

HOW TO USE USE THIS CONTENT IN YOUR PRACTICES AND SESSIONS

Some coaches may ask 'How do I use these phases of play to create practices and sessions?'

Here we are going to show you how.

We are going to use a phase of play shown below from Chapter 5. This is a phase of play which was repeated many times by Real Madrid in the 2011-12 season.

FULL BACK'S OVERLAPPING RUN ON THE LEFT FLANK

On diagram 24.12, Ronaldo receives the long ball from Pepe wide on the left.



Ronaldo receives and moves towards the centre as Marcelo makes an overlapping run. Higuain drops deep to receive unmarked inside. No.4 had to drop back to cover No.2's position to prevent a 2v1 situation on the flank. Ronaldo decides to pass the ball to Higuain.

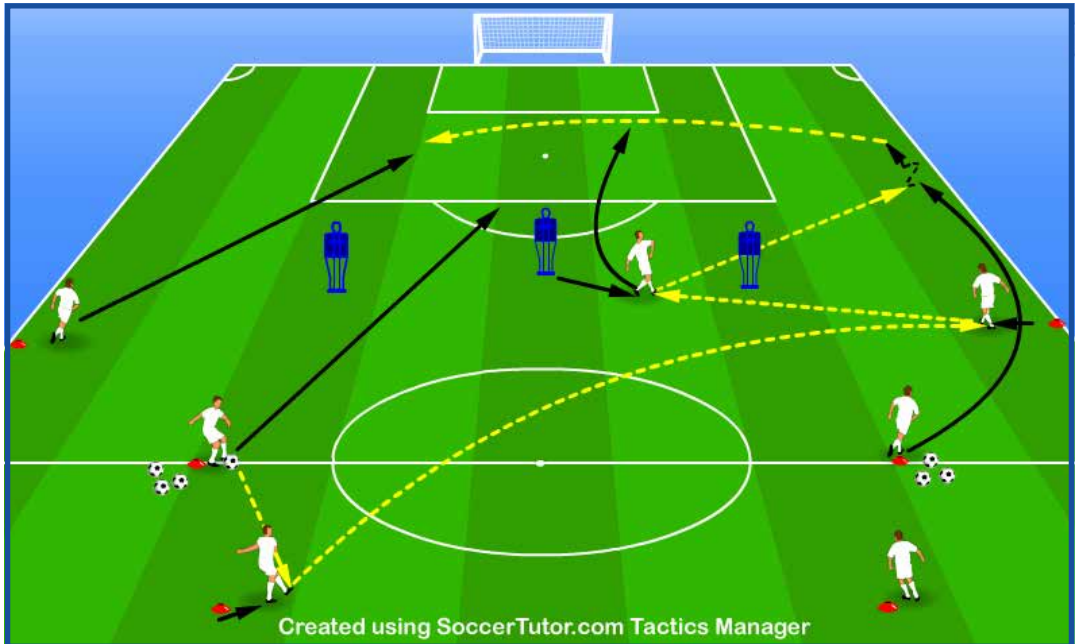
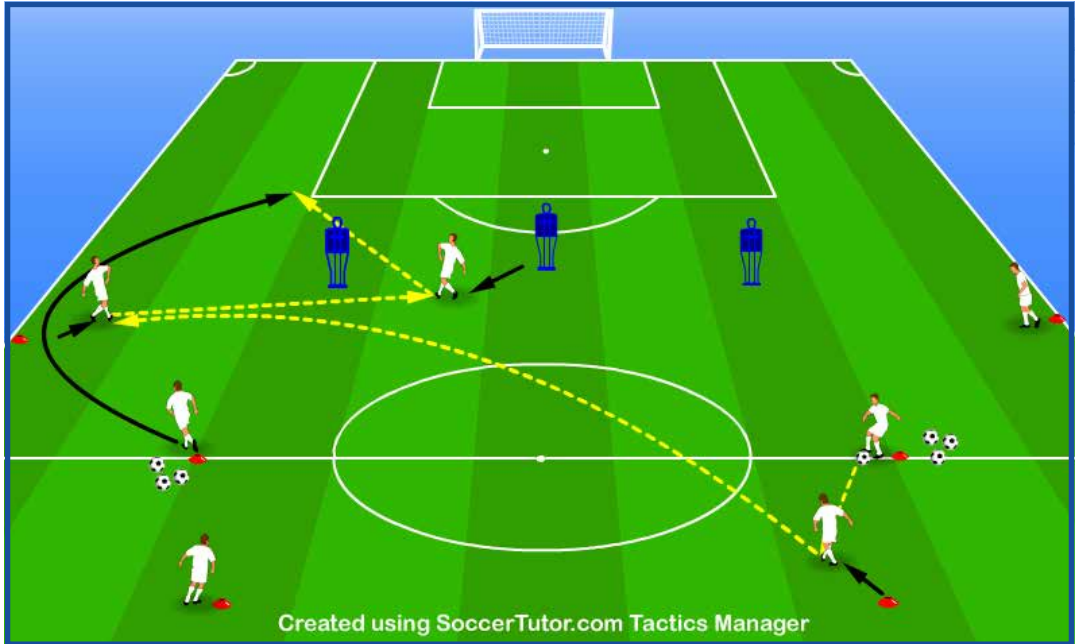


Higuain moves forward with the ball and has 3 passing options. Alonso again provides safety, covering for Marcelo's forward run.



EXAMPLE PRACTICE

SWITCHING PLAY AND QUICK COMBINATIONS



Objective

To develop switching play and quick combinations.

Description

Using a 2 thirds of a pitch, 7 players practice this passing sequence.

6 players are positioned on the cones as shown, with the seventh positioned next to the middle mannequin.

The players play the passes as shown on one side with the sequence ending with the overlapping full back. Alternate the side the combination is played. Change the roles often.

Coaching Points

1. The passing needs to be highly accurate and well timed with the correct angles used.
2. Players should check away from the cones or mannequin to create space.
3. The speed of play needs to be high to switch play effectively, so the use of 1 touch when possible can be key.
4. The full back's run from deep needs to be well timed to meet the final pass at pace.

PRACTICE PROGRESSION



Objective

To develop switching play and quick combination play.

Description

Using a 2 thirds of a pitch, 7 attacking players, 3 defenders and 1 goalkeeper are involved in this practice. The defenders have been added to progress the exercise. The winger on the opposite side is also now involved to add to the attacking options.

6 players are positioned on the cones as shown with the other man in a forward's position.

The drill starts off the same way, with a switch of play to the flank. The full back makes an overlapping run, but this time the forward has the freedom to make the decision for the final ball. 2 example combinations are shown.

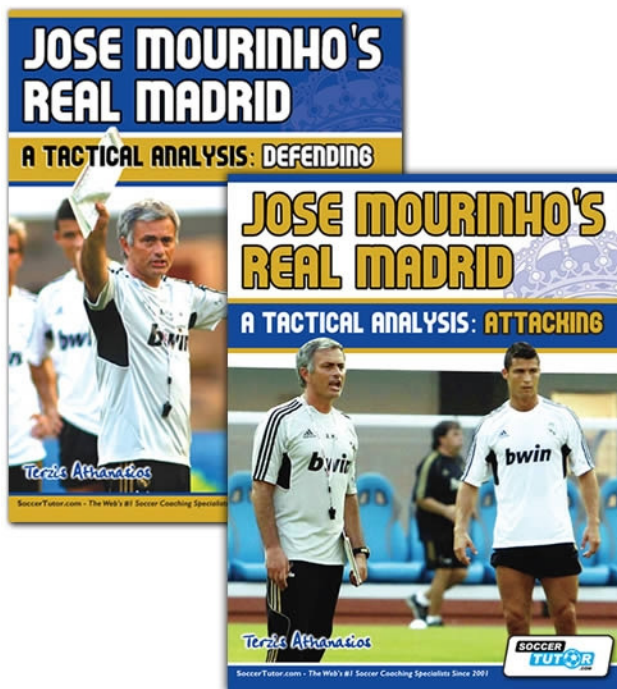
Coaching Points

1. Encourage the players to be inventive, using a different combination each time.
2. Players should check away from their markers to create space.
3. The quality of movement is key and you should monitor correct body shape, timing of runs and the angle/ direction of the pass.
4. Add 1 more defender once the players are comfortable with the practice.

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