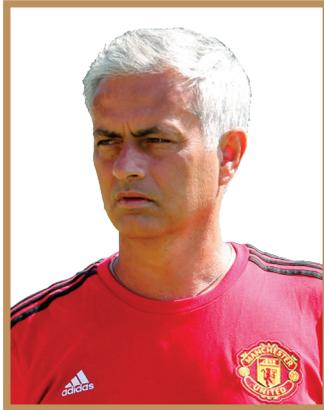


JOSE MOURINHO'S TACTICS



Jose Mourinho has used many different formations during his coaching career, in order to get the best out of his players' characteristics. The most popular have been the 4-4-2 with diamond, the 4-3-3, the 4-4-1-1 and the 4-2-3-1.

In regards to his playing style, Mourinho is very flexible and adapts the style of play to the players he has at his disposal. He also adapts to the specific conditions and tactics of every single game, matching his team to best play against the opponents of the day.

Mourinho can read the game perfectly and react immediately to any changing game situation, to produce the best results for his team. His teams can be high pressing like at Porto and his first spell at Chelsea or they can defend in a middle or low block.

In the attacking phase, his teams can be both dominant as Real Madrid were (especially during his second season) or give the initiative to the opposition in terms of possession and focus on counter attacking. This all depends on the preferred tactics of the Portuguese, based on the players he has available and the opposition's strengths.

It is very difficult to predict Mourinho's tactics during the attacking phase. The build-up can vary from using short passing in order to move the ball between the lines, to playing direct long balls from the goalkeeper or the defenders. However, both with Real Madrid (Ronaldo) and with Chelsea (Hazard) Mourinho favoured using right footed players on the left - they would often move inside to create overloads which is a key tactic of Mourinho's.

The Jose Mourinho chapter in this book is 'Creating an Overload with a Winger Shifting Across'. There is a full analysis of how Mourinho uses the converging movements of wingers towards the inside within the zone of responsibility of the opposing centre back, while at the same time pushing the full back forward on the flank. If the forward was also positioned within this zone, an overload took place and the winger could receive unmarked, either directly or after a lay-off pass by the forward. The next step was the final pass or shot at goal (if the man in possession was within shooting distance).

Coaching Roles

- Manchester United (2016 - Present)
- Chelsea (2013-2015)
- Real Madrid (2010 - 2013)
- Inter Milan (2008- 2010)
- Chelsea (2004-2007)
- Porto (2002 - 2004)

Honours

- UEFA Champions League (2004, 2010)
- UEFA Cup / Europa League (2003, 2017)
- FA Premier League (2005, 2006, 2015)
- La Liga (2012)
- Serie A (2003, 2004)
- Primera Liga (2003, 2004)
- FA Cup (2007)
- Copa del Rey (2011)
- Coppa Italia (2010)

CHAPTER 6

CREATING AN OVERLOAD WITH A WINGER SHIFTING INSIDE (JOSE MOURINHO TACTICS)

The Winger on the Weak Side Shifts Inside and Creates an Overload

This tactic is frequently used by Mourinho and especially when a right footed player plays on the left wing or a left footed player on the right. The winger on the weak side makes a converging runs towards the centre as soon as the ball is moved from the strong side to a central midfielder. This movement creates an overload in the centre and allows the winger to receive facing goal after a lay-off, or receive and turn unmarked. He can then shoot (especially against low block) or play a short final pass with his stronger foot. This tactical movement can easily be adapted to formations with two forwards - it is actually easier to then create these kinds of overloads. This action can take place as soon as the central midfielder receives a pass and has available time on the ball.

Overloading the Opposition Centre Back's Zone of Responsibility with the Converging Run of the Winger from the Weak Side (4-2-3-1)



In this example, the central midfielder (6) receives the pass from the full back (2) and has available time on the ball. The winger on the weak side (11) notices this and makes a movement towards the centre and within the zone of responsibility of the blue centre back (4), who now has two players to mark.

No.6 plays a pass to the forward (9) who lays the ball off to the winger (11). Receiving a pass within this part of the pitch enables No.11 to receive unmarked, facing the opposition's goal and looking to create a scoring chance (see next page). A similar situation can be achieved with a direct pass from No.6 to No.11.

Exploiting the 4 v 4 or 5 v 4 Situation in the Final Third After Receiving Between the Lines (4-2-3-1)



This diagram follows on from the tactical situation on the previous page and shows the options that the winger (11) has after receiving in the centre, facing the opposition's goal.

No.11 moves forward with the ball and has four available passing options in a favourable 4 v 4 or 5 v 4 situation:

1. Pass in behind for the forward (9).
2. Pass in behind for the No.10.
3. Play an aerial pass out wide to the winger (7).
4. Shoot at goal when in range.



ASSESSMENT:

The starting position of the winger can't be very wide if we want to create overloads in central areas, as the midfielder in possession will probably have just a couple of seconds on the ball - this means that the movement of the winger should be quick and sharp.

These tactics can be very useful against teams which use a middle or deep defensive block, as the player in possession (No.11 in diagram example above) is in position to make a short and accurate final pass or shoot at goal.

When the Winger's Movement is Followed to Prevent the Overload, Play is Switched to the Full Back on the Weak Side (4-2-3-1)



If the opposing full back (blue No.2) follows the red winger's (11) movement from the weak side into the centre, then space is created out wide.

This available space can be exploited with a well-timed run from the red left back (3) and No.6's accurate pass to switch play.

The red central midfielder (8) enables No.3 to move forward as he takes up a deep position, which ensures balance and safety at the back (3 v 2 or 4 v 3).

In this example, the left back (3) is able to receive in lots of space and can pick out a cross for the oncoming runners, with a great opportunity to create a goal scoring chance.

The Winger on the Strong Side Shifts Inside and Creates an Overload

Overloading the Opposition Centre Back's Zone of Responsibility with the Converging Run of the Winger on the Strong Side (4-2-3-1)



If the forward is positioned there, an overload can be created on the strong side too. The space might be more limited but it can be carried out effectively if there is good synchronisation in the players' movements.

No.6 has time on the ball, so the winger on the strong side (7) moves towards the centre (within blue centre back No.5's zone of responsibility).

After No.6's pass to No.9, the winger (7) receives the lay-off, facing the opposition's goal. He has different options - in this example he plays a ball in behind for the diagonal run of the left winger (11), who has a great chance to score 1 v 1 against the goalkeeper.

When the Winger's Movement is Followed to Prevent the Overload, the Full Back Exploits the Space Created on the Strong Side (4-2-3-1)



If the opposing full back (blue No.3) follows the red winger's (7) movement from the strong side into the centre, then space is created out wide.

This available space can be exploited with a well-timed run from the red right back (2).

As the ball is travelling towards No.9, he no longer has the option of passing to No.7, so instead plays a first time pass out wide into the available space for the right back (2) to run onto and move forward.

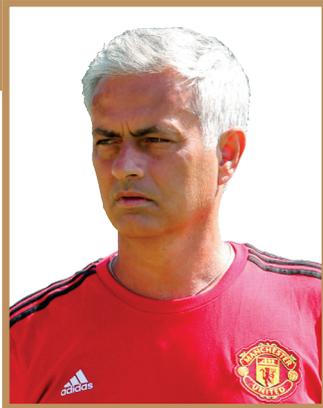
In this example, the red right back (2) is able to carry the ball forward with available time and space. He can then cross into the penalty area for oncoming runners.



ASSESSMENT:

All of the tactics displayed in this chapter can be easily adapted to the 4-4-2 formation. In fact, it is easier to create overloads within the central defender's zone of responsibility by using the converging runs of wingers in the 4-4-2, compared to when using the 4-2-3-1. This is because there is the option of creating the overload on the weak side and strong side at the same time.

SESSION 6

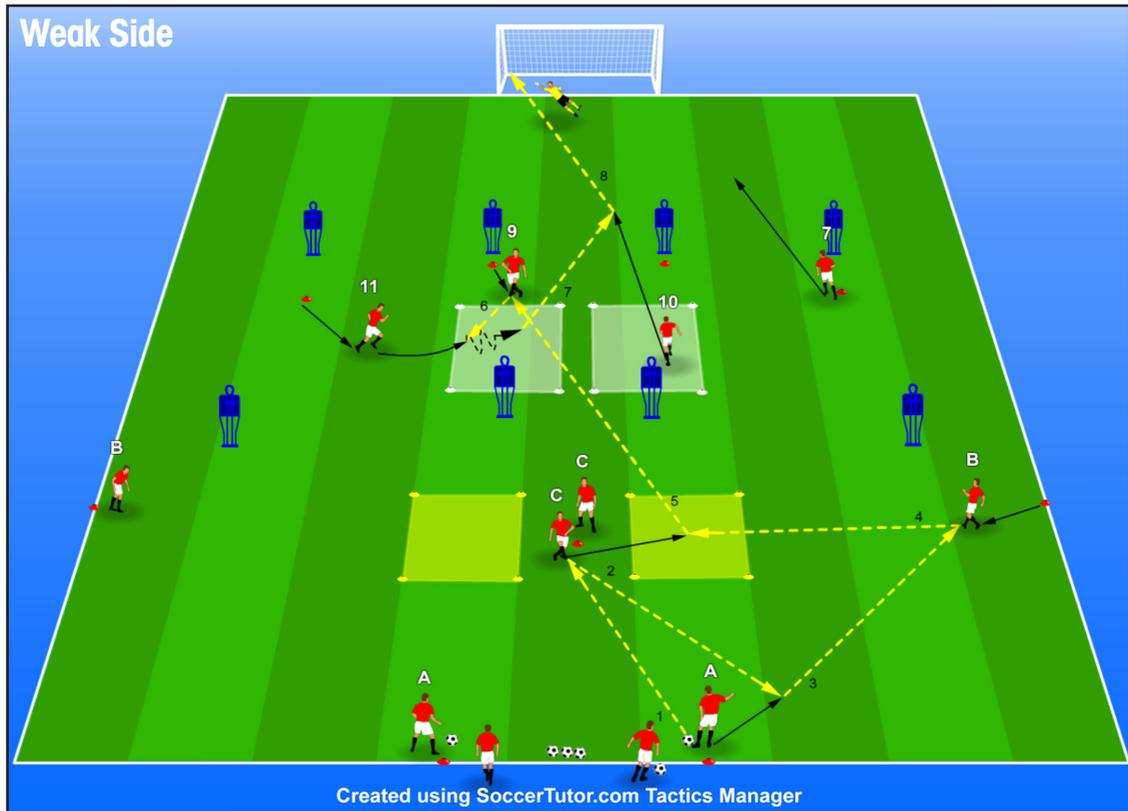


**Based on Tactics of
Jose Mourinho**

**Creating & Exploiting an
Overload with a Winger
Shifting Inside**

SESSION FOR THIS TACTICAL SITUATION (5 PRACTICES)

1. Creating & Exploiting an Overload with a Winger Shifting Inside on the Weak or Strong Side



Objective: Creating and exploiting an overload with the winger on the weak side or strong side.

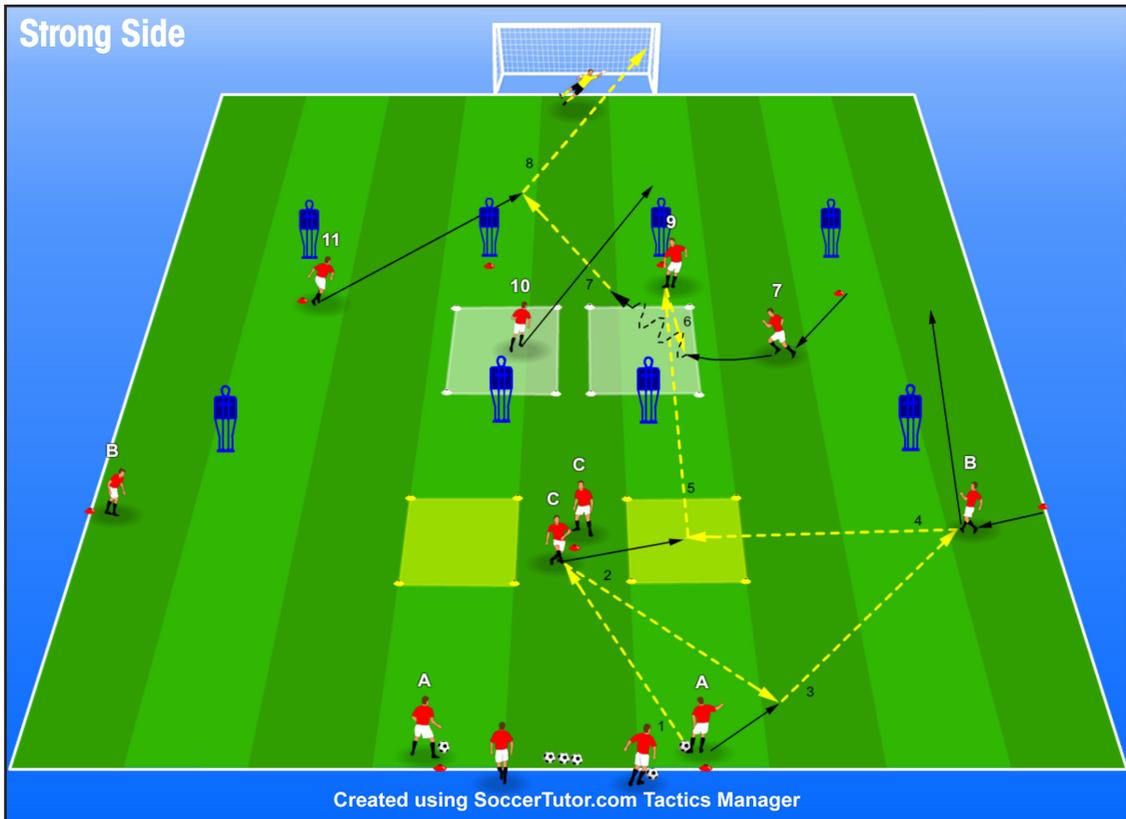
Description (Weak Side)

In a 40 x 60 yard area, we have 2 yellow areas and 2 white areas (receiving zones). There are 8 large mannequins (or large cones) which mark out the opposing midfield and defensive lines and a full size goal with a goalkeeper.

We have 4 x player A's (centre back position), 2 x player B's (full back position) and 2 x player C's (central midfielders). In the attacking half, we have the No.10, the forward (9) and 2 wingers (7 & 11) who will create the overload and use attacking combinations to score past the goalkeeper.

The practice starts with player A passing to player C. As soon as this pass is made, the No.10 should move into the white area on the strong side and the forward should take up a position on the weak side. Player C passes back to A who passes to B, while player C moves to provide a passing option and receive within the yellow area.

Player C receives and passes the ball to the forward (9) on the weak side or directly to the winger (11) on the weak side. In this example there is a lay-off pass from the forward (9) and the winger (11) receives, moves forward and makes a final pass in behind (three options - No.9, No.10 & No.7 who all make forward runs and try to score).



Description (Strong Side)

The overloading can also be created on the strong side, as shown in the diagram above. In this variation, the No.10 is on the weak side and the forward (9) is on the strong side. The No.10 is in the white area on the weak side, which means that the No.9 is in an advanced position on the strong side.

Player C (central midfielder) has to be aware of the situation to play the ball to the appropriate side. You can also have the No.10 and No.9 be more flexible, so that either of them can drop back - this works very well for any formations with 2 forwards.

In this example, player C receives within the yellow area and passes to the forward (9) on the strong side. In the meantime, the winger on the strong side (7) has moved towards the centre to create an overload in that area. After a lay-off pass from the forward, the winger (7) receives, moves forward and makes a final pass in behind (three options - No.9, No.10 & No.7 who all make forward runs and try to score).

Please note the following for both diagrams (Weak Side and Strong Side):

The same sequence is then repeated on the opposite side. Players A, B and C rotate, while players No.9, No.10, No.7 and No.11 return to their positions. You can have two players in every advanced position, so that a good tempo is retained throughout the practice.

Coaching Points

1. The most important aspect of this practice is the timing of the players' synchronised movements.
2. The other key component is good passing technique and accuracy.

PROGRESSION (4-2-3-1)

2. Reading the Tactical Situation when Creating an Overload with a Winger Shifting Inside



Objective: Creating/exploiting an overload with the winger and reacting when the overload is not possible.

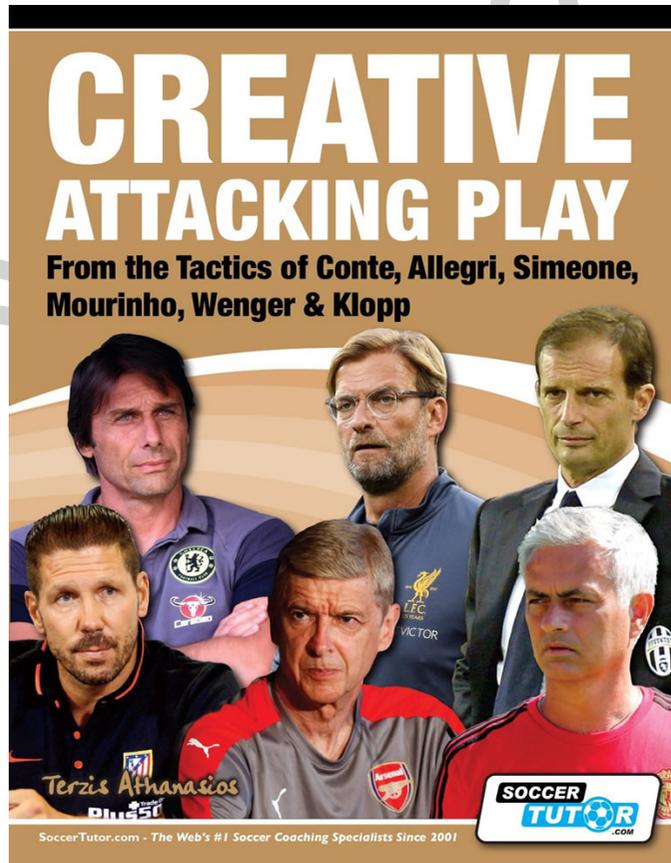
Description (4-2-3-1)

This is a progression of the previous practice and we add two 10 x 15 yard zones in the wide positions as shown. Two blue full backs (2 & 3) are added to replace the mannequins - their defensive reactions now determine the correct decision making of the attacking team.

This time the midfielder (C) has to decide not only about where to direct the pass (strong or weak side according to No.9's position), but also about the best option according to the blue full back's reaction to the situation.

If the blue full back decides not to follow the winger's movement inside, the practice runs exactly as the previous one. However, if he decides to follow him, as shown in the diagram example, then player C switches the play into the available space out wide to the full back (B) who makes a run to receive the pass in the 10 x 15 yard red zone. When the full back (B) receives, he looks to move forward and has 3 options for the cross (No.9, No.10 and No.7).

Players A, B and C rotate, while players No.9, No.10, No.7 and No.11 return to their positions. You can have two players in every advanced position, so that a good tempo is retained throughout the practice.



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