

Method of Football

RRDM 2009/10.



Introduction

This document defines, in an objective way, the game model/plan and its principles.

My objective is that all the clubs coaches understand the KEY ideas that lead and Co-ordinate all the processes related to building a successful squad.

In this way, Academy, Youth & Reserve teams can organise their work accordingly to what is being done in the first team.

Also, and regarding the club's scouts, this document specifies the player's profiles per position. In this manner all referenced players should meet these demands.

I don't want to influence your own identity and ideas as football coaches, but if everybody is embodied in the same principles, we will collect benefits in the future.

**THE MOST IMPORTANT THING
IS THE CLUBS' SUCCESS!**

Philosophy

The development of the clubs philosophy must be based on three fundamental principles:

- **THE TEAM PHILOSOPHY IS AS IMPORTANT AS THE TEAM**
- **THE IDEA OF “TEAM” IS MORE IMPORTANT THAN THE PLAYER AS AN INDIVIDUAL**
- **THE PLAYERS MUST FEEL THE NEED TO DEFEND THE CLUB’S HISTORY AND CULTURE**

Vision

**TO BE A SUSTAINABLE CLUB IN THE
ENGLISH PREMIER LEAGUE**

**PLAYING ATTRACTIVE AND ATTACKING
FOOTBALL WITH THE MOST NUMBER
OF YOUNG, GIFTED PLAYERS FROM
THE ACADEMY BASE**

Objectives

All club coaches know objectively the key ideas that co-ordinate all the building process of the 1st team.

Ideas to remember

Players must “love to want” the ball. Always look to have attacking spirit.

Our team must defend zonally. It all starts up front-by means of an early pressure.

The pressure is always done on the ball and not on the player.

It is important to occupy spaces and do so while showing concentration.

It is also important to retain the idea that when a team defends, the field of play must become “shorter”.

Quality passes and quality control must be more and more the main characteristic of OUR TEAM.

We must always worry to play good football with aggressiveness and charisma with or with out the ball.

The team must know how to rest with the ball. To rest with the ball is only achievable when spaces are well occupied.

The main tactical idea is based on having the clear notion that the most important thing in modern football, besides scoring goals is to HAVE THE BALL.

3 or 4 midfield players should be keen on “wanting the ball” and input that to the rest of the team.

A team that constantly opens lines of pass, and is capable of maintaining possession.

Objectives

**A PERFECT USE OF PLAY IS ONLY ACHIEVABLE USING:
A GOOD CIRCULATION, AND;**

- 1 GOOD POSITIONAL PLAY (MOVEMENT OF PLAYERS)**
- 2 FORMING LINES OF PASS (PLENTY)**
- 3 TRIANGLES**
- 4 CONTROL THE SPEED OF PLAY**

Objectives

It is also important to dominate transition periods particularly in offensive transition where players must make the best choice and adopt the best position.

Our system is based on good positional play, lines of pass and triangles for a perfect use of the field, in the different phases of play.

Where the team doesn't have possession the players must concentrate on pressure, covers, and particularly on zonal defending.

**We can change the structure;
a structure = a system**

**However the system is not the most important thing;
The style is CREATIVE & OFFENSIVE**

It is important that the player in the Apex or Midfield knows how to switch the orientation of play and knows how to split the game.

The most important thing in a team is to have a game plan/model independently from the use of one or another player.

**Another important thing is:
It's us, the way we play and how we systemise our model.**

Objectives



The 4x3x3, the two central defenders, the defensive midfielder and the striker form the basis of our team and are the strong hold of our system.

It is important to have offensive combinations;
1 fullback with 1 winger, or
1 offensive midfielder with 1 winger

Always allowing correct distances and support angles, things that you should work and practice in the sessions.

Central backbone of our system (4x3x3) consists of:
One pivot
Two central defenders
One striker

- The central defenders must know how to control the speed of play, always be in a position to receive the ball. Have quality in the first pass, intelligent in keeping possession and be able to change the orientation of play and playing deep.
- “Drop back” to make the field bigger – in possession.
- “Push up” to shorten the field – when the team defends.
- Players must be fast in short, medium and long distances and have capacity to win 1v1 duels.

Objectives

The defensive midfielder is the key. We ask him to have practically all the qualities of the other positions, to keep space and distance, to make direct passes and to divide the game and score goals.

When a player defends he must know how to control the different types of marking.

Be audacious/intelligent when applying pressure. Confident, responsible and always be safe in his actions (not giving the ball away).

Full backs must have precision in the 1st pass and be good on positional play. Intelligent when asking for the ball always alert to close-up spaces and to prevent crosses from the opposition.

There must be space and freedom for the constant mobility for positional changes but also for the creativity of our players.

The group must be balanced tactically and diverse in each others characteristics. However the players must be able to understand each others positions so that positional changes can function properly.

A change of position between 2 players in the same system must happen BUT the players have to understand that when they change position, they also change their functions.

What gives pleasure to a coach must be the relationship between training and the game itself.

There must be close relationship between what is done in the training session and what you ask for in your game organisation and in your offensive and defensive principles.

We believe in quality training, in quality feedback and feeding forward. In repetition and systemisation.

The best way to win is to play well, be dominant and to play without fear in any stadium and against any adverse situation.

Objectives

I like my team to dominate possession and to keep the team shape even in the hardest moments. To circulate the ball from side to side in order to penetrate to have good positional sense.

As well as a good defensive block that plays with the lines close together.

The team must circulate the ball at speed always related to good positional sense. The speed of the players run's are important so that they can exploit space and create dangerous situations in the opponents area.

If that is to be achievable players must understand that the game is also played with your brain.

It is important that they're able to understand game situations in training. We can help them by giving correct feedback (Guided discovery).

The training philosophy is related to the game. It is important that the players train at the highest intensity and concentration.

The specificness of the exercise consists of relation (real or unreal) than an exercise has with the situations that arose in the game.

From complex situations you can work on various aspects of the game

(Technical, tactical, psychological) and at the same time stimulate the players brain and concentration because the nature of the exercise is related to a game situation

When training we should also stimulate the players asking more and more out of each other so that this can reflect in the game when we are under intense pressure or purely not focused.

When our team defends a set play (a corner) we put two/three players near the halfway line so that we can surprise our opponent with a quick counter attack.

1. Game Principals

OFFENSIVE TRANSITION **(from losing to winning the ball)**

POSSESSION / OFFENSIVE ORGANISATION

- Scoring goals (plenty)
- Create chances (in number)
- Create use of space and time regarding the opponent and team players
- Having possession during the most possible time

The most important objective is to take advantage from a positional disorganised opponent and to create chances to score as soon as possible

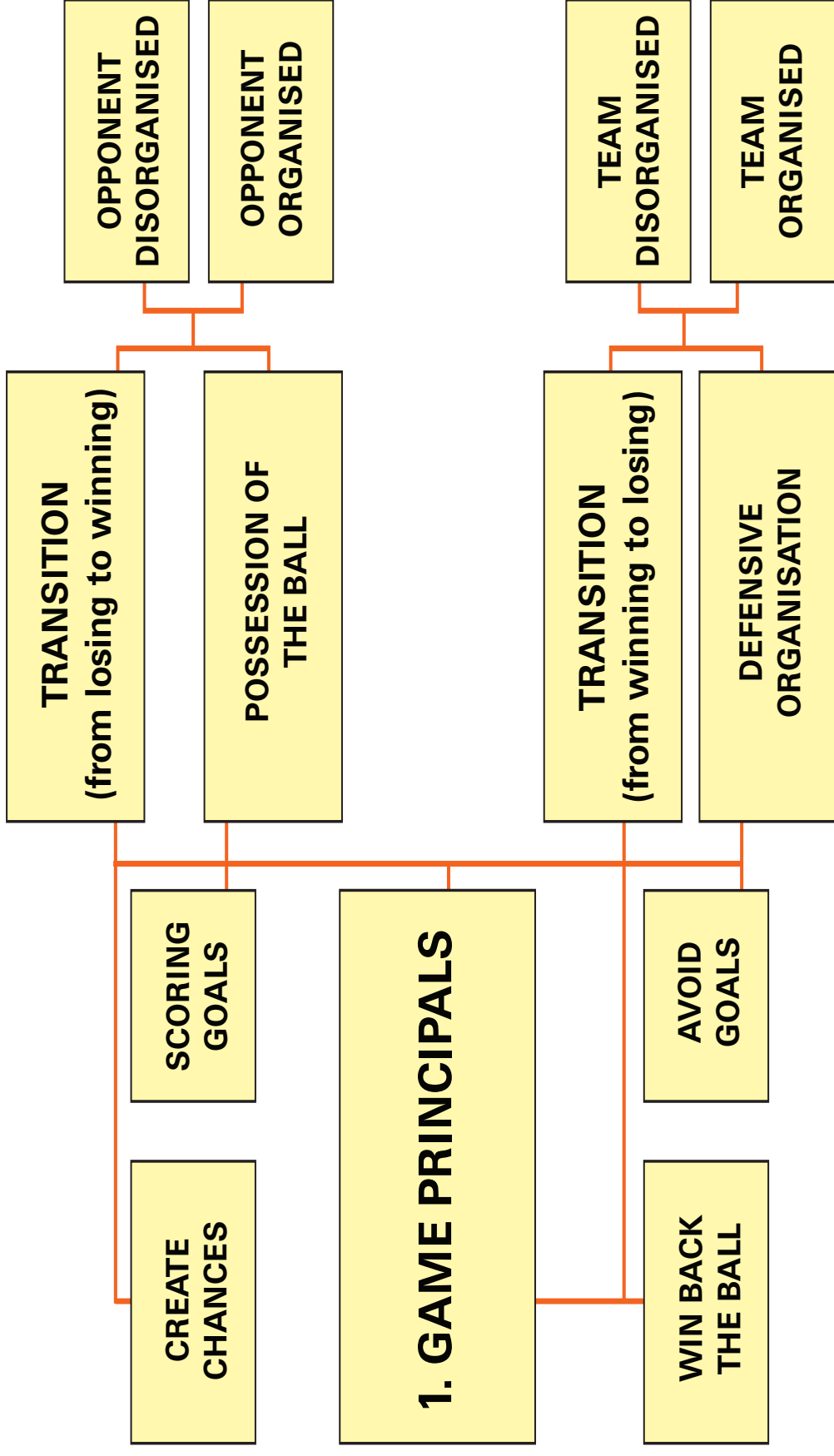
DEFENSIVE TRANSITION **(from winning to losing the ball)**

DEFENSIVE ORGANISATION

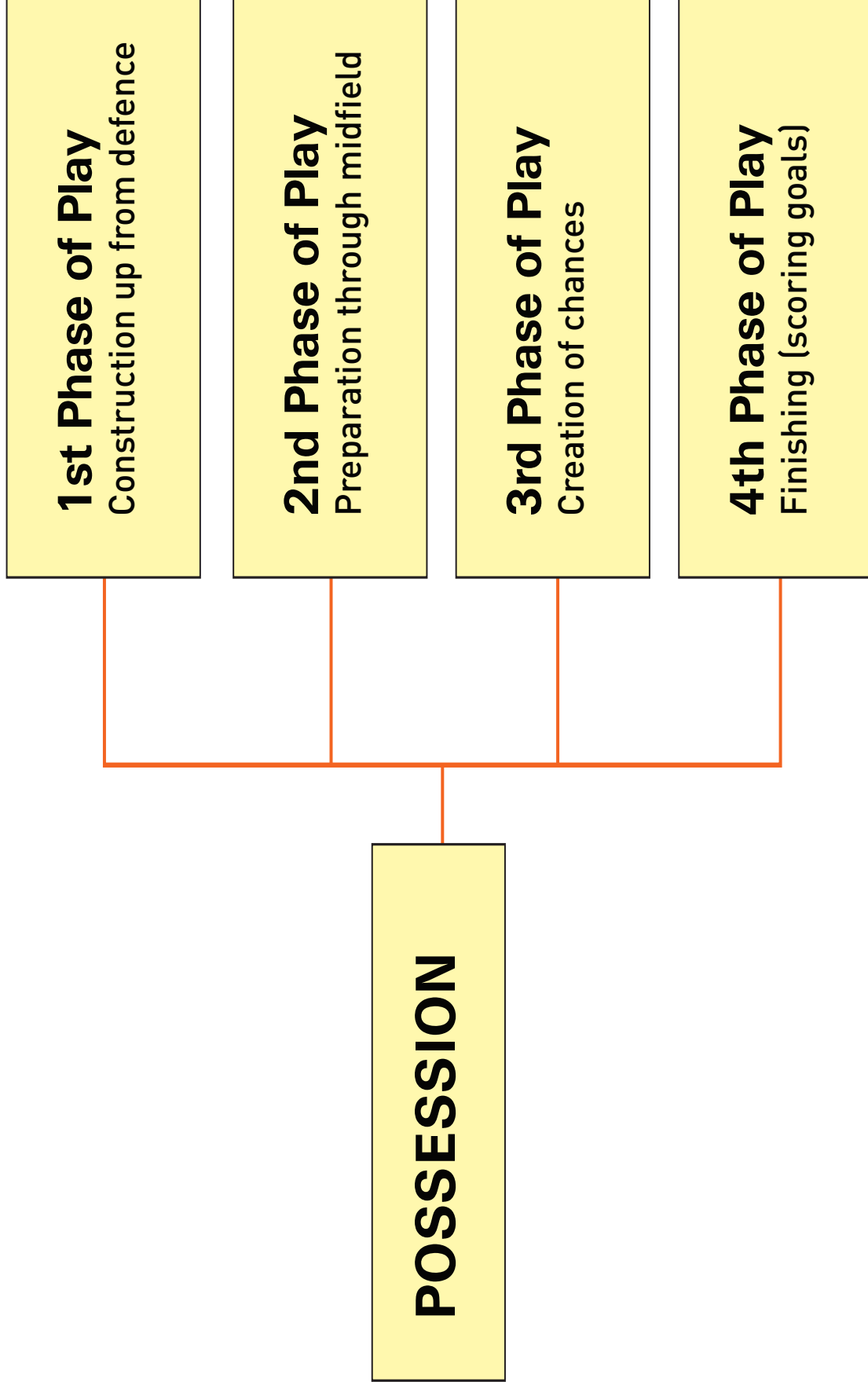
- Avoid goals
- Avoid the creation of goal scoring opportunities
- Correct understanding and use of time and space in relation to the position of team players and the position of the opponents

The most important objective is to quickly reorganise ourselves to avoid opposition from taking advantage of our spaces

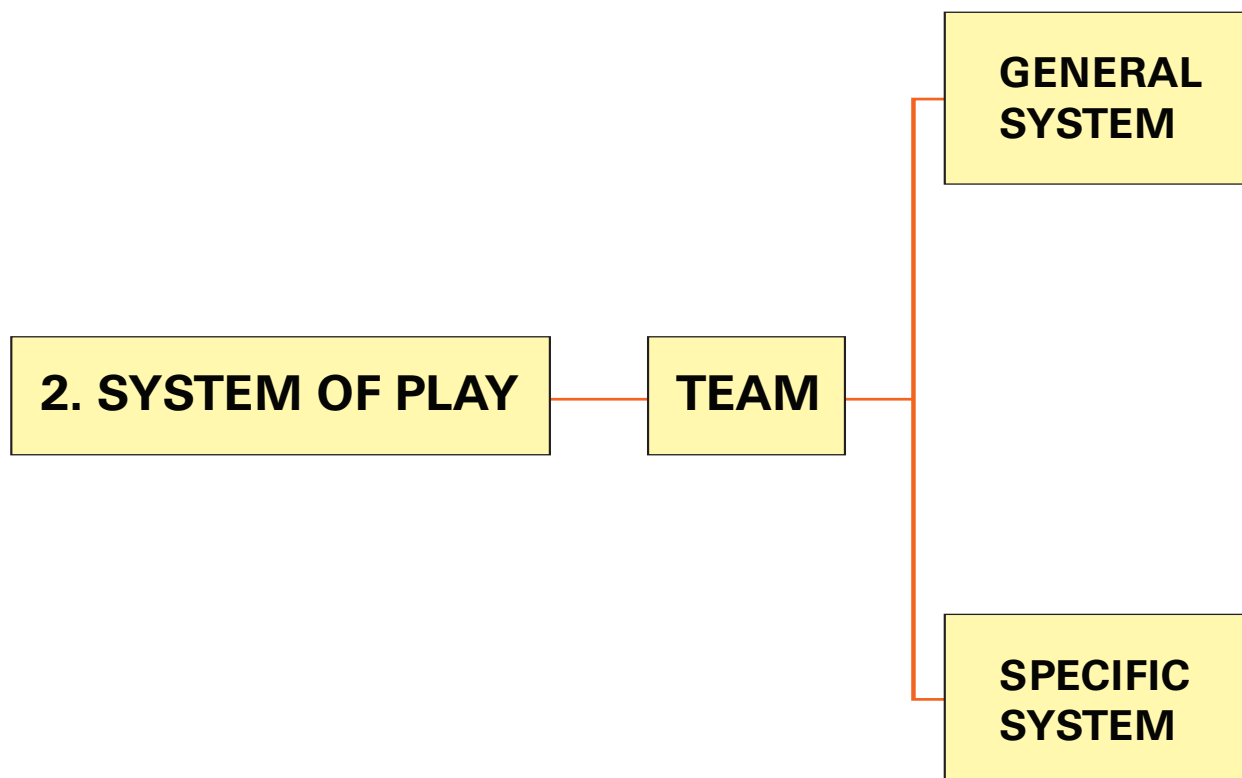
Game Principals



Game Principals



2. System of Play



2.1 GENERAL

2.2 SPECIFICALLY

System of Play

2.1 GENERAL IDEAS

2.1.1 Ball Possession

- Choose the correct option
- Quality ball circulation, with perfect use of space, using;
 - Positional play
 - Lots of lines of pass
 - Form support triangles
 - Control the rhythm of play
 - Use of speed

2.2 SPECIFICALLY

2.2.1 The system in general

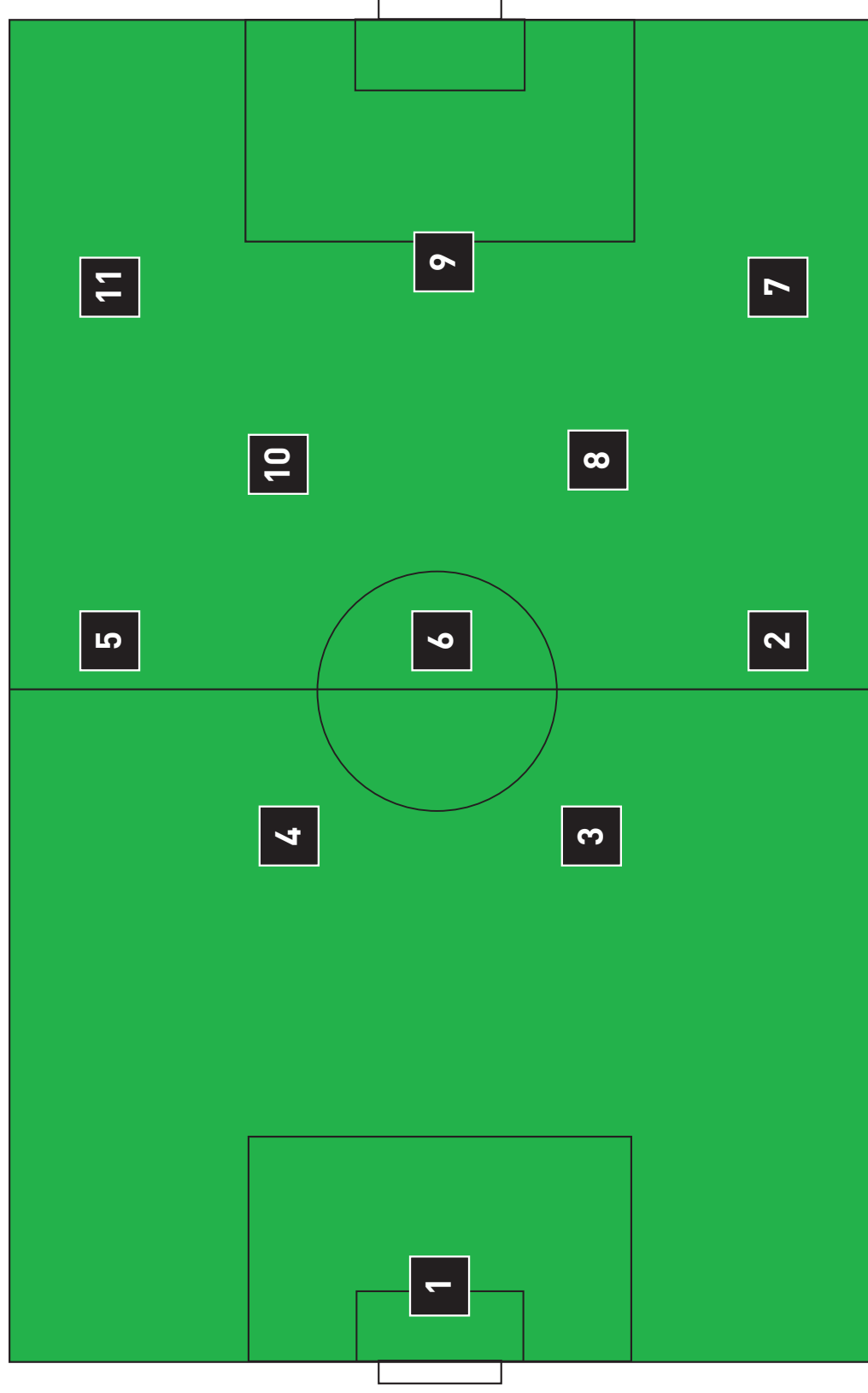
2.2.2 The system specifically

- The system is based on our vision of ball possession, when we don't have it; we adapt ourselves to the opponent qualities and system

2.2.3 Transition (possession-loss-possession)

- Make the best choice
- Adopt the best positions
- Pressure on the ball; with perfect control of the field of play, using;
 - Between lines
 - 1 against 1
 - $\frac{1}{4} - \frac{3}{4}$ y $\frac{3}{4} - \frac{1}{4}$
 - $\frac{1}{2} - \frac{1}{2}$

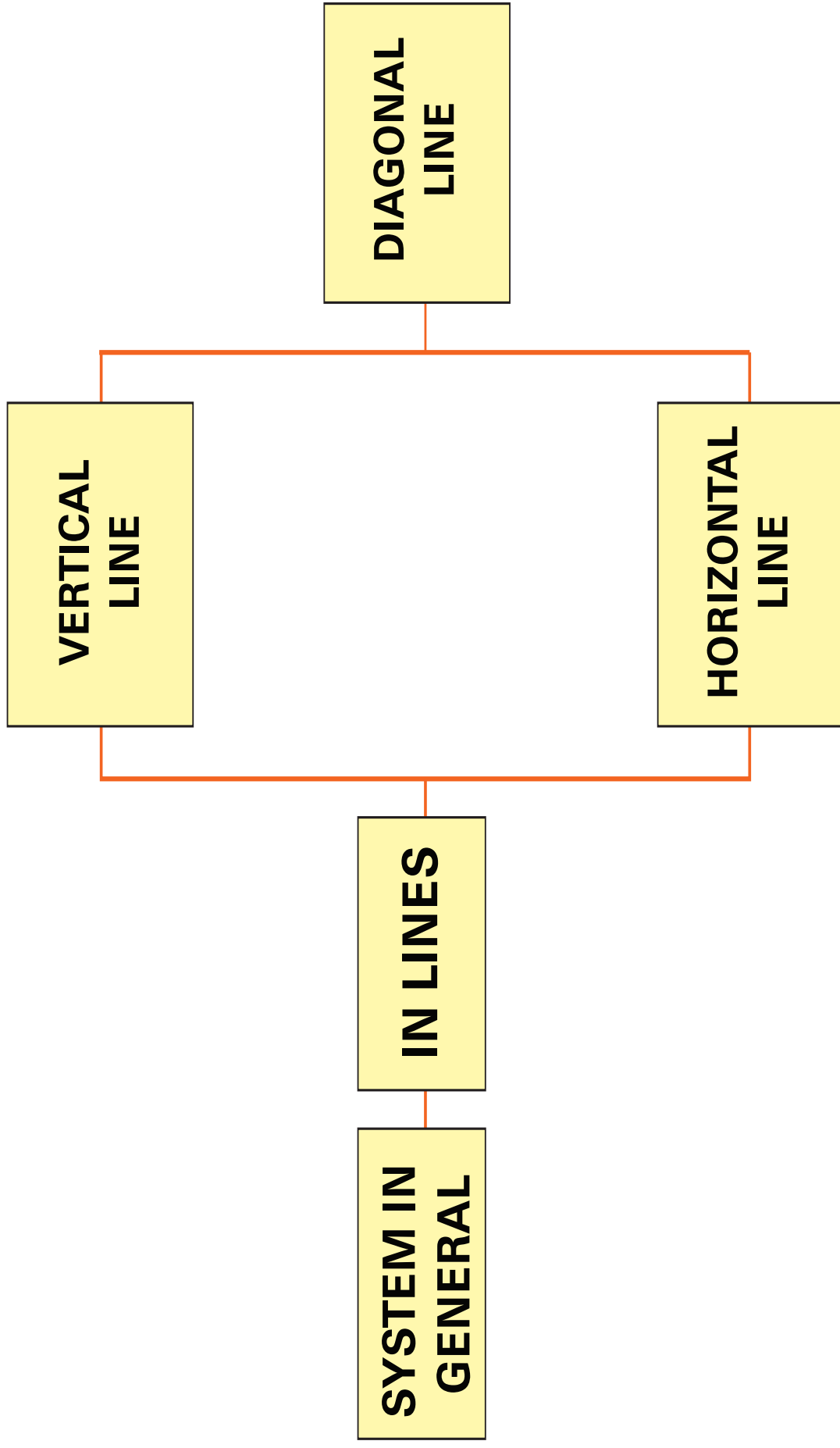
System of Play: 1-4-3-3



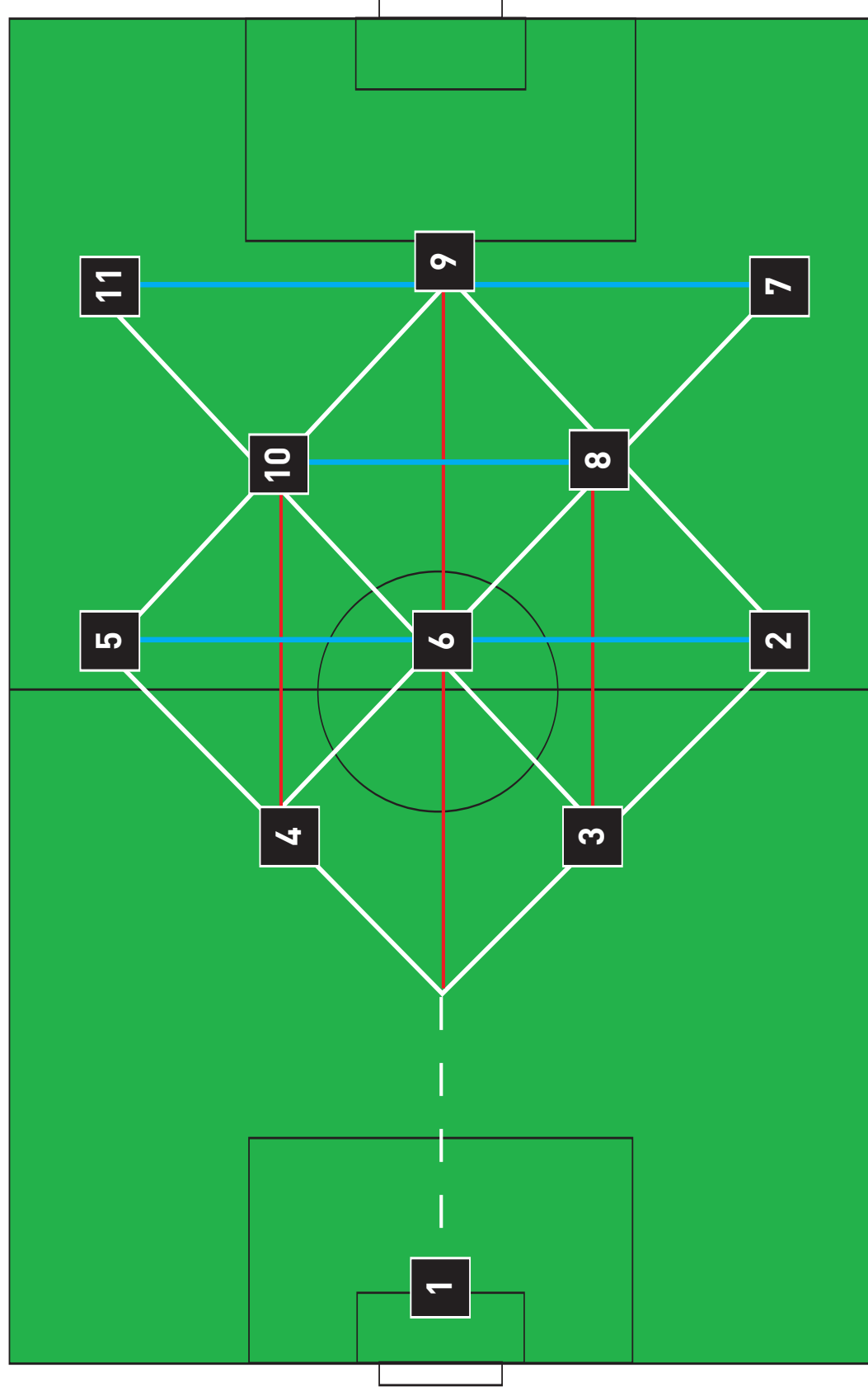
System of Play: 1-4-4-2 (Diamond)



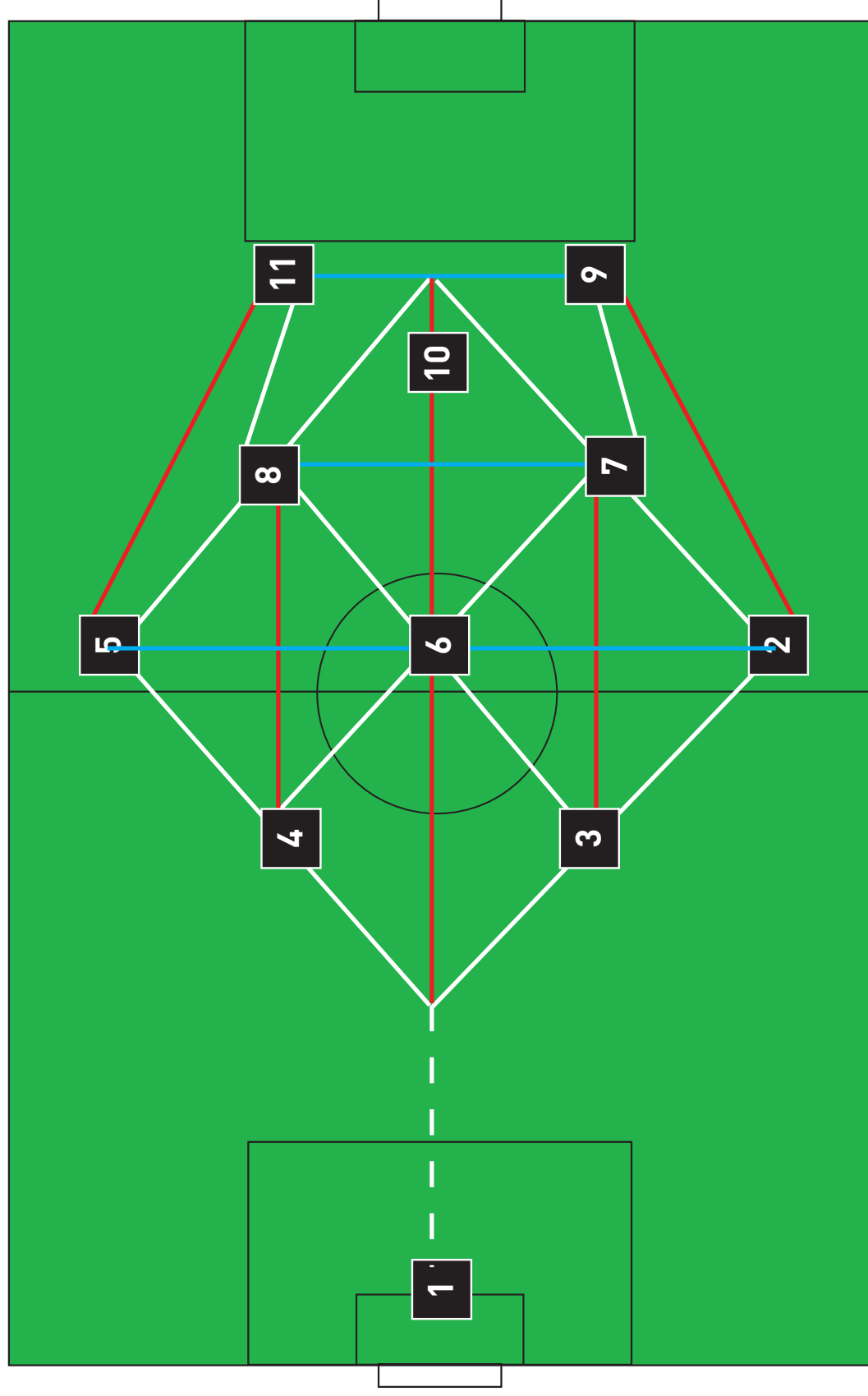
System of Play:



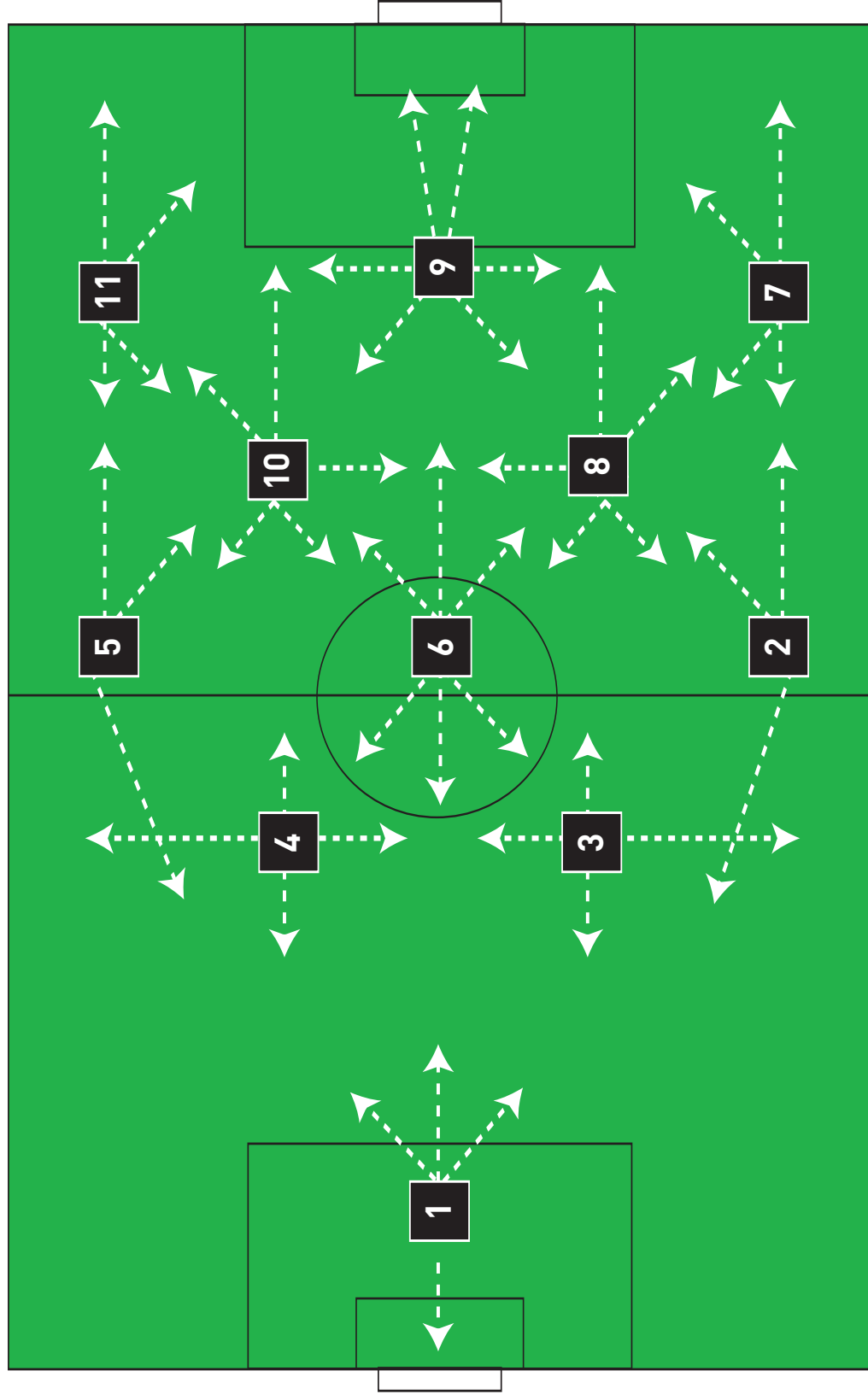
System of Play: in lines – 1-4-3-3



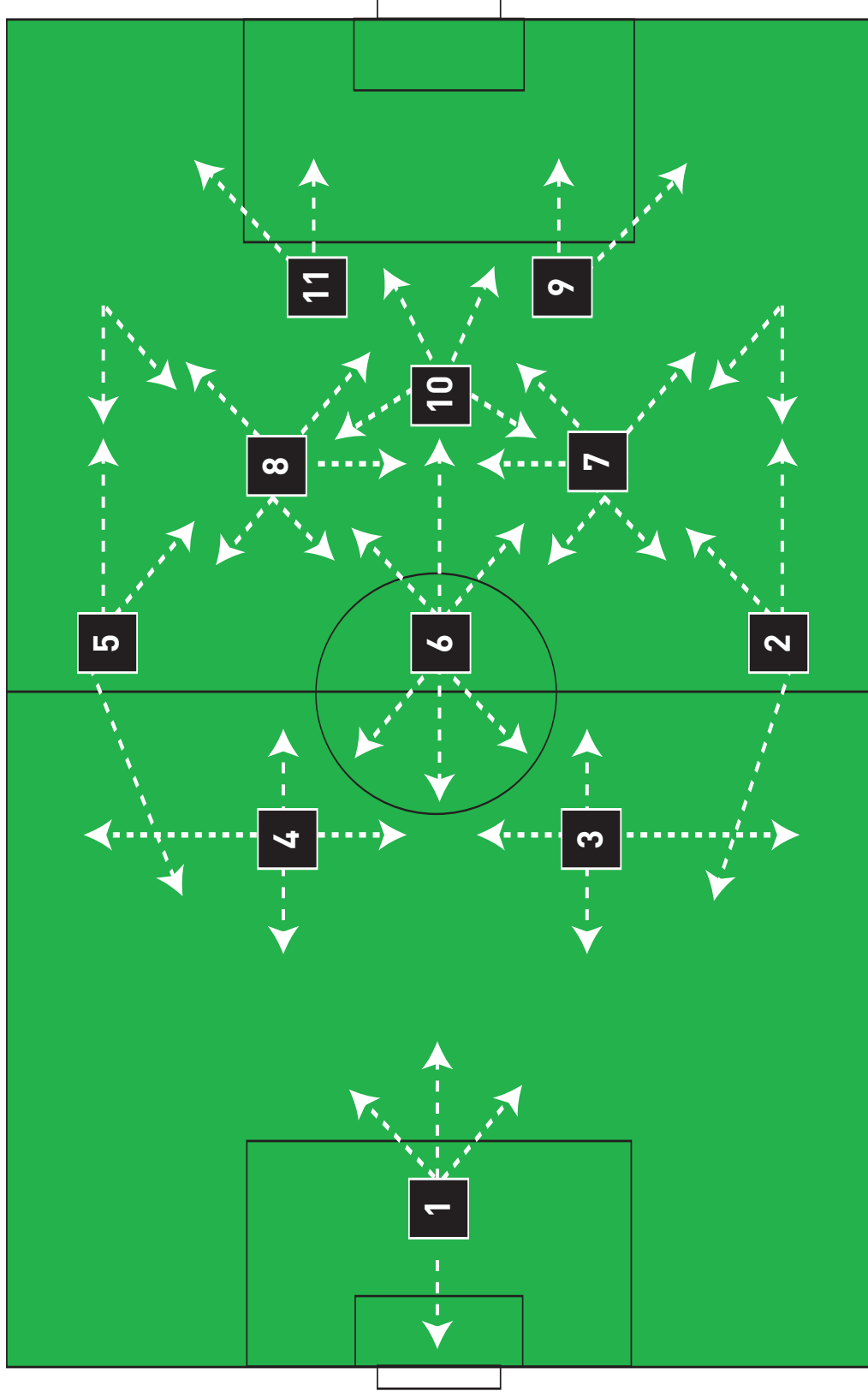
System of Play: in lines 1-4-4-2 (Diamond)



System of Play: 1-4-3-3



System of Play: 1-4-4-2 (Diamond)



System of Play:

Against Other Teams

The system has its basis on dynamic positional play. Lines of pass and supporting triangles for a perfect use of space in the different phases of play.

POSSESSION

Players must always be in a position where they can receive the ball

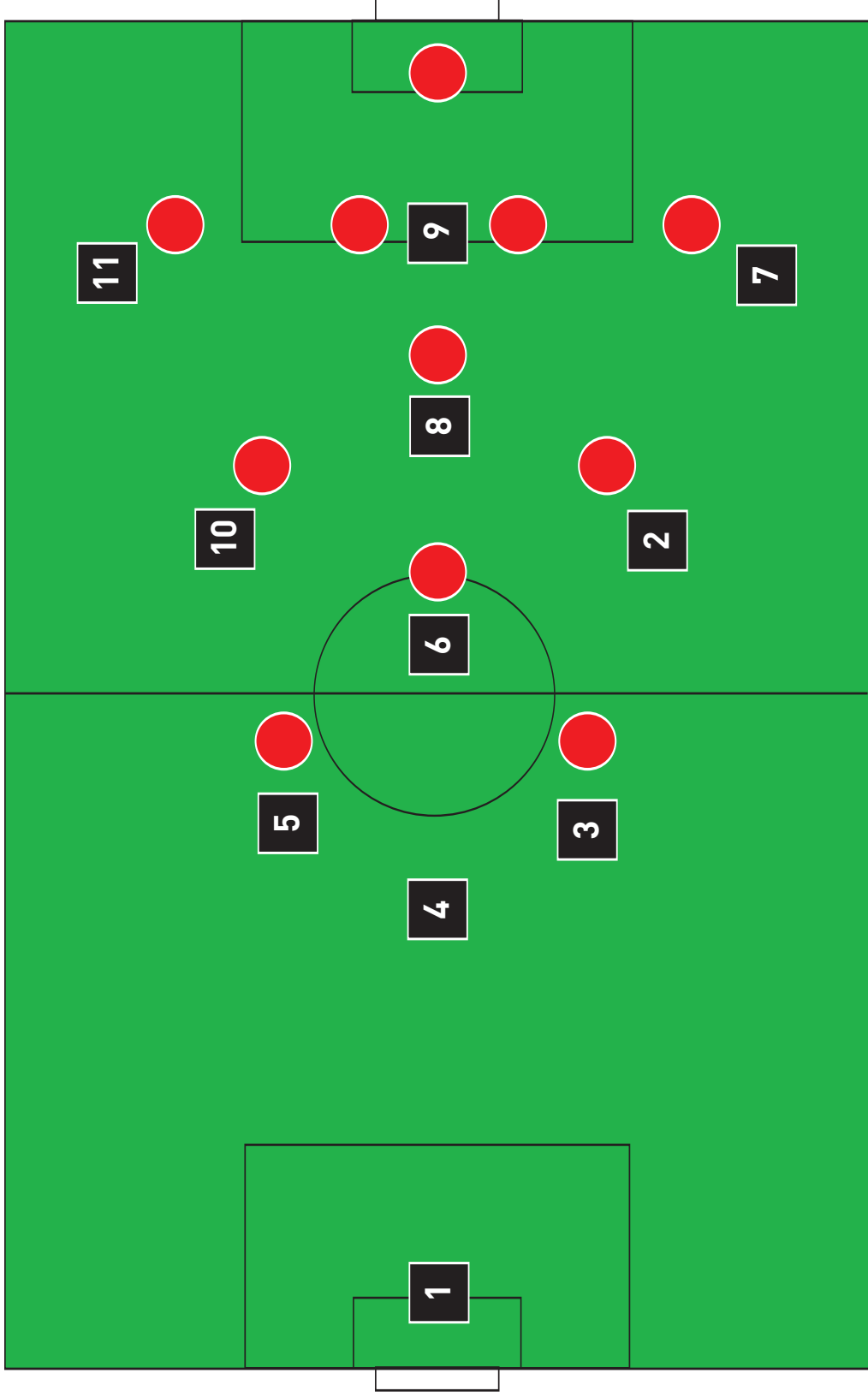
LOSS

Players must respect and work defensively (pressure, cover, zonal thinking)

System of Play: 4x3x3 against 1-4-4-2



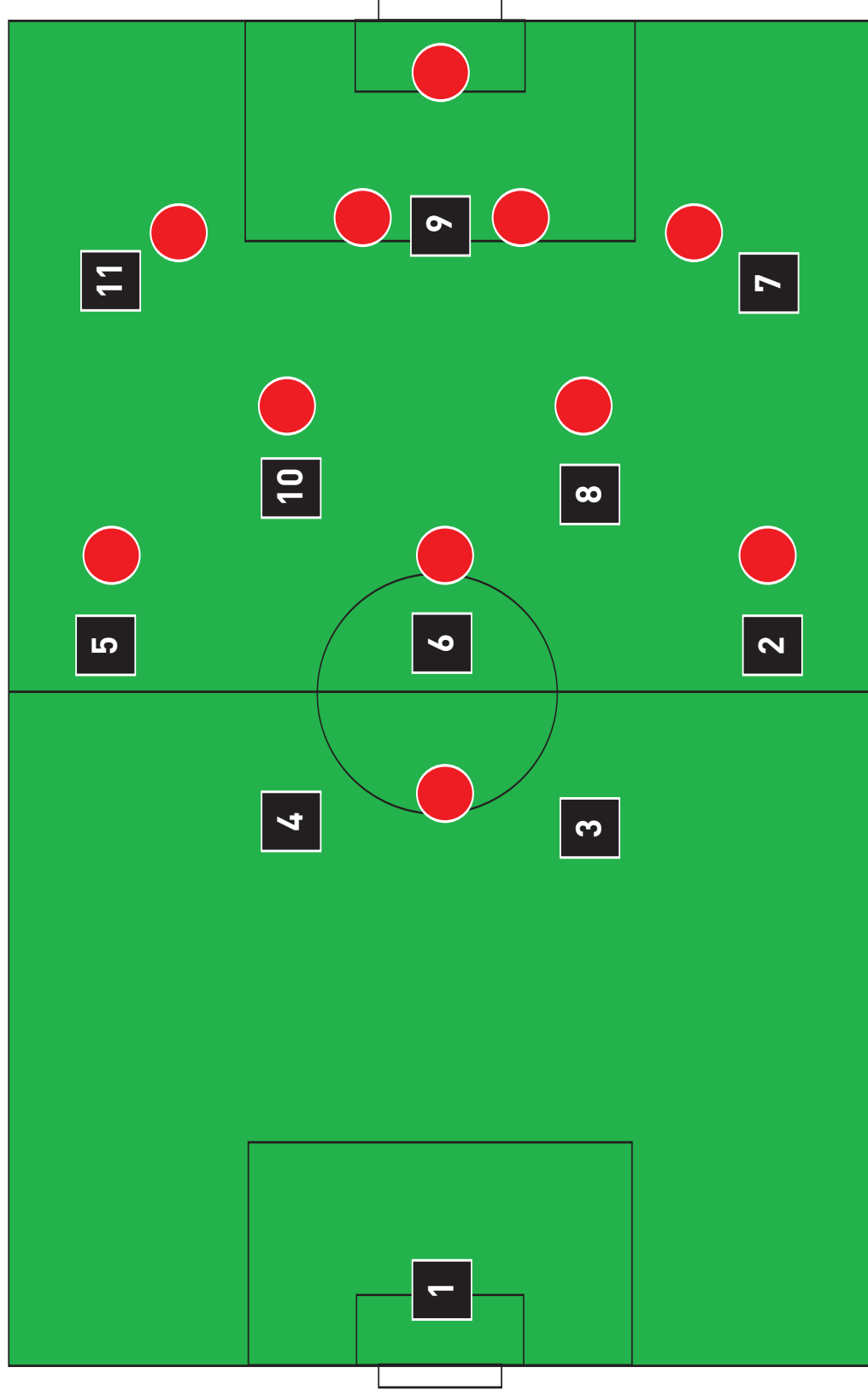
System of Play: 4x3x3 against 1-4-4 (Diamond) - 2



System of Play: 4x3x3 against 1-4-4 (Diamond) - 2



System of Play: 4x4x2 (Diamond) against 1-4-4-1-1 y 1-4-2-3-1



System of Play: 4x3x3 against 1-5-3-1-1



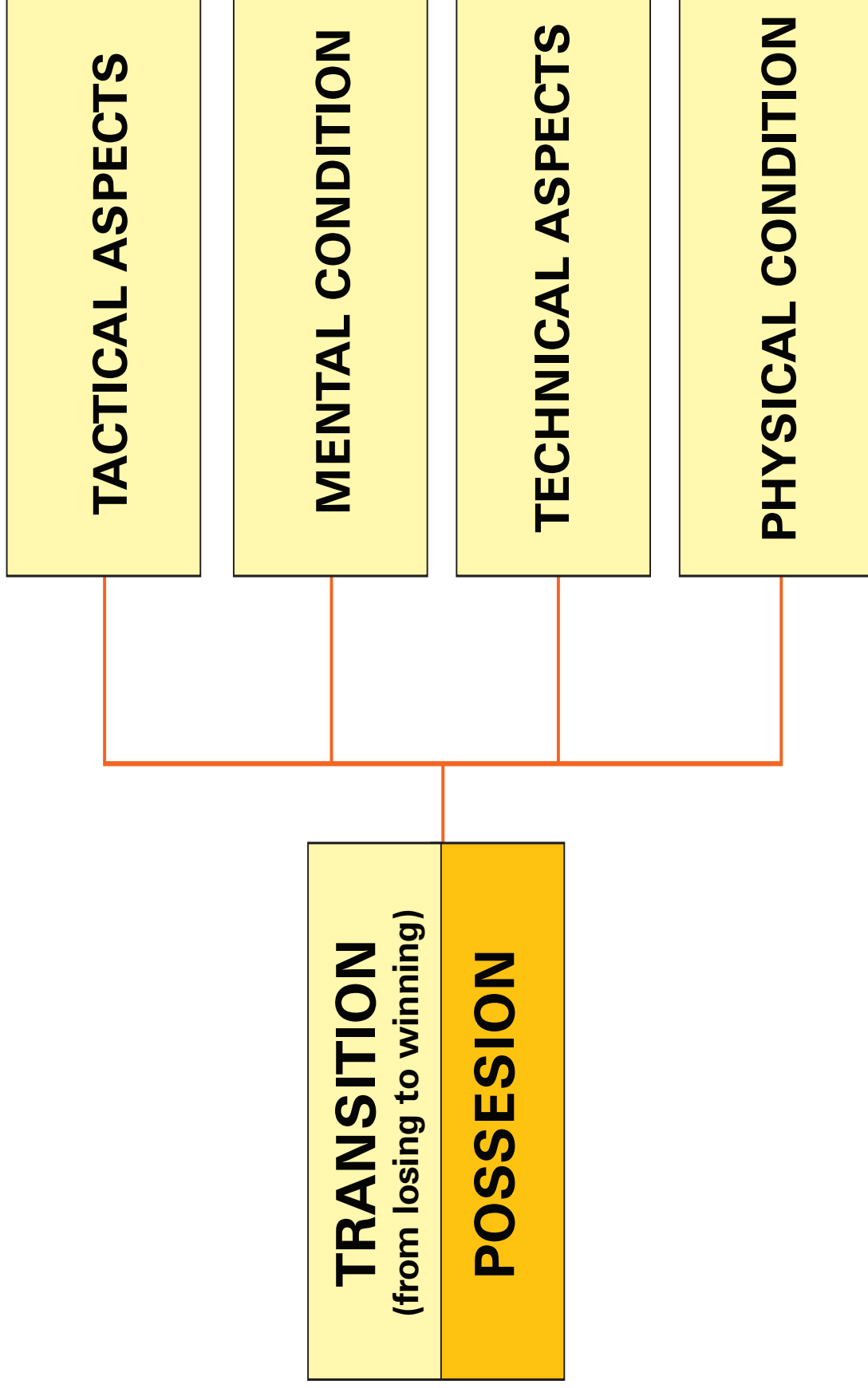
System of Play: 4x4x2 (Diamond Shape) against 1-5-3-1-1



System of Play: 4x4x2 (Diamond Shape) against 1-4-3-3



Descriptions



3. Main Characteristics of The Players in our System

1

TACTICAL Qualities

2

PERSONALITY

3

TECHNICAL Qualities

4

PHYSICAL Qualities

3. The Players in our System

NUMBER 1

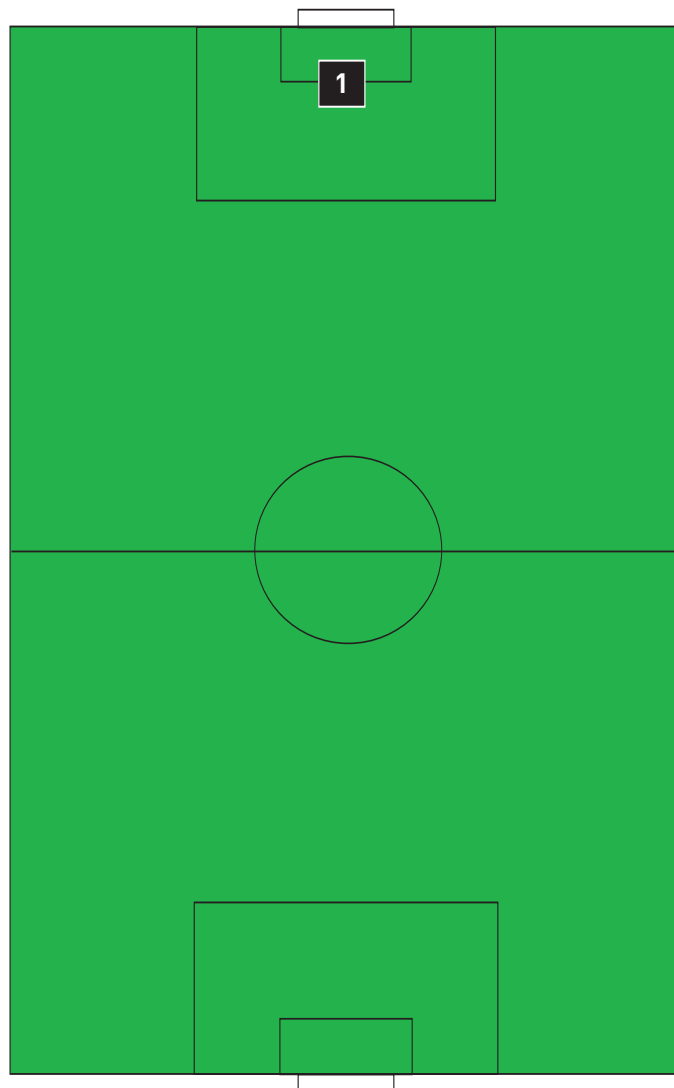
1. Possession 2. Loss

1. TACTICAL

2. PERSONALITY

3. TECHNICAL

4. PHYSICAL



3. The Players in our System



TACTICAL

Qualities for Number 1

1. SPEED CONTROL

- With ball
 - Without the ball
-

2. POSITION

- Positional Play
 - In order to receive a back pass from
 - Defenders
-

3. COMMUNICATION WITH TEAM MATES

- Choice
 - Look and play deep
 - Keep possession and play short
-

4. CONTROL OF DIFFERENT ZONES

- The goal
- The penalty area
 - The midfield

PERSONALITY **of Number 1**

1.

Will/desire to avoid goals

2.

Responsible and disciplined

3.

Stable and precise in its actions – avoiding risks

4.

Lead and organise from the back

5.

Capacity to communicate:

- **With defenders**
- **With midfielders**
- **With forwards (IF POSSIBLE)**

TECHNICAL

Qualities of Number 1

POSSESSION	LOSS
1. Use of speed	1. Shot control
2. Pass, coming out, footwork	2. Cross control
3. Throwing technique with feet or with hands	3. Depth and penetration pass control: <ul style="list-style-type: none">• In game situations• In Set Plays
	4. Control of 1 vs 1 situations

PHYSICAL

Qualities of Number 1

1.

Speed in short and medium distances

2.

Speed of thought and reaction

3.

Strength – to defend the ball

4.

Strength in duels:

In the air

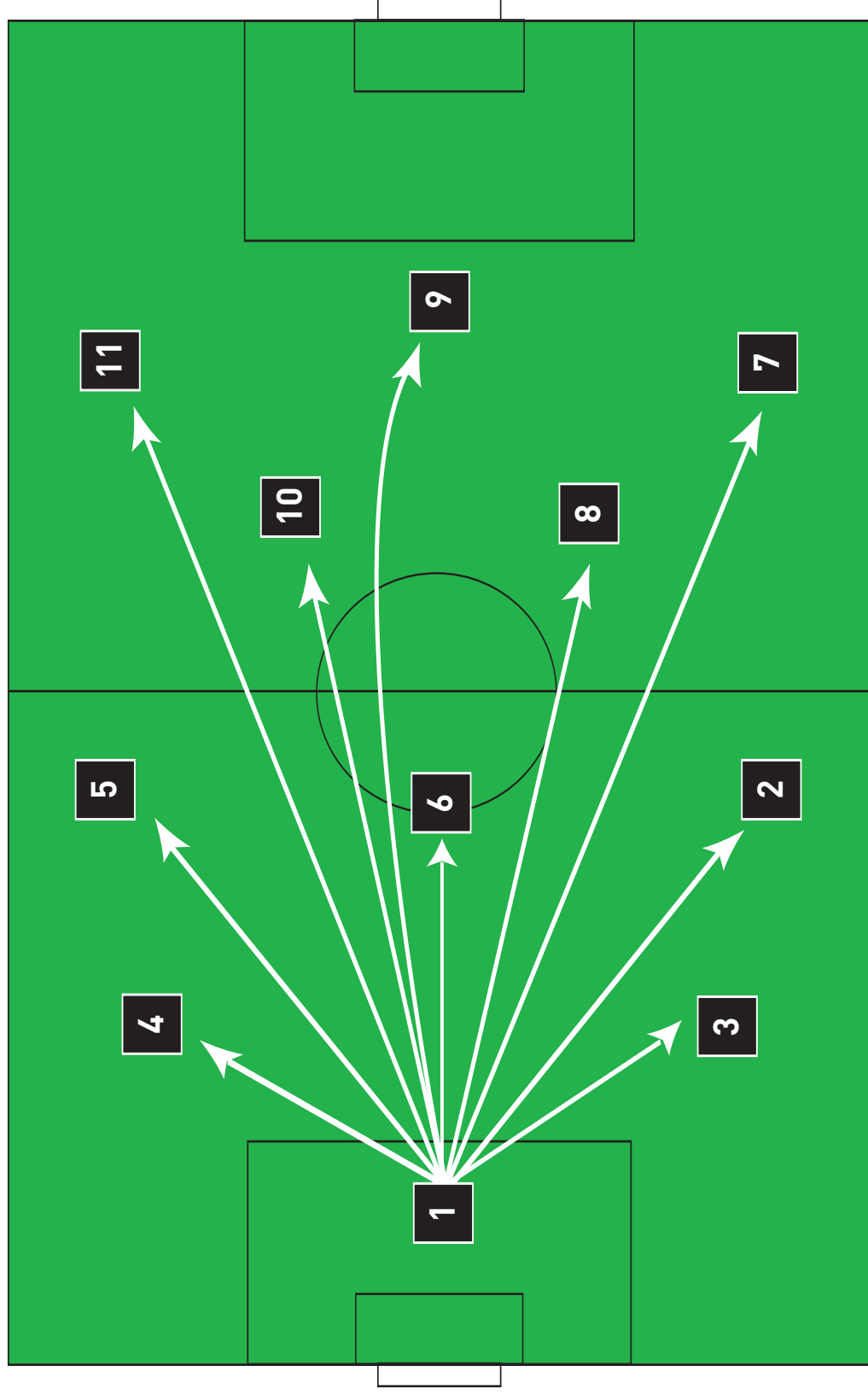
In 1 v 1 situations

5.

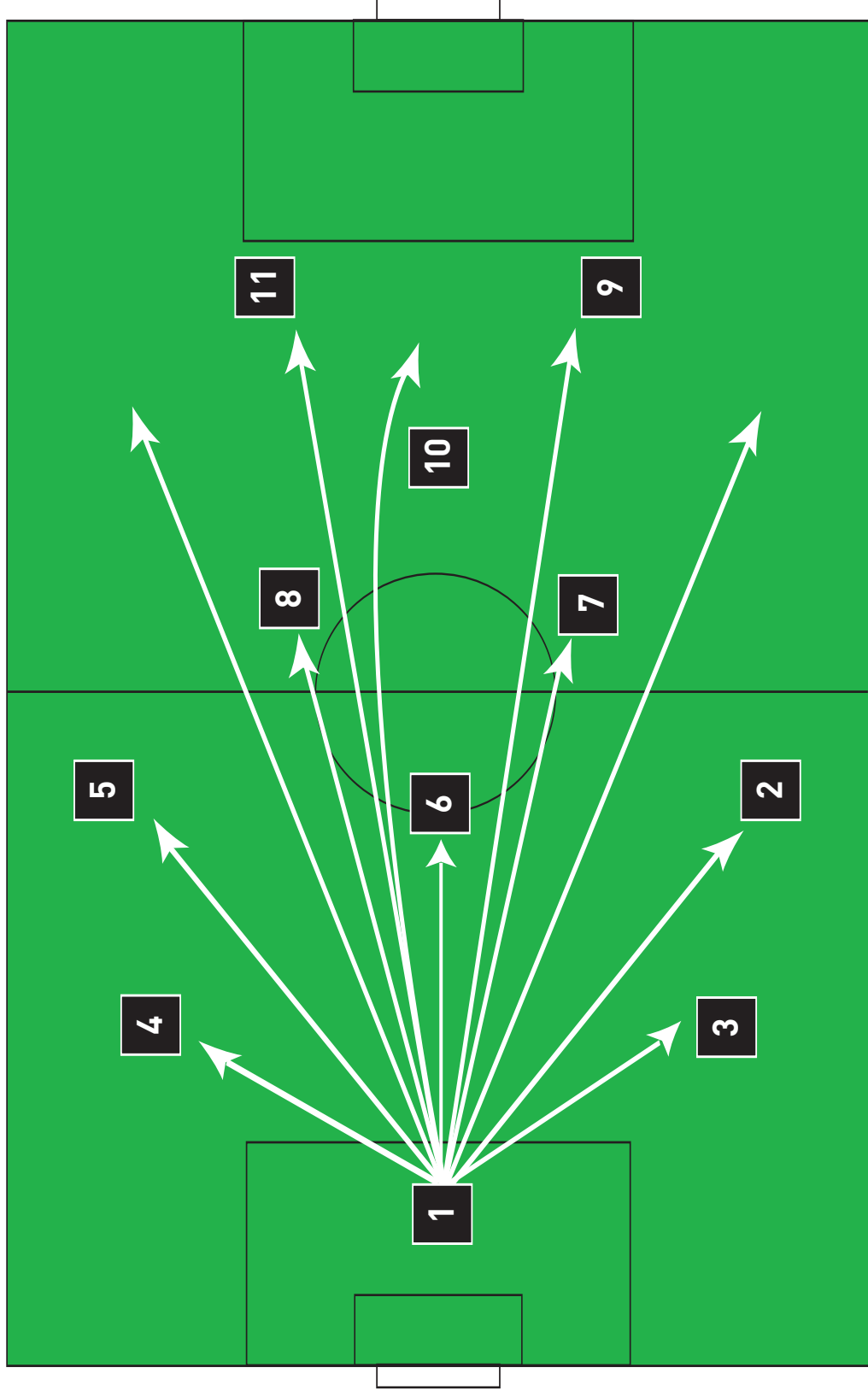
Passing power

Hands and feet (passing and exiting)

3. The Players in our System: **lines of pass**



3. The Players in our System: **lines of pass**



3. The Players in our System

NUMBERS 3 AND 4

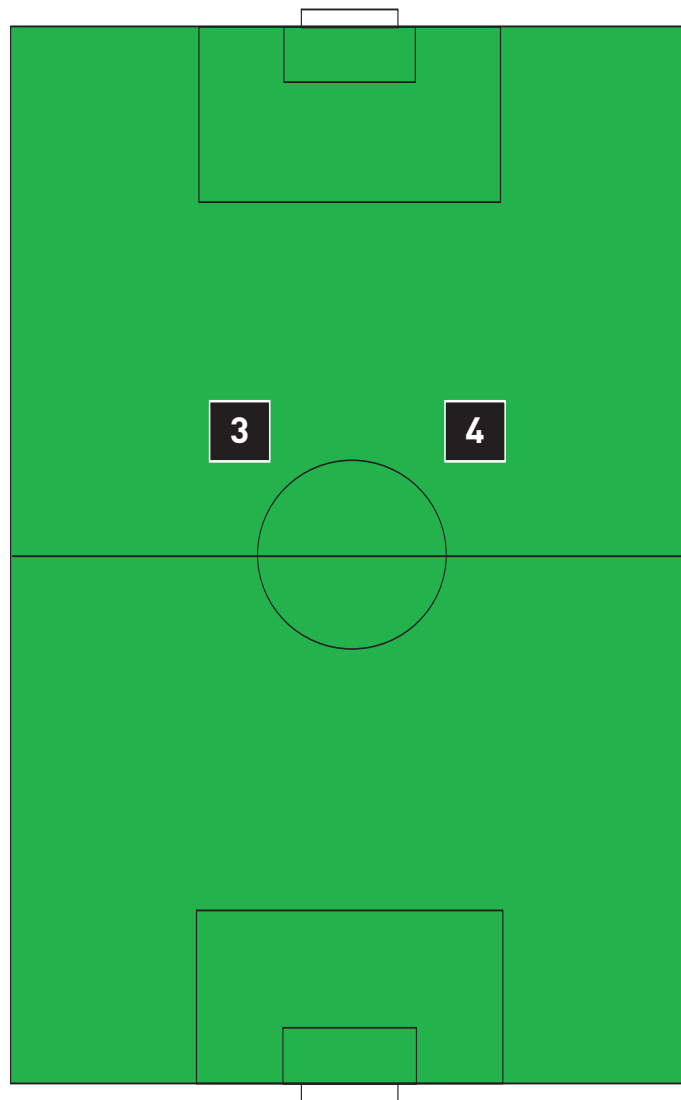
1. Possession 2. Loss

1. TACTICAL

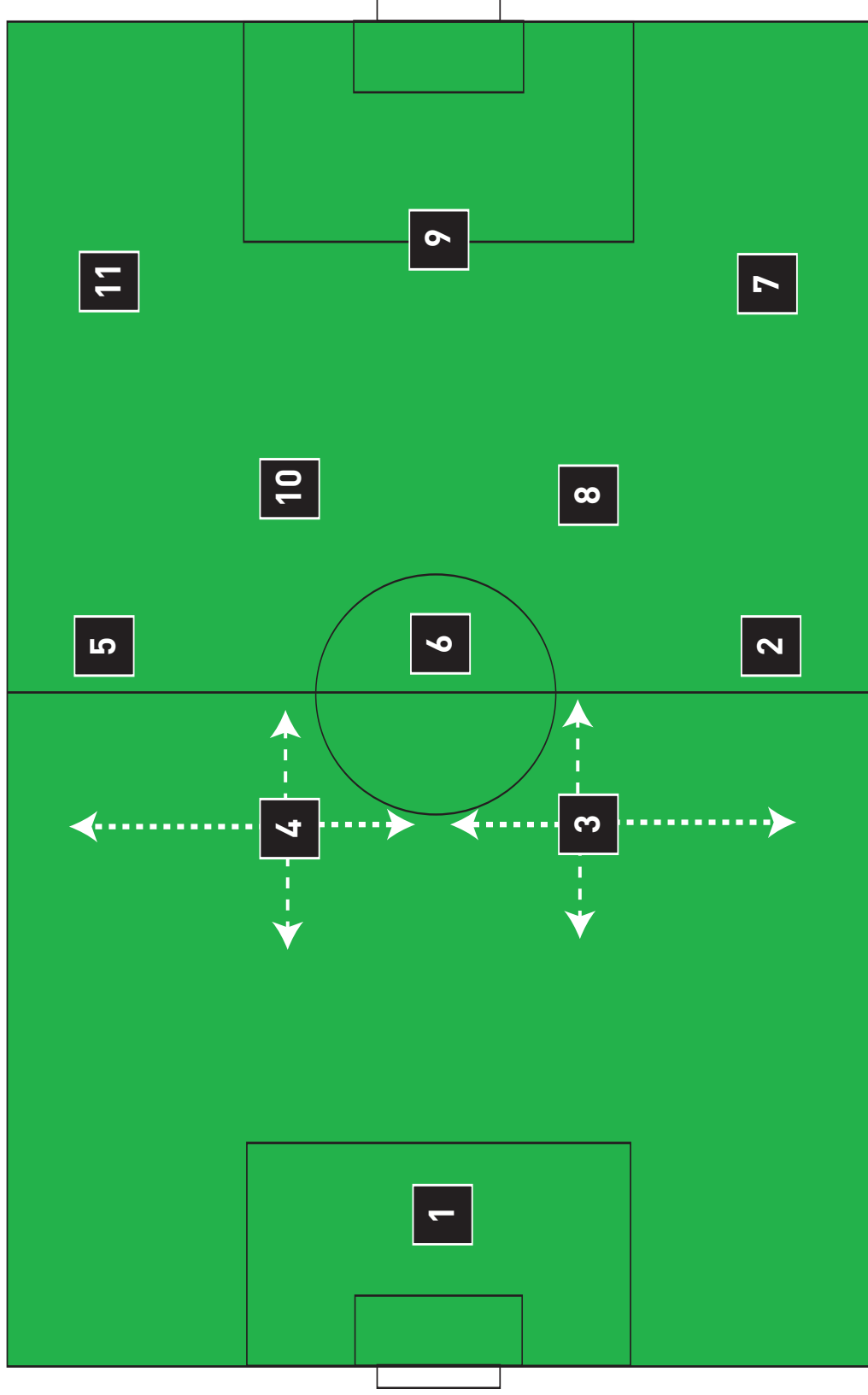
2. PERSONALITY

3. TECHNICAL

4. PHYSICAL



3. The Players in our System



TACTICAL Qualities of Number 3 and 4

POSSESSION	LOSS
1. Speed control <ul style="list-style-type: none"> • With ball • Without ball 	1. Awareness
2. Always in position to receive the ball	2. Communication: <ul style="list-style-type: none"> • With team mates and in relation to the opposition
3. Choice <ul style="list-style-type: none"> • 1st pass (confident / no risk) • Keep possession and play short • Change direction of play • Play deep 	3. Control the different types of marking: <ul style="list-style-type: none"> • 1 vs 1 • Between the lines • 1/2 - 1/2
	4. Passive to active passing
	5. Always in stance to think and execute

PERSONALITY

for Number 3 and 4

1. Killer Instinct/Mentality

2. Leader and Co-ordinator

3. Disciplined and Responsible

4. No risks, safe passing and play

**5. “Drop back” and make field bigger in the
1st phase of play**

6. “Push up” and shorten spaces in the 2nd phase of play

7. Show himself to receive the ball

8. Keeping and controlling position

9. Attitude to assume marking (1 vs 1)

TECHNICAL Qualities of Number 3 and 4

1.

USE OF SPEED

2.

TECHNIQUE AND PASSING QUALITY

- Distance (short, medium and long)
 - Direction (from left to right)
-

3.

CAPACITY TO PUT BALL IN PLAY

PHYSICAL Qualities for Number 3 and 4

1.

Speed in short, medium and long distances

2.

Heading capacity

Jumping power

Stature / height

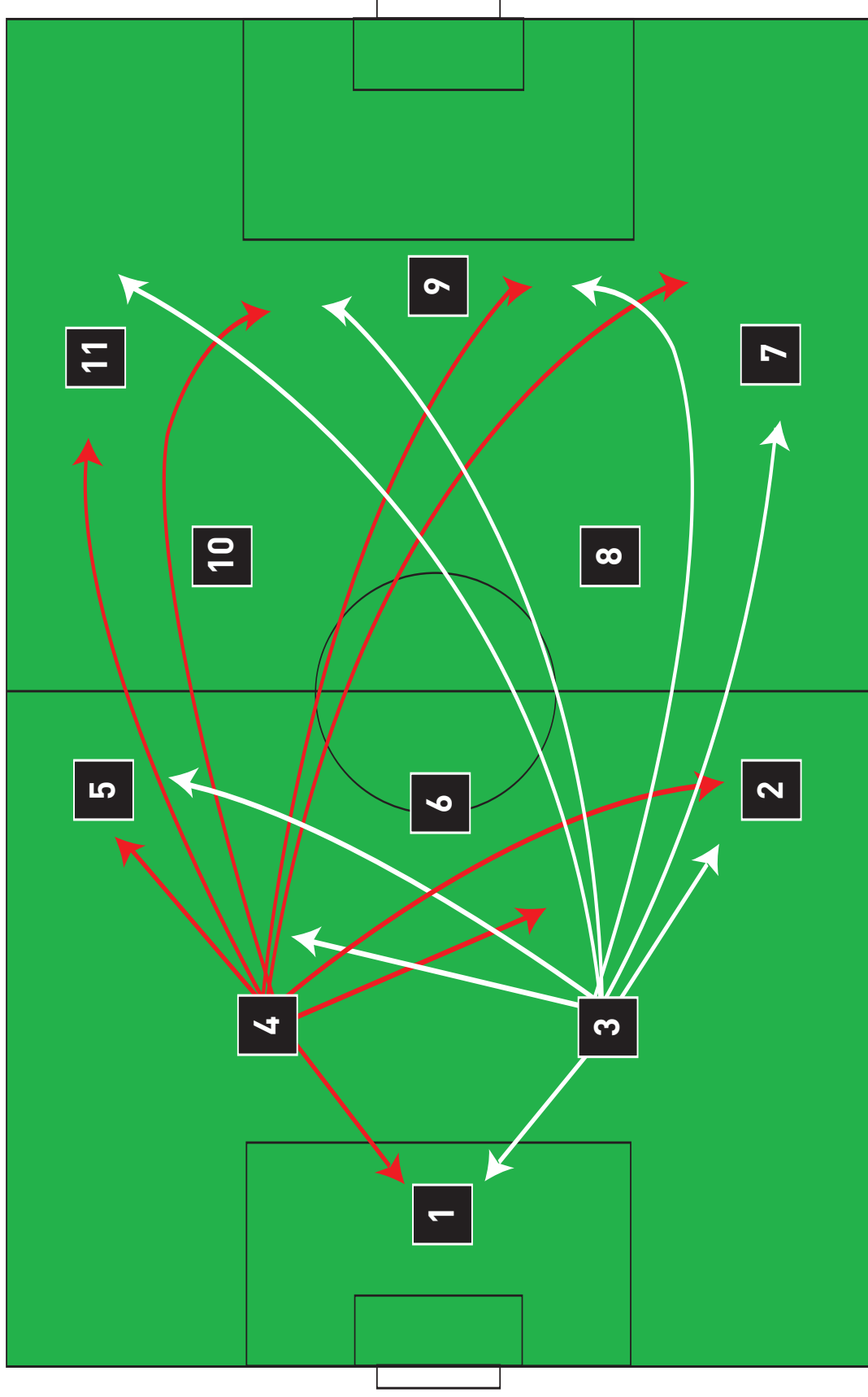
3.

Duel capacity

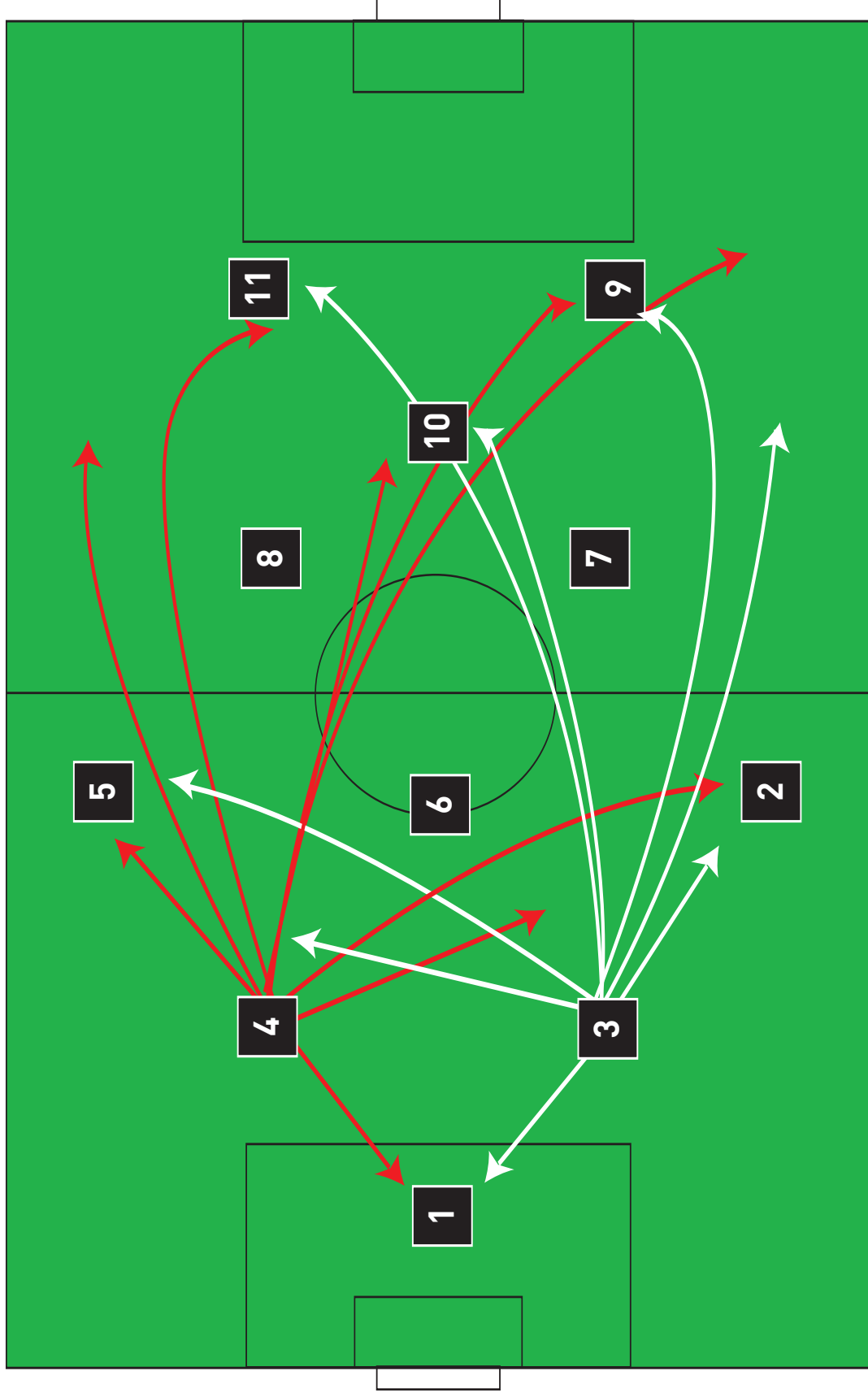
4.

Agility

3. The Players in our System: **lines of pass**



3. The Players in our System: **lines of pass**



3. The Players in our System

NUMBER 6

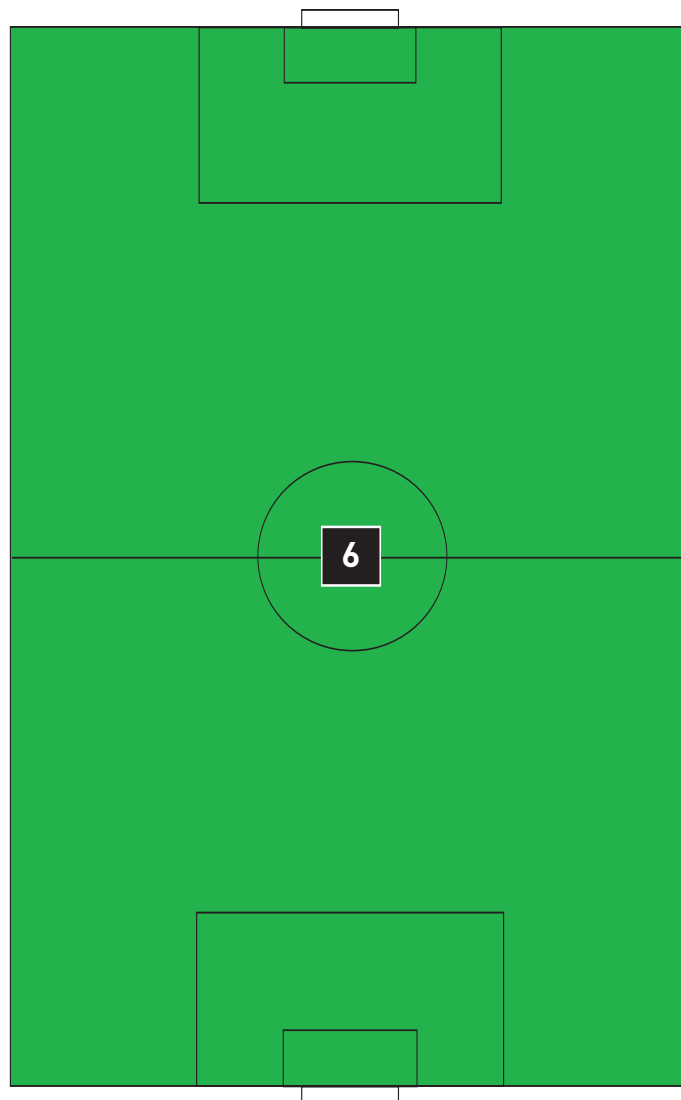
1. Possession 2. Loss

1. TACTICAL

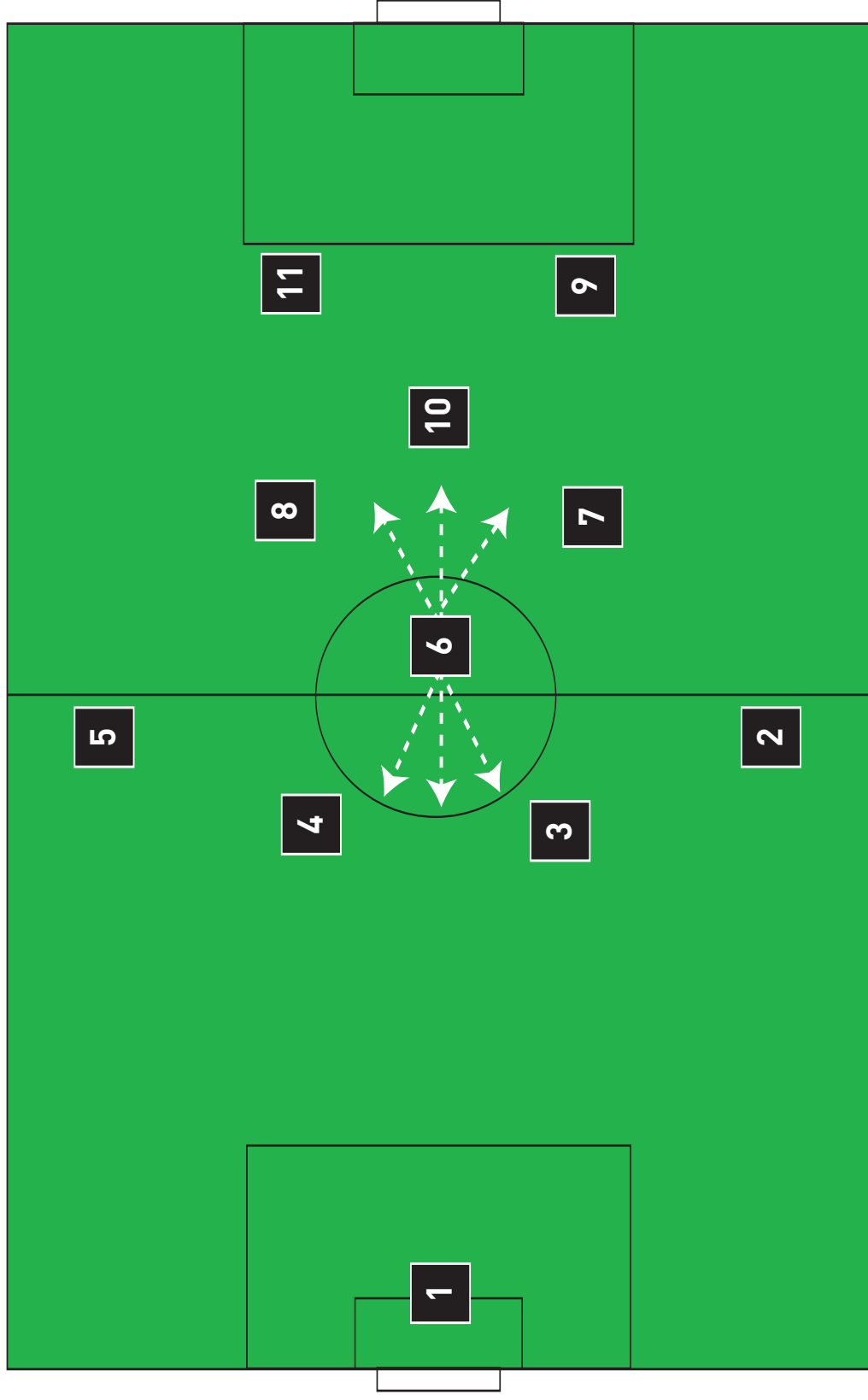
2. PERSONALITY

3. TECHNICAL

4. PHYSICAL



3. The Players in our System



TACTICAL Qualities for Number 6

POSSESSION	LOSS
1. Speed control	1. Awareness
2. Always in position to receive the ball	2. Communication: • With team mates and in relation to the opposition
3. Choice • Keep possession • Change direction of play • Direct passes	3. Acuteness in applying pressure on the ball
4. Keeping space and distance or creating it	4. Control the different types of marking: • 1 vs 1 • Between the lines • 1/2 - 1/2
5. Act as 2nd or 3rd man	5. Passive to active phase
6. Score goals	6. Always in stance to think and execute

PERSONALITY

for Number 6

LEADER AND CO-ORDINATOR

- **Keeping space and distances**
 - **Creating spaces**
 - **Control of the pressure on the ball**
-

DISCIPLINED AND RESPONSIBLE

- **Always in position to receive the ball**
 - **Play 1st support passes with no risk**
 - **Keeping position**
-

SELF – CONFIDENCE

AUTHORITY

CHARISMA

SAFETY AND ASSURANCE IN ALL ACTIONS

TECHNICAL Qualities for Number 6

1.

USE OF SPEED

2.

PASSING AND SHOOTING TECHNIQUE

Distance (short, medium and long)

Direction (from left to right)

3.

DRIBBLE TO PASS

Vision to pass to the left and right and in depth

PHYSICAL Qualities for Number 6

1.

Speed, mainly in short distances

2.

Changes of pace / rhythm

Capacity to play and organise at different speeds

3.

Co-ordination

4.

Agility

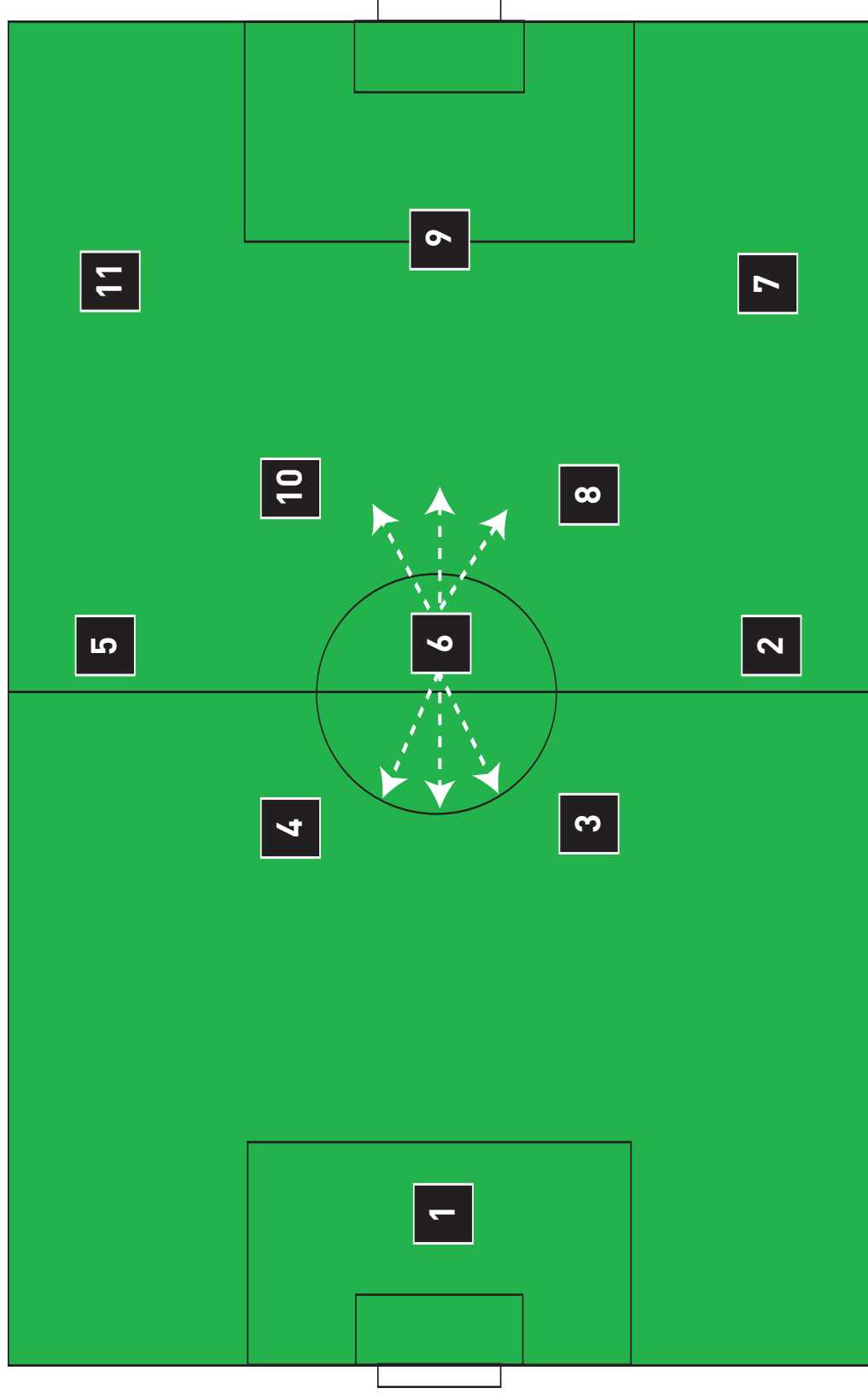
5.

Duel capacity (defensively)

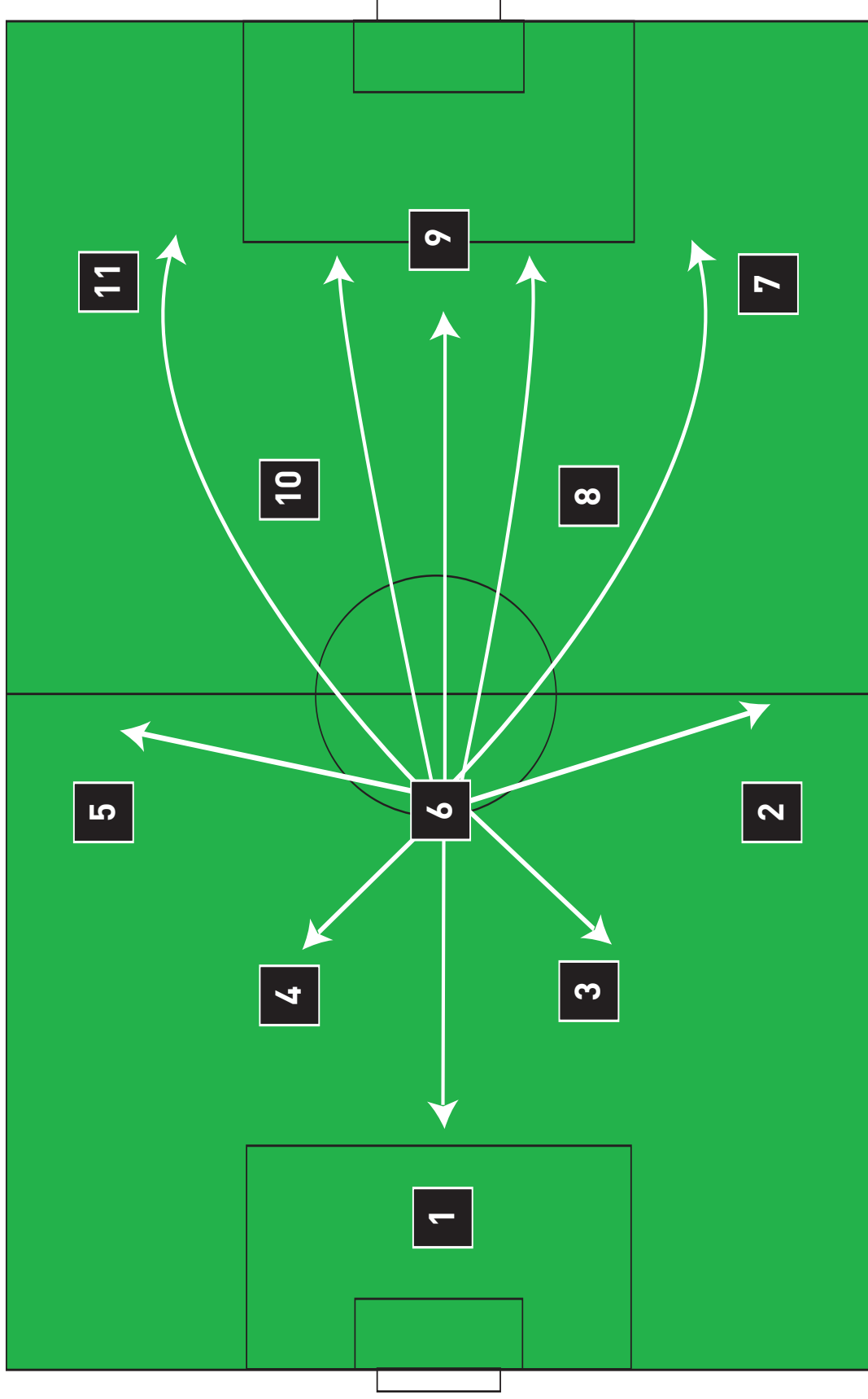
6.

Impulsion to head the ball (defensively)

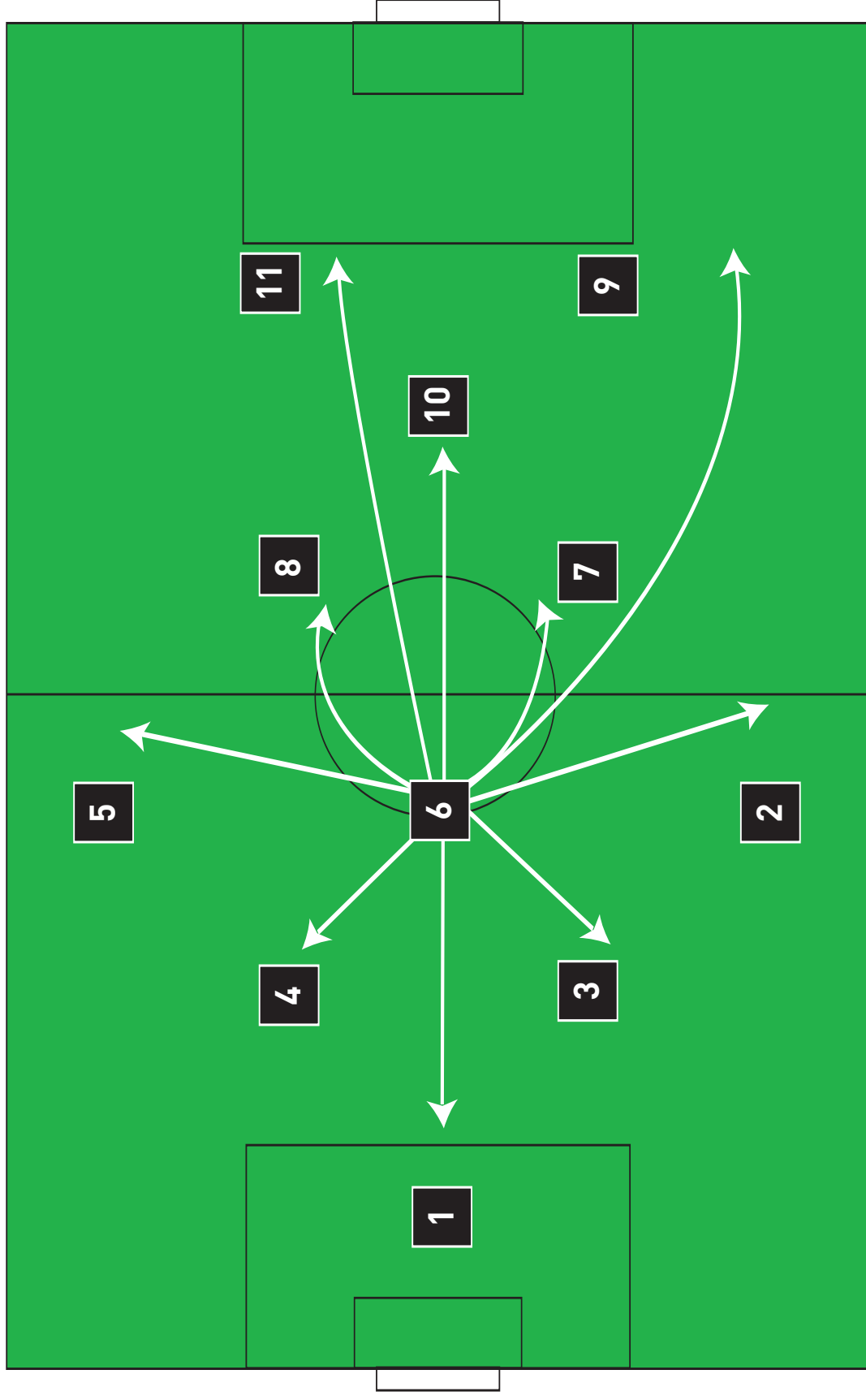
3. The Players in our System



3. The Players in our System: **lines of pass**



3. The Players in our System: **lines of pass**



3. The Players in our System

NUMBER 2 AND 5

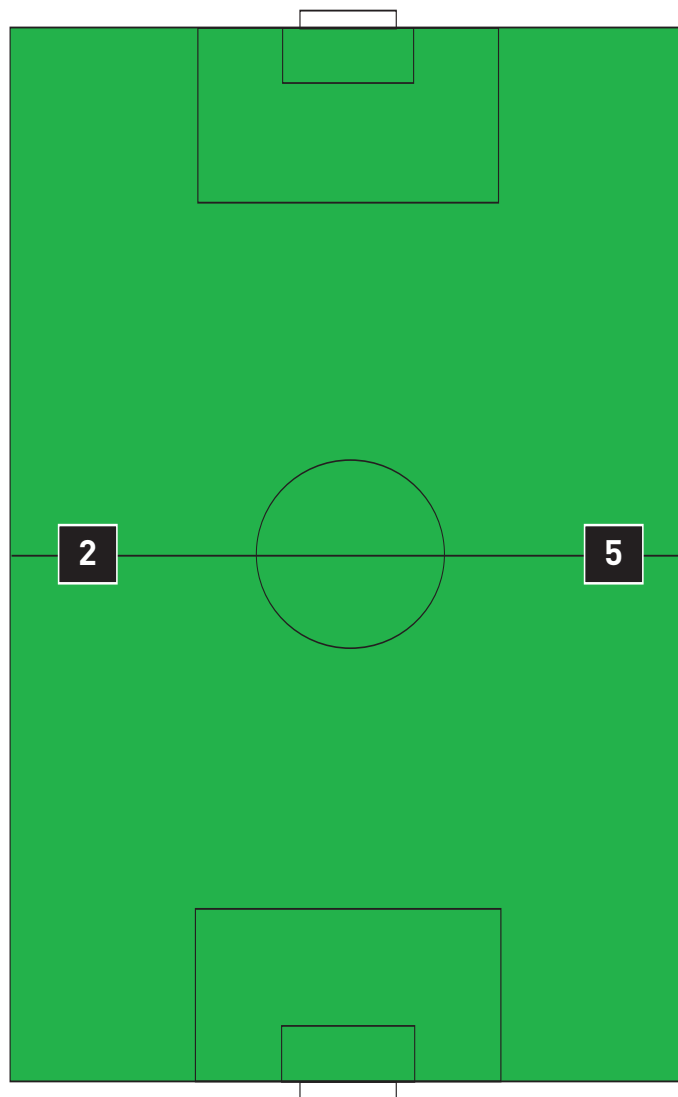
1. Possession 2. Loss

1. TACTICAL

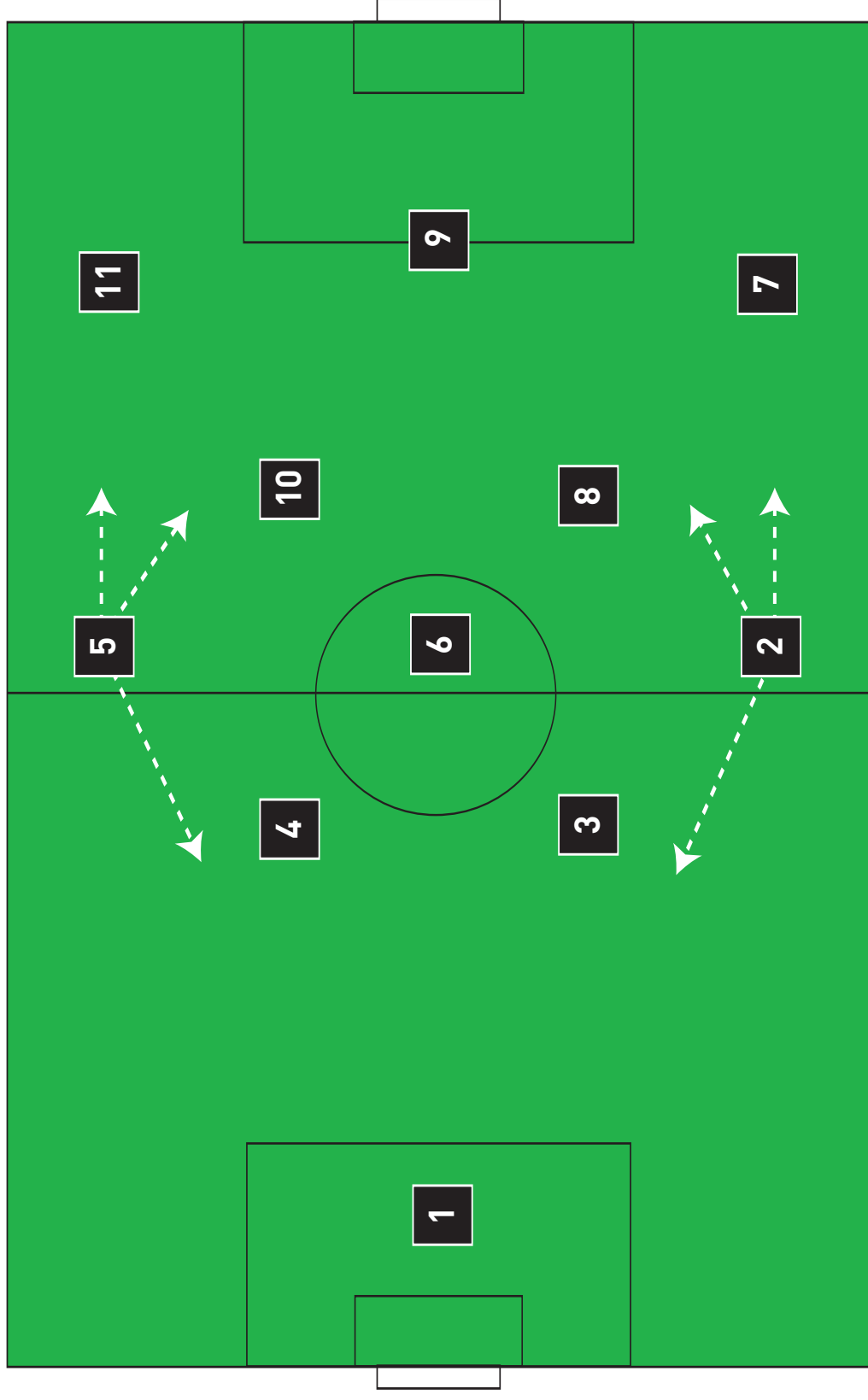
2. PERSONALITY

3. TECHNICAL

4. PHYSICAL



3. The Players in our System



TACTICAL Qualities for Number 2 and 5

POSSESSION	LOSS
<p>1.</p> <p>Speed control</p> <ul style="list-style-type: none"> • With the ball • Without the ball 	<p>1.</p> <p>Orientation / awareness</p>
<p>2. Choice</p> <ul style="list-style-type: none"> • 1st pass • Keeping possession • Change direction of play • Deep passes - through the centre or flanks 	<p>2.</p> <p>Communication</p> <ul style="list-style-type: none"> • With team mates and in relation to the opposition
<p>3. Positional Play</p> <ul style="list-style-type: none"> • Always in position to receive the ball 	<p>3. Control the different types of marking</p> <ul style="list-style-type: none"> • 1 vs 1 • Between the lines • 1/2 - 1/2
<p>4.</p> <p>Intelligence to ask for the ball</p>	<p>4.</p> <p>Passive to active phase</p>

PERSONALITY

for Number 2 and 5

1. DISCIPLINED AND RESPONSIBLE

- Always in a position to receive the ball
 - No risk in the 1st passing option
 - Awareness
 - Keeping position
 - Run to short or close spaces
 - Avoiding crosses
-

2. WILLINGNESS TO WORK FOR THE TEAM

- In attack
 - In defence
-

3. ALWAYS PLAY WITH CONFIDENCE

TECHNICAL Qualities for Number 2 and 5

1.

USE OF SPEED OF PASS

2.

CONTROLLING THE BALL

1st touch / correct surface

3.

PASSING AND SHOOTING TECHNIQUE

**Short, medium, long distance,
through the flanks or in depth left or right**

PHYSICAL Qualities for Number 2 and 5

1.

Speed, in short, medium and long distances

2.

Changes of pace / rhythm

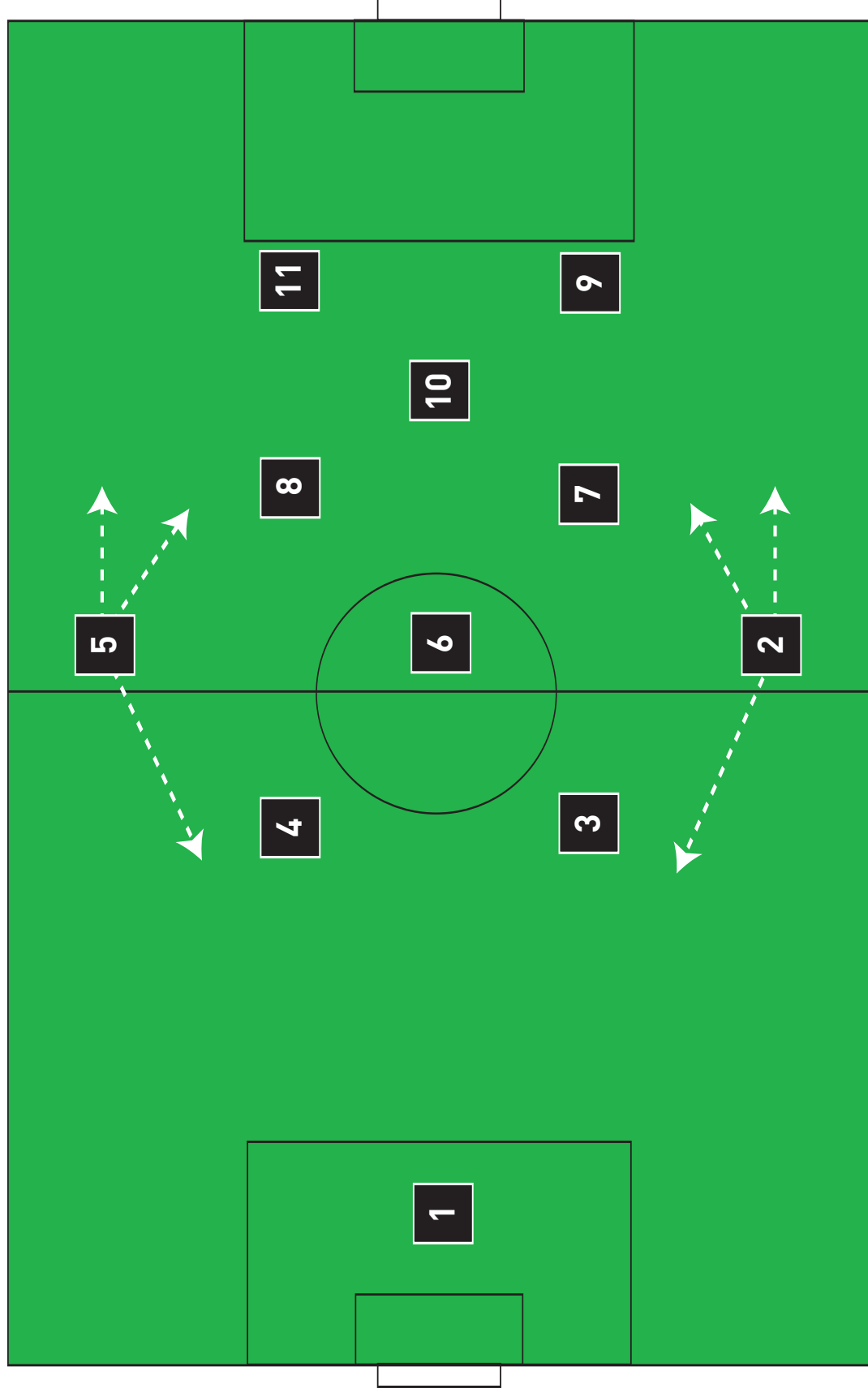
3.

Duel capacity

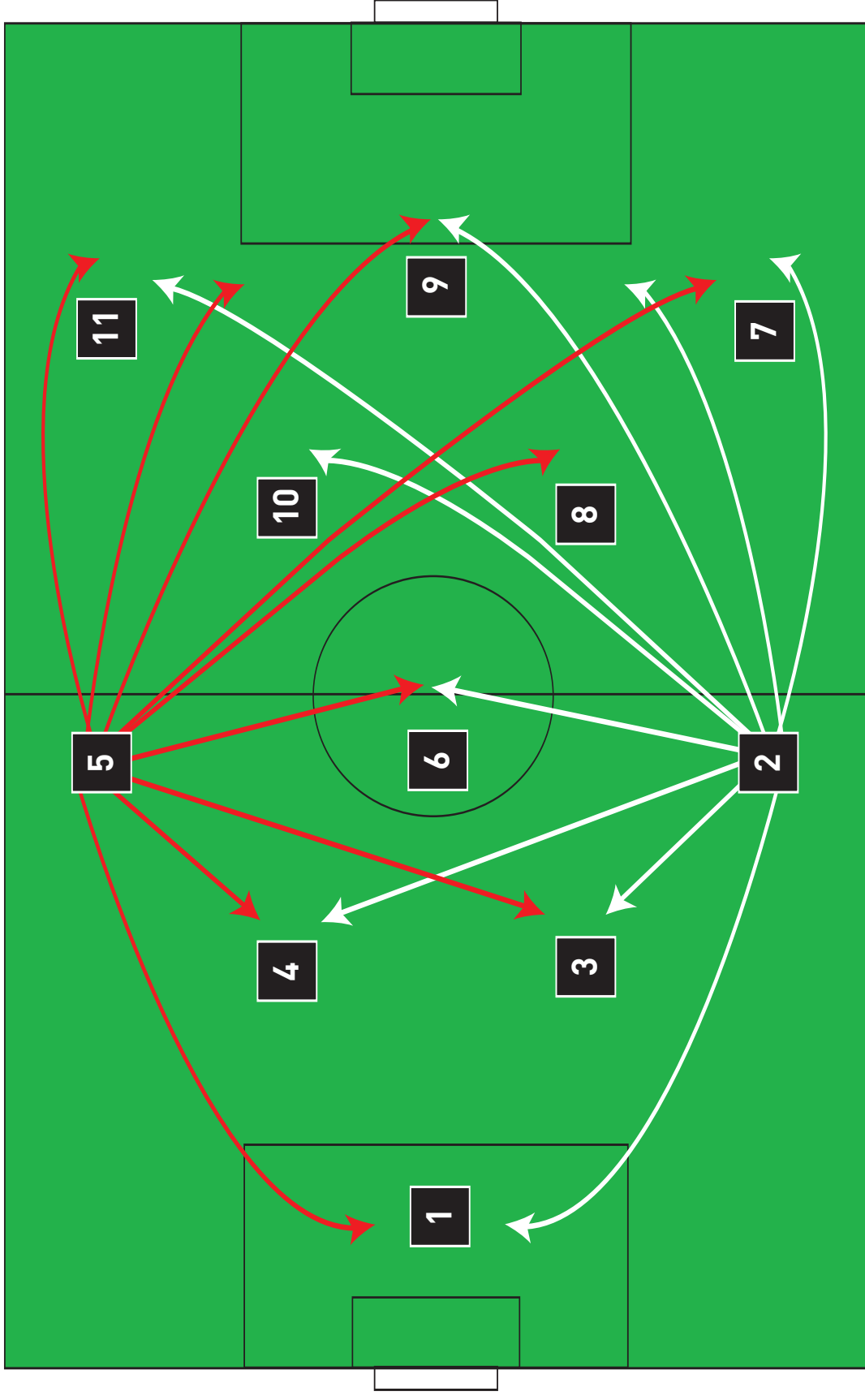
4.

Agility

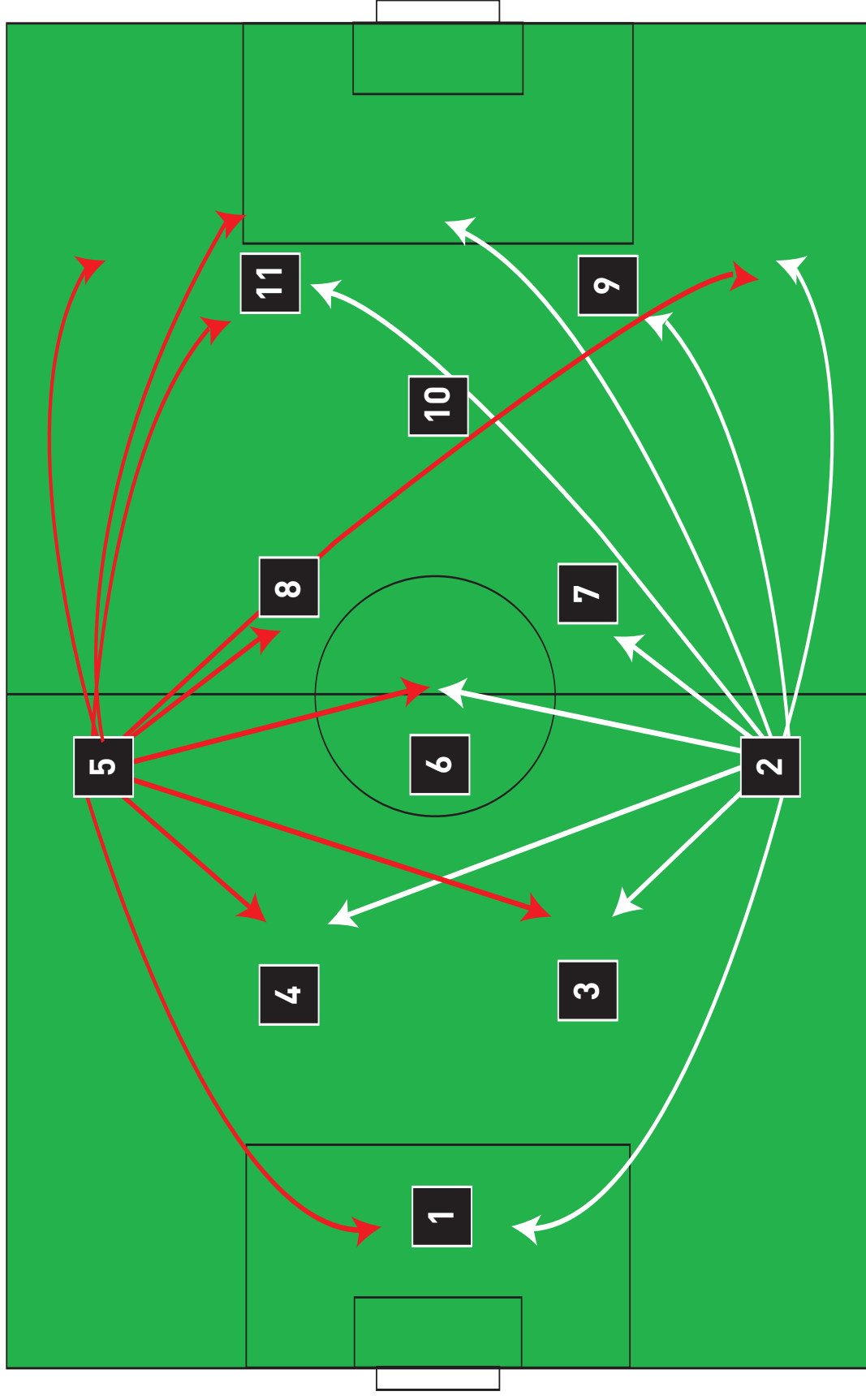
3. The Players in our System



3. The Players in our System: **lines of pass**



3. The Players in our System: **lines of pass**



3. The Players in our System

NUMBER 8 AND 10

(7 & 8 in 4x4x2)

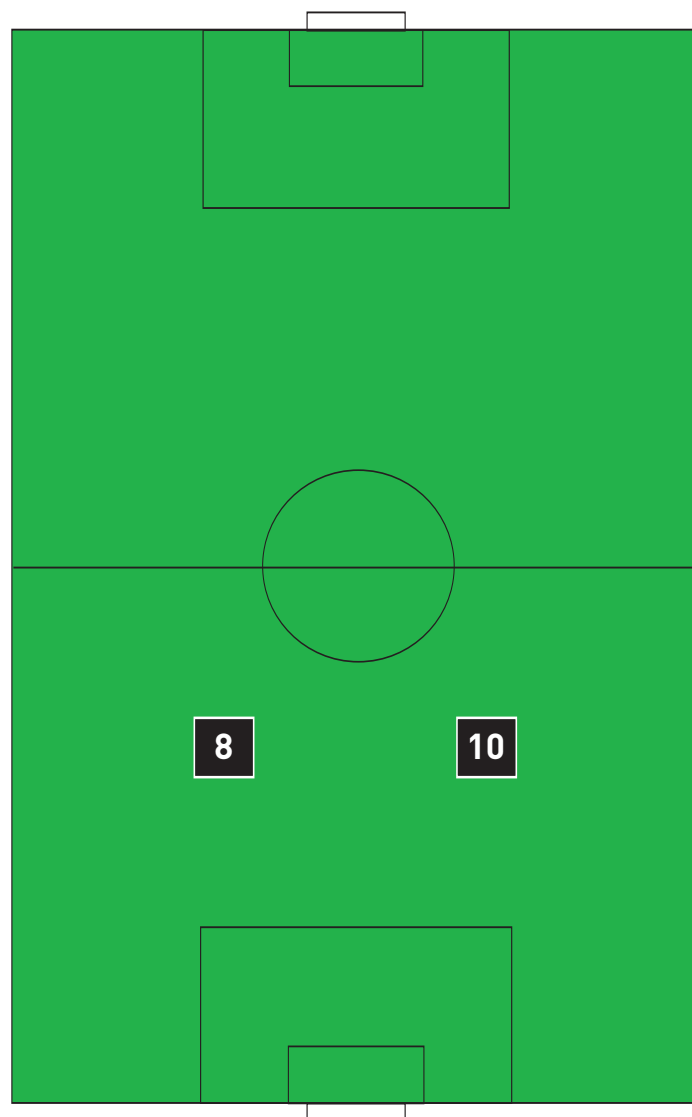
1. Possession 2. Loss

1. TACTICAL

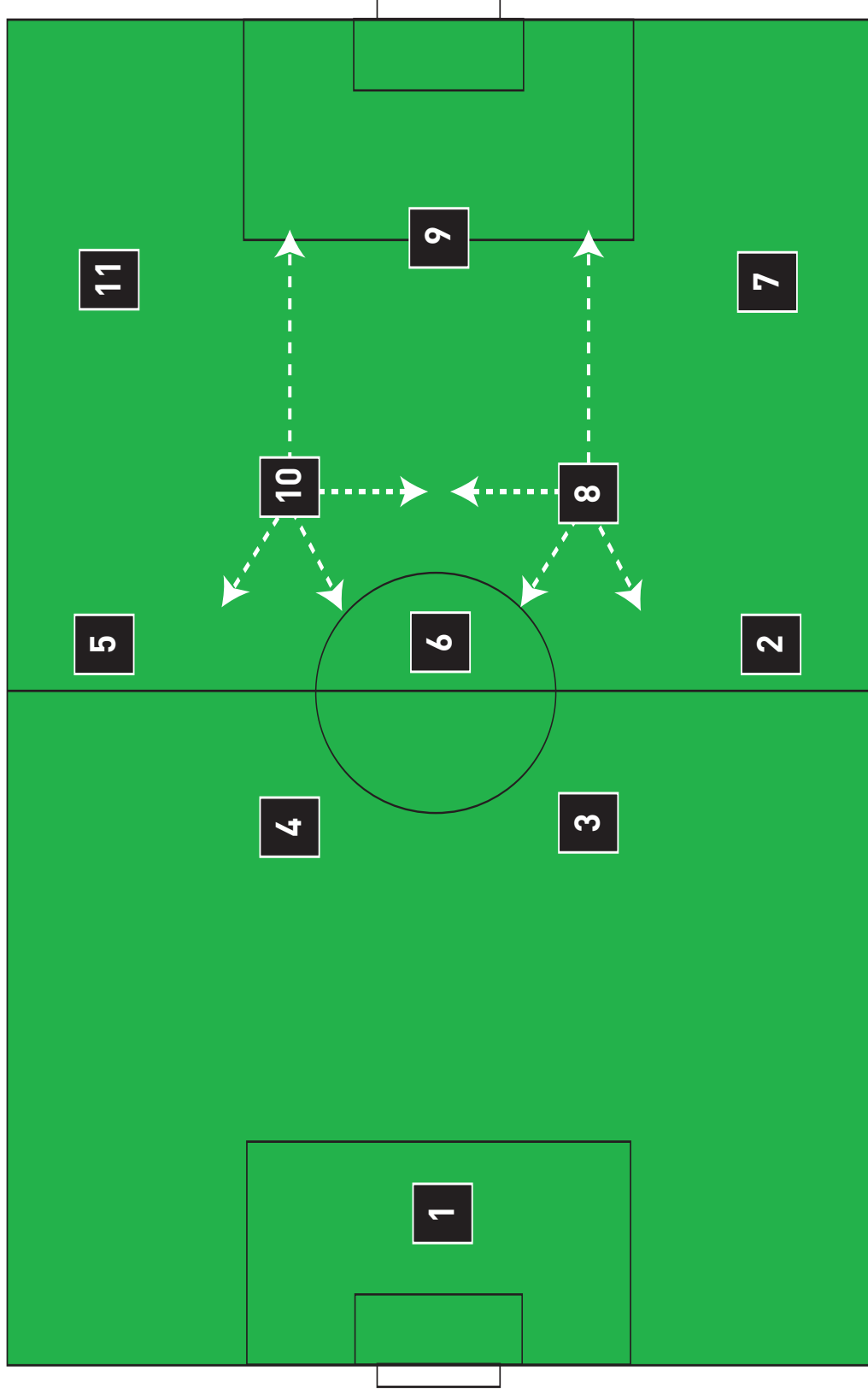
2. PERSONALITY

3. TECHNICAL

4. PHYSICAL



3. The Players in our System



TACTICAL Qualities for Number 8 and 10

POSSESSION	LOSS
<p>1.</p> <p>Speed control</p> <ul style="list-style-type: none"> • With the ball • Without the ball 	<p>1.</p> <p>Orientation / awareness</p>
<p>2. Positional play</p> <ul style="list-style-type: none"> • Always in position to receive the ball • “Open stance / body” in order to see team mates • Look to exploit spaces opened up by the forwards • Option between 2nd or 3rd man 	<p>2.</p> <p>Communication:</p> <ul style="list-style-type: none"> • With team mates and in relation to the opposition
<p>3. Choice</p> <ul style="list-style-type: none"> • Creating opportunities or • Scoring goals 	<p>3.</p> <p>Intelligence to pressurise as a team</p>
	<p>4. Control the different types of marking:</p> <ul style="list-style-type: none"> • 1 vs 1 • Between the lines • 1/2 - 1/2

PERSONALITY of Number 8 and 10

1. DISCIPLINED AND RESPONSIBLE

- Always in a position to receive the ball
 - Quality 1st touch and control
 - Quality 1st pass
 - Game awareness
 - Keeping position
-

2. WILLINGNESS TO WORK FOR THE TEAM

- In attack
 - In defence
-

3. ALWAYS PLAY WITH CONFIDENCE

- To make penetrating runs
 - To score goals
 - To recover position
 - To defend (individually or for the team)
-

TECHNICAL Qualities for Number 8 and 10

1.

USE OF SPEED

1st touch / 1st control / In order to shoot

2.

PASSING AND SHOOTING

Short, medium, long distances through the
flanks or in depth

Left or right

3.

DRIBBLING

Dribbling to pass / To score goals
To create a 2 vs 1 situation

4.

SHOOTING FROM OUTSIDE THE PENALTY AREA

5.

HEADING

To score / To pass the ball to a 3rd man
To “flick” it back

PHYSICAL Qualities for Number 8 and 10

1.

Speed, in short, medium and long distances

2.

Changes of pace / rhythm

3.

Speed resistance capacity

4.

Co-ordination

5.

Passing capacity

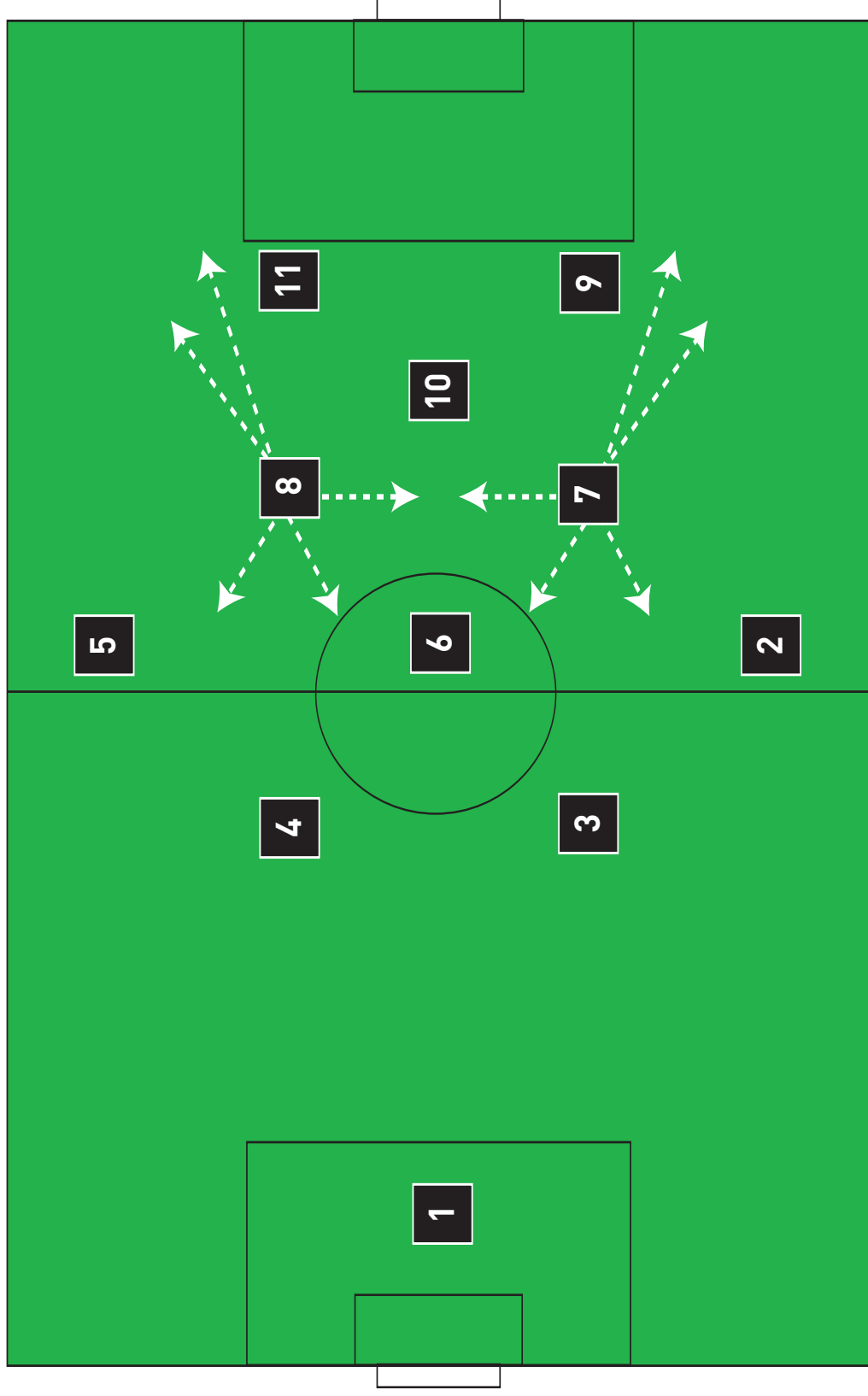
6.

Shooting capacity

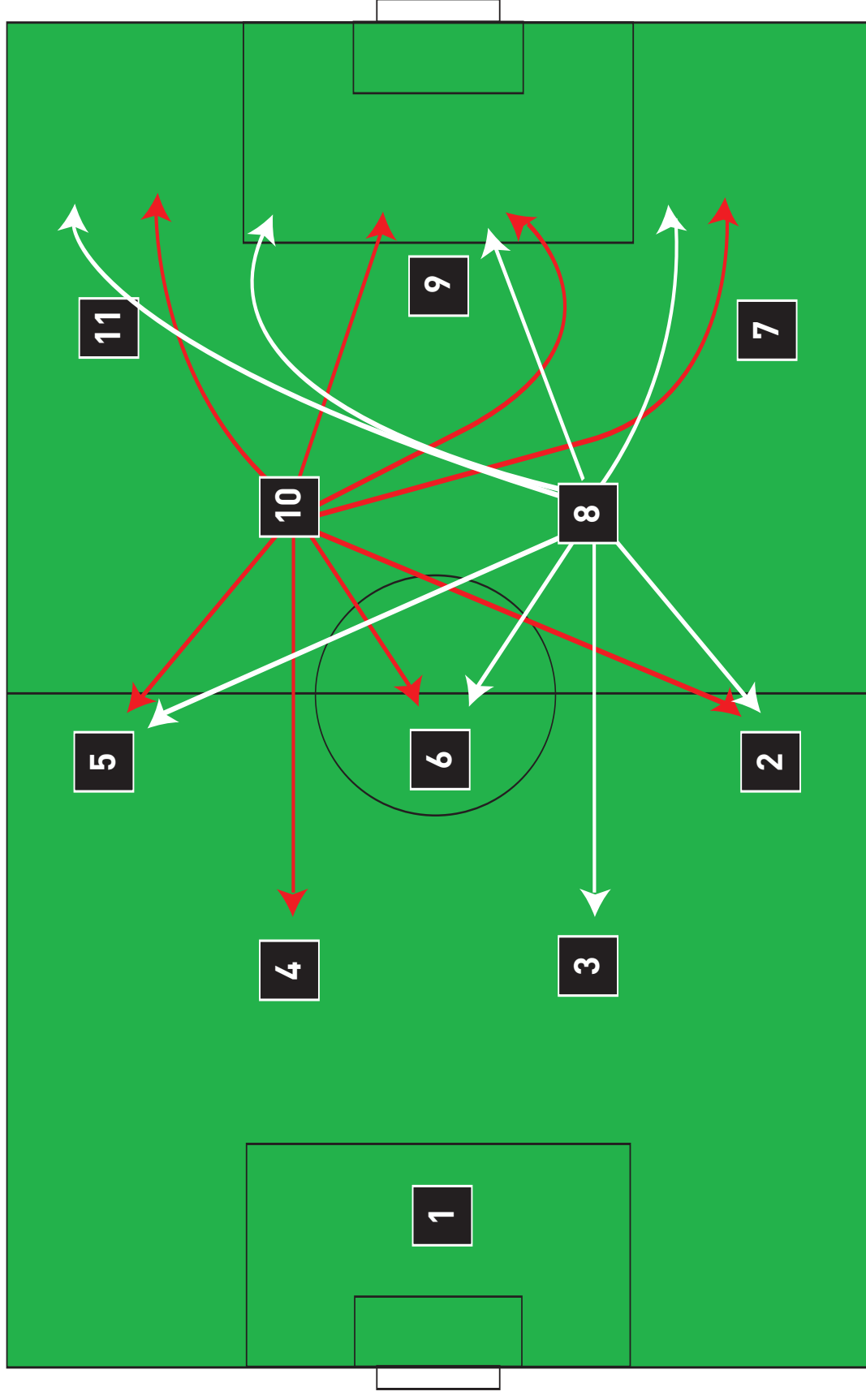
7.

The impulsion to head the ball (in attack)

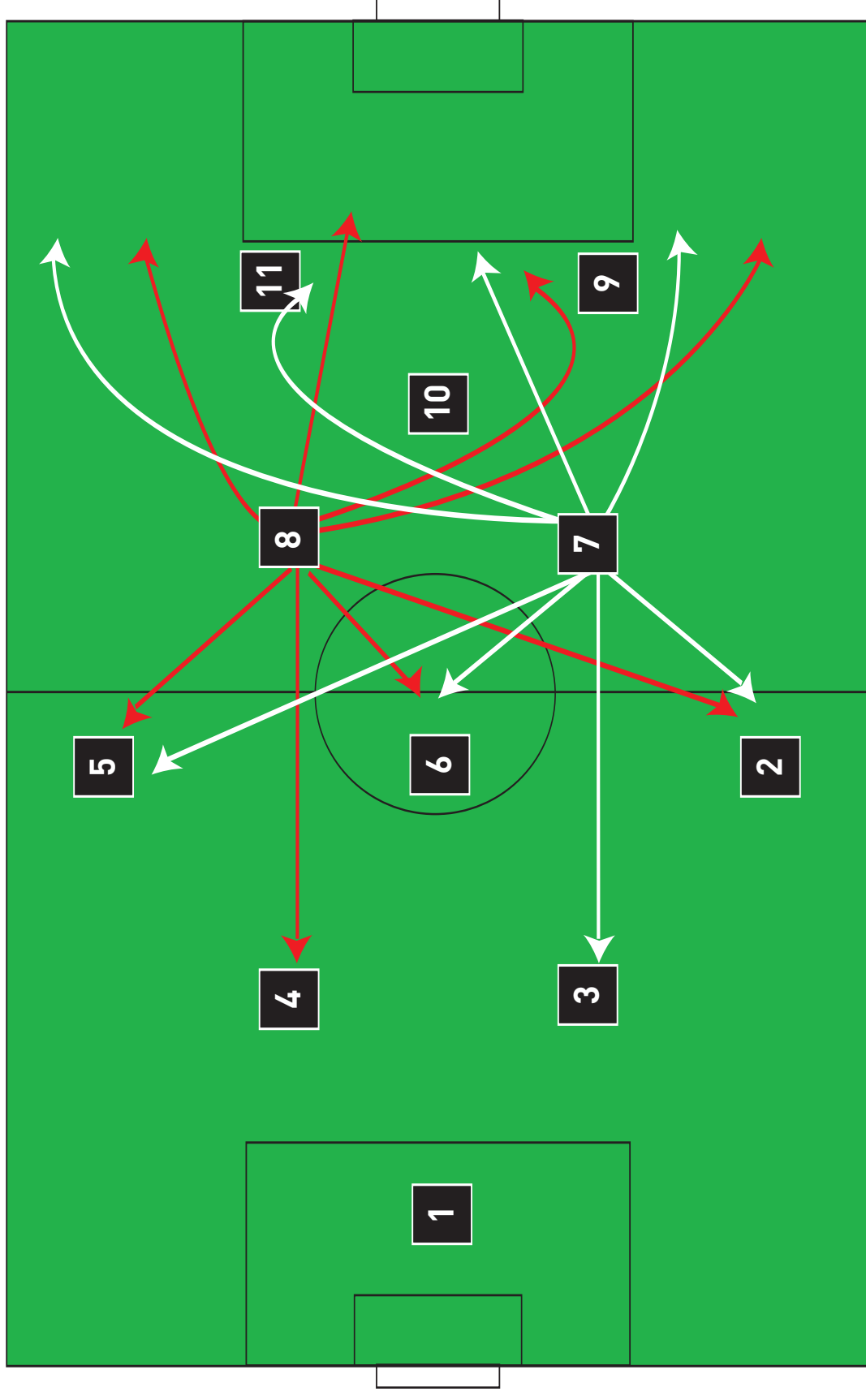
3. The Players in our System



3. The Players in our System: **lines of pass**



3. The Players in our System: **lines of pass**



3. The Players in our System

NUMBER 7 AND 11

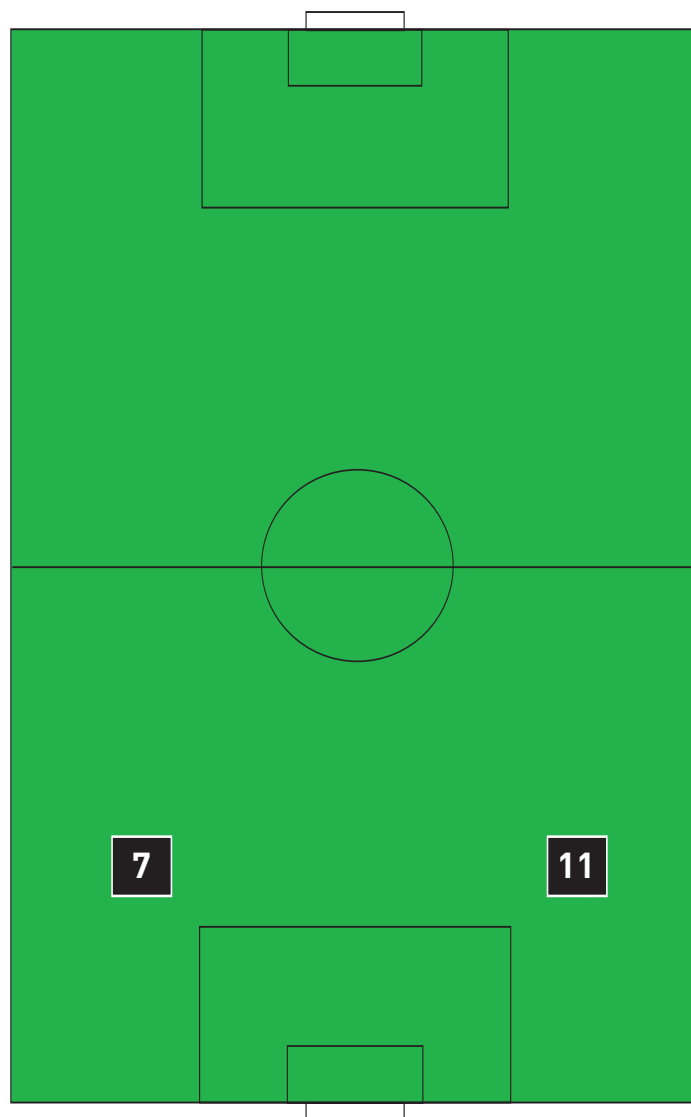
1. Possession 2. Loss

1. TACTICAL

2. PERSONALITY

3. TECHNICAL

4. PHYSICAL



3. The Players in our System



TACTICAL Qualities for Number 7 and 11

POSSESSION	LOSS
1. Speed control <ul style="list-style-type: none"> • With the ball • Without the ball 	1. Orientation / awareness
2. Positional play <ul style="list-style-type: none"> • Always in position to receive the ball • “Open body” to face goal / penalty area • Knowledge of depth / width • Position in relation to ball carrier 	2. Communication: <ul style="list-style-type: none"> • With team mates and in relation to the opposition
3. Choice <ul style="list-style-type: none"> • Cross • 1 vs 1 • Pass • Shoot 	3. Intelligence to close spaces for the team
4. Reaching positions inside the penalty area	4. Recovering balls
	5. Passive to active phase
	6. Always in stance to think and activate

PERSONALITY **of Number 7 and 11**

1. DISCIPLINED AND RESPONSIBLE

- “Open up” or “push up” in order to make field bigger
 - Keep position
 - Choose where to receive ball (inside / outside)
 - Orientation / awareness
-

2. WILLINGNESS TO WORK FOR THE TEAM

- In attack
 - In defence: close up spaces and avoid deep passes from opposition
-

3. WITH CONFIDENCE

- To create goal scoring opportunities
 - To make good passes or good crosses
-

TECHNICAL Qualities for Number 7 and 11

1.

USE OF SPEED IN PASS

Receiving the ball

1st touch / 1st control

2.

CROSSES

Fast crosses: low or in the air, curving cross moving away from the deeper, or between keeper and defenders

Slow crosses: depends of keepers position, defenders and forwards (1st or 2nd post), pass back, create space for the cross, cross avoiding opponent, dribble inside or outside to cross or to shoot

3.

PASSING

3rd support passes, 2nd support and 1st support passes

4.

SCORE GOALS

Balls in the air / Balls on the floor

PHYSICAL Qualities for Number 7 and 11

1.

Speed, in short, medium and long distances

2.

Technique whilst running (co-ordination)

3.

**Changes of pace / rhythm
(Being able to play at different speeds)**

4.

Passing and crossing capacity

5.

Dribbling capacity

6.

Shooting capacity

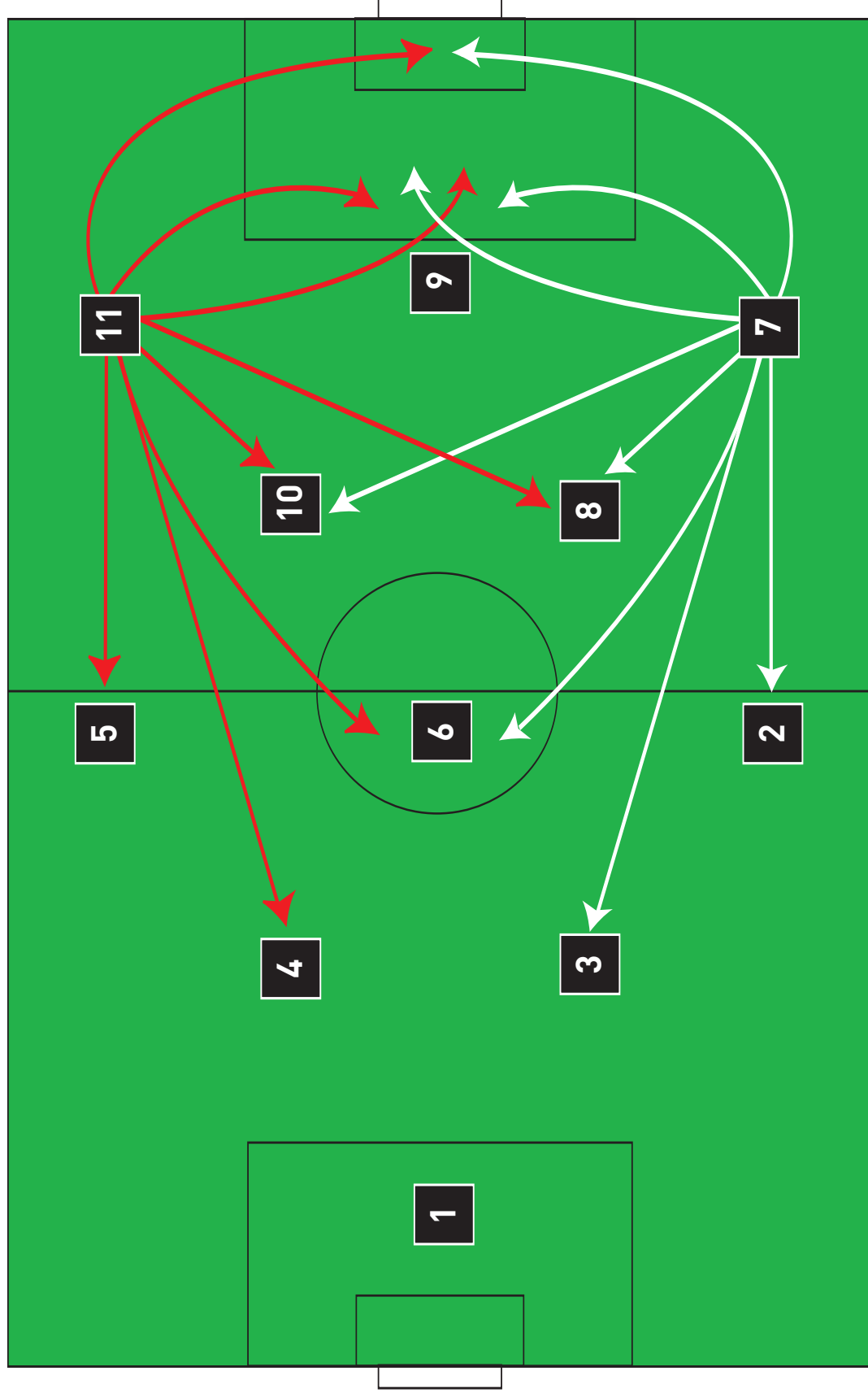
7.

Impulsion / heading capacity

8.

Agility

3. The Players in our System: **lines of pass**



3. The Players in our System

NUMBER 10 (only in 4x4x2)

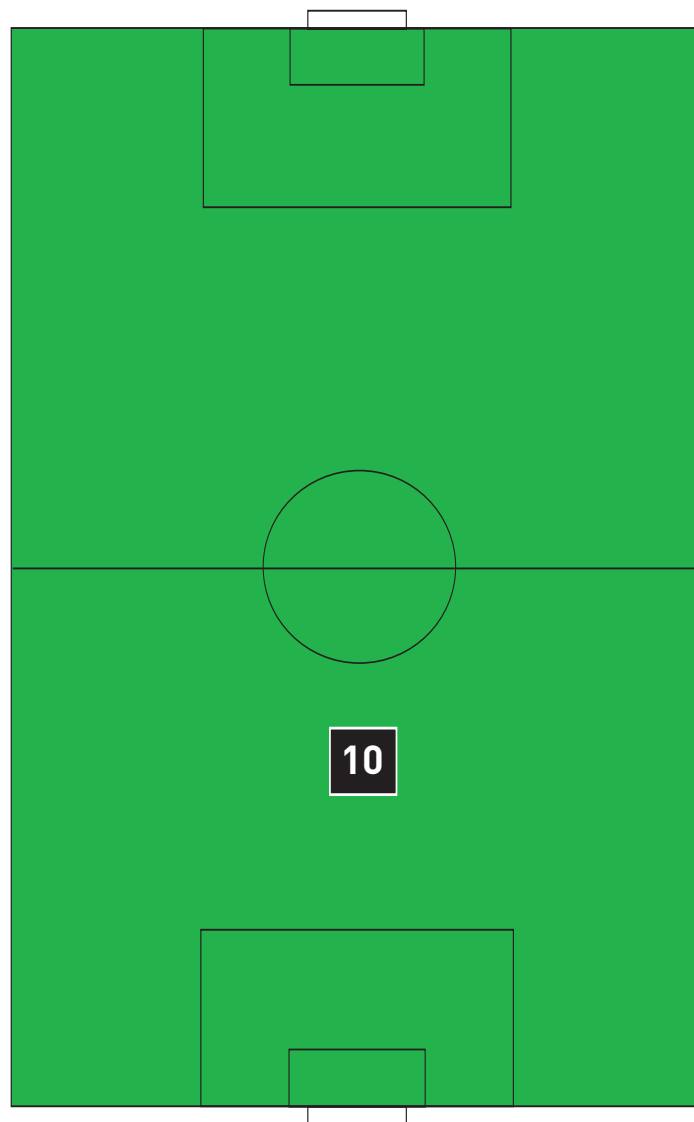
1. Possession 2. Loss

1. TACTICAL

2. PERSONALITY

3. TECHNICAL

4. PHYSICAL



TACTICAL Qualities for Number 10

POSSESSION	LOSS
1. Speed control <ul style="list-style-type: none"> • With the ball • Without the ball 	1. Orientation / awareness
2. Positional play <ul style="list-style-type: none"> • Always in position to receive the ball • “Open stance / body” in order to see team mates • Look to exploit spaces opened up by forwards • Change position with strikers 	2. Communication: <ul style="list-style-type: none"> • With team mates and in relation to the opposition
3. Choice <ul style="list-style-type: none"> • Creating opportunities or scoring goals • Deep in penetration runs 	3. Intelligence to pressurise as a team
	4. Controlling the different types of marking <ul style="list-style-type: none"> • Between lines • 1 vs 1 • 1/2 v 1/2
	5. Passive to active pass

PERSONALITY of Number 10

1. DISCIPLINED AND RESPONSIBLE

- Always in a position to receive the ball
 - Quality 1st touch and control
 - Quality 1st pass
 - Game awareness
 - Keeping position
-

2. WILLINGNESS TO WORK FOR THE TEAM

- In attack
 - In defence
-

3. ALWAYS WITH CONFIDENCE

- To make penetrating runs
 - To score goals
 - To recover position to defend (individually or for the team)
-

TECHNICAL Qualities for Number 10

1.

USE OF SPEED

2.

RECEIVING THE BALL

1st touch / 1st control

In order to shoot

3.

PASSING AND SHOOTING

Short, medium, long distances, through the flanks
or in depth

Left or right

4.

DRIBBLING

Dribbling to pass / To create a 2 vs 1 situation

To score a goal

5.

SHOOTING FROM OUTSIDE THE PENALTY AREA

Balls in the air / Balls on the floor

6.

HEADING

To score / To pass the ball to a 3rd man

To “flick” it back

PHYSICAL Qualities for Number 10

1.

Speed, in short, medium and long distances

2.

**Changes of pace / rhythm
(Being able to play at different speeds)**

3.

Speed resistance capacity

4.

Co-ordination

5.

Passing capacity

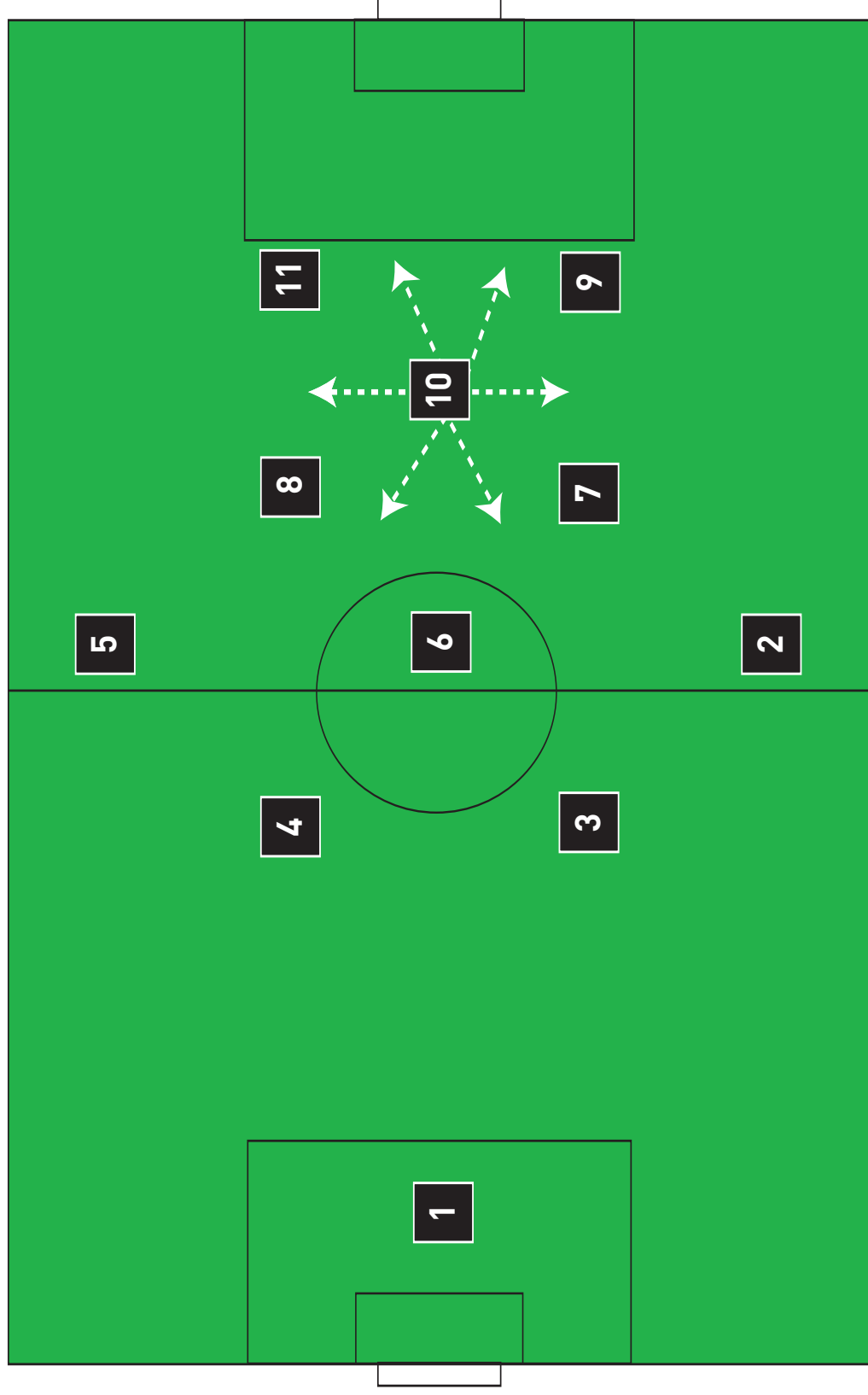
6.

Shooting capacity

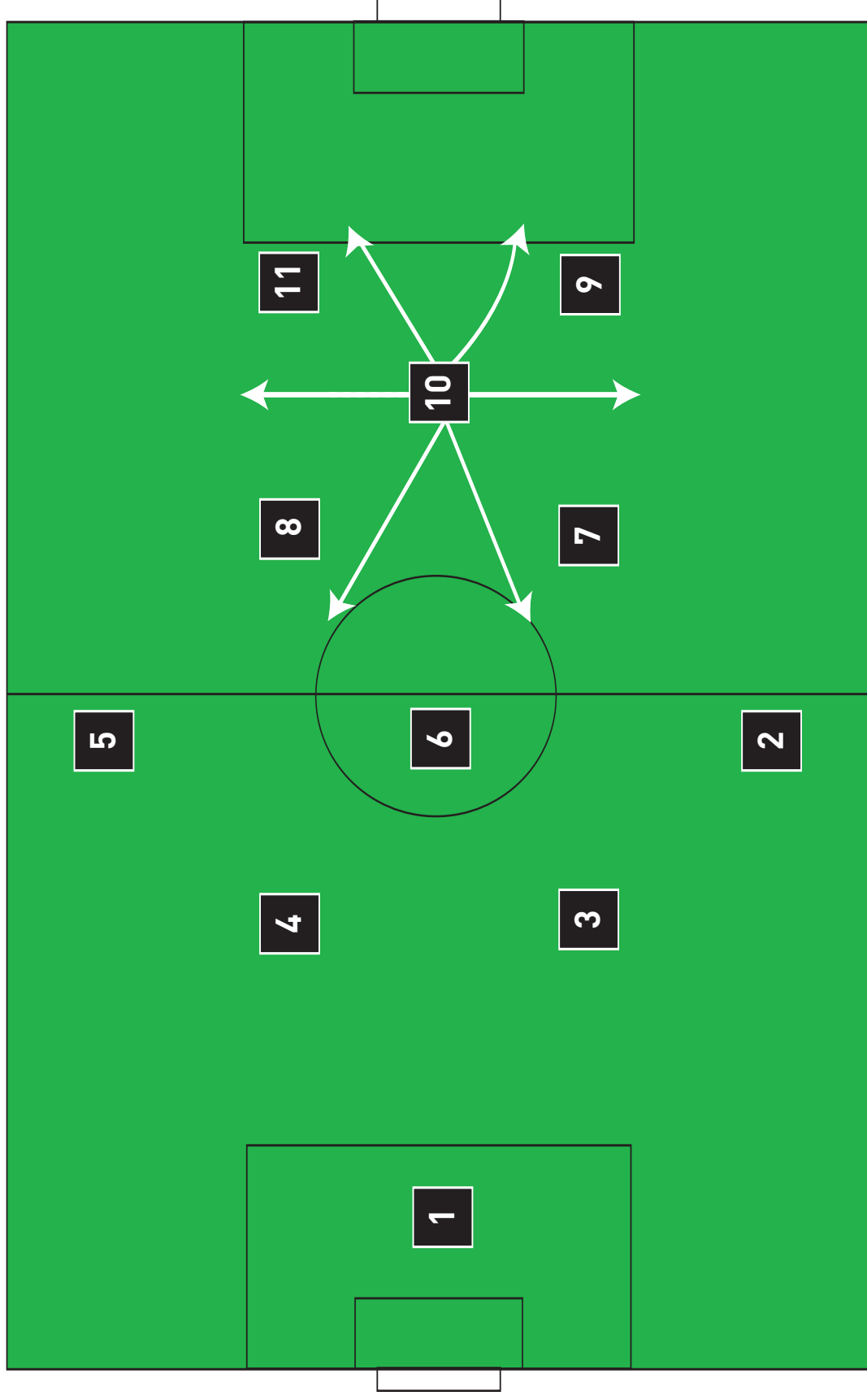
7.

Impulsion to head the ball (in attack)

3. The Players in our System



3. The Players in our System: **lines of pass**



3. The Players in our System

NUMBER 9 (9 and 11 in 4x4x2)

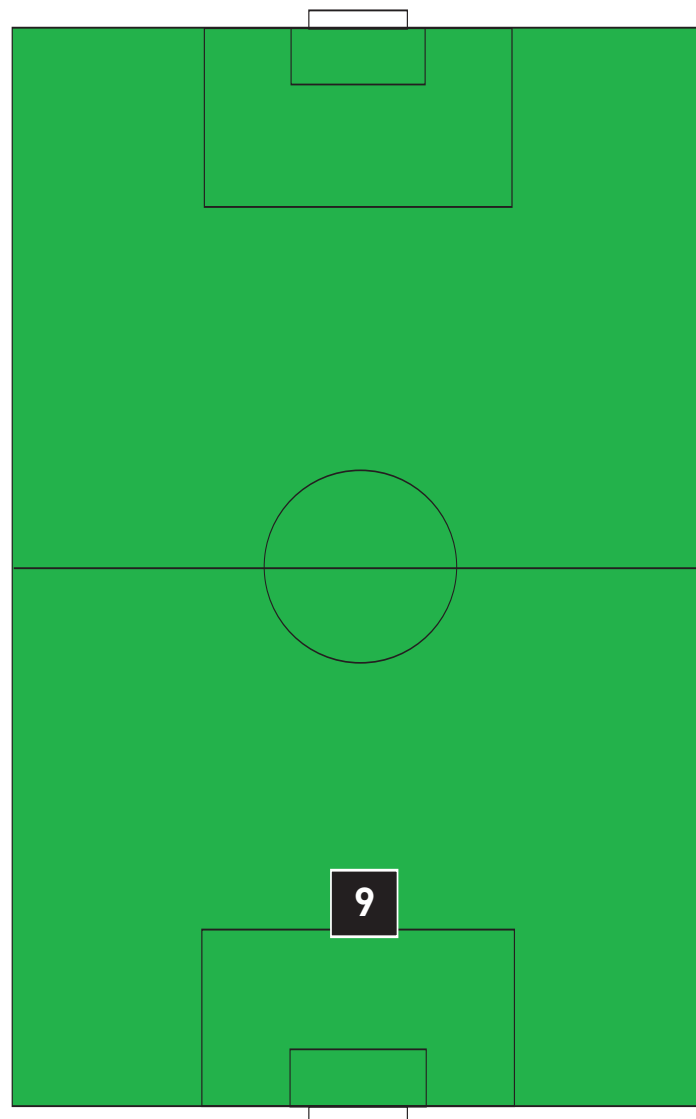
1. Possession 2. Loss

1. TACTICAL

2. PERSONALITY

3. TECHNICAL

4. PHYSICAL



TACTICAL Qualities for Number 9

POSSESSION	LOSS
1. Speed control <ul style="list-style-type: none"> • With the ball • Without the ball 	1. Orientation / awareness
2. Positional play WITHOUT THE BALL: <ul style="list-style-type: none"> • Always in position to receive • Face to face • In depth (off shoulder) • Always in position to score WITH THE BALL: <ul style="list-style-type: none"> • Choose to score directly • Choose to score indirectly • Creates occasions to score • Keeps possession of the ball 	2. Communication: <ul style="list-style-type: none"> • With team mates and in relation to the opposition
	3. Intelligence to pressurise as a team
	4. Controlling the different types of pressure <ul style="list-style-type: none"> • Between lines • 1 vs 1 • 1/2 v 1/2
	5. Always in stance to think and execute

PERSONALITY **of Number 9**

1. KILLER INSTINCT / MENTALITY

2. WITH CONFIDENCE

- In oneself (to create goal scoring opportunities)
 - In the team mates and team
-

3. DISCIPLINED AND RESPONSIBLE

- “Push deep” as much as possible in order to make the field bigger
 - Keep or change positions and functions
-

4. WILLINGNESS TO WORK FOR THE TEAM

- In attack
 - In defence
-

TECHNICAL Qualities for Number 9

1. USE OF SPEED

2. RECEIVING THE BALL

1st touch / 1st touch to the side, back or deep in order to take a new action

3. KEEPING THE BALL

Dribbling and passing deep / Goal (space in front)

4. PASSING

Short or medium pass back, to the sides or deep – both feet

Penetrating pass (chip also)

5. DRIBBLING

To pass the ball / To score a goal

6. SCORING

Short and medium distances

From the sides, from deep positions, after an individual action

Both feet, and with the head

7. HEADING

To score (as above)

To pass to a 2nd or 3rd man

To “flick” back

PHYSICAL Qualities for Number 9

1.

Speed, in short, medium and long distances

2.

**Technique whilst running
(co-ordination and quality 1st touch)**

3.

**Changes of pace / rhythm
(Being able to play at different speeds)**

4.

Passing capacity

5.

Dribbling capacity

6.

Finishing capacity (with head also)

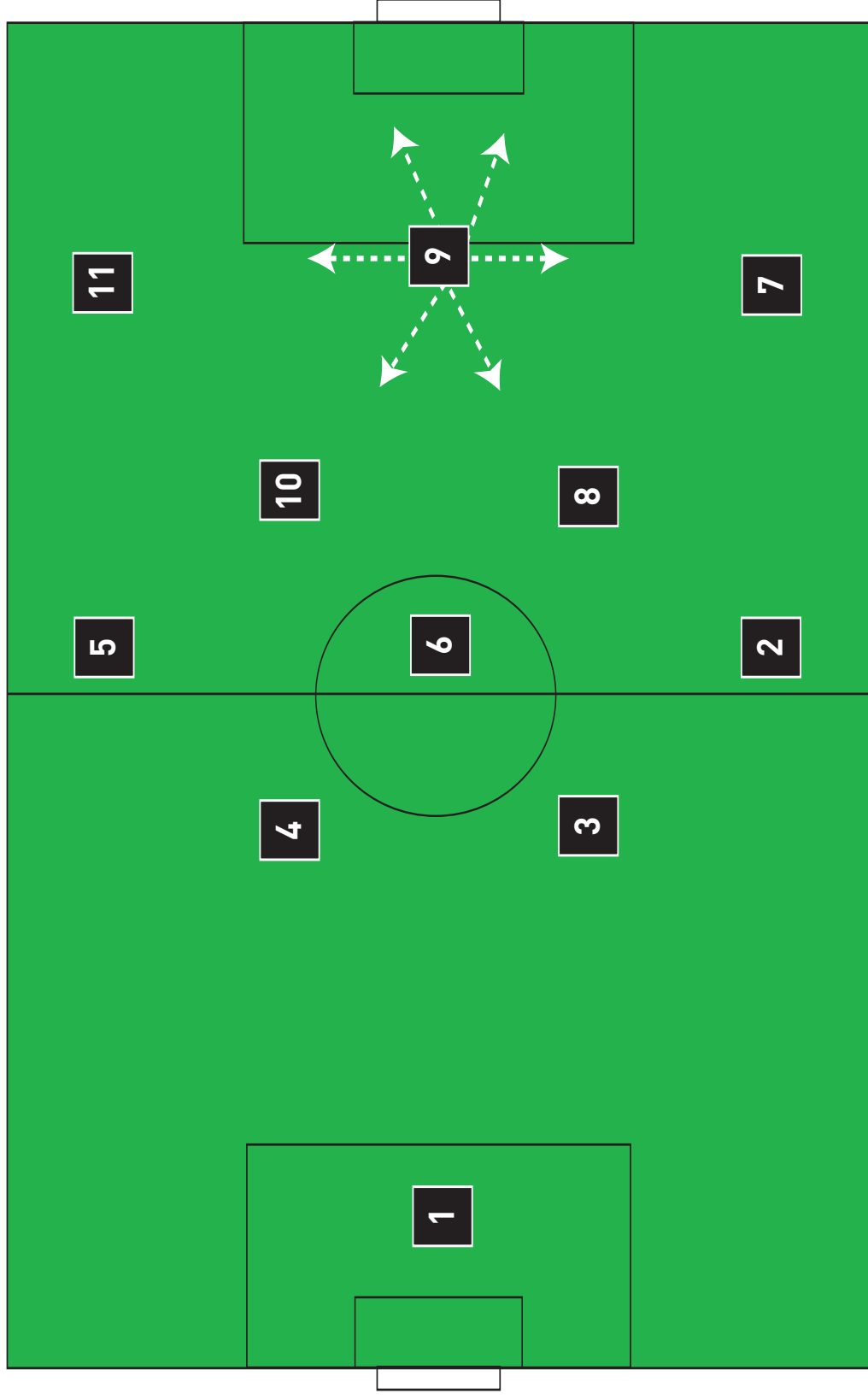
7.

Duel capacity

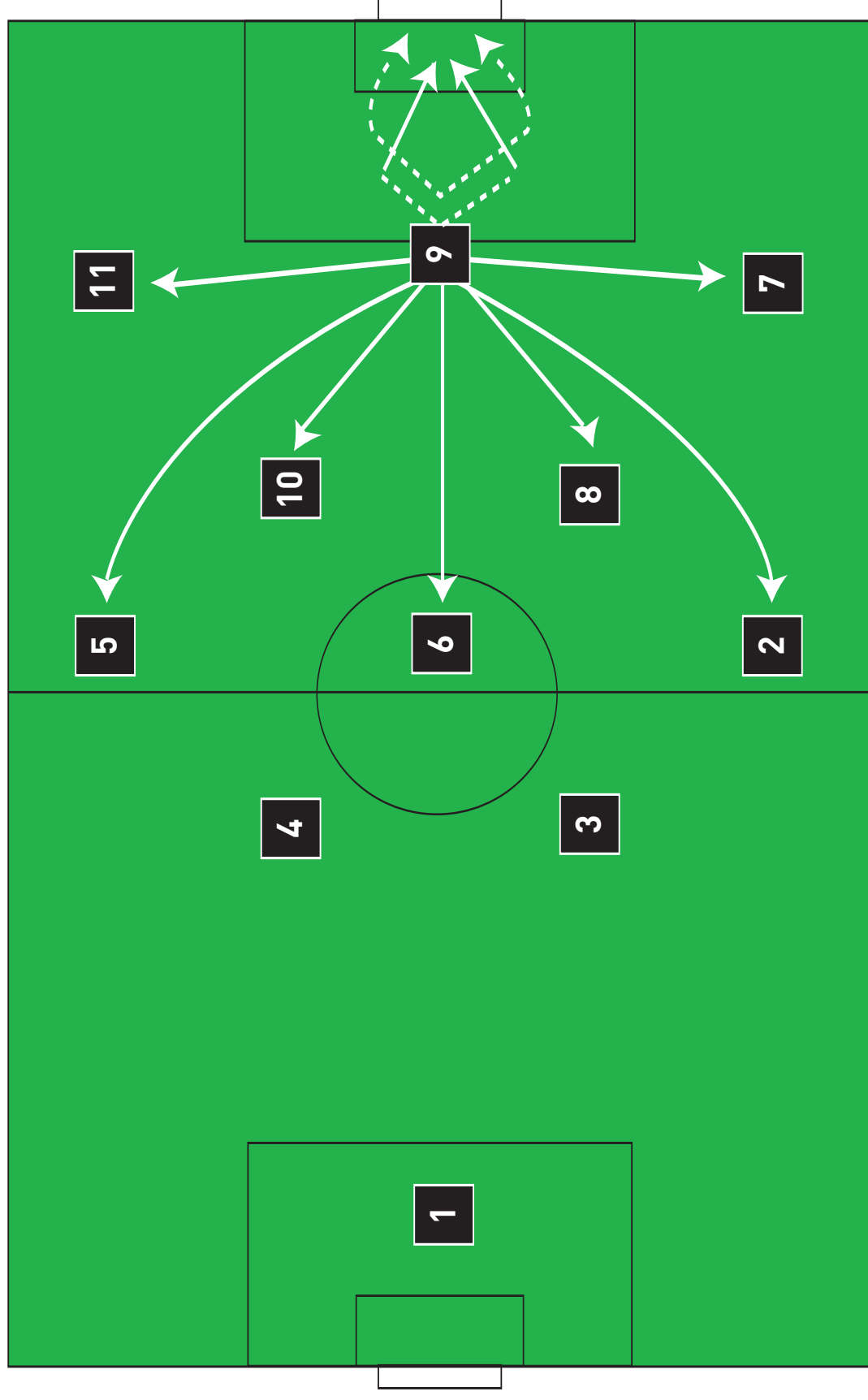
8.

Agility

3. The Players in our System



3. The Players in our System: **lines of pass**



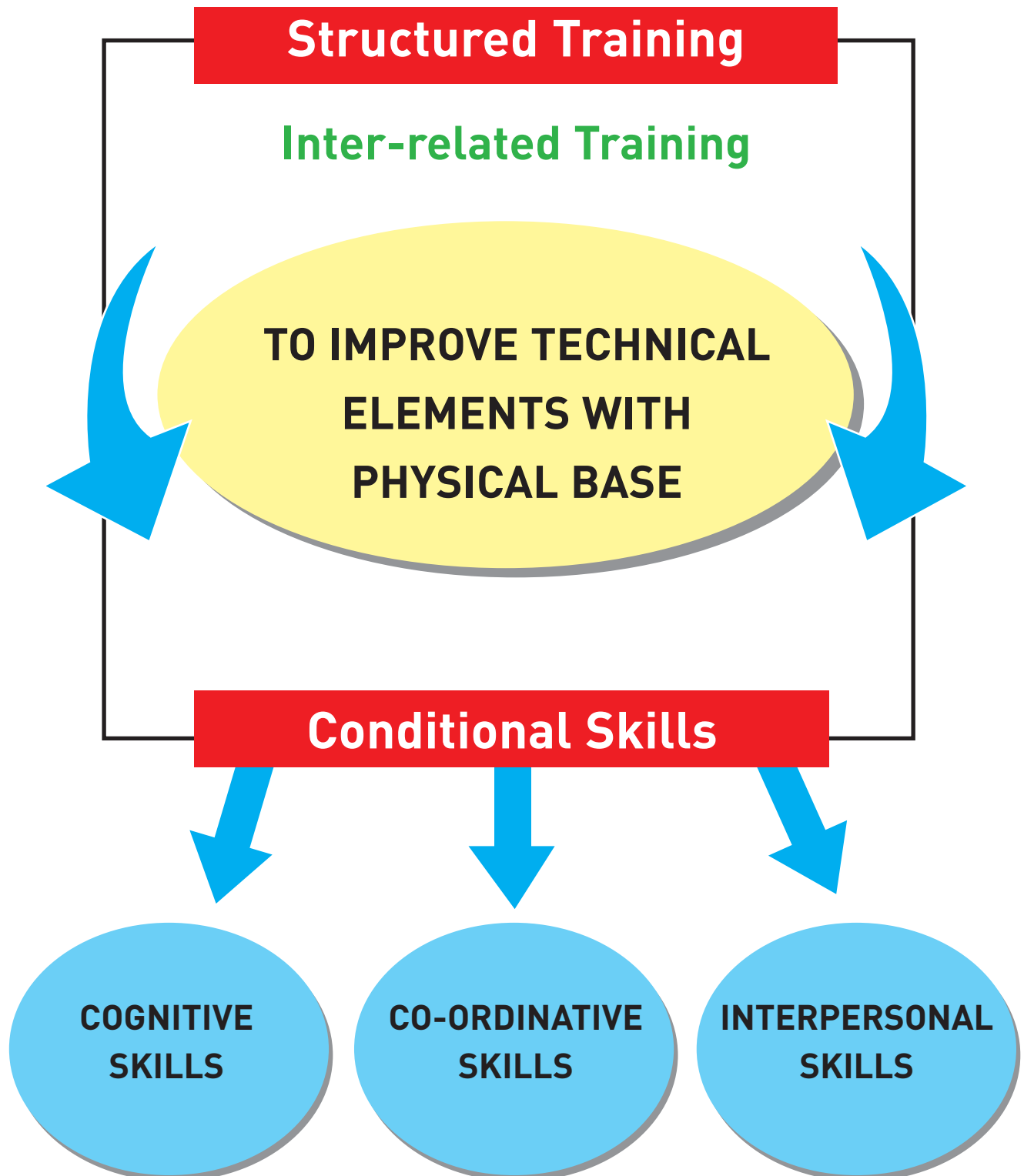
Game Model / Plan

TRAINING MODEL

EXERCISE MODEL

**SPECIFICNESS
OF THE GAME MODEL**

Structured & Inter-related Training



How Academy Football Works



Training Sessions



Building a Session

Under 9 / Under 16

Warm – up

Interrelated technical exercises

Football

Rounds

Position work

Maintaining possession of the ball

Competitions

Recovery

Warm down

Reserves down to 16 years

Warm – up

Objective – quality

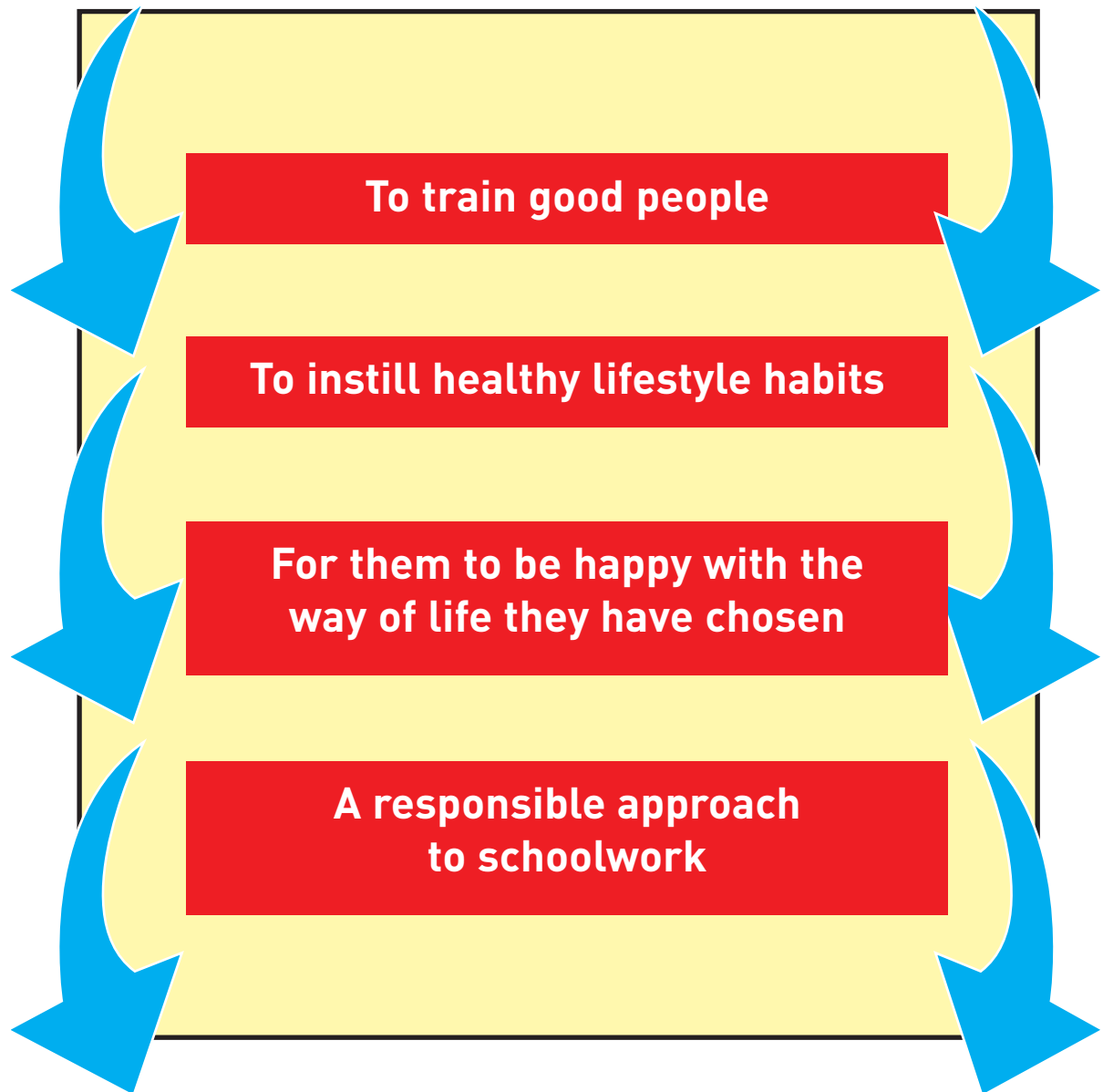
Other objectives

Recovery

Competition

End of session warm – down,
flexibility & stretching

Integrated Education

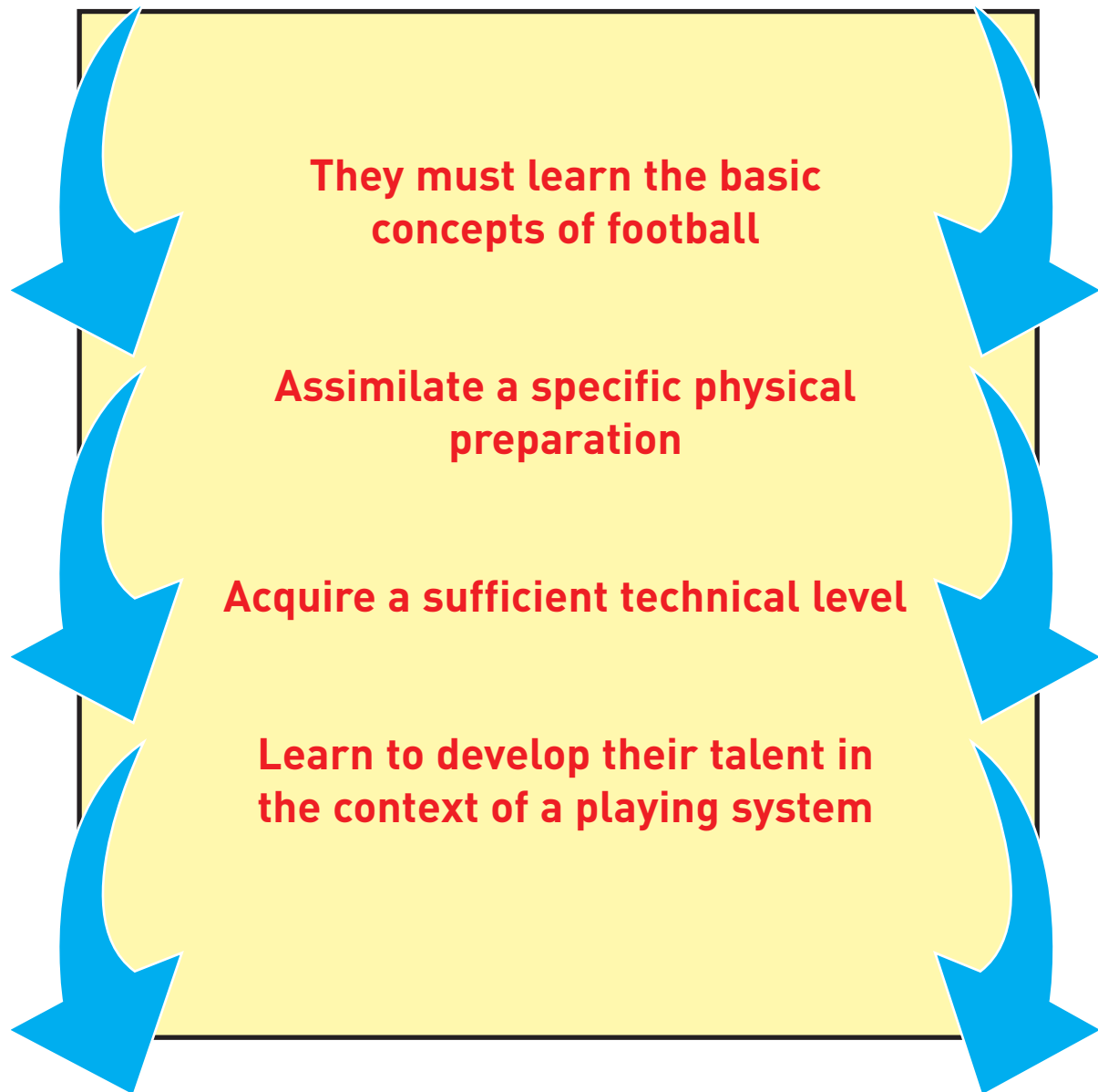


STRUCTURE

Interaction between coaches



OBJECTIVES of The Training Sessions



**AND ALL OF THE ABOVE WHILE ENJOYING
THEMSELVES THOROUGHLY**

OBJECTIVES in Matches

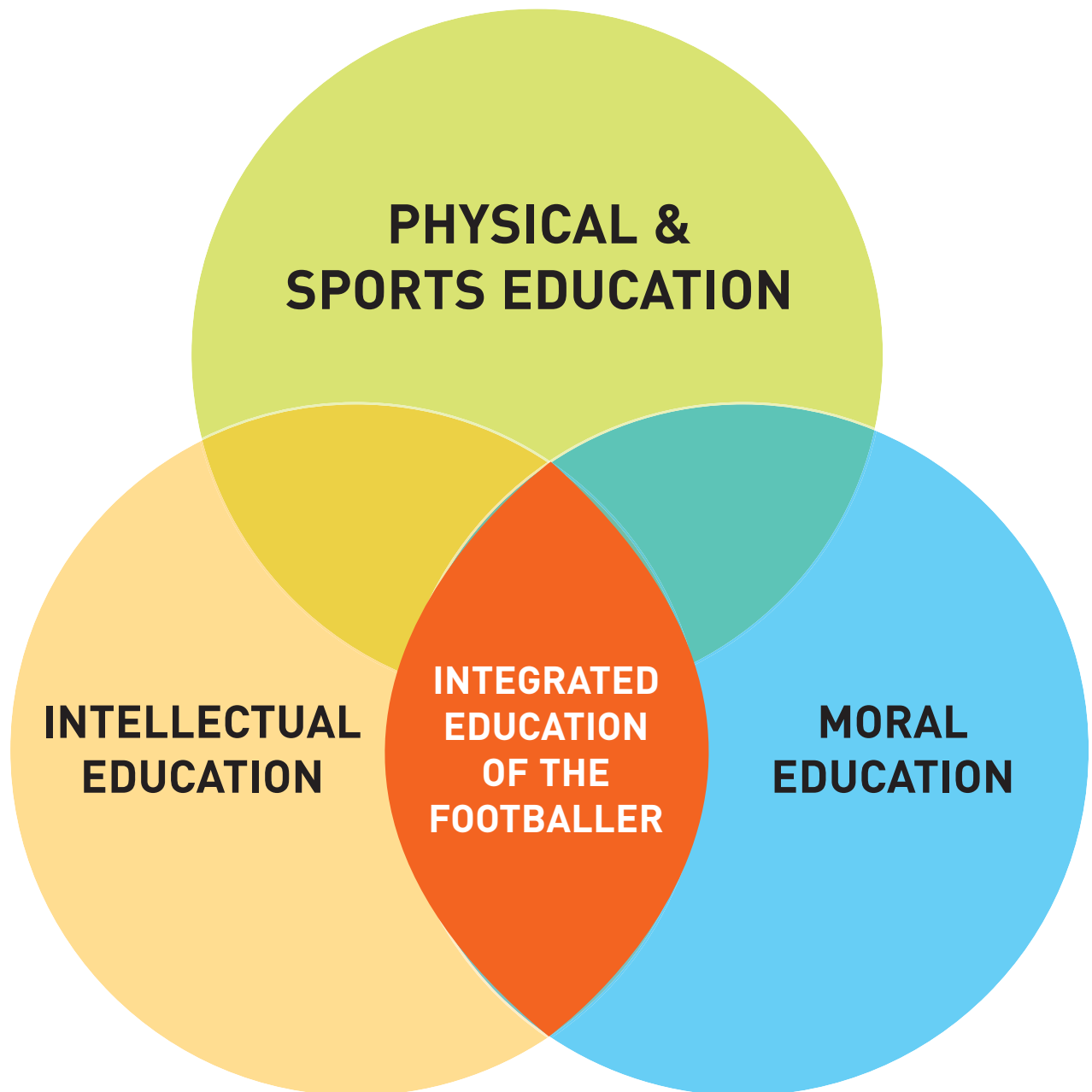


**Try to win while being a
more sporting team**

**Try to win by playing
football very well**

**And at last but not least,
to win on the scoreboard!**

INTEGRATED EDUCATION



OBJECTIVES

of Academy Base

from 9 year olds to 16 year olds

AT A TECHNICAL LEVEL

We work on all basic aspects:

- **Shooting**
- **Driving the ball**
- **1 v 1**

Although to develop the playing philosophy of grass roots football, the most important aspects are:

- **Controlling the ball and passing**
- **Focusing heavily on the weaker leg**
- **Specific technique training**

AT A TACTICAL LEVEL

- **We use the same basic system as the 1st team – 1-4-3-3**
- **And they also learn about the more offensive variant 1-3-4-3**
- **The most important thing is NOT the playing system**
- **The most important thing IS the playing style**
- **Creative and offensive**

PHILOSOPHY

Support for The Player

WHAT IS A FOOTBALLER?

Conditional skills
Co-ordination skills
Cognitive skills
Interpersonal skills
Will power
Creative & expressive skills

Immediate training
Daily training
Weekly cycle
Structured micro-cycle

Medium – term training
Objectives for the season

Long term training
Long term objectives

HOW SHOULD I PLAY?

HOW SHOULD I TRAIN?



Exercises based on controlling,
passing and shooting

Rounds

Maintaining possession

Positioning

Combinations of actions

Manoeuvres in 2 & 3 with/without
opposition

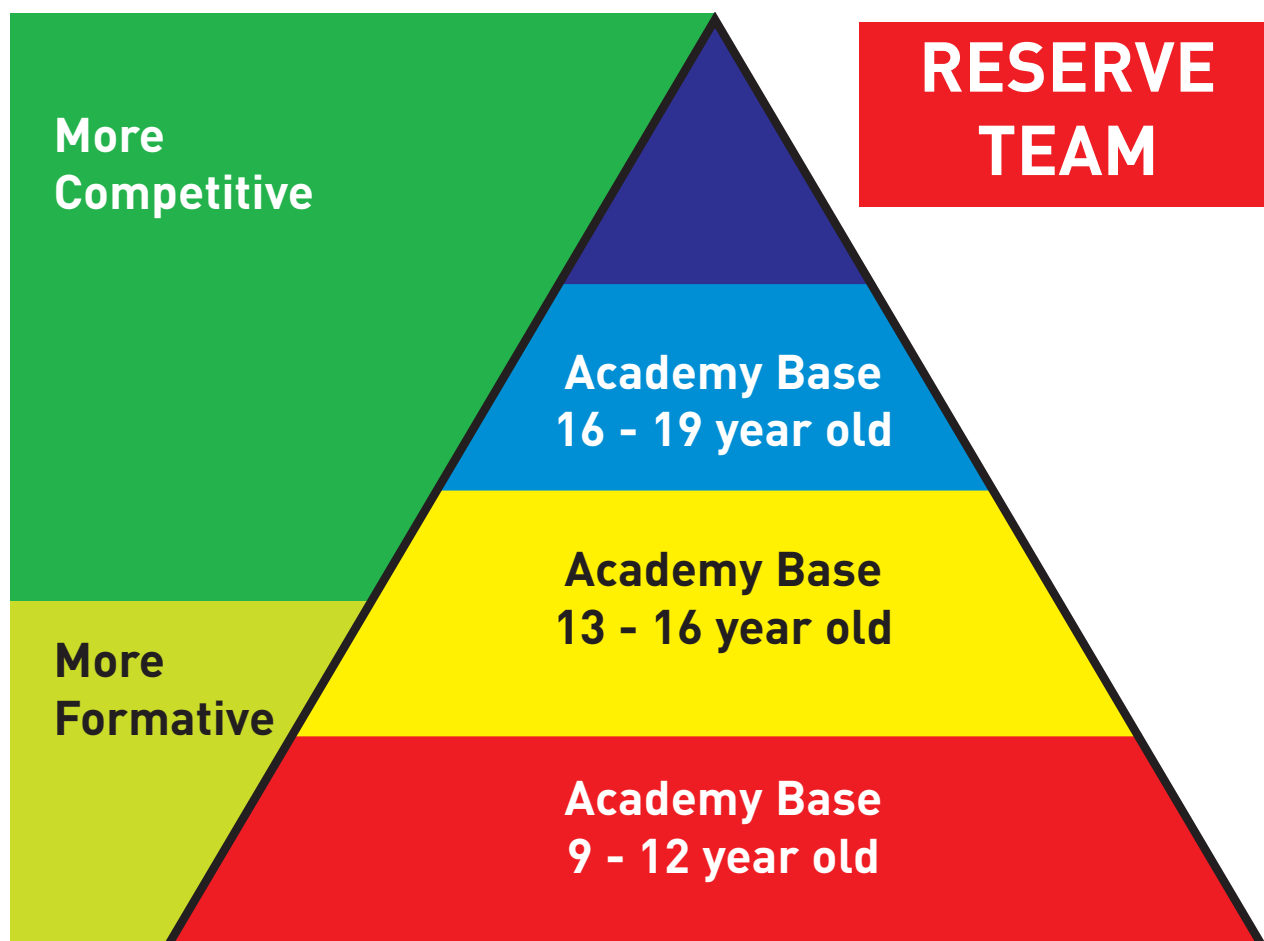
Sort matches

Technical-tactical training with all
or part of the team

Football

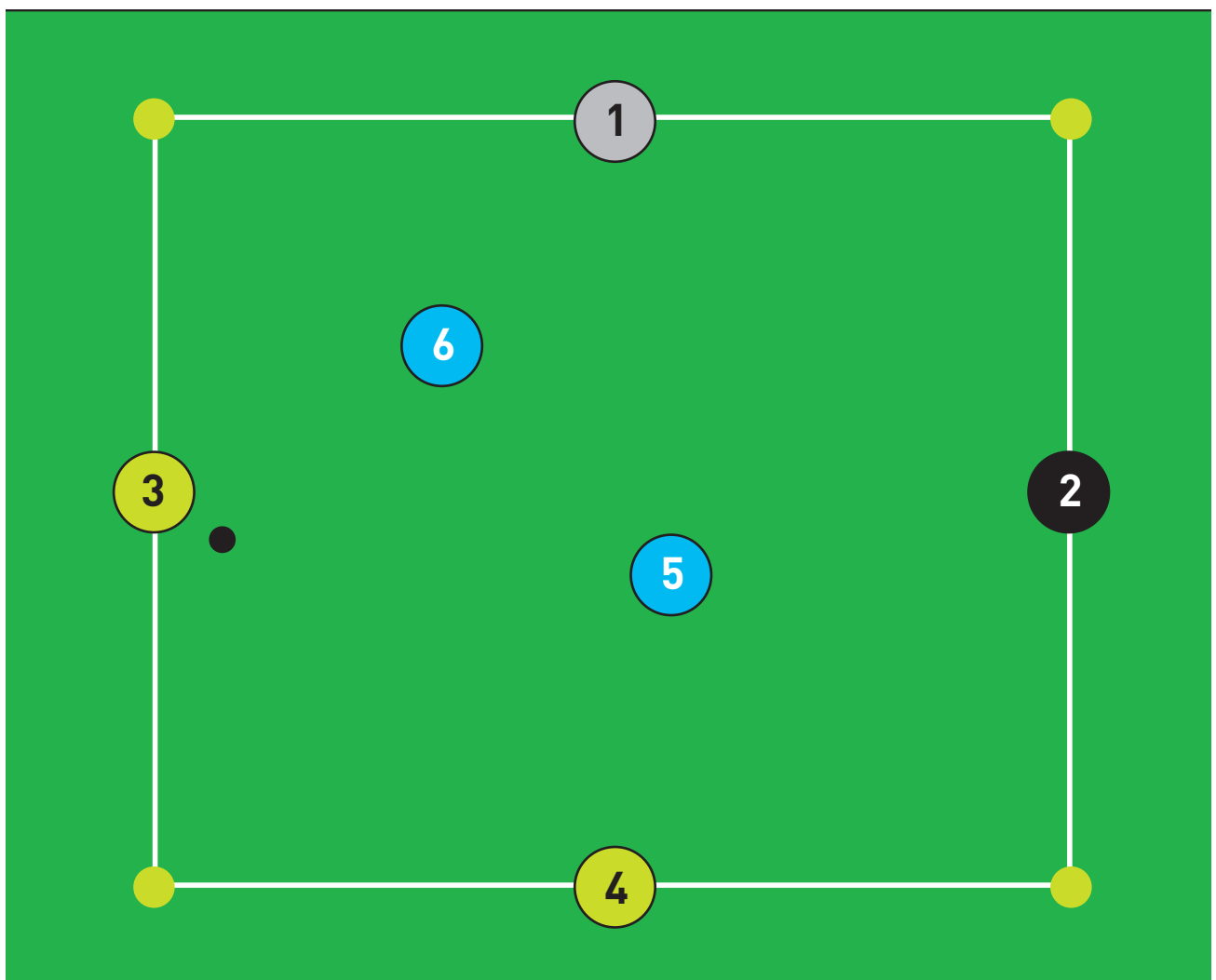
OBJECTIVES of Academy Base

1st TEAM



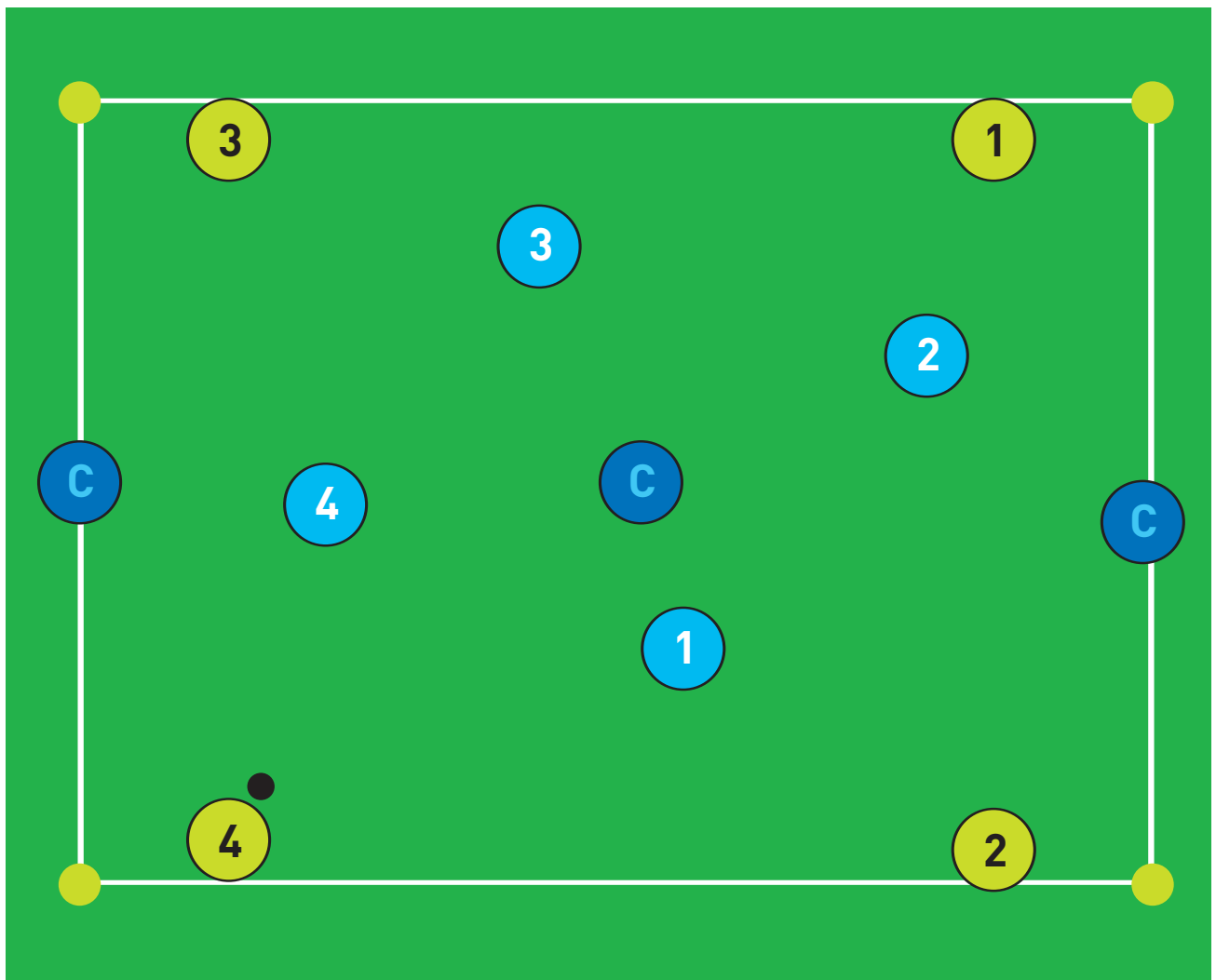
ROUNDS

2 x 2 x 2



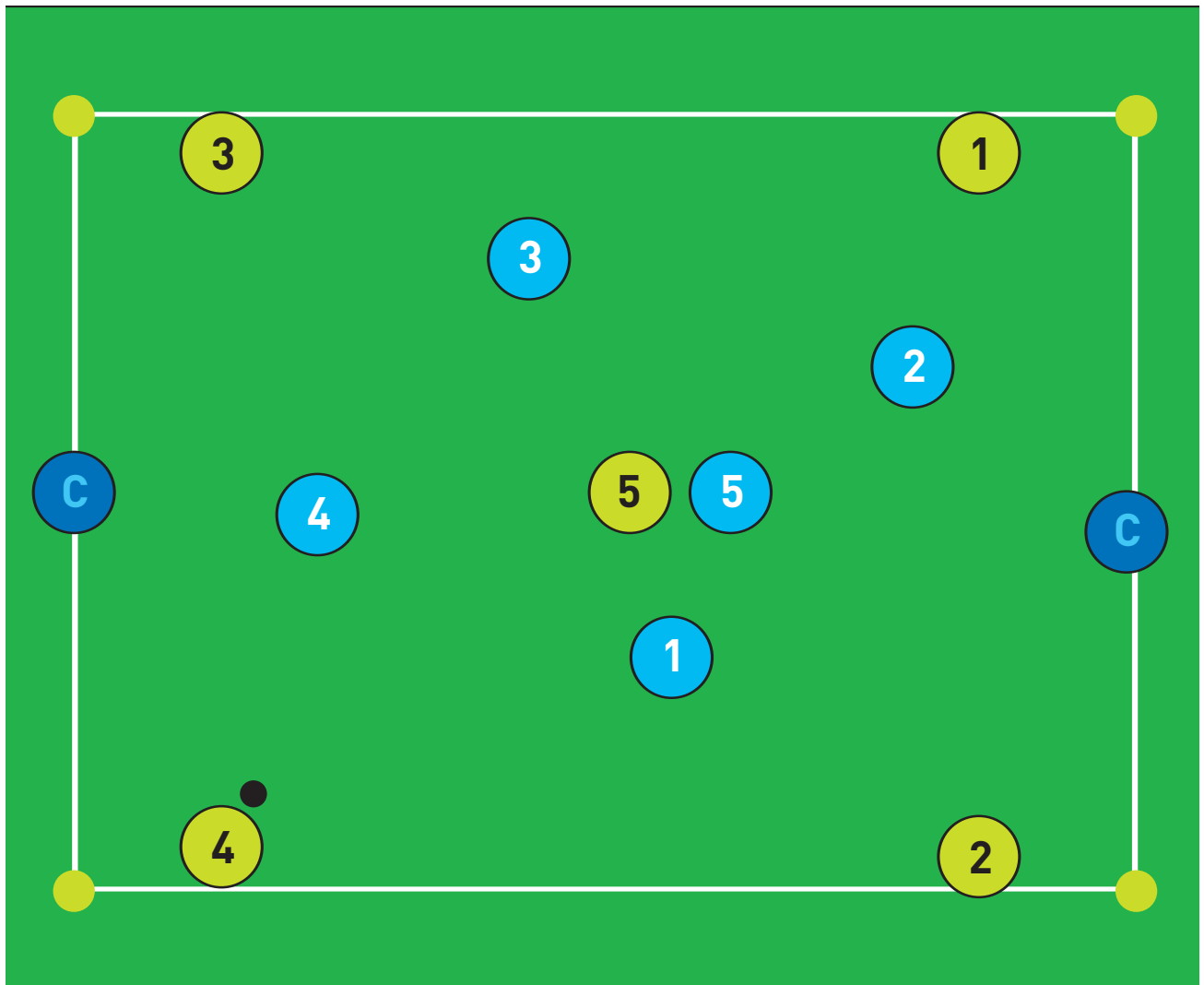
POSITIONING WORK

$$2 \times 4 + 3C$$



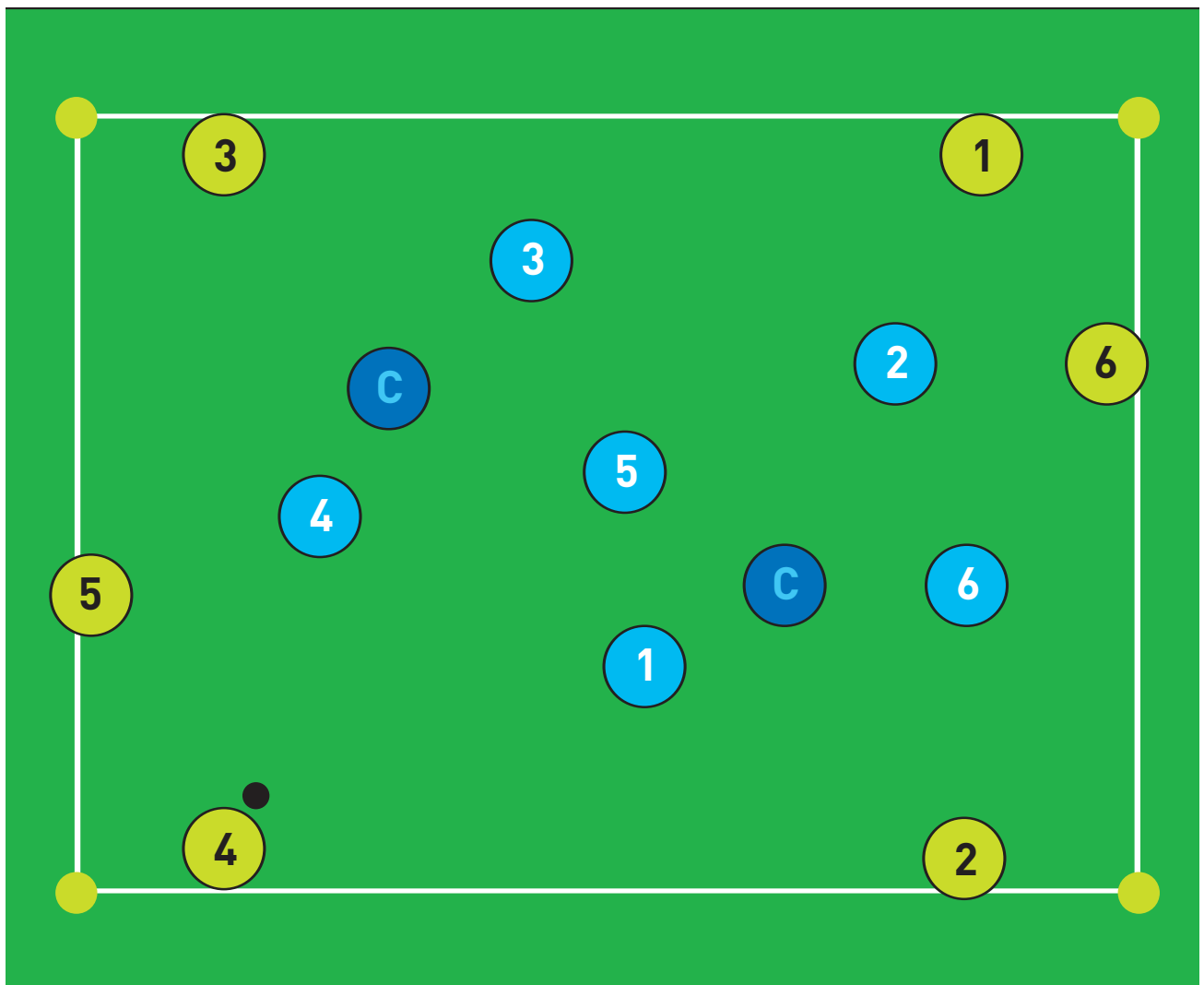
POSITIONING WORK

5 x 5 + 2C



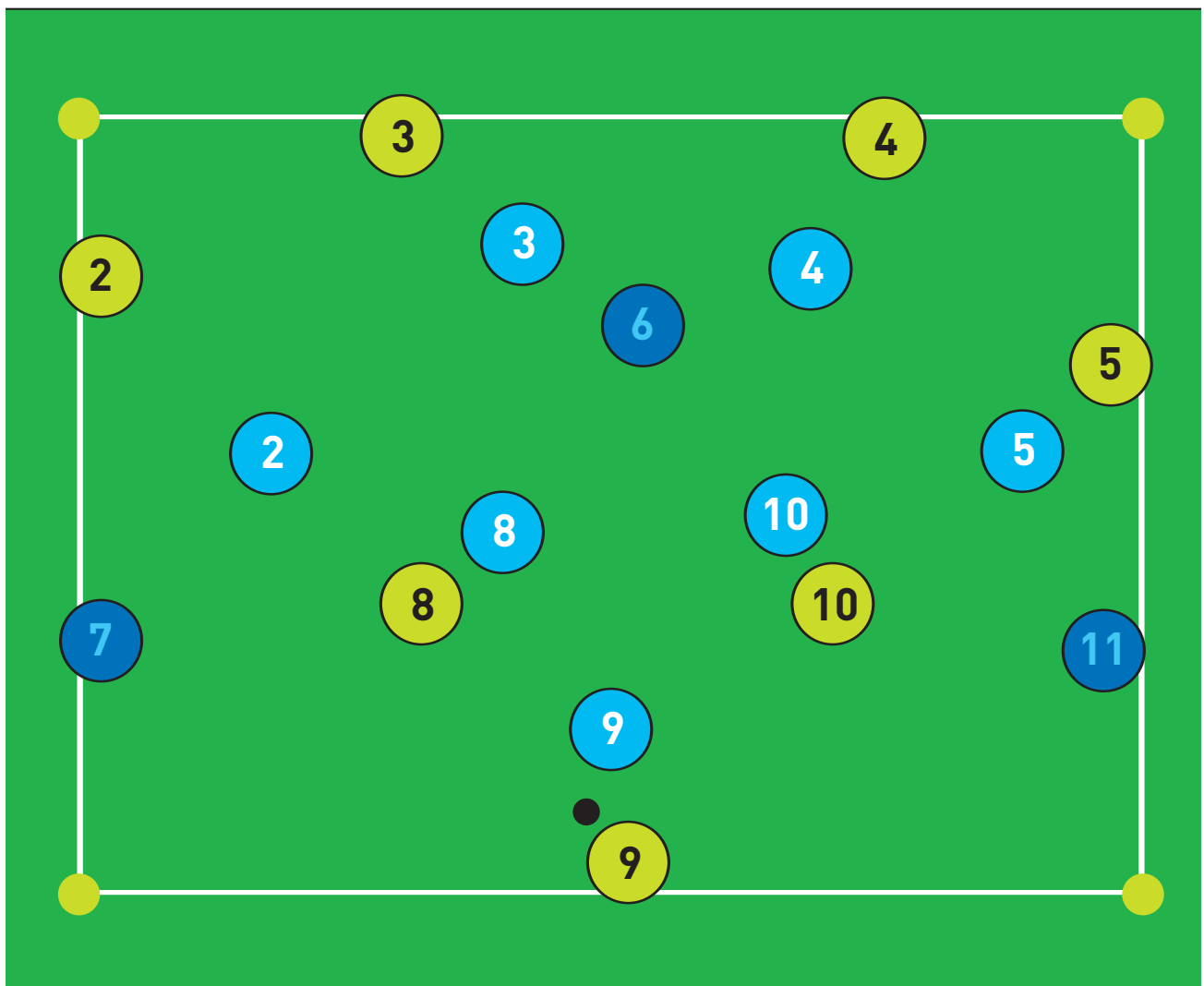
POSITIONING WORK

$$6 \times 6 + 2C$$



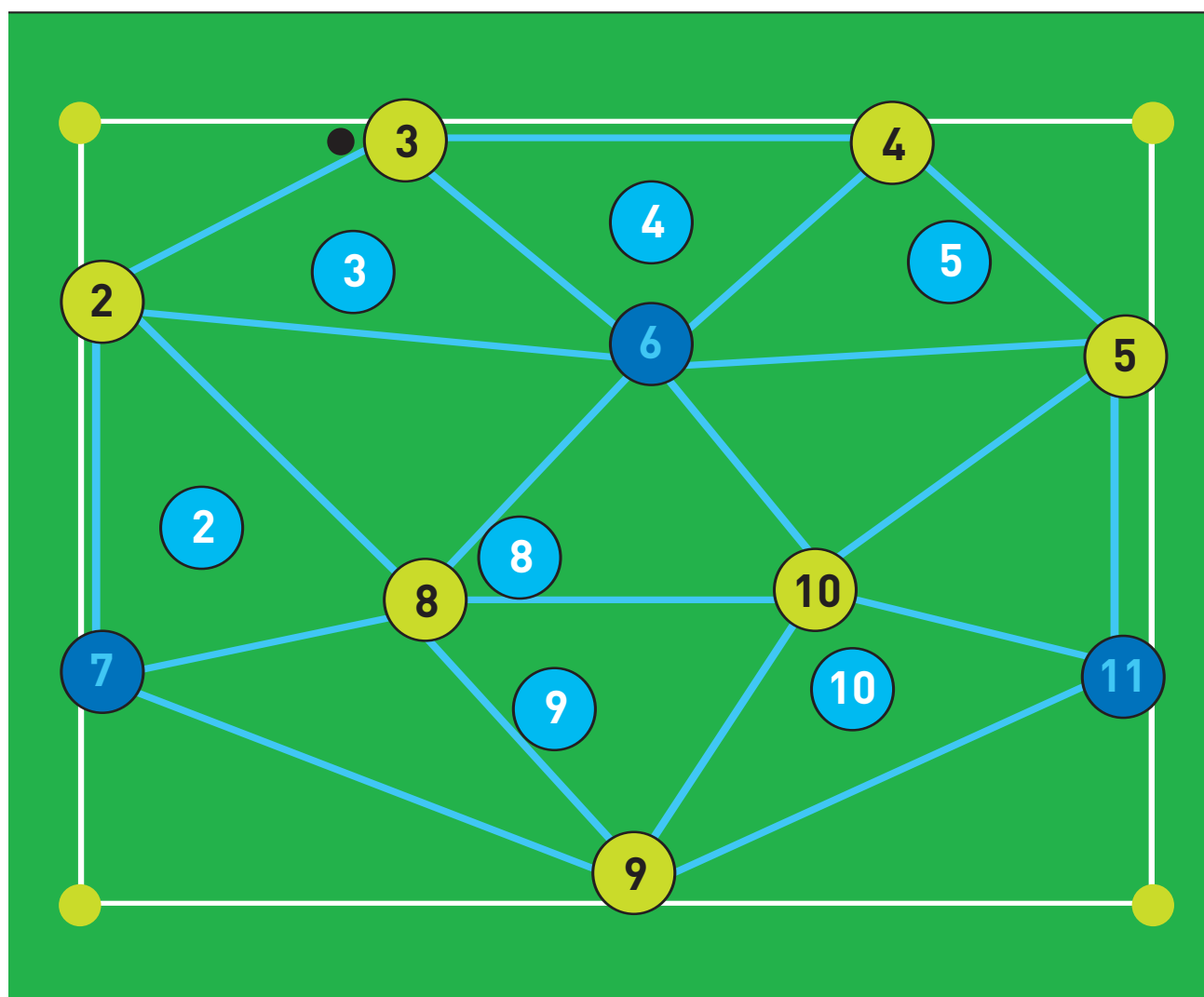
POSITIONING WORK / BUILDING THE PLAYING SYSTEM

$7 \times 7 + 3C$

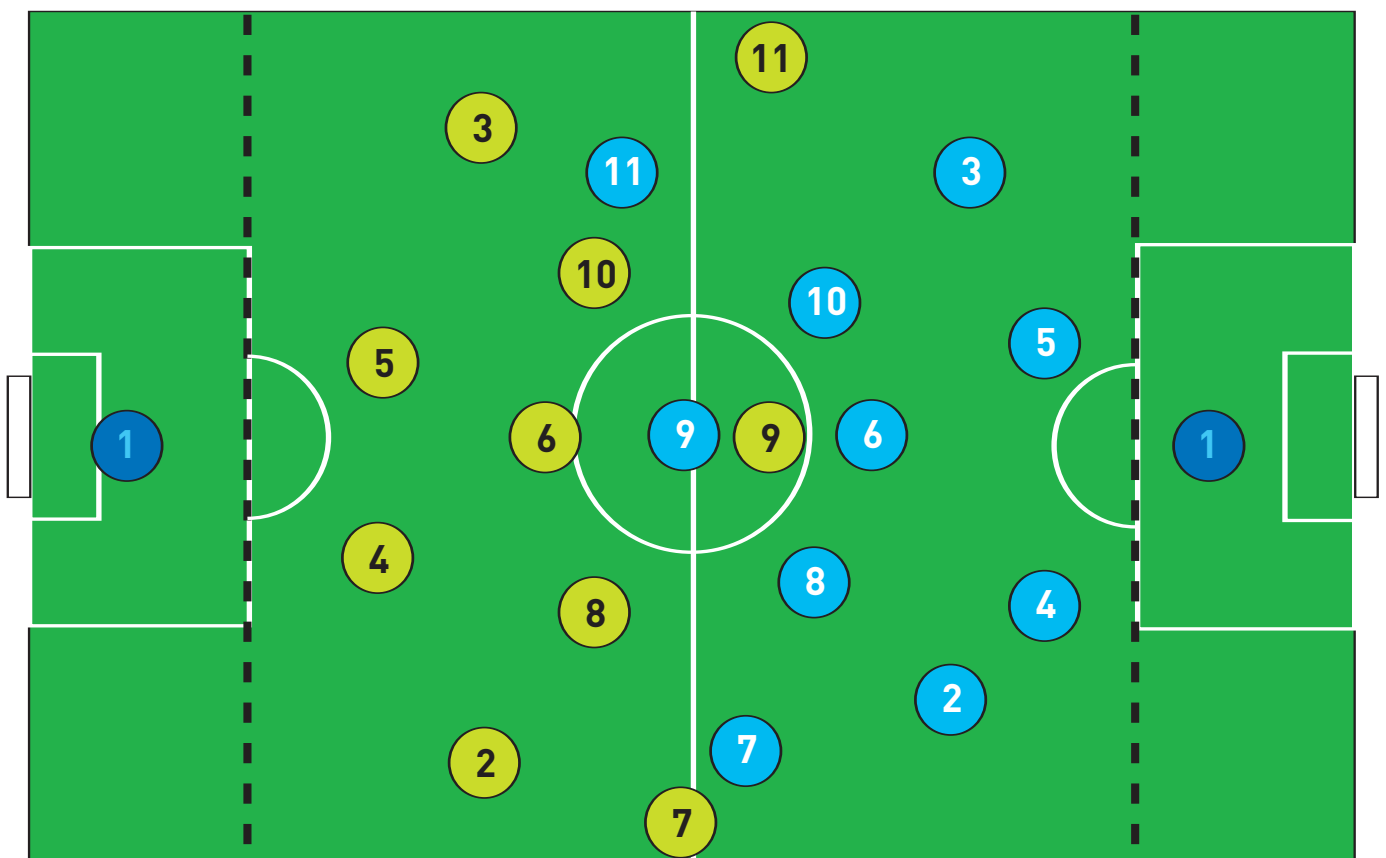


POSITIONING WORK / BUILDING THE PLAYING SYSTEM

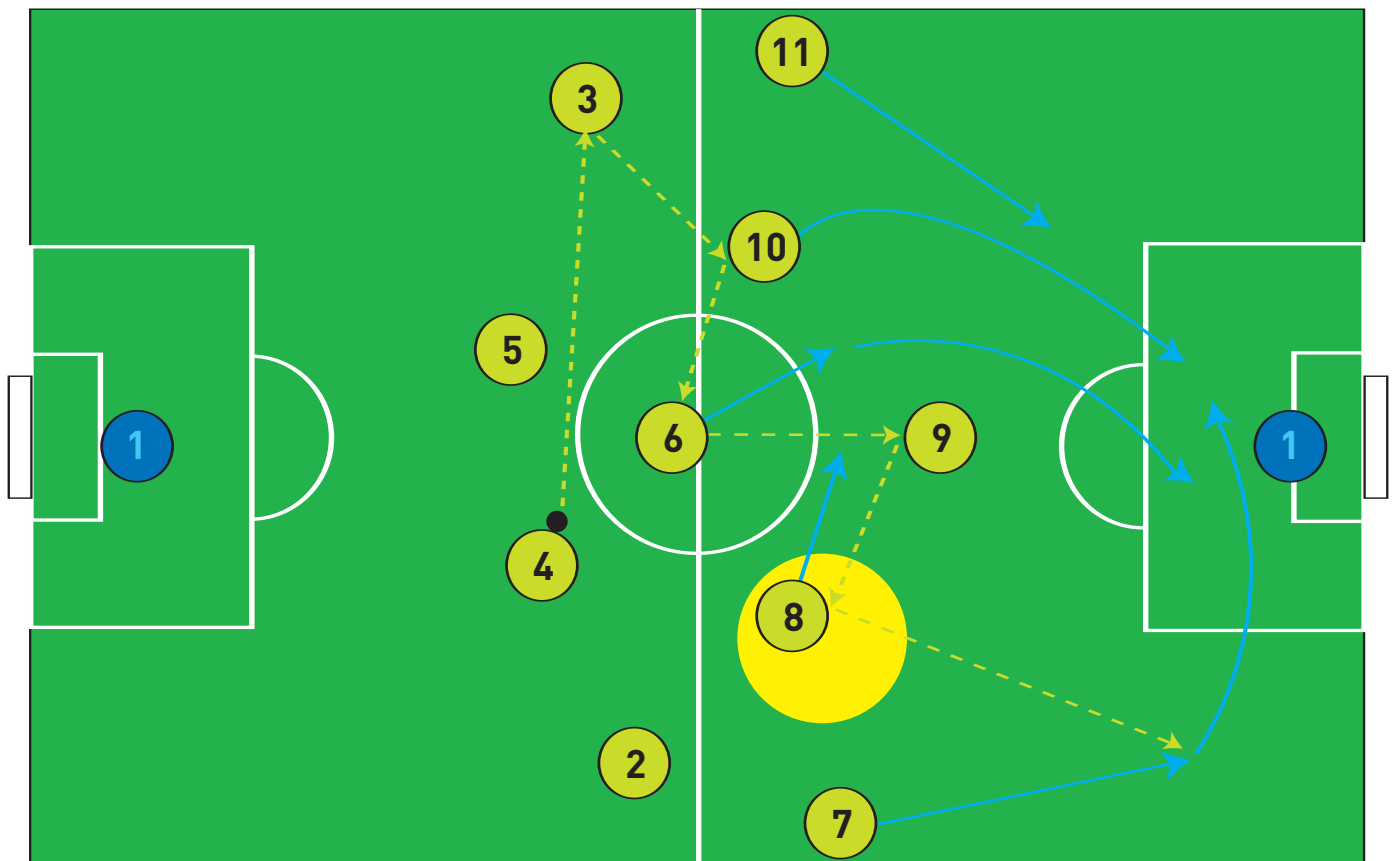
$7 \times 7 + 3C$



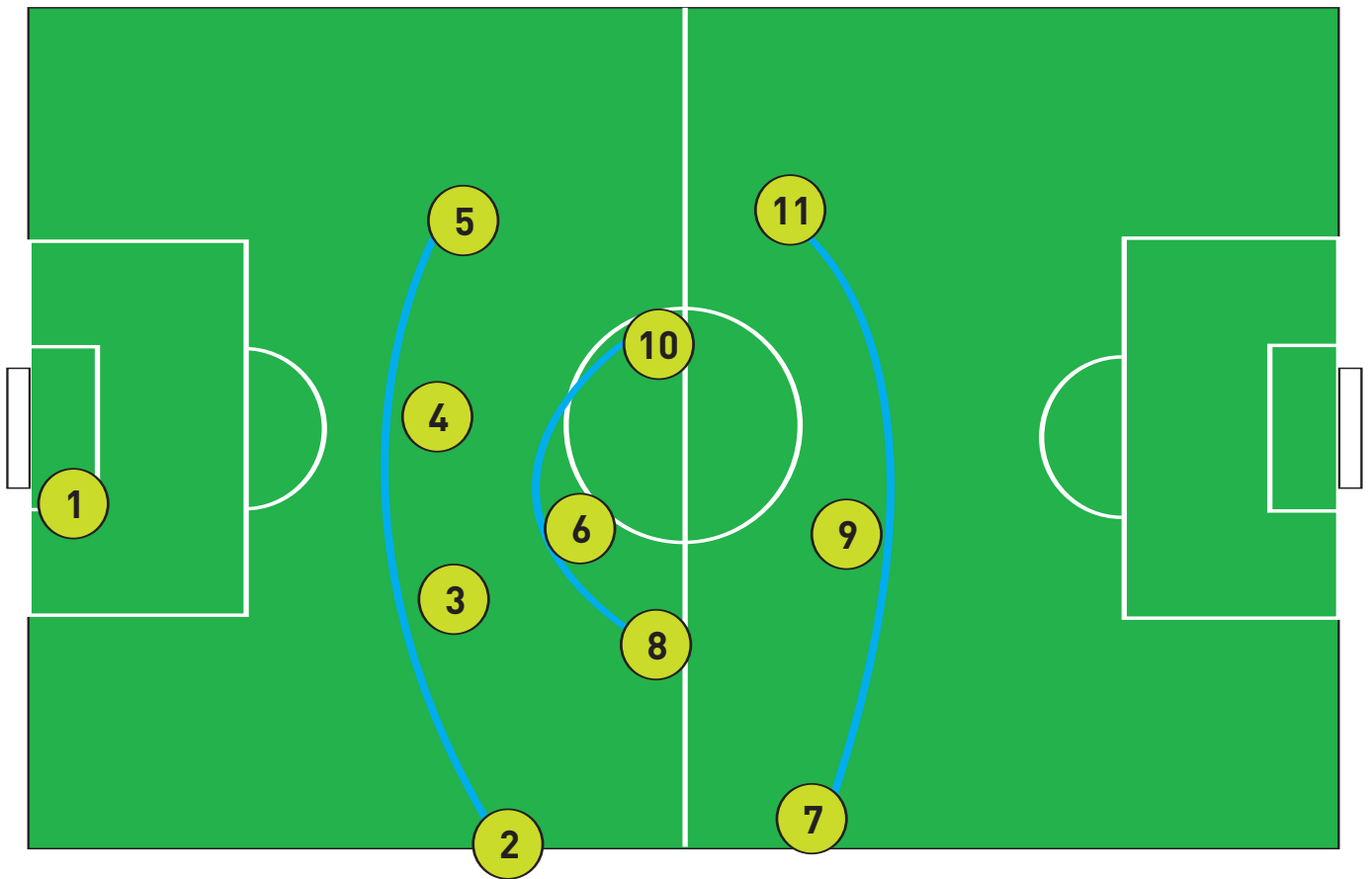
POSITIONING WORK / BUILDING THE PLAYING SYSTEM



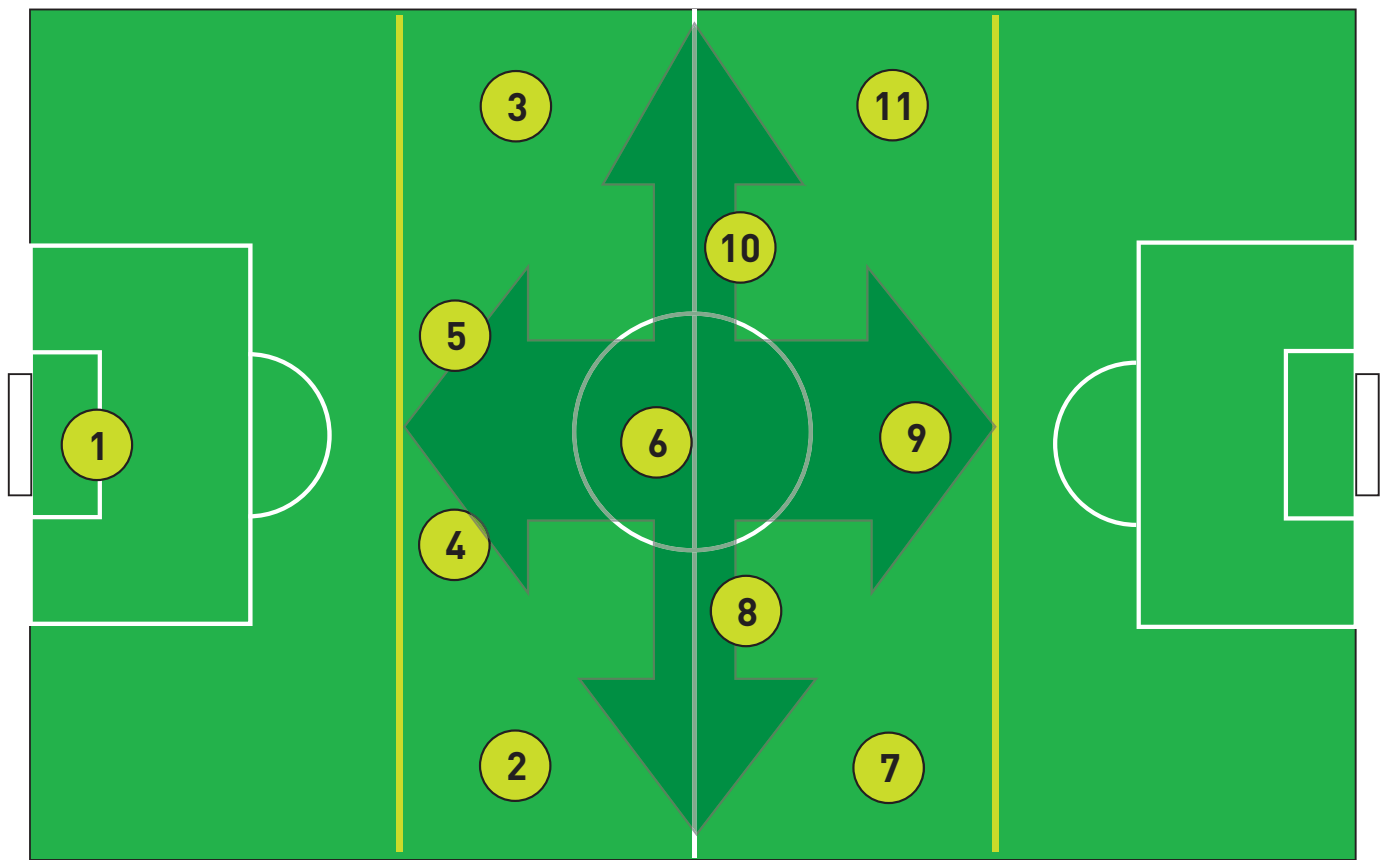
COMBINED ACTIONS WITH DECISION TAKING



PLAYING SYSTEM

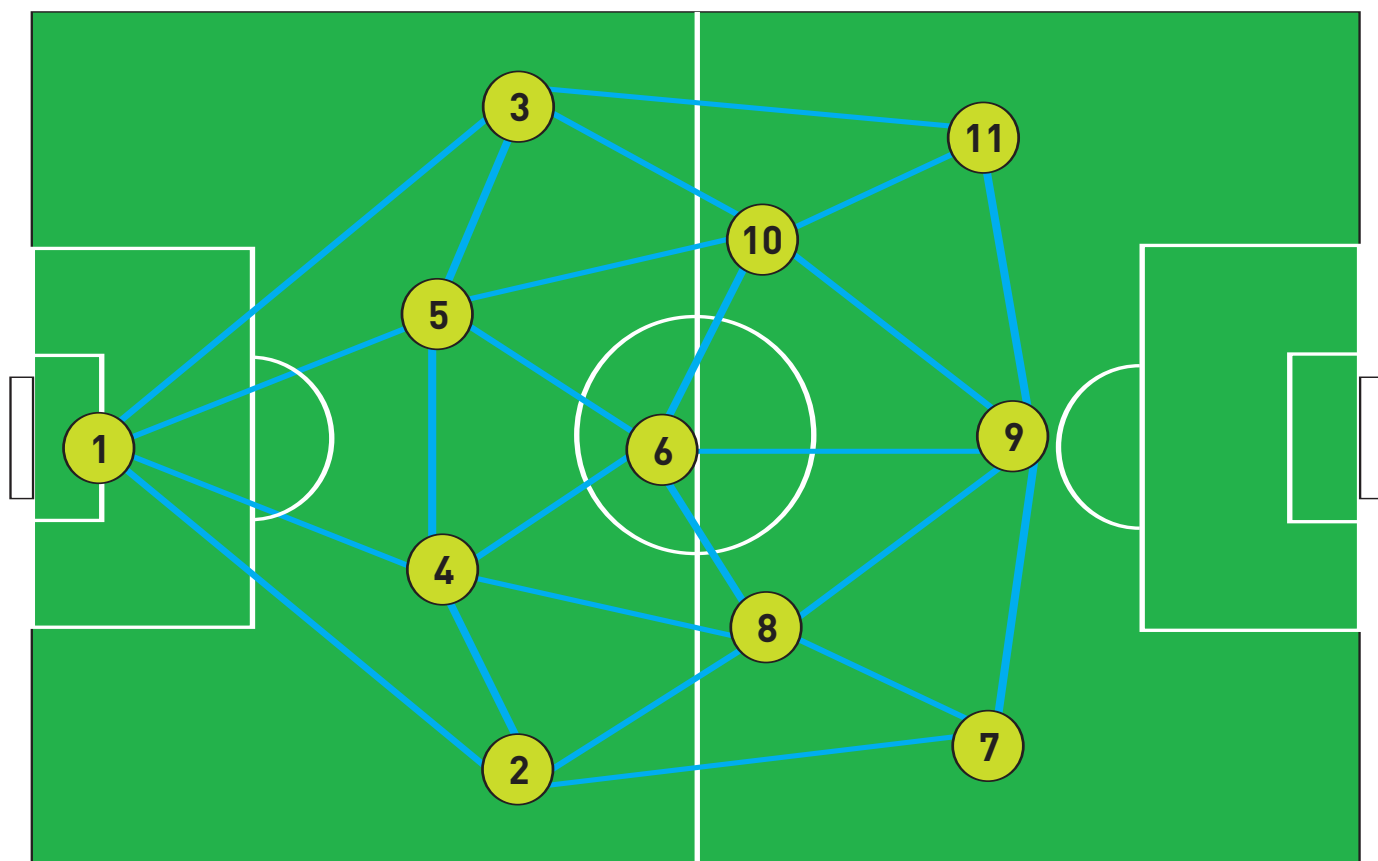


PLAYING SYSTEM



PLAYING SYSTEM

1-4-3-3



COMBINED ACTIONS WITH DECISION TAKING

1-3-4-3

