity-preparatory forms</u>		duel 1 v 1 (+ scoring)  maintaining good actions  <u>repetitive short sprinting power</u>  supercompensation: 72		1 v 1  better actions  <u>power to accelerate</u>  48		1 v 1  better actions  <u>starting speed</u>  48							
<u>11v11 / 10v10 / 9v9 / 8v8</u>  maintaining many actions  extensive endurance training  supercompensation: 24		<u>7v7 / 6v6 / 5v5</u>  maintaining many actions  intensive endurance training  supercompensation:24		<u>4v4 / 3v3</u>  more actions  extensive interval training  supercompensation: 72									



## WEEK 1

### Big Games Maintain Quicker Recovery

Big games replace the traditional session of distance runs & coopers test

8, 9, 10 or 11 a side

$\frac{3}{4}$  - full pitch Play 10 minutes with 2 minutes rest 2 repetitions

### Maintaining many actions

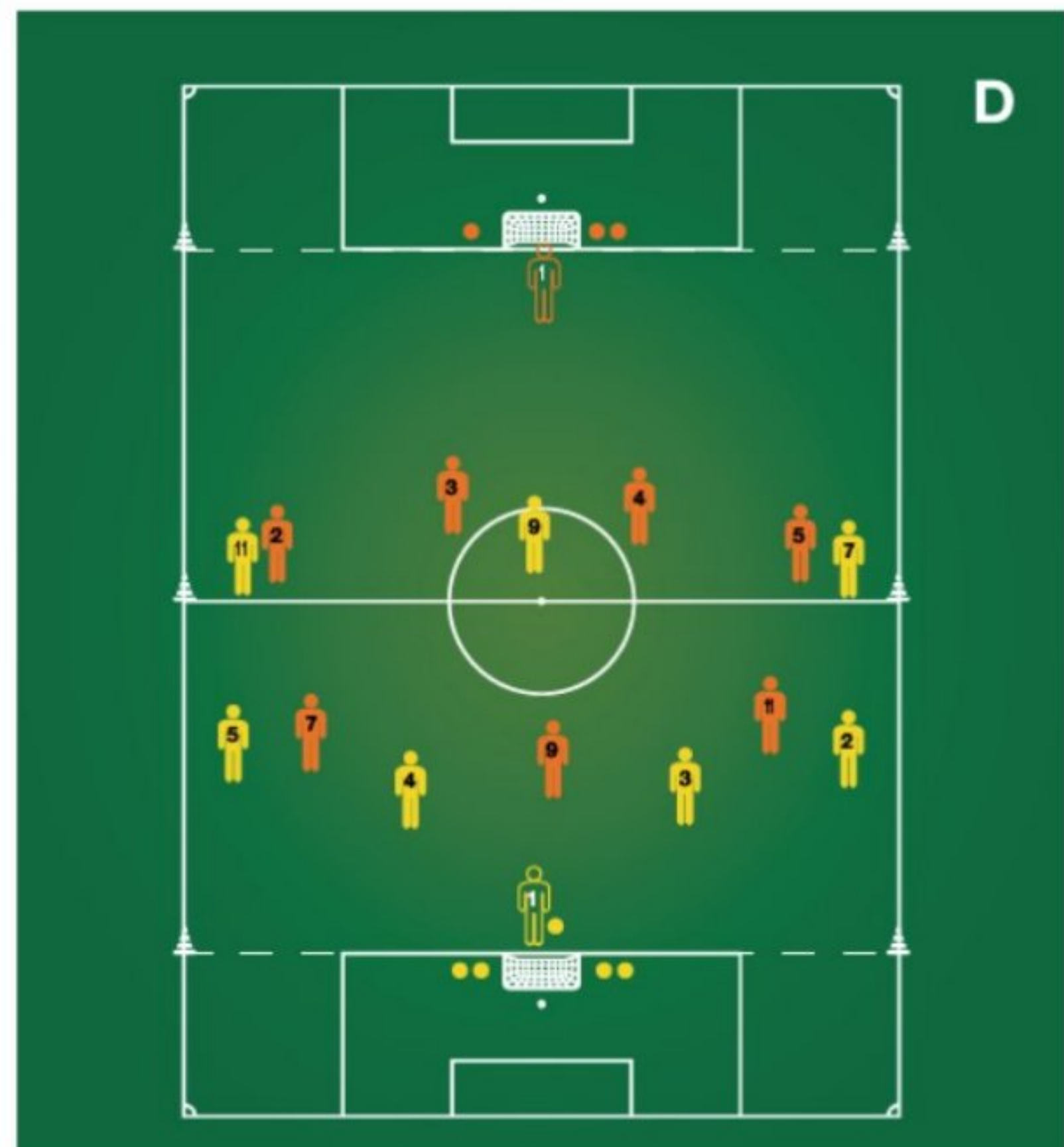
- Non lactic acid
- Low intensity
- Little muscle damage
- Little recovery time needed
- Short super compensation time (24 hours)

### BIG GAME 1 *source FFA*

#### Performance Phase – Model Session 1 Football Conditioning (Big games)

##### 4. Conditioning Game: 8 v 8 (7 v 7 + goalkeepers, see diagram D)

- Formation of both teams 1-4-3
  - All players can move across the whole field
  - Normal rules, offside applies
  - Pitch size depends on player's ability (see diagram D)
- **Since it's a conditioning game the intensity must be high.** Therefore there are no stops for throw-ins; corners; free kicks or goal kicks. The goalkeeper of the team that should have had the throw-in, corner or free kick immediately serves a new ball (within 3 seconds otherwise the coach serves a ball to the other team)
- Play 2 games of 10 minutes with two minutes rest between the games





## WEEK 1

### Big Games Maintain Quicker Recovery

Big games replace the traditional session of distance runs & coopers test

8, 9, 10 or 11 a side

$\frac{3}{4}$  - full pitch Play 10 minutes with 2 minutes rest 2 repetitions

### Maintaining many actions

- Non lactic acid
- Low intensity
- Little muscle damage
- Little recovery time needed
- Short super compensation time (24 hours)

### BIG GAME 2

8v4 + 4 on the side





## WEEK 2

### Big Games Maintain Quicker Recovery

Big games replace the traditional session of distance runs & coopers test

8, 9, 10 or 11 a side

$\frac{3}{4}$  - full pitch Play 10 minutes with 2 minutes rest 2 repetitions

### Maintaining many actions

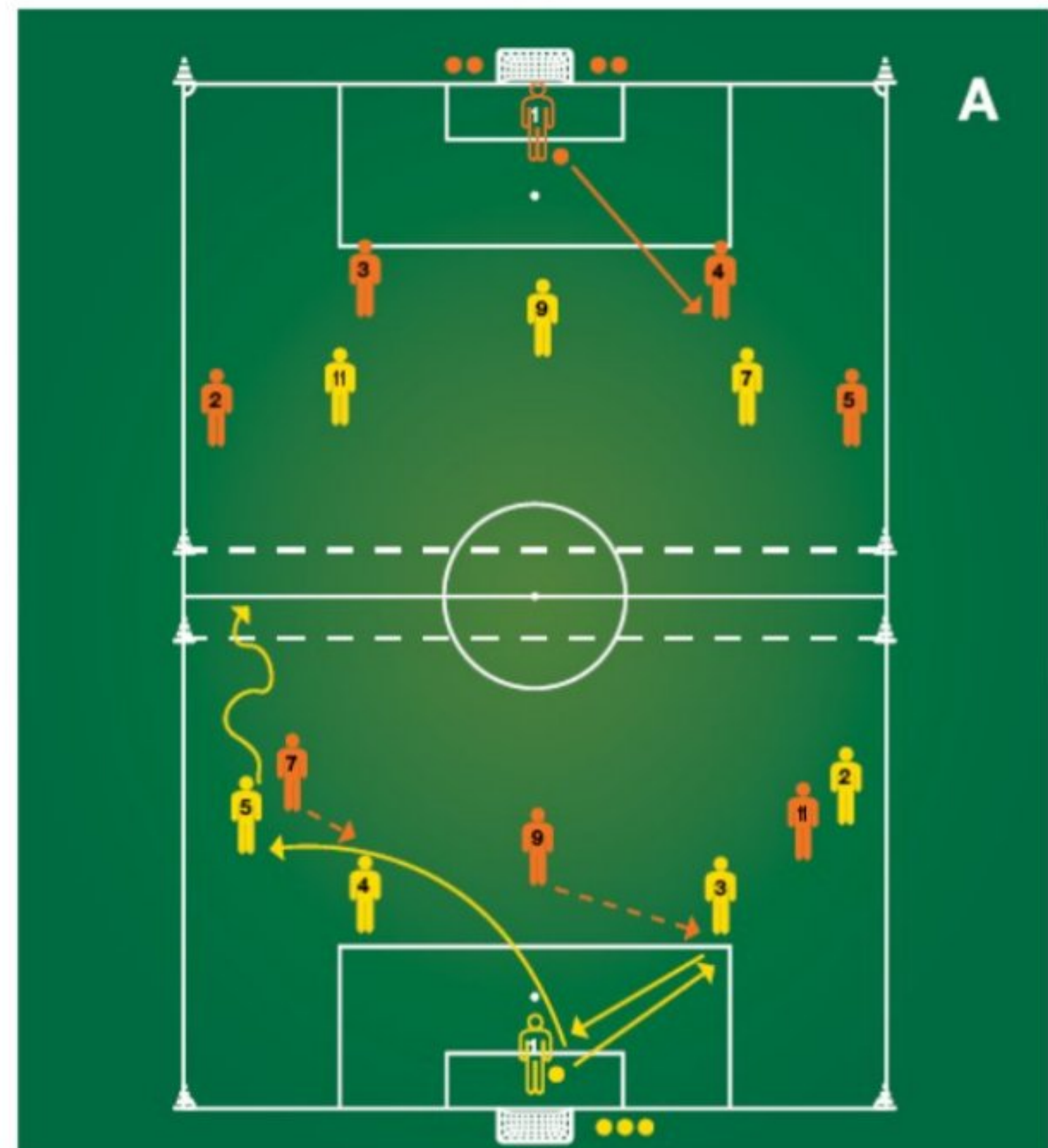
- Non lactic acid
- Low intensity
- Little muscle damage
- Little recovery time needed
- Short super compensation time (24 hours)

### BIG GAME 3 *source FFA*

#### Performance Phase – Model Session 1 Football Conditioning (Big games)

##### 3. Game training component:

- Two teams of 8 players each consisting of a full defence line (#1-2-3-4-5) and attack line (#7-9-11)
- 2 grids approximately the width of a full pitch and 45m long as shown in diagram A
- In both grids the defenders of one team play against the attackers of the other team
- The goalkeepers start by serving the ball to one of the defenders (enough balls next to both goals)
- "Get the ball to the 'free' player who must run with the ball across the end line"
- If the attackers win the ball, attack the goal and try to score (one attempt only). If the defenders win the ball back, the action has ended
- Every restart from the goalkeeper





## WEEK 2

### Big Games Maintain Quicker Recovery

Big games replace the traditional session of distance runs & coopers test

8, 9, 10 or 11 a side

$\frac{3}{4}$  - full pitch Play 10 minutes with 2 minutes rest 2 repetitions

### Maintaining many actions

- Non lactic acid
- Low intensity
- Little muscle damage
- Little recovery time needed
- Short super compensation time (24 hours)

### BIG GAME 4

Possession Directional

2 x Target Players

Condition the game





## WEEK 3

### Medium Games Maintain Quicker Recovery

Medium games replace the traditional session of Tempo runs  
(Increase and demands e.g. 200m/400m/800m)

5,6 or 7 a side

¼ - full pitch (dependant on numbers)

Start with - Play 10 minutes with 2 minutes rest 2 repetitions

### Maintaining many actions

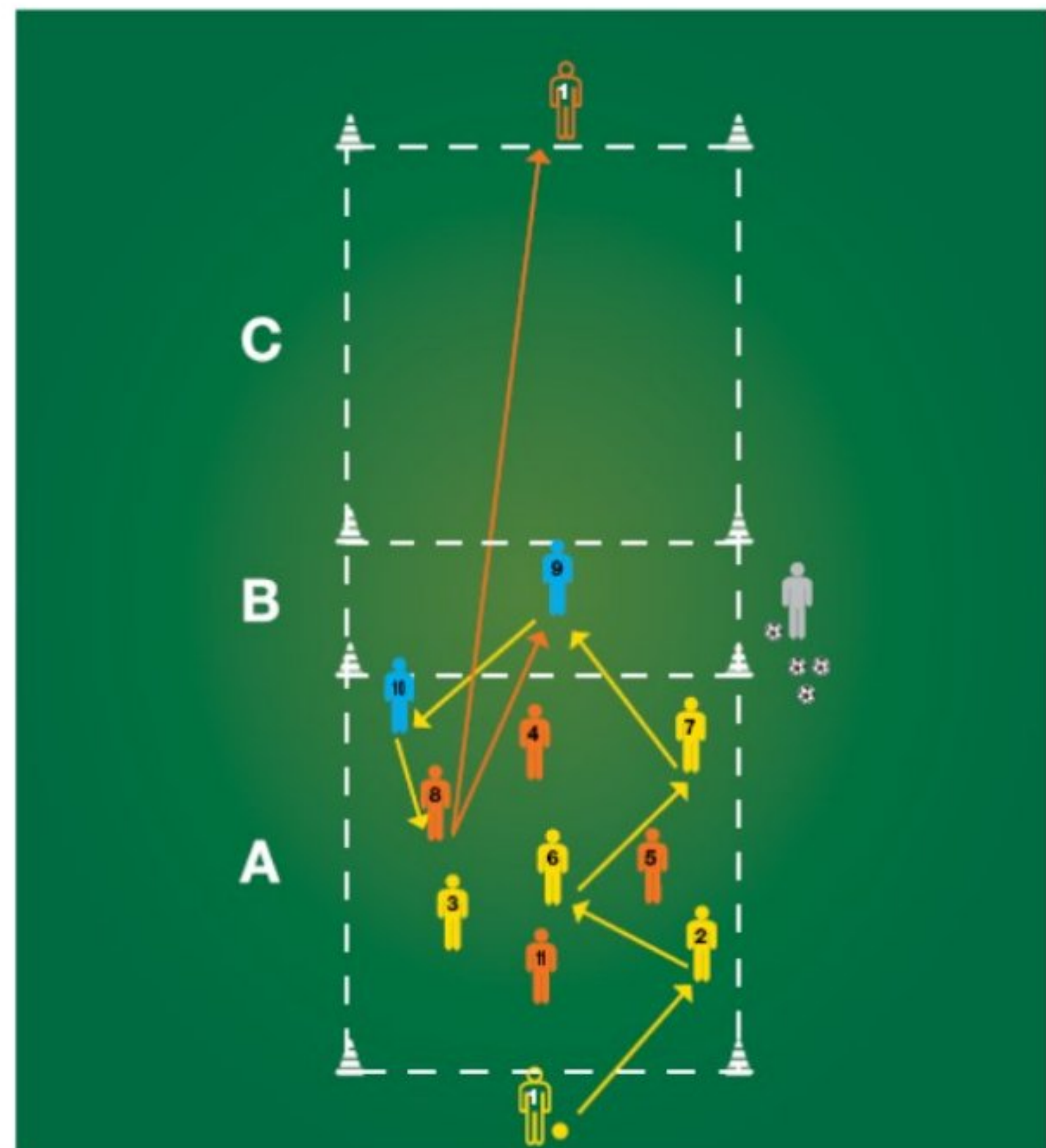
- Both lactic acid
- More muscle damage
- Much recovery time needed
- Long super compensation time (72 hours)

### MEDIUM GAME 1 *source FFA*

#### Performance Phase – Model Session 2 Football Conditioning (Middle games)

##### 2. Positioning game: 7 v 4

- 2 grids of approximately 30m x 30m (A & C) separated by a grid of 5m x 30m (B)
- 2 groups of 4 outfield players
- Yellow consisting of the players #2-3-6-7
- Orange consisting of the players #4-5-8-11
- #9 and #10 are neutral players who always play with the team in possession; one in grid B the other in the grid where the positioning game takes place (see diagram)
- 2 goalkeepers positioned on each back line
- #7 (yellow) keep possession against #4 (orange)
- Players as much as possible in their game positions (especially the team in BP)
- Provide 4 options (left; right; central and far) for the player on the ball through proper positioning
- When orange wins the ball in grid A, they must try to pass to #9 in grid B or their goalkeeper at the far end
- If they succeed, all players cross over to grid C where the game continues with orange in possession and yellow defending
- If a yellow player passes the ball out of the grid, the coach immediately serves a new ball to the orange goalkeeper and the game restarts in grid C with possession for orange





## WEEK 3

### Medium Games Maintain Quicker Recovery

Medium games replace the traditional session of Tempo runs  
(Increase and demands e.g. 200m/400m/800m)

5,6 or 7 a side

$\frac{1}{4}$  - full pitch (dependant on numbers)

Start with - Play 10 minutes with 2 minutes rest 2 repetitions

### Maintaining many actions

- Both lactic acid
- More muscle damage
- Much recovery time needed
- Long super compensation time (72 hours)

### MEDIUM GAME 2

7v7 Zonal game with Floating Player to create overloads

2v2's in each third / 3v2 in middle

Progress to supporting runs and direct play through thirds





## WEEK 4

### Medium Games Maintain Quicker Recovery

Medium games replace the traditional session of Tempo runs  
(Increase and demands e.g. 200m/400m/800m)

5,6 or 7 a side

¼ - full pitch (dependant on numbers)

Start with - Play 10 minutes with 2 minutes rest 2 repetitions

### Maintaining many actions

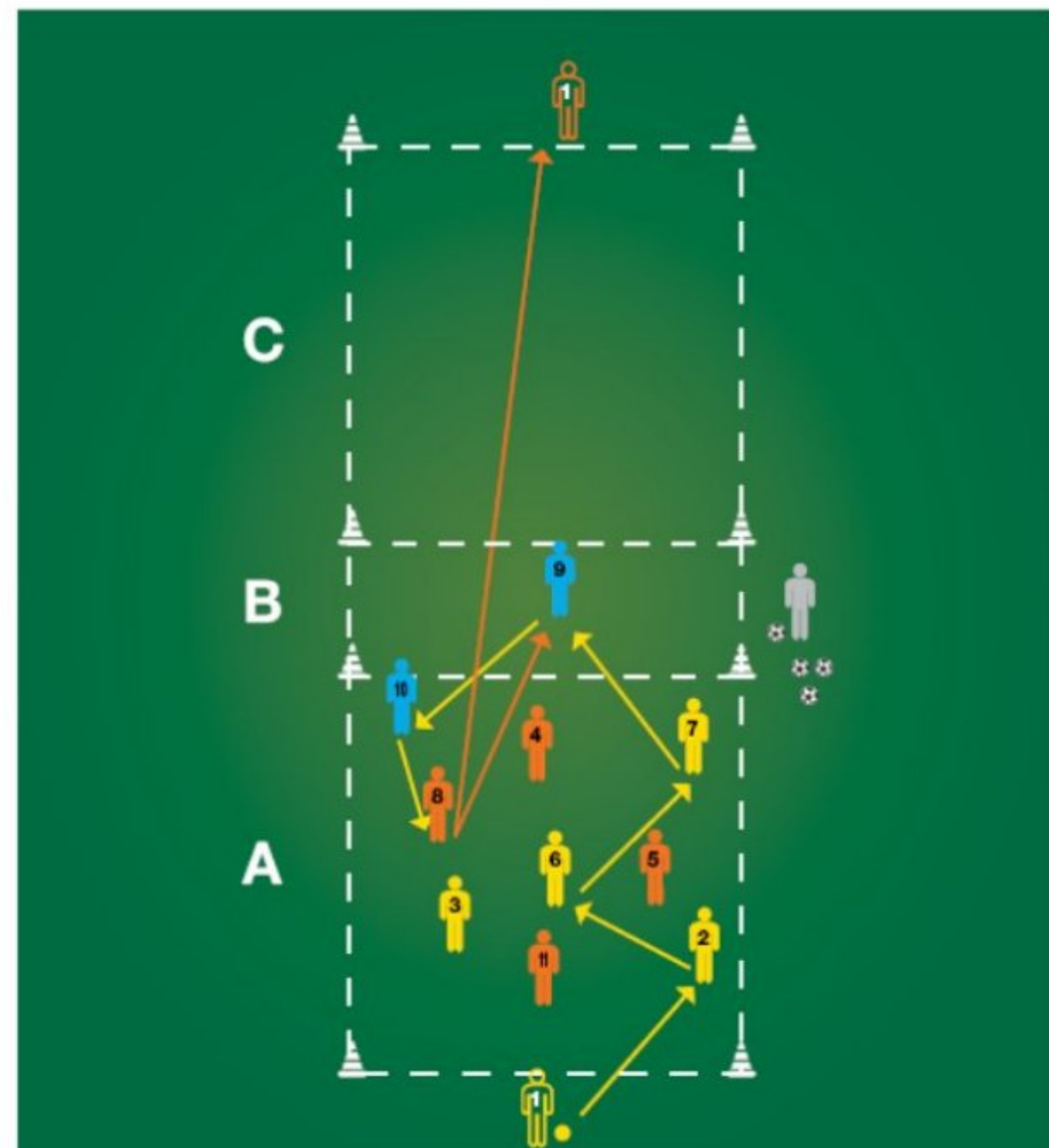
- Both lactic acid
- More muscle damage
- Much recovery time needed
- Long super compensation time (72 hours)

### MEDIUM GAME 3 source FFA

#### Performance Phase – Model Session 2 Football Conditioning (Middle games)

##### 2. Positioning game: 7 v 4

- 2 grids of approximately 30m x 30m (A & C) separated by a grid of 5m x 30m (B)
- 2 groups of 4 outfield players
- Yellow consisting of the players #2-3-6-7
- Orange consisting of the players #4-5-8-11
- #9 and #10 are neutral players who always play with the team in possession; one in grid B the other in the grid where the positioning game takes place (see diagram)
- 2 goalkeepers positioned on each back line
- #7 (yellow) keep possession against #4 (orange)
- Players as much as possible in their game positions (especially the team in BP)
- Provide 4 options (left; right; central and far) for the player on the ball through proper positioning
- When orange wins the ball in grid A, they must try to pass to #9 in grid B or their goalkeeper at the far end
- If they succeed, all players cross over to grid C where the game continues with orange in possession and yellow defending
- If a yellow player passes the ball out of the grid, the coach immediately serves a new ball to the orange goalkeeper and the game restarts in grid C with possession for orange





## WEEK 4

### Medium Games Maintain Quicker Recovery

Medium games replace the traditional session of Tempo runs  
(Increase and demands e.g. 200m/400m/800m)

5,6 or 7 a side

$\frac{1}{4}$  - full pitch (dependant on numbers)

Start with - Play 10 minutes with 2 minutes rest 2 repetitions

### Maintaining many actions

- Both lactic acid
- More muscle damage
- Much recovery time needed
- Long super compensation time (72 hours)

### MEDIUM GAME 4

Zonal game with Floating Player to create overloads in middle  
1v1's in final third

Progress to supporting runs and direct play through thirds

Condition the game to increase pressures





## WEEK 5

### Small Games means Quicker Recovery

Small games replace the traditional session short sprints and doggies

3 v 3 – 4 v 4 (including goal keepers)

30x20 – 40x30 m. pitch

Start with - Play 1 minute with 3 minutes rest

6 repetitions per series

2 series with 4 minutes rest in between

### More Action

Both lactic acid

Lots of muscle damage

Much recovery time needed

Long super compensation time (72 hours)

### SMALL GAME 1 *source FFA*

#### Performance Phase – Model Session 3 Football Conditioning (Small games)

##### 3. Game training component: duel 1 v 1

##### Organisation:

Outside the penalty box is a 15m x 15m grid with 6 cones placed as shown in the diagram.

Two teams (orange and yellow) are divided into 2 groups of equal numbers and positioned as shown.

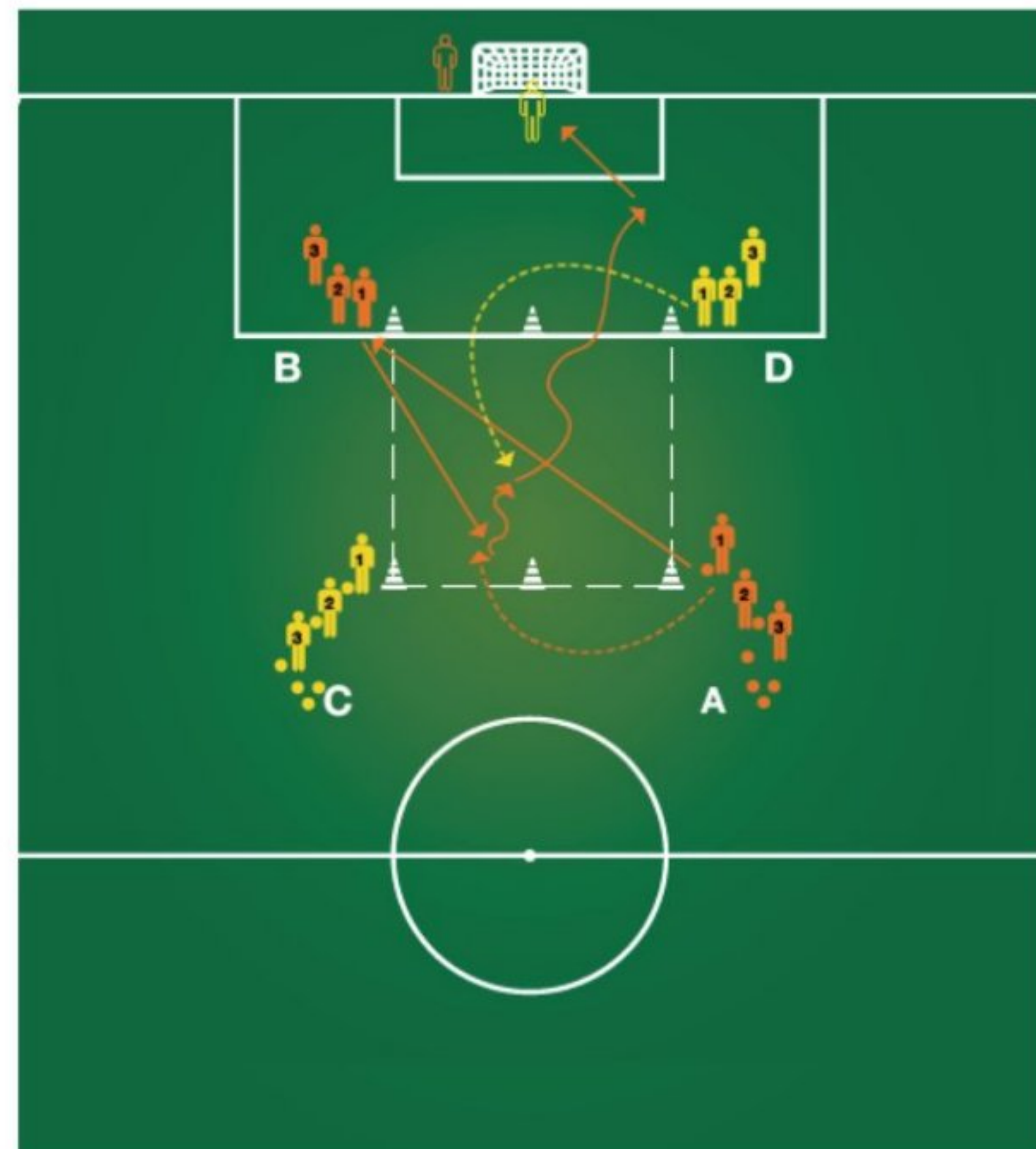
Groups orange A and yellow C have a ball each. The exercise starts with A1 passing the ball to B1. A1 then runs around the central cone to receive the ball back from B1. At the moment A1 starts their run around the cone, D1 also starts to run around the opposite central cone.

A1 must now try to beat D1 in a 1 v 1 to enter the penalty box and finish on goal. D1 can only defend in the grid and is not allowed to enter the penalty box.

The action stops when A1 has finished on goal; D1 captures the ball from A1 or the ball goes out of the grid.

After the action has finished the players involved move as follows:

- A1 to group B (bring back the ball)
- B1 to group A (bring ball from A1)
- D1 goes back to group D (line up at the back)





## WEEK 5

### Small Games means Quicker Recovery

Small games replace the traditional session short sprints and doggies

3 v 3 – 4 v 4 (including goal keepers)

30x20 – 40x30 m. pitch

Start with - Play 1 minute with 3 minutes rest

6 repetitions per series

2 series with 4 minutes rest in between

#### More Action

Both lactic acid

Lots of muscle damage

Much recovery time needed

Long super compensation time (72 hours)

### SMALL GAME 2

3v3 to favour attackers





## WEEK 6

### Small Games means Quicker Recovery

Small games replace the traditional session short sprints and doggies

3 v 3 – 4 v 4 (including goal keepers)

30x20 – 40x30 m. pitch

Start with - Play 1 minute with 3 minutes rest

6 repetitions per series

2 series with 4 minutes rest in between

### More Action

Both lactic acid

Lots of muscle damage

Much recovery time needed

Long super compensation time (72 hours)

### SMALL GAME 3 source FFA

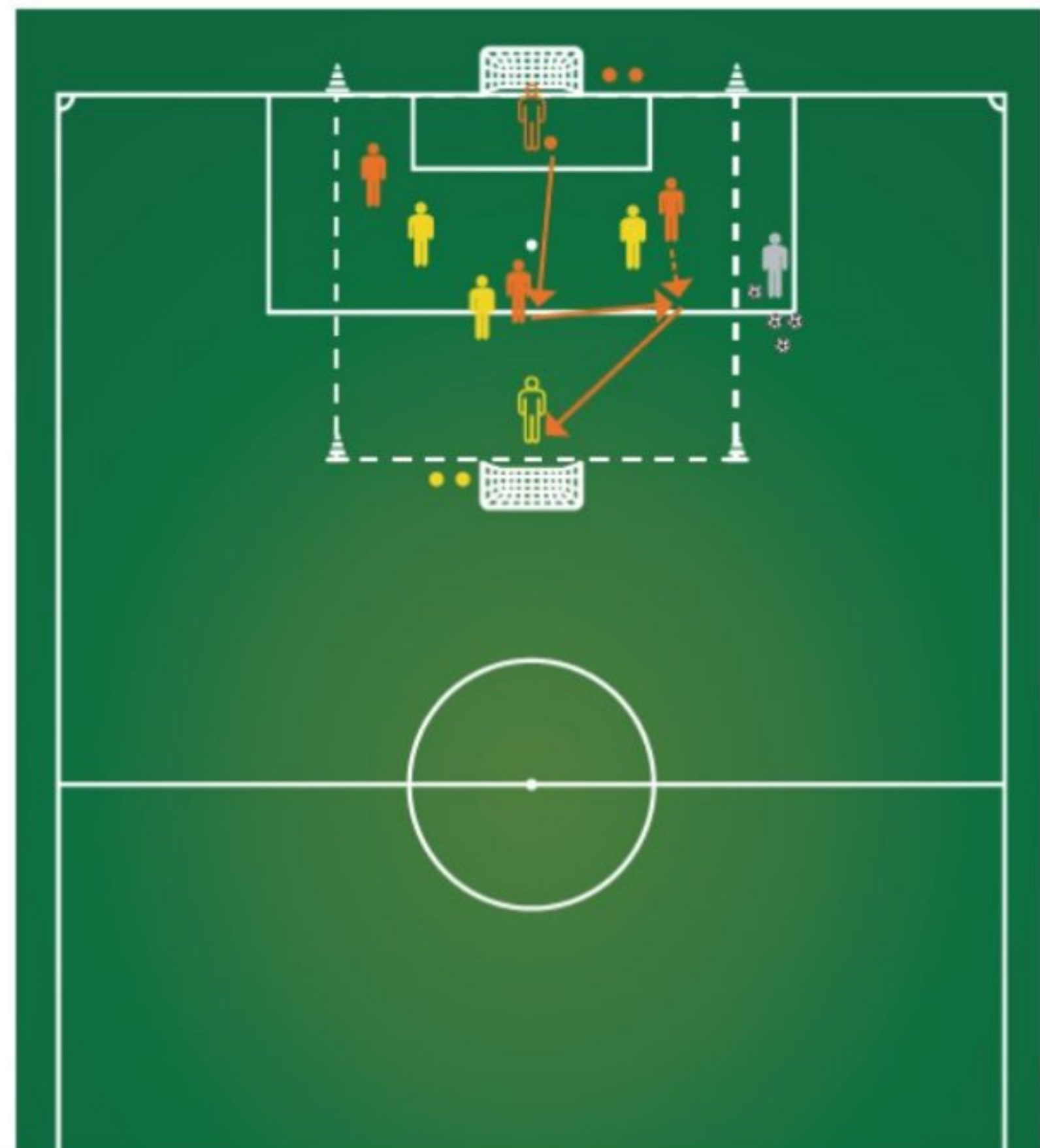
#### Performance Phase – Model Session 3 Football Conditioning (Small games)

##### 4. Conditioning game: 3 v 3 games + goalkeepers

- A field of approximately 30m x 25m with two big goals and plenty of balls next to the goals
- The coach with balls on the sideline
- The team in possession must keep a diamond shape to make combination play possible
- The attackers can score from any position on the pitch, therefore the defenders must mark closely and defend aggressively everywhere

- **Since it's a conditioning game the intensity must be high.** Therefore there are no stops for throw-ins, corners, free kicks or goal kicks. The goalkeeper of the team that should have had the throw-in, corner or free kick immediately serves a new ball (within 3 seconds otherwise the coach serves a ball to the other team)

- **Play 12 games of 1 minute with 3 minutes rest between the games and a longer (6 minutes) break after the 6th repetition**





## WEEK 6

### Small Games means Quicker Recovery

Small games replace the traditional session short sprints and doggies

3 v 3 – 4 v 4 (including goal keepers)

30x20 – 40x30 m. pitch

Start with - Play 1 minute with 3 minutes rest

6 repetitions per series

2 series with 4 minutes rest in between

### More Action

Both lactic acid

Lots of muscle damage

Much recovery time needed

Long super compensation time (72 hours)

### SMALL GAME 4

Possession box 3v3v3

Conditions for attackers / defenders





# Periodisation in a Competition microcycle with 1 match per week in 2014/15 from fifa.com

MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
<i>Rest</i>	<ul style="list-style-type: none"> <li>• <b>Physical work</b> <ul style="list-style-type: none"> <li>– Aerobic endurance</li> <li>– Strength</li> <li>– Muscular power</li> </ul> </li> <li>• <b>Technical/tactical work</b></li> <li>• <b>Game (aerobic)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Physical work</b> <ul style="list-style-type: none"> <li>– Anaerobic speed</li> <li>– Speed-strength</li> </ul> </li> <li>• <b>Technical work</b> <ul style="list-style-type: none"> <li>– Work in front of goal</li> </ul> </li> <li>• <b>Game</b></li> </ul>	<i>Rest</i>	<ul style="list-style-type: none"> <li>• <b>Physical work</b> <ul style="list-style-type: none"> <li>– Speed (reaction)</li> </ul> </li> <li>• <b>Technical/tactical work</b></li> <li>• <b>Tactical work</b> <ul style="list-style-type: none"> <li>– Team unit</li> <li>– Dead-ball situations</li> </ul> </li> <li>• <b>Game</b></li> </ul>	<p>→ The following may be included as well:</p> <ul style="list-style-type: none"> <li>• <b>Muscle and body “wake-up session”</b></li> <li>• <b>Tactical work</b> <ul style="list-style-type: none"> <li>– Repetition of work already practised</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Recovery session for the whole team</b> (warming-down)</li> <li>• <b>Technical/tactical work</b> with physically challenging work for the players who did not play in the match</li> </ul>
<b>AFTERNOON</b>						
<i>Rest</i>	<ul style="list-style-type: none"> <li>• <b>Technical/tactical work</b> <ul style="list-style-type: none"> <li>– Keeping the ball</li> <li>– Attack – defence with physically challenging work</li> </ul> </li> <li>• <b>Game</b></li> <li>• <b>Aerobic refresher session</b> 1 to 2 sessions per month</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Technical tactical work</b> <ul style="list-style-type: none"> <li>– Game</li> <li>– Finishing</li> <li>– Pressing</li> <li>– Other drills</li> <li>– Drills where the players are physically challenged (aerobic power)</li> </ul> </li> <li>or</li> <li>• <b>Internal match</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Technical work</b> <ul style="list-style-type: none"> <li>– Individual work by position</li> </ul> </li> <li>• <b>Tactical work</b> <ul style="list-style-type: none"> <li>– by line (defence, attack, etc.)</li> <li>– Dead-ball situations</li> </ul> </li> <li>→ Wind-down session</li> </ul>	<i>Rest</i>  → If there is no “wake-up” session before the match, the Friday morning session can be held in the afternoon.	<b>Match</b>	<i>Rest</i>







# Role of the Coach

Uefa A Licence



### On the pitch : Sessions

A coach has to lead on the training pitch. This can be achieved in a number of different ways including preparing sessions, passing on knowledge to the players and being on time.

The measure of leadership in its bona fide model is generosity and care. Time is what learners need and care is showing an interest, paying attention to people. (Allpress 2012)

My role as a coach is to identify, nurture and develop talented players for the first team with the development of each individual player being paramount.

Working alongside the 4 corner development programme ; Technical, Physical, Psychological and Social it is my philosophy to develop each player to reach their highest potential within training sessions and game time.

I endeavour to highlight the four key concepts within each coaching session.

#### **TECHNICAL**

Techniques of passing long and short, dribbling, receiving and control techniques, finishing, shooting, turning, 1v1s and heading.

#### **TACTICAL**

Enhance the player's understanding of why, when and where they use these techniques in small sided games leading up to 11 v11 principles with the directive of changing pace, direction and play being ever present. All activity to be delivered relating to the developmental age of the players

#### **PHYSICAL**

Players will learn how to train their bodies specifically to the demands of the game. Speed, strength, suppleness, stamina and skill will be developed to allow players to achieve their optimum level of performance. Players will also learn how fuelling and preparing their bodies off the field will give them the best chance on it!

#### **MENTAL**

Developing a winning mentality requires strong character and a positive attitude. Through the implementation of self talk, goal setting and focus – refocus this will be addressed in the dressing room, on the pitch and be constantly evident.

It can be difficult trying to encapsulate all of the above into sessions. It does tend to happen naturally however Paul Clement prefers to keep things simple in his role as Real Madrid's assistant head coach. He is not one to prescribe to the idea that the higher up the footballing ladder you go the more complicated the approach should be when coaching the players.

Consistency of message and approach, rather than complicated coaching innovation,





**"It gave me a great foundation into some of the most important things needed in coaching: communicating with people, being organised, planning and building your ideas of training exercises."**

**"I quite like variety as a coach, but I think in variety you can lose your messages at times. So we always try and keep to a method and a philosophy of what we're trying to work and not try and change things too much, just for the sake of changing things – not to be too inventive just for the sake of it."**

**There is also a balance to be struck of the players enjoyment of sessions and things that need to be worked on with regards shaping, tactics and set pieces. By building up relationships and getting to know the players, coaches are then able to shape training programmes, schedules and tempo to sessions during the week and the season as a whole.**

**Interestingly, as part of that balance is allowing the players their daily dose of head tennis. Carlo Ancelotti's assistant reveals the small, slightly antiquated old gymnasium which is used for the highly competitive over-the-net games is the most popular at the Ciudad Real Madrid - the Spanish giants' glistening training complex.**

#### **On the pitch : Make players part of the process**

**Empowering players as a coach is something I strive for in my sessions and player interactions.**

**Arai (1997) suggest that in becoming empowered, individuals move through four integrated stages :**

**Becoming self aware**

**Connecting and learning**

**Taking Action**

**Contributing to their own learning**

**John Allpress (FA Boot Room Sept 2012) notes that player challenges, questions and self evaluation can encourage the initial process of becoming self aware. Self aware footballers understand their role in the team and why they do what they do.**

**Within stage two players should begin to understand that they need to be part of their own learning. The role of the coach is to support, to be a mentor and to act as an information resource so the players can expand choices and opportunities. By stage three, players should be decision makers. The role of the coach is to encourage players ideas and sense of self expression by letting them demonstrate skills and abilities, not stifling it in training.**

**The final stage sees players develop a sense of belonging and acceptance. The role of the coach now becomes one of encouraging the advancement of the individual and the collective team.**



## Game Days : Assisting the manager

Dependent on the autonomy of the manager in charge, the relationship of manager to coach can differ from club to club.

Looking at the current Champions League holders Real Madrid, the philosophy of leadership and ownership is apparent. Just as a coach looks to pass on ownership to the players, the manager looks to do similar with staff. Paul Clements from Madrid notes ;

“When Carlo came in [as manager in 2009] I was on a trial basis initially. I did two weeks with him and then I said I want to go back to the reserves. He declined and said to me ‘you will learn with me, I like what you’re doing, come and work with me and you’ll have a great experience’. Carlo’s not tried to make me something that I’m not. He’s always said you need to be yourself and express your own personality. I have a lot of respect for Carlo’s style, there’s no ego or flashiness about him he just is who he is. He has a really good relationship with players and that helps me to be relaxed and comfortable in my own personality with players as well.”





### Off the pitch : Continued Education and CPD

Married with the actual onfield coaching and match day preparations, it is important that coaches seek to continually add to their experiences and knowledge.

Coach Education is a big part of this, and I am keen to progress through the levels of the Coaching pathway. Married with the excellent CPD programme offering insight to football and non-football related issues which add to a coaches tool kit.

I think its also important to coach outwith your comfort zone. Stretching yourself as a coach leads to progress and learning.

It is very much down to the individual's thirst for knowledge. From itv.com interview David Moyes noted.....

"I worked really hard. By the World Cup in France I had only just been appointed manager at Preston. I had to ask the PFA to fund me because I wanted to go to the World Cup to study. I wrote to all of the countries to ask if I could go and watch training. The only country who replied and said yes was Craig Brown with Scotland - and I was Scottish and had already been at all their courses.

"I had some tickets for some games, but not enough. But I hired a small car. I was given some funding by the PFA. I wasn't earning enough. In the end I drove round and had to sleep in the car a few nights. That is the kind of thing I did to try and find some more knowledge. I wanted to try and learn. I watched Craig Brown. I sat in the stand and watched him taking the sessions for Scotland. I had known him for years. I always think it is important to watch and learn and try to get better and improve. I am no different now. I am always out there looking. When I was younger I went to see AC Milan train. I stood at the side watching training at AC Milan and I never thought anything of it. Wind forward and the day Carlo Ancelotti got sacked we beat Chelsea at Goodison (in 2011). Carlo was in the corridor. I saw him and stood and talked to him. He said 'I have lost my job and David, I am going to come and watch you training now'. It showed me even he had recognised I had been at training at AC Milan at that time. I took what he said as a big compliment."





# Match Analysis

Team A v Team B



# 4-2-3-1 v Team B (442 Flat & Diamond)





# KEY PLAYERS

## v Team B Pre-Game

### **No.5 (CB)**

Breaks play up, defends on the front foot and steps in going forward when appropriate.

Key Strengths : Strong, aggressive, ability in the air, speed endurance, passing range, counter attack, communication skills and comfortable in possession.

### **No.6 (CDM)**

Good enthusiasm and willingness to take players on. Looks best when moving the ball quickly when needed. Great desire to win the ball back and compete.

Key Strengths : Technically excellent, competitiveness, game intelligence, link up play

### **No.10 (CAM)**

Links up the play well between defence, midfield and the forward areas. Good energy and hunger for pressing the ball when the team don't have it. A good decision maker and influential team player.

Key Strengths : Link up play, passing range, supporting in final third, shooting in final third and set pieces

### **No.9 (ST)**

Clinical in front of goal when given the chance and can run defenders with his endeavors.

Key Strengths : Finishing, speed, strength, selfishness

Strong starting spine to the team.





# STRENGTHS

## v Team B Pre-Game

- 4-2-3-1 is a flexible way to play employing four units rather than the usual three.
- It can transform quickly into a more offensive pattern of play of 4-2-1-3 by moving forward the wide outside midfielders and with this push on the two fullbacks to fill the spaces they have left.
- Good distribution of players over the pitch. Cover space well.
- Central three in midfield can be flexible and rotate
- Wide men high up averts the immediate problem of 4-4-2
- Can encourage our advanced attackers to run with the ball
- Wide players can attack the space between the fullback and the centre back on both sides. Left on right, right on left; coming onto their stronger foot is an advantage because they come in against the full back's weaker foot
- Fullbacks attack wide to get crosses in and can cut inside also to do the job of the wide player
- Centre back's spread wide to open up the attack from the back.
- Defensive midfielder drops back in to cover and to start the movement also; he can fill in centrally or to the side
- Attacking midfielder play between the opponent's defence and midfield. Interchange with the wide players or the striker.
- 2nd defensive midfielder is more offensive and creates support between the back and the front
- The two defensive midfielders can interchange positions off centre to (10) and off centre to (6) to maintain angles of support between them when attacking
- Wide men must also be prepared, as an absolute minimum, to track or close the opposing full-back
- Wide men (11) and (7) can tuck in to take the opposition defenders inside to create space outside for the fullbacks. If they are not followed by defenders then this created a BIG overload of players centrally us to exploit.
- They should have the awareness to drop off and pick up the opposing winger if he comes into that three-quarter space at the edge of the 4231



# DEFENDING

## v Team B Pre-Game

### **Central defenders**

Providing cover and balance. Be compact.  
Zonal, man-to-man or a combination of both.  
Denying space, closing players down and controlled tackling.  
Angles of recovery.  
Organizing the back line, midfield players through quality communication.  
Maintaining appropriate distances in relation to midfield 2 and goalkeeper.

### **Full-backs**

Providing cover and balance.  
Deny penetration from wide areas.  
Angle of recovery runs and tracking opponents.  
Tucking-in when ball on opposite side.  
Quality communication to other defenders and midfielders.

### **Midfielders as a group**

Pressing opponents to disrupt their flow.  
Nearest pressure on ball, support, and balance.  
Delay the opposition attack through "squeezing" space.  
Provide zonal, man-to-man or a combination scheme.  
Recovery runs to get behind the ball.  
Transition from attack to defence.  
Communication with fellow midfielders, defenders and forwards.

### **Forwards as a group**

Recovery runs to get behind the ball.  
Steering the opponents to one side of the field. Make predictable.  
Pressing the opposition defenders, and midfielders from behind.  
Offer cover and balance for teammates.  
Delay the attack to allow teammates to recover and regroup.  
Individual defending – don't dive in.





# ATTACKING

## V Team B Pre-Game

### **Central defenders**

Quick distribution, both short and long.

Set-pieces, use physicality

Provide depth in attack to advanced players.

Step into midfield to create a numbers-up situation.

Start counter-attack.

### **Full-backs**

Provide width in the attack.

Play as a wide player with or without the ball to unbalance opposition.

Provide an early outlet for Goalkeeper as well as other teammates.

Offer support from behind and in advance of the ball.

Maintain team shape (ball on near or far side).

### **Midfielders as a group**

Transition from defence to attack quickly.

Make positive forward runs (with or without ball). 1 go and 1 sit in.

Maintain team balance and shape.

Link the play from defenders to attacking 4.

Make runs to exploit and create space for self and teammates.

Alter the flow of the game (high tempo etc)

Combination play in middle and attacking thirds of field.

### **Forwards as a group**

Making positive forward runs in advance of the ball.

Dribbling for penetration and possession.

Combination play with players both in advance of and behind the ball.

Crossing and finishing.

Stretch the opposition to create space.

### **Wide Players**

Offer width.

Opportunities for cross balls.

Dribbling for penetration and possession.

Offer support in advanced positions.

Mobility off the ball to disrupt opposition back line.

Opportunities during the game to switch and cut in.



# KEY MOMENTS

## v Team B

2 goals down after 10 minutes. Both CB's struggling against a fast no.9, backed up with no.10 in the hole and pacey wide men.

Weathered a storm of sorts and able to make personnel changes at the half way point to counter the threat up front.

Team B had excellent wide players. Our wider players failed to track back on occasions and the defensive midfield duo are left with extra work to cover the flanks.

Moreover, our wider players were constantly caught out in advanced positions creating space between them and our full-backs. Also, neglecting defensive work in this respect and not reacting in transition quick enough.

Team B able to exploit and create threats in those areas. Indeed, their wide man on our left side dropped off FB to success in getting on the ball.

Became a little disjointed building from the back. Back six becoming a little isolated from front 4. Link up plays needs to be better.

Tem B moving to a 4-4-1-1 made it difficult for building and one of our 2 holding to get on the ball successfully.

Team B quicker in transitions of the game. We never really anticipated or played on the front foot.

Getting our no.10 into the game more, by moving the ball quicker from midfield.

Introduction of front players invigorated the front 4.

Wide players switching sides to allow for coming inside and encouraging overlaps to get opposition on back foot.





# OPPOSITION

## Team B Strengths

Front two. Pace and holding up play  
Play football on ground with willing runners forward  
Positive attitude  
Flexibility and willingness to change formation

## Team B Weaknesses

Wide areas and full backs  
We will create chances  
Back 4 and midfield have little pace to match  
Can leave gaps when chasing the game

## Team A    STATS    Team B

4	<b>GOALS</b>	4
11	<b>ATTEMPTS</b>	12
3	<b>SET PIECES</b>	2
9	<b>CROSSES</b>	7
3	<b>CORNERS</b>	4
1	<b>OFFSIDE</b>	3



# PERFORMANCE EVALUATION

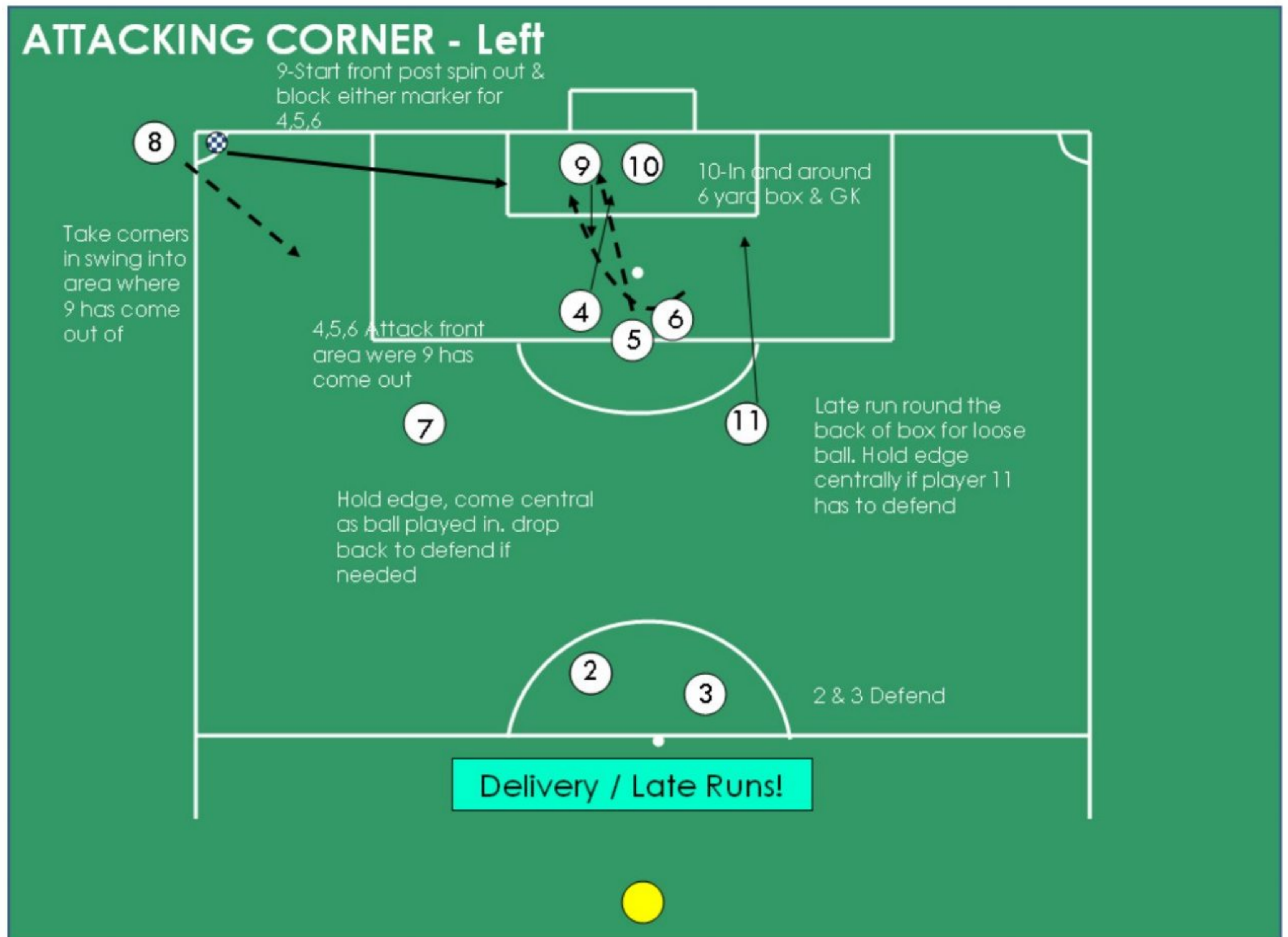
- Head Coaches Evaluation
- Organised pre, during & post game
- Set piece diagrams before game
- Relevant information to players
- Use of tactics board between periods
- Rotation of players in positions
- De-brief at end of the game
- Players Q&A
- Sessions for consideration
  - Defending : Back 4
  - Defending : Midfield
  - Defending : Forwards
  - Defending Centrally
  - Transition Games
  - Attacking Wide Areas
  - Attacks in final Third
  - Building from Back





# SET PIECES

## corner

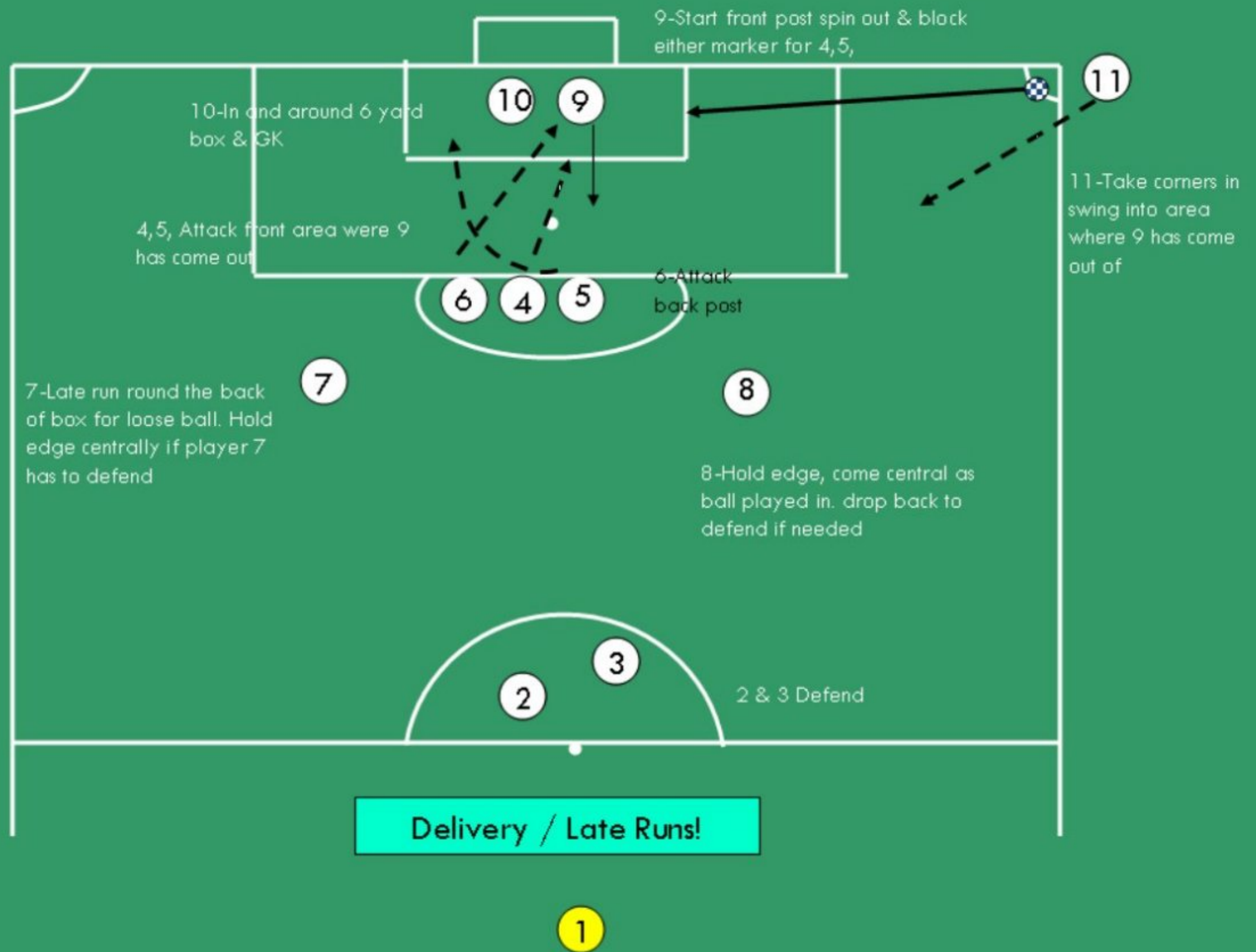




# SET PIECES

## corner

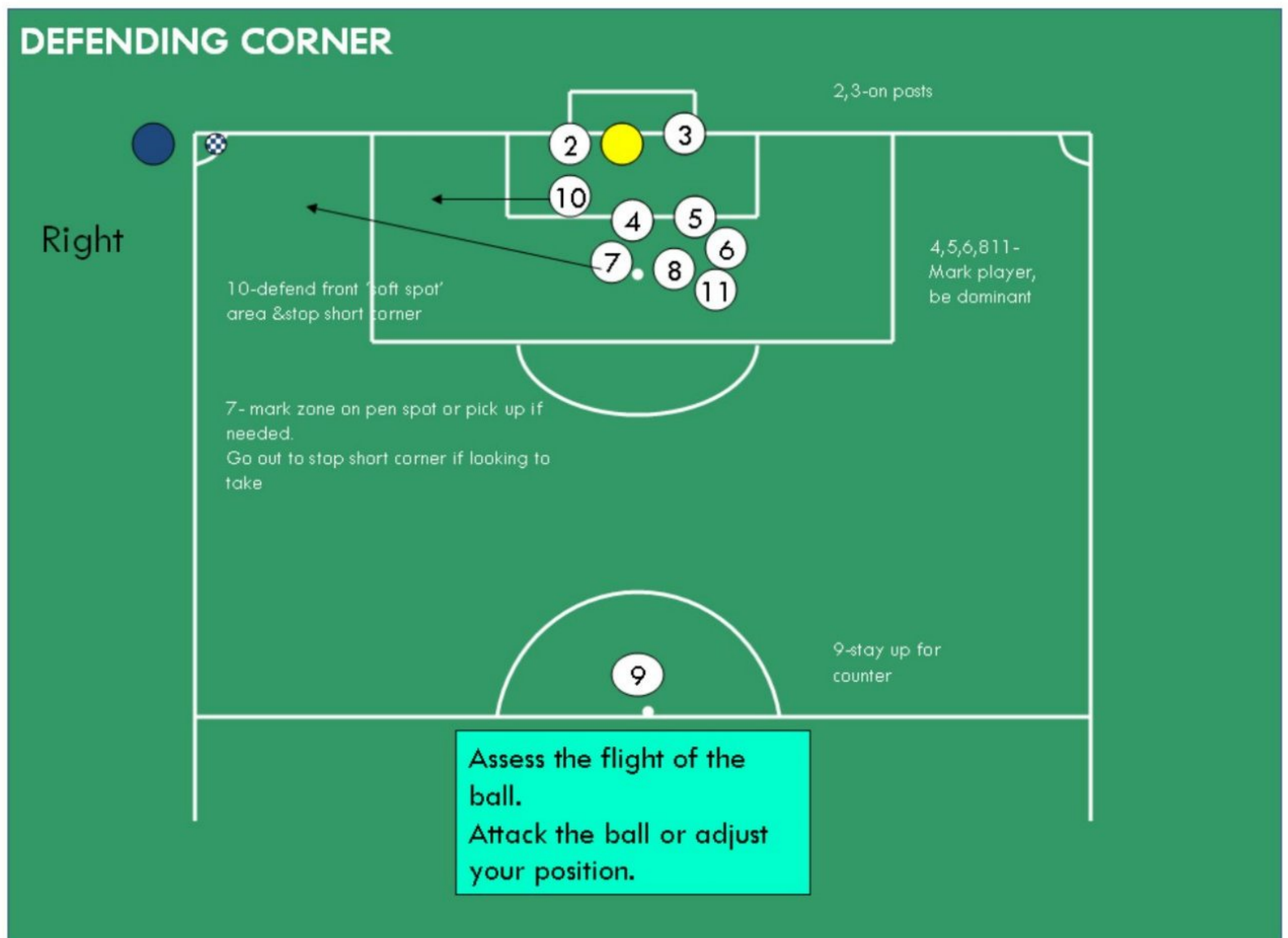
### ATTACKING CORNER - Right





# SET PIECES

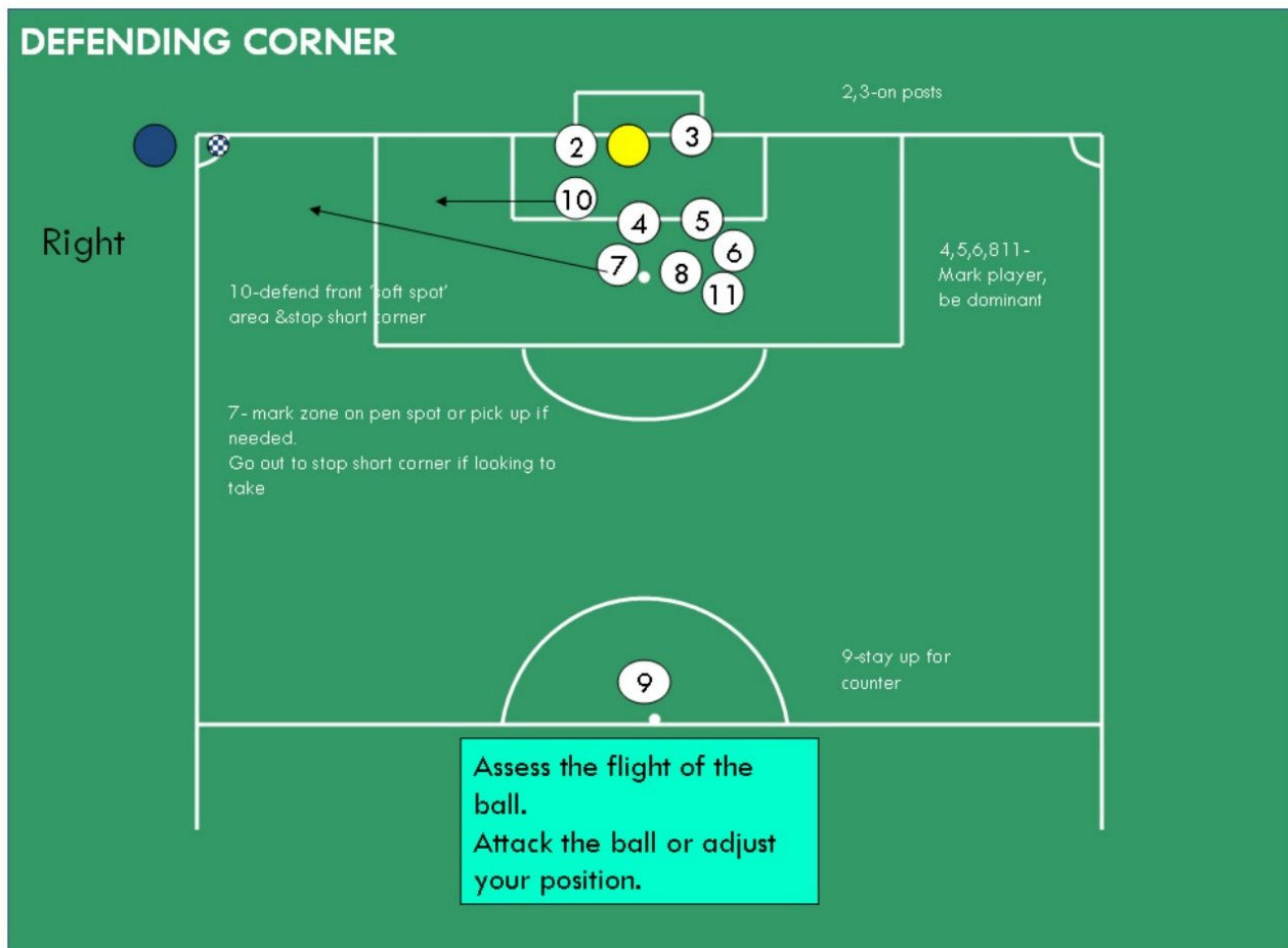
## corner





# SET PIECES

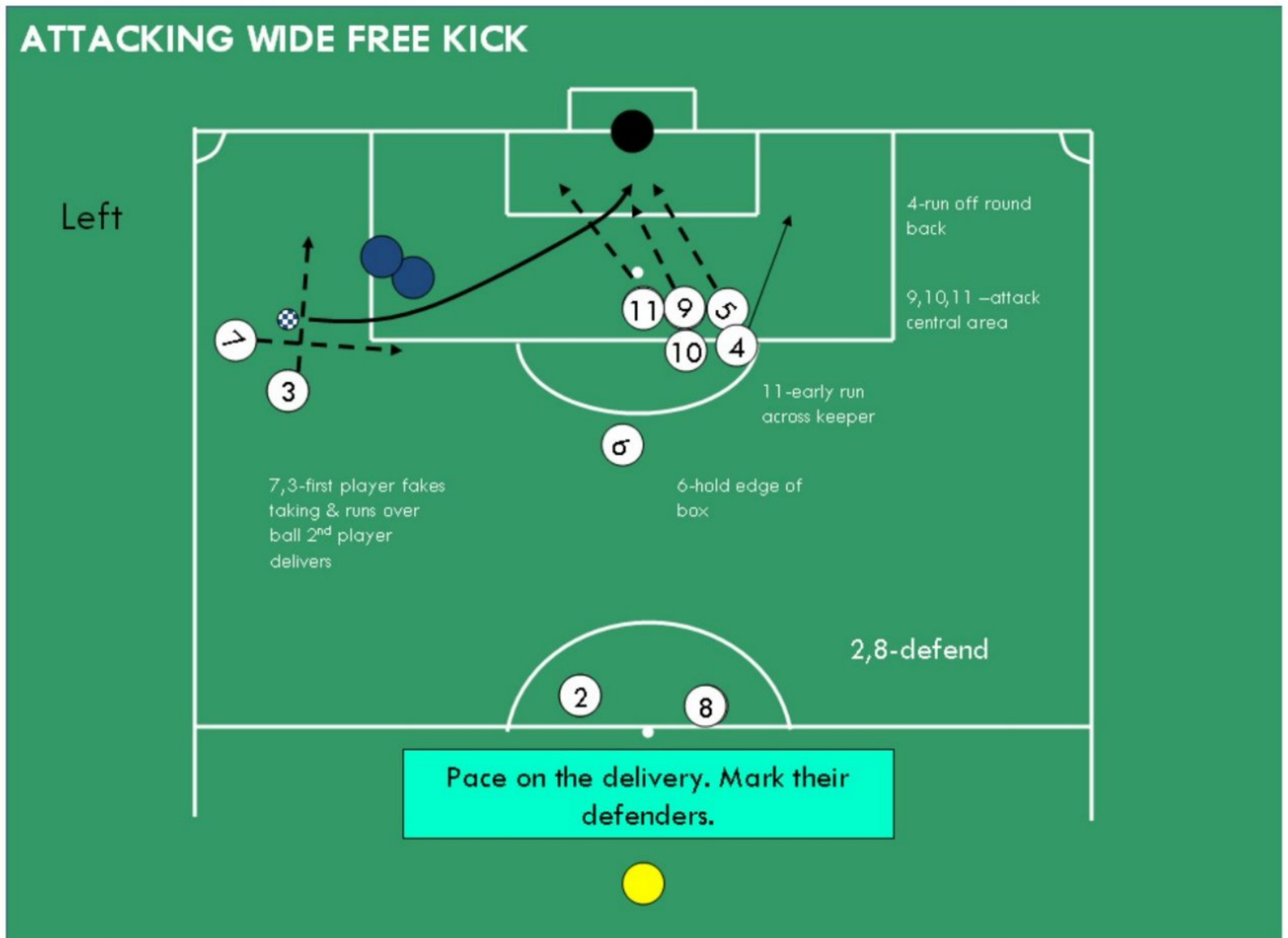
## corner





# SET PIECES

## free kick





# SET PIECES

## free kick

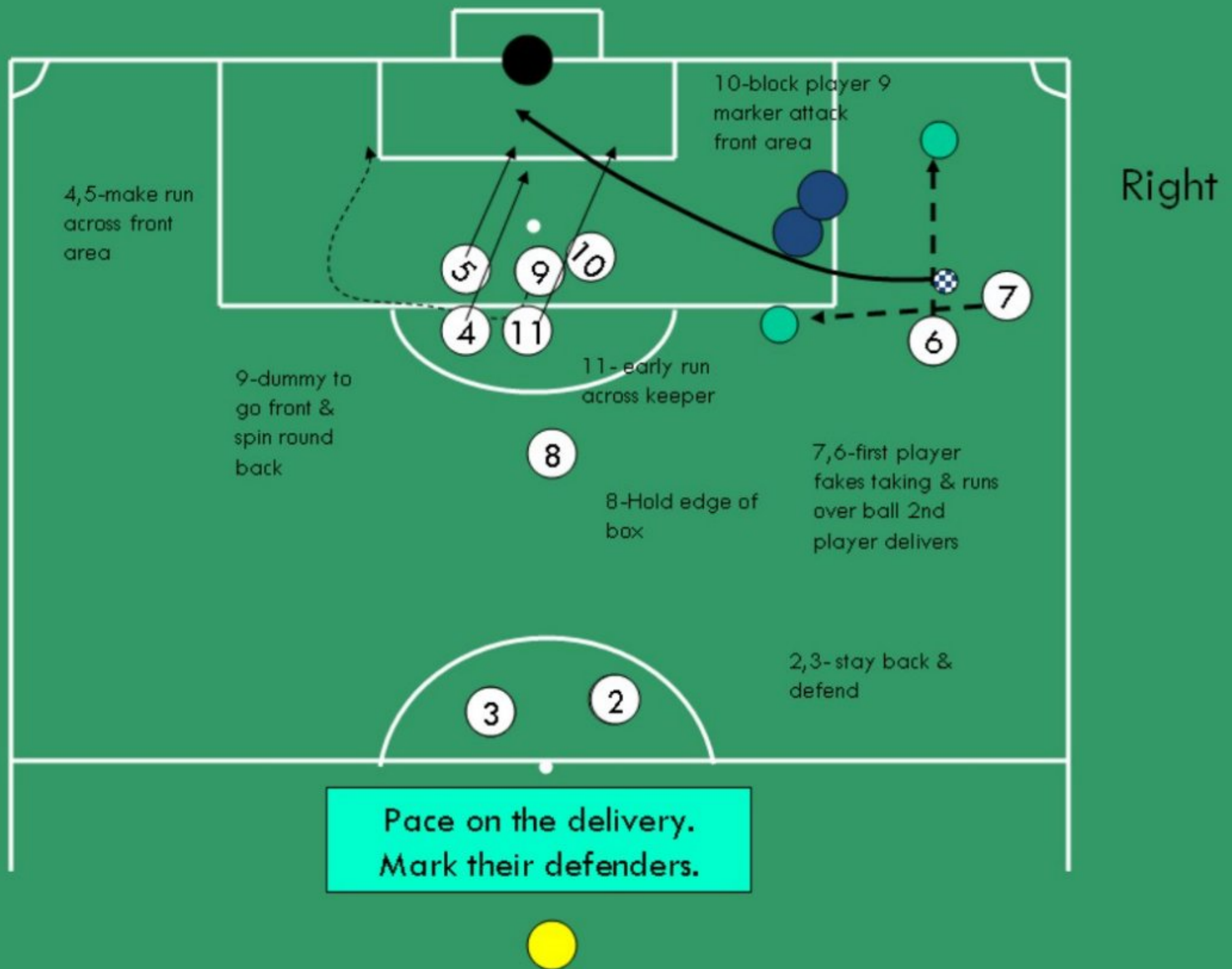




# SET PIECES

## free kick

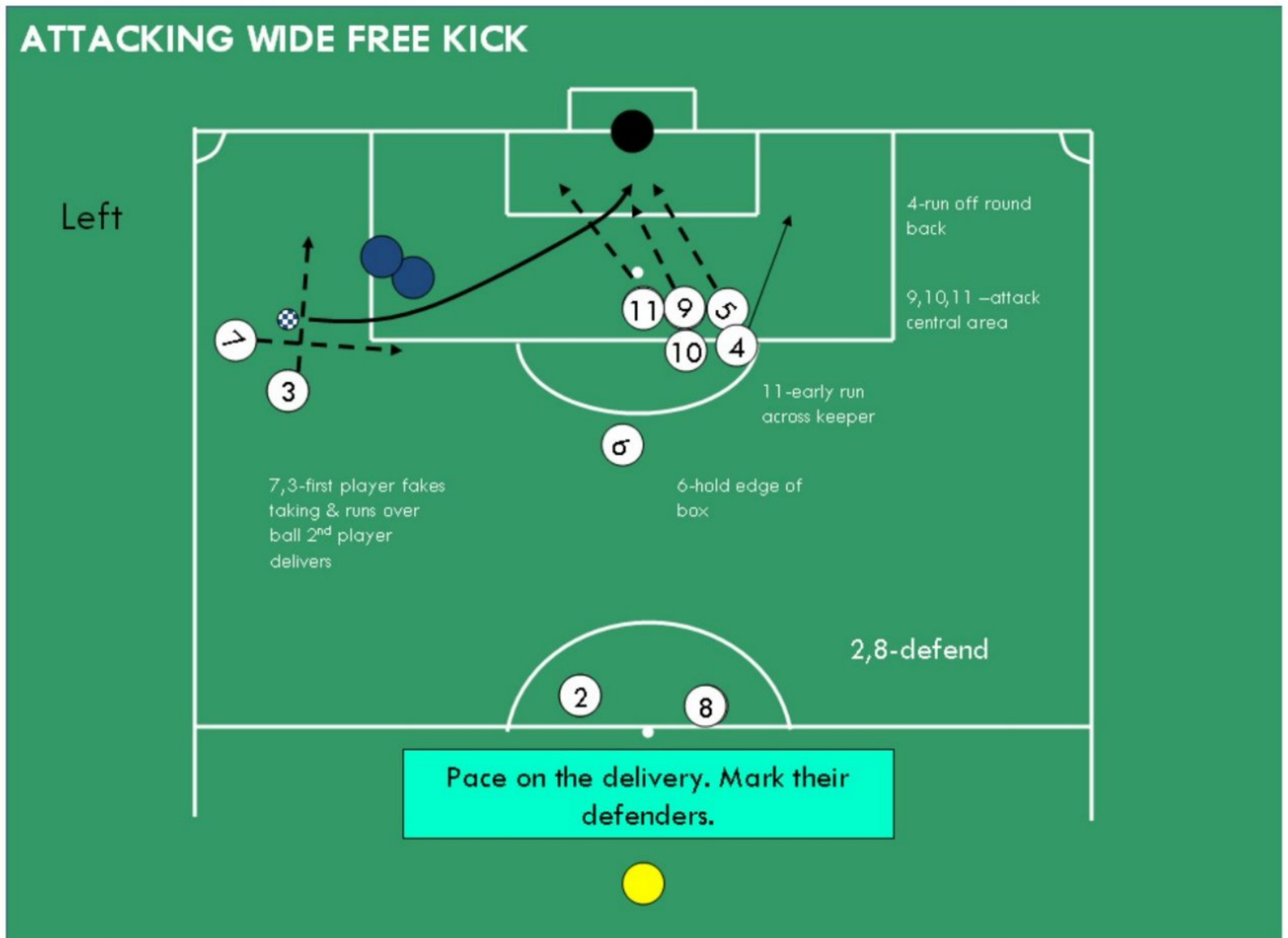
### ATTACKING WIDE FREE KICK





# SET PIECES

## free kick





## free kick

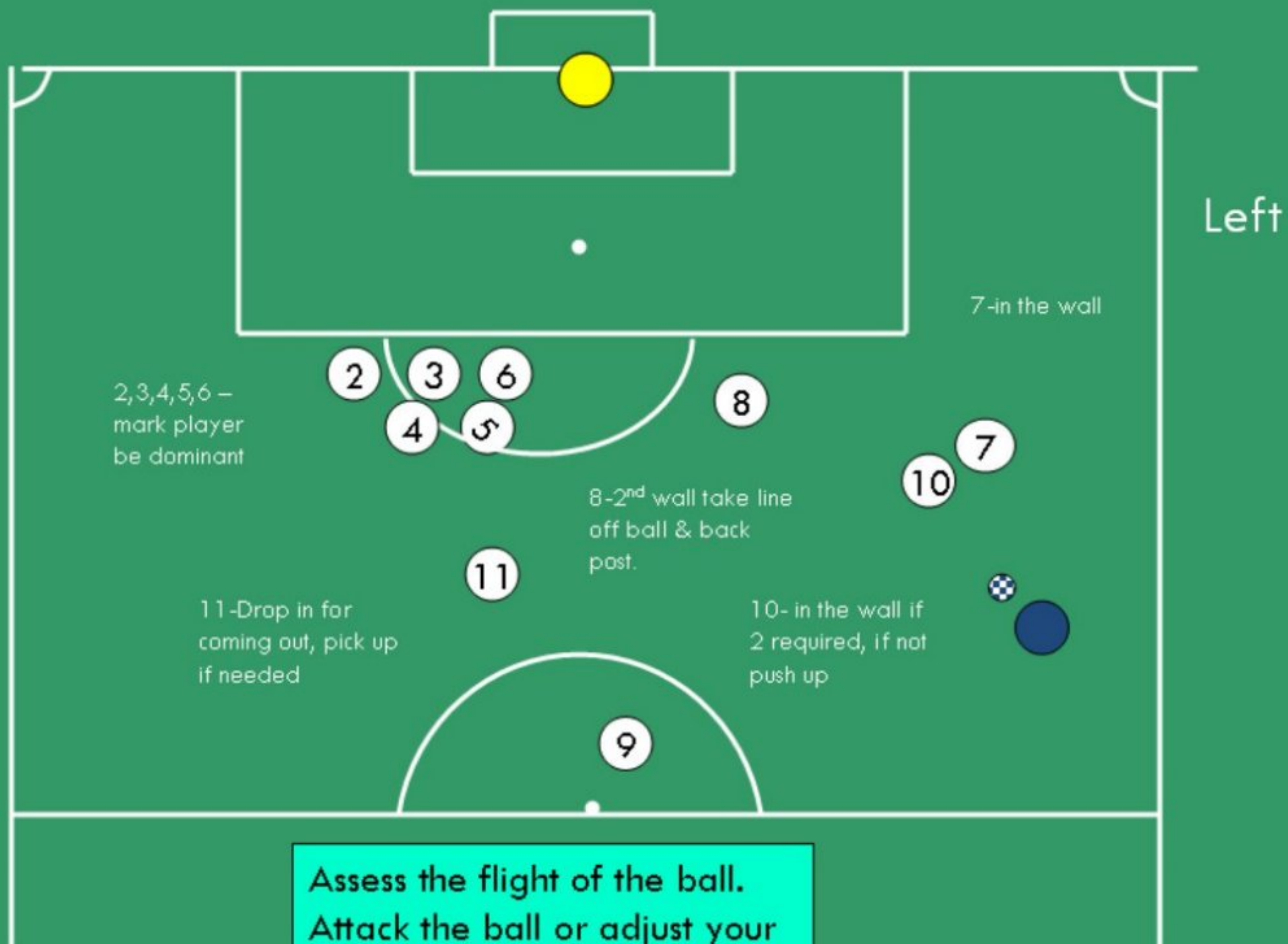




# SET PIECES

## free kick

### DEFENDING A FREE KICK BOTH SIDES







# Match Analysis

## Next Training Session



## Defending Central Areas

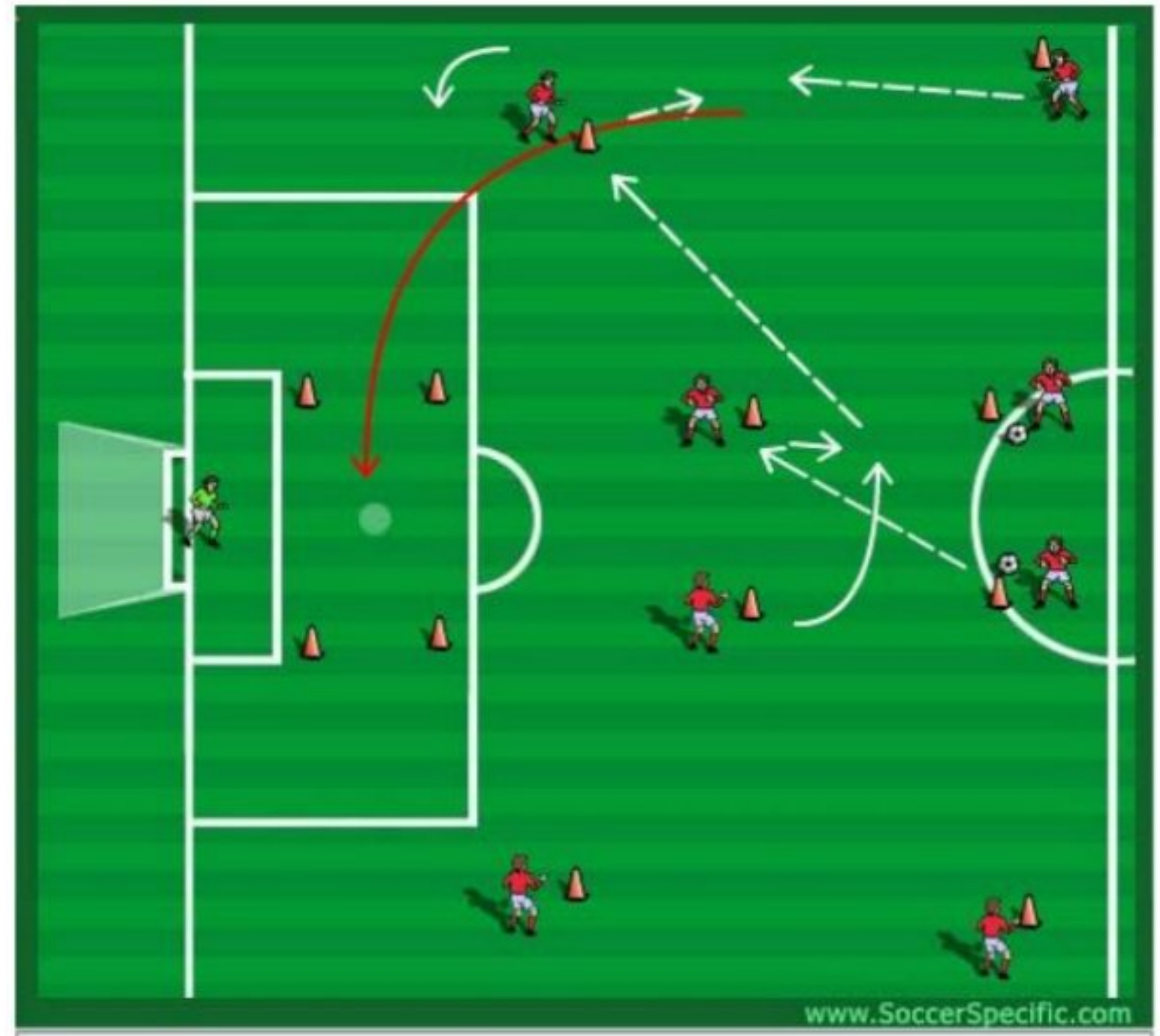
- Transition – Defence from Attack
- Delay – stop or slow down forward play
- Deny space – press – intercept – retreat
- Deflect – force play away from key central area and into support or wide
- Defend – block shots and challenge when play is close to the goal.
- Depth in correct area between attackers
- Push play out. Make realistic
- Prevent penetrative runs and passes
- Recover at angles to correct area
- Concentration & Adaptability
- Drop / Narrow / Slide
- Patience
- Body position
- See Ball and see the danger
- Make play predictable
- Pressing distance in proximity to goal
- Win ball if you can
- Distances and angles of cover
- React as ball is travelling.
- Move in relation to the ball
- GK – Sweep/Organise/Communication
- Keep play in front
- Make park small
- Importance of the central area
- Pressure ball and opposition from behind (recovering players)
- Utilise offside for defenders
- Overloads





## Exploiting Wide Areas

- Work both sides
- Create /Maintain/Exploit Space
- Dispersal. Make the park big
- Quick movements
- Support & movement
- Cover and balance behind the ball
- Make it realistic. Game related
- Weight & angle of passing
- Timing of runs
- Composure in key areas
- Type of ball from wide area. Decision making
- Attacking Triangle – See Ball & Goal
- Move in relation to the ball



- Create /Maintain/Exploit Space
- Dispersal. Make the park big
- Quick movements
- Support & movement
- Cover and balance behind the ball
- Make it realistic. Game related
- Weight & angle of passing
- Timing of runs
- Composure in key areas
- Type of ball from wide area. Decision making
- Attacking Triangle – See Ball & Goal
- Move in relation to the ball







# Individual Session Plans

Supporting a front player/striker with 5 individual sessions working on :

**Weaker Foot**  
**Movement Around the Box**  
**Finishing**



## 1. Weaker Foot Passing

**Passing** – weight & accuracy of pass

**Control** – touch needs to cushion ball into area to allow pass to be made with next touch. Don't stop the ball keep it moving. Open the body as you receive the ball. Arms are out to protect and shield.

**Movement before receiving pass** –

always check off in opposite direction to where you want to receive ball in order to create space by taking opponent with you.

**Movement after playing pass** – don't go straight to next mannequin and kill space for receiving player – move at an angle to give receiving player an alternative option.

**Awareness** – continually scan the surrounding area to watch picture develop – with allow player to make right choice plus ensure the timing of their movement is correct.

**Timing** – by continually scanning player can time their movement so they are not stationary as they receive a pass.

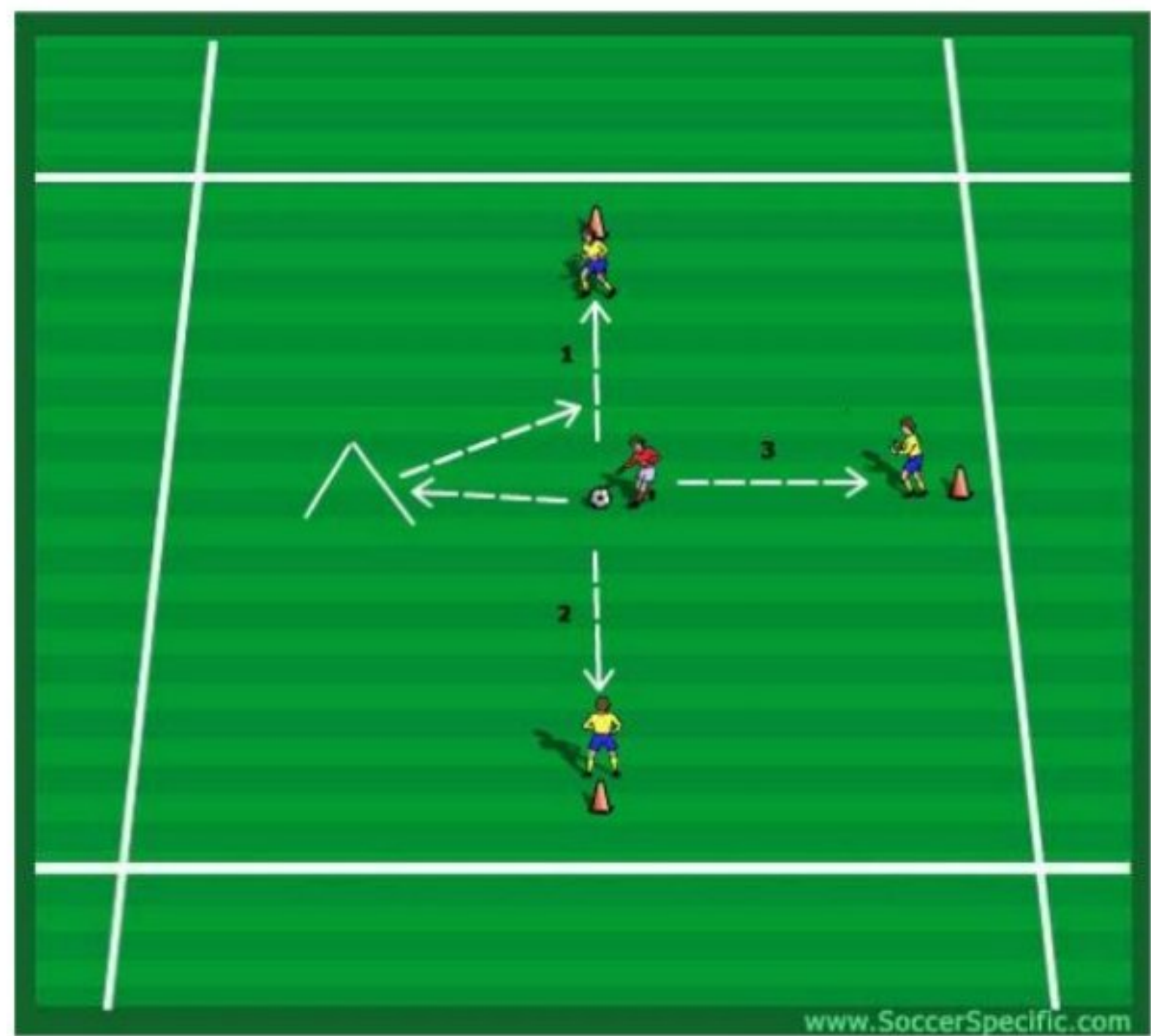
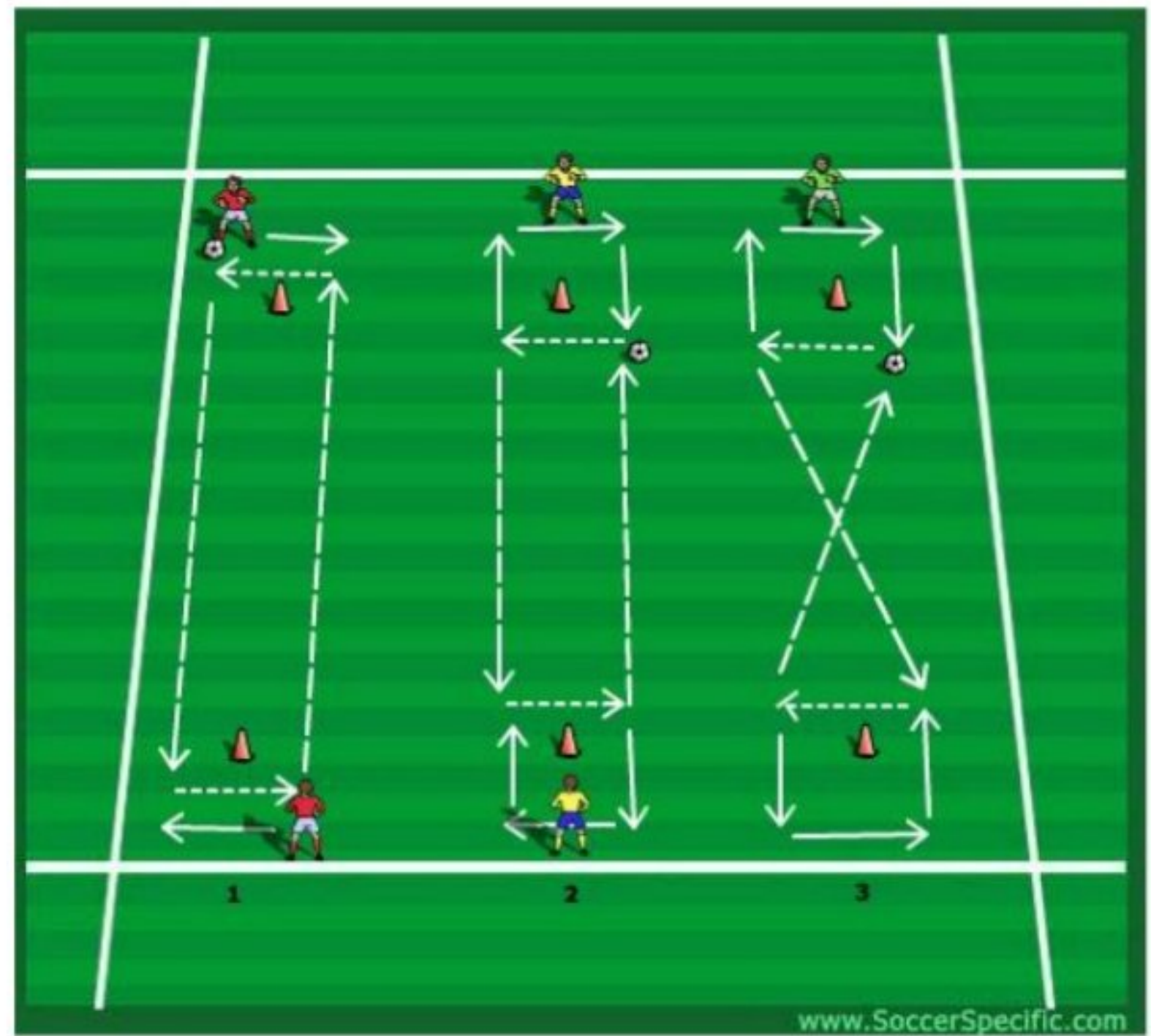
**Communication** – players must vocal plus ensure they are clear signals given

**Disguise** – encourage players to disguise their intentions

Plays pass off rebound board and lays ball to wide player 1.

Plays pass off rebound board and lays ball to wide player 2.

Plays pass off rebound board and opens out to wide player 3.





## 2. Weaker Foot Passing

Movement away from mannequins to create space.

Open body and take on back foot.

Timing

Communication

Check shoulders / Scanning

Support wide from passer

Relax surface to control

Progress 1 : First time around the corner ball

Progress 2 : Player 'pins' defender and lay off for longer ball

Progress 3 : The longer ball from player 1 played inside player 3's

Break the line/gate with first touch on weaker foot only then pass.

Static then movement

Relax touch

Quality of pass

(weight/accuracy)

Always check off in opposite direction prior to receiving the ball

Timing of runs

Communication

Awareness of team mates

Support wide / Create angle

Progress 1-2s

Spanish Possession Game.

Work weaker foot only

Limit touches

Reduce size of area

Coaching Points :

Weight / angle of passing

Support

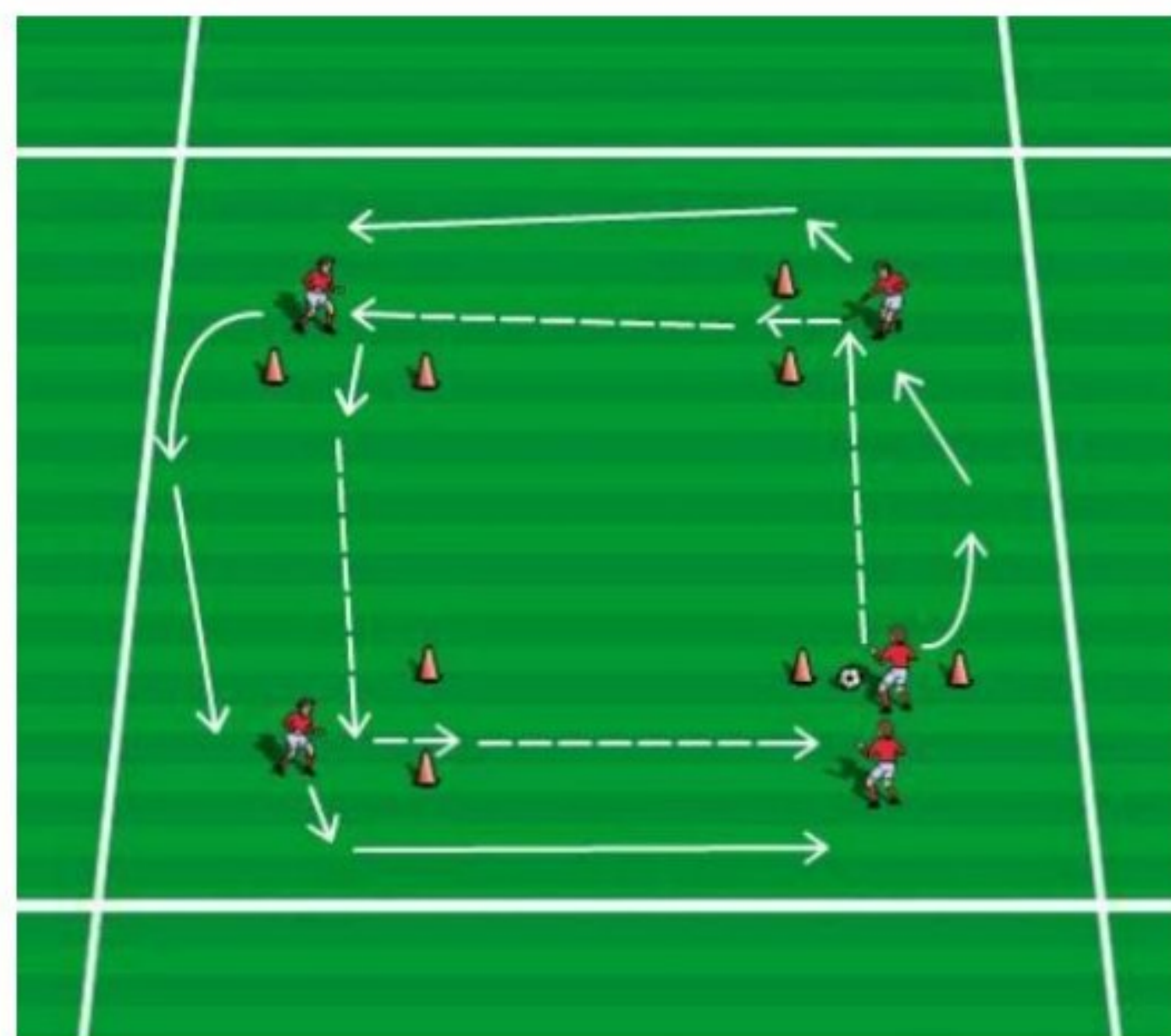
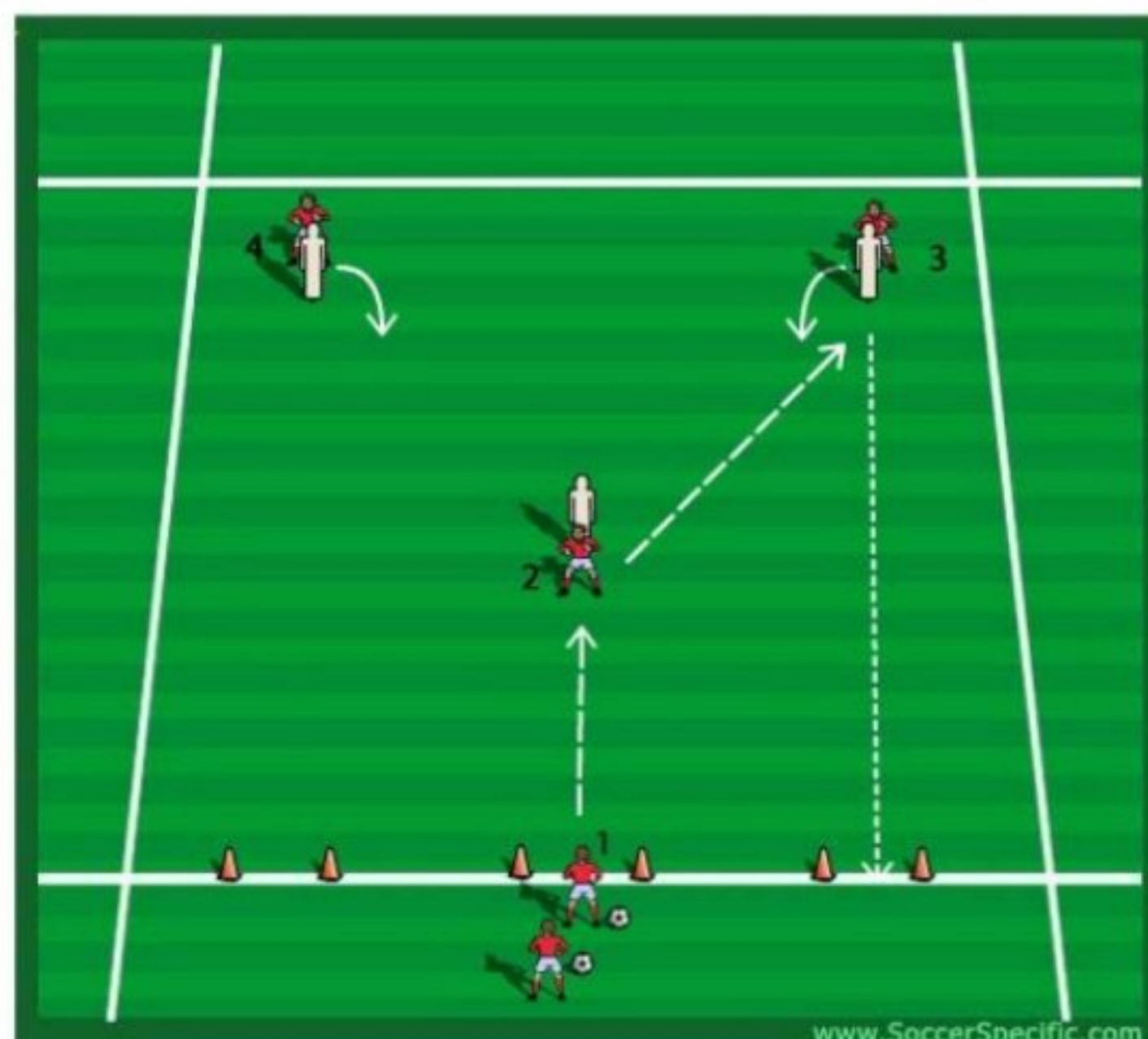
Make park big

Communication

1st time pass ?

Control & pass ?

Technique of control/passing





### 3. Movement around the box

Picture 1 : Around the corner 1-2

Picture 2 : Across the face

Picture 3 : Short and Long

Create /Maintain/Exploit Space

Dispersal. Make the park big

Quick movements

Support & movement

Cover and balance behind the ball

Make it realistic. Game related

Weight & angle of passing

Attacking Triangle – See Ball & Goal

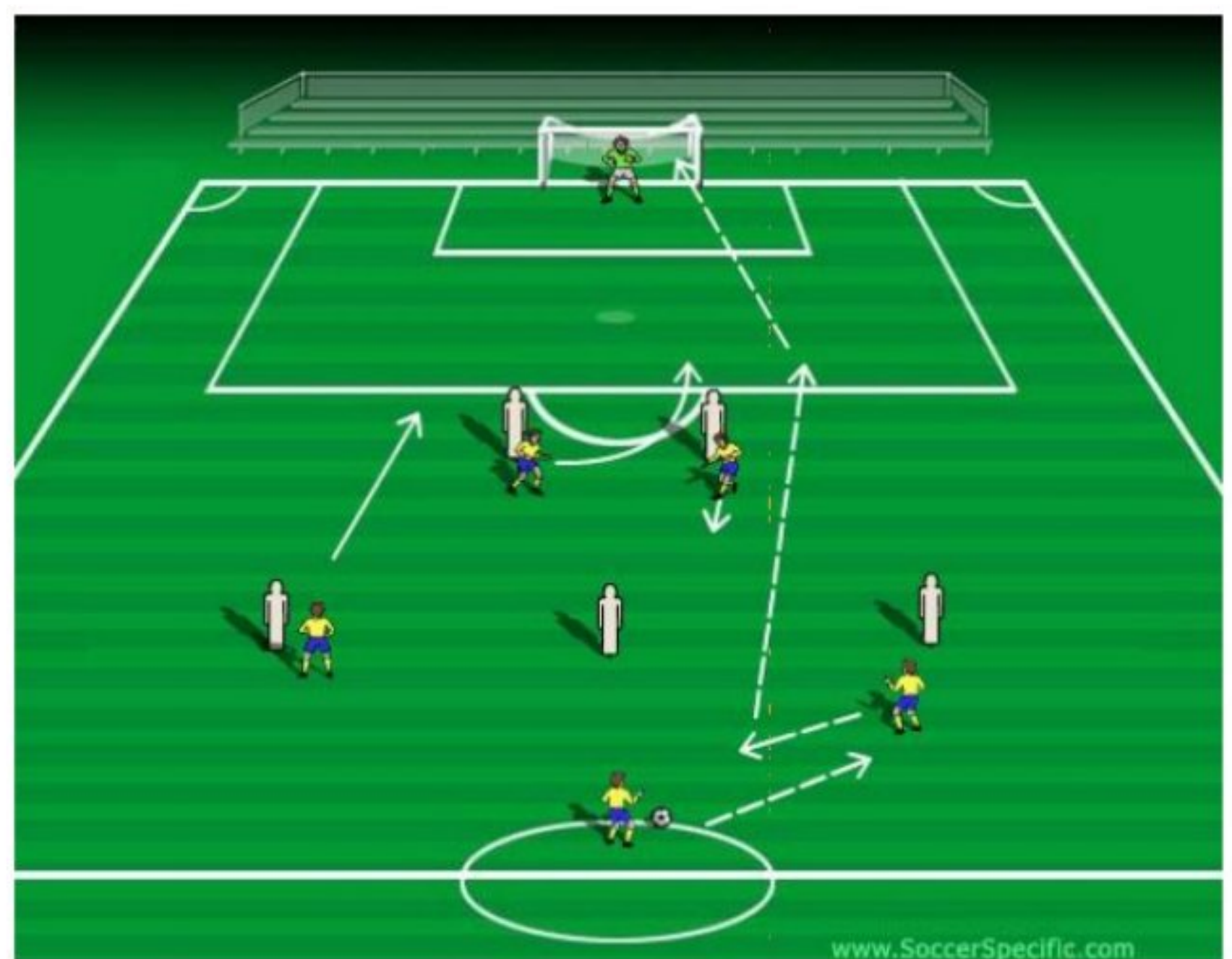
Weighted and angled pass/cover

Movement away to receive/touch  
infield/ball between player &  
defender/ weighted pass in to  
movement after

Starting position/Create space off

CH/play between lines/trigger/ball on  
back foot/drive into space for shot

Tie up two CHs/trigger/play off shoulder





## 4. Finishing

Red forward must finish passes that have been cut back from the goal line. Player goes round cone and attacks the ball feeder beside goal puts ball in for additional finish with volley (rebound). Back to flag at 18yrd line after each attempt.

### Key Points

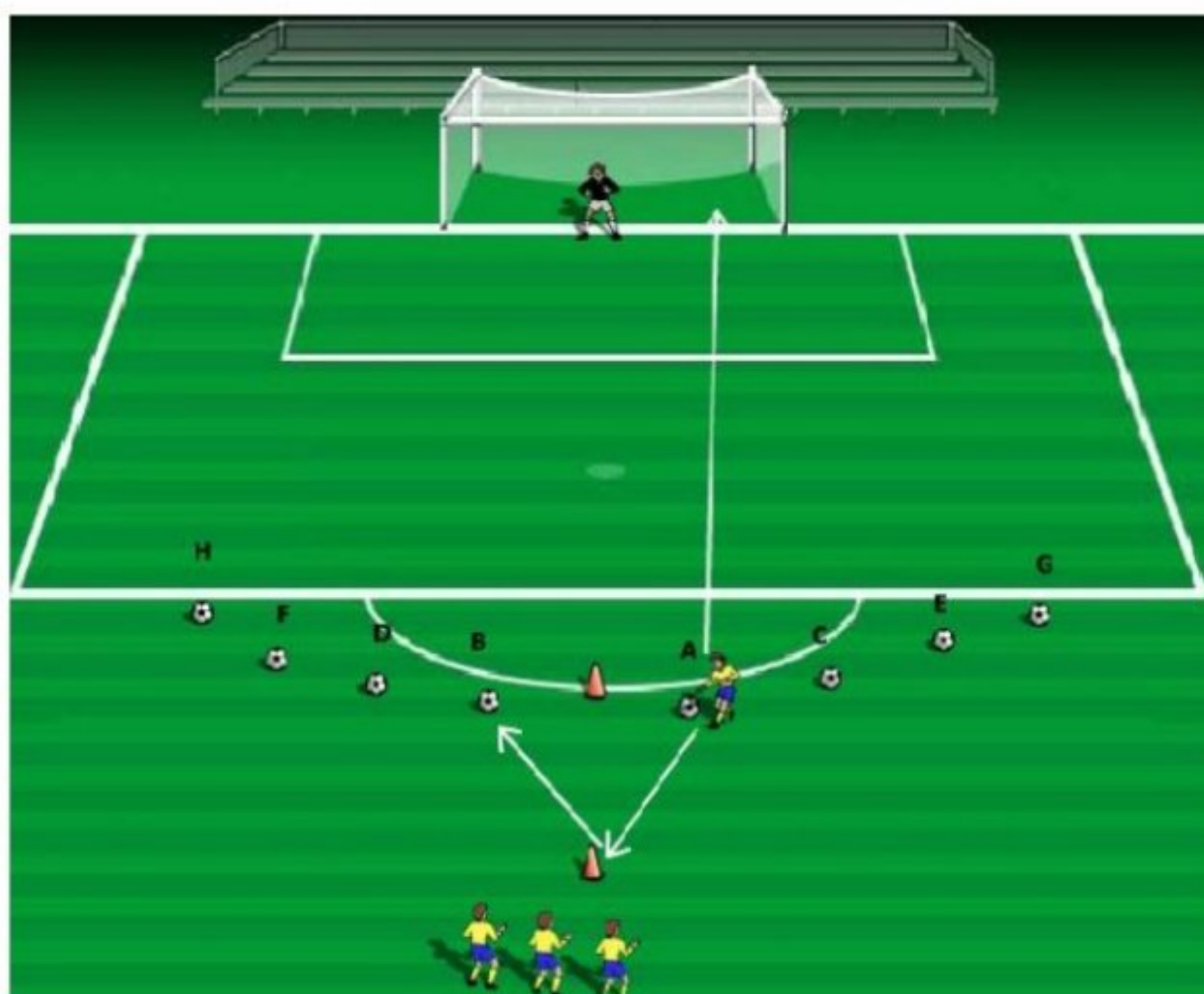
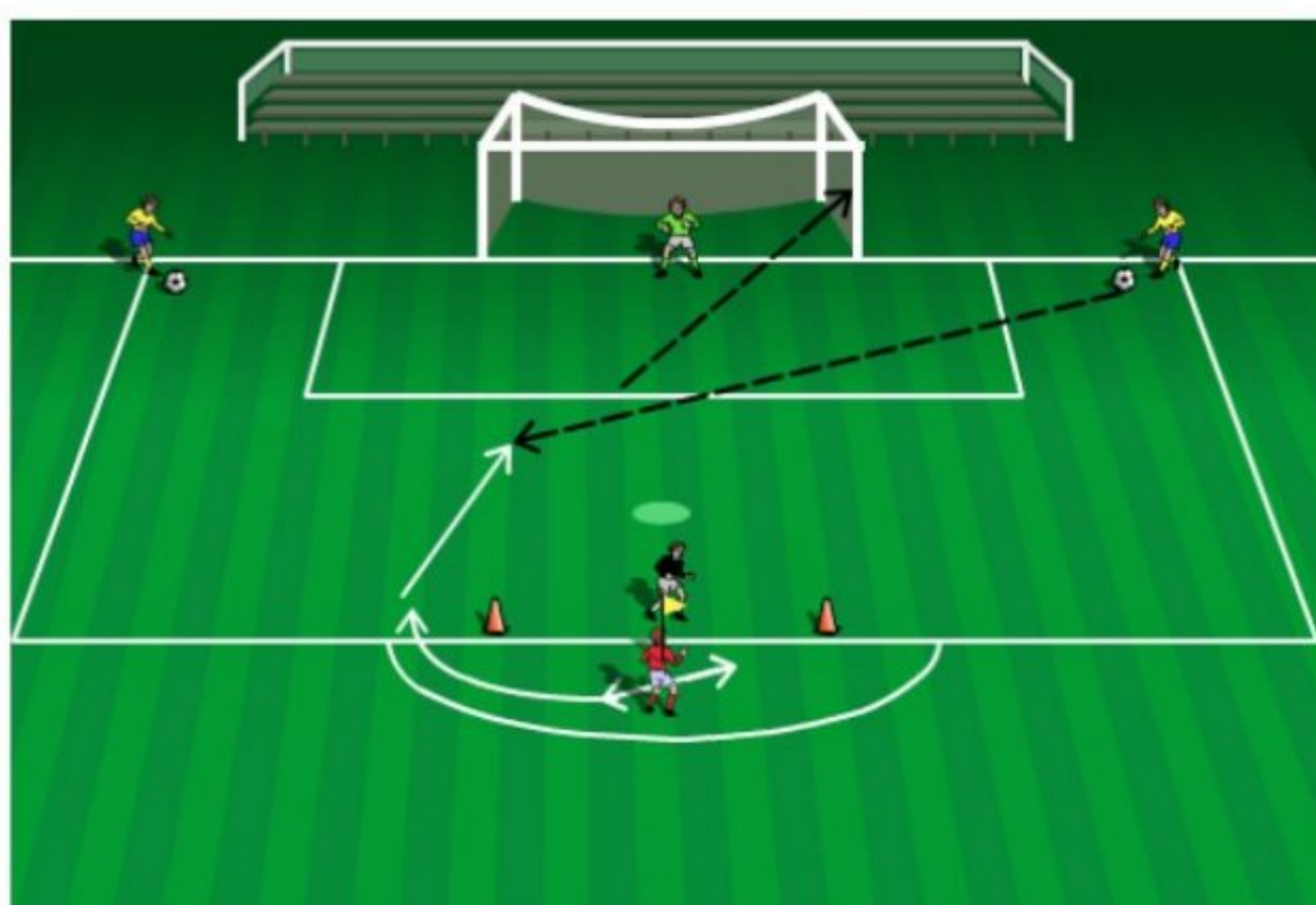
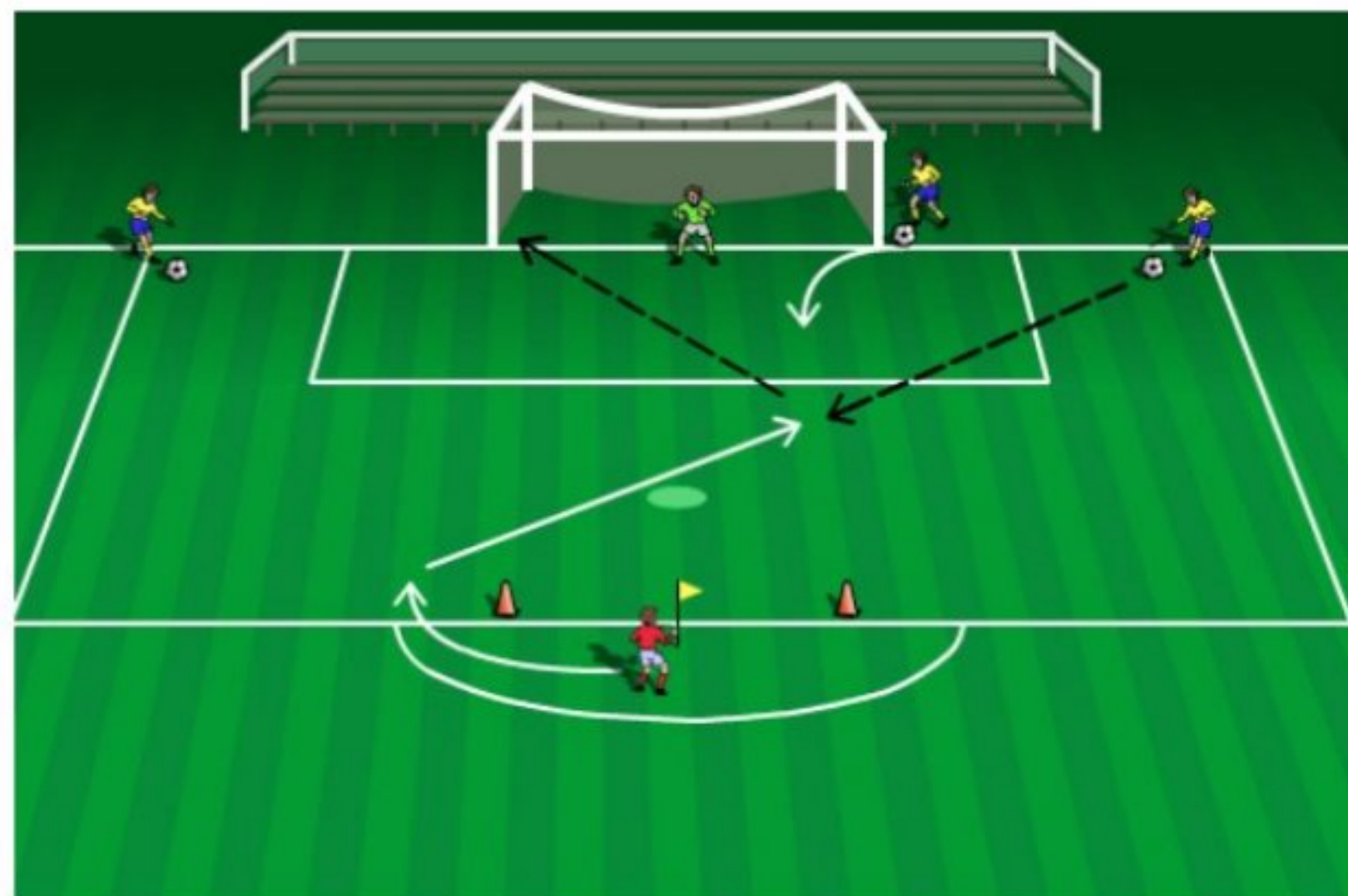
Head over the ball to keep shot down.  
Aware of GK position on approach.  
Timing and angle of run to ball.  
Pass or driven finish? Work out speed of cut-back.  
Head over the ball to keep shot down.  
Aware of GK position on approach.  
Timing and angle of run to ball.  
Pass or driven finish? Work out speed of cut-back.

Now with defender against Forward.  
Forward dictates which side to get cut-back from by going to opposite cone.  
Feeders must be ready and sharp.

### Key Points

As previous. Aim for opposite corners.  
Control your shot. Focus on placement over power.

Footballs from different angles x 8





## 5. Finishing

Driving at mannequins

- Inside
- Outside

### Key Points

Head over the ball to keep shot down.

Aware of GK position on approach.

Timing and angle of run to ball.

Pass or driven finish? Work out speed of cut-back.

Head over the ball to keep shot down.

Aware of GK position on approach.

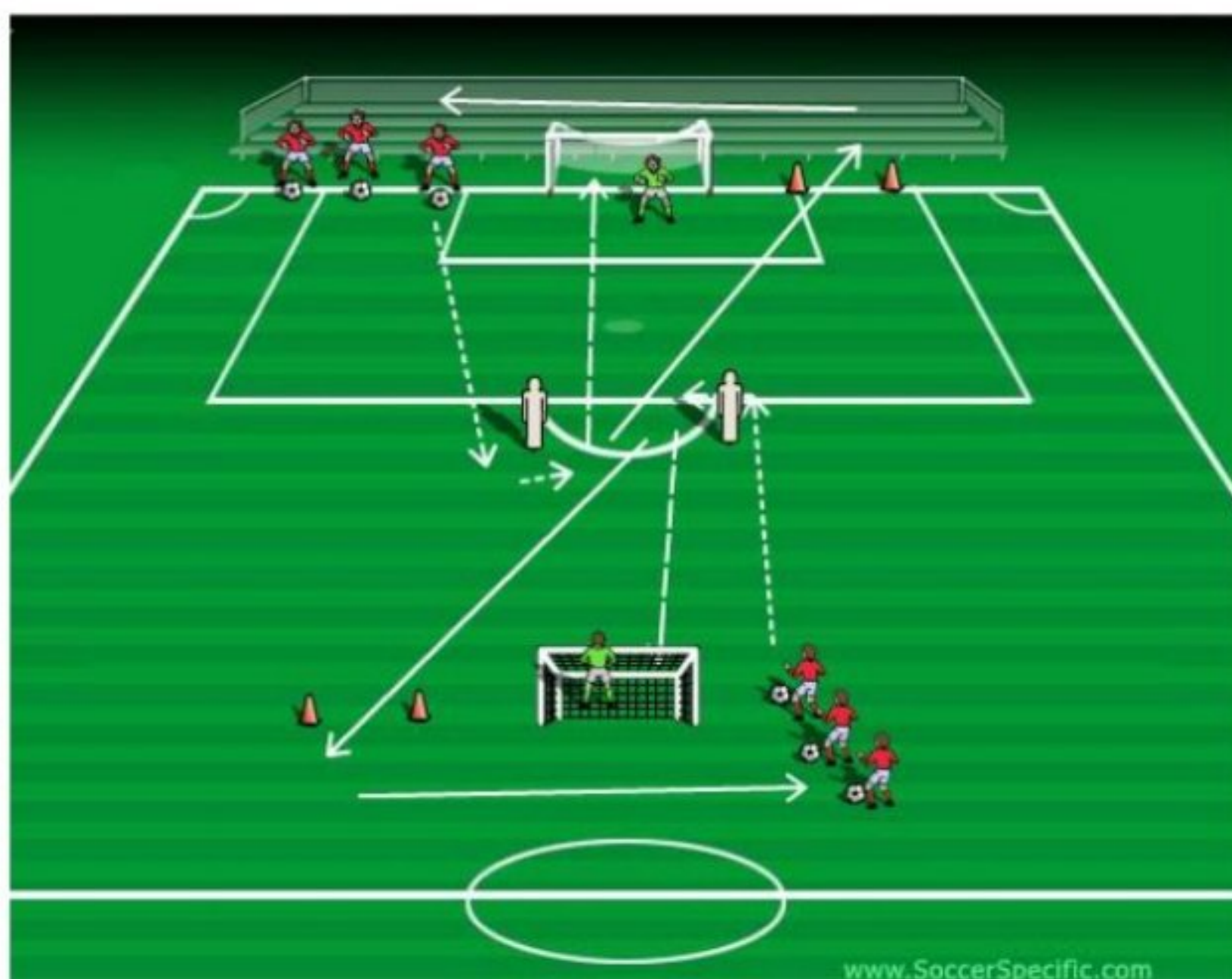
Timing and angle of run to ball.

Pass or driven finish? Work out speed of cut-back.

### Key Points

As previous. Aim for opposite corners.

Control your shot. Focus on placement over power.







# Formation Analysis

## Italy v Uruguay : 24<sup>th</sup> June 2014

### Focus on Italy's 1-3-5-2 Formation



## Italy 0 v Uruguay 1 : World Cup 2014

### 24<sup>th</sup> June 2014, Esadio Das Dunas, Natal, Brazil

With both teams playing for final spot to the next round, I have focused on Italy's choice of tactics in attempting to get through the Group Phase of World Cup 2014. The odds slightly in Italy's favour as a draw would be good enough to progress. Uruguay needed a win.

Cesare Prandelli has, throughout World Cup qualifying and group games, tinkered with variations on 1-3-5-2 and personnel within, following a current trend in Italian football particularly Juve's championship winning season. Prandelli opted for 1-3-5-2 formation v Uruguay.

### Strengths of 1-3-5-2

- Three man defence is perfect against a pair of strikers. Two track, one sweeps.
- Wingbacks can retreat to create a solid back 5.
- Having three centre-halves releases the wing-backs from most of their defensive duties contribute heavily to offensive duties and go forward.
- 5 Players in middle of the park allows for good spread across the park stretching pitch to limit.
- Allows for one dropping to be playmaker or controller ie Pirlo.
- Opportunities for lots of rotation and movement in the middle of the park.
- Potential to counter act opposition full backs pushing on.
- Creates passing triangles over the park

### Weaknesses of 1-3-5-2

- Player selection is very important. 3 Central Defenders need to be of a certain type. The outside two must be mobile and have good agility. The central defender must be dominant in the air and happy to move forward with the ball. A tricky balance to strike.
- Against the 2 strikers of Uruguay with potential of one midfield runner, who picks up ? Communication needs to be good.
- Discipline in shape. Need to be fairly rigid as a 3.
- No cover for wide midfield players in the 5 when defending.
- 3 defenders leaves exposed large spaces on the flanks behind the flank midfielders
- Need to be quick in pushing across/shifting to cover areas of the park
- If opposition play 1 striker, means a surplus of defenders and a shortfall in other area of the park.
- 3-5-2 can be overloaded in wide areas with wingback dealing with attacking full back and wide midfielder.





## Italy : 1-3-5-2

### Trends during the game

- With the influential de Rossi unavailable, the manager made 4 changes from the previous game versus Chile.
- Italy switched to a back three for this game.
- Three centre-backs and two full-backs/wing-backs utilised in the midfield area, Italy were extremely patient with the ball and not looking to go forward too often considering they were content with a draw enjoying most of the possession in the game's early stages - nearly 75%, in fact.
- Pirlo as the playmaker as the Italians looked to keep possession and not concede.
- Cavani dropping onto him to pressure.
- Di Sciglio the more attacking wide player for the Italians on the left side.
- Midfield area became extremely congested with little penetration into final third.
- Marco Paolo on for Balotelli to try and congest the midfield.
- Lack of a real link-up between Balotelli and Immobile.
- In three quarters of an hour they'd exchanged just 3 passes - all from Balotelli to Immobile, one being from kick-off - and the Torino man had been particularly poor in the air, losing every one of his headers.
- Second half Balotelli replaced with Midfielder Parolo.
- Italy moved to 1-5-3-1 after Marchisio red card in 60 minutes
- A defensive game plan based on not giving Uruguay a sniff of the ball looked to have done the job until the final 10 minutes, when Godin's headed goal made the difference.
- The patient / possession based ethos had worked until then however they had 1 shot on target in the entire match, a strike from distance by Pirlo.





## Uruguay : 1-4-4-2 (diamond)

### Trends during the game

- Unchanged from the game versus England.
- Uruguay didn't want to leave themselves vulnerable to the pace of Italy's front two
- Edinson Cavani asked to dropped onto Andrea Pirlo, to try and stifling Italy's passing.
- Uruguay pushed higher up the pitch, with Maxi Pereira a more natural wing-back, driving forward down the right.
- Uruguay replaced Pereira for Stuardi creating an extra forward
- Uruguay began to attack with more width, and shortly before the hour mark had a good chance through Cristian Rodriguez, who could only fire wide after a beautiful chipped through-ball by Suarez.
- Uruguay shifted to 1-4-3-3 after sending off
- Threatened down Italy's flanks after that.
- With Italy began to playing ever deeper. Pirlo collecting on own 18 yard on occasions.
- Set-piece for Uruguay to grab their goal, with Diego Godin making the breakthrough with a header
- Marchisio's sending-off had a huge impact on the game. Uruguay made more passes in the attacking third and created more chances after he'd left the field.





# 2014 FIFA World Cup Brazil™ Tactical Line-up



Group D

Italy - Uruguay

# 39 24 JUN 2014 13:00 Natal / Estadio Das Dunas / BRA

Referee: Marco RODRIGUEZ (MEX)  
4th official: Mark W. GEIGER (USA)  
Match Commissioner: Prosper ADJEVA (TUN)  
General Coordinator: Jim Johnson (USA) (M)

Assistant referee 1: Martin TORRENTERA (MEX)  
Assistant referee 2: Marcos GUINTEO (MEX)  
Reserve assistant referee: Mark SCARFORD (USA)

Italy (ITA)

Shirt: blue Shorts: blue Socks: blue/white

#	Name	Pos
1	Gianluigi BUFFON (C)	GK
2	Mattia DE SCIGLIO	DF
3	Giorgio CHIellini	DF
4	Matteo DARMIAN	DF
8	Claudio MARCHISIO	MF
9	Mario BALOTELLI X	FW
16	Andrea BARZAGLI	DF
17	Ciro IMMOBILE	FW
19	Leonardo BONUCCI	DF
21	Andrea PIRLO	MF
23	Marco VERRATTI	MF
Substitutes		
6	Thiago MOTTA	MF
6	Antonio CANDREVA	MF
7	Ignazio ABATE	DF
10	Antonio CASSANO	FW
11	Alessio CERCI	FW
12	Salvatore SIRIGU	GK
13	Mattia PERIN	GK
14	Alberto AQUILANI	MF
18	Marco PAROLO	MF
20	Gabriel PALETTA	DF
22	Lorenzo INSIGNE	FW
16	Daniele DE ROSSI /	MF
Coach Cesare PRANDELLI (ITA)		



Matches played

England - ITA  
ITA - Costa Rica

1:2 (1:1)  
0:1 (0:1)

Group D	MP	W	D	L	GF	GA	GD	Pts
Costa Rica	2	2	0	0	4	1	+3	6
Italy	2	1	0	1	2	2	0	3
Uruguay	2	1	0	1	3	4	-1	3
England	2	0	0	2	2	4	-2	0

Uruguay (URU)

Shirt: white Shorts: white Socks: white

#	Name	Pos
1	Fernando MUSLERA	GK
3	Diego GODIN (C) X	DF
6	Alvaro PEREIRA	MF
7	Cristian RODRIGUEZ	MF
9	Luis SUAREZ	FW
13	Jose GIMENEZ	DF
14	Nicolas LODEIRO	MF
17	Egidio AREVALO	MF
20	Alvaro GONZALEZ	MF
21	Edinson CAVANI	FW
22	Martin CACERES X	DF
Substitutes		
4	Jorge FUCILE	DF
6	Walter GARGANO X	MF
8	Abel HERNANDEZ	FW
10	Diego FORLAN	FW
11	Cristian STUANI	FW
12	Rodrigio MUNOZ	GK
16	Diego PEREZ	MF
16	Maximiliano PEREIRA	DF
18	Gaston RAMIREZ	MF
19	Sebastian COATES	DF
23	Martin SILVA	GK
2	Diego LUGANO /	DF
Coach Oscar TABAREZ (URU)		



Matches played

URU - Costa Rica  
URU - England

1:3 (1:0)  
2:1 (1:0)

Group D	MP	W	D	L	GF	GA	GD	Pts
Costa Rica	2	2	0	0	4	1	+3	6
Italy	2	1	0	1	2	2	0	3
Uruguay	2	1	0	1	3	4	-1	3
England	2	0	0	2	2	4	-2	0

GK: Goalkeeper  
MF: Midfielder  
DF: Defender  
FW: Forward  
C: Captain  
A: Absent  
N: Not eligible to play  
I: Injured  
X: Misses next match if booked

TUE 24 JUN 2014 17:00 CET / 12:00 Local time - Version 1

33°C / 91°F Hum.: 45% Page 1 / 1

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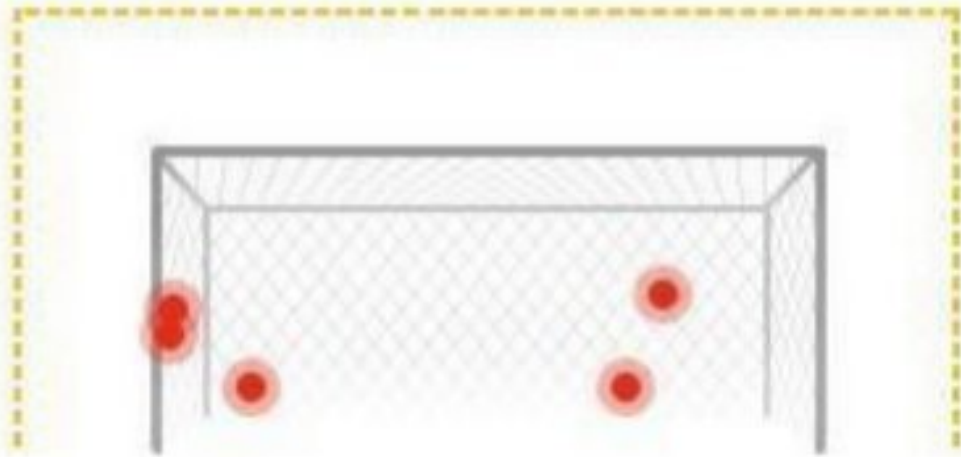


36	DANGEROUS ATTACKS	37
9	TOTAL ATTEMPTS	14
6	DELIVERIES IN PENALTY AREA	8
11	CLEARANCES	11
452	PASSES COMPLETED	323



ATTEMPTS

9	TOTAL	14
5	ON-TARGET	9
0	Goals	1
4	Blocked	4
1	Saves	4
4	OFF-TARGET	5
0	Woodwork	0





# Attacking



# Defending





Disciplinary

FOULS COMMITTED



2	YELLOW CARDS	2
1	RED CARDS	0

Distance

ITA

URU



Passes

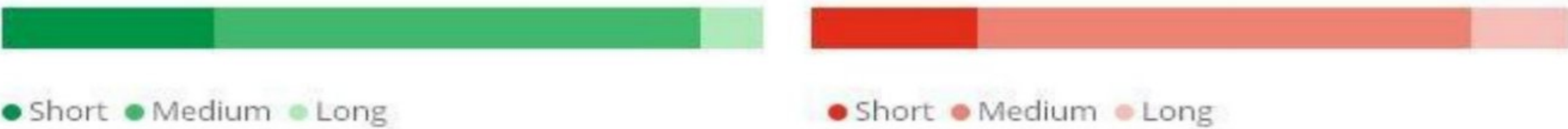
TOTAL PASSES



80%

COMPLETION RATE

72%





## Start list



Group D

Italy - Uruguay

# 39 24 JUN 2014 13:00 Natal / Estadio Das Dunas / BRA

Referee: Marco RODRIGUEZ (MEX)  
 4th official: Mark W. GEIGER (USA)  
 Match Commissioner: Prosper ADJEVA (TUN)  
 General Coordinator: Jim Johnson (USA) (M)

Assistant referee 1: Marvin TORRENTERA (MEX)  
 Assistant referee 2: Marcos GUINTEIRO (MEX)  
 Reserve assistant referee: Mark SCARFORD (USA)

Italy (ITA)							Shirt: blue Shorts: blue Socks: blue/white						
#	Name	ST	Pos	DOB	Club	H	Competition statistics						
							MP	Min	GF	GA	Y	ZY+R	R
1	Gianluigi BUFFON (C)		GK	28/01/78	Juventus FC (ITA)	190	1	90		1			
2	Mattia DE SCIGLIO		DF	20/10/92	AC Milan (ITA)	179							
3	Giorgio CHIellini		DF	14/08/84	Juventus FC (ITA)	192	2	180					
4	Matteo Darmian		DF	02/12/89	Torino FC (ITA)	182	2	180					
8	Claudio MARCHISIO		MF	19/01/86	Juventus FC (ITA)	179	2	169	1				
9	Mario BALOTELLI	X	FW	12/08/90	AC Milan (ITA)	189	2	163	1		1		
15	Andrea BARZAGLI		DF	08/06/81	Juventus FC (ITA)	186	2	180					
17	Ciro IMMOBILE		FW	20/02/90	Torino FC (ITA)	184	1	17					
19	Leonardo BONUCCI		DF	01/06/87	Juventus FC (ITA)	190							
21	Andrea PIRLO		MF	19/06/79	Juventus FC (ITA)	177	2	180					
23	Marco VERRATTI		MF	06/11/92	Paris Saint-Germain . (FRA)	168	1	67					
Substitutes													
5	Thiago MOTTA		MF	28/08/82	Paris Saint-Germain . (FRA)	187	2	78					
6	Antonio CANDREVA		MF	28/02/87	SS Lazio (ITA)	180	2	136					
7	Ignazio ABATE		DF	12/11/86	AC Milan (ITA)	180	1	90					
10	Antonio CASSANO		FW	12/07/82	Parma FC (ITA)	176	1	45					
11	Alessio CERCI		FW	23/07/87	Torino FC (ITA)	177	1	21					
12	Salvatore SIRIGU		GK	12/01/87	Paris Saint-Germain . (FRA)	190	1	90		1			
13	Mattia PERIN		GK	10/11/92	Genoa CFC (ITA)	188							
14	Alberto AQUILANI		MF	07/07/84	ACF Fiorentina (ITA)	184							
18	Marco PAROLO		MF	26/01/86	Parma FC (ITA)	186	1	11					
20	Gabriel PALETTA		DF	16/02/86	Parma FC (ITA)	187	1	90					
22	Lorenzo INSIGNE		FW	04/06/91	SSC Napoli (ITA)	163	1	33					
16	Daniele DE ROSSI	I	MF	24/07/83	AS Roma (ITA)	182	2	180					
Coach Cesare PRANDELLI (ITA)													

Uruguay (URU)							Shirt: white Shorts: white Socks: white						
#	Name	ST	Pos	DOB	Club	H	Competition statistics						
							MP	Min	GF	GA	Y	ZY+R	R
1	Fernando MUSLERA		GK	16/06/86	Galatasaray SK (TUR)	190	2	180		4			
3	Diego GODIN (C)	X	DF	16/02/86	Atletico Madrid (ESP)	186	2	180			1		
6	Alvaro PEREIRA		MF	28/11/86	Sao Paulo FC (BRA)	182	1	90					
7	Cristian RODRIGUEZ		MF	30/09/86	Atletico Madrid (ESP)	178	2	166					
9	Luis SUAREZ		FW	24/01/87	Liverpool FC (ENG)	181	1	88	2				
13	Jose GIMENEZ		DF	20/01/96	Atletico Madrid (ESP)	184	1	90					
14	Nicolas LODEIRO		MF	21/03/89	Botafogo FR (BRA)	173	2	97					
17	Egidio AREVALO		MF	01/01/82	CA Monarcas Morelia (MEX)	168	2	180					
20	Alvaro GONZALEZ		MF	29/10/84	SS Lazio (ITA)	176	2	109					
21	Edinson CAVANI		FW	14/02/87	Paris Saint-Germain . (FRA)	188	2	180	1				
22	Martin CACERES	X	DF	07/04/87	Juventus FC (ITA)	178	2	180			1		
Substitutes													
4	Jorge FUCILE		DF	19/11/84	FC Porto (POR)	177	1	11					
5	Walter GARGANO	X	MF	23/07/84	Parma FC (ITA)	168	1	60			1		
8	Abel HERNANDEZ		FW	08/08/90	US Città di Palermo (ITA)	186	1	14					
10	Diego FORLAN		FW	19/05/79	Cerezo Osaka (JPN)	181	1	60					
11	Cristhian STUANI		FW	12/10/86	RCD Espanol (ESP)	186	2	113					
12	Rodrigo MUNOZ		GK	22/01/82	Club Libertad (PAR)	186							
15	Diego PEREZ		MF	18/06/80	Bologna FC (ITA)	176							
16	Maximiliano PEREIRA		DF	08/06/84	SL Benfica (POR)	173	1	90					1
18	Gaston RAMIREZ		MF	02/12/90	Southampton FC (ENG)	183							
19	Sebastian COATES		DF	07/10/90	Club Nacional de Foo. (URU)	196	1	2					
23	Martin SILVA		GK	26/03/83	CR Vasco da Gama (BRA)	187							
2	Diego LUGANO	I	DF	02/11/80	West Bromwich Albion. (ENG)	188	1	90			1		
Coach Oscar TABAREZ (URU)													

Matches played							GF GA GD Pts			
MP	Matches played	Pos	Position	ST	Status		14/06 ENG - ITA 1:2 (1:1)	14/06 URU - CRC 1:3 (1:0)		
Min	Minutes played	GK	Goalkeeper	A	Absent		20/06 ITA - CRC 0:1 (0:1)	19/06 URU - ENG 2:1 (1:0)	URU	4 1 +3 3
GF	Goals for	MF	Midfielder	N	Not eligible to play				ITA	2 2 0 3
GA	Goals against	DF	Defender	I	Injured				URU	2 4 1 3
Y	Single yellow card	FW	Forward	X	Missed next match if booked				ENG	1 4 -2 3
ZY+R	Expulsion due to 2nd caution	C	Captain							
R	Direct red card	DOB	Date of birth							

TUE 24 JUN 2014 18:55 CET / 11:55 Local time - Version 1

33°C / 91°F Hum.: 45% Page 1 / 1

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## Actual Formation



Group D

Italy - Uruguay 0:1 (0:0)

# 39 24 JUN 2014 13:00 Natal / Estadio Das Dunas / BRA

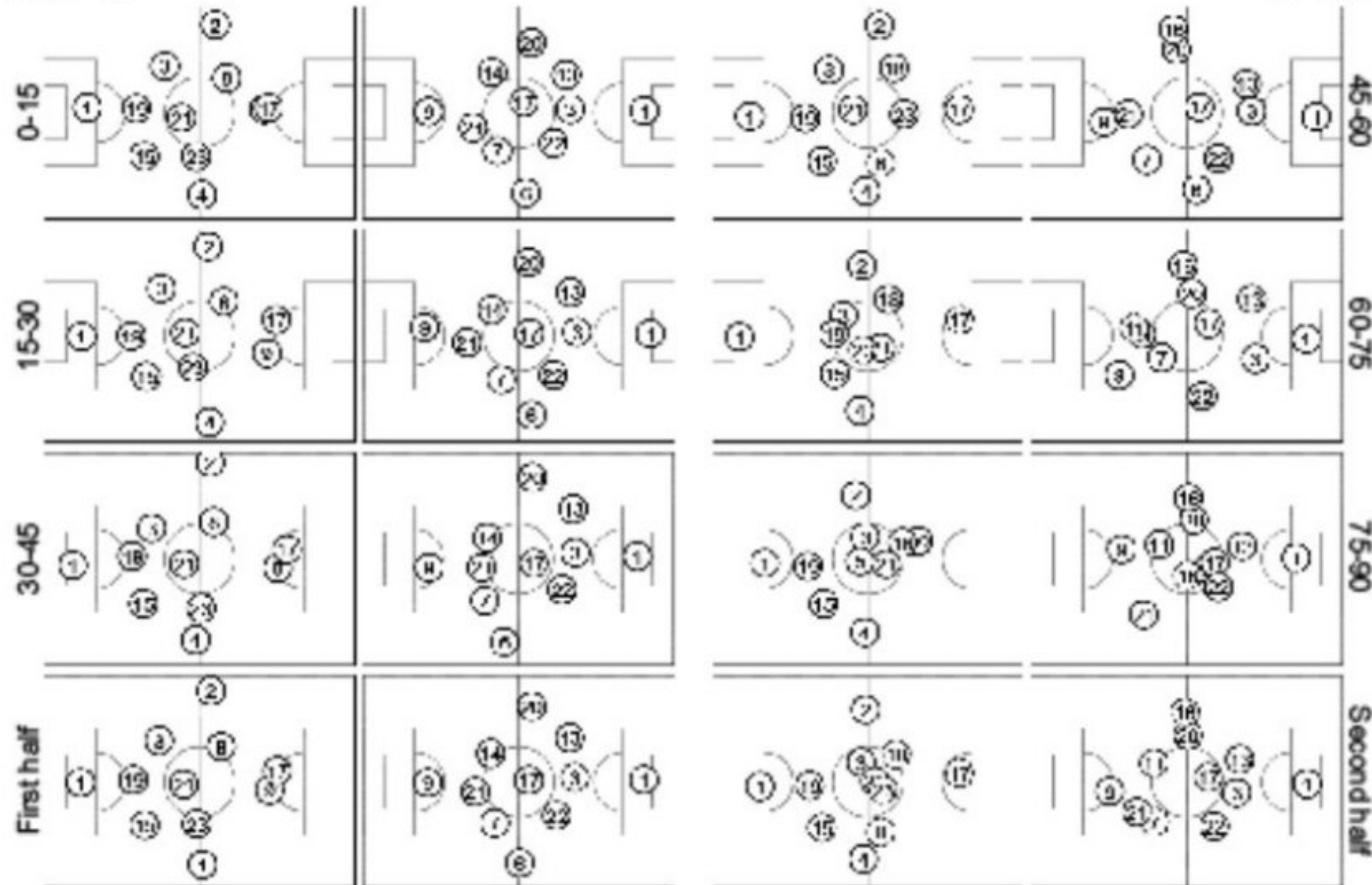
46' In 18 PAROLO / Out 9 BALOTELLI  
 59' In 8 Claudio MARCHISIO  
 71' In 10 CASSANO / Out 17 IMMOBILE  
 75' In 5 MOTTA / Out 23 VERRATTI

46' In 16 M. PEREIRA / Out 14 LODEIRO  
 63' In 11 STUANI / Out 6 A. PEREIRA  
 78' In 18 RAMIREZ / Out 7 RODRIGUEZ

Total time played 98'08"		
55% - 30'56"	Ball possession	45% - 25'15"
Actual formation		
Direction of play → ← Direction of play		

1 BUFFON  
 2 DE SCIGLIO  
 3 CHIellini  
 4 DARMIAN  
 8 MARCHISIO  
 9 BALOTELLI  
 16 BARZAGLI  
 17 IMMOBILE  
 19 BONUCCI  
 21 PIRLO  
 23 VERRATTI  
 5 MOTTA  
 10 CASSANO  
 18 PAROLO

1 MUSLERA  
 3 GODIN  
 6 A. PEREIRA  
 7 RODRIGUEZ  
 9 SUAREZ  
 13 GIMENEZ  
 14 LODEIRO  
 17 AREVALO  
 20 GONZALEZ  
 21 CAVANI  
 22 CACERES  
 11 STUANI  
 16 M. PEREIRA  
 18 RAMIREZ



○ Did not play the entire match    ⬇ Substitution    (R) Sent off    Actual formation: average player positions  
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TUE 24 JUN 2014 20:23 CET / 15:23 Local time - Version 1

Page 1 / 1

2014 FIFA WORLD CUP BRAZIL™





# 39 24 JUN 2014 13:00 Natal / Estadio Das Dunas / BRA

From	To	TP	To																		Long		Medium		Short		Total		
			1	3	6	7	9	13	14	17	20	21	22	11	16	18	PC	PA	PC	PA	PC	PA	PC	PA	%				
Fernando MUSLERA	1	98'08"		3		4	1					5		1		7	14	6	6	1	1	14	21	67%					
Diego GODIN	3	98'08"			3	1	1	4	1	8	3	2	9	1		4	4	23	25	6	7	33	36	92%					
Alvaro PEREIRA	6	64'32"		1		12	3					1	4			3	5	13	20	5	8	21	33	64%					
Cristian RODRIGUEZ	7	79'25"		1	7		7			5		3	4	4	1	2	1	3	25	36	8	12	34	51	67%				
Luis SUAREZ	9	98'08"			1	4				3	2	2	3		1		0	6	11	16	6	13	17	35	49%				
Jose GIMENEZ	13	98'08"	1	3	1	1	1			1	1	6		2		6	5	11	16	20	3	3	24	34	71%				
Nicolas LODEIRO	14	47'11"		1	4	2	4				1	2	3				0	0	9	14	8	12	17	26	65%				
Egido AREVALO	17	98'08"		5	2	7	1	2	3			1	2	7	1	2	3	4	20	22	11	13	34	39	87%				
Alvaro GONZALEZ	20	98'08"			3	3	2	3	3	4			2	1	1	6	5	6	16	21	8	10	29	37	78%				
Edinson CAVANI	21	98'08"	1		4	2	4	2	2	2	1				1	1	5	6	13	17	3	6	21	29	72%				
Martin CACERES	22	98'08"	1	4	6	11	3	4	3	3		7			1	3	6	9	36	42	4	7	46	58	79%				
Cristhian STUANI	11	33'36"				1	1	1			2						0	1	3	3	2	3	5	7	71%				
Maximiliano PEREIRA	16	50'57"		1		1	2	3		4	5	1	1	1		1	1	6	15	19	4	4	20	29	69%				
Gaston RAMIREZ	18	18'43"		1				1			1	2	2	1			4	5	3	5	1	1	8	11	73%				
Total passes received			3	20	31	49	30	20	21	25	26	27	35	8	19	9	44	80	209	266	70	100	323	446	72%				

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TUE 24 JUN 2014 20:23 CET / 15:23 Local time - Version 1

Page 1 / 1







Group D

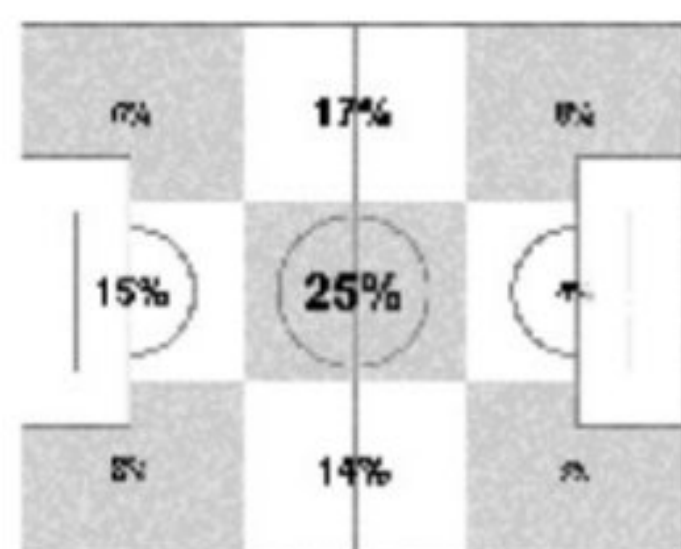
Italy - Uruguay 0 : 1 (0 : 0)

# 39 24 JUN 2014 13:00 Natal / Estadio Das Dunas / BRA



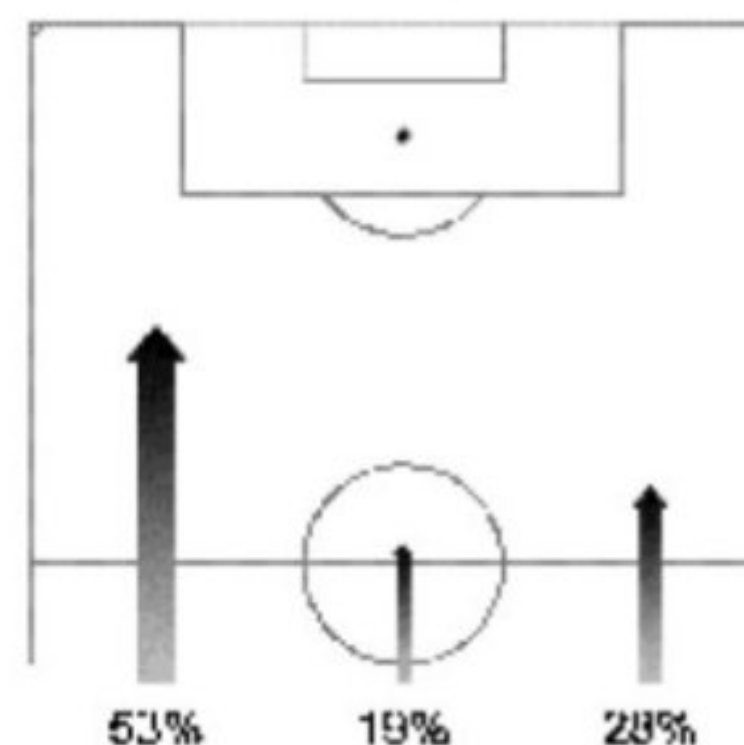
Italy

Ball possession heat map



Attacking direction →

Attacks origin



#	Name	Time	Distance covered (metres)			Time spent			Sprints	Top speed	Activity time spent		
			Total	In Poss	Not in Poss	Opp. Half	Att. 3rd	Pen. Area			Low	Medium	High
1	BUFFON	98'08"	6,619	1,714	1,497	1%	1%		4	21.92	97%	1%	2%
2	DE SCIGLIO	98'08"	10,486	3,928	3,233	40%	18%	1%	37	26.93	81%	10%	9%
3	CHIELLINI	98'08"	10,220	3,706	3,037	27%	13%	4%	20	24.48	84%	9%	7%
4	DARMIAN	98'08"	10,654	3,840	3,667	37%	16%	2%	32	26.96	81%	9%	10%
8	MARCHISIO	61'03"	6,945	2,761	1,819	46%	20%	1%	23	26.86	78%	10%	12%
9	BALOTELLI	47'11"	4,717	1,820	1,160	76%	40%	9%	14	32.98	87%	7%	6%
16	BARZAGLI	98'08"	10,091	3,435	3,249	17%	6%	3%	16	27.79	83%	9%	8%
17	IMMOBILE	73'03"	8,149	3,060	2,179	77%	43%	10%	27	26.60	82%	8%	10%
19	BONUCCI	98'08"	9,219	3,067	2,883	14%	6%	2%	16	26.06	88%	6%	6%
21	PIRLO	98'08"	10,746	<b>4,035</b>	3,343	37%	16%	1%	19	24.12	81%	11%	8%
23	VERRATTI	76'54"	8,862	3,295	2,686	37%	13%	2%	20	26.62	79%	10%	11%
6	MOTTA	21'16"	2,616	957	968	63%	27%	8%	8	20.88	77%	9%	14%
10	CASSANO	26'06"	2,276	913	796	66%	48%	11%	6	29.77	84%	7%	9%
18	PAROLO	60'57"	6,000	2,247	1,966	43%	26%	7%	22	27.40	77%	10%	13%

In Poss: Team in possession  
Not in Poss: Opposite team in possession

Opp. Half: In opposing half  
Att. 3rd: In attacking third  
Pen. Area: In penalty area

Bold values: top performing in the match

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TUE 24 JUN 2014 20:26 CET / 15:28 Local time - Version 1

Page 1 / 1

2014 FIFA WORLD CUP BRAZIL™  
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Group D

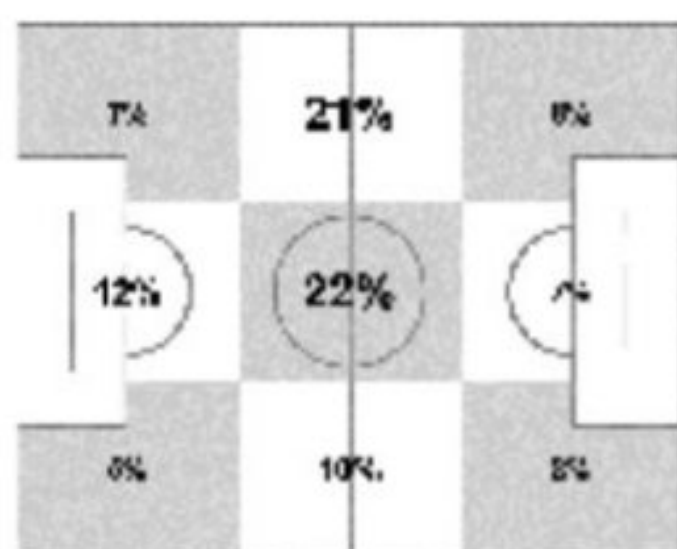
Italy - Uruguay 0 : 1 (0 : 0)

# 39 24 JUN 2014 13:00 Natal / Estadio Das Dunas / BRA



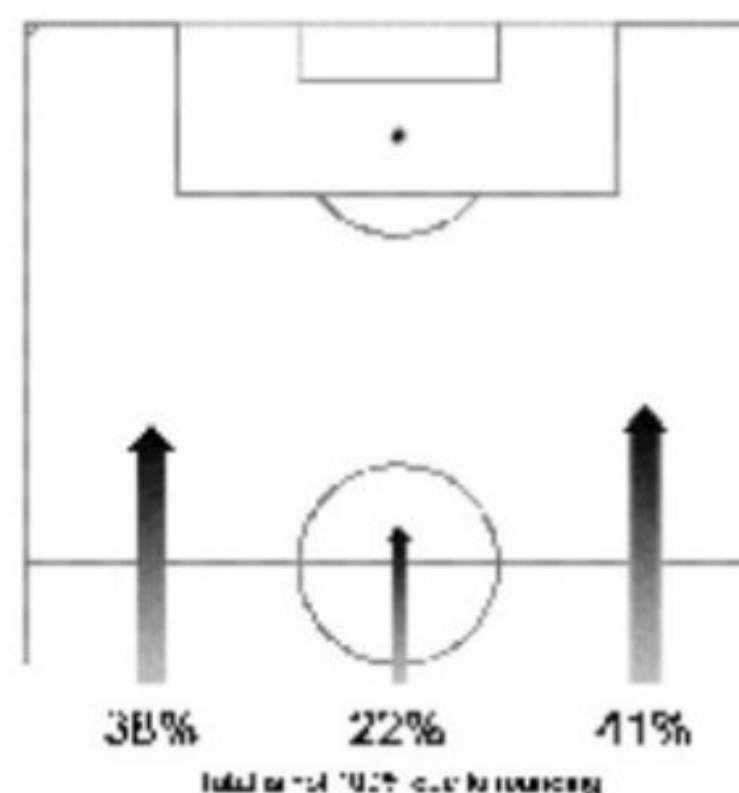
Uruguay

Ball possession heat map



Attacking direction →

Attacks origin



#	Name	Time	Distance covered (metres)			Time spent			Sprints	Top speed	Activity time spent		
			Total	In Poss	Not in Poss	Opp. Half	Att. 3rd	Pen. Area			Low	Medium	High
1	MUSLERA	98'08"	3,124	802	1,024				2	19.37	99%		1%
3	GODIN	98'08"	8,909	2,381	3,262	23%	12%	7%	17	26.14	90%	6%	6%
6	A. PEREIRA	64'32"	6,239	1,734	2,313	39%	10%	1%	18	24.12	86%	8%	7%
7	RODRIGUEZ	79'26"	8,016	2,376	2,796	69%	24%	3%	22	28.33	86%	7%	7%
9	SUAREZ	98'08"	9,673	2,963	3,041	81%	46%	6%	38	28.69	86%	6%	8%
13	GIMENEZ	98'08"	9,169	2,407	3,663	21%	7%	4%	18	31.07	88%	7%	6%
14	LODEIRO	47'11"	6,620	1,870	2,663	63%	17%	2%	27	26.68	70%	12%	18%
17	AREVALO	98'08"	9,867	2,840	3,963	40%	10%	3%	18	27.79	86%	9%	6%
20	GONZALEZ	98'08"	10,792	3,323	4,089	44%	18%	1%	38	26.14	81%	9%	10%
21	CAVANI	98'08"	10,662	3,232	3,998	66%	36%	7%	33	31.03	83%	8%	9%
22	CACERES	98'08"	9,634	2,673	3,663	33%	12%	4%	16	28.48	86%	7%	8%
11	STUANI	33'36"	3,698	1,316	1,222	66%	46%	16%	6	23.04	80%	10%	10%
16	M. PEREIRA	60'57"	6,702	2,003	2,073	49%	36%	6%	21	26.24	80%	9%	11%
18	RAMIREZ	18'43"	2,624	762	1,193	38%	43%	16%	9	31.43	69%	13%	18%

In Poss: Team in possession  
Not in Poss: Opposite team in possession

Opp. Half: In opposing half  
Att. 3rd: In attacking third  
Pen. Area: In penalty area

Bold values: top performing in the match

FIFA does not vouch for the accuracy of technical statistics compiled in association with its competition results system partner.

TUE 24 JUN 2014 20:27 CET / 15:27 Local time - Version 1

Page 1 / 1

2014 FIFA WORLD CUP BRAZIL™







# Session Plans



# 4411 Counter Attack

## Main 1

### Session : 18 players

Game related, directional, with opposition & have players placed strategically in position and are related to the theme.



### Activity:

- Red holds possession, connect 5 passes against 2 x Blues Pressing. 5 passes Trigger for direct counter attack pass out to the Yellow Group.
- Yellows now hold possession, connect 5 passes against 2 different Blues Pressing. Trigger for direct counter attack pass out to the Red Group.
- Blues win the ball or direct out of play. Coach rolls into far end for Reds. Yellow press and Blues are target

### • Progression:

- Limit number of touches per player
- Time limit to make passes and switch the field.
- Wide players 7 & 11 dispersal into wide area for counter wide. Back into possession box thereafter.
- 7 & 11 then must link with 10 & 9 as they would in a 4-4-1-1.
- 3 Players Can press from the middle zone.
- Middle zone becomes active and players in there can block forward passes.
- Time limit on the ball going forward. Triggers.
- Every time the ball is switched 1 more pass is added to connect before switching field.





# 4411 Counter Attack

## Main 2

### Session : 18 players

Game related, directional, with opposition & have players placed strategically in position and are related to the theme.



### Activity:

- From Component 1 : 2 x Blues stay as GKs. 4 Blues change to 2 x Reds and 2 x Yellows.
- Practice starts with coach rolling ball into the red middle zone.
- Initial objective is for team in possession to make 5 passes before looking to play in behind or link up with 10 or 9 who start centrally. 10 & 9's first touch is free.
- With exception of player making the counter attack forward pass, 1 player can break and support quickly creating 3v2 towards goal.
- Start game in central zone before allowing for a natural game from end to end.
- Execution and nature of forward passing, with emphasis on accuracy, weight and whether aerial or on the ground. Remaining on-side.

### Progression:

- Ball must go through three zones if playing from GK.
- Extra player supporting from middle zone for 4 v 2, then allow for 1 defender to recover for 4v3.
- Limit number of touches per player & Time limit to get forward.
- Ball goes forward consecutively once it is won back.



# 4411 Counter Attack

## Counter Attack from Back 4

Session :15 minutes : 18 players

CB linking with CM and playing forward centrally. Both sides. What if opposition CMs lock on ?





# 4411 Counter Attack

## Counter Attack from Back 4

**Session :15 minutes : 18 players**

*FB linking with CM and playing forward wide. Both sides. What if opposition block pass off?*





# 4411 Counter Attack

## Counter Attack from Midfield 4

Session :15 minutes : 18 players

WM linking with No.9 and playing forward wide through playmaker. Both sides. What if opposition block pass off?





# 4411 Counter Attack

## Counter Attack from Midfield 4

**Session :15 minutes : 18 players**

**WM linking with Strikers and playing forward wide. Both sides. What if opposition block pass off?**



Back 4 defend deep on the edge of 18 yard box.  
Both central midfielders can sit a little deeper.  
Triggers. Movement from key players on the trigger.  
Anticipate. Immediate dispersal of players  
Need to be scanning and very aware when receiving. Difficult with back to goal. Triggers for playing into spaces.  
Speed of thought / Composure / Options / Speed of Action / Runners ahead  
Any delay in passing will allow opponent to regroup and withdraw into their own half.  
Quick transition from defence to midfield to attack  
Less than 10 seconds counter exploit weak side.  
Quick accurate passes. Precision is key.  
On receiving, positive touch forward. Quicker the action, quicker the counter. Maximise touches.

Formation can stretch width and length of pitch. More emphasis on FB's getting forward v a normal 442  
Early decisions to be made by individual players on reception of ball on whether to pass or run with ball.  
Decision making : When to pass to feet / space. Weight and angle of pass and timing of runs  
When moving forward on counter-attack: defence move forward, retaining compactness to ensure security against breakdown in play.  
Penetration. Quality of passes.  
Support from behind for the counter



# 4411 Counter Attack

11 v11 Game

Session : 11 players



## Formation allows us to :

Create good width and length in attack  
Deep lying playmaker can operate in defensive gap  
Good opportunities for inverted wingers to come inside and link up with striker and playmaker.  
Can potentially control possession if central midfielders sit deeper. Playing between lines. Rotate.  
3 players defending in the midfield area makes it difficult for opposition.  
Formation allows passing triangles and options over the pitch  
Pairings all across the pitch.  
Full backs can get forward to support the attack and still leave 3 defenders & create overloads.  
Centre forwards have space to work in  
Centre forwards can have different roles to pull defenders apart  
Opportunity to switch the point of attack at anytime to exploit space in wide areas  
Two banks of 4 players making penetration difficult

## Areas of concern / attention :

Over reliance on performance of playmaker  
Vulnerable to quick counter attacks out wide  
Personnel is important. Central Midfielders not as strong defensively as outright holding players

Anticipate passes & prepare to intercept as first option where possible.  
Team pressing, compactness & support.  
Good spacing when team recovers into defensive areas.  
Accurate, quick & incisive forward ball movement  
Support for counter-attack from players moving off the ball.  
If counter-attack is denied: re-establish & retain team possession.  
Pressure on the ball for 5 seconds to win it back.  
After 5 seconds and no win, drop and retreat to suck opposition out.  
3 passes to go forward quickly if we win it, or 8 passes to retain possession





## Topic : Progressive Possession

### 433 Formation

#### Defenders

Quick distribution, both short and long.

Provide depth in attack to advanced players.

Start counter-attack.

Width in the attack.

Play as a wide player with or without the ball to unbalance opposition.

Provide an early outlet for Goalkeeper as well as other teammates.

Offer support from behind and in advance of the ball.

Maintain team shape (ball on near or far side).

#### Midfield

Offer support, both behind and in advance of the ball.

Transition from defence to attack quickly.

Make positive forward runs (with or without ball)

Maintain team balance and shape.

Link the play from defenders to attackers.

Offer width and depth.

Make runs to exploit and create space for self and teammates.

Alter the flow of the game (high tempo etc)

Make runs in advance of the forward line.

Shooting from distance and close range – finishing.

Combination play in middle and attacking thirds of field.

#### Forwards

Making positive forward runs in advance of the ball.

Combination play with players both in advance of and behind the ball.

Bending runs to avoid off-side.

Crossing and finishing.

Stretch the opposition to create space.





## Topic : Changing the Point of Attack

442 Diamond

Option 1 : Encouraging Overlap from FB after midfield CTPOA

Option 2 : Using CDM to build and move ball into wide area

### Coaching points

Expose teams weak side

Create new point of attack

Play quickly and decisively

When do we play quickly ?

Communication of pass / triggers

Quick movements

Create / Maintain and Exploit Space

Dispersal ; Make the park big

Support Play and Penetration

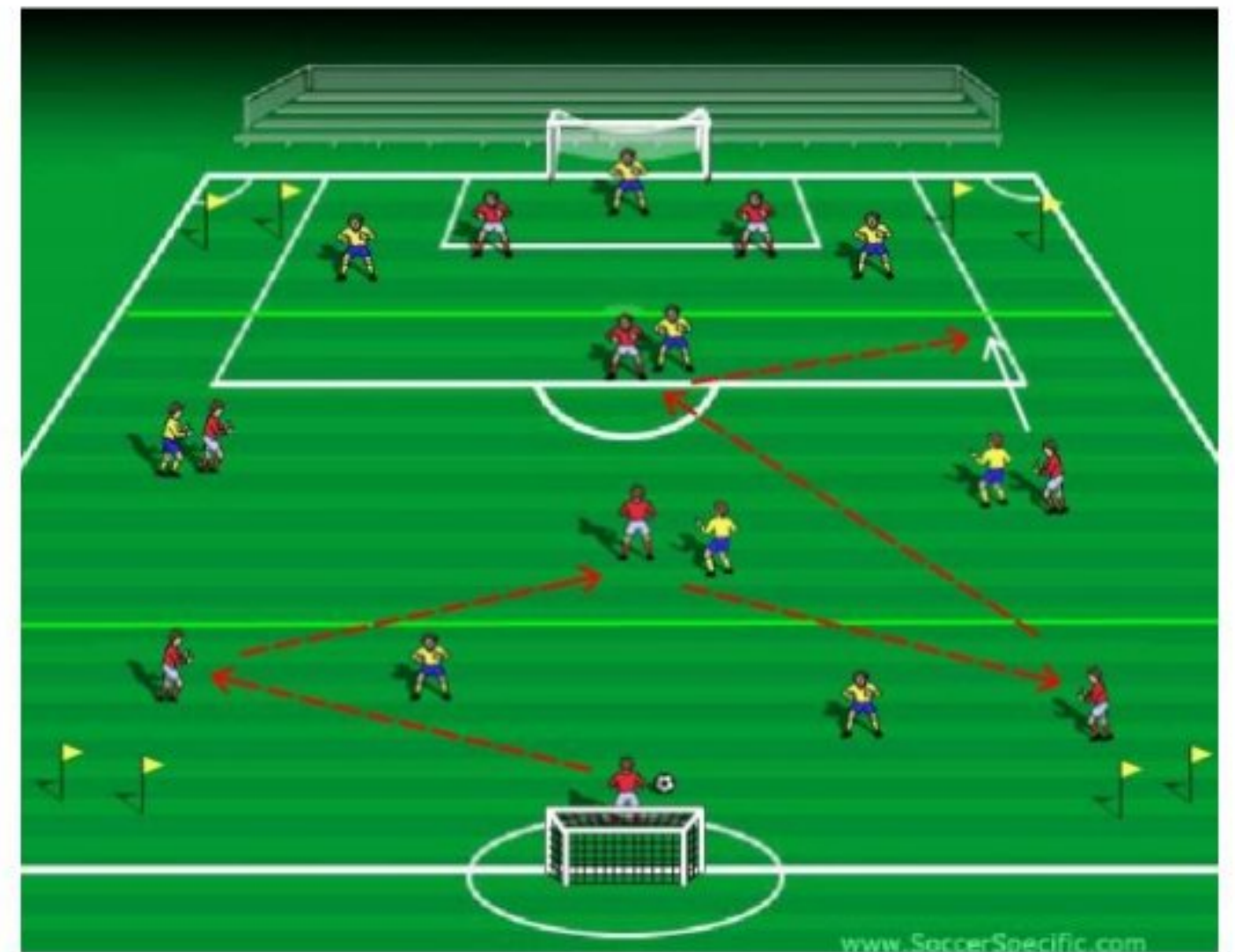
Cover and balance behind the ball

Weight and angle of passes

Movement in relation to the ball as a team

Defensive passive to begin

Affect everyone. Primary, secondary and fringe players.





## Topic : Counter Attack

### Counter Attacking 343

#### Structure in Formation

Keep the ball in front.

Deep defending coaching points. Need to be strong defensively.

Midfield Central 2 close enough to affect defence and in position to link when defence win ball back. Rotation in movement. 1 sits as attack progresses.

Midfielder receiving out from defence controls the passage of play. Speed of thought / Composure / Options / Speed of Action / Runners ahead

Formation can stretch width and length of pitch.

Immediate dispersal of players

More emphasis on FB's getting forward Early decisions to be made by individual players on reception of ball on whether to pass or run with ball.

Decision making : When to pass to feet / space. Weight and angle of pass and timing of runs

When moving forward on counter-attack: defence move forward, retaining compactness to ensure security against breakdown in play.

Penetration. Quality of passes.

Exploiting of weak side.

No. 10 in the hole acting as a pivot. Link with 9 and third man runs. Moves laterally to shift defenders.

Support from behind for the counter (sustain the momentum)

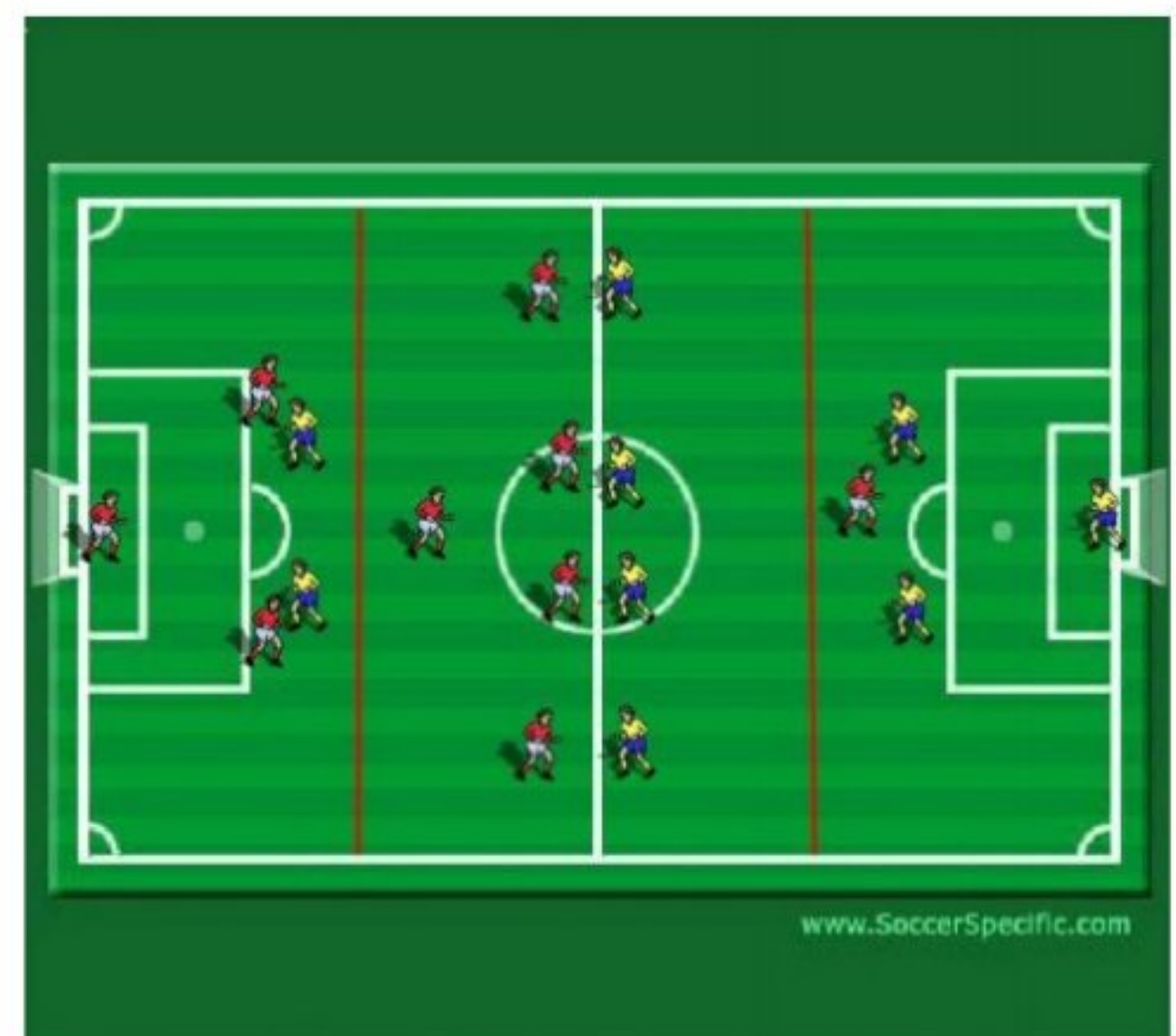
Cover and balance in loss of possession

Inverted wide players to link ? Come in for quick Changes in Point of Attack

Support / options on both wings

Finishing on goal

If counter-attack is denied: re-establish & retain team possession.



#### Conditions

Pressure on the ball for 5 seconds to win it back. Anticipate passes & prepare to intercept as first option where possible.

After 5 seconds with no win, drop and retreat to suck opposition out.

3 passes to go forward quickly on winning or 8 passes to allow opposition to come out and create space in behind.

Time limits in Zones. 12 seconds in initial third, 8 seconds then 4 seconds (in final third) to goal

5 passes triggers the counter attack. Limit passes thereafter.

Opposition defenders can't recover when counter instigated. Limited the number of defenders recovering initially





# 50 Passing Drills



## 50 PASSING DRILLS

**Passing** – weight & accuracy of pass – technique

**Control** – touch needs to cushion ball into area to allow pass to be made with next touch. Don't stop the ball keep it moving. Open the body as you receive the ball. Arms are out to protect and shield.

**Movement before receiving pass** – always check off in opposite direction to where you want to receive ball in order to create space by taking opponent with you.

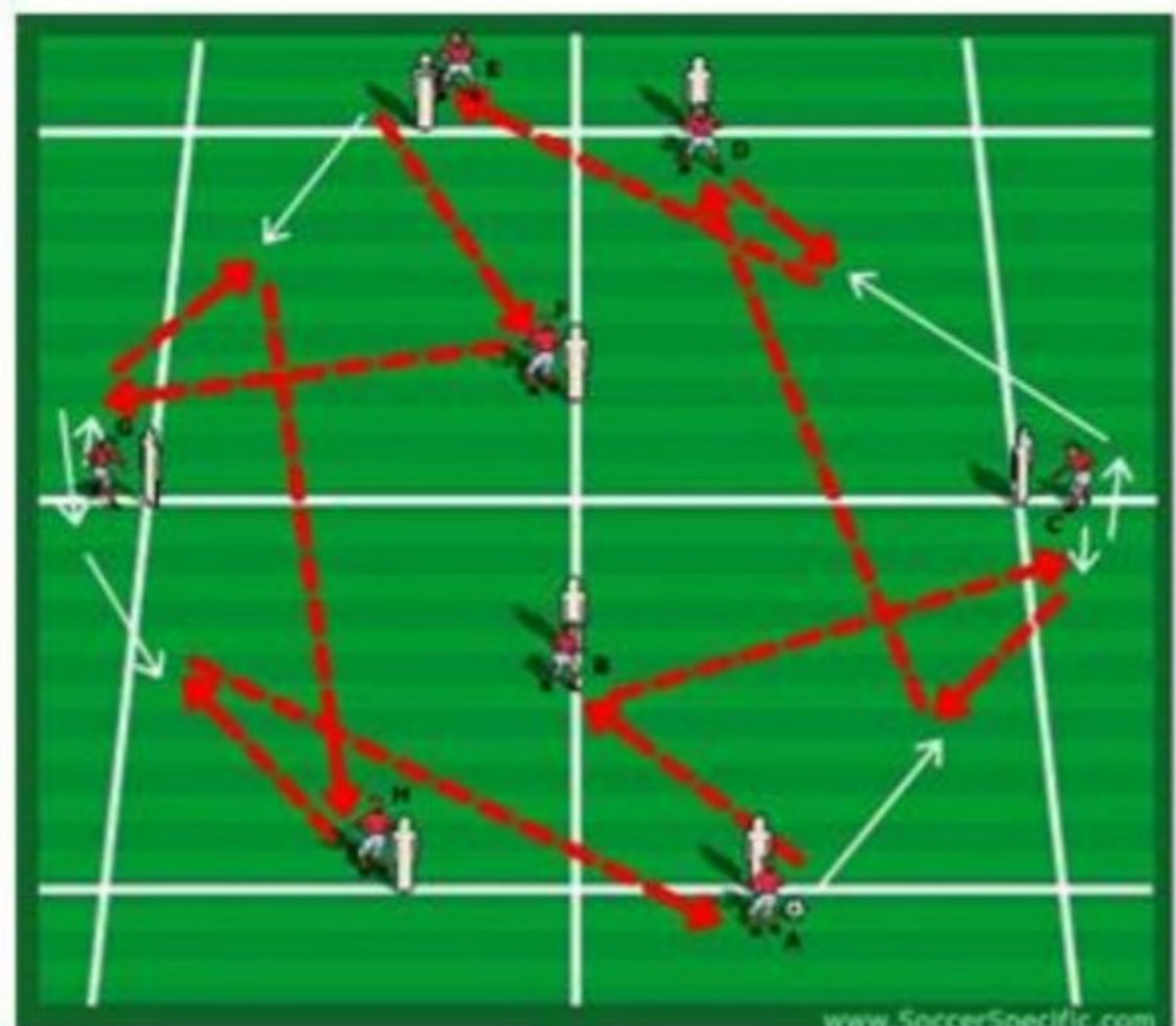
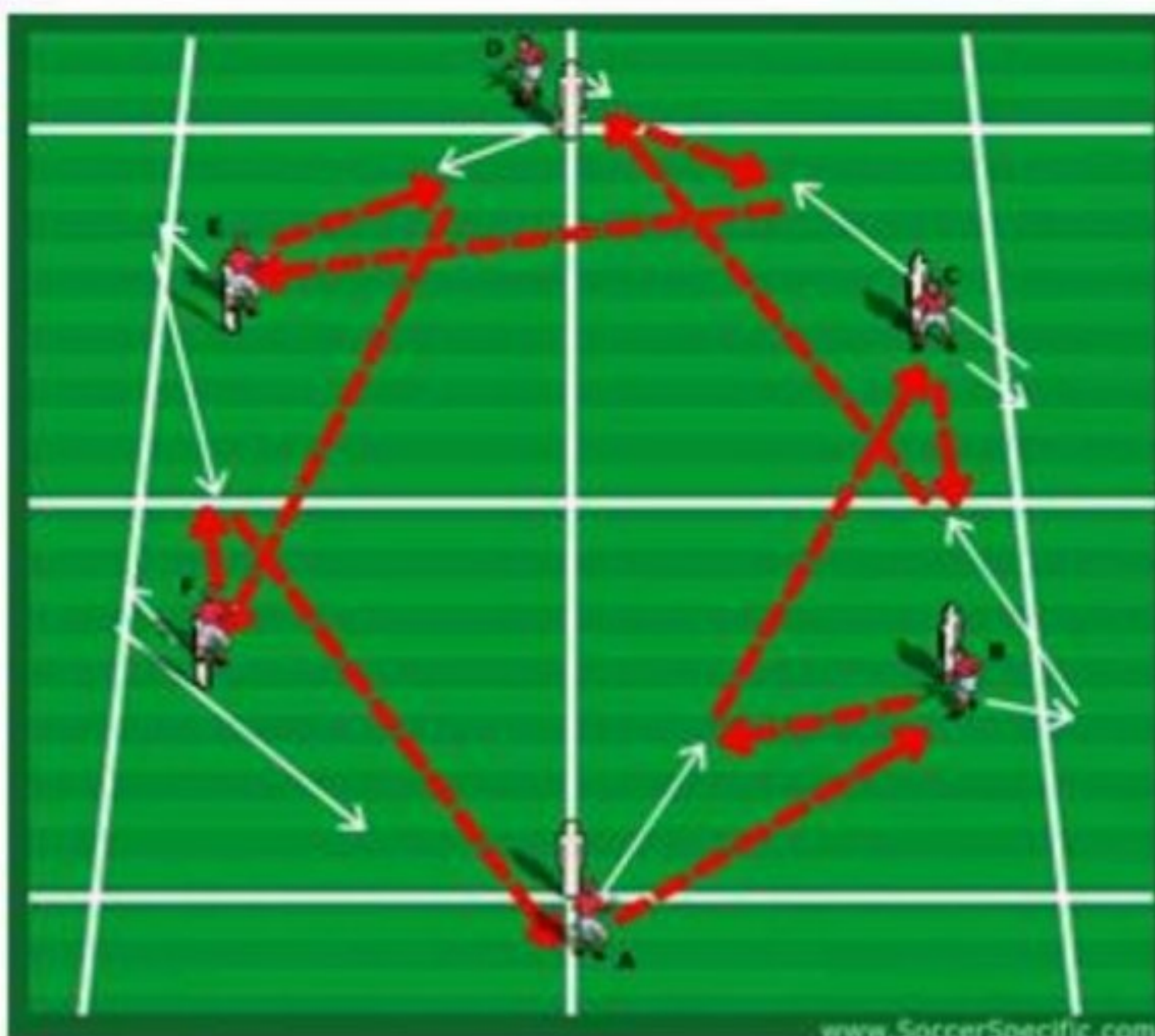
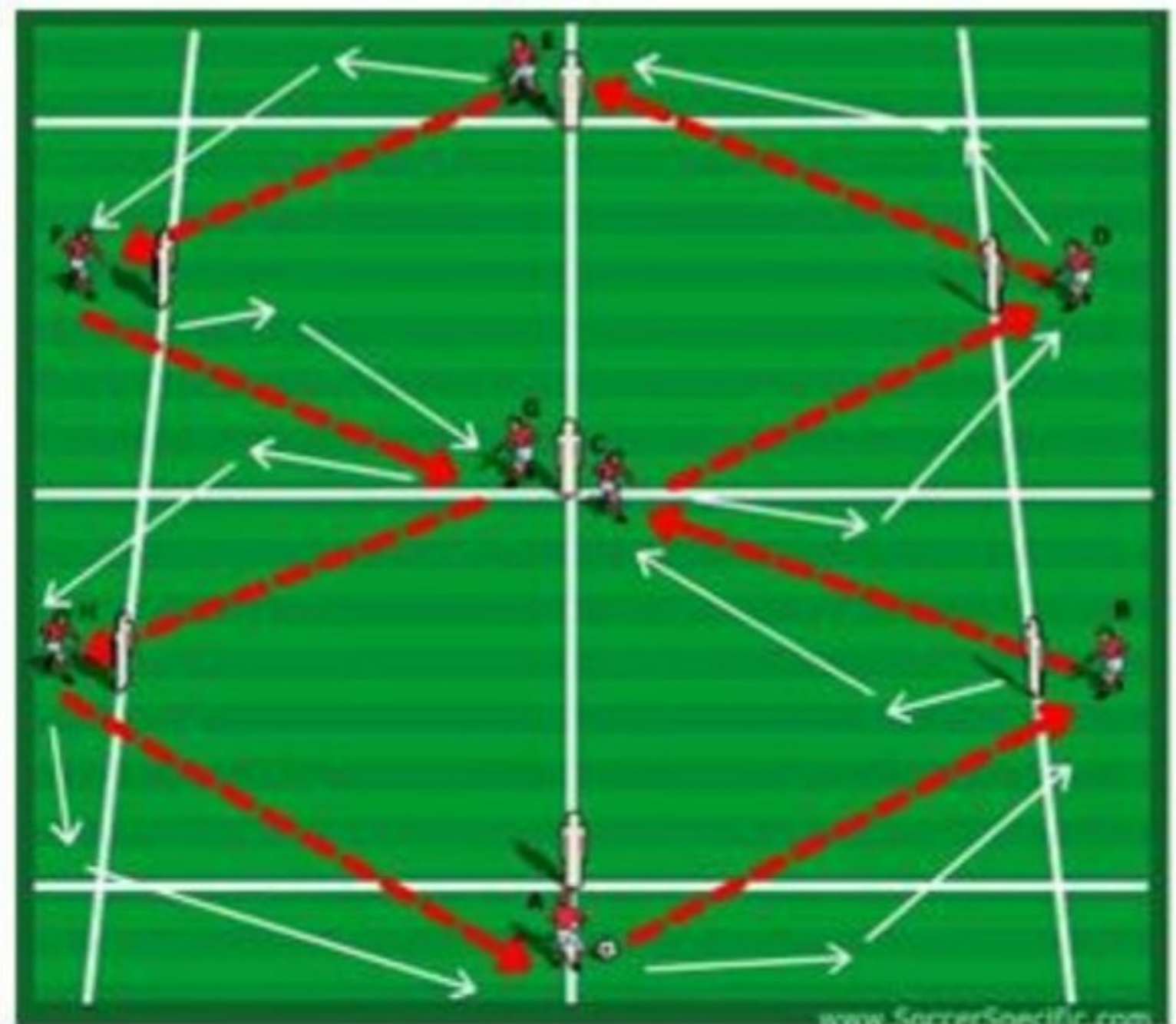
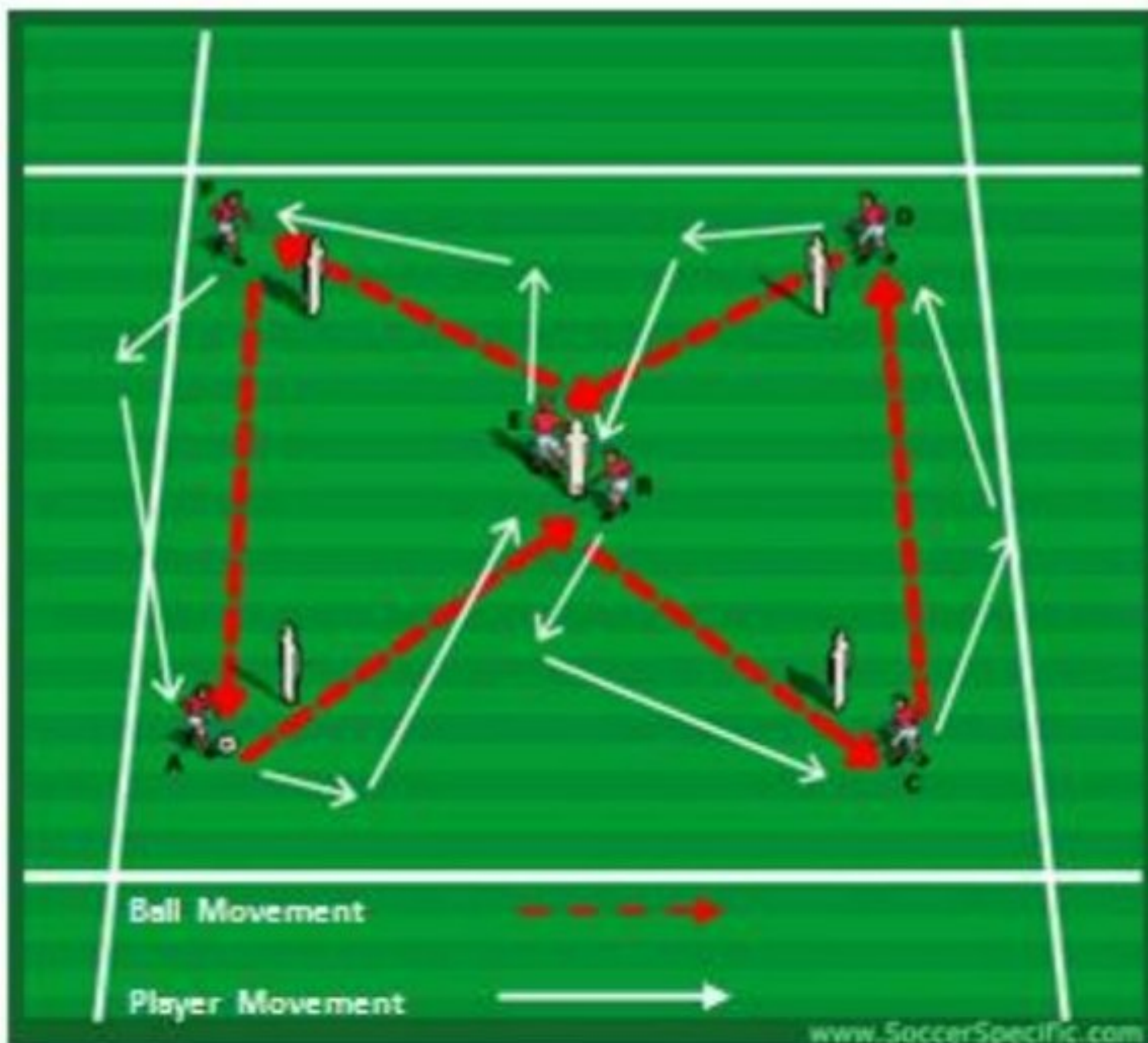
**Movement after playing pass** – don't go straight to next mannequin and kill space for receiving player – move at an angle to give receiving player an alternative option.

**Awareness** – continually scan the surrounding area to watch picture develop – with allow player to make right choice plus ensure the timing of their movement is correct.

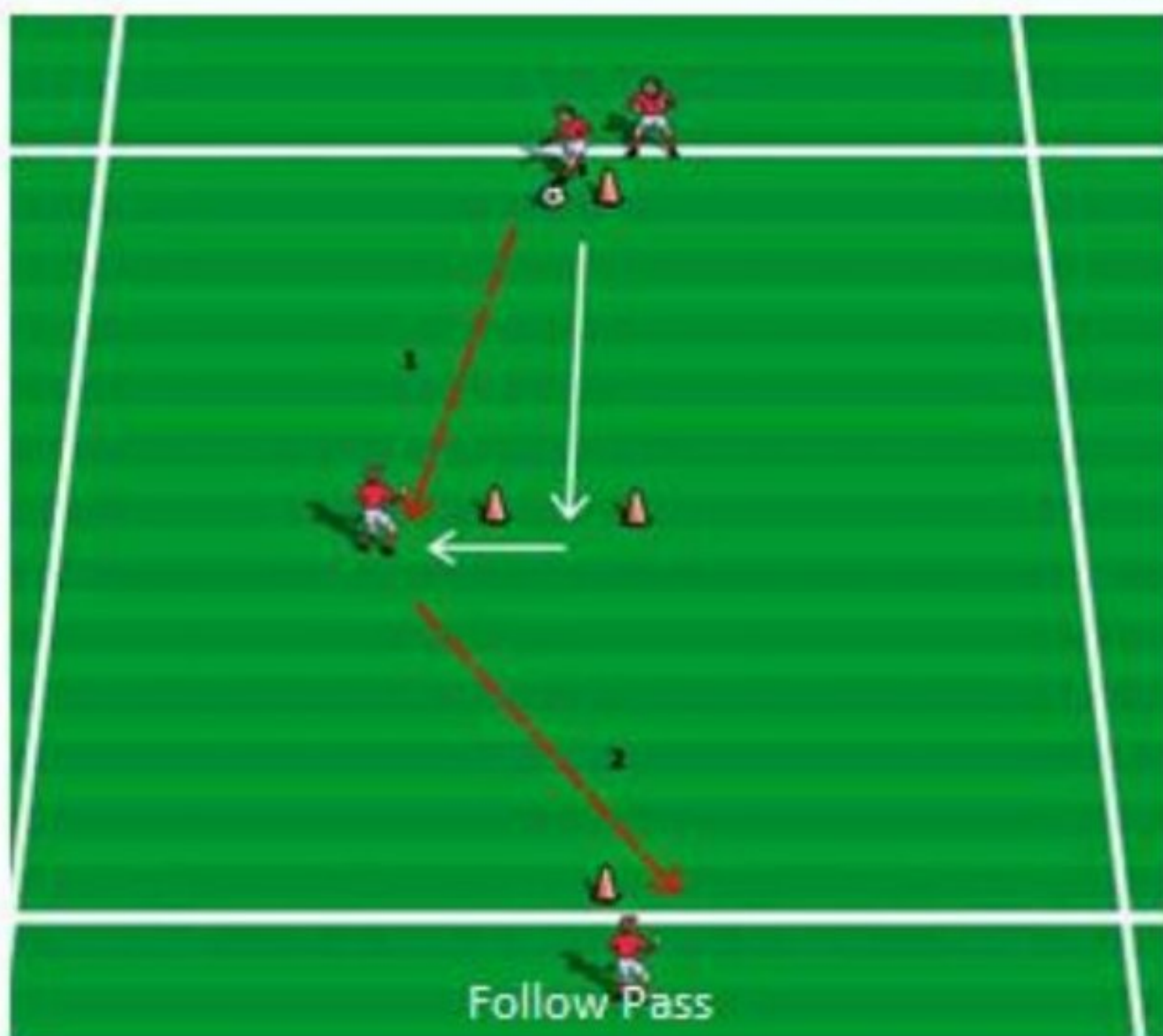
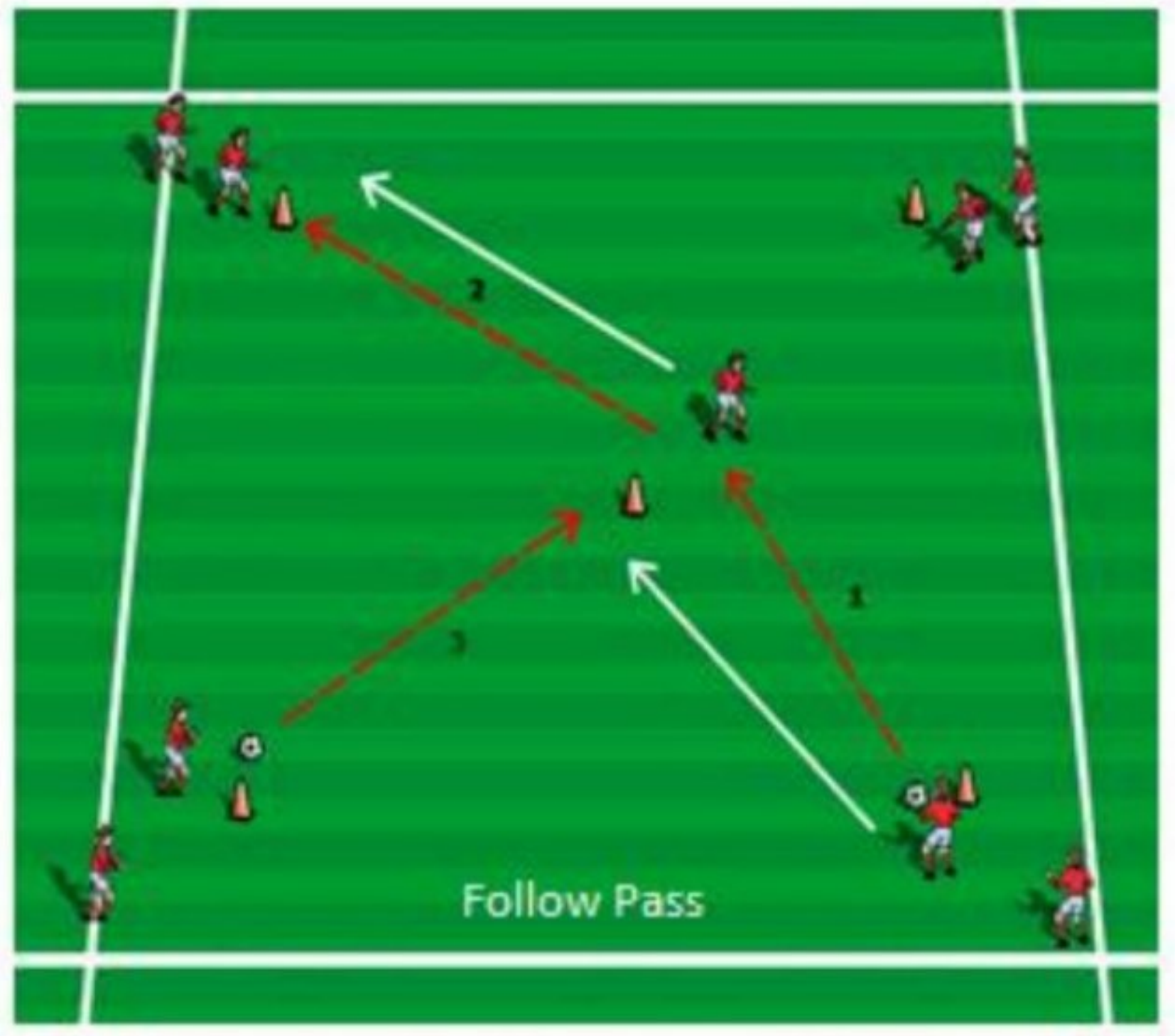
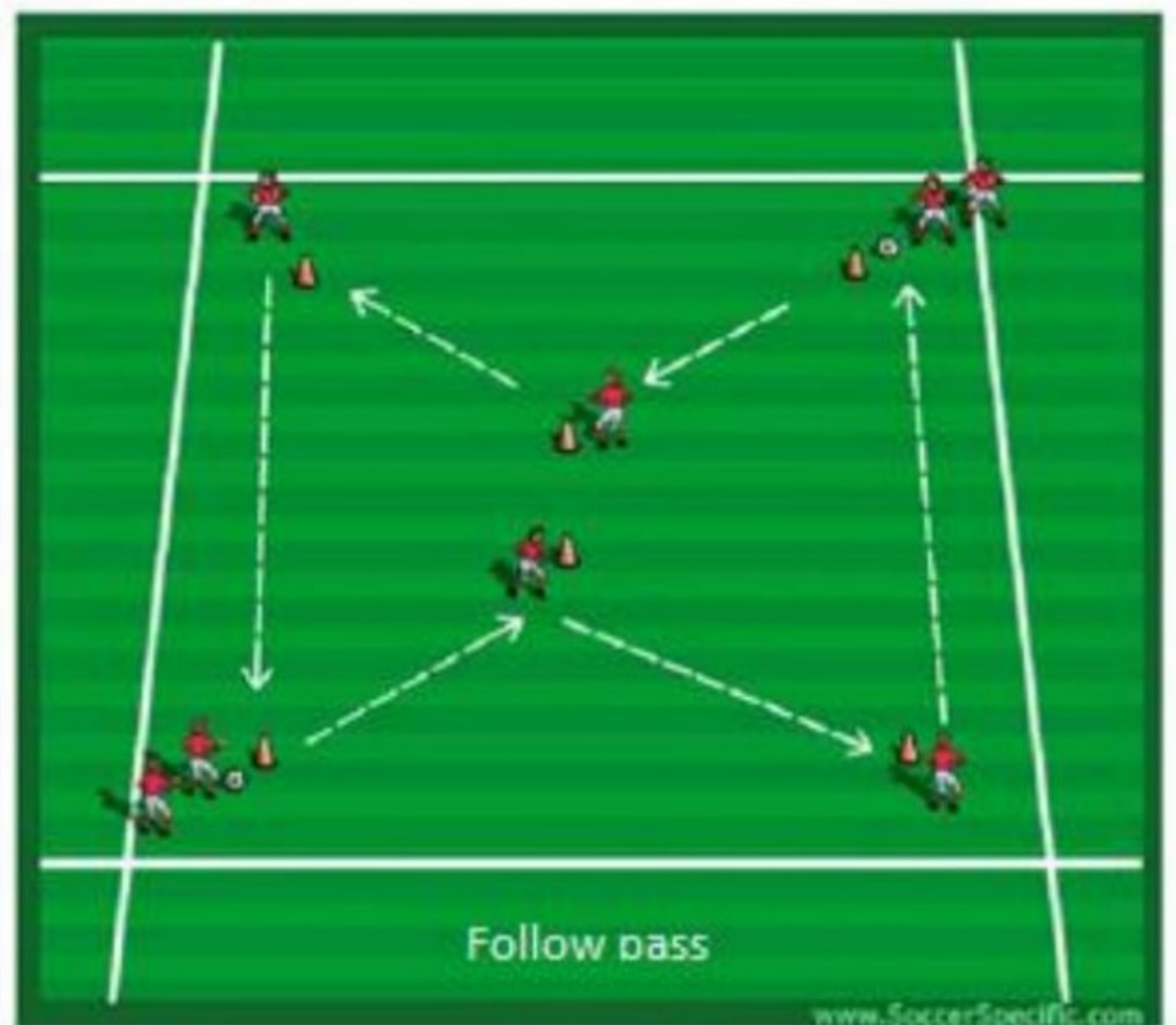
**Timing** – by continually scanning player can time their movement so they are not stationary as they receive a pass.

**Communication** – players must vocal plus ensure they are clear signals given (i.e. eye contact, hand signals)

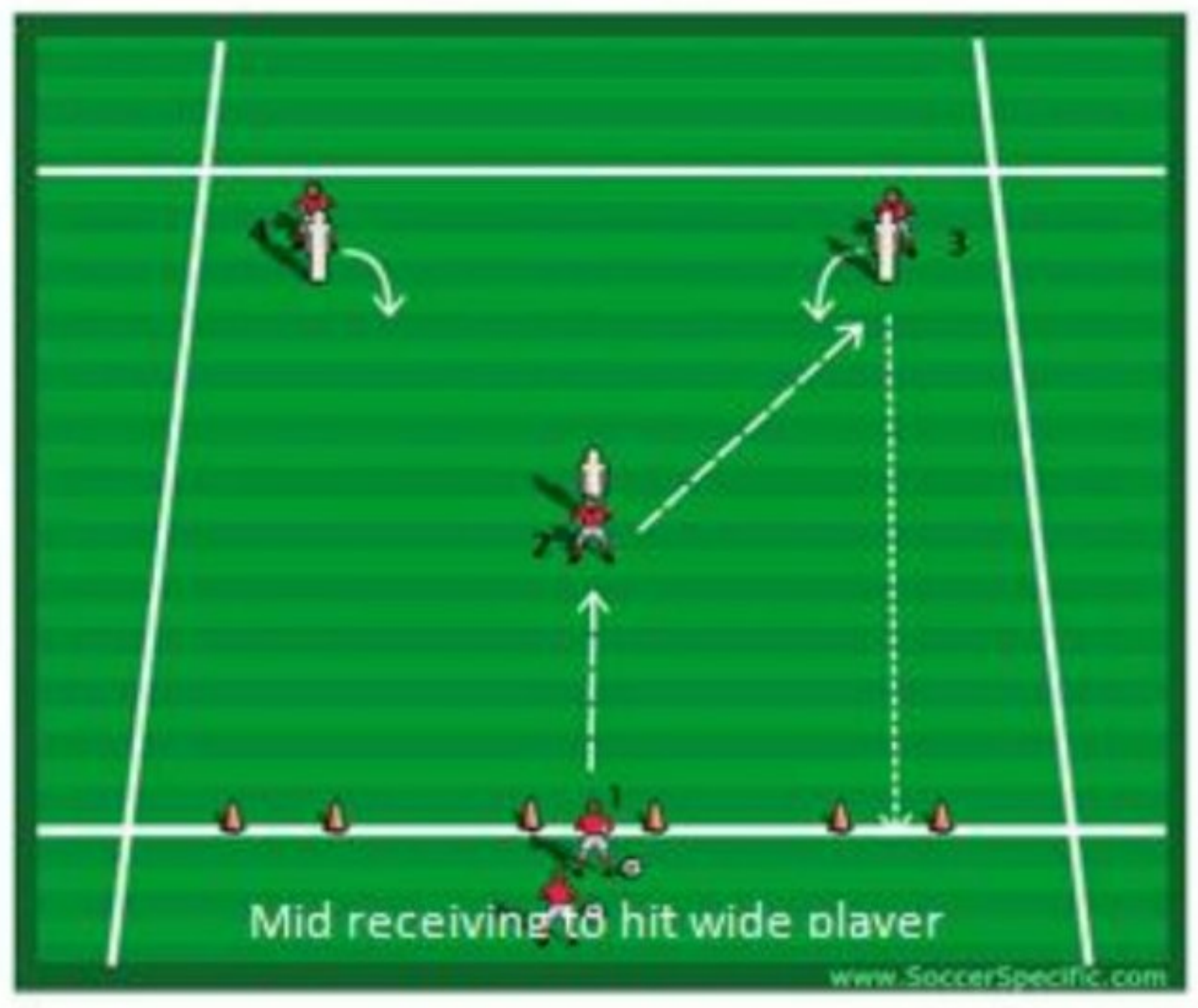
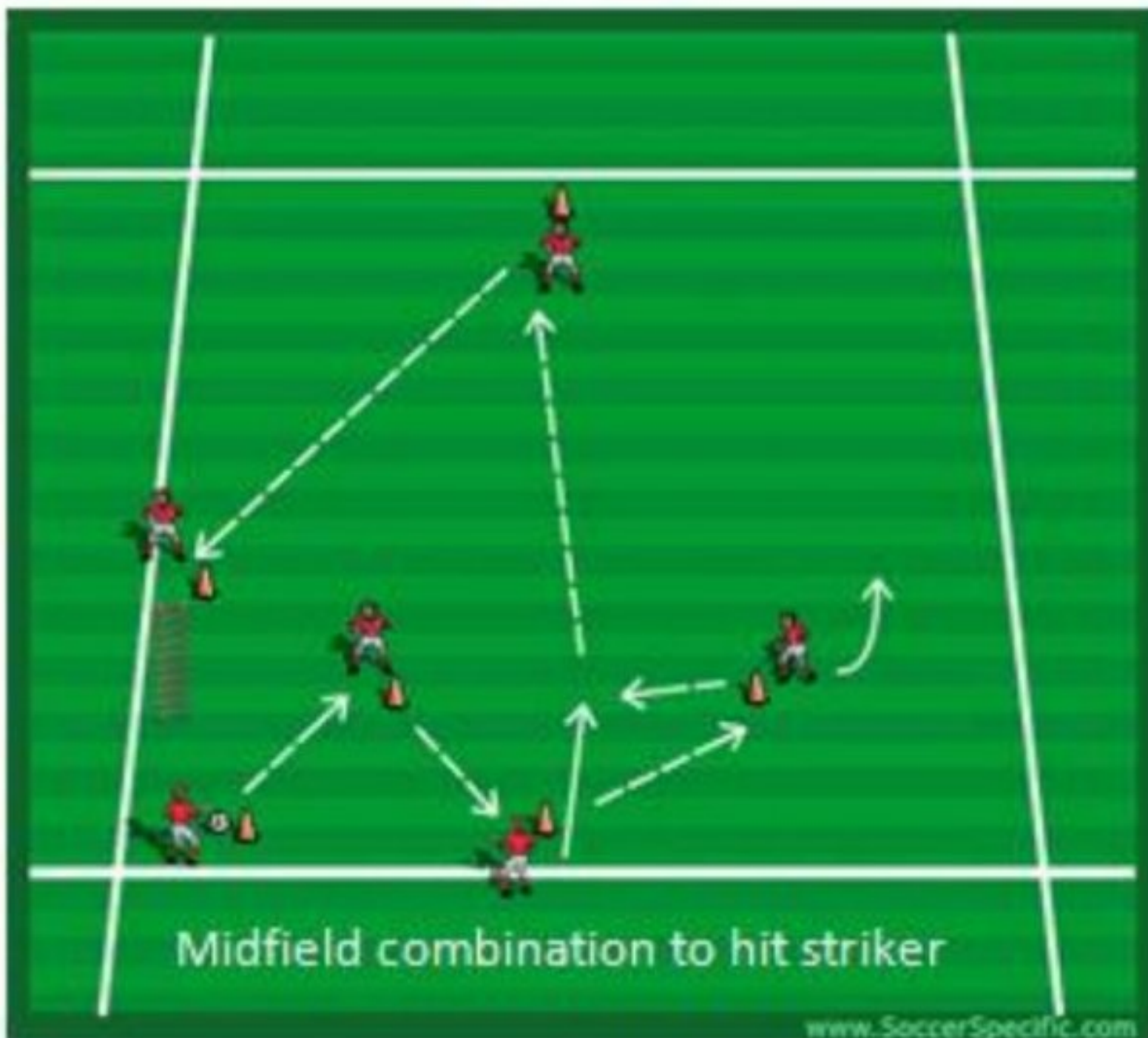
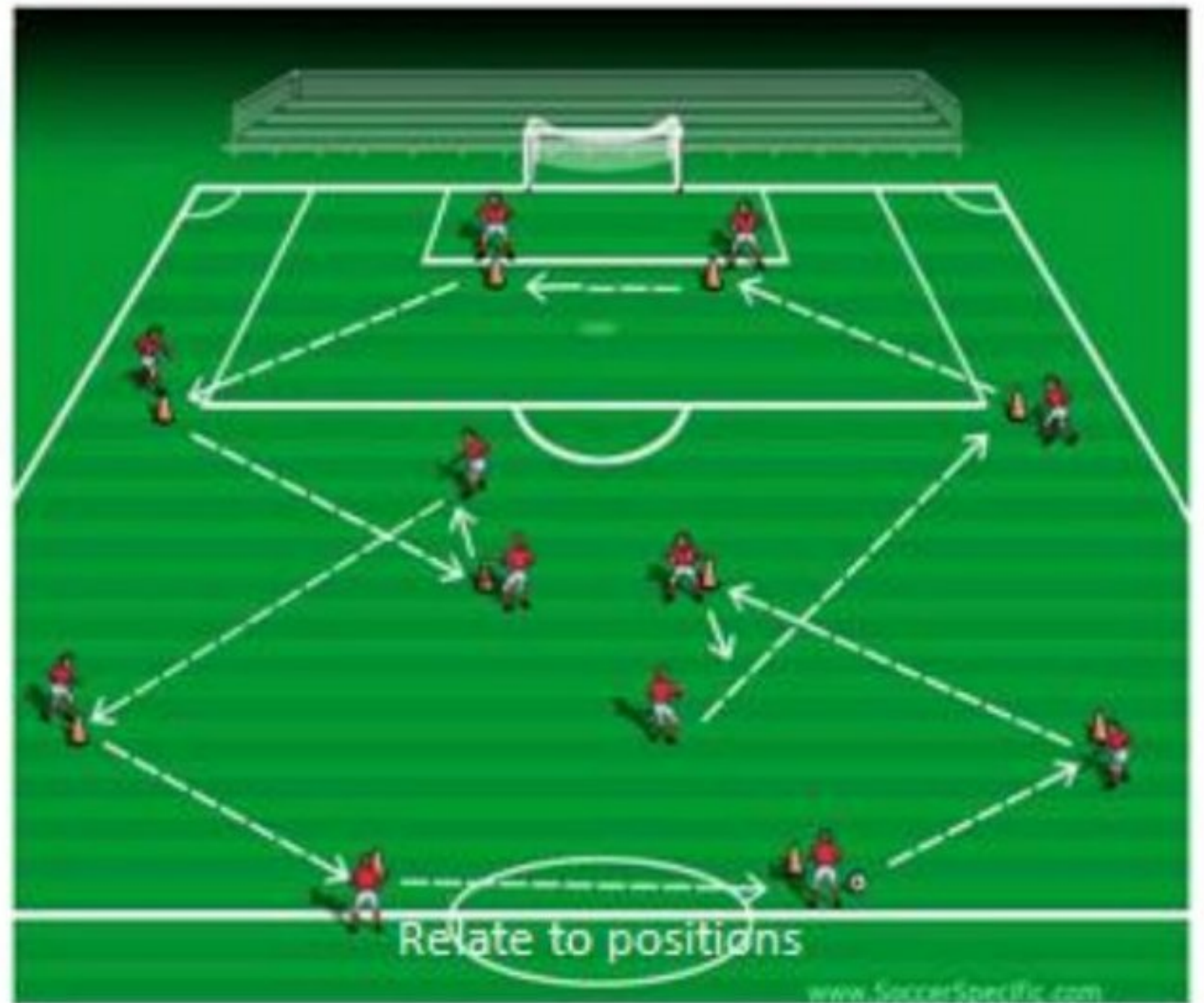
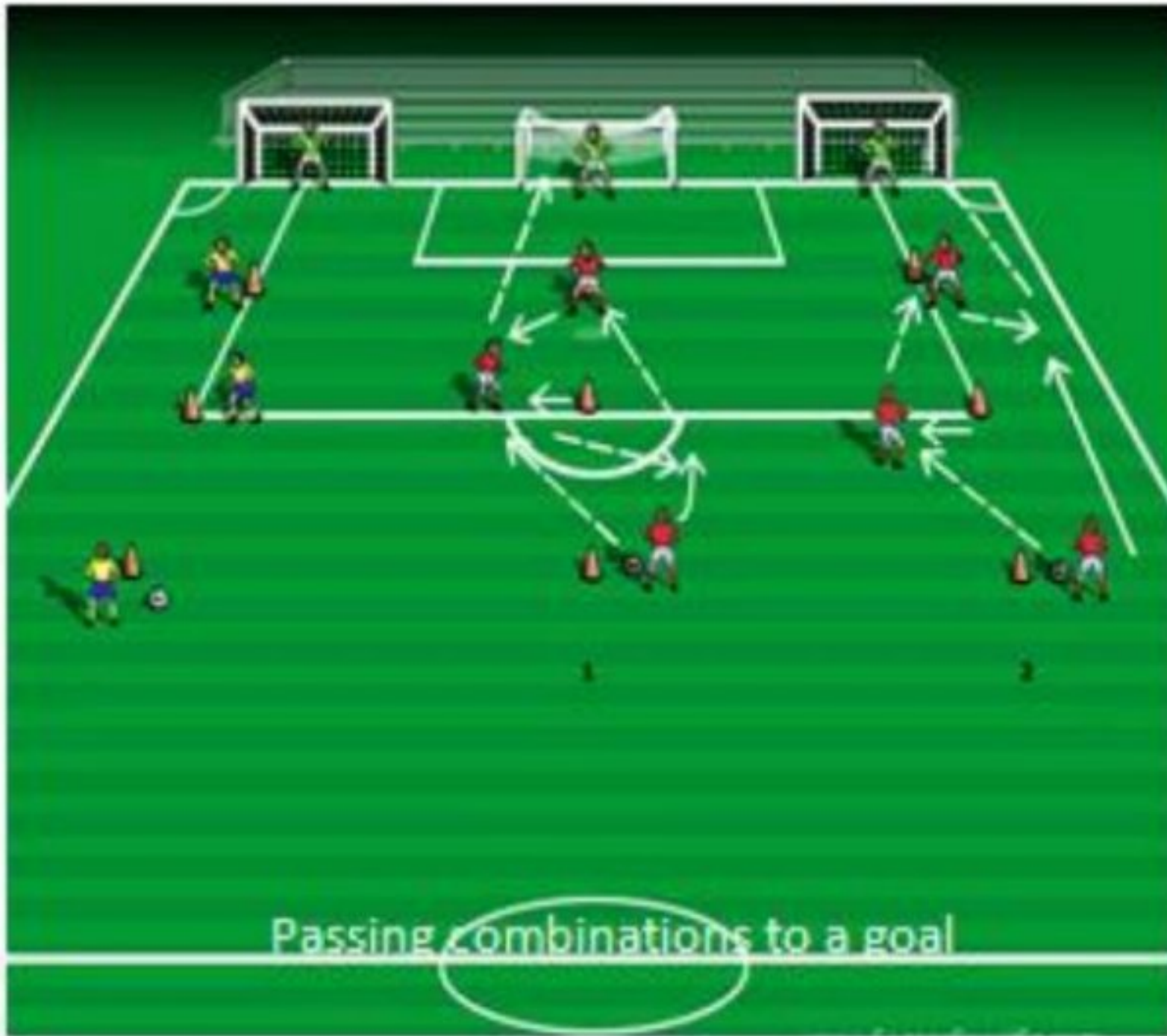
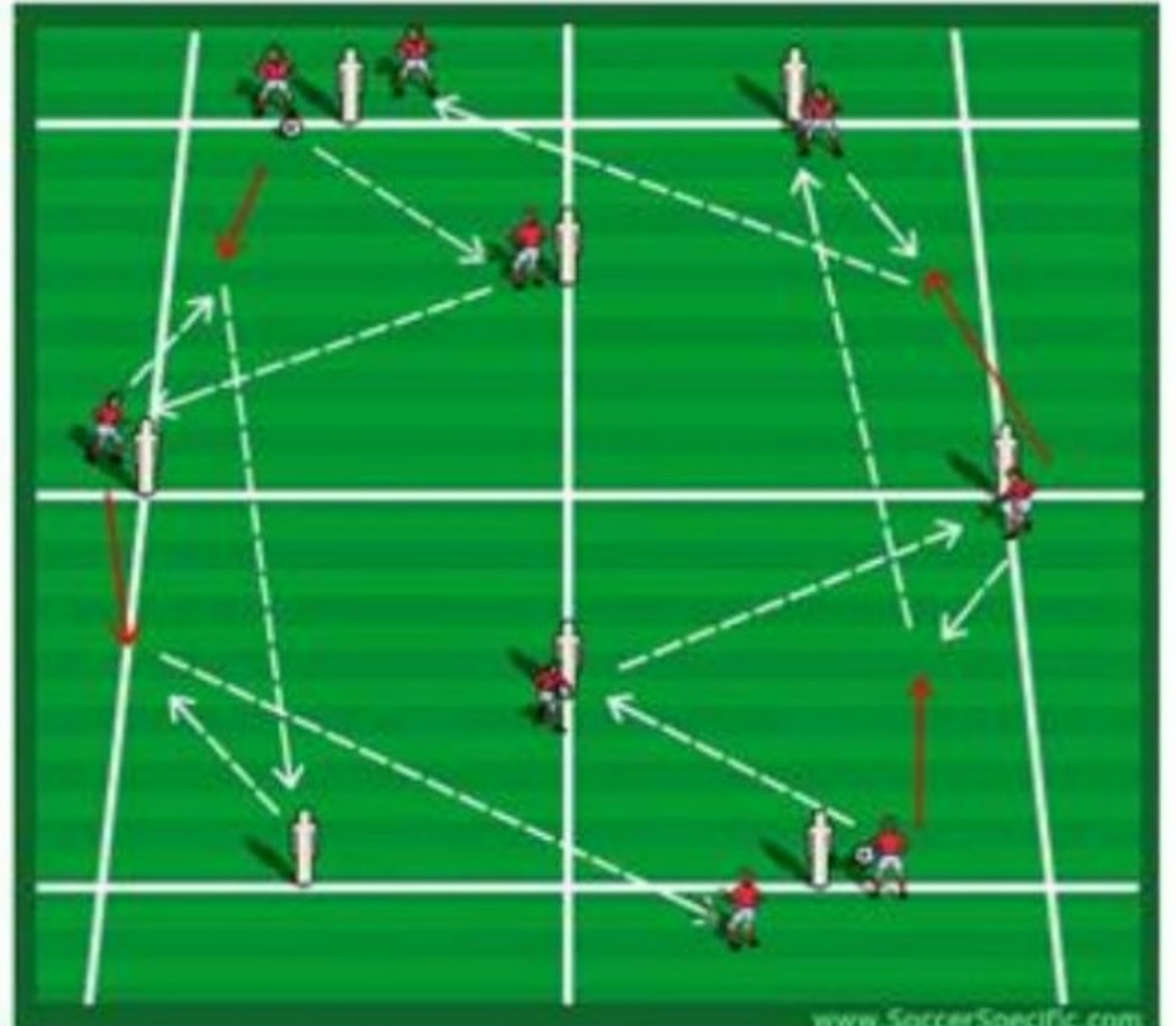
**Disguise** – encourage players to disguise their intentions (i.e. drop of shoulder, head movement)



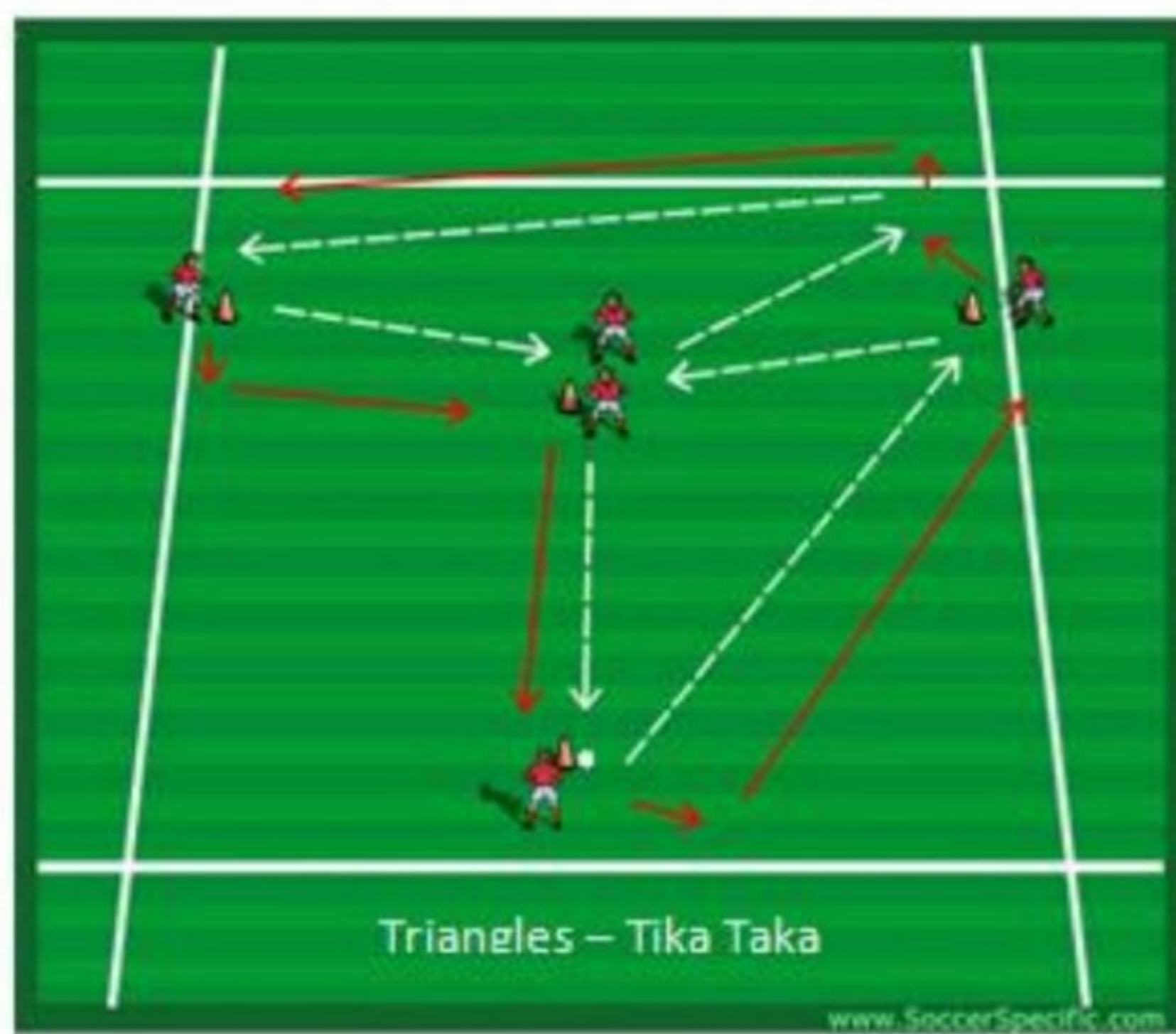
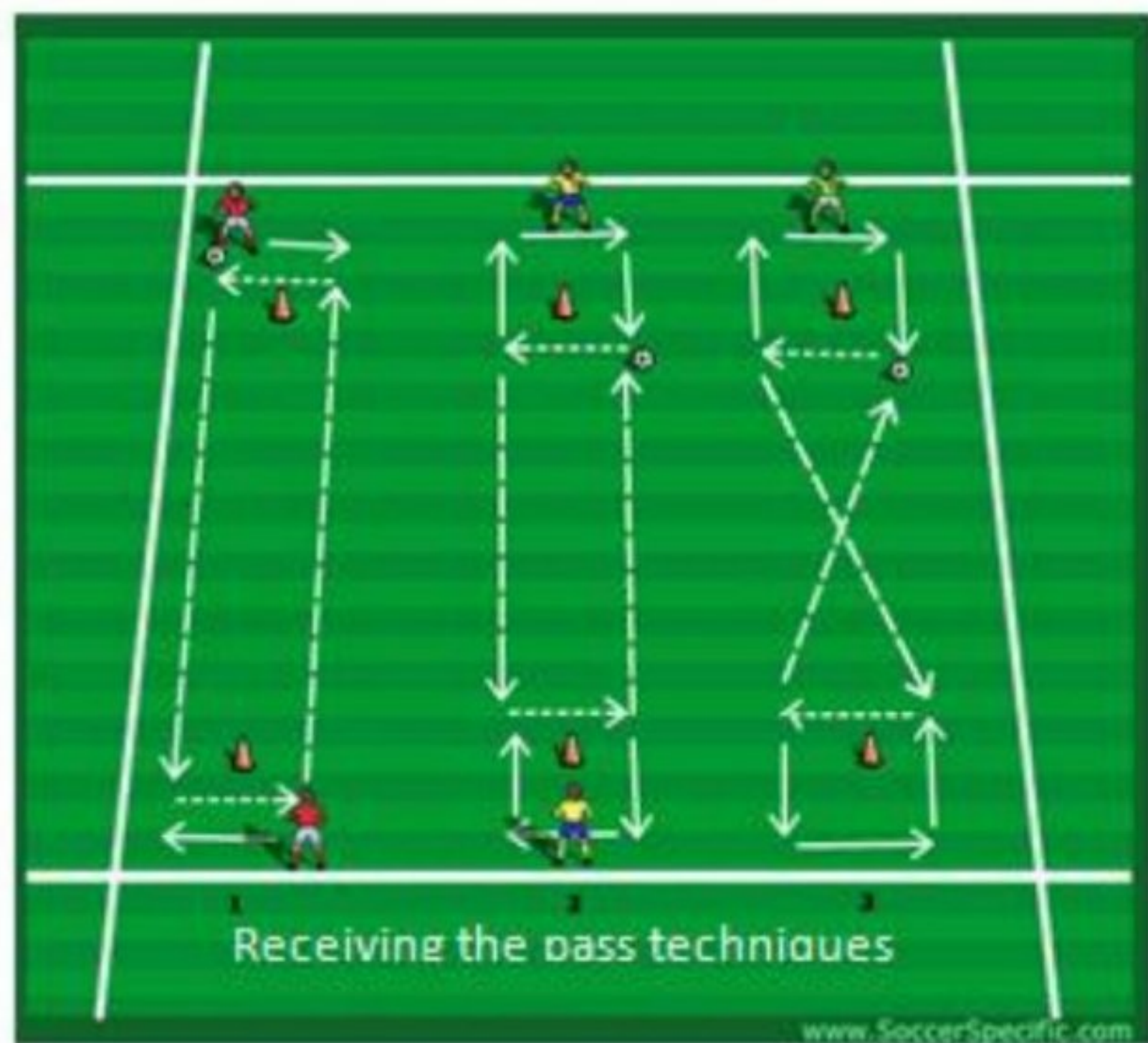
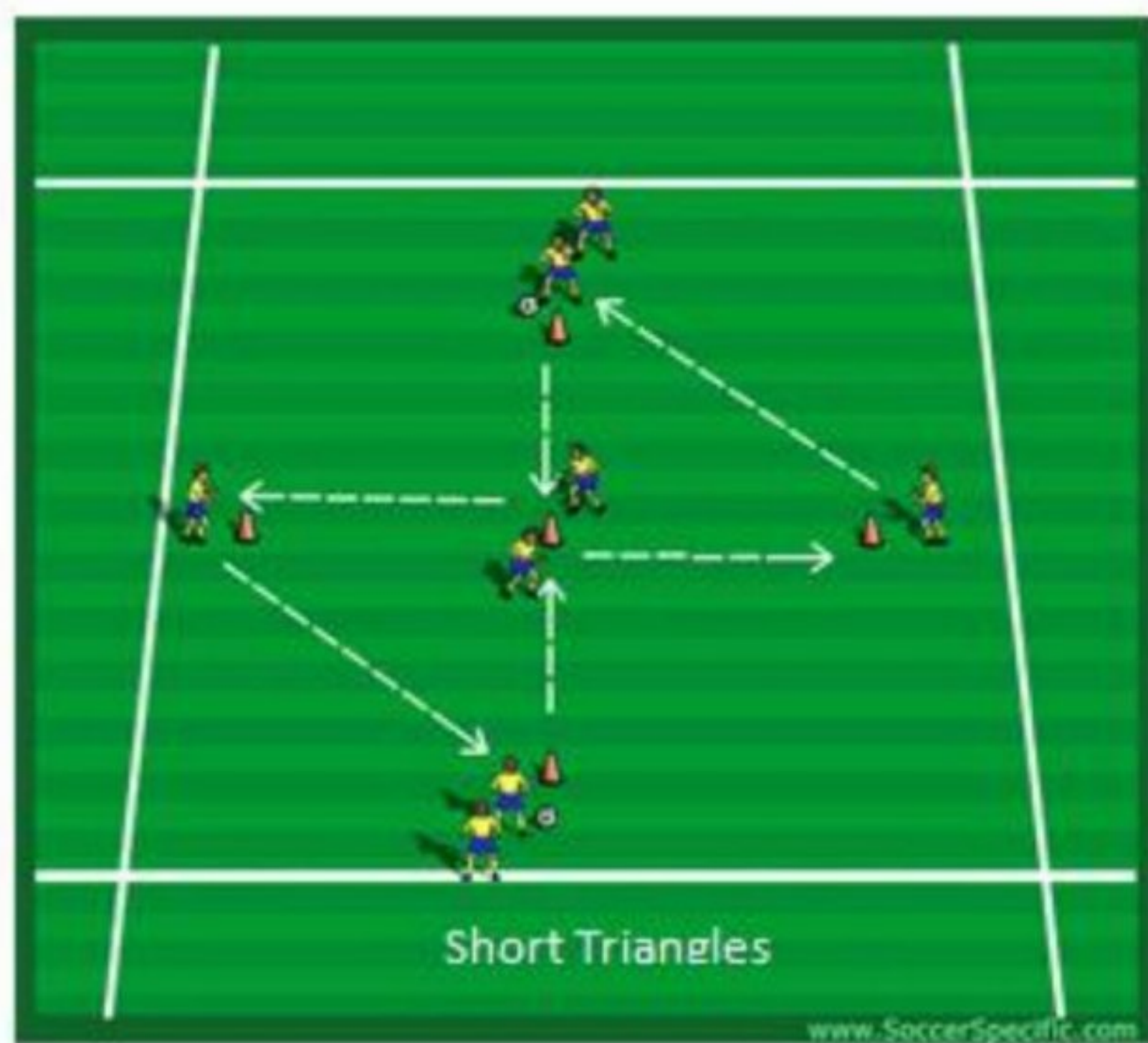




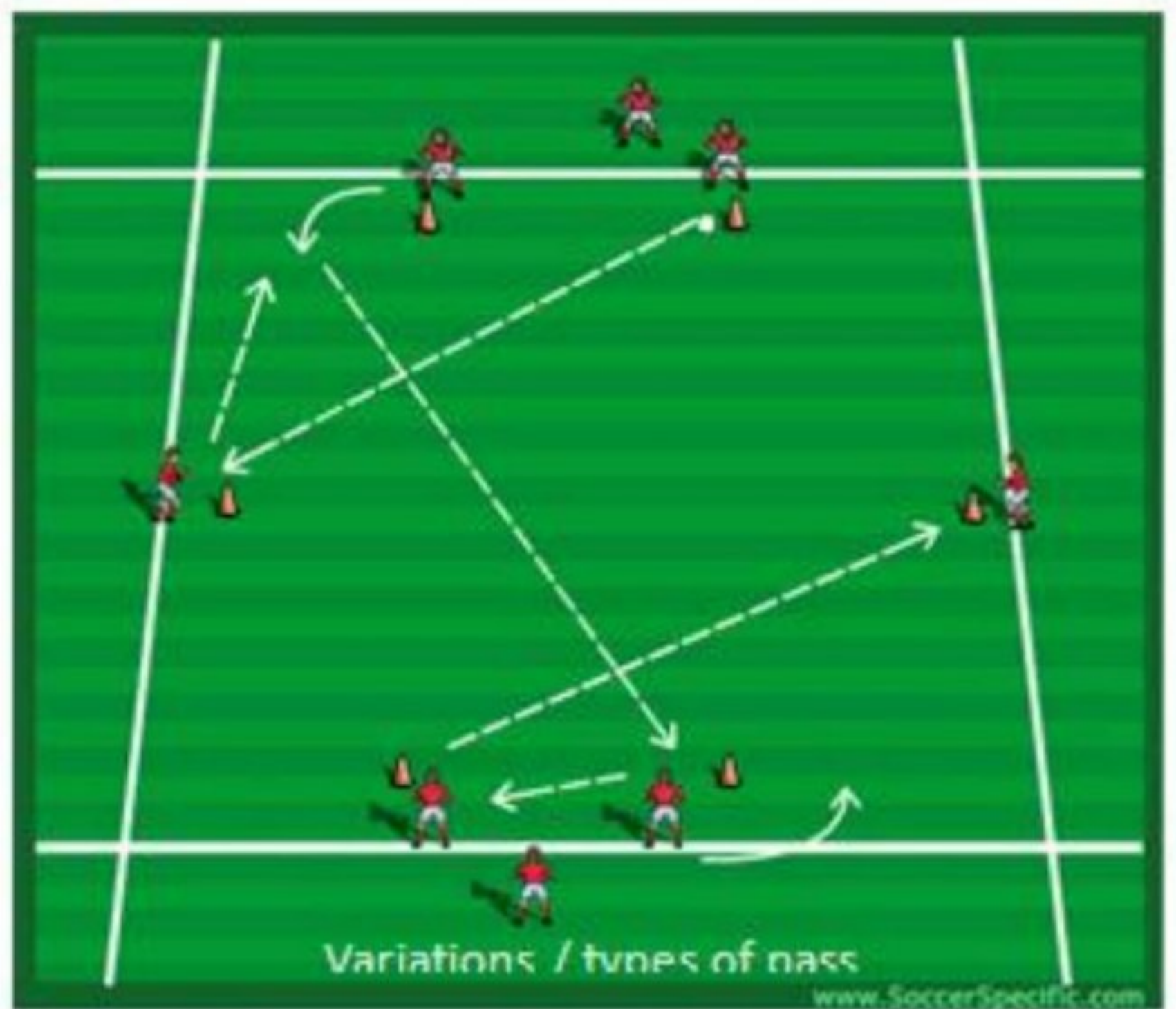
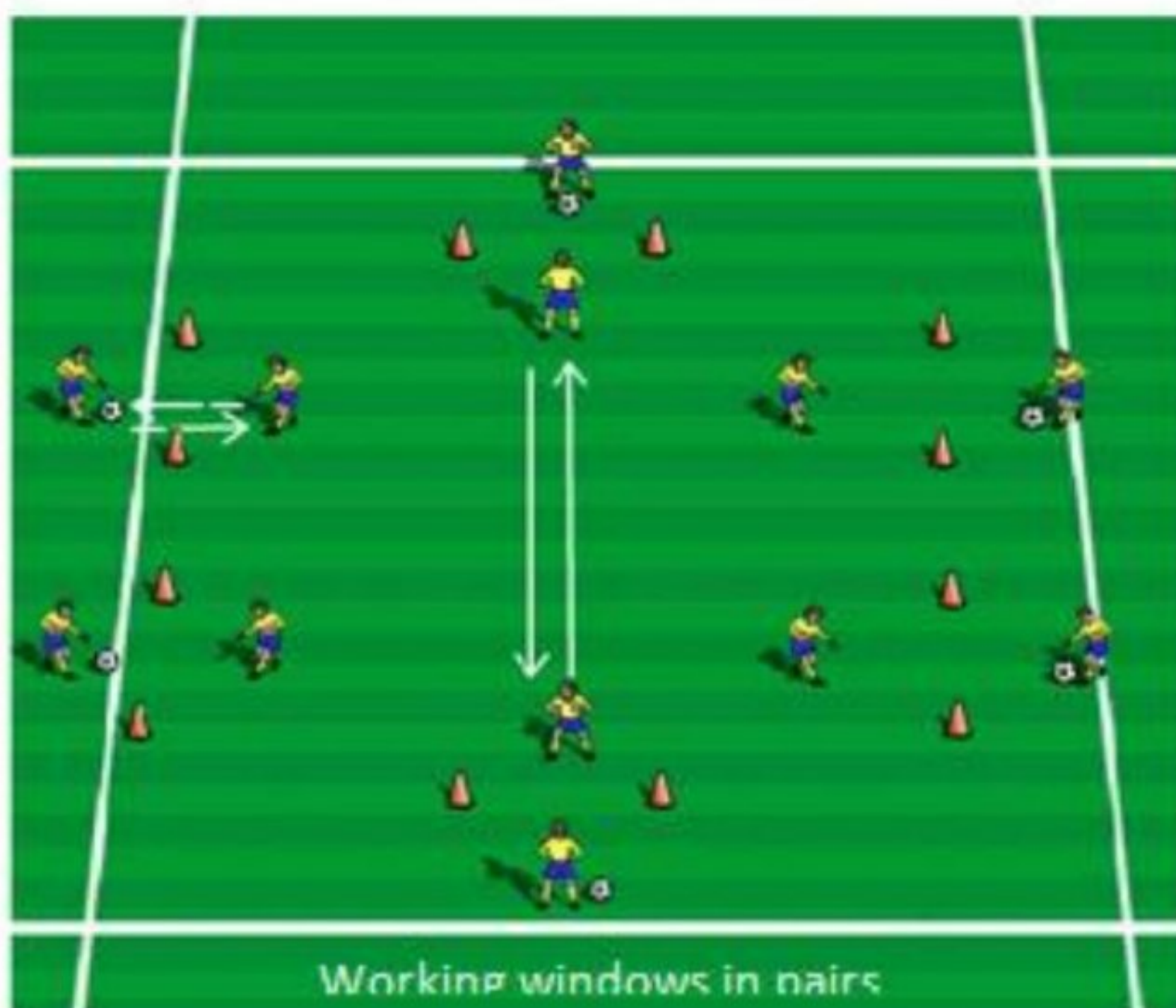
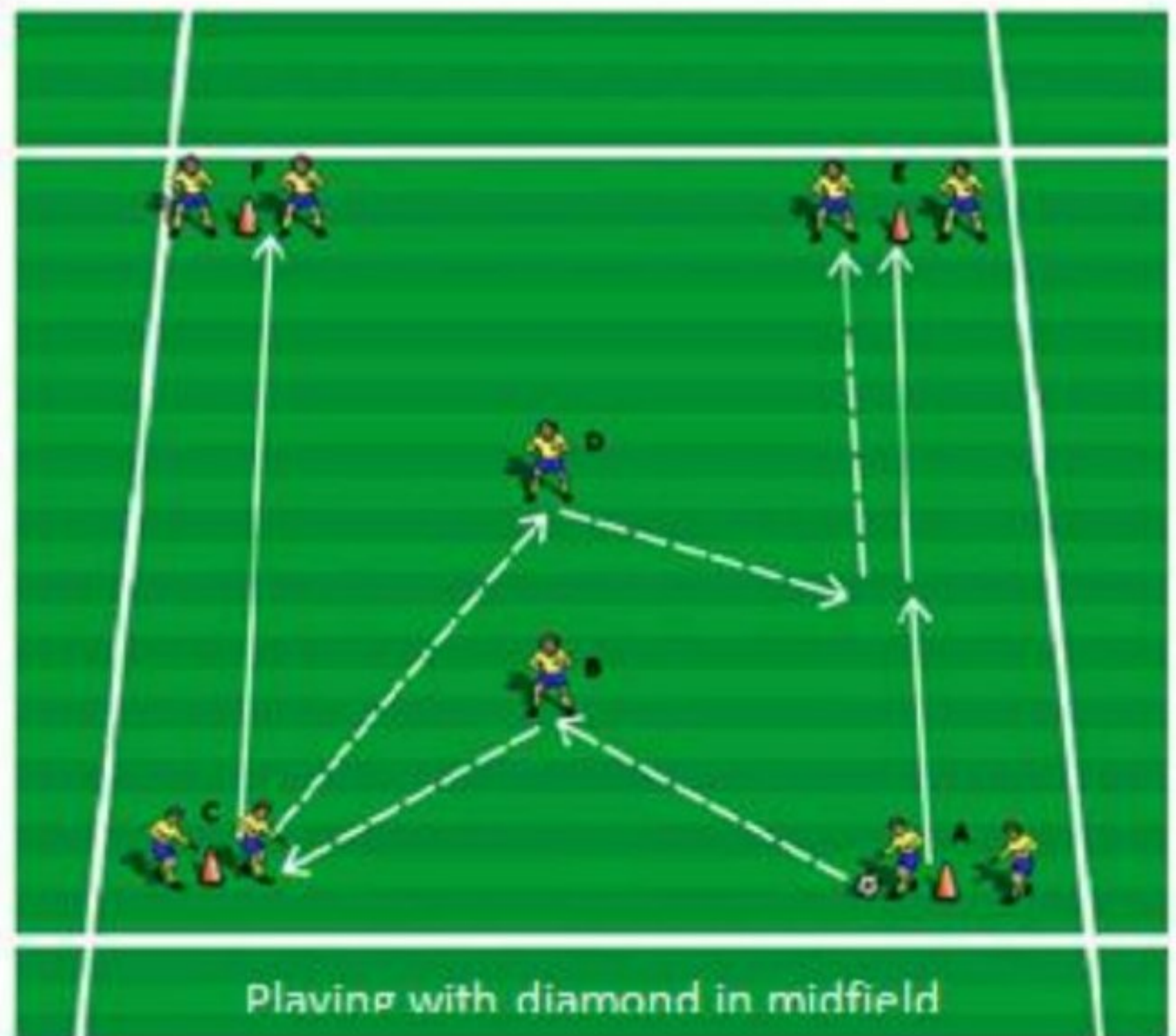
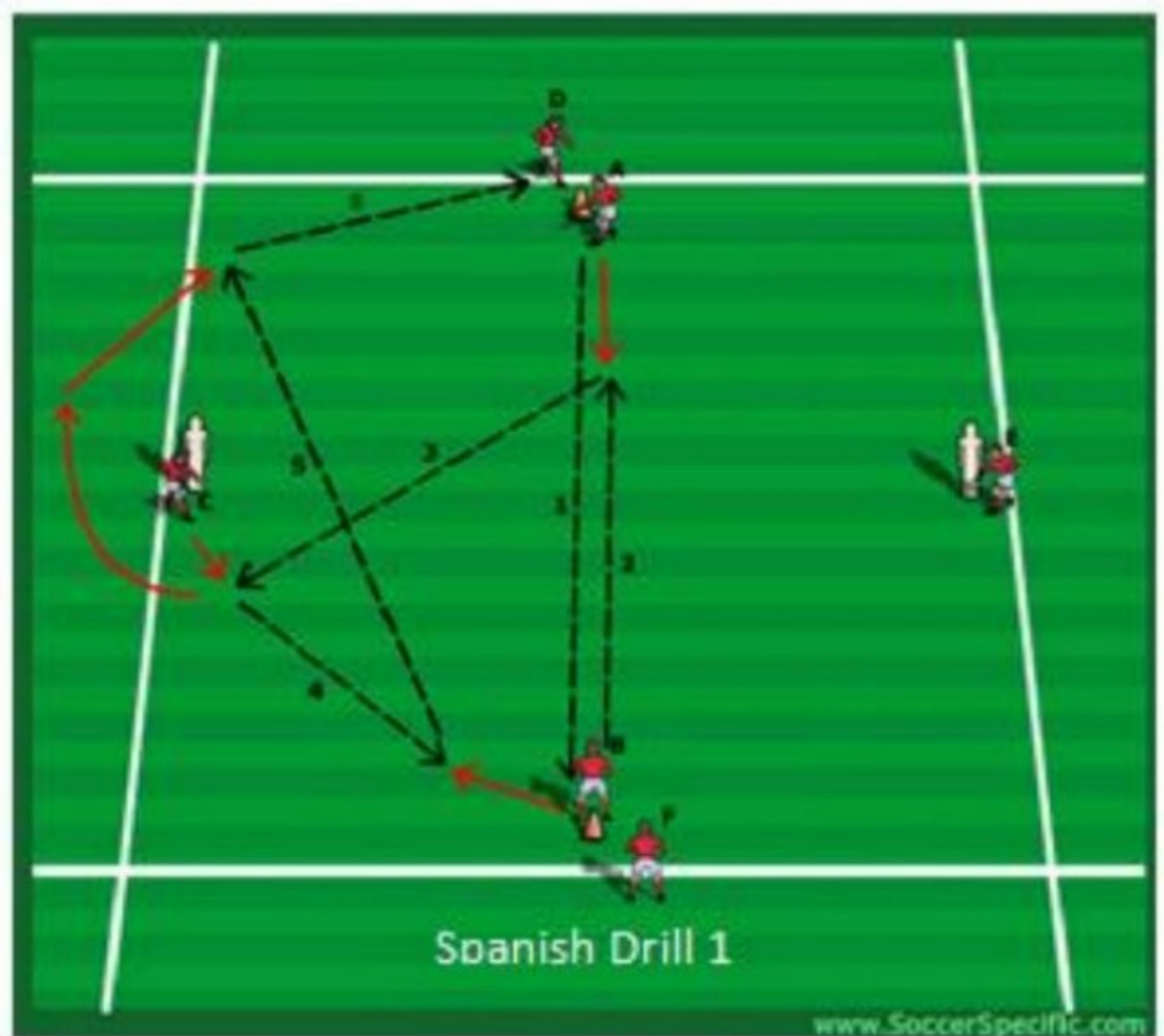










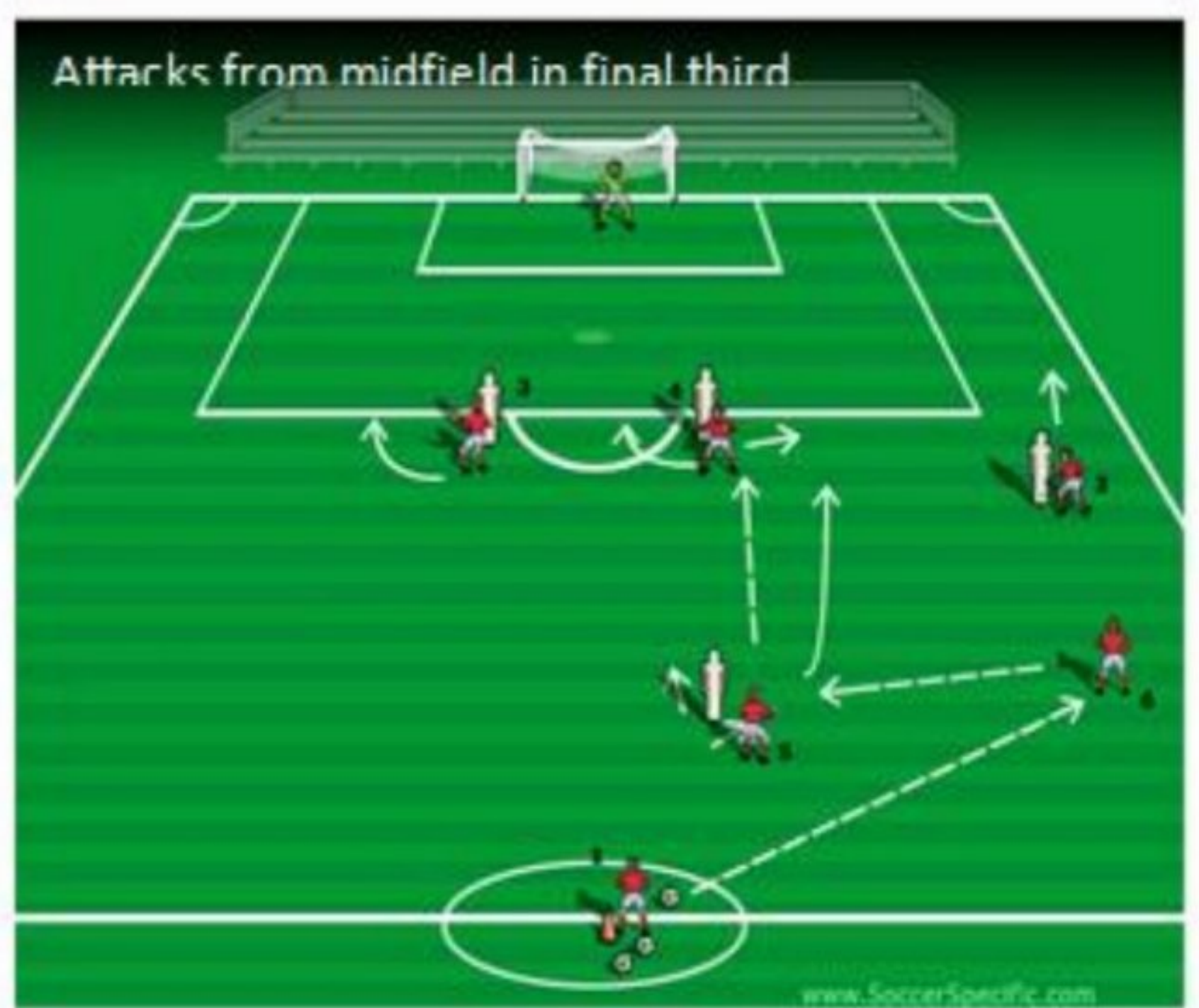




Attacks from midfield in final third



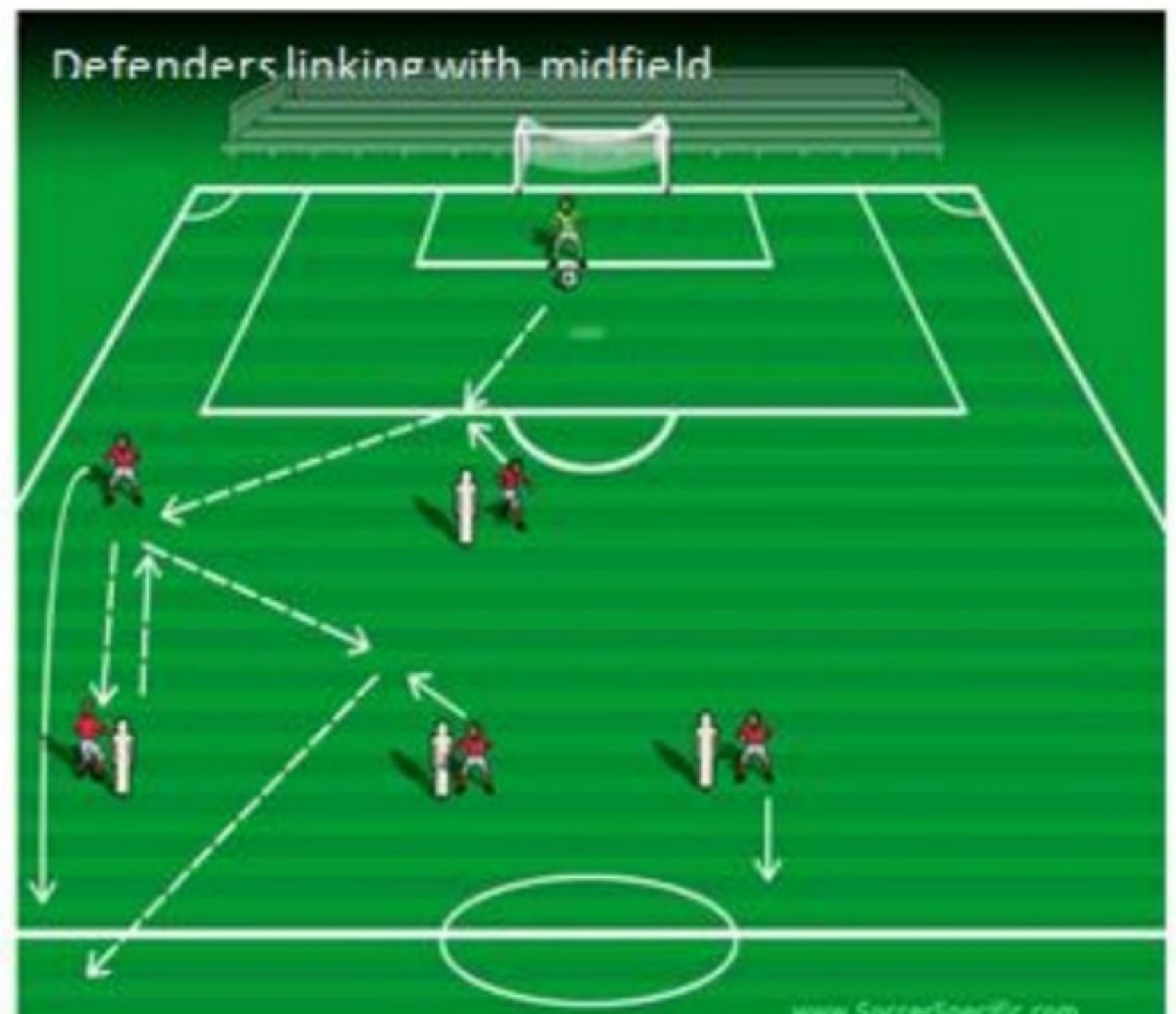
Attacks from midfield in final third



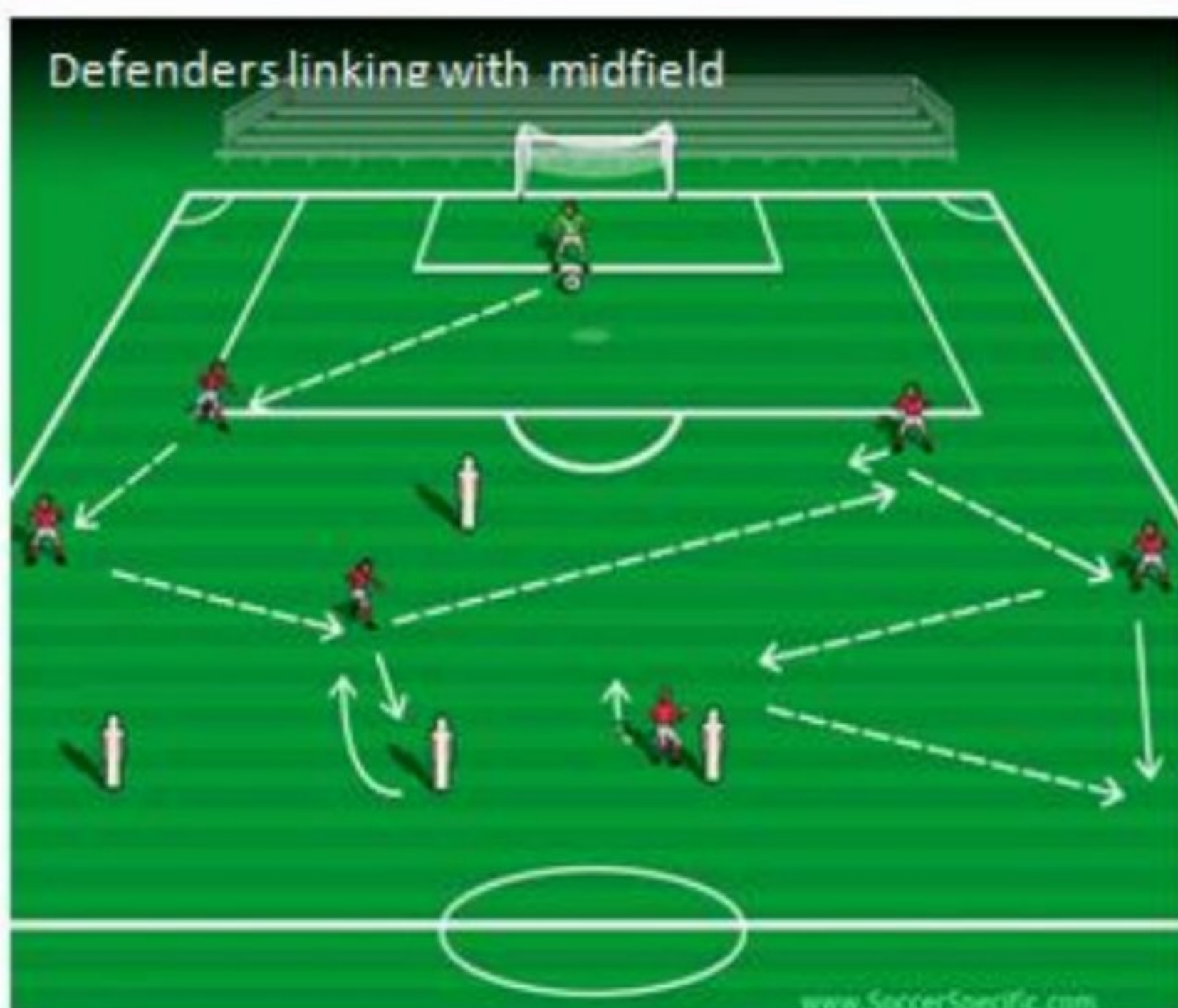
Defenders linking with midfield



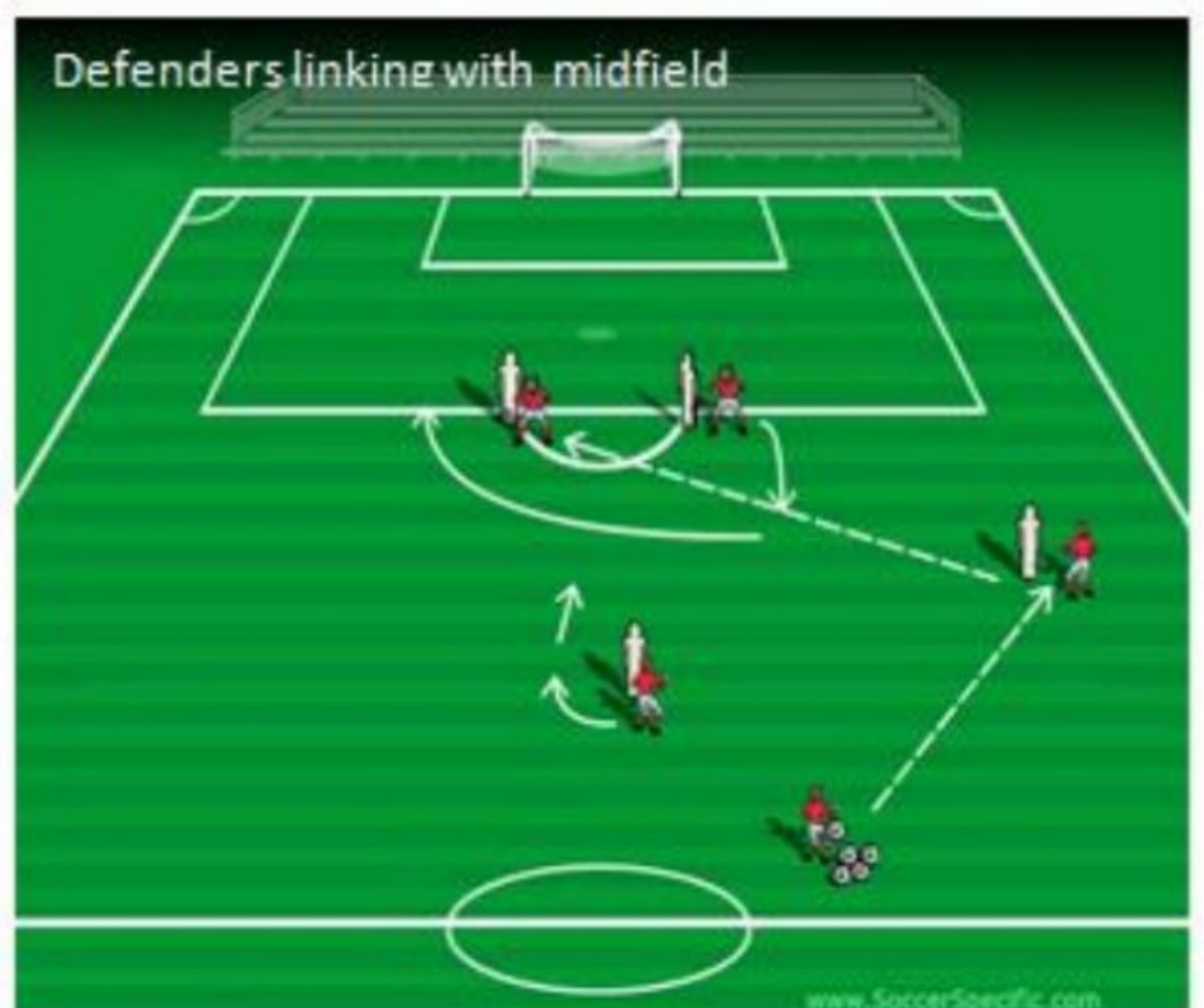
Defenders linking with midfield



Defenders linking with midfield

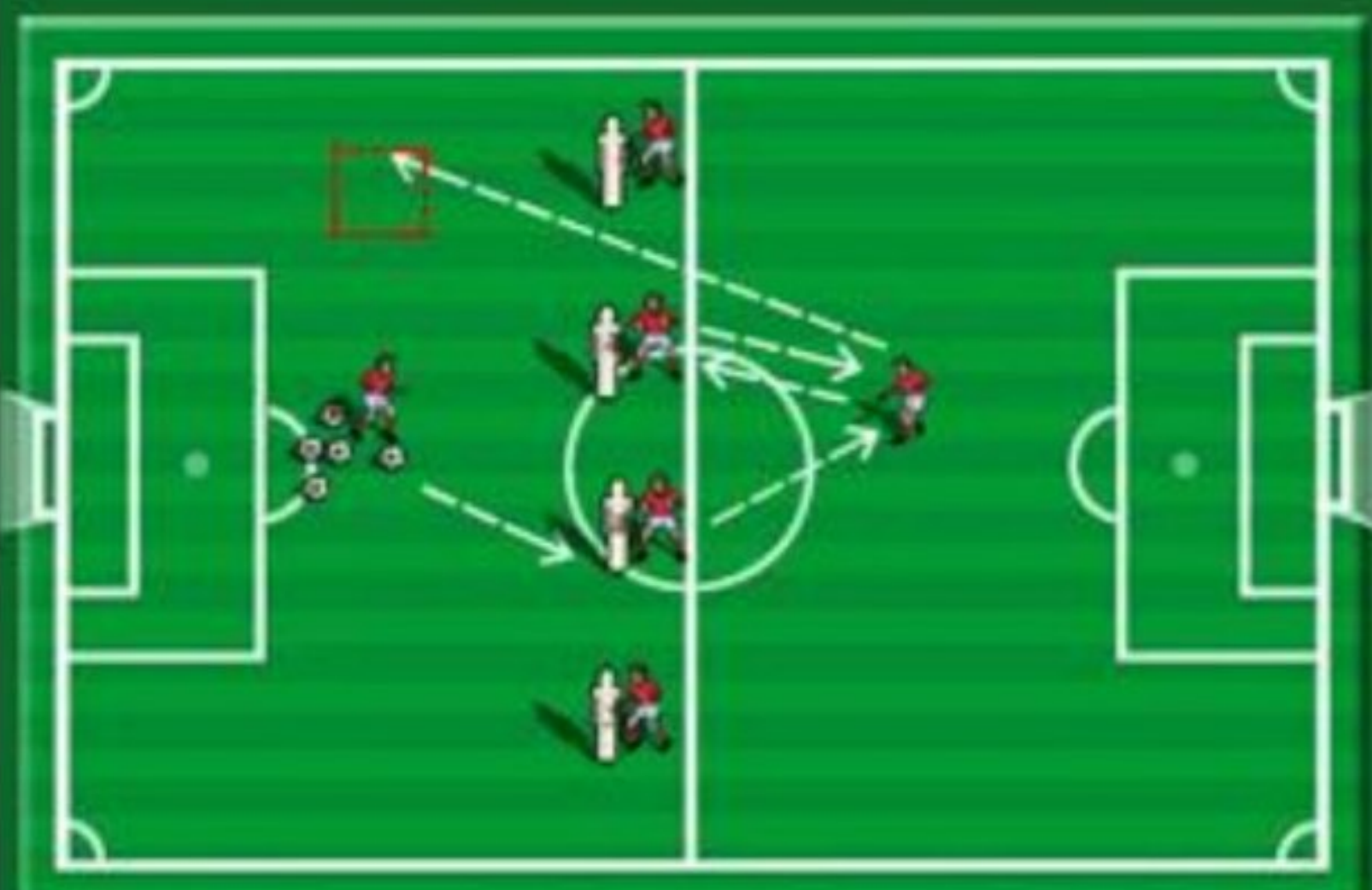


Defenders linking with midfield





Midfield Switches of Play 1



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Midfield Switches of Play 2



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Midfield Switches of Play 3



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Passing out from GK 1



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Passing out from GK 2



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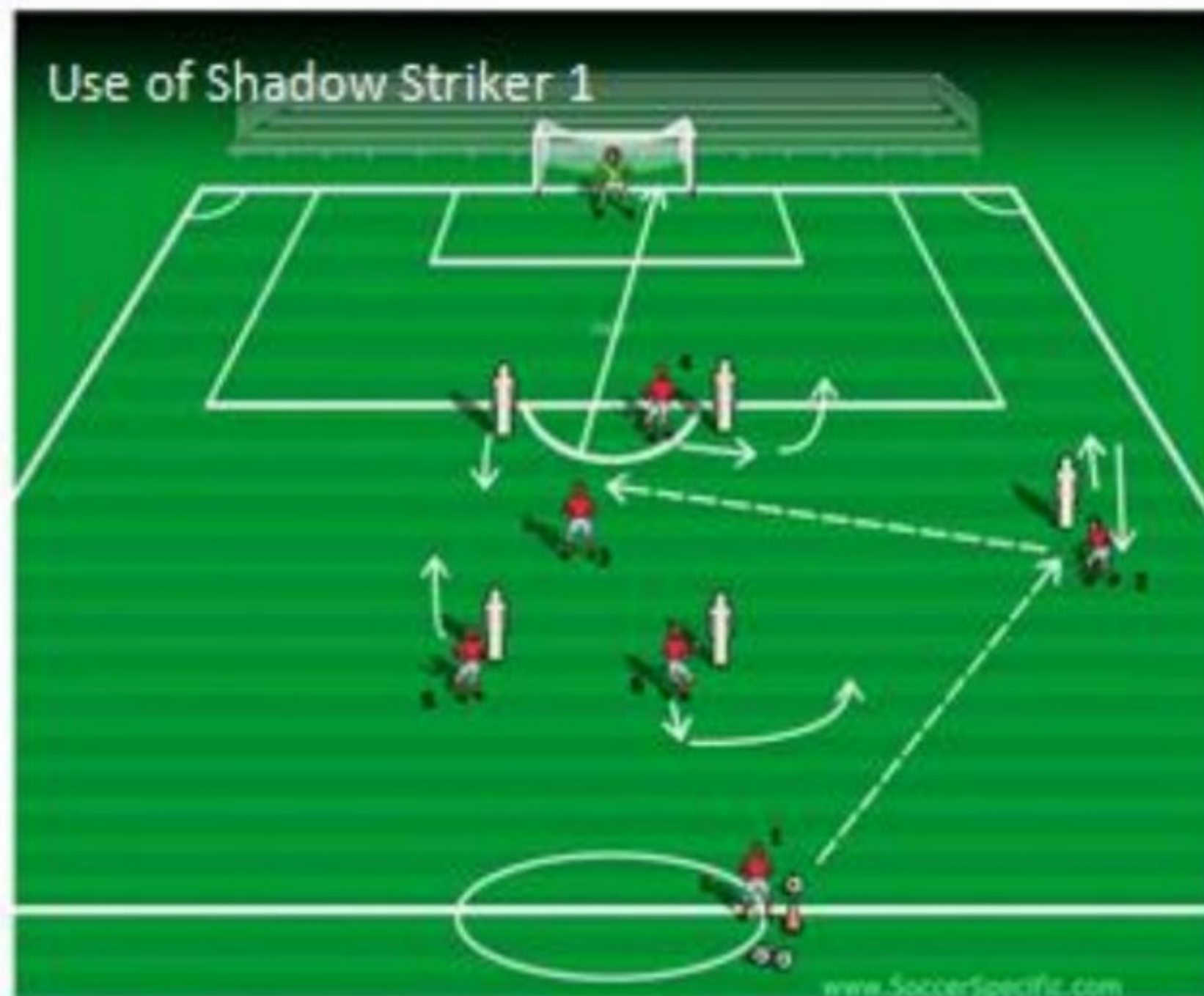
Passing out from GK 3



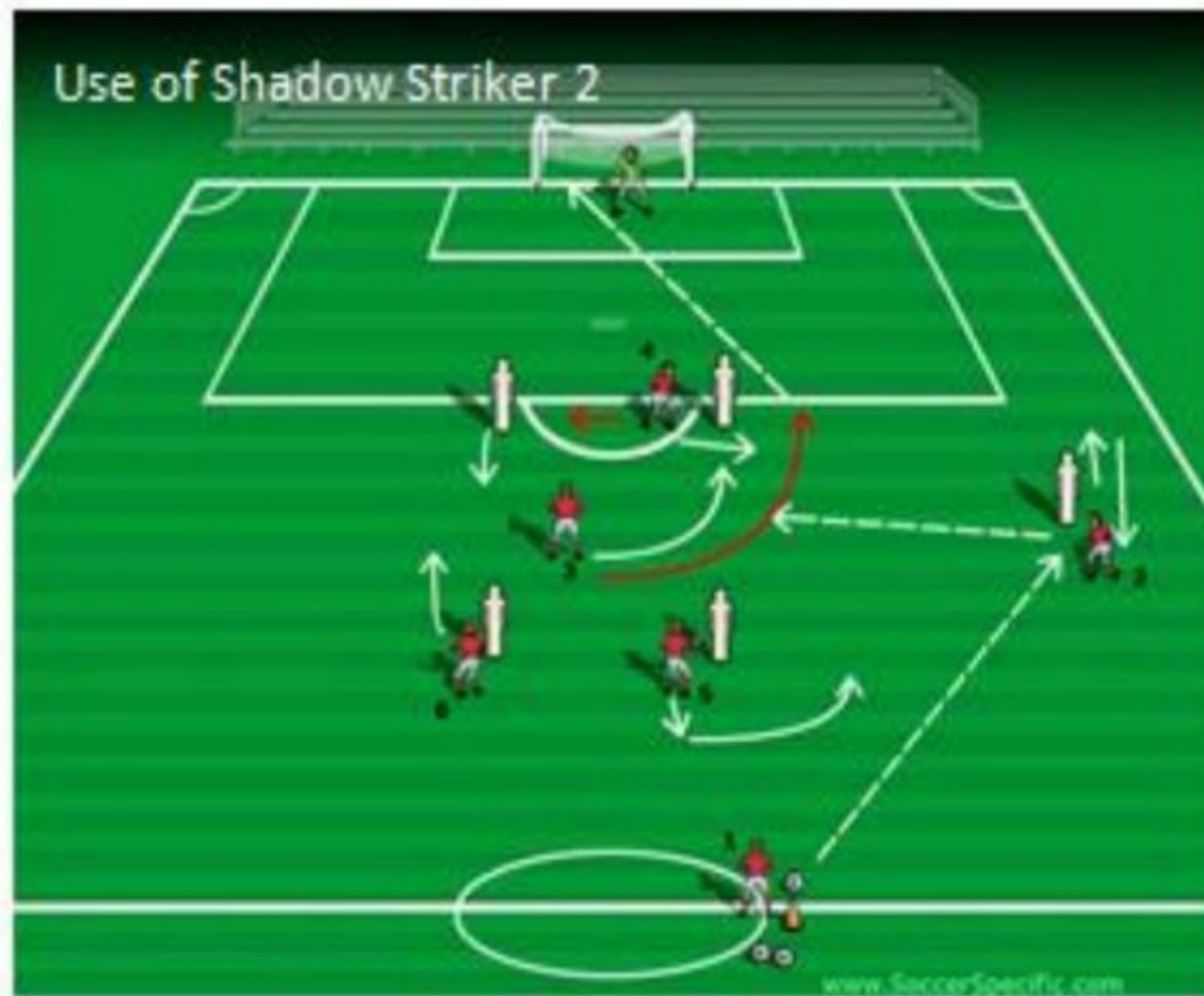
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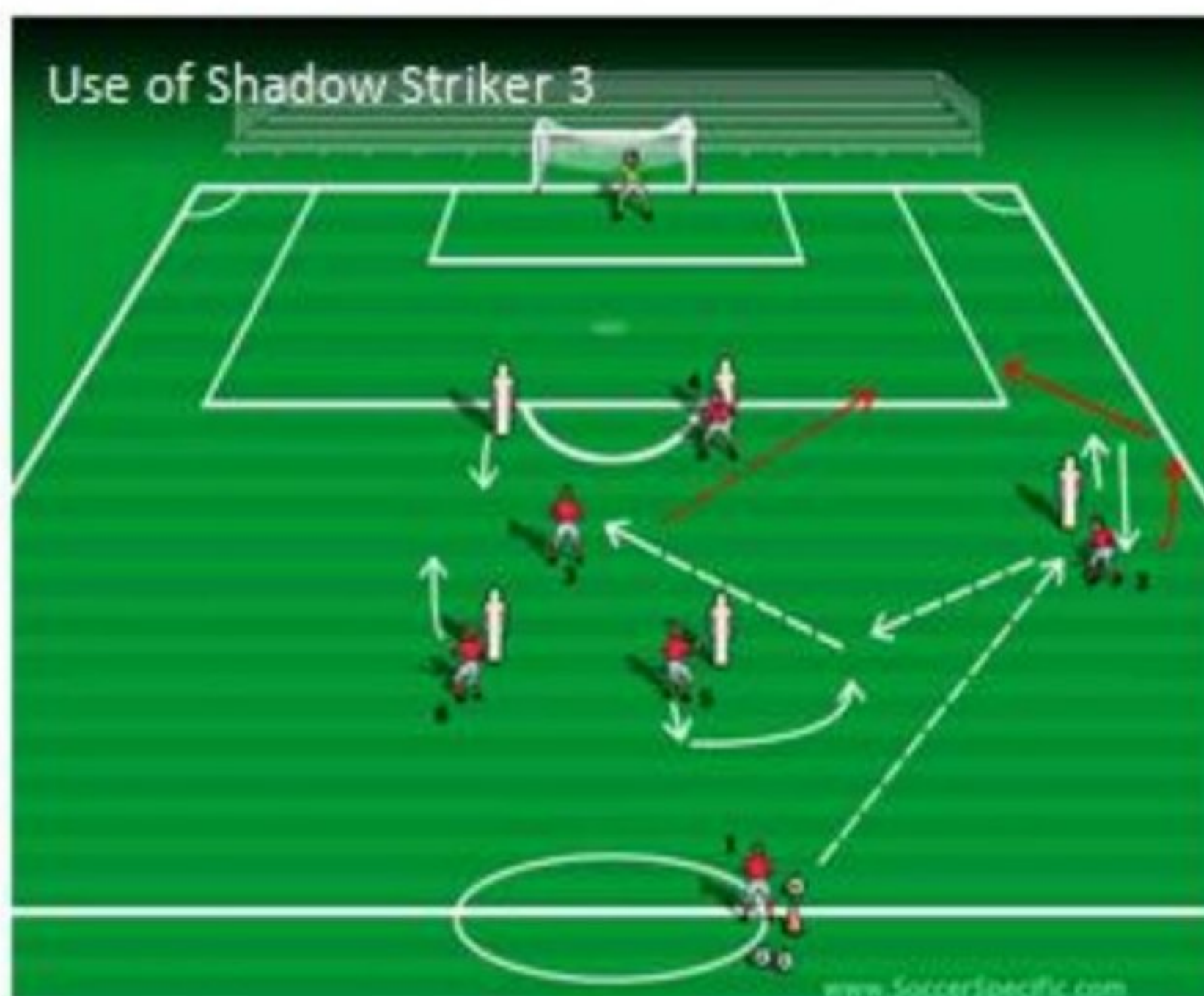
Use of Shadow Striker 1



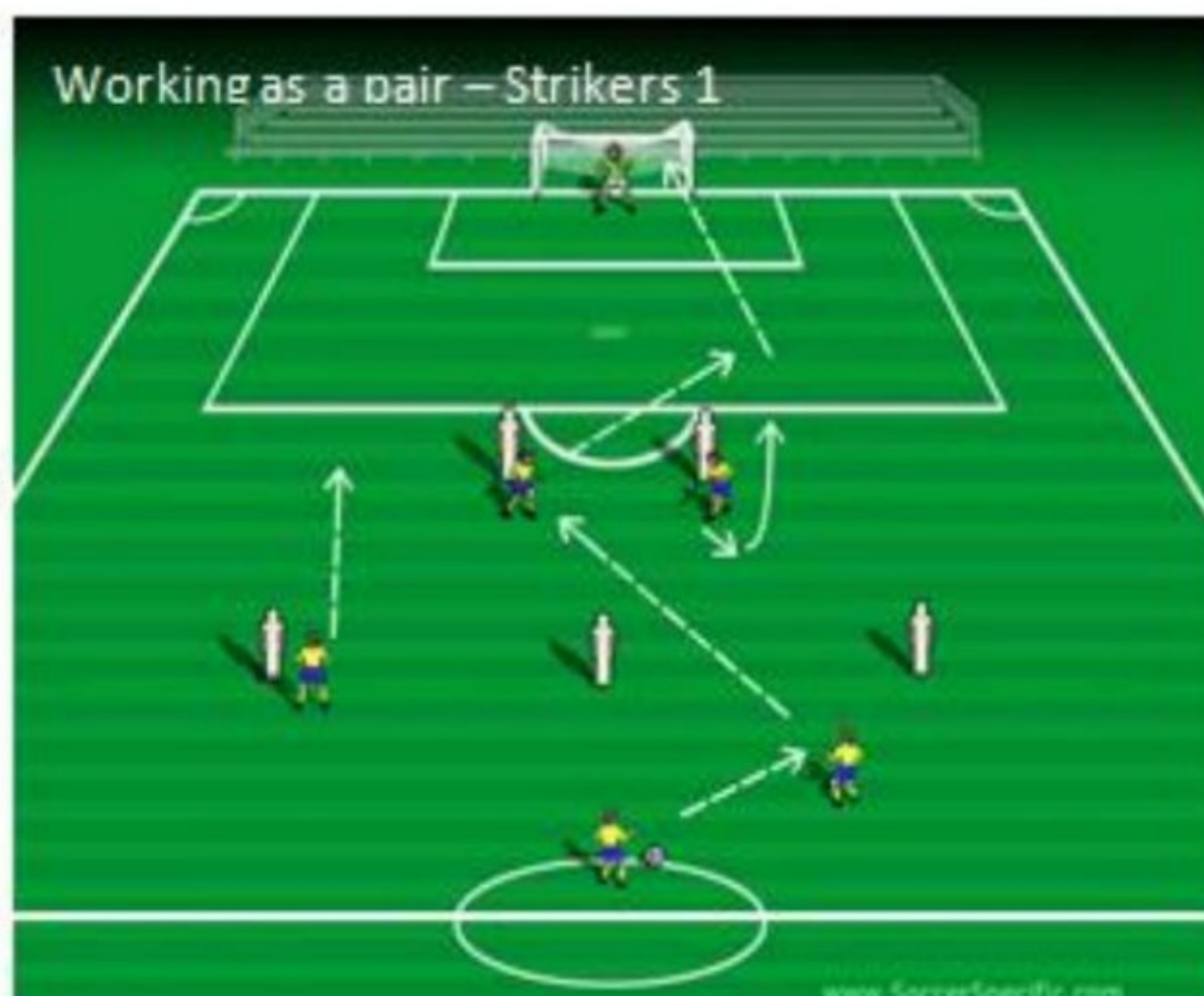
Use of Shadow Striker 2



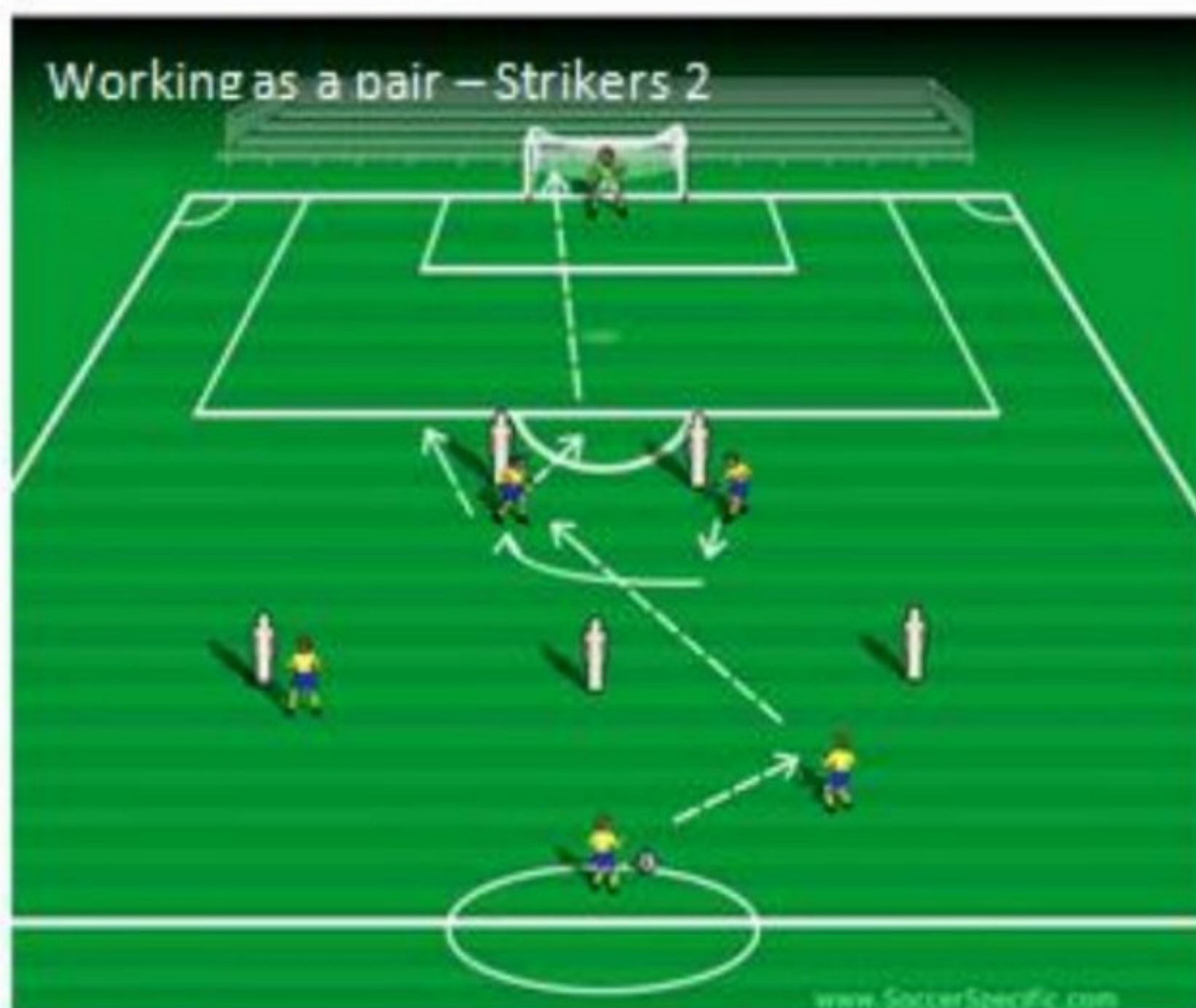
Use of Shadow Striker 3



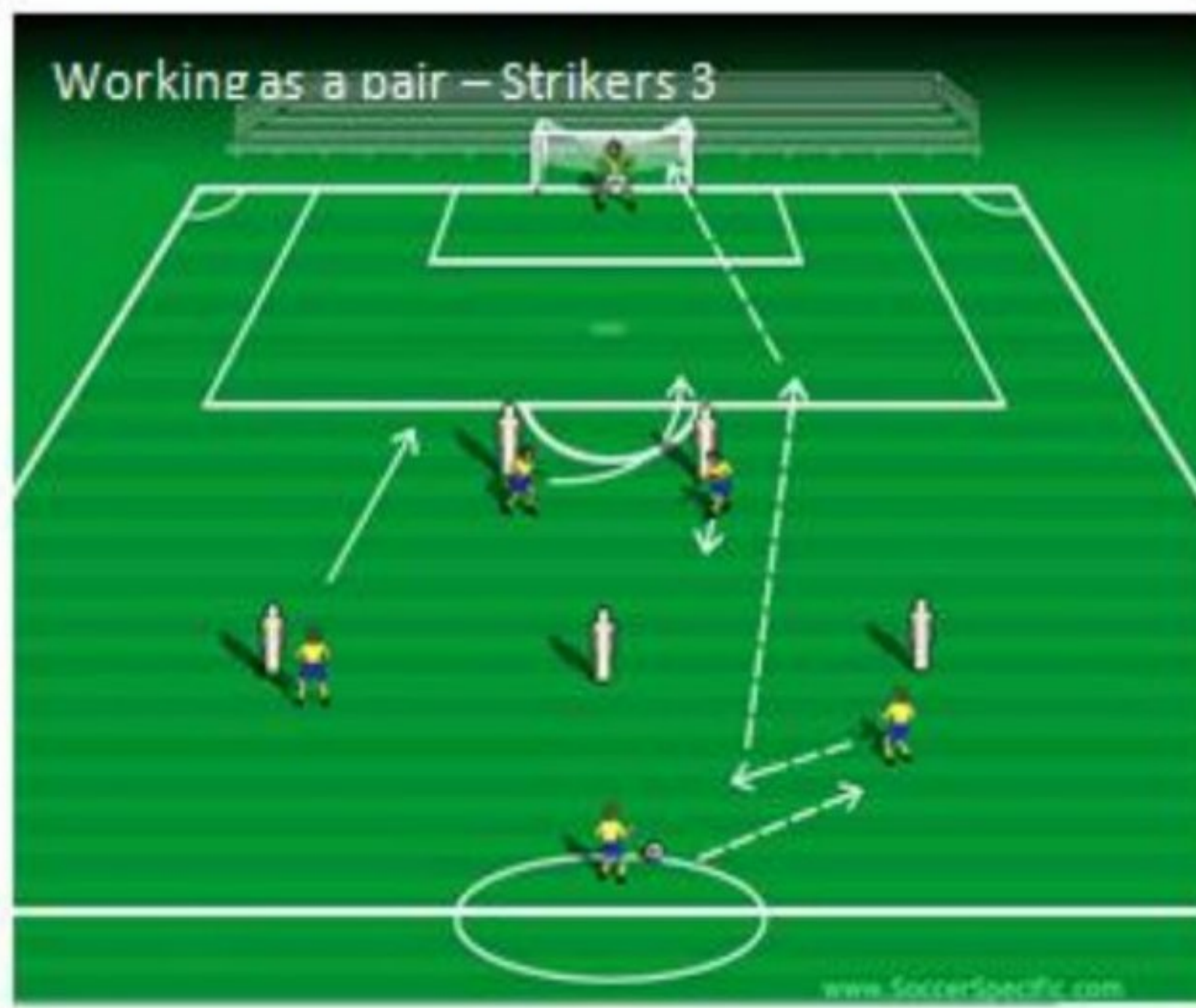
Working as a pair – Strikers 1



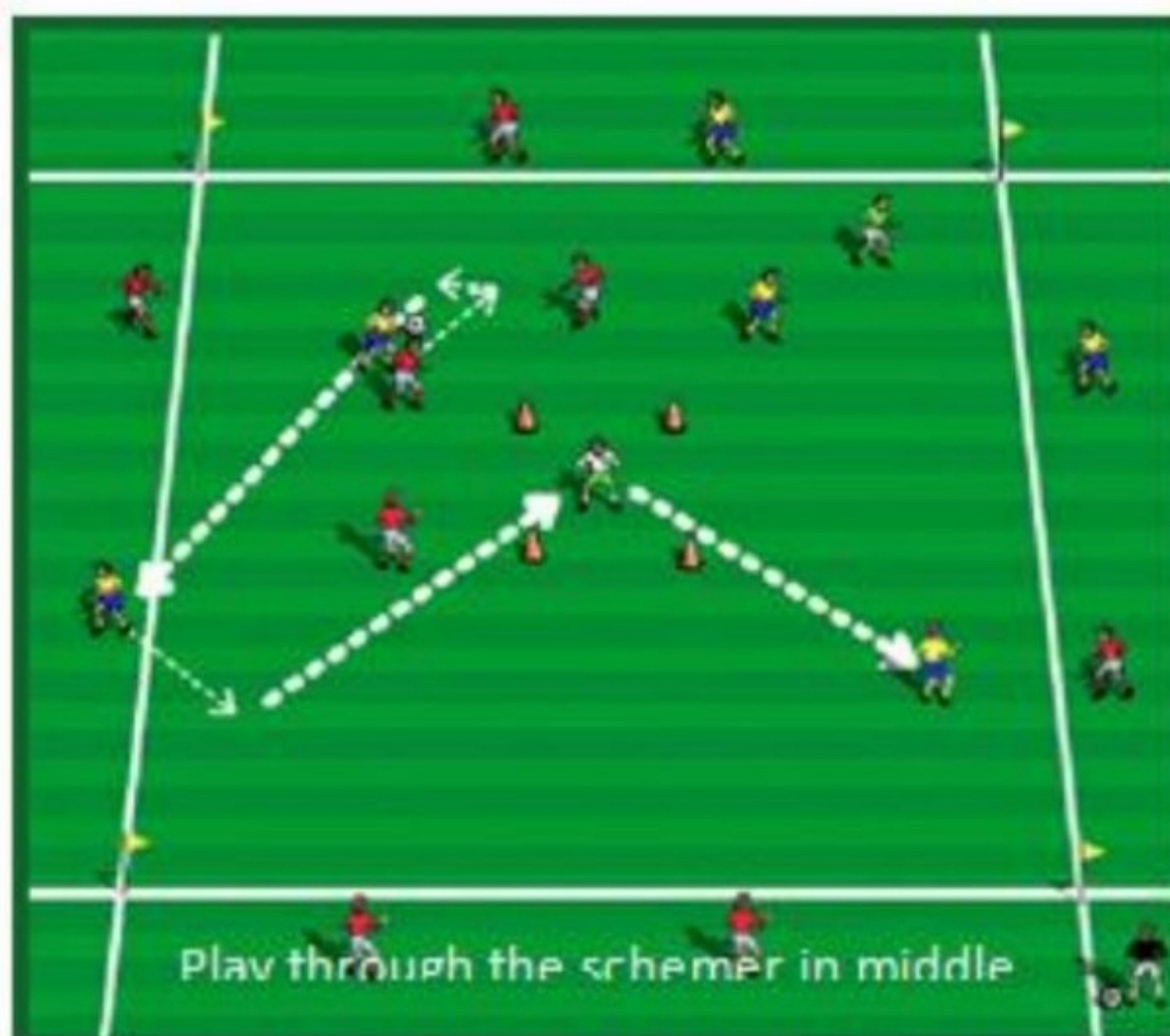
Working as a pair – Strikers 2



Working as a pair – Strikers 3







## Reiterate the coaching points throughout

**Passing** – weight & accuracy of pass – technique

**Control** – touch needs to cushion ball into area to allow pass to be made with next touch. Don't stop the ball keep it moving. Open the body as you receive the ball. Arms are out to protect and shield.

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Kick off :

Date :

