



**FIFA**

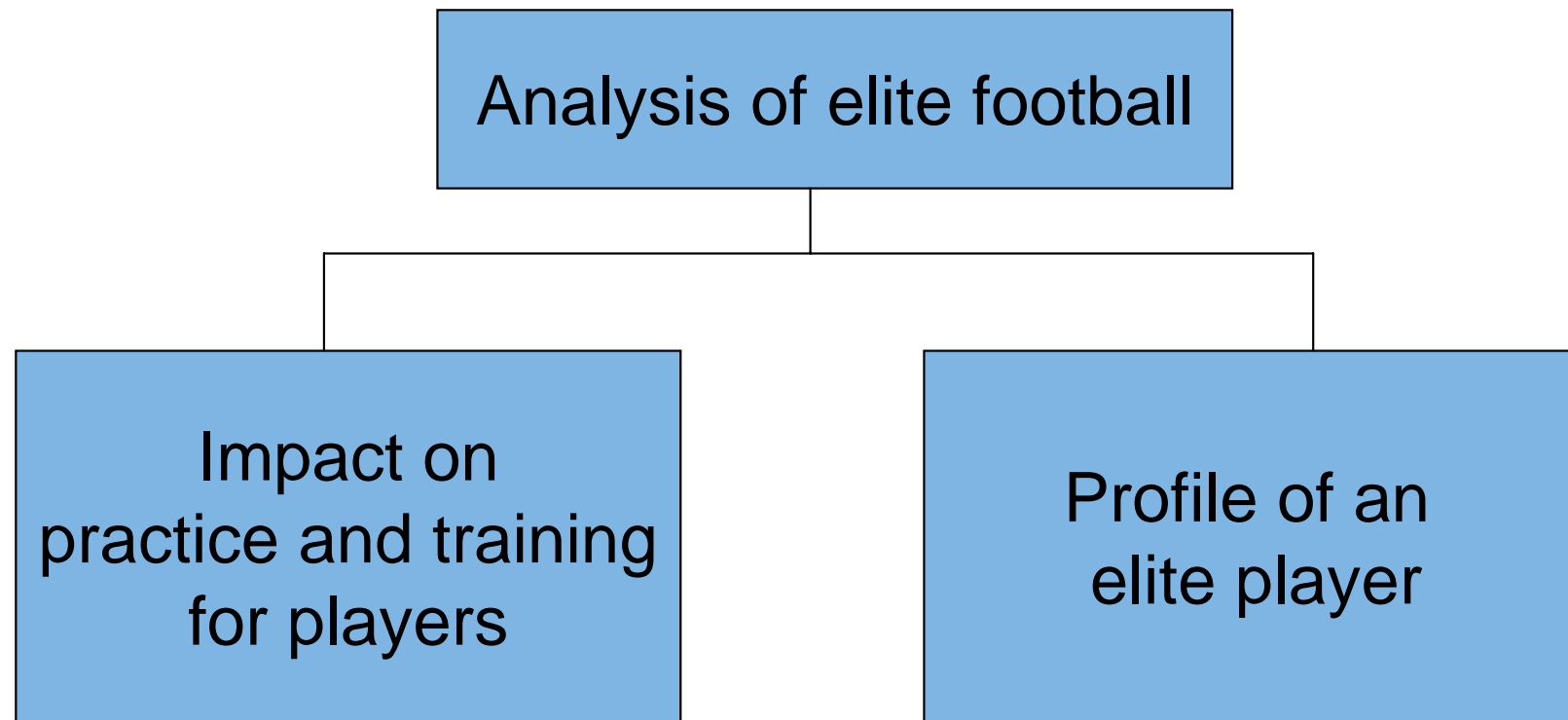
*For the Game. For the World.*

# TRENDS OF MODERN FOOTBALL

# ANALYSIS OF THE GAME



# Analysis of elite football



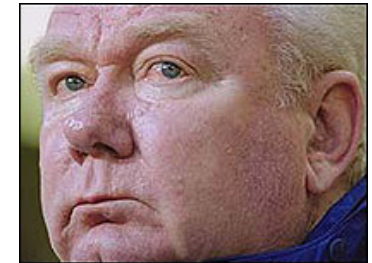


# Analysis of elite football

**"The game is going to become faster with less space and less time." *Gaby ROBERT, 1986***

**"Players have to react faster. Every movement, every action happens faster. Think faster, act faster, this is the football of the future."**

***Valery LOBANOVSKY, 1996***



**"The evolution of football essentially involves three elements: speed, space and technical and physical strength."**

***Gérard HOULLIER, 2002***



**"In ten years, the game will have moved on. It will be FASTER, STRONGER and played at a HIGHER PACE with more ingenious tactics."**

***Petr CECH, 2007***





# Analysis of elite football

**Relationship between space & time: key element of modern football**

**Space: make, use and close down space (width and depth) Reduce distances between team lines**

**Concept of width and depth of play**

**Time: be faster than the regrouping of the defence  
Retreat of defence: 5 to 6 m/s**

# Analysis of elite football

**“The most important moment in the game today is when the ball is won or lost.”**

***Gérard Houllier***



# Analysis of elite football

## Goalscoring 2006

	World Cup	Champions League
Open play	72% (84)	72% (205)
Set pieces	28% (33)	28% (80)
Total	117	285

# Analysis of elite football

## Set pieces

### Goals scored from set pieces (30%)

Corner kick

Free kick (direct)

Free kick (indirect)

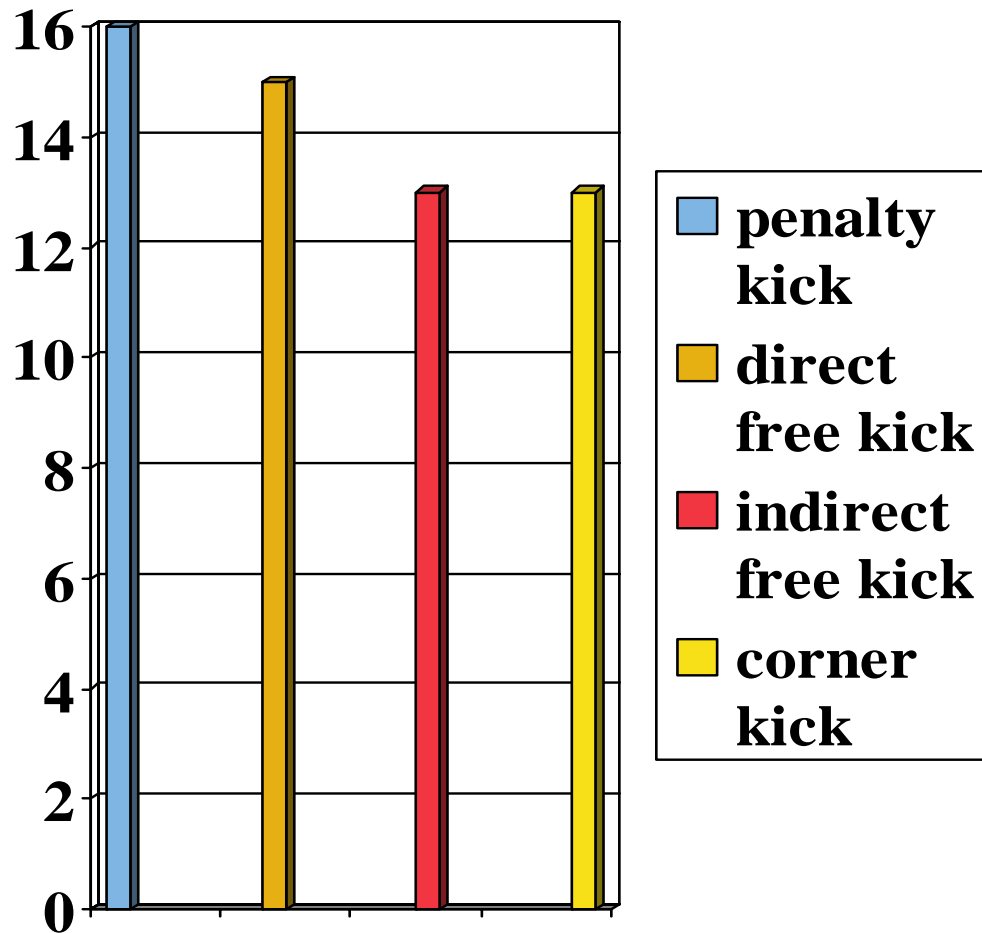
Penalty kick

Throw-in





# The role of set pieces in elite football



30% of goals are scored from set pieces.

## Result:

It is essential to practice set pieces from both a technical and a tactical perspective.

# The role of set pieces in elite football

**“Free-kick specialists are vital. The modern ball has also had an impact on set pieces.”**

**Claude PUEL**  
**OSC Lille**





# Analysis of elite football

## Open play

### Open play: controlled built-up attacks or accelerated attacks

3 to 4 controlled built-up attacks for 1 accelerated attack  
but ...

70% of goals scored from open play are the result of accelerated attacks or counter-attacks

30% are the result of controlled built-up attacks

“A strong team has the capacity to alternate controlled build-up play with collective accelerated collective attacks.”

70% of shots come at the end of sequences of 1 to 3 passes ...

90% of shots come at the end of sequences of 6 passes or less.



# Analysis of elite football

## Open play

**Match:** 100 to 120 attacking plays  
10 to 15 threats on goal  
3 to 6 clear goalscoring opportunities

**Shots:** 20 to 25 shots per match for both teams  
1 goal from every 4 to 5 shots on goal

**Set pieces :** 30% of total goals scored

**First goal scored:** 75% wins, 17% draws, 8% defeats

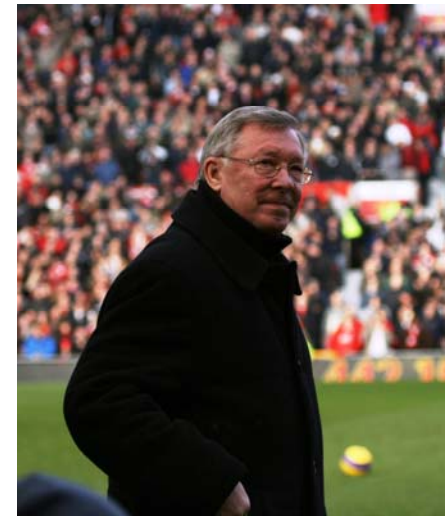
**One-on-one situations:** The team that wins most one-on-one situations (attack/defence) in the key areas wins the match.

# Analysis of elite football

## Open play

**“We won all one-on-one-situations, that’s why we won the match.”**

***Sir Alex FERGUSON***





# Analysis of elite football

## Open play

### Controlled built-up attacks

Tactical situation: Opposing defensive block in position

Objective: Make space or play throughballs

How?:

- Switch play from one side to the other to create width
- Collective control of the ball by multiple passes in order to:
  - create space in the middle of the pitch for 1-2 or 1-2-3 breakthroughs
  - Switch play out wide for a cross
  - Set up a long-range shot
  - Individual initiative and penetration

# Analysis of elite football

## Open play

### “Snake” strategy



### Passing quality

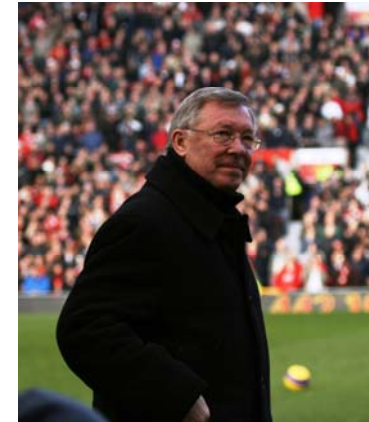
(accuracy, tempo, throughballs)

# Analysis of elite football

## Open play

**“Delivery is everything.”**

***Sir Alex FERGUSON***



**“The game starts one way, then changes and usually finishes another way.”**

***Marcello LIPPI***



# Analysis of elite football

## Open play

### QUICK BREAK

**40% of goals from open play were the result of a quick break**

**Classic: The ball is played long to one or two attackers, who are in a large space and against few defenders**

**Collective: A group of players attack at pace with direct, fluid combination play (e.g.: Arsenal)**

**Solo: An individual action, direct running with the ball and solo finishing**

**Pressing: regain the ball early by putting collective pressure on the opponent**



# Analysis of elite football

## Open play

### QUICK BREAK

**Capacity to accelerate into an attack as soon as the ball is regained**

**“The most important moment in the game today is when the ball is won or lost.”      Gérard HOULLIER**

**Modern training: look for a long first pass**

**Challenge: Anticipate the regrouping of opponents' defence**

**Objective: Play the ball up front when possession is regained**



# Analysis of elite football

## Open play

**“Act quickly and effectively, avoid anything that could slow play down.”**

***Carlo ANCELOTTI***



# Analysis of elite football

## Open play

**“You must capitalise on the space in front of you.”**

***Sir Alex FERGUSON***



**“We need to play in the depths whenever possible.”**

***Ottmar HITZFELD***

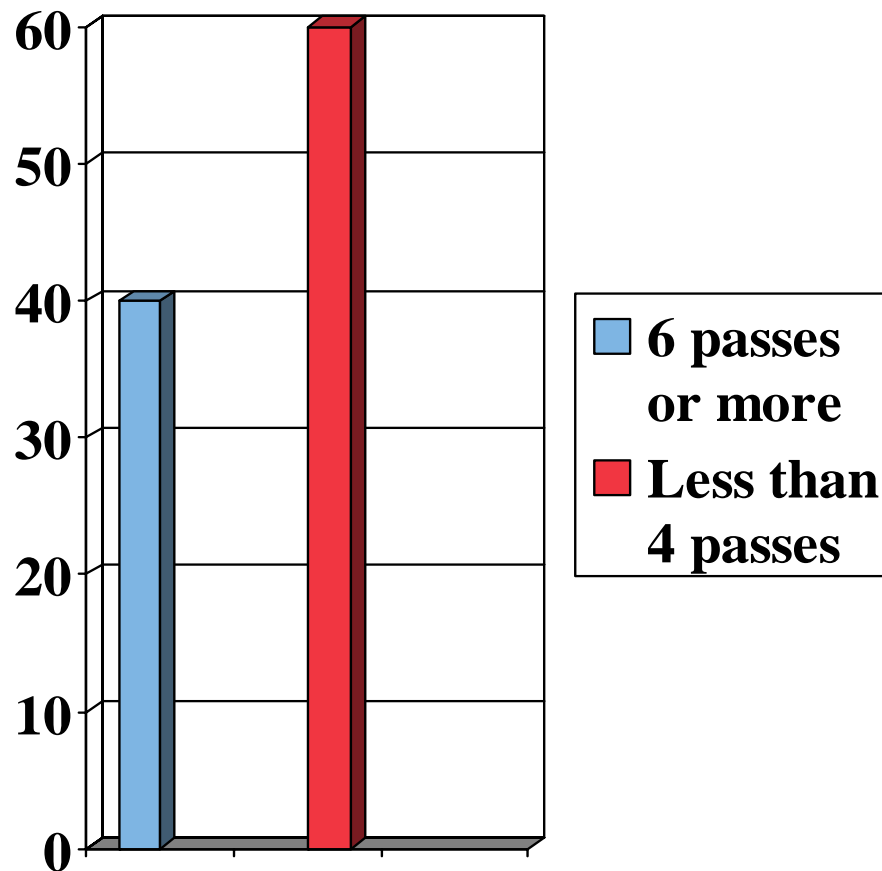


**“The quick transition is the most important aspect – quickly restructuring to defend or exploiting the opponent with speed when the ball is regained.”**

***José MOURINHO***



# Number of passes leading up to a goal



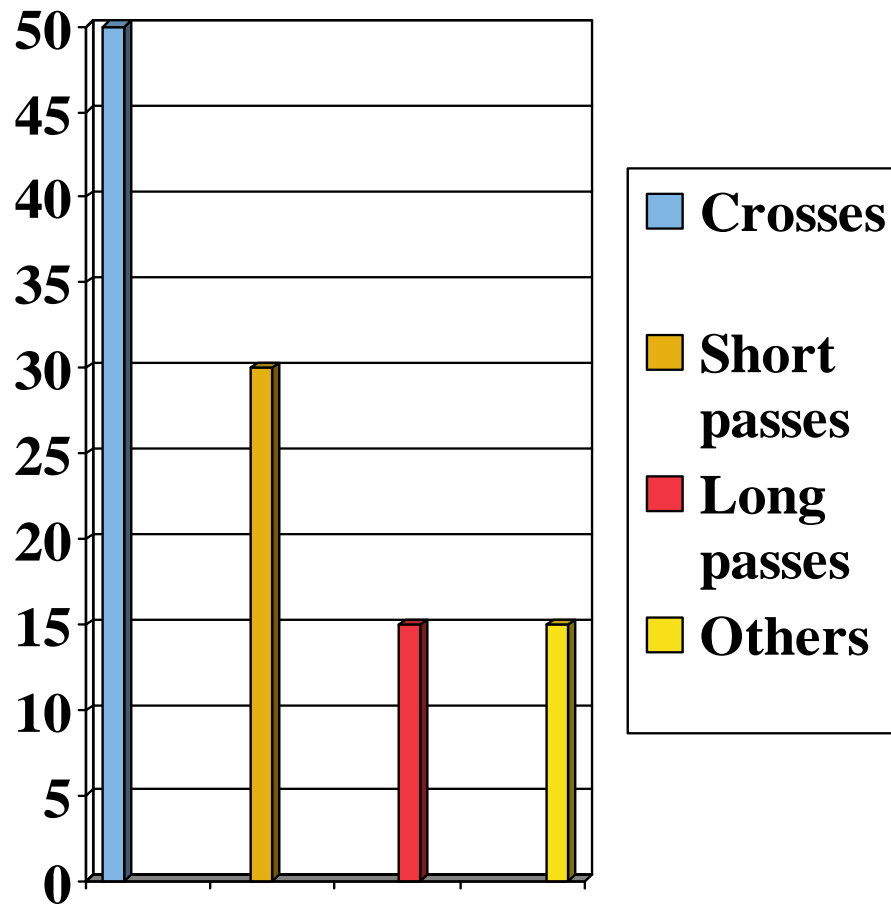
Impact on tactical training:

2 types of attacking plays:

- Quick attacking play ( < 10")
- Controlled built-up attacking plays (>15")

The variation between controlled built-up attacking play and quick attacking play is what makes a team successful. Players need to have a tactical understanding in order to identify the right moment and area.

# The decisive pass



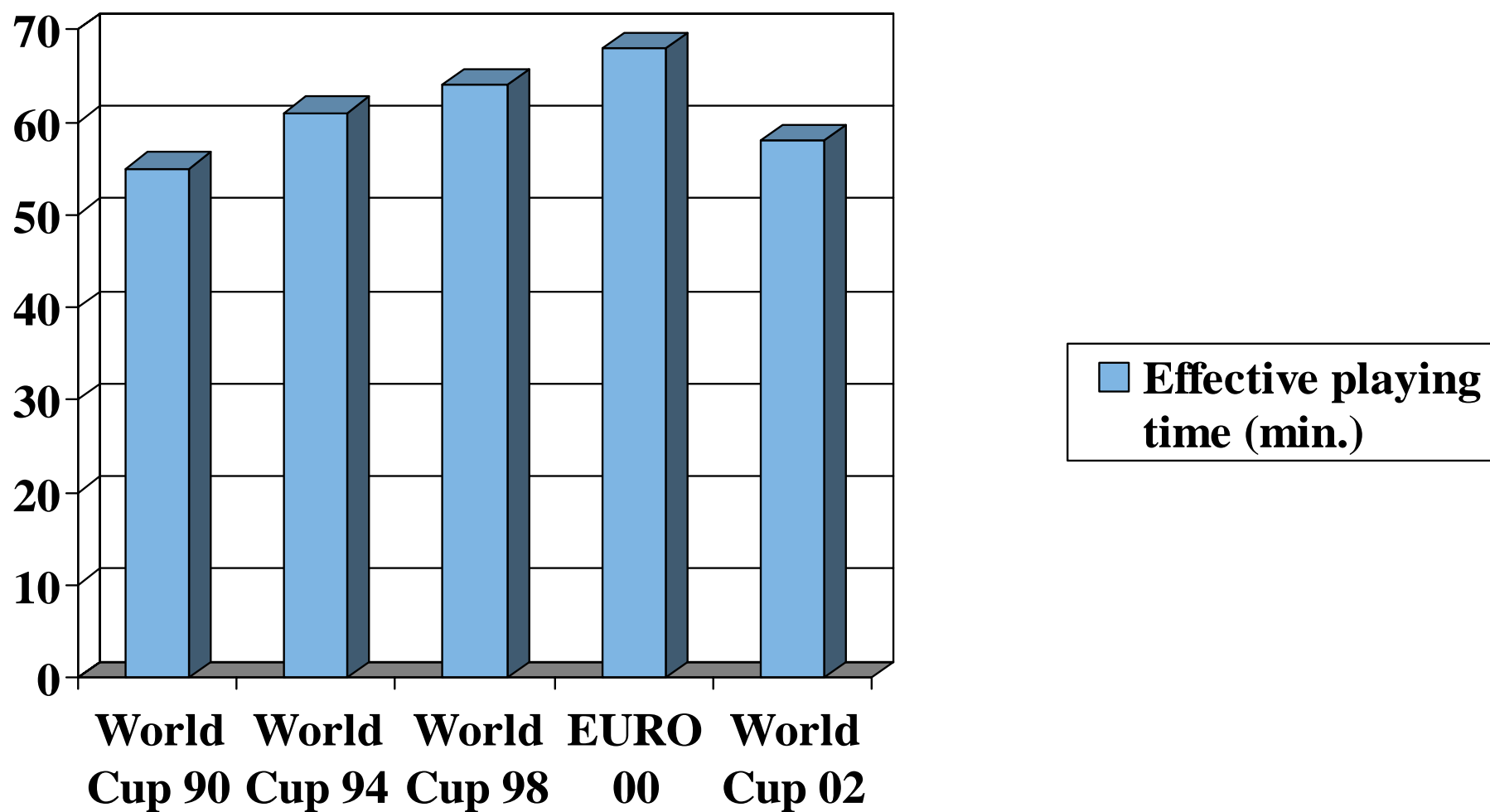
CROSSES and SHORT PASSES are the most effective ways to score.

50% of goals are scored from a cross (1 out of two goals).

## Result:

- Work on speed
- Work on crosses and receiving the ball
- Work on tactics to exploit the flanks

# Effective playing time





# Effective playing time

**In 1990, the average effective playing time was 55 minutes. At EURO 2000, it was 68 minutes.**

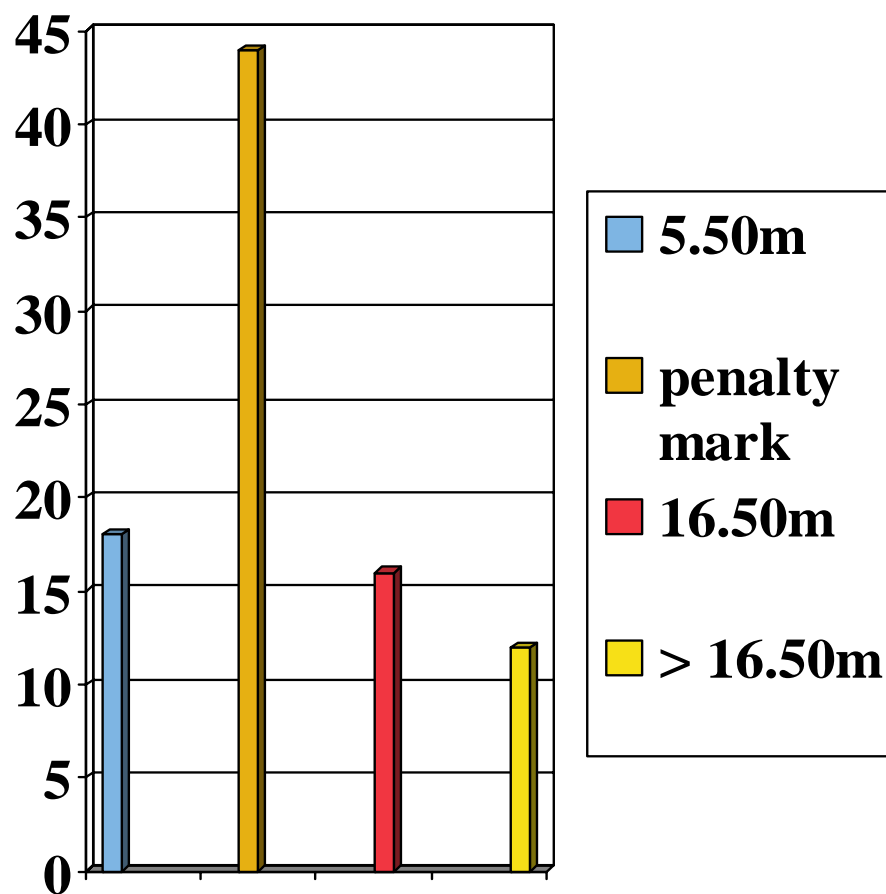
## Result:

for the player: excellent stamina required

for the coach: high tempo during training sessions, longer or more frequent sessions

# Goalscoring

## Shooting zones



### Key shooting zone:

79% of goals are scored from inside the penalty area

BUT...

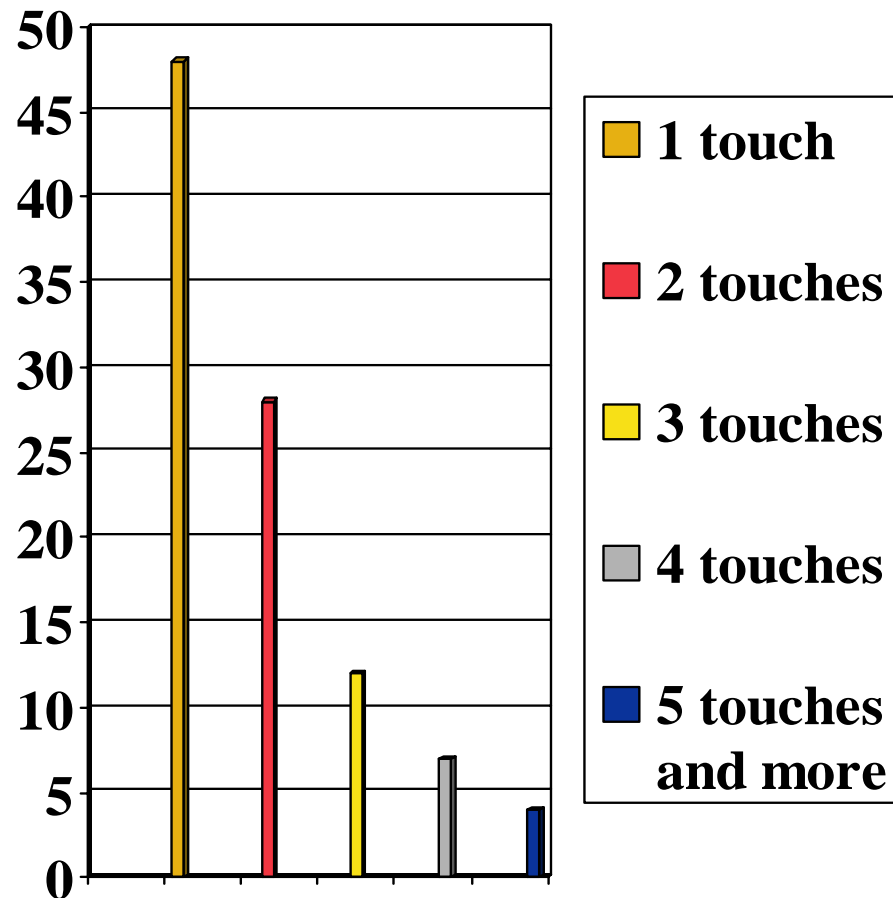
63% of goals are scored between the goal line and the penalty mark

### Result:

Work on shooting from the key shooting zones

# Goalscoring

Number of touches per player and per goal

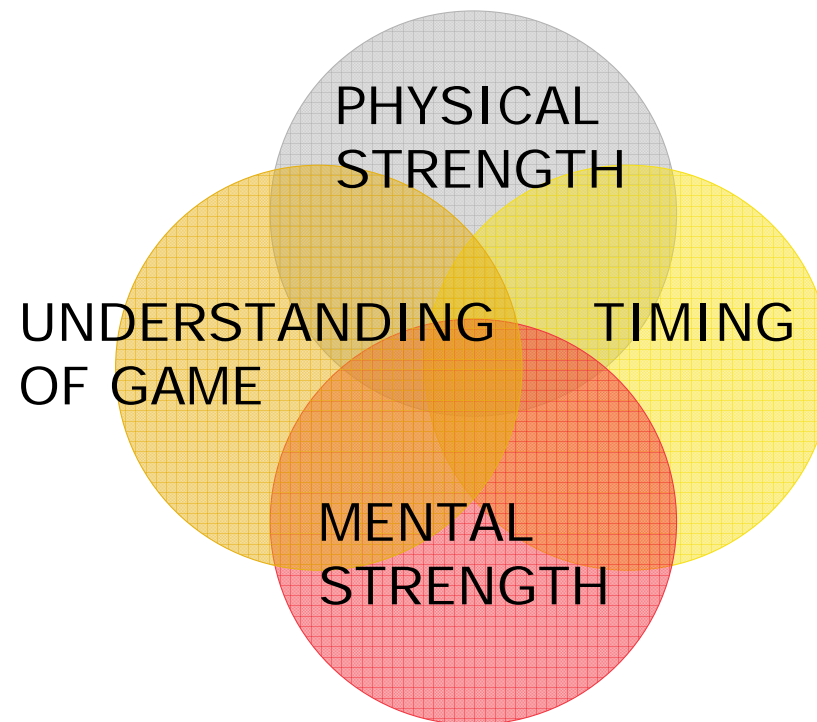


87% of goals are scored after 3 touches at most.

Consequence:

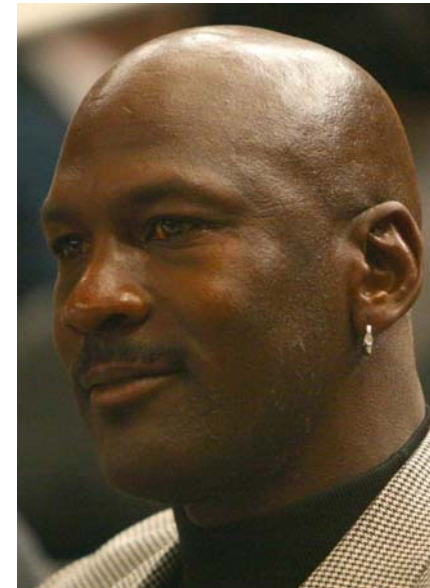
Work on shooting from inside the penalty area after as few touches and after as short a time as possible

# The requirements of elite football



**“Talent wins games, but teamwork  
and intelligence win  
championships.”**

*Michael JORDAN*





# Psychological requirements

## MENTAL STRENGTH

- Competitiveness / winning mentality / resistance to stress / self-control / confidence
- Commitment / motivation
- Ability to push oneself / fighting spirit
- Unburdened / focused / disciplined
- Desire to improve

# Psychological requirements

**“Many fail because they are inhibited when under pressure.”**

***Arsène WENGER***



# Tactical requirements

## TACTICAL UNDERSTANDING

- Ability to read the game and make the right decision (timing)
- Ability to adapt effectively to game situations
- Ability to adapt to different tactical set-ups and systems during the game
- Versatility / discipline
- Ability to play an attacking game
- Ability to put the opponent under pressure in terms of time and space

**“My great gift was my ability to read the game.”**

***Michel PLATINI***



**“The very good teams can change effectively during the game.”**

***Jozef VENGLÓS***



# Technical requirements

## KEY TO SUCCESS

- Technique adapted to a game with little time and space: quality and diversity
- Combination of technique and physical strength
- Range and quality of ball control while moving
- Ball control / passing
- Quality and range of shooting (shooting and long passing)
- Tricks / dribbling / versatility / position-specific skills
- Strength in one-on-one situations (on the ground and in the air)
- Ability to keep possession of the ball when under pressure



**“In Brazil, we believe in flair, possession and joy.”**  
***Carlos Alberto PARREIRA***



# Physical requirements

## FOOTBALLER : MASTER OF TEMPO

- Ability to produce intensive physical efforts : speed / power / dynamism
- Ability to adapt to intensive and repeated changes of tempo : resistance
- Stamina / playing capacity
- Ability to recover quickly
- Skill and strength in the challenge
- Coordination / flexibility / technique

# Physical requirements

**“Be ready to play 60 to 70 matches per season.”**

***José MOURINHO***



# Impact on training

## Technique: more competitive technique

- Work with opponents in match conditions
- Intensity
- Small spaces
- One-on-one situations
- Long runs
- Outnumbered situations
- Under pressure
- Creativity and tricks
- Individual initiative

# Impact on training

## Fitness

- Longer running distances
- More intensive technical drills
- Resistance to pressure and physical impact
- Work in outnumbered situations
  
- Increase aerobic capacity to improve recovery
- Develop maximum aerobic power
- Interval training
- Improve muscular power (strength and speed)
- Improve coordination (technique)

# Impact on training

## Tactics

- Individual tactical understanding
- Collective tactical versatility
- Adaptability to different systems and set-ups
- Work on versatility
- Rapid transition from attack to defence and vice versa
- Ability to see and to be seen between two opponents
- Play with movement (stance, calls, support)
- Work on set pieces
- Responsibility / adaptability / initiative



# Elite players

- Height: 181cm
- Weight: 74kg
- VO2Max: 60 to 65ml
- Sprint 10m: 1"78
- Sprint 20m: 2"89
- Sprint 60m: 7"43
- Jumping height: 63cm
- Great speed of movement and running
- Dynamism
- Technical skills
- Muscular power
- Ability to recover quickly
- Ability to repeatedly produce short and intensive efforts
- Tactical understanding
- Mental strength and self control