



U17/18/19- Development of Positional and Team Play



Fulfilment of a player's potential depends on his or her own efforts, the support of his/her teammates and the unselfish guidance of his or her coach. He/she must be exposed to a playing and training environment which extends his/her mental, physical and technical capabilities to the limit. He/she must have a sound understanding of the game's principles and concepts. Players should show emotional stability when confronted with pressure situations. **Demanding and challenging training sessions and matches are a must.**

Coach:	<ul style="list-style-type: none">• Charismatic• Well informed• Up to date• Experienced• Articulate• Disciplinarian- No doubts about who is in charge• Managerial Know How
Technique:	<ul style="list-style-type: none">• Mastered skill leading to artistry• All at Speed under match conditions• Individual skill covered in warm up
Tactics:	<ul style="list-style-type: none">• Increase Tactical Speed (decision making)• Increase Pressure and Competition <p>Team/Functional- Understanding the Three Lines in the Team and their collective responsibilities.</p> <p>Attacking- Possession with a purpose. Combination play with Tactical Implications. Penetration with variety, creativity and disguise. Counter Attack. Wide/Flank play. Target play and creating chances. Crossing under pressure with proper runs in to the box. Set plays.</p> <p>Defending- Zonal marking & man marking with sweeper behind. Pressing as a unit in different 1/3's. Set plays.</p>
Physical:	<ul style="list-style-type: none">• Flexibility work before and after practices and games• Agility- with and without the ball• Speed• Endurance- aerobic and anaerobic• Strength- upper and lower body• Nutrition- proper diet, pre-game, post-game, tournaments, etc• Care and prevention of injuries• Care of their own bodies e.g. toenails, shower, sleep, footwear
Mental:	<ul style="list-style-type: none">• Increased concentration• Leadership/Increased player responsibilities• Discipline• Respect for the Game/Opponent• Self-confidence/Self Motivation- Goal setting• Mental imagery• Fighting Spirit- Will to win• Encourage to watch high level games



Team Organization U13+ 11v11



1-4-3-3 #6

Strengths

- Two attacking midfielders
- Natural width and rotations
- Lots of triangle passing options

Concerns

- Only one disciplined centre midfielder
- #8 & #10 not being close enough to #9



1-4-3-3 #10

Strengths

- Use of the full width of the pitch
- Two central midfielders
- Use of a roaming #10

Concerns

- #9 can be isolated if the #10 drops too deep
- Full backs must be able to defend 1v1



1-4-4-2 Diamond

Strengths

- Number of players in central areas
- Compact defence
- Movement in attack

Concerns

- Switches of play
- Midfield congestion
- Lack of natural width



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1-3-5-2

Strengths

- Three solid centre backs
- Lots of players in midfield
- Two natural centre forwards

Concerns

- Centre backs can be pulled into wide areas to defend 1v1
- High work rate for the two wing backs



1-4-3-2-1 Christmas tree

Strengths

- Lots of players in central areas
- The movement & rotation of the full backs going high and 7/11 coming inside will disrupt the defence

Concerns

- Can lack width when attacking
- Vulnerable to quick counter attacks
- Vulnerable to quick switches of play



1-3-4-3

Strengths

- Three centre backs split to play out
- Lots of attacking players
- Rotation and movement in wide areas will disrupt opponents defence

Concerns

- If teams sit deep then the pitch can be congested in attacking areas
- The centre backs can be pulled into wide 1v1 situations