

Pep Guardiola Tactics

Pep Guardiola Attacking Tactics - Tactical Analysis and Sessions from Manchester City's 4-3-3 Soccer Tutor.com Limited

For any Football Coach, this is a fantastic journey and insight into the periodization model, Microciclo-Estructurado. It has received very little attention in English speaking media, however this model used by Pep Guardiola can help coaches deliver sessions with improved technical and tactical detail. The book also includes many different sessions, to help coaches improve their delivery and understanding.

Learn the tactics of several of the world's top coaches with analysis of Antonio Conte, Massimiliano Allegri, Diego Simeone, Jose Mourinho, Jurgen Klopp and Arsene Wenger with the 4-2-3-1, 4-4-2, 4-3-3 and 3-5-2 formations. This analysis has been used to produce 6 full training sessions (42 practices & variations) ready for you to use.

“An outstanding work ... the [soccer] book of the decade.” —Sunday Business Post Inverting the Pyramid is a pioneering soccer book that chronicles the evolution of soccer tactics and the lives of the itinerant coaching geniuses who have spread their distinctive styles across the globe. Through Jonathan Wilson's brilliant historical detective work we learn how the South Americans shrugged off the British colonial order to add their own finesse to the game; how the Europeans harnessed individual technique and built it into a team structure; how the game once featured five forwards up front, while now a lone striker is not uncommon. Inverting the Pyramid provides a definitive understanding of the tactical genius of modern-day Barcelona, for the first time showing how their style of play developed from Dutch “Total Football,” which itself was an evolution of the Scottish passing game invented by Queens Park in the 1870s and taken on by Tottenham Hotspur in the 1930s. Inverting the Pyramid has been called the “Big Daddy” (Zonal Marking) of soccer tactics books; it is essential for any coach, fan, player, or fantasy manager of the beautiful game. After the hugely popular Volume 1, Volume 2 gives you another rare opportunity into Pep Guardiola's Training Sessions with 85 Practices taken directly from Pep's training sessions including: Technical Circuits, Passing, Rondos, Positional and Possession Games, Small to Large Sided Games at Manchester City, Bayern Munich and FC Barcelona.

Juventus are the most successful team using the 3-5-2 formation in modern football. Juve have won 4 consecutive Serie A league titles including an unbeaten run of 49 games, 1 Coppa Italia and reached the Champions League final in 2014. Juventus are a very successful attacking team that focus on exploiting their numerical advantage at the back, patient build up play, pushing many players into advanced positions and finally creating and exploiting space in behind the defensive line. Athanasios Terzis is a successful author of some of the best-selling Football Coaching books, most notably with 'Jurgen Klopp's Attacking and Defending Tactics' and 'FC Barcelona Training Sessions' which won the Italian FA Award for "Best Coaching Book" in 2014. In this book the popular author presents a full and extensive analysis of the Juventus 3-5-2 formation during the 2013-14 season. This tactical blueprint is clearly presented with supporting diagrams and detailed descriptions of the attacking phase, the transition from attack to defence and the transition from defence to attack which enable you to discover exactly how Juventus played in these phases of

the game, providing the positioning and movement of the players in all possible game situations. This detailed analysis has been used to produce 21 full training sessions (60 practices) including functional practices, opposed/unopposed zone play, transition games, game situations and small sided games. This will enable you to coach your team to attack like one of the most successful teams in Europe.

This book provides a tactical analysis of Pep Guardiola's 4-3-3 Attacking Tactics (56 Tactical Situations) which has been used to produce 12 Full Training Sessions (70 Practices and Variations). You can use these ready-made sessions to practice Pep Guardiola's attacking tactics and implement them into your training sessions.

Mastering the Premier League offers an in-depth look at the tactical concepts underlying a sports superpower--revealing who does what, how and why. Discover the secrets of the game model developed by Pep Guardiola that sets Manchester City apart from the rest. When Guardiola joined Manchester City in 2016 there were doubts that he could replicate his successful model in the English game. But after a single season of acclimatization we saw those doubts shattered as City won the Premier League in 2017/18 with a record 100 points. Beyond the trophies and the records, however, lies a yet more intriguing story--of how Guardiola adapted and perfected the tactical principles that had made him so successful at Barcelona and Bayern Munich, who played the key roles on the field, enabling Manchester City's successes of 2017-19, and why the other Premier League sides were unable to stop the City juggernaut sweeping aside all in its path.

'A wonderful overview of tactical development in European football' Matthew Syed, The Times 'A fascinating assessment of football in 2019' Observer

FC Barcelona are the greatest football team in the world, the greatest for a generation and possibly the greatest of all time. This is the inside story of how the team came to redefine how the game is played, told by the journalist closer to it than any other. This edition contains a new epilogue reflecting on the departure of Pep Guardiola and Spain's victory at Euro 2012.

The book includes Marcelo Bielsa's tactics (and playing philosophy) for building up play from the back against high pressing teams with a full analysis of his 4-2-3-1, 3-3-3-1 and 3-4-3 formations with extensive analysis of Marcelo Bielsa in 9 different tactical situations, supported with 9 full training sessions (35 practices).

This book is a comprehensive resource for coaching the 3-5-2 formation at all levels. The level of detail and tactical solutions included will help you emulate how top coaches, such as Antonio Conte (Inter) and Nuno Espírito Santo (Wolverhampton Wanderers), use the 3-5-2 to great success. This book goes into great detail to show the movement of all players within the 3-5-2 system of play in various tactical situations and against different formations, in the attacking and defensive phase. This will enable you to optimise your team's tactical awareness and performance. Tactical solutions are provided for all game situations, in relation to how to counteract the opponent's positioning, organisation and decision making. This book will teach you to coordinate and solve specific game situations in a flexible way with many different options and tactical solutions. As a coach, you can train these patterns of play repetitively, so that the players' reading of the game becomes automatic and the team is quickly able to recognise and find the best solutions to solve every conceivable tactical situation. This book includes: Tactical Strengths and Weaknesses of the 3-5-2 Formation 3-5-2 Tactics Against Different Formations (4-4-2, 4-2-3-1,

4-3-3, 4-3-1-2, 3-5-2 and 3-4-3) Overcoming the First Line of Pressing (Build-up Play from the Back) Moving the Ball in Between the Opposition's Midfield and Defensive Lines Playing in Behind the Opposition's Defensive Line Defensive Organisation and Pressing Organisation of the Defensive Line 41 Practices and Variations to Apply Tactical Solutions with the 3-5-2 Renato Montagnolo has a UEFA 'B' Coaching Licence and a Patentino Match Analyst Licence. He has been working as a First Team Assistant Manager and Match Analyst for the past few years in Serie C in Italy. With experience of writing books and articles, speaking and teaching, Renato is a respected football tactics expert.

In this book, you'll learn how to use Tactical Periodization to train your players at the correct intensity for each day of the week, making sure they are always prepared tactically, mentally and physically for competitive matches. Your players (and team) will react quicker, be sharper, and make better decisions in all tactical situations.

Originally developed by Vitor Frade, at the University of Porto, Tactical Periodization is a methodology - popularized by coaches such as Jose Mourinho and Andre Villas Boas - that trains soccer players through a logical process that focuses on four moments of the game. These four moments are: Offensive Organisation, the Transition from Defence to Attack, Defensive Organisation, and the Transition from Attack to Defence. Through Tactical Periodization, the aim is to develop players to rapidly alter their on-field behaviours according to the tactical context of the match, and what actually unfolds in front of them. In turn, every training exercise focuses on at least one of the four moments, and always the coach's tactical game model of how he wants his team to play. In doing so, football players prepare and learn how best to conquer the often unpredictable matches that they encounter competitively. This book is the English language translation of the acclaimed book *Periodizacion Tactica* by world-renowned coach and sports science specialist Xavier Tamarit. *Important Note: What is Tactical Periodization is the translation of an academic book that examines Tactical Periodization's underlying philosophies, methodologies, and application. It covers areas such as systemic thinking, football as a complex phenomenon, and how the 'sum is greater than its parts'; it does not contain practical how-tos or drills. Candidly, it is not an 'easy' book to read, and requires a certain level of effort and concentration by the reader. However, for those who stick with it, the book provides a rewarding and high value resource for the modern football coach who wishes to understand exactly how Tactical Periodization developed, what it means for the sport, and how it can influence his or her coaching. Summary sections have been added to each original chapter to offer additional insight."

This book gives you a rare opportunity to use Pep Guardiola's Practices and learn from one of the best coaches in the history of football. The 88 Attacking Combinations and Attacking Positional Patterns of Play included are taken direct from Pep Guardiola's training sessions at Manchester City, Bayern Munich and FC Barcelona.

The game of soccer is constantly in flux; new ideas, philosophies and tactics mould the present and shape the future. Since the turn of the century we have witnessed dramatic changes in the beautiful game: new types of player, new coaching methods, and tactical innovations have all enhanced and changed the sport of football. The technical, tactical, physical and psychological skills needs of the modern player - from the goalkeeper to centre forward - have all been enhanced. In a nutshell, the modern game is quicker as well as being technically and tactically more advanced than for previous generations. Excitingly, the future promises to be even faster, more technical, and more demanding of its players! After witnessing Spanish football and Barcelona provide one of the great periods of global dominance - we are now entering a new era; one which is being led by German football, and notably Bayern Munich. Germany, now world champions at international level, along with the visionary coaching philosophy of Pep Guardiola at club level, are taking football into a new epoch, one which the Italian

coach Arrigo Sacchi prophesised several years ago. One of Universality. In this book, Matthew Whitehouse - acclaimed author of "The Way Forward: Solutions to England's Football Failings" - looks in-depth at the past decade of the game, taking the reader on a journey into football's evolution. Examining the key changes that have occurred since the turn of the century right up to the present, the book looks at the evolution of tactics, coaching, and position-specific play. They have led us to this moment: to the rise of universality. Universality The Blueprint For Soccer's New Era is a voyage into football, as well as a lesson for coaches, players and fans who seek to know and anticipate where the game of the future is heading.

Chess is 99% tactics. If this celebrated observation is true for the master, how much more so for beginners and casual players! If you want to win more games, nothing works better than training combinations. There are two types of books on tactics, those that introduce the concepts followed by some examples, and workbooks that contain numerous exercises. Chess masters and trainers Franco Masetti and Roberto Messa have done both: they explain the basic tactical ideas AND provide an enormous amount of exercises for each different theme. Masetti and Messa have created a great first tactics book. It teaches you how to: - identify weak spots in the position of your opponent - recognize patterns of combinations - visualize tricks. 1001 Chess Exercises for Beginners can also be used as a course text book, because only the most didactically productive exercises have been used. This fully updated edition of the international bestseller includes Pep Guardiola's Bayern years and his decision to join Manchester City Pep Guardiola is the most successful and sought after football coach in the world. After being appointed first-team manager in 2008, he transformed Barcelona into arguably the greatest club side of all time, winning an unprecedented thirteen trophies in four years. Following a shock sabbatical from the game, he replaced Jupp Heynckes at the helm of Bayern Munich at the start of the 2013-14 season, twice winning the Double in his three years in charge. He then announced that he would be joining Manchester City for the 2016-17 season, thereby beginning what could prove to be his greatest challenge yet: turning them into a team that consistently wins in the most difficult of leagues and a regular challenger in the Champions League . . . and doing it the Guardiola way. Guillem Balagué has followed Pep's career from the outset and has had direct access to the man and his inner circle. This then is the definitive portrait of Pep Guardiola and his relentless pursuit of footballing perfection.

It started with a question, "What are the fundamentals of soccer?" Whilst there are hundreds of books that look into the specific principles of coaches like Jurgen Klopp, Pep Guardiola, and Marco Bielsa, there is no core, distilled text on the key principles of the game. Until now. Join best-selling author and coach - Peter Prickett - as he puts soccer under the microscope and breaks it down into its constituent parts. By addressing the two primary phases - in-possession and out-of-possession - the book examines the five attacking and five defending principles, plus the transitions between each phase, to reveal the underlying heart of the beautiful game. These principles have underpinned coach education for decades and largely been unchallenged. When examining them, other deeper values emerge to support the one true principle - to score. Designed for coaches and soccer fans interested in the theory of soccer, this handbook is a must-read for anyone looking to understand the foundations that soccer is built on. From Cruyff's "Total Football" to the epic rivalry between Guardiola and Mourinho, a gripping chronicle of the rise and fall of

Barcelona's dominance in world soccer. Barcelona's style of play--pressing and possessing--is the single biggest influence on modern soccer. In *The Barcelona Inheritance*, Jonathan Wilson reveals how and why this came to pass, offering a deep analysis of the evolution of soccer tactics and style. In the late 1990s, Johan Cruyff's Dream Team was disintegrating and the revolutionary manager had departed, but his style gave birth to a new generation of thinkers, including Pep Guardiola and José Mourinho. Today, their teams are first and second in the Premier League, marking the latest installment in a rivalry that can be traced back twenty-five years. *The Barcelona Inheritance* is a book about the tactics, the personalities, the friendships, and, in one case, an apocalyptic falling-out that continue to shape the game today.

Written by Agustin Peraita, FCBEscuela Project Director at Sao Paulo FC Barcelona, this book is for soccer coaches looking to understand and implement Pep Guardiola's tactical approach and coaching methodology for his 2009-2010 Barca side. Contains over 50 illustrations, detailing on-field drills, tactical diagrams and weekly planning schedules."

FC Barcelona: A Tactical Analysis - Defending A Team from Another Planet! A Tactical Blue-Print of Pep Guardiola's Barcelona Team This book is an exclusive and groundbreaking study of Pep Guardiola's Barcelona team. This information and analysis of one of the most successful club sides in history has been in high demand and it is finally here! The defensive part of Barcelona's game does not get enough attention, but is integral to their philosophy and all their superior style of play. The main elements of their tactics include pressure high up the pitch, winning the ball back quickly, maintaining a numerical advantage around the ball zone and pushing their opponents wide to limit their space. We can now see a full analysis of Barcelona's defensive tactics which have been so important to their success. The book shows Barca's 4-3-3 system of play, each player's responsibilities, positioning and movement within every possible phase of play. Terzis Athanasios is a Tactical Professor of Football and has compiled an extensive assessment of Barcelona's attacking play after over 1000 hours of studying all the games from the 2010-11 season. Guardiola's team has won 3 La Liga championships, 2 UEFA Champions Leagues, 4 Spanish Cups, 2 Super Cups, and 2 FIFA World Club World Cups. The book starts with the characteristics of the players and the philosophy of Barcelona and builds into a comprehensive overview of the defensive tactics employed with clear diagrams and detailed descriptions. Included: - Strategies used to counter specific formations (the 4-4-2, 4-2-3-1, 4-3-2-1, 5-3-2 and the 4-3-2-1). - Assessments of specific phases of play (central zone, near the side-lines and set plays). - Pressure, cover and support from front, middle and defensive zones - Preventing and limiting opposition space - Defending from set-pieces - Plus a lot more - **SEE FULL BOOK CONTENTS BELOW** This gives football coaches an unbelievable chance to learn how Barcelona play and adapt their tactics to combat any team they play. Their defensive work is so important to their success and allows them to be such a strong attacking force. This book is a comprehensive resource for coaching the 4-3-3 formation at all levels. The level of detail will help you emulate how top coaches, such as Pep Guardiola, Maurizio Sarri and Jürgen Klopp use the 4-3-3 to great success. It will enable you to see all the solutions, in order to optimise your team's tactical awareness and performance. Pep Guardiola is, without a doubt, the most successful football coach and teacher of the last 10 years. He revolutionised FC

Barcelona and formed a team that was one of the best in the history of the sport. Now he follows Jupp Heynckes as coach of Bayern Munich and faces the pivotal question: Will he be able to keep the team's quality or even improve it? Pep has become a legend, and in order to understand this, it is necessary to see behind the curtain and understand the man who constitutes the Guardiola System. What are the key values and principles that form the basis of his method? How did he form a unit with such diverse football stars? What can we learn from Pep? Miguel Angel Violán manages to make the 'unknown Guardiola' better known and illustrates in many informing and amusing anecdotes: *The Philosophy that Changed the Game!*

This book provides analysis of Simeone, Guardiola, Klopp, Mourinho and Ranieri's tactics. Michail Tsokaktsidis is a UEFA 'A' licence coach and has used this analysis to produce 23 full sessions (98 practices) including transition games, game situations and small sided games. Build a successful team around the strengths of your players! In *Soccer Systems and Strategies*, two coaches of the Danish national team provide a practical guide to implementing the world's top styles of play into your game plan. They present soccer's four primary systems of play--defined by the number of players at each position and their alignment on the field--and then break down the different strategies, tactics, and styles of play that can be used within these systems. First, learn the basics of the four primary systems of play: the 4-3-3, the 4-4-2, the 3-5-2, and the 3-4-3. Second, choose a style of play that can be used within some or all of these systems. These include different attacking styles, various defensive styles, and styles that are characteristic of international soccer powers, including the Latin, British, Norwegian, South American, and African styles of play. After you determine the optimal system and style for your team, you learn how to counter opponents' tactics and how to teach your system, style, and tactics through practice instruction and drills. Detailed diagrams and plans of action for implementing the systems are included, along with insights on how to make adjustments during the game. Top coaches throughout the world have proven that adapting your system to match your players' strengths and your opponents' weaknesses is the key to developing teams that are competitive year in and year out. With *Soccer Systems and Strategies*, you have all the information you need to implement the ideal system for your team.

Borussia Dortmund are a very successful team that focus on high tempo pressing, preventing through balls and preparing for the transition from attack to defence. Jurgen Klopp has led his Borussia Dortmund team to two Bundesliga titles, one German cup and the Champions League final in 2013. Athanasios Terzis is a UEFA 'B' licence coach and has provided a full and extensive analysis of Jurgen Klopp's Borussia Dortmund team. This tactical blueprint is explained clearly with supporting diagrams, notes and detailed descriptions. This analysis has been used to produce 14 sessions (53 practices) including functional practices, opposed/unopposed zone play, game situations and small sided games.

Andrés Iniesta is the Barcelona and Spain legend, rated by the likes of Cristiano Ronaldo, Lionel Messi, Luis Suarez and Paul Scholes as one of the greatest footballers of all time. This is the thinking fan's footballer with a thinking fan's football book. Andrés Iniesta was twelve years old when scouts invited him into Barcelona's famous La Masia academy. Shortly after he joined the club, Barca legend Pep Guardiola remarked of him, 'This lad is going to retire us all.' Iniesta rapidly became a permanent fixture in the Barca midfield, propelling the club to a raft of trophies, including eight La Liga championships and four Champions League titles. With his country he has won the European Championship twice, and scored the winning goal in the 2010 World Cup final. Behind the wonderfully graceful passing and movement, and the accolades and trophies he has garnered, there exists an intelligent and thoughtful man who, until now, has let his beautifully skilful feet do

the talking. In *The Artist: Being Iniesta*, the Spanish maestro paints a vivid self-portrait, in his own words but also in those of his coaches, team-mates, opponents, friends and family. The result is intriguing.

This book provides a tactical analysis of Jürgen Klopp Liverpool's 4-3-3 Attacking Tactics (70 Tactical Examples) + 15 Training Sessions (72 Practices) for you the coach to learn from one of the best coaches in the world.

Packed with drills and tips for practice and game days The fun and easy way(r) to kick-start your soccer coaching skills Volunteering as a youth soccer coach can be a great experience, both for you and your squad. But what if you've never coached before? Don't worry! This friendly guide explains soccer rules, shows you how to approach coaching, and gives you practical pointers on improving your team's soccer skills and encouraging good sportsmanship. Discover how to Understand soccer rules Develop a coaching philosophy Teach soccer fundamentals Run great practices Lead your team during a game Communicate effectively with parents

The practices are designed to inspire and motivate the players in real game situations that give them freedom of choice and movement both in and out of possession. The basic techniques of passing, dribbling, shooting, tackling and heading will all be used but with use to solve a match problem rather than constant repetition. The sessions have goals and objectives for both the attacking and defending players in order to aid the tempo, competition and enjoyment of the practice.

This book provides a full tactical analysis of Diego Simeone's 4-4-2 Defending Tactics (123 Tactical Situations) for you the coach to learn from one of the best defensive coaches in the world. Learn to how to Defend "from one of the best coaches in the world" with 47 Practices & Variations based on 123 Tactical Situations from Atlético Madrid's 4-4-2 Athanasios Terzis is a UEFA 'A' Licence Coach and has used this analysis of Atlético Madrid's tactics to produce 47 Practices and Variations. You can use these ready-made sessions to practice Diego Simeone's defending tactics and implement them into your training sessions. Tactical organisation is the key to Atlético Madrid's success during Diego Simeone's reign. He has built a winning culture of commitment, passion, aggressiveness and commitment, and a winning game plan based on excellent defensive organisation. They are extremely difficult to break down, even by the top attacking sides, like Barcelona, Real Madrid and Liverpool, and have consistently been one of the toughest teams to play against in the whole of Europe. Diego Simeone's Atlético Madrid have used these defending tactics to achieve great success when competing against teams with far greater resources. These are some examples of their incredible success against all odds: La Liga Winners (2014) UEFA Champions League Runners-up (2014 + 2016) UEFA Europa League Winners (2012 + 2014) UEFA Super Cup Winners (2012 + 2018) Copa Del Rey (2013) Fewest Goals Conceded in La Liga (2012-2013, 2013-2014, 2015-2016, 2016-2017, 2017-2018, 2018-2019) Most Clean Sheets in La Liga (2012-2013, 2013-2014, 2015-2016, 2016-2017, 2017-2018, 2018-2019) Tactical Analysis and Session/Practice Topic Examples: How the Centre Backs Defend the Forwards' Movements Rear Block's Positioning and Movements to Control Wide Areas Pressing High Up the Pitch (from the Goalkeeper) Positioning of the Forwards to Prepare for Counter Attacks Counter-Pressing After Losing Possession During Combination Play Practice Examples: Defensive Line Controlling Gaps Between Centre Backs and Full Backs Rear Block's Defensive Reactions After Wide Players Receive Controlling Wide Areas with the Rear Block in a Functional Practice Compact Midfield Line Blocking Through Passes in a Functional Game Negative Transition After Losing Possession in a Conditioned Game

A soccer player is more than the sum of his parts: endurance, speed, shooting technique, passing technique, and many more. All of these factors need to be turned into one system to create good players. Traditional training theory doesn't

achieve that because each skill is trained individually. This is why the concept of Tactical Periodization has become the preferred training theory for many of the current most successful soccer coaches: Pep Guardiola, José Mourinho, Diego Simeone, André Villas-Boas, and many others train according to these principles. By creating match-like situations in practice, players learn to link their technical, tactical, and athletic abilities to match intelligence. They will learn to transfer their skills to soccer matches and they can improve endurance, technique, and tactics all at the same time while enjoying the practice sessions more. For this book, the author has evaluated and analyzed hundreds of training sessions and has tailored exercises to specific demands. All exercises are performed with a ball so that players learn to apply each skill to the game. Every coach will find numerous exercises in this book to help them create better and more efficient practice sessions so they can improve their players' and the team's performance. With Tactical Periodization, your team will become better and be successful on the next match day!

Access inside the changing room and behind the scenes that any journalist or writer would kill for... Perarnau's insights are astonishing' - Graham Hunter 'Write about everything you see. Be as critical as you like' - Pep Guardiola to Martí Perarnau, Summer 2013 Martí Perarnau was given total access to Bayern Munich during season 2013-14. This book represents the first time in the modern era that a writer has got this close to one of the elite teams of world football. At the invitation of Pep Guardiola, he shadowed the Catalan, his staff and his superstar players during training and on matchdays. Bayer smashed domestic records on their way to the double, but were humiliated by Real Madrid in the Champions League semi-final. Perarnau was with them every step of the way. Perarnau is with Guardiola as he is courted by the world's greatest clubs during his sabbatical in New York. We hear Guardiola explain in detail the radical tactical moves which transform Bayern's season and reprogramme the players who will win the World Cup with Germany. Perarnau talks exclusively and in fascinating detail with an array of players, including Arjen Robben, Manuel Neuer, Philipp Lahm, Thiago Alc?ntara and Bastian Schweinsteiger. Pep Confidential is much more than the story of a season - it is also a lasting portrait of one of the greatest coaches in sport.

An absolutely essential book for every modern football fan, about the development of Premier League tactics, published to coincide with 25 years of the competition.

In the fútbol world Pep Guardiola is considered as the coach who comes up with the best ideas for his teams to play an aesthetically quality attacking game with great results. However, having studied his training methods both at Barcelona and Bayern Munich, I am convinced the structured approach his technical staff uses to implement his ideas doesn't really reflect his genius. In my opinion Tactical Periodization is the appropriate methodology to implement Pep's ideas which is my intention to demonstrate throughout this book. As you may recall the principles of Tactical Periodization were detailed

in my previous book ('Tactical Periodization: A Practical Application for the Game Model of the FC Bayern Munich of Jupp Heynckes (2011-2013)') which are needed to understand the advance training thoughts herein discussed. The positional grid is like a cognitive road map for players when in possession. Depending on where the ball is located, players are responsible to fill a specific a location in the positional grid. The end result is that a team shape or structure will develop in possession, resulting in a positional soccer style of play. However, the game of soccer has unlimited ever changing situations and variables, so there will always be freedom within the provided positional structure to make adaptations. The positional soccer grid divides the training pitch into 20 sections, basically five vertical rows and four cross-field sections. The widest channels are referred to as the low option areas, because there are limited passing opportunities that can made from out wide. The widest areas are utilized often to draw the defense out, moving them from side to side to open up spaced in between the defenders or on the far side. The next space that borders the wide channel is called a "half space". The half space is a dangerous area because penetrating balls and shots on goal can be taken from this position. Guardiola often liked his most dangerous players like Robben or Messi to receive the ball in the half spaces. How many goals have we seen those two players create by cutting inside and shooting to the far post! The next space is the large space on top of the 18-yard box, this space is considered the most dangerous area on the soccer field. This large box is so dangerous because more goals are created from this area than anywhere else. However, quick 1-touch play is critical in this area to be effective, with the largest concentration of defenders located in this space. Of course players like Messi are invaluable in areas like this, as they can make the impossible happen, changing the game. The positional grid offers a structure and provides cues for players, letting them know to adjust their position depending in which zone the ball is in, they must know when to fill an empty zone when it has been vacated, or to move into a zone to create superiority of numbers. A general rule of thumb is that no more than three players will be in a horizontal line, and not more than two in a vertical line, this helps give the player on the ball two-three passing options. The entire game can be taught using the grid, from build-up play to the attacking third. When using the grid to teach positional soccer there are many ways to utilize it. One way is to set-up trainings that require players to operate inside the positional grid, adhering to specific conditions, but still allowing a degree tactical freedom while encouraging problem solving. An example of this would be requiring five shorter passes on one side of the field before a long pass can be made, switching the field to the far wide player. The next type of training can use the grid as more of specific road map that must be strictly adhered to. An example of this would be working on playing the ball out of the back. Each player will be assigned a specific part of the grid to be in, as a standard way of operating out of the back is established. The other beneficial aspect of using the positional grid is that it organizes space on the field in a realistic way for players. When

players train tactics in specific game realistic spaces, their soccer awareness, tactical sense and soccer IQ benefit. Training in the positional grid helps players better judge distance, space and time in relationship to carrying out the desired tactics. I recommend training with the grid and then removing the grid at the end, so that spatial relationship is further reinforced.

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