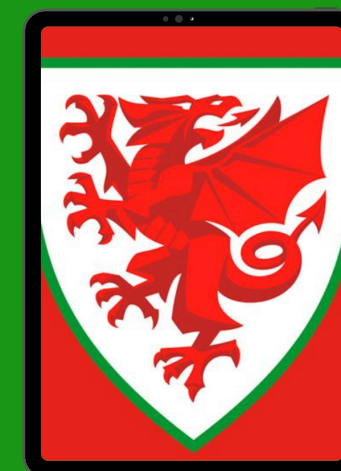


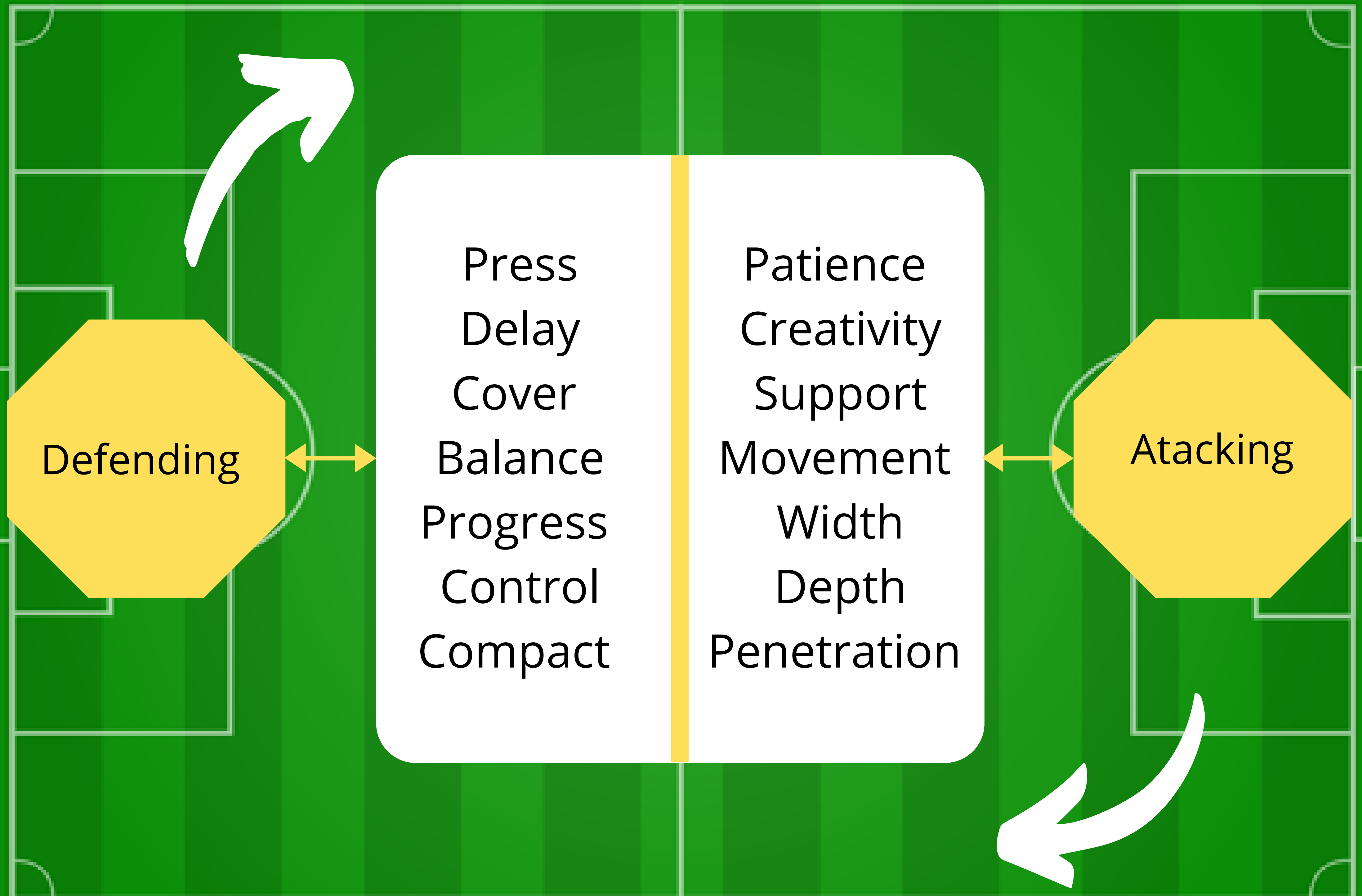


GAME MODEL

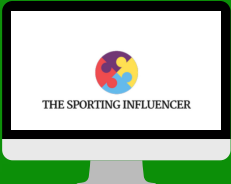
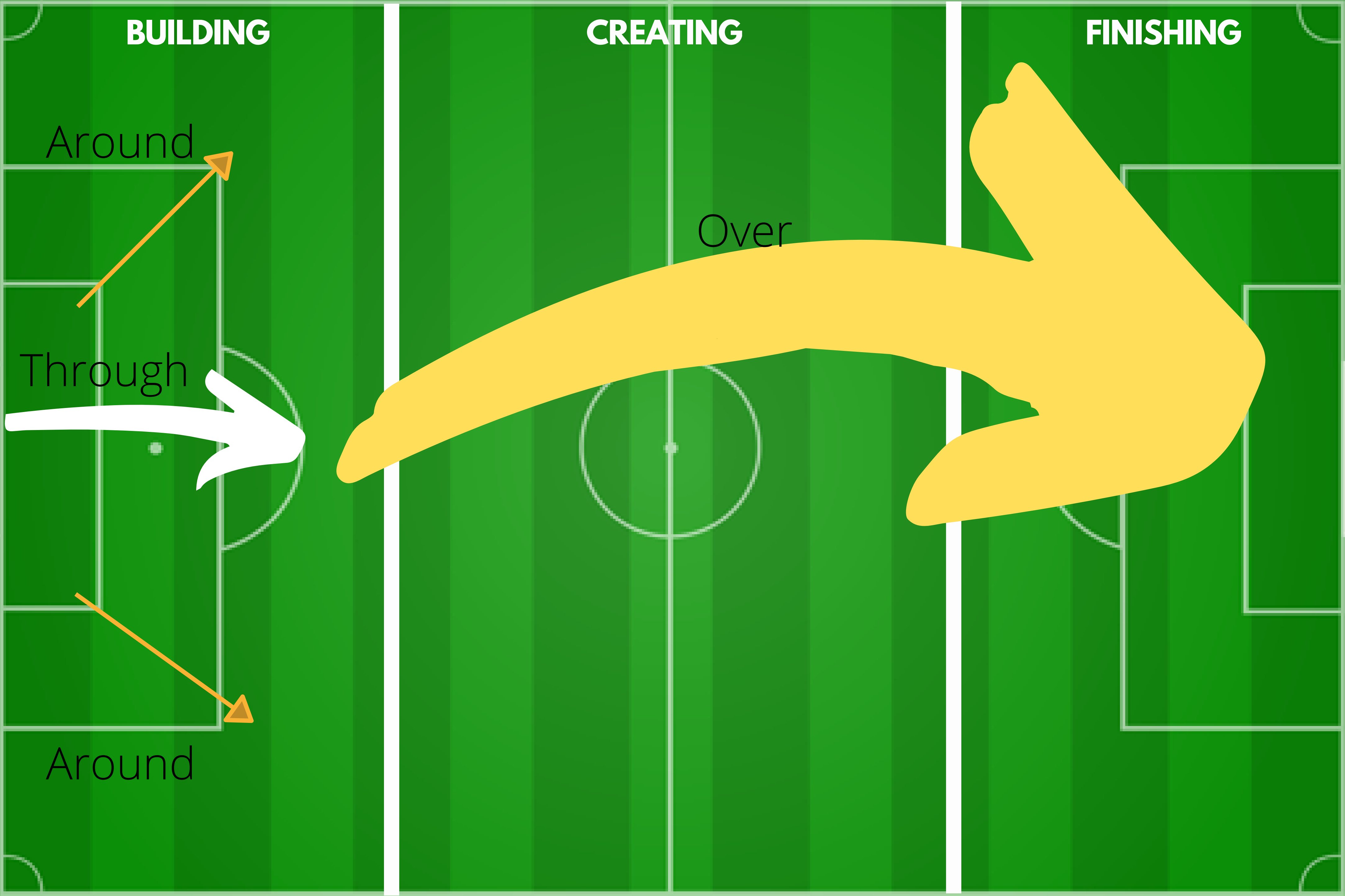
RICHARD CASHMAN
PGCE FE, BSC (HONS), UEFA B



PRINCIPLES OF PLAY



IN-GAME ETHOS



IN-GAME ETHOS: POSSESSION

BUILDING

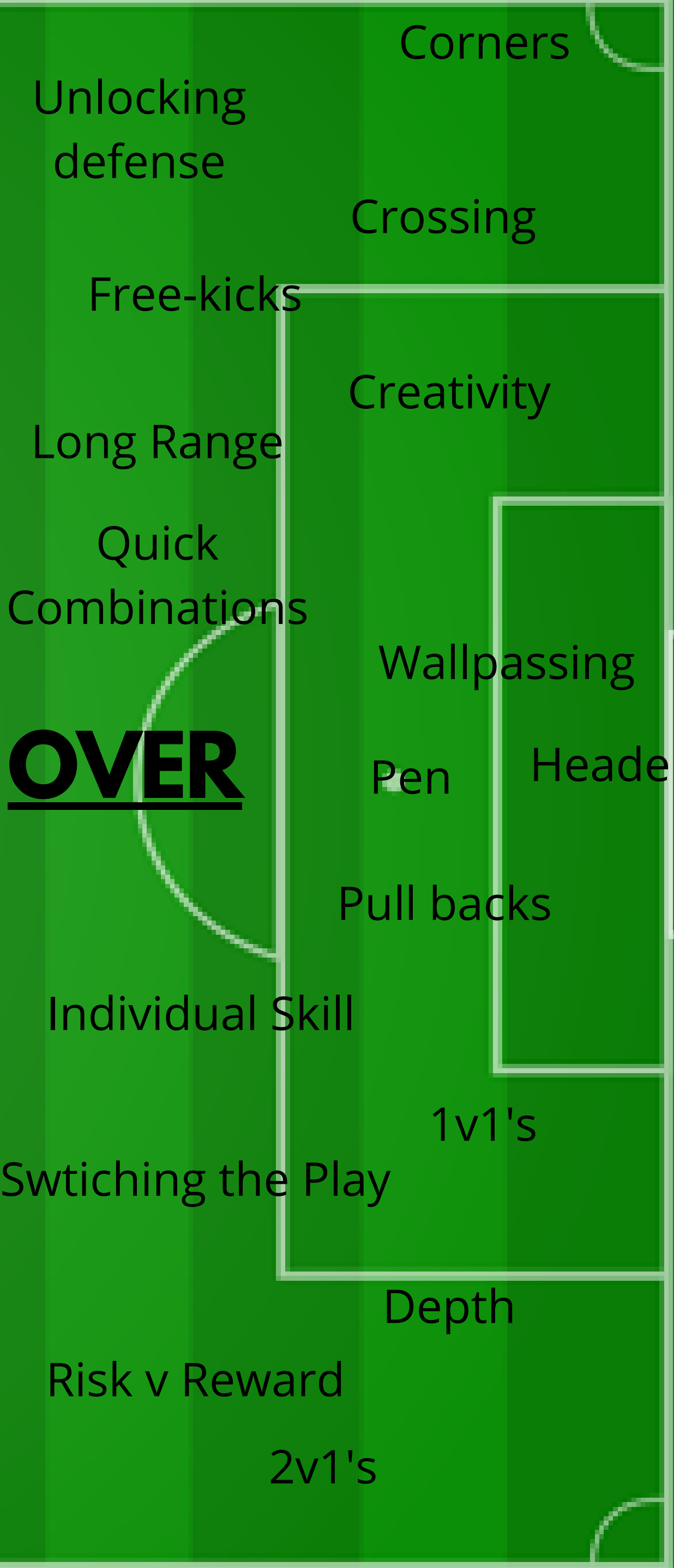


CREATING

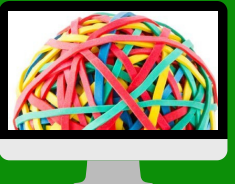
AROUND



FINISHING



OVER



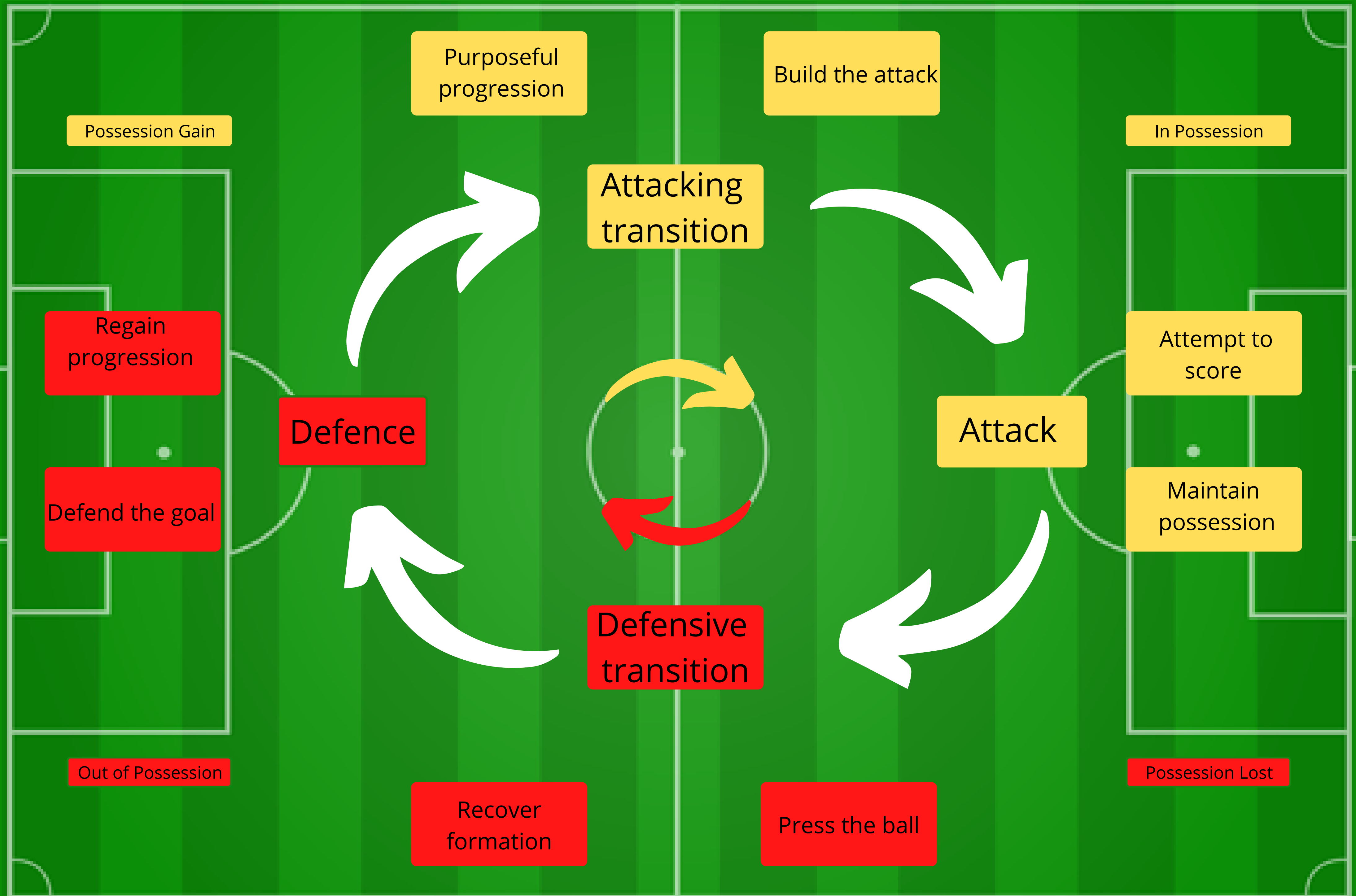
HIGH PRESS



GAME MODEL



GAME MODEL: BREAK DOWN



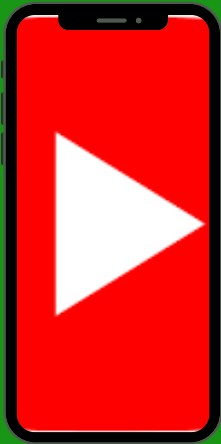
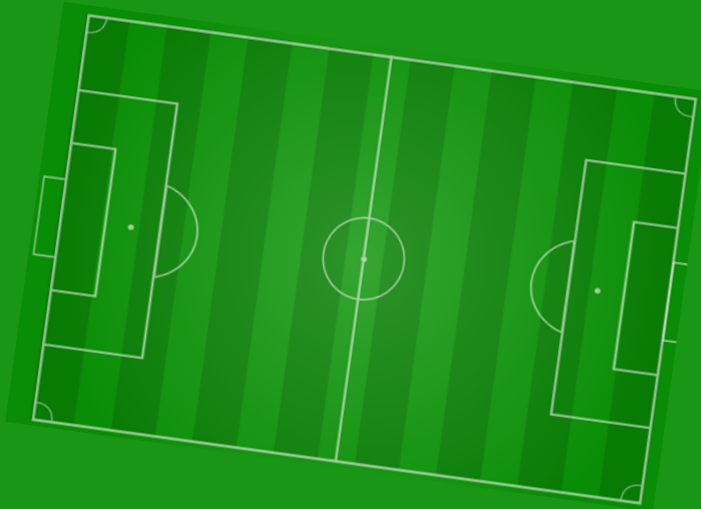
GAME MODEL: QUESTIONS





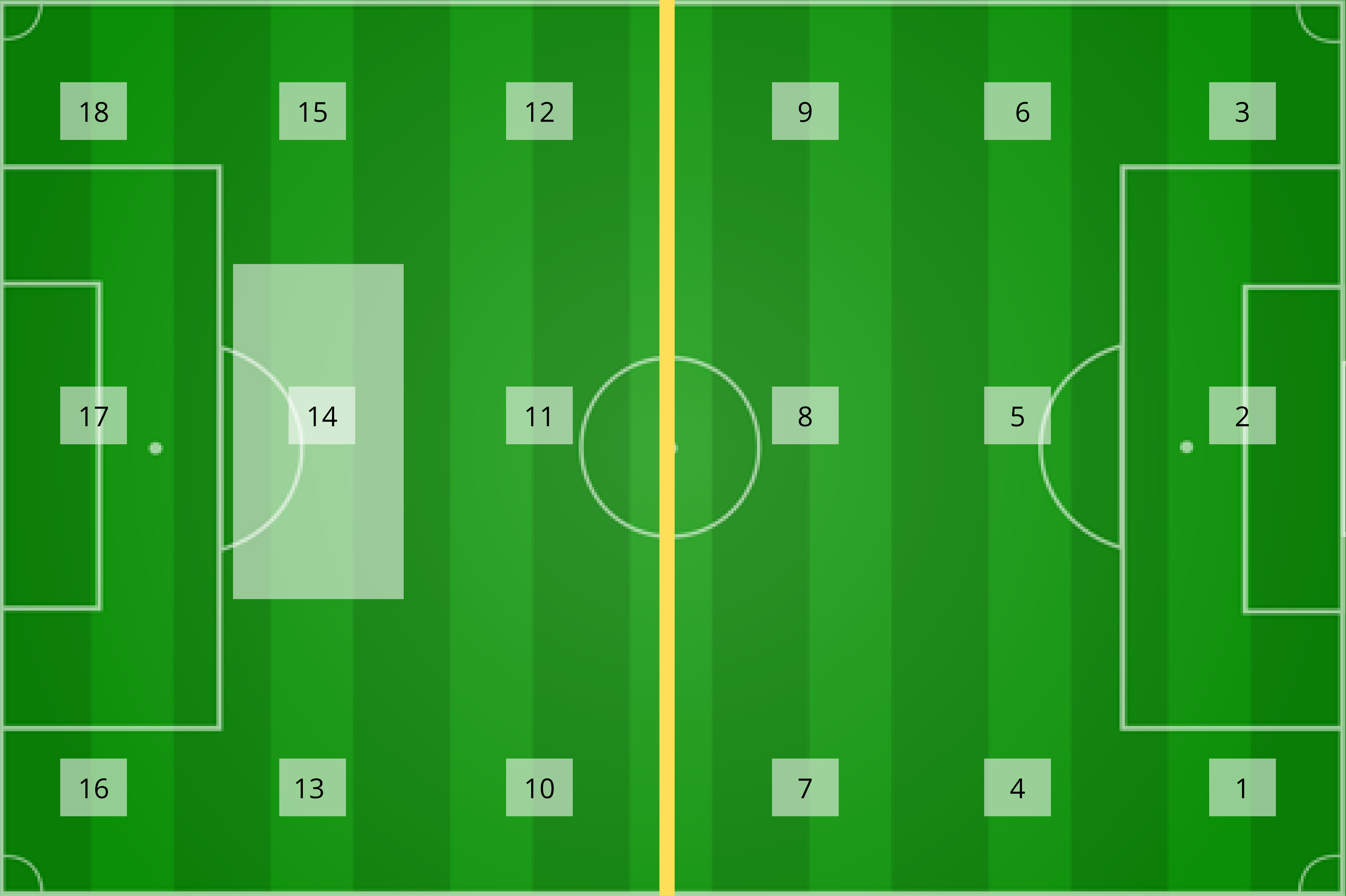
HOW DOES IT LOOK?

EXAMPLE: QR CODES: SCAN
ALL COPYRIGHTS AND CREDITS RESERVED FOR VIDEO OWNERS

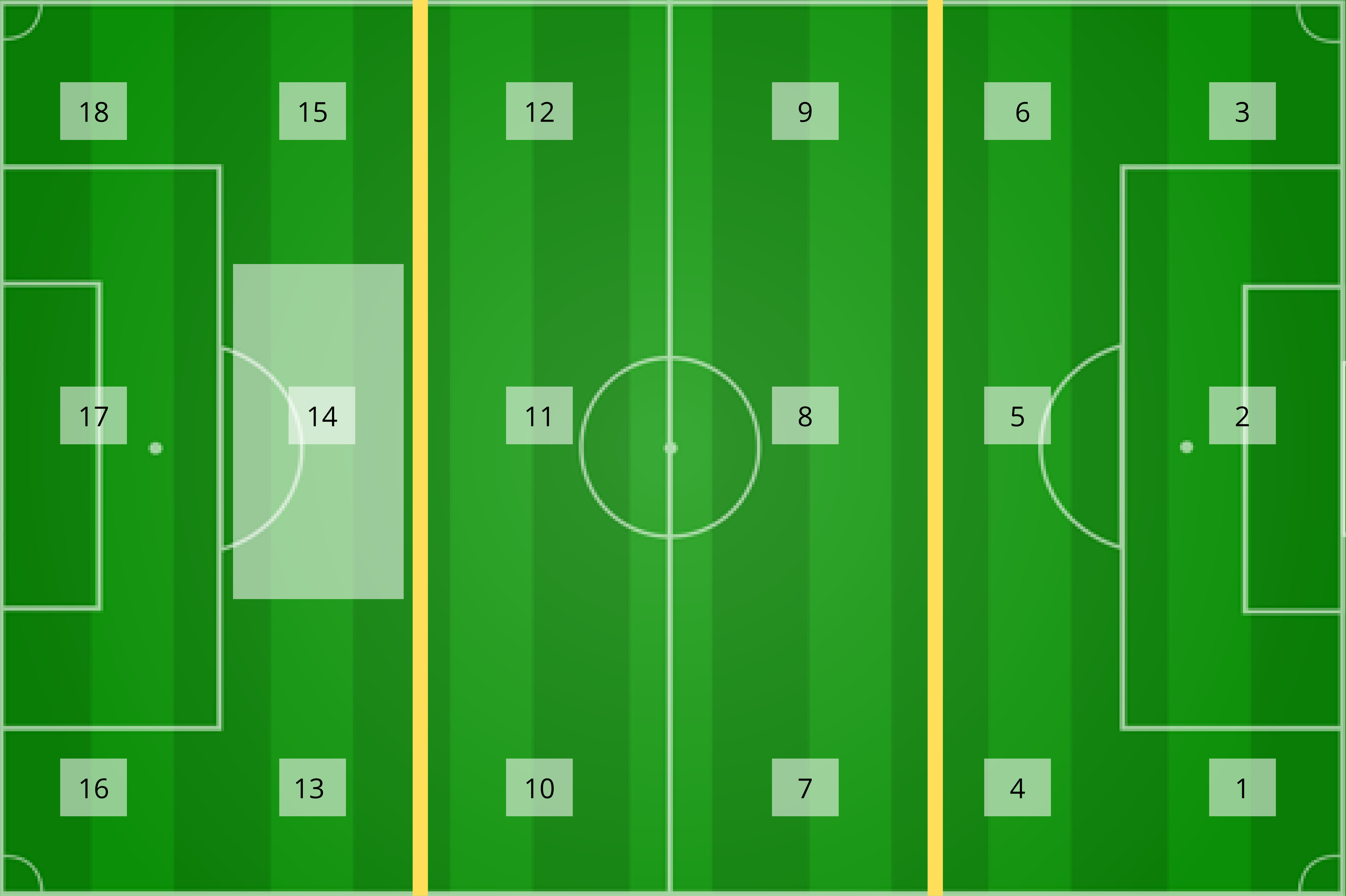


What?	Example #1	Example #2	Example #3	Example #4
Build up				
DEF - ATT				
Through, Around or Over				
ATT - DEF				

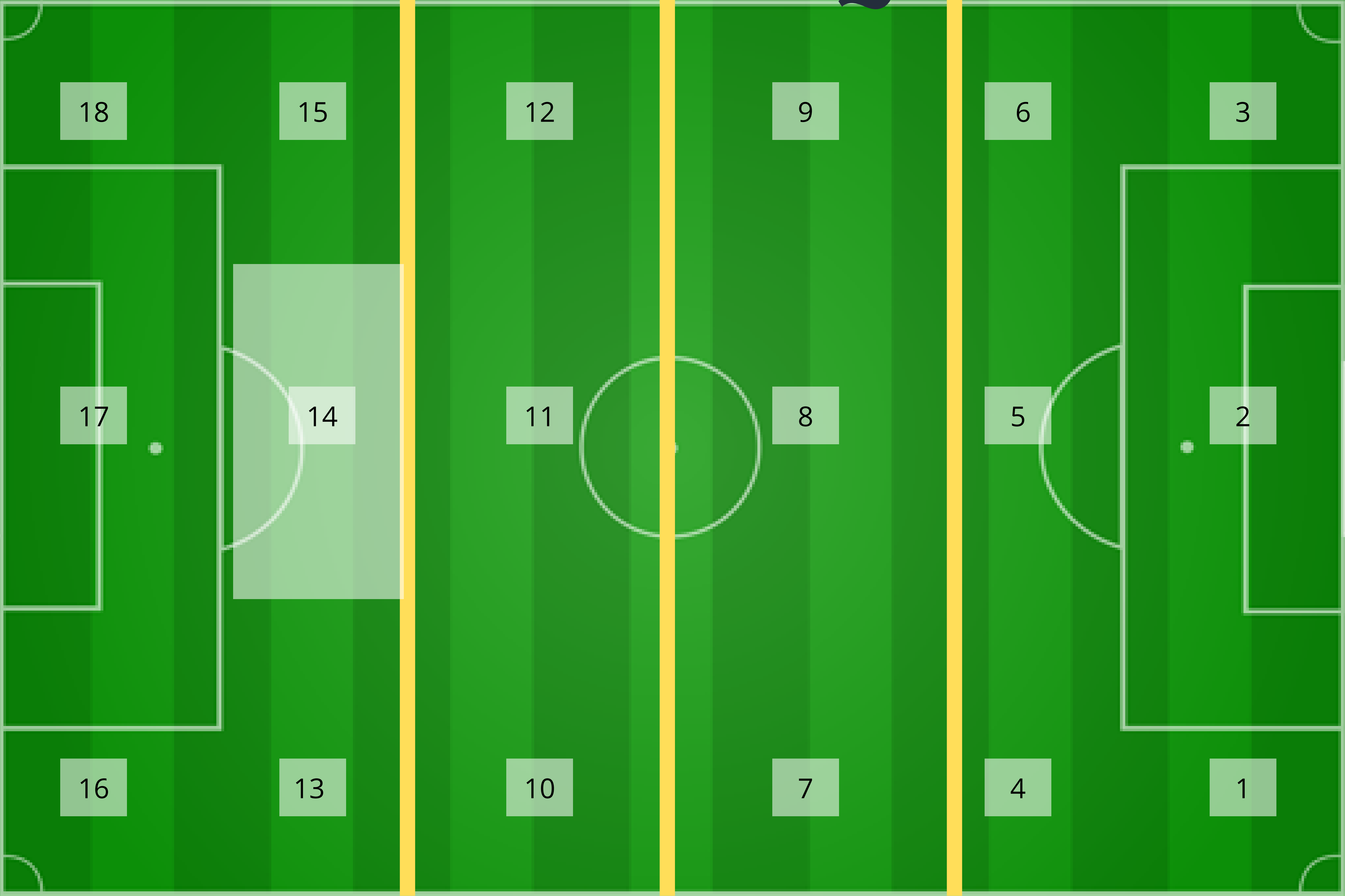
PITCH GEOGRAPHY: HALVES



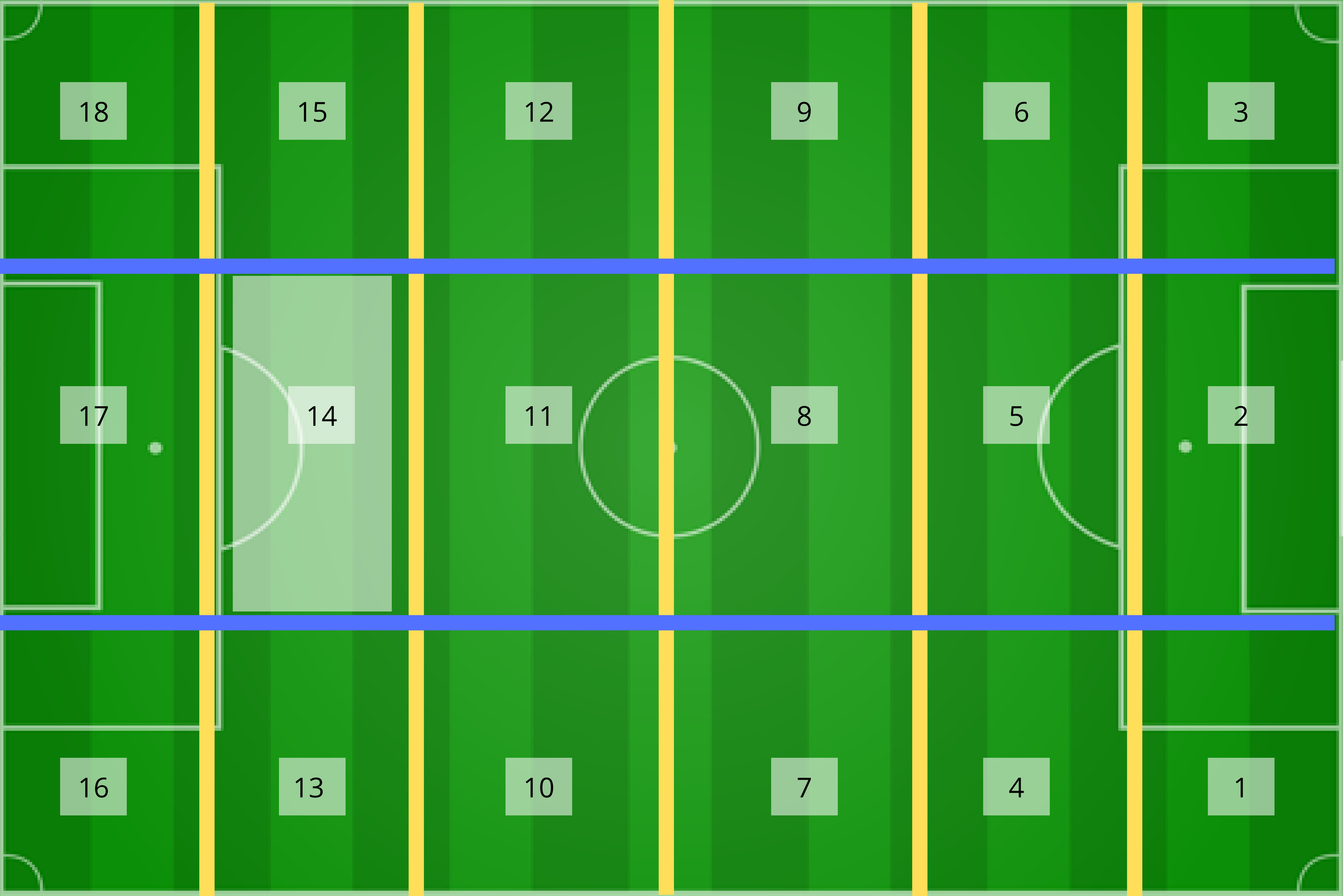
PITCH GEOGRAPHY: THIRDS



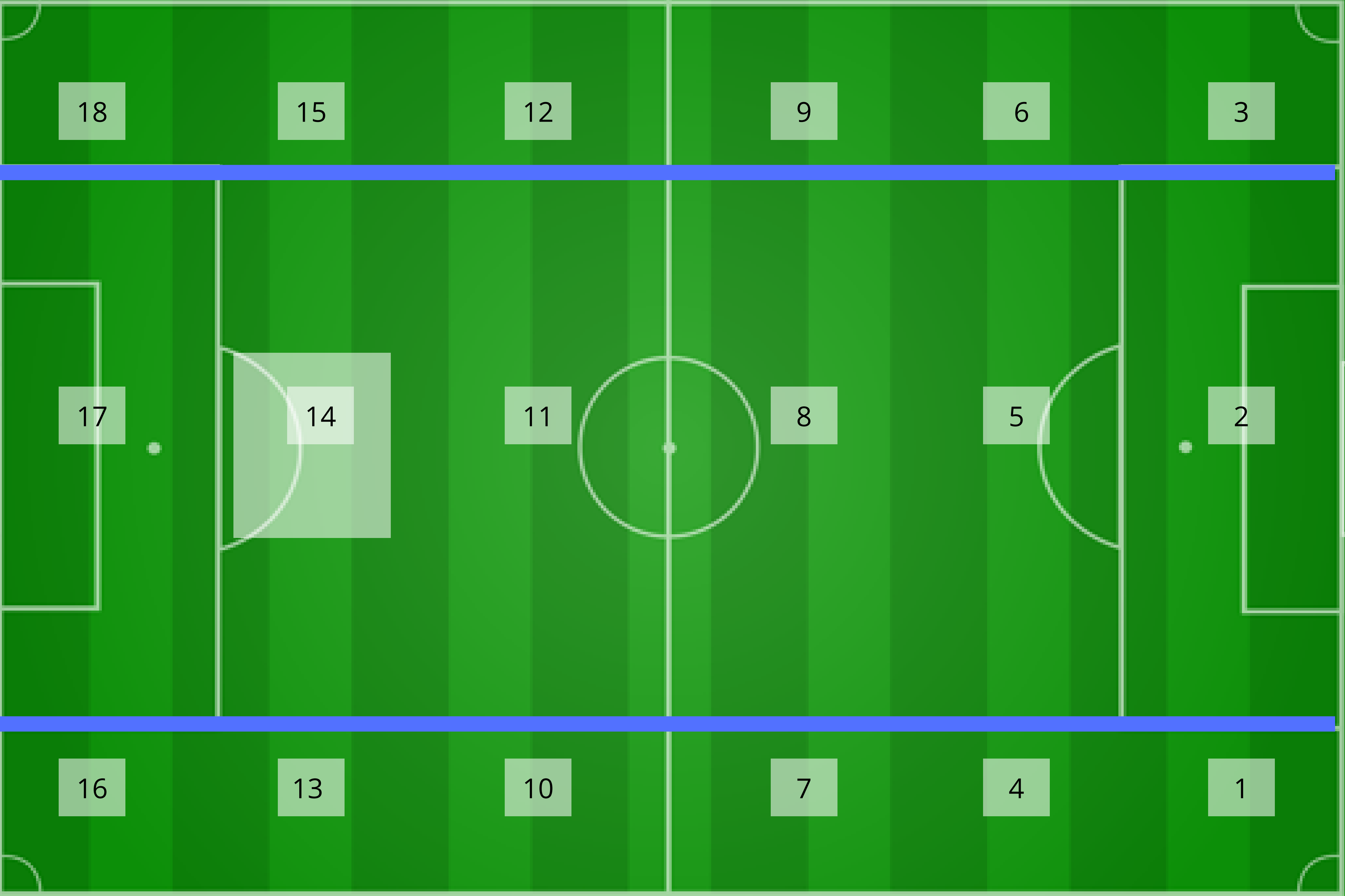
PITCH GEOGRAPHY: QUARTERS



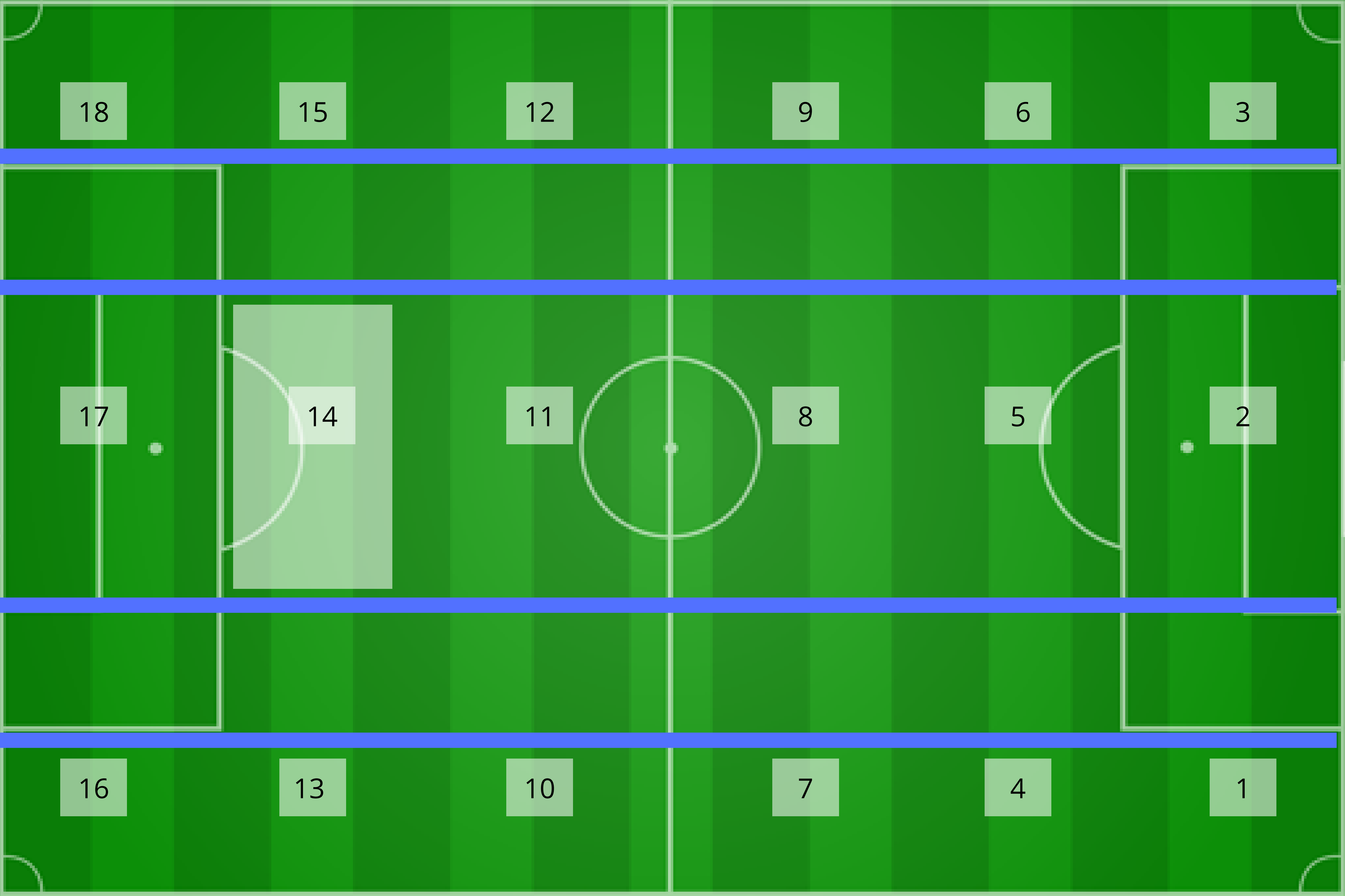
PITCH GEOGRAPHY: GRIDS



PITCH GEOGRAPHY: CHANNELS

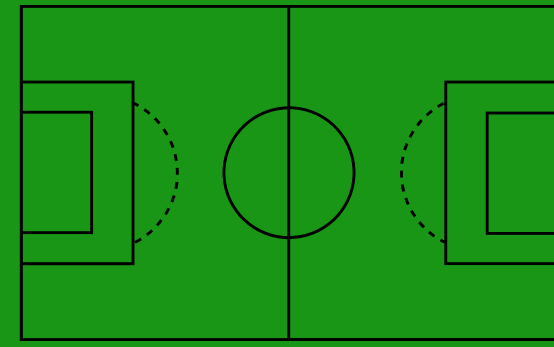
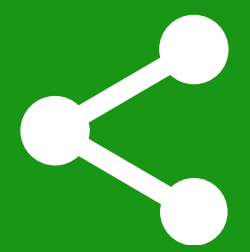


PITCH GEOGRAPHY: HALF SPACE



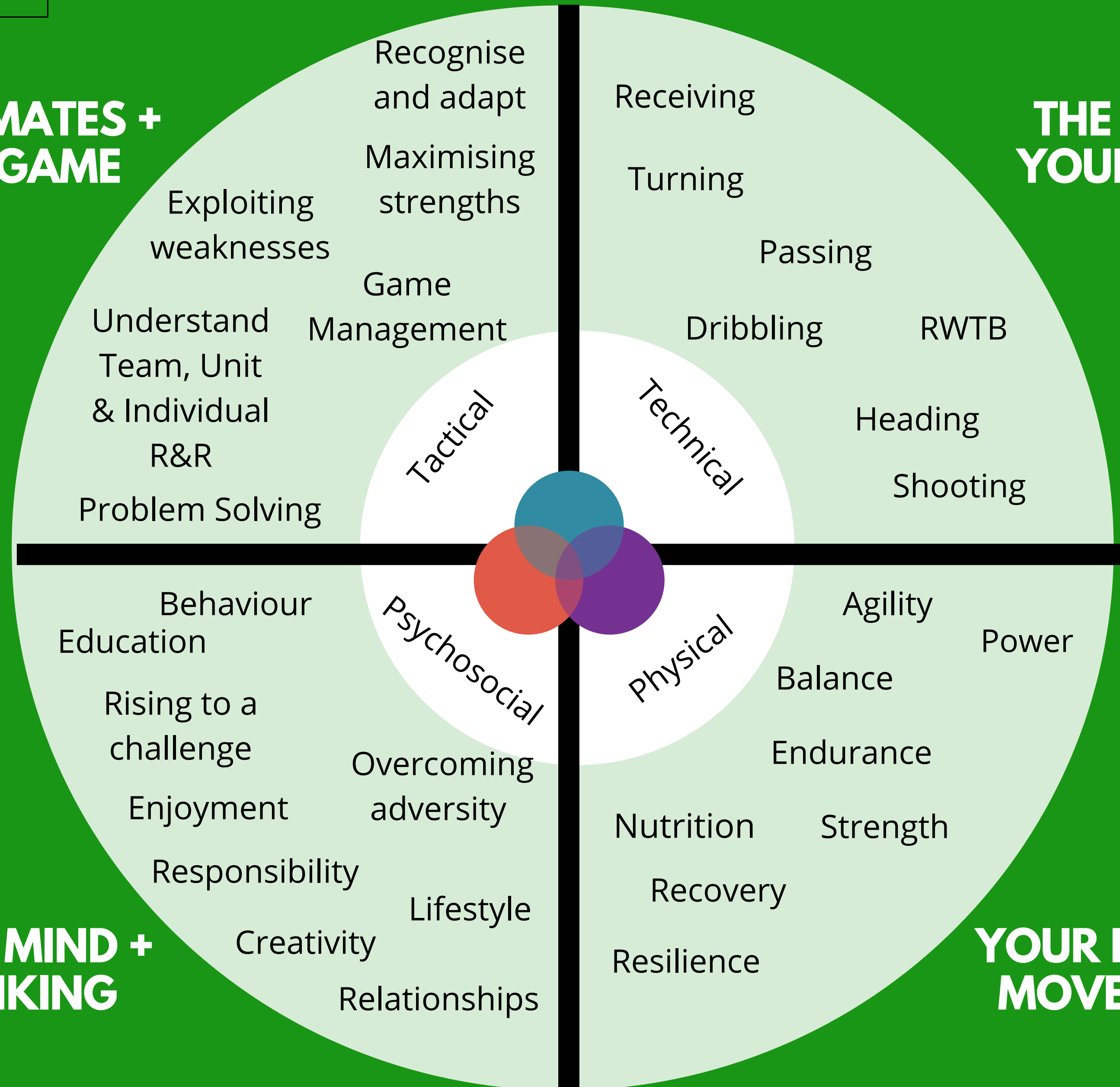
FOUR

CORNER: ATTRIBUTES



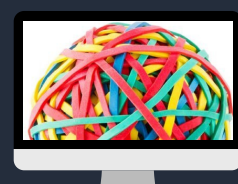
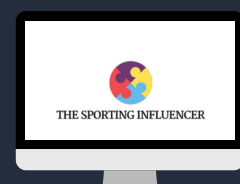
TEAM MATES + THE GAME

THE BALL + YOUR GAME

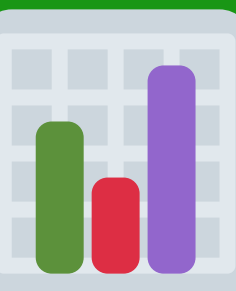


YOUR MIND + THINKING

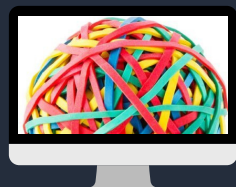
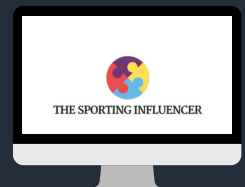
YOUR BODY + MOVEMENT



Adapted from Cardiff Met & England FA



INDIVIDUAL DEVELOPMENT: PYRAMID

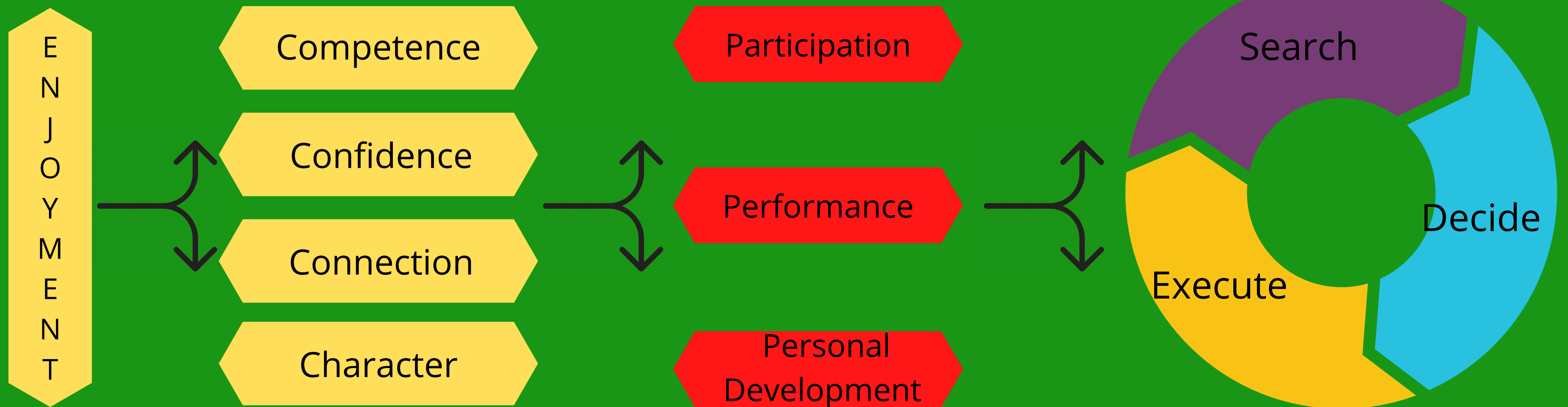


DYNAMIC PROCESS OF DEVELOPMENT



PERSONAL ASSETS: 4'C'S

3P'S



Côté, Bruner, Erickson, Strachan, & Fraser-Thomas, 2010

TIME

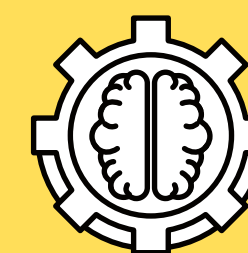
THE SHAPE THE
IMMEDIATE
SPORT
EXPERIENCE
I.E. ENJOYMENT



PERSONAL ASSETS:
THAT DEVELOP
THROUGH SPORT
I.E. 4C'S



3P'S :
CENTRAL TO YOUTH
SPORTS AT
PROVIDING QUALITY
EXPERIENCES



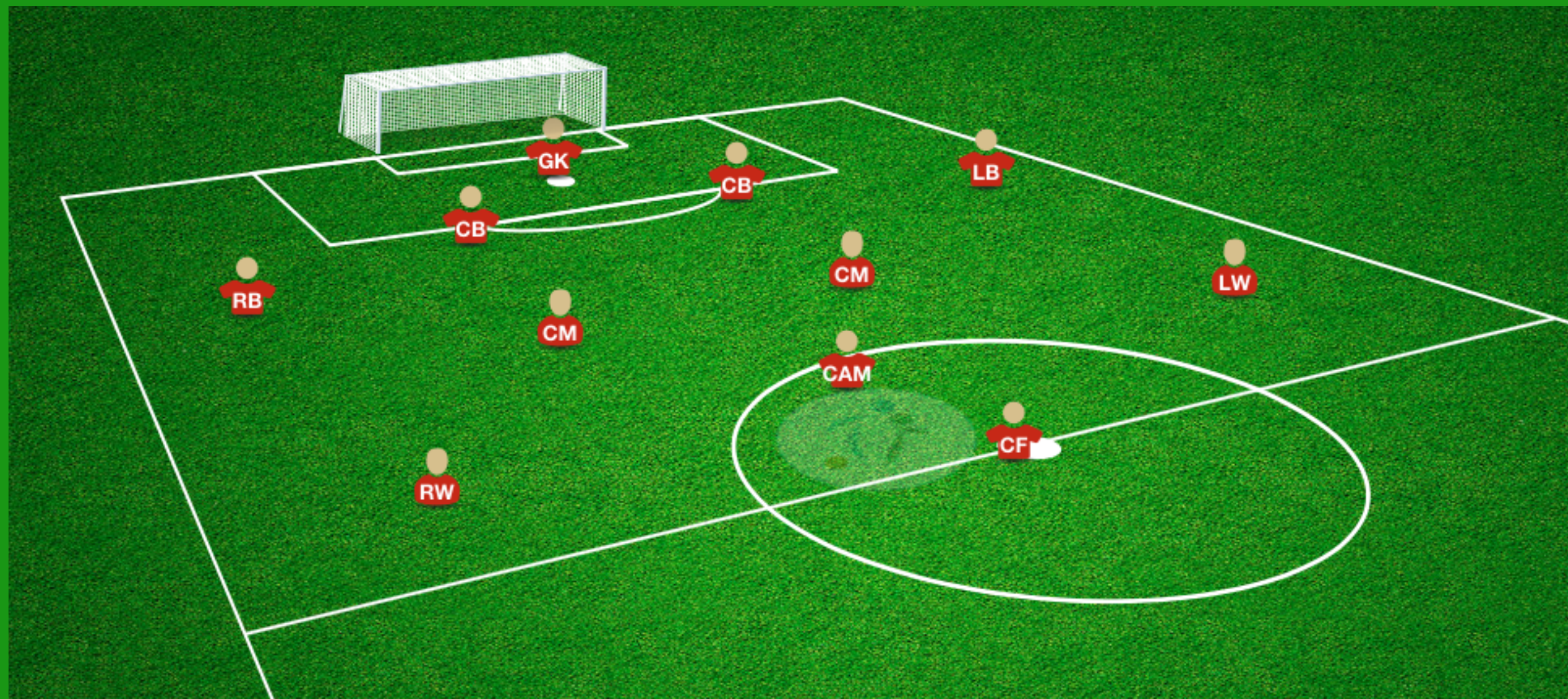
SDE:
PROVIDES
OPPORTUNITIES FOR
PLAYERS TO
PROBLEM SOLVE AND
REFLECT TOWARDS
LEARNING



PREFERRED SYSTEM OF PLAY



4-2-3-1



- 4-2-3-1 formation is highly adaptable and flexible as it can easily be altered

- Adapted into:

- 5-4-1
- 4-5-1
- 4-4-2
- 4-3-3

GK - Can read the game and sweep if necessary.

FB - Attack minded but confident defensively

CB - Calm, composed and confident build from the back

CM - Creative, can offer depth or contribute to attacking play whilst offering structure and balance to the team.

W - Disciplined, imaginative and quick

AM - Being innovate, always seeking the ball and supporting the attack

CF - Movement to receive/or create space, hard worker and clinical



- Covers the Entire Pitch
- More Attacking Options
- Encourages Creativity

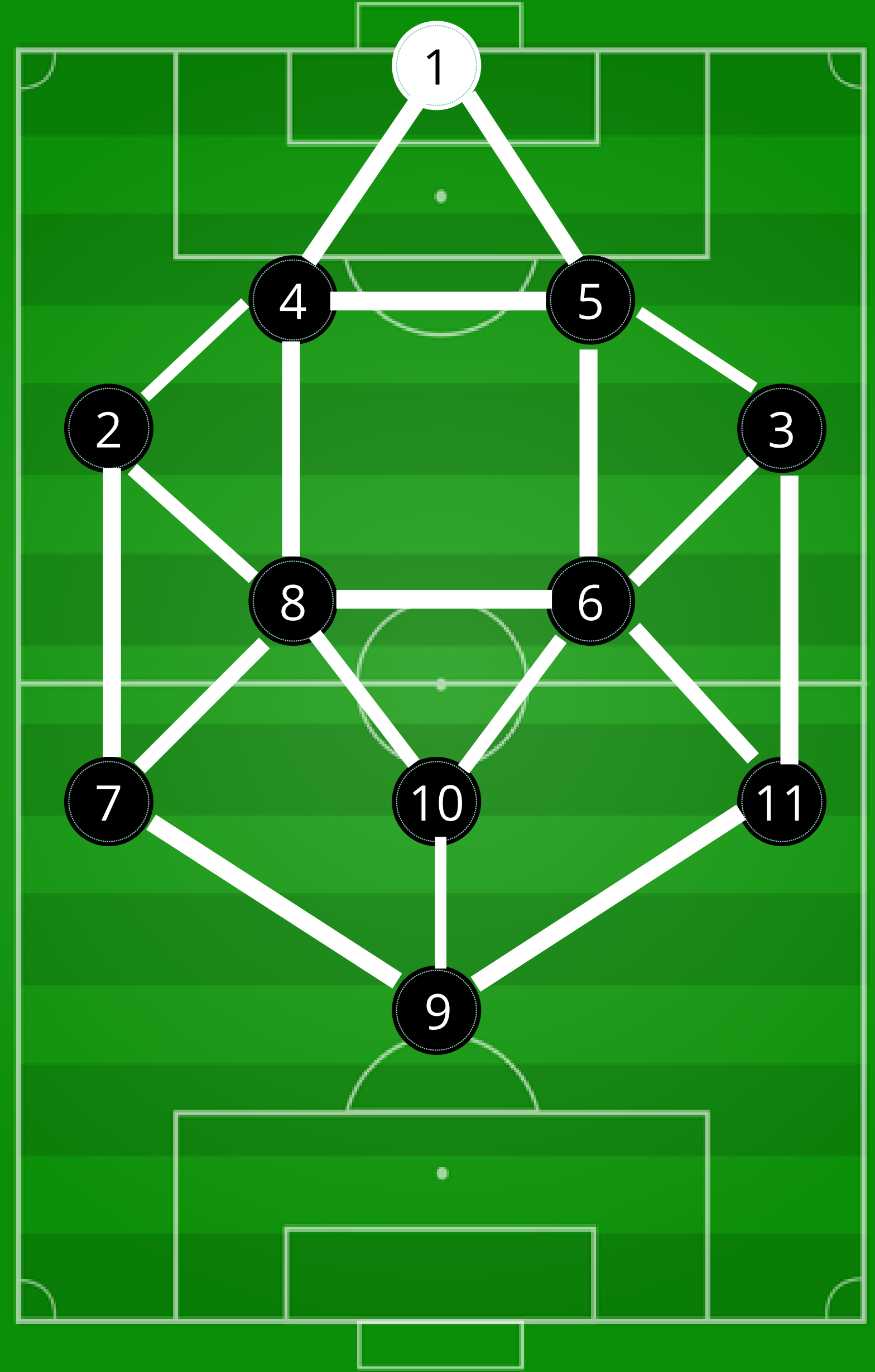


- More Defensive Responsibilities
- Forwards Can Get Isolated Up Front
- Full Backs Have a Lot of 1-on-1s

4-2-3-1: IN-POSSESSION



Example:



4-2-3-1

Goalkeeper: #1
Full command of area - Communication

Primary Players: #2, #4, #5 & #3
Create space width and depth

Secondary Players #8 & #6
Support, movement and rotation

Tertiary Player: #7, #11, #10 & #9
Penetration and creativity

**These are dependent on the position on the ball

Work on

Creating Space

Creativity



Movement

Penetration

Support

4-2-3-1: OUT-POSSESSION



Example:



4-2-3-1

Goalkeeper: #1
Full command of area - Communication

Primary Players: #2, #4, #5 & #3
Regain possession, provide strong cover depth, cover and balance. More compact structure.

Secondary Players #8 & #6
Provide protection and pressure to the ball. passing lanes and between units. Remain compact and narrow

Tertiary Player: #7, #11, #10 & #9
Press the ball, force play onto area of strength

**These are dependent on the position on the ball

Work on

Pressing

Control

Delay

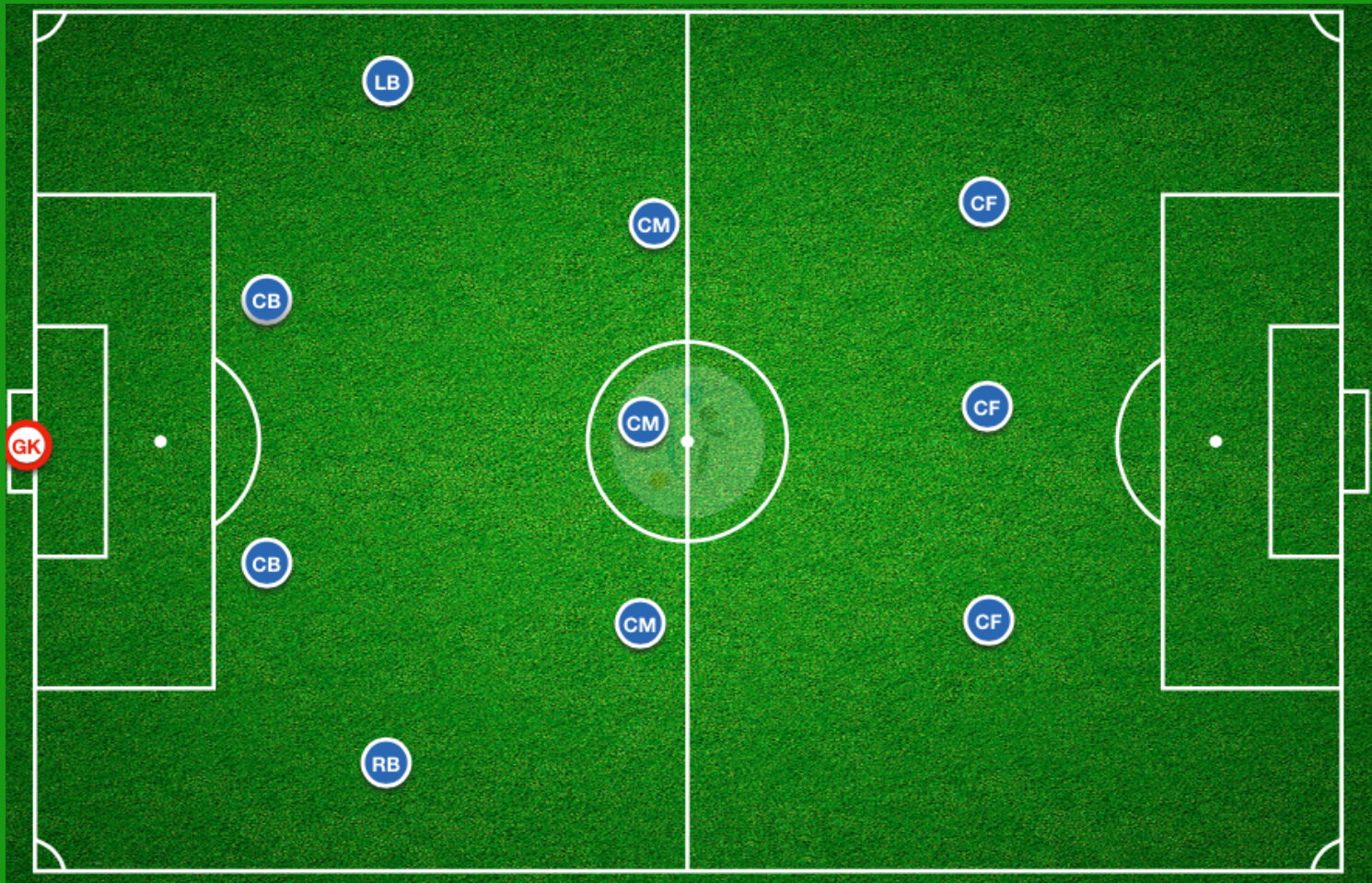
Compactness

Cover

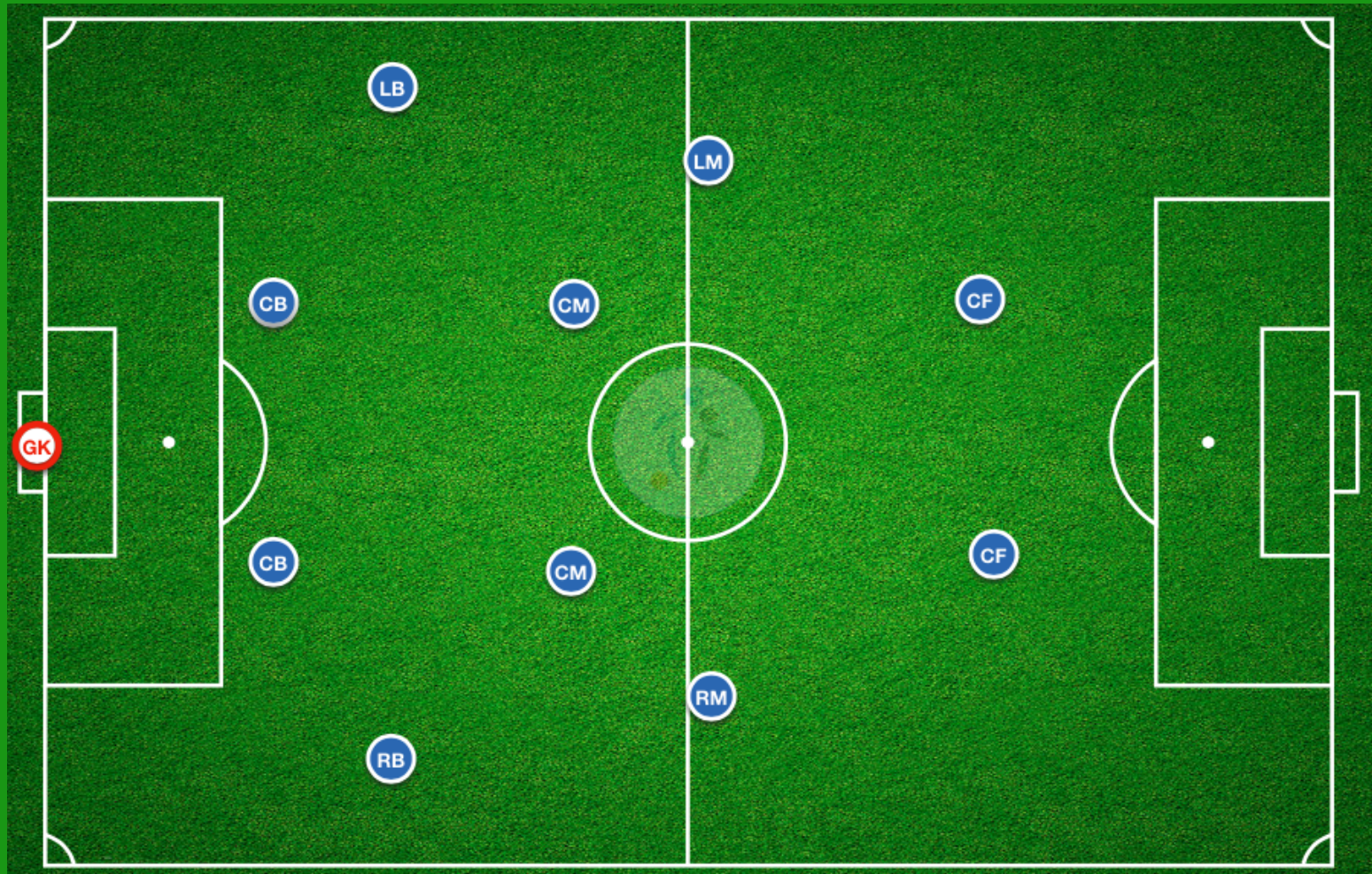
Balance



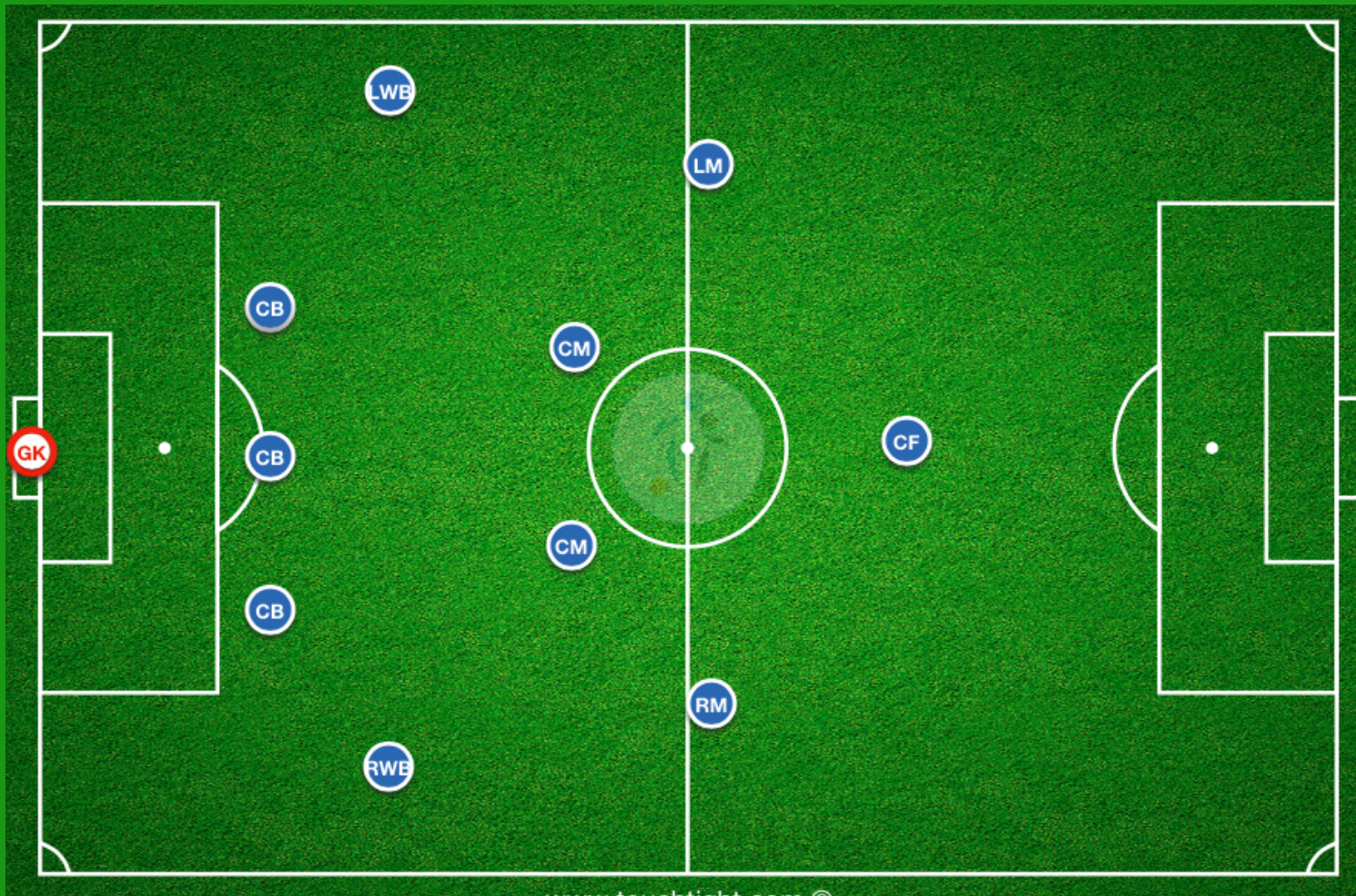
IN-GAME ADAPTIONS



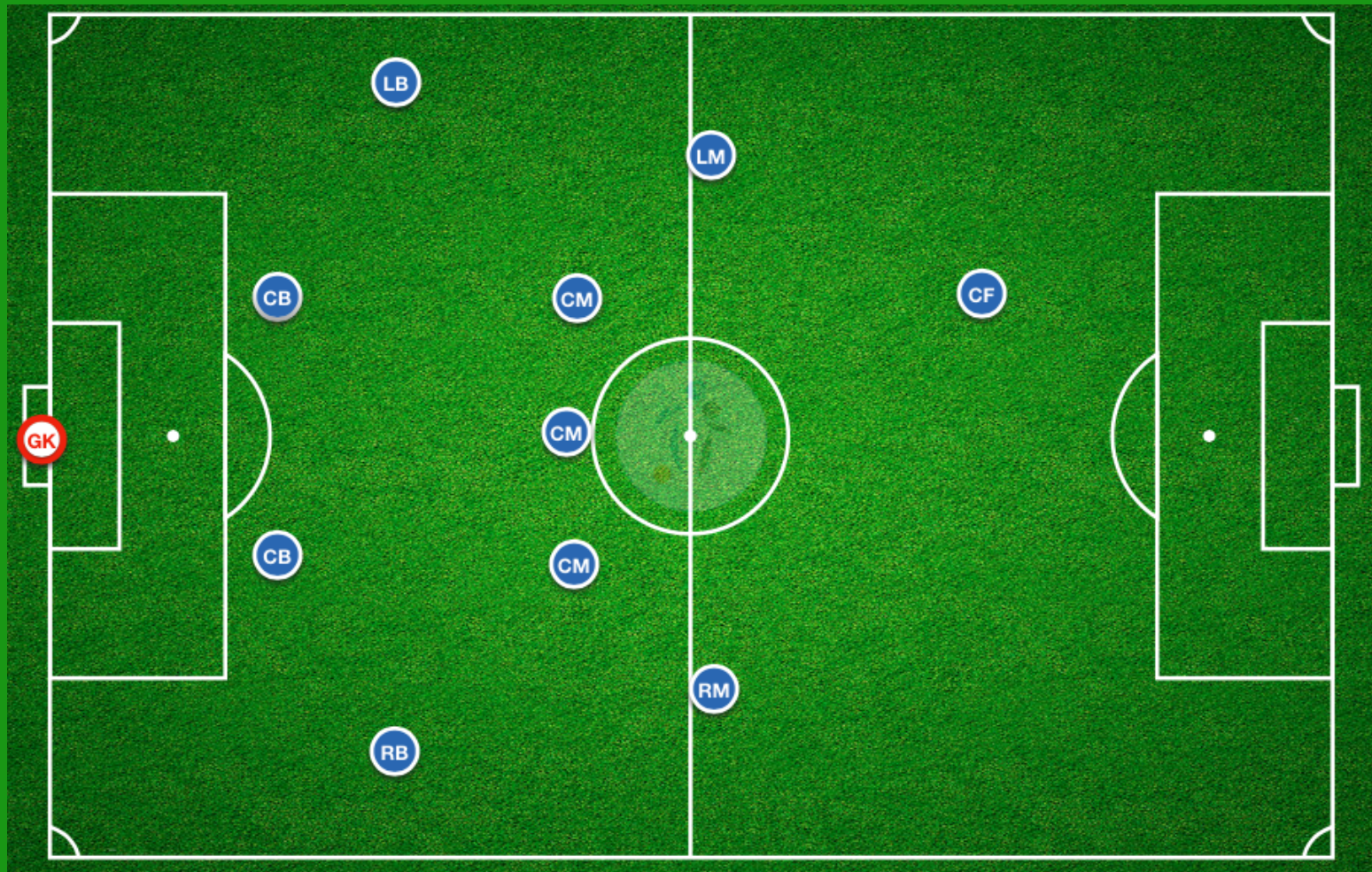
4-3-3



4-4-2



5-4-1



4-5-1



THE FOUR CORNERS

4-2-3-1



Technical Tactical (Out Play)

Passing variation	Team Shape
Receiving skills	Principles of Play
Efficient dribbling	Transitions
Passing Accuracy	Positional awareness

In Possession

A. Retain Possession
B. Create opportunities
C. Switch the play

Out of Possession

A. Recover Possession
B. Protect shape
C. Pressing

Psychological (Game Intelligence)

Confident	Adaptability
Control	Decision Making
Spatial Awareness	Reflectiveness
Attitude	Competitiveness

In Possession

A. Retain Possession
B. Create opportunities
C. Switch the play

Out of Possession

A. Anticipate danger
B. Delay or minimise space
C. Decisive when to regain the ball

Physical (Out Work)

Power	Endurance
Multi Directional	Physical Strength
Balance	Acceleration
Coordination	Speed

In Possession

A. Passing Options
B. Movement to create
C. Breaking lines

Out of Possession

A. Regain possession
B. Recovery Runs
C. Mark, press or intercept

Social (Application)

Communication	Cohesion
Listenning	Praising
Leading	Encouraging
Feedback	Motivating

In Possession

A. Where is the space?
B. Who's the spare player?
C. What pressure?

Out of Possession

A. Can you recover?
B. Pressure on the ball?
C. Can we close the spaces?

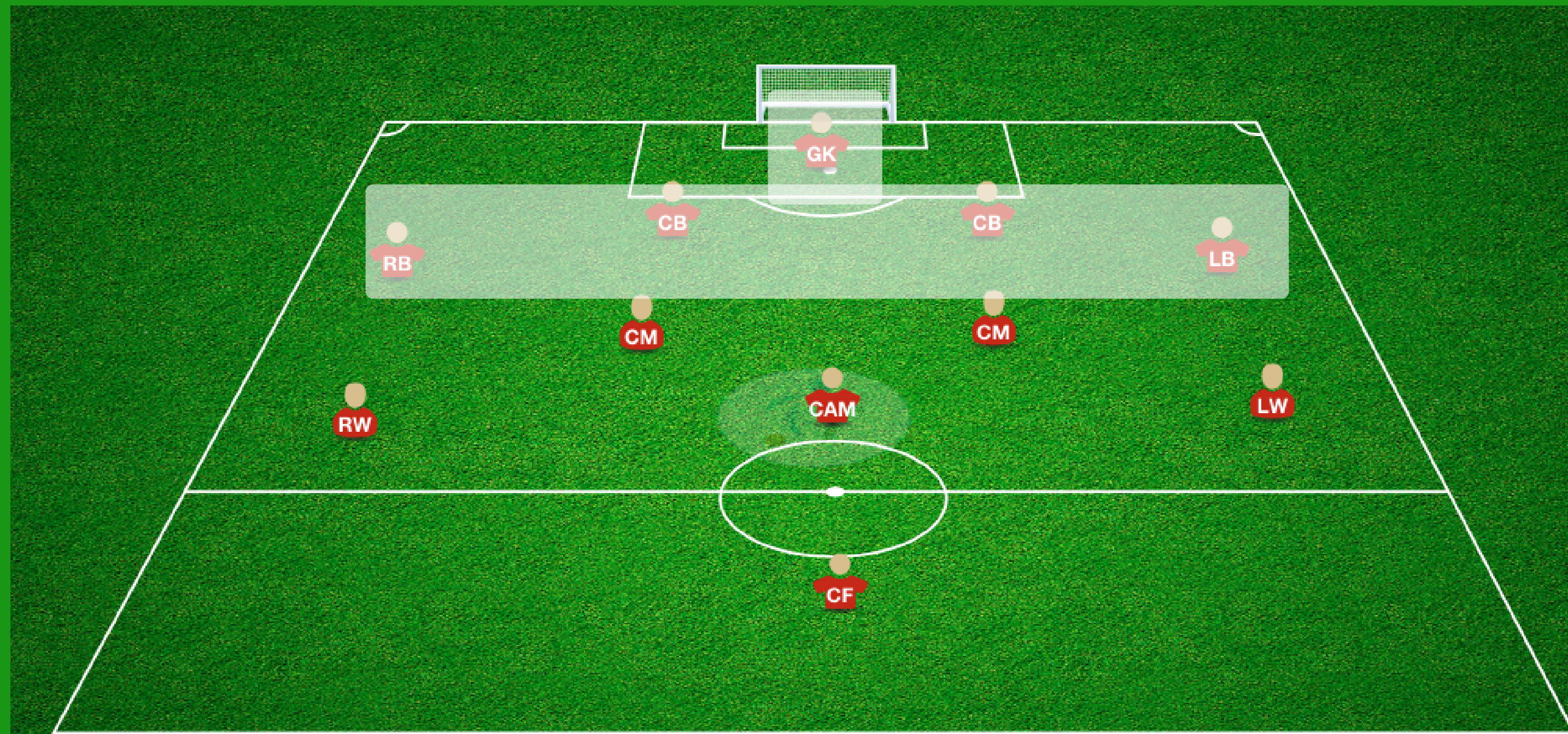


KEY POSITIONAL ROLES



4-2-3-1

Richard Cashman
Adapted from Sean Doyle



Where?

Goalkeeper (1)
Defensive Unit (4)

GK - Execute a variety of distribution (short, quick, clinical, long), depending on situational factors. reading the game, being aware and communicate with the team. Decision making in relation when to sweep and when to organise defensive unit to minimise space.

CB - Composure and assertive in building the attack from the defensive unit. Decision making in relation to when to play, when to offer depth and when to play through, around or over the opposition. Anticipate the game to challenge aerially, on the feet or delaying the opposition. Confident communicator and listens to those around him.

FB - Assured in forward play, disciplined defensively also awareness of 1v1 possibilities. Being able to support attacking phases by creating overloads to receive or create space.

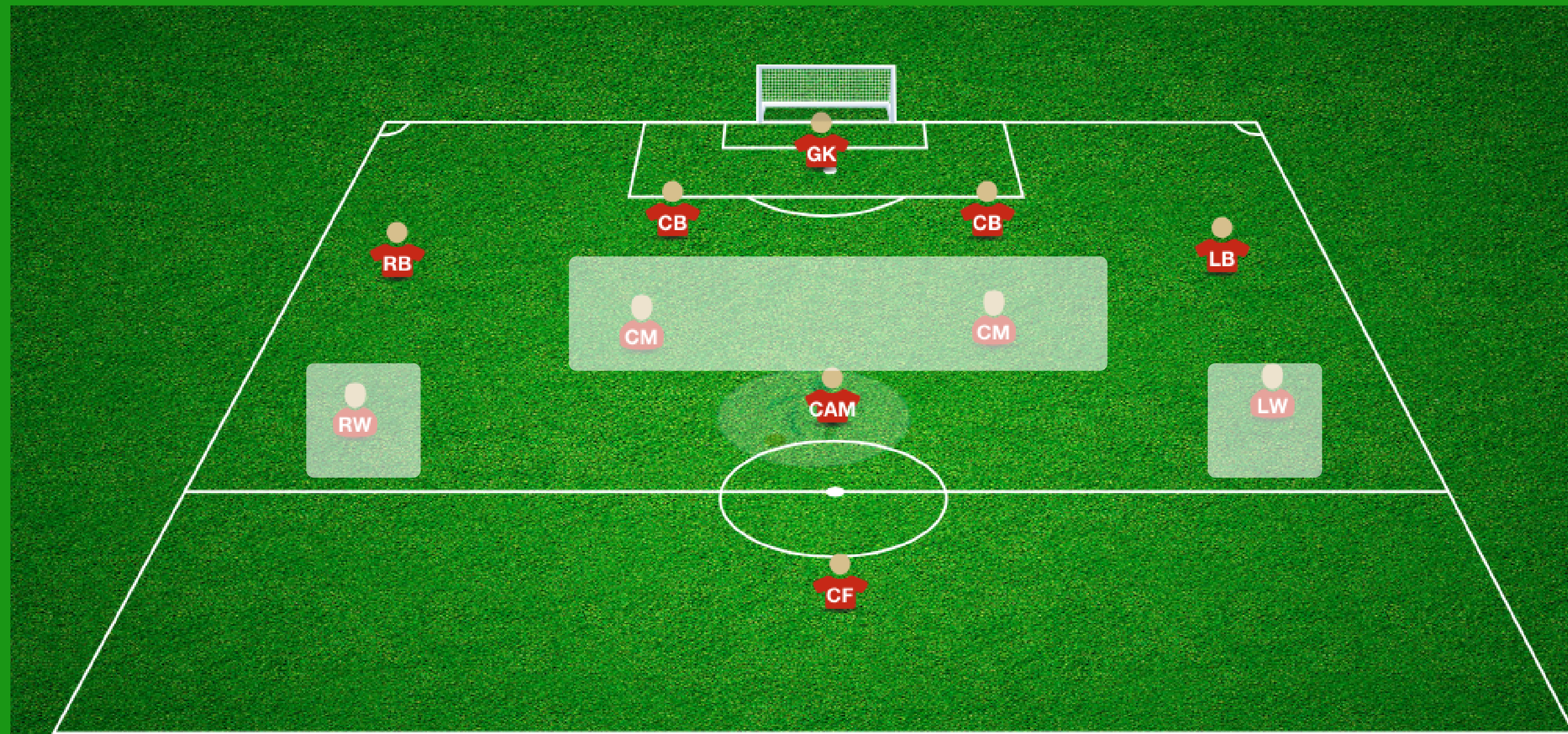


KEY POSITIONAL ROLES



4-2-3-1

Richard Cashman
Adapted from Sean Doyle



Where?

Midfield Unit (2)
Wingers (2)

CM - Offering a balance, structure and protection to the team shape. Central to the continuation and progression of building possession through or around the thirds. Confident in manipulating the ball in tight spaces to create or maneuver opposition players. Continually offering depth, cover and whilst attempting the delay the opposition out of possession and contribution to the attacking phase in possession.

W - Understanding when to offer width and when to protect the team shape. Being positive whilst in possession of the ball, in an attempt to create goal scoring opportunities. Skillful in managing 1v1 situations i.e. when to beat an opponent and when to recycle possession. Being able to contribute towards defending from the front to re-gain possession, force a mistake or force the opposition long.



KEY POSITIONAL ROLES



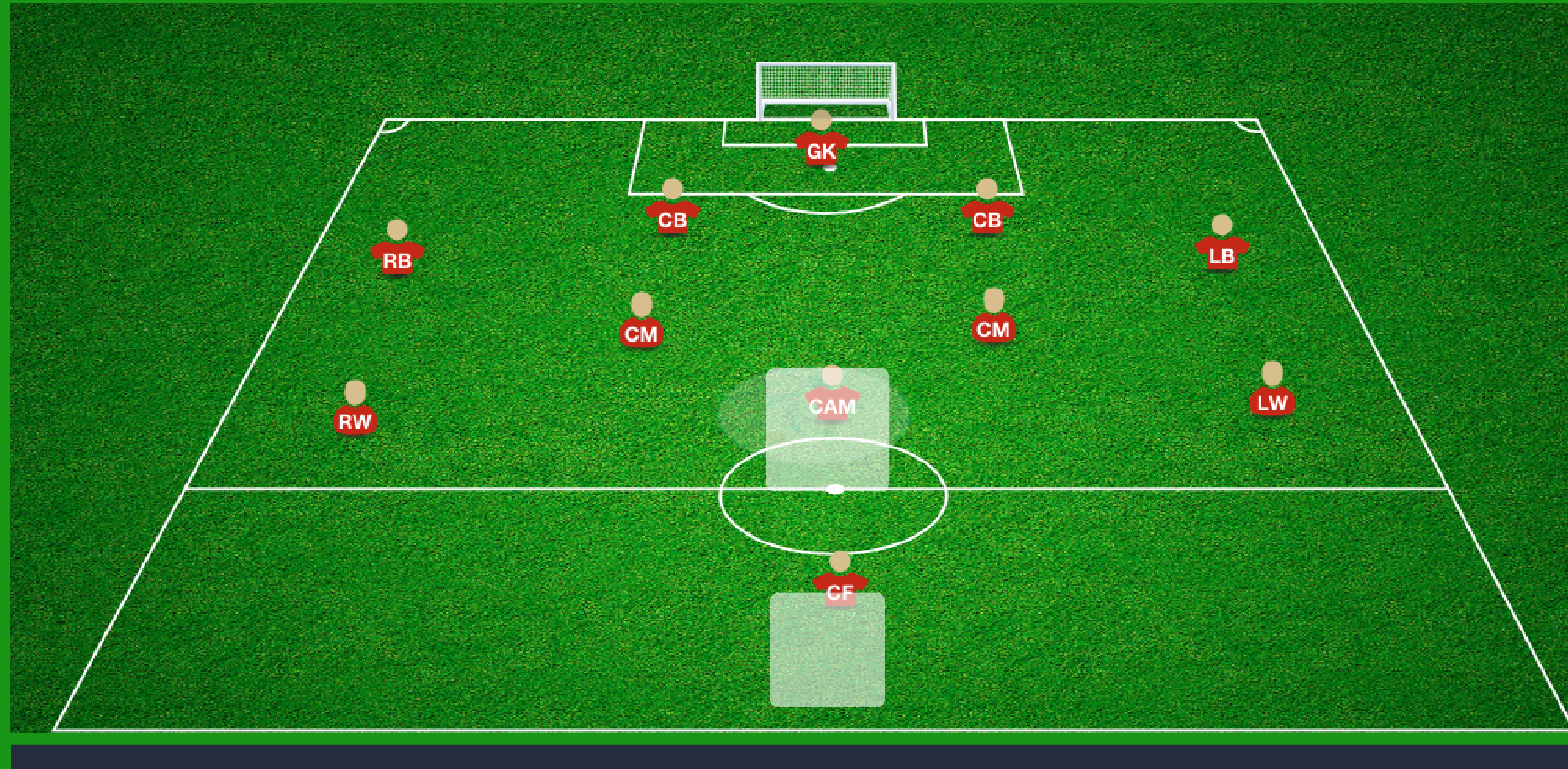
4-2-3-1

Richard Cashman

Adapted from Sean Doyle

Where?

Attacking Mid (1)
Forward (1)



CAM - Being creative to operate between units, and creating space to receive or create space. Having the vision to create attacking opportunities. Have the ability to self-create goal scoring opportunities from a distance. Intelligently support the CF within the attacking phase and can penetrate with quality forward passing. Implementing an effective press from the front.

CF - Performing as the most advanced player within the team, have the ability to receive to feet or behind opposition defensive lines. Being able to execute goal-scoring opportunities when presented and convert into goals. Preparedness to work and handle tight space or opposition players. To control and retain possession of the ball to ensure that the attacking play continues with momentum through efficient passing skill.



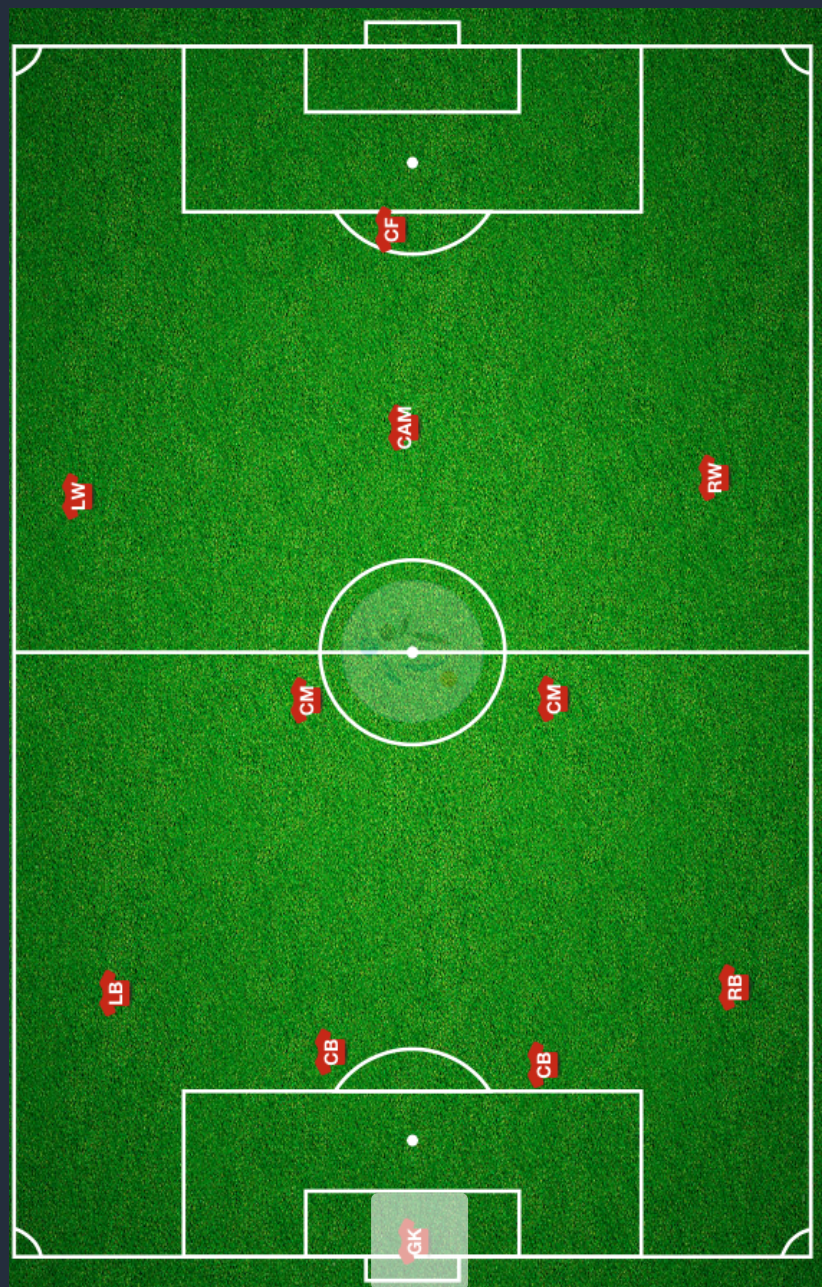
POSITIONAL RESPONSIBILITIES



Richard Cashman
Adapted from Scott Mowberry 2020

Where	Individual Possession	Team Possession	Opposition Possession
GK	Secure the first pass Find the spare player Effective distribution	Provide good support angles Operate as a sweeper Communicate with the team	Organise defesive shape Bravery in all actions Defend the spaces between
DEF	Provide outlet for GK Support & cover Break the lines	Retain & progress possession Passing ranges Provide depth and balance	Control space between Mark, track and control Co-operate with players
MID	Present passing options Situational awareness Support attacking positions	Moving opponents away Patience in possession Support to receive	Recover, track, or replace Mark, press, intercept Protect team shape
ATT	Furthest player Score goals Create goal scoring opportunities	Contribute to attacking play Movement to receive/create Continue attacking momentum	Delay and contain Understand how to press Force opposition to play

Where?



Key Attributes

Handling
Aerial Ability
Throwing
Reflexes & Kicking
Passing & Pace
Decision making
Positioning
Footwork
Confidence
Communication
Agility
Commanding

GOALKEEPER



In Possession

Option to receive

Offer depth to retain possession

Identify and find the spare player

Limited touches

Building the ATT

Break the lines

Play through, around or over

Range of passing

Creating

Switch the Play

Break the press

Long ball into MID, or ATT

Out of possession

Command the area

Quality handling attributes

Realistic positioning

Confidence to make saves

Delay & Deny

Protect positioning

Confident in 1v1 situations

Sweep if neccassary

Managing the Press

Protect the goal

Sweep long ball over defensive line

Confident to deal with 1v1



Richard Cashman
Adapted from Stuart Amos

ATT > DEF

Structure team shape

Decision making in protecting or pressing

Anticipation of game scenarios

Mindful of threats

DEF > ATT

Secure the first pass

Counter? Can we play quick?

Maintain possession if needed to build

Set Pieces

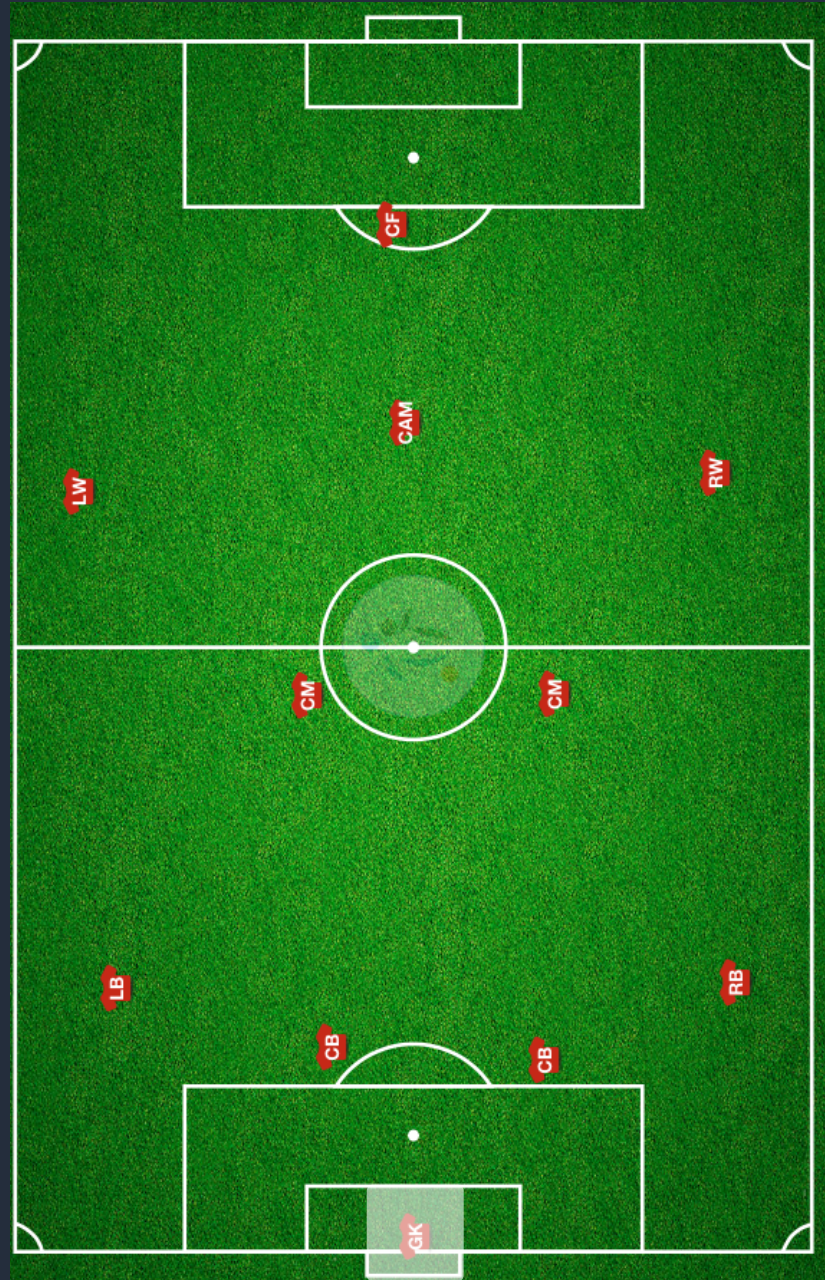
Communicate defensive set-up

Minimise un-mark players

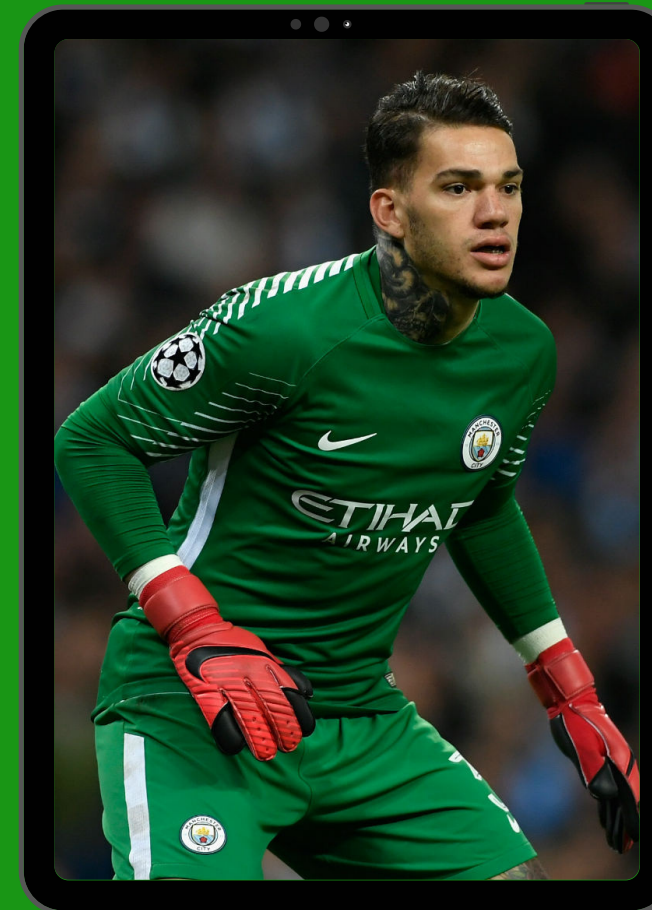
Command area



Where?



GOALKEEPER



Technical

- Strong handling**
- Good distribution**
- Strong in 1v1 situations**
- Comfortable with both feet**
- Comfortable on the ball**
- Passing range**
- Quick reactions**

Physical

- Good acceleration over various distances.**
- Explosive leap**
- Good agility**
- Good Balance**
- Balanced nutritional and lifestyle.**

Psychological

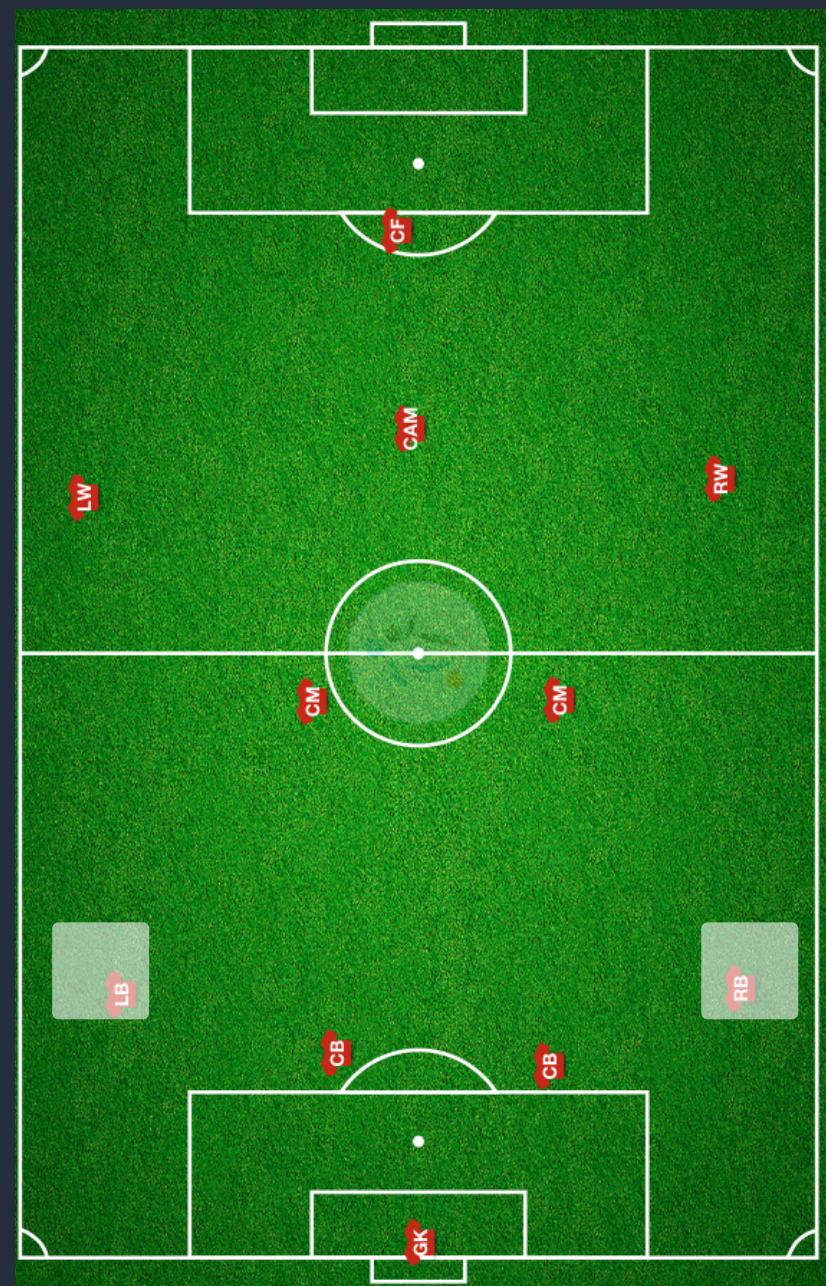
- Good at communicating**
- Leadership qualities**
- Reliable on the ball**
- Effective decision maker**
- Composed under pressure**
- High level of concentration**

Tactical

- Awareness and alertness**
- When to play short v long**
- Supports the defense in possession**
- Aware of counter attacks for and against**
- Good relationship with all units.**



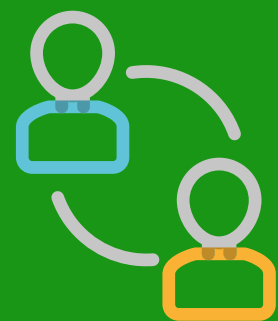
Where?



Key Attributes

Tackling
Tactical knowledge
Positioning
Stamina
Dribbling
Passing
Movement
Teamwork
Crossing
Marking
Concentration
Anticipation

FULL BACKS



In Possession

Movement into a wider position to receive

Combination play

Look to play into the next unit or ATT

Building the ATT

Create space by offering to receive in a wide position

Patience build up

Switching the play to find the spare player

Combination play and movement (underlap/overlap)

Creating

Crossing

Switch the play option

RWTB, Dribbling, Passing

Out of possession

Recovery Runs (2v1)

Adopt a more compact structure

**Block crosses
(Force backwards)**

Challenge arielly

Delay & Deny

Awareness of distance to press

**Minimise space increase
between units**

Limit passing lanes

Compact defensively

Collective press

Pressing

Body position

Angle of approach

Aggressiveness & Interception

ATT > DEF

Delay to slow the opposition

Deny to reorganize

Decision to press or protect

Get behind the ball

DEF > ATT

Confident 1v1

**Invite opposition to press to
positional space to ATT**

Dictate tempo of the game

**Support ATT (Overlap, underlap
or inverted)**

Set Pieces

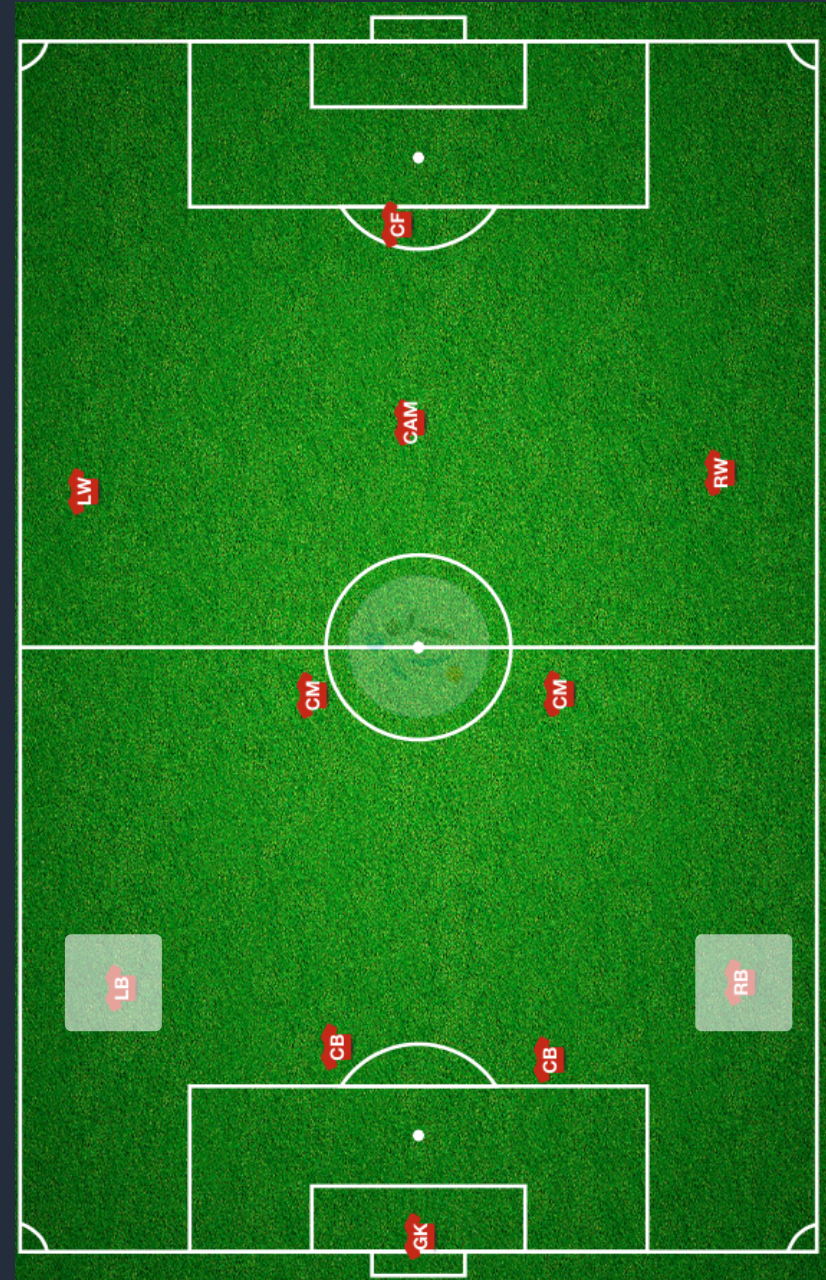
**Maintain defensive structure to
minimise the counter threat**

**Corner responsibilities i.e. short
option, front post area**

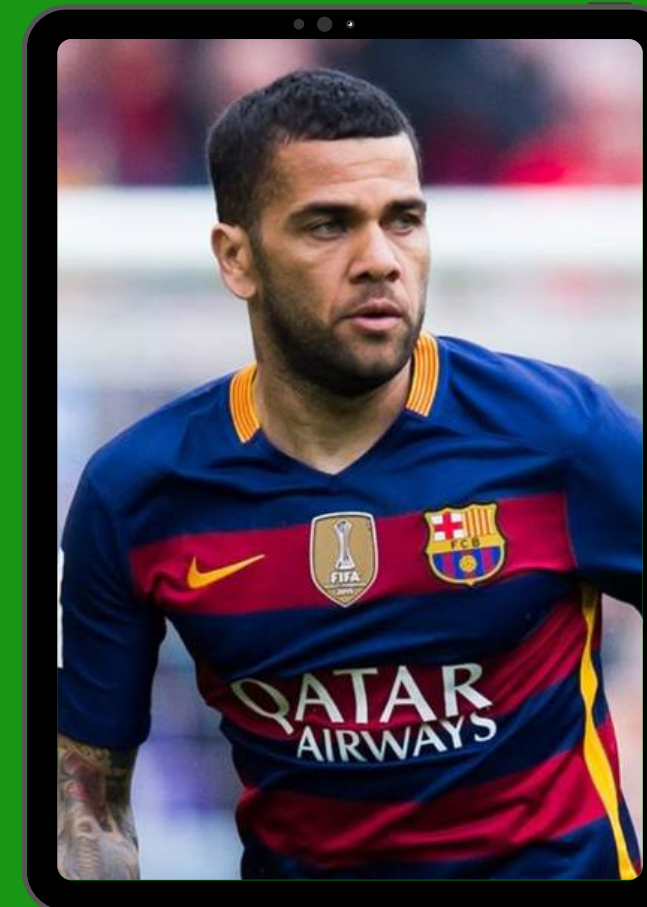


Richard Cashman
Adapted from Stuart Amos

Where?



FULL BACKS



Technical

Passing range
Strong in 1v1 situations
Crossing ability
Ability to combine and more forwards
Comfortable on the ball
Strong in attacking 1v1 situations

Physical

Good acceleration over short and medium distances.
Good endurance
Change of direction
Positioning
Strong in tackles
Speed to recover

Psychological

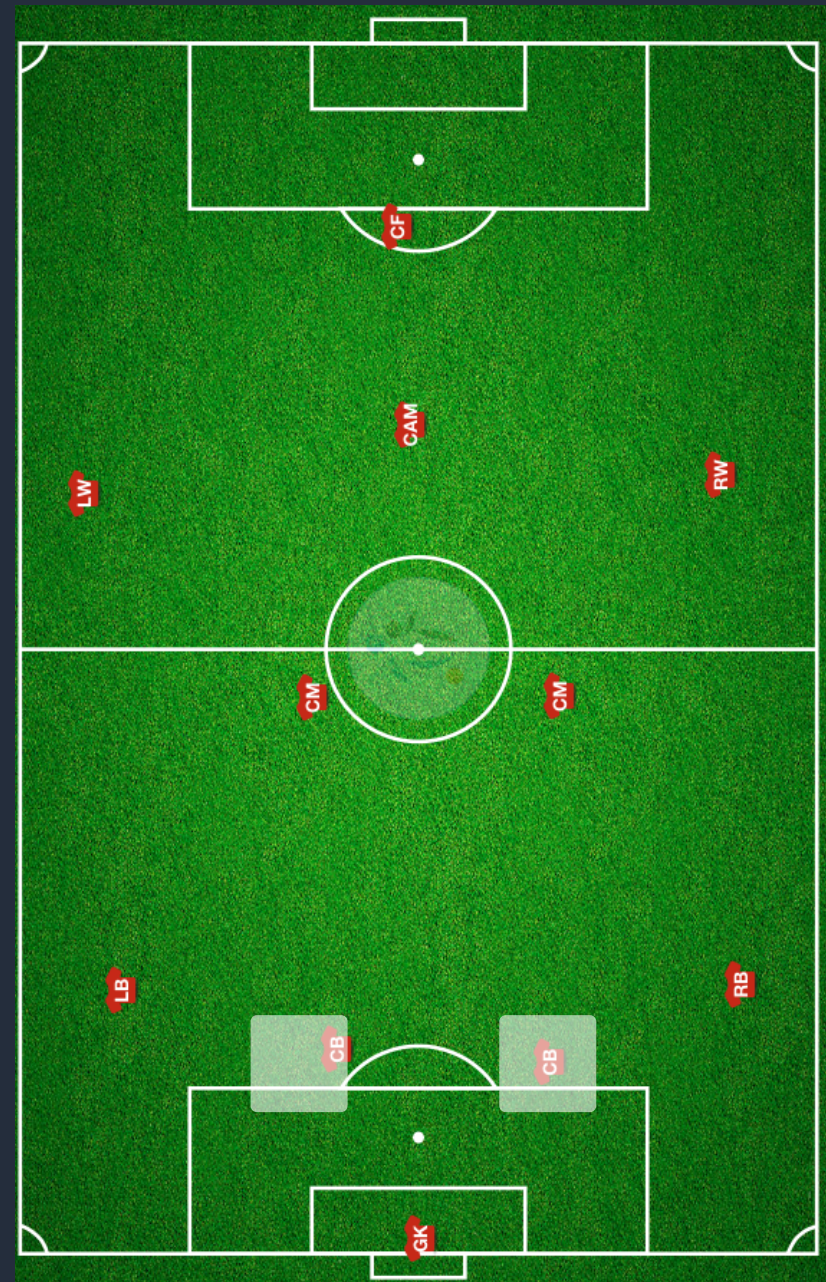
Good at communicating
Confidence
Responsible and reliable
Good decision maker
Desire to join in with the attack
Willing to work back and make recovery runs.
High levels of concentration.

Tactical

Aware of surroundings
Knows when to press, cover and tuck in/spread.
Understands when to switch the play or when to break lines.
Quick transitions.
When to drop and when to step up.



Where?



Key Attributes

Aerial
Tackling
Decisions
Positioning
Strength
Composure
Communication
Versatile
Tactical knowledge
Technical Ability
Defensive R&R
Acceleration
Jumping

CENTRAL DEFENDERS



Richard Cashman
Adapted from Stuart Amos

In Possession

Able to receive under pressure

Maintain possession in tight areas

Confident to break lines (Passing/RWTB)

Wide variety of passing options

Continuously support players off the ball

Building the ATT

Balance and Depth

Always being a passing option

Finding the spare player

Quick tempo to move opposition

Creating

Create an overload in MID

Switch the Play

Diagonal Play

Long balls in-behind

Out of possession

Communicate changes in team shape (Wide v Compact)

When to deny ,delay or intercept

Confident to challenge arielly

Identifying and communicateinh threats (opposition or spaces)

Delay & Deny

Team work and communication to progress unit with play

Dominant in 1v1 (Ground & Ariel)

Cautious of height and distances (Units, behind, team mates)

Pressing

Balanced distances between units

Press & Cover & Sweep

Dominate and recover possession

ATT > DEF

Knowledge of slowing opposition ATT

Receiving feedback from team-mates of threats

Maintaining good balance and team structure

Awarenesses of long passes in-behind

DEF > ATT

Secure the first pass if possible

If under pressure can we relieve pressure by playing long

Build possession progressively

Use GK if needed

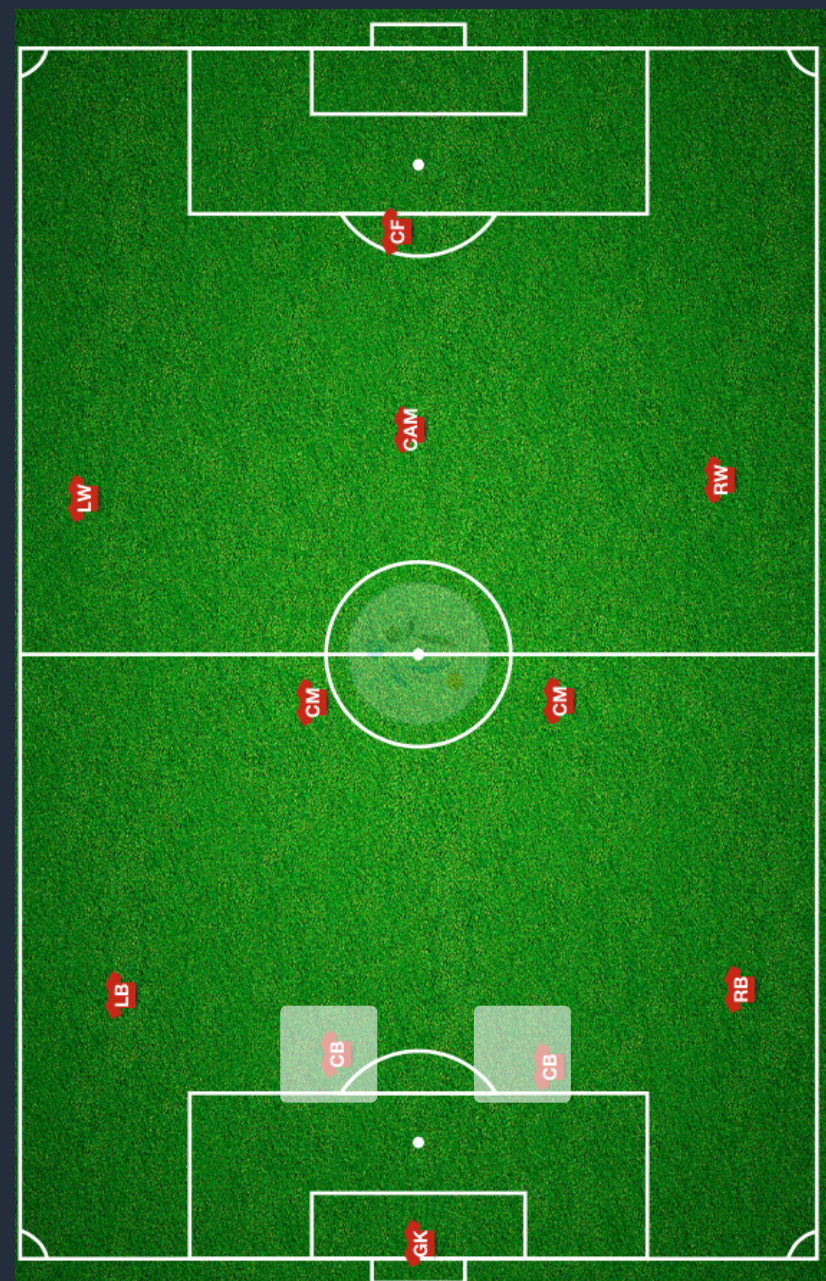
Set Pieces

Challenge in the air

Mark, track and intercept

Make spaces hard to work from

Where?



CENTRAL DEFENDERS



Technical

Passing range
Strong in 1v1 situations
Comfortable on the ball
Strong heading ability
Good awareness
Quick reactions

Physical

Good acceleration
Powerful leap
Change of direction
Positioning
Use of body to shield or protect
Strong in tackles
Speed to recover

Psychological

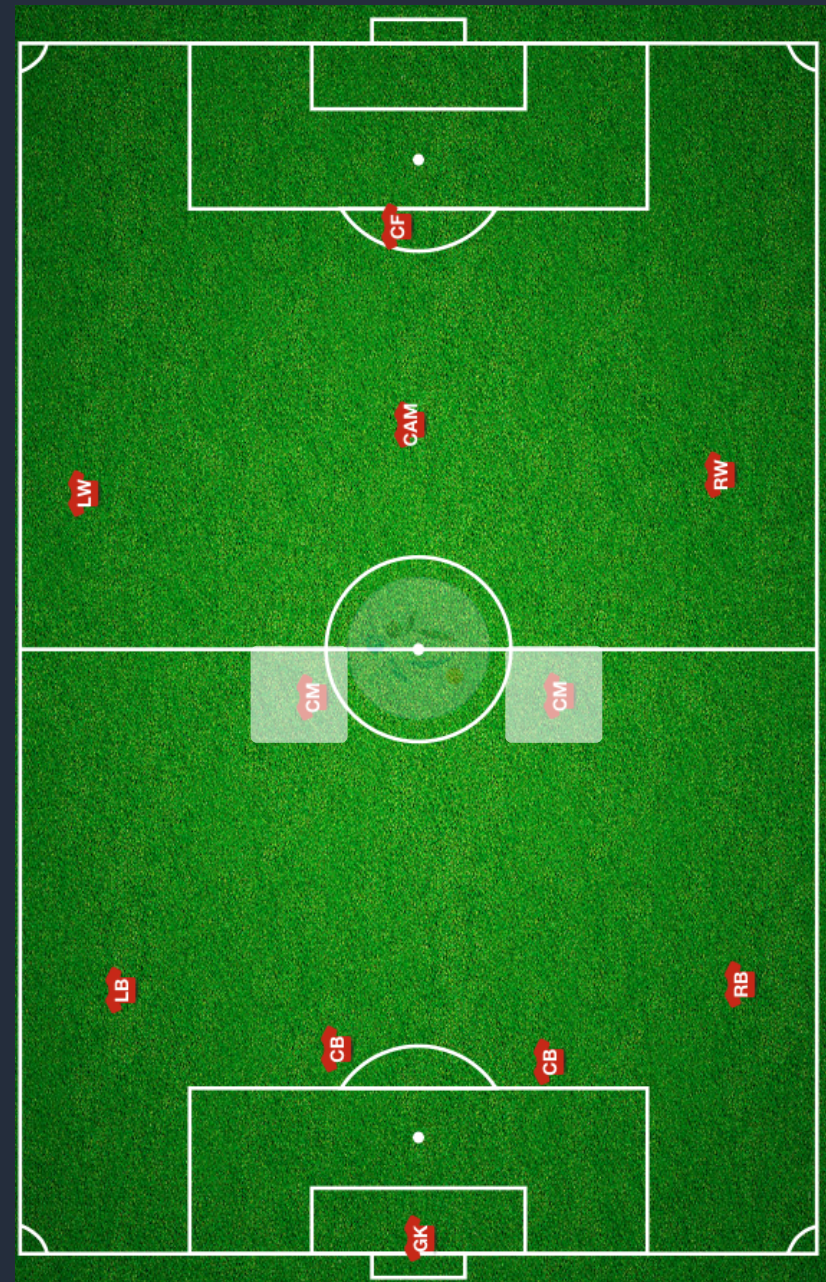
Good communicator
Confidence
Responsibility
Reliable
Leadership qualities
High levels of concentration

Tactical

Aware of surroundings
Understands when to switch the play or when to break the lines
Able to dictate the game tempo
Understands when to drop and when to step up.
Able to slow the opposition.



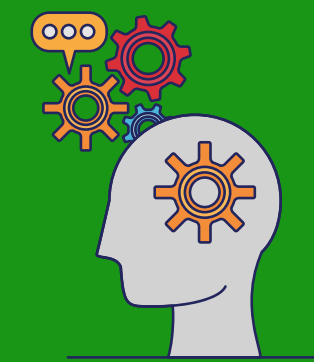
Where?



Key Attributes

Physical abilities
Technical skills
Dictate the game
Manipulate pace
Comfortable 1v1
Play under pressure
Passing
Movement
Positional balance
Defensive R&R
Organisation
Vision
Flair

CENTRAL MIDFIELDERS



Richard Cashman
Adapted from Stuart Amos

In Possession

Influencing possession play

Offer depth and cover

Penetrate opposition lines

Confident in 1v1 situations

Able to dictate tempo of the game

Manipulating opposition to create

Building the ATT

Rotations in MID

Limited touches under pressure

Find the spare player (through, around or over)

Creating overloads

Creating

Switching the play to find openings

Create opportunities through Z.14

Out of possession

Minimise space between player and units

Delay and force opposition to play backwards

Quality of communication and scanning to minimise threats

Protect central areas

Anticipate long /diagonal passes

Delay & Deny

Operating as units to minimising passes in-between

Mark, Press, Intercept, Cover

Angle of press (Passing lanes)

Dominate duels

Pressing

Understanding distances and angles

Tigger point to press

Team Press

ATT > DEF

Understanding when to press and when to protect

Force opposition into areas of strength (numerical +)

Slow opposition play in order to recover shape

Being flexible to cover positions/spaces whilst recovering

Safe v Danger Zones

DEF > ATT

Anticipate tactical scenarios

Create overloads

Quick penetrative passes to de-structure opposition

Variety of passing to maintain possession.

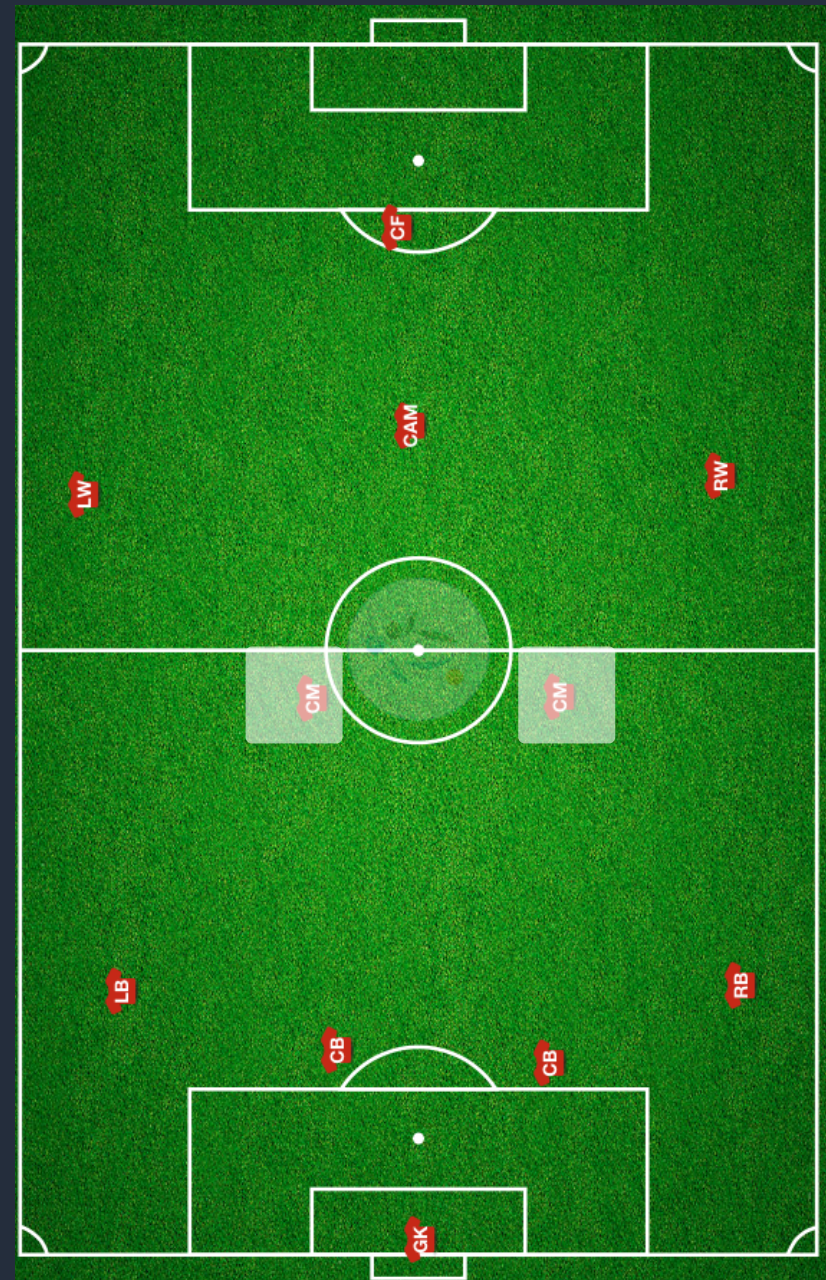
Set Pieces

Mixture of man/zonal marking

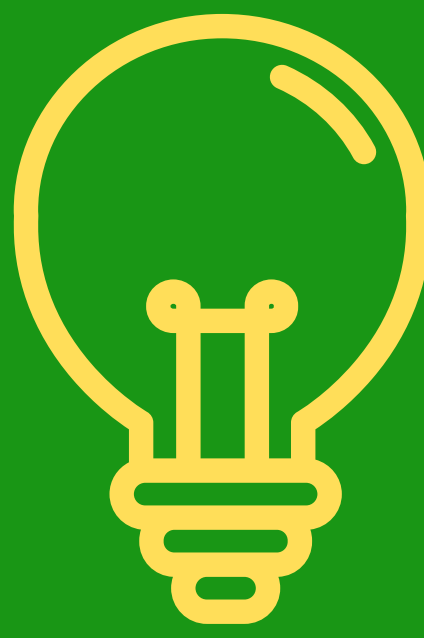
Attack goal scoring opportunities

Create depth to recycle

Where?



CENTRAL MIDFIELDERS



Technical

Passing Range
Comfortable receiving the ball in tight space and under pressure.
Combination play
Quality first touch
Strong with both feet
Dribbling
Shooting
Shielding Ability

Physical

Good acceleration over various distances
High levels of endurance
Aggressiveness to protect and regain possession.
agility to change direction
High energy levels.

Psychological

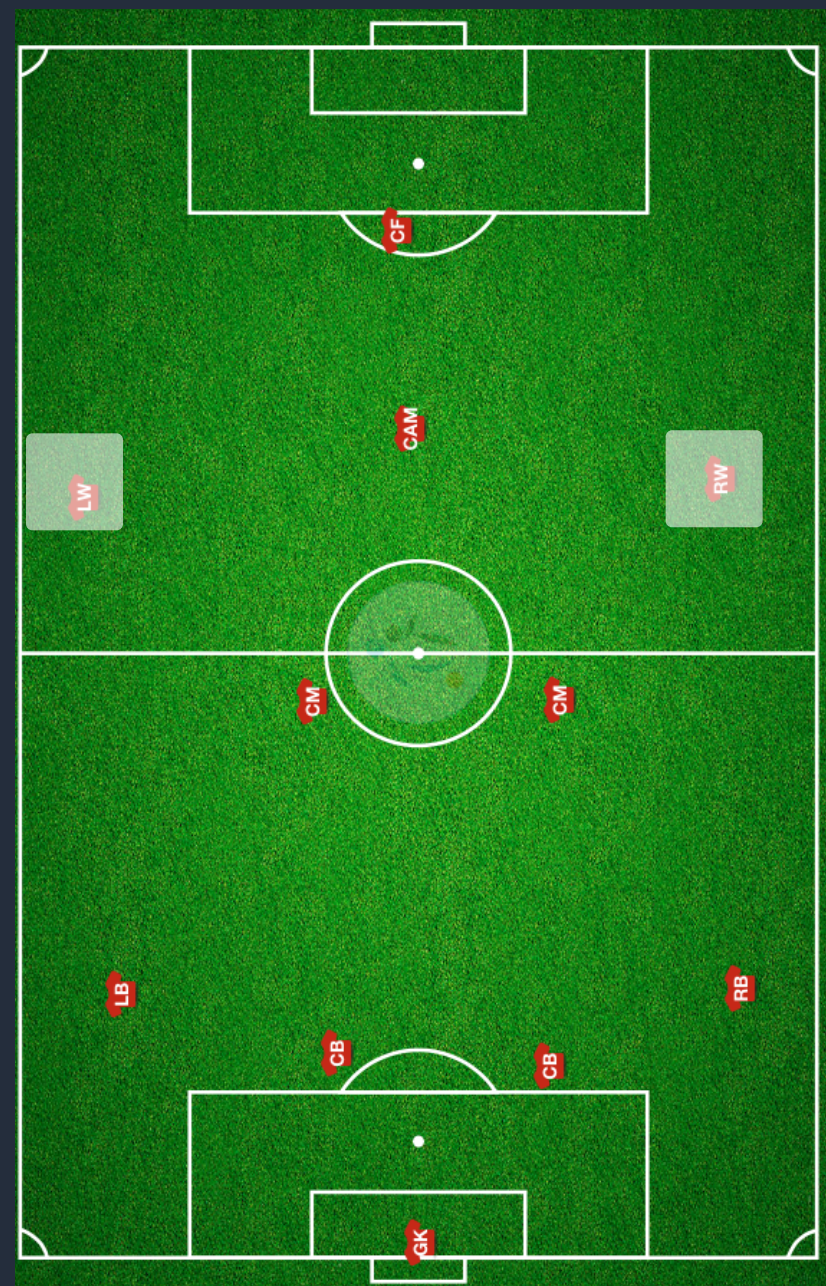
Good at communicating
Confident on the ball
Responsible and reliable decision making capabilities
Disciplined
Quickness to react to unfolding scenarios.
High levels of concentration

Tactical

Awareness of surroundings
When to press, protect, delay, drop or attack.
When to switch, recycle, attack or combine.
Quick transitions



Where?



Key Attributes

Speed
Acceleration
Crossing
Skillful
Immaginative
Technical ability
Stamina
Vision
Confident
Aggressiveness
Movement
Passing
Tackling
Decision making

WINGERS



4-2-3-1

Richard Cashman
Adapted from Stuart Amos

In Possession

Influencing possession play

Offer width

Confident in RWTB/Dribbling to create

Accuracy of crossing

Create space for other by stretching the opposition unit

Variation of movement

Building the ATT

Movement to support CAM or CF

Movement to create space

Find the spare player (through, around or over)

Creating overloads

Creating

Varied crossing i.e. deep, byline, ground etc.

Creative and skillful play to create goal scoring opporuntities

Out of possession

Protect team shape i.e. slide inwards

Work rate to decrease passing lanes for the opposition

Press opposition to strength zone

Double up on opposition players with RB

Delay & Deny

Operating as units to minimising passes in-between

Mark, Press, Intercept, Cover

Angle of press (Passing lanes)

Dominate duels

Pressing

Understanding distances and angles

Tigger point to press

Team Press

ATT > DEF

Counter pressing to regain possession

Recover into protected position behind the ball.

Angle of press to minimise options for opposition

Contribute as unit to manges the spaces and distances.

DEF > ATT

Anticipate tactical scenarios

Create overloads

Quick penetrative passes to de-structure opposition

Variety of passing/crossing to maintain possession or create

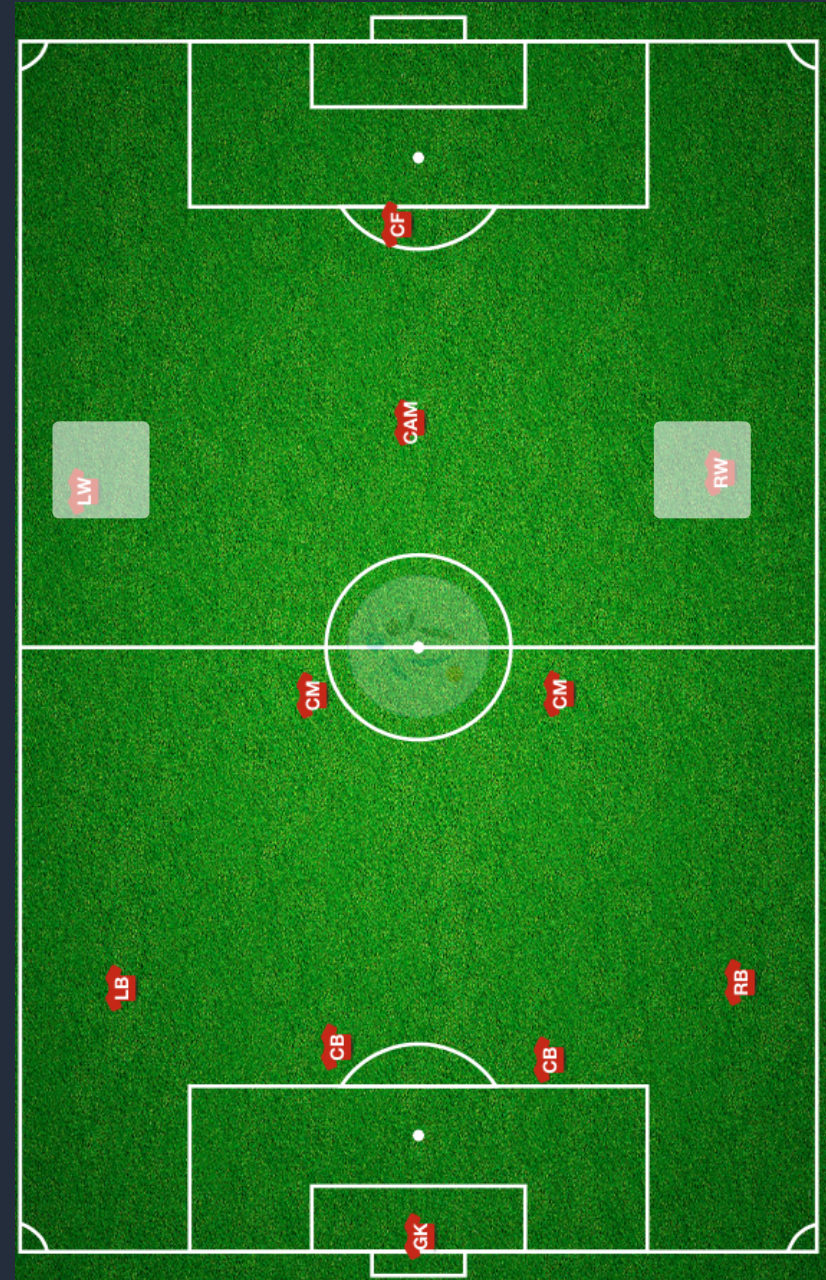
Set Pieces

Mixture of man/zonal marking

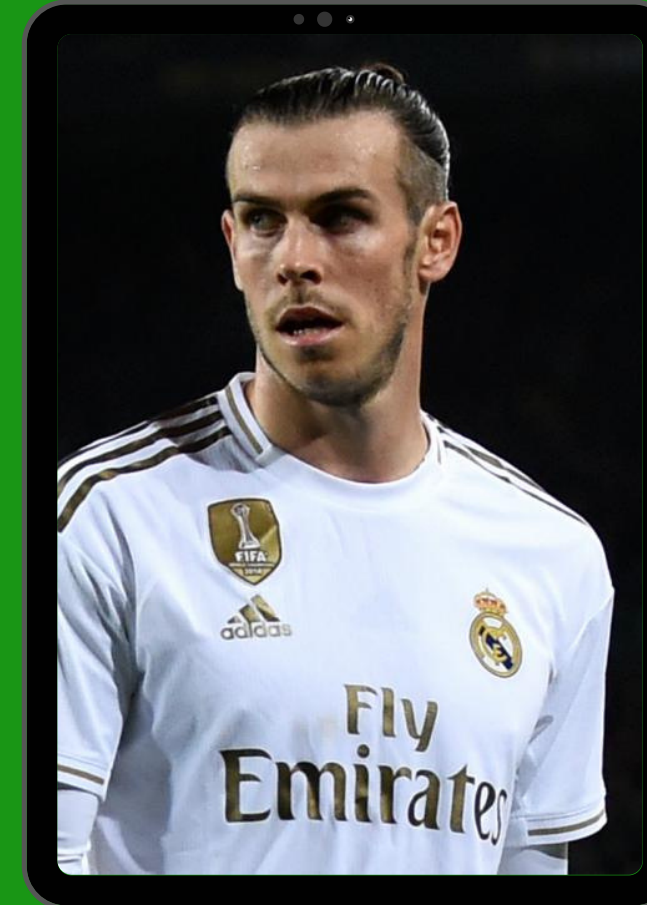
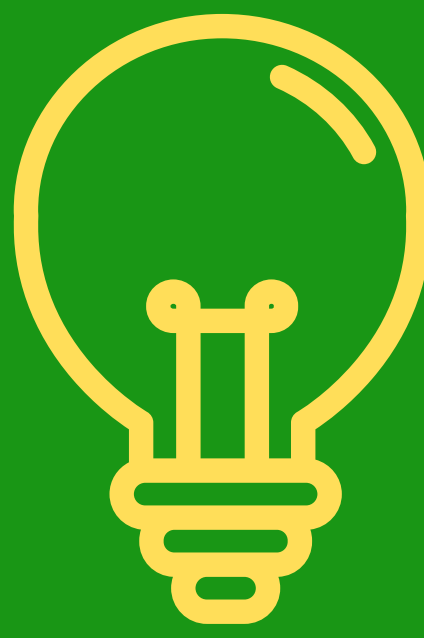
Attack goal scoring opportunities

Create width to switch

Where?



WINGERS



Technical

- Strong dribbling ability.**
- Creativity on the ball**
- Crossing ability**
- Strong in 1v1 duels**
- Comfortable on the ball**
- Scoring capabilities**
- Combination play**
- Able to run with the ball.**

Physical

- Be able to acceleration over various distances and angles.**
- High endurance levels.**
- Able to change direction**
- Speed to recover**
- Understands defensive duties**
- Great balance**
- Strong to protect the ball.**

Psychological

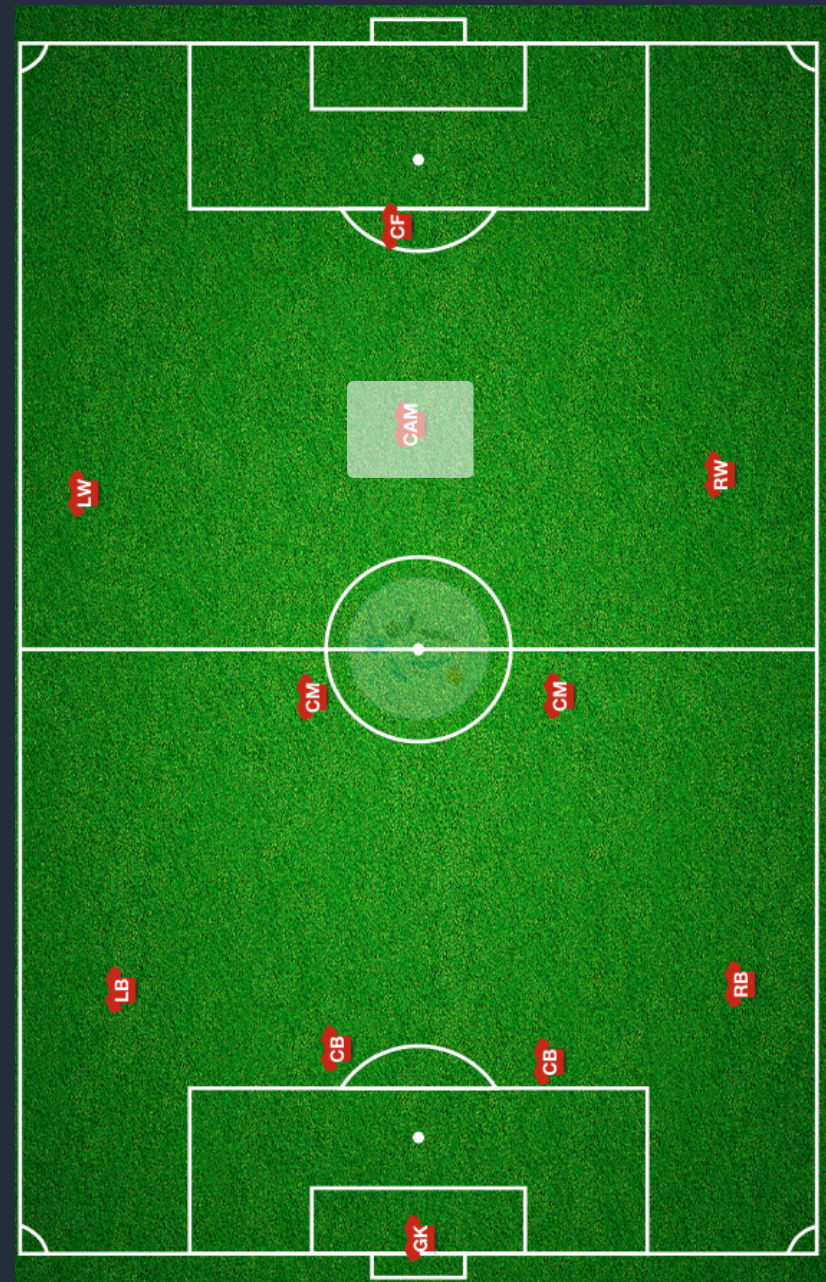
- Communicator**
- Confidence to take risks**
- Resilient to over failure**
- Reliable on the ball**
- Effective decision maker**
- Willingness to work individually, with a team mate and whole team.**
- Composed under pressure.**

Tactical

- Good awareness**
- Knows when to attack and when to retain possession.**
- Supports defensively when needed.**
- Quick transitions**
- Spot triggers to press, intercept or capitalise on space**



Where?



Key Attributes

Counter-press

Combination play

Flair

Skillful

Dribbling

Play in tight spaces

Receiving

Play on the turn

Creative

Movement to create

Movement to receive

Finisher

Passing skills

Energetic

CENTRE ATT MIDFIELDER



4-2-3-1

Richard Cashman

Adapted from Stuart Amos

In Possession

Create space to receive or others

Create goal scoring opportunities

Link units together

high degree of creativity & efficiency

Manipulating tight spaces to maintain or create

Building the ATT

Continually scanning to create play within the ATT phase.

Receive to create or more opposition players.

Find the spare player

Creating

Creativity to create/assist/penetrate

Combinations

Support Runs

Out of possession

Understanding defensive R&R

Defending from the front

Protect key areas of the field

Combine press with numerical advantage

Guard team shape and key spaces

Delay & Deny

Delay and deny opposition time and space

Force opposition to play to a particular area of strength

Knowledge of when to press and the distances to press.

Pressing

Teamwork towards zone of strength

Double-up on press (if possible)

Counter Press or Mid Block

ATT > DEF

Understanding when to press or protect

Force opposition to play under pressure

Managing spaces between units and passing lanes

Recovery Runs

DEF > ATT

Involved in combination play (directly or indirectly)

Dictate tempo and possession in key phases

Able to execute penetrative passes

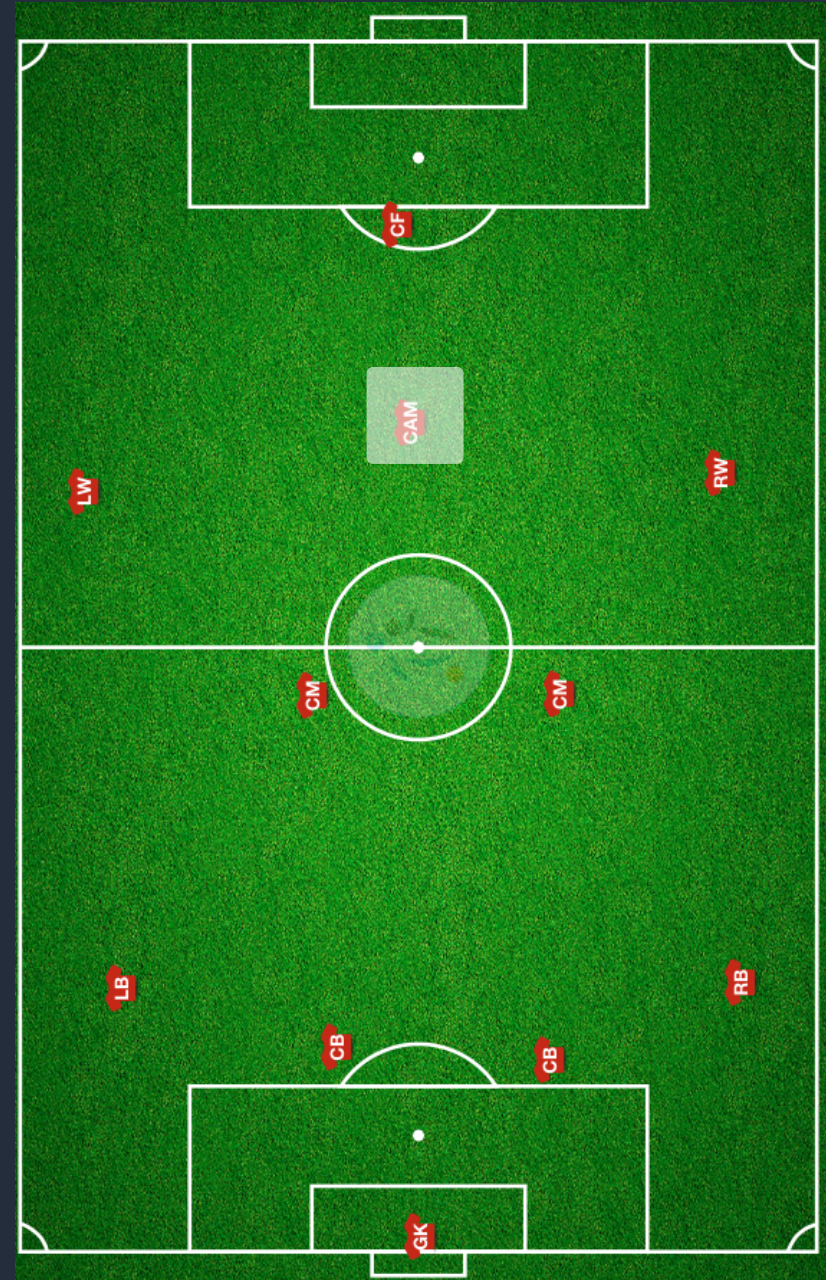
Set Pieces

Mark, press and intercept

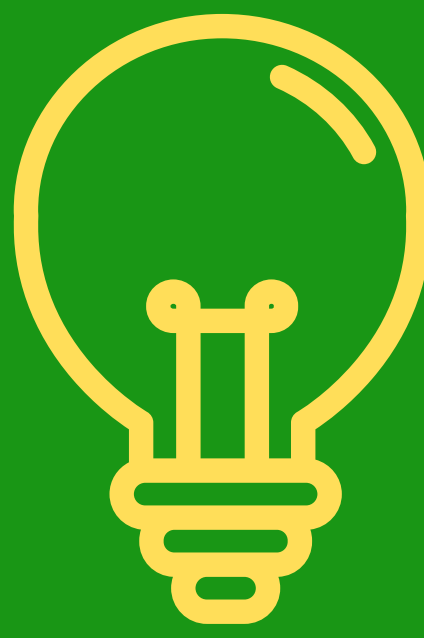
ATT corners/free kicks

Ability to score
Second phase from set-pieces

Where?



CENTRE ATT MIDFIELDER



Technical

Passing range
Creates and finds space to receive/create.
Strong finishing ability.
Ability to combine and move forwards.
Quality dribbling ability.
Vision to penetrate.

Physical

Good acceleration over short and medium distances.
Ability to recover in transitions.
Resilient to regain possession.
Stamina
Balance
High energy levels.
Strong to protect/delay possession

Psychological

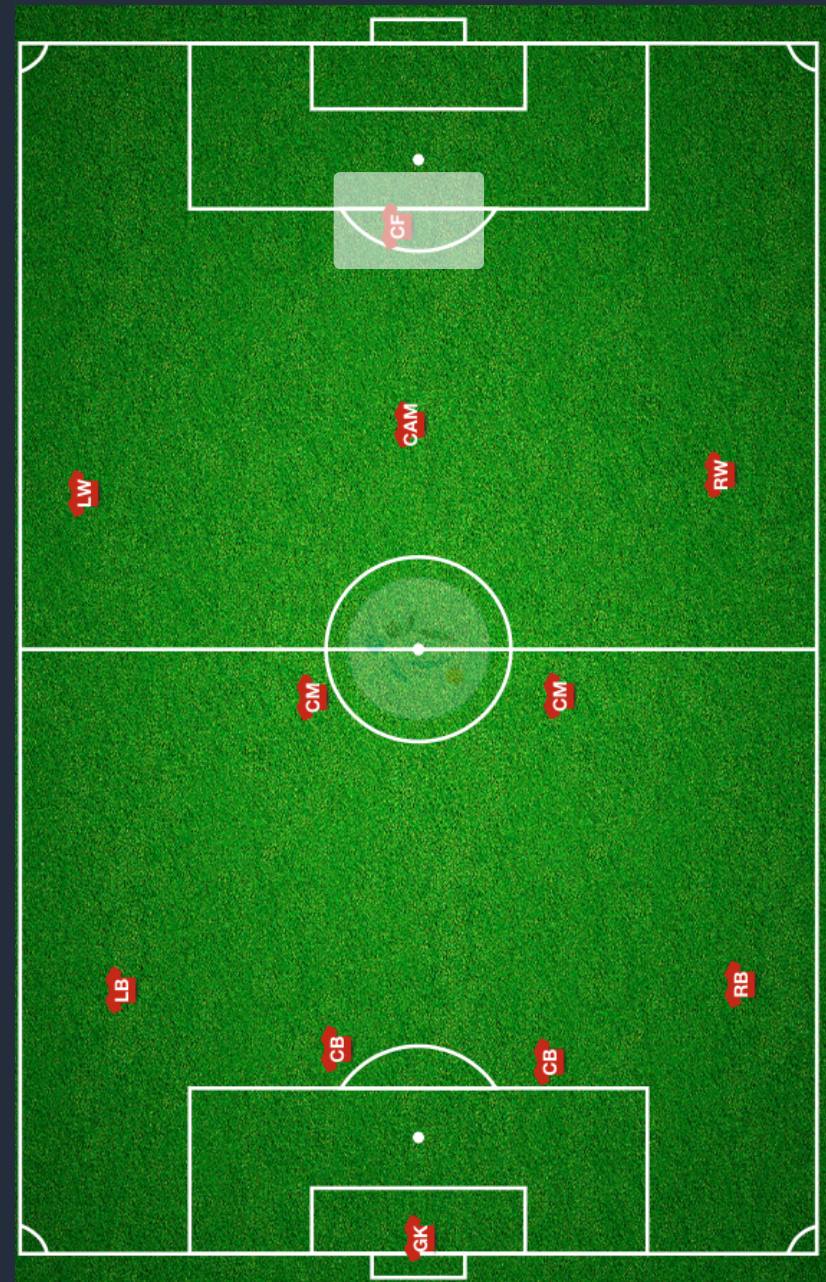
Communication skills.
Confidence on the ball.
Willing to try new things and take risks.
Good decision maker.
Desire to join with the attack.
Positive in possession.
Creativity
Game intelligence.

Tactical

Aware of surroundings.
Knows when to join in with the attack or when to drop defensively.
Understands when to switch, recycle or break lines.
Quick transitions.
Patience in attack
Identifying opportunities to counter.
Timing of forward runs.



Where?



Key Attributes

Power
Confidence
Accuracy
Touch
Positioning
Anticipation
Strength/Shielding
Defensive R&R
Combination play
Variety of runs
Intelligence
Tactical awareness
Tactical equipt

CENTRE FORWARD



Richard Cashman
Adapted from Stuart Amos

In Possession

Furthest play on the field most times

Able to understand how movement can create face in front and in-behind positions.

Maintain possession when possible

Clinical finishing

Building the ATT

If needed protect possession to allow team to support

Positive movement to create space in front

Communicate when to be played & Self-create

Creating

Confident in 1v1

Strong in protecting the ball

A variation of finishing skills

Out of possession

Understand defensive R&R

Counter press to force opposition to player quicker

Interceptions

Anticipate any mistakes

Angle and distance of approach to regain possession

Delay & Deny

Delay and deny opposition time and space

Force opposition to play to a particular area of strength

Knowledge of when to press and the distances to press.

Pressing

Press centrally or in half

Force into strength zones within the game

Angles and distances

ATT > DEF

Acknowledging to instantly recover after losing possession

When to press as a team or protect team shape

Minimise passing line opportunities

Aggressive with the press centrally.

DEF > ATT

Adapting movement to the game scenario

Combination play to maintain possession / Hold up play

Stretch opposition defensive line

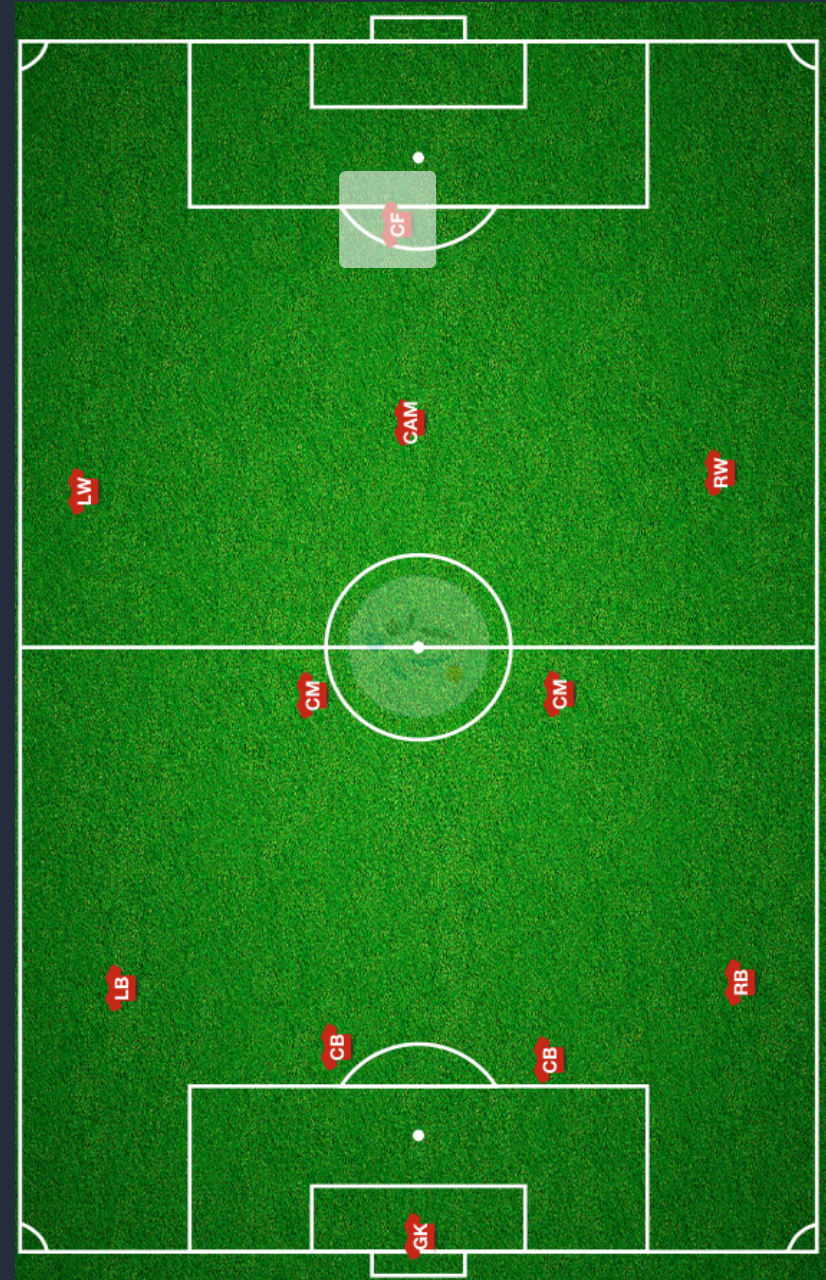
Set Pieces

Quality in challenging (Ground & aerial)

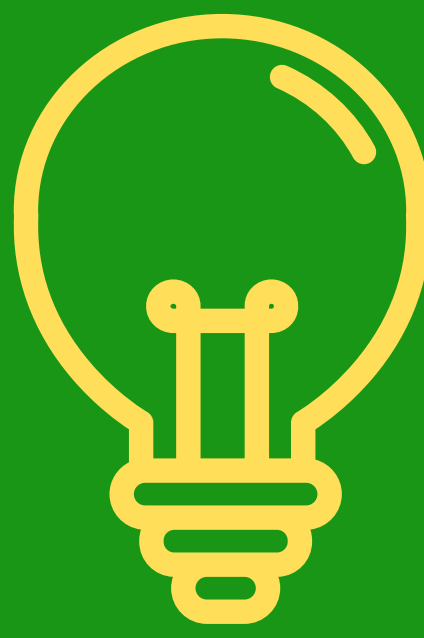
Confident set-piece taker

Anticipate 2nd balls'

Where?



CENTRE FORWARD



Technical

Strong hold up play
Good finishing with both feet.
Strong in 1v1 situations.
Desire to score goals.
Combines with team mates
Capable of scoring from various angles and distances.
Competative aerially

Physical

Good acceleration over various distances and angles.
Strong and powerful to protect or run with the ball.
Speed to recover
How to use the body positively
Balance
Quickness
Agility

Psychological

Capable of improvising
Confident to take risks
Reliable to hold the ball up.
Running in behind.
Vision to create chances for others.
Confidence in own finishing
Willingness to assist
Composed in tight situations.

Tactical

Good awareness
Ability to create space
Come to feet to receive or run in behind
Presses as a team - first line of defence.
Alert to sport triggers
Act as a target men/outlet.

