



4

DRILLS 
INSPIRED BY

RUBEN AMORIM



FOOTBALLCOACH365

Contents

Ruben Amorim's Coaching Philosophy	3
Drill 1: Breaking the first line of pressure with 3 at the back	5
Drill 2: High Intensity Possession Game – 7 v 7 v 7.....	7
Drill 3: Progress the ball Forward with 3 – 1 formation.....	10
Drill 4: Build up against 3 forwards – Positional Game.....	12

Ruben Amorim's Coaching Philosophy

Rúben Amorim's coaching philosophy is a fascinating blend of tactical innovation, player development, and a strong emphasis on team cohesion. At the heart of his approach is the 3-4-3 formation, which he has successfully implemented at various clubs, including Sporting CP and now Manchester United.

This formation allows for a balanced attack and defense, with wing-backs providing width and depth and central midfielders controlling the tempo of the game by creating a midfield box. Amorim's teams are known for their disciplined build-up play, vertical passing, and ability to adapt to different scenarios on the pitch¹.

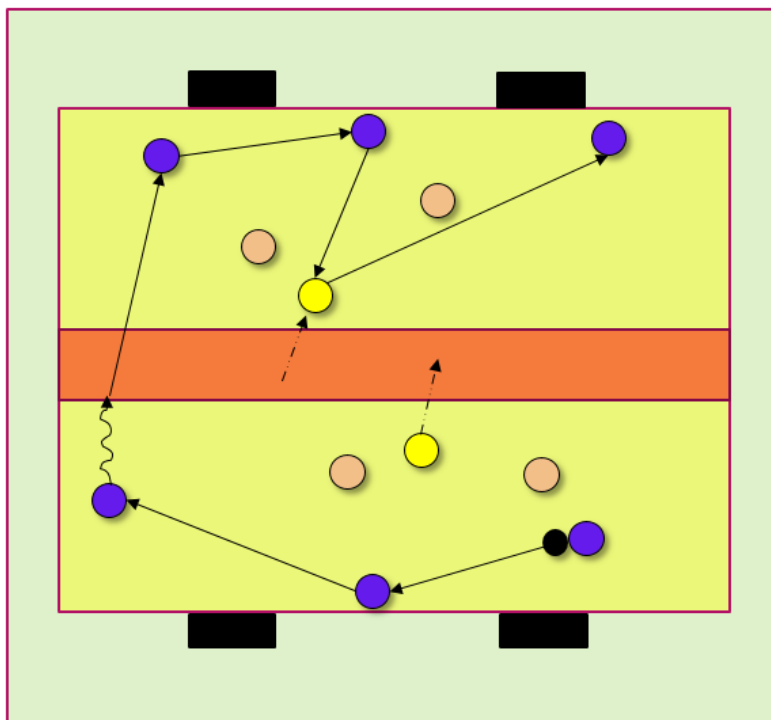
One of the key aspects of Amorim's philosophy is his focus on developing young talent. He believes in giving young players the opportunity to shine and grow within the team. This approach not only helps in building a strong squad for the future but also instills a sense of loyalty and commitment among the players.

Amorim's emphasis on team cohesion is another cornerstone of his philosophy. He believes that a united team, where every player understands their role and works towards a common goal, is crucial for success. This is reflected in his training methods, where he often walks players through drills to ensure they fully grasp his tactical concepts. By fostering a strong team spirit and a sense of togetherness, Amorim creates an environment where players are motivated to give their best on the pitch.

In terms of tactical flexibility, Amorim's teams are used at shifting between different formations depending on the situation. While the 3-4-3 is his preferred setup, he is not afraid to switch to a 4-4-2 or a 5-4-1 when needed.

This adaptability allows his teams to be unpredictable and difficult to play against.

Drill 1: Breaking the first line of pressure with 3 at the back



Description:

Positional Game 6 v 4 + 2 neutrals. The objective for the team in possession is to move the ball from side to side to score a goal. The defending team aims to recover the ball and score inside the small goals in their sub- area. All the players stay inside their zones. The aim is to train the defenders to circulate the ball and to overcome the first line of pressure against a team who press with two forwards.

Space:

44m x 35 m + 4m x 35m middle zone

Rules:

- Only the defenders can move the ball to the other side

- CBs can transfer the ball after they dribble inside the red zone
- The yellow neutral can receive and pass back in the same box

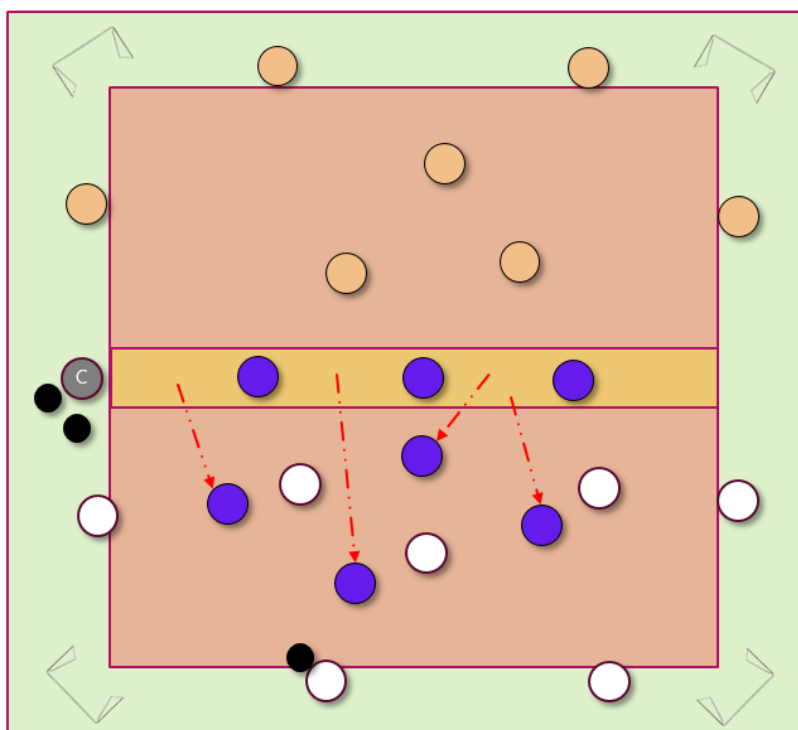
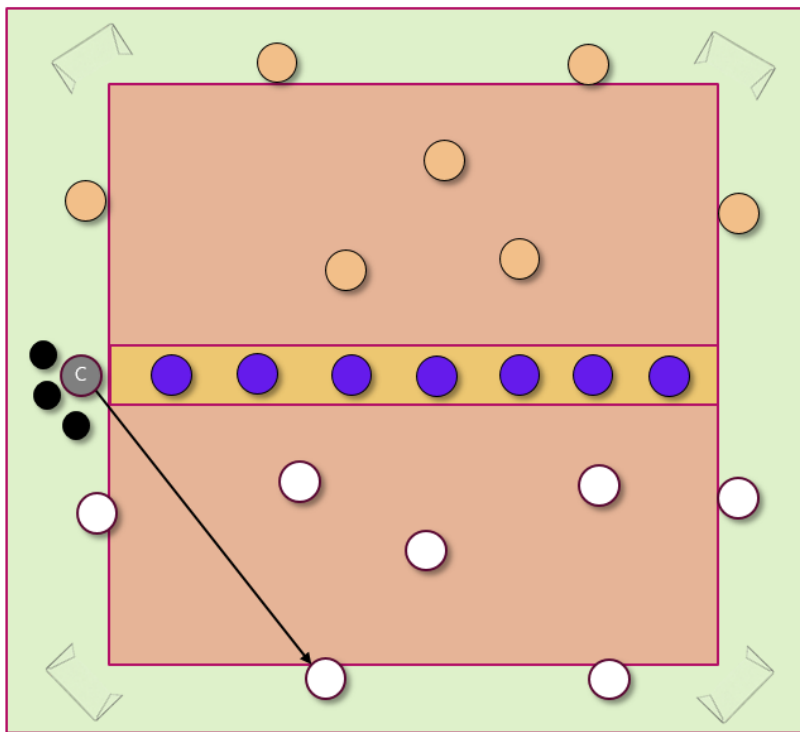
Scoring:

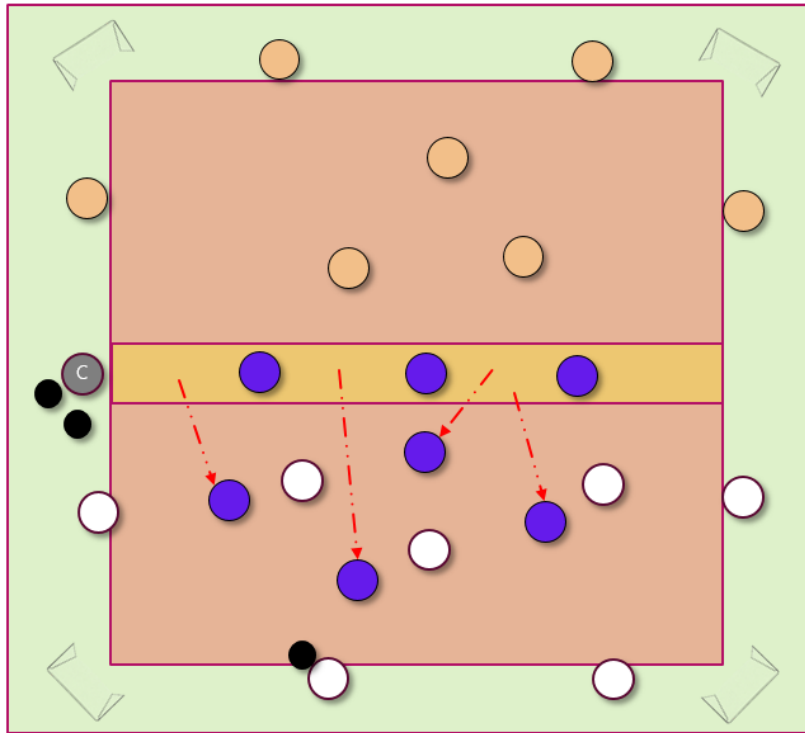
- The team in possession switch side = 2 points
- Team in possession completes 8 passes = 1 point
- Defenders recovering the ball and score = 2 points

Key points:

- First touch forward
- Dribble to attract pressure or hold the ball to invite pressure
- Timing for realizing the ball to a teammate
- CMs offering support

Drill 2: High Intensity Possession Game – 7 v 7 v 7





Description:

Possession game with 3 teams with 7 players each. The drill starts with two teams attacking and one defending. The switch of roles is done after the end of the set. Two possession teams are organized with a back four around the perimeter, and three center midfielders on the inside. Objective of the game is to move the ball from one side to the other and beat the high pressing.

Space:

45m x 20 m + 5m x 20m middle zone

Rules:

- If the defensive team win possession, they can score in any of the smalls goals in the sub-box they are located.
- Maximum 4 defenders can press inside the box.

- The attackers must complete 5 passes and switch box

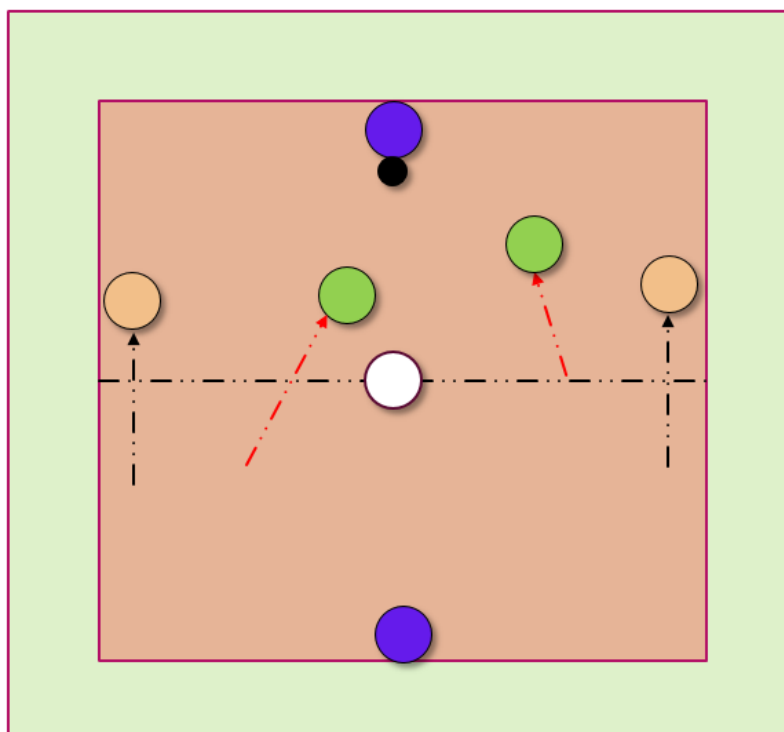
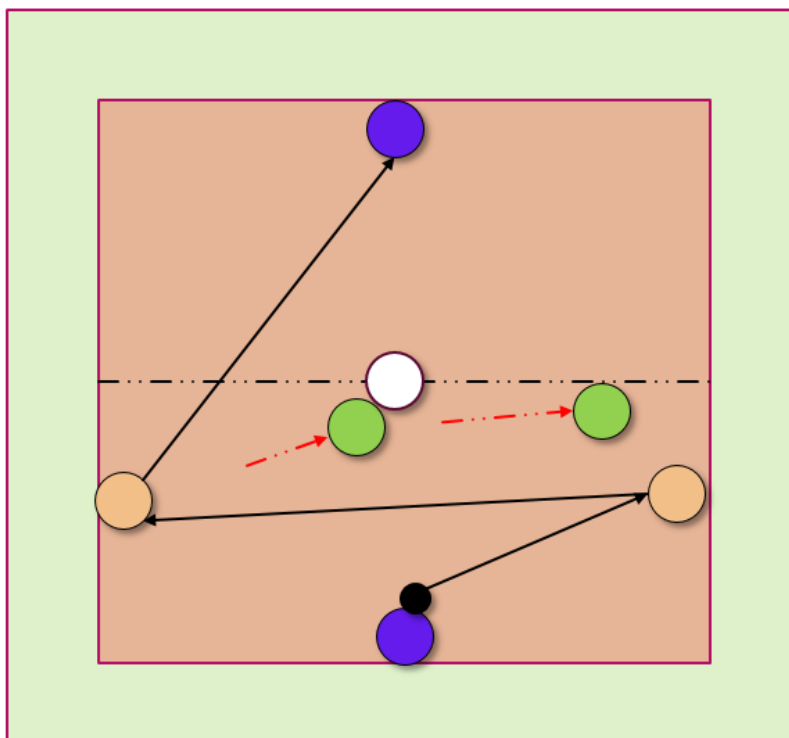
Scoring:

- The team in possession switch side = 1 points
- Defenders recovering the ball and score = 1 points

Key points:

- Circulate the ball fast

Drill 3: Progress the ball Forward with 3 – 1 formation



Description:

Positional Game 4 v 2 + 1 neutral. The 4 attackers are pairs of two. We work and change our roles with time. Two pairs start as attackers and one pair defending. The objective is to move the ball from one side to the other to score a goal. The players in the wide areas move from one box to the other to offer support.

Space:

10m x 20m with a halfway line

Rules:

- If the defensive team wins possession, they can score by completing 3 passes
- The attacking team must complete 5 passes before switching to the other side

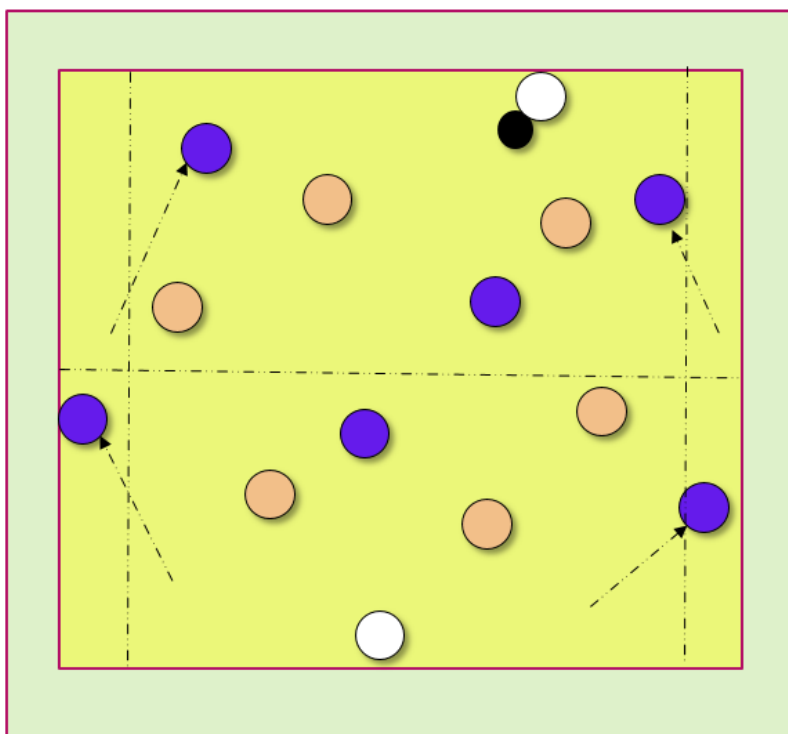
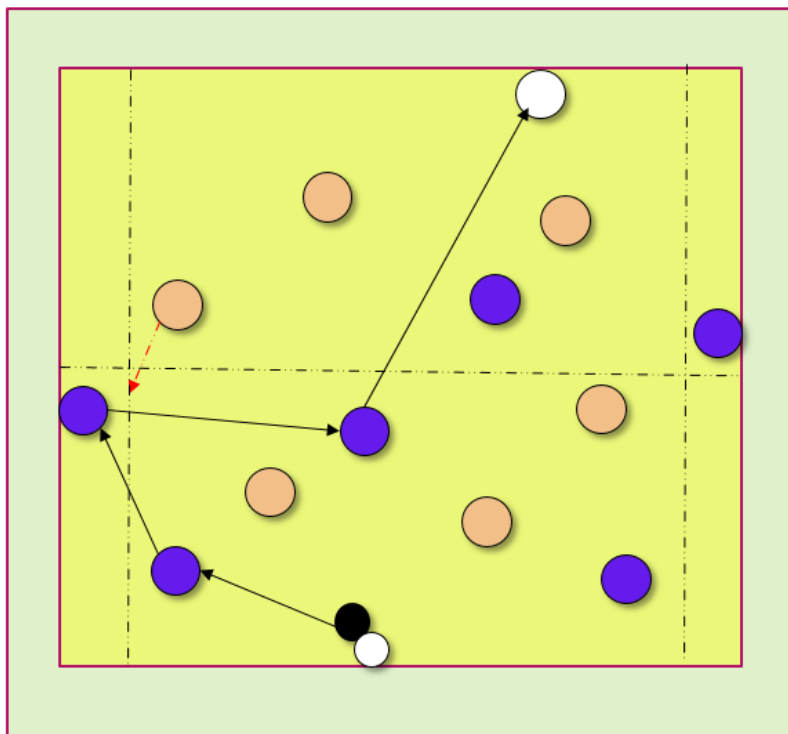
Scoring:

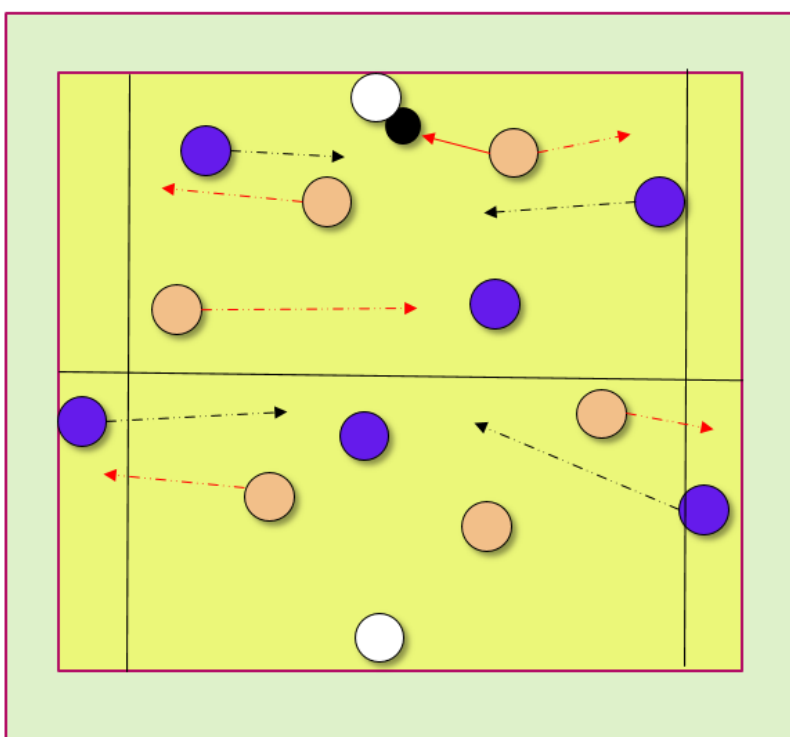
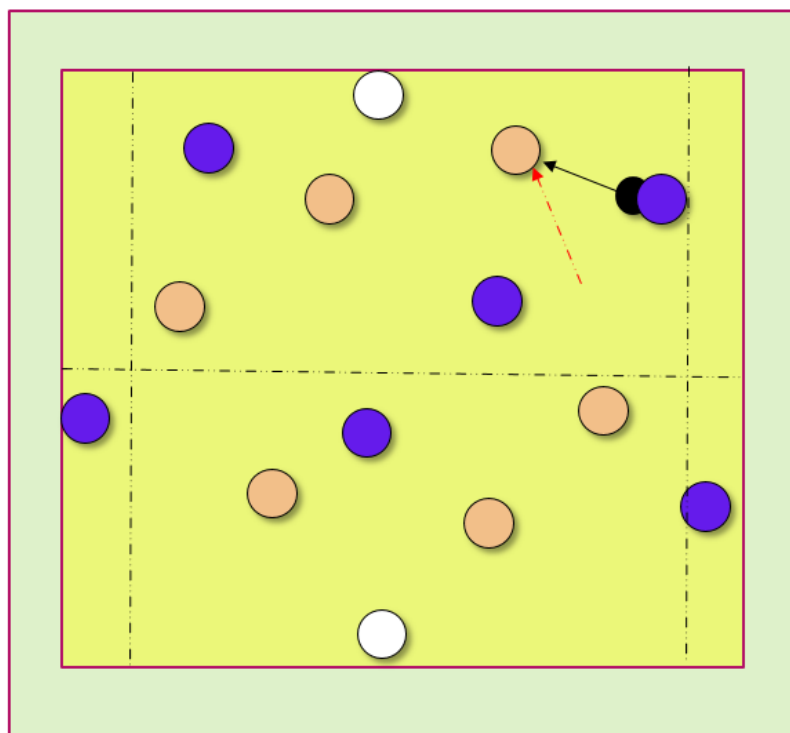
- The team in possession switch side = 1 point
- Defenders recovering the ball and score = 2 points

Key points:

- Circulate the ball fast
- 3 different passing lines (1st, 2nd and 3rd line)
- Body profile for correct receiving of the ball
- Move fast to support

Drill 4: Build up against 3 forwards – Positional Game





Description:

Positional Game 6 v 6 + 2 neutrals. The aim is to train the team how to overcome a pressing against three players. The objective for the attacking team is to move the ball from one side to the other to score a goal. The defenders must recover the ball and switch roles.

Rules:

- The attackers who keep a wide position can drop inside the build-up box (representing the center backs and the midfielders)
- The attackers who are located in the ball-zone area must be in the central corridor and two attackers from the opposite box must keep a wide position inside the wide lanes (representing the fullbacks)
- Team in possession to complete 4 passes before changing the box
- Defenders cannot switch boxes

Objectives:

- Circulate the ball with patience until the proper time to score
- Use outside-inside concept to narrow or stretch the opponents