
TEAMBUILDING - PreSeason

Tactical Components - Team Model

BP - Attacking:

Building from the Back ^{3rd}

- *Organisation*: get correct shape quickly
 - *Passing*: quick ball speed, play ball to or in front of teammate, between lines, switch play
 - *Receiving*: facing forward, between lines, behind opponents,
 - *Dribbling*: take the space, commit opponent,
 - *Rotations*: where, when, how, who?
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BP - Attacking:

Creating Goal Scoring Opportunities – Final 3rd

- *Creating depth*: pushing back opponents in central and wide areas
 - *Creating width*: stretching back four defenders
 - *Penetration*: making runs in behind defence, playing ball behind defenders
 - *Creating space*: for self and/or teammates
 - *Box runs*: front post, centrally staggered and back post
 - *Crossing*: front post or cut back
 - *Entry points*: using link players, late arrival
 - *Rotations*: getting wide players in behind defenders
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BP-BPO - Transition:

Attack to Defence

- *Player reaction*: player who loses possession reacts 1st
 - *Applying pressure*: try to isolate the player who wins possession of the ball
 - *Speed of pressure (a)*: 1st 5 seconds should be all out pressing
 - *Speed of pressure (b)*: if we cannot win the ball back immediately drop off and get compact
 - *Drop off*: If there is no pressure on the ball drop off and re group
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BPO-BP - Transition:

Defence to Attack

- *Attack the ball at the right moment and in the right situation*: call to come from behind to press, bad touch by opponent
 - *Counter attack (a)*: surprise opponent if close to goal and have opportunity to score
 - *Counter attack (b)*: win the ball, keep possession, spread and penetrate
 - *Penetration*: make a penetrating run or look for a penetrating pass
 - *Overlap*: in wide and central positions
 - *Rotation*: wide players to time movements
 - *Switch play*: use link players
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BPO - Defending:

Steps 1 and 2 Pressing (**Disturb**) in the Front and Middle $\frac{1}{3}$

- *Applying pressure*: where, when, how, who?
 - *Squeezing*: keep distances short denying space between lines and across lines
 - *Creeping*: when ball is played backwards by opponents
 - *Marking*: anticipate and communicate, mark opponents, space and man to man
 - *Sliding*: tuck in when ball is on opposite side
 - *Balance*: covering teammates, ambushing opponents
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BPO - Defending:

Step 3 Preventing Goal Scoring Opportunities in the Back ¹/₃

- *Blocking*: crosses and shots
 - *Covering/Ambush*: double up in wide areas
 - *Defending in central areas*: block of three plus one
 - *Closing the ball centrally*: one CB closes the ball and one drops off
 - *Dropping off*: when no pressure is applied to the ball, diagonal balls
 - *Marking closely*: touch tight in back ¹/₃
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