

CONTENT

INTRODUCTION	13
PASSING PRACTICES	14
ANALYSIS: FCB PASSING COMBINATIONS	15
PRACTICES FOR THIS TOPIC (15)	
1. Technical: One-Two Combinations in a Pass and Move Pattern of Play.....	16
2. Technical: One-Two Combinations in a Pass and Move Pattern of Play (2).....	17
3. Pass and Move: Creating Space Pattern of Play (1)	18
4. Pass and Move: Creating Space Pattern of Play (2)	19
5. Turn, Pass and Move Pattern of Play	20
6. One Touch Combination Play with an Overlapping Run	21
7. Taking Advantage of Space in a One Touch Pattern of Play.....	22
8. Technical: One Touch Passing.....	23
9. First Touch and Awareness Passing Sequence (1).....	24
10. First Touch and Awareness Passing Sequence (2).....	25
11. Overcoming the Opposition's Pressure Possession Game.....	26
12. First Touch and Awareness Possession Game	27
13. Switching Play 'Double Square' Possession Game	28
14. Using the Correct Body Shape in a 5v5 (+1) Possession Game	29
15. Forming the Correct Shapes in an End to End Possession Game	30
 ATTACKING	
Attacking Tactical Situation 1	32
ANALYSIS: FORWARD PASSES DIRECTLY FROM THE DEFENDERS TO THE FORWARDS	33
SESSION FOR THIS TACTICAL SITUATION (5 PRACTICES)	
1. Passing Direct to the Forwards with Combination Play	34
2. Passing Direct to the Forwards with Combination Play (2)	35
3. Passing Through the Midfield Line 3 Zone Possession Game.....	36
4. Building Up From the Back in a 3 Zone Dynamic SSG.....	37
5. Passing Direct to The Forwards 'Receiving Zone' Game	38
 Attacking Tactical Situation 2	39
ANALYSIS: DEFENDERS JOINING THE MIDFIELD	40
SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. Running With the Ball Out from the Back	41
2. Defenders Joining the Midfield in a 3v3 (+4) Possession Game	42
3. Creating a Numerical Advantage in Midfield & Finishing Practice	43
4. Creating a Numerical Advantage in Midfield in a 3 Zone SSG	44
 Attacking Tactical Situation 3	45

ANALYSIS: SWITCHING POSITIONS DURING BUILD UP PLAY	46
SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. Switching Positions Combination Play	47
2. Changing the Direction of Play in a 2(+5) v 4 Possession Game	48
3. Switching Positions End Zone Game.....	49
4. Dropping Deep to Create Space in a 2 Zone SSG	50
Attacking Tactical Situation 4.	51
ANALYSIS: THE FORWARD DROPPING DEEP TO MAINTAIN POSSESSION	52
SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. Dropping Deep and Retaining Possession in Midfield	53
2. Forwards Dropping Deep Possession Game.....	54
3. Dropping Deep with Quick Break Attacks in a 3 Zone SSG	55
4. Dropping Deep with Quick Break Attacks 11v11 Game	56
Attacking Tactical Situation 5.	57
ANALYSIS: CREATING SPACE FOR OTHERS TO EXPLOIT IN THE LOW ZONE	58
SESSION FOR THIS TACTICAL SITUATION (6 PRACTICES)	
1. Creating Space for Others Combination Play.....	59
2. Creating Space for Others Combination Play (2).....	60
3. Creating Space for Others End Zone Game.....	61
4. Creating Space in the Low Zone 8v7 Small Sided Game	62
5. Creating Space in the Low Zone 9v8 Small Sided Game	63
6. Creating Space in the Low Zone 11v11 Game	64
Attacking Tactical Situation 6.	65
ANALYSIS: CREATING SPACE FOR OTHERS ON THE FLANK.	66
SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. Creating Space for the Wingers on the Flanks Pattern of Play	67
2. Creating Space for the Wingers in a Dynamic 2 Zone SSG.....	68
3. Creating Space on the Flank in a High & Low Zone Game.....	69
4. Wingers Dropping Deep: Creating Space 2 Zone Game.....	70
Attacking Tactical Situation 7.	71
ANALYSIS: USING THE CORRECT BODY SHAPE	72
SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. Technical: Receiving with the Correct Body Shape in Pairs	73
2. Using the Correct Body Shape in a 4v4 (+5) Possession Game	74
3. 'Receiving Zone' 6v7 (+2) Body Shape Dynamic Game.....	75
4. 'Receiving Zone' Building Up Play 11v11 Game.....	76
Attacking Tactical Situation 8.	77
ANALYSIS: CREATING A NUMERICAL SUPERIORITY ON THE FLANKS.	78
SESSION FOR THIS TACTICAL SITUATION (7 PRACTICES)	
1. Creating a Numerical Superiority on the Flank Combination Play	79
2. Creating a Numerical Superiority on the Flank Combination Play (2)	80



3. Attacking Combination Play on the Flank.....	81
4. Attacking Combination Play on the Flank (2).....	82
5. Attacking Combination Play on the Flank (3).....	83
6. Switching Play to the Weak Side 9v8 Small Sided Game	84
7. Creating 2v1 Situations on the Flank in a Side Zone SSG.....	85
Attacking Tactical Situation 9.....	86
ANALYSIS: CREATING AT LEAST 3 PASSING OPTIONS FOR THE MAN IN POSSESSION	87
SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. Switching Play '4 Corner Zones' Possession Game	88
2. Creating Passing Options in a Dynamic End Line Game.....	89
3. Switching Play 7v7 (+2) Small Sided Game.....	90
4. Switching Play to the Flank in a 9v9 (+2) Side Zone Game	91
Attacking Tactical Situation 10	92
ANALYSIS: RECEIVING IN BEHIND THE MIDFIELD LINE AND	
APPROACHING THE THIRD STAGE OF ATTACK	93
SESSION FOR THIS TACTICAL SITUATION (6 PRACTICES)	
1. Receive, Turn and Pass in Limited Space	94
2. Receive, Turn, Pass and Switch Play Possession Game	95
3. Receive, Turn and Pass 3 Zone Switching Play Game.....	96
4. Passing Through the Midfield Line Possession Game	97
5. Passing Through the Midfield Line Dynamic SSG.....	98
6. Passing Through the Midfield Line 'Receiving Zone' Game	99
Attacking Tactical Situation 11	100
ANALYSIS: BREAKING THROUGH THE OPPOSITION'S PRESSING IN THE	
FIRST STAGE OF ATTACK USING 2 PLAYERS AT THE BACK.....	101
SESSION FOR THIS TACTICAL SITUATION (6 PRACTICES)	
1. Building Up From the Back Pattern of Play	102
2. Quick Combination Play with the 'Link Players'	103
3. Building Up Play From the Back to Break Through Pressing	104
4. Finding the Target Player in a 4v4 (+4) Switching Play Game.....	105
5. Building Up 'Free Player' Dynamic End Line Game	107
6. Building Up Play & Breaking Down Pressure 11v11 Game.....	110
Attacking Tactical Situation 12	111
ANALYSIS: BREAKING THROUGH THE OPPOSITION'S PRESSING IN THE FIRST	
STAGE OF ATTACK USING 3 PLAYERS AT THE BACK.....	112
PRACTICE FOR THIS TACTICAL SITUATION	
Building Up Play From the Back Dynamic End Line Game.....	113
Attacking Tactical Situation 13	115
ANALYSIS: BUILDING UP PLAY ON THE RIGHT FLANK USING A 3 MAN DEFENCE	116
SESSION FOR THIS TACTICAL SITUATION (5 PRACTICES)	
1. Building Up on the Flank Combination Play.....	117

2. Building Up on the Flank Combination Play (2).....	118
3. 4v4 (+2) Position Specific Possession Game.....	119
4. Attacking Combinations on the Right Flank with Finishing.....	120
5. Numerical Advantage Flank Zones Game.....	121
Attacking Tactical Situation 14.....	122
ANALYSIS: SWITCHING PLAY.....	123
SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. One Touch Switching Play Combinations Practice.....	124
2. Switching Play 3v3 (+3) Possession Game.....	125
3. 6v6 (+4) Position Specific Switching Play Dynamic Game.....	126
4. Switching Play Game with Divided Pitch & Side Zones.....	127
Attacking Tactical Situation 15.....	128
ANALYSIS: SWITCHING PLAY TOWARDS THE FLANKS USING LONG BALLS.....	129
SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. Switching Play with Accurate Long Passes.....	130
2. 4v2 (+3) / 4v2 (+3) Switching Play From Zone to Zone.....	131
3. Switching Play Game with Divided Pitch & Side Zones (2).....	132
4. Switching Play with 2v1s on the Flank 3 Zone Game.....	133
Attacking Tactical Situation 16.....	134
ANALYSIS: COMBINATIONS BETWEEN THE WINGER & THE ATTACKING MIDFIELDER:	
DECISION MAKING IN THE FINAL THIRD.....	135
SESSION FOR THIS TACTICAL SITUATION (2 PRACTICES)	
1. Combination Play in the Final Third.....	136
2. Decision Making 3v2 Zonal Play with Finishing.....	137
Attacking Tactical Situation 17.....	138
ANALYSIS: COMBINATIONS BETWEEN THE WINGER & THE ATTACKING MIDFIELDER:	
CREATING A NUMERICAL ADVANTAGE ON THE FLANK.....	139
SESSION FOR THIS TACTICAL SITUATION (2 PRACTICES)	
1. Quick Combination Play on the Flank.....	140
2. Decision Making 3v2 Zonal Play with Finishing (2).....	141
Attacking Tactical Situation 18.....	142
ANALYSIS: COMBINATIONS BETWEEN THE WINGER & THE ATTACKING MIDFIELDER:	
CREATE AND ATTACK THE FREE SPACE.....	143
SESSION FOR THIS TACTICAL SITUATION (3 PRACTICES)	
1. One-Two, Attack the Free Space, Cross and Finish.....	144
2. Create and Attack the Free Space in a 3v2 Zone.....	145
3. 5v4 (+1) Position Specific 3 Zone Combination Game.....	146
Attacking Tactical Situation 19.....	147
ANALYSIS: COMBINATIONS BETWEEN THE WINGER & THE ATTACKING MIDFIELDER:	
OVERLOADING THE SIDE IN THE THIRD STAGE OF ATTACK.....	148

SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. Overloading the Side Pattern of Play.....	149
2. Overloading the Side 3v2 Zonal Play with Finishing.....	150
3. 6v4 (+1) Position Specific 3 Zone Combination Game.....	151
4. Combinations Between the Winger & the Attacking Midfielder Final Game.....	152
Attacking Tactical Situation 20	153
<i>ANALYSIS: COMBINATIONS BETWEEN THE WINGER, THE FULL BACK AND THE ATTACKING MIDFIELDER: CREATE AND ATTACK THE FREE SPACE ON THE FLANK</i>	<i>154</i>
SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. Create Space, Receive, Turn and Attacking Combination.....	155
2. Creating and Attacking Free Space Zonal Play with Finishing.....	156
3. 5v4 (+1) Position Specific 3 Zone Combination Game (2).....	157
4. Combinations Between the Wingers, the Attacking Midfielder and the Full Backs Final Game.....	158
Attacking Tactical Situation 21	159
<i>ANALYSIS: RETAINING BALANCE DURING THE ATTACKING PHASE USING A 2 MAN DEFENCE.....</i>	<i>160</i>
SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. Passing, Moving & Retaining Balance with 2 Defenders.....	161
2. Covering the Centre Back's Forward Run with the Ball.....	162
3. Retaining Balance at the Back 2 Zone Small Sided Game.....	163
4. Retaining Balance at the Back with Building Up Play Game.....	164
Attacking Tactical Situation 22	165
<i>ANALYSIS: RETAINING BALANCE DURING THE ATTACKING PHASE USING A 3 MAN DEFENCE.....</i>	<i>166</i>
SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. Passing, Moving & Retaining Balance with 3 Defenders.....	167
2. Covering the Centre Back's Forward Run with the Ball (2).....	168
3. Retaining Balance at the Back 2 Zone Small Sided Game (2).....	169
4. Retaining Balance at the Back with Building Up Play Game (2).....	170
Attacking Tactical Situation 23	171
<i>ANALYSIS: RETAINING BALANCE DURING THE ATTACKING PHASE: THE DEFENSIVE MIDFIELDER'S ROLE.....</i>	<i>172</i>
SESSION FOR THIS TACTICAL SITUATION (3 PRACTICES)	
1. Retaining Balance During the Attacking Phase with Zones.....	173
2. Retaining Balance: 2 Zone Negative Transition Game.....	174
3. Retaining Balance: 2 Zone Negative Transition Game (2).....	175
Attacking Tactical Situation 24	176
<i>ANALYSIS: RETAINING BALANCE DURING THE ATTACKING PHASE: THE FULL BACK'S ROLE</i>	<i>177</i>
SESSION FOR THIS TACTICAL SITUATION (3 PRACTICES)	
1. Full Back's Decision Making in a 3 Zone Dynamic Game.....	178
2. Timing the Full Back's Runs in an 8v9 Dynamic SSG.....	179
3. Timing the Full Back's Runs in an 8v9 Dynamic SSG.....	180

Attacking Tactical Situation 25	181
ANALYSIS: THE NEGATIVE TRANSITION	182
SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)	
1. 4v4 (+4) Quick Reactions Dynamic Negative Transition Game	183
2. 5v5 (+2) Quick Break Attack Small Sided Game	184
3. 5v5 (+2) Quick Break Attack Finishing Game	185
4. Two Phase Negative Transition 11v11 Game	186
Attacking Tactical Situation 26	187
ANALYSIS: THE POSITIVE TRANSITION	188
SESSION FOR THIS TACTICAL SITUATION (9 PRACTICES)	
SITUATION 1: Winning the Ball Near the Sideline and Attacking Down the Flank - 3 Zone Game	190
SITUATION 1: Winning the Ball Near the Sideline and Attacking Down the Flank - 4 Zone Game	191
SITUATION 2: Winning the Ball Near the Sideline and Attacking Through the Centre - 3 Zone Game	192
SITUATION 2: Winning the Ball Near the Sideline and Attacking Through the Centre - 4 Zone Game	193
SITUATION 3: Winning the Ball Near the Centre and Attacking Through the Centre - 3 Zone Game	194
SITUATION 3: Winning the Ball Near the Centre and Attacking Through the Centre - 4 Zone Game	195
SITUATION 4: Winning the Ball Near the Centre and Attacking Down the Flank - 5 Zone Game	196
SITUATION 4: Winning the Ball Near the Centre and Attacking Down the Flank - 4 Zone Game	197
Positive Transition Game with 2 Side Zones	198
DEFENDING	
Defending Tactical Situation 1	200
ANALYSIS: CHAIN REACTION OF THE MIDFIELDERS AND THE FORWARDS	201
SESSION FOR THIS TACTICAL SITUATION (3 PRACTICES)	
1. Chain Reaction Pressing High Up the Pitch in Side Zones	202
2. Cohesion & Compactness in the Pressing Application	203
3. Cohesive Shifting Across to Press Near the Sidelines	204
Defending Tactical Situation 2	205
ANALYSIS: COHESION BETWEEN THE BACK 4 AND THE DEFENSIVE MIDFIELDER	206
SESSION FOR THIS TACTICAL SITUATION (3 PRACTICES)	
1. Synchronised Movement of the Defenders & the Def. Midfielder	207
2. 5v4 Chain Reaction Pressing Near the Sideline	208
3. Closing Down the Opposition Full Backs Pressing Game	209
Defending Tactical Situation 3	210
ANALYSIS: PRESSING HIGH UP THE PITCH AND FORCING THE BALL WIDE	211
SESSION FOR THIS TACTICAL SITUATION (5 PRACTICES)	
1. Pressing the Ball Wide as a Compact Unit	212
2. Dynamic Pressing & Counter Attack Game	213
3. Superiority in Numbers Around the Ball Zonal Game	214
4. Pressing in 3 Stages Game with 4 Zones	215
5. Pressing in 3 Stages Game with 4 Zones (2)	216

Defending Tactical Situation 4..... 217

ANALYSIS: THE WINGER PUTS PRESSURE ON THE CENTRE BACK TO PREVENT THE PASS TOWARDS THE ADVANCED FULL BACK.....218

SESSION FOR THIS TACTICAL SITUATION (3 PRACTICES)

- 1. Chain Reactions to Prevent Forward Passes 219
- 2. Preventing Forward Passes with a Numerical Superiority in the Central Zone..... 220
- 3. Using Body Shape to Limit Passing Angles for the Centre Backs..... 221

Defending Tactical Situation 5..... 222

ANALYSIS: DEFENDING AGAINST A CENTRE MIDFIELDER WITH SPACE TO CREATE.....223

SESSION FOR THIS TACTICAL SITUATION (3 PRACTICES)

- 1. Movements When Applying Pressure is not Possible 224
- 2. Movements When Applying Pressure is not Possible in the Centre 225
- 3. Movements When Applying Pressure is not Possible in the Centre..... 226

Defending Tactical Situation 6..... 227

ANALYSIS: COHESIVE REACTIONS WHEN THE OPPOSITION CREATE SPACE DOWN THE FLANK TO ATTACK228

SESSION FOR THIS TACTICAL SITUATION (3 PRACTICES)

- 1. Dealing With an Opponent Free in Space on the Flank 229
- 2. Defending When Pressing is Not Possible Near the Sidelines..... 230
- 3. Defending When Pressing is Not Possible Near the Sidelines..... 231

Defending Tactical Situation 7..... 232

ANALYSIS: DEFENDING A SWITCH OF PLAY TO THE WEAK SIDE233

SESSION FOR THIS TACTICAL SITUATION (3 PRACTICES)

- 1. 2v2 Play with Collective Defending on the Flanks 234
- 2. 3v3 Defending on the Flanks in a 3 Zone Dynamic Game..... 235
- 3. Quick Collective Reactions: Defending on the Weak Side 236

Defending Tactical Situation 8..... 237

ANALYSIS: DEFENDING NEAR THE SIDELINE AND CLOSE TO THE PENALTY AREA238

SESSION FOR THIS TACTICAL SITUATION (3 PRACTICES)

- 1. Creating a Numerical Advantage & Taking Up the Correct Positions in the Penalty Area to Defend Crosses .. 239
- 2. Preventing the Cross on the Flank by Creating a 2v1 Advantage..... 241
- 3. Creating a Numerical Advantage High Up on the Flank to Block Crosses 242

