

CHAPTER 6

TRANSITION FROM DEFENCE TO ATTACK IN THE HIGH ZONE

TACTICAL SITUATION 1



POCHETTINO TACTICS

High Press to Win the Ball + Fast Attack

Content taken from Analysis of Tottenham Hotspur during the 2016/2017 season

The analysis is based on recurring patterns of play observed within the Tottenham team. Once the same phase of play occurred a number of times (at least 10) the tactics would be seen as a pattern. The analysis on the next page is an example of the team's tactics being used effectively, taken from a specific game.

Each action, pass, individual movement with or without the ball, and the positioning of each player on the pitch including their body shape, are presented.

The analysis is then used to create a full progressive session to coach this specific tactical situation.

Analysis Taken from 'Watford vs Tottenham - 1st Jan 2017 (Premier League)'

High Press to Win the Ball + Fast Attack (3-4-2-1 vs 3-1-4-2)



The Watford left back (3) has taken a throw-in up the line which the Tottenham right back Trippier has forcefully headed long and high over the opposition's defence. From this point, Tottenham apply a high press (squeeze) with Kane, Son, Eriksen, Trippier and Dele.

The Watford centre back (5) is running back towards his own goal. He miss-hits his clearance straight to Tottenham forward Harry Kane, who is able to control the ball.



Tottenham's aim here is to take advantage of their opponent's temporarily disorganised defence. They want to create a scoring opportunity as quickly as possible.

Harry Kane turns inside the Watford centre back (6) and delivers a cross into the box.

Attacking midfielder Dele Alli has made a good run into the penalty area. Dele has time to control the ball and then finish past the keeper at the far post.

Analysis Taken from 'Tottenham vs Everton - 5th Mar 2017 (Premier League)'

High Press to Win the Ball + Fast Attack (3-4-2-1 vs 4-3-2-1)



In this situation, the goalkeeper rolls the ball out to the defensive midfielder Schneiderlin (6), who drops deep to receive.

Tottenham see this as an opportunity to press high and win the ball. As soon as the ball is rolled out, central midfielder Dembele and attacking midfielder Dele sprint towards Schneiderlin. Dele is able to win the ball and quickly pass to the forward Kane, who is free in space.



The Tottenham forward Harry Kane has time to take a touch and slot the ball past the oncoming goalkeeper.

This is a very good example of Tottenham pressing high up the pitch, winning the ball and then scoring very quickly, which has been a trait for them under Pochettino.

SESSION FOR THIS TACTICAL SITUATION (4 PRACTICES)

1. High Press to Win the Ball + Keep Possession in a Dynamic 2 Zone Transition Game



Description

In a 30 x 40 yard area, we divide the pitch into 2 equal sized main zones and also mark out 2 end zones (30 x 5 yards). We have 5 v 5 starting in one zone, with each team having an extra player in an end zone.

The practice starts with the coach's pass and the team in possession (yellows in diagram) try to complete 8 passes to score 1 point. They have a 6 v 5 numerical advantage with the extra player in the end zone who plays with them.

The aim for the defending team (white) is to press collectively, win the ball and then pass to their teammate in the end zone on the opposite side (2 points).

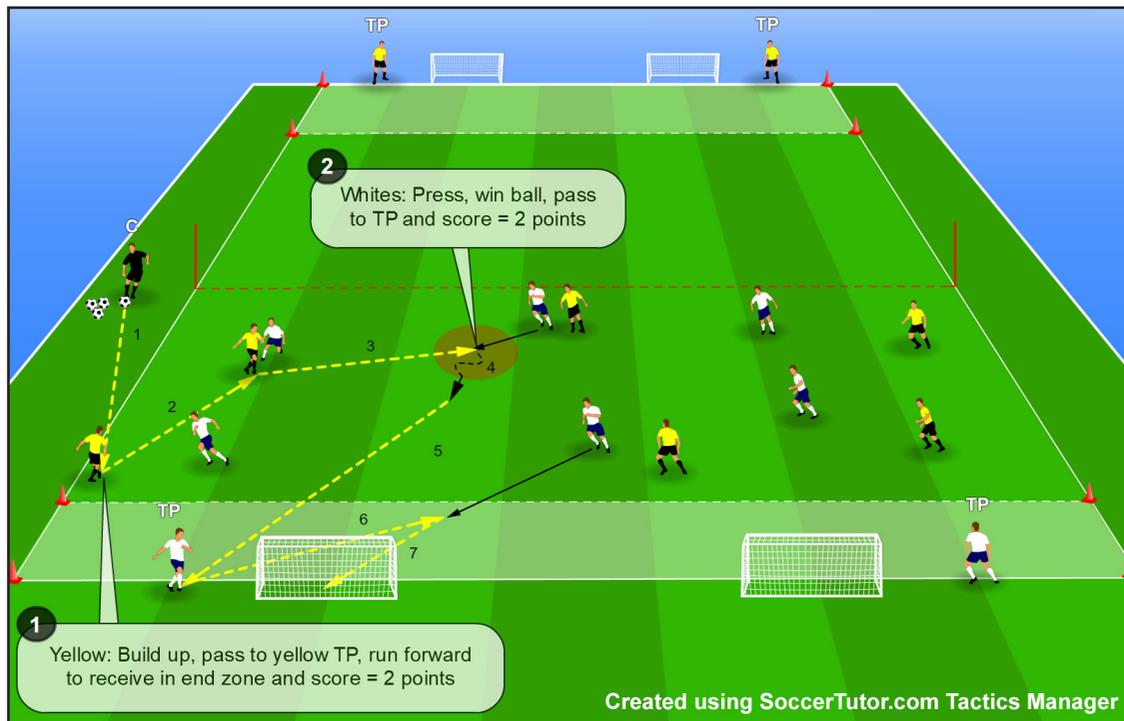
If this happens, all the players from both teams (except the player in the end zone) run to the other zone and we have the same 5 (+1) v 5 situation with the team roles reversed.

Rules

1. Inside players cannot enter the end zones.
2. End zone players must not leave their zone.
3. Inside players have unlimited (or 3) touches.
4. End zone players are limited to 1 or 2 touches.

PROGRESSION

2. High Press to Win the Ball + Fast Attack in a Dynamic 2 Zone Small Sided Game



Description

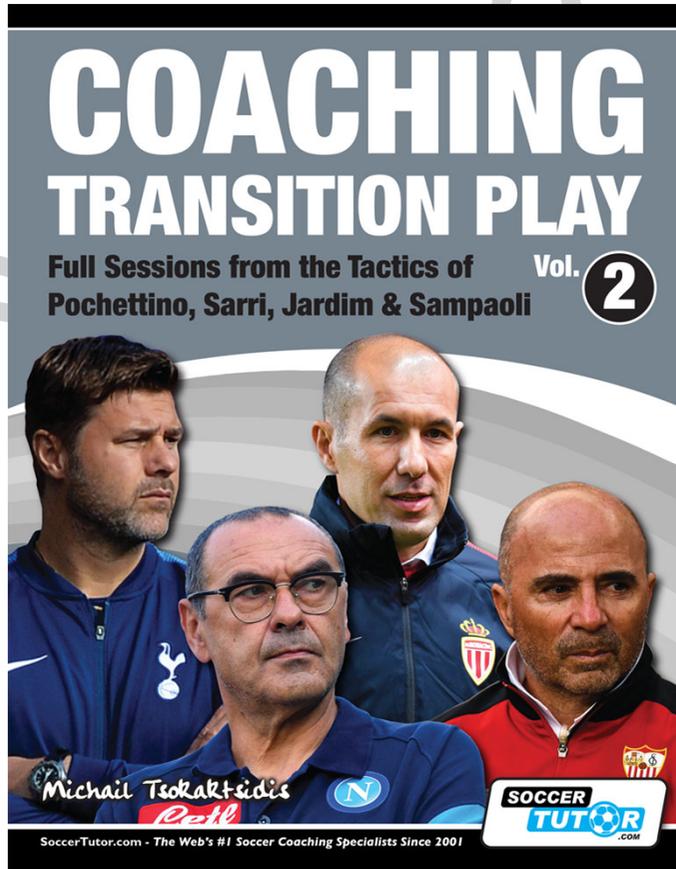
In this progression of the previous practice, we remove the end zone player and each team now has 2 Target Players outside at the ends, as shown. We also now play 6 v 6 inside instead of 5 v 5 and there are 2 mini goals at each end.

The practice starts with the coach's pass and the team in possession (yellows in diagram) trying to break through their opponent's pressing and pass to a Target Player (TP) at the other end. They then quickly run forward to support the Target Players, receive back and try to score a goal (2 points).

The defending team (white) aim to press collectively to block the passing lines towards the Target Players and win the ball. As soon as they win the ball, they look to pass to one of their Target Players, receive back and score (1 point - this example is shown in the diagram).

When an attack is finished, the practice always starts from the other side and the teams change roles.

Rules: These are the same as the previous practice + the Target Players cannot move inside.



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