

GOAL ANALYSIS

Building Up Play Against Opponents who Press High Up the Pitch (2)

05-Sep-2009: World Cup 2010 Qualifying

Spain 5-0 Belgium (4th Goal): Silva - Assist: Arbeloa

Spain in a 4-4-2 vs Belgium in a 4-2-3-1



Spain have a throw in deep in their own half on the left and Belgium press in the high zone.

Riera checks away from his opponent and Capdevila throws the ball to him and moves to provide immediate support.



4 Belgium players press the ball but Spain are again able to keep possession in their own half with good movement and above all with good angles and distances to support the player with the ball.

Puyol is positioned at the bottom, Alonso at the top, Capdevila to the left and Pique to the right.

Riera, Busquets and Xavi are also inside the marked zone and build a 4 (+3) v 4 situation (like a rondo possession game).



In this case Spain keep possession in the left half of the pitch and when the opponents are drawn into this area, they move to quickly switch the point of attack from the left to the right.



The situation created in this area is a 4 (+3) v 4 as shown in the diamond zone.

The ball is moved very well with short passes and good support/movement (pass, 1-2 combination etc) from one side to the other.

Arbeloa uses the full width of the pitch and Pique passes to him into the large space on the right in the opposition's middle zone.



Arbeloa dribbles forward very quickly and Silva, Xavi, Riera and Villa also show fast running to get forward and support him in and outside of the opposition's penalty area.

Arbeloa passes to Silva and he dribbles the ball inside.



The defenders do not close down Silva quick enough and with an excellent finish he scores in the far corner.

(If 1 or 2 defenders who were near to Villa and Riera had closed down Silva, he also had the solution to pass to his teammates in the penalty area).

SESSION FOR THIS TOPIC *(5 Practices)*

1. Possession Play & Pressing in a 7 v 4 Transition Game



Objective

We work on keeping possession and immediate pressing when the ball is lost (to close the time and space).

Description

In an area 18 x 12 yards we work with 11 players. The red team have 7 players with 4 players on the sides of the grid and 3 players inside. The whites have 4 players all inside. At the bottom and at the top we use centre backs and attacking midfielders or strikers. At the sides we use full backs or wide midfielders/forwards. On the inside we use central midfield players (CM, LCM or RCM).

The objective for the red team is to keep possession and if they lose the ball they make a quick transition to defence and try to win the ball back immediately. (With the ball - OPEN, when we lose the ball - CLOSE).

If the reds complete 8-10 passes they get 1 point, if the reds keep possession for 30 seconds they get 2 points. If the whites win the ball and complete 4-5 passes (or keep possession for 6 seconds) they get 1 point.

Rule

The 4 outside red players are limited to 2 touches, the 3 inside red players have 1 touch and the white players have unlimited touches.

PROGRESSION

3. Attacking from the Back & Quickly Providing Support in a 2 Zone Possession Game (2)



Description

We mark out 2 grids 18 x 12 yards each and work with 2 teams of 4 with 4 extra neutral players.

The practice starts with one team in the first grid and the players keep possession as shown in the diagram with the help of the 3 neutrals in the positions shown. 1 player from the team in possession can only move along the halfway line and all other players are positioned inside. The 4 defenders (white) are all inside and we have a 4 (+3) v 4 situation.

The objective for the team in possession is to complete 6-8 passes in one grid and then pass the ball to the other grid. If this happens all players (except the 1 neutral at the end) move across to the other grid and continue with the same objective. A new player moves to the halfway line position and we again have a 4 (+3) v 4.

If the team defending (white in diagram example) win the ball they have 2 options:

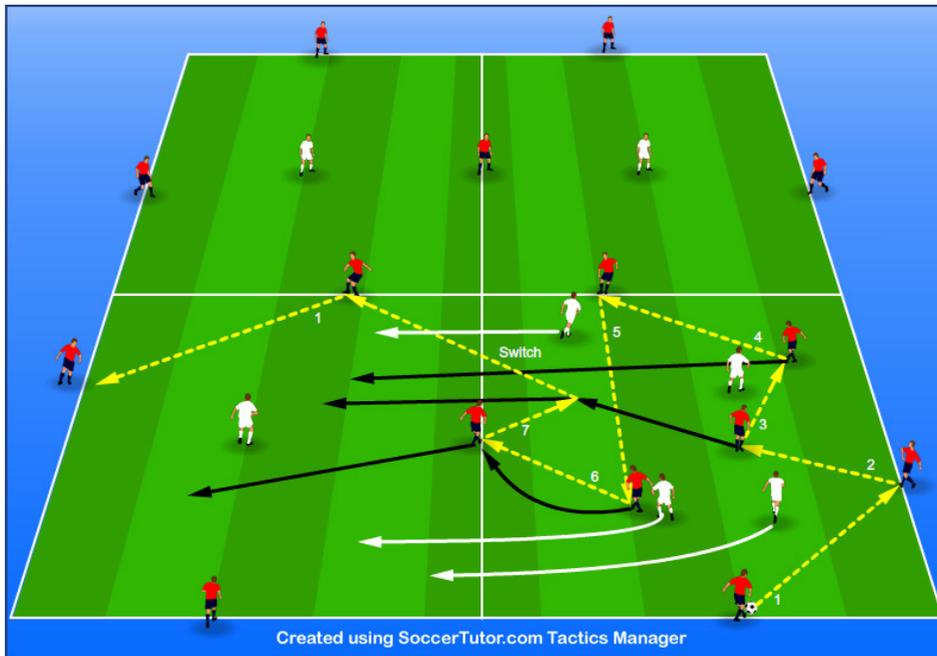
1. At first they must complete 6-8 passes in the same grid and after can change grid.
2. Progress to them passing immediately to the other grid and moving quickly across to start their possession (a white player must move to the halfway line position).

Rule

All players are limited to 2 touches (or 1) / All players are limited to 2 touches and the neutrals have 1 touch.

PROGRESSION

4. Possession & Pressing in a Continuous 4 Grid Transition Game



Objective

To develop short passes, maintaining possession in a 4 (+3) v 4 situation and switching the point of attack.

Description

We now mark out 4 grids (12 x 12 yards each). We work with 22 players with 15 red players and 7 white players. The players are in the positions shown in the diagram. We always have 3 red players inside one grid and 4 outside with 4 white players inside. 1 more white player is positioned in each of the other 3 grids.

The practice starts in one grid with a 4 (+3) v 4 situation. The objective is to complete 6-8 passes within the grid and then pass the ball into another grid where the numerical situation is the same.

2 inside red players and 3 white players move across to the next grid to again play inside. The outside player on the line between the 2 zones also moves across to play now play on the inside and his position is taken by the other red inside player. The practice continues with the aim of passing through all 4 grids.

If the whites win the ball they try to keep possession in the same grid and the 7 red players make a negative transition and must win the ball back within 6 seconds. If the whites keep possession for 6 seconds or complete 4-5 passes they get 1 point.

Different Rules

1. All red players are limited to 2 touches.
2. All red players are limited to 1 touch.

PROGRESSION

5. Keeping Possession in the Low Zone, Switching Play & Fast Attacks in an 11 v 11 Zonal Game



Description

Using a full pitch we split it down the middle with a line from one box to the other. We also create 2 grids in the area in between 1 box and the halfway line. We play an 11v11 game with the red team in a 4-2-4-2 formation (with a bowl) and the white team in a 4-2-3-1 or 4-4-2.

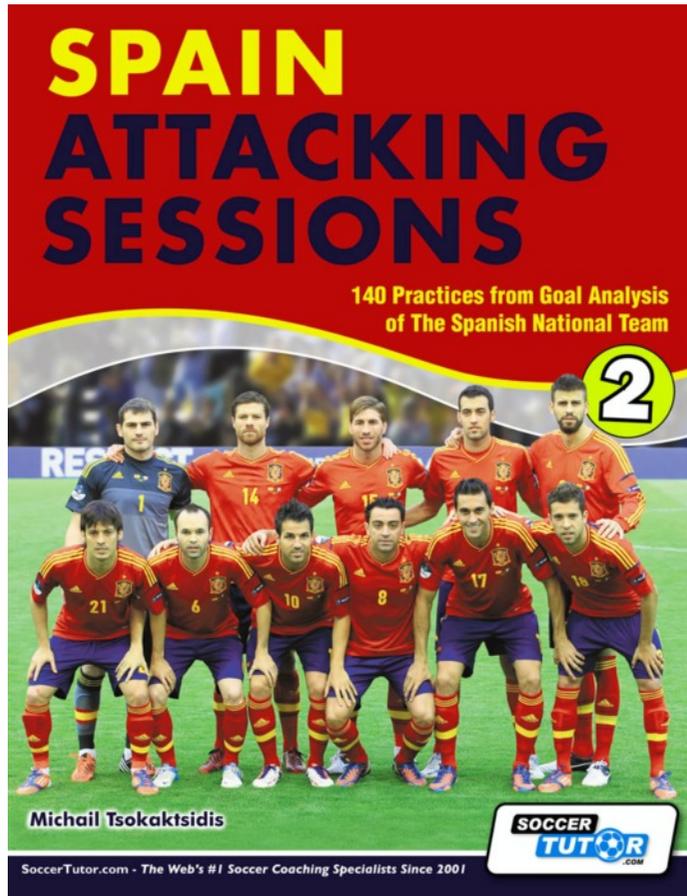
The game always starts with the reds in possession, building up from the back. The players are in the positions shown in the diagram. When playing in the left grid we have a 7v4 situation + 3 white defenders outside.

In the right grid we have a 3 (+1) v 2 (+1) situation with 1 red centre back (5), the right back (2) and the second striker (7). The objective for the red team is:

1. To keep possession in one grid and complete 6-8 passes there before changing the point of attack to the other grid and launching a fast attack from there.
2. To keep possession in one grid and complete 6-8 passes there before changing the point of attack to the other grid and creating a new 7v4 situation there, keeping possession again (6-8 passes) before changing the point of attack again back to the starting grid and launch the fast attack from there.

If the white team win the ball, they attack and try to score (counts double if they do). This rule means the reds are forced to move very quickly from attack to defence. All players move in quickly and close the space. If they win the ball back, they open up again and take their original positions and start the drill again.

140 Practices from Goal Analysis of the Spanish National Team



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