
COACHING PHILOSOPHY

The coaching method is based upon the following key components

THE CORE

THE MATCH

The objective of the training session is to prepare players for competition. The game shows the tactical, technical, physical and psychosocial development of the player.

FOUR COMPLEMENTARY COMPONENTS

TACTICAL

This component helps the player fit into the team. Our aim is to create clever players, capable of adapting to the constantly changing circumstances of the game.

TECHNICAL

All players in the team have to be individually competent and proficient in the most important skills for each position. For example, a central midfielder player will need different techniques and expertise as compared to an outside back.

PHYSICAL

Strong and resilient players will provide a significant advantage to the team. A tired player will struggle to think properly and is prone to commit more errors.

PSYCHOSOCIAL

The human being is often affected by his/her emotions. We will train the players to use these emotions to their advantage and turn them into strengths and not weaknesses.



GENERAL TERMINOLOGY

Definitions for soccer-specific terminology

Tactic: Individual or collective actions performed by a player or group of players to take advantage of an opponent, group of opponents or a team.

Explanation: The tactics are the tools to develop the strategy.

Example: Quick transition of the ball from one side of the field to the other.

Strategy: A general concept or idea agreed upon by the team at the beginning of the game with the intention to beat the opponents.

Explanation: The strategy relates to the formation and/or system used by the team.

Example: Defensive strategy - three strikers pressure up high and midfielders close down the opponents in central areas to prevent them from turning and attempt to regain the ball in the attacking half.

Formation: The shape of the team and distribution of the players on the field at the beginning of the game.

Explanation: This is usually expressed in three numbers identifying the number of players in the defensive, midfield and attacking lines.

Example: 4-3-3 – 4 defenders, 3 midfielders and 3 strikers.

System: A formation with specifications in the shape and/or roles for one or more players.

Explanation: The system combines the formation and strategy.

Example: 4-4-2 with diamond in midfield and outside backs moving up into wide areas.



COACHING CONTENT: TACTICAL

Aspects to improve game understanding

TACTICAL

1. Attacking Principles

- Creating Space
- Support
- Width
- Depth
- Overlaps
- Diagonal Runs
- Forward Play
- Speed of Play
- Switching Positions

2. Possession

3. Transition

4. Combination Play

5. Switching Play

6. Counter Attacking

7. Playing Out from the Back

8. Finishing in the Final Third

1. Defending Principles

BASIC

- Mark
- Press
- Cover
- Balance

ADVANCED

- Tracking
- Switching Places

2. Zonal Defending

3. Pressing

4. Retreat and Recovery

5. Compactness



DEFENDING TACTICS

- **Defensive Shape** - The collective positioning of a team when defending. Good defensive shape has multiple defenders behind the ball in positions to provide: *pressure, cover and balance*.
- **Pressure (Role of 1st Defender)** – The actions of the defender, nearest to the attacker with the ball, or the attacker about to receive a pass. Immediate and constant pressure must be applied to the attacker with the ball.

Roles of the 1st Defender
Intercept the pass when possible.
Tackle when appropriate.
Delay the attack until support arrives.
Deny further penetration.
Make play predictable.

- **Cover (Role of 2nd Defender)** – The actions of the defender(s) in direct support of the 1st Defender.

Role of the 2nd Defender
Cover the first defender so that pressure can be applied if the attacker is able to dribble penetrate.
Close down passing lanes to the sides of the first defender.
Marking and tracking attackers near the ball.

- **Balance (Role of 3rd Defender)** – The actions of the defenders that are in supportive positions to the 2nd Defender.















Role of the 3rd Defender
Marking and tracking attackers away from the ball.
Squeeze towards the center of the field to “lock up” vital areas.
Deny penetration when the point of attack is changed from one side of the field to the other.

- **Compactness** – A concentration of defenders in an area of the field with the purpose of either winning the ball back or denying penetration. A team’s defensive shape should become more compact as they move centrally or get closer to their own goal.
- **Delay** – To slow down or disrupt an attack. If defenders are outnumbered by attackers it becomes more appropriate for them to delay the attack rather than try to win the ball back immediately. Light pressure should be applied to the attacker with the ball until the defending team can regain its defending shape.
- **Recovery** – The movements of defenders, that have been penetrated, back into supportive positions.
- **Marking** – Defenders watching over attackers (that don’t have the ball) with the purpose of keeping them from successfully becoming part of the attack. The defender should be positioned so that his or her visual field contains the defender being marked and the ball.
- **Tracking** – When defenders maintain their marks on attackers that are making forward or diagonal runs ahead of the ball.
- **High Pressure** - A style of defending where the defending team applies immediate and constant pressure to the ball (usually in the opponents defensive half of the field). This style of defending is energy intensive but can be effectively used to destroy an attacking team’s rhythm. Teams that utilize high pressure defending look to create attacking opportunities off of their opponents turnovers.

- **Low Pressure** - A style of defending where the defending team falls back to a designated "line" (usually in their defensive half of the field) and begins pressuring there. This style of defending requires less energy to execute and relies on team shape and compactness to win the ball back. Low pressure defending lends itself to counter attacking possibilities.
- **Transition to Defense** - The movement of players from an attacking shape to a defending shape.
- **Zonal Defending** - A defensive system where each member of the defending team (Defenders and Midfielders) is responsible for defending a specific part of the field. This type of defending requires a group of defenders to work together to win the ball back by maintaining defensive shape and compactness around the ball. It requires far less energy to execute compared to Man-to-Man Defending.
- **Man-to-Man Defending** - A defensive system where each member of the defending team is responsible for defending a specific opponent. This type of defending relies heavily on individual defending abilities and requires more energy in its execution compared to Zonal Defending.

KEY

Symbols to build practices and soccer movements

PLAYER SYMBOLS	OBJECT SYMBOLS	MOVEMENT SYMBOLS
 Goalkeeper	 Cone	 Trajectory of the ball
 Player with Ball	 Ball	
 Player without Ball	 Pole	 Trajectory of the player without the ball
 Coach	 Goal	
 Mannequin	 Ladder	 Trajectory of the player with the ball
 Neutral Player		

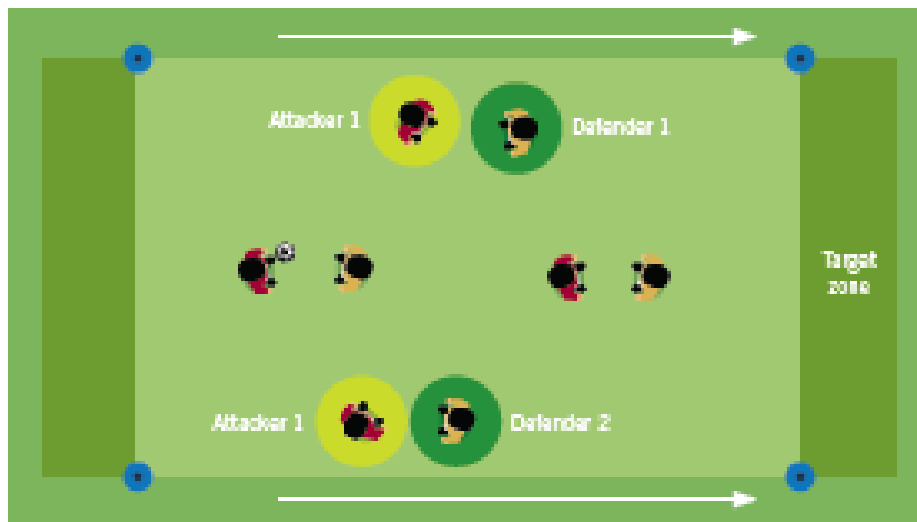


TACTICAL TERMINOLOGY

Defending – Tactical

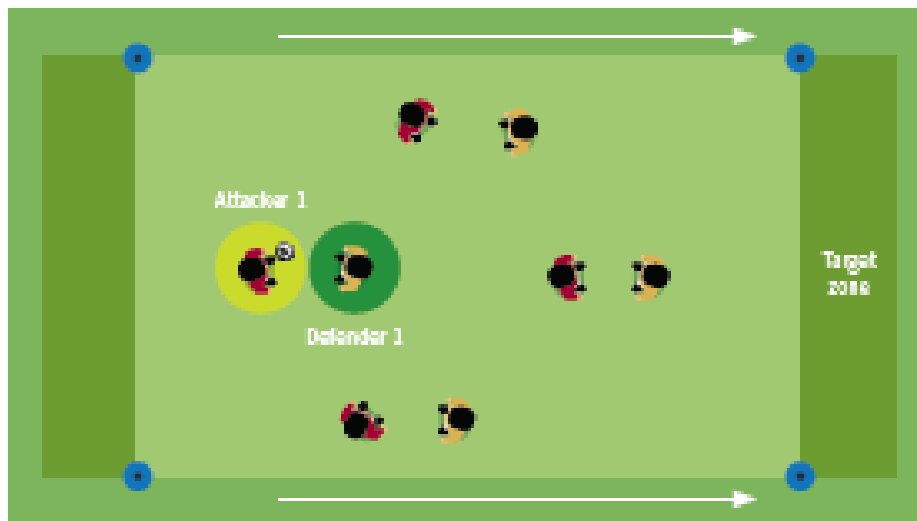
1. Defending Principles: Basic, individual or collective defensive actions of one or more players in order to create a team advantage over the attackers.

1a. Mark: A defender or group of defenders watching over a player or group of players on the attacking team, with the purpose of reducing their chances of participating in the attack.



- *Defenders cover the passing lanes of the attacking players trying to support the player in possession of the ball.*

1b. Press: The individual action of a defensive player who defends with intensity the player in possession of the ball.

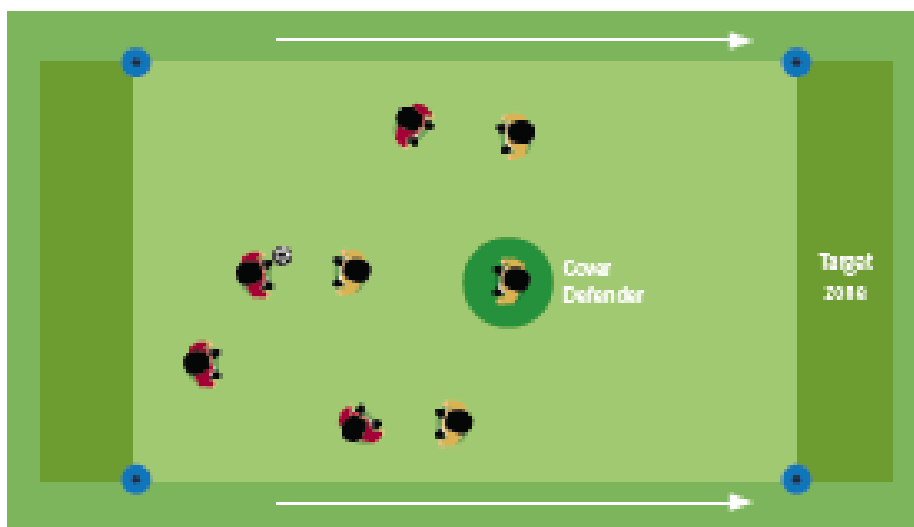


- *A defender prevents the player in possession of the ball from playing forward or passing to a teammate and attempts to regain possession of the ball.*

TACTICAL TERMINOLOGY

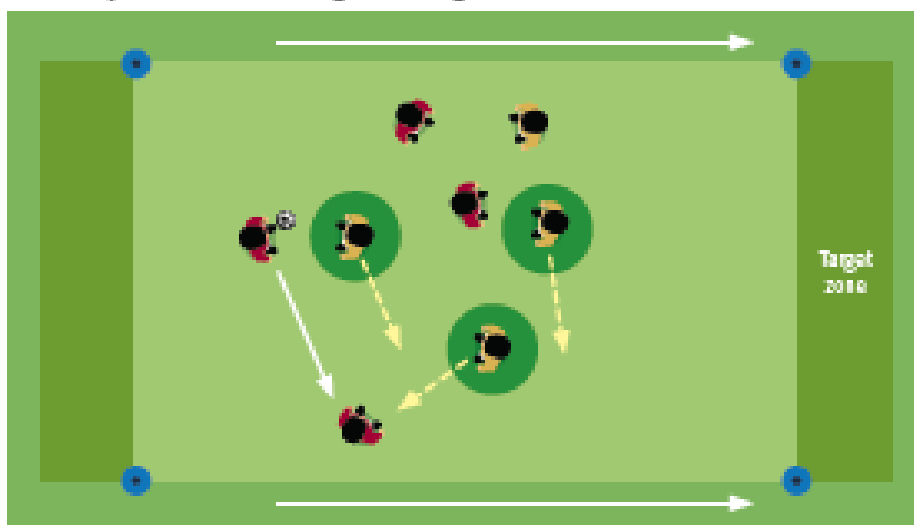
Defending – Tactical

1c. Cover: A player creates a second defensive line in order to facilitate defensive support of a teammate or teammates.



- A central defender behind the central midfielder helps in case the attacker beats the central midfielder.

1d. Balance: Coordinated movement of the defending team from one part of the field to another as the ball is transferred to that part of the field with the objective of reorganizing the defense.

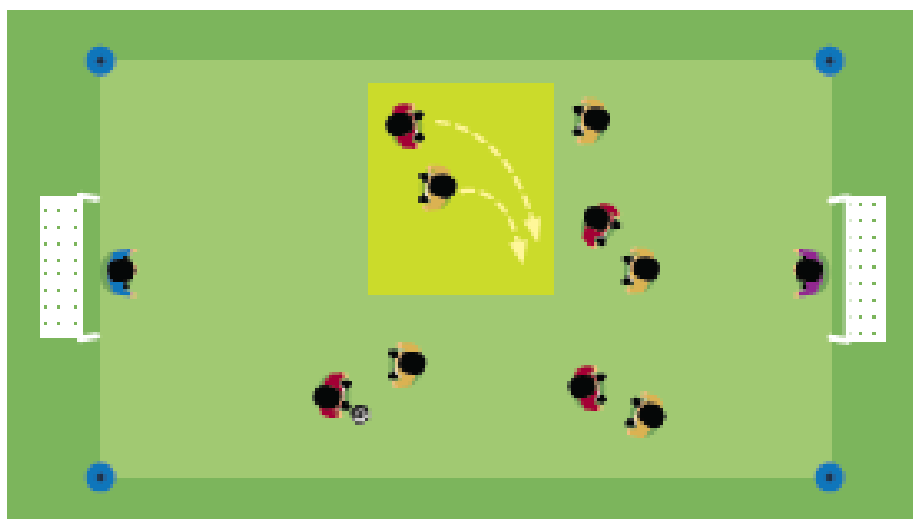


- The collective movement of the players to reorganize the defense in front of the ball as the ball travels from the central defender to the right defender.

TACTICAL TERMINOLOGY

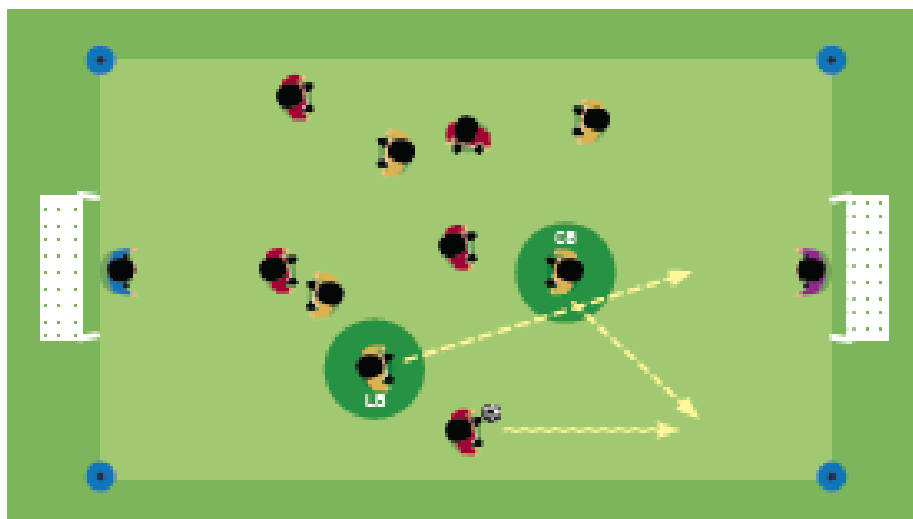
Defending – Tactical

1e. Tracking: A defender chasing an attacking player who is making a forward and/or diagonal movement in front of the ball to generate a passing option.



- *A midfield defender tracks the midfield attacker to prevent a passing option.*

1f. Switching places: The exchange of positions between two defenders in order to be more efficient defensively.



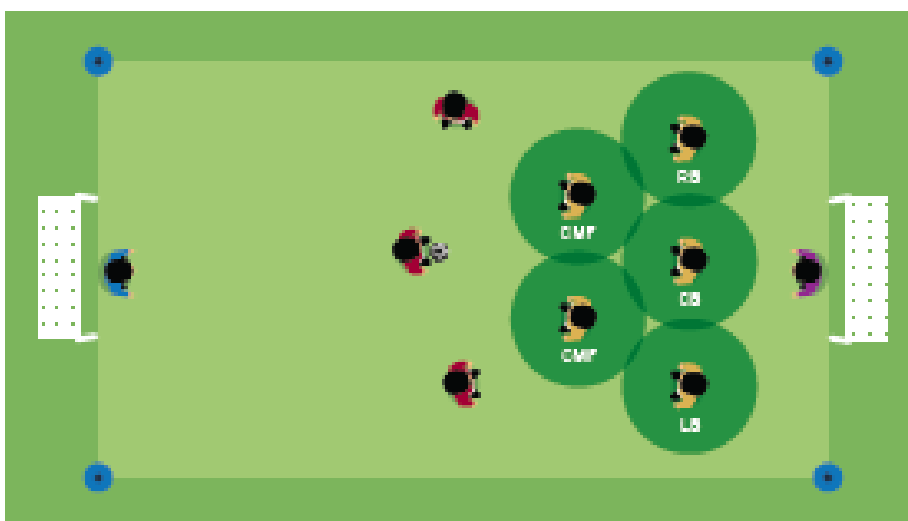
- *A central back moves to the flank to defend the right-attacker and the left-defender runs to a central area to occupy the center-back position.*



TACTICAL TERMINOLOGY

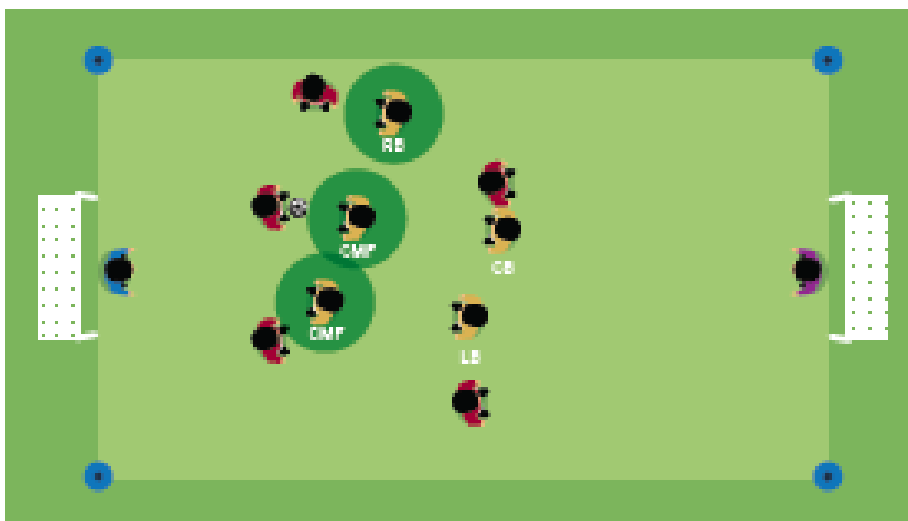
Defending – Tactical

2. Zonal defending: The distribution of defenders into space to create defensive efficiency.



- *Equal distribution of space between defenders prevents the attackers from reaching the goal.*

3. Pressing: Intense, constant and organized defensive action from a group of defenders against the attackers.



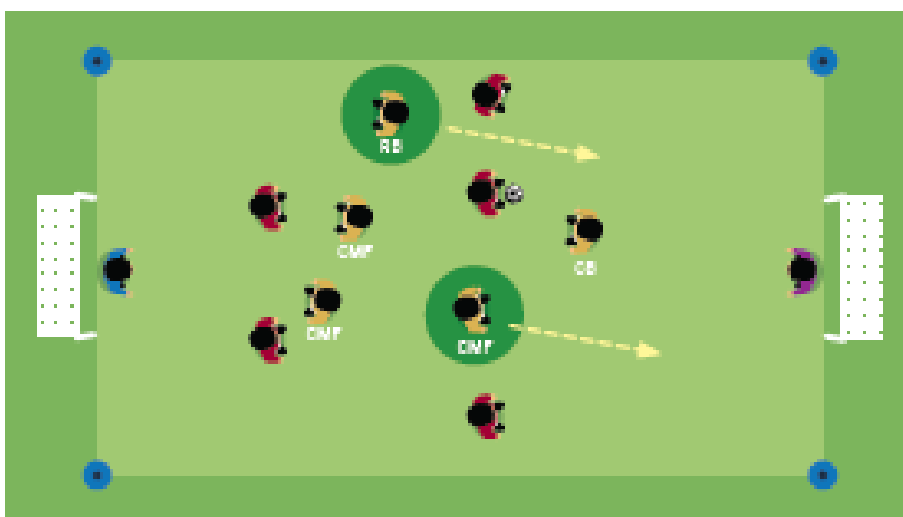
- *The center-midfield players and right-back pressure the defensive line to regain possession of the ball.*



TACTICAL TERMINOLOGY

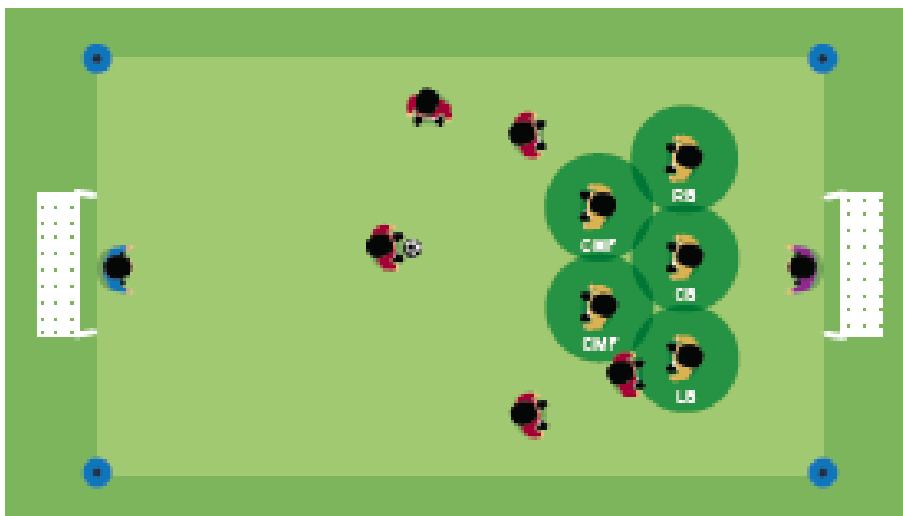
Defending – Tactical

4. Retreat and recovery: Movement of a player or group of players back, toward defensive positions in order to reorganize the team's defensive shape.



- *The right and left defenders run back to reinforce the defensive line closer to goal.*

5. Compactness: A conglomeration of defenders in central areas, protecting their goal and preventing the attacking team from building their attack.



- *Defenders close to their own goal, place themselves close to each other with the purpose of protecting the goal and preventing any clear opportunities for the attackers.*