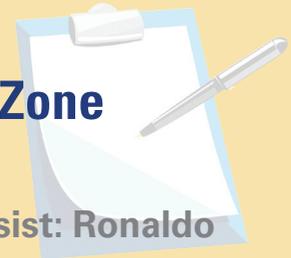


GOAL ANALYSIS

Quick Counter Attacking from the Low Zone

02-Oct-11

Espanyol **0-4** Real Madrid (3rd Goal): Callejon - Assist: Ronaldo



The opposition are caught very high up the pitch as they lose possession. Alonso again passes forwards into the free space in the other half of the pitch. This is into an area for Ronaldo to run onto (who is the furthest player forward at the time).



Ronaldo is quicker and better than his opponent in the 1v1. Callejon follows from behind being marked by 1 defender. We have 2 x 1v1 situations.

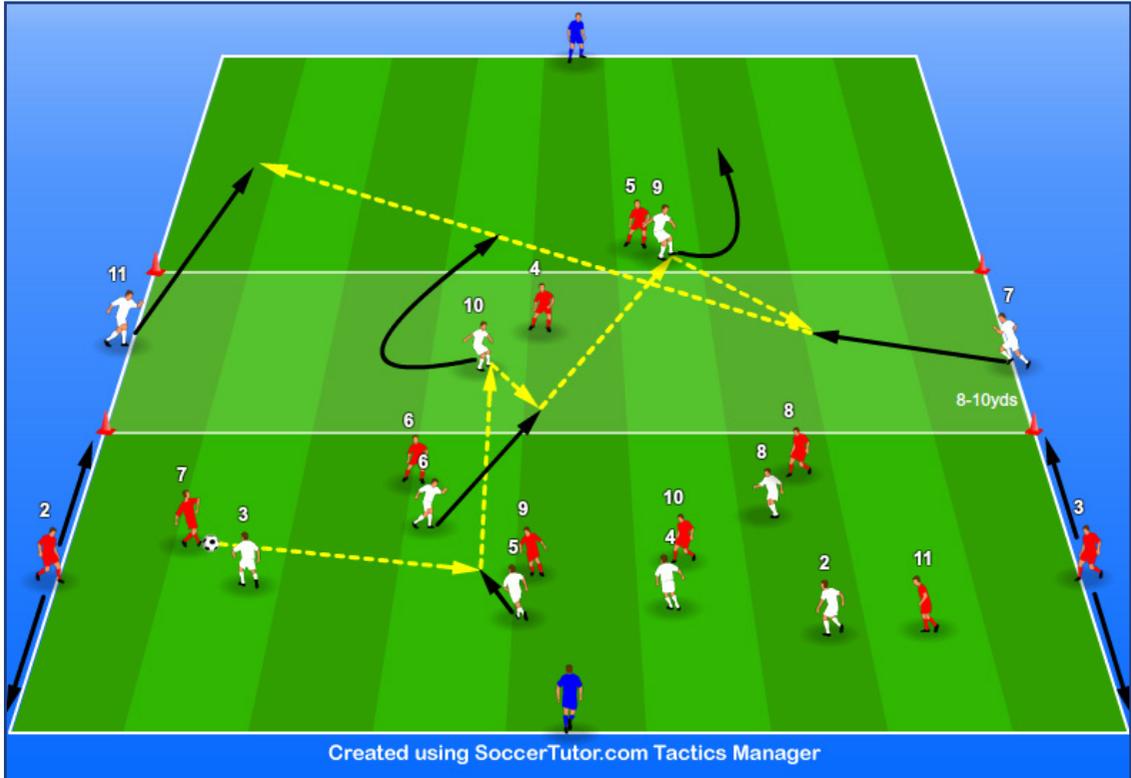


Ronaldo is too quick again and dribbles the ball into the penalty area where the defenders close him down. He again hits a low cross, to Di Maria this time who arrives at the back post from the opposite flank and finishes with 1 touch.

From the time Alonso passed the ball to the ball being in the net, this counter attack took 8.9 seconds.

SESSION FOR THIS TOPIC (3 Practices)

1. Transition & Support Play in a 3 Zone Dynamic Game



Objective

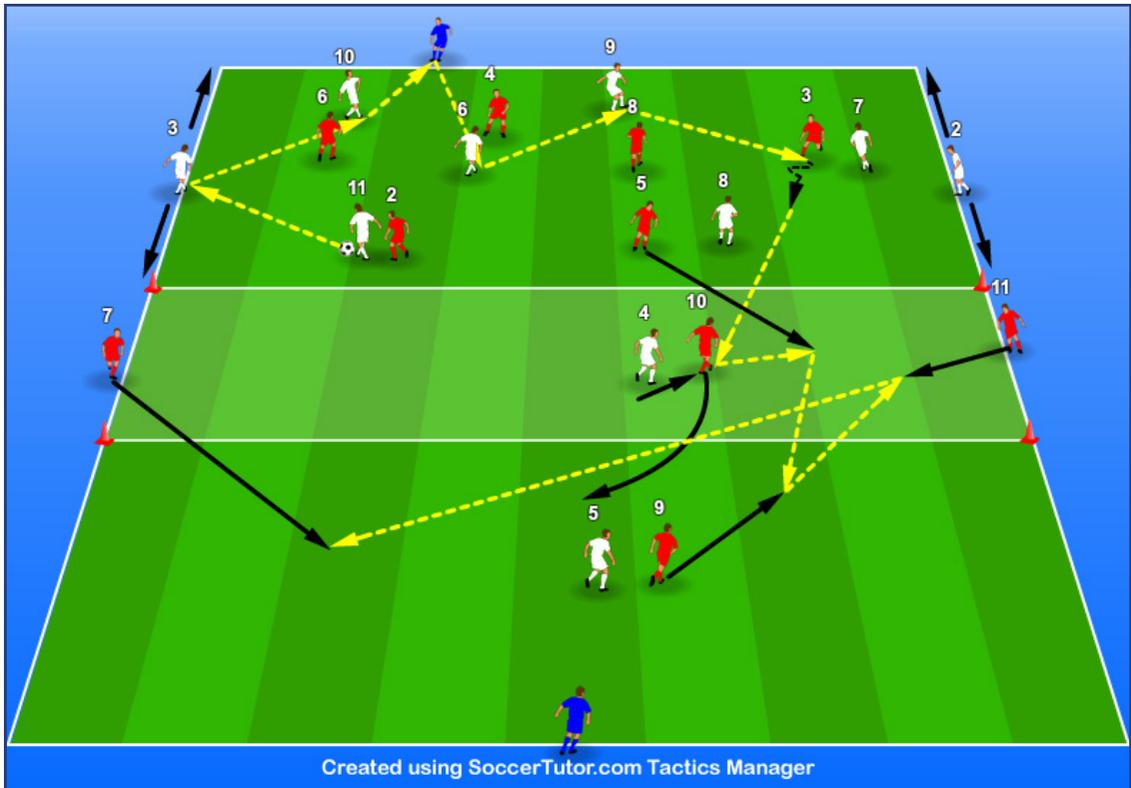
To develop transitions from defence to attack in the low zone and taking advantage of 1v1 or 2v2 situations.

Description

In an area 60 yards x 40 yards, we divide the pitch into 3 grids. The central zone is 10 yards x 40 yards and the 2 outside zones are 25 yards x 40 yards.

The practice starts in one outside zone with one team in possession like above in the diagram. We have 8 attackers (red) vs 6 defenders (white) and 1 neutral player (blue). The red team has 4 midfielders and 2 attackers inside this zone and 2 full backs who move only along the sides (2 & 3). The white team has 4 defenders and 2 central midfielders (from the 4-2-3-1). The Blues (neutral) play with whoever is in possession. In the central zone we have a 1v1 situation and 2 side forwards for the white team who only move along the sides. In the other outside zone we have a 1v1 between white 9 and red 5.

In the first zone, the red team has the objective to keep possession and they get 1 point when they complete 6-8 passes. The aim for the white team is to steal the ball and pass quickly into the central zone to Player 10. One player is allowed to move into the central zone to provide quick support to him and receive a pass back. The same player will then look to do the same again in the final zone with the striker (9). The 2 side players (7 & 11) provide support in the central zone and end zone as shown in the diagram.



Once the ball reaches the end zone, the roles of the 2 teams changes. Now we have the situation as shown in the following diagram. The practice keeps going and now the whites aim to keep possession and get 1 point when they complete 6-8 passes. The aim for the red team is to steal the ball and pass quickly into the central zone to their Player 10 etc.

Rule:

The team that goes from defending to attacking have 1-2 touches in the first 2 zones and have unlimited touches in the final zone (except the 2 side players and neutral players who play with a maximum of 1 or 2 touches).

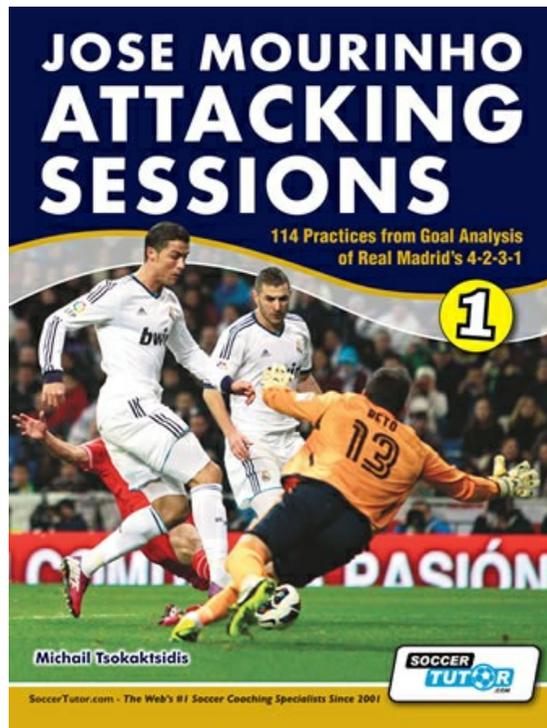
Coaching Points

1. The defending team use ball oriented defence to apply as much pressure as possible to win the ball back.
2. Defensive cover is needed to prevent possible passes and quick changes of defensive positions (transpose).
3. There should be the correct distances between the defenders when applying pressure.
4. In the transition from defence to attack, there needs to be good awareness, quick support and movement, quick decision making, a high tempo (1 touch football) and good communication.

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