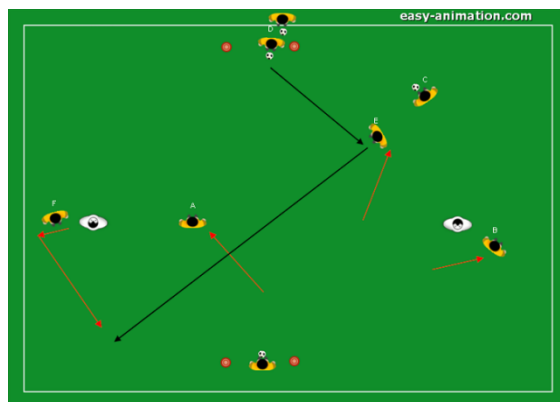
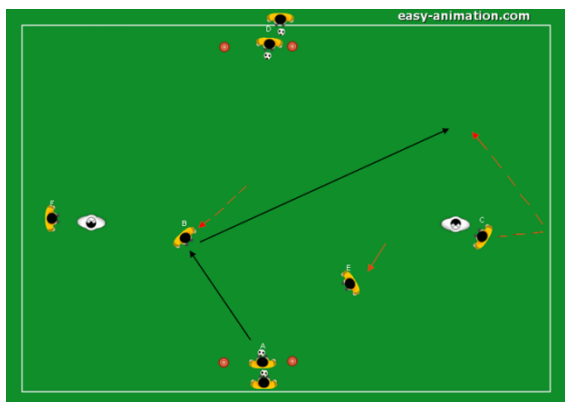
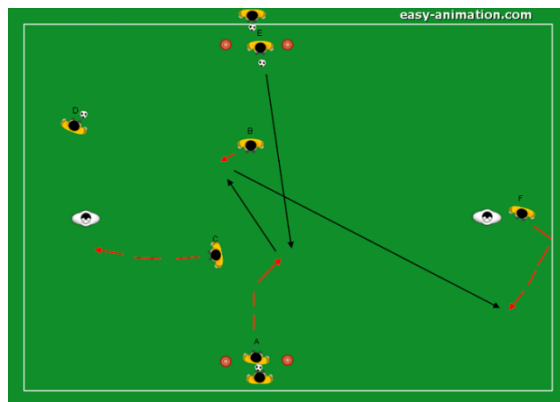
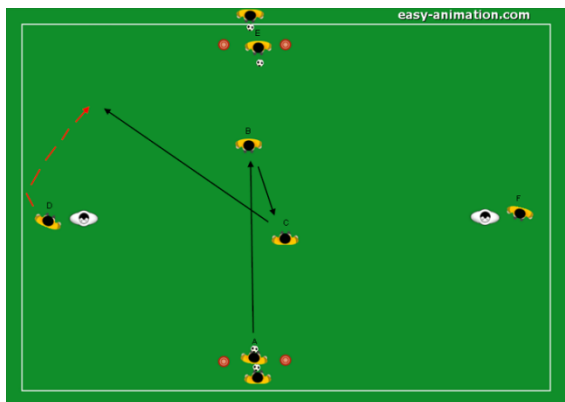


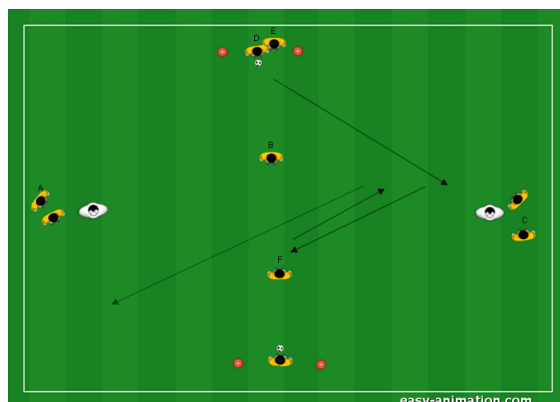
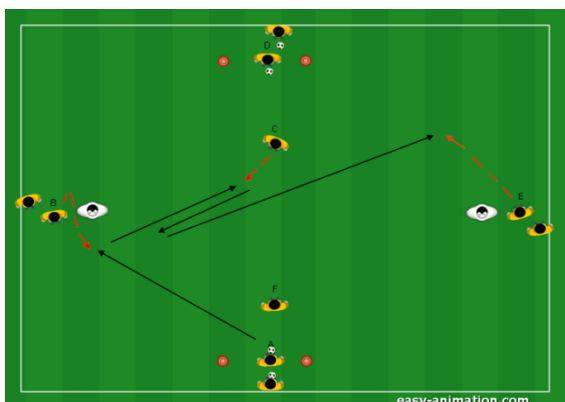
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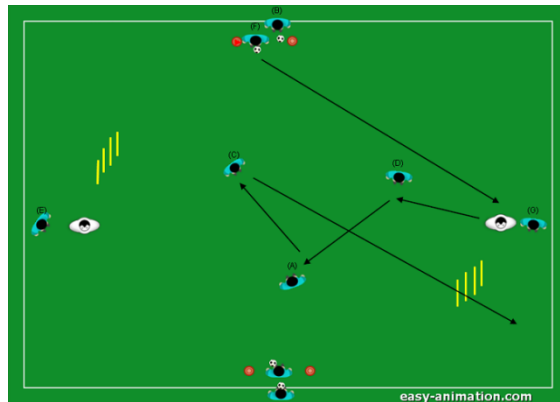
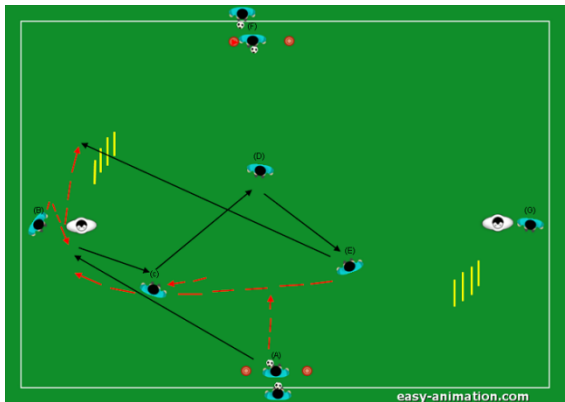
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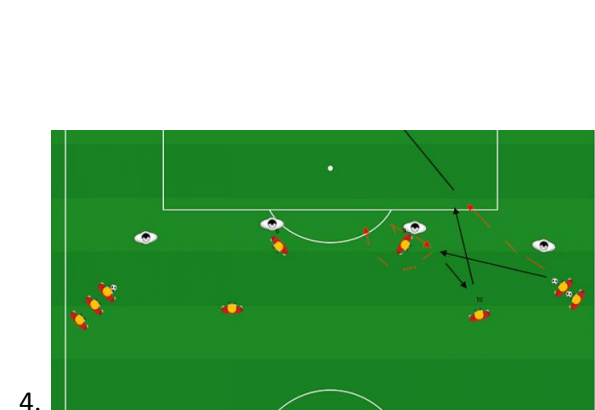
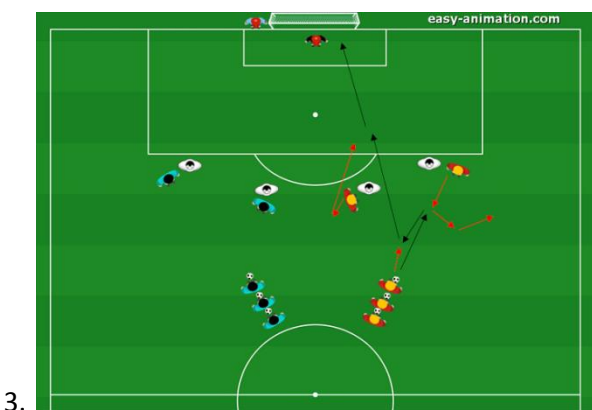
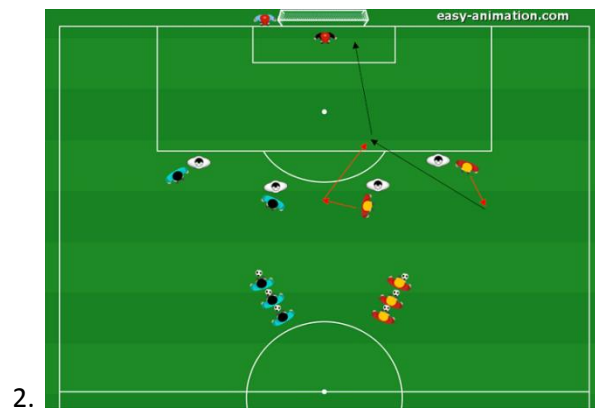
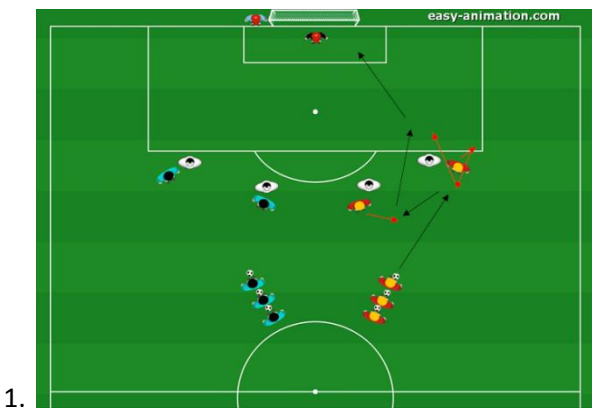
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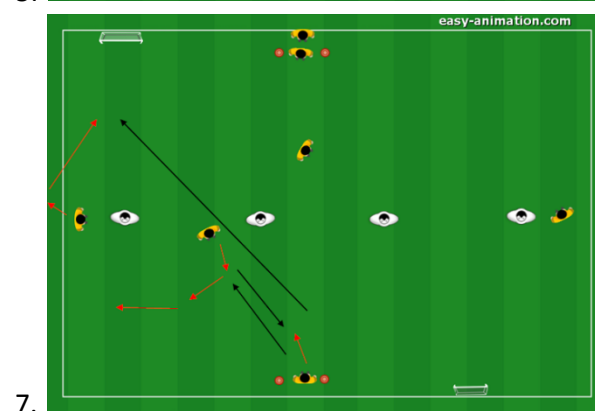
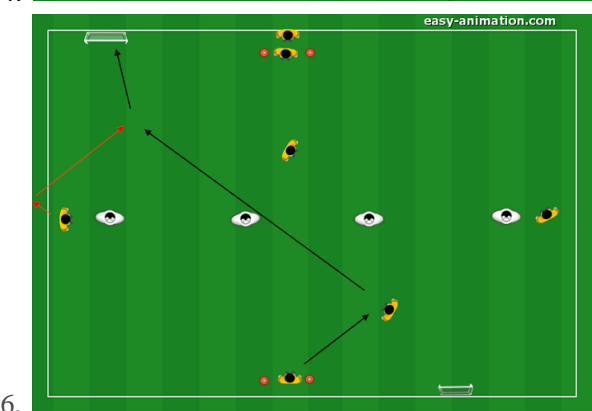
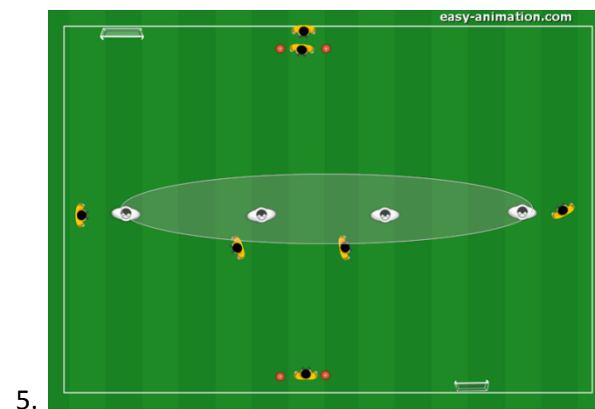
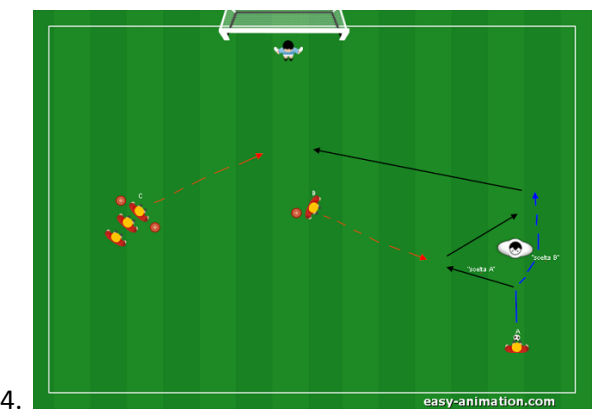
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## Warm Up - Combinazioni



### Combinazioni in fase Offensiva - Center



### Combinazioni in fase Offensiva - Flank

## WHAT ARE THE POSITIONAL GAMES

The positional games are not the real game but we can say that thanks to their **technical, physical, psychological and tactical components**, nothing is more effective and close to the real match.

In position there is a correlation with the gaming system and even more so with the individual role of each player. Each player moves in its role and not on the whole playing field. Represent an evolution of the classic ball possessions but with the difference that the positioning, the unmarking, the controls and everything about the individual technique/tactic is very specific to the 11v11 game.

In games of ball position passing on the ground should remain for as long as possible to force the players to move and position continually. It is incorrect to limit the number of touches. If you want to develop specific-match oriented control technique is preferable to allow the players greater freedom to help them carry the ball and to attract a defender, so to find the best possible pass line.

The positional games have transition along with positioning specific to the game model. From the technical, tactical and psychological aspects it is of importance for the players to make a lot of specific decision and touch the ball many times in small spaces, without the fear of conceding a goal and with the aim of having fun and having the game initiative.

As suggested by **Maurizio Viscidi**, to set a positional game you should:

- determine how many Jokers are used. Clearly the number of Jokers depends largely on the technical and tactical level of the group you are working with. The larger the players' capacity and smaller is the number of the Jokers.
- divide by two the number of remaining players and position them based on their role
- The size of the game field vary of course depending on the number of players involved but it is preferable to develop in width to allow for a central defender to serve maybe a striker

In the positional game train moving fast from possession to non possession and vice versa, with the continuous transition.

One of the possible disadvantages to excessive positional possession practice may be getting the team to play mainly horizontally, looking rare to play vertically. The match of the round of 16 of the 2012-2013 Champions, Milan-Barcelona (2-0) is the most glaring example, with Spanish formation moved ball exclusively in the horizontal lines, not finding the vertical options often. So, you start from space as in a match and the players position as during a match, to create **specific match situation**. The objectives of the possession will therefore be that of maintaining, researching the best time for further verticalization in order to attack an area or to go to goal. It should be noted also that in addition to technical and tactical ability, in order to maintain a good ball possession, it is essential the ability to support the ball carrier with many players always nearby and free to receive the pass.

-It always takes a support that allows left and right passing option as well as forward and back pass options.

### **This is an extract from an article by Maurizio Viscidi on Training -2012**

Unlike the "classic" Possession, positional games are characterized by:

1-players are **arranged in a staggered field**, i.e. at different heights, facilitating the creation of lines of passage

2-it is essential to **give scope** for you to create interior corridors: pass the ball to Center to obtain advantages in band or vice versa

3-the concept of **free man** is critical

4- **do not play pass to pass**, but the players develop awareness of when to lead and when the ball pass

5-the conduct of the ball allows you to **attract opponents**, resulting in the development of the game the continuous availability of the free teammates: then you should not pass the ball without first being able to draw an opponent

6-The most important idea of this philosophy of the game is to **continue to generate numerical superiority** in the spaces behind the defensive line that will go to pressure on the ball

7-The **creation of continuous passing triangles** that allow you to continue playing with the third teammate

8-it is crucial that the numeric superiority is constructed with **inserts from behind**, that is from the first line of Defense: for this reason it is a fundamental principle of this idea of playing the ball confidently from the Defense line

9-the **players positioned between the opponents defensive lines** must move in order to create spaces behind them

10-once a player has managed to create a 1v1 situation into a profitable area of attack, he can try to **go individually at the opponent**

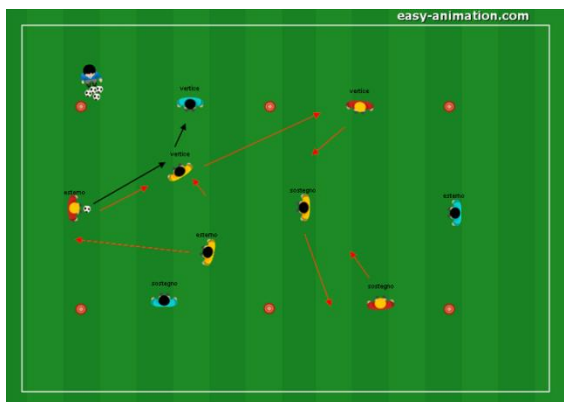
11-The **defense and attack are regarded as one** and not two separate things, although the idea offensive is what driving conditions and the game as a whole

12-possession is built, with the **aims to destabilize the opponent**

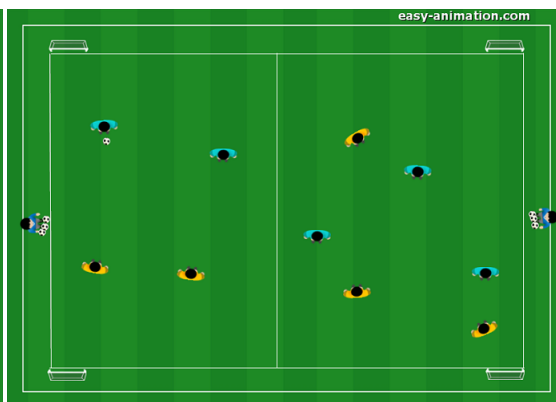
13-the positioning means that players always synchronize their positions with respect of to the movement of the ball

14-the final advantage of this way of playing is that a team when loses the ball, **is always United and compact and is in a position to press immediately**, not risking to suffer the counterattack and seek an immediate regrouping. Ultimately the attack affects how to defend.

15-each player **plays their roles**, thus improving their game choices and being more comfortable later in the match.



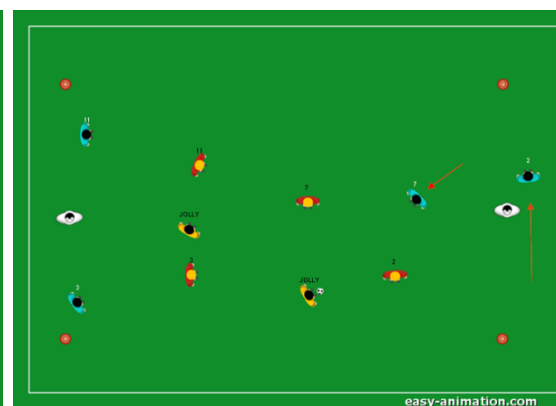
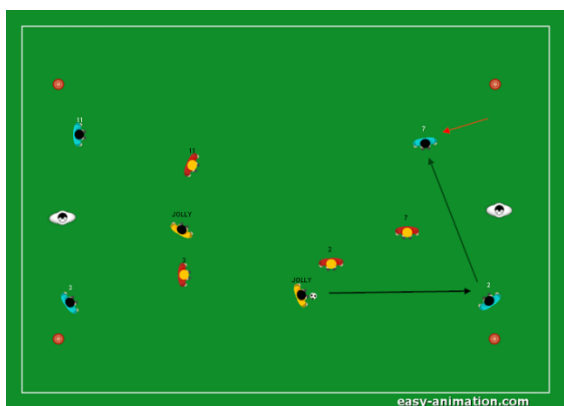
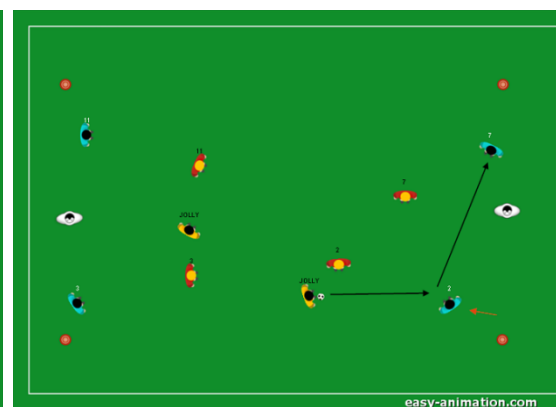
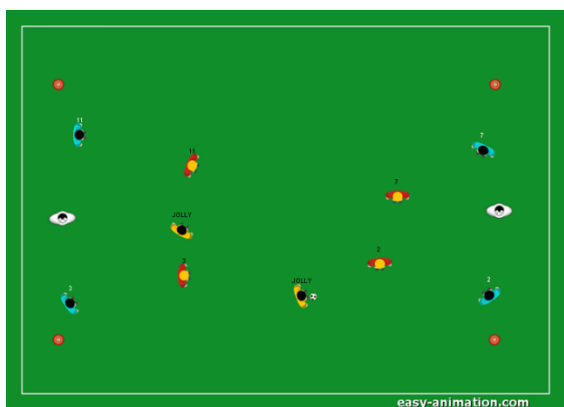
**Barcellona Gioco di posizione 3v3v3**



**Back line with #6 four goal game**

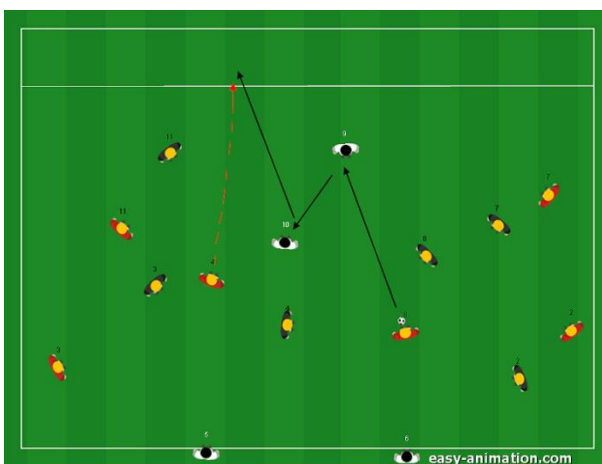
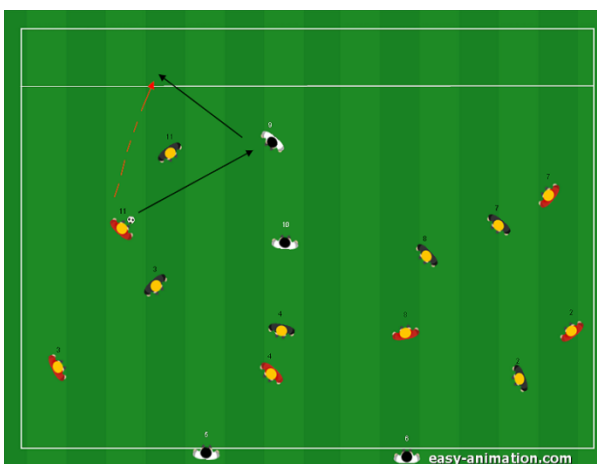
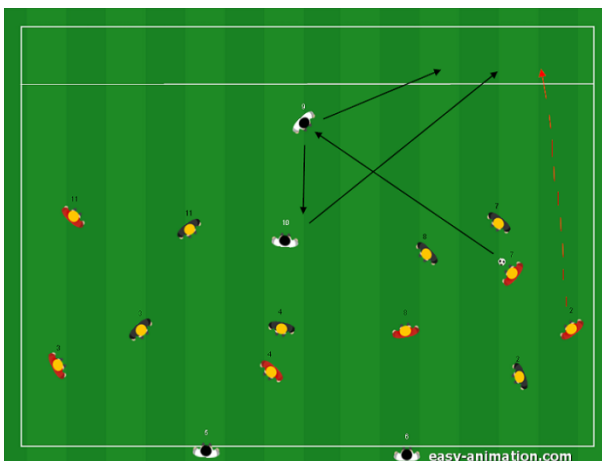
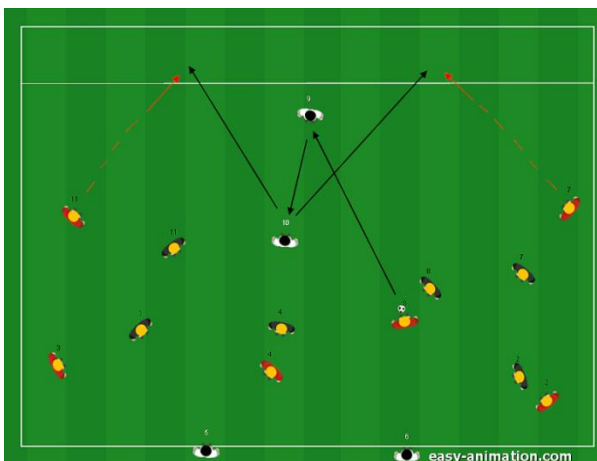


**gioco di posizione o possesso palla 5v5+3**

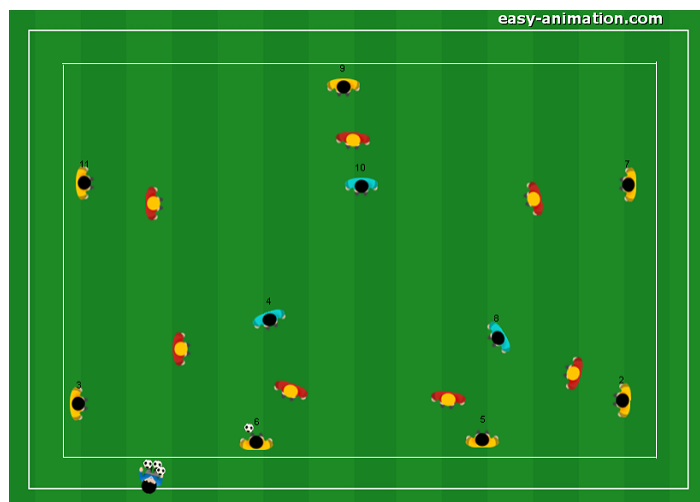


**GIOCO DI POSIZIONE: 4v4 + 2 (Wing backs flank play)**

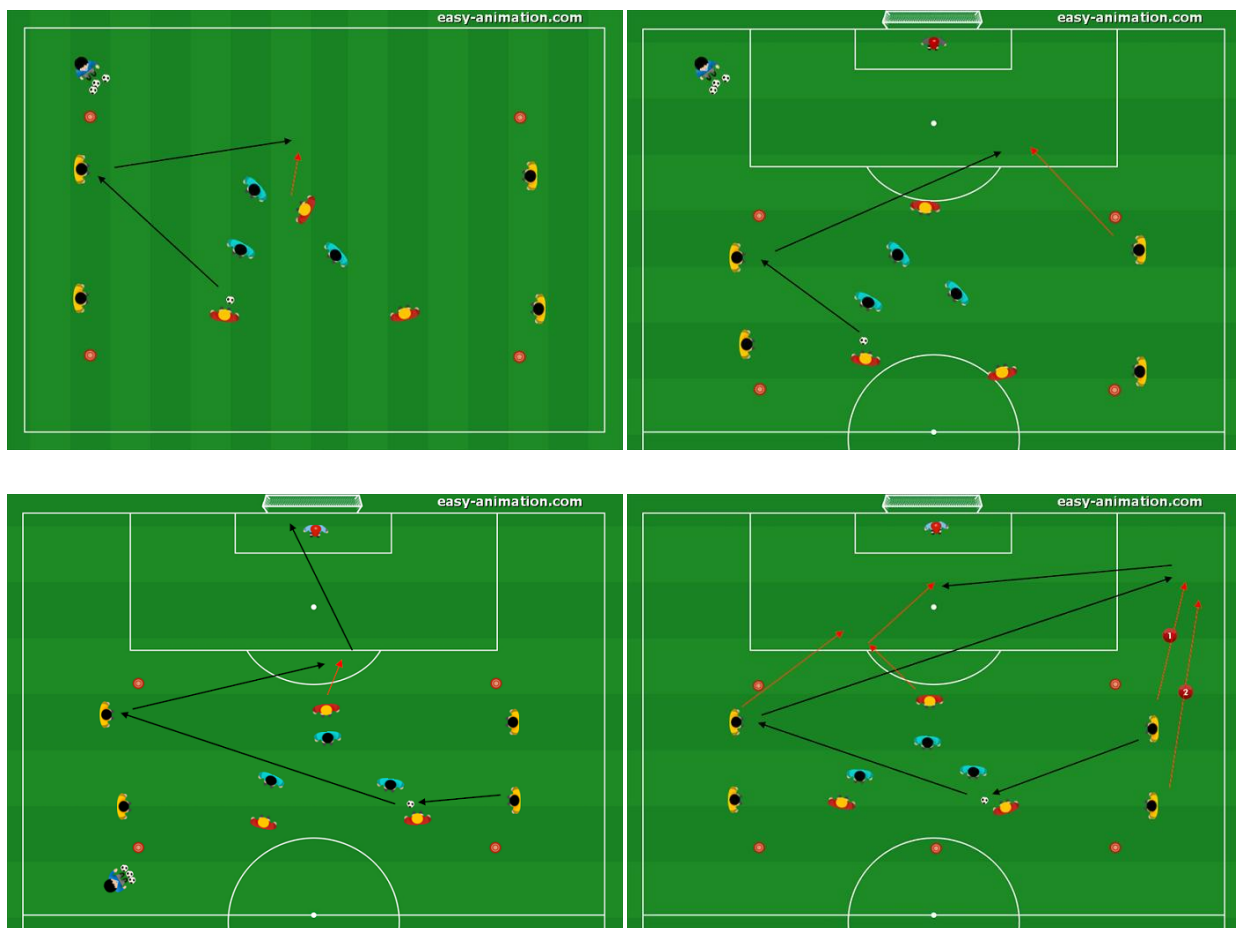
## ESERCITAZIONE DI POSIZIONE 6v6 + 4 Jolly. Modulo 4-2-3-1



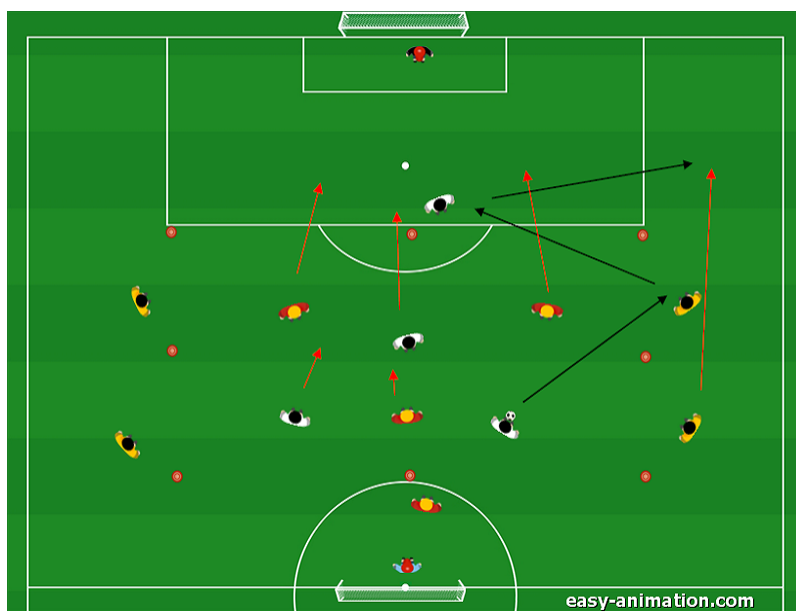
## Giochi di posizione dalla Spagna 4-2-3-1







### POSSESSO PALLA 3v3 +4 CON RICERCA DEL GIOCO IN AMPIEZZA - EVOLUZIONE



**Possesso palla con sviluppo della sovrapposizione Zona centrale**

**SITUAZ. DI GIOCO: USCIRE DAL PRESSING OFFENSIVO, TRANSIZIONE POSITIVA**



**palla recuperata in zona ultraoffensiva**

