## CONTENTS

- Diagram Key .......................................................... 7
- Our Game Model Formation (4-3-3) ........................................ 8
- Coach Profile ........................................................... 9

**CHAPTER 1: THE IDEA: POSITIONAL ATTACKING** .......................... 10

**CHAPTER 2: DEVELOPING AN EFFECTIVE ATTACKING TACTICAL GAME** .......................... 13

- Understanding Player Attributes ........................................ 18
- **Building Up Play from the Back** ...................................... 20
- Passing Out from the Goalkeeper to the Full Back with Good Support Play .................. 21
- Building Up Play Using the Defensive Midfielder .................... 22
- Building Up Play When the Defensive Midfielder is Marked Closely .................... 23
- Building Up Play Against the Opposition’s High Press (2 Markers) ...................... 24
- Building Up Play Against the Opposition’s High Press (3 Markers) ...................... 25
- Using the Goalkeeper to Create a Numerical Superiority at the Back .................... 26
- **Expansive Football Concepts** ......................................... 27
- Expansive Football - The Second Phase .................................. 28
- Two Vital Expansive Football Concepts ................................ 29
- **The Role of the Defensive Midfielder** ................................ 30
- The Pros and Cons of Playing With a Defensive Midfielder .................... 31
- The Defensive Midfielder Used as an ‘Escape Valve’ .................... 32
- The Defensive Midfielder Plays a Long Pass to the Flank .................... 33
- **Support Play When the Ball is Out Wide** .......................... 34
- Support Play When the Ball is Out Wide - Roles and Responsibilities ............... 35
- Support Play When the Ball is Out Wide - Roles and Responsibilities (2) .............. 36
- **Switching Play** .......................................................... 37
- Key Concepts when Switching Play in ‘Expansive Football’ .................. 38
- Attacking With the Winger in an Advanced Position ..................... 39
- Creating a Numerical Advantage on the Flank (Overlapping Full Back) ........... 40
- Switching Play When the Opposition Condenses the Space on the Flank ........... 41
- Diagonal Break Away - ‘The Taglio’ .................................. 42
- Diagonal Break Away - ‘The Taglio’ (Continued) .......................... 43
- Playing a ‘Wide Game’ to Stretch the Opposition (1) ..................... 44
- Playing a ‘Wide Game’ to Stretch the Opposition (2) ..................... 45
- **The Role of the Striker** .................................................. 46
- The Striker’s Role in Expansive Football ................................ 47
- Striker: Escaping a Marker with Unseen Movement ..................... 48
- **Retaining Balance in the Possession Phase** ........................ 49
- The Effective Use of Dribbling to Draw Markers Away .................... 50
- Dribbling to Draw a Marker Away and Create Space for a Teammate to Receive 51
- Compensatory Movements to Provide Cover and Balance ..................... 52
- Retaining a Balanced Formation in the Possession Phase .................... 53
- Intervention, Phase and Cooperation Spaces ................................ 54
Providing Support and Maintaining Defensive Shape in Possession ........................................... 55
The Transition from Attack to Defence ................................................................. 56
Cohesion Between Dynamic Spaces ................................................................. 57
The Importance of Cohesion to Prevent Isolating One Player ............................................. 58

CHAPTER 3: METHODOLOGIES TO USE IN TRAINING ........................................... 59

CHAPTER 4: THE SOCIAL-AFFECTIVE DIMENSION
(TEAMWORK AND COLLABORATION) ........................................................................... 63
Collaboration of Movement ................................................................................. 66
The Responsibilities of the Coach ......................................................................... 67
Social-Affective Practices (Teamwork and Collaboration) .............................................. 69
Aerial Control and Shooting Practice in a Dynamic 2 v 2 Game ................................. 70
Teamwork in a Dynamic Positional 4 v 4 Small Sided Game ......................................... 72
Teamwork and Collaboration in a 4 v 2 Possession Game ............................................ 73
Teamwork and Collaboration in a Dynamic 3 Pairs Possession Game ......................... 74

CHAPTER 5: THE EMOTIONAL WILL DIMENSION
(COMPETITIVENESS AND DESIRE TO WIN) ............................................................. 75
The Emotional Will Dimension ............................................................................... 76
Emotional Will (Desire to Win) Practice Example ...................................................... 77
Psychological Techniques ....................................................................................... 78

CHAPTER 6: THE BASE THAT SUPPORTS THE GAME MODEL ..................................... 81
The Base that Supports the Game Model .................................................................... 82
Principles of the 4 Game Phases .............................................................................. 86
Adapting to the Opposition ....................................................................................... 88
Understanding the Strengths and Weaknesses of the Opposition ................................. 89
Micro-Cycle Template ............................................................................................. 90
Factors Within Our Game Model ............................................................................. 91

CHAPTER 7: PUTTING THE THEORY INTO PRACTICE .................................................. 92
Operational Strategy Within Our Game Model .......................................................... 96
Expansive Football Training Session ....................................................................... 100
The Training Week .................................................................................................. 101

CHAPTER 8: METHODS OF TRAINING ........................................................................... 104
The 4 Training Methods Within Our Game Model ..................................................... 109
Analytical Methods .................................................................................................. 110
IPTE Methods ......................................................................................................... 111
IPTETA Methods ...................................................................................................... 112
Positional Game Methods .......................................................................................... 114
Summary of the Methods of Training ....................................................................... 116

CHAPTER 9: TRAINING PRACTICES ............................................................................... 117
Warm Ups ................................................................................................................ 118
Continuous Dribbling/Passing Warm Up ..................................................................... 119
Positional 4 v 1 / 4 v 2 Possession Game ................................................................... 120
Technical Passing and Receiving in a Positional Practice ............................................ 121
Tactical Small Sided Games ...................................................................................... 122
Building Up Play in a 6 Zone 9 v 9 Small Sided Game ................................................ 123
Attacking from Back to Front in an 8 v 6 Game with Cone Gates ................................. 124
Positional Play in a Dynamic 3 Team 5 v 5 (+4) Small Sided Game ........................................ 125

**Physical and Technical Practices (IPTE)** ................................................................. 126
Technical Passing Diamond with One-Two Combination ........................................ 127
Build Up Play, Quick Attacking Runs, Combination Play and Finishing ......................... 128
Dribbling Forwards to Draw in a Marker and Create Space for a Teammate .................... 129
Passing Across the Defensive and Midfield Lines ......................................................... 130
Quick Positional Combination Play to Switch the Play ............................................... 131
Positional Passing Square with Short and Long Support Play ....................................... 132
Quick Combination Play with Positional Inter-Changing of Diagonal Movements .......... 133
Switching the Point of Attack with Player Movement in the Final Third ....................... 134
Technical / Tactical Actions on the Wing: Dribble, Support Play & Finishing .............. 135
Technical / Tactical Actions for Attacking Through the Centre .................................. 136

**Physical, Technical and Tactical Practices (IPTETA)** ................................................. 137
Centre Backs: Building Up Play Through the Defensive Midfielder ................................. 138
Building Up from the Back with Interplay in Specific Zones on the Pitch .................... 139
Passing Out from the Back Within Position Specific Zones (6 v 6) ............................... 140
Dribbling Forwards to Create a Numerical Advantage in a Zonal Game ....................... 141
Passing Along the Defensive/Midfield Lines in a Dynamic Transition Practice ............ 142
“Expansive Football” Combination Play in a 7 v 2 Attack vs Defence Practice ............. 144
“Expansive Football”: Utilising the Full Backs in an Attack vs Defence 8 v 6 SSG ....... 145
Maintaining Possession in the Centre with Quick Break Attack and Finishing ............ 146
“Expansive Football” 10 v 10 Eight Goal Game ......................................................... 147
Switching Play and “Expansive Football” in a 7 v 7 Game with Side Zones ................. 148
Creating a Numerical Advantage on the Flank with Side Zones in a 9 v 8 SSG ............ 149
Utilising the Full Backs in Wide Positions in an 8 v 8 (+1) Small Sided Game .............. 151
Switching Play Across the Back Line with Quick Transition Attacking Play ................. 152
The Midfielders and Striker Combining in a 3 v 2 Attacking Functional Practice ............. 154
The Midfielders and Striker Combining in a 3 v 3 Attacking Functional Practice ............. 155
Attacking Through the Centre in a 3 Zone Small Sided Game ................................. 156
Support Play for the Striker in a Zonal 7 v 7 (+3) Small Sided Game ............................ 157

**Possession Games For “Expansive Football” (IPTETA)** ............................................. 158
IPTETA Method: Possession Drills for Expansive Football ......................................... 159
Mixture of Phases Hexagon Practice ........................................................................... 160
Dynamic 8 v 3 / 10 v 8 Possession Game with Transition Play ..................................... 161
Counter Attacking in a Dynamic “Expansive Football” Possession Game .................... 162

**Positional Games** ........................................................................................................ 163
Positional Game Methods with Player Directionality ..................................................... 164
Positional 4 v 4 (+3) Possession Game: Passing Out Wide ........................................... 165
Positional 4 v 4 (+3) Possession Game: Passing Through the Centre .......................... 166
Positional 7 v 7 (+3) Possession Game: Passing Out Wide & Through the Centre ......... 167
Positional 6 v 6 (+4) Possession Game: Building Up Play from Back to Front ............... 168

**Positional Games With Finishing** .................................................................................. 169
Combining with the Striker & Finishing in a Dynamic 4 v 4 (+3) Positional Game .......... 171
Attacking Through the Centre in a 6 v 6 (+4) Positional Game ..................................... 172
Connecting the Defence, Midfield and Attack in a Positional 9 v 9 Zonal Game ............... 173

**CHAPTER 10: CONCLUSION** ...................................................................................... 175

**BIBLIOGRAPHY** ......................................................................................................... 178