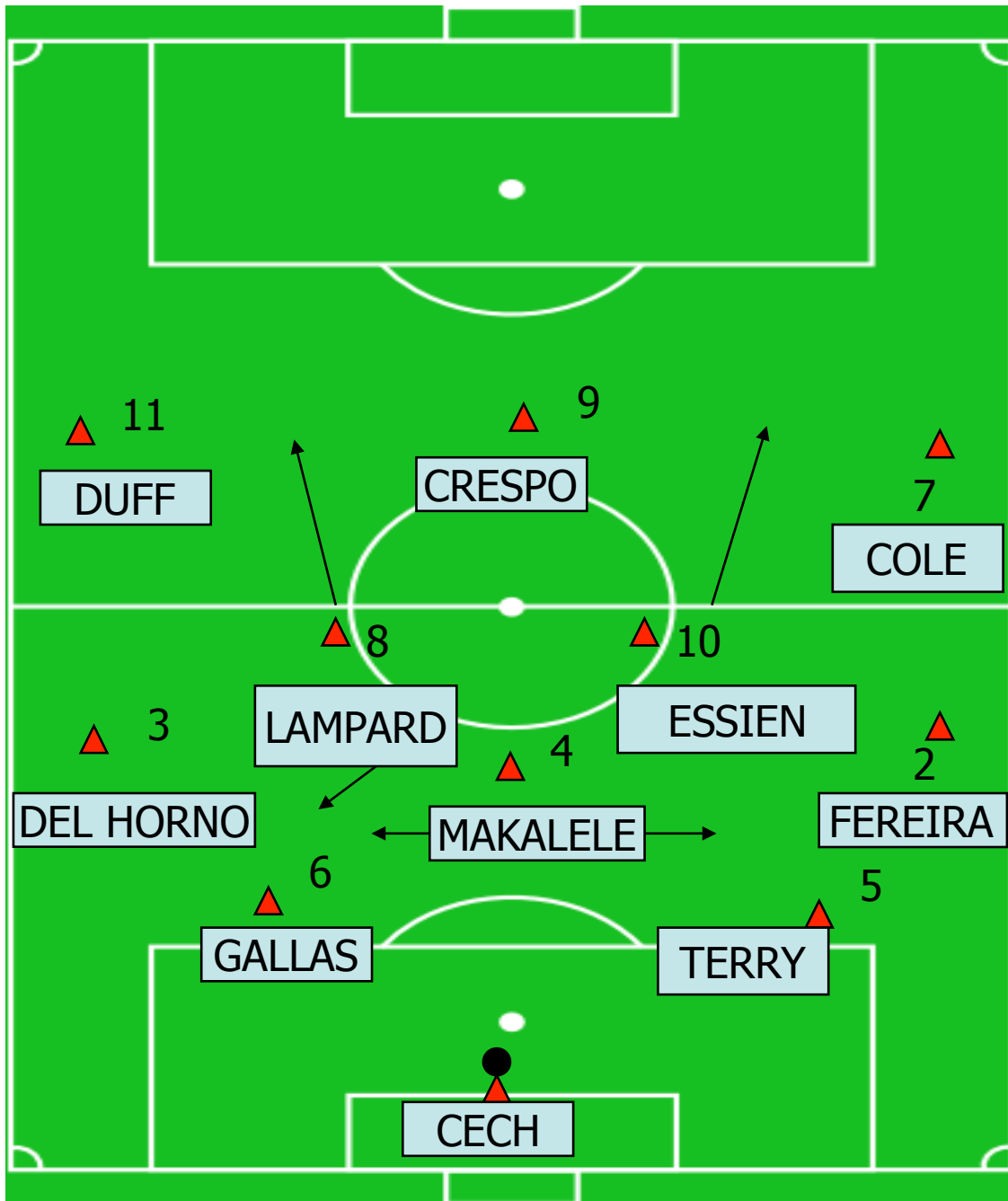


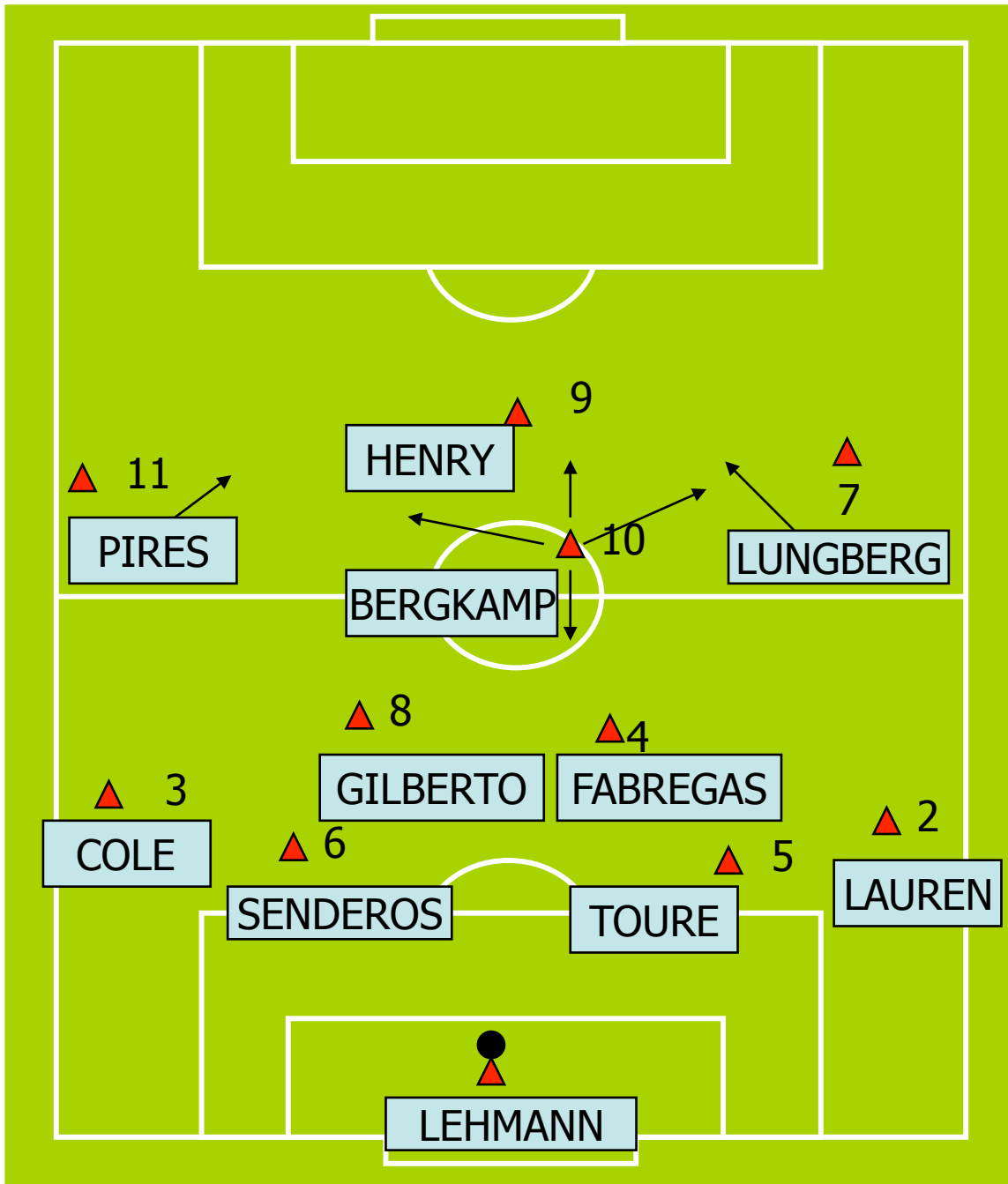
A top-down view of a green soccer field with white markings. The field is divided into two halves by a vertical center line. Each half has a goal at the end. The text "Playing 4x3x3" is written in the center of the field in a blue, outlined font. The field is surrounded by a white border.

Playing 4x3x3

4 - 3 - 3

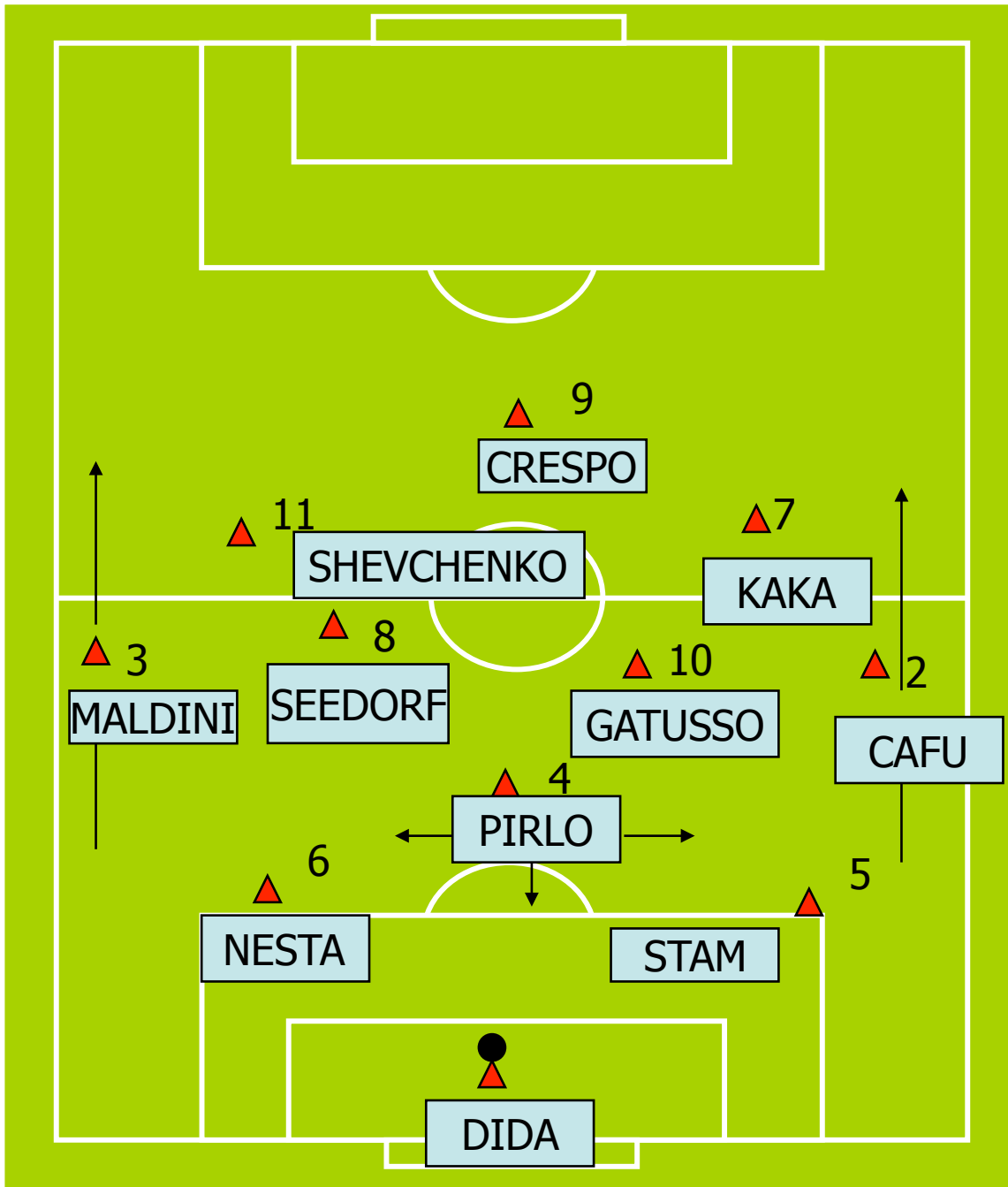


HOLLAND
PORTUGAL
CHELSEA FC



4 - 3- 3

ARSENAL FC



4 - 3 - 3

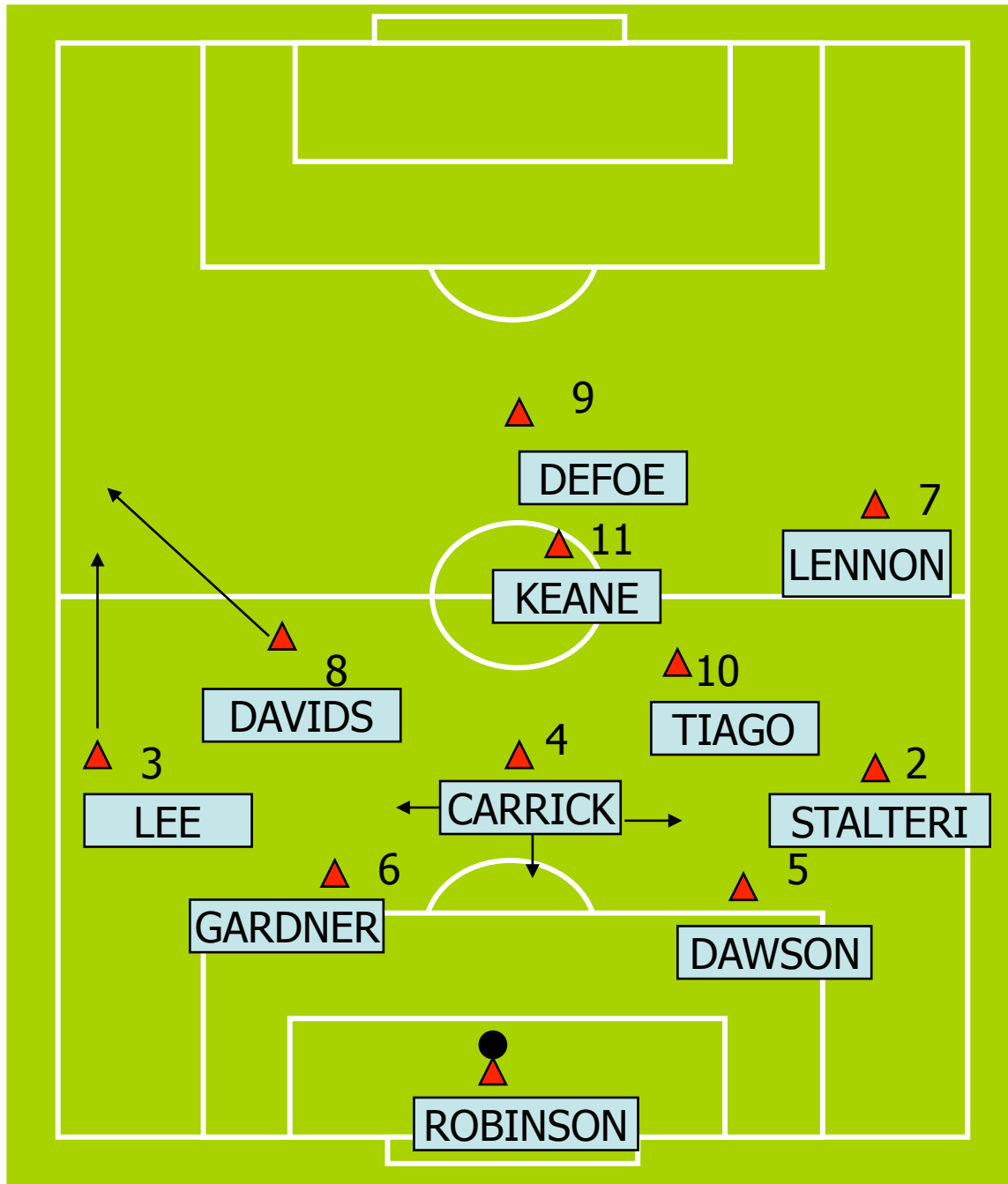
**AC MILAN 2005
EUROPEAN CUP**

4 - 3 - 3



**AC MILAN 2006
EUROPEAN CUP**

4 - 3 - 3



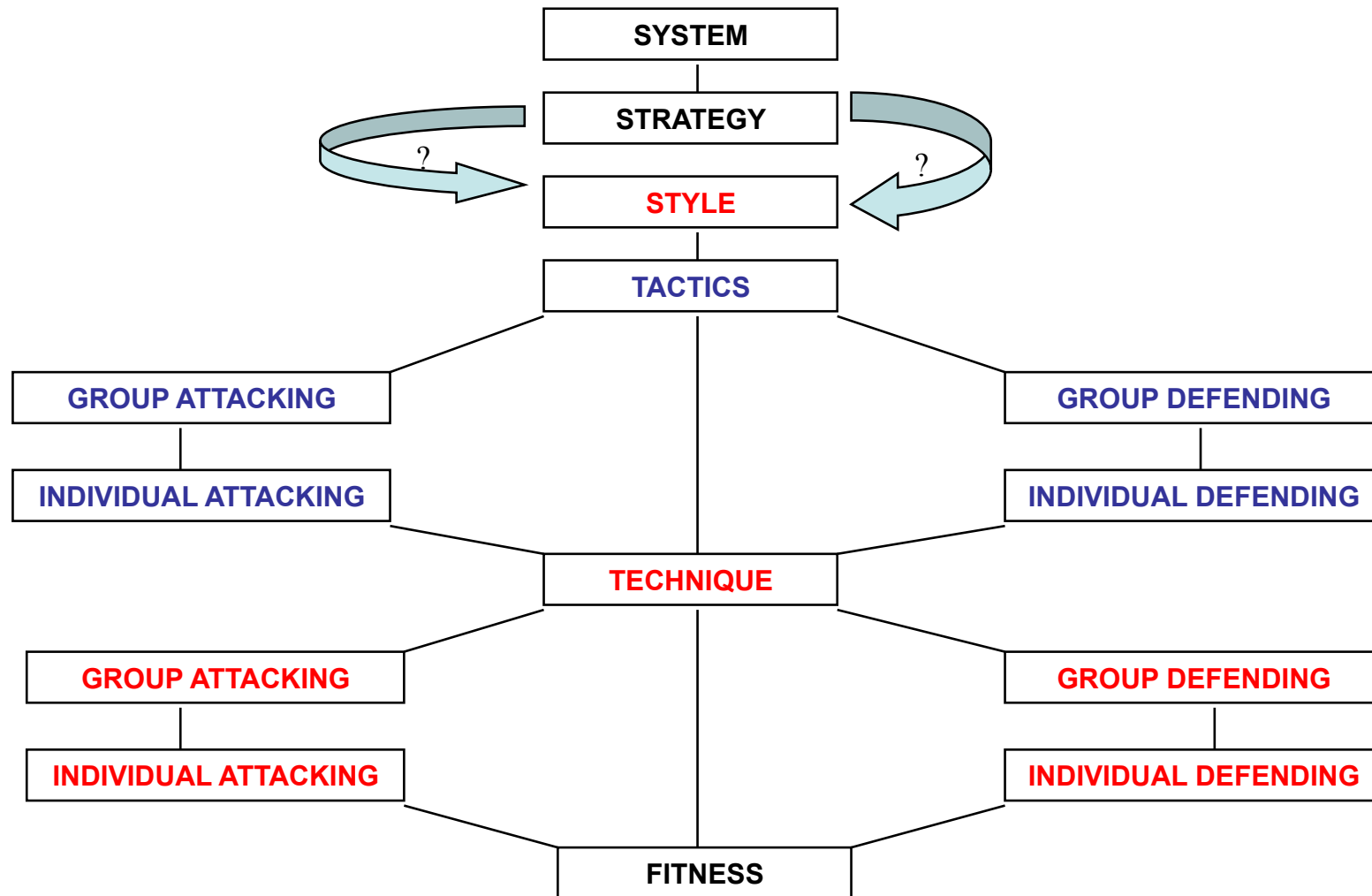
TOTTENHAM HOTSPUR

CONCEPT

WHY ?

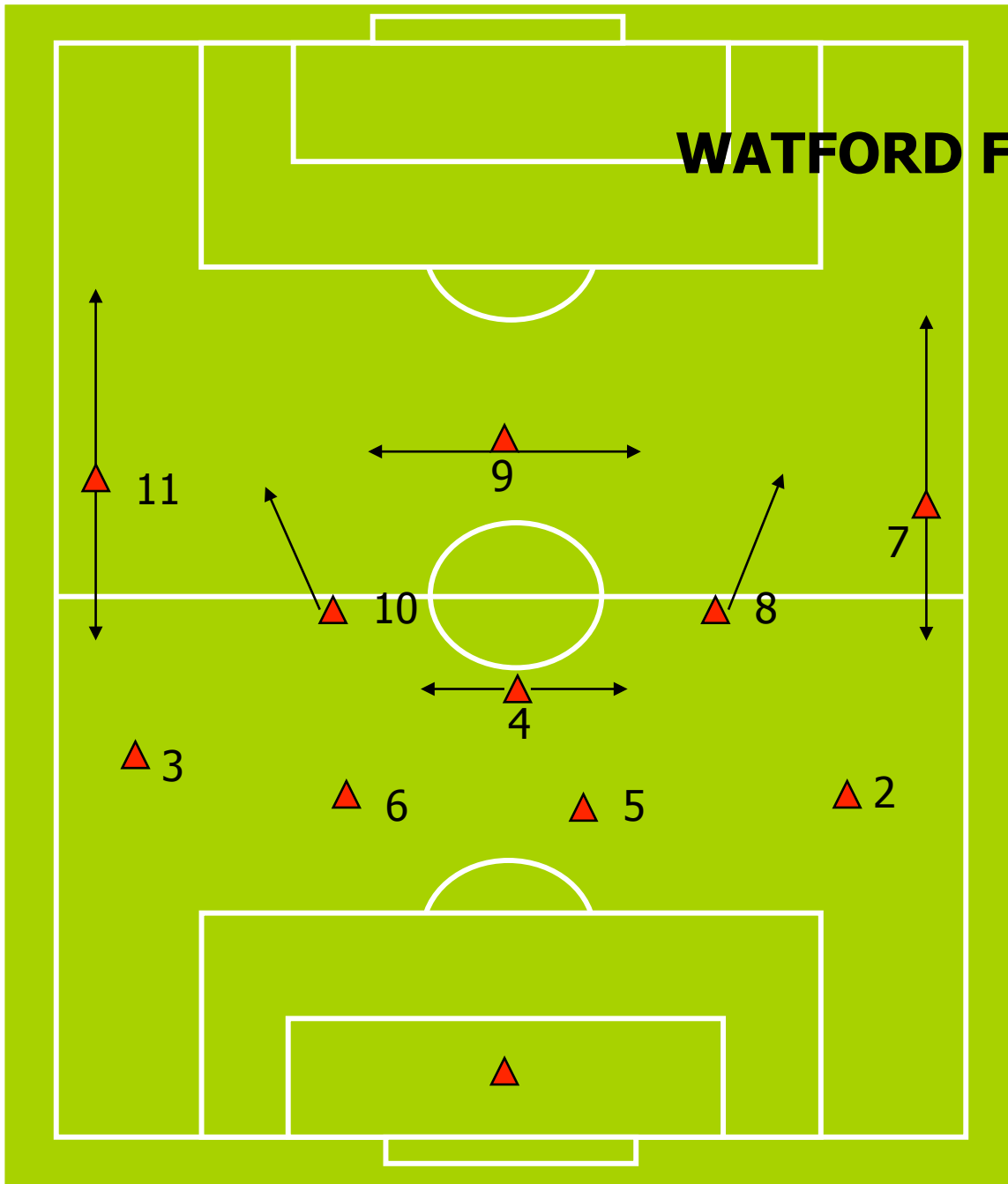
- Establishes a framework.
- Provides a curriculum for players and staff nationwide.
- Lends understanding.
- Structures thoughts and action.
- Details a blueprint.
- Guides decision making.
- Gives a uniform purpose and direction.
- Can provide a defining “brand.”
- A “tool” for measurement ?
- A vision ?

DEVELOPING A PLAYING STYLE / CONCEPT



PLAYING SYSTEM.

WATFORD FC YOUTH TEAMS.

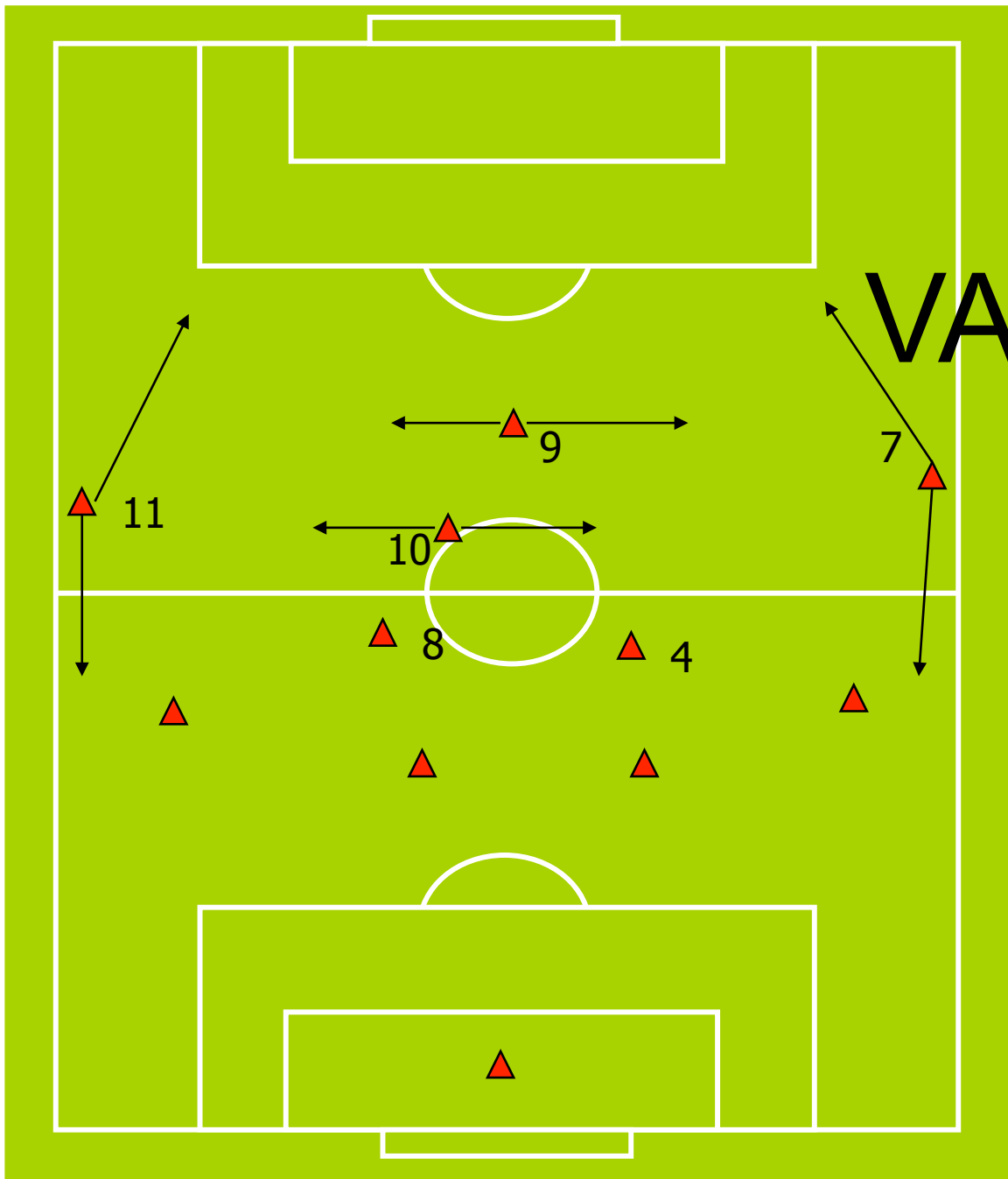


**4-3-3
Standard**

ATTACKING
CONFIGURATION

4-3-3

VARIATION



4 3 3
INVERTED MIDFIELD

THE PREMIER LEAGUE

OBSERVERS REPORT !

ON THE FIELD RECOGNITION

- Defending.

- Zonal Back four.
- Sliding central MF 3.
- Show “inside “ as a priority ahead of the last 20 yds.
- Intelligent, calculated use of pressing and “dropping”.
- Defend from the “front”.
- Protected space behind the back line.
- Compact defensive unit.
- Defends full – zonally at defending set plays.
- Can defend against counter attack.
- ALL will, can know how to defend for the team.

ON THE FIELD RECOGNITION

- Attacking.

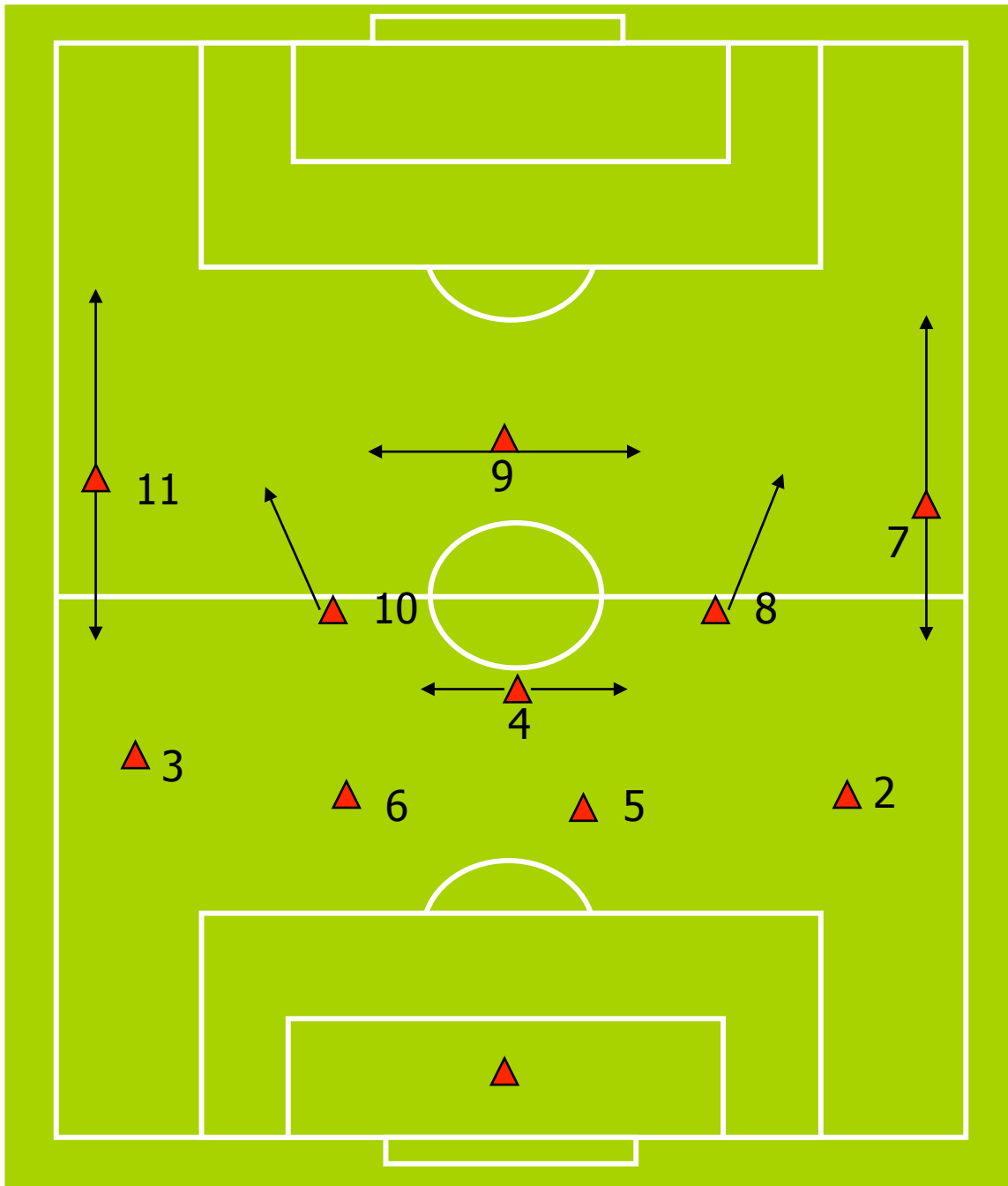
- Team system of 4 3 3.
- Recognisable “game style.”
- Intelligent ball – possession use.
- Team tactical principles.
 - Counter attack as a priority.
 - Play from and in the defending 1/3rd.
 - Planned GK possession strategy.
 - Established “movement “ patterns.(ahead of ball holder and down the sides of the pitch.)
 - Forward running and moving wide MF players.
 - Penetrate on the flanks (use of “wingers” and combination plays.
 - Lone striker penetration centrally.
 - Organised on Attacking Set Plays.

WHY 4-3-3 ?

- Can operate either as “direct” or indirect play.
- Converts easily from 4-3-3 to 4-5-1.
- Converts to other shapes within 4-3-3 framework.
- Converts easily to 3-4-3 if necessary.
- Converts easily to 4-4-1-1 if necessary.
- Converts easily to 4-4-2 if necessary.
- Accommodates 3 forward players.
- Protects major supply and scoring areas in DF ½ of pitch.
- “Interchanges” are easily negotiated.
- Demands understanding and implementation of “movement “. (a valuable teaching tool.)

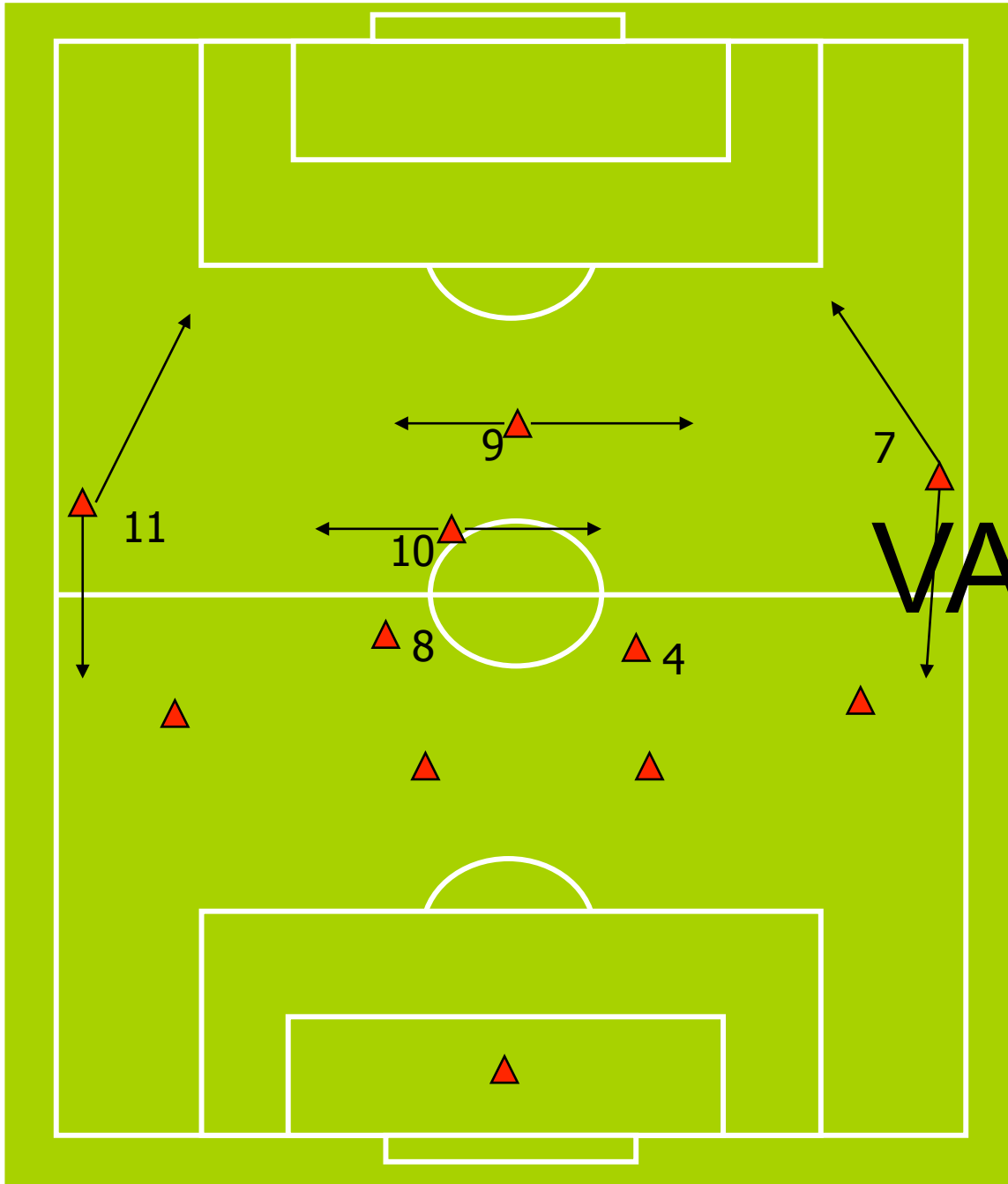
WHY 4 3 3 ?

- For a zonal back 4 defence, one mobile central striker can be more of a problem to handle than two.
- “Early” and “high” width can be established on gaining possession.
- Movement, inter-change and positioning “between” opponents causes marking difficulties for zonal defences.
- If opponents mark on a man for man basis then more “individual” working space is available.
- Three MF often outnumber opponents for attacking build ups and defensive responsibilities.
- The shape of the three MF players can be changed / inverted to provide marking problems for opponents.
- Three MF players offers defensive numbers and compactness in central MF areas and reduces pass routes to opponents central forwards in the defending half and around the penalty area.
- Two of the three MF have the freedom to attack leaving “security” behind.
- A zonal back 4 covers the width of the field more economically and quickly, and defenders are generally in closer proximity to each other to provide support if necessary.



4-3-3 Standard

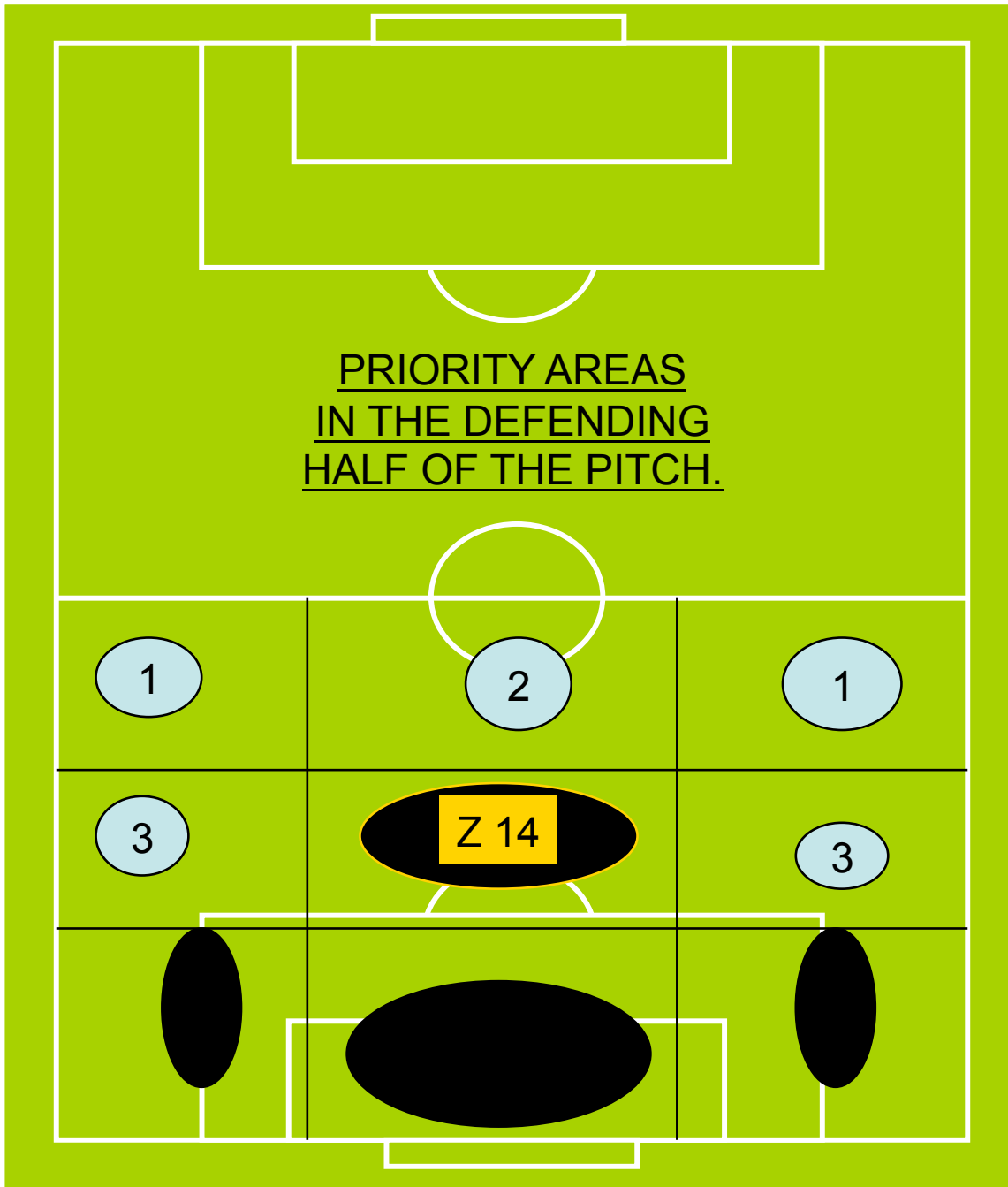
ATTACKING
CONFIGURATION



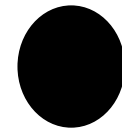
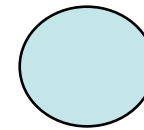
4-3-3

VARIATION

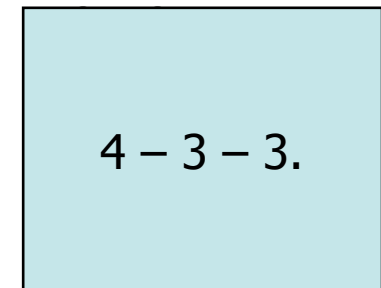
4 3 3
INVERTED MIDFIELD



ZONE 14

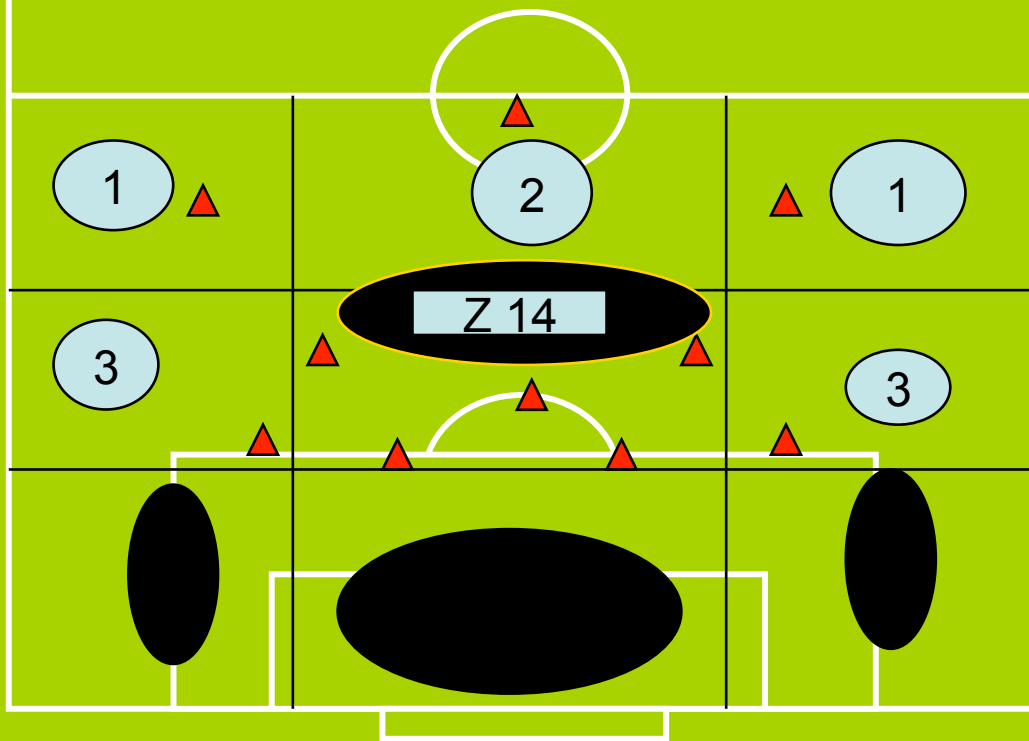


MAJOR CREATING ,
DELIVERY AND
SCORING AREAS IN THE
DEFENDING HALF.



PRIORITY AREAS
IN THE DEFENDING
HALF OF THE PITCH.

MAJOR SUPPLY,
CROSSING AND
FINISHING AREAS.



4 3 3
DEFENDING

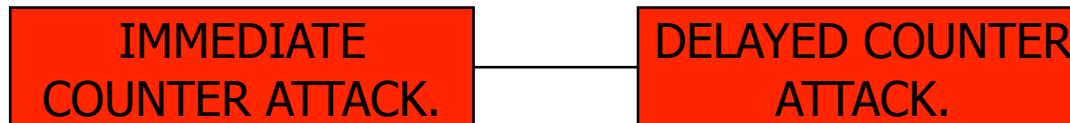
4 3 3

ATTACKING CONCEPT

4-3-3

ATTACKING TACTICS

Seek to Counter Attack as a first priority when appropriate.



THEN ATTACK :

Based on ball possession and calculated player movement.

COMPONENTS

Forward and penetrative passing, calculated and measured.

Play out from the defending third as a primary option..

Progress through the MF third as first priority.

Rotation and inter-change of players as appropriate.

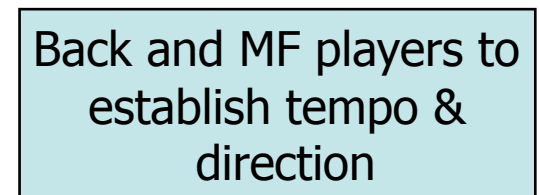
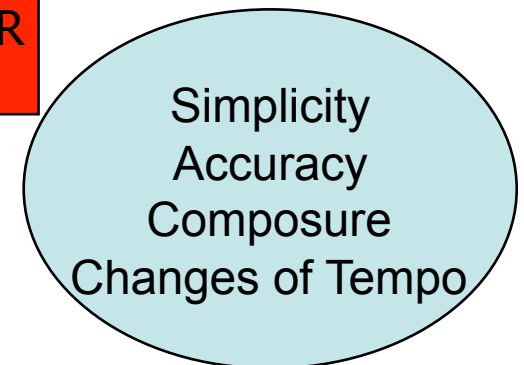
MF players forward runs and support play.

Create optimum marking problems for opponents.

Utilise wide attacks to outflank and attract opponents from central areas.

Use central striker as focus in penetrating the opposition back line.

Enter the Penalty box from varied angles.



4 3 3

DEFENDING CONCEPT

4-3-3

DEFENDING TACTICS.

- Regain ball possession as “early” as possible when appropriate.
- Concede possession only when opponents establish composed possession in their defending half of the pitch and we are out-numbered.
- Recover, re-group on losing possession if pressing not tactically appropriate.
- Compact defensive unit before “team” pressing commences and continues.
- Establishing a “first” defending line around the AM 1/3rd area and deeper.
- Controlled aggressive defending commences from that defending line to protect the defending third (35 yd) shooting and crossing areas.
- “Show” opponents in possession “infield” as a tactical priority – Last 20yds ?
- Allow no “un-coverable” space behind the back defending line.
- Mark “key” opponents in and around the penalty area as play develops.
- Mark and press “key” opponents who are essential to opponents supply lines in developing play.
- Players in isolation, and units when dislocated, capable of defending Counter attacks.
- Prevent wide and central entries into the penalty box as a priority.

2004 - 2005

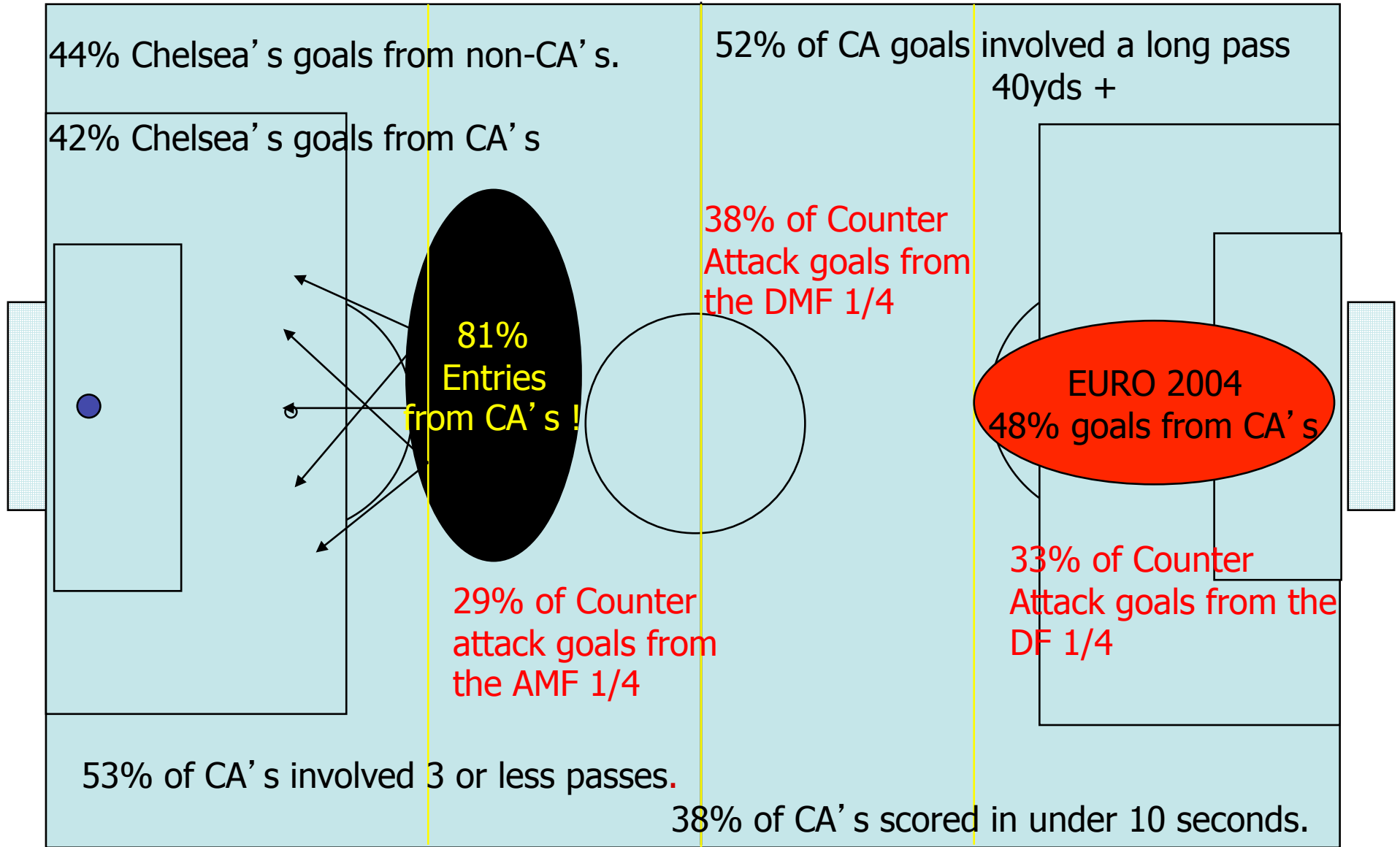
The significance of
Counter Attacking.

CHELSEA FC. (2004-05.)

Counter Attacking Play.

- 42% of **open play** goals from fast Counter Attacks originating from outside the attacking $\frac{1}{4}$.
- 33% from the defending $\frac{1}{4}$ regains.
- 38% from the defending MF $\frac{1}{4}$ regains.
- 29% from the attacking MF $\frac{1}{4}$ regains.
- 81% penetrated centrally for the strike.
- **38% scored in under 10 secs.**
- 52% of counter attacks involved a long pass. (40y+)
- 53% of counter attack goals involved 3 passes or less.
- 44% of Chelsea's goals in free play originated from slower build ups.

CHELSEA FC Premiership Champions 2005.



Type of Regain:

45.9% of all **Successful** counter attacks were regained through challenges with **64.1% being regained through interceptions**. 77% of all successful counter attacks were regained by either intercepting/challenging **on the ground** with 23% being intercepted/challenged **in the air**.

Type of Regain leading to Counter Attack	% of Counter Attacks leading to goals
Challenge in the Air	4.3%
Challenge on the Ground	30.5%
Interception in the Air	8.7%
Interception on the Ground	56.5%

Type of Regain:

34.8% of all counter attacks **leading to Goals** were regained through challenges with **65.2% being regained through interceptions**. 87% of all counter attacks leading to Goals were regained by either intercepting/challenging **on the ground** with 13% being intercepted/challenged **in the air**.

77% successful CA's

From Interceptions
or
Ground challenges



COUNTER ATTACK GOALS
How the ball is regained.

1) INTERCEPTIONS

65%

Time in Possession after Regain (seconds)	% of Successful Counter Attacks
0-10 seconds	26.8%
11-15 seconds	42.4%
16-20 seconds	21.1%
21-25 seconds	6.5%
26-30 seconds	1.6%
31-35 seconds	0.8%
36-40 seconds	0.8%

Time in Possession after Regain (seconds)	% of Counter Attacks leading to Goals
0-10 seconds	39.2%
11-15 seconds	21.8%
16-20 seconds	21.8%
21-25 seconds	8.6%
26-30 seconds	4.3%
31-35 seconds	4.3%
36-40 seconds	0%

STRIKES FROM COUNTER ATTACKS.

Time in Possession: The time in possession by the counter attacking team prior to the strike for **Successful counter attacks** was as follows;

69% under 15 seconds.

EURO 2004

GOALS SCORED

Time in Possession: The time in possession by the counter attacking team prior to the strike for **Goals from counter attacks** was as follows;

40% under 10 seconds.

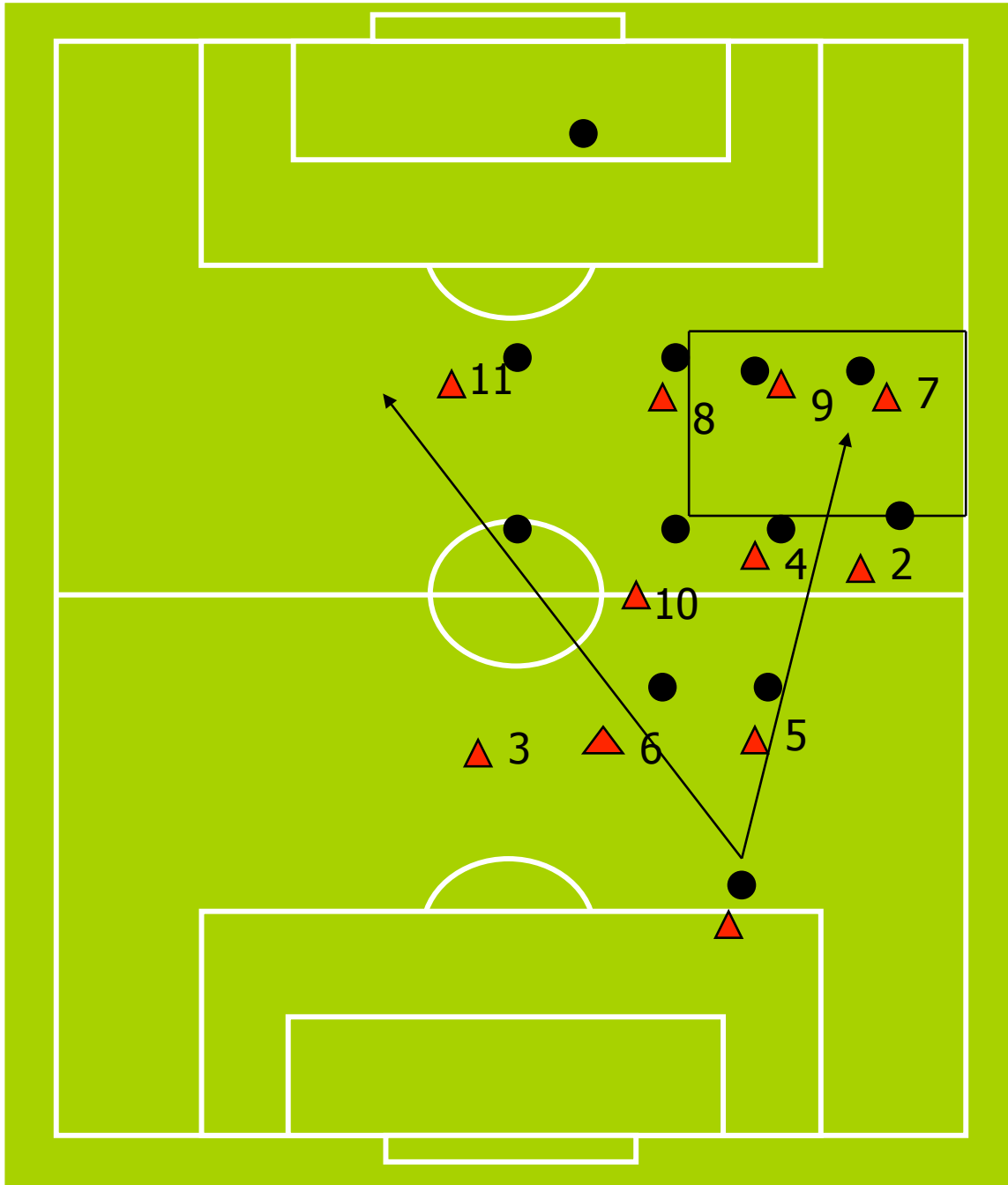
4 - 3 - 3

Attacking Concept

GOALKEEPER ATTACKING OPTIONS

- Early and quick release to initiate Counter Attack.
- Later release to initiate play out from the defending third.
- Dribble and Drive. *
- Kick from hands. (flat or height.)

} Designated wide target areas



GK DRIBBLE

DESIGNATED TARGET
AREA

PLAYING OUT FROM THE
DEFENDING THIRD OF THE FIELD

4-3-3

ATTACKING TACTICS

Play out from the defending third ?

- Dispersal by team (Who, where, why, when ?)
- Vacate the “playing-out area” in DF 1/3rd
- All back 4 –if, how, where to receive off GK.
- Back 4 link in with players in MF on coming out.
 - involve in passing sequences.
 - carry the ball and be replaced.
 - supply receivers ahead who can turn.

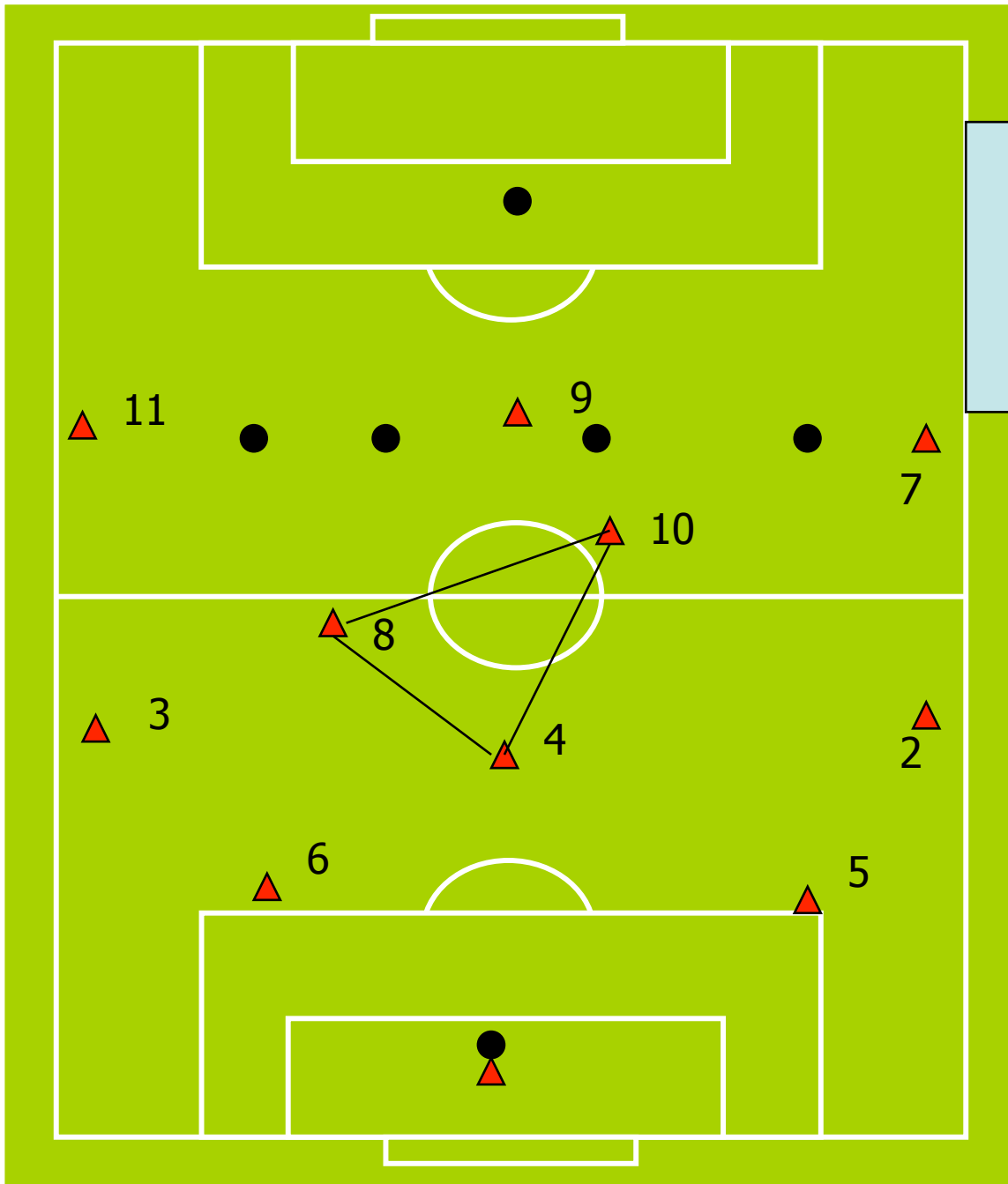
ATTACKING PLAY

TEAM SHAPE –on GK's possession

- **Back 4** positioning (**Spread** –high and wide)
- **MF** –one deep,two pushing away – “**break up.**”
- **Wide** forwards **high** ,**wide** and **level** with rear DF.
- Central **striker-as high as possible / offside ?**

GOALKEEPERS OPTIONS

- a)Quick release(Long,medium range)
- b)Throw out for a build up of an attack.
- c)Dribble and Drive.
- d)Long kick from hands.



Playing out from the DF 1/3rd

Team shape.

STARTING POSITIONS

MF unit – break up.

WIDTH
DEPTH
MIDFIELD SPACE

Player requirements.

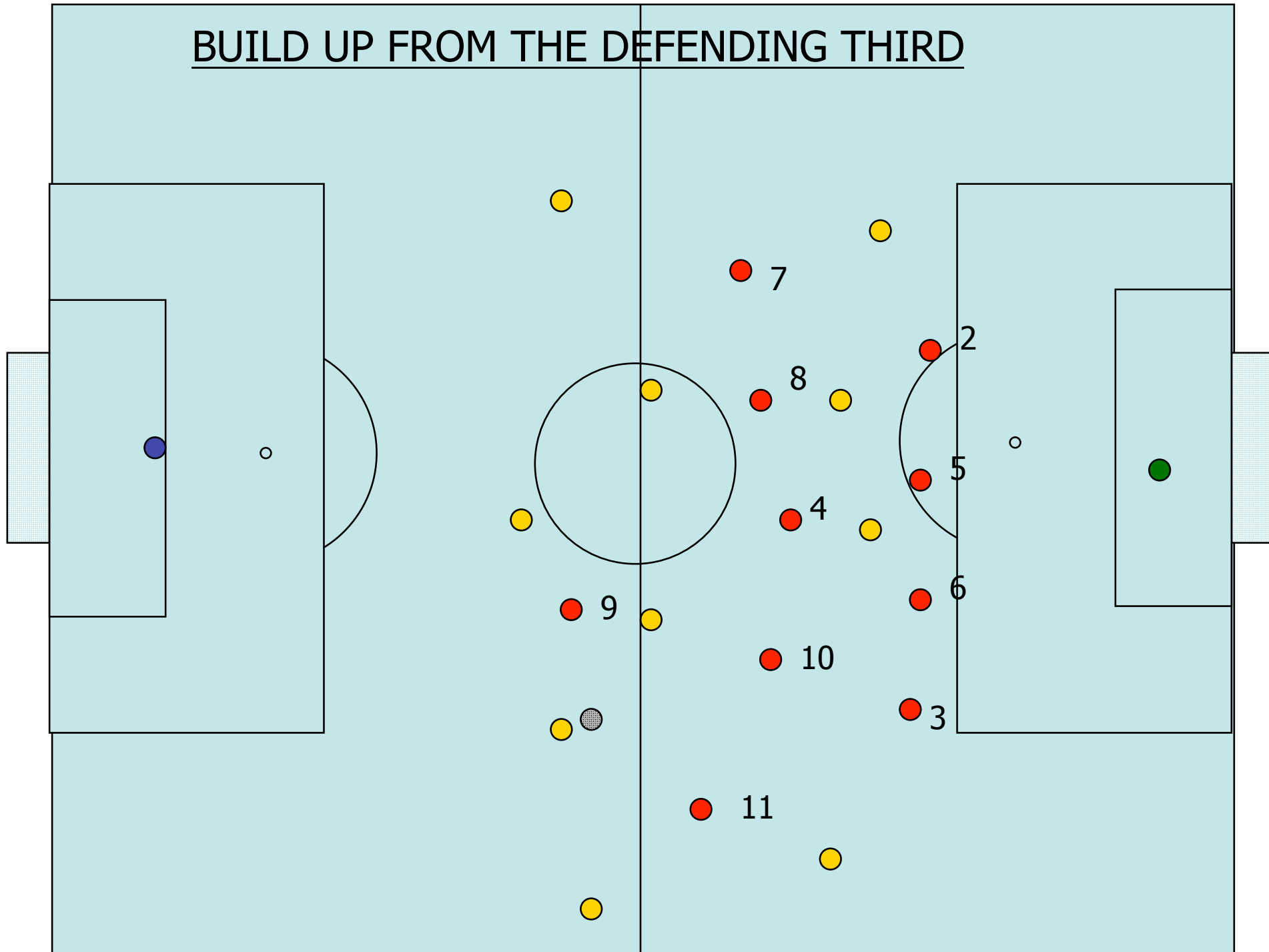
- ***Belief*** in the efficacy of playing from the DF 1/3rd.
- ***Willingness*** to position & receive in the DF 1/3rd.
- ***Confidence*** in own ability to “play” near to own goal !
- ***Composure*** and courage in possession.
- ***Effective decision-making*** ability on/off the ball.
- ***Technical attributes*** necessary to play out.

Technical requirements.

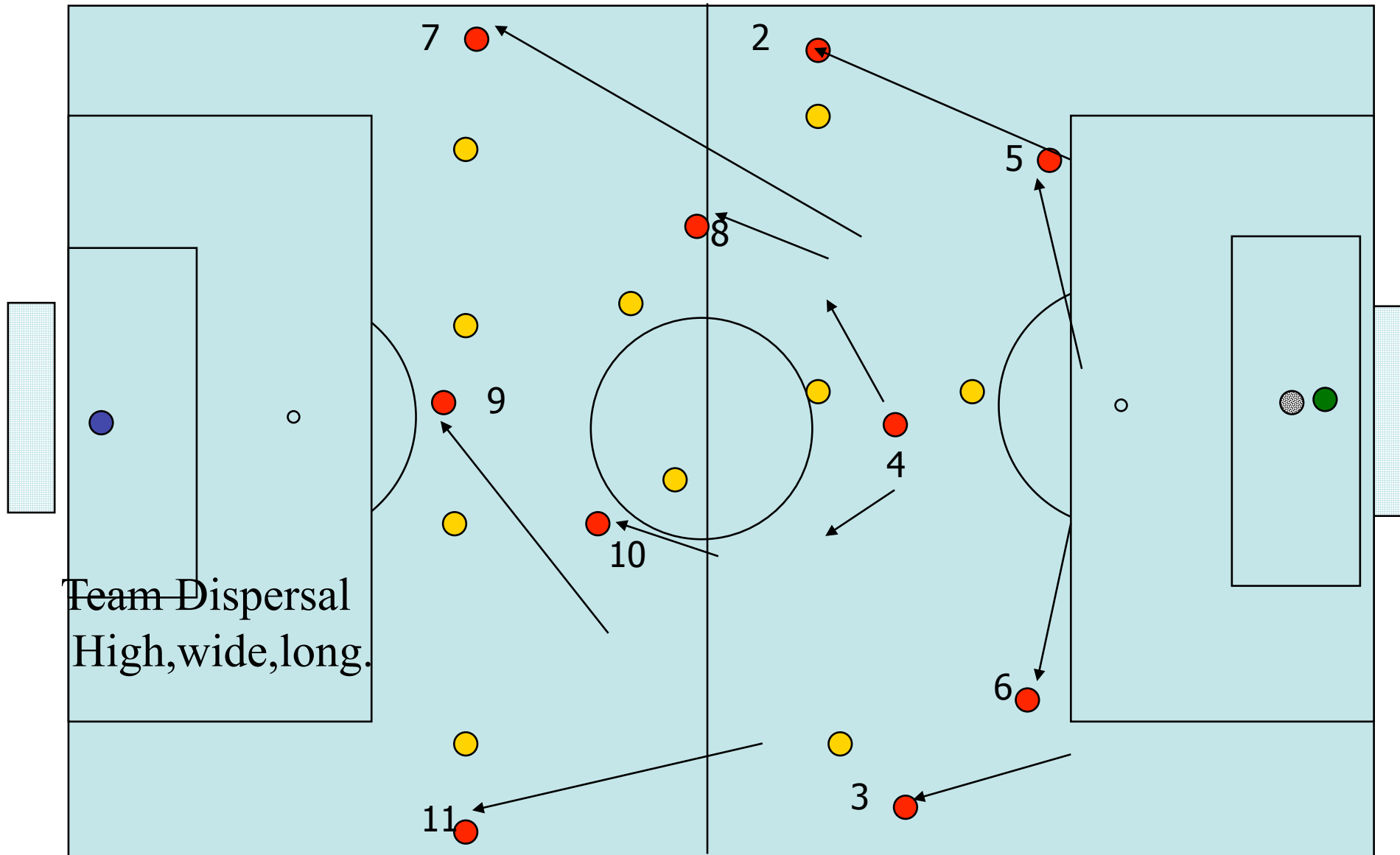
- Varied and “tight” 1st touch under pressure.
- Deception facility “on the ball” -how-when ?
- Varied passing skills and range with “feel”.
- Ability to run with the ball and attract and eliminate opponents.
- Ability to “read the game”
- Tactical I.Q.?



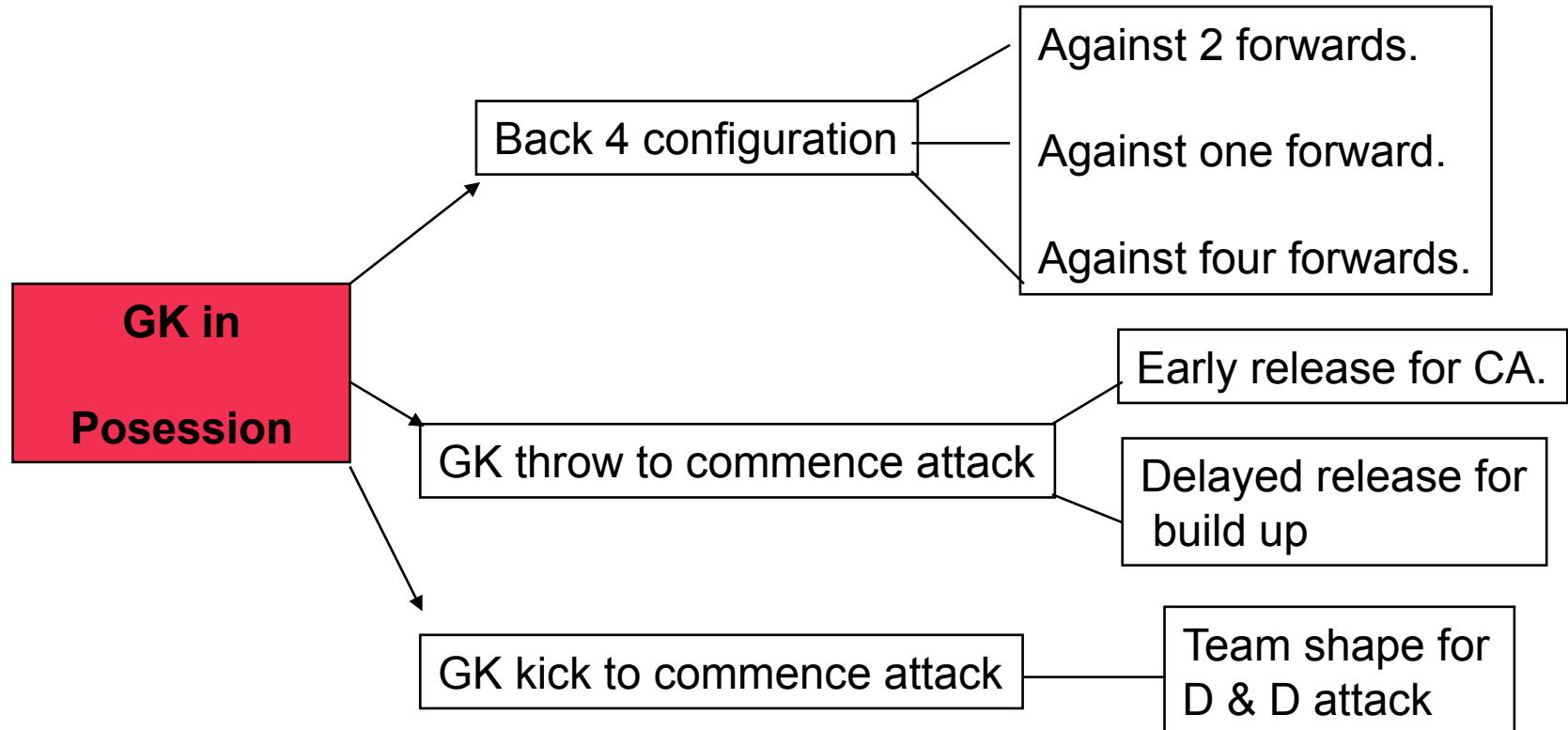
BUILD UP FROM THE DEFENDING THIRD



GK IN Possession



PLAYING FROM THE BACK



4 3 3

BUILDING BLOCKS.

- GK in Possession:
 - team “shape”
 - back “line” shape.
 - four and “4.”
- Back players in possession.

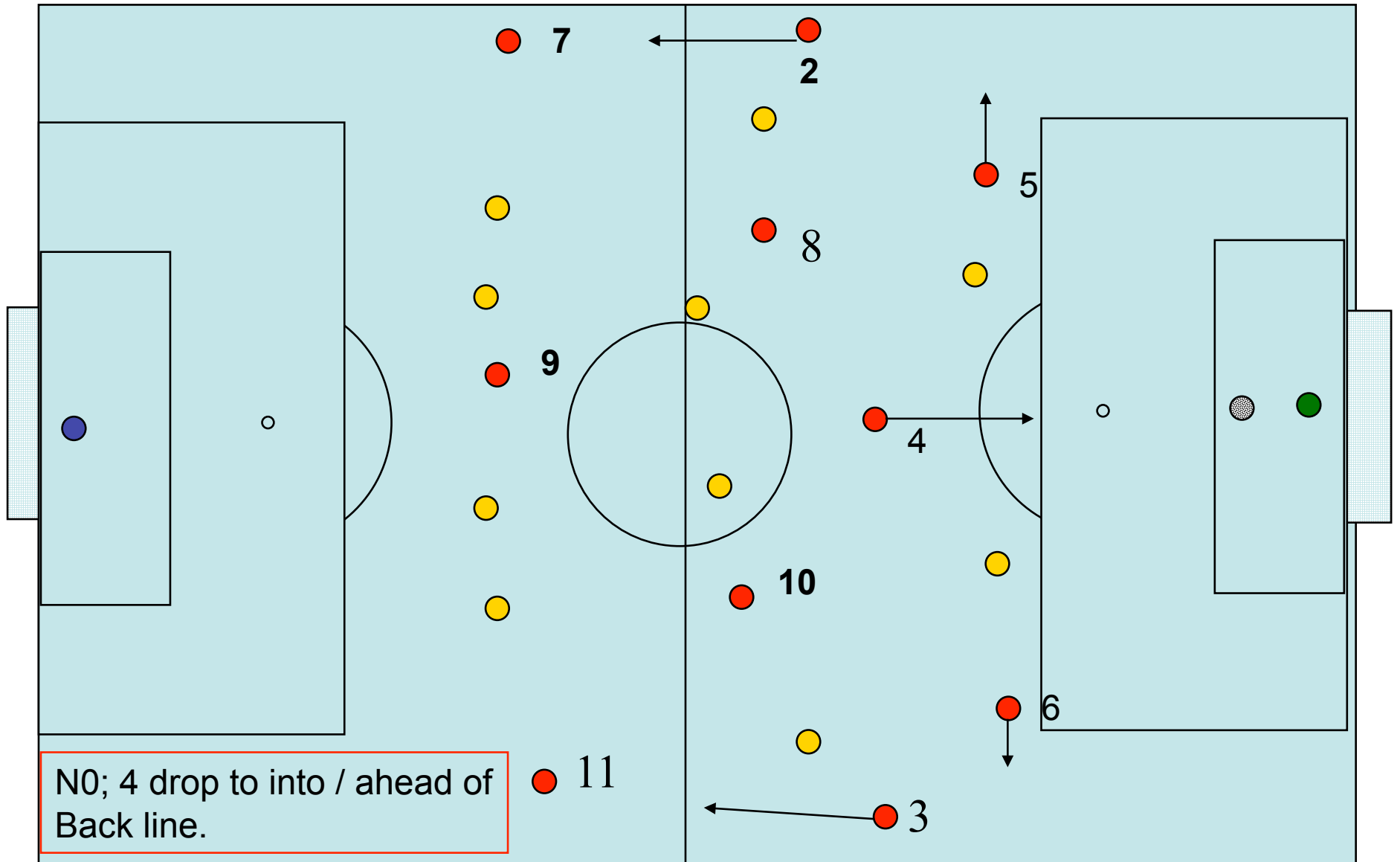
- central backs
- wide backs

Moving the ball into midfield areas.

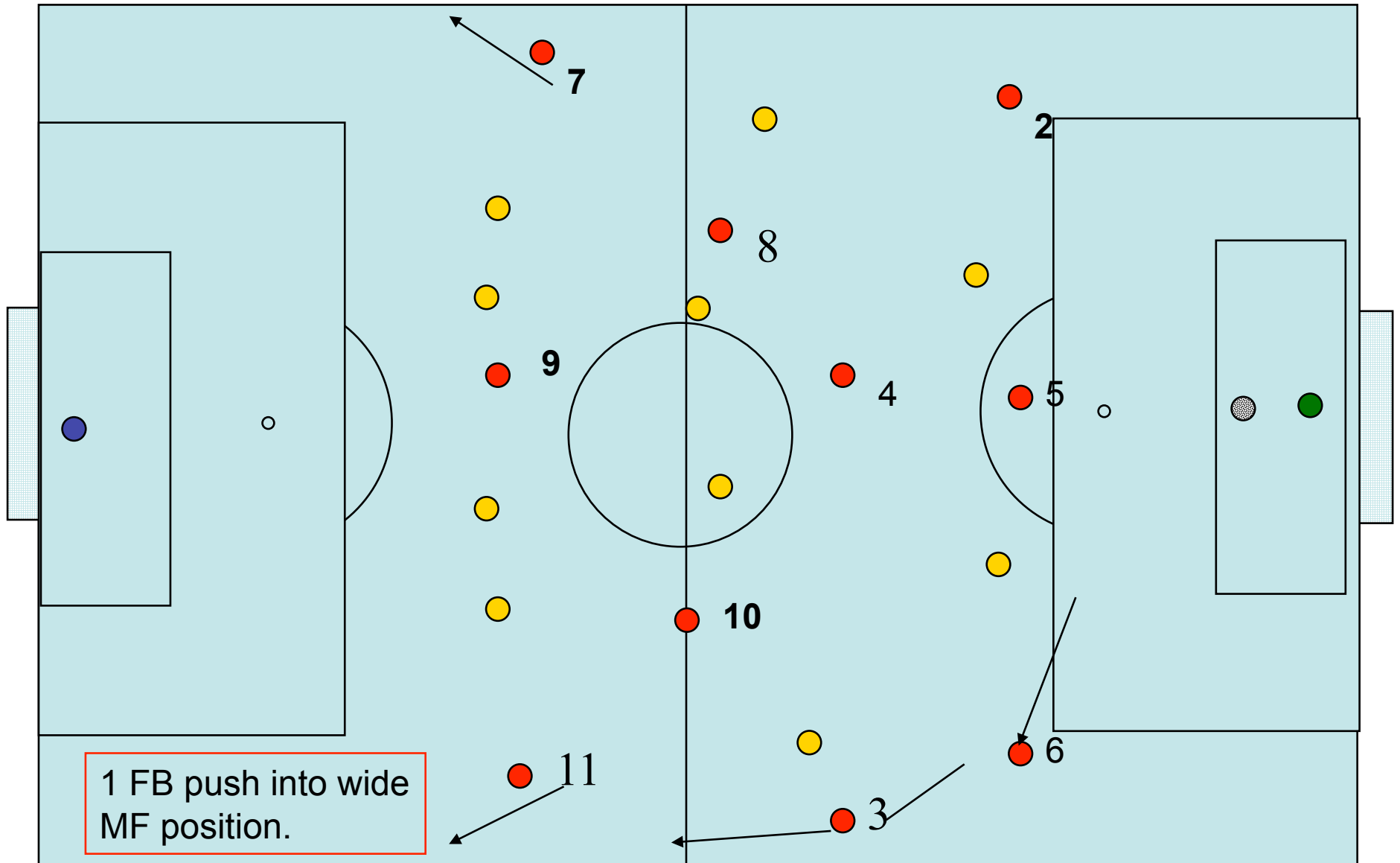
Support ahead and around the ball

Finding “freedom”
supplying the receiver.

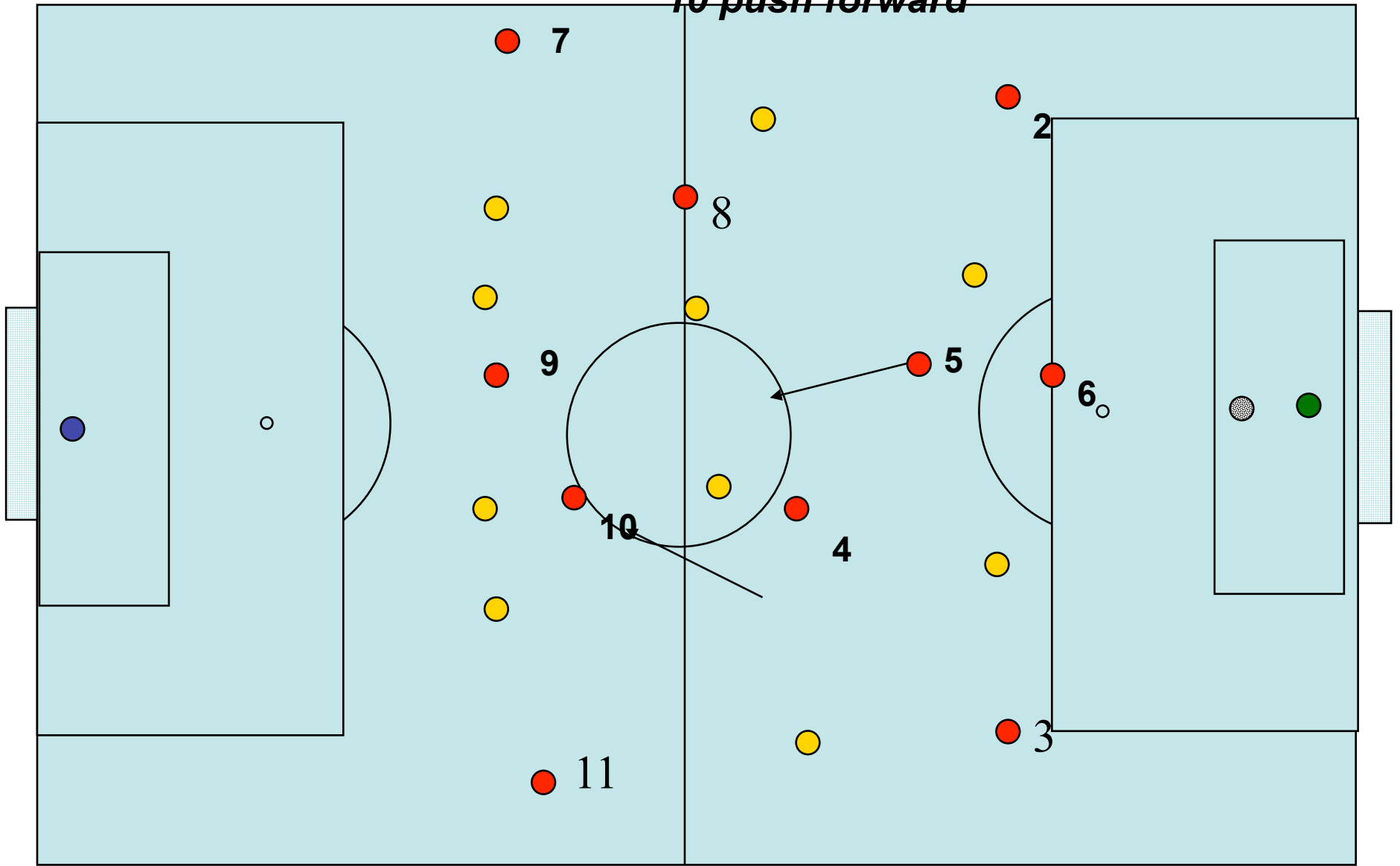
Playing out against 2 forwards



Playing out against 2 forwards FB push forward No; 3



**Playing out against 2 forwards CB push forward No; 5
10 push forward**



POSITIONAL PROFILES
AND
ATTACKING TACTICS

4-3-3

DEFENDERS

- Must “live” to defend- with intensity !
- Have pace – (accelerate and decelerate.)
- Have agility.
- Have “spring” if not height.
- Able to tactically operate anywhere across the back line.
- Are confident and efficient on the ball.
- Can create, and carry the ball out, from the DF 1/3rd.
- Can cope 1 v 1 in all defending situations.
- Can read and anticipate danger.
- Are positionally astute.

CENTRAL BACKS

CENTRAL BACKS



5



6



2



4



3



8



10



7



9



11

ROLE / FUNCTION

- **ALONG WITH THE GOALKEEPER, CONTROL AND DEFEND THE SPACE BETWEEN HIM (The GK) AND THE CENTRAL DEFENDERS TO REDUCE THE CHANCES OF PENETRATION BY OPPONENTS**
- **COMBINE AND CO-OPERATE WITH FELLOW DEFENDERS TO MAINTAIN THE DEFENSIVE SECURITY AND STRUCTURE IN ALL PHASES OF DEFENDING PLAY ESPECIALLY CENTRALLY**
- **SUPPORT AND COVER FELLOW CENTRAL AND FLANK DEFENDERS AS NECESSARY**
- **PREVENT STRIKES AT GOAL FROM IMMEDIATE OPPONENTS FROM CROSSES AND SHOTS WITHIN 30 YDS OF GOAL**
- **PROVIDE A CENTRAL PASSING OUTLET FOR A GOALKEEPER AND OTHER DEFENDERS IN POSSESSION OF THE BALL.**
- **INITIATE AND / OR PROGRESS ATTACKING PLAY IN THE DEFENDING AND MIDDLE THIRDS OF THE FIELD**

RESPONSIBILITIES

- **ORGANISE AND DIRECT FELLOW DEFENDERS WITHIN THE TEAM DEFENSIVE STRUCTURE**
- **MARK, TRACK AND “CONTROL” FORWARDS IN GOAL-SCORING POSITIONS WITHIN 30 YDS OF GOAL**
- **MARK OPPONENTS OR SPACE IN ORDER TO BE FIRST TO THE BALL FROM CROSSING SITUATIONS**
- **COMBINE WITH FELLOW CENTRAL DEFENDERS IN MARKING AND ‘PASSING-ON’ ATTACKING PLAYERS**
- **IF APPROPRIATE, COVER AND SUPPORT FELLOW CENTRAL AND WIDE BACKS IN 1 V 1, 2 V 2 DEFENSIVE SITUATIONS**
- **POSITION AND RECEIVE PASSES FROM THE GOALKEEPER AND OTHER PLAYERS USUALLY IN THE DEFENDING AND MIDFIELD AREAS OF THE FIELD**
- **RETAIN AND PROGRESS POSSESSION CREATIVELY, USUALLY IN THE DEFENDING AND MIDDLE THIRD OF THE FIELD**

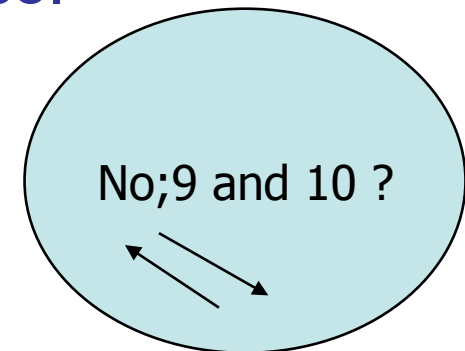
ATTACKING PLAY

CENTRAL BACKS in possession.(5&6)

- Drive through (carry the ball) into MF and beyond with the ball and in combination play with others.
- Change the play across the back.(1 pass/skip.)
- Pass variety to those ahead with “excellence.”
- CB needs targets ahead.

-”movement”

- *7 & 8 inter-change.
- *2,7 & 8 rotate.
- *4 & opposite MF inter-change.
- *2 & 7 inter-change.
- *width on far side(from the W,MF or FB)
- *nearside “W” show behind or “show” infield.



ATTACKING PLAY

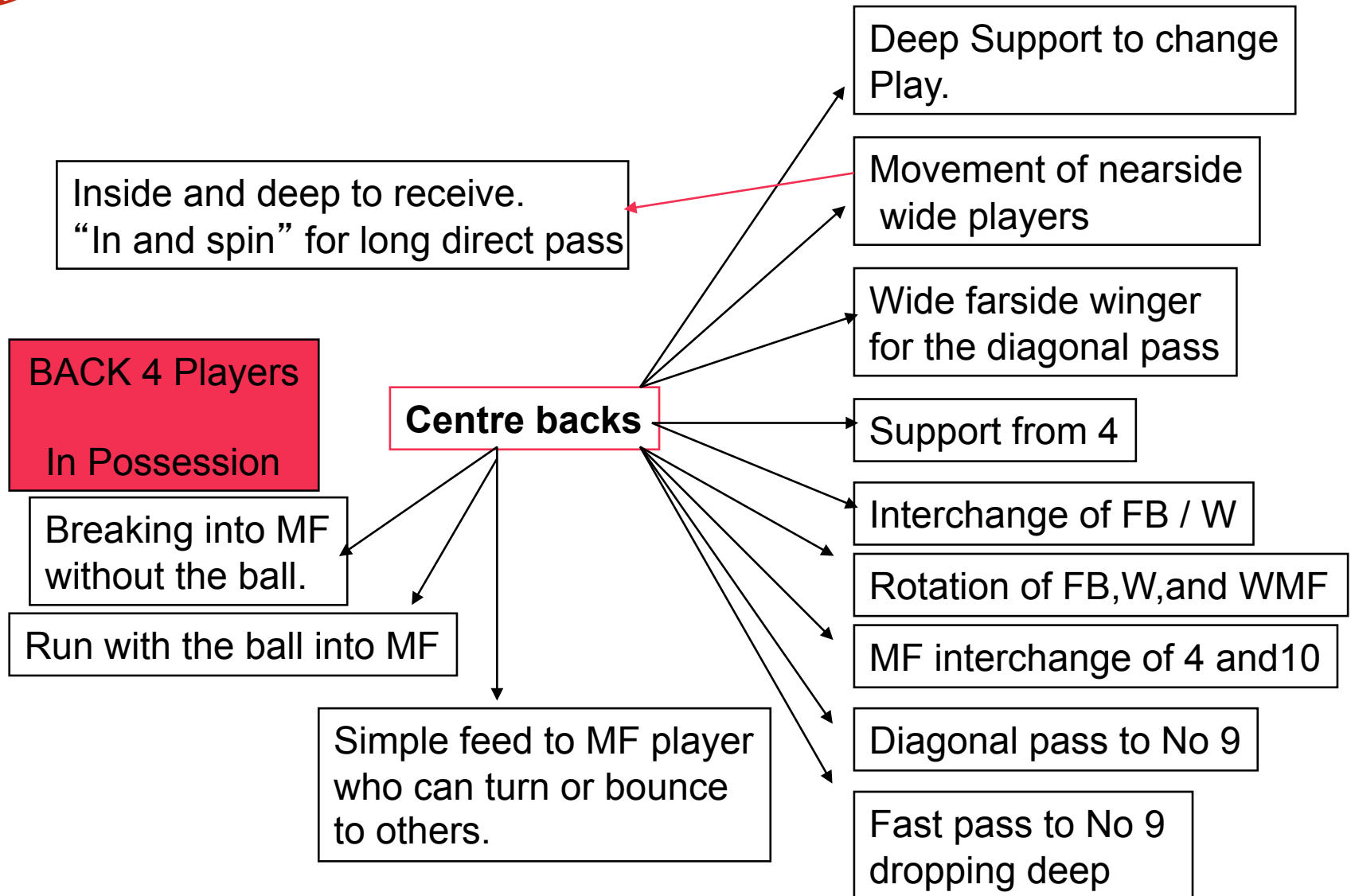
OFF THE BALL.

Central-backs.(5&6)

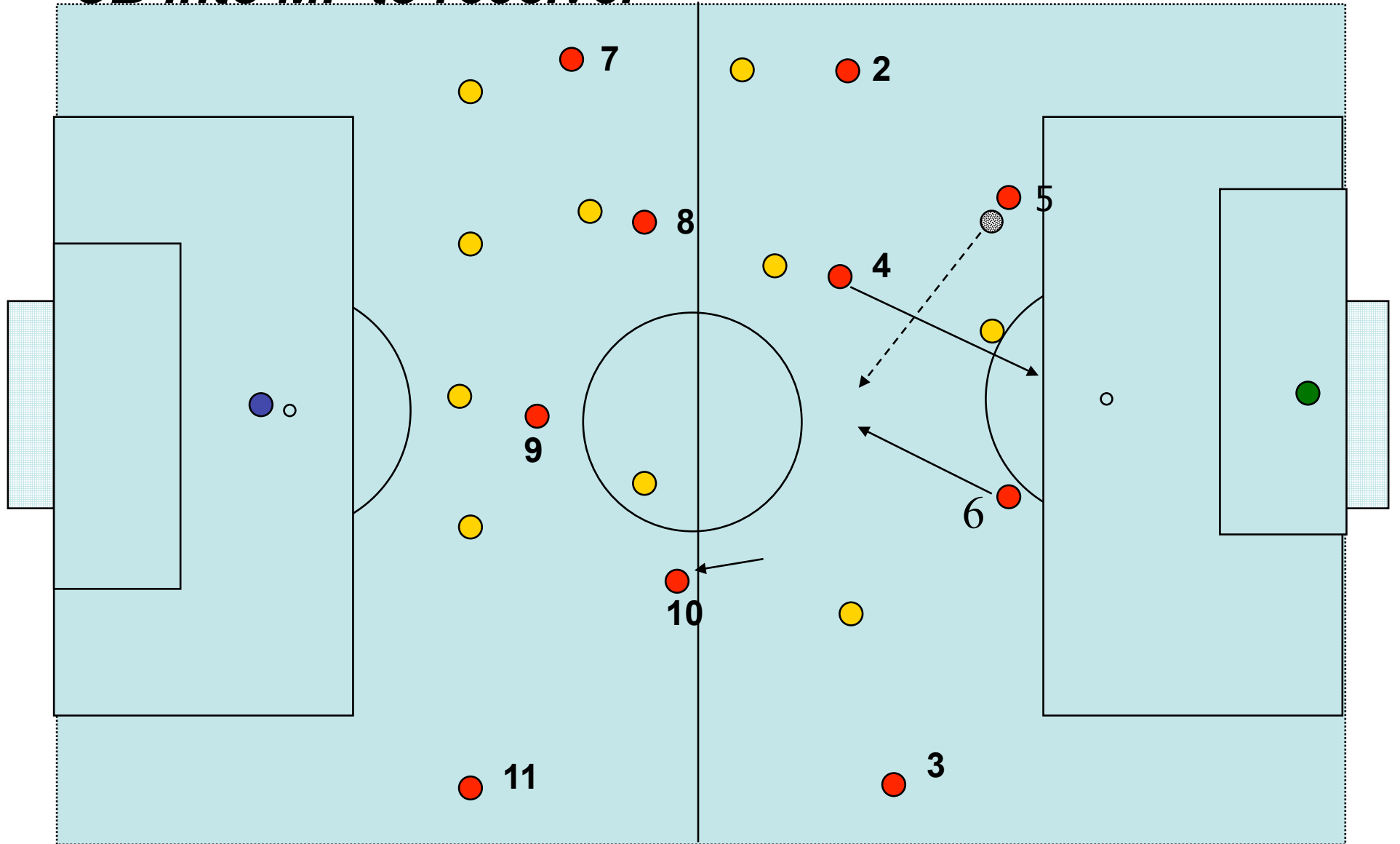
- Break into MF to receive the ball.
- Distances from other CB and FB's in possession and the situation ahead/around.
- A “deep” back line for changing the play.
- “Awareness” of positions of others and the developing play.
- Understanding of when to “push up” as a back line.



PLAYING FROM THE BACK

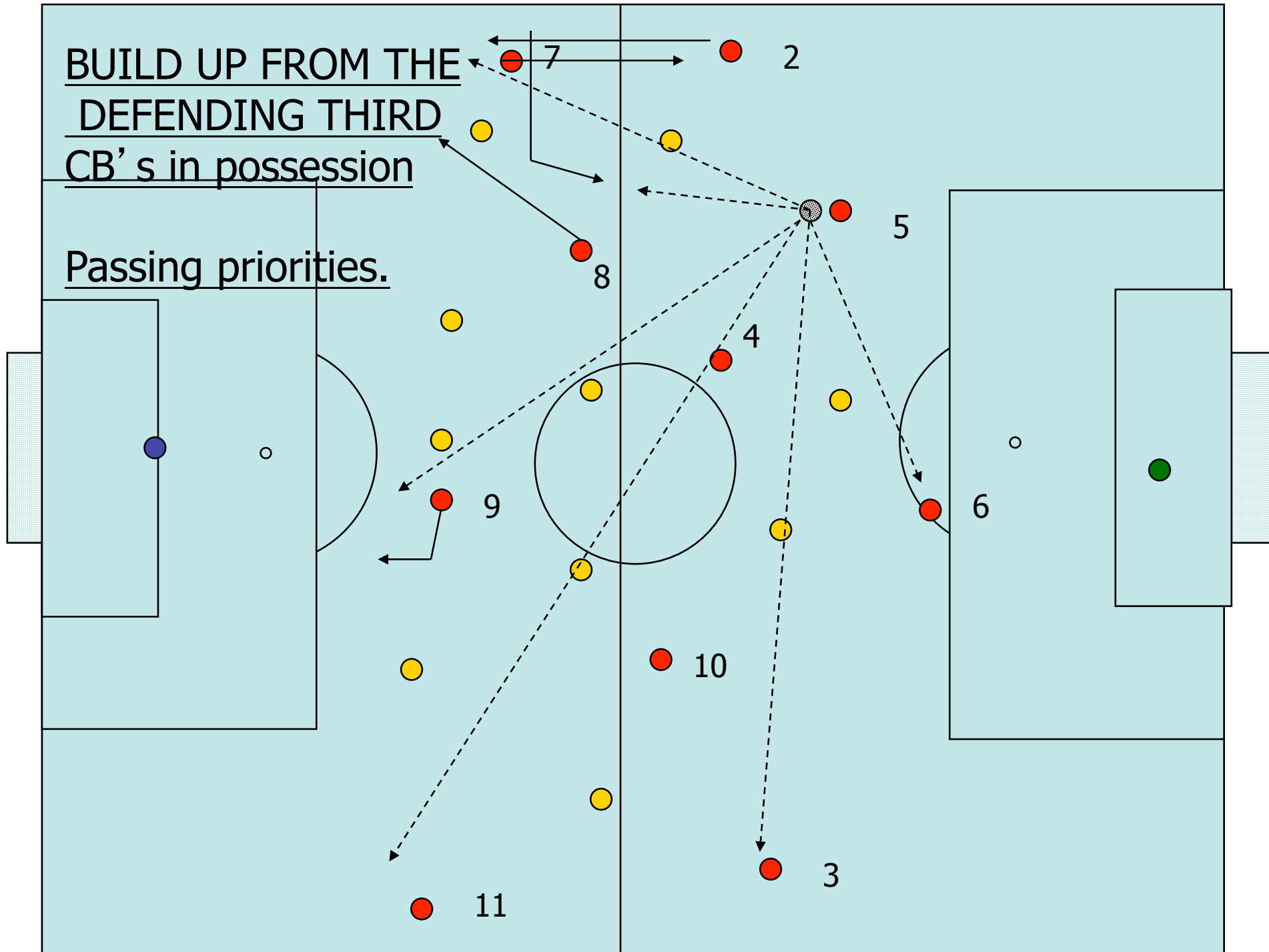


CB into MF to receive.

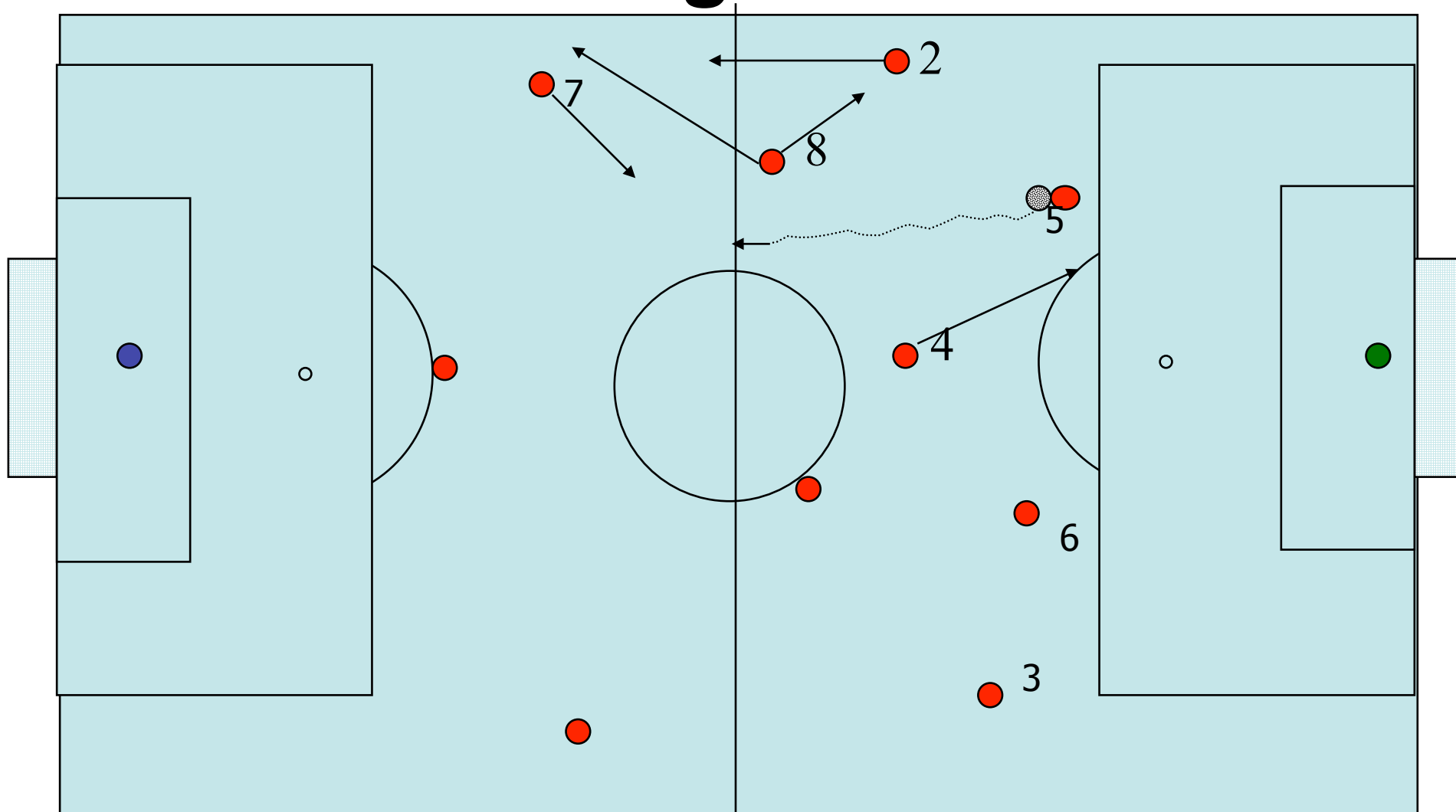


BUILD UP FROM THE
DEFENDING THIRD
CB's in possession

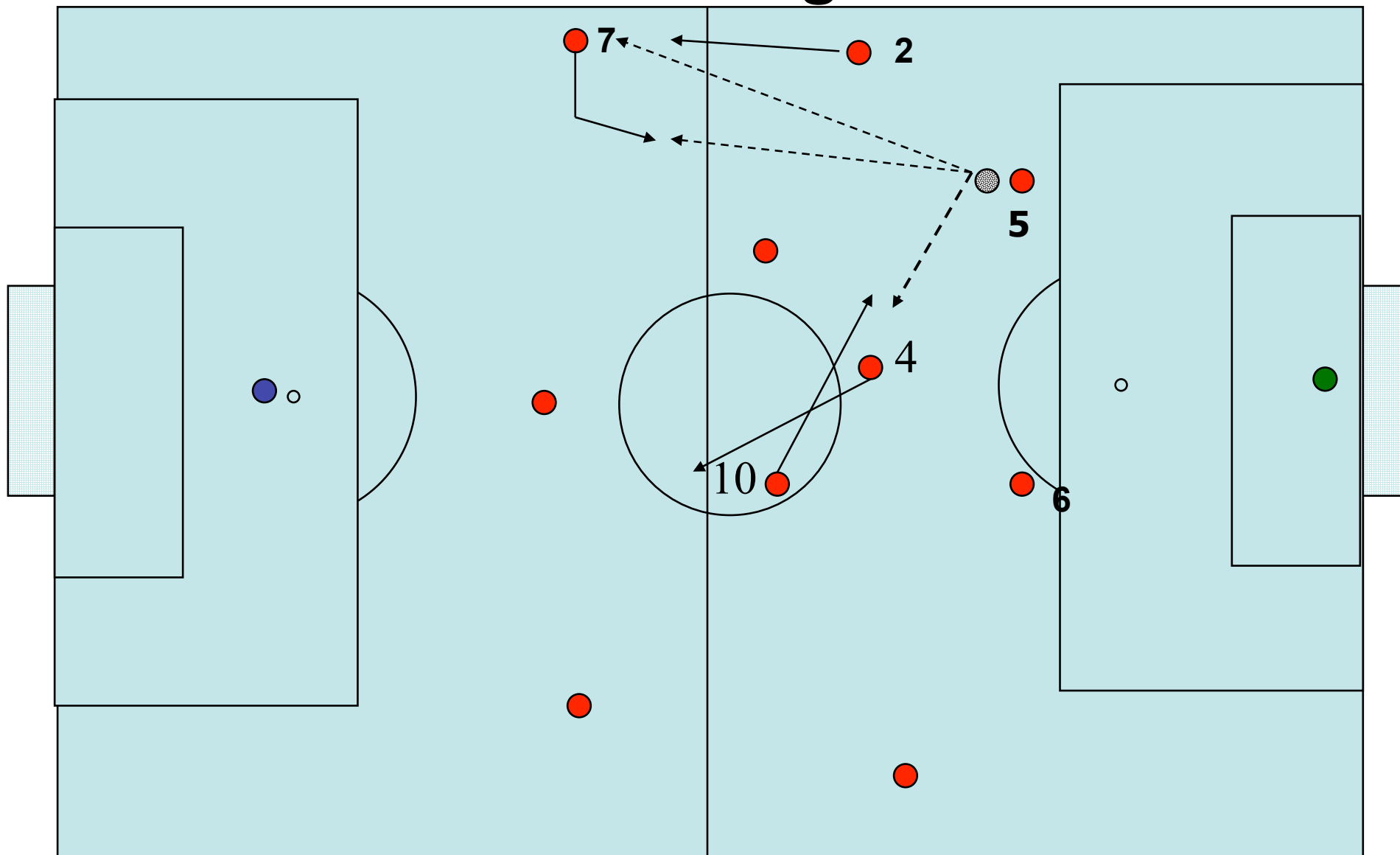
Passing priorities.



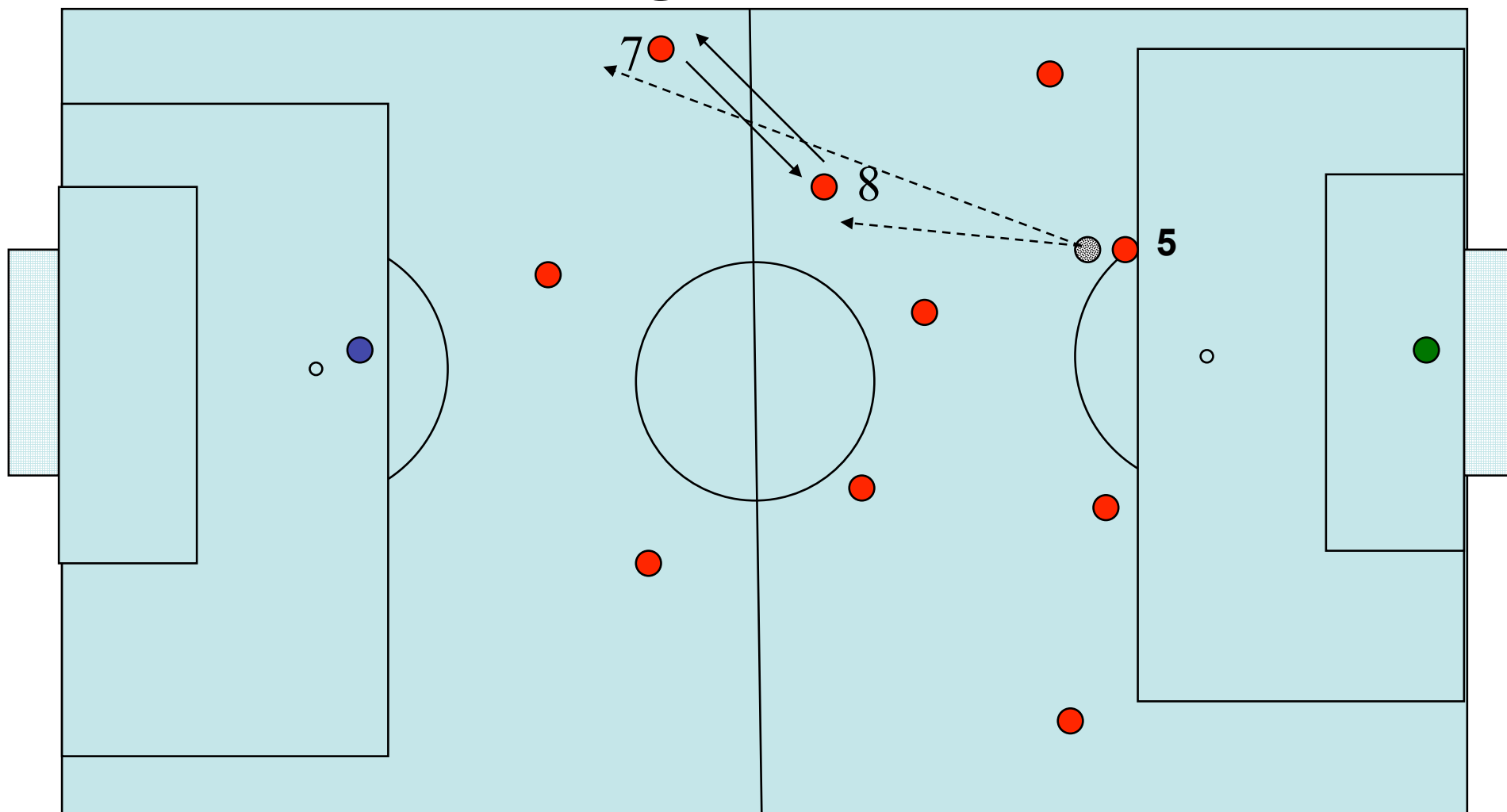
MF Inter-changes.



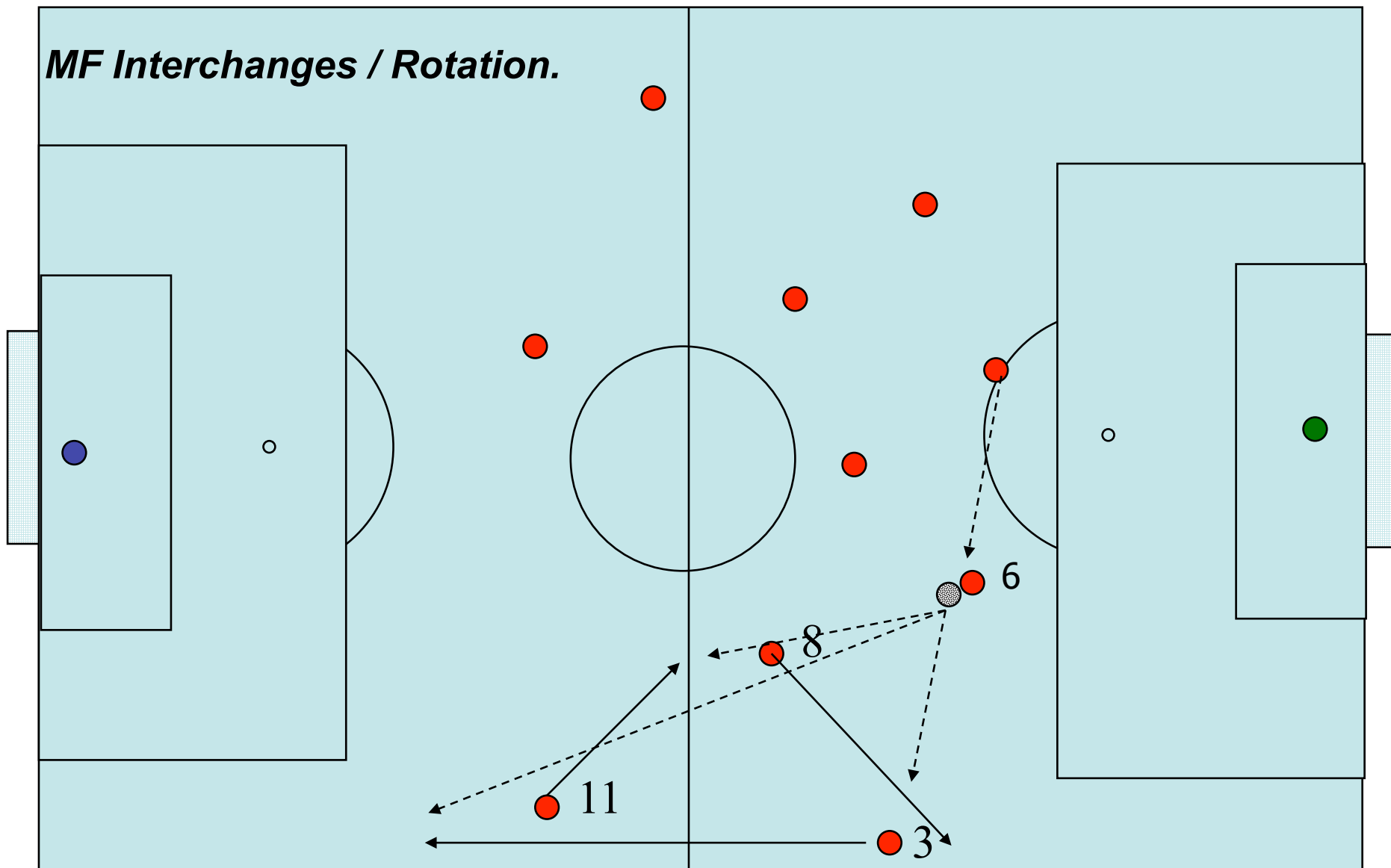
Midfield Inter-changes.



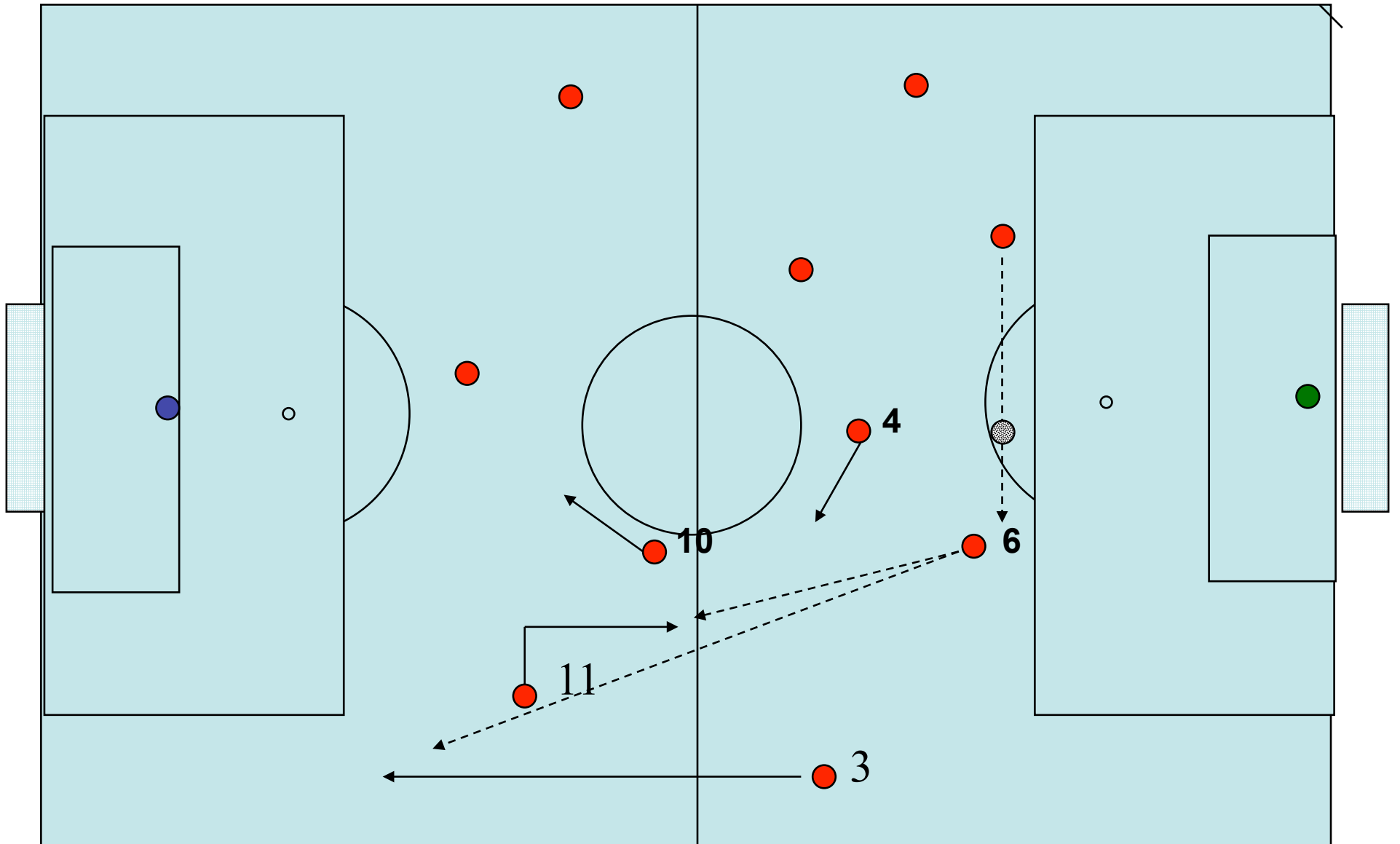
MF Inter-changes.



MF Interchanges / Rotation.



WIDE PLAYER & FULL BACK INTER-CHANGE.



Central Backs -Technical

- Receiving & Running with the ball.
- Ground and aerial passes off the run.
- Combination play with MF players.
- Medium and Long Range Passing. (Ground and aerial passes.)
- Long driven, diagonal passes. (50 – 60 yds little backlift.)
- Changing the play “passes”. (“next” or skip with pace and accuracy .)
- Measured passes to and for front players- 30 yds +.(aerial, ground.)
- “Fast” and “hidden” ground passes. (15 – 30 yds. – into and through MF)
- Receiving the ball –ground / aerial , under pressure.
- “Body and chestwork.”
- A “safe-trick”.
- All heading skills :straight, across field, diagonals, “drop-off heading” etc
- Ability to anticipate and read the play.
- Ability to mark,track and pass –on opponents.
- Interceptions,spoiling & challenging for the ball.
- Containing skills in 1 v 1 situations. (Pressing and showing !)
- Blocking shots and crosses.
- Defending “dummies.”
- Defending against Counter attacking players. (Alone ! and in pairs and units.)

MENTAL QUALITIES

CONCENTRATION

- a)Defending from crosses.
- b)Offside decisions.
- c)Tracking runners-deep or to flanks.
- d)"Passing- on" runners
- e)Defending under sustained pressure

MENTAL QUALITIES

COMPOSURE

- In physical confrontations.
- Defending in and around the box.
- Clearances under pressure.
- In possession.

MENTAL QUALITIES

MENTAL TOUGHNESS

- protecting a 1-0 lead.(15 minutes left)
- against a superior opponent
- Etc.
- Etc

MENTAL ATTRIBUTES

- Courage (Mental / Physical).
- Assertiveness.
- Etc,etc

-WHERE?

-WHEN?

-WHY?

WIDE BACKS

WIDE BACKS



ROLE / FUNCTION

- **PROVIDE A WIDE OUTLET IN FLANK POSITIONS IN ALL PHASES OF PLAY.**
- **SUPPORT, BEHIND AND AS APPROPRIATE, AHEAD OF OTHER PLAYERS WHO TAKE UP FLANK POSITIONS IN ATTACKING PLAY**
- **PROVIDE A SUPPORT ROLE FOR EITHER ATTACK OR DEFENCE IF NOT ACTIVELY INVOLVED IN ATTACKING BUILD UP OF PLAY**
- **ORGANISE OTHER PLAYERS TO CONTROL AND PREVENT PENETRATION ON THE FLANKS BY OPPONENTS**
- **TO SUPPORT AND COVER CENTRAL DEFENDERS IN DEFENSIVE PHASES OF PLAY**
- **TO DEFEND FAR POST AREAS FROM OPPOSITE FLANK ATTACKS UNLESS REQUIRED FOR OTHER ROLES IN THE DEFENSIVE STRUCTURE**
- **UNDERSTAND SAFETY AND RISK BOTH IN AND OUT OF POSSESSION**

RESPONSIBILITIES

- ~~SUPPORT, RETAIN AND PROGRESS POSSESSION IN~~
FLANK POSITIONS IN ALL THIRDS OF THE FIELD.
- COUNTER ATTACK AND SUPPORT COUNTER ATTACKS WHEREVER POSSIBLE.
- ALONE OR IN COMBINATION WITH TEAM MATES CREATE SITUATIONS IN FLANK POSITIONS THAT PRODUCE PASSING, GOAL SCORING OR GOAL CREATING OPPORTUNITIES.
- READJUST POSITIONING AND PRIORITIES WHEN NOT IN POSSESSION OF THE BALL.
- TO ORGANISE DEFENSIVE TACTICS TO PREDICT AND CONTAIN OPPONENTS PLAY IN FLANK POSITIONS.
- PREVENT CROSSES AND PASSES FROM IMMEDIATE OPPONENTS INTO THE PENALTY BOX FROM FLANK POSITIONS IN 1 v 1 SITUATIONS.
- TO DEFEND CENTRAL AREAS WHEN THE ATTACKING PLAY IS PROGRESSING CENTRALLY OR ON THE OPPOSITE FLANK.

ATTACKING PLAY

WIDE BACKS in possession.(2&3)

- 4 “position” always available infield.(4,CB,MF)
- Nearest WMF –runs to clear spaces for others?.
- CF drop to receive infield - no; 10 also ?
- CF spin to “outsides” or “blind-sides.”
- “W” available on “line” (short / behind defence)
- “W” infield to receive, “over” or wall-pass with FB.
- “W” clear the space for the FB to go forward.
- “Deep” CB’s for change of play across back.
- Farside MF on forward runs.

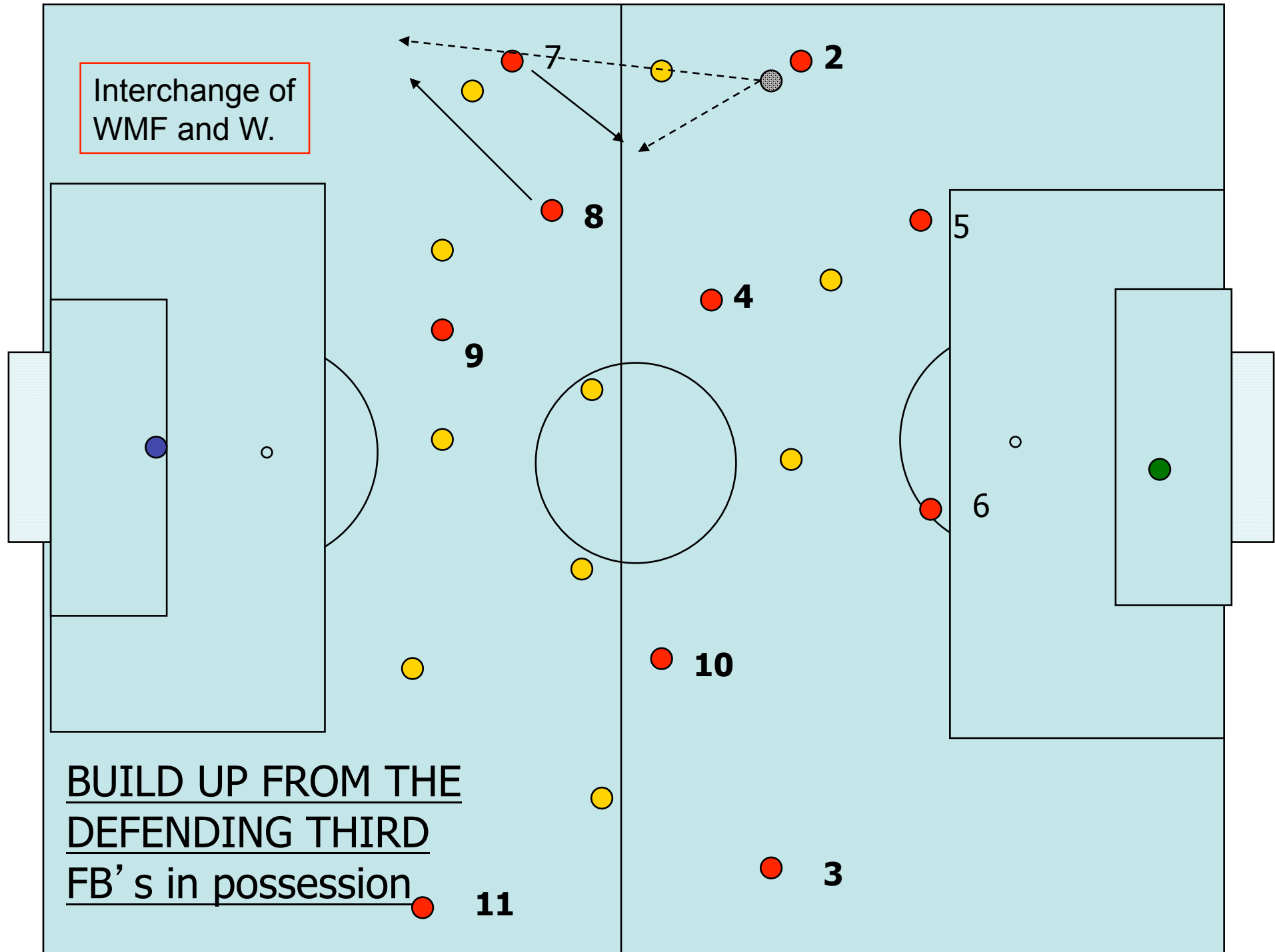
ATTACKING PLAY

OFF THE BALL.

Wide-backs.(2&3)

- Support angles & distances from CB & 4 especially.
- Opportunities to **inter-change** with “W” especially.
- Opportunities to “**rotate**” with “W” & MF.
- Opportunities to support (**15 yds**) and “overlap” and “underlap” with the “W”.
- Opportunities to “**combine**” with MF & “W” especially.
- Opportunities to move into crossing or goal-creating positions.
- Continuous “awareness” of opportunity to move forward –near and farside -(when ? where ?)

Interchange of WMF and W.



BUILD UP FROM THE DEFENDING THIRD
FB's in possession

11

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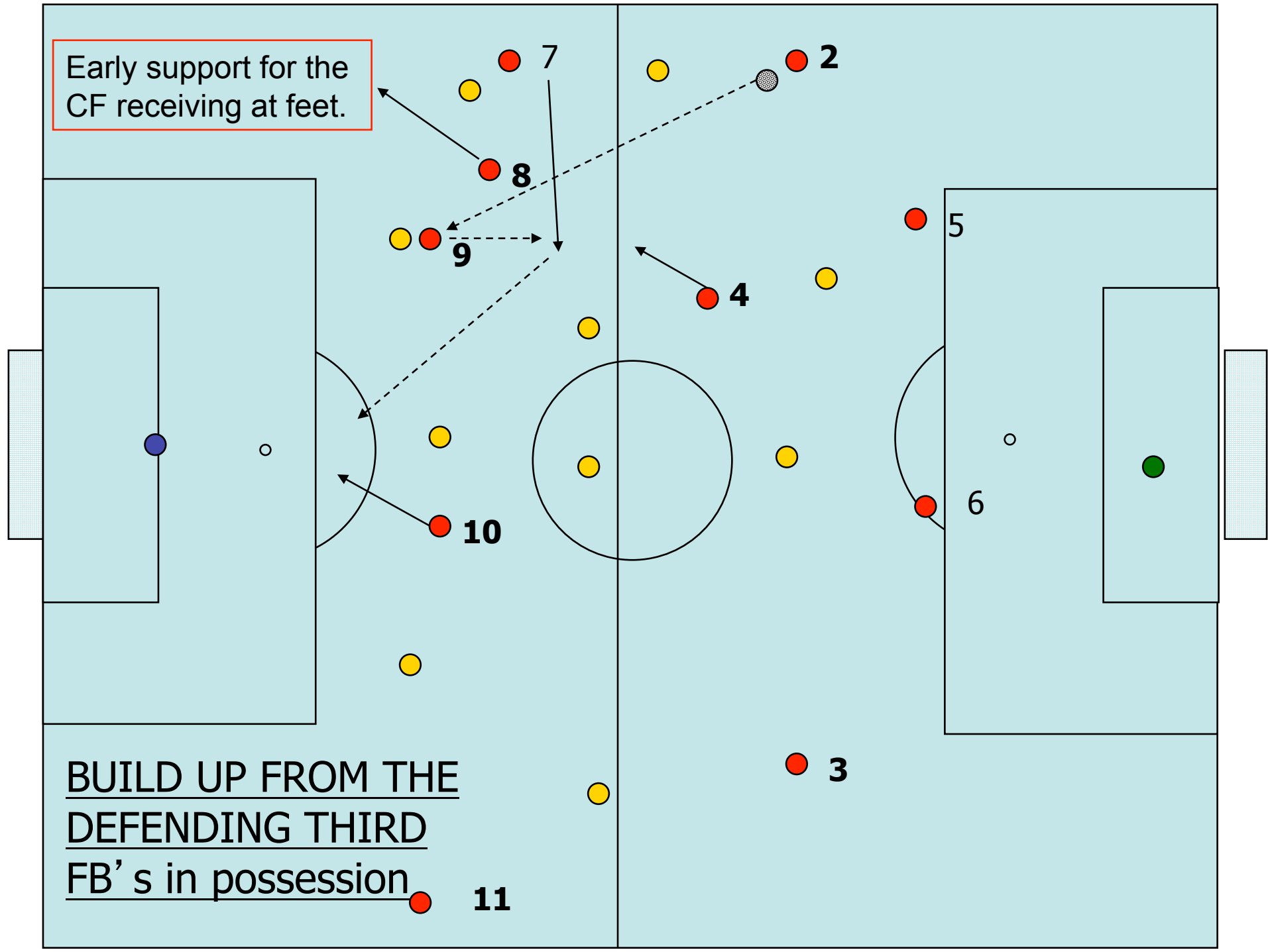
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Early support for the CF receiving at feet.

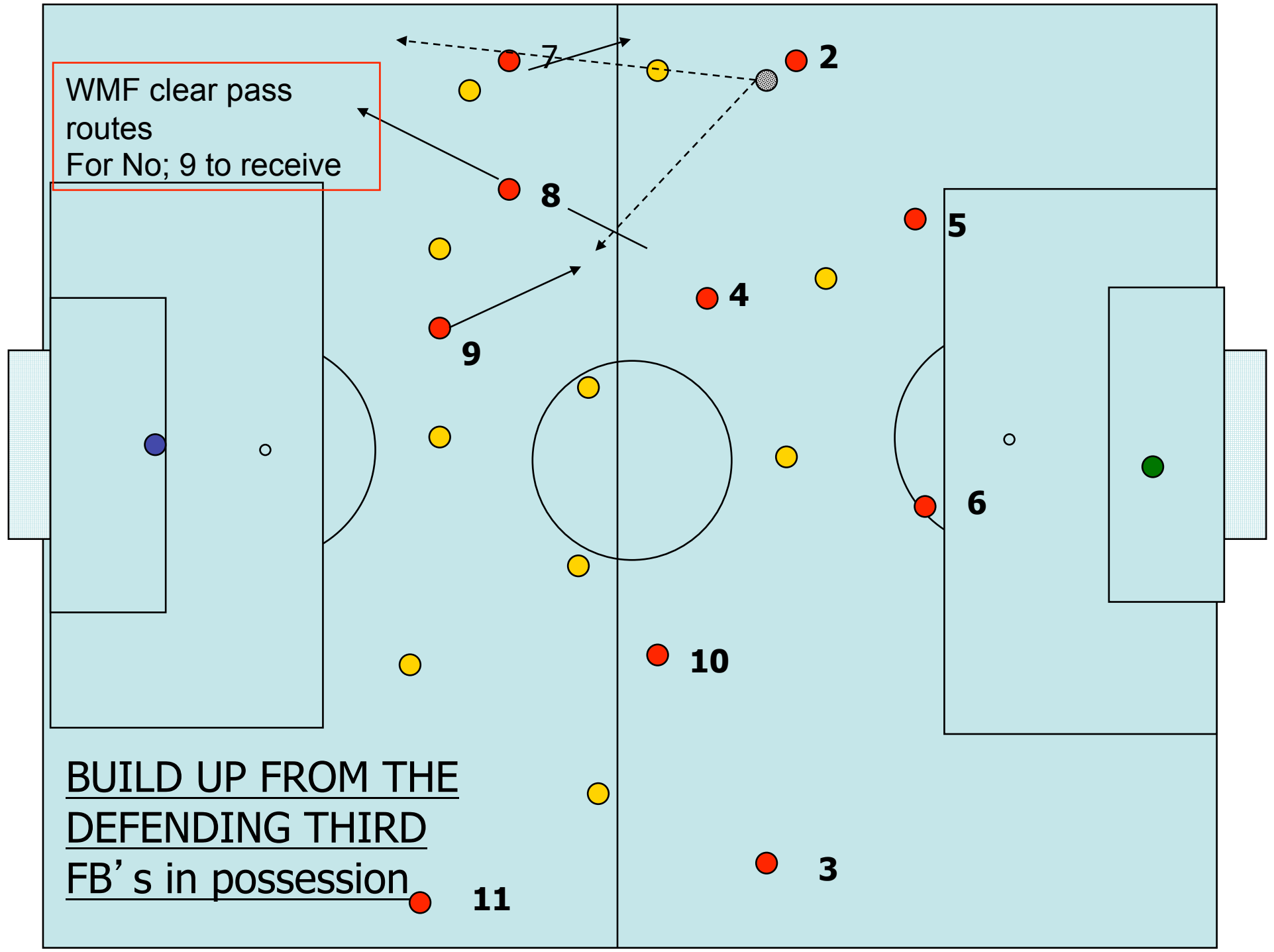


BUILD UP FROM THE DEFENDING THIRD
FB's in possession

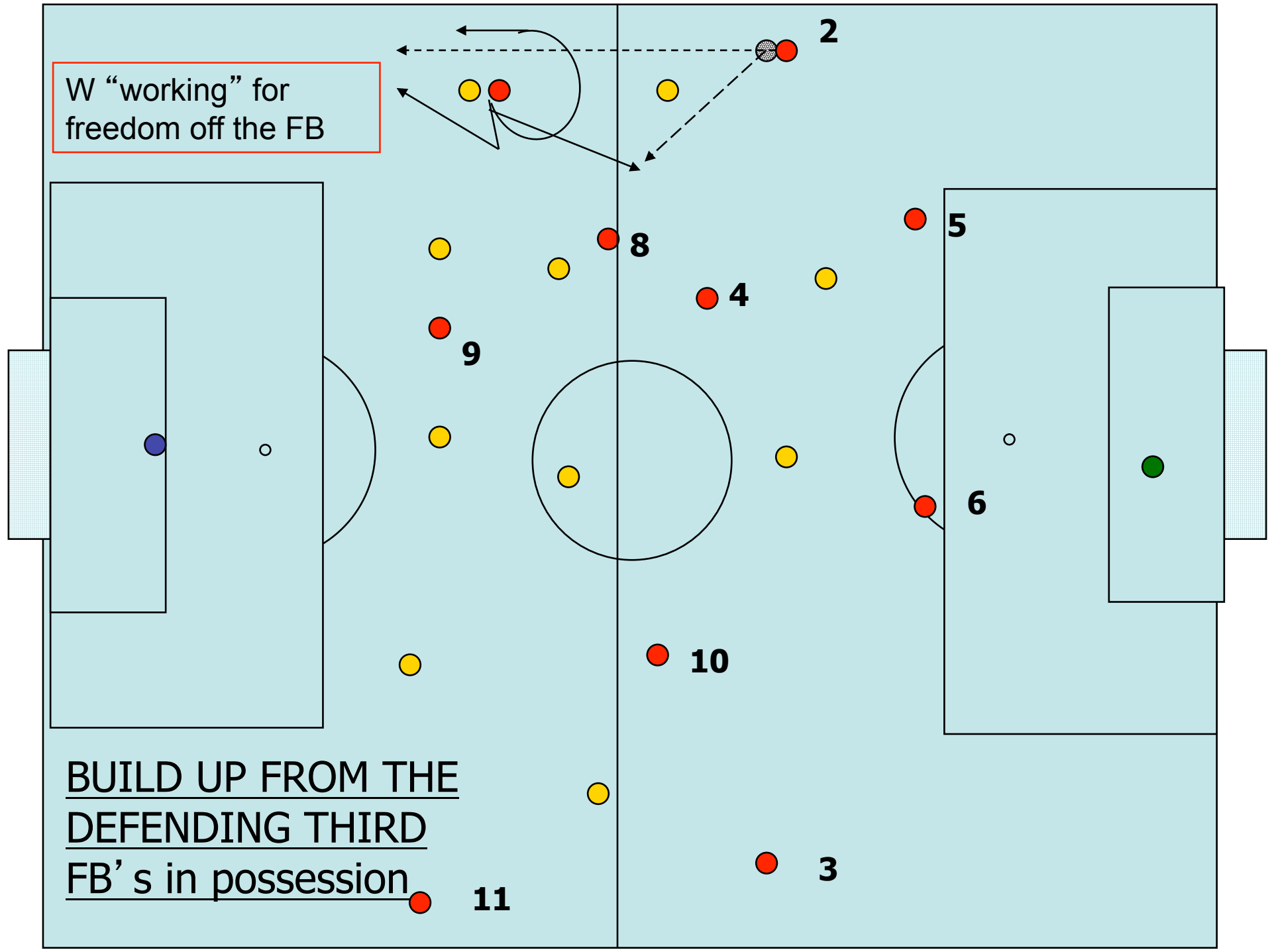
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WMF clear pass routes
For No; 9 to receive

BUILD UP FROM THE
DEFENDING THIRD
FB' s in possession

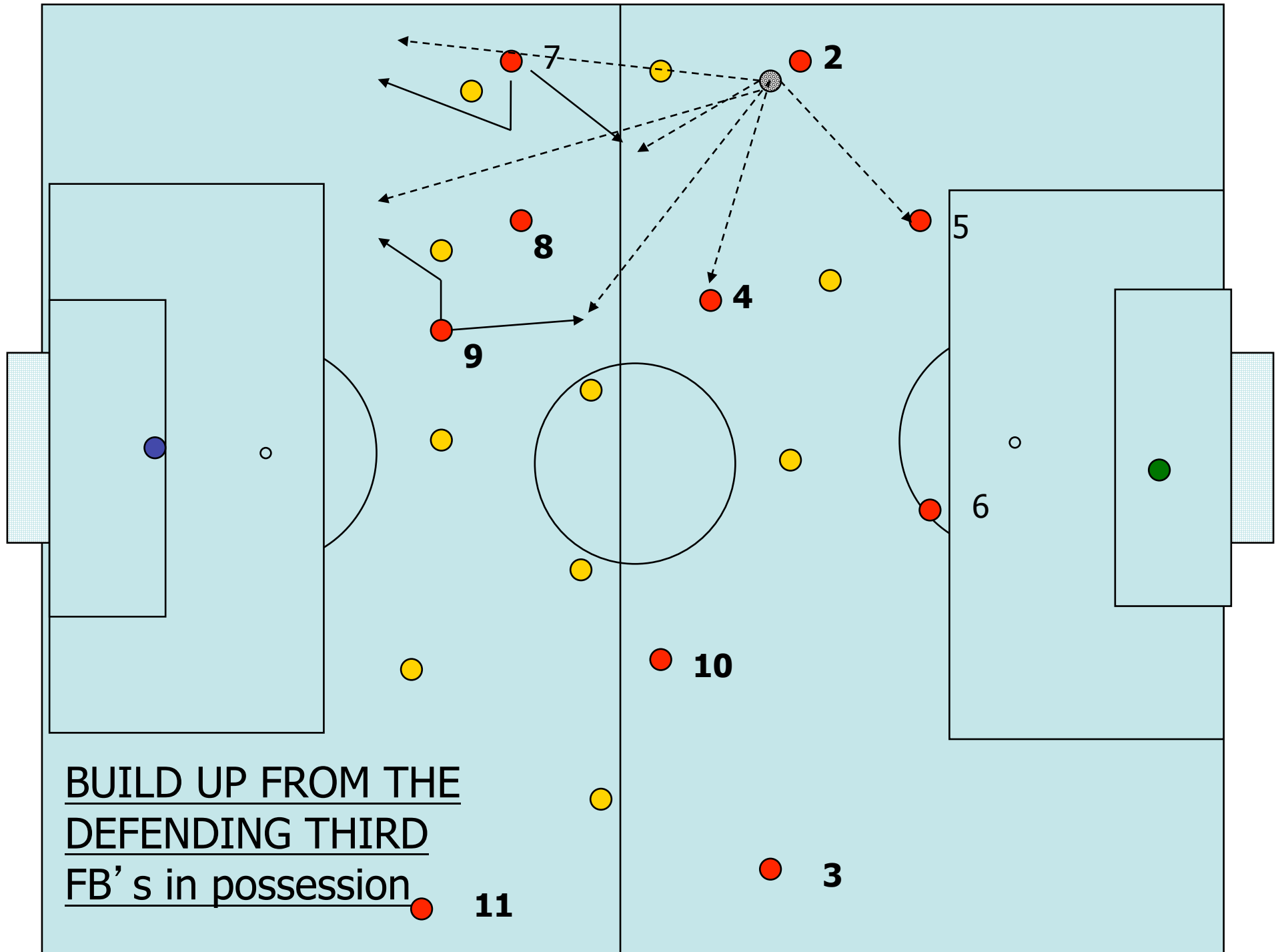


W "working" for freedom off the FB



BUILD UP FROM THE DEFENDING THIRD
FB's in possession

11



WIDE BACKS- Technical.

- Receiving and Running with the ball.
- Short range “combination “ plays.
- Assured “fast” passes into feet over 20 – 30 yds.
- “Bent passes” forward – 30 yds +.
- “Fast passes” inside to spaces around receivers in Att ½.
- Crossing the ball and driving infield in the A1/3rd.
- Measured passes for front players-ground/aerial.
- Understanding attacking “combination-play skills” without the ball.
- Positioning, marking, interception, spoiling and challenging skills.
- All 1 v 1 and defending against opponents combination plays.
- “Showing infield and outside”.
- Blocking crosses and passes.
- Defending inside the penalty area and at the far post.

MENTAL QUALITIES

Concentration

- a) Positioning-off the ball
- b) Off other back 4 players etc
- c) Set piece role.

Focus

- a) "Narrow"- 1v1's.
- b) "Wider"-defending away from ball.

MENTAL QUALITIES

Composure

- a)defending under sustained pressure.
- b)defending in the box.
- c)delivering crosses and passes.


Mental Toughness

- a)Recovery runs
- b)Competing against difficult opponent

Other Mental Requirements of the Full-back?

MIDFIELD PLAYERS

MIDFIELD PLAYERS

- Constantly seeking to be involved in all phases of the game with “intelligent industry.”
- Constantly plays with intelligence to influence events going on around him (verbally/tactically/technically)  Catalyst Player !
- Recognises where ,when and how to involve himself in the game – anywhere, anytime in MF.
- Can vary the speed at which we play and he plays.
- High endurance, acceleration / deceleration and agility levels.
- “Universal player with discipline”

MIDFIELD PLAYERS

- Does not surrender the ball under pressure. (receiving, possessing, releasing, running.)
- Can “penetrate” the midfield barrier.
- Has an extensive pass range and repertoire.
- Can change mind and action on split second demand.
- Masters “limited and instant” touch techniques.
- Knows how to play **in** midfield and out **from** midfield.
- Will often be the “initiator” of **place-changing policy!** (D1/2)
- Will often be the initiator of **movement** in the team.
- Competent in all areas/positions and “outstanding” skills in some.

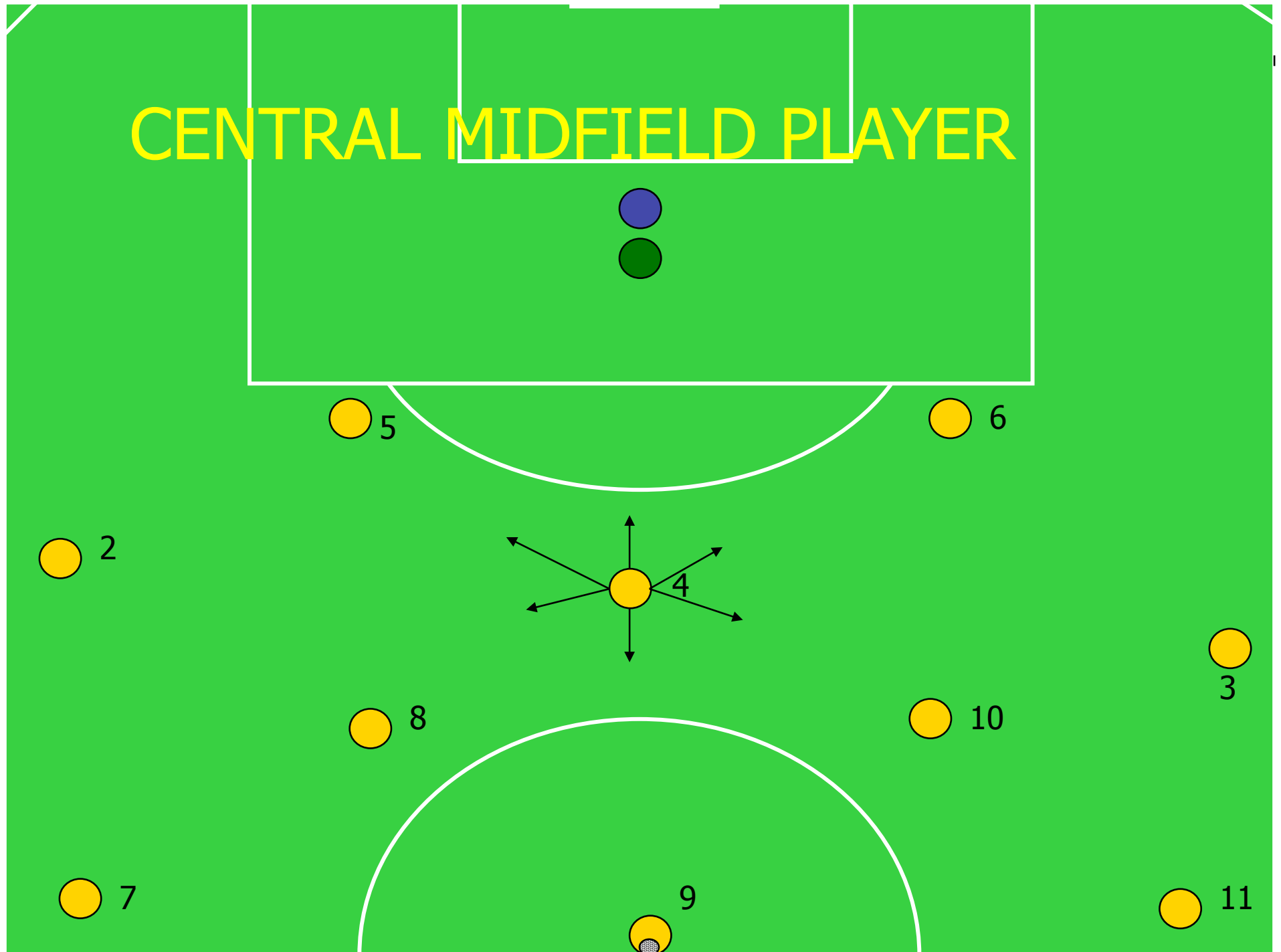
ESSENTIAL ATTACKING SKILLS IN MIDFIELD

- Clinical support angles when necessary-6”
- Global awareness.(Overt/covert!)
- Tight touch/ clever touch when necessary.
- Turns with ball.(Variety,”hidden”,quick.)
- Ball protection-on receipt,in possession,on release.
- Measured and precise, instant release skills – on demand.
- All surfaces-any technique.
- Give and receive “fast” passes.
- Precision delivery given freedom.
- Others??

ESSENTIAL MF ATTACKING SKILLS

- SUPPORT.
- AWARENESS.
- RECEIVING SKILLS.(Variety,Accurate.)
- TURNING with the ball.
- BALL RETENTION SKILLS.
- RELEASE SKILLS-(on demand,at leisure)

CENTRAL MIDFIELD PLAYER



ROLE / FUNCTION

“HOLDING” MIDFIELD PLAYER

- **TO LINK DEFENCE TO ATTACK AND VICE-VERSA**
- **TO DOMINATE AND INFLUENCE ALL ASPECTS OF MIDFIELD PLAY AS MUCH AS POSSIBLE**
- **TO CONTROL THE DIRECTION AND PACE OF ATTACKING PLAY**
- **TO BE INVOLVED IN FINAL ATTACKING PHASES OF PLAY AND SHOOT TO SCORE WHENEVER POSSIBLE**
- **TO CONTAIN AND DEFLECT ANY PENETRATION ATTEMPTS BY OPPOSING ATTACKERS THROUGH CENTRAL AREAS**
- **TO ASSUME THE ROLE OF BACK PLAYERS SHOULD CIRCUMSTANCES DEMAND**

RESPONSIBILITIES

- **SUPPORT AND PRESENT BOTH THE GOALKEEPER AND BACK PLAYERS WITH PASSING OUTLETS(Support/Rotation)**
- **SUPPORT BACK PLAYERS BY MOVING OPPONENTS AWAY FROM AREAS THROUGH WHICH THEY MAY RUN WITH THE BALL**
- **SUPPORT FORWARD PLAYERS ON RECEIVING THE BALL**
- **RETAIN POSSESSION IN MIDFIELD AREAS AND DIRECT THE PLAY TO PROVIDE PENETRATIVE PASSES FOR PLAYERS MOVING INTO GOAL-SCORING OR GOAL-CREATING POSITIONS**
- **MOVE TOWARDS AND INTO GOAL-SCORING POSITIONS AS FREQUENTLY AS POSSIBLE WITH A VIEW TO STRIKING AT GOAL DIRECTLY, OR FROM REGAINED- POSSESSION SITUATIONS**
- **SUPPORT FORWARD AND OTHER MIDFIELD PLAYERS, WHO WHEN DEFENDING, DIRECT OPPONENTS ATTACKS THROUGH MIDFIELD AREAS, BY MARKING, PRESSING, INTERCEPTING AND CHALLENGING FOR THE BALL**
- **ON PASSES BEING PLAYED BEYOND MIDFIELD TOWARDS GOAL, TO RECOVER, TRACK OPPONENTS AND ASSIST OR REPLACE BACK DEFENDERS IN THEIR DEFENDING DUTIES WHEN NECESSARY**

ATTACKING PLAY

Quarterback !

CMF(4) in possession.

- Change the play (-long diagonal to far W, behind FB or to feet of W.)
- Change the play (-long cross-field to far FB.)
- Change the play (CB coming out from back)
- Combination play with short-range support.
- Simple passing to maintain the momentum and continuity of the attack.(to MF,CF dropping off etc)
- “Measured” passes into or for runners behind defence.
- Drive with the ball, forward/diagonally at the opposition.

ATTACKING PLAY

OFF THE BALL

Central-Midfield(4).

- Always playing with and for the Back 4 players
 - to receive passes from any back 4 player.
 - to drop into the back line and receive the ball from the GK or other back 4 players.
- Always available in the “4 hole” or clearing the “4 hole” for others to receive the ball.(anywhere on the pitch)
- Making “surprise” forward runs as appropriate.
- Inter-changes with other MF players.

HOLDING MF PLAYER

Major Attacking Technical Requirements.

1. Awareness and appreciation of situation.
2. Ability to “read” the game especially the defence.
3. Comprehensive understanding of “support”
4. Range of ‘receiving’ alternatives.
5. Range and ability to disguise “turning” abilities.
6. Ability to manipulate the ball with speed under pressure.
7. Ability to play quickly under pressure.
8. Ability to “retain” personal possession.
9. Ability to play with one touch when necessary.
10. Wide repertoire and range of passing skills. (10 – 60 yd range.)
11. Ability to pass with accuracy, speed, timing and spin and disguise if required.
12. Ability to “run” with the ball.

HOLDING MF PLAYER

ATTRIBUTES.

- Available and “involved” for the duration of the game.
- Awareness.
- Anticipation.
- Appreciation.
- Adaptability.
- Selection.
- Execution.

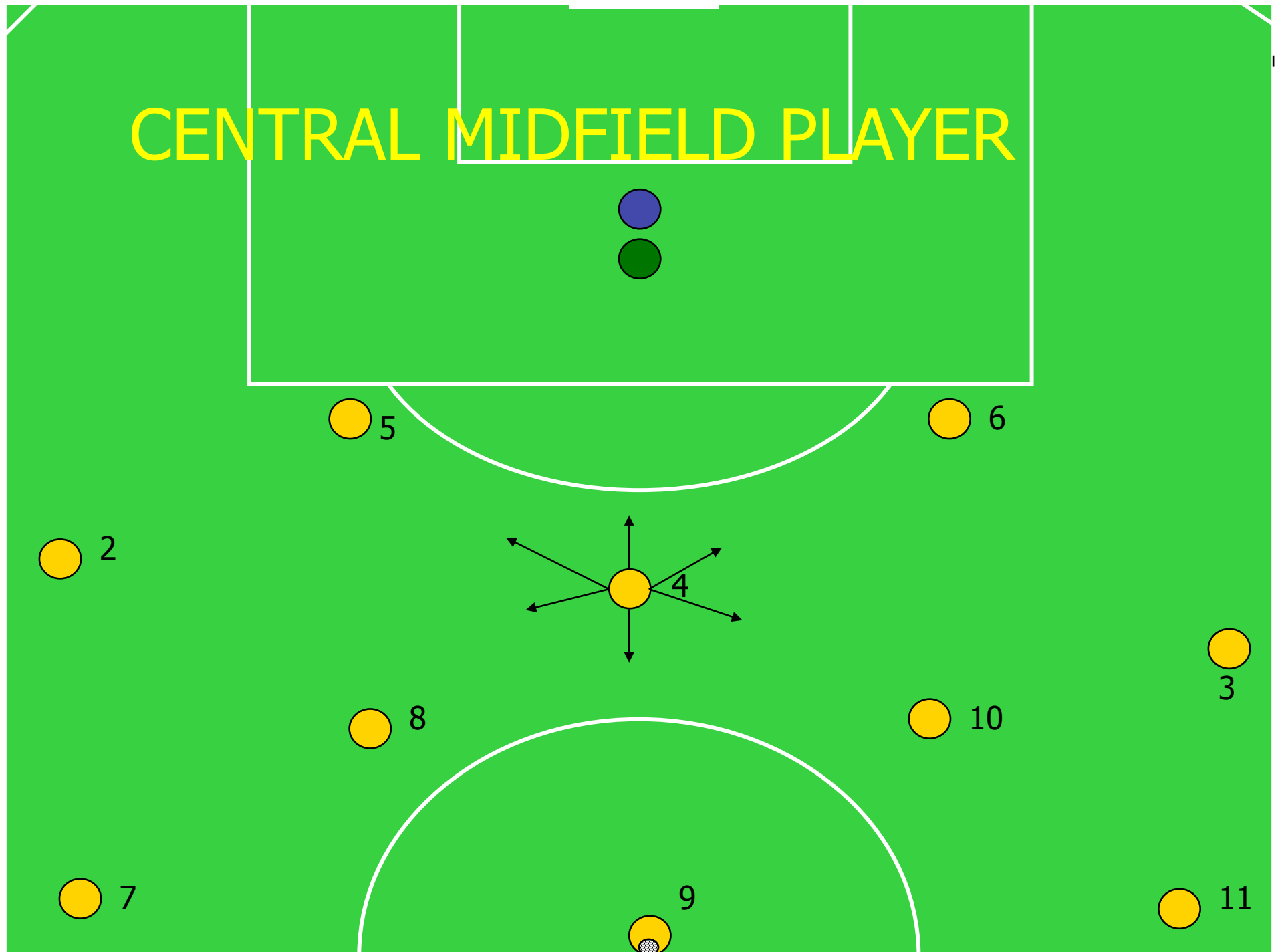
HOLDING MF PLAYER

PHYSIOLOGICAL ATTRIBUTES.

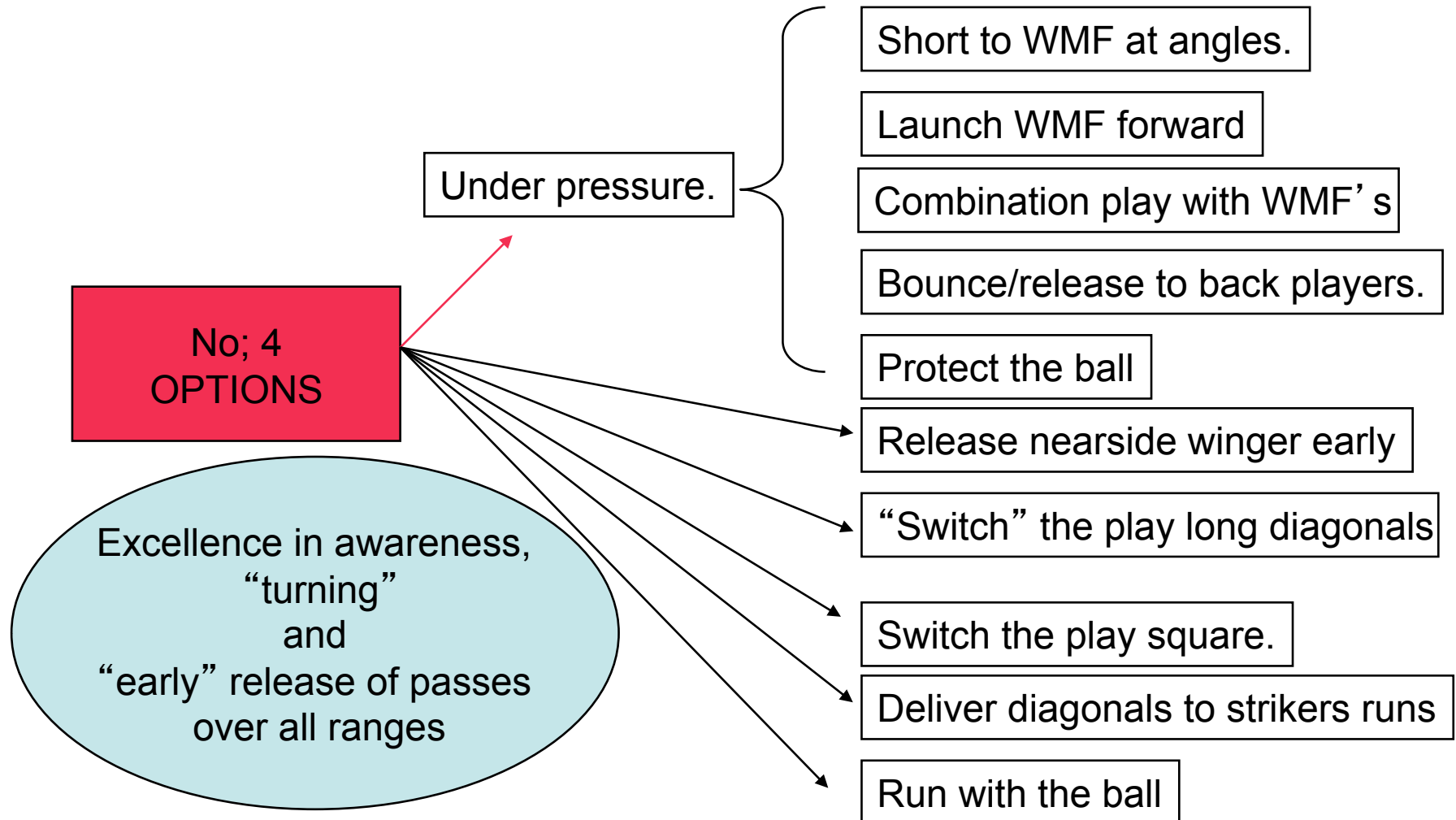
- Agility.
- Acceleration.
- Deceleration.
- Speed over 5 – 20 yds.
- Strength.
- Power.

SPEED ENDURANCE

CENTRAL MIDFIELD PLAYER

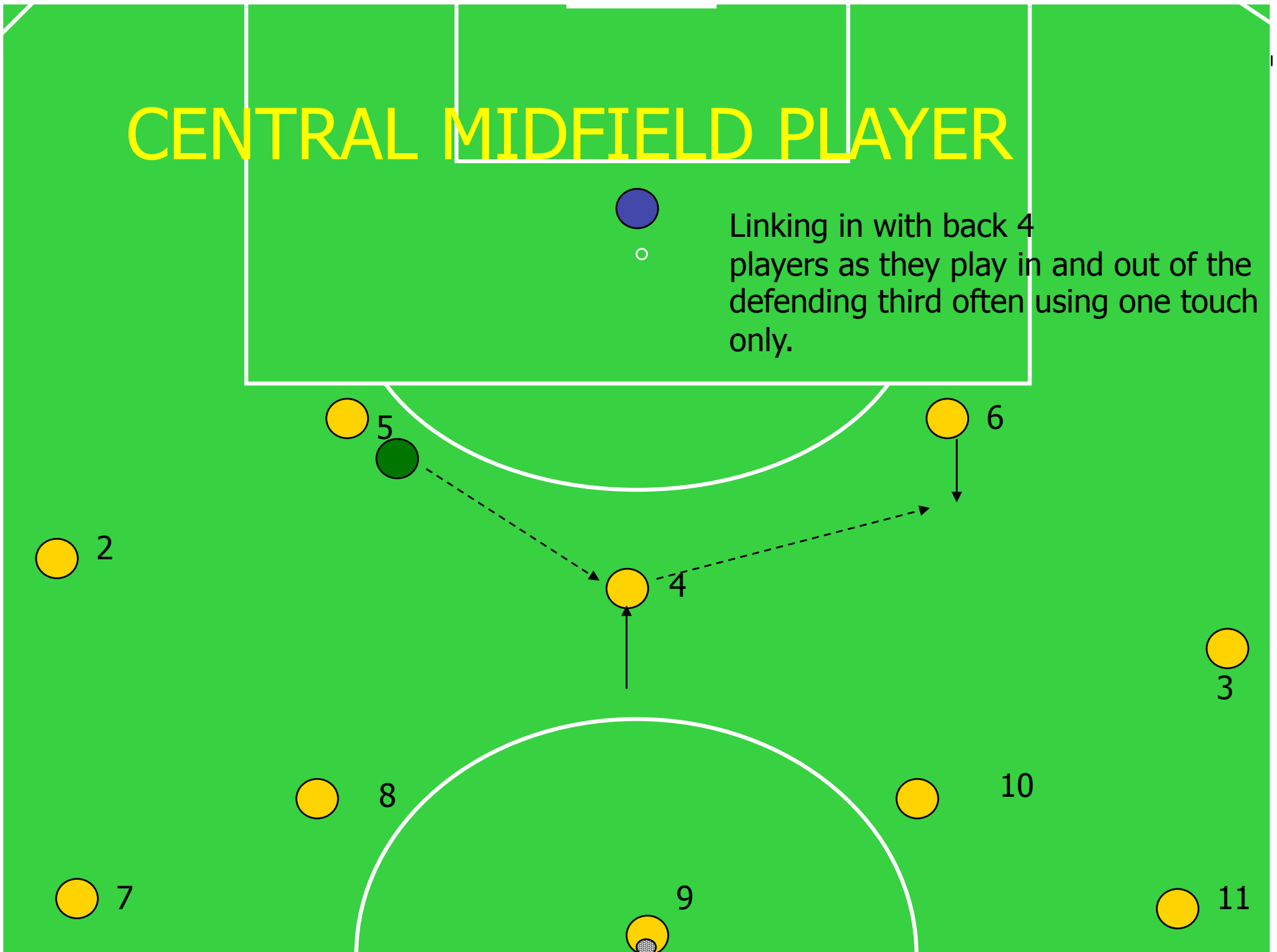


No 4 options.



CENTRAL MIDFIELD PLAYER

Linking in with back 4 players as they play in and out of the defending third often using one touch only.

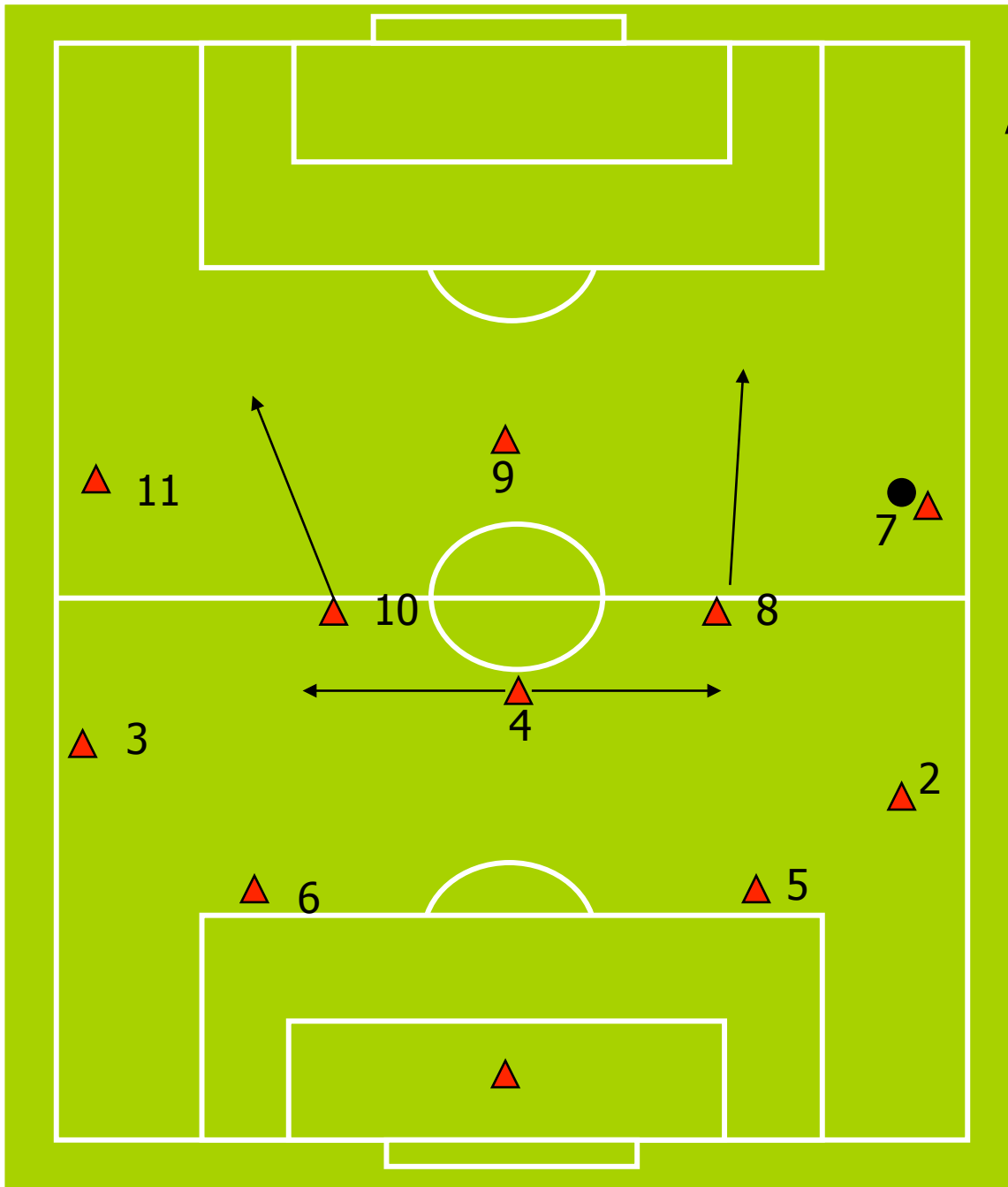


CENTRAL MIDFIELD PLAYER



Replacing CB's as they go forward into MF areas with and without the ball.

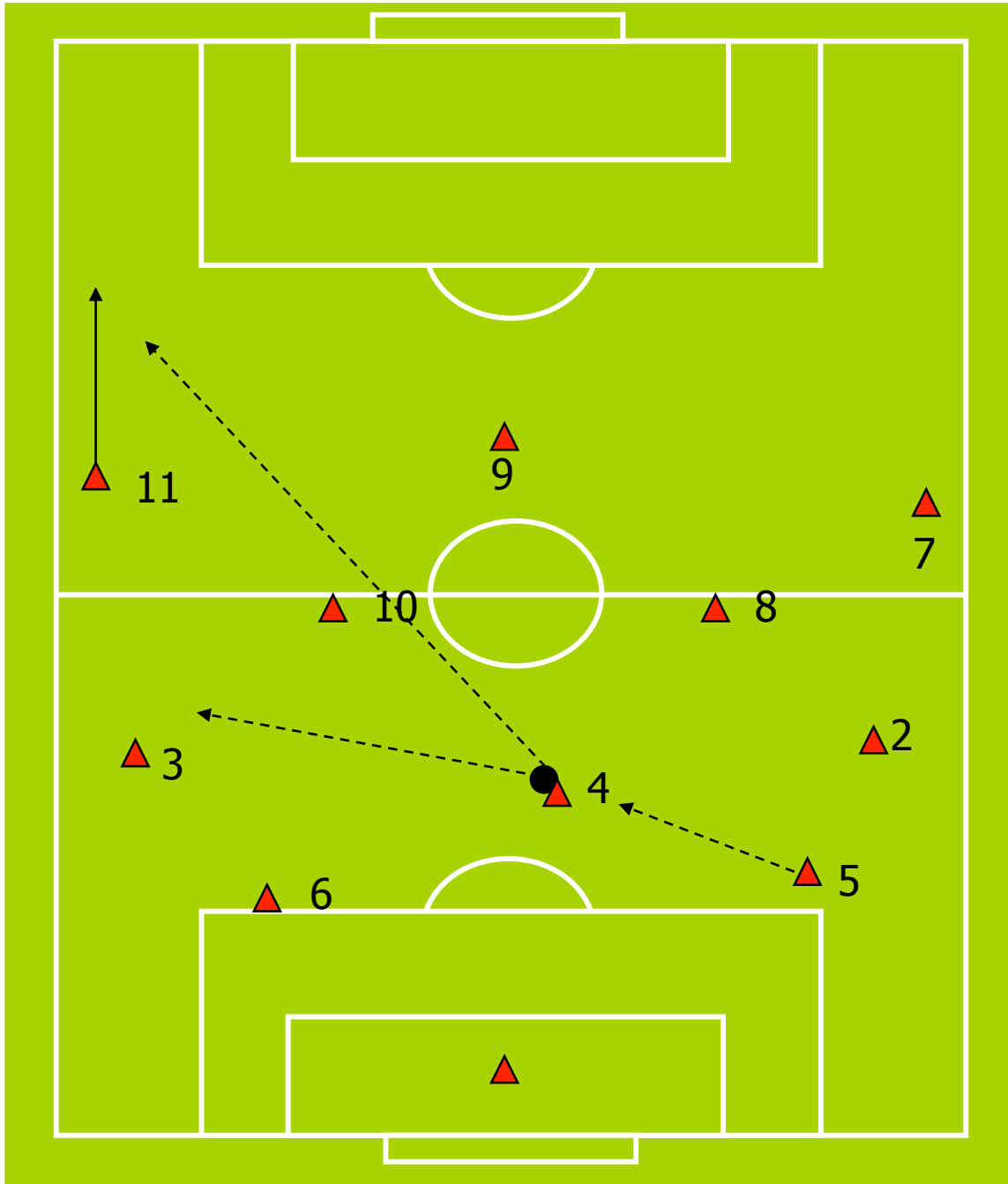




ATTACKING ROLE

Holding MF Role

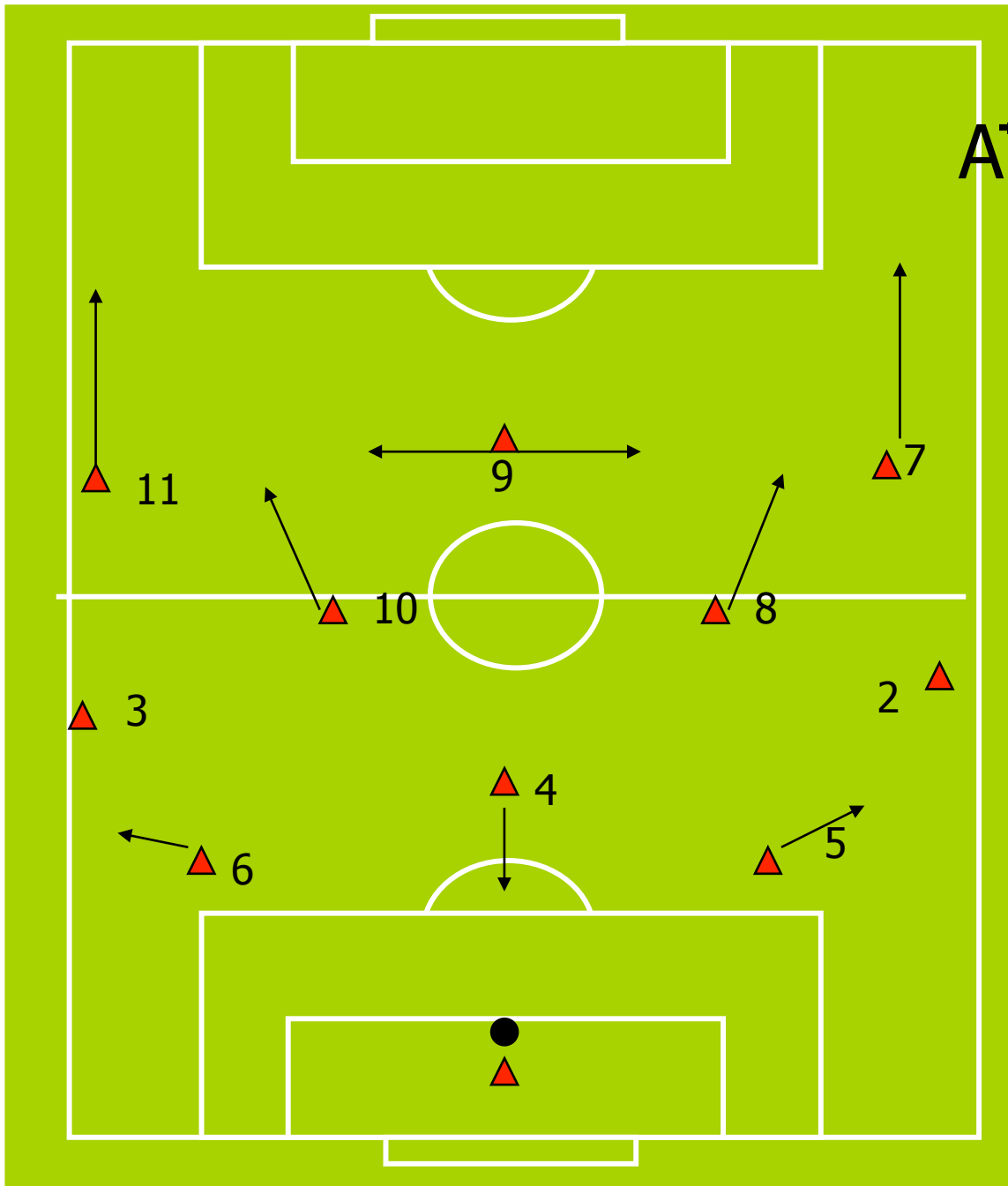
Defensive security as
other MF players move
forward



ATTACKING ROLE.

**Holding
MF
player.**

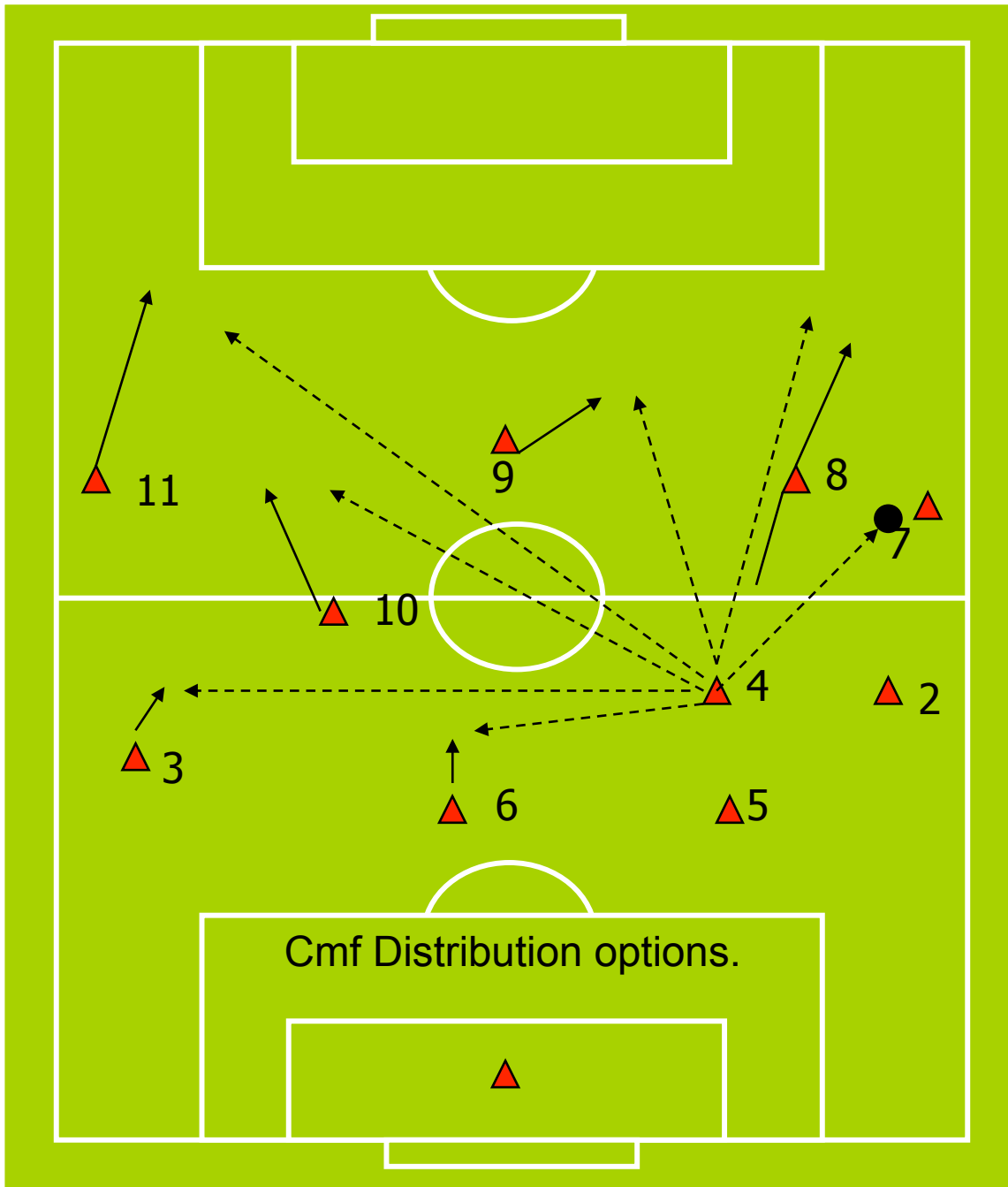
Changing the
play.



ATTACKING ROLE.

Holding MF Player

Movement deep to receive from the Gk or CB's as team plays from the back.



ATTACKING ROLE.

Holding MF player

Support across the
width of the MF area.

CENTRAL MIDFIELD- Technical.

- ALL receiving and ALL turning skills.
- Long diagonal passes. (50-60 yds-minimal backlift.)
- “Change the play” passes. (Short / Medium range ground passes.)
- “Minimum touch” passing skill. (one, two touch passing.)
- Bent , driven, floated passing skill.
- Measured through passes to space for runners.
- “Fast” short to medium range ground passes.
- “Body-work” in possession and as receive.
- Combination plays.
- Running the ball diagonally & forward at speed.
- Striking at goal from 30-35 yds distance.
- Understanding and employing “movement” skills to allow others to receive possession.
- Marking,spoiling,tracking, back-tracking skills and challenging skills.
- “Screening and sliding” defending skills.
- “Absorbing” and containing runners with the ball.
- Pressing opponents (front and back) and blocking passes and shots.

Disguised as
Appropriate.

Timely and intelligent support skills.

MENTAL QUALITIES

AWARENESS

- a) on positioning.
- b) on receiving.
- c) of players “last and/or likely position.”
- d) on runs into forward positions.
- e) “peripheral vision” on/off the ball.

MENTAL QUALITIES

CREATIVITY

- a) "ranging" and delivery of passes.
- b) "disguise" in operating where appropriate.
- c) "combination" plays.
- d) "first-touch" of the ball./receiving skills.

MENTAL QUALITIES

MENTAL TOUGHNESS

- a) 90 minutes contribution!
- b) “pressing”/”tracking” /challenging.
- c) in a “packed” and “competitive” midfield!!
- d) “persistence” in all facets of the game.

MENTAL QUALITIES

- *OTHER SIGNIFICANT MENTAL QUALITIES?*
 - >Concentration.
 - >Courage.
 - >Cunning.
 - >Determination.

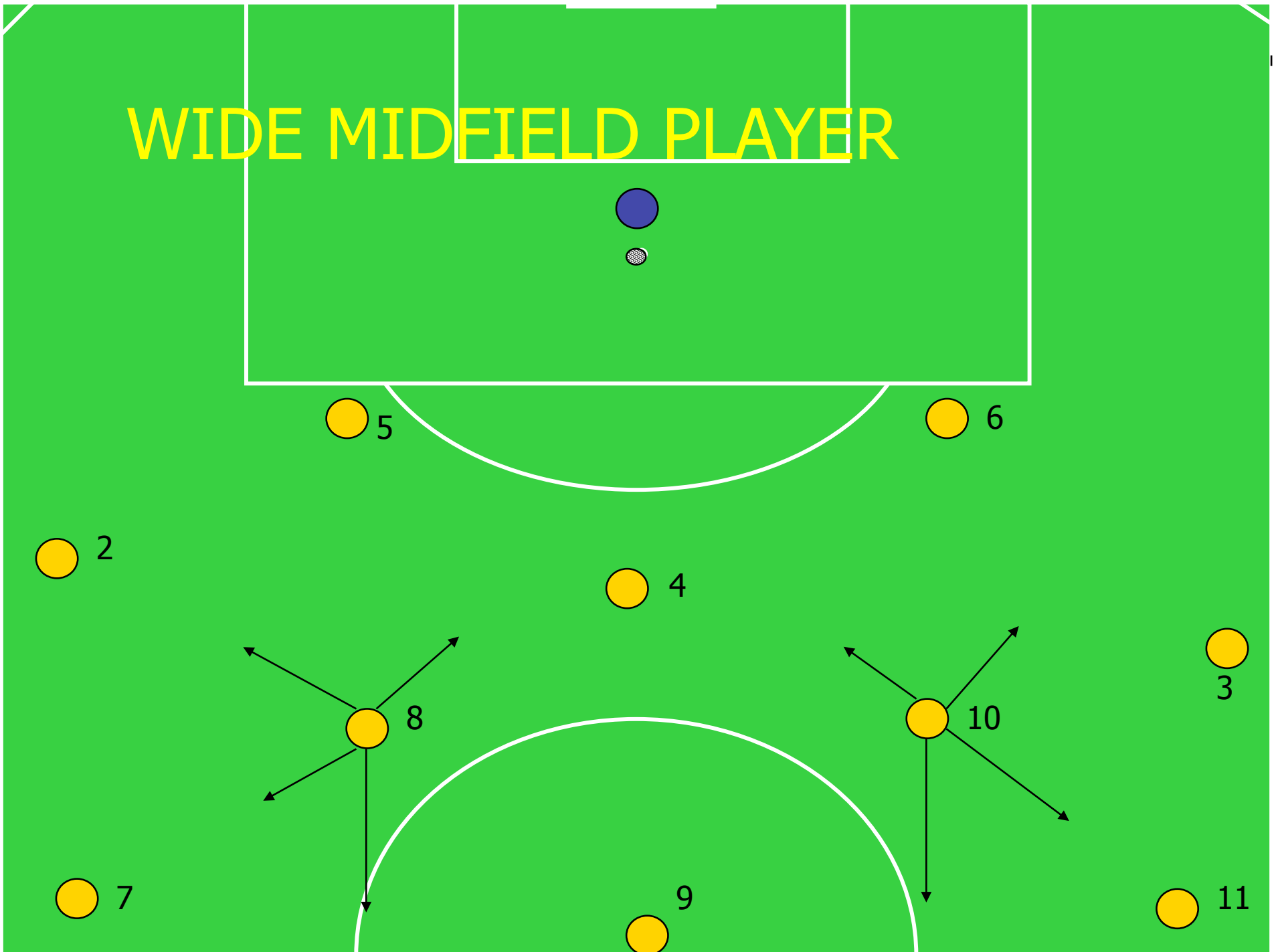
WHEN particularly are these qualities required?

HOW are they acquired?

IMPLICATIONS for training?

WIDE - MIDFIELD PLAYERS

WIDE MIDFIELD PLAYER



ROLE

- Link defence to attack.
- Combine with other MF players both in and out of possession.
- Support and supply attacking players.
- Move into goal-scoring positions.
- Score from outside and inside the penalty box.
- Understand and implement responsibilities in the MF areas .

RESPONSIBILITIES

- Receive and retain possession as play develops through the MF 1/3 rd of the field.
- Move into advanced positions amongst and ahead of forward players to be a pass receiver.
- Combine “movement” links with players ahead and around in order to create pass receiving situations.
- To clear MF spaces for pass routes from back to forward players.
- Support advanced receivers of the ball, early, at correct angles and decisively.
- To move into goal scoring positions.
- Score with a variety of goal-scoring skills.
- Reduce passing options for opponent MF players in MF areas.
- Press and direct opponents play into central areas where possible.
- Mark and track opposition runners from MF areas towards goal.
- Recover towards the ball or into vacant spaces on the goalside of the ball.
- Support and balance defending roles of other MF players.

ATTACKING PLAY

WMF in possession.(8 &10)

- **Combination** play with Winger.
(wall-pass, overlap, underlap.)
- **Combination** play with other midfield players.
- **Release the winger** behind the defence.
- **Combination play** with CF if tight situation.
- **Supply** the CF on runs in/around box.
- **Drive** forward/diagonally at the “box.”

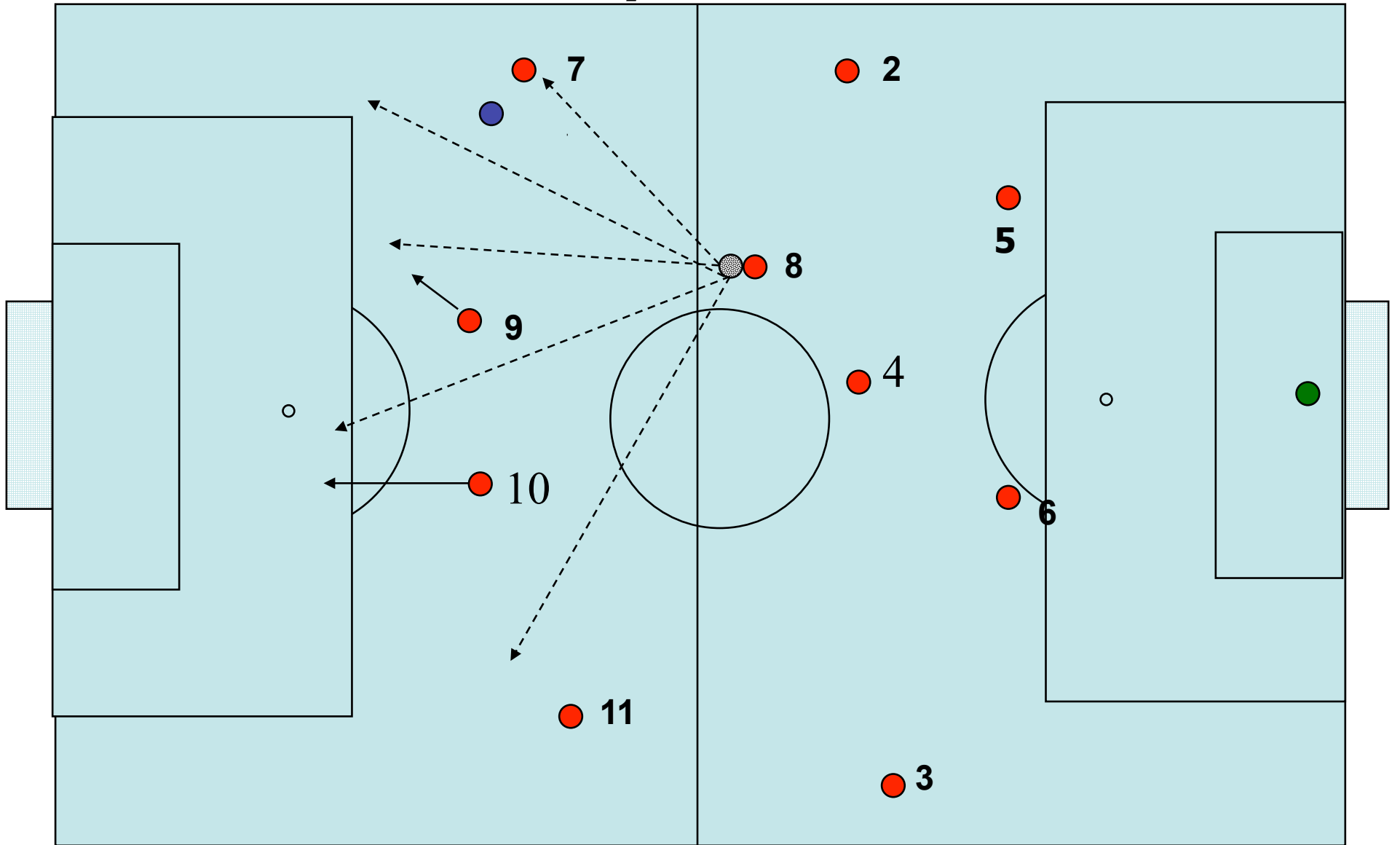
ATTACKING PLAY

OFF THE BALL.

Wing MF player.(8 & 10)

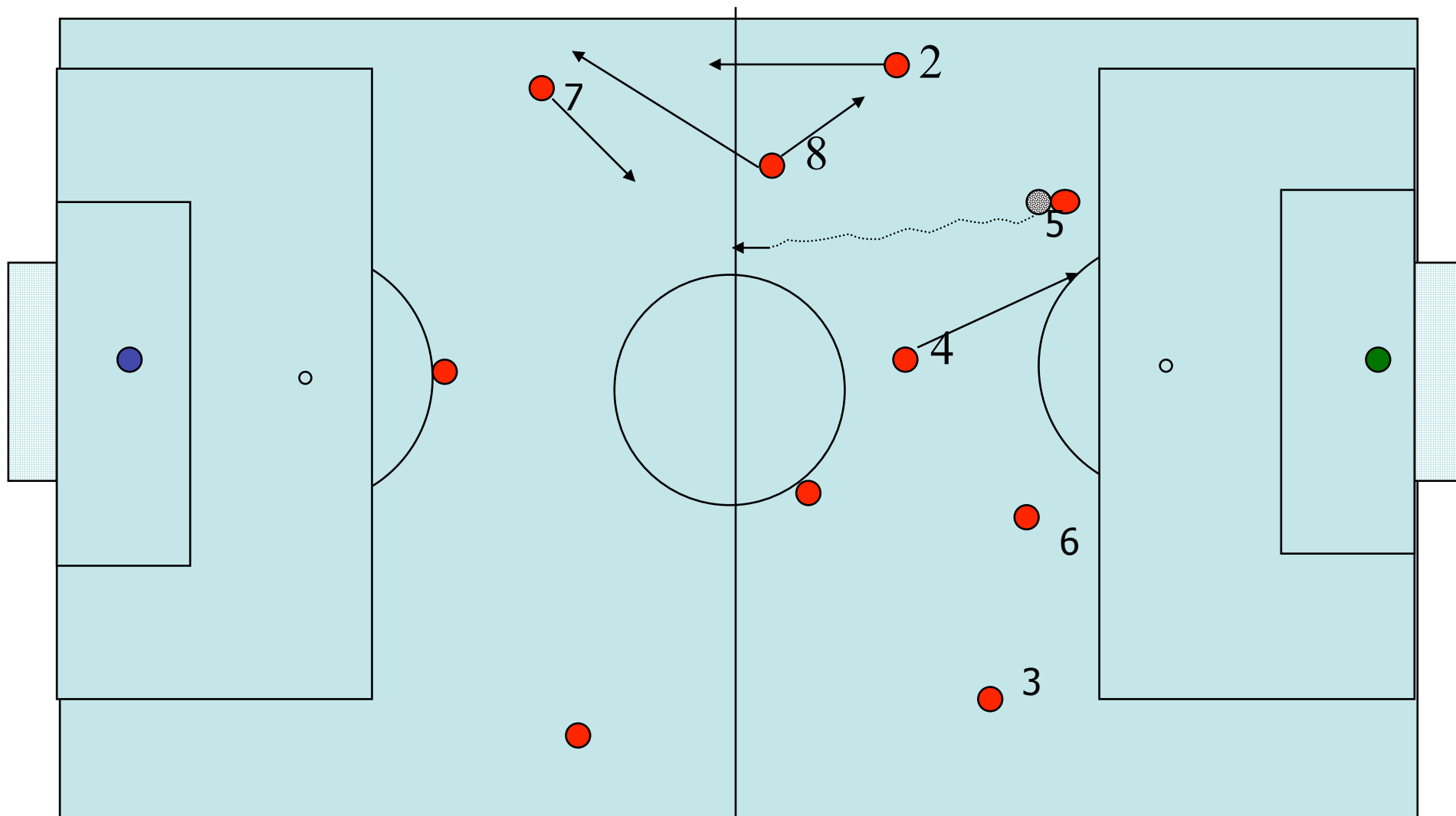
- Opportunities to **inter-change and rotate** with FB, "W" and CF.(with CB and FB in possession.)
- Opportunities to **play in the "4" hole if needed.**
- Opportunities to **combine** with the "W"(inside or outside runs.)
- Opportunities to **combine** with MF players.
- Opportunities to **break** beyond the "W" and CF.
- Opportunities to quickly **support the CF** deep or beyond.
- Opportunities to **break into scoring positions** in the penalty box.

WMF Pass Options

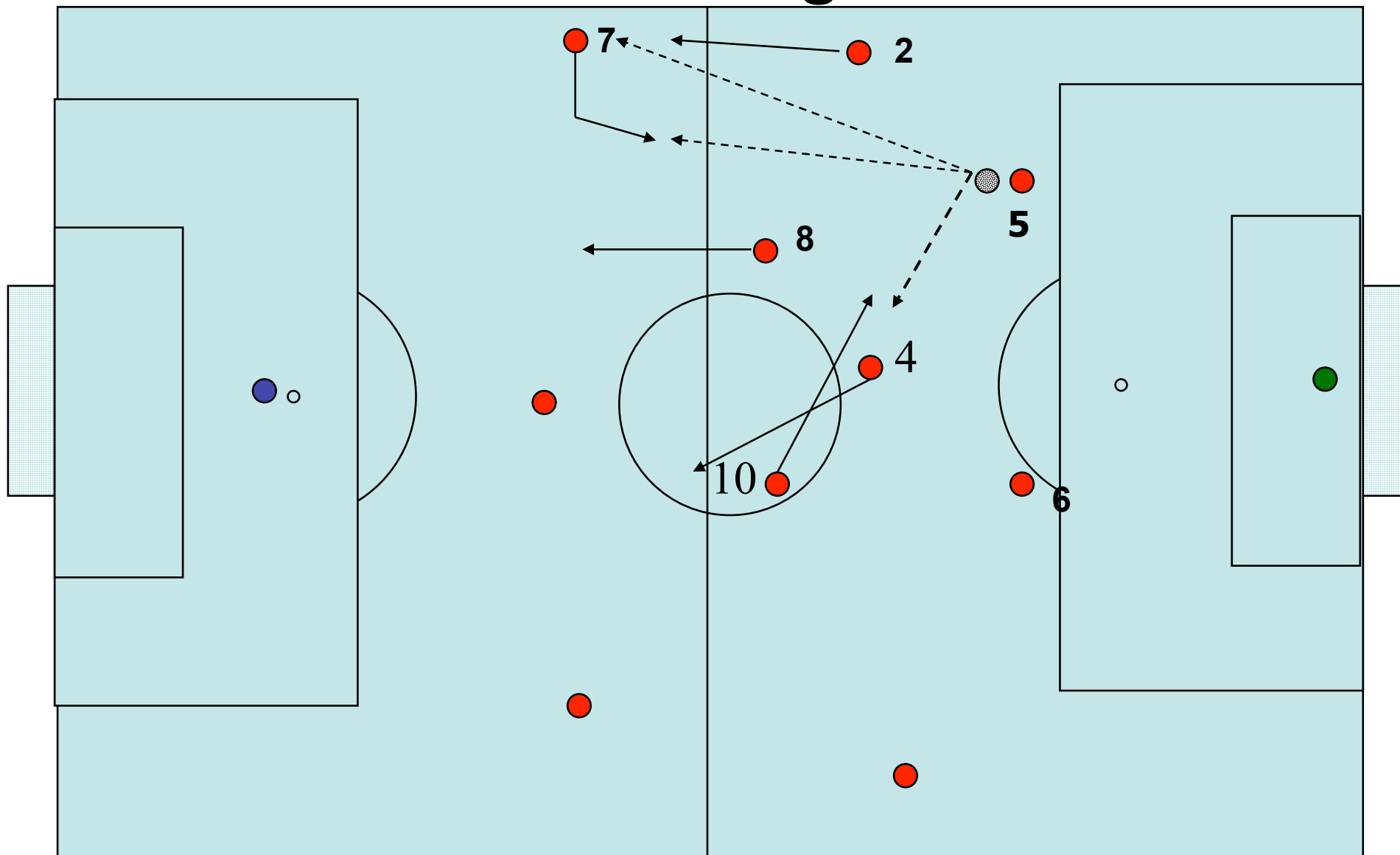


MOVEMENT OPTIONS INVOLVING
WIDE MIDFIELD PLAYERS.

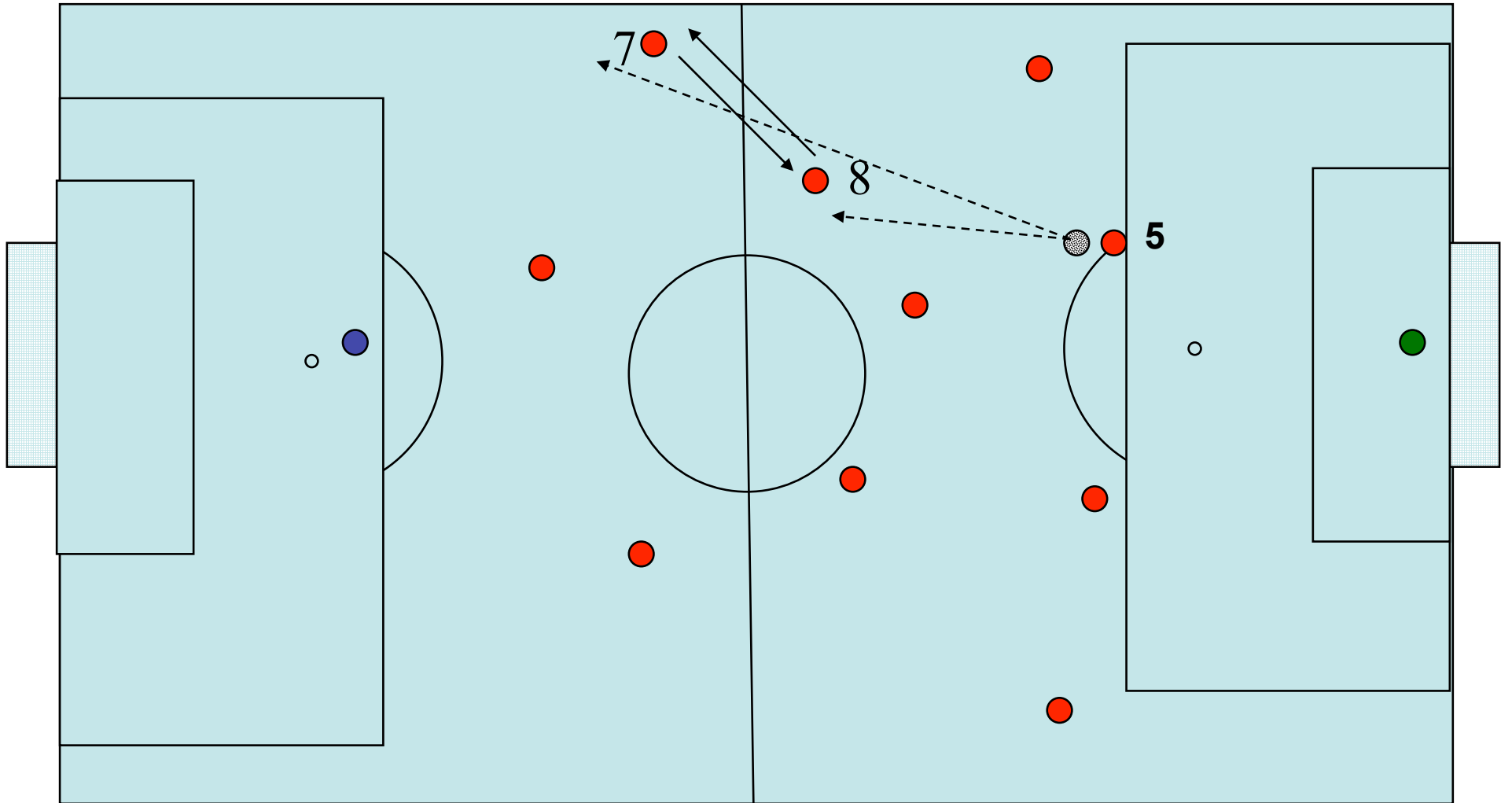
MF INTER-CHANGES



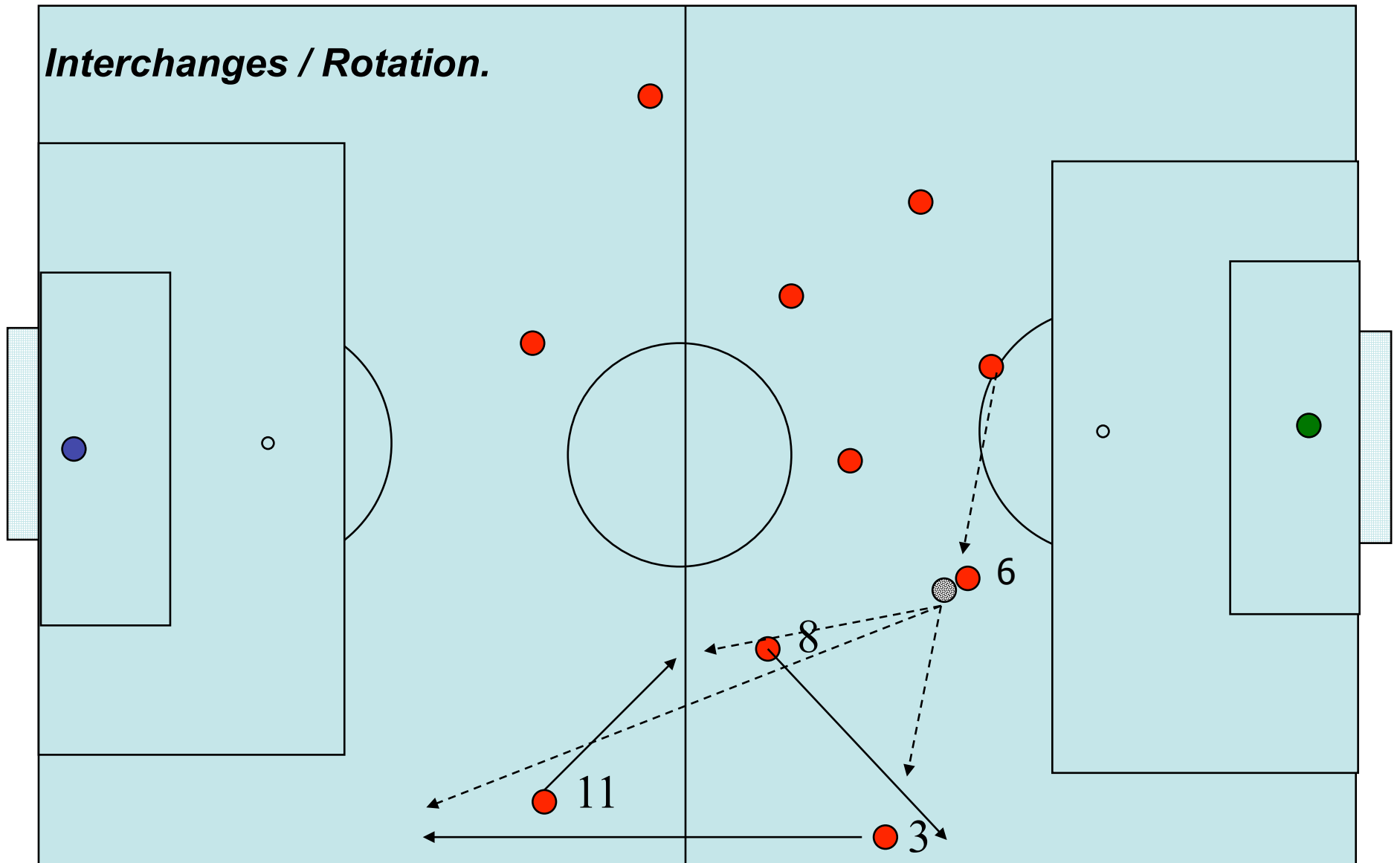
Midfield Inter-changes



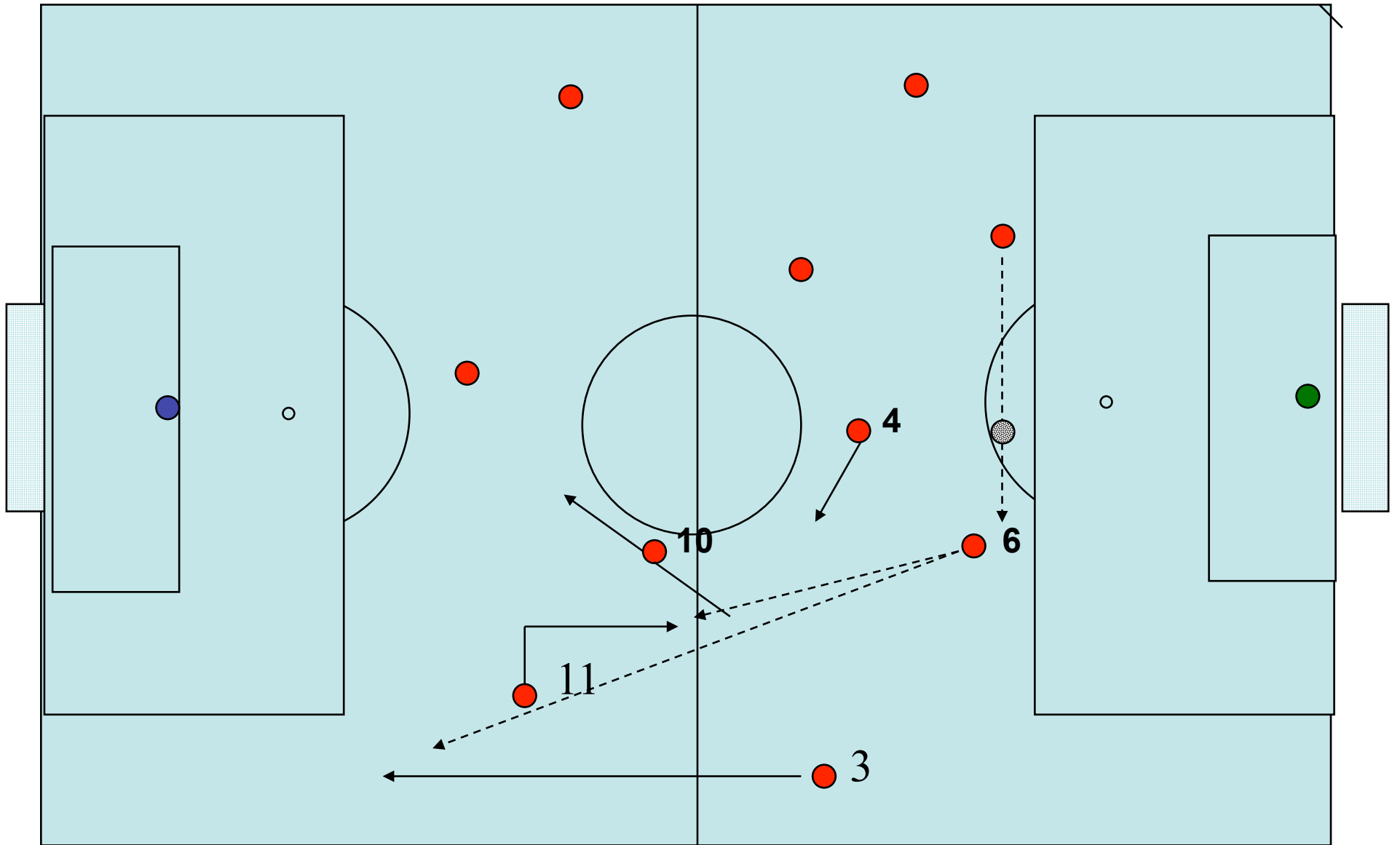
Inter-changes



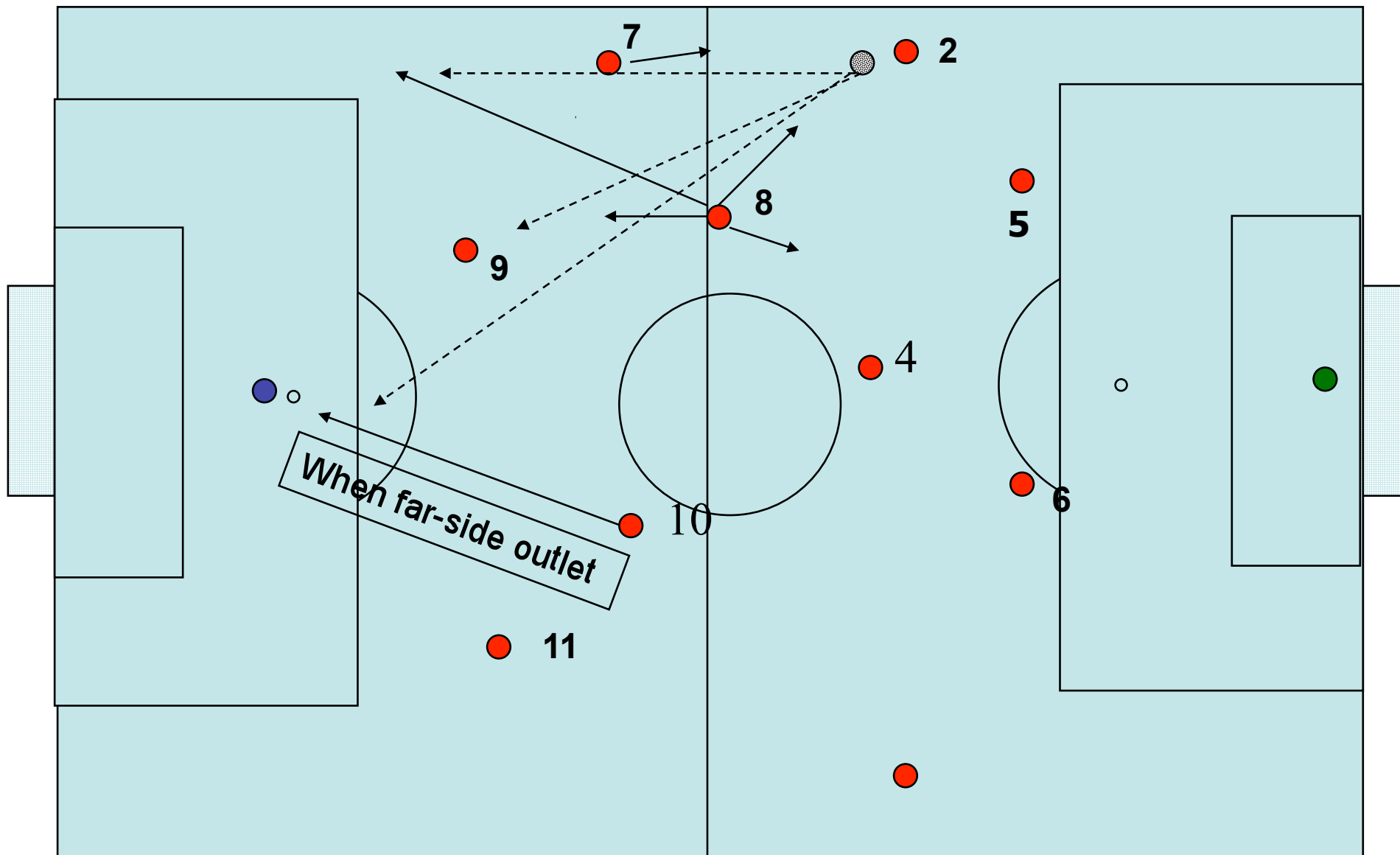
Interchanges / Rotation.



WIDE PLAYER & FULL BACK INTER-CHANGE.



Wide Midfield - support options.



WIDE MF - Technical.

- **All** Receiving and **all** turning skills.
- Running with the ball diagonally and straight.
- Long forward and diagonal aerial passes.
- Measured ground passes over 15 – 40 yds.
- Passes delivered with spin over 20-40yds.
- Combination play with wide and central forwards.
- Crossing the ball skills.
- Striking at goal from 20-30 yds.
- Losing / evading markers on runs forward and into goal scoring positions.
- Scoring in the box from passes, crosses and “loose” ball.
- Pressing skills. (from front and back!)
- “Sliding “ skills when defensively recovered into MF unit.
- Tracking opponents on forward runs.

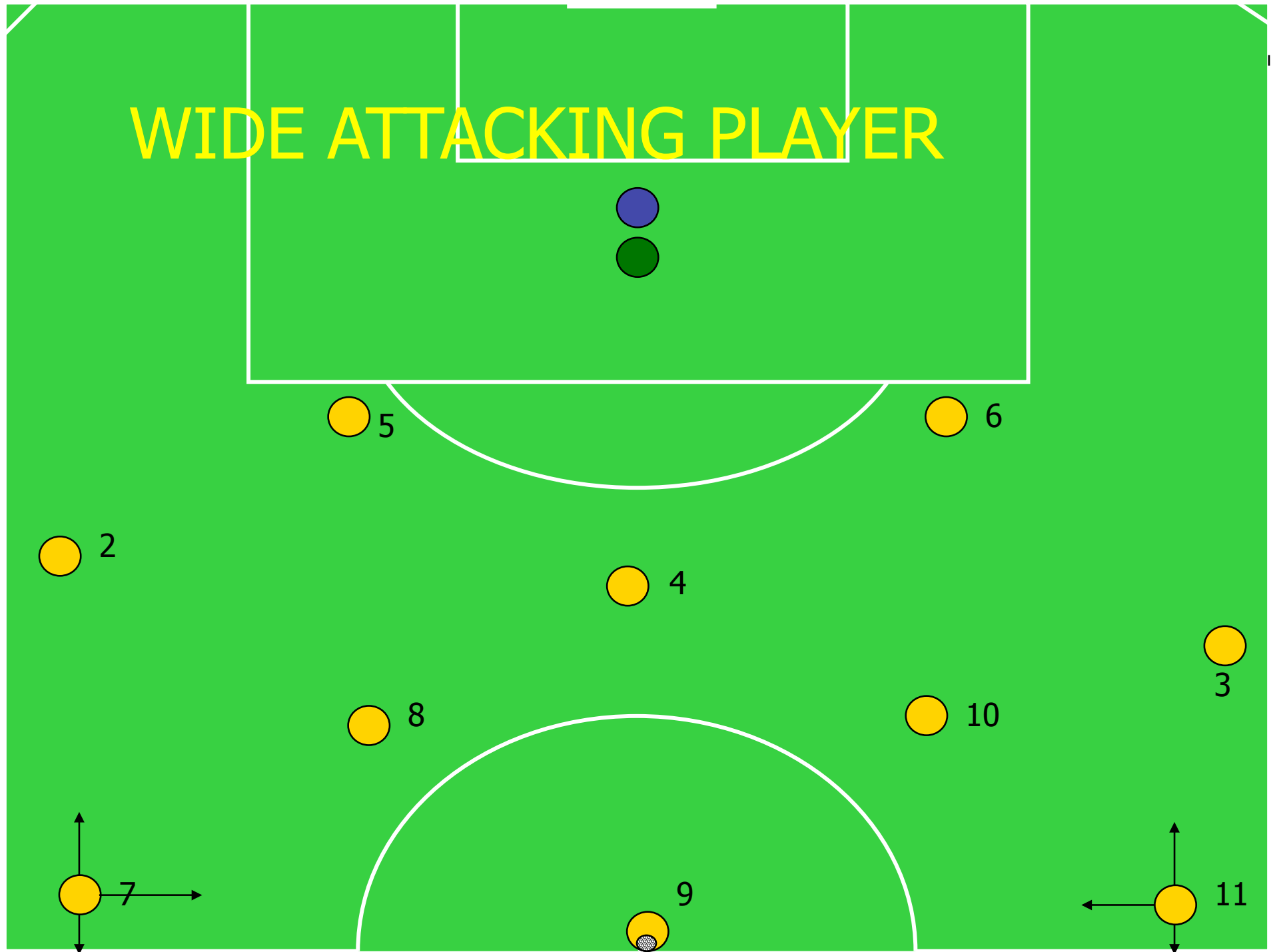
FORWARDS

FORWARDS

- Have pace and agility.
- Score a variety of goals.
- Can play across the front.
- Can “hold”, look after the ball and link the play.
- Can and will turn with the ball.
- Are attack-minded ?
- Want to get behind defences.
- Have “cunning” about them.
- Have a degree of unpredictability in their play.
- Can play both sides of the defence.
- Are prepared and able to defend.

WIDE ATTACKERS.

WIDE ATTACKING PLAYER



ROLE / FUNCTION

- **PROVIDE WIDE OUTLETS IN FLANK POSITIONS USUALLY IN THE MIDDLE AND ATTACKING THIRDS OF THE FIELD**
- **CREATE CROSSING POSITIONS ALONE OR IN COMBINATION WITH OTHER PLAYERS**
- **CONTRIBUTE TO ATTACKING PLAY IN CENTRAL POSITIONS BOTH WITH AND WITHOUT THE BALL**
- **TO RETAIN “POSSESSION MOMENTUM” AND PENETRATE DEFENCES IN FLANK POSITIONS AND CENTRALLY WHEN DRIVING INFIELD WITH THE BALL**
- **OPERATE AS A FIRST DEFENSIVE SHIELD IN FLANK POSITIONS**
- **TO ASSIST OTHER DEFENDERS IN FLANK POSITIONS AS APPROPRIATE**
- **TO MOVE TO A MORE CENTRAL AND COVERING POSITION WHEN THE BALL IS ON THE OPPOSITE FLANK**

RESPONSIBILITIES

- **RETAIN POSSESSION AND INITIATE OR MAINTAIN ATTACKING MOMENTUM IN FLANK POSITIONS**
- **DELIVER ACCURATE AND TIMELY CROSSES FROM FLANK POSITIONS**
- **TO VACATE FLANK POSITIONS AS APPROPRIATE IN ORDER TO CONTRIBUTE TO CENTRAL ATTACKING PLAY AND ATTACKING PLAY DOWN THE FLANK WITH AND WITHOUT THE BALL.**
- **TO MOVE INTO GOAL-SCORING POSITIONS IN AND AROUND THE PENALTY BOX.**
- **SCORE GOALS.**
- **RECOVER AND ACT AS A FIRST DEFENSIVE BARRIER IN FLANK POSITIONS.**
- **COVER AND SUPPORT FULL-BACKS AND MIDFIELD PLAYERS IN DEFENDING SITUATIONS.**
- **TO ADJUST DEFENDING POSITIONS AND MAINTAIN DEFENSIVE COMPACTNESS OR STRUCTURE WHEN THE BALL MOVES AWAY FROM FLANK POSITIONS TO CENTRAL OR FAR SIDE AREAS**

SKILLS REQUIRED

- **EFFICIENT AND VARIED RECEIVING SKILLS(ground/aerial control)**
- **ONE TOUCH AND EFFECTIVE PASSING SKILLS**
- **DECEPTIVE BODY MOVEMENT SKILLS WITH AND WITHOUT THE BALL**
- **DRIBBLING AND BALL MANIPULATING SKILLS**
- **RUNNING WITH THE BALL AND COMBINED PLAYER SKILLS E.G., WALL-PASSES, OVERLAPS ETC**
- **CROSSING THE BALL SKILLS WITH BOTH FEET USING 1 TOUCH WHERE NECESSARY(usually on the run)**
- **UNDERSTAND THE NEED FOR AND HOW TO CREATE WIDTH.**
- **SCORING SKILLS WITH BOTH FEET AND HEAD**
- **DEFENDING SKILLS OF MARKING, TRACKING, PRESSING AND COVERING**
- **SUPPORT AND BALANCING SKILLS**

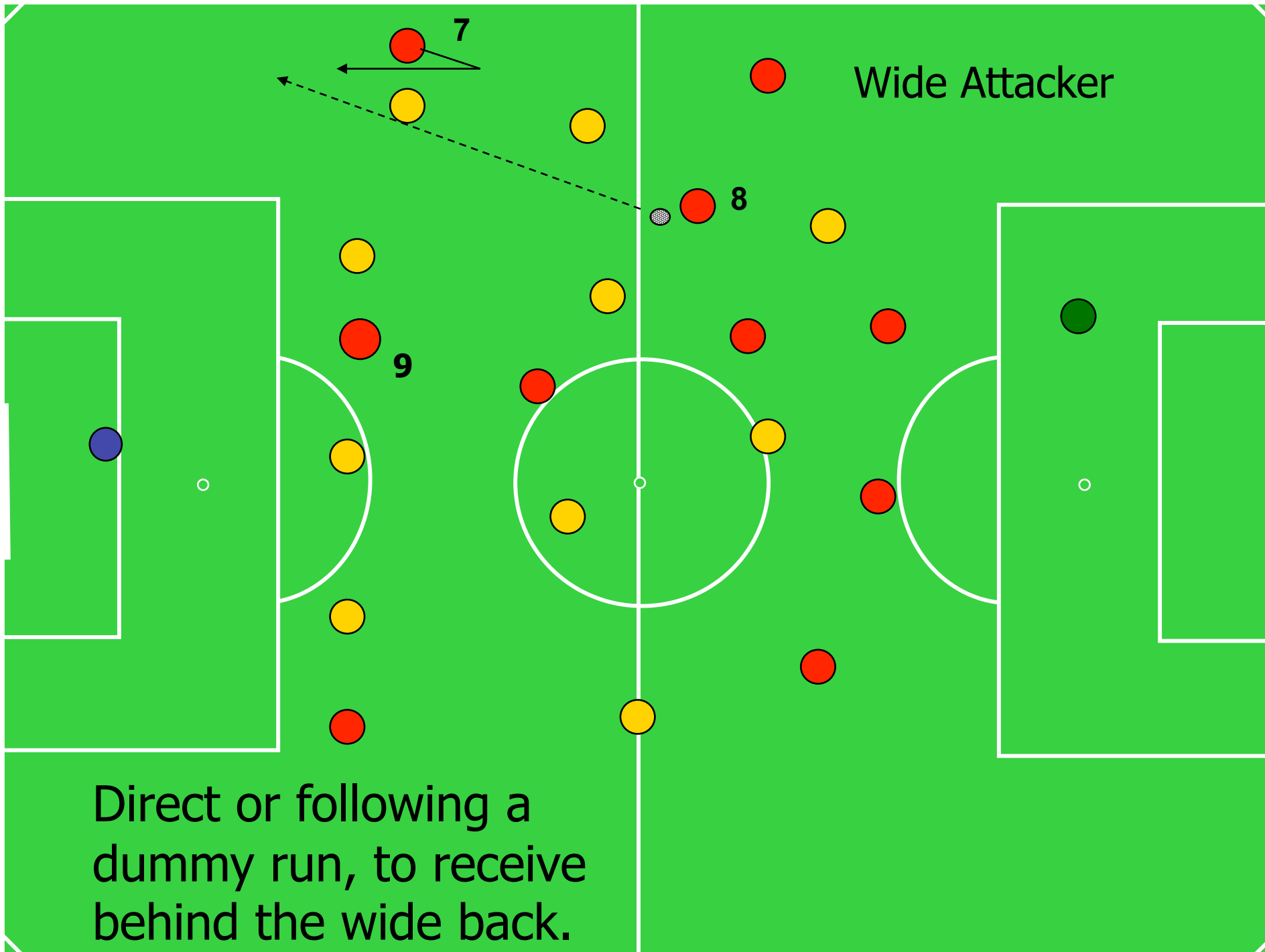
WIDE PLAYER -Technical.

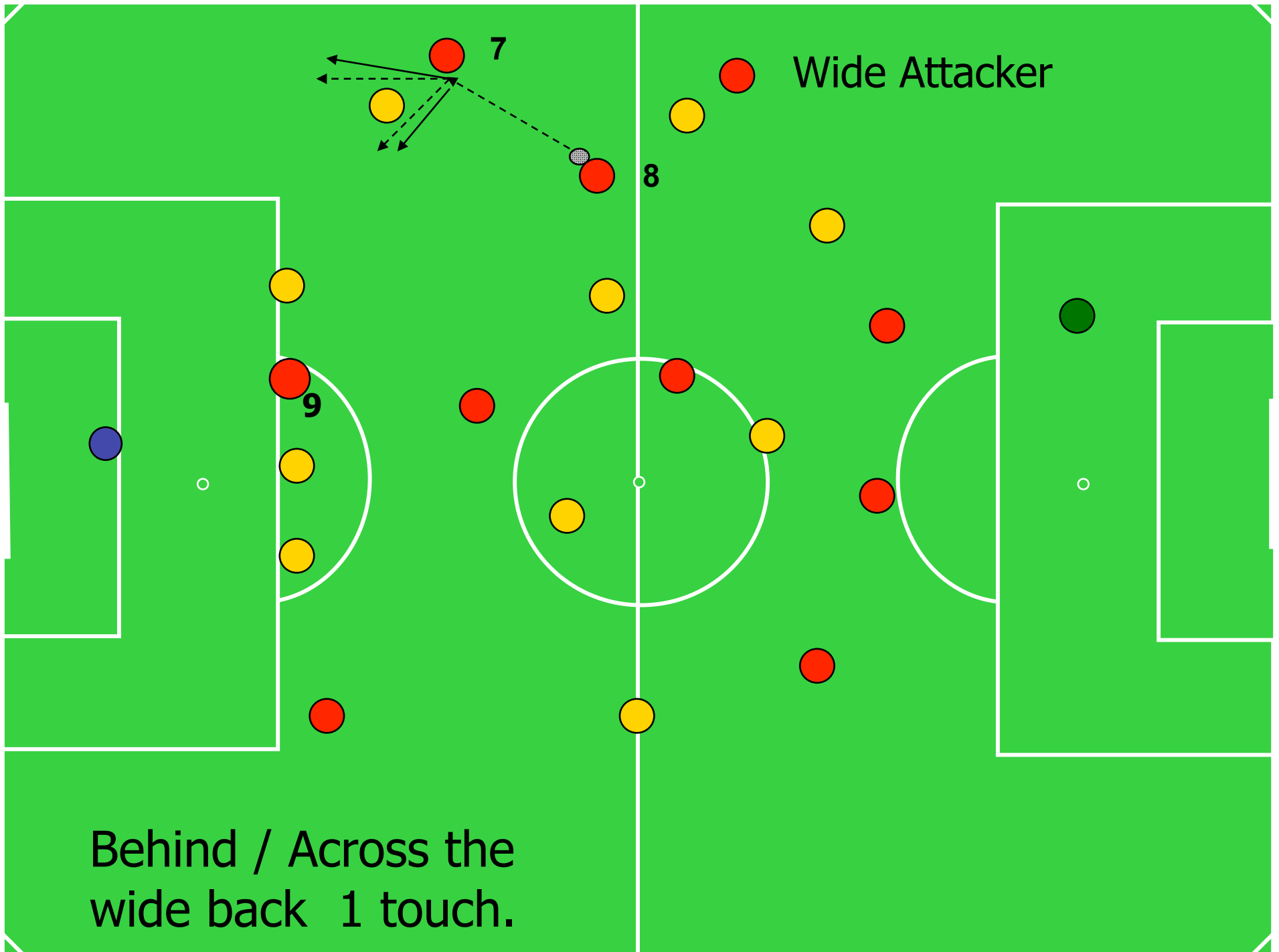
- Eliminating opponents – 0 touch.
- Eliminating opponents -1 touch.
- Losing / evading close marking opponents prior to moving to receive the ball.
- Receiving and turning to face opponents.
- Receiving and deceiving opponents with or after 1st touch.
- “Setting up” opponents to eliminate them alone, or in combination play.
- Dribbling / Ball manipulation skills at pace if necessary.
- Attracting opponents before eliminating them-alone or in combination play.
- “Bodywork” in possession.
- Playing off the “wrong” foot .
- Driving across opponents and combining with players around the box.
- Crossing the ball-from a run at speed or after a dribble.
- Striking at goal with outside and inside foot from 30 yds.
- Scoring from crosses – feet and head.
- Pressing opponents to “show” both ways and “nothing !”
- Screening passes .
- “Doubling up “ on opponents.

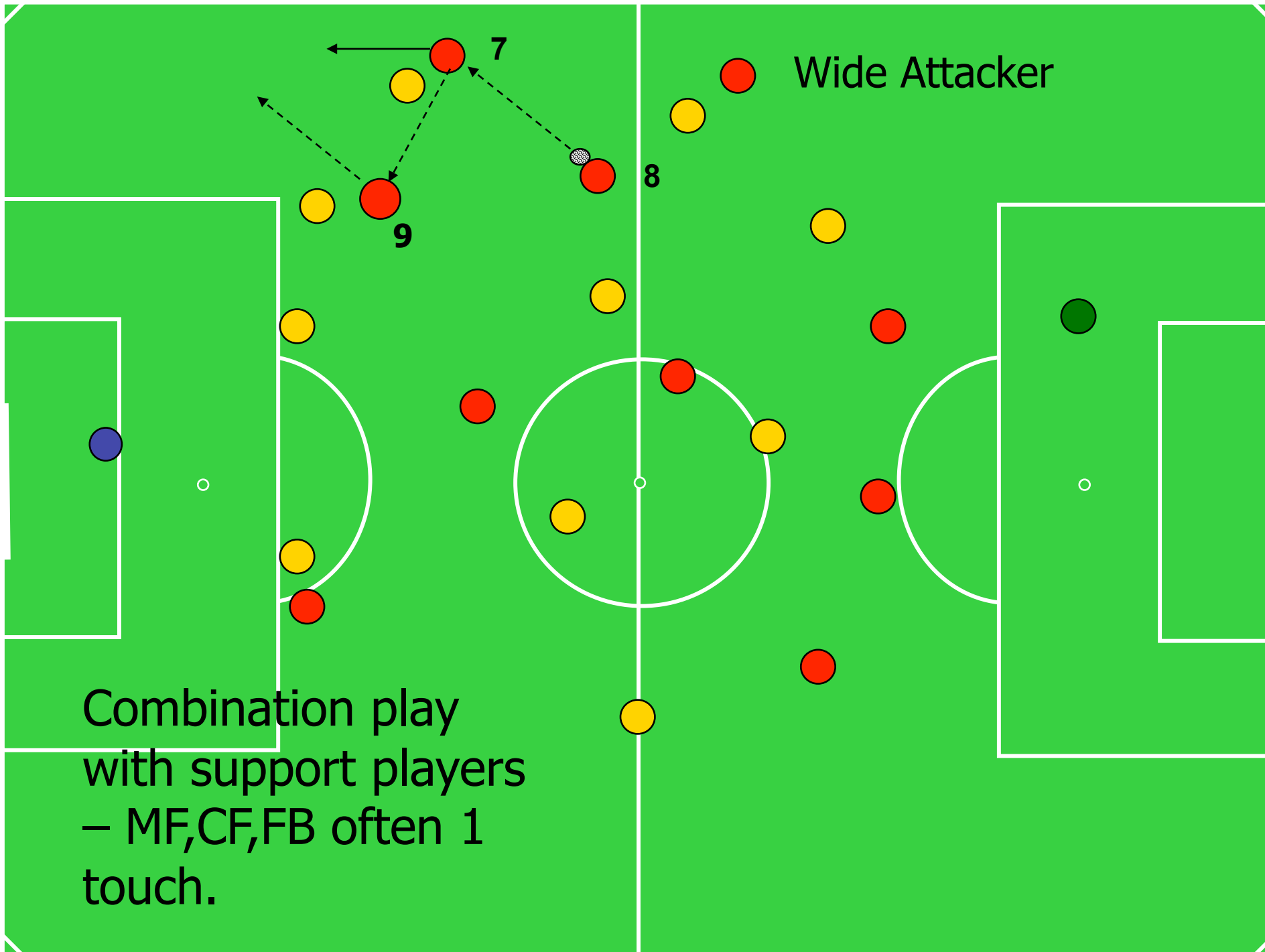
ATTACKING PLAY

WINGER / Wide attacker in possession.(7/11)

- **Combination play** with short range support to move “behind” the defence.(WMF,CF,FB.)
- **Attack the space behind** the FB to invite passes.
- **1v1 skills** to move to space behind the defence.
- Hold the ball to allow movement from others
e.g.FB overlap,MF underlap,CF spins.
- **Drive infield** and attack the box personally.
- **Drive infield** and feed others e.g.MF,CF,FB.
- **Produce “considered” crosses, passes** into the box.
- **Score!**







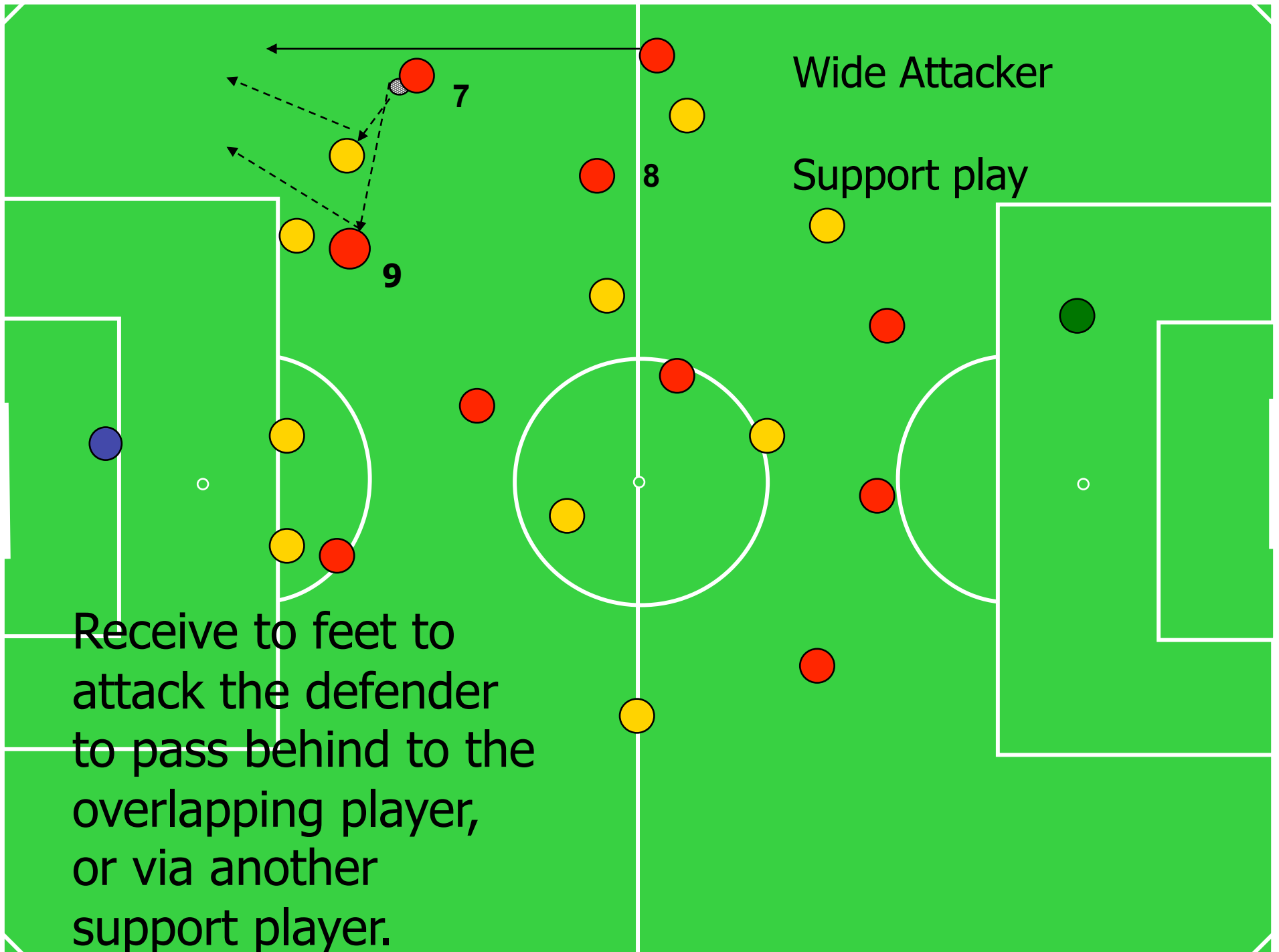
Combination play
with support players
– MF, CF, FB often 1
touch.

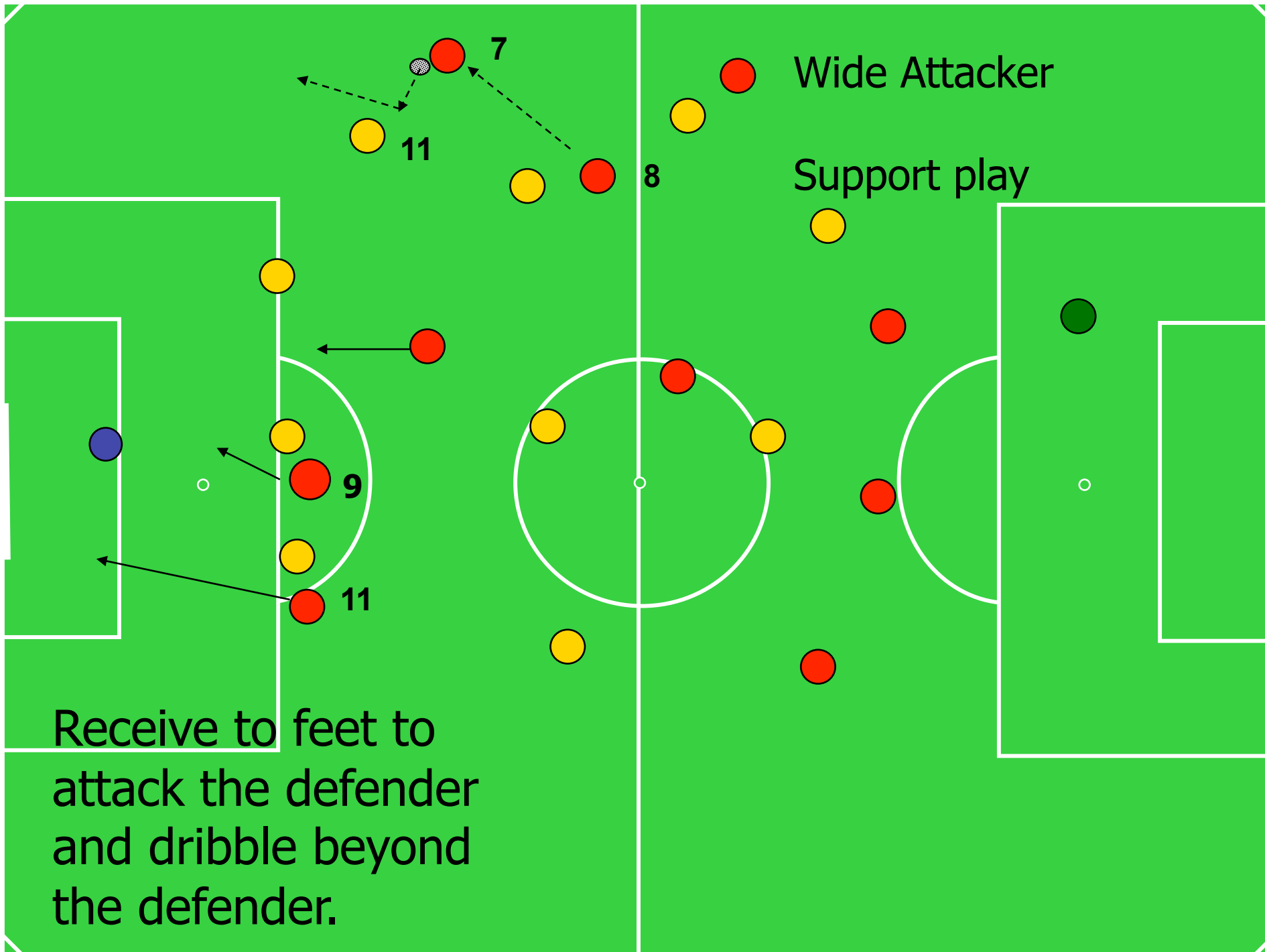
Wide Attacker

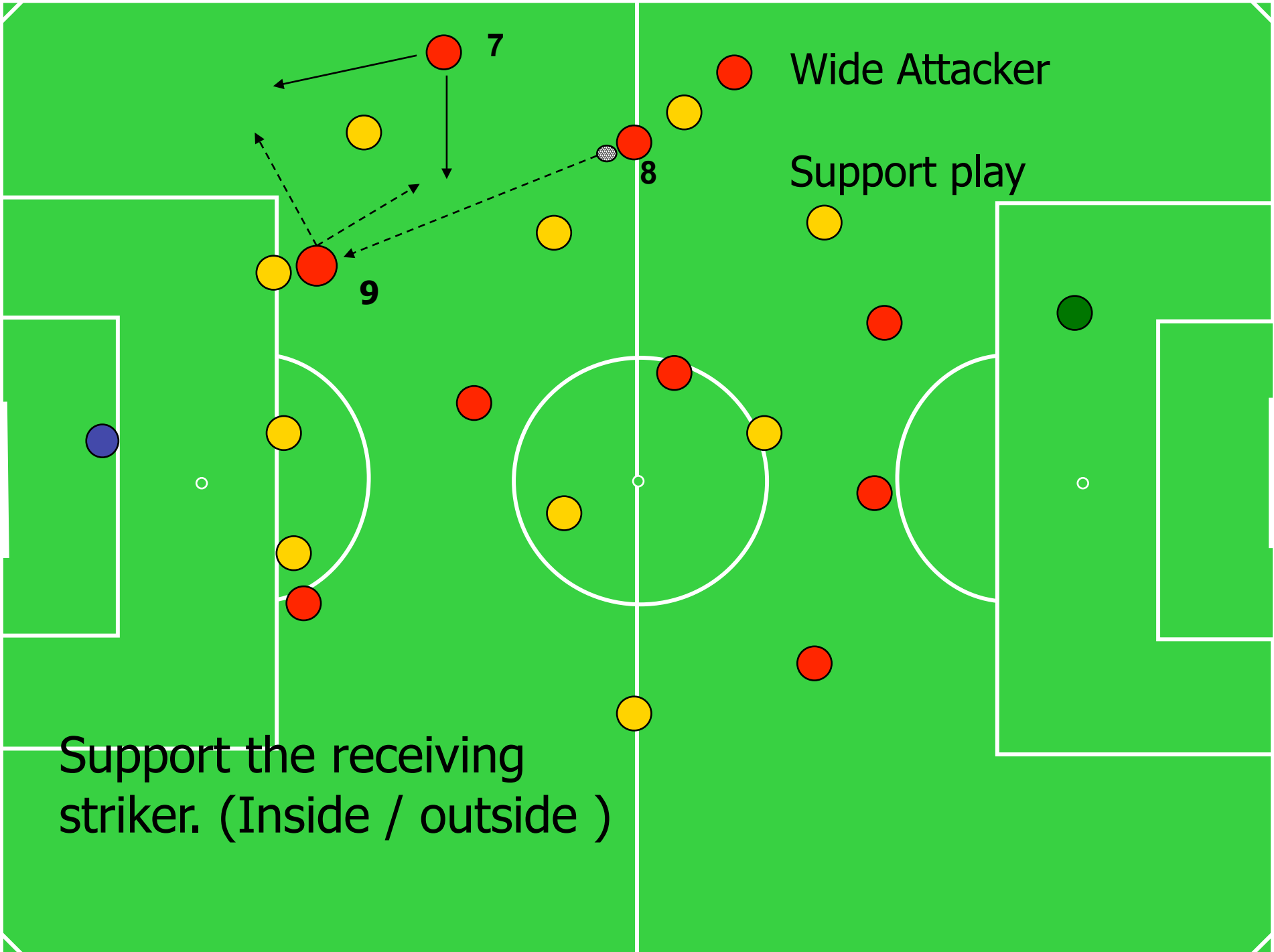
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Wide Attacker

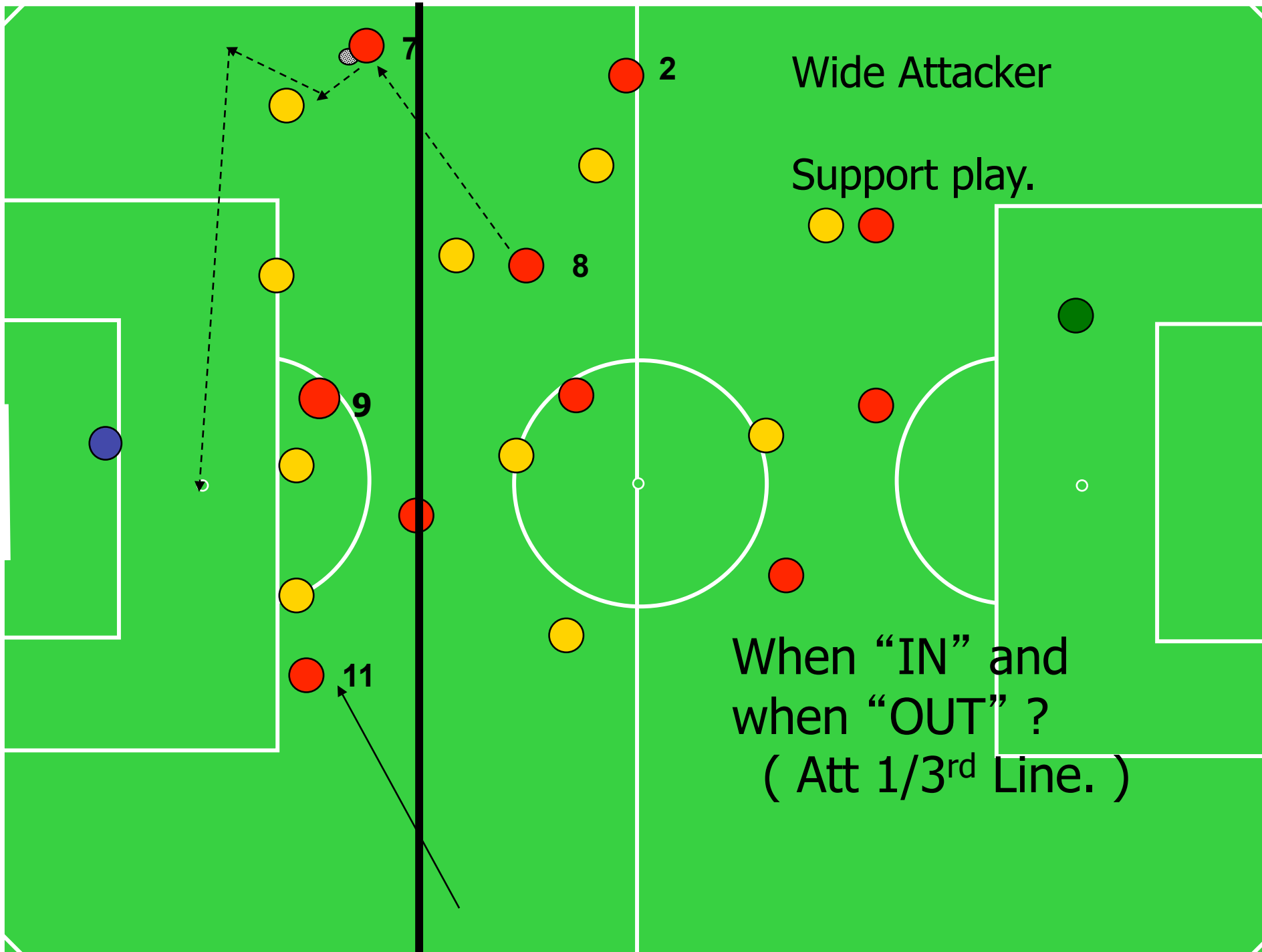
Support play

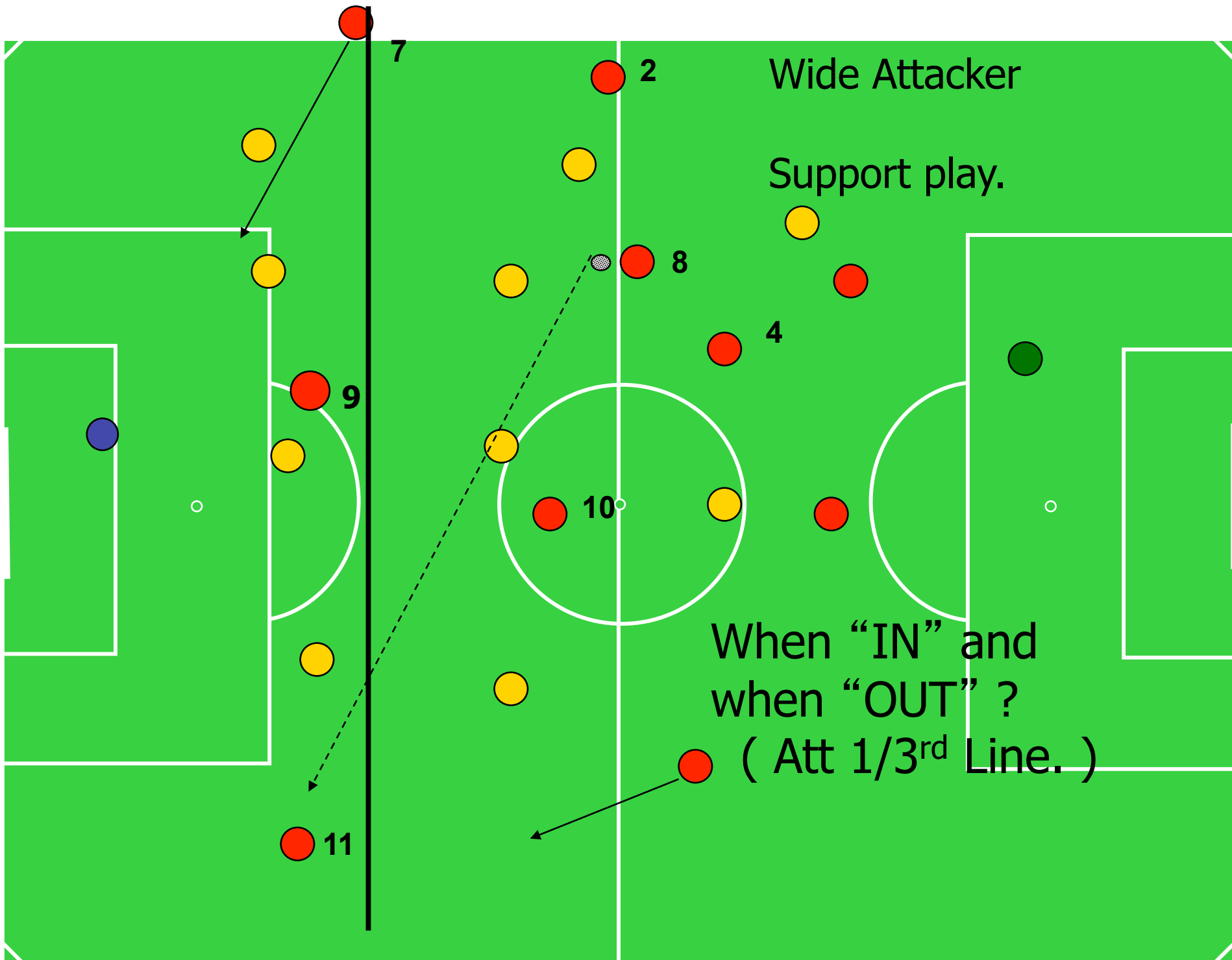
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Support the receiving striker. (Inside / outside)





Wide Attacker

Support play.

When "IN" and
when "OUT" ?
(Att 1/3rd Line.)

7

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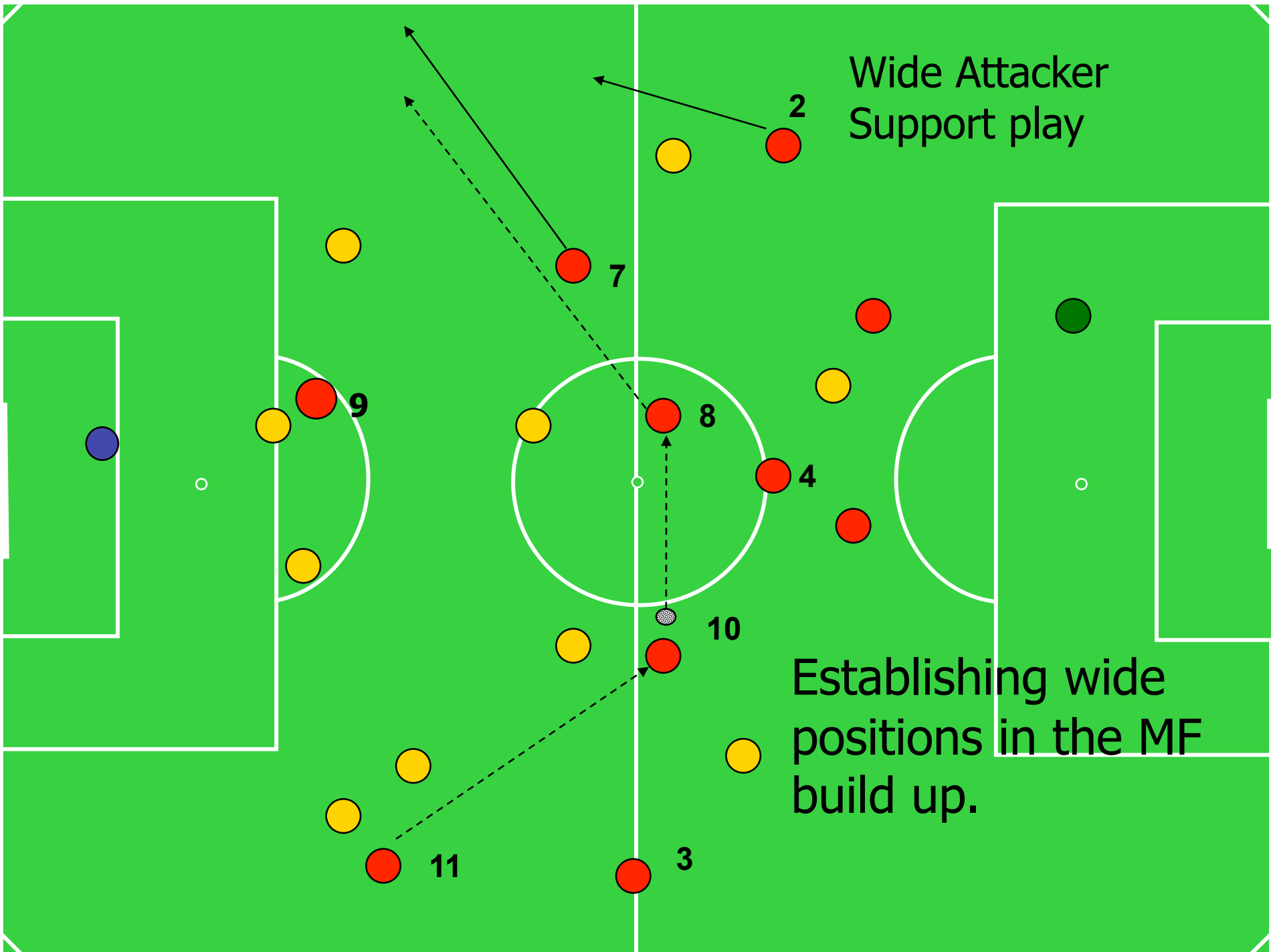
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Wide Attacker
Support play

Establishing wide
positions in the MF
build up.

ATTACKING PLAY

OFF THE BALL. In 4 3 3 .

Winger/Wide attacker.(7/11)

- Opportunities to **inter-change and rotate** with the FB and WMF players with CB's and FB's in possession.
- Opportunities to break **behind the FB** whenever possible to receive.
- **“Movements”** to be a receiver behind/in front of the defence.(Get “free”)
- **Support the receiving CF** “under” or to back of the defence for 1 touch passes.
- Into **goal-scoring positions** in the box especially.
- Runs to **become a striker centrally** (when ?)
- **Runs to let other players** (FB) into space created.

WINGER

BEHIND !!

- Movement to receive behind the full-back.
- Behind the full-back on receiving;
 - 1 touch to self.
 - 1 touch with others.
- Behind the full-back off the “dribble”.(1-2 or alone.)
- Drive infield-expose the defence behind the back line.
- Cross behind.
 - early against recovering defence.
 - far-post against recovered defence.
 - pull-back cross behind DF’s drawn to ball.
- Finish crosses behind the defence at far post!

MENTAL QUALITIES

AWARENESS

- a)of opponents position and movements.
- b)of ball speed/flight.
- c)team-mates positioning/movements
- d)options available.
- e)"state of the game".

MENTAL QUALITIES

COURAGE

- a)to play when physically “man-marked”.
- b)to repeatedly “attack” the opponent.
- c)to eliminate the FB on the “outside” and “inside”.
- d)”tracking” FB’s forward runs/recovery runs.

MENTAL QUALITIES

AGGRESSION

- a) "squaring-up"
- b) attacking the FB positively and often.
- c) in the penalty box to score or create.
- d) "pressing"
- e) recovery runs/covering the full- back.

MENTAL QUALITIES

CONCENTRATION

- a) on the likelihood of receiving the ball.
- b) on the 1st touch.
- c) on “option” selection.
- d) on the delivery. (pass, cross, strike.)
- e) if “redundant” for long periods.

MENTAL QUALITIES

CREATIVITY

a)to answer “questions”!

b)to pose problems-technically.

-tactically.

c)to participate in “inter-change”/”rotation”.

etc.etc.etc.etc.

CROSSES THAT PRODUCE THE GOALS

- 43% of crosses were delivered from the left side.
- 57% of crosses were delivered from the right side.
- 5% of goals resulted from a cross delivered from within 5yds of the touch-line.
- 15% of goals resulted from a cross in a 5yd channel, at least 5yds from the touch line.
- 52% of goals resulted from a cross delivered from an area 5yds either side of the penalty box side line .

150 goals from
1st class matches
in Europe

DISTANCE FROM GOAL-LINE

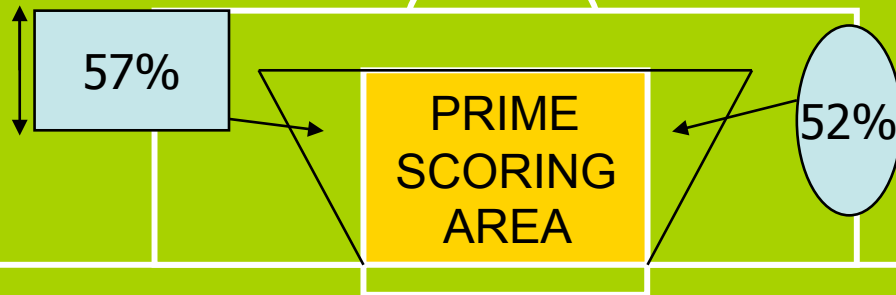
- 13% of goals resulted from crosses delivered from further than 18yds from the goal-line.
- 57% of goals resulted from crosses delivered from between 6-18yds from the goal-line.
- 30% of goals resulted from crosses delivered from within 6yds of the goal-line.

57% goals from crosses delivered from 6 – 18 yds from goal

52% goals scored from deliveries from 5 yds either side of penalty box side – line.

1 In 8 crosses produce a goal if player can make contact with the cross

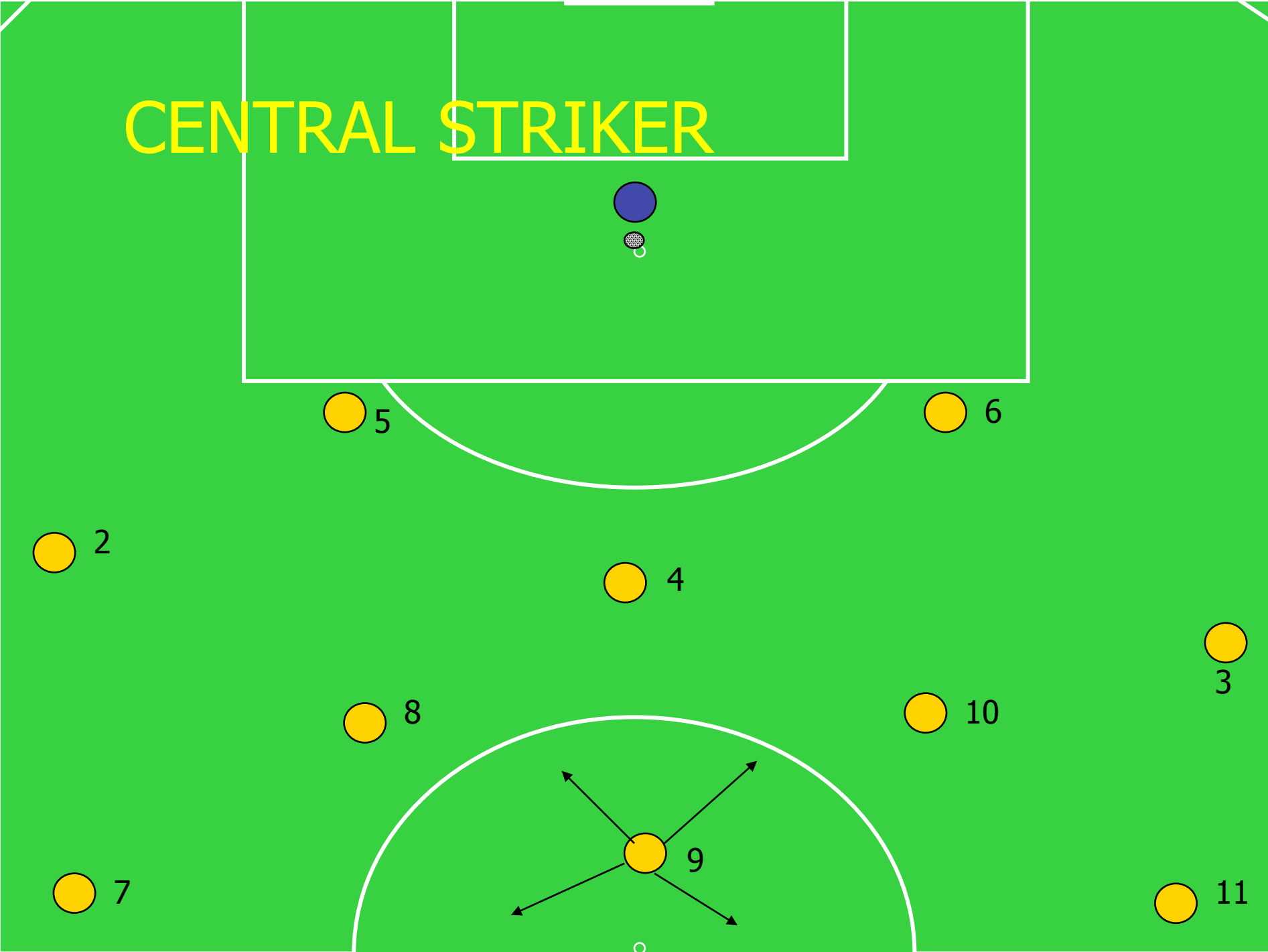
1 in 5 goals are scored from crosses if the player can strike at goal.



PRIME DELIVERY AND SCORING AREAS FROM CROSSES

STRIKER

CENTRAL STRIKER



EFFECTIVE STRIKERS

- Scores goals.
- Can play both sides of the defence.
- Make themselves “available” anywhere/anytime.
- Can receive and retain possession under pressure.
- Plays for others as well as self.(Off the ball work)
- Brings others into the game consistently.
- Can choose and employ the “appropriate” finishing skill.
- Expect and believe they will score.
- Defends for the team.
- **OTHERS??**

ROLE / FUNCTION

- **OPERATE AS THE MOST FORWARD OF ATTACKING PLAYERS BOTH IN FRONT AND BEHIND THE REAR DEFENSIVE LINES OF THE OPPOSITION**
- **ASSESS AND MOVE INTO GOAL-SCORING POSITIONS, USUALLY WITHIN THE PENALTY BOX WHENEVER THERE IS A CHANCE OF THE BALL BEING DELIVERED THERE**
- **SCORE GOALS**
- **CREATE GOAL-SCORING OPPORTUNITIES FOR COLLEAGUES THROUGH INTELLIGENT MOVEMENT, SUPPORT PLAY AND ACCURATE DISTRIBUTION SKILLS**
- **BE A PERSISTENT OUTLET FOR DEFENDING AND MIDFIELD PLAYERS IN POSSESSION**
- **CONTROL AND RETAIN POSSESSION OF THE BALL TO ENSURE THAT ATTACKING PLAY CONTINUES WITH MOMENTUM (IF POSSIBLE) THROUGH EFFICIENT PASSING SKILLS**
- **DELAY AND CONTAIN ATTACKING BUILD-UP PLAY AMONGST OPPOSITION DEFENDERS**

RESPONSIBILITIES

- **BE INSIDE OR CLOSE TO THE GOAL-SCORING AREAS WHEN THERE IS A CHANCE OF THE BALL ARRIVING**
- **SCORE AT THE RATE OF 1 GOAL PER 2 GAMES PLAYED AVERAGE E.G.,**

PUSKAS	- HUNGARY - 84 GAMES - 83 GOALS =	99%
BATISTUTA	- ARGENTINA - 64 GAMES - 47 GOALS =	73%
SHEARER	- BLACKBURN - 170 GAMES - 130 GOALS =	77%
RONALDO	- BRAZIL - 43 GAMES - 29 GOALS =	67%
VIERI	-- INTER-MILAN-25 games-22 GOALS=	88%
- **SHOW INTELLIGENTLY FOR PASSES FROM TEAM MATES**
- **BE FIRST TO THE BALL**
- **RECEIVE AND HOLD THE BALL EFFECTIVELY**
- **“LINK” THE PLAY WITH ACCURACY, VARIETY AND ‘VISION’**
- **ATTACK THE SPACES BEHIND AND TO THE SIDE OF DEFENCES AND DEFENDERS**
- **APPLY PRESSURE TO THE BALL HOLDER AND/OR FILL IMPORTANT SPACES ON DEFENDING AGAINST OPPOSING BACK PLAYERS**

STRIKER-SCORING RATES

- PUSKAS----0.99
- PELE ----0.91 (98 goals in 104 Internationals.)
- CRUYFF----0.69
- EUSEBIO---0.64
- SEELER-----0.60
- Van NISTELROY----0.85(31 goals in 36 Euro games.)
- KEZMAN----0.93 (105 goals in 112 games for PSV.)
- Van NISTELROY (150 goals in 219 games MUFC)

- GERD MULLER 1.1 per game.(68 in 62 games)
- SANDOR KOCSIS 1.1 per game(75 in 68 “ ”)

ATTACKING PLAY

STRIKER in possession in 4 3 3.

- Turn off the 1st touch.
- Early “touch off” by CF for MF runners especially and other attackers (7&11)
- “Body-work” to retain possession or “lose” a tight marker.
- “Link” the play accurately over varied distances.
- “Set-up” others with head, body and feet.
- “SCORE” at rate of 1 goal per 2 games. (1 in 1 ?)
- “Show” (in front/behind), secure, set-up, surprise, supply, score.

ATTACKING PLAY

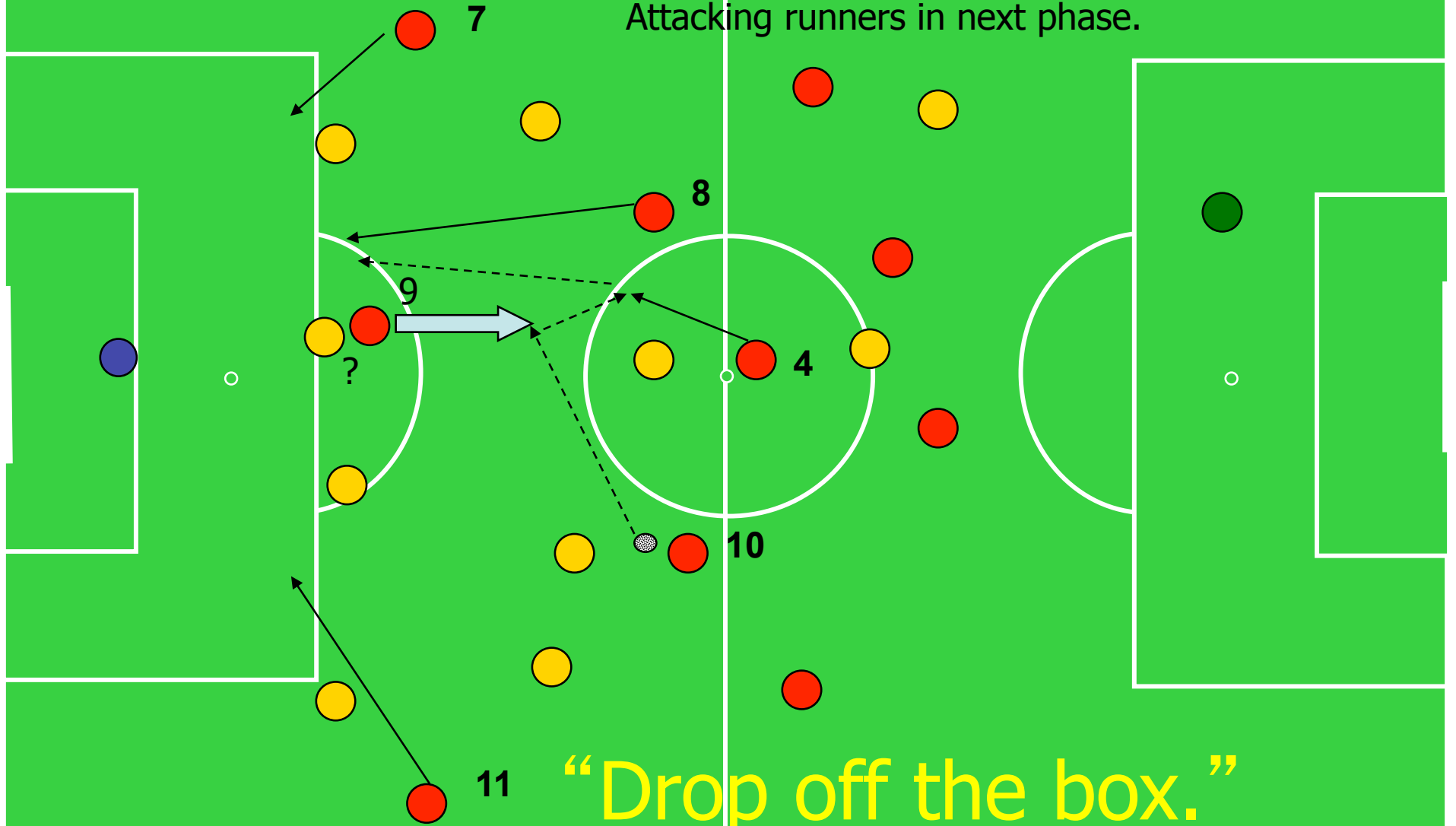
OFF THE BALL.

Central Striker(9)

- Movement to be **nearside target** (CB,FB,W in possession-in front / behind.)
- Movement to be “**diagonal target**”. (Pull-off’s etc)
- Movement **deep into MF** to receive.(Back 4 in possession)
- **Drop off the front** to be a receiver e.g from W.
- Movement **into goalscoring positions** in the box
- **Movement around the box –for others** and self.
(e.g. “Rush” runs, be a wall.etc.)
- ALWAYS “SHOWING” for passes- (**W.W.W.com !**)

Around the box.

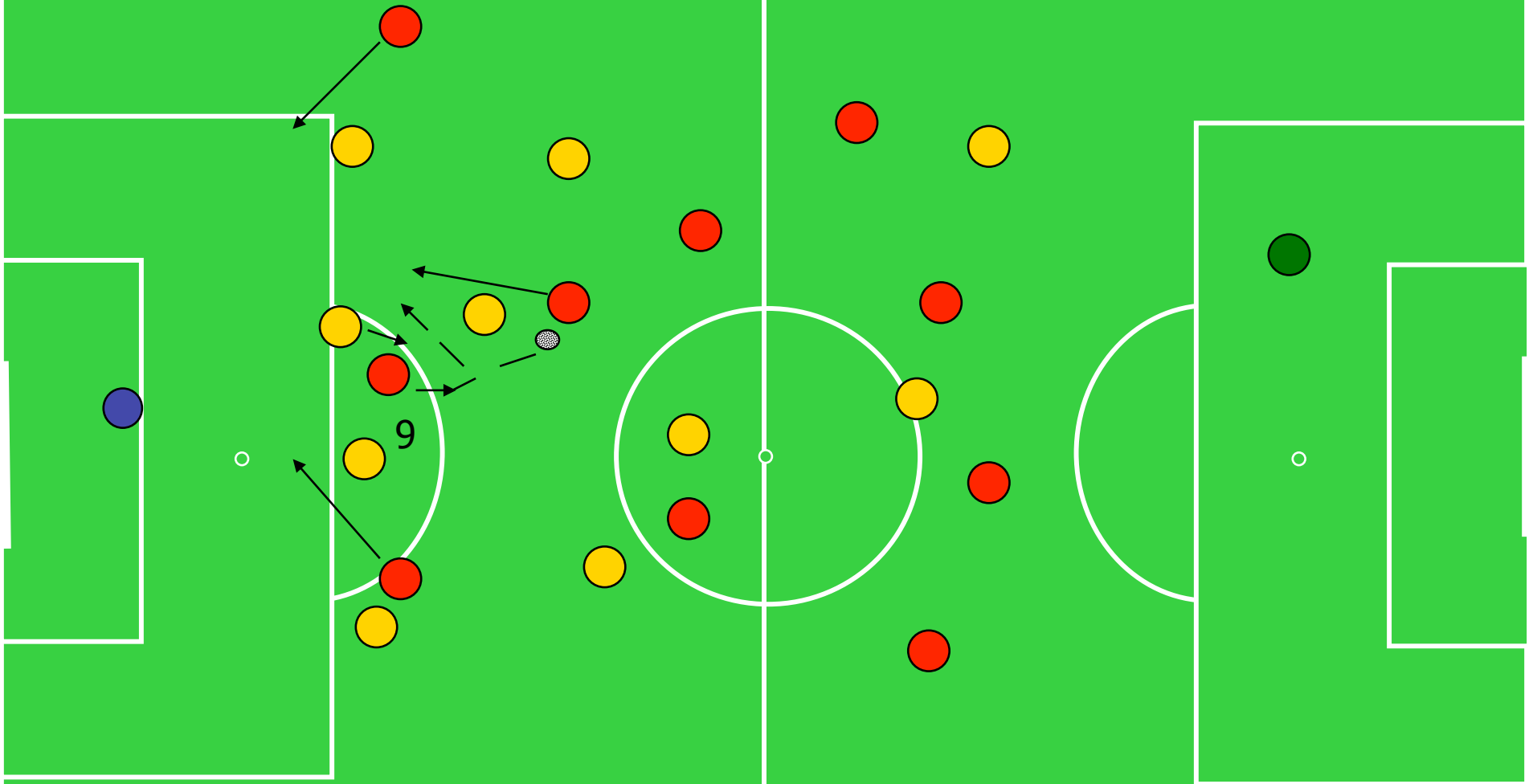
No: 9 Turn & supply
OR
Receive & set up the support.
Attacking runners in next phase.



“Drop off the box.”
(When, Where, Why, How ?)

Around the box.

Drop straight off the CB's !

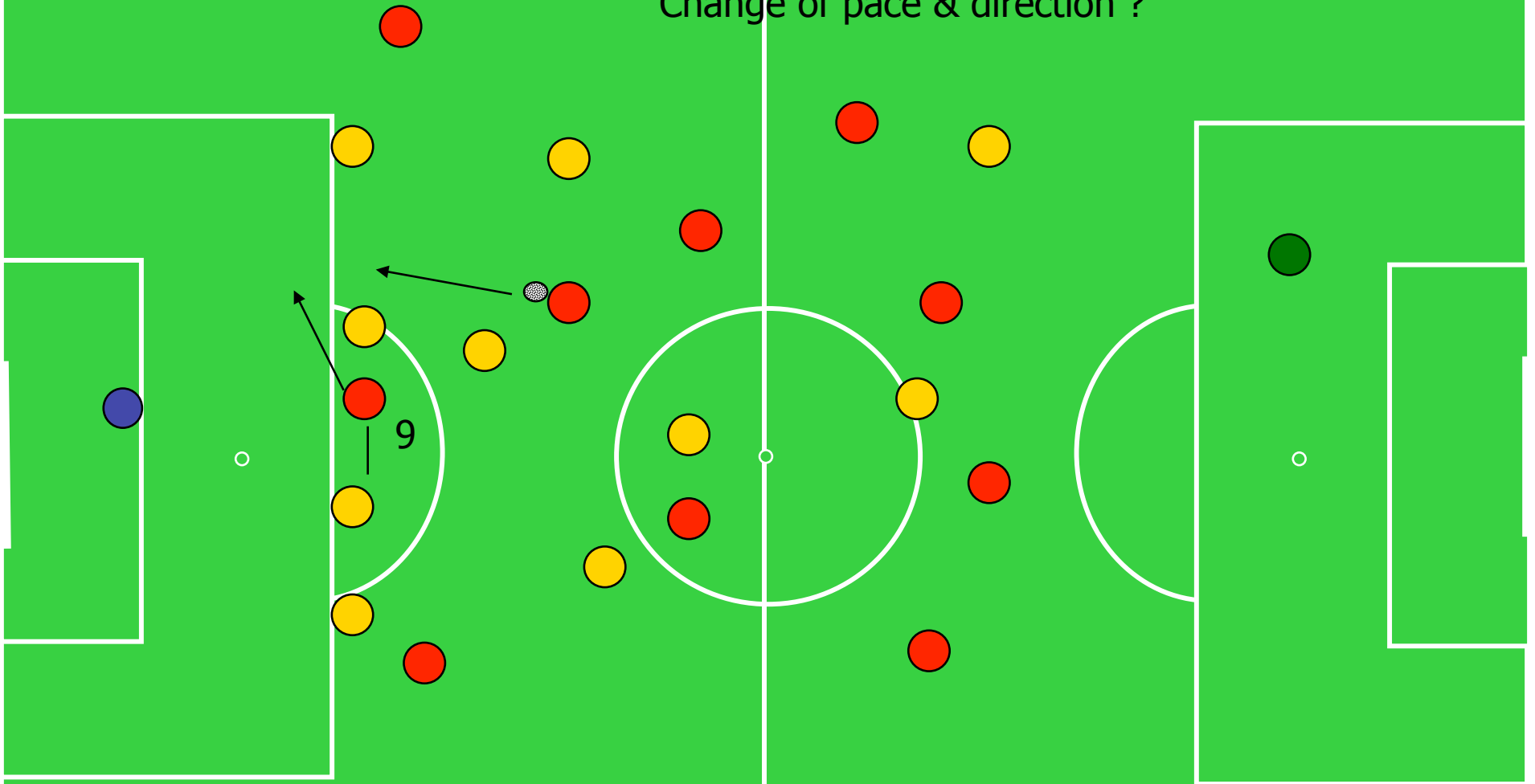


Delivery Qualities ?

A "wall" around the box
(When, Where, Why, How ?)

Around the box.

Timing and “awareness” before the diagonal run.
Change of pace & direction ?

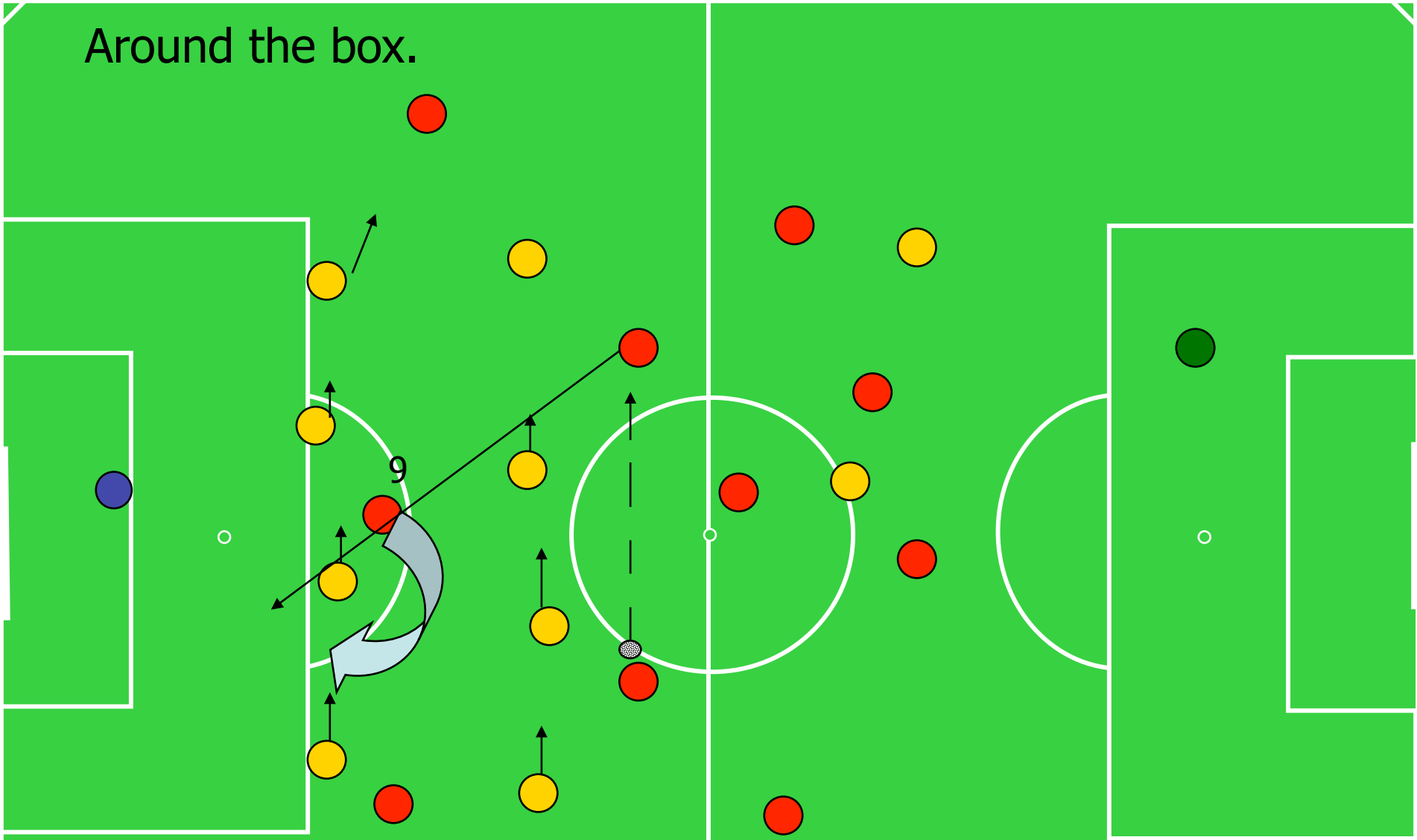


Delivery Qualities ?

Diagonal “darts”.

(When, Where, Why, How ?)

Around the box.

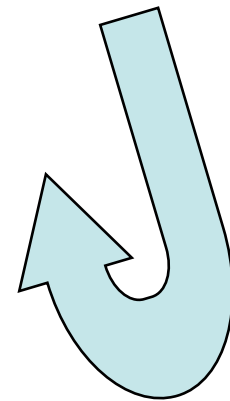
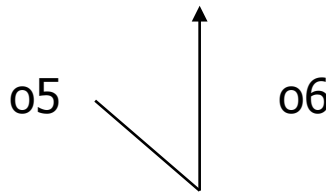


“Against the flow.”
(When, Where, Why, How ?)

MOVEMENT

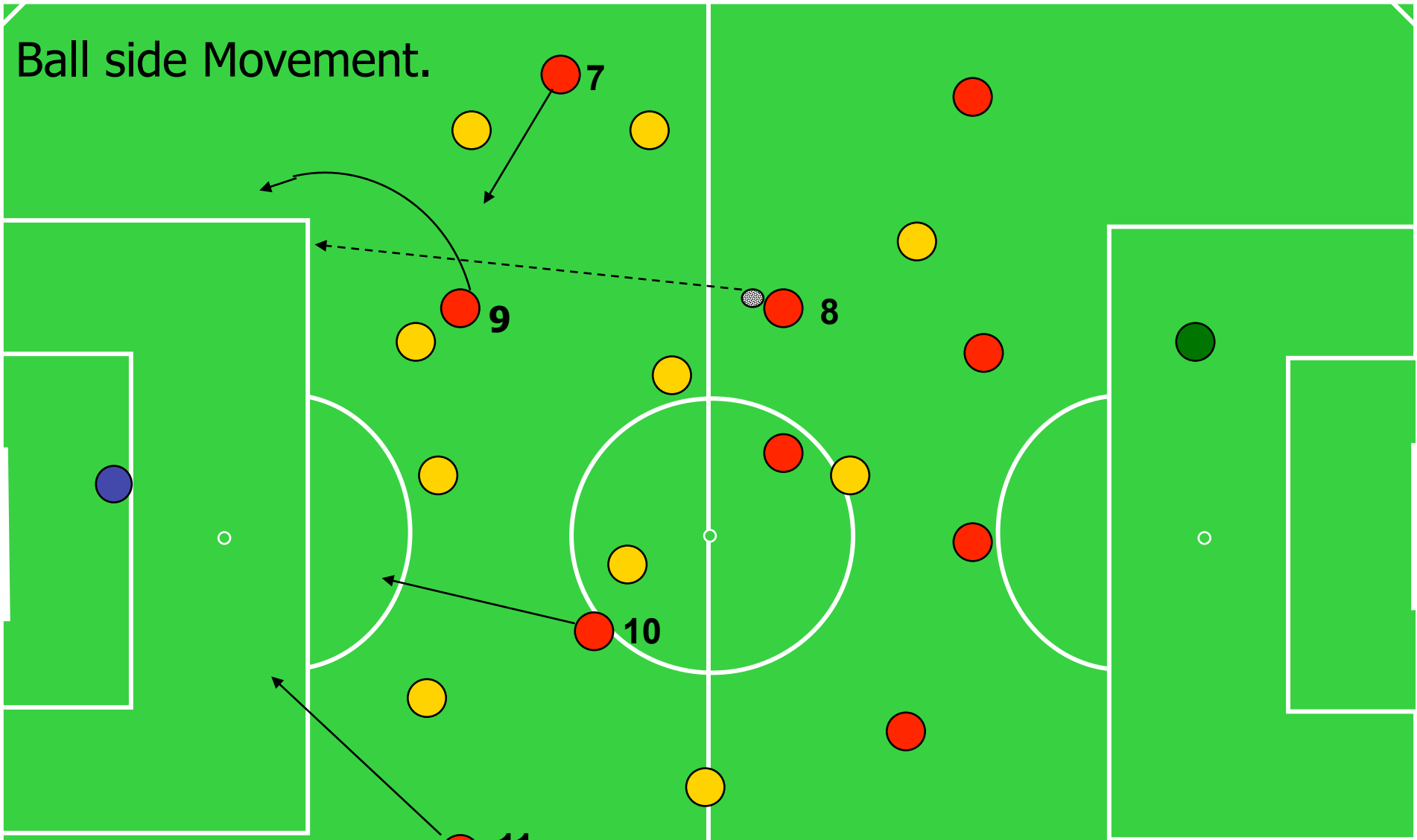
BALL SIDE MOVEMENTS.

- Come and spin away.
- Del Piero (U.S.A football !)
- Step and go.



(Changes of speed,direction and stride cadence.)

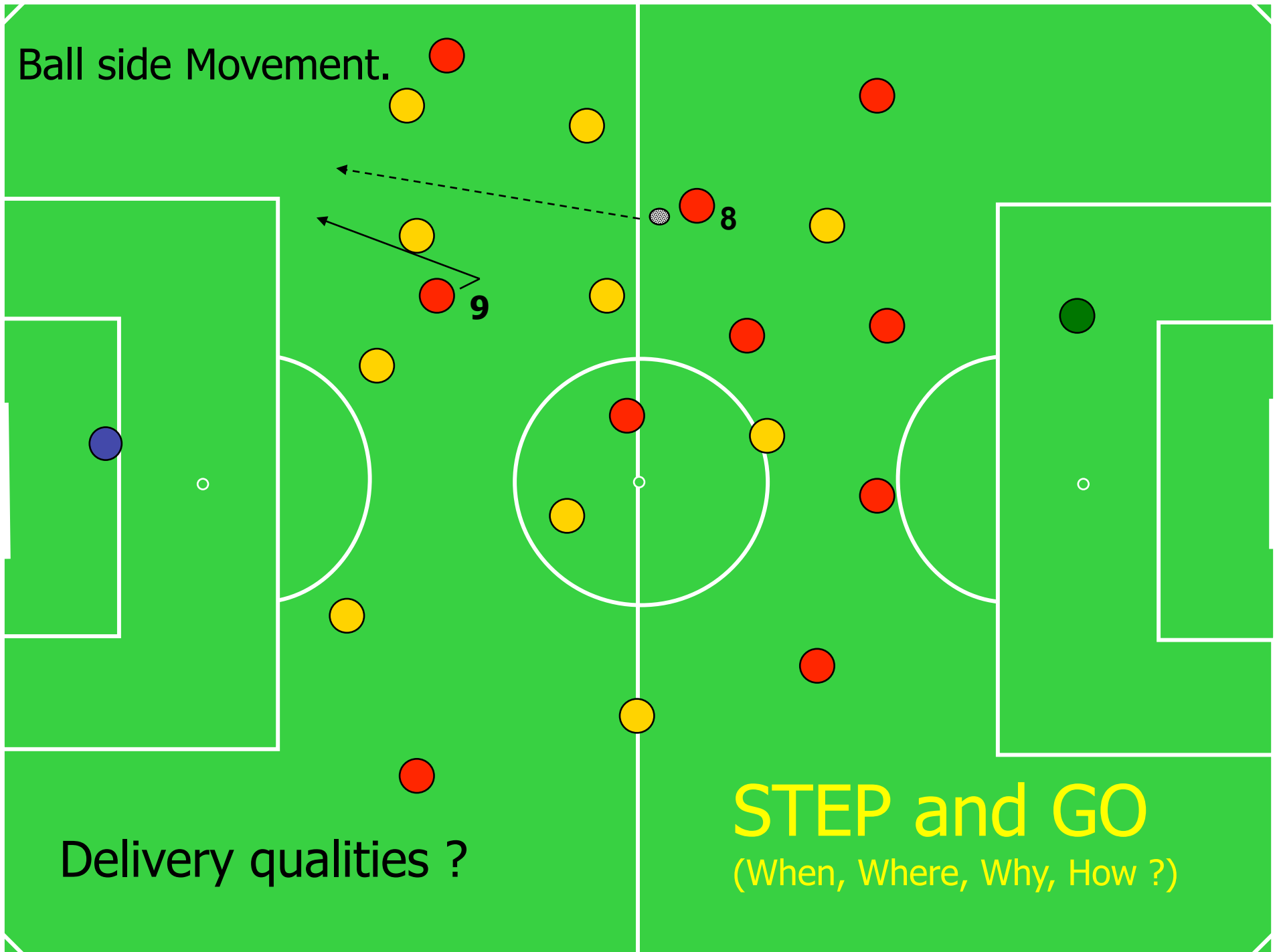
Ball side Movement.



Delivery Qualities ?

Pull and spin.
(When, Where, Why, How ?)

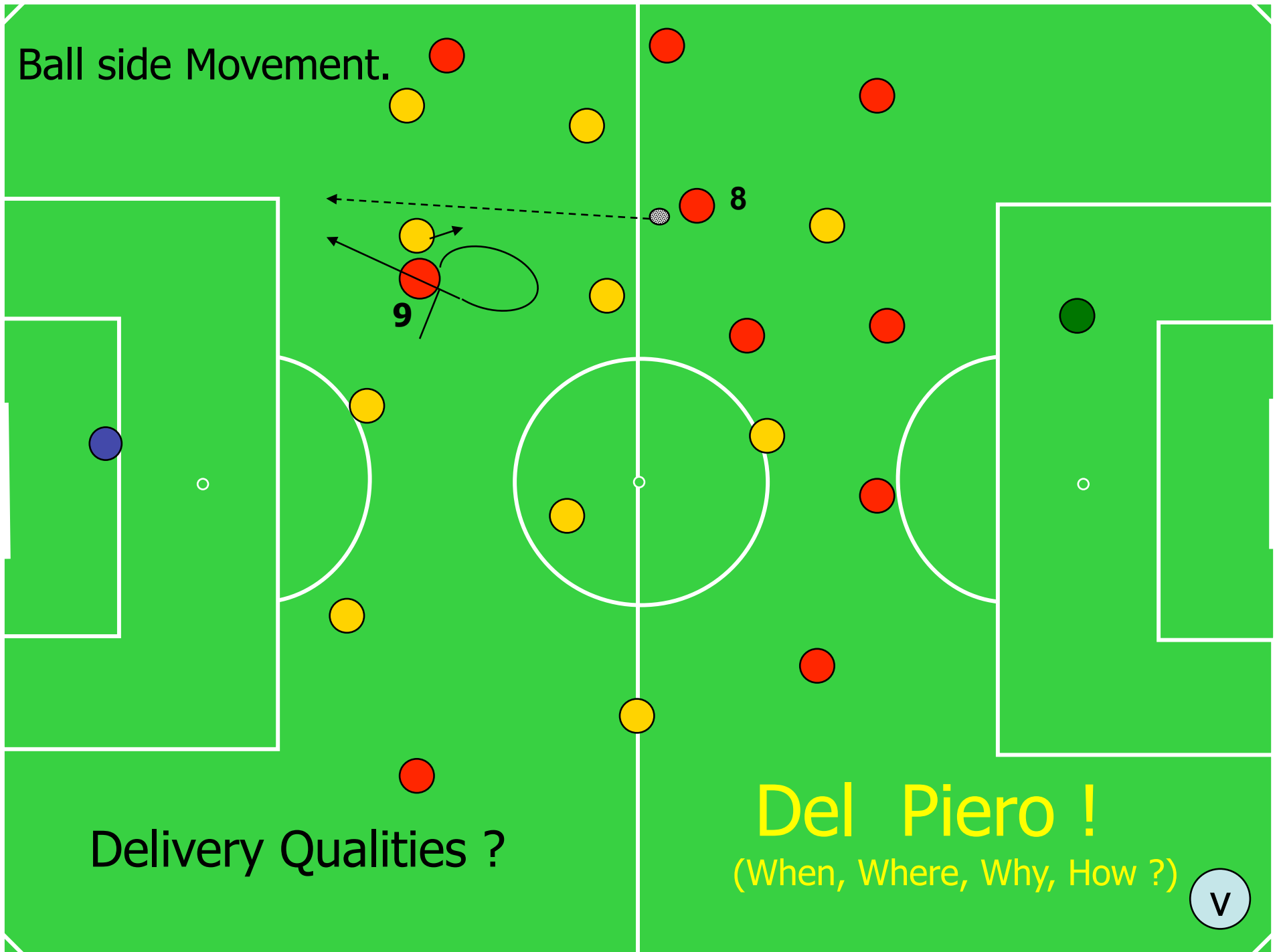
Ball side Movement.



Delivery qualities ?

STEP and GO
(When, Where, Why, How ?)

Ball side Movement.



Delivery Qualities ?

Del Piero !
(When, Where, Why, How ?)



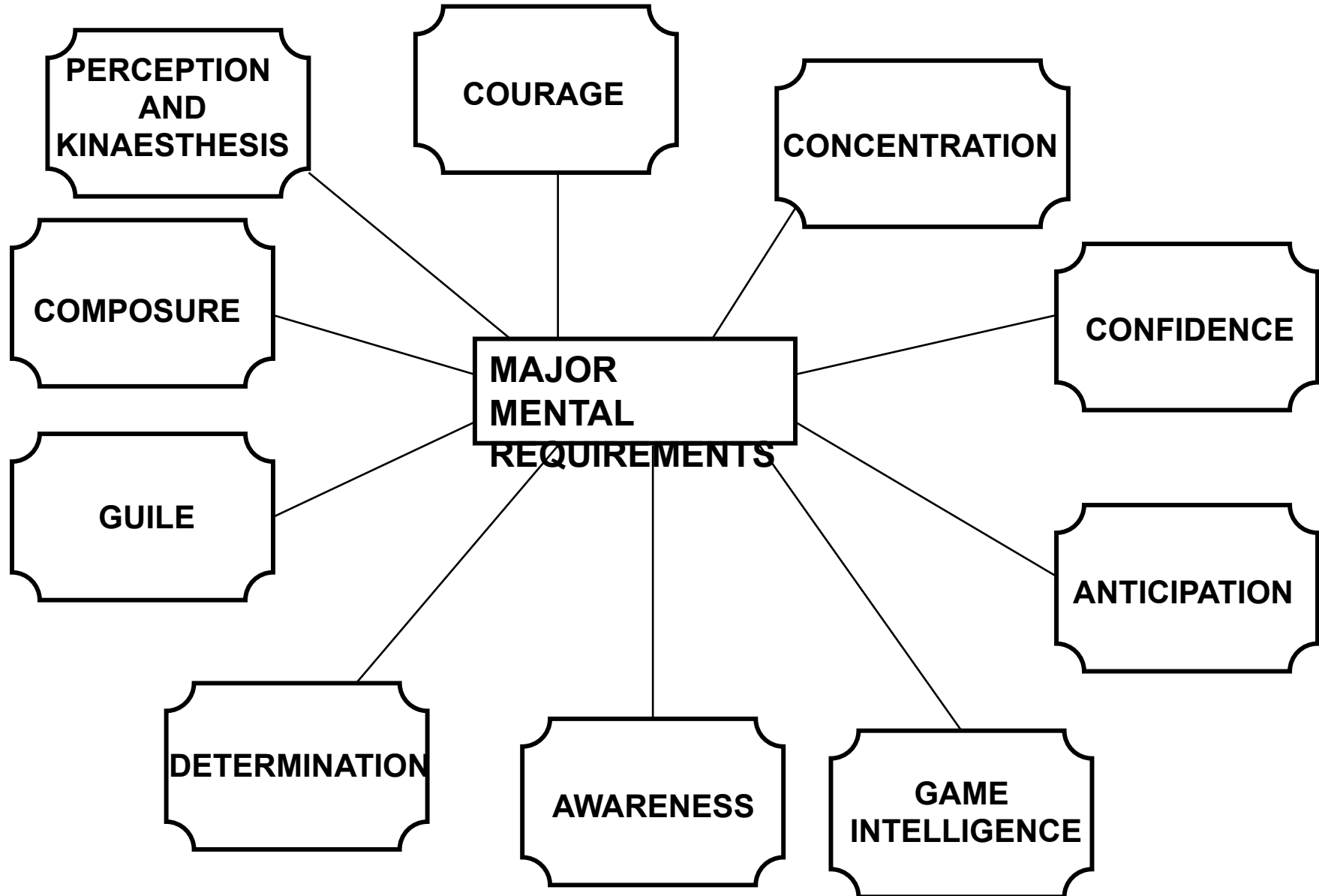
STRIKER- Technical.

- “Bodywork” to retain the ball when under pressure.
- Turning with the ball (Turning repertoire.)
- Receiving the ball on runs towards goal at speed.
- Clever, calculated “movement – runs” to elude defenders.
- Passing under pressure from behind. (Varied distances and disguised.)
- “Laying off” passes with minimal touches.
- Deceiving opponents before turning or releasing the ball.
- “Combination plays” in approach situations.
- Short range passing in / around the penalty box.
- “Chest and headwork” when passing.
- Long range striking at goal-30 yds.
- Striking at goal with minimal touches off diagonal and “spin” type runs. (all runs made at speed.)
- Deceiving opponents before and on striking at goal.
- “Clever” scoring skills.
- ALL SCORING SKILLS in and around the penalty box.
- Evading marking players.
- “Showing and Containing” opponents in possession.
- Pressing opponents in possession.

SKILLS

- **LOSE TIGHT – MARKING DEFENDERS**
- **MOVE DEFENDERS AWAY FROM HIGH PRIORITY DEFENDING POSITIONS AND ROLES**
- **SUPPORT TEAM MATES AROUND THE PENALTY BOX AND IN DEEP POSITIONS**
- **EFFICIENT RECEIVING AND BALL HOLDING SKILLS UNDER PRESSURE**
- **TURNING SKILLS**
- **EFFECTIVE 1V1 SKILLS**
- **EFFICIENT AND IMAGINATIVE DISTRIBUTION SKILLS WITH 1 TOUCH WHEN APPROPRIATE(including wall-passes)**
- **ALL GOAL-SCORING SKILLS USING 1 TOUCH ON DEMAND**
- **‘SPLITTING’ AND CONTAINING SKILLS**

MAJOR MENTAL REQUIREMENTS



COURAGE

- **Physical bravery**
- **Decision making**
- **Persistence to keep striking (Shearer)**
- **Always available**
- **Always involved**
- **To be first to the ball**
- **Positional/movement errors in learning about the defenders**
- **To chase and defend**

CONCENTRATION

- **On the game developments (wide focus)**
- **On personal performance (narrow focus)**
- **On individual game situation (narrow focus)**
- **On opponents qualities, attributes etc**
- **Always in the game, mentally**
- **State of the game and appropriate decisions**

CONFIDENCE

- **To do things 'early', especially striking at goal**
- **To entrust to innate abilities / developed abilities (letting go)**
- **To make positional and movement decisions**
- **To continue to strike after numerous failures**

ANTICIPATION / EXPECTANCY

Expectancy that the ball will arrive, therefore, body, feet preparation

- Errors from opponents
- Opponents positioning and likely activity
- Read the game flow
- Mental alertness

INTELLIGENCE

- Assess opponent's skills, strengths, priorities and likely actions
- Read the defence – personnel, tactics
- State of the game
- State of the 'situation'
- Understand the passes
 - a) Intention
 - b) Capabilities
- See, remember situations – for later!
- Knowledge of space and its importance
 - how, when to create space for self
 - how, when to create space for others
 - stand still!
 - hold space
- Knowing how, where to receive possession – individual movements against the opponent
- Timing of movement

AWARENESS

- Opponents position, movement speed, intent, stance
- Possibilities from the situation
- Positioning, movement, intentions of support players and opponents
- Of own abilities – strengths, short-comings – and how to be effective

DETERMINATION

- Controlled and intelligent physical presence
- Decisional positiveness
- To be the 'first' to the ball

GUILE

- Feint movements -To get a head start over opponents
 - On receiving the ball
 - In possession of the ball
- Setting-up markers - Dummy movements
 - Pushing onto defenders
 - Dropping off defenders
- Stand!
- Knowing how/when to use attributes 'sparingly' to advantage
- Conceal intentions as long as possible
- Observing the defenders actions, reactions
- Appear, disappear from play
- Doing the unexpected
- Use of head, eyes, body

COMPOSURE

- Under physical 'duress' from opponents
- In all skills, especially 'scoring', 'goal-creating', touch
- To think ahead and think imaginatively
- T.C.U.P.

PERCEPTION / KINAESTHESIS

- Acute knowledge of - Location of goal
 - Position / movement of GK
 - Likely actions of defenders
 - Position/ movements of support players
-
- Body position during performance
 - 'Insight' with likelihood of ball arriving
 - What defenders don't want!!

MAJOR TECHNICAL AND TACTICAL SKILLS

LOSING OPPONENTS

- **Stand still – accelerate**
- **‘between’ zonal defenders**
- **Individual movements to lose markers**
- **‘against the flow’ – lateral, vertical movement**
- **Disappear – reappear**
- **Encouraging the tightest off-marking – ‘spins’**
- **Moving blind-side of opponents**

FAKING

Before support runs

During support runs

On receiving possession - To pass but turn

To turn but pass

To shoot but pass

In possession

CONTROL

‘Touch’ solves all/most problems faced by receiving players

Never show enough of the ball to let the defender challenge for it

May only be allowed 1 touch on the ball

Variety of incoming service must be controlled and protected

MAKE SPACE / CREATE SPACE FOR SELF AND OTHERS

- **Hallmark of a great player**
- **Knowledge of moves and runs that defenders must react to**
- **Reading the game and moving accordingly for the benefit of self and others**

LINK PLAY

With 1 touch if required

Using a variety of skills

Measured in accuracy, pace, direction, distance

Vision and memory are vital

BODYWORK

On receiving

In possession

Hide and hold the ball

Screen and escape or create

DOING THE UNEXPECTED

In possession

Out of possession

Hiding intentions

SCORE

With 1 touch

Variety of techniques needed

From various distances and angles

SHADOW STRIKER

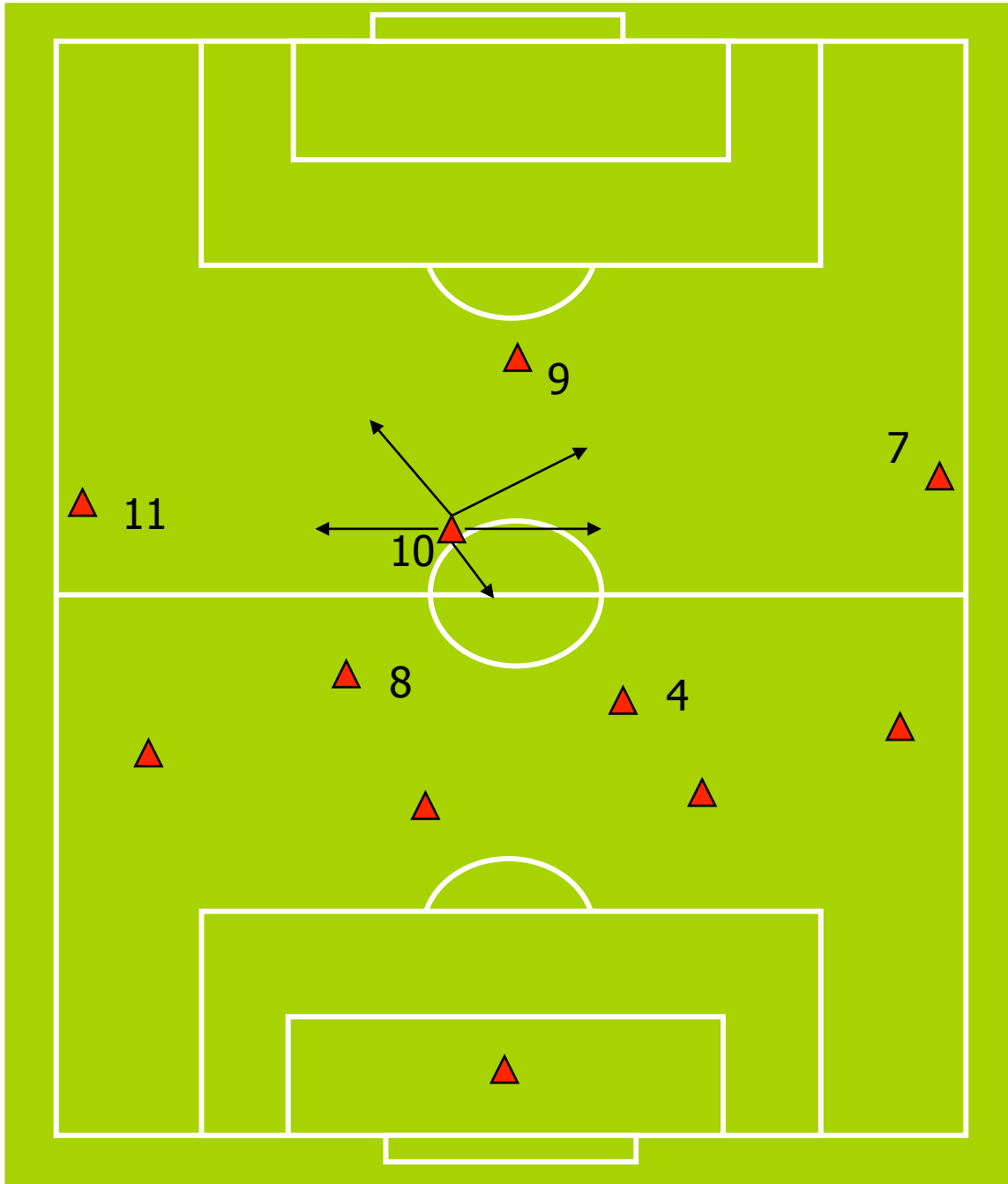


"QUARTERBACK !"

SHADOW STRIKER

WHO??

- Gianfranco Zola. (Chelsea)
- Denis Bergkamp. (Arsenal & Holland)
- Paul Scholes. (Manchester United)
- Patrick Kluivert. (Holland)
- Georgi Kinkladze. (Manchester City&Georgia)
- Teddy Sheringham. (England)
- Roberto Baggio. (Italy)
- Peter Beardsley. (Newcastle United)
- Nandor Hidegkuti. (Hungary-1953!!)



SHADOW STRIKER

4 3 3
INVERTED MIDFIELD

SHADOW STRIKER

How to position a player “free!” in front of
the last line of a defence?

- Play a “shadow” striker.
- Wide player move infield.
- MF/CF interchange.
- C f drop deep off the back line.
- “Break the midfield line.”

SHADOW STRIKER

Area of Operation

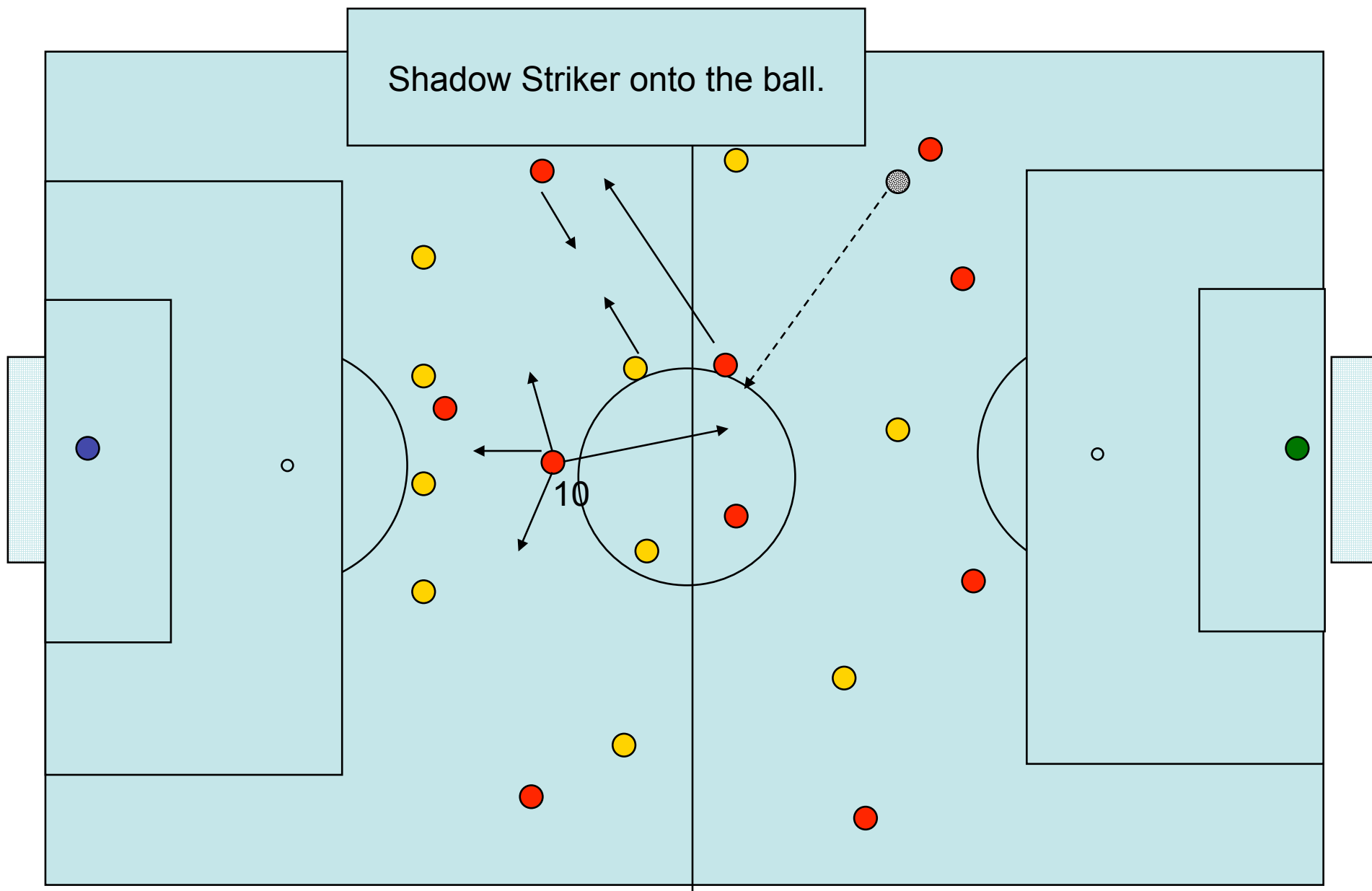
- Usually **between** MF and forward lines.
- Show **between** MF opponents.
- Usually the width of the penalty areas.

ROLE ?

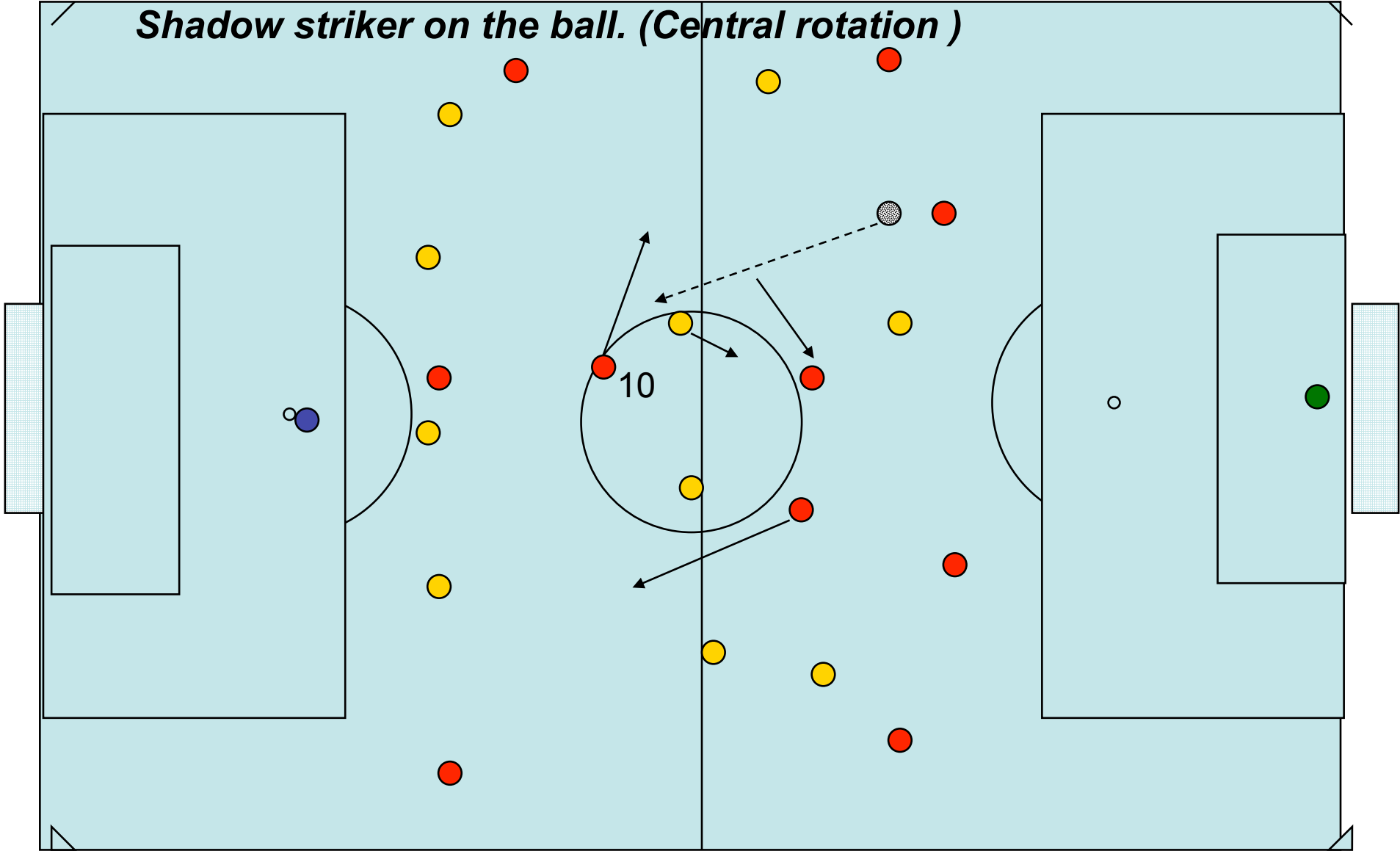
- Available !
- Creator of space and scoring chances.
- A “provider” for forwards.(Behind the defence especially.)
- Scorer-”second striker”
- “Link” player?
- Forward runner?

Ideal area for the
SHADOW STRIKER to
Collect the ball ?

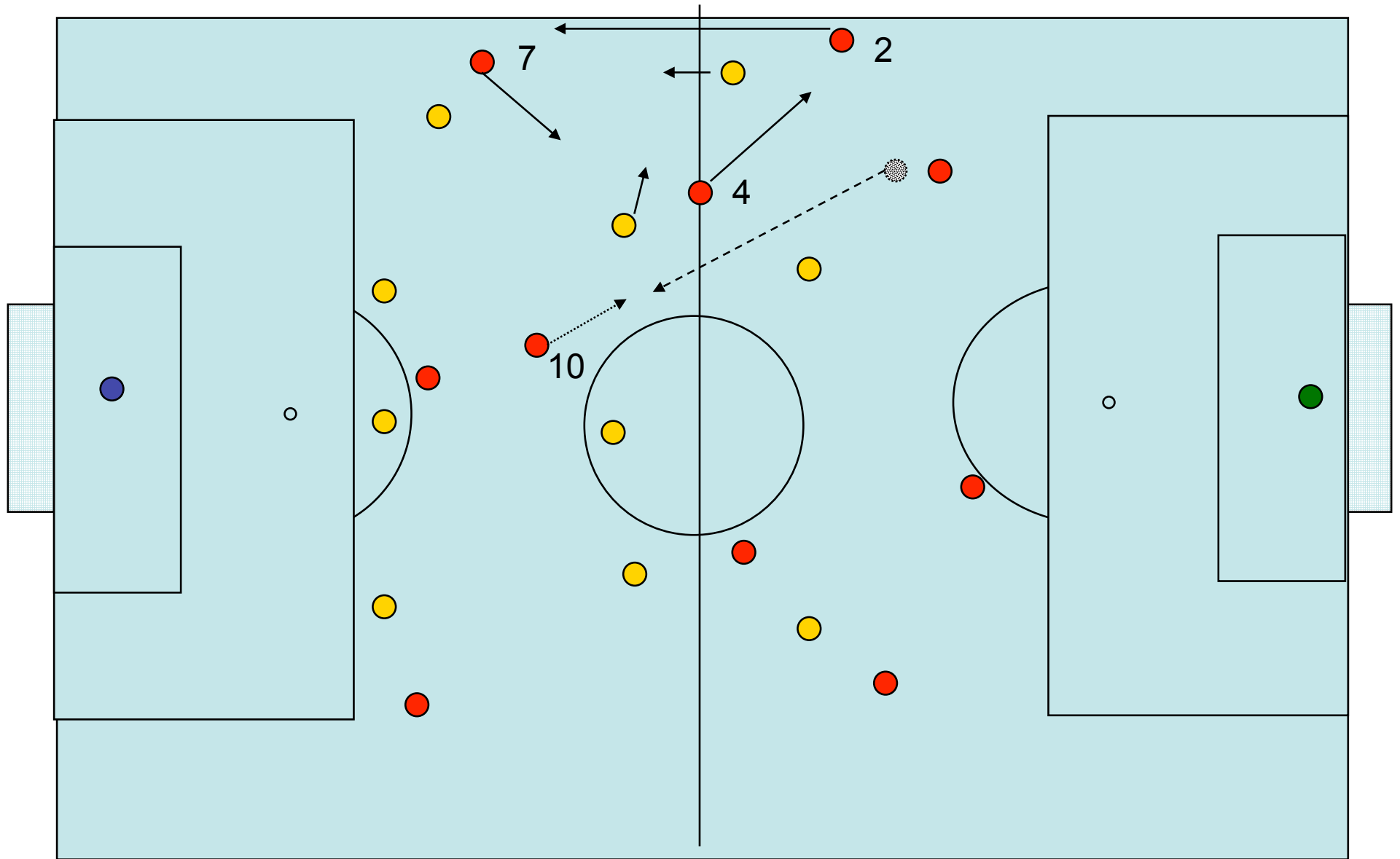
Shadow Striker onto the ball.



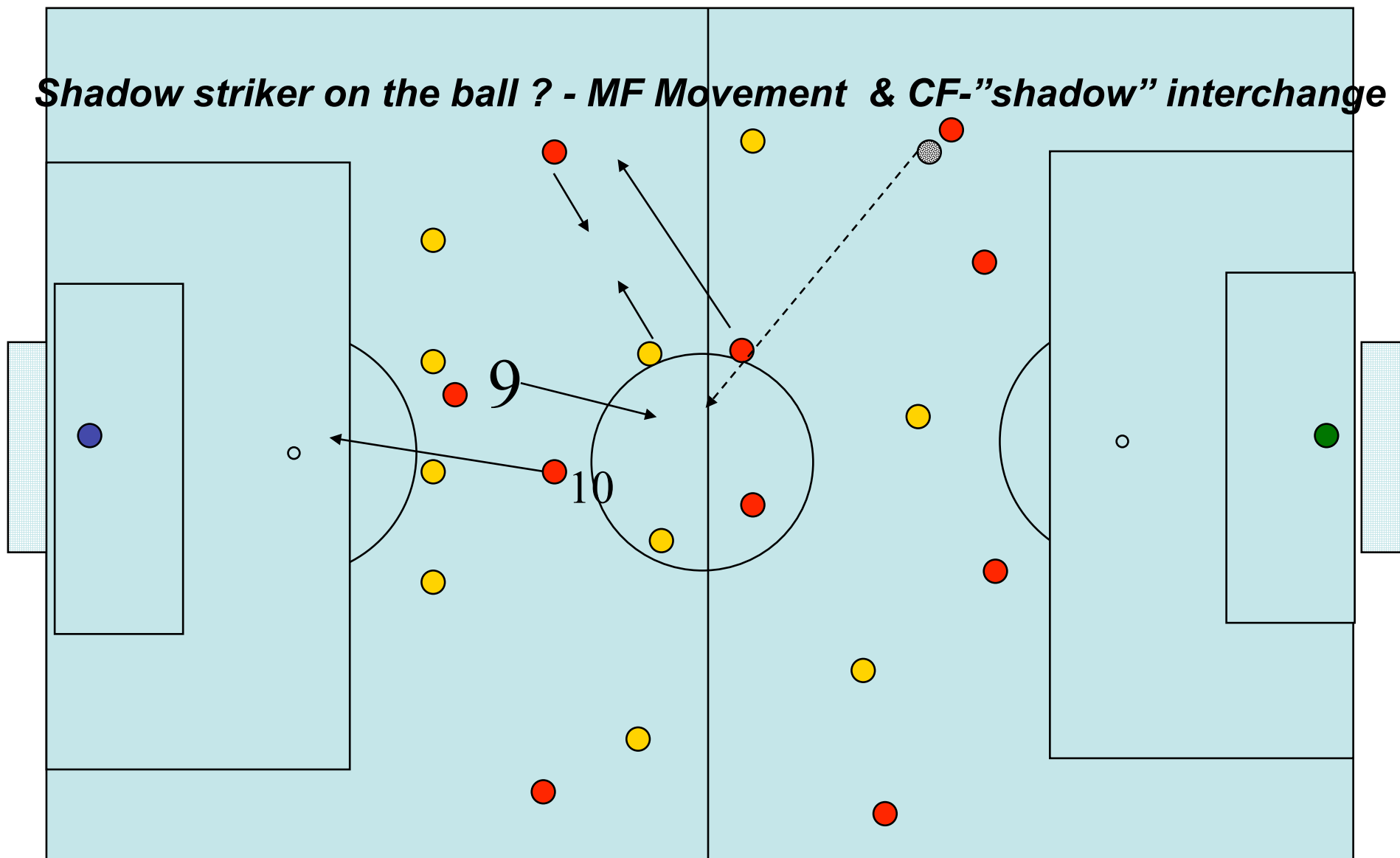
Shadow striker on the ball. (Central rotation)



SHADOW STRIKER on the ball ? (WIDE ROTATION)



Shadow striker on the ball ? - MF Movement & CF- "shadow" interchange



SHADOW STRIKER

Attributes.(Attacking)

- Positioning & knowledge of effects of movement.
- Awareness on/off ball.(from body angle/memory.)
- Instant & tight control and receiving skills!!
- Can play on the half turn.
- Ability to turn & also protect the ball if marked.
- Passing ability often 1 touch.(hidden/variety.)
- Combination player.(through 360 degrees)
- Passes off the run/Running with ball.
- Knows how to” disappear.”
- Attack the box.(scoring positions/scoring!!)
- **Intelligence / cunning / awareness / subtlety.**

SHADOW STRIKER

Attributes.(Defensive)

- Understanding of “pressing”.
- Preventing passes.
- Back-tracking.
- Challenging.
- Recover to “awkward position”-where ?
- Counter Attack mentality when defending ?

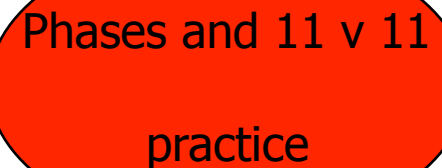
4-3-3

PRACTICE PRIORITIES.

Regular Practice Content (1)

Attacking Tactical Play

- Counter Attack from the MF 1/3rd and defending half regains of possession.
- Developing Play from the GK's possession.
 - playing out from the defending 1/3rd from a throw.
 - C A from Gk's collect.
 - Dribble & Drive on the diagonal.
- Developing play from back players possession in the DF 1/3rd and DF 1/2 to supply and / or break into MF areas.
- Receiving and movement skills & “understanding” from MF players.
- Supplying forward players as a priority.
- Interchanges and movement amongst players ahead of the CB's.
- MF runs up to and ahead of forward players
- Flank attacking to produce crossing opportunities.
- Playing with three forwards.
 - wing play with a No; 7 / 11.
 - flank play with a No; 7 / 11 / 2 / 3 and players combining.
 - wide players linking play with No;9
 - wide players vacating the flanks. (Why / When / How ?)
 - Playing with a “lone striker.



Phases and 11 v 11
practice

Regular Practice Content (2)

Attacking Tactical Play.

- Playing with a “shadow striker.”
 - linking into MF play.
 - linking with the no; 9
 - receiving and releasing forward players.
 - running at defences.
- Attacking Set Plays in central and flank areas in the attacking half.

Phases and 11 v 11

practice

Regular Practice Content (1)

Attacking Technical Content

- Development and retention of possession (opposed directional practice.)
- “Fast” , quick and early ground passing. (foot surface variety.)
- Passing with side and backspin over varied distances in the air and ground passes.
- “Switching play “ passing skills.
(20-60yd passes-ground and aerial.)
- One touch passing skills – all distances.
- Measured “through” passes.
- Clever, un-orthodox, un-expected passes over 10 – 40 yds.
- Receiving on the move at speed –ground and aerial passes.
- Personal and group “ball retention” skill.
(1st touch and “bodywork” skills.)
- Individual space & time making skills.
- Understanding of “movement” necessity and capability
- Group and team interchange and movement skill

} Disguised.

Technique, functional,
opposed
and directional
practice

Regular Practice Content (2)

Attacking Technical Content

- Player combination skills. (Wall passes ,take-overs , “foot - ons” etc)
- Running with the ball-away from and at opponents and spaces.
- Releasing and combining with others on a run with the ball.
- Crossing & Finishing Skills in context.
- POSITIONAL AND “TACTICAL- TECHNICAL” BALL WORK.
e.g FB advancing down flanks ,Back 4 changing play, MF overlap.

Technique, functional,
opposed
and directional
Practice.

Regular Practice Content

DEFENSIVE TACTICAL PLAY

- Pressing with three forwards in A1/2.
- Pressing with three forwards and a “shadow striker “
- Team pressing / compression of the play.
- Recovering, and defending from a deeper line-how deep.?
- Defending in the defending half- early and deeper.
- “Sliding and squeezing” as a team.
- A “compact” defensive unit- “narrow and shallow.”
- Defending in the DF 1/3rd.
- The 35 yd: circle- “zero tolerance “ area !
- “Unit” defending.
- Whole team 11 v 11 defending.
- Defending set plays in the DF 1/3rd -”Zonal orientation.”
- **Read , anticipate, prioritise and act decisively.**

With the intention
of Counter - Attacking

Phases and 11 v 11

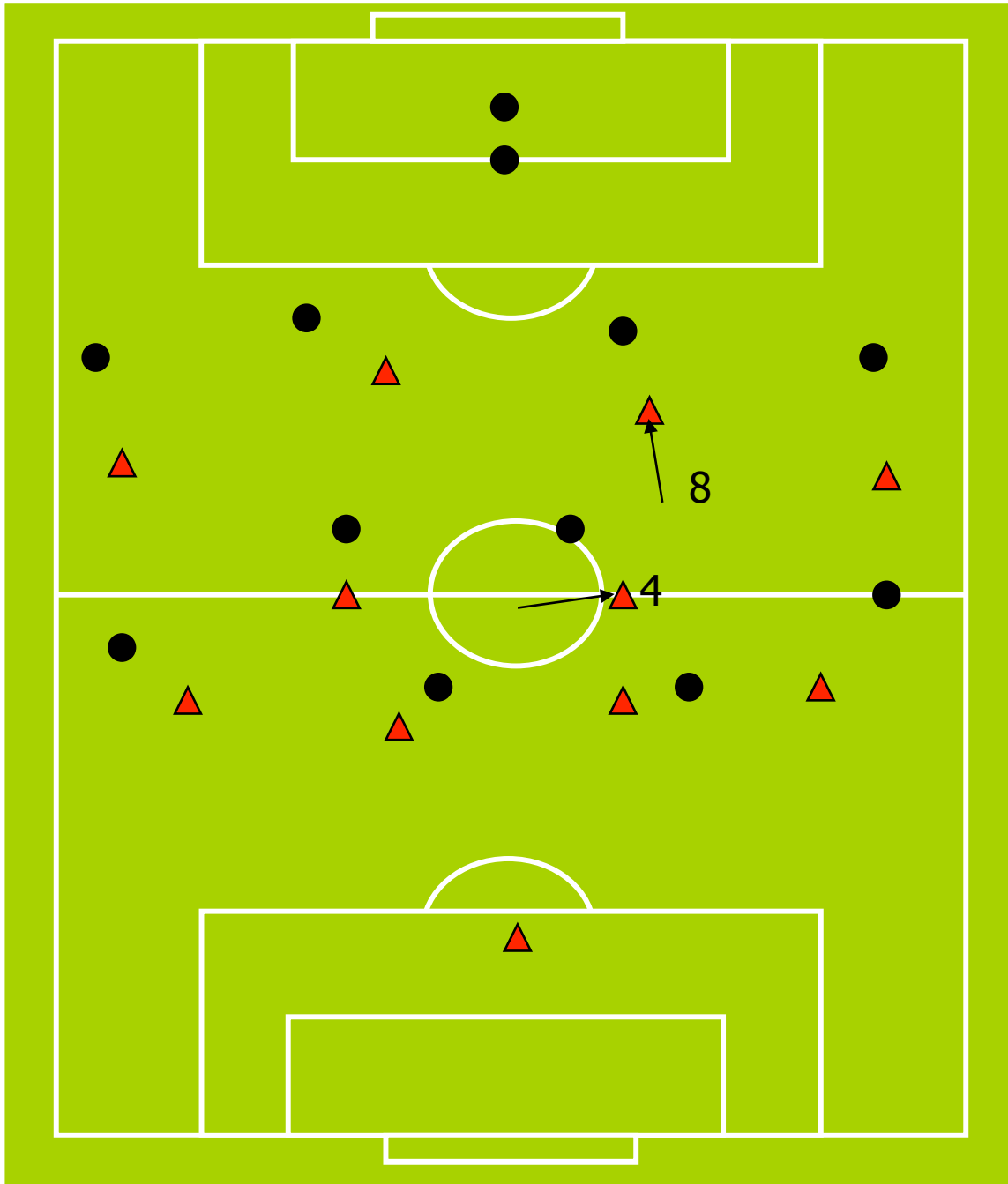
Regular Practice Content

Defensive Technical Content.

- Defending alone in a Counter Attack context.
- Showing both “infield and outside”.
- “Screening” opponents preferred pass options.
- Pressing. (from front and rear.)
- Interceptions, Spoiling, Challenging, Blocking- Passes, crosses and strikes.
- “Shifting” and “turning” in “tight” defending situations.
- Heading from a variety of ball trajectories.
- One touch clearance , “directing “ skills -head,volley etc)
- Bodywork – receiving and protecting the ball.

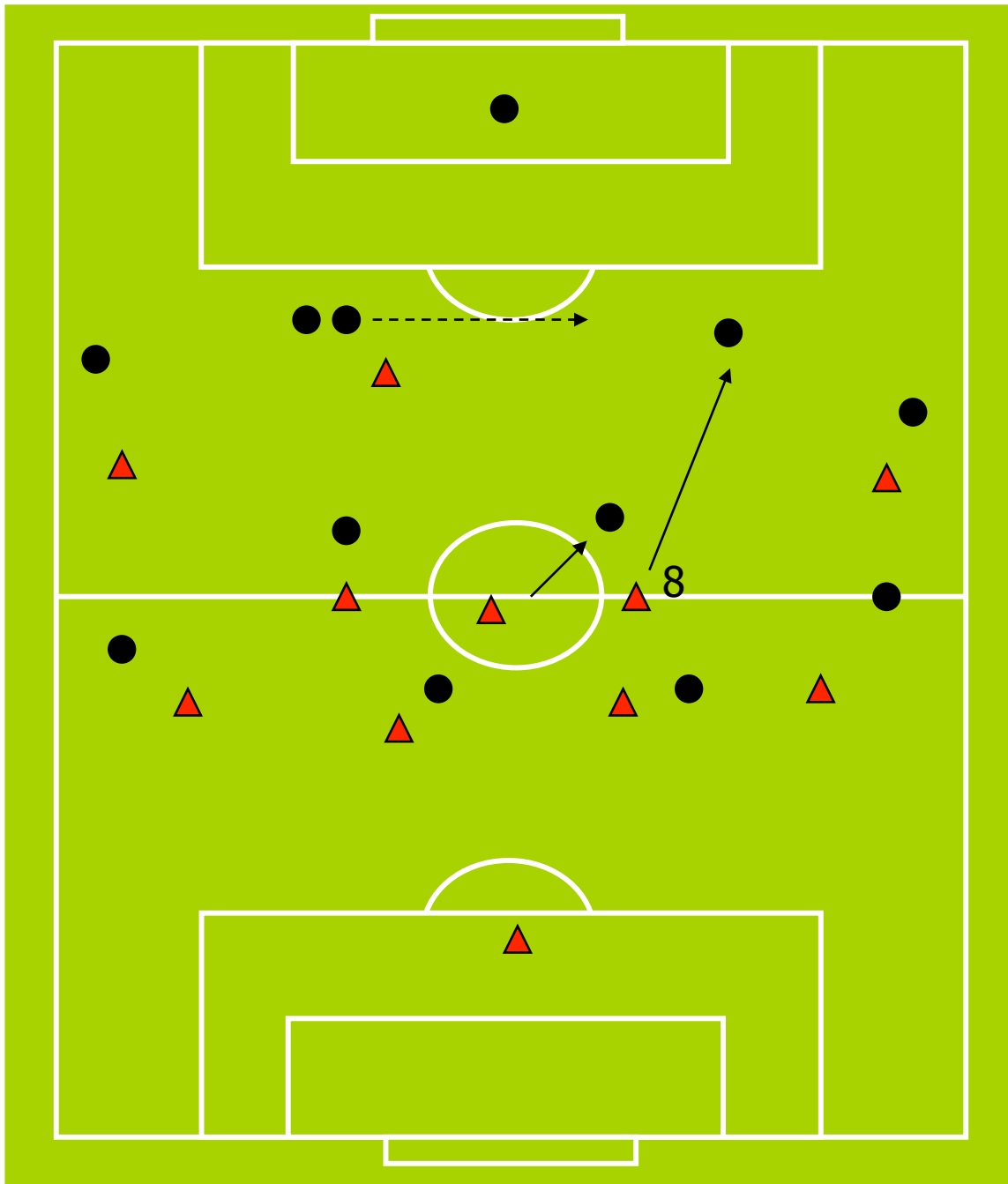
Individual, group, functional practice.

DEFENSIVE TEAM TACTICS



4 3 3
DEFENDING
FULL COURT PRESS

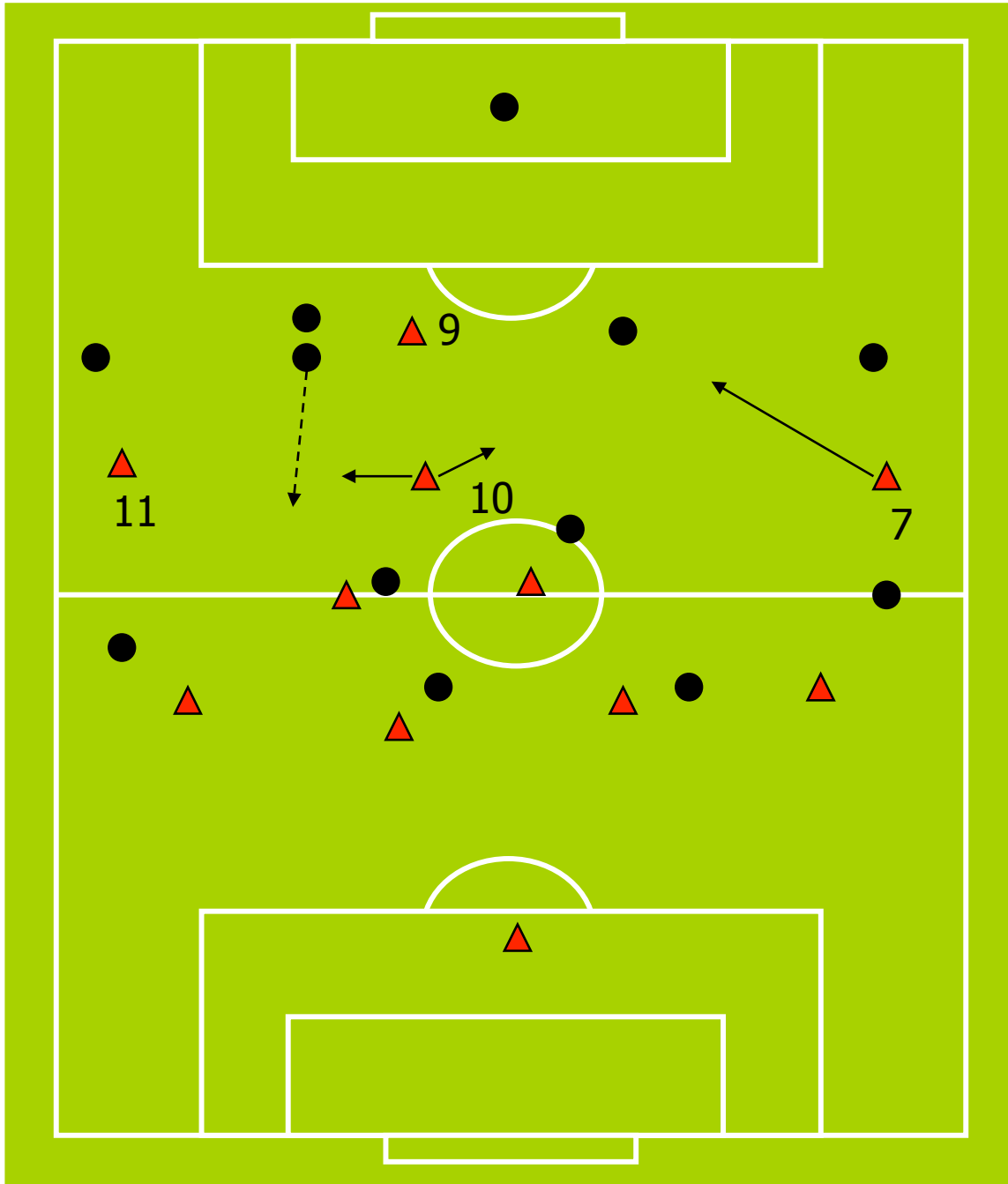
PREVENT OPPOSITION
PLAYING OUT



TEXT BOX

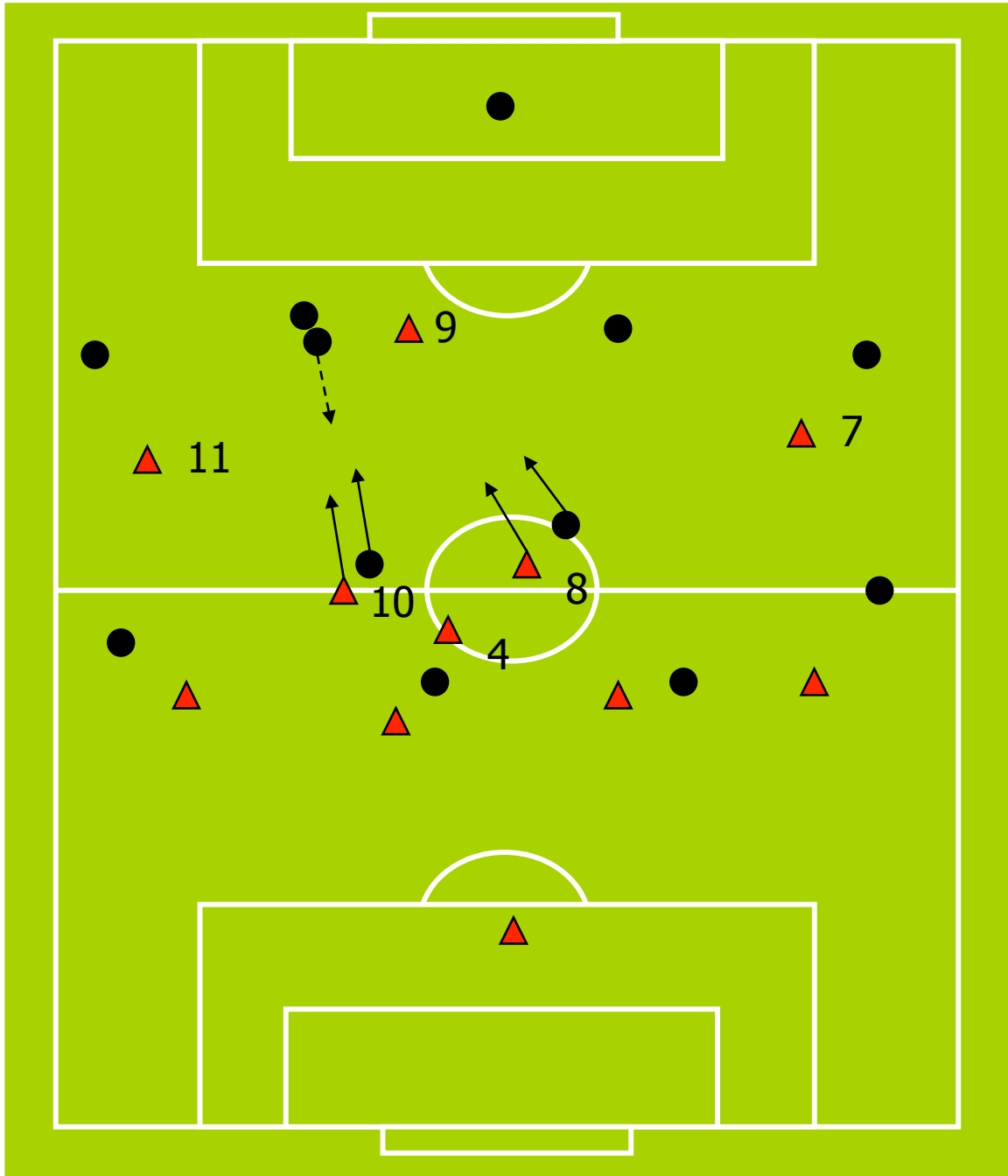
4 3 3
DEFENDING
FULL COURT PRESS
LATER

READ, ANTICIPATE
AND PRESS
THE RECEIVING CB



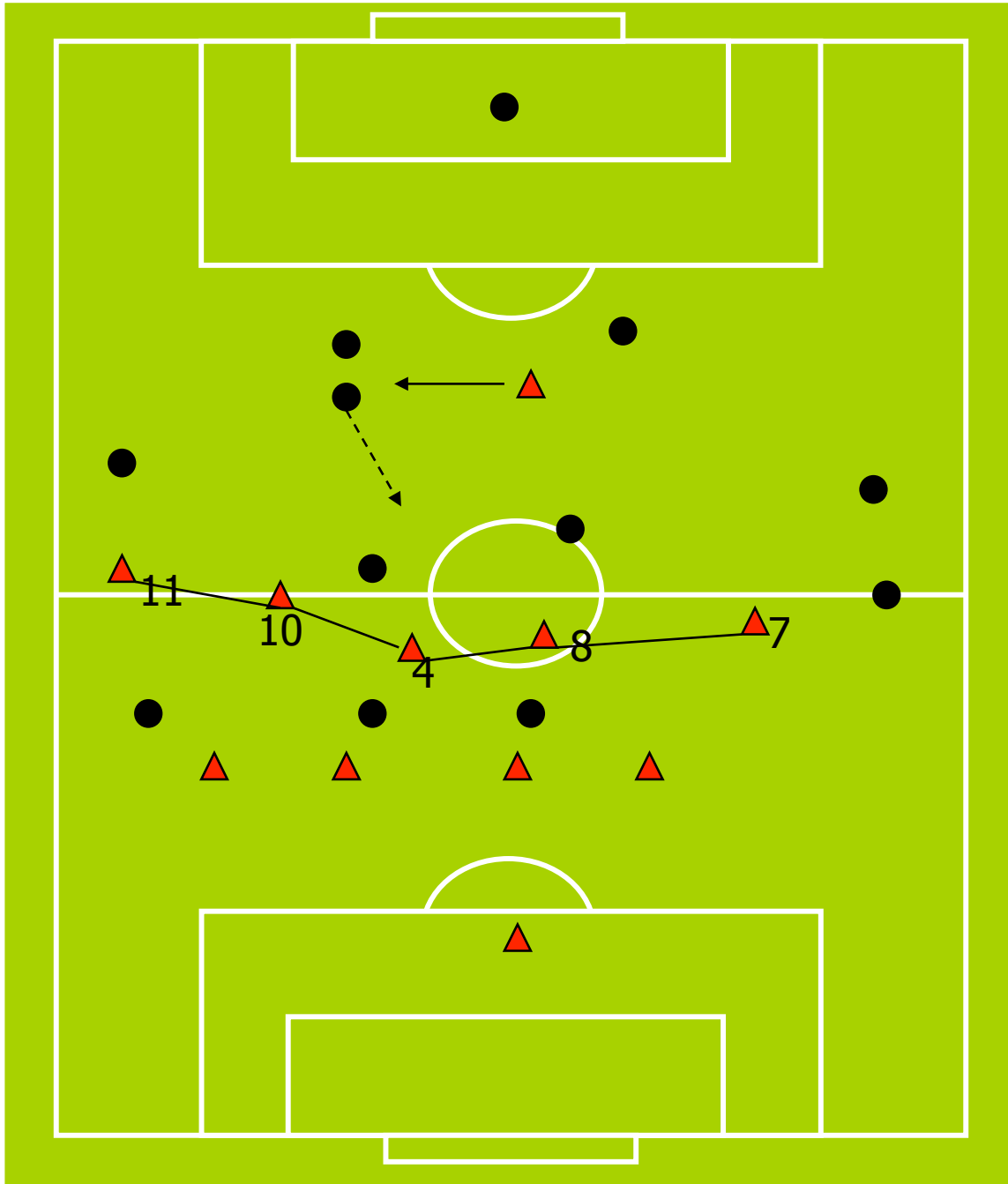
4 3 3
DEFENDING
“SLIDING DIAMOND”

A MOBILE AND
SLIDING FRONT 3.
A SCREENING “STRIKER”



4 3 3
DEFENDING
MF M for M behind 3

A "PRESSING"
MIDFIELD



4 3 3
DEFENDING 4-5-1
The "NET".

1st Defending Line?

-

A COMPACT "SLIDING"
MIDFIELD UNIT OF 5

POSITIONAL PROFILES

SUMMARY

DEFENDERS WHO - - -

- Receive and play *in* and *from* the defending third.
- Run with the ball into MF and beyond with speed and control.
- Are able to combine play with MF players intelligently on entering the MF areas.
- Can deliver passes with either foot and any surface over a variety of distances with deception and spin if necessary.
- Know how and are able to, release appropriate passes into MF located players.
- Are able to provide forward placed players with appropriate passes behind and in front of the defence.
- Understand the priorities of defending and the concepts of defensive safety and risk.
- Can read and anticipate the play and are then decisive on making decisions.
- Are able to defend in 1 v 1 situations from static and fluent circumstances e.g Counter attacks.
- Understand the priorities in individual defending circumstances e.g Intercept, spoil etc
- Can defend with composure and accuracy.
- Have explosive speed over 5 – 15 yds.
- Have “pace” ,and explosiveness in their general movement.
- Have “spring” if not height when competing in aerial challenges.
- Are mentally “adaptable” in a variety of defending circumstances.

MIDFIELD PLAYERS WHO - - -

- Show and offer to receive the ball in all circumstances.
- Receive and 'hide' the ball under pressure.
- Turn with the ball in a variety of ways as often as possible.
- Have one – touch skills with both feet and all surfaces over a varied pass range.
- Eliminate immediate MF opponents alone or in combination plays.
- Retain possession for the team by using efficient and orthodox passing skills on demand.
- Deliver appropriate passes to forwards or forward moving players with sensitivity and accuracy, aurally or on the ground over a variety of distances with deception.
- Move into goal scoring positions inside the penalty box as required by the play and score with varied techniques.
- Strike accurate shots at goal from distances of up to 25 yds from goal from varied angles.
- Press, track and mark as necessary.
- Endure a 90 minute game period with unflagging aerobic and anaerobic resources.
- Possess explosive speed over short range distances in both defending and attacking phases of play.

WIDE ATTACKERS WHO - - -

- Support and “show” for passes behind the defence as a first priority in flank positions.
- “Elude” tight marking opponents in order to receive passes in front of the defence in flank and “infield” positions.
- Eliminate immediate opponents with “0 or 1 touch” contacts on receiving the ball in front of flank defenders.
- Turn on receiving the ball to “confront” pressing defenders in flank positions.
- Combine with support players to eliminate immediate wide defenders.
- Attack opponents with the ball with the intention of eliminating them individually.
- Read and interpret opponents defending circumstances in order to “beat” them with varied dribbling skills.
- Produce considered, accurate and measured crosses and passes into team-mates in goal-scoring positions, on the move at optimum speed.
- Attack infield with and without the ball to contribute to penetrative attacking play in and around the penalty box.
- Score goals with varied surfaces and skills.
- Press, support and track in defensive roles as required.
- Display “explosive” acceleration and pace both in and out of possession.
- Display “agility” with and without the ball.
- Have speed endurance resources over a 90 minute period.

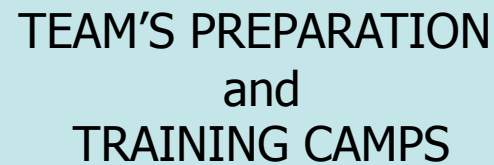
CENTRAL STRIKERS WHO - - -

- “Show” as pass outlets from players in defending third and deep MF areas.
- Understand how to position against / around opponents to cause maximum disadvantage.
- Make calculated movements and adopt positions that raise doubts in the minds of defenders as to how to counteract these individual tactics.
- Understand and exploit the spaces between and behind defences to receive passes in goal-scoring and goal-creating positions.
- “Hold up” and retain the ball whilst awaiting support.
- Can “set-up” (link with) support players with a variety of 1 and 2 touch passes.
- Escape man-markers with timely individual movement.
- Understand how to ‘move’ opponents from good to poor defending positions to allow others to exploit the space created.
- Turn with the ball as frequently as possible.
- Are “proficient” in 1 v 1 circumstances.
- Score at the rate of 1 goal per 1.5 games played.
- Score instantly with 1 and 2 touches with a variety of skills from any incoming service, or ‘loose’ ball in scoring positions.
- Can “usher”, trap and contain opponents in possession of the ball in their DF 1/3rd.
- Can press and track opponents as appropriate.
- Have explosive speed over short to medium distances. 5 – 20 yds.
- Have “pace” over longer distances.
- Have speed endurance over a 90 minute period.
- Have ‘spring’ if not height to contest aerial challenges for the ball.

Regular Team Practice Content

AREAS TO COVER

- Possession
- Position.
- Pattern.
- Protection.
- Penalties.



TEAM'S PREPARATION
and
TRAINING CAMPS



EXPERTS NEEDED !



SYSTEMS of PLAY, UNITS and GROUPS, INDIVIDUAL PLAYERS, GAME UNDERSTANDING

E N D