

GLSA METHODOLOGY



MISSION & VISION

- **Mission:** Providing and promoting a positive soccer experience for every participant appropriate to their level of interest and ability since 1974.
- **Vision:** GLSA will strive to create a safe environment and nurture a valuable soccer learning experience.
 1. To develop the player technical, tactical, physical and psycho/social abilities.
 2. Reminding the players the importance of teamwork and sportsmanship to foster and preserve these qualities at all levels of their soccer growth.
 3. We will endeavor to empower our players with a life-long passion, life-lessons, love for the game of soccer and competing at the highest level possible.

METHODOLOGY

- Play out of the back
- Play simple
- Smart players
- Competitive mentality – always play to win
- Possession Soccer
- Immediate pressure when lose ball
- Aggressive Mentality
- Communicators
- Correct distribution in field
- Protect the ball
- Movement of Players
- Each Player has an important role in the team
- Interpretation and Game understanding
- Individual and collective participation
- Individual qualities to serve the Team


ENVIRONMENT

- ▶ WINNING MENTALITY
- ▶ DESIRE TO SUCCEED-MOTIVATION
- ▶ DETERMINATION
- ▶ LEADERSHIP
- ▶ CREATE A DYNAMIC OF WINNING

PATHWAY



PHILOSOPHY ON 4-3-3 IDENTITY

- ▶ Possession based team
 - ▶ Team who recovers the ball quickly
 - ▶ High pressing game
 - ▶ Aggressive mentality
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CLUB VALUES

- ▶ Create a environment of winning mentality
 - ▶ Discipline
 - ▶ Commitment
 - ▶ Sacrifice
 - ▶ Respect
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COMMITMENT / TEAM VALUES

- TEAM PRIORITY – THE TEAM IS MORE IMPORTANT THAN ANY INDIVIDUAL
 - DISCIPLINE-RESPECT THE RULES AND REGULATIONS
 - WORK ETHIC
 - SACRIFICE
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STYLE OF PLAY/GAME MODEL



OFFENSIVE ORGANIZATION

- ▶ Exploit Width
- ▶ Connect with midfield
- ▶ Combine with the outside backs
- ▶ Switch point of attack
- ▶ Combine/Connect with forwards
- ▶ Principles of attack
 - Width & Depth
 - Penetration
 - Mobility
 - Support
 - Improvisation
- ▶ Reading game Cues
 - Location
 - Opponent
 - My Team
 - Timing
 - Options

DEFENSIVE ORGANIZATION

- ▶ Recover the ball soon as possible
- ▶ Pressure must be applied to the ball before defense can begin
- ▶ Pressure must be accompanied by immediate cover
- ▶ The team defends as a unit
- ▶ Team stay compact to denied penetration
- ▶ The team must step and compress space every time the ball moves backwards
- ▶ Inside the penalty box, the system switches to purely man-to-man marking
- ▶ Principles of Defense
 - Compactness
 - Pressure
 - Balance
 - Control and Restrain
 - Cover and Delay

TRANSITION FROM ATTACK TO DEFENSE

- ▶ Change of mentality
- ▶ Attack the ball when possession is lost
- ▶ Immediate recovery of position as a unit
- ▶ Make field small and compact
- ▶ Overload area defined by position of the ball
- ▶ Pressure must be accompanied by immediate cover
- ▶ Pressure must be applied to the ball before defense can begin
- ▶ The team must step and compress space every time the ball moves backwards

TRANSITION FROM DEFENSE TO ATTACK

- ▶ Play the ball out of pressure
- ▶ Forward pass
- ▶ Breaking Lines
- ▶ Attack the lateral and central channels
- ▶ Use speed to attack the space
- ▶ Attacking width will come from the 3 forwards and the 4 backs
- ▶ The outside backs must be technically competent to attack space on the flanks, and must be tactically aware of when and how to overlap into attack
- ▶ The midfield must play quickly wide or forward to relieve pressure
- ▶ The weak side winger will be responsible for far post runs
- ▶ The first option upon winning possession is always to one of the forward players

SET PIECES

- ▶ Free Kicks
- ▶ Corner Kicks
- ▶ Indirect kicks
- ▶ Throw ins
- ▶ Goal Kicks
- ▶ Re-Starts

TRAINING IS BASED ON GAME MODEL

- ▶ Dynamic
- ▶ Organize
- ▶ Reality base games
- ▶ Minimize down time
- ▶ Lesson plan must be constructed to address the individual and collective needs