



The Number 10

Definition of a Number 10?



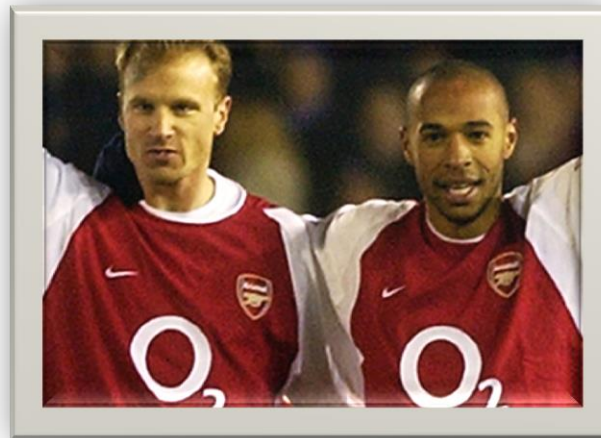
**A player that plays between the oppositions
defensive and midfield units**

- “playing in the hole” with and/or without the ball

**More recently teams have employed more than one Number 10 in order
to combat teams playing with one or even two screening midfield players**



Great Partnerships involving a Number 10



“A United No 10 is always a forward dropping back in — like Yorke, Eric Cantona, Wayne Rooney — rather than a midfielder moving up”

Gary Neville

<http://www.dailymail.co.uk/sport/football/article-2428237/Rooney-Van-Persie-enter-United-folklore-says-Gary-Neville.html#ixzz2fzX0qgia>



Wayne Rooney on the space between the lines

“If I want to drop in I can, and if I want to play higher up I can switch.

What I try to do is to find the spaces and get there to try and get on the ball.

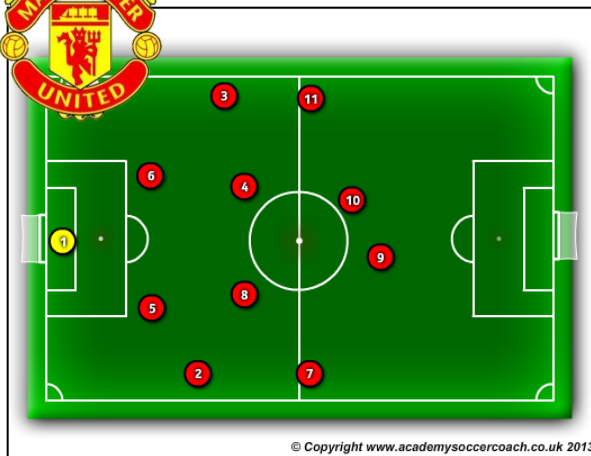
I am always looking for a space to move into.”



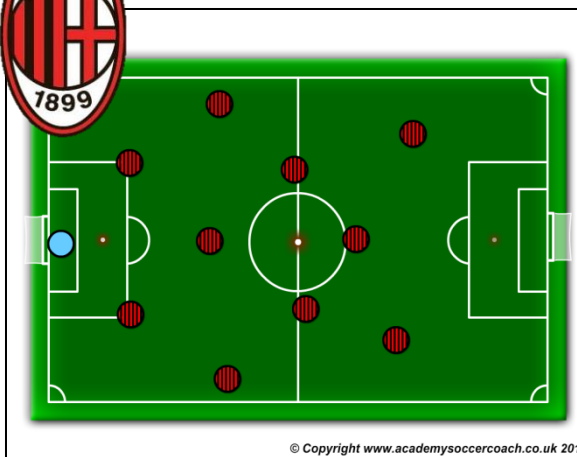
Common systems of play incorporating a Number 10



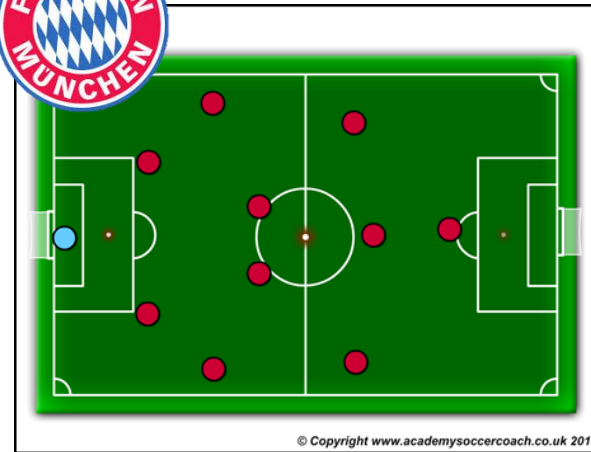
4-4-2



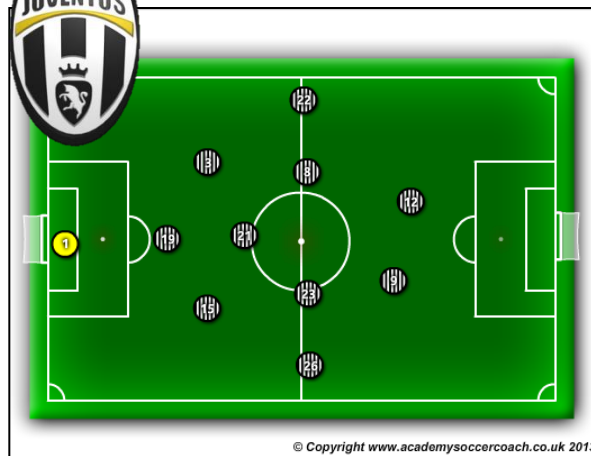
4-4-2 (diamond)



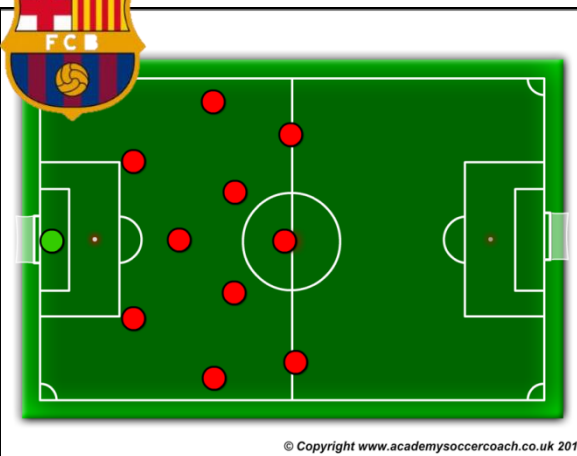
4-2-3-1



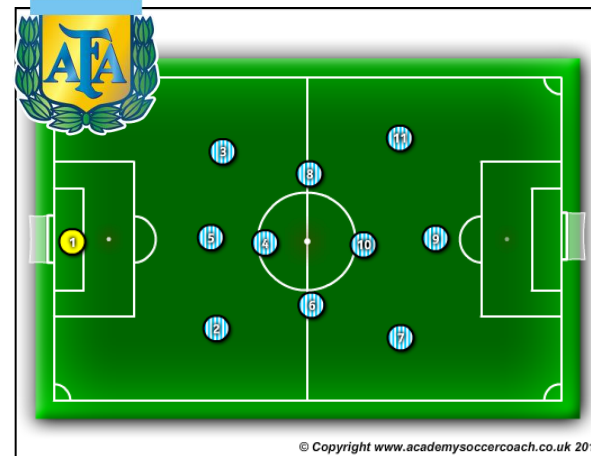
3-5-2



4-3-3 (False 9)



3-4-3 (diamond)



Attacking role and responsibilities



- Be a persistent outlet for defenders and midfield players
- “Link” the play with accuracy, variety and vision
- Score goals
- Create goal scoring opportunities for others through:
 - accurate forward / through passes
 - support and quick combination play
- Move defenders away from high priority defending positions

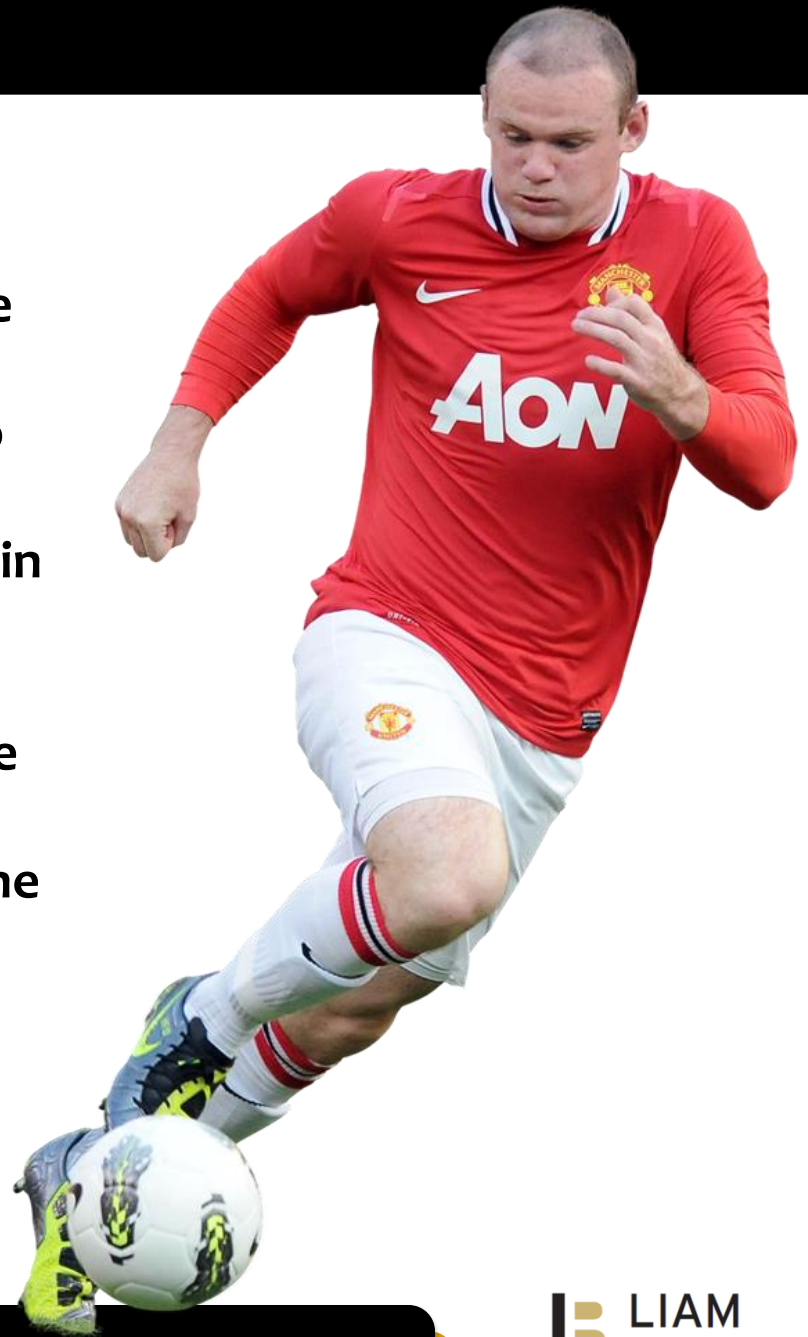
Qualities required of a Number 10

- Awareness and appreciation of space
- Game intelligence – understand how the opposition are defending (what are they denying? Where/what are they vulnerable to?)
- Receiving techniques to turn or shield and protect the ball (ground and aerial)
- Wide range of shooting and finishing techniques
- Ability to feint and use close ball manipulation in tight areas (to turn or protect)
- Great vision and able to disguise passes into strikers
- Unorthodox receiving, passing, turning & finishing techniques
- Ability to play quickly on 1-touch in little space
- High physical qualities in direct play teams



Wayne Rooney on awareness

“Some football experts have said, I have unusually good vision as if it’s my eyesight that’s amazing..... It’s more to do with painting a picture. Before a ball comes to me, I’ll look up quickly, taking in where everyone is, then I won’t look up again. I’ll then pass immediately but almost instinctively, reckoning on where people will now be..... It’s come with training over the years, with knowing the players I’m playing with and what they might do.”



Types of Number 10

The Dribbler



Employ a player, like Iniesta, who is capable of receiving and dribbling past defenders



The Creative Passer



Employ a player, like David Silva, who is capable of receiving between the lines and passing through or over the defence



The Physically Dominant



Employ a player, like Lukaku, who is capable of dominating physically, particularly in aerial challenges to play over the midfield



Types of Number 10

“Watching Chelsea, you felt they had three players like that in Eden Hazard, Oscar and Willian. So one minute Samuel Eto’o would have Oscar behind him, who’s more of a passer; the next he had Hazard, who wants to dribble, the next time it was Willian, who is more of a manipulator of the ball”

Gary Neville on Chelsea

<http://www.dailymail.co.uk/sport/football/article-2428237/Rooney-Van-Persie-enter-United-folklore-says-Gary-Neville.html#ixzz2fzX0qgia>





Favourite Practices

Building Understanding



“With Gerrard and Torres, we would go through maybe five or six routines to synchronise their runs; they would know where to go when the other was in a certain position. Their relationship was based on instinct, but those instincts can always be sharpened. Little by little, the relationship grows. Little by little, it becomes ever more devastating.”

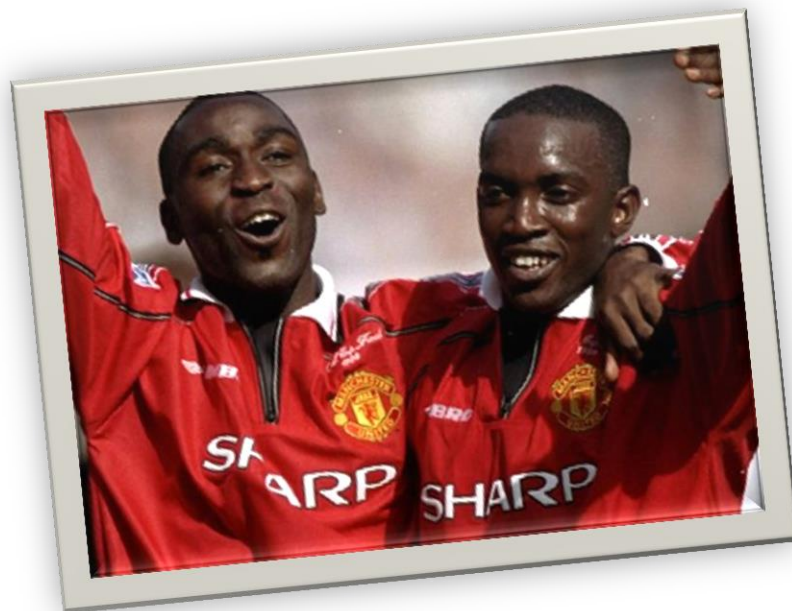
Rafa Benitez, *Champions League Dreams*. Headline Publishing

The Number 10

“They were simply on the same wavelength. There would be little one-twos or sacrificial runs that created space for their partner, little passes down the side, because they knew the other would be making a run there”

Gary Neville on Dwight Yorke and Andy Cole

<http://www.dailymail.co.uk/sport/football/article-2428237/Rooney-Van-Persie-enter-United-folklore-says-Gary-Neville.html#ixzz2fzX0qgia>



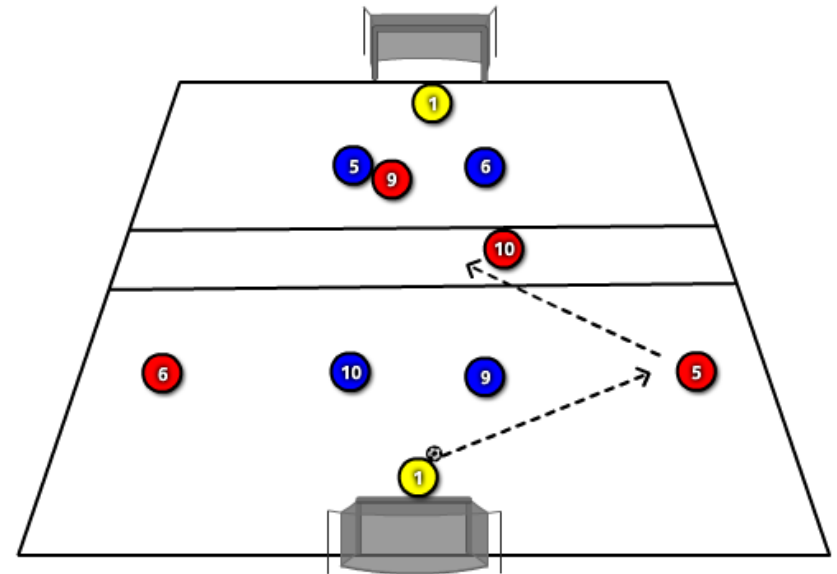
Combination Play - #10 receiving in space

Organisation:

- 4 v 4 + GK's – pitch size 55 x 25 with a 5 yard drop in zone separating two equal halves
- Each team has a GK, two centre backs and two strikers.
- The GK and centre backs look to pass the ball into the strikers as early and as often as possible who then look to score.
- The game remains 2 v 2 in each half with the strikers able to use the 5 yard drop in zone when their team is in possession.
- Players dropping into the zone do so unopposed to allow for repetition of the session focus.
- Once the players have an understanding of the options available to them this restriction on the defenders pressing can be removed to allow for greater demand on the striker's to find space and increase decision making once on the ball.
- Due to the high physical demands of this practice it can be used as a high intensity activity otherwise insure sufficient rest periods between games.
- During rest periods or as an introduction to the practice the Four S's (movements on the next page) can be practiced unopposed with both teams working consecutively or simultaneously.

Outcomes:

- Playing out from the back – Receiving to turn – Shooting/Creative attacking passes/Dribbling 1v1/Combination play - Finishing techniques
- Defending late – Marking (space), tracking, intercepting, pressing, jockeying, blocking and tackling
- Aerobic Endurance
- Spatial awareness - competing to win – dealing with failure
- Awareness of others - developing relationships - trust in team mates



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Key Coaching Points:

ATTACKING

- Create space – team and individual
- When, where and how to operate in the space between the lines
- When, where and how to pass forward into strikers
- Awareness before receiving of – own position, team-mates positions, defending players positions
- Quality of execution of receiving to turn and the techniques of The Four S's (see next page)
- End product - finishing techniques

DEFENDING

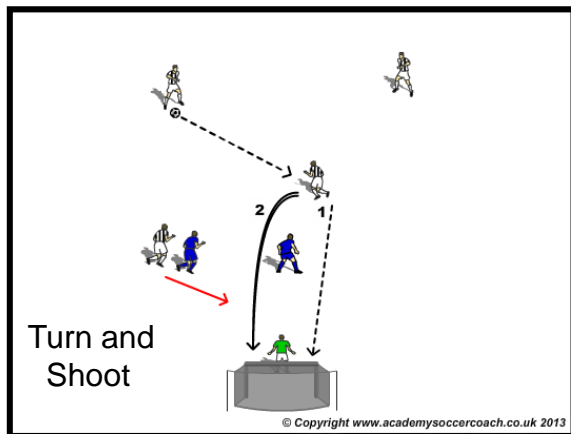
- Deny the space – stay compact denying space behind
- Deny shots – press when necessary to block shots
- Deny dribbles and passes – pressing, forcing, marking, tracking, reading

COMPETING TO WIN

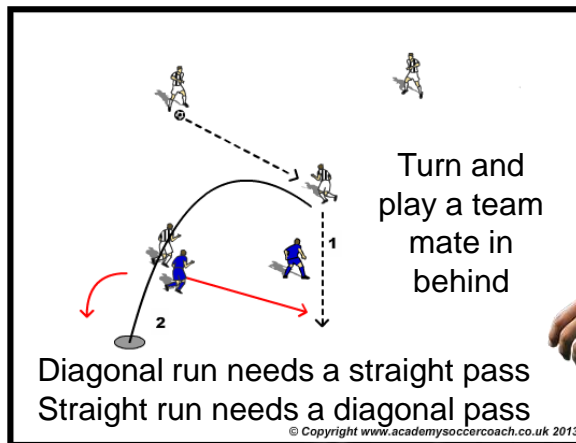
Combination Play - #10 receiving in space - The Four S's

- In order of speed of invasion

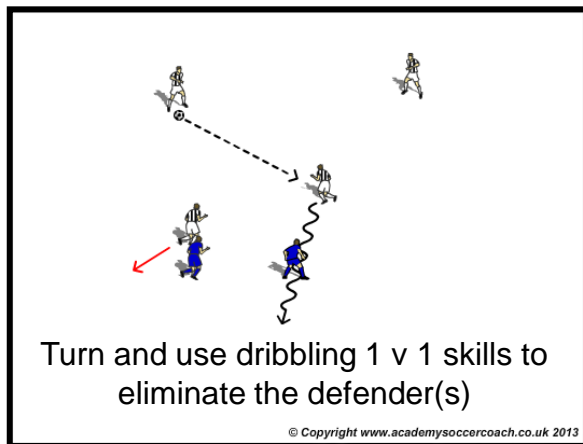
1. SHOOT



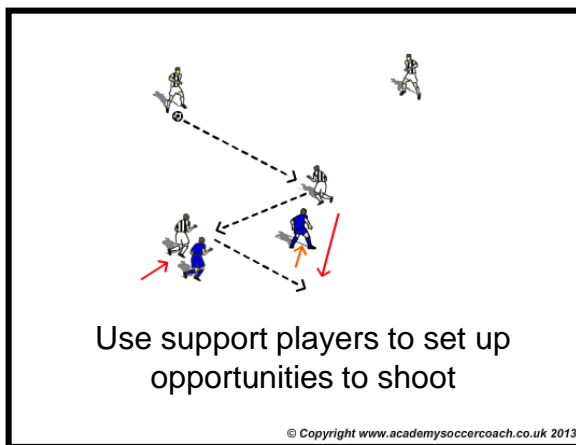
2. SLIDE / SCOOP



3. SKILL (1 v 1)



4. SET UP



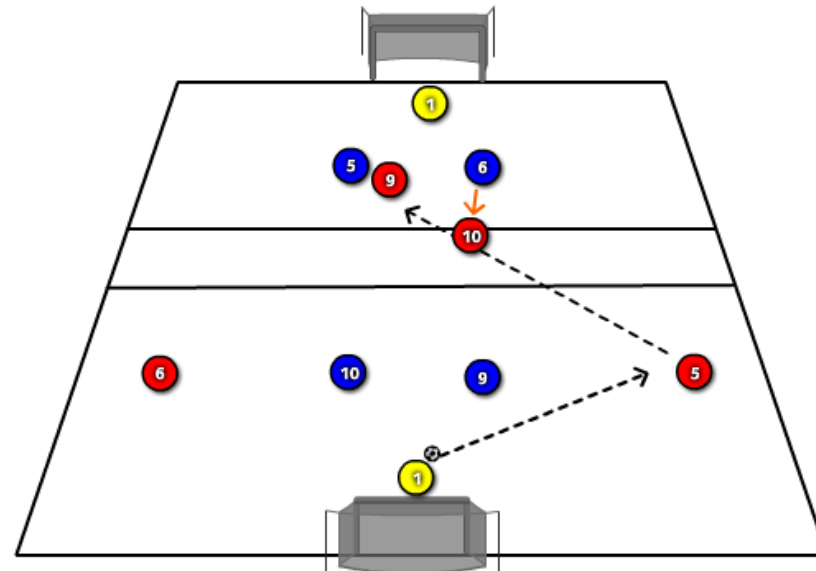
Combination Play - #10 pressed from behind

Organisation:

- 4 v 4 + GK's – pitch size 55 x 25 with a 5 yard drop in zone separating two equal halves
- Each team has a GK, two centre backs and two strikers.
- The GK and centre backs look to pass the ball into the strikers as early and as often as possible who then look to score.
- The game remains 2 v 2 in each half with the strikers able to use the 5 yard drop in zone when their team is in possession.
- The game can begin with players dropping into the zone being unopposed to illustrate to the defenders the dangers of allowing strikers to drop off and get turned.
- Once this has been highlighted sufficiently defenders can be encouraged to press in the zone and try to prevent this player turning
- Due to the high physical demands of this practice it can be used as a high intensity activity otherwise insure sufficient rest periods between games.
- During rest periods or as an introduction to the practice the Four D's (combination play movements on the next page) can be practiced unopposed with both teams working simultaneously.

Outcomes:

- Playing out from the back - combination Play (limited touch passing, receiving and turning techniques) and finishing techniques
- Defending early – Marking (players), tracking, intercepting, pressing, jockeying, blocking and tackling
- Aerobic Endurance
- Spatial awareness - competing to win – dealing with failure
- Awareness of others - developing relationships - trust in team mates



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Key Coaching Points:

ATTACKING

- Create space – team and individual
- When, where and how to operate in the space between the lines
- When, where and how to pass forward into strikers
- Awareness before receiving of – own position, team-mates positions, defending players positions
- Quality of execution of combination play techniques – The Four D's (see next page)
- End product - finishing techniques

DEFENDING

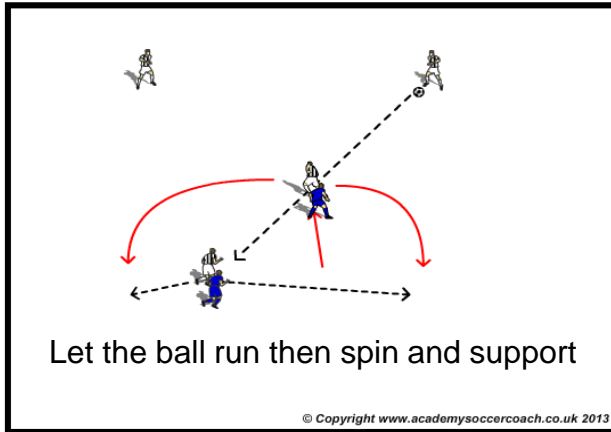
- Deny the ball – intercept passes
- Deny turns – pressing and jockeying
- Deny space - forcing, marking, tracking, reading

COMPETING TO WIN

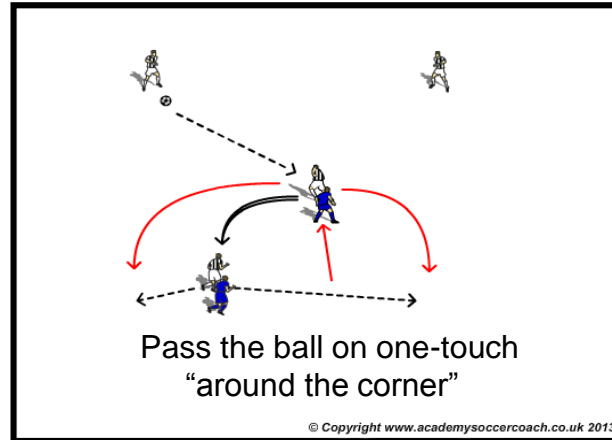
Combination Play - #10 pressed from behind - The Four D's

- In order of speed of invasion

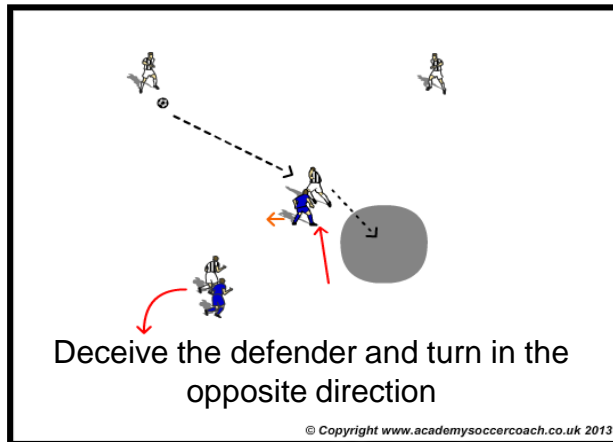
1. The DUMMY



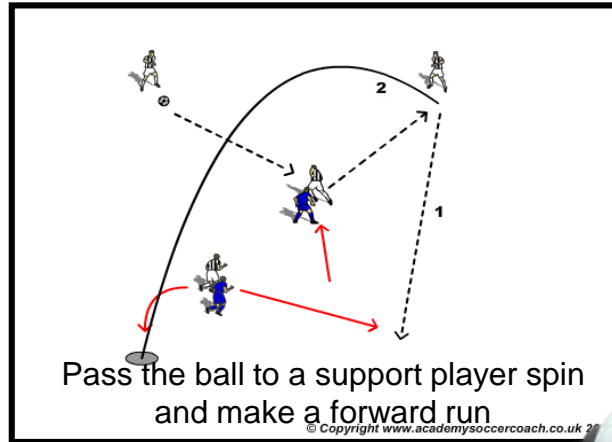
2. DEFLECT



3. DECEIVE



4. DROP OFF to DISSECT



About Me



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**Lead Youth Development
Phase Coach & Under 16's
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