
COACHING CONTENT: TACTICAL

Aspects to improve game understanding

TACTICAL

1. Attacking Principles

- Creating Space
- Support
- Width
- Depth
- Overlaps
- Diagonal Runs
- Forward Play
- Speed of Play
- Switching Positions

2. Possession

3. Transition

4. Combination Play

5. Switching Play

6. Counter Attacking

7. Playing Out from the Back

8. Finishing in the Final Third

1. Defending Principles

BASIC

- Mark
- Press
- Cover
- Balance

ADVANCED

- Tracking
- Switching Places

2. Zonal Defending

3. Pressing

4. Retreat and Recovery

5. Compactness



KEY

Symbols to build practices and soccer movements

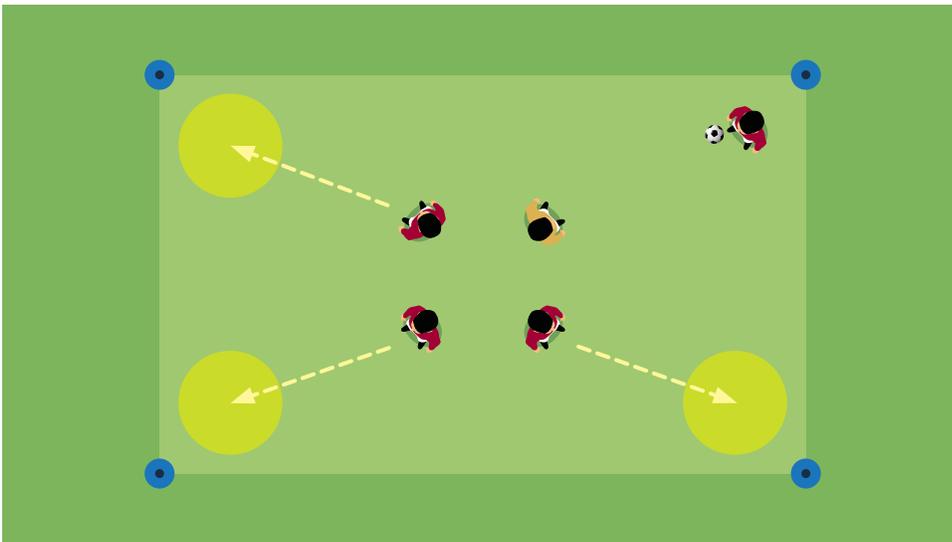
PLAYER SYMBOLS	OBJECT SYMBOLS	MOVEMENT SYMBOLS
 Goalkeeper	 Cone	 Trajectory of the ball
 Player with Ball	 Ball	
 Player without Ball	 Pole	 Trajectory of the player without the ball
 Coach	 Goal	
 Mannequin	 Ladder	
 Neutral Player		 Trajectory of the player with the ball

TACTICAL TERMINOLOGY

Attacking – Tactical

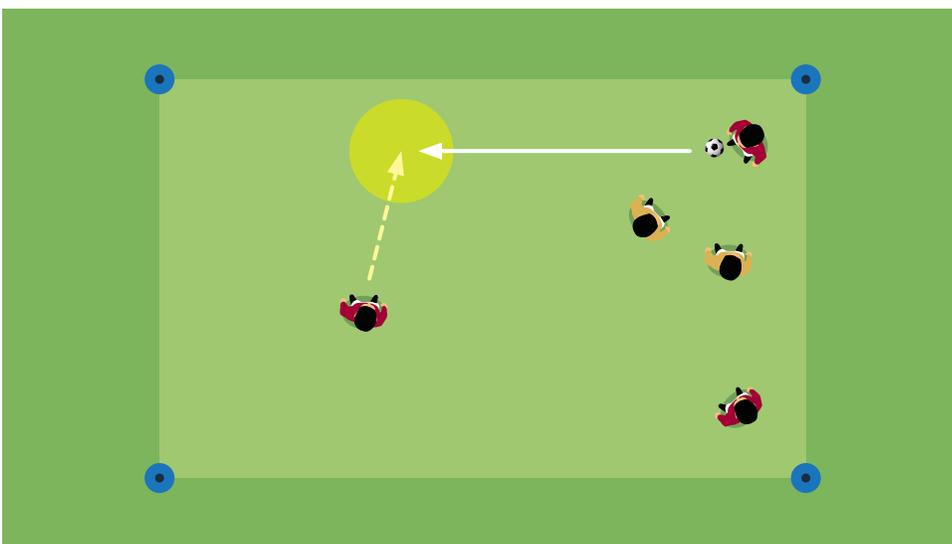
1. Attacking Principles: Basic individual or collective attacking actions for one or more players in order to create a team advantage for the attacker/s.

1a. Creating Space: The distribution of players into space to generate effective passing opportunities.



◀ *4v1 possession game where players move to wide areas to create passing options.*

1b. Support: Help offered by a teammate(s) around the ball with the objective of receiving the ball.

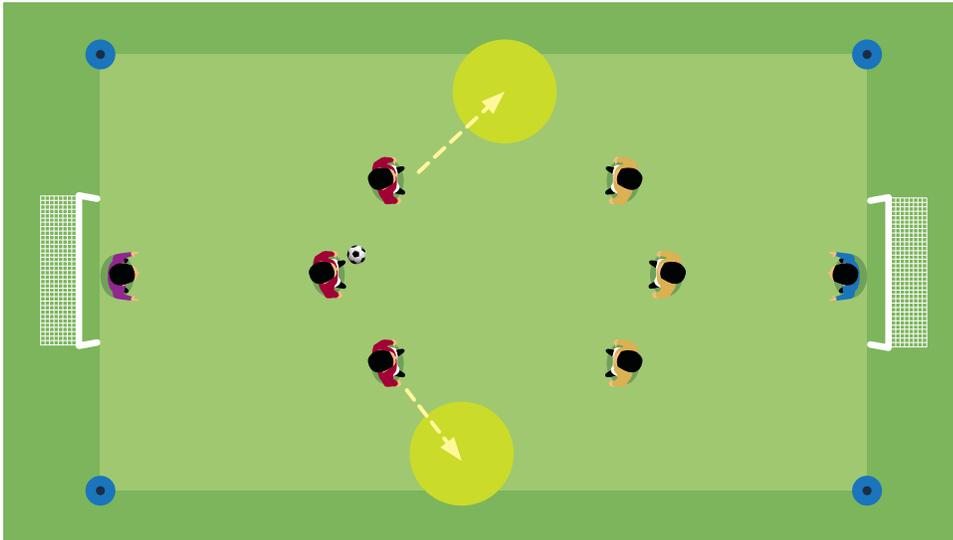


◀ *One player moves into space, closer to the teammate in possession of the ball with the purpose of creating a clear passing option.*

TACTICAL TERMINOLOGY

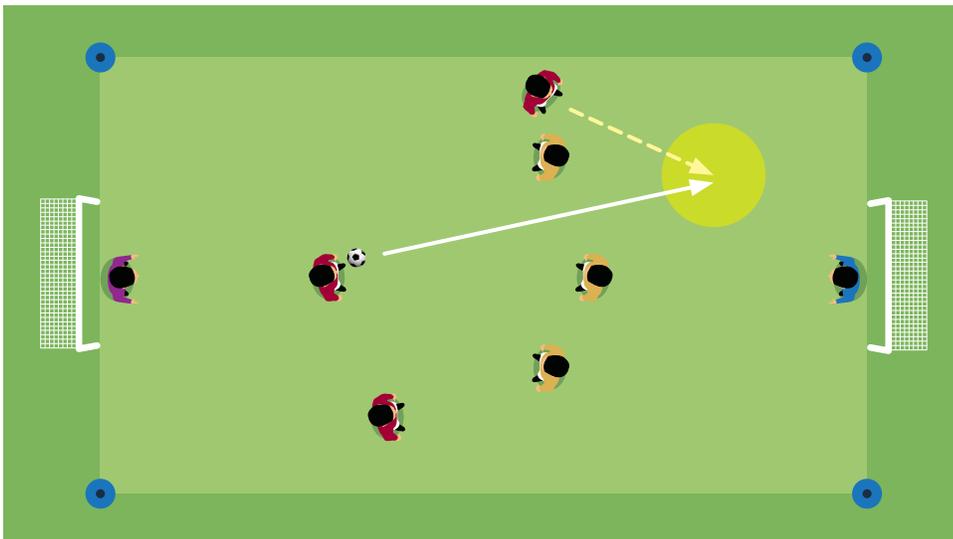
Attacking – Tactical

1c. Width: Movement and distribution of attacking players to wide areas in order to create space and attacking options in a game context.



◀ *A player moves to the wide area to create space. The purpose is to make the opponent's defensive work more difficult.*

1d. Depth: Movement of a player or group of players into forward positions to generate attacking options in a game context.

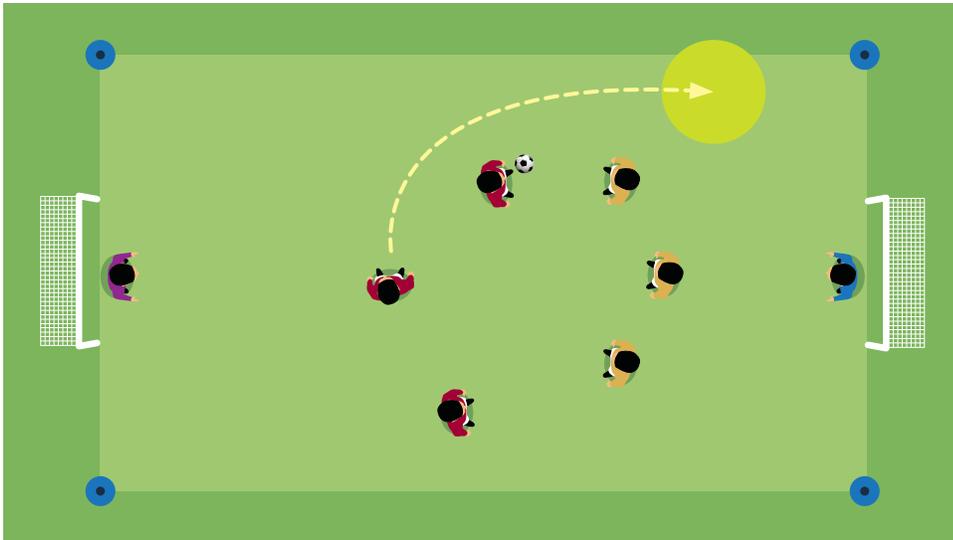


◀ *A player moves forward with the purpose of receiving the ball closer to goal.*

TACTICAL TERMINOLOGY

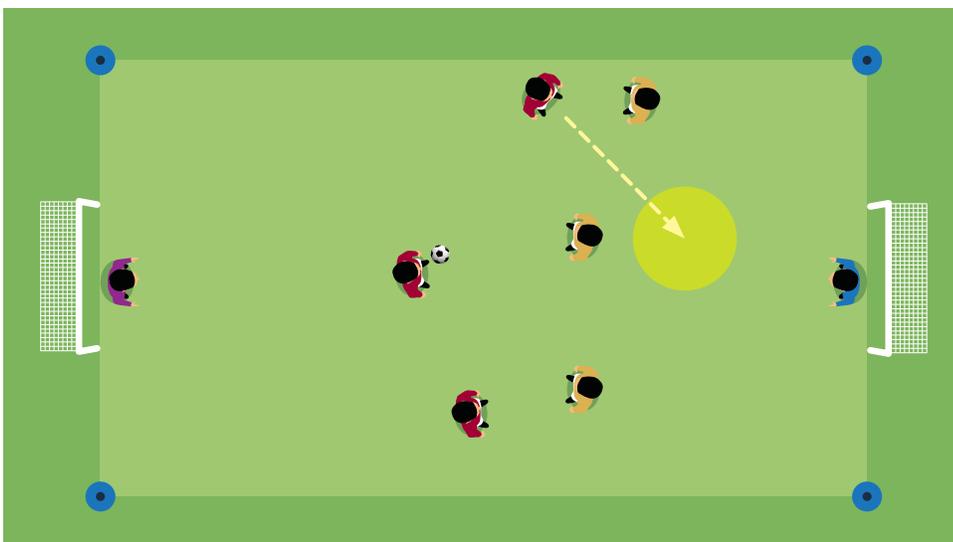
Attacking – Tactical

1e. Overlaps: Movement of a teammate from behind the player in possession of the ball to forward positions in order to generate a passing opportunity or advantage for the team.



◀ *A central midfielder runs forward from behind the winger to create a passing option.*

1f. Diagonal Runs: An attacking diagonal movement forward into space, generally in front of the ball, to create a passing option.

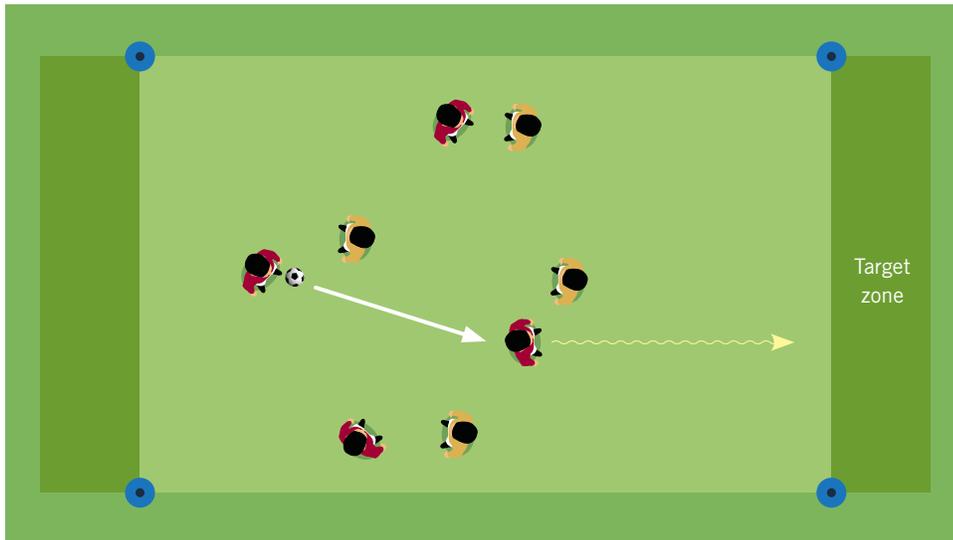


◀ *A wide player makes a diagonal movement forward with the purpose of creating a passing option.*

TACTICAL TERMINOLOGY

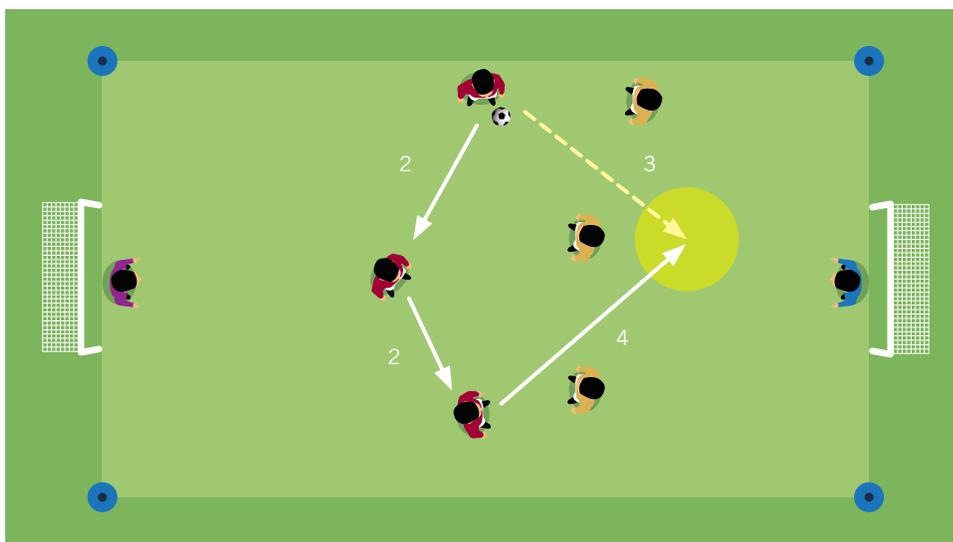
Attacking – Tactical

1g. Forward Play: An effective and efficient movement of the ball towards the attacking end or goal.



- ◀ *A central defender passes to a central midfielder or forward who is unmarked, thus transferring the ball to the attacking end.*

1h. Speed of Play: Quick ball-movement which creates an advantage for the attacking team over the defenders.

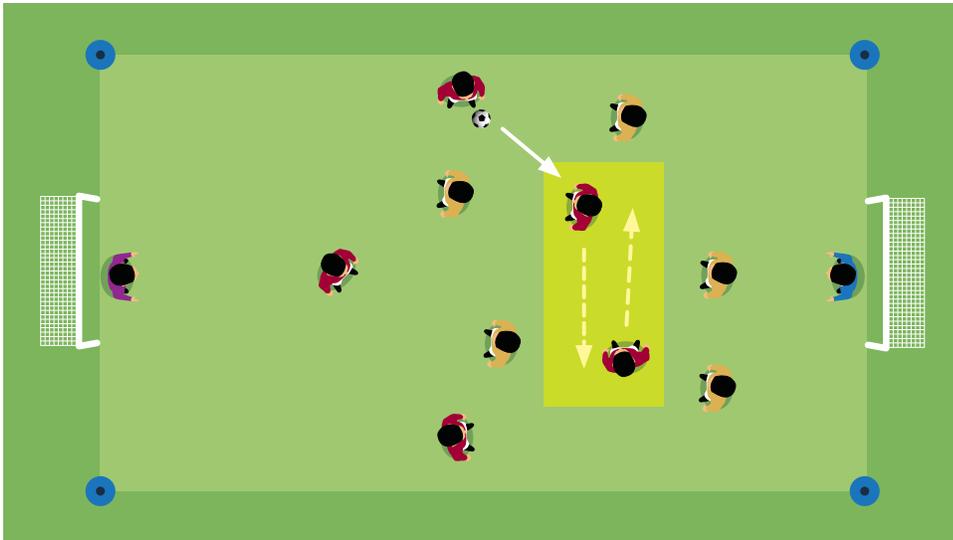


- ◀ *Players from the same team pass the ball quickly in one, two, or three touch play, keeping the ball away from the opponents.*

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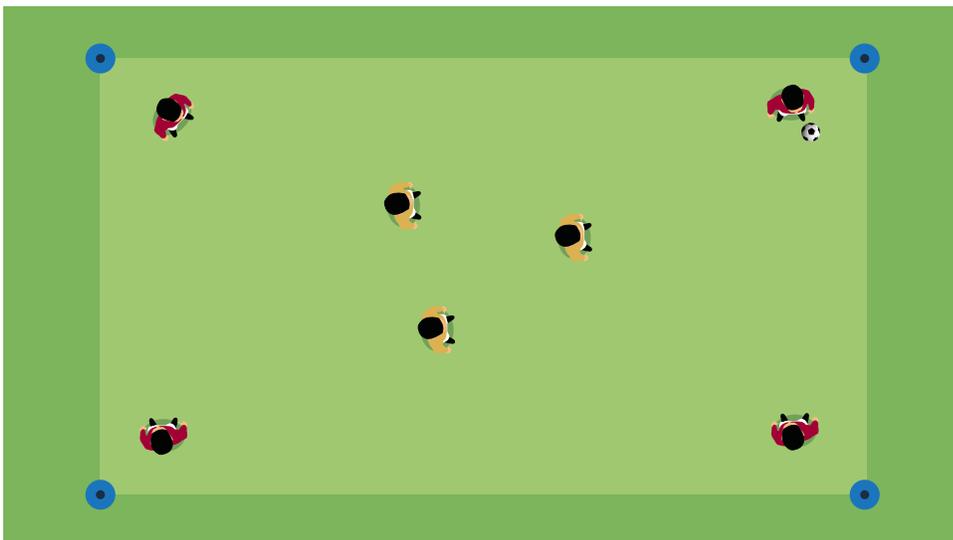
Attacking – Tactical

1i. Switching positions: An exchange of positions by two players of the same team, generally ahead of the ball, to take advantage of the defending team and generate a passing option.



◀ *Right and left strikers exchange positions to distract the attention of defenders and create a passing option.*

2. Possession: Passing the ball repeatedly between players on the same team.

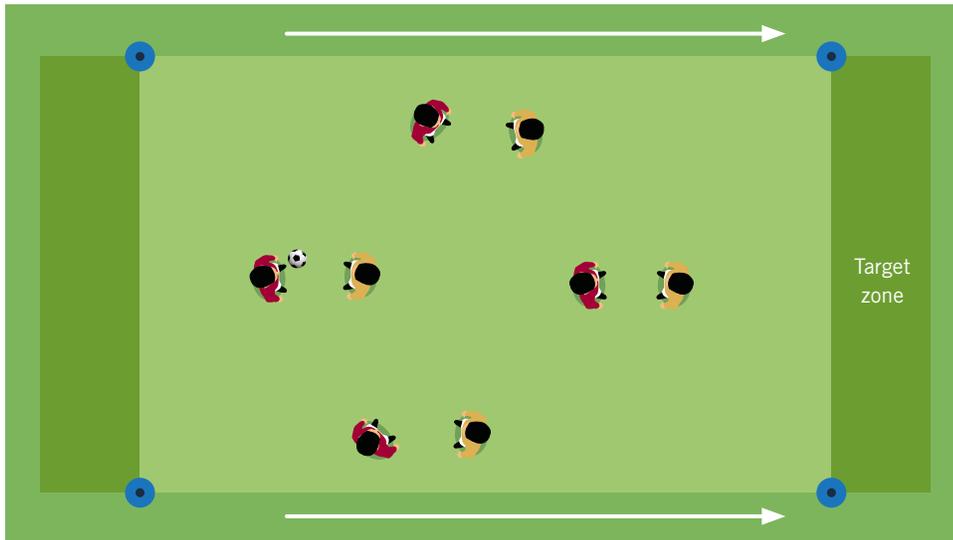


◀ *4 players from the same team keep the ball away from the opponents.*

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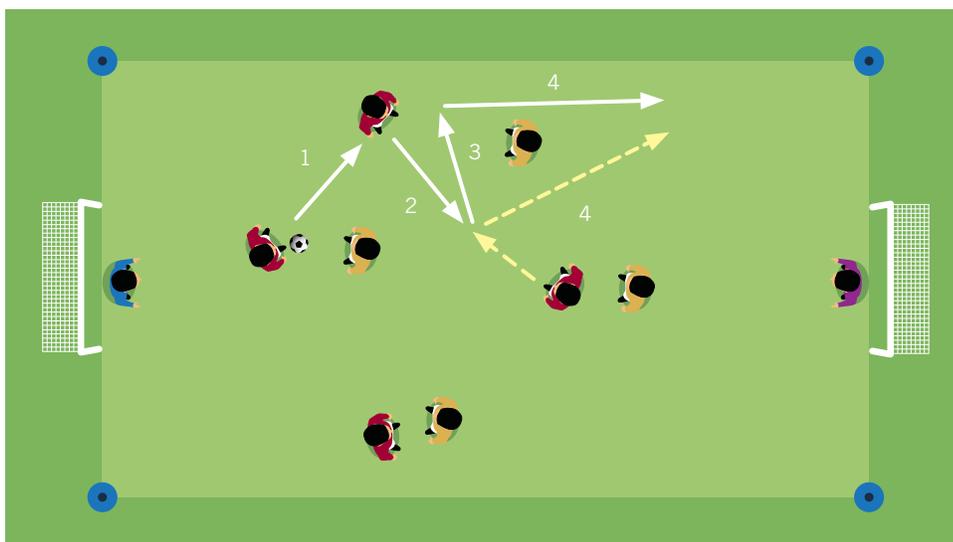
Attacking – Tactical

3. Transition: The action of transferring the ball collectively as a team from the defensive end to the attacking end.



◀ *Collective effort to move the ball from the defensive side of the field to the attacking end.*

4. Combination Play: Quick and effective movement of the ball by two or more players from the same team.

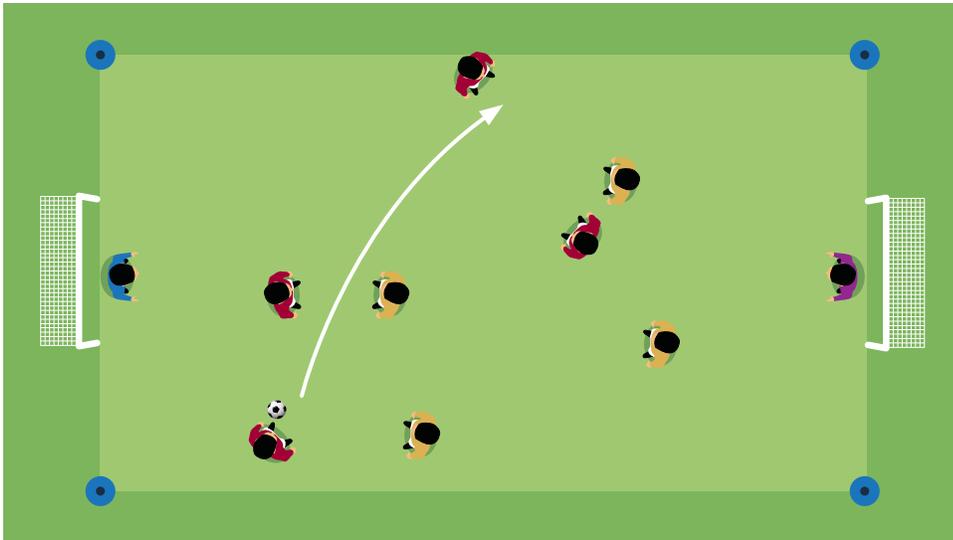


◀ *Action that involves three players with quick movement of both the ball and players with the purpose of eliminating defenders.*

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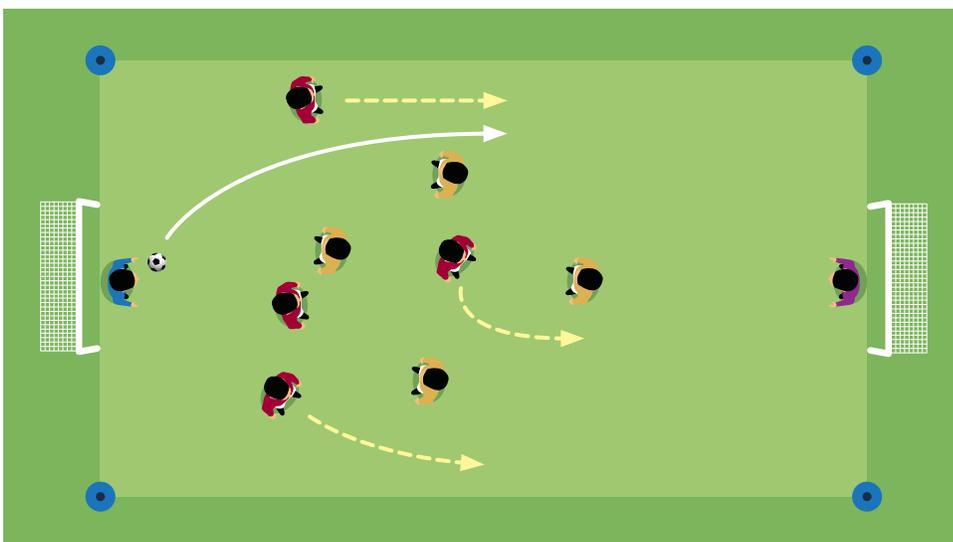
Attacking – Tactical

5. Switching Play: The transferring of the ball from one part of the field to another, generally from one wide area to another, in order to disorganize the defense and create an advantage over the opponents.



◀ *A long pass from right-wide player to left-wide player with the purpose of disorganizing the defense and facilitating forward movement of the ball.*

6. Counter Attacking: Fast and effective vertical transfer of the ball when possession has been regained in order to surprise and take advantage of the defenders while they are still disorganized.

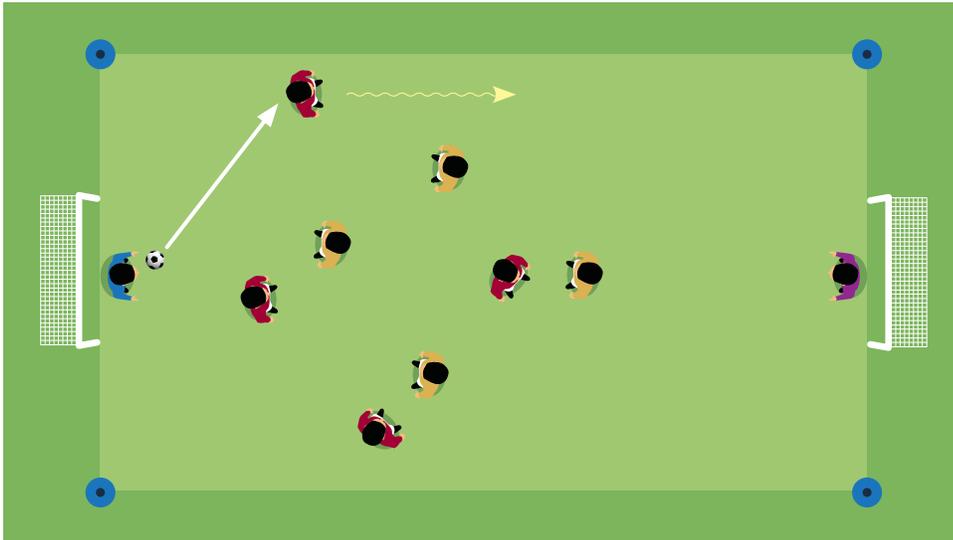


◀ *A long pass from the goalkeeper to the left-wide player when possession of the ball is regained, gives the attacking team an advantage over a disorganized defense.*

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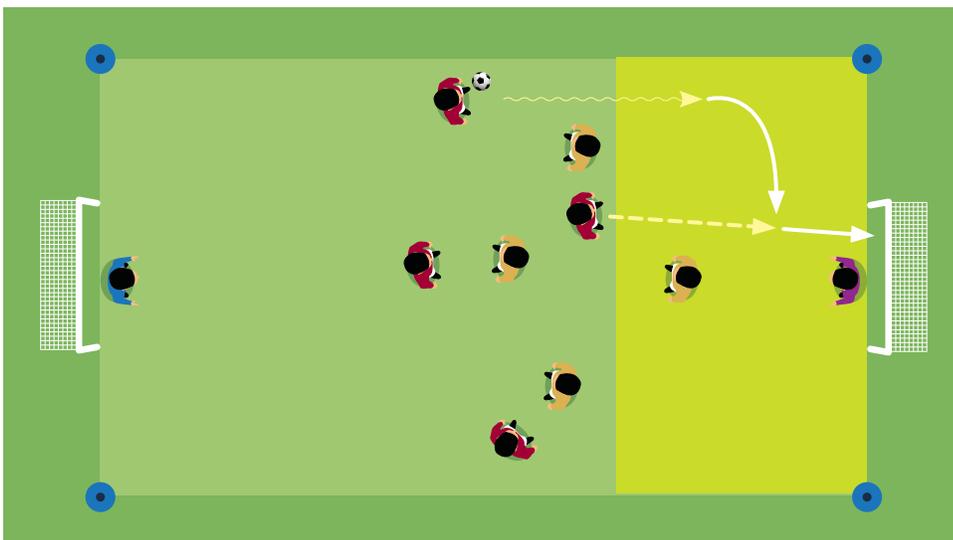
Attacking – Tactical

7. Playing out from the back: The collective action of transferring the ball from the defensive third to advanced attacking areas.



- ◀ *The goalkeeper passes the ball forward into the defensive third to the left back. The left back dribbles or passes the ball forward.*

8. Finishing in the final third: The collective actions in the final third of the field with the objective of creating a goal scoring opportunity.



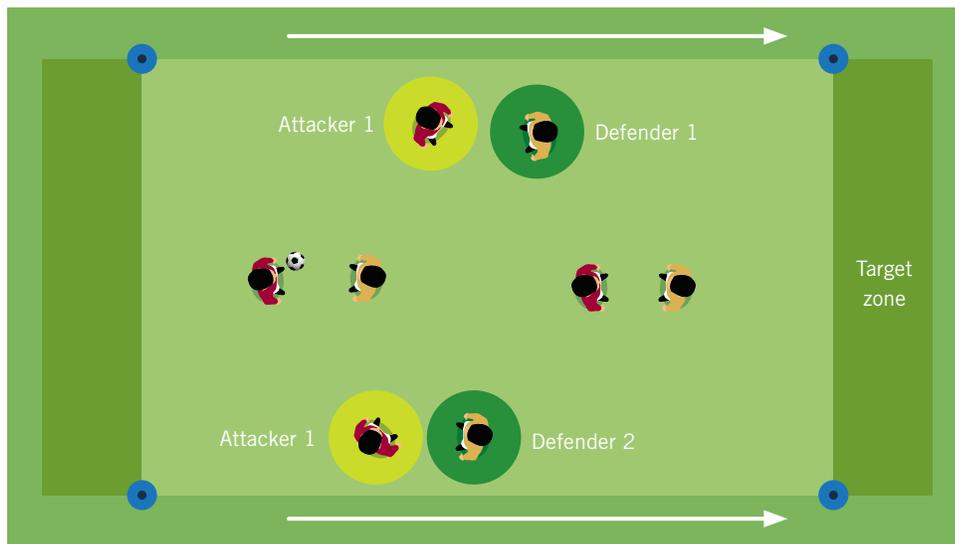
- ◀ *The left-sided player dribbles to the final third and crosses the ball, looking for a teammate to finish and score.*

TACTICAL TERMINOLOGY

Defending – Tactical

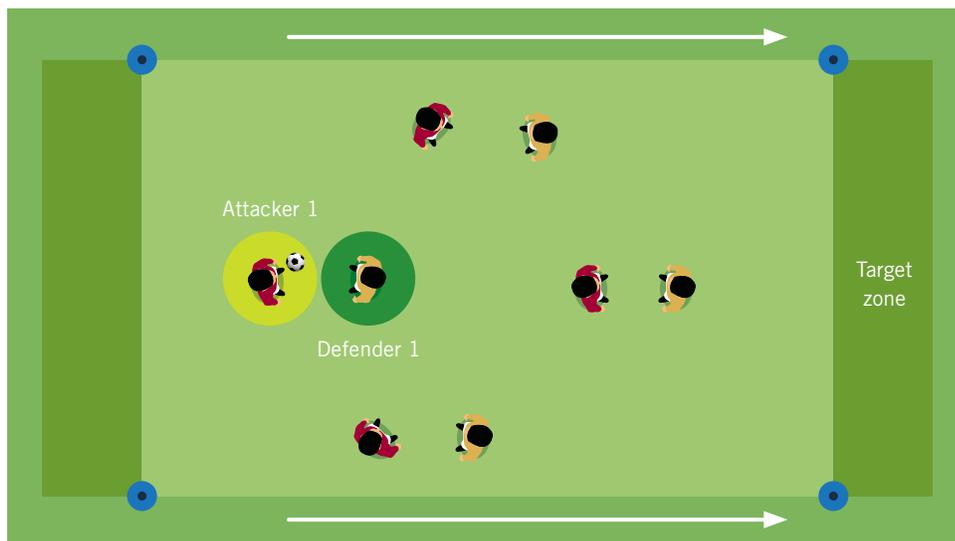
1. Defending Principles: Basic, individual or collective defensive actions of one or more players in order to create a team advantage over the attackers.

1a. Mark: A defender or group of defenders watching over a player or group of players on the attacking team, with the purpose of reducing their chances of participating in the attack.



◀ *Defenders cover the passing lanes of the attacking players trying to support the player in possession of the ball.*

1b. Press: The individual action of a defensive player who defends with intensity the player in possession of the ball.

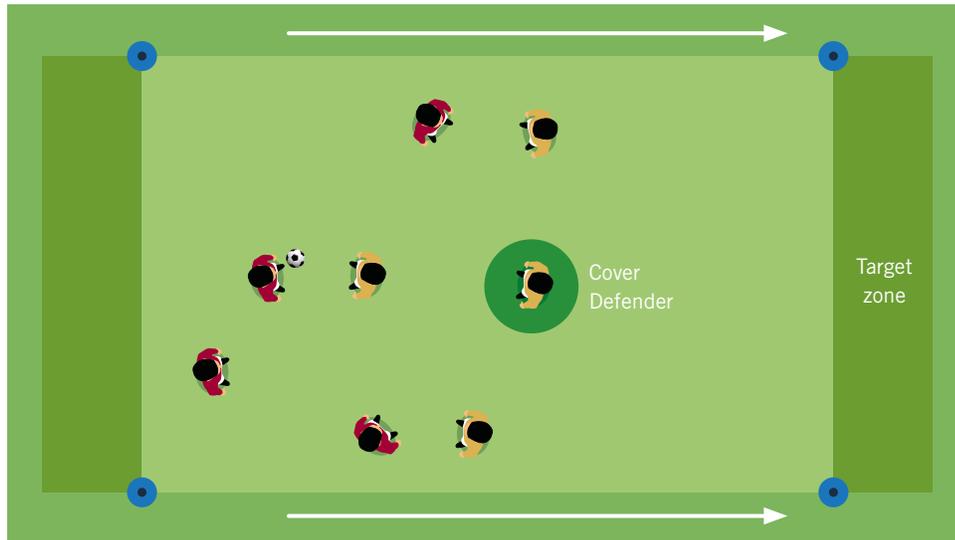


◀ *A defender prevents the player in possession of the ball from playing forward or passing to a teammate and attempts to regain possession of the ball.*

TACTICAL TERMINOLOGY

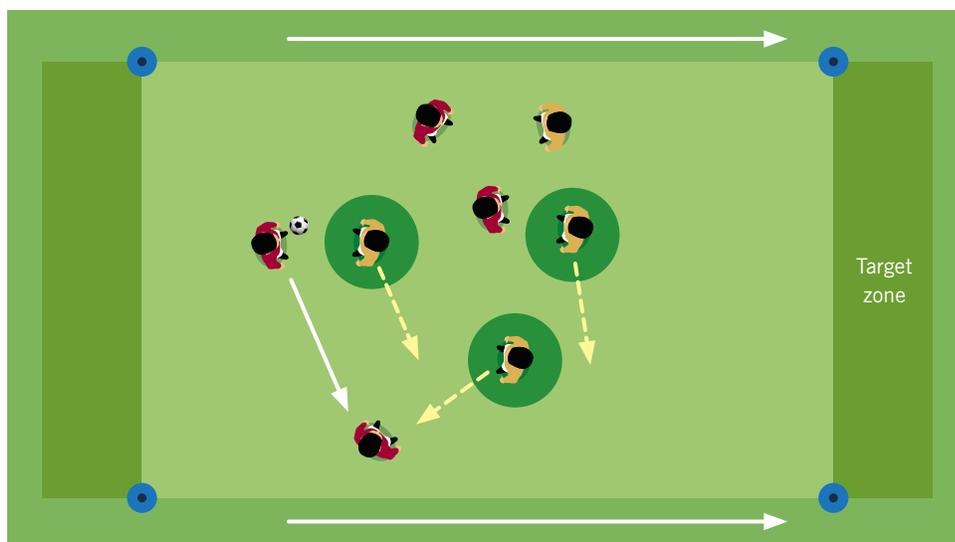
Defending – Tactical

1c. Cover: A player creates a second defensive line in order to facilitate defensive support of a teammate or teammates.



- ◀ A central defender behind the central midfielder helps in case the attacker beats the central midfielder.

1d. Balance: Coordinated movement of the defending team from one part of the field to another as the ball is transferred to that part of the field with the objective of reorganizing the defense.

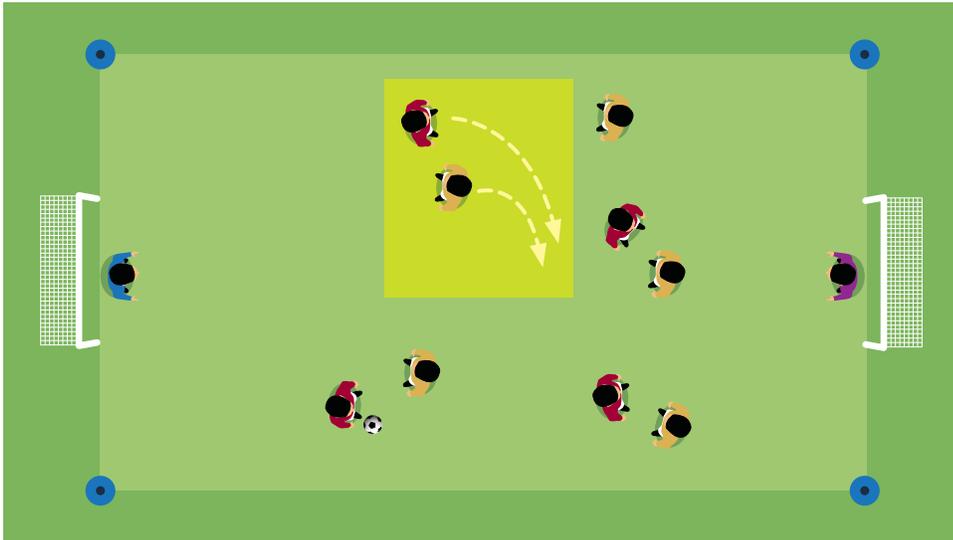


- ◀ The collective movement of the players to reorganize the defense in front of the ball as the ball travels from the central defender to the right defender.

TACTICAL TERMINOLOGY

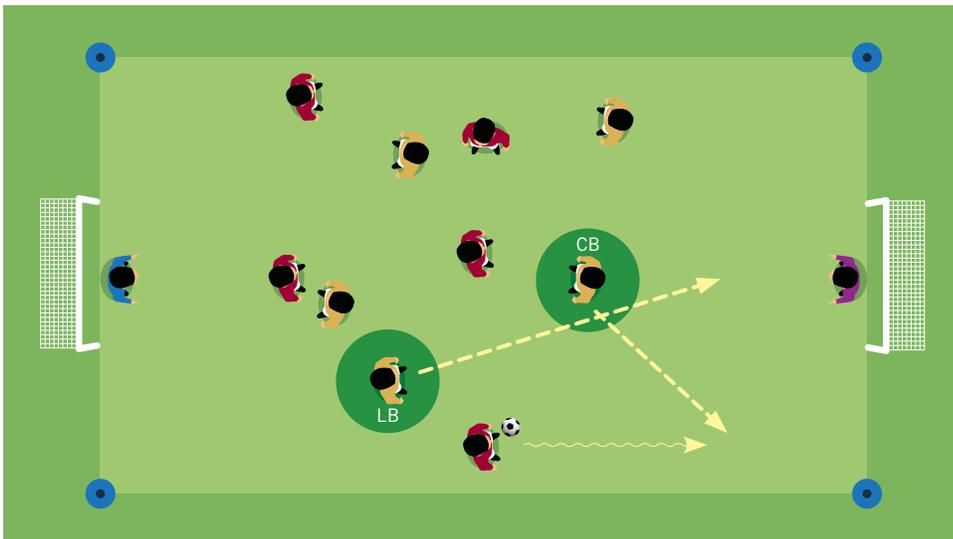
Defending – Tactical

1e. Tracking: A defender chasing an attacking player who is making a forward and/or diagonal movement in front of the ball to generate a passing option.



◀ *A midfield defender tracks the midfield attacker to prevent a passing option.*

1f. Switching places: The exchange of positions between two defenders in order to be more efficient defensively.

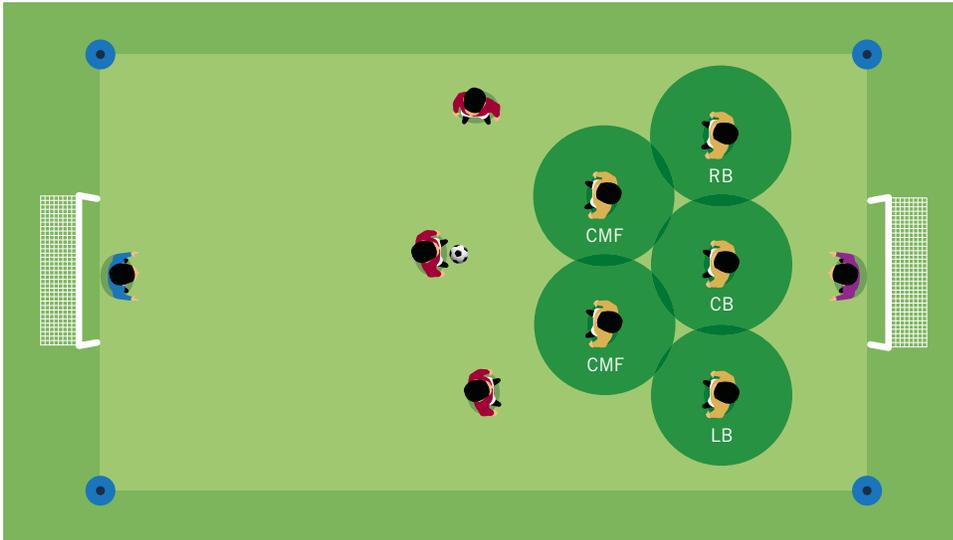


◀ *A central back moves to the flank to defend the right-attacker and the left-defender runs to a central area to occupy the center-back position.*

TACTICAL TERMINOLOGY

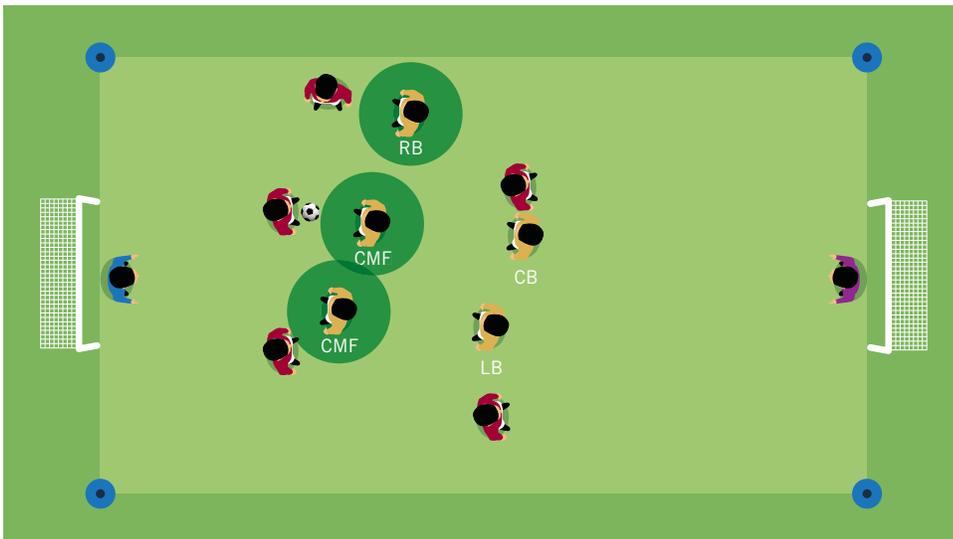
Defending – Tactical

2. Zonal defending: The distribution of defenders into space to create defensive efficiency.



◀ *Equal distribution of space between defenders prevents the attackers from reaching the goal.*

3. Pressing: Intense, constant and organized defensive action from a group of defenders against the attackers.

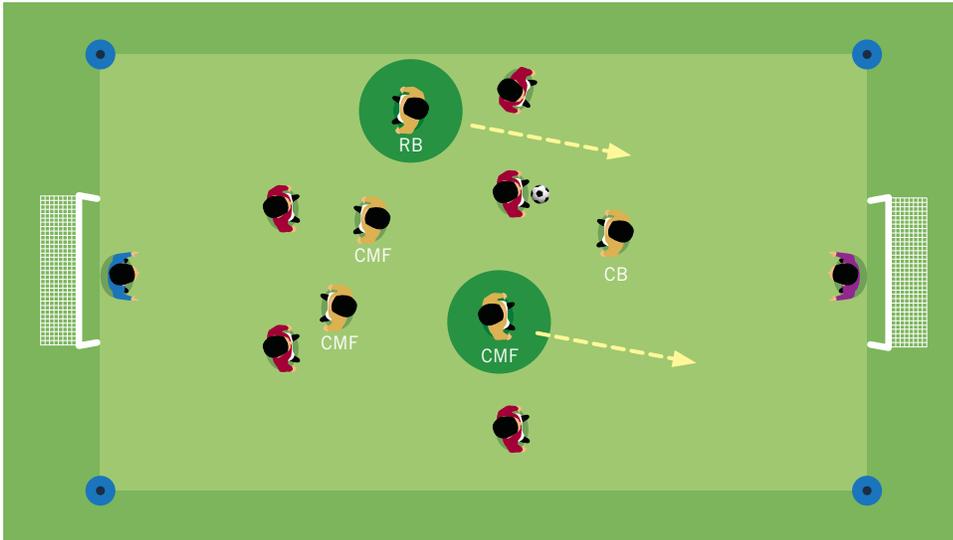


◀ *The center-midfield players and right-back pressure the defensive line to regain possession of the ball.*

TACTICAL TERMINOLOGY

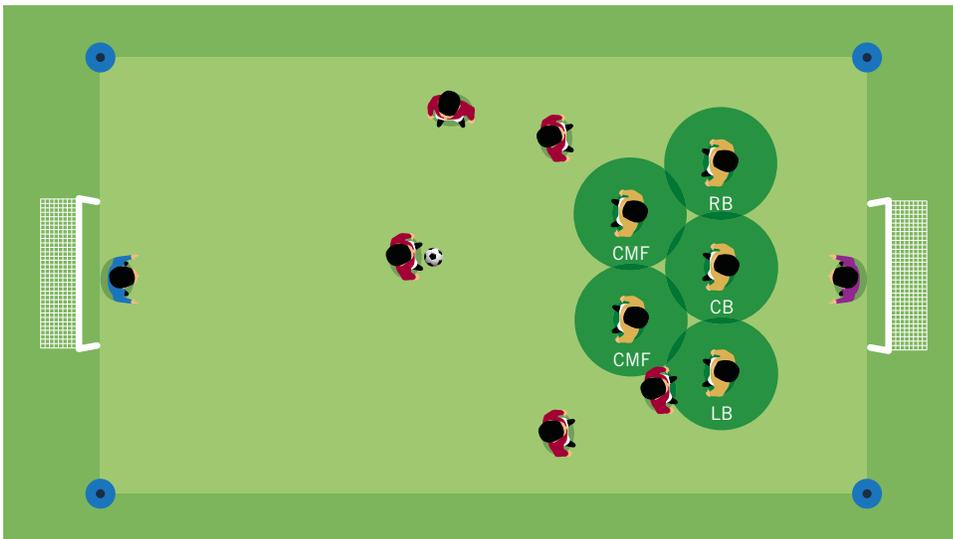
Defending – Tactical

4. Retreat and recovery: Movement of a player or group of players back, toward defensive positions in order to reorganize the team's defensive shape.



◀ *The right and left defenders run back to reinforce the defensive line closer to goal.*

5. Compactness: A conglomeration of defenders in central areas, protecting their goal and preventing the attacking team from building their attack.



◀ *Defenders close to their own goal, place themselves close to each other with the purpose of protecting the goal and preventing any clear opportunities for the attackers.*

COACHING CONTENT: TECHNICAL

TECHNICAL

1. **Passing and Receiving**
2. **Running with the Ball**
3. **Dribbling**
4. **Turning**
5. **Shooting**
6. **Ball Control**
7. **Heading**
8. **1v1 Attacking**
9. **Shielding the Ball**
10. **Receiving to Turn**
11. **Crossing and Finishing**
12. **1v1 Defending**
 - Body shape
 - Anticipation
 - Intercepting
 - Prevent Turning
 - Tackling



TECHNICAL TERMINOLOGY

Attacking – Technical

Technique: The ability to efficiently perform a task or specific soccer movement.

1. **Passing and Receiving:** Transferring the ball on the ground or in the air from one player to another from a given distance.
2. **Running with the Ball:** Control of a ball in movement with the feet and on the ground at high speed without modifying its trajectory.
3. **Dribbling:** Close control of a ball in movement, with the feet and on the ground, continuously changing its trajectory.
4. **Turning:** One or more touches on the ball with the purpose of changing direction efficiently.
5. **Shooting:** Striking the ball toward the goal with the objective of scoring.
6. **Ball Control:** Receiving or directing the ball efficiently in the air or on the ground.
7. **Heading:** Striking the ball with any part of the head with the purpose of clearing, passing or scoring.
8. **1v1 Attacking:** Offensive action with control of the ball to beat a specific defender.
9. **Shielding the Ball:** Protecting possession of the ball from a defender.
10. **Receiving to Turn:** A change of direction of the ball with the foot after receiving a pass from a teammate with the purpose of making a second action such as dribbling, passing or shooting.
11. **Crossing and Finishing:** Passing of the ball from wide areas of the field to a central area close to goal with the intention of finding a teammate to score.



TECHNICAL TERMINOLOGY

Defending – Technical

12. 1v1 Defending: Action with the purpose of regaining possession of the ball in control by the opponent.

BODY SHAPE

Posture of the body to efficiently carry out the next defensive action.

ANTICIPATION

Reaction of the player to prevent an attacker from gaining an advantage.

INTERCEPTING

Action to regain possession of the ball while it's transferred between two opponents.

PREVENT TURNING

Pressure on an opponent who has his back to goal and is attempting to change the direction of the ball towards the attacking zone.

TACKLING

Contact made with the foot while the ball is possessed by an opponent and with the purpose of preventing the next offensive action or regaining possession.