

First team vs Grass Roots

As a Head coach you need to be able to do 4 key things to a high level to have a chance to succeed


1. It's not just putting on a training session
 1. What is your game model?
 2. How well can you implement it in the time allocated?
 3. Which days of the week do you train your game model?
 4. What are your core principles and how can you teach the variations to problem solve?

GAME MODEL


**DEFENSIVE TRANSITION
COUNTER PRESSING**

**IN POSSESSION WE STAY CLOSE
ENOUGH TOGETHER TO ALLOW QUICK
PRESSURE ON THE BALL AFTER A
LOSS OF POSSESSION.**

**WE IMMEDIATELY PRESS THE BALL,
WHILE BLOCKING ALL FORWARD
PASSING LANES**



**Surrounding the area to press and delay progress
around the ball - near the ball - away from the ball
High pressure - covering pressure - controlling behind**



Different types of counterpressing



- Man-Man Counterpressing
- Often leaves gaps to play through which are met with immediate pressure on the receiver 1v1



- Compact Counterpressing
- Often makes it hard to play through but can often have reduced pressure on the ball and a lack of contact on the opponent in possession in the initial phase



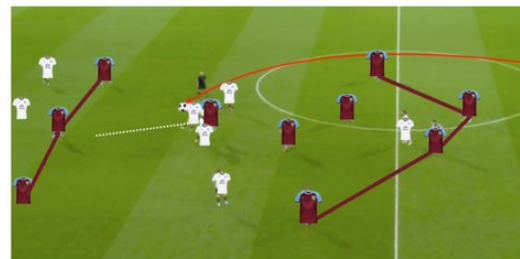
- Ball-Focused counterpressing
- Players immediately hunt the ball down, often leaving opponents free and leaving gaps but can often put the opponent into panic mode and give the ball away easily



How do we set up against different GK strategies?



- Do you start high to press or simply delay?
- How can you set traps to recover the ball?
- Is there a weakness you can force the ball to?
- How do you recover if the press is broken?



- How do you cut off the target man?
- How can you win the 2nd ball?
- How do you recover to defend the chaos created by the loose ball?



How do the Full Backs play?



Full back positioning and mobility

- Are they in a traditional role?
- Are they inverted but behind the ball?
- Do they run diagonally behind to offer a pass through the midfield line?
- Do they run ahead of the ball onto the opposition defensive line?
- Are they free to drift into central midfield and facilitate rotations from players on higher lines?



1. Training periodisation

1. Year | Month | Week
2. How can you maximise athletic performance and how do you vary the output per day?
3. What is your objective within the area size and physical output outlined?
4. This is a fine line for players who may need tailored programs

2. Next Opponent Strategy

1. You does your game model effect the principles you will stick to each game?
2. How does the opponent set up and can you find the best way to approach the game?
3. Where can the game be won and lost?
4. Finding the right approach is critical

Directing Play

Directing the long ball to CF



- Cutting off the CB to FB pass prevents the easy outball to break the 1st line
- Block central passes once the press is made, Force long into CF

Showing play inside to an overload



- WF cuts off CB to FB pass, CF picks up DM, CMs 1v1
- WF presses circulation to show back to GK or into central 4v3 overload
- DM doubles up with FB to defend 2v1

Setting wide area traps



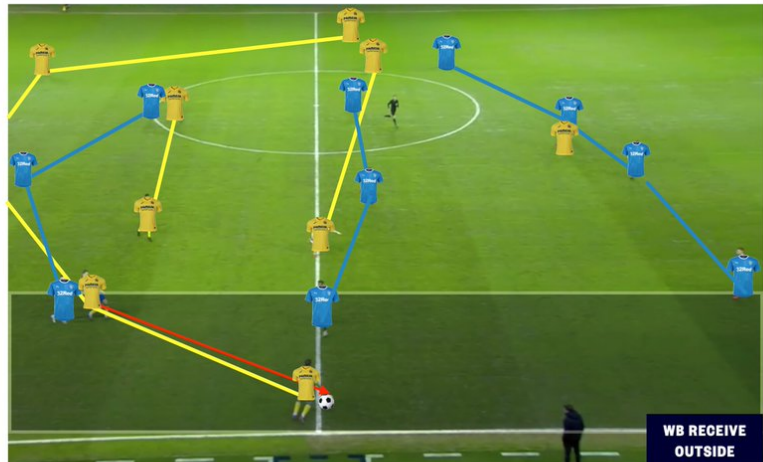
- Setting wide traps
- CF, CM, WB jump to press aggressively on wide pass
- CM is tracked into wide zone



Where are the weaknesses in the shape?



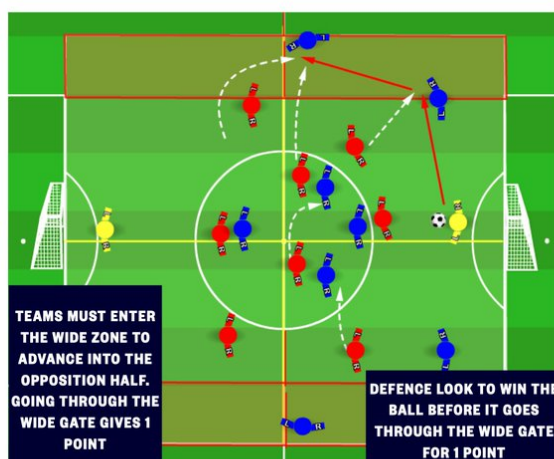
- A flat, narrow 4-3-3 may have some issues in the space outside the midfield 3 when the FB is pinned deep
- The front 3 pressing high can become detached from the midfield



How can we create this in training?



- Block central space
- Protect inside channel
- Be ready to press the outside
- Spare player double up on the ball

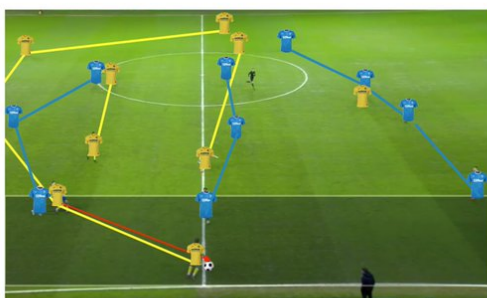


TEAMS MUST ENTER THE WIDE ZONE TO ADVANCE INTO THE OPPOSITION HALF. GOING THROUGH THE WIDE GATE GIVES 1 POINT

DEFENCE LOOK TO WIN THE BALL BEFORE IT GOES THROUGH THE WIDE GATE FOR 1 POINT



How can we access these spaces?



- Early pass to the wingback
- Circulate play side-side
- Quick passes to the opposite side
- Support positions inside the CM
- When possible, combine inside to outside



YELLOW SCORE INTO ONE OF THE SMALL GOALS AFTER MOVING THROUGH THE WIDE GOALS

IF BLUE, WIN THE BALL, THEY GO DIRECT TO GOAL WITH 8 SECONDS TO SCORE



3. Individual Player Development

1. Your job as a coach is to win, develop players and create assets
2. Can we use data, video and conversations to assess where we can create training activities to enhance the development of a superskill?
3. Insight – Activity – Coaching quality
4. There is so much more that goes into being a coach at professional level than just taking a training session

1. Consider your own abilities
2. How can you improve the implementation of your
 1. Game Model
 2. Training Periodisation
 3. Match Preparation
 4. Player Development