

# 11 Pep Guardiola Attacking Tactics Tactical Analysis And Sessions

## 11 Pep Guardiola Attacking Tactics: Tactical Analysis and Training Sessions

Pep Guardiola's revolutionary approach to football, characterized by a relentless pressing game, intricate passing patterns, and a relentless pursuit of possession, has redefined modern attacking football. His teams, consistently ranked among the best in the world, have achieved remarkable success through a meticulous understanding of space, movement, and player roles. This article delves into 11 key attacking tactics employed by Guardiola, offering a tactical analysis and exploring the training sessions designed to cultivate these skills. Examining these tactics provides a framework for understanding the effectiveness and lasting impact of Guardiola's philosophy on the modern game.

### 1. Dominant Possession-Based Football

Guardiola's teams prioritize maintaining possession, not just for control, but as a means to generate attacks and dictate the tempo of the match. This necessitates meticulous passing patterns, a deep understanding of positional play, and an ability to utilize the entire pitch.

*Tactical Principles:*

**Short, Precise Passes:** Teams excel in intricate passing combinations, often incorporating triangles and diamond formations to keep the ball circulating and prevent opponents from gaining control.

**Tactical Awareness:** Players must anticipate and react to the movements of their teammates and opponents.

**Full-Field Movement:** Constant movement of players to create numerical advantages and open passing lanes.

**Visual Aid:** A diagram illustrating a typical passing pattern within a 4-3-3 formation, emphasizing short, sharp passes and player movement.

### 2. High Pressing and Aggressive Transitions

Relentless high pressing immediately forces a turnover when opponents receive the ball, leading to swift transitions from defense to attack.

### *<i>Tactical Principles:</i>*

Player positioning: Players are positioned high up the pitch and instructed to apply pressure from the start to disrupt opposition play and recover possession quickly.

Intensity and Timing: Pressing is not just about effort; it's about timing and collective movement, anticipating when an opponent is vulnerable to pressure and maximizing opportunities for takeaways.

Support and Cover: The pressing system emphasizes support and cover amongst defenders and midfielders to maintain team shape and avoid counter-attacks.

### 3. Fluid Formations and Player Interchangeability

Guardiola often utilizes fluid formations, adjusting based on the game's ebb and flow and adapting to opponents' strategies. This flexibility also allows players to play in multiple roles, enhancing positional awareness and tactical versatility.

### *<i>Tactical Principles:</i>*

Multi-Role Players: Players are trained to adapt to multiple positions, increasing team flexibility and adaptability.

Formation Fluidity: Changing formations during the game to exploit opponent weaknesses or capitalize on favorable game states.

***<i>Visual Aid:</i></b>* A series of diagrams illustrating a team's ability to move between different formations (e.g., 4-3-3, 3-4-3, or variations).**

### 4. Wide Players and Overlapping Runs

Wingers play a vital role in Guardiola's attacking philosophy. They are encouraged to exploit the space created by high pressing, utilizing overlapping runs to create chances for crosses and cutting inside.

### *<i>Tactical Principles:</i>*

Crossing Options: Wingers are key creators of scoring opportunities through accurate crosses to the centre of the box.

Intelligent Runs: Overlapping runs are not just about speed but also about intelligent positioning and the understanding of where to be on the pitch at the right moment.

### 5. Central Midfield Domination and Passing Accuracy

Guardiola's teams often utilize a creative central midfield to orchestrate the attacks, distributing the ball intelligently and linking the defense and attack.

## **<i>Tactical Principles:</i></b>**

Ball Retention: Central midfielders are crucial to maintaining possession and directing the flow of the game.

Intelligent Passing: High quality and accurate passes are key to maintaining momentum in attacks.

## Training Sessions and Methodology

Guardiola's teams dedicate significant time to developing these tactics through meticulous training sessions, emphasizing repetition, analysis, and adaptation. Training often involves:

Repetitive drills: Practices replicate game situations, emphasizing tactical awareness and quick reactions.

Technical development: Focus on individual skill development, such as passing, dribbling, and shooting, crucial for implementing the tactics effectively.

Mental conditioning: Extensive analysis of game footage, focusing on opponent vulnerabilities.

## Conclusion

Guardiola's attacking tactics are not just a collection of individual strategies; they represent a holistic philosophy emphasizing possession-based football, high pressing, and fluid formations. His approach to training cultivates tactical awareness, adaptability, and a deep understanding of spatial relationships on the pitch. This rigorous approach has yielded remarkable success, influencing the modern game's tactical landscape and demonstrating the lasting impact of effective tactics and coaching on performance.

## 5 Advanced FAQs:

1. How does Guardiola's system adapt to different opponent styles, particularly those with a strong counter-attacking approach?
2. What specific training drills are employed to hone the timing and execution of high pressing?
3. How does Guardiola utilize data analysis and player feedback to fine-tune his tactics in real-time?
4. What is the role of player psychology in executing these complex and high-pressure tactics?
5. How transferable are Guardiola's tactical principles to other teams and contexts, considering varying player abilities and cultural nuances?

## References (Illustrative)

[Insert references to academic articles, football analysis websites, and Guardiola's interviews]

Note: This is a framework. Actual content would require extensive research and appropriate referencing to specific studies, articles, and analyses of Guardiola's teams and tactical approaches.

## **Deconstructing Pep Guardiola's Attacking Tactics: 11 Key Strategies & Training Sessions**

**Problem:** Many aspiring football managers and coaches struggle to understand and implement the intricate attacking strategies employed by Pep Guardiola. His relentless pressing, intricate passing patterns, and fluid formations often seem like a black box, leaving coaches feeling lost and lacking actionable insights. Current tactics manuals often lack the depth and practical application necessary for real-world implementation.

**Solution:** This in-depth analysis delves into 11 crucial attacking tactics utilized by Pep Guardiola, providing a tactical breakdown, analysis of key training sessions, and actionable strategies coaches can immediately apply to their own teams.

### Unlocking Guardiola's Attacking Arsenal: 11 Key Tactics

Pep Guardiola's relentless pursuit of possession-based football has revolutionized modern football. His teams are known for their dazzling displays of intricate passing, tireless pressing, and incisive counter-attacks. This isn't just about individual brilliance; it's a system designed to dominate opponents through calculated tactical choices.

1. The "Verticality" Principle: Guardiola prioritizes creating multiple passing options and angles, leading to vertical passing and penetrating attacks, cutting through the opponent's defensive lines.
2. High Pressing with Tactical Depth: The pressing isn't random; it's strategically placed, aiming to win the ball back in dangerous positions and disrupt opponent's build-up play.
3. Fluid Formations and Changing Structures: Guardiola's teams utilize various formations (4-3-3, 4-2-3-1, 3-4-3), adapting to the opposition and the game's flow.
4. Intelligent Use of Half-Spaces: Players constantly occupy half-spaces in the midfield and

attack, creating passing lanes and disrupting defensive positioning.

5. The Importance of Movement and Understanding of Defensive Guardiola stresses movement off the ball, allowing for quick switches of play and exploiting gaps. Players must understand their defensive responsibilities within the team structure.

6. The Art of "Counter-Attacking" Transitions: While emphasizing possession, Guardiola's teams excel at swift counter-attacks, capitalizing on turnovers and space in the opposition's defense.

7. The "Switch of Play" Strategy: Exploiting opposing weakness on the wing is a crucial aspect of the philosophy; intelligent movements create fluidity and support, providing multiple options.

8. Wingers as "Attacking Full-backs": This crucial tactical move emphasizes wing-backs contributing to both defense and attack, providing overload on the opposing flanks.

9. The "False Nine" System: Using a forward playing as a false nine allows for creative attacking plays and movement, disrupting the opponent's defensive strategy.

10. Exploiting Numerical Advantages in Tight Spaces: Guardiola's teams create attacking opportunities from tight spaces, outnumbering the opposition through intelligent positioning and movement.

11. "Playmaking from the Back" and Defensive Passing Mastery: The defense is part of the attack; strong passing in the final third is paramount.

#### Analysis of Guardiola's Training Sessions

Emphasis on Repetition: Detailed repetition with focus on technical execution and tactical scenarios.

Spatial Awareness: Exercises designed to improve players' spatial awareness on and off the ball.

Tactical Flexibility: Training sessions include a variety of scenarios to enable adaptation to different situations.

Individual and Collective Training: Guardiola emphasizes the importance of both individual skills and collective understanding of the team's tactics.

#### Actionable Insights for Coaches

Develop a Dynamic Tactical Plan: Analyze opposition weaknesses, using Guardiola's principles.

Implement a Structured Pressing System: Create a strategy for pressing that is effective and

adaptable.

Promote Fluid Movement: Train players to occupy different spaces and understand defensive responsibilities.

Prioritize Ball Control: Emphasize passing accuracy and short, quick passes.

Encourage Intelligent Movement Without the Ball: Teach players to contribute to the attacking flow.

## Conclusion

Guardiola's attacking strategies are a testament to the power of precise planning and execution. This article has provided a structured approach to understanding and implementing these principles. Coaches must now translate this knowledge into actionable strategies and adapt them to their unique team composition and players' skillset.

## Frequently Asked Questions (FAQs)

1. Q: Can these tactics be adapted for different team levels?

A: Absolutely. The core principles can be modified to suit various skill levels. The key is to focus on progressive development, starting with foundational aspects and gradually introducing complexity.

2. Q: What are the biggest challenges in implementing Guardiola's system?

A: The biggest challenges include maintaining possession, overcoming fatigue, and adapting the system to different opponent formations.

3. Q: How can these tactics improve team dynamics?

A: The focus on interconnectedness and teamwork fosters a strong sense of unity and mutual support.

4. Q: How does data analysis support Guardiola's approach?

A: Data analysis provides insight into team performance, allowing Guardiola to make informed decisions about player positioning and team strategy.

5. Q: What is the role of a coach in adapting Guardiola's tactics?

A: The coach must act as a translator and mediator, adjusting the principles to align with player capabilities and opponent strengths. Coaching experience combined with adaptability is critical.

This analysis provides a strong framework for coaches to effectively utilize Pep Guardiola's attacking philosophy, improving their own team's tactical capabilities and overall performance.

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2015-10-07 In this book Pasquale shows you the coach how to play with the Spanish game model of Expansion Football

2013-04 Jose Mourinho Attacking Sessions is the first in a series of books which provide you with a blueprint of how to attack and score goals like the world's best teams. Michail is a UEFA A license coach and has provided a full and extensive analysis of Real Madrid's best 48 goals in the 2011-2012 season, when they scored a record 121 goals to win the Spanish Championship (La Liga). This goal analysis of Jose Mourinho's tactics has been used to produce 114 practices organised into 30 ready-made sessions. Each goal is analysed, followed by a full session on that specific topic of Real's attacking play, with clear colour diagrams, detailed descriptions and coaching points. You can use these ready-made sessions to practice Real Madrid's attacking play and combinations. You can learn exactly how Real found attacking solutions for every tactical situation created by opponent's who defended with a deep, middle or high defensive line. A large section of this book is based on the transition phase. You can learn how to coach your team to play like the best counter attacking team in the world. There are sessions on the transition from defence

to attack in the low, middle and high zones. Practices included: Functional Technical Practices Phases of Play Opposed/Unopposed Zone play Counter-Attacking Exercises Transition Games Small Sided Games Analysis of Real Madrids best 48 goals in the 2011 12 season scoring a record 121 goals to win La Liga Goal analysis of Jose Mourinhos tactics been used to produce 114 practices organised into 30 ready made sessions

2018-10-19 Learn to Coach Transition Play - from Defence to Attack and from Attack to Defence with 83 Practices based on 20 Transition Game Situations from the Tactics of: Mauricio Pochettino, Maurizio Sarri, Leonardo Jardim and Jorge Sampaoli After the hugely popular Coaching Transition Play book, volume 2 provides more new ideas to help coaches improve their training sessions in the most important phases of the modern game - the transition phases. Some of the best performing coaches and teams during the transition phases in recent years (Pochettino's Tottenham, Sarri's Napoli, Jardim's Monaco & Sampaoli's Sevilla) have been studied so you the coach, can learn to input their tactics into your training sessions. This book provides tactical analysis of Mauricio Pochettino, Maurizio Sarri, Leonardo Jardim and Jorge Sampaoli's tactics. Michail Tsokaktsidis is a UEFA 'A' Licence coach and has used this analysis to produce 20 full sessions (83 practices) including: Transition Games Fast Break Attacks Counter Attacking Small Sided Games Pressing to Win the Ball / Defensive Reactions to Recover the Ball

Team Shape and Organisation You can use these ready-made sessions to practice these top coaches' tactics and find solutions for every tactical situation: Transition from Defence to Attack in the Low, Middle and High Zones. Transition from Attack to Defence in the Low, Middle and High Zones. 20 Transition Play Tactical Analysis Topics including: Sampaoli: Counter Attack with a Forward Pass, Lay-Off and Supporting Runs Pochettino: High Intensity Pressing and Fast Break Attack from the Middle Zone Sarri: Tracking Back and Forcing Opponents Wide to Protect the Goal Jardim: Condensing the Space After Losing Possession in the Low Zone 83 Practices (20 Full Sessions) including: Direct Counter Attacks with Driving Support Runs in a Position Specific 2 Zone Game High Press to Win the Ball ] Fast Attack in a 2 Zone Small Sided Game Quickly Returning into Defensive Shape After an Attack in a Dynamic 11 v 6 Practice Switching the Point of Defence to Recover the Ball as Quickly as Possible in a Dynamic Game This book provides tactical analysis of Mauricio Pochettino Maurizio Sarri Leonardo Jardim and Jorge Sampaolis tactics

2016-02-26 Juventus are the most successful team using the 3-5-2 formation in modern football. Juve have won 4 consecutive Serie A league titles including an unbeaten run of 49 games, 1 Coppa Italia and reached the Champions League final in 2014. Juventus are a very successful attacking team that focus on exploiting their numerical advantage at the back, patient

build up play, pushing many players into advanced positions and finally creating and exploiting space in behind the defensive line. Athanasios Terzis is a successful author of some of the best-selling Football Coaching books, most notably with 'Jurgen Klopp's Attacking and Defending Tactics' and 'FC Barcelona Training Sessions' which won the Italian FA Award for Best Coaching Book in 2014. In this book the popular author presents a full and extensive analysis of the Juventus 3-5-2 formation during the 2013-14 season. This tactical blueprint is clearly presented with supporting diagrams and detailed descriptions of the attacking phase, the transition from attack to defence and the transition from defence to attack which enable you to discover exactly how Juventus played in these phases of the game, providing the positioning and movement of the players in all possible game situations. This detailed analysis has been used to produce 21 full training sessions (60 practices) including functional practices, opposed/unopposed zone play, transition games, game situations and small sided games. This will enable you to coach your team to attack like one of the most successful teams in Europe. In this book the popular author presents a full and extensive analysis of the Juventus 3 5 2 formation during the 2013 14 season

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2016-04-11 This book reviews the general acute effects and adaptations of small-sided and conditioned games (SSCGs) in terms of physiological responses, technical performance and methodology/periodization in the game of soccer. It also reviews the many studies conducted in the past decade to investigate the influence of SSCGs on physiological responses and technical performance in soccer training. SSCGs, which are smaller and adapted versions of formal team sports, are very popular training drills for players at all ability levels and competitive levels and offer an alternative to traditional fitness training. Exploring their role in depth, this book offers a valuable resource for academics, researchers and coaches with an interest in developing improved training techniques for soccer. This book reviews the general acute effects and adaptations of small sided and conditioned games SSCGs in terms of physiological responses technical performance and methodology periodization in the game of soccer

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analysis to produce 23 full sessions (98 practices) including transition games, game situations and small sided games. This book provides analysis of Simeone Guardiola Klopp Mourinho and Ranieris tactics

2019-05-20 This book provides a tactical analysis of Pep Guardiola's 4-3-3 Attacking Tactics (56 Tactical Situations) which has been used to produce 12 Full Training Sessions (70 Practices and Variations). You can use these ready-made sessions to practice Pep Guardiola's attacking tactics and implement them into your training sessions. Learn to Coach Pep Guardiola's Innovative Attacking Tactics to Create Chances and Score Goals with 12 Full Sessions 70 Practices Variations based on 12 Tactical Situations from Manchester City's 4-3-3

2015-04-12 Originally developed by Vitor Frade, at the University of Porto, Tactical Periodization is a methodology - popularized by coaches such as Jose Mourinho and Andre Villas Boas - that trains soccer players through a logical process that focuses on four moments of the game. These four moments are: Offensive Organisation, the Transition from Defence to Attack, Defensive Organisation, and the Transition from Attack to Defence. Through Tactical Periodization, the aim is to develop players to rapidly alter their on-field behaviours according to the tactical context of the match, and what actually unfolds in front of them. In turn, every training exercise focuses on at least one of the four moments, and always the

coach's tactical game model of how he wants his team to play. In doing so, football players prepare and learn how best to conquer the often unpredictable matches that they encounter competitively. This book is the English language translation of the acclaimed book *Periodizacion Tactica* by world-renowned coach and sports science specialist Xavier Tamarit. \*Important Note: What is Tactical Periodization is the translation of an academic book that examines Tactical Periodization's underlying philosophies, methodologies, and application. It covers areas such as systemic thinking, football as a complex phenomenon, and how the 'sum is greater than its parts'; it does not contain practical how-tos or drills. Candidly, it is not an 'easy' book to read, and requires a certain level of effort and concentration by the reader. However, for those who stick with it, the book provides a rewarding and high value resource for the modern football coach who wishes to understand exactly how Tactical Periodization developed, what it means for the sport, and how it can influence his or her coaching. Summary sections have been added to each original chapter to offer additional insight. The English language translation of the acclaimed Spanish book *Periodizaci n T ctica* by world renowned coach and sports science specialist Xavier Tamarit

2020-02-07 This book is a comprehensive resource for coaching the 3-5-2 formation at all levels. The level of

detail and tactical solutions included will help you emulate how top coaches, such as Antonio Conte (Inter) and Nuno Espírito Santo (Wolverhampton Wanderers), use the 3-5-2 to great success. This book goes into great detail to show the movement of all players within the 3-5-2 system of play in various tactical situations and against different formations, in the attacking and defensive phase. This will enable you to optimise your team's tactical awareness and performance. Tactical solutions are provided for all game situations, in relation to how to counteract the opponent's positioning, organisation and decision making. This book will teach you to coordinate and solve specific game situations in a flexible way with many different options and tactical solutions. As a coach, you can train these patterns of play repetitively, so that the players' reading of the game becomes automatic and the team is quickly able to recognise and find the best solutions to solve every conceivable tactical situation. This book includes: Tactical Strengths and Weaknesses of the 3-5-2 Formation 3-5-2 Tactics Against Different Formations (4-4-2, 4-2-3-1, 4-3-3, 4-3-1-2, 3-5-2 and 3-4-3) Overcoming the First Line of Pressing (Build-up Play from the Back) Moving the Ball in Between the Opposition's Midfield and Defensive Lines Playing in Behind the Opposition's Defensive Line Defensive Organisation and Pressing Organisation of the Defensive Line 41 Practices and Variations to Apply Tactical Solutions with

the 3-5-2 Renato Montagnolo has a UEFA 'B' Coaching Licence and a Patentino Match Analyst Licence. He has been working as a First Team Assistant Manager and Match Analyst for the past few years in Serie C in Italy. With experience of writing books and articles, speaking and teaching, Renato is a respected football tactics expert. This book is a comprehensive resource for coaching the 3 5 2 formation at all levels

2019-03-29 Maarten Arts (UEFA A Coaching Licence) has many years of coaching experience at the elite level all around the world and has created a full blueprint of 120 Drills to produce top class goalkeepers. This training program has proved to create better, all round goalkeepers at every level, from juniors up to top-level international goalkeepers. This book shows you how to develop goalkeepers with specific drills, but it will also inspire you to create your own drills in the image of this program. Included with each drill, there are detailed coaching points which are essential to develop goalkeepers in the best way. This book focuses on the fundamental technical skills needed to become a top class goalkeeper and includes chapters Drills with Outfield Players and Goalkeeper Games to show you how to use these skills in situations similar to a match. Each of the 12 chapters in this book includes 10 Drills on a specific goalkeeping technique or topic: 1. CATCHING 2. FALLING 3. DIVING 4. PUNCHING 5. PARRYING 6. HIGH BALLS 7. ONE V ONE 8. TECHNICAL SKILLS WITH THE FEET 9.

FOOTWORK 10. DISTRIBUTION 11. DRILLS WITH OUTFIELD PLAYERS 12. GOALKEEPER GAMES Maarten Arts UEFA A Coaching Licence Royal Union Saint Gilloise (Belgium) Goalkeeping Coach (2018 - Present) Al Wahda (Abu Dhabi) Head Goalkeeping Coach (2017 - 2018) Wadi Degla FC (Egypt) Head Goalkeeping Coach (2015 - 2017) Lierse SK (Belgium) Goalkeeping Coach (2014 - 2015) Saudi Arabia National Team Goalkeeping Coach (2013 - 2014) Umm Salal (Qatar) Goalkeeping Coach (2010 - 2013) FC Utrecht Goalkeeping Coach (1998 - 2009) I wish you all great success in your careers and I hope the drills in this book will help make your goalkeepers TOP Class. - Maarten Arts GOALKEEPER GAMES Maarten Arts UEFA A Coaching Licence Royal Union Saint Gilloise Belgium Goalkeeping Coach 2018 Present Al Wahda Abu Dhabi Head Goalkeeping Coach 2017 2018 Wadi Degla FC Egypt Head Goalkeeping Coach 2015

2018-02-22 This official RFEF book is written by Eduardo Valcárcel, the Director of the Spanish Football Federation Coaching School. He has used his experience to provide a full program of 96 technical and tactical practices which are ideal for coaches at youth level, who want to develop their players and teams to world leading Spanish standards. This official RFEF book is written by Eduardo Valcárcel the Director of the Spanish Football Federation Coaching School

2019-01-18 This book is a comprehensive resource for coaching the 4-3-3 formation at all levels. The level of

detail will help you emulate how top coaches, such as Pep Guardiola, Maurizio Sarri and Jürgen Klopp use the 4-3-3 to great success. It will enable you to see all the solutions, in order to optimise your team's tactical awareness and performance. This book is a comprehensive resource for coaching the 4 3 3 formation at all levels

2017-06-30 The book includes Marcelo Bielsa's tactics (and playing philosophy) for building up play from the back against high pressing teams with a full analysis of his 4-2-3-1, 3-3-3-1 and 3-4-3 formations with extensive analysis of Marcelo Bielsa in 9 different tactical situations, supported with 9 full training sessions (35 practices). The book includes Marcelo Bielsa's tactics and playing philosophy for building up play from the back against high pressing teams with a full analysis of his 4 2 3 1 3 3 3 1 and 3 4 3 formations with extensive analysis of Marcelo Bielsa

2019-09-20 After the hugely popular Volume 1, Volume 2 gives you another rare opportunity into Pep Guardiola's Training Sessions with 85 Practices taken directly from Pep's training sessions including: Technical Circuits, Passing, Rondos, Positional and Possession Games, Small to Large Sided Games at Manchester City, Bayern Munich and FC Barcelona. After the hugely popular Volume 1 Volume 2 gives you another rare opportunity into Pep Guardiolas Training Sessions with 85 Practices taken directly from Peps training sessions including Technical Circuits Passing Rondos Positional



2020-12 René Meulensteen (UEFA Pro Licence) spent 12 years at Manchester United and was Sir Alex Ferguson's First Team Coach during the most successful years in the club's history (2007- 2013). René's expertise provides coaches of all levels a great insight into the key aspects and methods behind Manchester United's success when they won 1 x UEFA Champions League (+2 Runner-up), 4 x Premier Leagues and 1 x League Cup all within 6 seasons. During this period, René was responsible for creating and coaching all of the first team training sessions. He kept a record of every single training session in organised folders, and these Technical and Tactical Practices and Sessions form the basis of this book (94 Practices included). This book provides a detailed blueprint of the successful structure and organisation of Manchester United, as well as the Management, Leadership, Principles, Tactics and Philosophy of Play of the greatest British manager in history, Sir Alex Ferguson. Find out how Manchester United produced such a High Speed of Play, created Waves of Attacks, and how they scored so many late goals using Scenario Training (Fergie Time). All of this content will provide you with a great understanding of the methods behind Manchester United's success, from the training pitch to match days. This is your chance to practice and apply René's exact Manchester United training sessions, enabling your team to reproduce Alex Ferguson's team's fantastic attacking style. MANCHESTER UNITED

PRACTICE / SESSION TOPIC EXAMPLES: Build-up Play Switching Play Forward Passes and Runs to Break the Lines Attacking Overloads Crosses and Box Runs Attacking Combination Play Dominating 1v1 Situations and Finishing Defensive Shape, Pressing and Recovery Transition from Defence to Attack (Counter Attacks) Fergie Time Scenario Training As well as the first team training sessions, this book also shows you René's Development Model, Coaching Philosophy, and the importance of Specific Technical Training (1v1s and Finishing). During his time at Manchester United, René was attributed to improving the individual technique and performances of Cristiano Ronaldo, Ryan Giggs, Ruud van Nistelrooy, Robin van Persie, Nani, and many others. The practices he used for individual or small group training are included in this book. This is your chance to practice and apply René's exact Manchester United training sessions enabling your team to reproduce Alex Ferguson's teams fantastic attacking style

2012-02 FC Barcelona: A Tactical Analysis - Defending A Team from Another Planet! A Tactical Blue-Print of Pep Guardiola's Barcelona Team This book is an exclusive and groundbreaking study of Pep Guardiola's Barcelona team. This information and analysis of one of the most successful club sides in history has been in high demand and it is finally here! The defensive part of Barcelona's game does not get enough attention, but is integral to their philosophy and all their superior style of

play. The main elements of their tactics include pressure high up the pitch, winning the ball back quickly, maintaining a numerical advantage around the ball zone and pushing their opponents wide to limit their space. We can now see a full analysis of Barcelona's defensive tactics which have been so important to their success. The book shows Barca's 4-3-3 system of play, each player's responsibilities, positioning and movement within every possible phase of play. Terzis Athanasios is a Tactical Professor of Football and has compiled an extensive assessment of Barcelona's attacking play after over 1000 hours of studying all the games from the 2010-11 season. Guardiola's team has won 3 La Liga championships, 2 UEFA Champions Leagues, 4 Spanish Cups, 2 Super Cups, and 2 FIFA World Club World Cups. The book starts with the characteristics of the players and the philosophy of Barcelona and builds into a comprehensive overview of the defensive tactics employed with clear diagrams and detailed descriptions. Included: - Strategies used to counter specific formations (the 4-4-2, 4-2-3-1, 4-3-2-1, 5-3-2 and the 4-3-2-1). - Assessments of specific phases of play (central zone, near the side-lines and set plays). - Pressure, cover and support from front, middle and defensive zones - Preventing and limiting opposition space - Defending from set-pieces - Plus a lot more - SEE FULL BOOK CONTENTS BELOW This gives football coaches an unbelievable chance to learn how Barcelona play and

adapt their tactics to combat any team they play. Their defensive work is so important to their success and allows them to be such a strong attacking force. This book is an exclusive and ground breaking study of Pep Guardiolas Barcelona team This information and analysis of one of the most successful club sides in history has been in high demand and it is finally here

2019-07-11 This book gives you a rare opportunity to use Pep Guardiola's Practices and learn from one of the best coaches in the history of football. The 88 Attacking Combinations and Attacking Positional Patterns of Play included are taken direct from Pep Guardiola's training sessions at Manchester City, Bayern Munich and FC Barcelona. This book gives you a rare opportunity to use Pep Guardiolas Practices and learn from one of the best coaches in the history of football

2020-04-15 Aimed primarily at intermediate-to-advanced youth soccer players (but also coaches and parents who want to understand the game more deeply) Play With Your Brain presents eight key soccer concepts in illuminating detail, giving you the knowledge you need to become a smarter -- and therefore better -- player, coach, or fan. Aimed primarily at intermediate to advanced youth soccer players but also coaches and parents who want to understand the game more deeply Play With Your Brain presents eight key soccer concepts in illuminating detail giving

you the

2013-08 This special book in full colour features 34 game situations of Pep Guardiola's Barcelona team, often described as the best ever. These 34 game situations (analysis) has been used to produce 34 sessions (160 practices) including quick passing functional practices, patterns of play,

possession games, transition games, opposed/unopposed zone play, game situations and small sided games. In short, this book will help you coach your team 'The Barca Way.' This special book in full colour features 34 game situations of Pep Guardiolas Barcelona team often described as the best ever