

**TECHNICAL FIELD FIGC UEFA
PRO LICENSE COURSE 2006-2007**

Thesis:

PREPARATION OF THE GAME WEEKLY

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PREMISE

The first premise that I want to do this on my final thesis Master Course for professional coaches 2006-2007 is on the motivations that led me to choose the topic in question is to say 'the preparation of the game'.

Almost all coaches eventually talked about their favorite form or their ideas from the tactical point of view, but very rarely I happened to read as they go to prepare for the game: it is physically on the field and off the field.

I believe that in a football more and better prepared tactically and physically is very important to go to prepare all the individual matches to the last detail.

In later chapters representing my working days, I'm going to expose my work week, beginning as I try to do 'analysis of the game' was just played, then he moved to study as the next opponent and ending on as I go to prepare the next game physically on the field. As my curiosity to know how matches are prepared by the various coaches is almost never been satisfied, I chose to put my small experience available to those who are moved by my own interest in this topic.

For a proper understanding of the next chapters I feel obliged to do other two premises:

- **The week I went to summarize is randomly chosen I had available and, although not equal to the others, I consider it indicative definitely on my way to go to prepare for the games.**
- **During the season taking into account my team was playing regularly with the 4-2-3-1 without ever going into deformation against any opponent, but just trying to take the measures on the basis of what we would find in the field.**

CHAPTER 1 - MONDAY '

Rest day for the team, but devoted only a small part of the rest by the coach, who instead must begin to devote themselves to the analysis of the game played in the previous day.

What is the analysis of the game?

It is the same analysis that is made by the coach to the rear, with the film of the match held and tends to verify the differences between the prepared game and that actually played; the analysis of the batch has usually medium-term corrective purposes, and is also important for the programming of training in relation to the mistakes and the problems that the game has proposed. Not to be confused with the analysis is the reading of the game, which is represented by the method that we use during the match to have a 'clear and precise idea of the evolution of the same game, so take those tactical decisions that are tactical calls applied, while in the process of preparation of the match we used tactical adjustments that are called principle of tactics.

The reading, unlike the analysis, has immediate objectives as it tends to get the best possible result from the game itself.

My match analysis predicts that in the Monday is the day the coach is assistant coach, which I prefer to call collaborator separately revise the game the previous day; I prefer not to influence the employee separately in forming their opinions. Only if the employee is not part of the coach's staff but it is part of the corporate staff, in the first weeks of the season, I prefer that the vision is done together, so that he is aware of what are the aspects of the game that I follow more , to arrive at an analysis that follow a common line of reasoning, something that surely will facilitate us and streamline future work.

At this point we have introduced an important topic that perhaps it is worth dwelling for a little reflection: the collaborator.

What are its functions?

What is the best collaborator?

With regard to the employee's my personal opinion is that functions should have the materials management functions and functions materials because it must help the coach be in the works in the field and in the works of 'desk', except that I think the important tactical collective work, to have 'taken' on the team, must be conducted in person by the coach itself; management as its role puts him in a privileged position compared to the figure of the coach in the relationship with the players, so in handling sensitive cases can become crucial.

As for the figure of the ideal collaborator would be too easy to answer who is the one who, at the same time, it is competent and no ambitions to become in turn a coach.

In practice, though, I do not think rightly so, because this figure would be reassuring in some aspects but not optimal.

I think the ideal is to collaborate with whom we have unity of thought and *unity of purpose*.

For unity of thought I mean the see football the same way; This does not mean that the employee must be annulled in the coach as it must always be proactive, but it just means share the basic ideas. For unity of purpose rather I mean sharing the goals.

From these thoughts in my head that the employee, as the figure of the trainer, must be an integral part of the coach's personal staff and cannot be imposed by society, but this is unfortunately not always possible.

CHAPTER 2-THE TUESDAY '

Tuesday morning: no training but a coaching staff meeting with coach, assistant, fitness coach and goalkeeper coach and proceed to programming the weekly training; in the second part of the meeting and assistant coach will exchange impressions on the game played and arrive at conclusions to be reported to the team, conclusions also useful for planning training with tactical objectives. From this meeting come a filmed analysis of the game, made on DVD, and a written statement.

1- The filmed analysis focuses exclusively on tactical issues and to have a logical sequence takes into account in chronological order the following aspects:

- *collective tactics*: It starts the movie, whereas if the length, the compactness of the team, that is, the distances between departments and between the individual within the same departments and the center of gravity have been in line with what has been decided at the time of preparation of the match.

- *defensive phase in the high areas of field*: Take into account the individual pressures on loose balls, if the pressure has been brought into the field area predetermined with preparations movements and if the opponents have been effectively addressed as decided in the process of preparation of the match; in principle we analyze the defense of our four offensive players.

- *defensive phase in medium-sized areas of field*: They consider the balls handled by opponents over the line of our strikers that are analyzed times the return of our external, closing movements and coverage of our midfield; in this case it is paid much attention to how it is addressed The counterattacks by the player out to put pressure to the ball possessor.

- *defensive phase in low areas of field*: Analyzing the movements of the defensive line on the long runs of the goalkeeper and the second time the enemy now shares the ball over the line of our midfielders, analyzing closures and covers of our defensive line; it also pays great attention to the shifting of the line either horizontally or vertically and the ability to read the ball covered and uncovered and their reactions.

- *balls inactive against*: Analyzing whether they have been observed at the locations provided in the game preparation offices in all the various ball situations inactive in favor of opponents in the various areas of the field and that reactions to their possible schemes were those agreed, finally pays attention effectiveness of the various markings to man, where provided.

- *It is held in low areas of the field*: You start the attack by analyzing if the goalkeeper has favored long runs or short ones, as decided during the match preparation.

For long outputs attention is focused on the ball drop zone, the ball attack and aggression of the spaces.

For short outputs it is analyzed if they were followed by the concerted movement of the ball and if the ball is output from behind by the agreed area and with bets prepared.

- *phase possession medium in zones of field*: In this respect it draws attention to the movements and the play of our central midfielders.
- *It is held in the highest areas of the field*: The focus is shifting movements and the play of our two outdoor and two forwards; particular attention to the movements of the penalty area attack during the cross from the bottom.
- *dead-ball for*: For carrying out analysis on dead-ball schemes agreed upon during the preparation of the match.

The starting positions were those agreed?

The changes have been made in the right way?

The ball drop zone that was planned?

The execution times have been respected?

For each of these aspects are a couple of choices particularly significant situations on what has happened in the field and is prepared by a movie, materially from contributor, to be presented to the team.

I decided to follow this sequence in the assembly so as to avoid a confusing exposure of our game to the team - the principle of simplicity and clarity -

In the selection of situations to be assembled in the movie to be presented to the players should bear in mind several implications:

- first of all to get the most attention and responsibility of the whole team is important that the film is extremely clear and of limited duration, personally I always try that the length does not exceed 10 to 12 minutes.
- In accordance with another management principle - the principle of active participation - I try to bring the movie so that the player does not suffer it passively, constantly trying to get the message across that this is not a fault process but of a moment collective and individual growth.
- Implications collective psychological because it must always keep in mind the psychological moment of the team.
- The installation of the same game can be different if the team goes through a negative or positive moment in terms of results: in case of negative moment, to avoid further distrust in the assembly are privileged situations in which the team has expressed something positive than negative ones in order to reinforce the belief that, despite the results, we are also doing something good; in the case of extremely positive time preference is given to situations that expose mistakes in order to get the message across that there is still much to work on and improve.
- Implications of individual psychological character because in the group there are certainly individual particularly susceptible to errors and therefore vulnerable, so in summoning images with these players must be cautious, so we try to alternate error situations to situations where the same individual has moved in the right way.

2 The written report is materially made by the same coach and in addition to tactical aspects already highlighted in the movie takes into account other aspects

considered fundamental in the economy of the match; in my case the aspects analyzed are:

- *mental aspect*: Trying to analyze whether the team arrived to the game with the right level of motivation and if the field is able to express a high level of determination; Attention is paid to the reactions that the team has had in the face of significant events, such as how we reacted to a disadvantage or how we handled a possible advantage.

- *behavioral aspect*: So call the analysis of the team's behavior towards the referee and opponents, as disciplinary sanctions must be relevant to the needs and never go over and then also because I do not want the team mental energy waste and nerve in aspects of game over which can not affect.

Last evaluation of any attitudes that were not in line with the rules of conduct that the same group was given, so as not tolerate attitudes in the long run can lead to problems in the management of the group and to constantly get the message that the objectives individual rightly exist, but they must always be second order with respect to the collective goals.

- *physical aspect*: Evaluating together with fitness coach the team's performance from the physical point of view, after I decide on what needs to be said to the team and what they want it to remain a useful assessment only to the staff; this to avoid that at times physical condition to become an easy excuse for players.

Tuesday afternoon:

14.15 short meeting of the technical staff for the practical organization of training.

14:30 meeting with the team for analysis of the match held the previous Sunday. coach's intervention with this order:

- **Mental aspect**
- **Behavioral appearance**
- **Physical aspect**
- **Tactical appearance assisted by images**

15.00 training purely physical goal.

In the week taken into consideration this workout had as its sole purpose the aerobic power and the means used was the intermittent "GACON" 15 " - 30 " with 3 sets of 6 'to 95% by VAM for those who played and to 105 % of the VAM for those who did not play, with active breaks of 4 'between sets. After this work: those who played passes to individualized program, while those who have not played the previous game has a supplementary job with 3 sets of 4 'possession touches variable from one series; first series in three touches, second and third two touches to a touch, excluding the recaptured balls that can be played in two touches; recovery of 2 'between the series and 2 series of 5 match: 5+ goalkeepers 6' 3 'recovery between sets; first series in three touches with valid goal at the first touch and the second series in two touches with good goals ever.

For the possession and 5: 5, in the determination of work spaces, it should be taken into the aerobic workout goal.

Then the spaces must be quite large in relation to the number of players so that the organic working prevail on that muscle; in this case we used a field of 40x25 meters. After this further work also the second group passes to the individualized program.

individualized program: every player is dealt two cards.

The first tab is related to the physical character work which has been prepared by the trainer in relation to any shortcomings of the player and also in relation to possible serious injury that can 'have had during his career. The work planned on this tab must be carried out twice a week: on Tuesday afternoon and usually to Thursday morning.

The second sheet is prepared by the employee and is related to technical work chosen according to the deficiencies shown or according to any specializations (example punishment and penalties).

The work planned in this second sheet were held twice a week, usually in the morning session of Thursday and Saturday.

These jobs are prepared on the basis of an evaluation, with regard to the physical aspect, is carried out earlier this year on the basis of a joint visit of the Social Medical, Physiotherapy and Osteopathy and by carrying out periodic physical tests; as far as the technical aspect of the staff impressions are supported by both television coverage of the games of the workouts. - see Annex no. 1 -

Such exercises are usually conducted at precisely by the players, when possible, clearly after the first phase in which assimilate the mode of execution by the preparer and the collaborator.

17.30 you start working for the next game: a brief encounter trainer- coworker where you collect all the statistical data available to the upcoming opponents and divide movies of the last four games of the next opponents: two must be seen in the coming twenty-four hours by the coach and two from contributor, again separately. Clearly the rest of the evening is devoted to watching these movies.

Evaluation Board X COMPENSATION PHYSICAL AND TECHNICAL-TACTICAL

ATHLETE: XXXXXXXX

PHYSICAL PROBLEMS: Outcomes LCA In 1999 sx operated knee. Stiffness of the posterior chain ascertained by the flexibility test.

TECHNICAL PROBLEMS TACTICS: difficulties in the attack of high balls despite the height.

WORKS OF TECHNICAL-TACTICAL COMPENSATION: Calculation of the trajectories through the identification of the fall areas of the ball and the ball attachment zones using the circles. Attacks on the ball cross from various areas of the field; Attacks the ball run first without and then with opponents.

OBJECTIVES: The first objective and 'understand if the poor attack on the ball which is the apparent final result in the match, depends on the difficulty of perceiving the trajectory of the ball, by the disturbance given by the opponent or by the fear of making a mistake so undergoing the ball; the second objective and 'clearly highlighted the correction of the gap.

COMPENSATION OF PHYSICAL WORKS: posture for the posterior chain - proprioceptive mono and dual standby - Toning flexors and adductors with elastic - lumbar dorsal abdominal - exhaust back on the ball - the Workforce machinery

OBJECTIVE: Balance the pressures and keep up the limb muscle tone actions. Loosen muscle tension borne by the pelvis.

WHEN TO WORK:

- Every day before training: postures - proprioceptive mono and dual standby - strengthening flexors and adductors with elastic
- Every day at the end of training exhaust back on the ball
- Tuesday and Thursday morning: Power machinery CAUTION in the event that the player has played the game Sunday to Tuesday only makes Toning
- Tuesday and Thursday morning: technical exercises.

CHAPTER 3 - THE WEDNESDAY '

Wednesday morning:

9.30 usual brief meeting of the technical staff for the organization of two training sessions planned throughout the day.

10.00 workout

Objective: this workout has a purpose purely physical, in the week considered this was represented by the force field.

Conduct training: after a specific pre-heating power is passed to a circuit of field-force training and ends with a training exercise in line with the objective of training - 5 + 5: 5 + 5, game three touches with scored first 5: 5 with 5 players per team side, every minute of the coach to signal the ball in play but they change position who plays and who is on the shore, 2 sets of 10 ', rest between sets 3 '. Again in the determination of the spaces it is taken into account Physical training objective, why you prefer tight spaces - 30x20 mt. - so the muscle work is prevalent on the organic.

Wednesday afternoon:

15.00 workout

Objective: This training is dedicated to the research of the problems arising from adjustments made in the last game; the preparer was agreed that training is carried out on high intensity, and the verification of this second goal, every player wears a frequency that after training will be downloaded to your computer for verification.

Problems encountered in the last game: the team being set too maneuvered for horizontal routes, rarely going to the vertical; also in restart phase it has not been very effective, although showing propensity to pressure in the high areas of field and having recovered several balls in the opponent's half of the field. In the second part of the game he has shown some difficulty in following the ball from behind, only to stretch and fray between departments.

Procedure: after a warming with increasing speed in individual technique, phase ended with a ball possession to 2 touches in tight spaces, the training is based on three themed games that are closely related to the problems encountered.

themed game number 1: In relation to the fact that the team has shown little inclination to the vertical is played 8: 8 in a field of 40X30 meters. and each team has two sides to the sides of the gate which attacks; is played in three touches with first goal, the goal is worth double if it arrives after the lay-off and triple if the bank is done on a ball and recaptured immediately verticalized on the player side. It proceeds to 5 series of 3 '

with 30 '' recovery between sets, for which each player is entitled to 4 in series and a shore - fig. 1 -

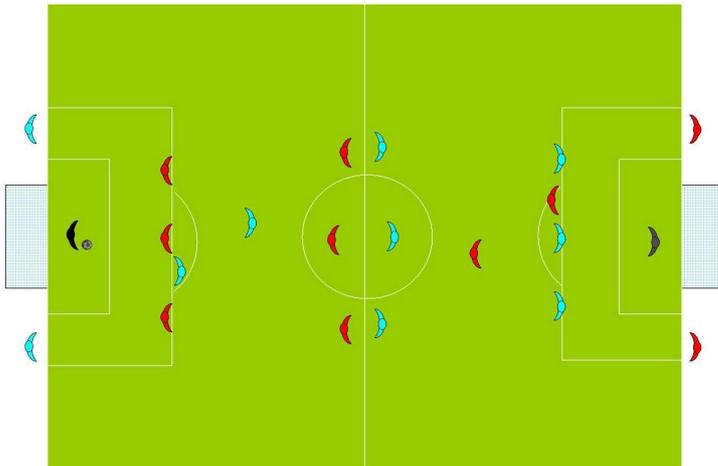


Fig.1 - themed game number 1

Match with sides in vertical field
Dimensions: 40x30

3 touches with a goal at the first touch

Goal double if the ball is from the lay-off

Goal triple if the ball comes from the lay-off sought directly from those who have regained ball.

themed game number 2: In relation to the fact that the team, despite doing well at high pressure, has not really shown efficacy in the short restart, playing 10:10 in a field of 55X40mt and both teams are with our usual form (4-2- 3-1); normally played three touches with the goal of the first and the goal that is done in response to a recapture ball into the opposing half transformed into shot over a period of 5 '' worth triple; They are carried out 3 sets of 4 'with 1' recovery between sets - fig. 2 -

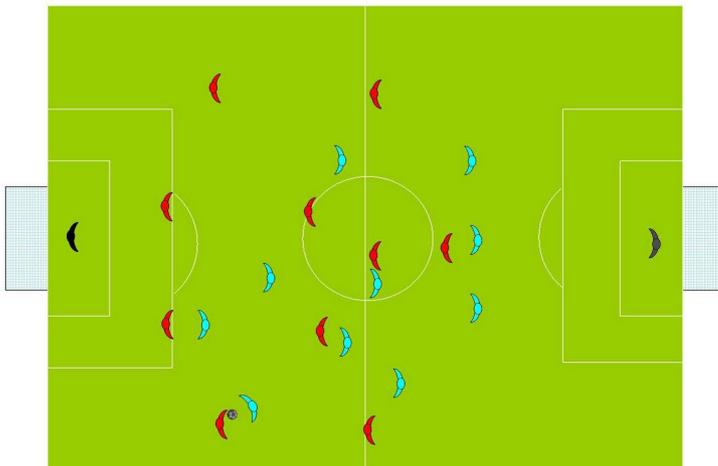


Fig.2 - themed game number 2

Match pressure
Field size: 55x40

3 touches with a goal at the first touch

Goal retaken three times with the ball in the midfield and attacking conclusion within 5 ''

themed game number 3: In relation to the fact that the team in the final game, when he was tired physically and mentally, has revealed difficulty staying short from behind then to follow the ball coming out, you always play at 10:10 with a field of the same size compared at first, always with the two teams in module; you play with three touches first goal and the goal is valid only if all members of the team in the time of the shooting are in attacking midfield, becomes double if some

opponent remains in the opposite half of the field - fig. 3a 3b 3c - are carried out 2 sets of 12 'with 3' recovery between sets.

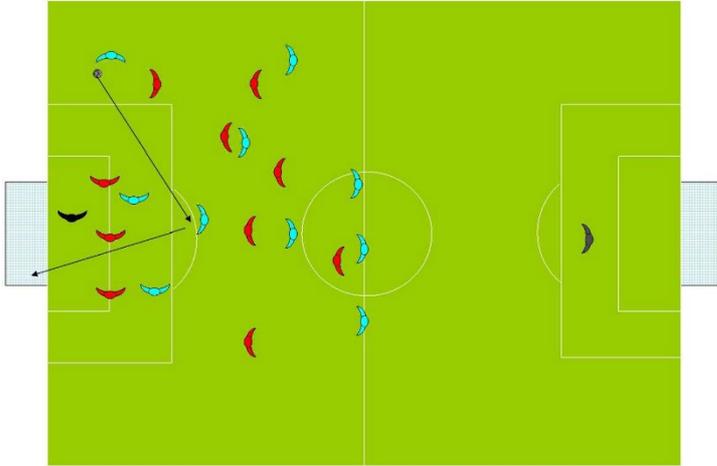
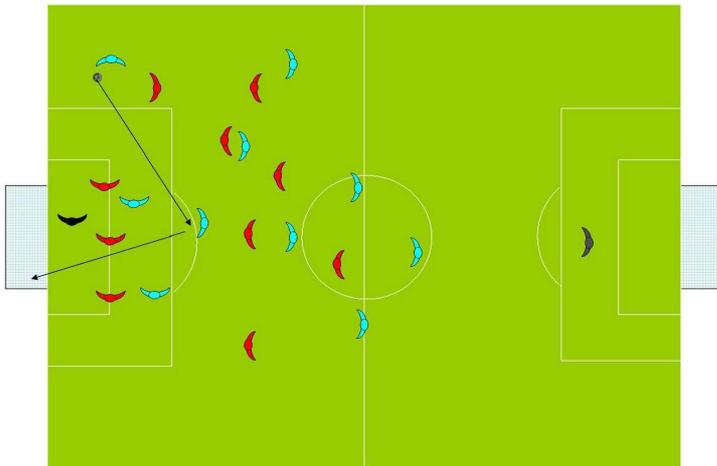


Fig. N. 3 -Match theme number

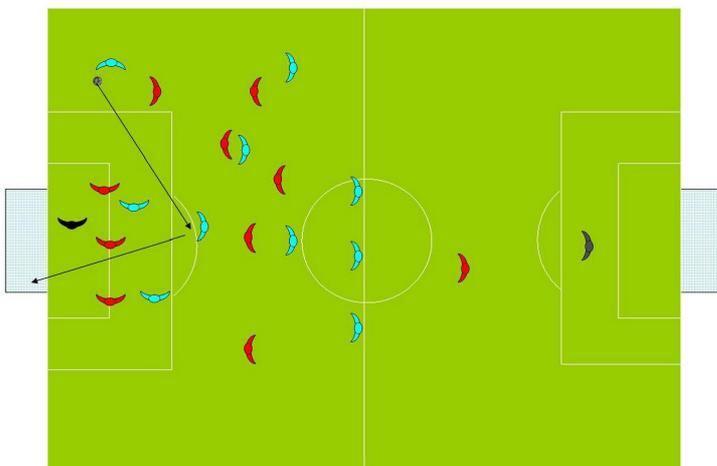
Match with short field
teams Dimensions: 55x40

2 touches always good goal

3a: Goal valid because all the players of team that scores are in attacking midfield.

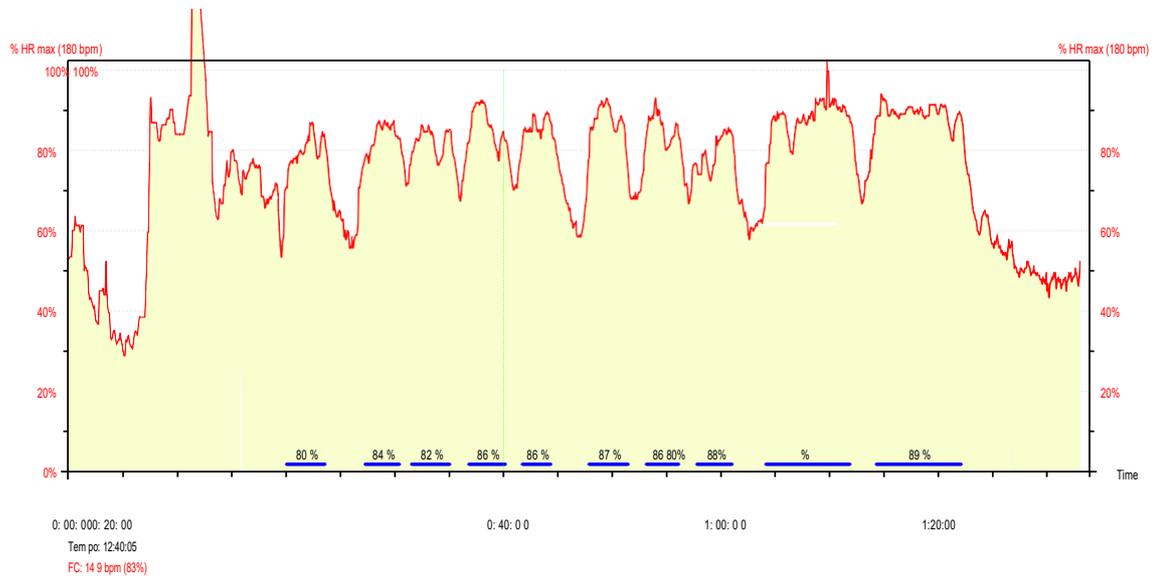


3b: Goal invalid as a team player who scores is still inside their own half.



3c: Goal twice as a member of the defending team is still in the attacking midfield.

At the end of the training session the trainer pours cardio into your computer and individually analyzes the physical training objective has been achieved; in our current workout heart graphic - see Figure 4 - shows that the ten moments of high intensity provided was correctly performed. Coach and collaborator continue with the vision of upcoming opponents.



User		Date	12/04/2006	average heart rate	154 (86%)		
Exercise		Now	15:38:42	HR max	184 (102%)		
Sport		Duration	1:33:10.0				
Note	GAMES THEME			Selection	0:20:05 - 1:22:20 (0:43:25.0)		

Fig. 4- The ten moments of high intensity expected, highlighted in blue. They reached an average of 86% of maximum heart rate.

CHAPTER 4-THURSDAY '

Thursday morning:

9:00 am meeting profile - employee who saw two games apiece of upcoming opponents and exchange impressions, deciding what subjects to be placed in the presentation films of opponents, topics to work also in the field. Following usual staff meeting for the organization of the two sessions planned during the day.

10.00 workout

Objective: This training has as its goal the correction of the problems encountered at the level of individual departments performed last game; there are goals to be pursued from a physical point of view so that the training can also be educational and therefore of low intensity.

Problems encountered in the last game departments: we suffered some change in the field, especially at depth and we had a bad reaction, not follow our game rules, the discovery of a ball with which opponents were turning our defensive line. For these reasons the decision is to work with the defensive line coach, while others remain to perform individual works at the physical character with the coach and technical with the employee.

Conduct training:

Exercise number 1: Shifts horizontally of the defensive line on the circulation of midfielders opponent's ball. Exercise carried out in the first part to the level of heating, whereby the movement is carried out at two touches and speeded up in the second part when the movement of the opponent is performed by alternating a touch and two touches - fig. n. 5 -

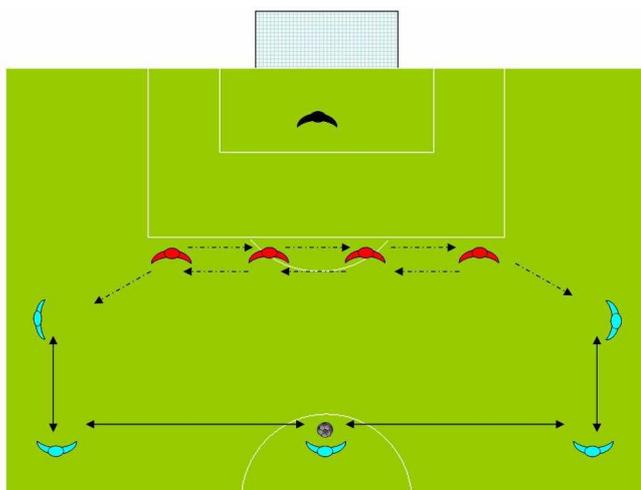


Fig. 5

Exercise number 1

Defensive line:
horizontal shifting

Exercise number 2: Now you work on changes in the field of opponents after a discharge of backward ball; in this exercise you work on field changes on the outside opposite, and it pays great attention to the positions of the body and the sliding time. The position of the body must be neither too closed towards the ball nor too open towards the field, while the slide time must have as a reference point the supporting foot of who takes changing field, otherwise there is a risk that the whole movement is made late. - fig. n. 6 -

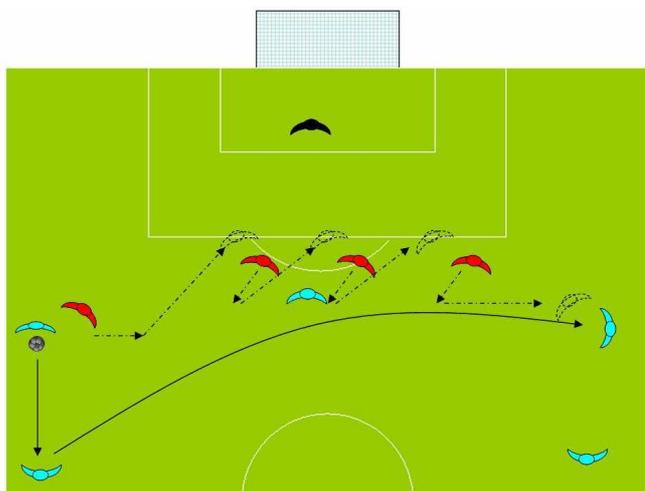


Fig. 6

Exercise number 2

Defensive line: reaction field changes

Exercise number 3: Same as the previous situation, but now the field change occurs in depth, for which changes the sliding of the three players in coverage movement that must protect going to cover the target for any cross of first intention, while the outer defense of the opposite side shifts closing in on who receives the ball. - fig. n. 7 -

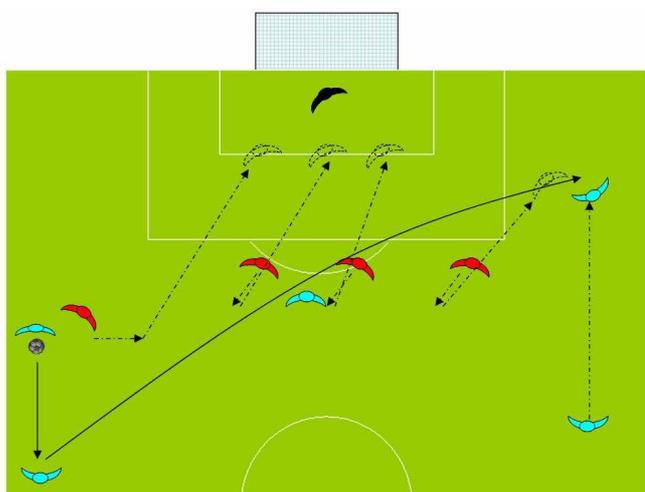


Fig. 7

Exercise number 3

Defensive line:
reaction to the exchange
field in depth.

Exercise number 4: The situation is re-discovery of the ball on the attacker's central drain opponent who put us in trouble in the last game, because the line is not run away, but tried the offside taking dangerous exterior intersection. The coach is positioned close to the receiver unload and then decide whether to cover the ball on the receipt or if leaving the ball away discovery.

On the drain line following the ball and space, if the ball is covered by the coach the line remains high; if instead the ball is left uncovered by the coach the line descends and compact, removing the depths of up to twenty meters and then go out when closing now the possibility of the ball has been removed in depth - fig. n. 8 -

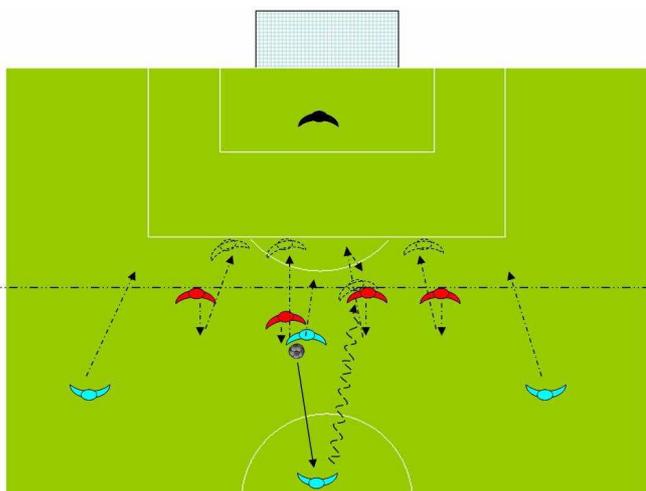


Fig. 8

Exercise number 4

Line the defensive reaction to the discovery ball in a draw Numerical.

At the conclusion of training the employee prepares the images related to the attack of the opponent as to see the team in the afternoon.

Thursday afternoon:

14,45 hours meeting with the team for the analysis of the attack the next opponent. One proceeds with the coach intervention that explains the blackboard module and offensive movements of the opponents and ends with the employee who analyzes the images mounted opponents.

The filmed the attack opponents It is mounted in the following order:

- 1 - some open to the image field in which we see the form of the team and the starting positions of the offensive phase.
- 2 - the choice which is performed by the keeper in their first transmission of the ball; in case of long output it is analyzed the landing area, the player who goes to attack the ball and how and by whom the spaces behind him are attacked; in case of short output is analyzed if the first transmission priority in a certain area or on a certain player.
- 3 - being held in low areas of the field that corresponds to the analysis of the movement of the ball in their defensive line also trying to see that type of output they use from behind and from which players; They also try to figure out if they have particularly vulnerable players under pressure or not equipped technically setting on the defensive line.
- 4 - being held in medium areas: trying to analyze how and who of their midfielders aims defenders on the ball and how then is developed the action.
- 5 - being held in high areas: they take into account the movements of the offensive players, and also how it is attacked the penalty area on the cross.

Clearly also in the assembly of this movie you take into account all the information that we have already listed at the filmed report of the game, both in terms of duration which in this case is very short and usually no more than 6-7 minutes, either with regard to the psychological implications when crossed by the team; Today we decided to show the real danger of these opponents offensively.

15.00 workout

Objective: With this workout begins the preparation of the game on the field and the only objective of this session is the defense.

Procedure: training takes place in 3 blocks of work

- 1 - teaching phase against the opposing module made of low intensity as warm up.**
- 2 - defense in the various areas of the field on the opponents' game system.**
- 3 - situational phase with temporary numerical inferiority.**

Phase teaching against the opposing module: we face a 3-4-3 with the goalkeeper who never leaves, but always short on one of three defenders that spread; at this stage is working on the numbered pins with two teams that alternate, one in stretching, and one that closes on pin called. Clearly you are working on their first three defenders, then descend on the four midfielders and finally on their three strikers.

The pressure on them is crucial three defenders against this team showing good dribbling skills and who managed to win half the field with ease. Once you reach the ball in the attacking midfield raise the lot of midfielders with attackers who gather so often force their opponents to finish as low center of gravity, something dangerous because they have players of great effectiveness forward. For these reasons we decided, with the ball in the hands of the goalkeeper, to keep very high center of gravity and go ultra-offensive pressure. The only difference to our usual form is that we report in shortening the two online attackers. Fundamental our reaction to the first transmission of the goalkeeper, because our strikers need insulating defender who comes into possession by the other two so that their defender center-right and center-left we go to close by bringing the outside - see fig. 9 - while on their central, being a player who mainly uses the right foot, bringing it go out on the left - see fig. 10 -. Having decided that the ultra-offensive pressure is very important for us, if one of their two outside defenders are slow from the line of our attackers, we're not going to back away but continue pressing in coming out with the outer part that clearly brings this case the opponent inwards so as not to suffer a possible outnumbered in band - see fig. 11 -.

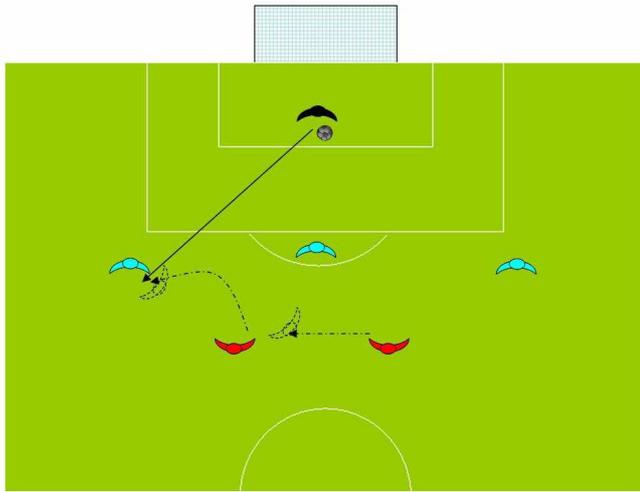


Fig. 9

Zone high field:
Reaction to the first transmission of the keeper for external routes.

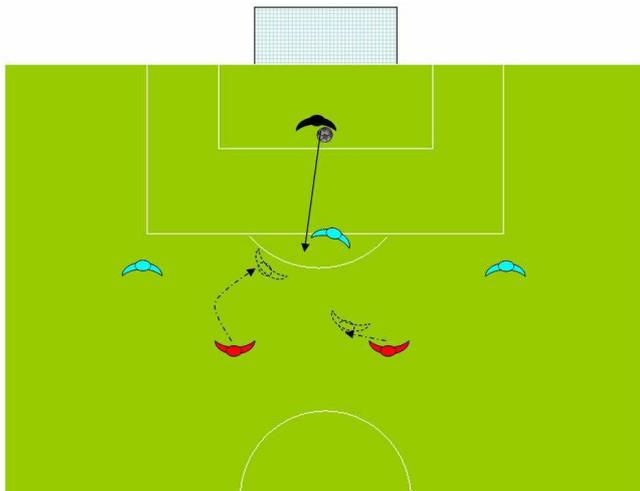


Fig. 10

Zone high field:
Reaction to the first transmission of the central defenders Keeper.

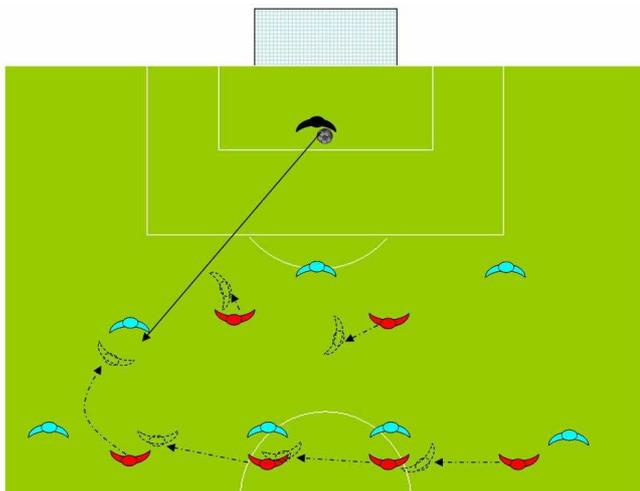


Fig. 11

Zone high field:
Reaction on defense coming out slow from the line of our strikers.

Step on the defensive opponents' game system Two teams are in opposition, a simulated opponents and the other our defense; clearly alternate homework.

In high areas field you start with the ball in hand goalkeeper who has to play on one of three defenders and these, with the help of midfielders, have to get and do not throw the ball in the opposition half, so you have a way to analyze and correct our ultra offensive pressure.

On average areas Field: ball on one of their central midfielders; their habitual played is cut attacker receiving part and the depth of attack by the part of the outer midfielder. This could lead to too lower our midfielders so we decide to bring their midfielders inward when we go out on the finish. If the ball passes the same is the central midfielder in coverage that takes the external attacker cut and the outer defender who follows the outer midfielder opponent - see fig. 12 -. Materially the field work is done with the ball at their central midfielder closed from our part; the coach to signal the ball it turns out, they do from the expected movements and we reactions, going up to the conclusion of the action.

In low-lying areas an external attacker ball, we have to consider playing counterpart with the left to right and right to left; their habitual movements are with the two strikers that attack in the cutting depth and the exterior of the opposite side of midfield that attacks the width; the ball holder is absorbed by our central midfielder: if you jump comes another central midfielder, but when the ball is uncovered the line absorbs the attack of the depth of attacking opponents and the outside of the opposite side covers weak side, and then up all the time when the ball returns to be covered. - see fig. 13 -



Fig. 12

Zone averages of field:
defensive phase on their basis played with ball to a central midfielder.



Fig. 13

low field areas:
 defensive phase on their basis with the ball played to an external attacker.

Phase situational defensive temporarily outnumbered: Pulling a line in three-quarter-court. The team that simulates our defense defends the gate and attack the line, having to lead and not throw the ball. The other team is attacking the gate with the form and movements of opponents. After several minutes of numerical parity attackers and outsiders can participate in the defensive phase only after the coach's signal, so for a few seconds the team is outnumbered; care is taken to correct the team's movements on the counterattack enemy where you have to temporarily manage the outnumbered - see Fig. 14
 -. It concludes the tutorial reversing the two teams.

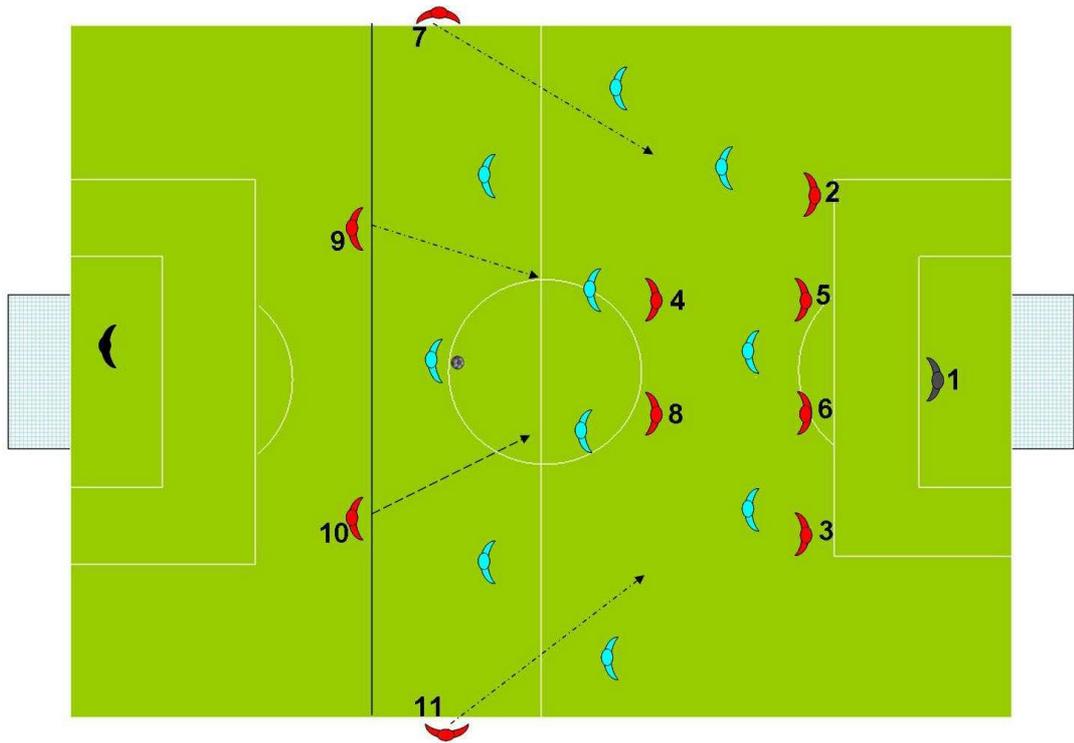


Fig. 14
Match with temporary numerical inferiority.

CHAPTER 5 - THE FRIDAY '

Friday morning:

10.00 there is no training, but find themselves coach and collaborator with the following tasks: the collaborator prepares two more movies to be to show the team, one with its theme the defense of the opposing team and one with the theme of the balls firm opponents both for and against. The coach prepares the individual sheets of the players on the opposing team; often these players already filed so proceed only updating of the card. We will see how they are made and how these cards are used.

Friday afternoon:

14.30 usual brief meeting of the technical staff for the practical organization of the training session.

Hours 14.45 technical meeting with the team. Theme: the defense of the opponents. The meeting proceeds with the same of the previous mode, with the first intervention of the coach that illustrates characteristics and movements of the defensive phase of the next opponents and second intervention of the employee who analyzes the images chosen to make to the team idea of what was said.

The *filmed the defense of opponents* It is clearly mounted with the same logic as the previous films and it complies with the following order:

- 1** - some pictures where you see how he moves on the team raises long goal. Clearly trying to locate some deficiency individually and in the air is in giving coverage to his companions.
- 2** - defense of opponents in the higher areas of the field. In this sense, it seeks to identify if the opponents are brought to pressure and in that area usually lead him. It is placed carefully on the steps cutting movements, so as to identify and to show players the possibility of exit.
- 3** - defense of opponents in the middle areas of the field. They analyze the movements defensive midfielders opponents and you look carefully if they also carry the double defensive line or not.
- 4** - defense of opponents in the lower areas of the field. Phase which analyzed the behavior of the defensive line in various situations, especially trying to bring their reactions on actions that have similar characteristics to ours.

In the assembly of this movie we have the usual attention both temporal and psychological. From the temporal point of view this is also a movie in which in 6-7 minutes maximum should be represented situations on which we want to work on the field. From the psychological point of view, after yesterday we were neutral in the editing of images, today we decided to put an emphasis on defensive mistakes of opponents in an effort to build confidence in our players to be able to get a result even against good quality opponents technical, high ranking and which also pass through a moment favorable in terms of results.

15.00 workout

Objective: This training has as a tactical objective to prepare our attack against the 3-4-3 of these opponents. From the physical point of view it makes work on the speed.

Procedure: training takes place in 4 blocks of work

- 1** – warming up and rapid dry with the preparator.
- 2** - offensive general.
- 3** - offensive specific phase.
- 4** - the attack against the opponent situational form.

1st block: in a first moment the preparator cares mainly about the warming up step, through a series of low-speed passages of tall obstacles with the aim of mobilization and also of the lower limbs in general; then switch to cure the rapidity of the supports in a series of high-speed passages and with various modes on over.

2nd block: what I call generic attack is actually a review of what are our base and played our game rules, that we care every week regardless of the opponents we are going to deal with. We take care of the outputs from the movement of the ball of the defenders and development through central and external midfielders and the movements of the attackers. I will not dwell on these situations as it would lead me to develop a thesis on another topic. **Procedure:** two opposing teams, one starts developing the proposed action by the coach and the other defends passively; the conclusion of the action by a team immediately leaves the second team that develops the same type of action, while the first team care of quickly regroup.

3rd block: what I call offensive specific phase is represented by a series of situations that we are preparing specifically for that game and those opponents. This week we look at some situations relating to the initiation of the action, its development and then a special feature on our starts.

As regards the onset of action, let the input to our keeper to alternate outputs short to long runs.

In court outputs we have the problem of going out by the pressure of their three forwards, but noting the tendency of their external attackers to follow mainly external defenders opponents, we believe it is possible to take advantage of the 2: 1 Central; to cut off their center-forward our central defender who first comes into possession must take the initiative to aim at the foot. On his reaction download the ball on the center, which takes the field and go to play near the half-way line - Fig. 15 -, or sends to play the external part of defender if it is attacked by the attacker outer part of opponent - fig. 16

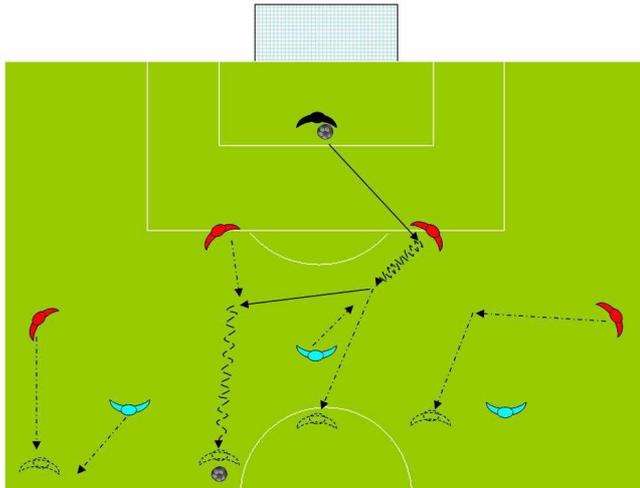


Fig. 15

**short goalkeeper's output:
output from the pressure of their
three strikers with the central
defender.**

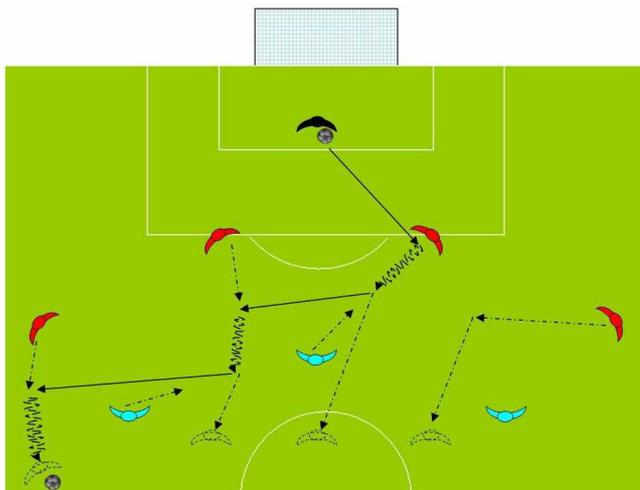


Fig. 16

**short goalkeeper's output:
output from the pressure of their
three strikers with the outside
defender.**

The long outputs have been chosen on the basis of a consideration on opponents. Opponents who are not particularly poor in the air, but show slow progress in shortening the midfielders on the defensive line once dismounted from the ball, so open up a space where we think we can grab rebounds. The ball drop zone is our center-left sector. The first tip to attack the ball, the second attacks the central space and the outer part attacking the space through external means, that in view of the fact that their right winger seems the least attentive in following the inputs without the ball - fig. 17 -

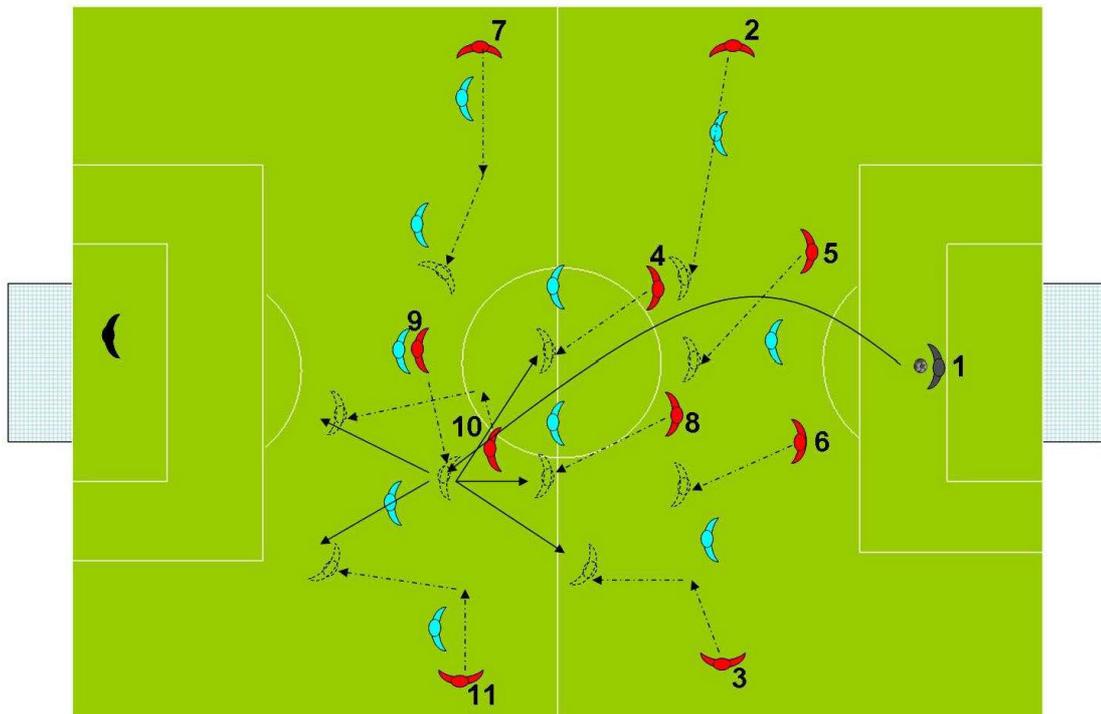


Fig. 17

Long goalkeeper's output:
objective of the center-right sector number 9 which has as exhaust back
alternatives for n. 4, n. 8 or n. 3
No detour. 10 or n. 11.

Regarding the development of the action we have already seen how to try to take the field with the central defender. Now let's show the team how to continue the development, moving centrally to "compass", raising and lowering part to the reception to the opposite side and by getting the second striker behind their second Central. If that attacks our midfielder opens a receiving space for our second tip - fig. 18 - if you receive covers the space with the central midfielder - fig. 19 -. At this point you can trigger all of our actions already developed in the generic attack.

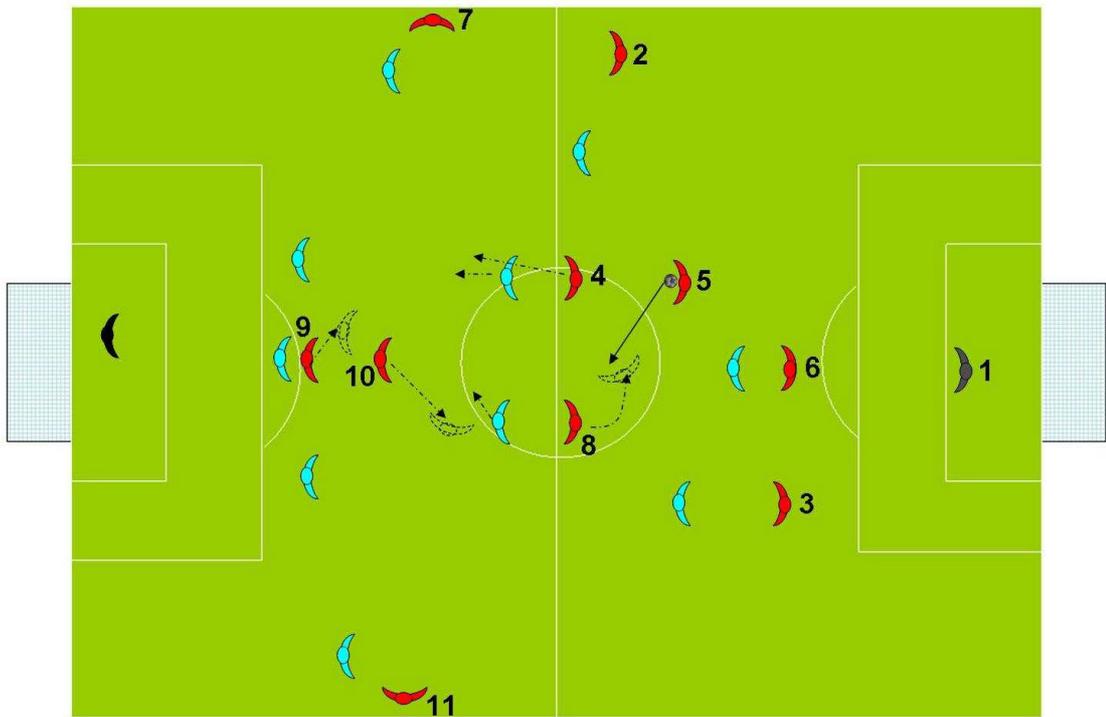


Fig. 18

Development of the action from center-back to central midfield to the opposite side.



Fig. 19

Development of the action by central defender right on the second toe.

Also with regard to our counter, we started from on opponents considerations. Their center-back is much slower than our main striker and the two outside defenders are very aggressive on the movements of the attackers that meet the ball, so we decide to make direct our second toe on the ball direction when developing inside our midfield and let the first tip on their central defense. On our recapture of the second ball tip moves towards ball to take away part of the defense and the first tip goes on the attack of outer space with 'crescent' movement to avoid the offside, so as to create a one on one in speed; the second point and the exterior, once playing the ball vertically to the first tip, start to attack the space - fig. 20 -



Fig. 20

Restart: on the ball reconquest of n. 8, the second tip n. 10 is meeting to open a space which is attacked in "crescent" from the first tip n. 9.

This working block is played with two teams that alternate in forms and tasks; the defending team in 3-4-3 remains quite passive, but hints at moves that should lead to a faster choice by the other team regarding all the various situations we are trying.

4th block: in this last block we go to work in a situation where we go into the game with a team in 4-2-3-1 adapted for the occasion and the other in 3-4-3. To try to recreate situations in the first five minutes the goalkeeper has the long output requirement, then for the following 5 'has the obligation and short output in recent 5' to the team coach's signal 3-4 -3 is obliged to give the ball to the opponents so they can try rebooting. It ends by exchanging tasks to the two teams.

At the end of the training session Coach and Assistant prepare your next workout so, based on what they saw of the balls still opponents, decide on the defensive sets in various situations. Based on the provisions of defensive opponents on the balls still decide against such schemes, or new ones available, and called the team in various situations ball stops.

CHAPTER 6-SATURDAY

Saturday morning:

hours 9,30 usual short of the staff meeting to the material organization of the session work out.

9.45 meeting with the team. Theme: the dead ball adversaries for and against. The meeting takes place in the same manner of the previous meetings and begins with the coach that speaks of the characteristics of opponents in certain situations, the danger that in some solutions and for vulnerabilities that show other; He continues with the collaborator that displays the images in confirmation of what has been said and commented.

Regarding *the footage of dead ball opponents* It is mounted in the following order: begins with the balls still in their favor and takes into account:

- **kick off**
- **fouls side in deep areas of field**
- **side penalties**
- **corners**
- **direct penalties**
- **penalty shoot-out**

He continues with the balls firm against them and takes into account:

- **reaction to kickoff opponents**
- **available on fouls against lateral deep**
- **available on the side against penalty**
- **available on the corners against**

Although this movie has the same duration of 6-7 minutes up like everyone else, and today we decided to mediate, showing the danger that in certain situations the dead ball in favor, but also putting an emphasis on a certain vulnerability that show in some defensive situations.

10.00 workout

Objective: from a tactical point of view, the training goal is the organization of the stationary balls, both in defensive phase and the offensive phase. From the physical point of view, work on the reactivity.

Procedure: The session takes place on three blocks of work

- 1 – Warming up and reactivity with the preparator**
- 2 - stationary balls against us**
- 3 – stationary balls in our favor**

1st block: the team with the preparer performs warming up with lower limbs mobilization and upper and finishes this block with a series of reactivity in psychokinetic.

2nd block: dead balls against it - we consider the same situations that we have entered into the movie.

Kick off: Opponents go with two strikers on the ball and with the right attacker remains high, the rest of the team in form. Downloading the ball back onto the central midfielder center-right, which in turn opens to the right defender while the exterior of midfield part rises and widens and the part attacker attacks the space in depth; usually continue developing the action on one of these two players. We decide right away for a very aggressive solution and let's try it on the field. The second tip portion in our industry center-right and attacks the first exhaust crescent, forcing their skill in our left sector, in order to avoid that they will change what they do normally. The first tip attacks the second exhaust towards the right defender,

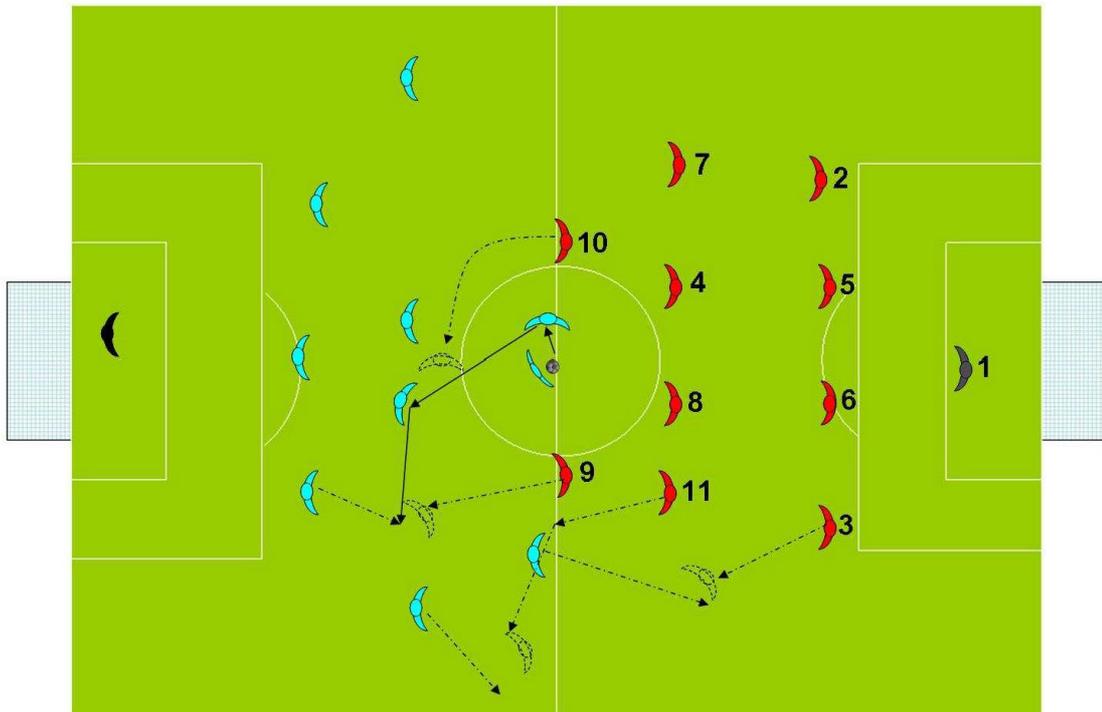


Fig. 21

Kick off against: reaction at the start of opponents of football scheme.

Side fouls in the high areas of the field: Opponents who are on the ball with the outside midfielder biased and is available with striker part and the central midfielder, often crossing. It works on this movement going to the exchange of the marking to avoid any blockages - Fig. 22 -. On their right to go on some occasions long foul side, bringing a defender with the goal of creating space for his teammates; He is working on the ground to avoid being caught unprepared in the face of this solution - Fig. 23 -

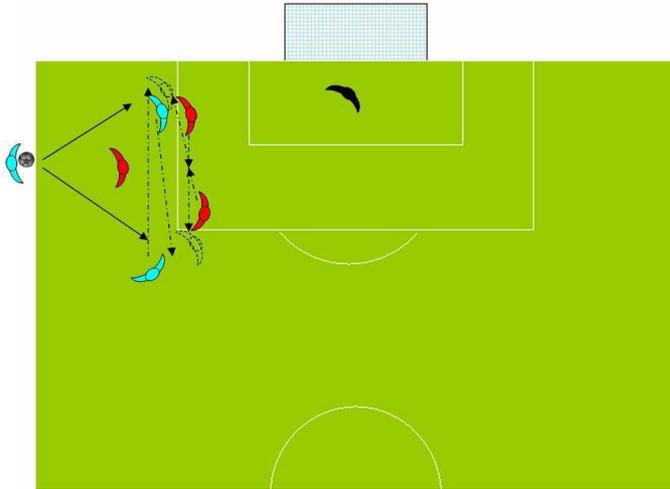


Fig. 22

**Dead balls against:
reaction to the scheme of the
opponents on a throw from the
right.**

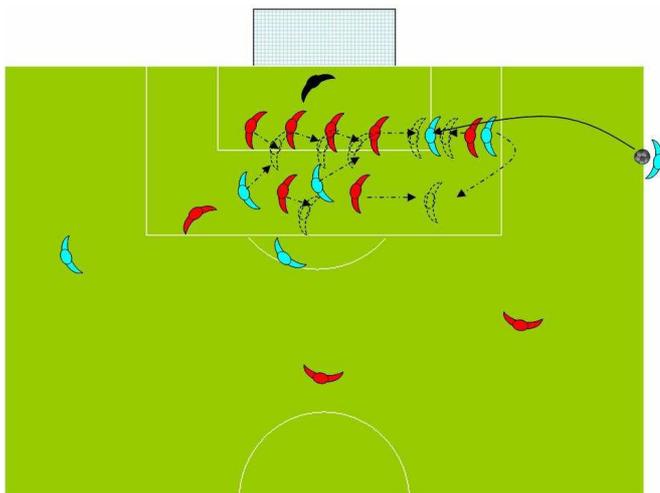


Fig. 23

**Dead balls against:
reaction to the scheme of the
opponents on the foul side from our
left.**

side Punishment: Opponents that start the ball on both sides with a left. In area usually have five inputs and rarely are, they fail to notice a specific scheme. On the field you are working on these their particularities, preparing on our right a barrier with only one player in the area and five to man marking and three men in the area in over a man trajectory coverage of the edge - Fig. 24 -; eventual opponent sixth input is taken in to man from the central trajectory marking. On our left, the area from which they do from most insidious trajectory, we go with two men in the barrier, the usual markings to five men, two area men, one short and one long trajectory plus one covering the edge - Fig 25 -; in this case the opponent sixth input is taken from the long trajectory. Much attention is paid to the fact that people in the area do not give depth to the opponents, so start in line with the barrier or alternatively with the edge; it runs on who shot the support foot. It cures the movement of men in the area because on the one hand a trajectory comes back in, and the other to get out.

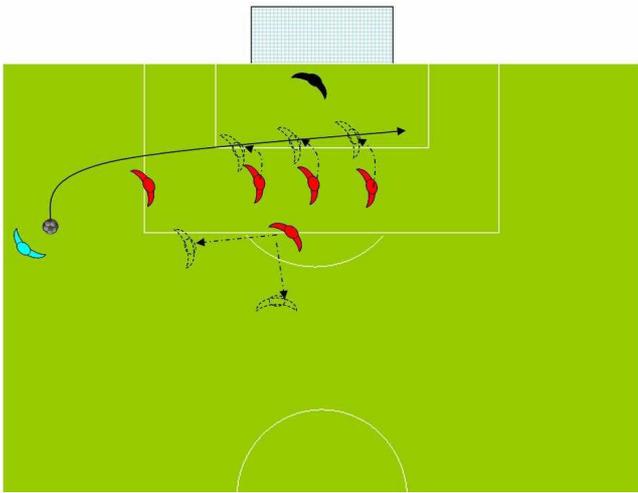


Fig. 24

Dead balls against:
available to men in the area on the
side punishments from our right.



Fig. 25

Dead balls against:
provisions of the men in the area on
the side punishments from our left.

Corners: Opponents kicking with a left on both sides; in area usually they have five inputs which we are going to mark to man. From their left often go to the ball at the near post with a block for the player who entered the short. From their right often go to one-two with return ball for those who have kicked the corner that is replaced in fast always on the run. In the field we go to work on what must be our spirits and our reactions; from our right we see the man with markers like trying to leave the opponents blocks, also decided to go with four men in the area on the short plus one covering the edge - Figure 26 -. From our work on our left the one-two of your opponents reactions - Figure 27 -.

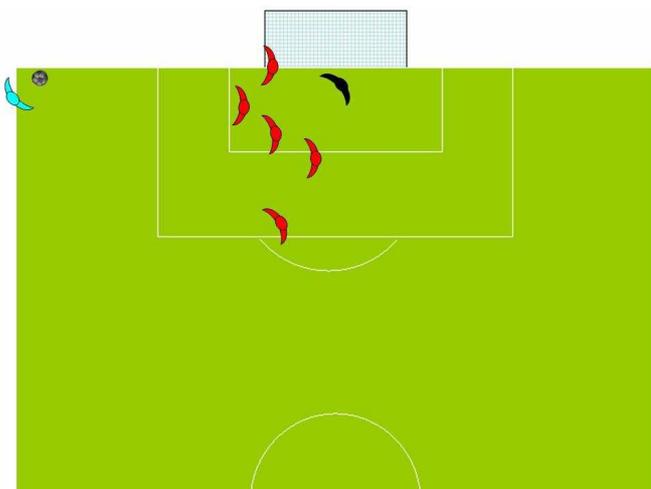


Fig. 26

Dead balls against:
available to men in the area of
corner against.

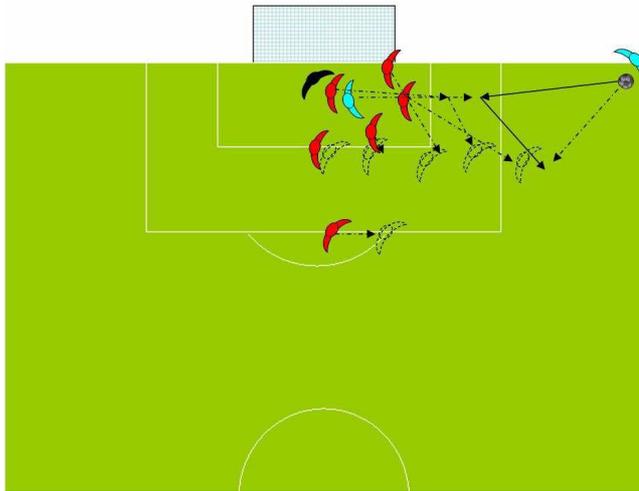


Fig. 27

Dead balls against:
 reaction to the opponent scheme
 on the corner against our left.

direct punishment: Opponents who have two excellent specialists in these situations, a right and a left, and the images that were collected during the season both went almost exclusively to the turn ball over the fence. We decide to go with the barrier to the jump in these situations and field work to have uniqueness in the skip time, so that they do not open spaces within the barrier itself, a place where the ball could dangerously filter.

Penalties The specialist of the opponents is a right that in season prevalence of shots to open to the right - left of the goalkeeper -. On the field he works to attack any rebound of the goalkeeper, trying to create numerical superiority in the area where the opposing player shoots in most cases - Fig. 28 -

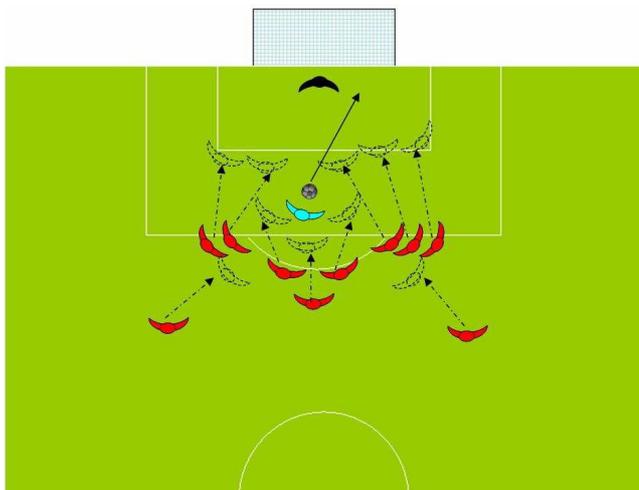


Fig. 28

Dead balls against:
 arrangement and movements on a
 penalty against.

3rd block: balls ferme in favor - even in this case you are working on the field with the same sequence of the movie.

opposing reaction to kickoff: Opponents on kickoff show against the trend with the attackers to go to attack the first unloading the ball back, while the rest of the team expects respecting the form. We, among the solutions we have available, we opt for the more aggressive and in the field is also working to avoid that we can create problems attacking opponents on

Kick off, trying to go to the 'block' with our central midfielders. - Fig. 29 -

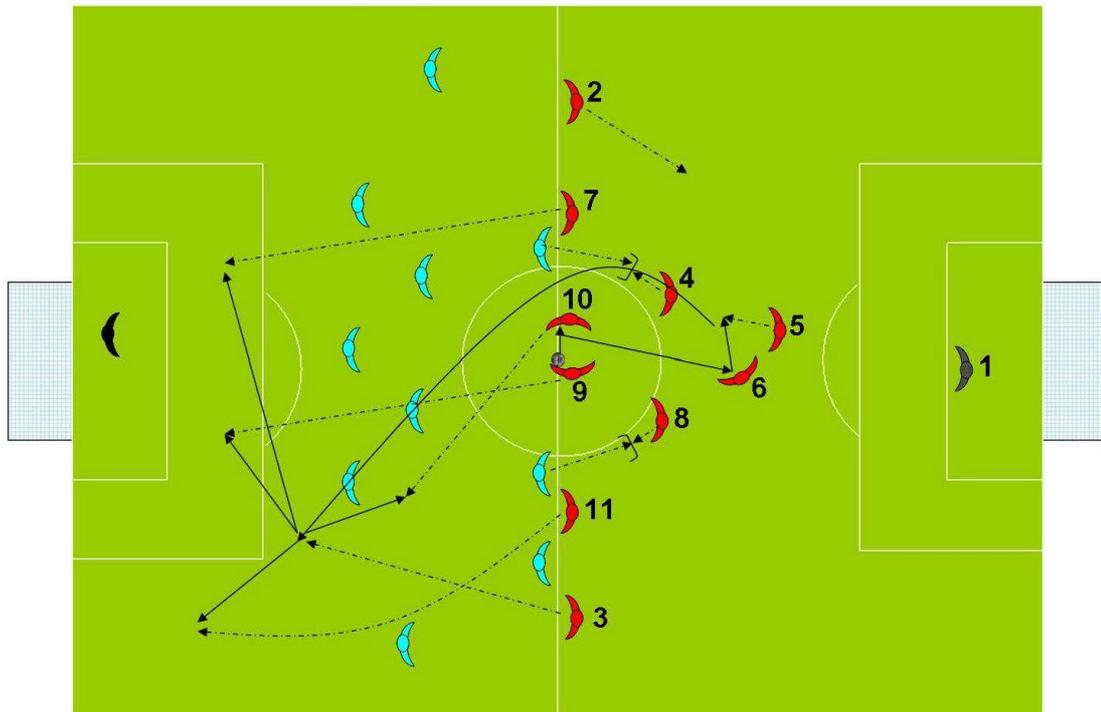


Fig. 29

Dead balls in favor of the kick - drop scheme n. 5 and ball n. 6 with target n. 3, with exhaust alternatives to n. 10 or detours to n. 11, n. 9 or no. 7.

Reaction to fouls the opponent side in deep areas of field: You notice first and foremost their tendency to go to mark rigidly to human opponents that are proposed in the ball area and follow them before the ball starts; this leads us to choose, and try on the field, a scheme which provides for the 'blocks' - Fig. 30 -. Also often they seem to forget about the opponent that starts the ball; this leads us to choose as an alternative to a scheme which seeks to bring the one who delivers the foul directly to cross from the bottom - Fig. 31 -

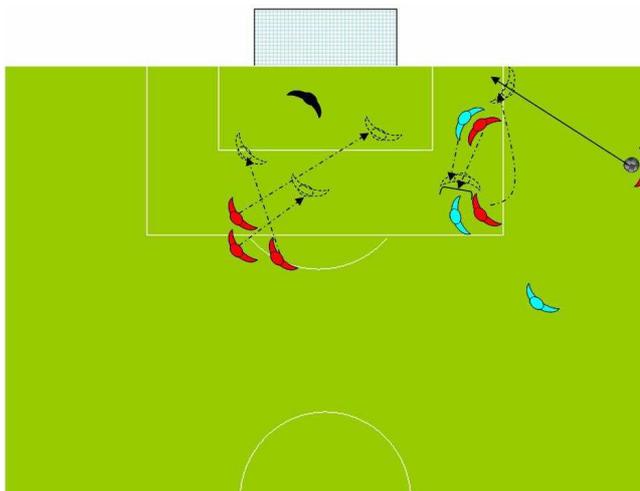


Fig. 30

Dead balls in favor:
outball - scheme number 1

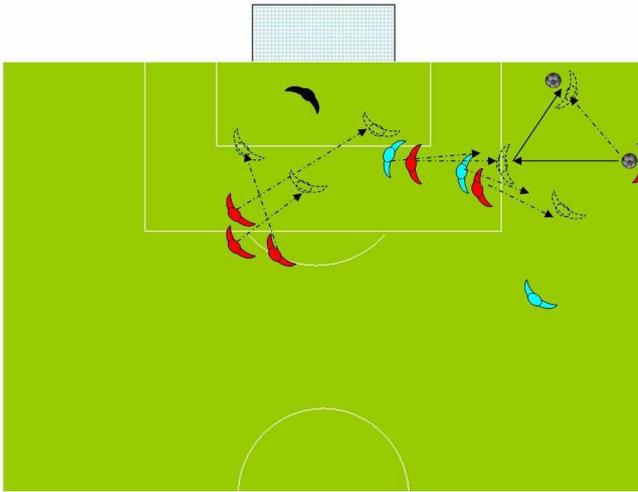


Fig. 31

**Dead balls in favor:
outball - scheme number 2**

Reaction to the opposing side against punishment: We usually bring in these situations through the middle, six players, so we went into the movie to consider such situations and we noticed that these opponents mark to man these six entrances and inside the area only have a man area in short trajectory and another player who covers the edge of the barrier and to two players; when they have one man in the other barrier remains high at the restart. From these considerations we decide and try on a scheme field that provides for release of a hopper with a 'lock' on the second post - Fig. 32 - and as an alternative a 'block' to liberate another centrally jumper - Fig. 33 -

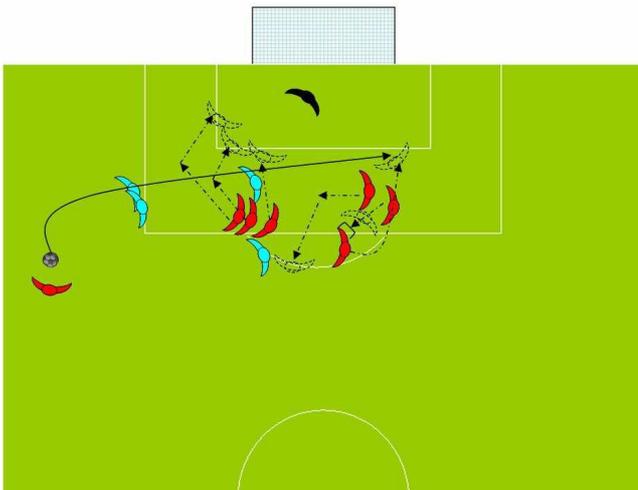


Fig. 32

**Dead balls in favor:
Side punishment - scheme number 1**

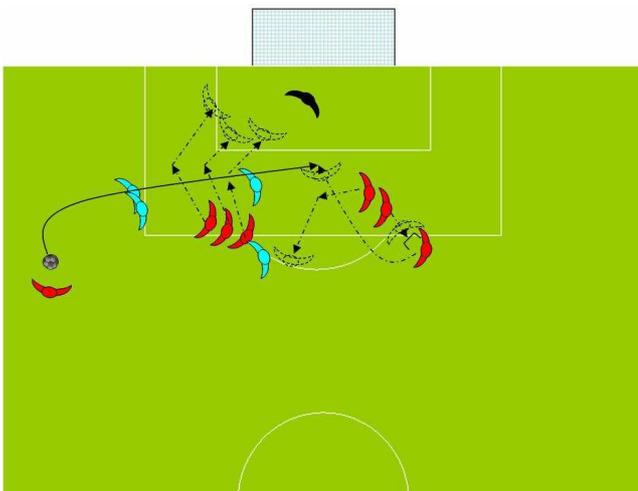


Fig. 33

**Dead balls in favor:
Side punishment - scheme number 2**

Reaction against opposing corners Even in these situations we usually carry six players inside the penalty area, why in the movie we went to consider situations similar to those created by us. Their usual response is to man with six markings, two players on the short area, one on the first pole and a small area on the first vertex, a limit player in coverage area and one high at the restart. Taking into account also the fact that we are going to kick always with a left on both sides, we choose and try two different solutions. From our left we choose two schemes that provide for release through 'block' a centrally jumper - Fig. 34 - or alternatively the second post - Fig. 35 -.

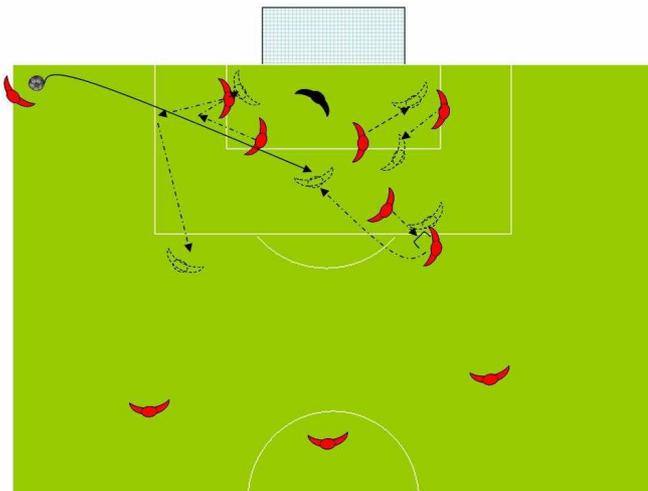


Fig. 34

**Dead balls in favor:
corner from our left - Number
1 scheme.**

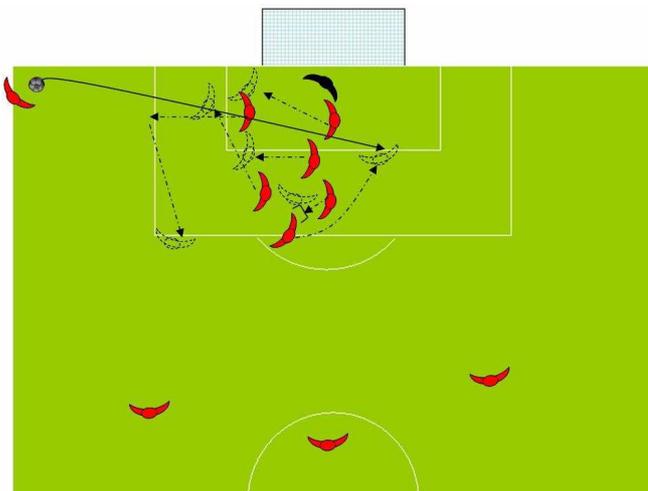


Fig. 35

**Dead balls in favor:
corner from our left - table
number 2.**

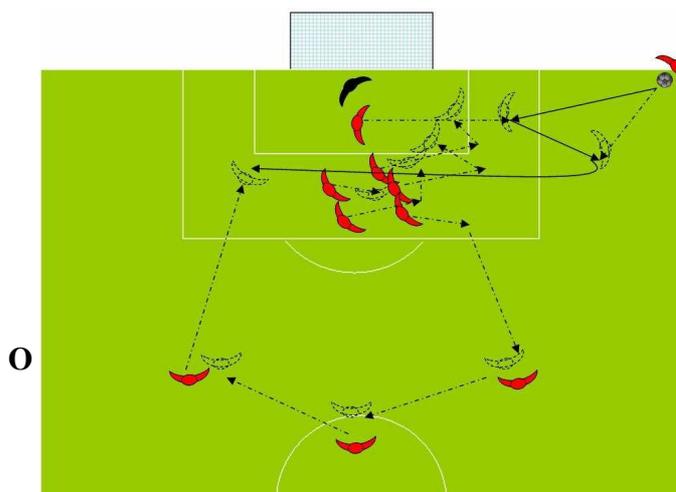


Fig. 36

**Dead balls in favor:
Our corner from the right -
number one scheme.**

O

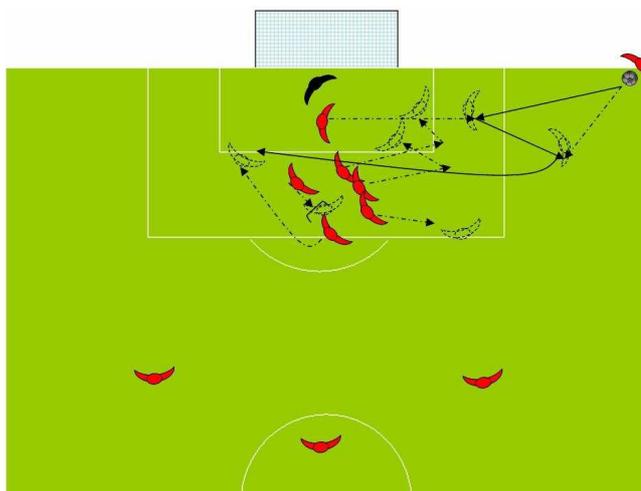


Fig. 37

**Dead balls in favor:
corner from our right - table
number 2.**

Hours 19.45 technical meeting with the whole team. Theme: the individual characteristics of opponents. In this meeting are useful tabs on individual opponents who have prepared the previous day. The team, opponent by opponent, quickly summarizes physical, technical and also tactics of individual players who will find in the field the next day.

CHAPTER 7 - SUNDAY

9:15 am right after breakfast Coach and Assistant gather to go to the final details regarding the game, in particular, above all define the individual responsibilities of each player in relation to the balls firm against and in favor. After the brief meeting, the Coach prepares two draft speech to be clear and concise in two brief pregame meetings.

11.45 just before the lunch the full team is assembled for a few minutes meeting, which has as its primary purpose is to collect his thoughts on everything that was tried during the week and must be reported on the field after a few hours. They are usually taken into account the following topics:

- *introduction*: It is part of the game in the context of the time of our team, trying to ease tensions if they seem too high or lifting them if they seem too bland.
- *mental aspect*: Trying to prepare the team to have the right mental reactions in relation to the various developments that can have the game and above all seek strong collective motivations, in order to have a good impact with the field.
- *behavioral aspect*: Remember the players that are on a warning, but most of all we try to help the team avoid all disciplinary measures that are not in close connection with the obtaining of the result.
- *tactically*: Summarizes all defensive and offensive movements that have been tried during the week. The table below summarizes the patterns of opponents to the relatively stationary balls and what must be our responses; A summary of the provisions of opponents on the balls firm against the schemes and that we have chosen for this match. All topics are still treated in a general way, without going into the individual details.

14:30 just arrived at the camp will meet the team in the locker room for the last short meeting before the game. This meeting has no more collective goals but individual, both tactically and mentally and motivational. The topics considered are the following:

- *Line-up*: Line-up and the bench is communicated to players only at this time. I think every individual has convened an obligation but also a right, to feel part of the game until the last moment.
- *Individual tactical aspects*: Every single player and defensive movements are remembered tasks, duties and offensive moves. For every player you try to give the particular reasons on an individual basis for that exact match.
- *Dead balls*: Assigning individual tasks regarding the dead balls against and in favor.

At this point I remove my presence from the dressing room to make sure that every player feels free to move in the moments before the game in the way he prefers and usual. The warm up stages are followed in the first part from the preparator and in the second part by the Supplier with the Coach that follows, but never from very close.

16.00 start the game. The staff tried to prepare the game in detail, but mostly tried to put their players in a position to give their best; despite this there is the awareness that the field is always ready to introduce unforeseen situations to which the coach, but especially the players who then are the real stars of the game, must try to cope.

During the game to have a reading which can escape less detail, on the bench the tasks are divided between coach and collaborator. The coach focuses mainly on their team; checks that the defensive movements are brought in a concerted manner in all the various areas of the field, check that the keeper has agreed outputs and that the outputs from the movement of the ball and the development of the action are those experienced during the week. This game is also paid particular attention to counterattacks, which were considered decisive for the entire week; as regards the dead balls the coach to check that they comply with the provisions defensive and offensive phase in which are shown the patterns with right movements and right execution times. The collaborator focuses in particular on the opposing team and checks that the module is not as expected, that the development of their offensive phase is the one studied during the week, as well as their defensive phase; clearly also occurs that the provisions on the balls are firm against those undergoing views of study of the opponents and the patterns carried on the balls still in favor than planned, and immediately informs the coach on each variation than expected.

Latest topic to be considered is that of the range management. The first few minutes are usually left to the players to eventually get to physicians; then the first action is to the Assistant, which quickly summarizes what they do opponents and especially points out if there is something different than expected. At this point the coach calls for the intervention of the players who should report any difficulties they encountered in the field and only then, gives solutions to all players and any new arrangements. In the last minute in the locker room the coach's goal is mainly to bring back the voltage to the right level to resume the game.

SUMMARY AND CONCLUSIONS

Summary: in this thesis I analyzed a typical week made with my team, the week of seven workouts. Two sessions have physical goals. Two sessions are aimed to correct mistakes that the team showed in the last performance; the first as a team sitting in the second level of a single department. Three sessions are aimed focusing on the preparation of the next game; in the first session with regard to the defensive phase, in the second for the offensive phase and in the third for all solutions of ball he stops. In the other weeks of taking into account the season have changed clearly the specific objectives of individual sessions and therefore the means and exercises used, but it has never been changed the overall structure of the week.

Conclusions: In this my thesis I considered just one of many aspects that relate to the profession of coaching and I photographed my current belief on how to develop the week to prepare for the next game. This way I prepare for the game is actually very different from a few years ago ', surely it has also increased with better technology and co-workers at my disposal, but just as surely to the fact that they changed me and my knowledge. I also hope that it is different from what I will do in a few years, as this would mean that my desire to move forward and improve has not been exhausted, as well as my love and my passion towards this splendid game.

LEGEND

 players

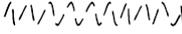
 player at the end of the movement

 ball

 ball movement

 ball movement in high trajectory

 outfield player without the ball

 outfield player in possession

 "block"

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