

Contents

Summary Of Spain Between 2008 & 2012	12
UEFA Euro 2008 Finals	14
Qualification For FIFA World Cup 2010	16
FIFA World Cup Finals 2010	17
Qualification For UEFA Euro 2012	19
UEFA Euro 2012 Finals	20
Coaching Format	22
Key	22
CHAPTER 1	
Attacking Against Teams which Defend in the Low Zone	23
Goal Analysis: Attacking Inside the Penalty Area	28
SESSION FOR THIS TOPIC (7 Practices)	32
1. Directional First Touch Continuous Finishing Practice	32
2. Directional First Touch Continuous Finishing Practice (2)	34
3. Directional First Touch and Finishing Inside the Penalty Area	35
4. Quick Finishing in a 6 v 6 (+8) Small Sided Game	36
5. Quick Finishing in a 6 v 6 Small Sided Game	37
6. Quick Finishing in a 2 Zone 6 v 6 (+4) Small Sided Game	38
7. Directional First Touch and Quick Finishing in a Position Specific Zonal Game	39
Goal Analysis: Attacking in and Around the Penalty Area	40
SESSION FOR THIS TOPIC (6 Practices)	42
1. One Touch Combination Play and 3 rd Man Run	42
2. One Touch Combination Play and 3 rd Man Run with Finishing	43
3. One Touch Combination Play and 3 rd Man Run with Finishing (2)	44
4. Attacking Combination Play with 3 rd Man Runs in a 6 v 6 (+2) Small Sided Game	45
5. Attacking Combination Play with 3 rd Man Runs in an 8 v 8 (+2) Small Sided Game	46
6. Attacking Combination Play with 3 rd Man Runs in a Position Specific 3 Zone Game	47

Goal Analysis: Attacking in and Around the Penalty Area	48
SESSION FOR THIS TOPIC (4 Practices).....	50
1. One-Two Combination & Dribbling Practice.....	50
2. One-Two Combination, 3 rd Man Run and Finishing Practice.....	52
3. One-Two Combination on the Flanks in a Position Specific Pattern of Play	53
4. One-Two Combinations in a Position Specific 11 v 11 Zonal Game	55
Goal Analysis: Passing in Behind a Defensive Line Positioned on the Edge of the Box.....	56
SESSION FOR THIS TOPIC (5 Practices).....	61
Full Pitch Template for 5 Practices	61
1. 6 (+4) v 4 Possession Play in the Centre Transition Game	62
2. 10 v 10 Tactical Movements in the Middle Zone Possession Game.....	63
3. 10 v 10 Receiving in Behind the Defence Goal Zone Game.....	64
4. 10 v 10 Receiving in Behind & Finishing Goal Zone Game.....	65
5. 11 v 11 Receiving in Behind & Finishing Goal Zone Game.....	66
Goal Analysis: Attacking on the Flank: Crossing from Deep	67
SESSION FOR THIS TOPIC (4 Practices).....	71
1. Full Back's Support Play in a 9 v 9 (+2) End to End Possession Game.....	71
2. Full Back's Support Play in a 10 v 10 (+2) End to End Possession Game on a Full Pitch	72
3. Crossing from Deep in a Position Specific Zonal Game	73
4. Crossing from Deep in a Position Specific Zonal Game (2)	74
Goal Analysis: Attacking on the Flank: Crossing from the Byline	75
SESSION FOR THIS TOPIC (3 Practices).....	78
1. Continuous Crossing & Finishing Practice	78
2. Crossing & Finishing with Quick Transitional Wide Counter Attacks	79
3. 2 v 1 Flank Play in a Dynamic Zonal Game	80
Goal Analysis: Creating Space to Shoot from Outside the Box	81
SESSION FOR THIS TOPIC (4 Practices).....	82
1. Creating Space to Shoot Using a Target Man in an Unopposed Pattern of Play	82
2. Creating Space to Shoot Using a Target Man in an Opposed Pattern of Play	83
3. Creating Space to Shoot Using a Target Man in a 7 v 6 Zonal Game	84
4. Creating Space to Shoot Using a Target Man in a 9 v 10 Zonal Game	85
Goal Analysis: Creating Space to Shoot from Outside the Box	86
SESSION FOR THIS TOPIC (3 Practices).....	89

1. Attacking through the Centre in a 4 Zone Shooting Game	89
2. Attacking through the Centre in a 4 Zone Shooting Game (2).....	90
3. Attacking through the Centre and Shooting from Distance in a 6 v 6 Dynamic Small Sided Game.....	91

Goal Analysis: Individual Play: Dribbling & Creativity..... 92

SESSION FOR THIS TOPIC (3 Practices).....	93
1. Dribbling Inside from the Flank and Shooting Unopposed	93
2. Switching Play & Finishing in a Continuous 1 v 1 Duel Practice.....	94
3. Double 1 v 1 Play on the Flank & Finishing in a Dynamic Side Zone Practice.....	96

CHAPTER 2

Attacking Against Teams which Defend in the Middle Zone..... 97

Goal Analysis: Attacking Combination Play: Switching Positions to Create Space..... 100

SESSION FOR THIS TOPIC (5 Practices).....	101
1. Switching Positions to Create Space in a Combination Pattern of Play	101
2. Switching Positions to Create Space in a 6 v 6 (+4) End to End Possession Game.....	102
3. Switching Positions to Create Space in a 7 v 7 (+4) Possession and Finishing Game with Central Zone ..	103
4. Switching Positions to Create Space in a 9 v 9 Possession and Finishing Game with Central Zone	104
5. Switching Positions Attacking Combination Play in an 11 v 10 Position Specific Game with Central Zone ..	105

**Goal Analysis: Attacking Combination Play: Maintaining Possession Before
Quickly Switching Play to the Opposition's Weak Side** 106

SESSION FOR THIS TOPIC (5 Practices).....	109
1. Attacking Combination with Change of Direction.....	109
2. Attacking Combination with Change of Direction (2)	110
3. Attacking from the Back with One-Two Combinations Pattern of Play	111
4. Switching Play & Attacking the Opposition's Weak Side in a Position Specific Attacking Combination Practice.....	112
5. Switching Play & Attacking the Opposition's Weak Side in a 4 Zone Game on a Full Pitch.....	114

Goal Analysis: Passing through the Midfield Line in the Centre 115

SESSION FOR THIS TOPIC (5 Practices).....	119
1. 10 v 10 Passing through the Lines in a 6 Zone Possession Game	119
2. Passing through the Lines in a 3 Zone Possession Game with a Middle Safety Zone	120
3. Passing through the Midfield Line in the Centre in a Position Specific Zonal Game	121
4. Passing through the Midfield Line in the Centre in a Position Specific Zonal Game (2)	122
5. Passing through the Midfield Line in the Centre in a Position Specific Zonal Game (3)	123

Goal Analysis: Passing through the Midfield Line on the Flank	124
SESSION FOR THIS TOPIC (3 Practices).....	126
1. 6 v 6 (+6) Position Specific 5 Zone Possession Game	126
2. 10 v 10 Position Specific 5 Zone Possession Game	127
3. Passing through the Midfield Line on the Flanks in a Position Specific 5 Zone Game	128
Goal Analysis: Attacking in Behind the Defensive Line	130
SESSION FOR THIS TOPIC (5 Practices).....	133
1. Attacking in Behind the Defensive Line in an 8 v 8 (+4) 2 Zone Possession Game.....	133
2. Attacking in Behind the Defensive Line in an 8 v 8 2 Zone Possession Game with 4 Goals.....	134
3. Attacking in Behind the Defensive Line in an 8 v 8 Game with 2 Goals.....	135
4. Attacking in Behind the Defensive Line in a 9 v 9 (+2) 3 Zone Game.....	136
5. Attacking in Behind the Defensive Line in an 11 v 11 3 Zone Game.....	137
CHAPTER 3	
Attacking Against Teams which Defend in the High Zone	138
Goal Analysis: Building Up Play Against Opponents who Press High Up the Pitch.....	140
SESSION FOR THIS TOPIC (5 Practices).....	142
1. Possession Play & Pressing in a 6 v 4 Transition Game	142
2. Transition to Defence / Attack in a 4 (+2) v 4 Possession Game	143
3. Attacking from the Back & Quickly Providing Support in a 2 Zone Possession Game.....	144
4. Attacking from the Back Under Pressure in a 6 v 5 Dynamic Game	145
5. Attacking from the Back in a Dynamic Zonal Attacking Game	146
Goal Analysis: Building Up Play Against Opponents who Press High Up the Pitch	147
SESSION FOR THIS TOPIC (5 Practices).....	149
1. Possession Play & Pressing in a 7 v 4 Transition Game	149
2. Possession Play & Pressing in a 4 (+3) v 4 Transition Game.....	150
3. Attacking from the Back & Quickly Providing Support in a 2 Zone Possession Game (2).....	151
4. Possession & Pressing in a Continuous 4 Grid Transition Game.....	152
5. Keeping Possession in the Low Zone, Switching Play & Fast Attacks in an 11 v 11 Zonal Game	153
CHAPTER 4	
The Transition from Defence to Attack in the Low Zone	154
Goal Analysis: Quick Transition to Attack when Defending a Corner Kick.....	157
SESSION FOR THIS TOPIC (5 Practices).....	159

1. Quick Passing Combination, Diagonal Runs & Dribbling Practice	159
2. Quick Passing Combination, 3 rd Man Run & Dribbling Practice	160
3. Fast Break Attack when Defending a Corner Kick: Exploiting the Opposite Flank	161
4. Fast Break Attack when Defending a Corner Kick: Exploiting the Opposite Flank on a Full Pitch	163
5. Fast Break Attack when Defending a Corner Kick: Exploiting the Opposite Flank in a Fully Active Game Situation	164

Goal Analysis: Playing Quickly from Back to Front: Exploiting

1v1, 2v1 or 2v2 Situations in the Final Third	165
---	-----

SESSION FOR THIS TOPIC (6 Practices)..... 168

1. GROUP A: Passing Exercise with 1v1 Duel	168
2. GROUP A: Possession and 1 v 1 Duels in a Dynamic 5 Zone Small Sided Game	169
3. GROUP A: 1v1 / 2v2 Duels in a 9 v 9 Small Sided Game	170
4. GROUP B: Press, Win the Ball & Quick Counter Attack with a Long Ball in a Position Specific Game ...	171
5. GROUP B: Press, Win the Ball & Quick Counter Attack with a Long Ball in a Position Specific Game (2)	172
6. GROUP A & B: Press, Win the Ball & Quick Counter Attack with a Long Ball - 2 v 2 Support Play in a 3 Zone Game	174

Goal Analysis: Transition to Attack from the Low Zone: Passing through the Lines..... 175

SESSION FOR THIS TOPIC (4 Practices)..... 176

1. Building Up Play Quickly Through the Lines Small Sided Games	176
2. Quick Transition to Attack from the Back in a 3 Zone Small Sided Game	178
3. Winning the Ball & Quick Transition to Attack in a Dynamic 4 Zone Game	179
4. Winning the Ball & Quick Transition to Attack in an 11 v 11 Dynamic 4 Zone Game.....	180

Goal Analysis: Transition to Attack from the Low Zone: (4 v 3 +1 Situation)..... 181

SESSION FOR THIS TOPIC (4 Practices)..... 183

1. GROUP A: Win the Ball, Counter Attack & Quick Negative Transition (Switching the Point of Defence).....	183
2. GROUP B: Transition from Defence to Attack in a 4 v 5 (+2) Dynamic Zonal Game.....	184
3. GROUP B: 6 v 6 Quick Reactions in a 2 Zone Transition Phase Game	185
4. Group A & B: Winning the Ball & 4 v 3 (+1) Fast Break Attacks in a 3 Zone Transition Game on a Full Pitch	187

Goal Analysis: Fast Break Attack 188

SESSION FOR THIS TOPIC (4 Practices)..... 189

1. Fast Break Attack with Support Play 1 v 1 (+2v2) Duel	189
2. Fast Break Attack with Support Play 1 v 1 (+2v2) Duel (2)	190
3. Dynamic 3 v 3 Quick Transition Game	191
4. Dynamic 3 v 3 Quick Transition Game (2).....	192



Goal Analysis: Transition to Attack with a Numerical Disadvantage in the Opposition Half.. 193

SESSION FOR THIS TOPIC (3 Practices)..... 195

1. Possession Play with a Numerical Disadvantage in a 2 Zone Dynamic Transition Game..... 195
2. Possession Play with a Numerical Disadvantage in a 3 Zone Dynamic Transition Game..... 197
3. Possession Play with a Numerical Disadvantage in a 3 Zone Dynamic Transition Game on a Full Pitch . 198

CHAPTER 5

The Transition from Defence to Attack in the Middle Zone..... 199

Goal Analysis: Quick Counter Attack in a 2 v 2 Situation with Curved Outside Run..... 202

SESSION FOR THIS TOPIC (7 Practices)..... 204

1. Curved Outside Run to Receive in Behind..... 204
2. Curved Outside Run to Receive in Behind (2)
3. Attacking Combination Play with Inside / Outside Runs
4. Attacking Combination Play with Curved Outside Run and Shot
5. Inside & Outside Attacking Runs with 2 v 1 Duel and Finishing
6. Transition to Attack in the Middle Zone with a Curved Run & Pass
Out Wide in a 7 v 7 Dynamic 3 Zone Small Sided Game..... 210
7. Transition to Attack in the Middle Zone with a Curved Run & Pass
Out Wide in a Dynamic 3 Zone Game

Goal Analysis: Winning the Ball in the Middle Zone, Quick Pass and Counter Attack 212

SESSION FOR THIS TOPIC (6 Practices)..... 213

1. GROUP A: Winning the Ball & Quick Pass in a Continuous 3 Zone Gauntlet Game 213
2. GROUP A: Winning the Ball & Quick Pass in a Continuous 3 Zone Gauntlet Game with Goals 214
3. GROUP B: Dribbling the Ball Inside to Create Passing Options in Behind the Defensive Line
(4-4-2 / 4-4-1-1 Pattern of Play) 215
4. GROUP B: Dribbling the Ball Inside to Create Passing Options in Behind the Defensive Line in a
6 v 5 Zonal Game 216
5. GROUP A & B: Winning the Ball in the Middle Zone & Passing Immediately in Behind
(Position Specific 8 v 8 Game) 217
6. GROUP A & B: Winning the Ball in the Middle Zone & Quick Counter Attack
in a 5 Zone Game on a Full Pitch..... 218

Goal Analysis: Creating a Numerical Advantage in the Centre & Quick Counter Attack using the Flank...... 219

SESSION FOR THIS TOPIC (4 Practices)..... 221

1. Break through the Centre, Pass to the Flank, Support Play & Finishing Practice..... 221
2. Quick Counter Attack, Crossing & Finishing with Wide Support Players in a 5 v 5 (+4) Transition Game 222

3. Quick Counter Attack, Crossing & Finishing with Wide Support Players in a 2 Zone Small Sided Game.	224
4. Quick Counter Attack, Crossing & Finishing with Wide Support Players in an 11 v 11 Game on a Full Pitch ..	225

Goal Analysis: Quick Pass in Behind the Defensive Line after Regaining Possession 226

SESSION FOR THIS TOPIC (5 Practices)..... 230

1. Regaining Possession Quickly in a Dynamic 12 v 7 Transition Game without Goalkeepers	230
2. Regaining Possession Quickly in a Dynamic 12 v 7 Transition Game with Goalkeepers & Passing Gates	231
3. Regaining Possession and Fast Break Attack in a 9 v 9 Game	232
4. Regaining Possession and Fast Break Attack in a 9 v 9 Game (2).....	233
5. Fast Break Attacks in a Dynamic 4 Zone 11 v 11 Transition Game	234

Goal Analysis: Breaking from the Middle Zone: Exploiting the Weaknesses in the Opposition Defence 235

SESSION FOR THIS TOPIC (5 Practices)..... 236

1. Fast Break Attack Game with 4 Different Scenarios	236
2. Possession & Fast Break Attack 3 Team Dynamic Transition Game	237
3. Possession & Fast Break Attack 3 Team Dynamic Transition Game (2).....	238
4. Exploiting the Weaknesses in the Opposition Defence in a Dynamic 8 v 8 Small Sided Game	239
5. Fast Break Attacks with Different Numerical Scenarios in an 11 v 11 Game	240

CHAPTER 6

The Transition from Defence to Attack in the High Zone..... 241

Goal Analysis: Transition from Attack to Defence & then Defence to Attack 244

SESSION FOR THIS TOPIC (5 Practices)..... 249

1. Continuous 6 v 5 Zonal Possession Game	249
2. Attack to Defence & then Defence to Attack in a Dynamic Transition Game with 4 Goals.....	250
3. Transition from Attack to Defence & then Defence to Attack in a Dynamic 4 Zone Small Sided Game ..	251
4. Transition from Attack to Defence & then Defence to Attack in a Dynamic 5 Zone Small Sided Game ..	252
5. Transition from Attack to Defence & then Defence to Attack in a Dynamic 7 Zone Game on a Full Pitch	253

Goal Analysis: Winning the Ball & One-Two Combination High Up the Pitch..... 254

SESSION FOR THIS TOPIC (5 Practices)..... 255

1. One-Two Combinations with Passive Pressing	255
2. One-Two Combinations in Direction of Play with Passive Pressing	256
3. Dribbling, One-Two Combinations & Finishing Practice	257
4. Winning the Ball & One-Two Combinations in an 8 v 8 (+2) Small Sided Game.....	258
5. Winning the Ball & One-Two Combinations in a 9 v 9 Small Sided Game.....	259

Goal Analysis: Pressing High Up the Pitch: Transition from Defence to Attack	260
SESSION FOR THIS TOPIC (3 Practices).....	261
1. Quick Transition to Attack / Defence Dynamic 9 v 9 Possession Game	261
2. High Press & Counter Attack in a 9 v 7 (+4) Small Sided Game.....	262
3. High Press & Counter Attacking in a Position Specific Game.....	263
Goal Analysis: Pressing High Up the Pitch: Transition from Defence to Attack	264
SESSION FOR THIS TOPIC (5 Practices).....	265
1. Continuous Transition to Defence & then Transition to Attack in an 8 v 8 Dynamic Game	265
2. High Intensity 8 v 8 Pressing Game with Empty Goals	266
3. Continuous Transition to Defence / Attack in an 8 v 8 Small Sided Game	267
4. Continuous Dynamic 9 v 9 Transition Game with Shooting Zone	268
5. Winning Possession High Up the Pitch in an 11 v 11 Transition Game	269