

# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 1

3 AND 4 INVOLVE IN ATTACK AS FREE MAN – 6 GET BALANCE FOR THEM



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 1

### 1. WARMING UP : PASSING AND FINISHING EXERCISE

#### Introduction:

Passing and finishing exercise following tactical condition.

#### Conditions:

- 4 players each side. Passing and finishing according to diagram.
- No 9 stay deep and right time to get down in crucial area.
- No 10 right time to get into crucial area to get the ball.

#### Coaching Point:

- Right timing to move.
- Good body shape with half turn.
- Unnecessary play with one touch
- Good pass speed.

#### Organization:

Time: 10min

Repetitions: 2 x 5min.

Space: 40m x 40 m Grid

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 1

### 2. TACTICAL GAME 1: 4v4+2N+2GK

#### Introduction:

2 teams of 4 players scoring in normal goal, supported by 2 neutral players as No 6.

#### Conditions:

- No 3,4 build up play with N6 and GK to make a situation that No 3 or 4 free to push forward to them involve in attacking.
- N6 cover the space for No 3.
- When team rotates, red needs to copy what white team has done.
- No 7,11 and N6 Try to score the goal.

#### Coaching Point:

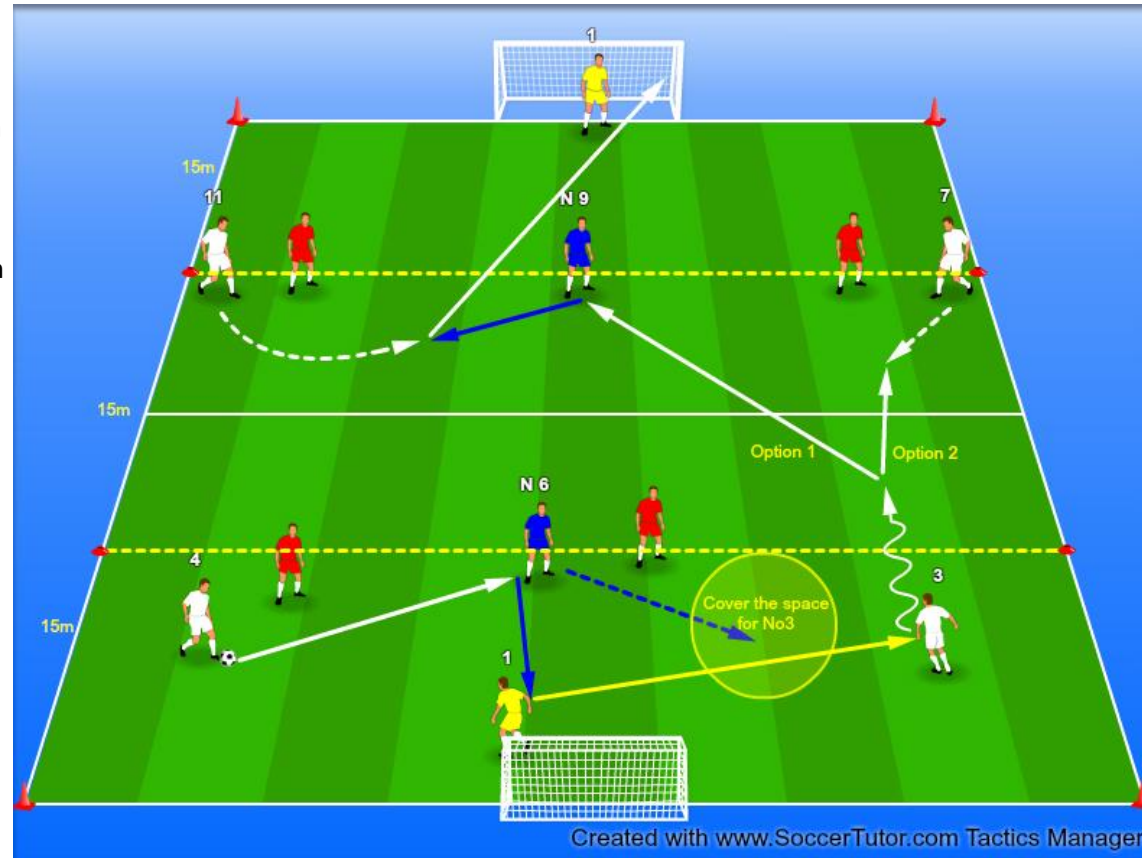
- Use GK and No 6 to make 4v2 situation.
- Use the space as wide as possible.
- Once No 3 or 4 push the ball forward calm and steady to find right timing to pass.
- No 7,11 right timing to create space to get the ball from No 3 or 4.

#### Organization:

Time: 15min

Repetitions: 2 x 7min

Space: 45m x 40m Grid



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#### Progression:

# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 1

### 3. TACTICAL GAME 2: 6v6+2N+2GK

#### Introduction:

2 teams of 4 players scoring in normal goal, supported by 2 neutral players as No 6.

#### Conditions:

- No 3,4 build up play with N6 and GK to make a situation that No 3 or 4 free to push forward to involve attack.
- No 6 cover the space for No3.
- Red also same thing to do as like a white doing.
- No 2,5,7,11 and No 6 Try to score the goal.

#### Coaching Point:

- Use GK and N6 to make 4v2 situation.
- Use the space as wide as possible.
- Once No 3 or 4 push the ball forward calm and steady to find right timing to pass.
- No 7,11 right timing to create space to get the ball from No 3 or 4.

#### Organization:

Time: 15min

Repetitions: 2 x 7min.

Space: 50m x 50m Grid

#### Progression:





# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 2

CREATE SPACE FLANK SIDE – No 2,5 ATTACKING



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 2

### 1. WARMING UP 1: PASSING EXERCISE

#### Introduction:

Build up from the back in 2 groups according to tactical target.

#### Conditions:

- 5 players in each group.
- Passing according to the diagram
- No 8,10 create space and turn with ball in the middle.
- No 2,5 has to reading the situation find right timing to support attacking.
- No 7,11 right timing create space for both fullback.

#### Coaching Point:

- Right timing to move.
- Good body shape with half turn.
- Once all players are comfortable , then try to create different situations targeting No 2,5 attacking the side.

#### Organization:

Time: 10min

Repetitions: 2 x 5min.

Space: 20m x 40m x 2 grid.

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 2

### 2. WARMING UP 2: PASSING EXERCISE

#### Introduction:

Build up from the back in 2 groups according to tactical target.

#### Conditions:

- 5 players in each group.
- Passing according to the diagram
- No 8,10 create space and turn with ball in the middle.
- No 2,5 has to reading the situation find right timing to support attacking.
- No 7,11 right timing create space for both fullback.
- Good crossing and finishing.

#### Coaching Point:

- Right timing to move.
- Good body shape with half turn.
- Once all players are comfortable , then try to create different situations targeting No 2,5 attacking the side.
- Good finishing

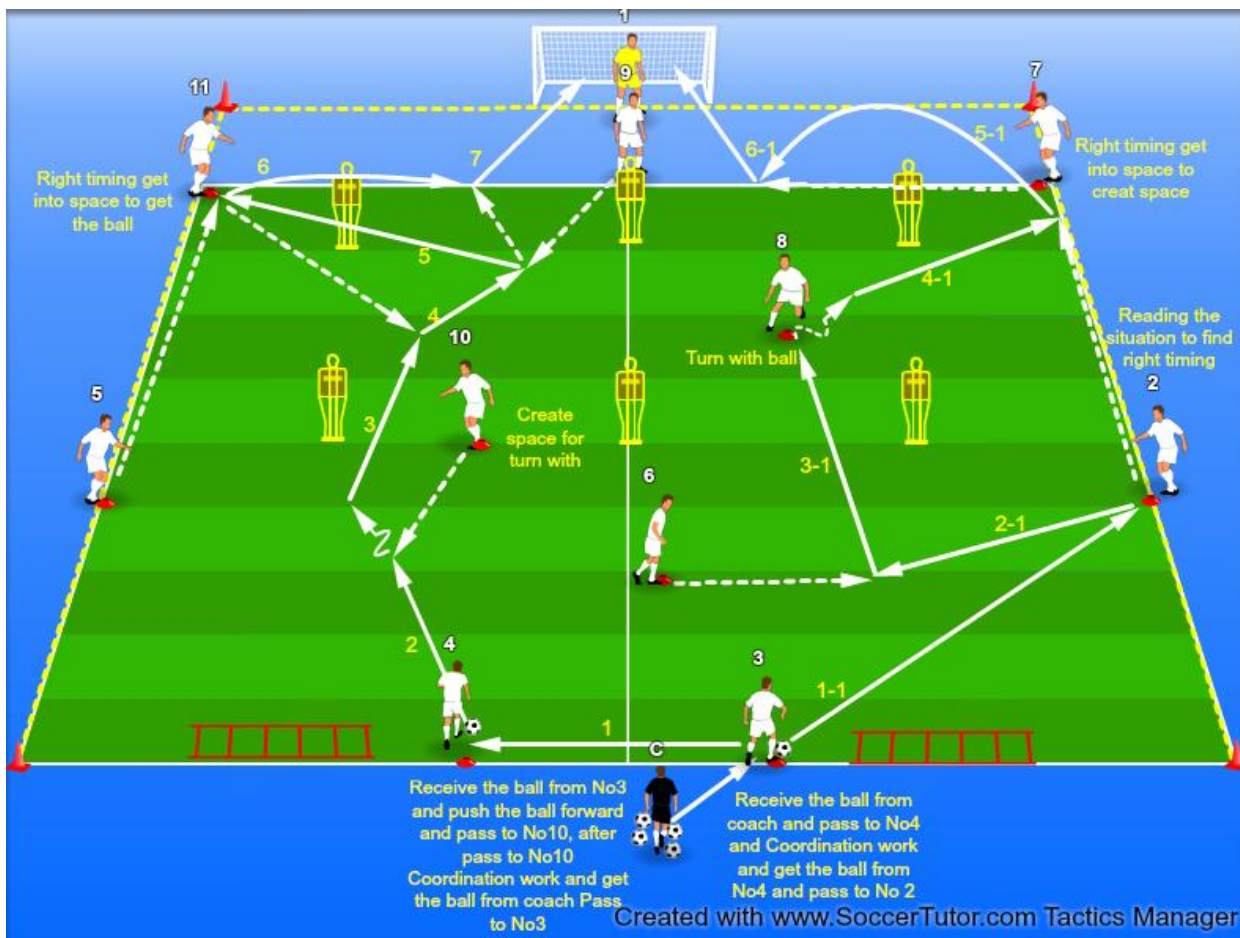
#### Organization:

Time: 15min

Repetitions: 2 x 7min.

Space: 20m x 40m x 2 grid.

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 2

### 3. TACTICAL GAME 1: 6v6+4N+1GK

#### Introduction:

6 attackers (white) try to score in 2 small goals supported by 4 neutral players (blue). 6 defenders (red) must get the ball back as soon as possible.

#### Conditions:

- Once red gains the ball, pass back to No 1 and attack using blue neutral players just like the white team.
- With the GK make a 4v2 situation with No 3,4,N6 in order for a free man to feed ball forward.
- No 2,5 push up to make a space for No8 and 10.

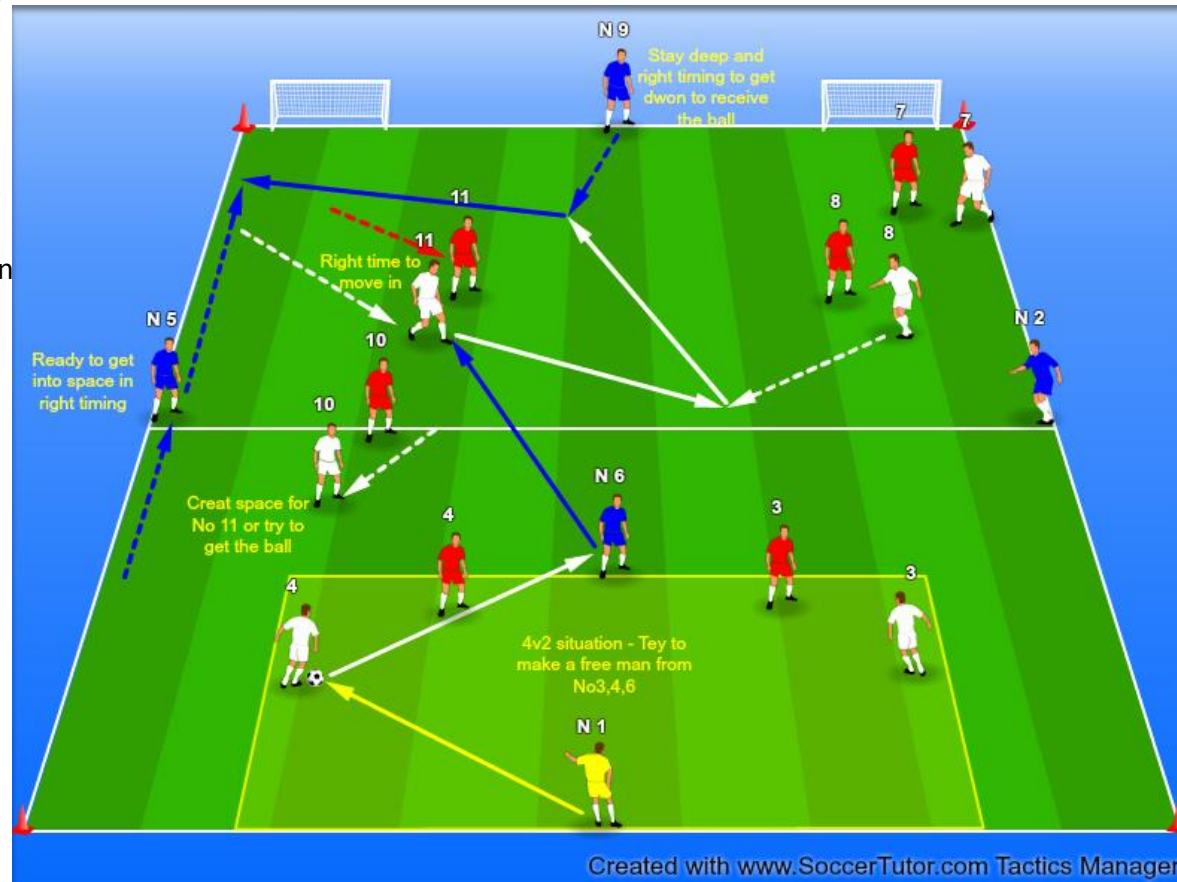
#### Coaching Point:

- Use space- As wide and as deep as possible.
- Moving and passing in time is the most important
- Create space then use that space to combine as a team.

#### Organization:

Time: 15min.  
Repetitions: 2 x 7min.  
Space: 50m x 40m grid.

#### Progression:





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## TACTICAL ANALYSIS 2

### 5. GAME 2: 11v11

#### Introduction:

2 teams of 11. Real Game.

#### Conditions:

- Normal game according to tactical planning.

#### Coaching Point:

- Be wide and deep
- Good communication each other.
- Timing is the most important when passing and moving.

#### Organization:

Time: 25

Repetitions: 2 x 10min.

Space: 2/3 pitch.

#### Progression:



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# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 3

### 2 AND 5 ATTACKING INSIDE IN OPPONENT HALF



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 3

### 1. WARMING UP 1: PASSING AND FINISHING EXERCISE

#### Introduction:

Passing and finishing exercise following tactical condition.

#### Conditions:

- 7,11 be wide and deep to stay to get the ball.
- when No7 or 11 get the ball No 2 or 5 support inside to get the ball and combine with No9.
- No 11,10 or 7,8 get into space for finishing when No2 or 5 overlap inside.
- After passing coordination work according to diagram.

#### Coaching Point:

- Right timing to move.
- Good body shape with half turn.
- Unnecessary to play with one touch
- Good passing speed.
- When players are comfortable with the exercise let the player create among themselves.

#### Organization:

Time: 15min

Repetitions: 2 x 7min.

Space: 40(50)m x 40 m Grid



#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 3

### 3. TACTICAL GAME: 5v5+3N+2GK

#### Introduction:

2 teams of 5 players scoring in normal goal, supported by 3 neutral players.

#### Conditions:

- Start attacking from N6 and try to score the goal according to the condition.
- N 7 and N 11 always stay in the box before getting the ball.
- Both white and red team must pass to N 7 or 11 before scoring
- No 2 or 5 support inside to get the ball and combine with No 9 or 10 when No 7 or 11 receives the ball.
- When defending team regains the ball possession must pass back to N6 and then start attacking as same condition with white.

#### Coaching Point:

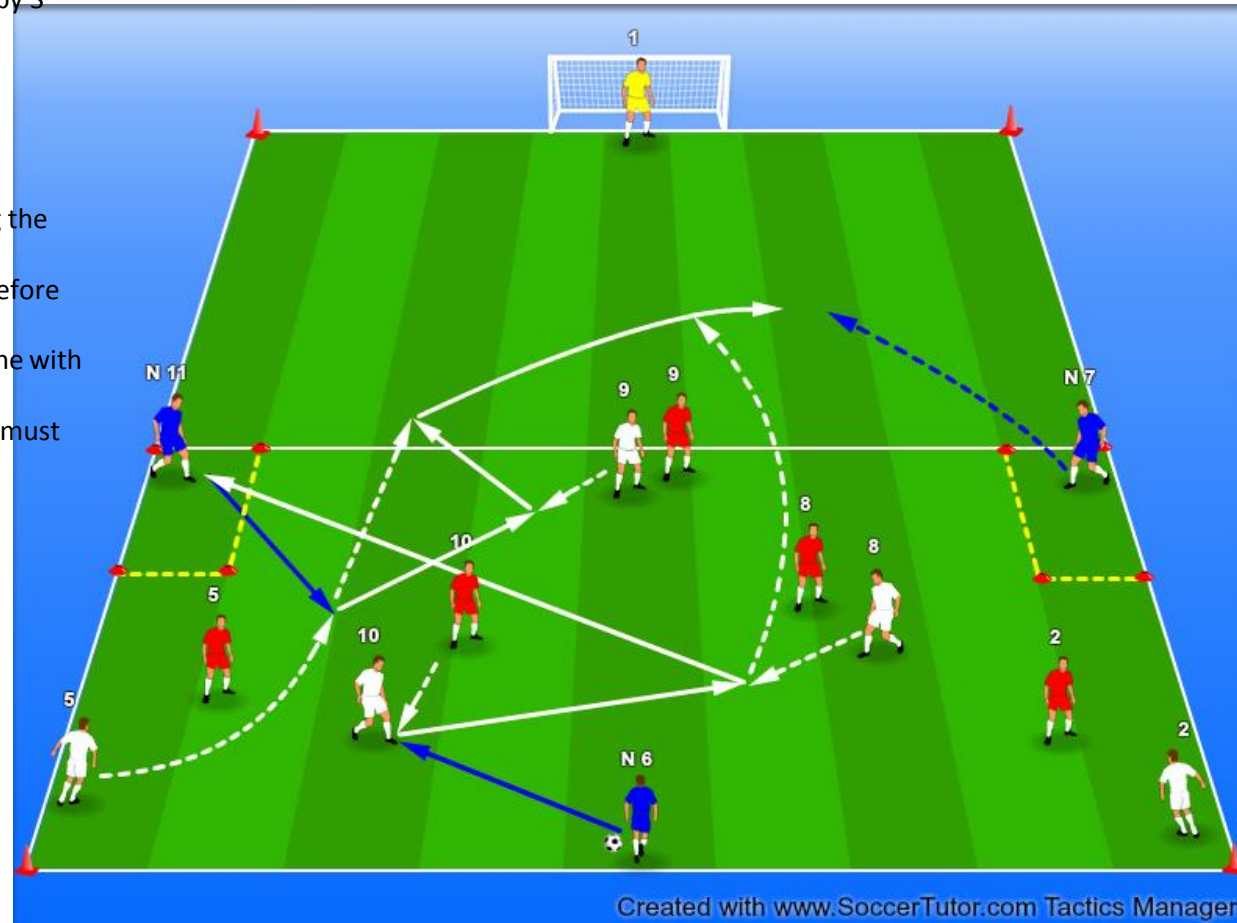
- Right timing to move.
- Good body shape with half turn.
- Unnecessary play with one touch
- Good passing speed.

#### Organization:

Time: 15min.

Repetitions: 2 x 7min.

Space: 40(50)m x 20m + 2 Grid



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#### Progression:

# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 3

### 4. GAME 1: 11v11

#### Introduction:

Match 11v11 following tactical analysis objective.

#### Conditions:

- White No 7, 11 be wide and deep to stay.
- Red 4 backs cannot move back into the last 20m line.
- White No 3,4,6,8,10 try to make a pass to No 7 or 11 – When No 7,11 get the ball No 2 or 5 try to get inside to get the ball and combine play with No 9 or 8,10.
- Red when regain the ball just play normal game.

#### Coaching Point:

- Right timing to move.
- Good body shape with half turn.
- Unnecessary play with one touch
- Good passing speed.

#### Organization:

Time: 25min

Repetitions: 2 x 10min.

Space: 60m x 20m grid + 60m x 40m grid.

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 4

11 or 7 CUT INSIDE CREATING ATTACKING OPTION



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## TACTICAL ANALYSIS 4

### 1. WARMING UP 1: PASSING AND FINISHING EXERCISE

#### Introduction:

Attacking in the front third patterned movement according to tactical objective.

#### Conditions:

- 5 players each side. Passing according to diagram.
- First pass from both full back.
- Once No 7 or 11 bring the ball inside there has few option to play – 1) No 9 running behind defender 2) No 8 or 10 get into crucial area get the ball 3) full back over lapping.

#### Coaching Point:

- Right timing to move.
- Good body shape with half turn.
- Once all the players are comfortable, attacking option create them self.

#### Organization:

Time: 15min

Repetitions: 2 x 7min.

Space: Half Pitch

**Progression:** Create players them self



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 4

### 2. TACTICAL GAME : 5v5+4N+1GK

#### Introduction:

Attacking in front third tactical game. 2 teams of 5 players (white and red) trying to score following tactical objective supported by 4 neutral players (blue).

#### Conditions:

- There is two grid 10m x 10m and 20m x 20m each side.
- N11,7 have to stay in 10m x 10m grid and when receive the ball from full back, try to cut into the middle and combine play with 8 or 10.
- Condition - before scoring the goal, must pass to No 7 or 11.
- Before scoring the goal, must attack 20m x 20m grid.
- When red regain the ball pass back from N3,4 then start attacking the goal same as the white team according tactic planning.

#### Coaching Point:

- N3,4 play with No 8,10 to give some time for full back create timing to get the ball
- No 2,5 and 9 right timing to move into the space
- Good finishing in the penalty box.

#### Organization:

Time: 15min

Repetitions: 2 x 7min.

Space: Half Pitch

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 4

### 3. GAME : 11v11

#### Introduction:

Match 11v11 following tactical analysis 2 conditions.

#### Conditions:

- Red can not get into last 20m area – just only able to intercept through balls
- When red team regains the ball they play normally.
- White team play according to tactical planning.

#### Coaching Point:

- Be wide and deep
- Good communication each other.
- Timing is the most important when passing and moving.

#### Organization:

Time: 25min

Repetitions: 2 x 10min.

Space: 60m x 60m (20m x 60m + 40m x 60m)

#### Progression:





# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 4-1

### 1. WARMING UP : PASSING AND FINISHING EXERCISE

#### Introduction:

Pattern movement follow the diagram according to coach game planning.

#### Conditions:

- Play with two touch pass – if necessary play one touch.
- First pass start from No 2 or 5.
- No 7 or 11 bring the ball inside and combination play with No 8 or 10.
- No 6 right timing to push get the ball for switch the ball.

#### Coaching Point:

- Right timing to move.
- Good body shape with half turn.
- Once all the players are comfortable, let the players them self to create switch game situation.

#### Organization:

Time: 15min

Repetitions: 2 x 7min.

Space: Half Pitch

#### Progression:



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# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 4-1

### 2. TACTICAL GAME : 6v6+4N+1GK

#### Introduction:

Attacking in front third tactical game. 2 teams of 6 players (white and red) trying to score following tactical objective and supported by 4 neutral players.

#### Conditions:

- There is 20m x 20m grid to attacking before score a goal..
- No 11,7 when receiving the ball from full back try to cut into the middle and combine play with 8 or 6 ( 8 or 6 switch pass to No 10 or 7 or N 2)
- Before scoring the goal, must pass to 7 or 11.
- Before going for goal, must attack 20m x 20m grid.
- When red regains the ball ,pass back to N 3,4 and start attacking like the white team, according tactic planning.

#### Coaching Point:

- N 3,4 play with N 2,5 to give some time for no7 or11 create good timing to get the ball
- No 2,5 and 7,11,9 right timing to move into the space
- Good finishing in the penalty box.

#### Organization:

Time: 15min.

Repetitions: 2 x 7min.

Space: 70m x 60m

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 4-1

### 3. GAME : 11v11

#### Introduction:

Match 11v11 following tactical objective.

#### Conditions:

- Red can not get into last 20m area – just can intercept the ball only.
- When red regains the ball they play a normal game.
- White team play according to tactical planning.

#### Coaching Point:

- Be wide and deep
- Good communication each other.
- Timing is the most important when passing and moving.

#### Organization:

Time: 25min

Repetitions: 2 x 10min.

Space: 70m x 60m

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 5

### 9 AND 10: HOW TO USE CRUCIAL AREA.



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## TACTICAL ANALYSIS 5

### 1. WARMING UP 1: PASSING AND FINISHING EXERCISE

#### Introduction:

Passing and finishing exercise following tactical condition.

#### Conditions:

- 4 players each side. Passing and finishing according to diagram.
- No 9 stay deep and with the right time, get down in crucial area.
- No 8 with right time get into crucial area to get the ball.
- No 7, 11 right timing into space have a good finishing.

#### Coaching Point:

- Right timing to move.
- Good body shape with half turn.
- Unnecessary play with one touch
- Good passing speed.

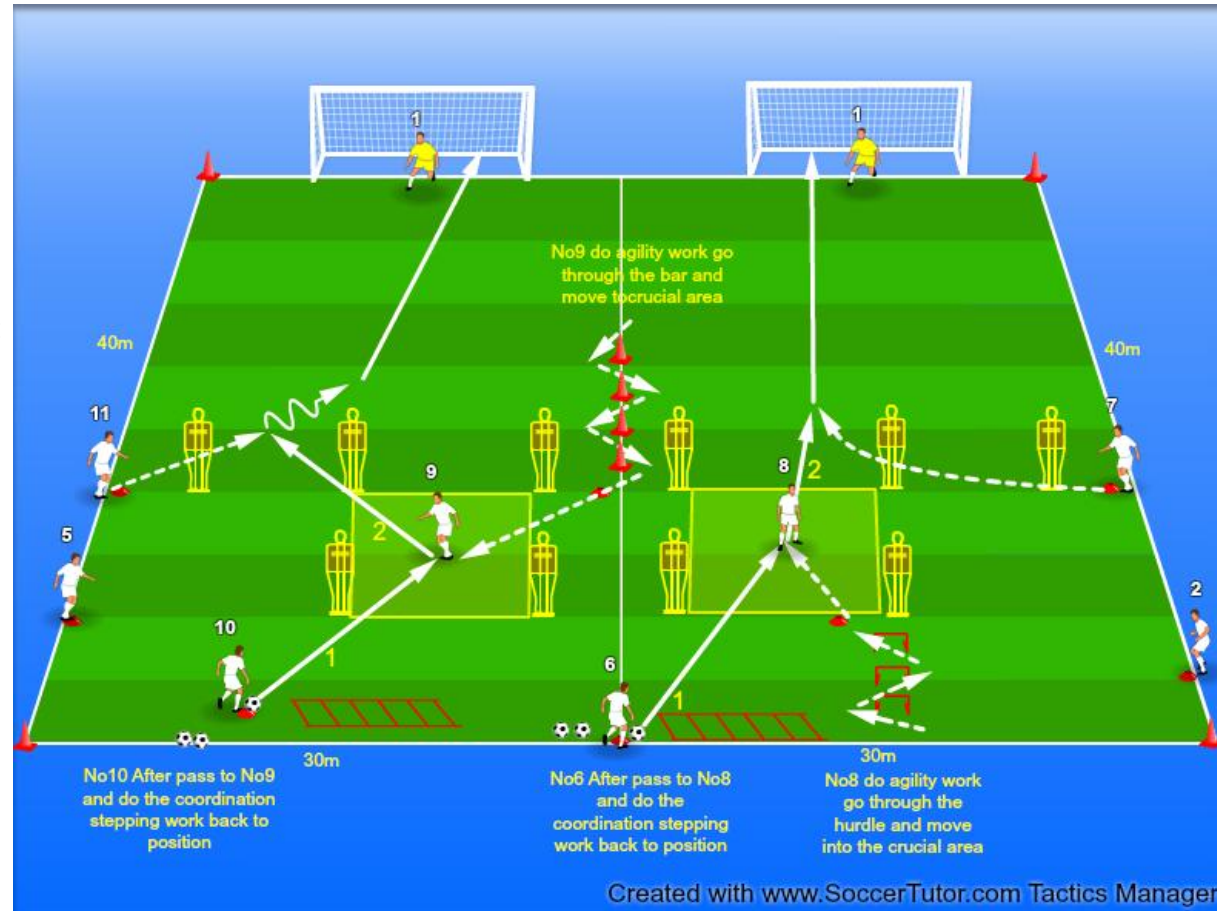
#### Organization:

Time: 15min.

Repetitions: 2 x 7min.

Space: 30m x 40 m + 2 Grid

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 5

### 2. WARMING UP 2: PASSING AND FINISHING EXERCISE

#### Introduction:

Passing and finishing exercise following tactical condition.

#### Conditions:

- 4 players each side. Passing and finishing according to diagram.
- No 9 stay deep and with right timing, to get down in crucial area.
- No 8 with right timing to get into crucial area to get the ball.
- No 2,5 over lapping

#### Coaching Point:

- Right timing to move.
- Good body shape with half turn.
- Unnecessary to play with one touch
- Good passing speed.

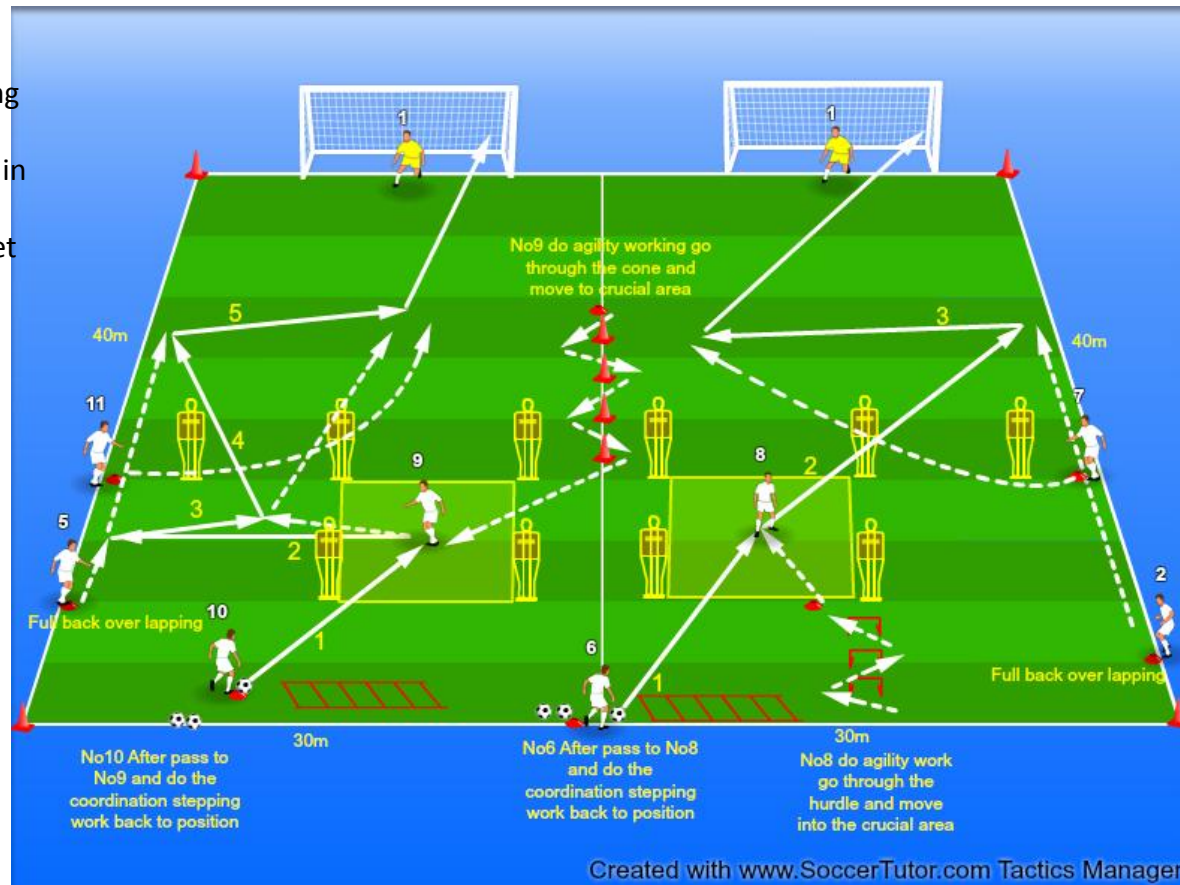
#### Organization:

Time: 15min.

Repetitions: 2 x 7min.

Space: 30m x 40 m + 2 Grid

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 5

### 3. TACTICAL GAME 1: 9v8+1N+1GK

#### Introduction:

Attacking team (white) starts building the move in middle area and following tactical planning. Trying to finish in the front third. Defending team must get the ball back as soon as possible. One neutral supports both teams as No 6.

#### Conditions:

- There has two grid of 20m x 40m
- No 11,7,9 have to stay deep on the line and wait until the right timing so that No 9 could get the ball in crucial area.
- In yellow grid (20m x 40m) 4v3 + 1N
- Game always start in yellow grid with white team in ball possession.
- When red regains the ball, play as a normal game to try and score in two mini goals
- When everyone is comfortable with the play, ask them to create situation them self according to tactical planning.

#### Coaching Point:

- Start attacking with good position as shown in the diagram.
- Keep the ball well in yellow grid to create right timing to pass to No9.
- Good communication middle to forward with right timing.

#### Organization:

Time: 15min  
Repetitions: 2 x 7min.  
Space: 70m x 60m

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 5

### 4. TACTICAL GAME 1-2: 9v8+1N+1GK

#### Introduction:

Attacking team (white) starts building the move in middle area and following tactical condition trying to finish in front third. Defending team must get the ball back as soon as possible. One neutral supports both teams as No 6.

#### Conditions:

- There is two grid of 20m x 40m
- No 11,7,9 have to stay deep on the line and wait until the right timing so that No 9 can get the ball in crucial area.
- In yellow grid (20m x 40m) 4v3 + 1N
- Game always start in yellow grid with white team having the ball.
- When red regains the ball, play as a normal game to score two mini goals
- When everyone is comfortable with the exercise, let them create situation according to tactical planning.

#### Coaching Point:

- Start attacking with good position as shown in the diagram.
- Switch pass to NO 6 and then No 8 or 10 trying to get the ball in crucial area.
- Good communication middle to forward with right timing.
- Good weight of passing when vertical pass between defenders.

#### Organization:

Time: 15min  
Repetitions: 2 x 7min.  
Space: 70m x 60m

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 5

### 5. GAME 1: 11v11

#### Introduction:

Match 11v11 following tactical objective

#### Conditions:

- Normal game
- White No 6,8,10 cross to No3,4 and No 2 and 5 push up to let red No7,11 drop down to their side.
- White No 7,9,11 stay wide and deep and red have to follow them.
- White play game according to tactical planning.

#### Coaching Point:

- Be wide and deep
- Good communication each other.
- Timing is most important when passing and moving
- Good weight of pass when vertical pass between defenders.

#### Organization:

Time: 25min

Repetitions: 2 x 10min.

Space: 70m x 60m

#### Progression:



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# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 6

### 2 AND 5 CROSSING ATTACKING IN FRONT THIRD - BALANCE



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 6

### 1. WARMING UP : PASSING AND FINISHING EXERCISE

#### Introduction:

Passing and finishing by crossing exercise following tactical condition.

#### Conditions:

- Simple pattern pass to make a crossing situation for No 2 or 5.
- In crossing situation No 7,9,8 or 10,11 get into the box to score the goal.
- Opposite fullback determine by situation challenge to score or balance for defending.
- No 8 or 10 ready to win second ball.
- No 6,4,3 good position to be balance for start defending – coordination work.

#### Coaching Point:

- Right timing to move.
- Good body shape with half turn.
- Good crossing between defenders and GK.
- Speed of cross.
- Good finishing.
- Communication.

#### Organization:

Time: 15min

Repetitions: 2 x 7min.

Space: 40m x 20 m + 40m x 40m.



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#### Progression:

# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 6

### 2. TACTICAL GAME 1: 6v6+4N+2GK

#### Introduction:

2 teams of 6 players scoring in normal goal, supported by 4 neutral players. Finishing by crossing.

#### Conditions:

- Use 4 Neutral players to make a crossing situation with N2 or 5.
- When N5 crossing situation 5 players in the box to score and N10 balance for win second ball, No 6,3,4 ready for defending with good organize.
- Red also same thing to do as like a white doing.

#### Coaching Point:

- Good crossing behind defenders.
- Timing to crossing.
- Timing to get into the box – not too early or not too late.
- Opposite side fullback have to good determination to decide to get into the box –if it is certainty crossing try to get into score.
- N8 or 10,6,3,4 have to prevent counter attack.

#### Organization:

Time: 15min.

Repetitions: 2 x 7min.

Space: 40m x 20m + 3 Grid

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 6

### 3. TACTICAL GAME 1-2: 8v8+2N+2GK

#### Introduction:

2 teams of 8 players scoring in normal goal, supported by 2 neutral players. Finishing by crossing.

#### Conditions:

- Create a crossing situation with N2 or 5.
- When N5 crossing situation 5 players in the box to score and No 8 balance foe win second ball, No 6,3,4 ready for defending with good organize.
- Red also same thing to do as like a white doing.

#### Coaching Point:

- Good crossing behind defenders.
- Timing to crossing.
- Timing to get into the box – not too early or not too late.
- N2 or 5 have to good determination to decide to get into the box –if it is certainty crossing try to get into score.
- No 8 or 10,6,3,4 have to prevent counter attack.

#### Organization:

Time: 15min  
Repetitions: 2 x 7min.  
Space: 20m x 40m + 3 Grid

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 6

### 4. GAME: 11v11

#### Introduction:

Match 11v11 following tactical analysis objective.

#### Conditions:

- White No 2 and 5 in the 30m x 10m grid.
- Red No 7 and 11 in the 30m x 10m grid.
- White No 3,4, 6, 7, 8, 9, 10, 11 – Normal game with Red 2,3,4,5,6,8,9,10 to find moment to pass to both No2 or 5 to make a crossing situation.
- White play game according to tactic planning.
- Red play as same like white but they pass to No7 or 11 to make a crossing game.
- In crossing situation determine to get into the box to score and well balance to prevent opponent counterattacking.

#### Coaching Point:

- Good crossing behind defenders.
- Timing to crossing.
- Timing to get into the box – not too early or not too late.
- Opposite fullback have to good determination to decide to get into the box.
- No 8,6,3,4 have to prevent counter attack.

#### Organization:

Time: 25min

Repetitions: 2 x 10min.

Space: 30m x10m+4 grid in 60 x 70m grid

#### Progression:



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# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 7

### TRANSITION ATTACK TO DEFENSE - IN 6 SECOND ROLE



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## TACTICAL ANALYSIS 8

### 1. WARMING UP: 6v3 BALL POSSESSION GAME

#### Introduction:

6 players (white) trying to keep the ball as long as possible. 3 players defending (red) trying to regain the ball and go through red line. Quick transition is needed.

#### Conditions:

- White ball possession game – 10 pass 1 point.
- Red when regained the ball try to go through the red line 1 point.
- Red team can also score a point if they can keep ball possession for more than 6 sec
- White when lost ball possession all react go to press the ball and stop them from dribbling through the line.

#### Coaching Point:

- Good supporting and passing game.
- Good reaction to transition from attacking to defending.
- Strong determination.

#### Organization:

Time: 10min.

Repetitions: 2 x 5min.

Space: 20m x 15m Grid



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#### Progression:

# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 7

### 2. TACTICAL GAME 1 : 6v6v6+2GK

#### Introduction:

3 teams of 6 players scoring in normal goal.

#### Conditions:

- 6v6 in 50m x 25m grid.
- White(attacking team) try to score.
- Red (defending team) defending the goal and when regain the ball try to dribble through line or more then 6 second keep the ball.
- Red team (defending)If dribbled through the line ,reorganize to attacking to opposite blue team.
- If white team is unsuccessful in regaining the ball, reorganize defend and wait for blue players attacking.

#### Coaching Point:

- Good balance during the attacking.
- Quick reaction attacking to defending.
- Players nearby go to the ball and press and players far from the ball go back cut the pass why and cover the position.

#### Organization:

Time: 15min.

Repetitions: 2 x 7min.

Space: 50m x 25m + 50m x 20m + 50m x 25m Grid

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 7

### 2. TACTICAL GAME 2 7v8 + 3v2 + 1GK

#### Introduction:

White 10 players try to score the goal and red team defending the goal and dribble through the line.

#### Conditions:

- 7v8 in in attacking 1/3.
- White(attacking team) try to score.
- Red (defending team) defending the goal and when regain the ball try to pass to two forward and dribble through line.
- 3v2 in center circle white should have a good organize defending red get the ball.
- No 6 have to be good determination to cover No8 or 10 and fullback position.
- No6 have to good coordinate with No3,4 defending opponent forwards.

#### Coaching Point:

- Good balance during the attacking.
- Quick reaction attacking to defending.
- Players nearby go to the ball and press and players far from the ball go back cut the pass why and cover the position.

#### Organization:

Time: 15min.

Repetitions: 2 x 7min.

Space: 3m x 20m in 50m x 60m Grid

#### Progression:



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## TACTICAL ANALYSIS 8

### 3. GAME: 11v11

#### Introduction:

Match 11v11 following tactical objective.

#### Conditions:

- Always white team No8 or 10 start to attack
- White try to regain the ball in 6 sec when lost ball.
- Red team try to regain the ball and go to counter attack.
- White team only two touch allow.

#### Coaching Point:

- Good balance during attack
- Quick reaction to press opponent when team loses ball possession.
- White No 3,4 always ready to mark red No 9,10.
- White No 6 in good position to cover 8 or 10 and good coordination with No 3,4.

#### Organization:

Time: 25min.

Repetitions: 2 x 10min.

Space: 2/3 Pitch

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 9

### CHANNELING – DEFENDING AGAINST OPPONENT BUILD UP PLAY



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 9

### 1. WARMING UP: 6v4 BALL POSSESSION GAME

#### Introduction:

6 players (red) trying to keep the ball as long as possible. 4 players defending (white) trying to regain the ball. Right timing to pressure as team.

#### Conditions:

- Red ball possession game – 10 pass 1 point.
- White team need to find right time to press together, forcing them to one channel to win.
- If white team wins the ball 5 times, rotate defenders.

#### Coaching Point:

- Anticipate the situation.
- Reaction to pressure.
- All together press as team.
- If cannot win the ball then defenders reorganize shape and wait for right time to pressure again.

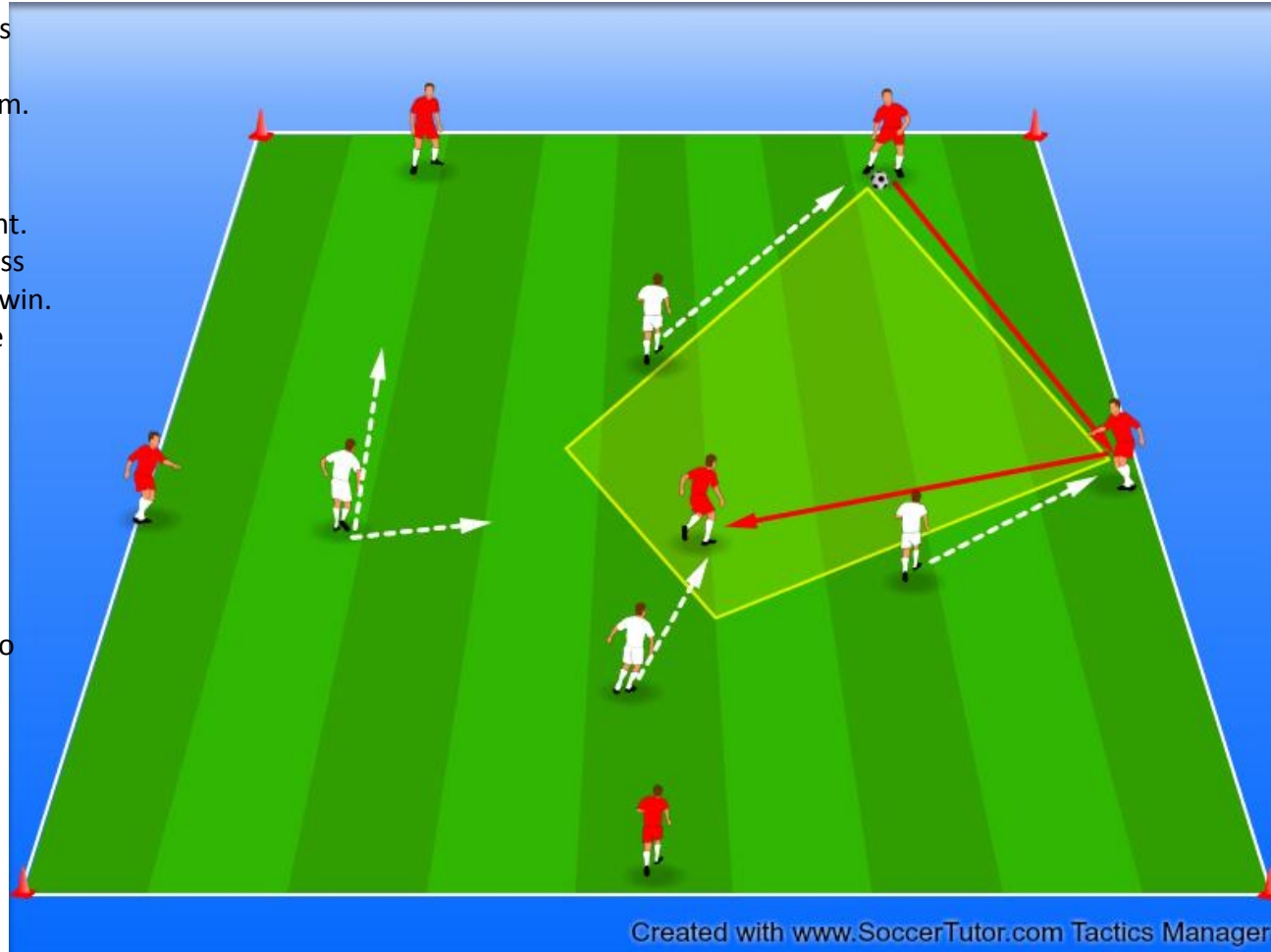
#### Organization:

Time: 10min

Repetitions: 2 x 5min.

Space: 20m x 20m Grid

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 9

### 2. TACTICAL GAME: 6v7 + 1GK

#### Introduction:

6 white organize defending two small goal and 7 red with 1GK try to score two goal and defending big goal.

#### Conditions:

- Start game from red team from first grid(50m x 15m)
- White team No 9,7,11,8,10 waiting in second grid find the right time to pressure.
- Pressing point is No 2 or 5 – when opponent team pass to them start pressure.
- No 7 or 11 pressure to opponent No 2 or 5 – No 9 must challenge No 3 or 4 to make a channel to the middle.
- Once success to force them to the channel in the middle then No 8,10,6 must win the ball for counter attacking.
- Once regain the ball going to score as quick as possible.

#### Coaching Point:

- Anticipate the situation.
- Reaction to pressure.
- All together press as team.
- If cannot win the ball then defenders reorganize shape and wait for right time to pressure again.

#### Organization:

Time: 15min

Repetitions: 2 x 7min.

Space: 50m x 45m

#### Progression:



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# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 9

### 3. GAME: 11v11

#### Introduction:

Match 11v11 following tactical objective.

#### Conditions:

- Red team starts from the back
- White organize defending in second grid and waiting for right timing.
- White team's target is to press on both full back of Red team.
- Once white No 7 or 11 presses full backs of red team, white No 9 challenges central defenders to make a channel and force them to pass in channel.
- White No 8,10,6 ready to intercept the ball and go counter attack.

#### Coaching Point:

- Anticipate the situation.
- Reaction to pressure.
- All together press as team.
- If cannot win the ball then defenders reorganize shape and wait for right time to pressure again.

#### Organization:

Time: 25min.

Repetitions: 2 x 10min.

Space: penalty box to penalty box



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#### Progression:

# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 10

### HUNTING – MIDFIELD DEFENDING



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 10

### 1. WARMING UP: 5v3 BALL POSSESSION GAME

#### Introduction:

5 players (red) trying to keep the ball as long as possible. 3 players defending (white) trying to regain the ball. Find right timing for hunting.

#### Conditions:

- Red ball possession game – 10 pass 1 point.
- White team waiting for red team pass to middle player and when middle player (No 6,8,10) makes a back pass, hunting the ball (follow the ball to challenge).
- White 5 time win the ball and then change to the other players to be a defender.

#### Coaching Point:

- Anticipate the situation.
- Reaction to pressure.
- All together press as team.
- If cannot win the ball then defenders reorganize shape and wait for right time to pressure again.

#### Organization:

Time: 10min

Repetitions: 2 x 5min.

Space: 15m x 15m Grid

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 10

### 2. TACTICAL GAME: 6v7+1GK

#### Introduction:

6 white defending two small goal to find hunting play moment.  
Red try to score to two small goal.

#### Conditions:

- Red team try to score to 2 mini goal.
- Start game from red team from the back.
- White team No 7,11,8,10 ,6 waiting in second grid find the right time to hunting the ball.
- Pressing point is red No 6,8,10 – when opponent team pass to them red team No 10 or 8 ready to pressure and when they back pass to No 4 hunting the ball to pressure.
- Hunting situation pressure every body ( one example in diagram.
- When white team regain the ball try to score to big goal.

#### Coaching Point:

- Anticipate the situation.
- Reaction to pressure and hunting the ball.
- All together press as team.
- If cannot win the ball then defenders reorganize shape and wait for right time to pressure again.

#### Organization:

Time: 15min  
Repetitions: 2 x 7min.  
Space: 50m x 40m



#### Progression:

# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 10

### 3. GAME: 11v11

#### Introduction:

Match 11v11 following tactical analysis 2 conditions.

#### Conditions:

- Always red team start to attack from the back.
- White team target to pressure on mid-fielder of Red team.
- Once red pass into the middle press to mid-fielder of red team if red mid-fielder back pass to them follow the ball to hunting.
- The other white ready to pressure together as team.
- Once regain the ball do the counter attacking to score.

#### Coaching Point:

- Anticipate the situation.
- Reaction to press.
- No 6,8,10 strong determine to hunting the ball.
- All together press as team.
- If cannot win the ball then defenders reorganize shape and wait for right time to pressure again.

#### Organization:

Time: 25min.

Repetitions: 2 x 10min.

Space: Penalty box to penalty box.

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 11

### DUBBLE UP – MIDFIELD DEFENDING



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 11

### 1. WARMING UP: 6v8 BALL POSSESSION GAME

#### Introduction:

Red has ball possession game, white has to find right time to do double up defending.

#### Conditions:

- 8 red players organize attacking position for keep the ball possession – 10 pass 1 point.
- 6 white organize two line of defending – 5 times win the ball change defenders.
- First defending line players waiting for right time do the double up
- One example in the diagram.
- Coaches can organize him self according to his team defending formation or opponent attacking formation

#### Coaching Point:

- Anticipate.
- Predict.
- Reaction.
- Determination.
- Communication.

#### Organization:

Time: 15min

Repetitions: 2 x 7min.

Space: 40m x 20 m Grid



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#### Progression:

# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 11

### 2. TACTICAL GAME : 8v8 +1GK

#### Introduction:

Red normal attacking game and white try to do double up defending in second grid.

#### Conditions:

- 8 red attacking big goal and defending two small goal.
- 8 white defending big goal and attacking two small goal..
- White do the double up defending once red get into second grid.
- Red only ground pass allow.

#### Coaching Point:

- Pressure on the ball.
- Defenders around ball find right timing to do double up defending.
- Consistently make a double up in the middle.
- Anticipate and predict.
- Strong determine.
- Communication.

#### Organization:

Time: 15min.

Repetitions: 2 x 7min.

Space: 50m x 15m + 3 grid

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 11

### 4. GAME: 11v11

#### Introduction:

Match 11v11 following tactical analysis 2 conditions.

#### Conditions:

- Always red team start to attack in their attacking in 1/3.
- White team try to regain the ball and go to counter attack.
- red team only two touch allow.

#### Coaching Point:

- Move with good tempo
- Good communication – eyes contact each other.
- Unnecessary play with one touch
- Always pass in front - do not let the players decrease speed.
- Keep ball possession I counter attack is not possible.

#### Organization:

Time: 10 min – 5min (Rest).

Repetitions: 2

Space: 2/3 Pitch

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 12

### INTERLOCK – COMPACT MIDFIELD DEFENDING : PREVENT PASS INTO THE CRUCIAL AREA



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 12

### 1. WARMING UP: 4v4 + 4 BALL POSSESSION GAME

#### Introduction:

Red and white 4v4 in the middle of grid, 4N (blue) supporting ball possession team.

#### Conditions:

- Ball possession team with N 3,4 (blue) try to pass through the middle to opposite N9,10 (blue) 1 point – from N9,10 pass through to N3,4 also 1 point.
- Defending team once regain the ball pass to N and play ball possession game.
- Ball possession team not allow play one touch pass.
- 4 defenders interlock each other cut the pass way.

#### Coaching Point:

- Anticipate opponent team pass – cut the pass way.
- Predict.
- Reaction.
- Determination.
- Communication.

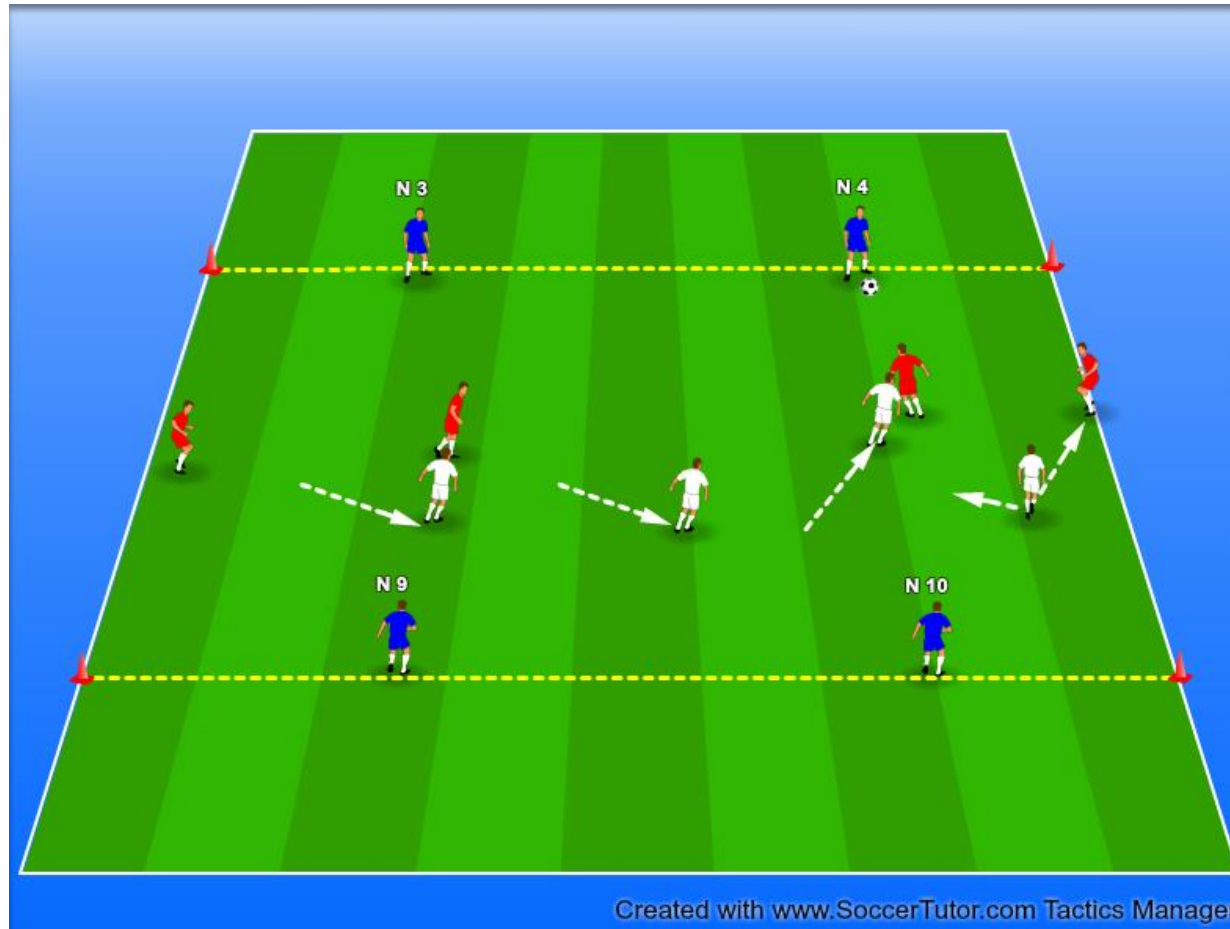
#### Organization:

Time: 15min

Repetitions: 2 x 7min.

Space: 30m x 20 m Grid

#### Progression:



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# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 12

### 2. TACTICAL GAME : 6v7 + 1N +1GK

#### Introduction:

Red attacking play target pass to N9 in 30m x 10m grid, white compact defending to prevent pass to N9 in crucial area.

#### Conditions:

- 7 red attacking two small goal and defending big goal.
- 6 white defending two goal and attacking big goal.
- White do defending interlock each other prevent opponent team pass to N9.
- Red only ground pass allow.
- White can not get into 30m x 10 m grid.

#### Coaching Point:

- Pressure on the ball – if not cut the pass way.
- Defenders around ball try to find right timing to do cover pass way.
- Consistently interlock defending in the middle.
- Anticipate and predict.
- Strong determine.
- Communication.

#### Organization:

Time: 15min.

Repetitions: 2 x 7min.

Space: 50m x 15m + 3 grid



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#### Progression:

# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 12

### 4. GAME: 11v11

#### Introduction:

Match 11v11 following tactical objective

#### Conditions:

- Always red team start to attack in their attacking 1/3.
- White team try to regain the ball and go to counter attack.
- red team only two touch allow.
- White team always be compact and interlock defending each other in the middle.

#### Coaching Point:

- Pressure on the ball – if not cut the pass way.
- Defenders around ball try to find right timing to do cover pass way.
- Consistently interlock defending in the middle.
- Anticipate and predict.
- Strong determine.
- Communication.

#### Organization:

Time: 25min  
Repetitions: 2 x 10min.  
Space: 60m x 80m.

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 13

### BOX DEFENDING – CENTER DEFENDERS WITH DEFENSIVE MIDFIELDER



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 13

### 1. WARMING UP: 3+ 1GK v 2 + 3N BALL POSSESSION GAME

#### Introduction:

2 red with 3 N try to score and 3 white defending the penalty box and attacking two small goal.

#### Conditions:

- Start with N6 for red attacking.
- Red can score direct or use side crossing to score.
- White No 3,4,6 well marking and cover each other defending two red attackers.
- White 3,4,6 have to be quick drop down to defending in the goal box marking and covering deal with crossing once red pass to both side for crossing.
- Once white regain the ball use N6 to score two small goal.

#### Coaching Point:

- Anticipate opponent team pass – pressure on the ball.
- Covering – No6.
- Reaction- once ball going to side quick react to drop down.
- Determination.
- Communication.

#### Organization:

Time: 10min

Repetitions: 2 x 5min.

Space: 30m x 30 m Grid

#### Progression:



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# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 13

### 4. GAME: 11v11

#### Introduction:

Match 11v11 following tactical objective

#### Conditions:

- Always red team start to attack from No8 or 10.
- White team try to regain the ball and go to counter attack.
- red team only two touch allow.
- White 3,4,6 always be goal area to defending when red has ball in the flank side for crossing.
- White 8,10 be compact with center defenders when red has ball in the flank side for crossing.

#### Coaching Point:

- Force them go to side.
- Make a compact in the middle.
- Well marking on opponent striker.
- Anticipate and predict be good position in goal area.
- Strong determine.
- Communication.

#### Organization:

Time: 25min  
Repetitions: 2 x 10min.  
Space: 60m x 80m.

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 14

### TRANSITION DEFENSE TO ATTACK - IN 5 PASS ROLE



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 14

### 1. WARMING UP: PASSING PRACTICE

#### Introduction:

Passing pattern move according to tactical condition.

#### Conditions:

- 3 group with 3 players in a group.
- 1 target man.
- 3 group rotate.
- Unnecessary follow the diagram.
- Create among the group them self.
- Forward pass, running forward.

#### Coaching Point:

- Good tempo move.
- Good communication – eyes contact each other.
- Unnecessary play with one touch
- Always pass in front - do not let the players decrease speed.

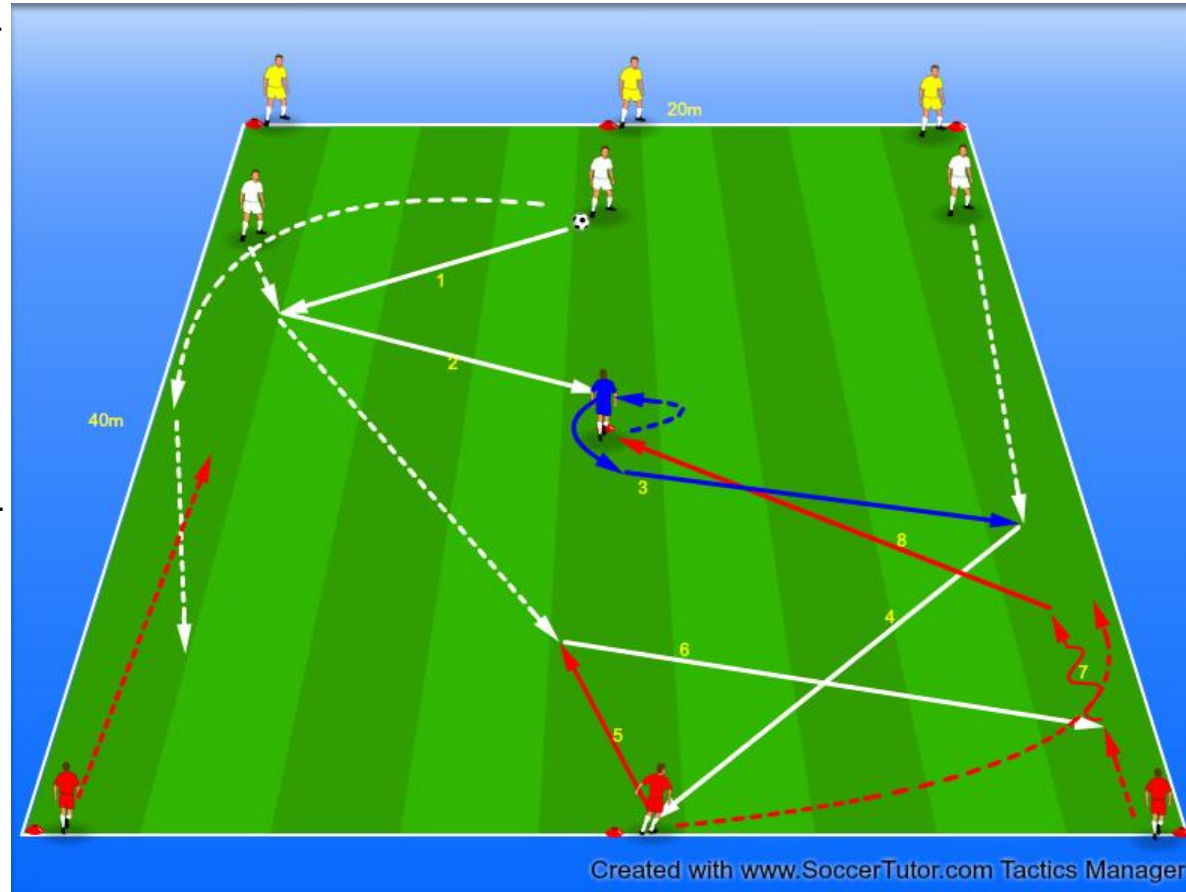
#### Organization:

Time: 5min – 2min (Dynamic flexibility)

Repetitions: 2

Space: 40m x 20 m Grid

#### Progression:



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# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 9

### 2. TACTICAL GAME 1: 7(+3)v6+2GK

#### Introduction:

Transition Defense to Attack tactical game.

#### Conditions:

- 7v6 in attacking third(50m x 40m grid)
- White(defending team) defending goal .
- Red ( attacking team) score goal with in 2 touch.
- White 7, 11 and 9 just be defending position according to ball move and waiting for white team win the ball go to counter attacking.
- Once white win the ball No 7,8,9,10,11 positively running forward to score the goal.
- Red once lost ball could defending only in 50m x 40m grid.
- Option – Pass to target No 9 or pass to No 7 or 11.
- In 5 pass do the finishing.

#### Coaching Point:

- Move with good tempo.
- Good communication – eyes contact each other.
- Unnecessary play with one touch
- Always pass in front - do not let the players decrease speed.

#### Organization:

Time: 15min.

Repetitions:2 x 7min.

Space: 50m x 40m + 60m x 40m grid



#### Progression:

# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 14

### 3. TACTICAL GAME 1-1: 8(+2)V8+2GK

#### Introduction:

Transition Defense to Attack tactical game(progression)

#### Conditions:

- 7v6 in attacking third(50m x 40m grid), 1v2 in center circle.
- White(defending team) defending goal .
- Red ( attacking team) score goal with in 2 touch.
- White 7, 11 and 9 just be defending position according to ball move and waiting for white team win the ball go to counter attacking.
- Once white win the ball No 9 as target men and No 8 or 10 support receive the ball to make a attacking option.
- Red once lost ball could defending only in 50m x 40m grid.
- Option – Pass to target No 9 or pass to No 7 or 11.
- In 5 pass do the finishing.

#### Coaching Point:

- Move with good tempo
- Good communication – eyes contact each other.
- Unnecessary play with one touch
- Always pass in front - do not let the players decrease speed.

#### Organization:

Time: 15min.

Repetitions: 2 x 7min.

Space: 30m x 40m + 50m x 60m grid



#### Progression:

# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 14

### 4. GAME: 11v11

#### Introduction:

Match 11v11 following tactical objective.

#### Conditions:

- Always red team start to attack in their attacking in 1/3.
- White team try to regain the ball and go to counter attack.
- red team only two touch and ground pass allow.

#### Coaching Point:

- Move with good tempo
- Good communication – eyes contact each other.
- Unnecessary play with one touch
- Always pass in front - do not let the players decrease speed.
- Keep ball possession If counter attack is not possible.

#### Organization:

Time: 25min.

Repetitions: 2 x 10min.

Space: 2/3 Pitch

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 15

### TRANSITION DEFENSE TO ATTACK - IN CROSSING SITUATION



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 15

### 1. WARMING UP 1 : PASSING FINISHING PRACTICE

#### Introduction:

Crossing from flank side to GK, Once GK catch the ball throw the ball to No 9 combination play with No 7,8,10,11 for finishing.

#### Conditions:

- 5 players in a group – coaches can put two or three group.
- Each group position with No 7,8,9,10,11.
- GK throw the ball to No 9 and the other No 7,8,10,11 supporting or running into space for counterattacking movement once GK catch the ball from the flank side.
- Create among the group them self.

#### Coaching Point:

- Reaction.
- Move with good temp.
- Good communication – eyes contact each other.
- Unnecessary play with one touch
- Always pass in front - do not let the players decrease speed.

#### Organization:

Time: 10min

Repetitions: 2 x 5min.

Space: 60m x 60 m

#### Progression:



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# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 15

### 1. WARMING UP 1-1: PASSING FINISHING PRACTICE - PROGRESSION

#### Introduction:

Crossing from flank side to GK, Once GK catch the ball throw the ball to No 9 combination play with No 7,8,10,11 for finishing.

#### Conditions:

- 5 white players defending in 30m x 20m grid – 3 red attackers in the grid try to score.
- No 7,9,11 ready for counter attacking.
- Start crossing the ball from flank side to penalty box.
- Either GK catch the ball or defenders regain the ball try to use No9,7,11 going to counter attacking.

#### Coaching Point:

- Reaction.
- Move with good temp.
- Good communication – eyes contact each other.
- Unnecessary play with one touch
- Always pass in front - do not let the players decrease speed.

#### Organization:

Time: 15min

Repetitions: 2 x 7min.

Space: 60m x 70 m

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 15

### 2. TACTICAL GAME: 8v8+2N+2GK

#### Introduction:

Transition Defense to Attack tactical game. In crossing situation well organize in goal box to win air ball go to counterattacking.

#### Conditions:

- Crossing game for red – counter attacking game for white.
- Start attacking from red – Crossing game. ( 4v4 +2N in 30m x 40m grid)
- White No 2,5,7,11 – let the red team crossing to the box and ready to go to counter attacking – in progression try to regain the ball and going to counterattacking.
- White team GK aggressively come out to catch the ball and throw the ball to target ( if there has the other option he can do for better option)
- If whit No 3,4,6 regain the ball then use N8,N10, with No 9 go to counter attacking.

#### Coaching Point:

- Reaction.
- Move with good tempo
- Good communication – eyes contact each other.
- Unnecessary play with one touch
- Always pass in front - do not let the players decrease speed.

#### Organization:

Time: 15min

Repetitions: 2 x 7min.

Space: 70m x 80m

#### Progression:



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# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 15

### 4. GAME: 11v11

#### Introduction:

Match 11v11 following tactical objective.

#### Conditions:

- Red team always starts attacking in attacking third.
- Red team can only score by crossing.
- White team GK try to come out to catch the ball from crosses and throw the ball to the other team for a counter attack( if there has the other option he can do for better option)
- If white No 3,4,6 regain the ball then use No8,10, with No 9 7,11 go to counter attacking.

#### Coaching Point:

- Well defending organize against crossing from flank side in the penalty box.
- Good communication – eyes contact each other.
- GK and two center defenders has good communication.
- GK has to be confidence and determine to catch the air ball.
- In 5 pass try to do finishing but if opponent has organize defending well then keep the ball to do build up play.

#### Organization:

Time: 25min.

Repetitions: 2 x 10min.

Space: 70m x 80m.

#### Progression:



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 13

### KICK OFF – ATTACKING 1

#### Introduction:

- No 10 and 8 kick off to start- push the ball forward and pass to just behind opponent No 7 or 11.
- No 2 or 5 receive the ball and start attacking.
- No 7 or 11 quick to support No 2 or 5 get the ball and try to switch the ball to other side.



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 13

### KICK OFF – ATTACKING 2

#### Introduction:

- No 9 and 8 kick off to start – push the ball forward and kick the ball to target No 11.
- No 5, 9, 10 go to win second ball.
- No 9 go to opponent No 3 to press the ball.
- The other players need to push up has good balance ready for next action.



# COMPETITIVE PHASE (17)



## TACTICAL ANALYSIS 13

### KICK OFF – ATTACKING 3

#### Introduction:

- No 9 and 8 kick off to start – Back pass to No 6 – No 8 after back pass, support down to start buildup play.
- No 3,4,6,8 stay around penalty box.
- No 7,9,11 go deep to starting position.
- No 2 and 5 be wide and deep around half line to start build up play.

