



# Coaching Programme

18<sup>th</sup> UEFA Course For Coach Educators

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12 - 16 April 2010  
Coverciano/Italy



# UEFA CHAMPIONS LEAGUE THE TRENDS



*Presentation by Andy Roxburgh, UEFA Technical Director*

# UCL ANALYSIS WHY?

***The UCL is a benchmark for football standards and a yardstick for coaches***





***"Everything is optimal in the UEFA Champions League."***

**Arsène Wenger, Arsenal FC**





# UCL ANALYSIS WHY?



- ***Standards***
- ***Trends***
- ***Details***
- ***Ideas***
- ***Coaching Implications***
- ***Inspiration***



## **KEY QUESTION**

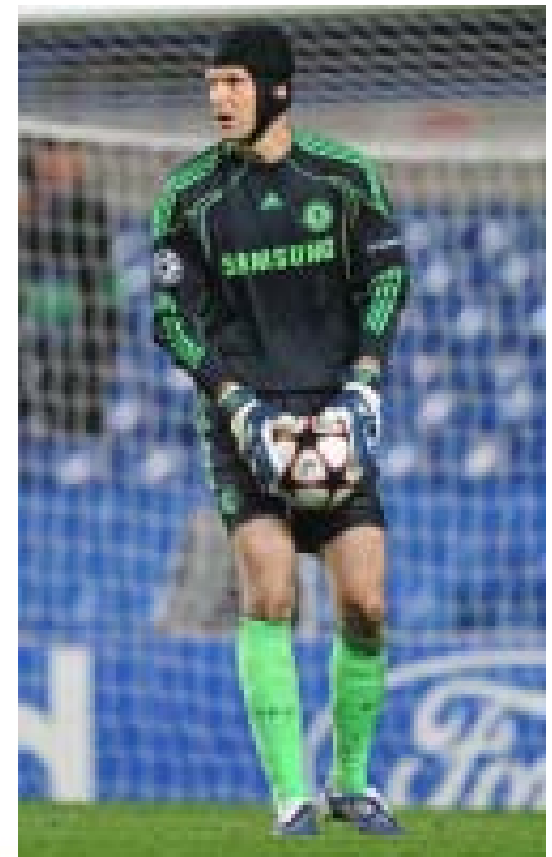
***Which technical aspects are increasing / decreasing in top-level football today?***





# TECHNICAL TRENDS MORE

- **Short-Passing Game**
- **Combinations Play**
- **Fast Breaks**
- **Screening Players (M/F)**
- **Match Intensity (i.e. tempo)**
- **One Striker**
- **Defending 4/5/1**
- **Attacking 4/3/3 or 4/2/3/1**

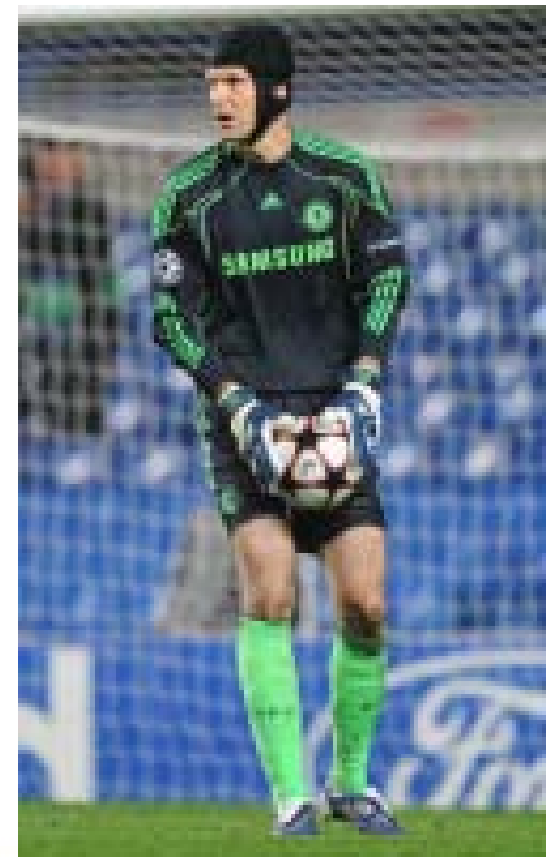






# TECHNICAL TRENDS MORE

- **Tactical Flexibility**
- **M/Front Attackers**
- **Finishing Efficiency**
- **Long Diagonals**
- **Technical Quality**
- **Wing Variations**
- **Important Individualists**







# TECHNICAL TRENDS

## LESS

- **Space / Time**
- **Predictable Movement**
- **Man Markers**
- **Defenders on the Posts**
- **Set Play Frequency**
- **Twin-striker play**
- **Offside Decisions**
- **Advanced Pressing**







# TECHNICAL TRENDS

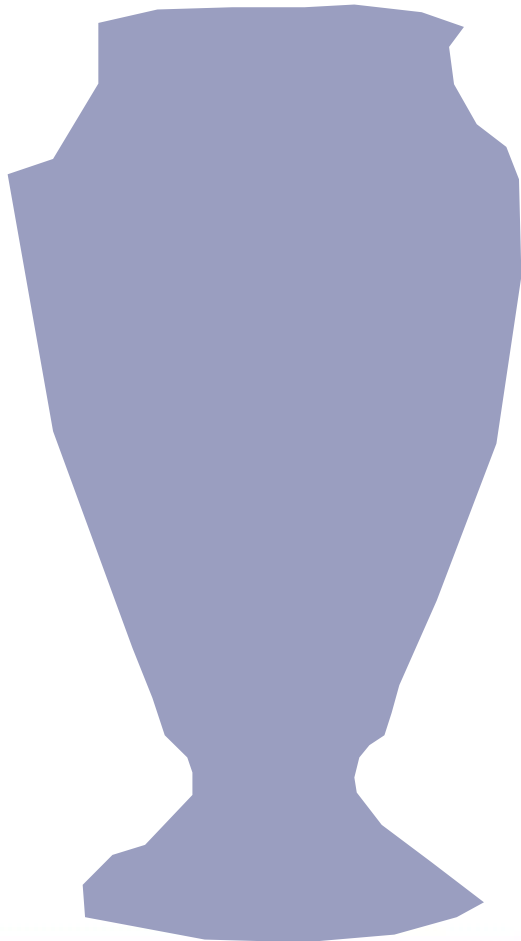
## LESS

- Long-ball Game
- Traditional Wingers
- Rigid 4/4/2
- Comebacks (1st goal lost)
- M/F Orchestrators
- Surprise Tactics  
(free-kicks)
- Risk Taking





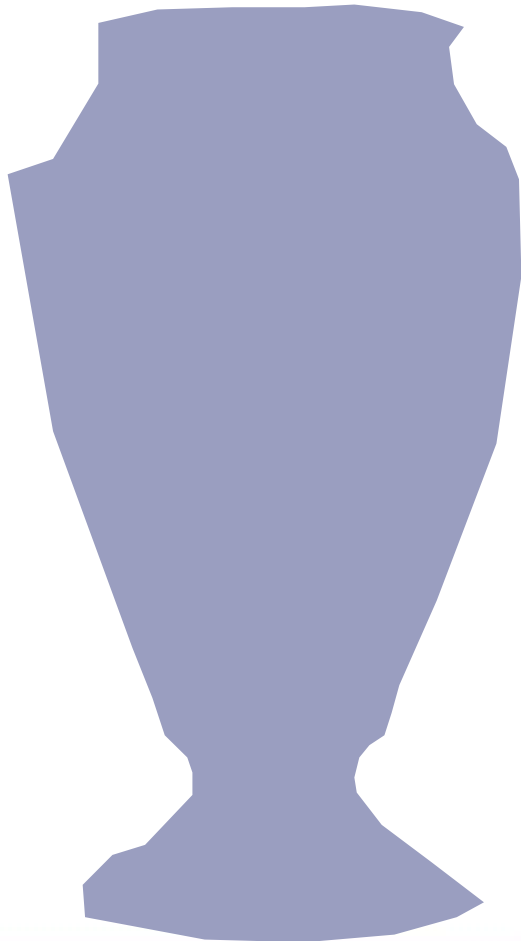
# **UCL TRENDS**



- 1 TRANSITION**
- 2 SPEED**
- 3 SHAPE**
- 4 STYLES**
- 5 TECHNICAL QUALITY**
- 6 GOALSCORING**
- 7 WINNING**



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***"Transitions have become crucial. Everybody says that set plays win most games, but I think it is more about transitions."***

***José Mourinho***







***"You must  
capitalize on the  
space in front of  
you."***

**Sir Alex Ferguson**



# **FAST BREAKS/COUNTER-ATTACKS** (Fast Breaks)



## **AN ATTACK IN REPLY TO AN ATTACK**



# 1. CLASSIC



**The ball is regained in the back third and quickly delivered to the front for a few attackers to exploit a small number of opponents.**

## 2. COLLECTIVE COUNTER



**The ball is won back in midfield and a group of players counter-attack at pace, against a disorganised defence, with direct, fluid combination play.**



## COUNTERS

***“The speed of the transition play is much quicker today and most counters involve a group of 4 or 5 players flooding forward.”***

*Sir Alex Ferguson*



## 3. ADVANCED COUNTER

**By retrieving the ball well into the opponent's half, a few attackers quickly exploit the lack of defenders or any defensive disorder.**

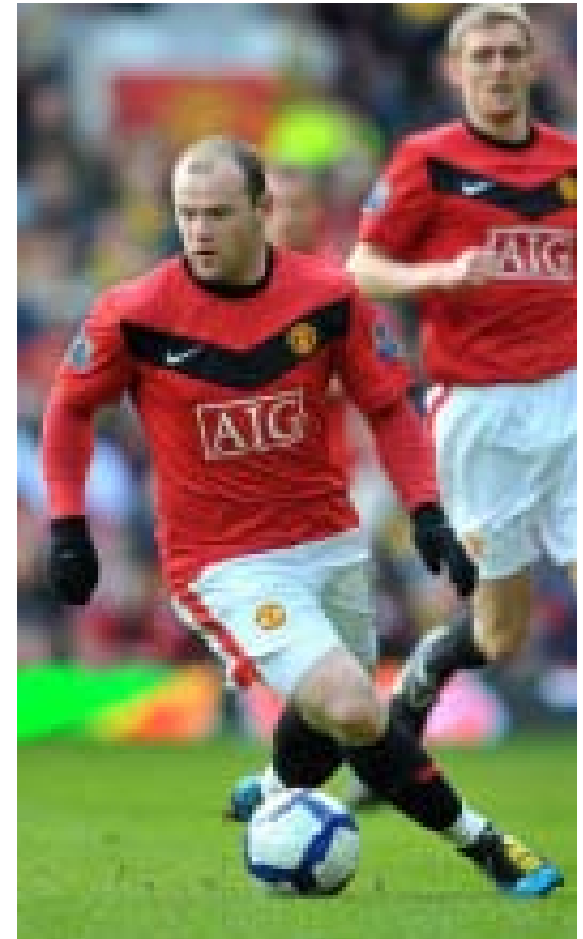




## 4. SOLO COUNTER



**Following the quick transition, an individual player completes the counter (often using direct running with the ball) with a solo finish.**





***"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***







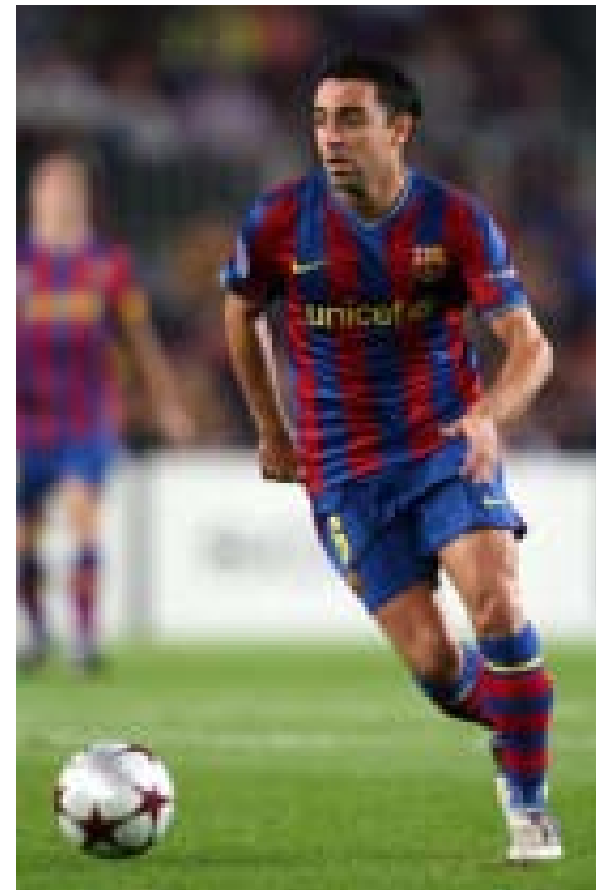
# **FAST BREAK PRINCIPLES**

## **DEFENDING:**

**Disorganised, low numbers, square passes, space behind**

## **ATTACKING:**

**Interceptions, Reaction Time**





# **FAST BREAK PRINCIPLES**



- **Transition Speed**
- **Immediate Forward Action**  
(passing or running with the ball)
- **Willingness to Support**
- **Explosive Running**
- **Quick Ball Speed**
- **Minimum Number of Passes**
- **Swift Solutions** (i.e. opportunities)
- **Fast Finishing**



# THE THREE PHASES OF COUNTERING



**1. The Trigger**  
(e.g. clearance  
or interception)

**What triggered  
the counter?**



# THE THREE PHASES OF COUNTERING



## 2. The Transfer

(e.g. running with the ball or forward pass)

**How was the ball transferred?**





# THE THREE PHASES OF COUNTERING

## 3. The Target

- a. Did the counter reach the target?
- b. Which tactical move created the goalscoring opportunity?





# COACHING QUESTIONS

**1. Successful:  
Why?**

**2. Unsuccessful:  
Why?**



**How could it have been better?**



# COUNTER / FAST BREAK GOALS

(From Open Play)

<b>EURO (2008)</b>	<b>Nearly 1/2</b>
<b>UCL</b>	<b>Nearly 1/3</b>







# COUNTERING

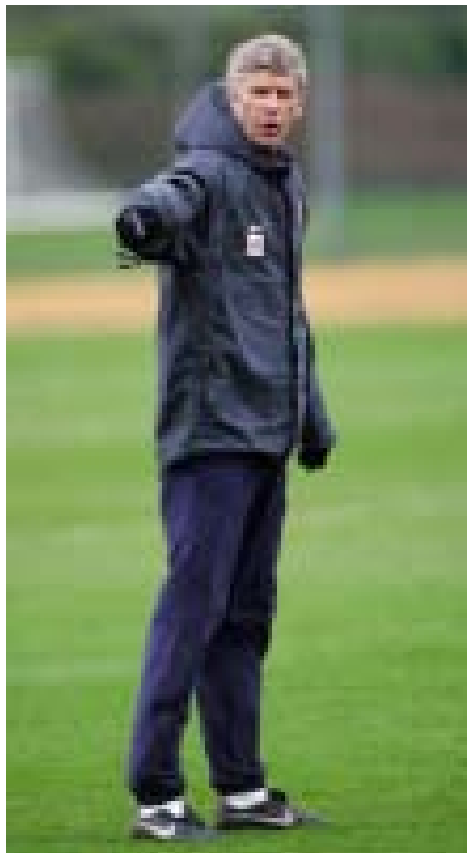


**TO BE  
SUCCESSFUL,  
A TEAM MUST  
BE CAPABLE  
OF COUNTER-  
ATTACKING.**

UEFA Technical  
Team



# **COUNTERING THE COUNTER**



***"With counter-  
attacking becoming  
increasingly important,  
countering the counter  
has become the main  
trend."***

**Arsène Wenger**



# COUNTERING THE COUNTER

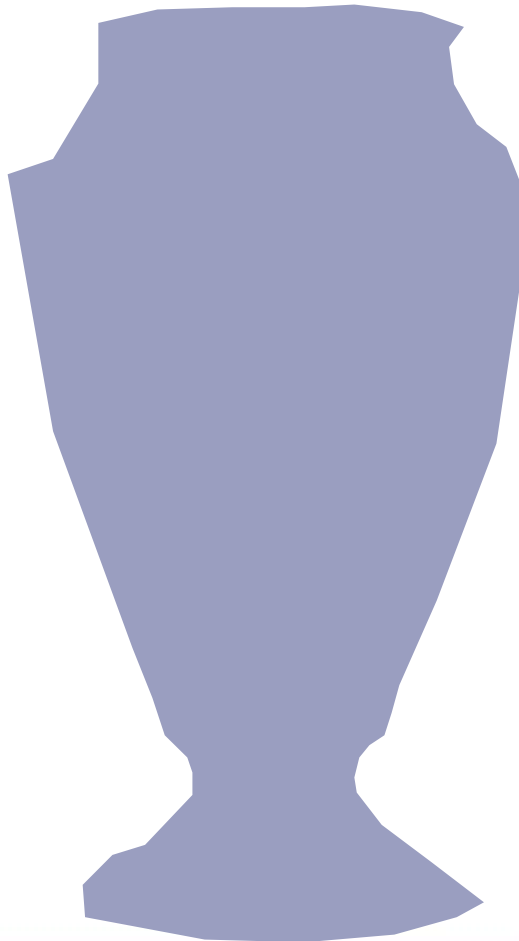


- ***Quickly Reform***
- ***Press the Ball***
- ***Midfield Screen***
- ***Minimise the Risk***
- ***Technical Fouls***
- ***Defend Deep***
- ***Force Opp. Back***





# UCL TRENDS



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# **SPEED**

- ***Explosive Power***
- ***Sprinting***
- ***Speed Endurance***
- ***Quick Technique***
- ***Ball Speed***
- ***Tempo Control***
- ***Transition Speed***





***“Training schedules have to be about endurance, strength and flexibility but they also need to focus on speed – particularly speed with the ball.”***

***Dr Jens Bangsbo***





***“The game has become faster, more technical, and will continue to do so.”***

***Arsène Wenger***



# Speed

- ***Speed + Perception***
- ***Deceleration***
- ***Change of Pace/  
Direction***
- ***Football Triggers***
- ***Match Intensity***





# **SPEED** **TRACKING SYSTEMS**

## **Distance**

- *Fletcher/Park (app. 12'000)*
- *Iniesta/Fabregas/Pirlo (app. 11'000)*
- *Ronaldo/Eto'o (app. 10'000)*
- *Messi/Anelka (app. 9'000)*

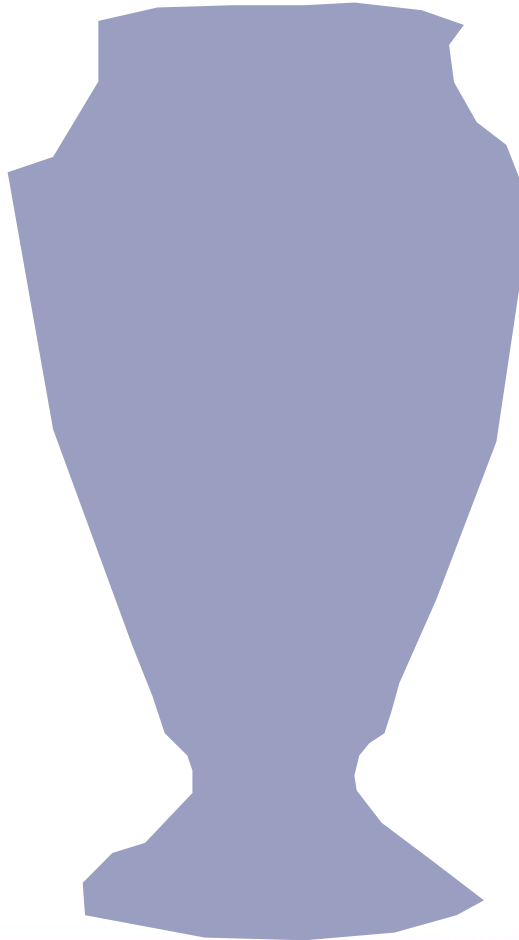
## **Speed**

- *Walcott (32'6)*
- *Rooney (29.6)*





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# SHAPE & SUCCESS?



**The top teams  
again proved that  
shape mattered.**

**A disciplined defensive  
structure + a framework  
for attacking fluidity /  
creativity was important.**

# **STARTING SHAPE**

Depended on ...

- **Coaching Mentalities**
- **Player Qualities**
- **Specific Situations**
- **The Opposition**
- **Previous Results**

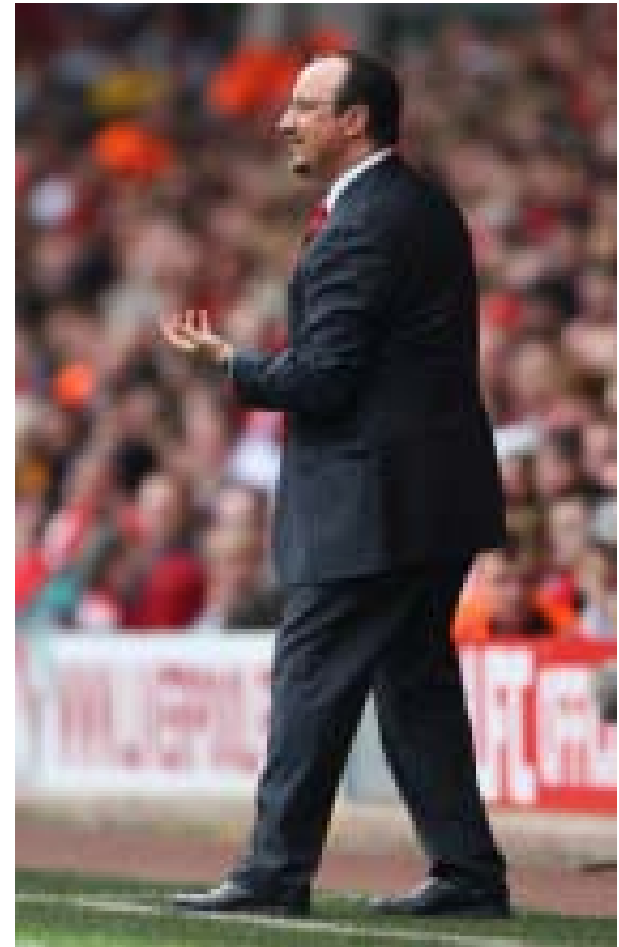




# **CHANGING SHAPE**

Depended on ...

- **Injuries**
- **Tactical Needs**
- **Refereeing Decisions**
- **Coaching Initiatives**
- **The Result**





**4 / 2 / 3 / 1**

**Man U.  
Arsenal  
Real  
Inter**





**4 / 3 / 3**

**Barca  
Milan  
Porto  
Chelsea**







# UCL SHAPES

**Bayern  
Lyon  
Stuttgart  
Olympiacos**

**4 / 4 / 2**

**or**

**4 / 1 / 4 / 1**





PS3

SONY

PS3



UniCredit











UEFA  
CHAMPIONS LEAGUE

PS3

PS3

UniCredit

UniCredit

UEFA  
CHAMPIONS LEAGUE



PS3

SONY

PS3













FIFA  
S LEAGUE

PS3

PS3

UniCredit

UniCredit

MasterCard

Maestro

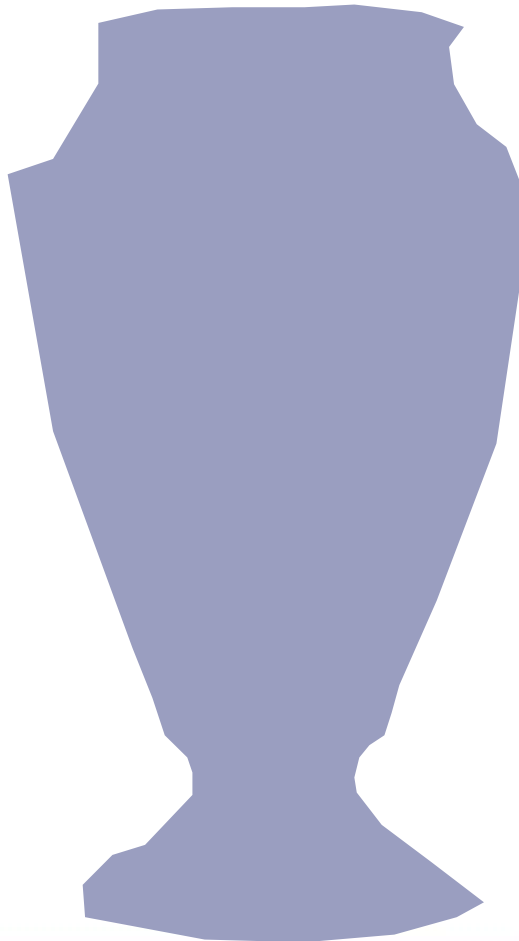








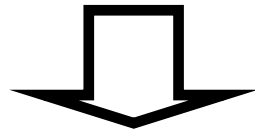
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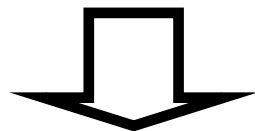
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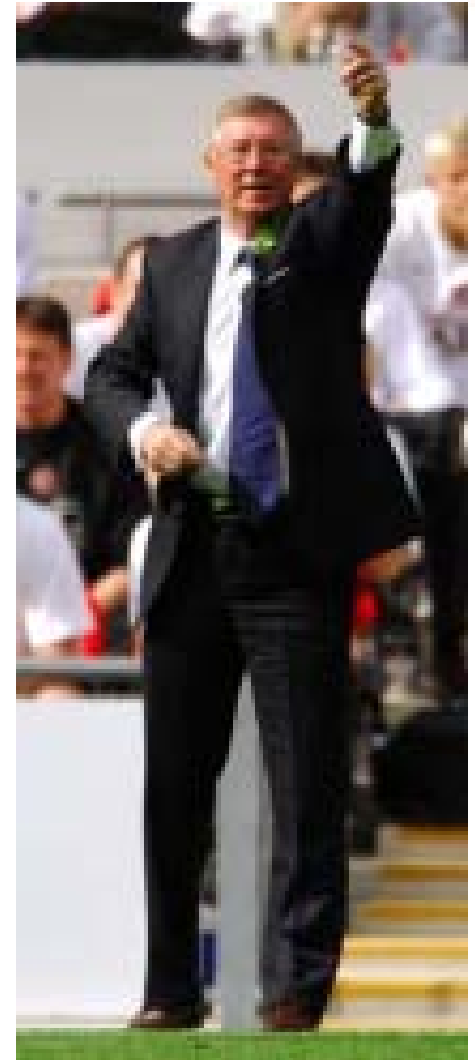
**Football  
Philosophies**



**Coaching  
Behaviours**



**Styles of  
Play**







# **STYLE**

**Influenced by:**

**Player Quality**  
(and availability)

**The Opponent**

**The Match Situation**

**The Conditions**

**The Competition  
Demands**



# STYLE



- ***Dynamic + Daring***
- ***Caution + Counter***
- ***Fluid + Incisive***
- ***Quick + Long***
- ***Technical + Varied***
- ***Pressure + Pounce***

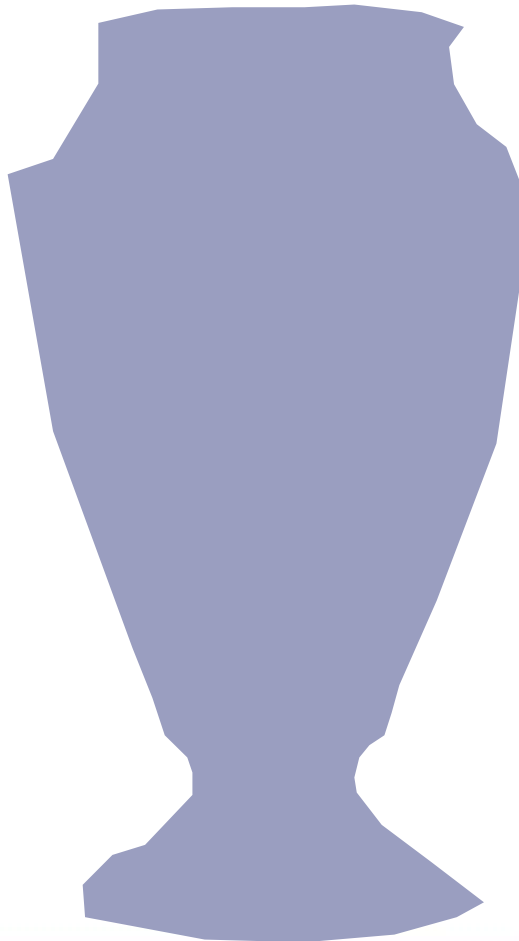








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# UCL

## A Solo Action

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**Over 20% of all Goals  
(i.e. Long-range  
shots, direct frees &  
dribbling)**





***“It is difficult to break down the block – one key is fast switches and quick wing play.”***

***José Mourinho***



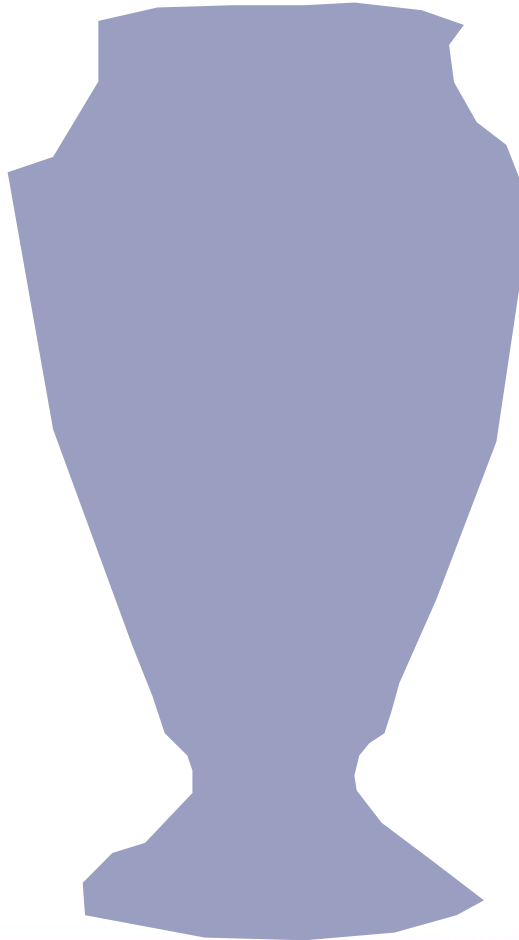








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# GOALSCORING

**Set Plays 25%**

**Open Play 75%**

**In 2009**  
**329 Goals**







# SET PLAYS

## Key Features

- **Delivery**
- **Movement**
- **Surprise**
- **Defending**
- **Finishing**  
(The ball?)

















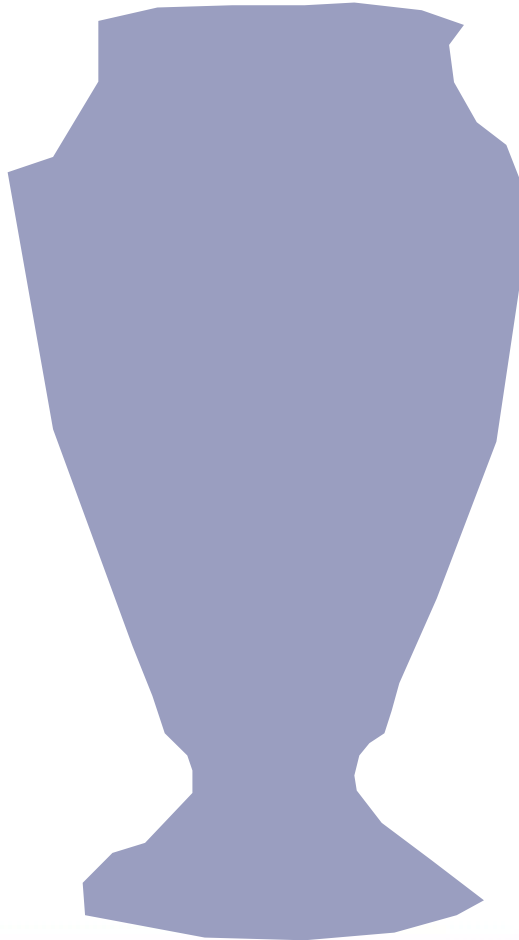








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# UCL

**A FINE LINE  
BETWEEN  
WINNING  
AND  
LOSING**





# UCL



## **THE FINE LINE: Result of...**

- ***A Referee's Decision***
- ***A Coach's Intervention***
- ***A Set Play***
- ***A Fast Break***



# UCL



## THE FINE LINE: Result of...

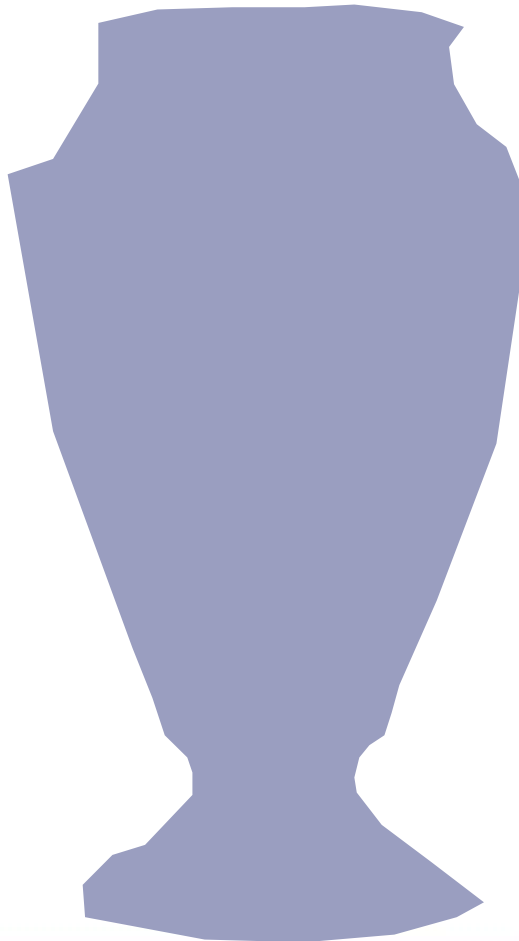
- *A Solo Action*
- *A Combination*
- *A Detail*
- *A Lucky Break*







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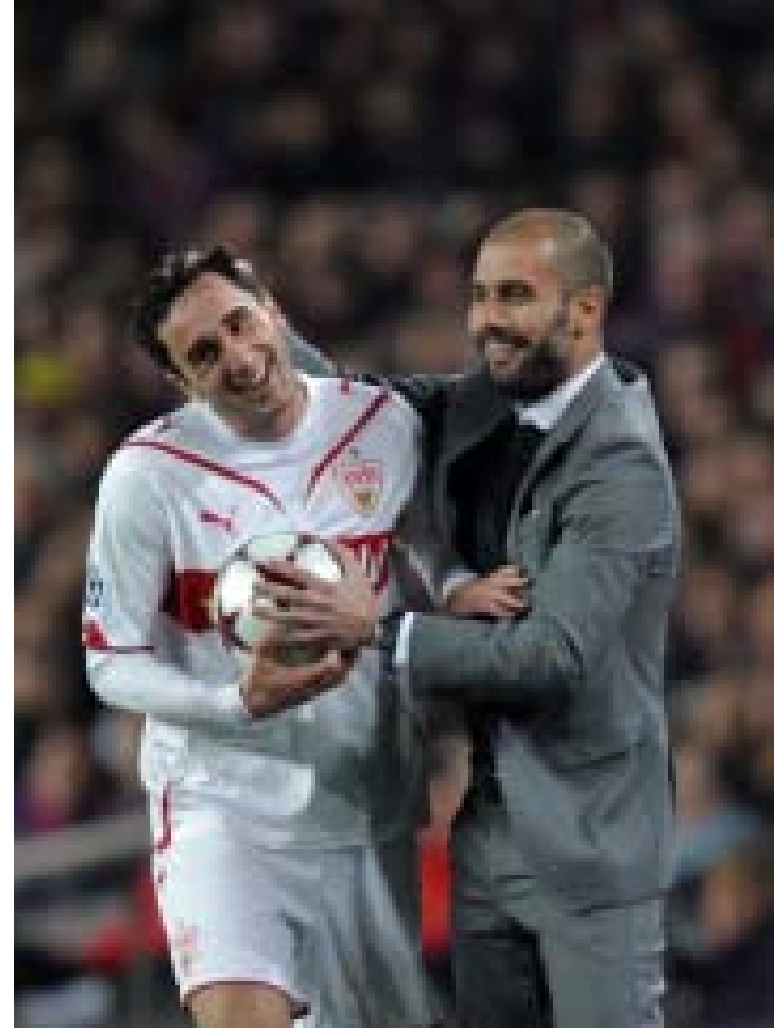


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