

Principles of a modern Match Philosophy

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FIFA®

For the Game. For the World.

Principles of a modern match philosophy



"Match philosophy, personality and attitude are the decisive abilities for a coach at the top level!"
Bert van Marwijk



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With a clear game and training philosophy, football gains quality and efficiency. Therefore it's essential for a coach to give his players clearly defined guidelines, points of reference, and a behaviour pattern.

You can define, via a game and training philosophy, the demand profile for a top international player, which is an important thing for the player's development!

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General principles:

- joy of playing
 - Commitment, mission and will to win
 - Creativity and flexibility
 - Technique (love to ball)
 - Tactical skills
 - Fitness
 - Respect and team spirit
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Game principles:

- Play simply!
 - Play what you see!
 - Keep the ball!
 - Circulate the ball!
 - Play forward!
 - Play passes with quality!
 - Receive the ball deliberately!
 - Move clever!
 - The third player is the most important!
 - Think forward!
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Game principles:

- Have an absolute will to score!
 - Search 1v1 situations!
 - Provoke one-twos!
 - Organize the defensive!
 - Press immediately after losing the ball!
 - Be attacker and defender!
 - Use surprise effects!
 - Take risk in the game!
 - Have fun and enjoy the game!
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- Youth level – performance is as important as result
 - Possession is advantage
 - Positional play is the first and most important element of successful attacking
 - Pressure on the ball is the first and most important element of successful defending
 - Transition is the most important aspect in modern football:
 - fast switch/organisation after losing the ball
 - A surprise attack with tempo after winning the ball
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Implementation:

The benchmark is always the international football!

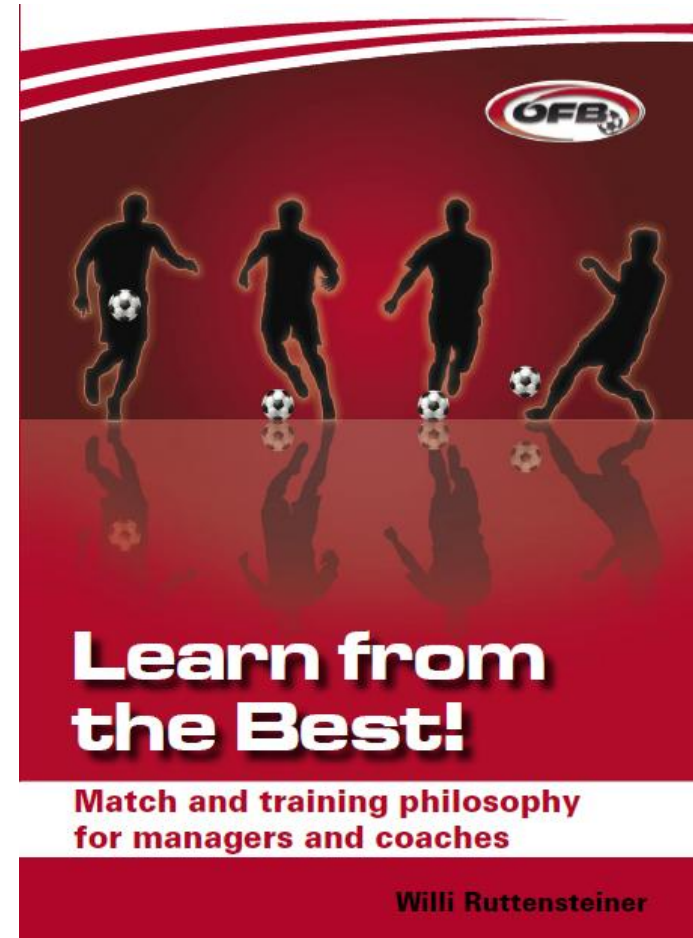
- Individual training
 - Group training
 - Team training
 - Always exercise with ball
 - Game philosophy - Selection of training exercises – documentation
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Playing Philosophy



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Playing system:

People often talk about 1:4:2:3:1, 1:4:3:3 or 1:4:4:2 formations. Each tactical system of play and its associated positional system have his advantage and disadvantage.

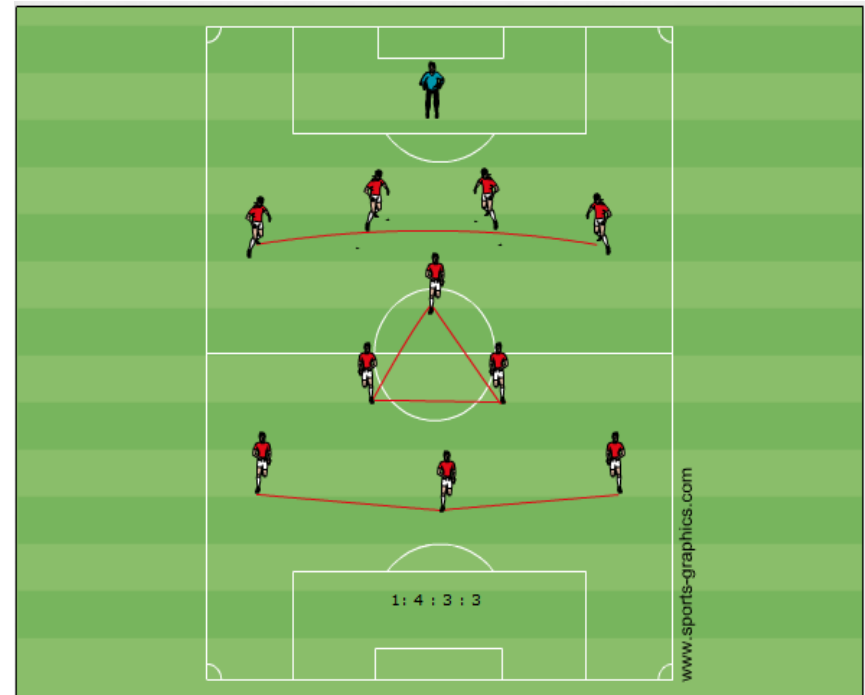
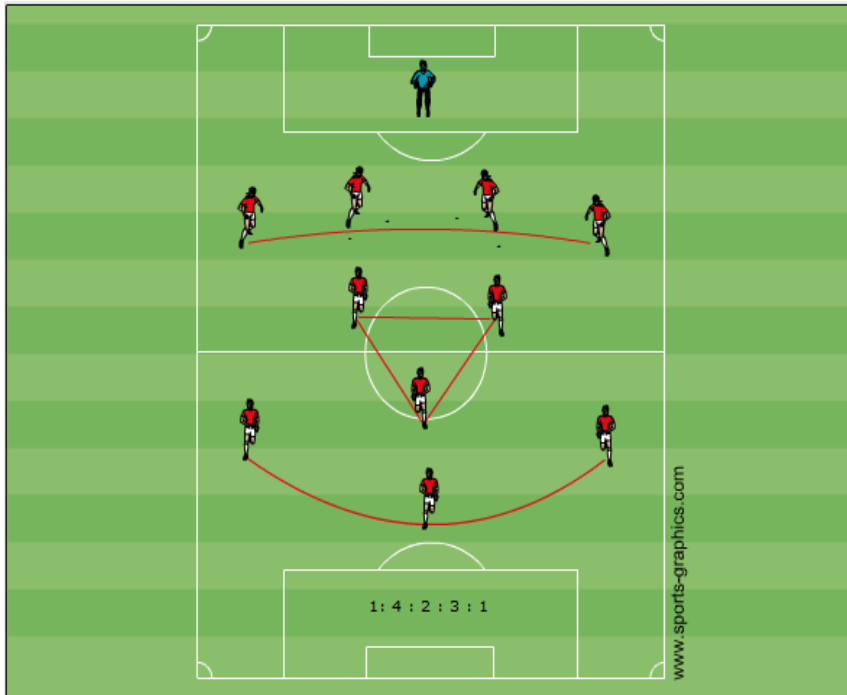
The important thing is that each player must be familiar with the task he has to carry out in his given position.

It is important that each player are aware of his objectives (what is expected of him in his position) and how they are to be realised in the context of the:

- team as a whole,
 - the lines that make up the team and
 - the individuals who make up the lines .
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Playing systems:



Modern Planning of Player Development

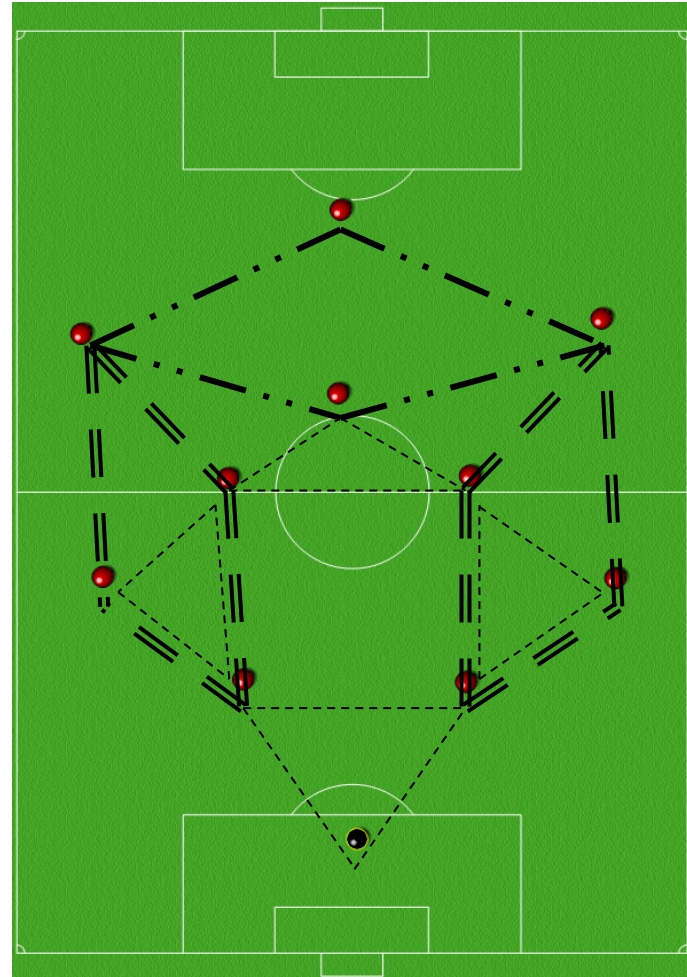
Mobility:

- High degree of mobility of players without the ball
 - Constant support
 - Triangular passing
 - Playing between the lines
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Key points:

- Communication
- Understanding
- Creating Space
- Timing of Running
- Timing of Passing
- Technique of Passing
- Technique of Running
- Acceleration
- Rhythm



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Position tasks:

Goalkeeper

The goalkeeper is an organiser in the defensive area – you can see him as a sweeper behind the back four. Next to the usual goalkeeper tasks (catch, defend/deflect, fist, kick-out, throw-out, 1-v-1,...) there are, as additional main tasks, the catching of long balls with a high back four, build-up, switching play, and the function as a support player.

Demand profile:

- Personality, presence,...
 - Good football player: support player
 - Organiser (Coaching)
 - All goalkeeper techniques
 - Positional play, anticipation, „reading” the game,
 - Reading play situations
 - Come out of goal
 - Behaviour in 1-v-1
 - Build-up (kick-out, throw-out, pass)
 - Starting good play openings and counter attack possibilities
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Back Four

These players form the last line of defence, where harmony is of the highest importance, they complement each other constantly! Each player has to take over a special, clearly outlined zone in which he plays zonal marking – he has to mark this zone. He has to always orientate himself in a way that he can see the ball, his team mates (back four), the opponent, and the own goal. Most important is the so-called "anticipating" marking! The defender needs to have the ability to "read" and anticipate the opponent's play (Pass, cross, deep pass, diagonal pass, break through, etc.)!

The defender should be efficient in attacking play as well as defensive. When the team has possession of the ball the wing backs spread out to the wings in order to be free for opening up the play. As many teams play with only one forward, the central defender of the future plays an important role in starting a play, so training has to be adapted to that.

Man marking is used only at set piece situations, and close to the goal!

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“The centre back is the new no. 10 of modern football!”

**Matthias Sammer
DFB- Technical Director**

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Demand profile of a centre back:

- Leader, but also team player
 - Defence organiser: commands
 - (i.e.: when playing off-side)
 - Positional play, high tactical ability: Cover, deep play, triangles,...
 - Game intelligence ("reading the game", anticipation, overview, calm with the ball under pressure, view into deep areas)
 - Coaching of team mates next to you
 - Mastery of basic zonal marking principles
 - High quality at ball winning and in
 - one-on-ones
 - Above-average in the air
 - Defending of high balls, defending attacks from the wings
 - Pass quality in short pass plays and in long ball plays (Diagonal pass, deep pass)
 - Quality in build-up, read counter attack situations
 - Behaviour in set piece situations in defence and in offence
-

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Demand profile of a wing back:

- Positional play (Doubling-up, edge the opponent aside, pass ways and block the inner line,...)
 - Play intelligence ("read" the play, overview, calmness, and view into deep areas)
 - Coaching
 - Mastering of basic zonal marking principles, especially the back four
 - High quality in 1-v-1 (When/Where/How do I attack?)
 - Heading
 - Pass quality in short pass play (build-up) and long play (plays to the forward, diagonal pass)
 - Impulse over the wings (Overlapping run, one-twos, combination play on wings, tempo dribbling)
 - Courage to engage in attack
 - Dribbling/dummies
 - Quick ball control and taking it along
 - Crossing and low crossing on the run
 - Play behind the defence
 - Set piece situations in defence and attack
-

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Central midfielders

These players play in a central position right in front of the back four. The players have to have the qualities of a play maker, at least one of them.

These type of players should be good runners/strong in running, have excellent 1-v-1 behaviour, and be good in the air. These players need to be divided into players with primarily defensive, and primarily offensive characteristics/qualities. They cover all attacks at the back – one of their main tasks is defensive work in centre midfield (covering centre defence)!

Furthermore, they should master excellent combination play through technically perfect passing. They pull the strings in midfield (as a pivot) and are responsible for build-up – giving ideas. They decide changes in pace, build-up through the middle, and the teams' counter attacks!

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Demand profile of a central midfielder:

- Leader (mostly head of the team): Thinker and driver
 - Playmaker skills, play intelligence ("read the play", overview, calmness, tactical cleverness and intuition for play situations, when in possession and when not), creativity, giving ideas and passing options, high action pace, excellent technique and play overview
 - Coaching (organises collective team behaviour in offence and defence)
 - Central position in build-up (constant support player, good ball trap and taking it along, 1-v-1, contact, counterattacks,...)
 - Long plays (to forwards and wide players: deep pass, diagonal pass) – passes into deep
 - Safe in short pass play (ball circulation)
 - Kicking technique (goal-scoring from a distance, long shots)
 - Runs into penalty area
 - Goal-scoring instinct in penalty area
 - Taking set pieces
 - Final pass
 - Strong in 1-v-1 (defensive and attacking/good speed dribbling)
 - Covering of central midfield and central defence "vacuum"
 - Winning second balls
 - Delaying and organising defensive behaviour in numerical disadvantage
 - Organiser of pressing
 - Headers
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Right and left wide players

They conduct offensive wing play and integrate into the attack from the wings (impulse over the wings). They are responsible for wing play. They cross from wide, try to break through themselves and create goal-scoring chances.

In defence they are responsible for the wide areas (doubling-up) along with the defenders, and attack the opponent's build-up on the wings. The well-organised zonal play of both wing players is important for this system of play!

In international football three types were noticeable: forward type, playmaker type and classic wing player.

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Demand profile of wing players:

- Qualities of a defensive midfielder and skills of a winger
 - Play intelligence (quick understanding of play situations)
 - Giving assists, and scoring goals!
 - Path in build-up, dummies to move into open space on the wings, runs into the penalty area
 - Skills in group tactical attacking (cross to near or far post, low cross pass, pass behind the defenders, pass in the back area, deep pass)
 - Technical quality under pressure (time and space)
 - Great repertoire of dummies to the inside or outside, great pace dribbling
 - Direct play, one twos, overlapping run
 - Diagonal pass (switch play)
 - Precise crosses and passes (low cross pass) on the run
 - Plays behind defence
 - Goal-scoring in penalty area
 - Kicking technique (Goal-scoring from distance, low shots, volley)
 - Quick switching of play
 - Good zonal play (engaging)
 - Defending wings (doubling-up), disturbing opponent's build-up
 - Pressing, chase after losing the ball
 - Covering or taking position of wing back
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Attacking players

Both players are responsible for the attacking play, along with both wing players. On winning the ball they are constant support players (first and second forward) and therefore need to be pushed by the team (play to the front).

This type of player should be agile, tricky, clinical, and fast, and possess excellent technical skills. He is highly talented, and master of short and long passes. As a top-class player he manages to calm down and relax the team regardless of the game situation! In offence he sprints quickly into free spaces and acts as a forward. This is how he varies the attacks! Depending on the situation he is available for wing plays (overlapping run), for receiving passes with his back to the goal (one two) or for passes into deep (deep pass).

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Attacking players

The central forward (second type of player) is a so-called centre forward with the following characteristics: goal-scoring instinct, good in the air, forceful, strong in 1-v-1, directness to the goal, robustness.

He plays in a central position, is a constant support player in the centre, holds the ball or passes the ball to forward running midfielders, the second forward or a wing player. The second forward is a creative forward, who doesn't get confused by instant man marking by the opponent. He plays in the space between the opponent's defence and his midfield.

In defence they come behind the ball in central midfield and disturb the opponent's centre backs in their build-up. They also urge to play the ball out and invite the opposing team to attack through the middle.

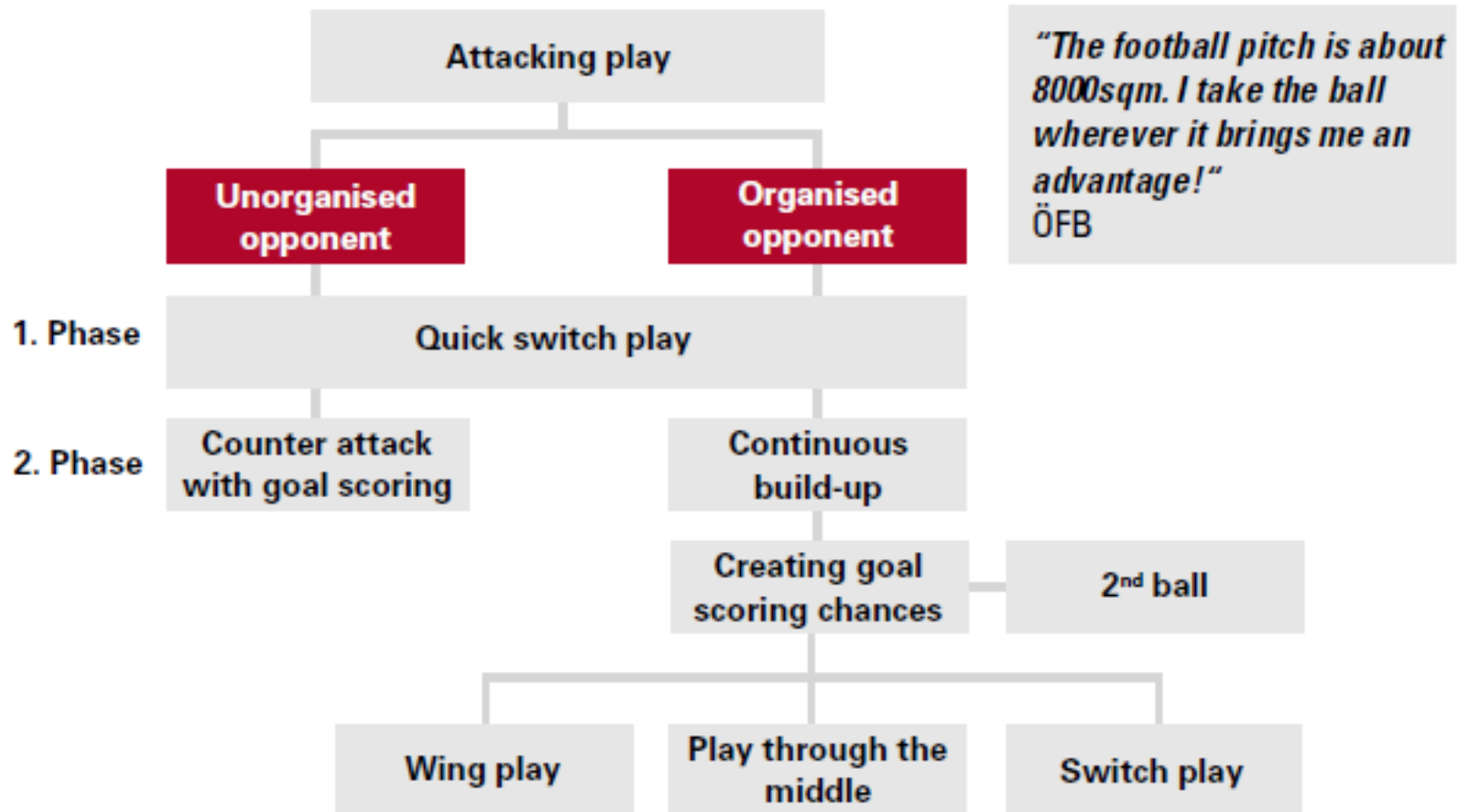
They start by pressing in certain opportunities, the centre forward denies back passes or cross field passes.

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Demand profile of a forward:

- Goal-scoring instinct
 - Goal-scoring in penalty area (instep, inside, outside, volley, header, near or far post, back area – being active towards the ball)
 - Goal-scoring from a distance
 - Dribbling with moves
 - 1-v-1 against the goalkeeper (low shot to near post, overplaying the goalkeeper, pretend a shot on goal - "chip" over the goalkeeper)
 - Movement in build-up, runs into penalty area,
 - get away from their opponent
 - Turning on the spot, 1st contact
 - One two, direct play
 - Explosive demanding of the ball, holding the
 - ball with back to the opponent, good ball control
 - and taking it along (sideways with instep and
 - inside foot)
 - Letting the ball run
 - Heading technique
 - Behaviour of a forward (see chapter 'offence')
 - Defensive work: 1st line defender (chase
 - after losing the ball), close down in the middle,
 - pressing
 - Disrupt opposition build-up
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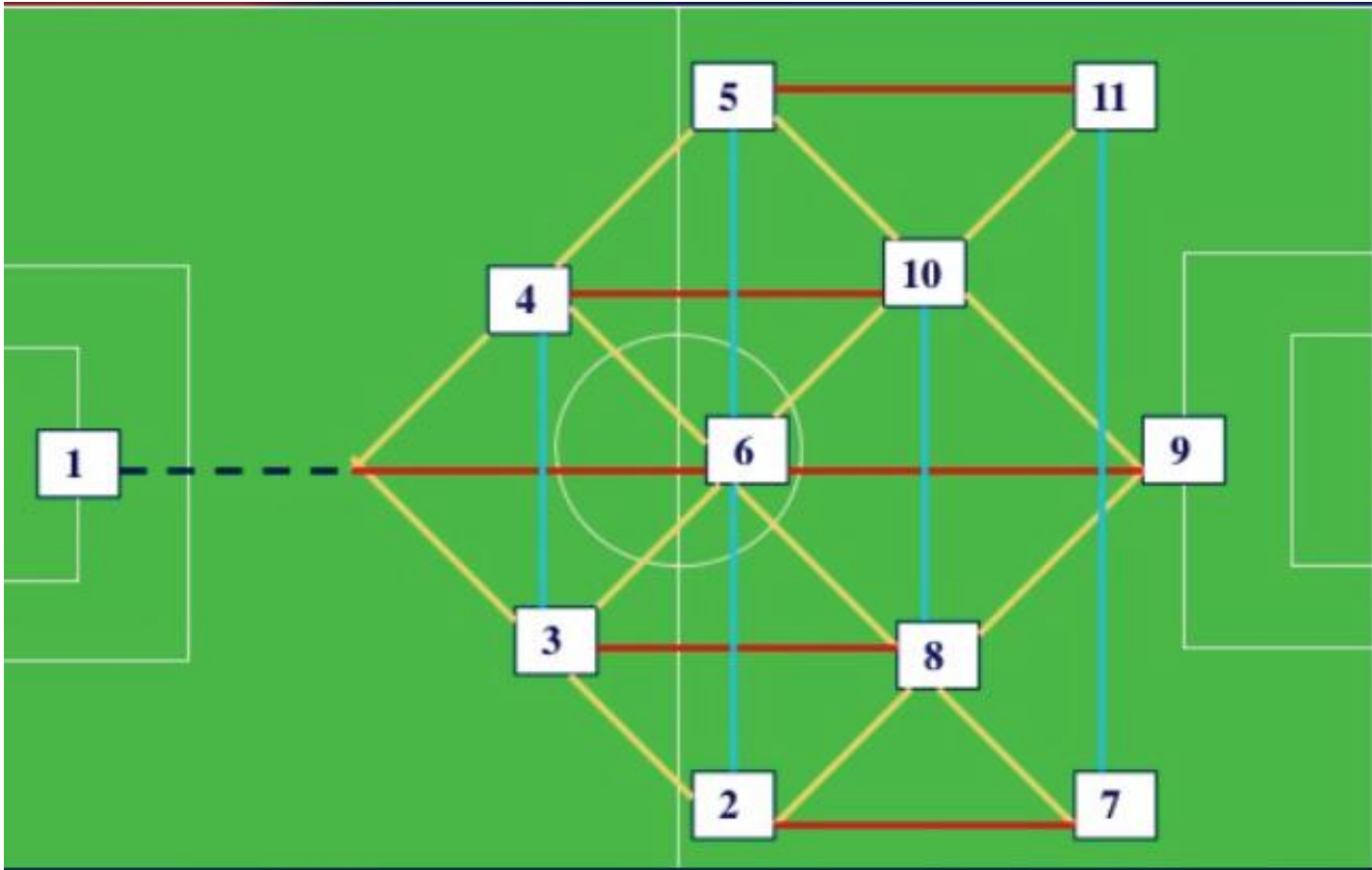
Picture 4 - Attacking play

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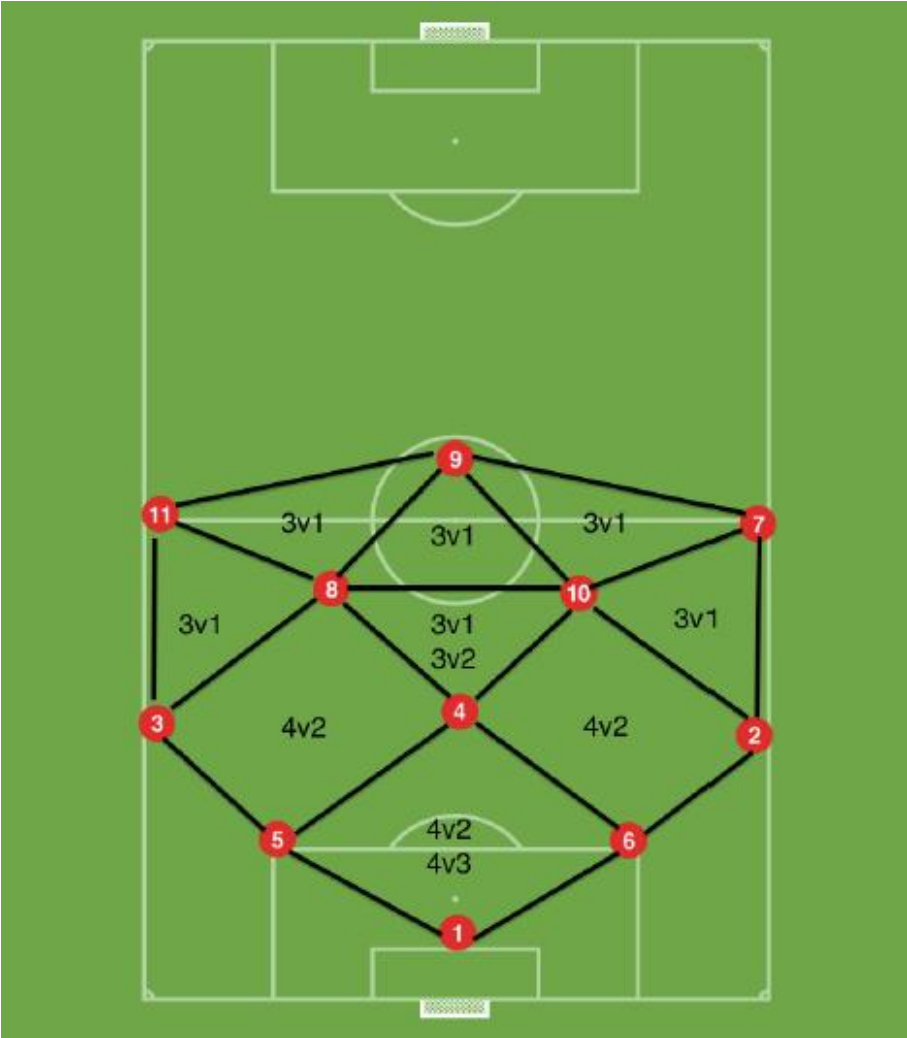
Attacking play:

- Keep the ball on the ground as much as possible depending on the game situation
 - Make the playing field as big as possible when in possession
 - Start build up from defensive third
 - Circulate the ball to prepare for penetration
 - Change and rotate positions
 - Exploit space by intelligent running off the ball
 - Be creative in the right situations
 - Win offensive 1v1 situations
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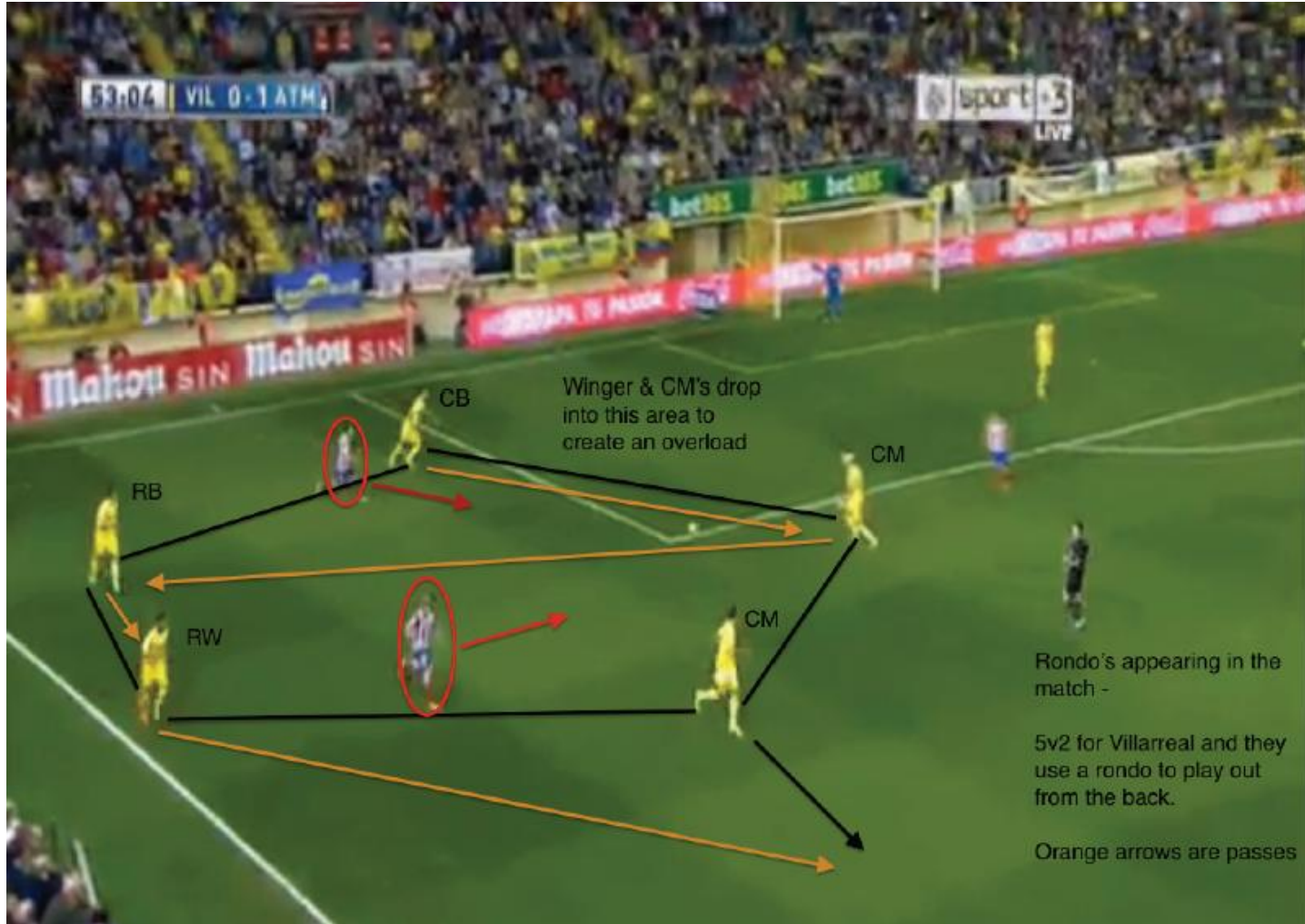
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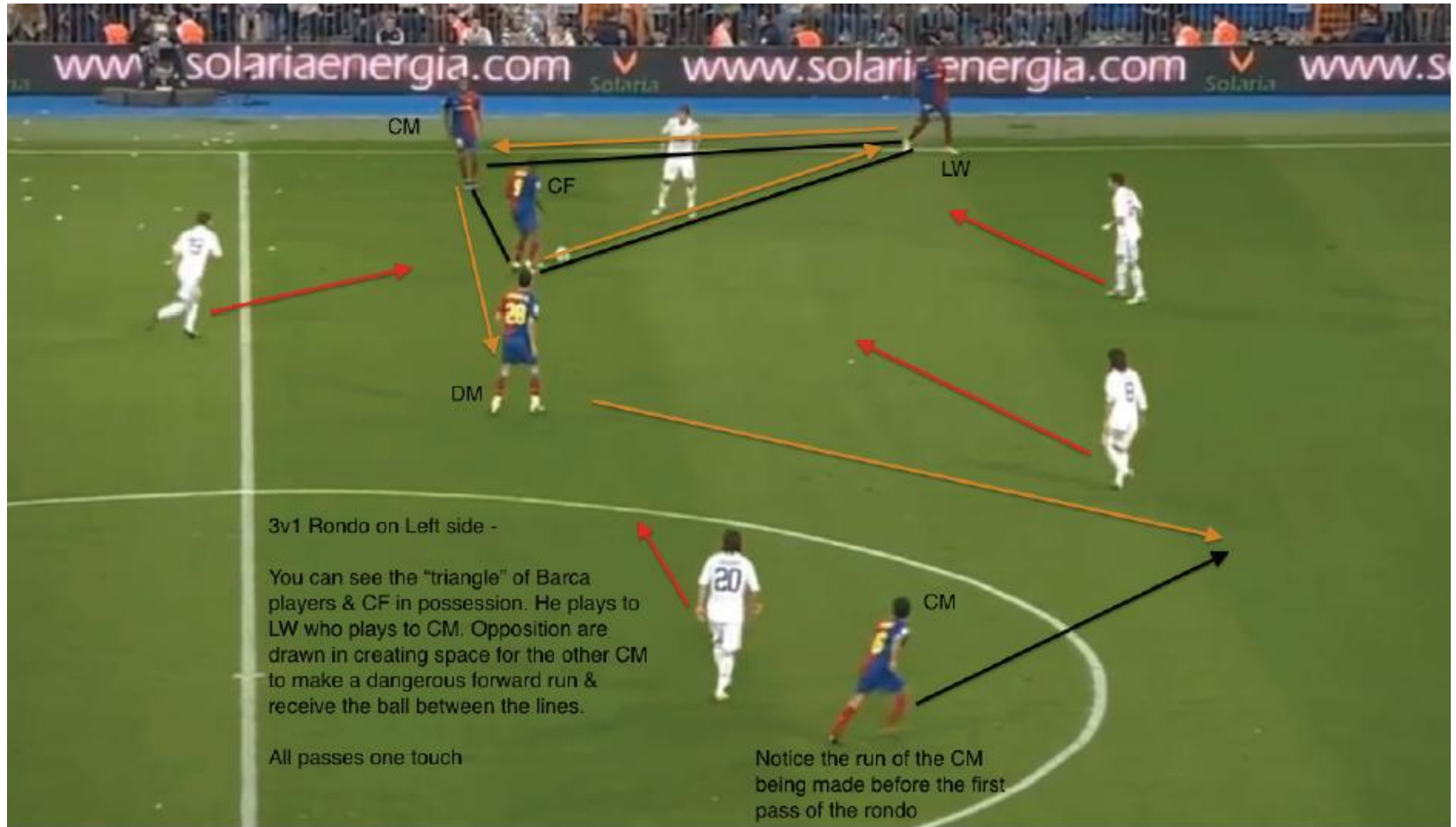
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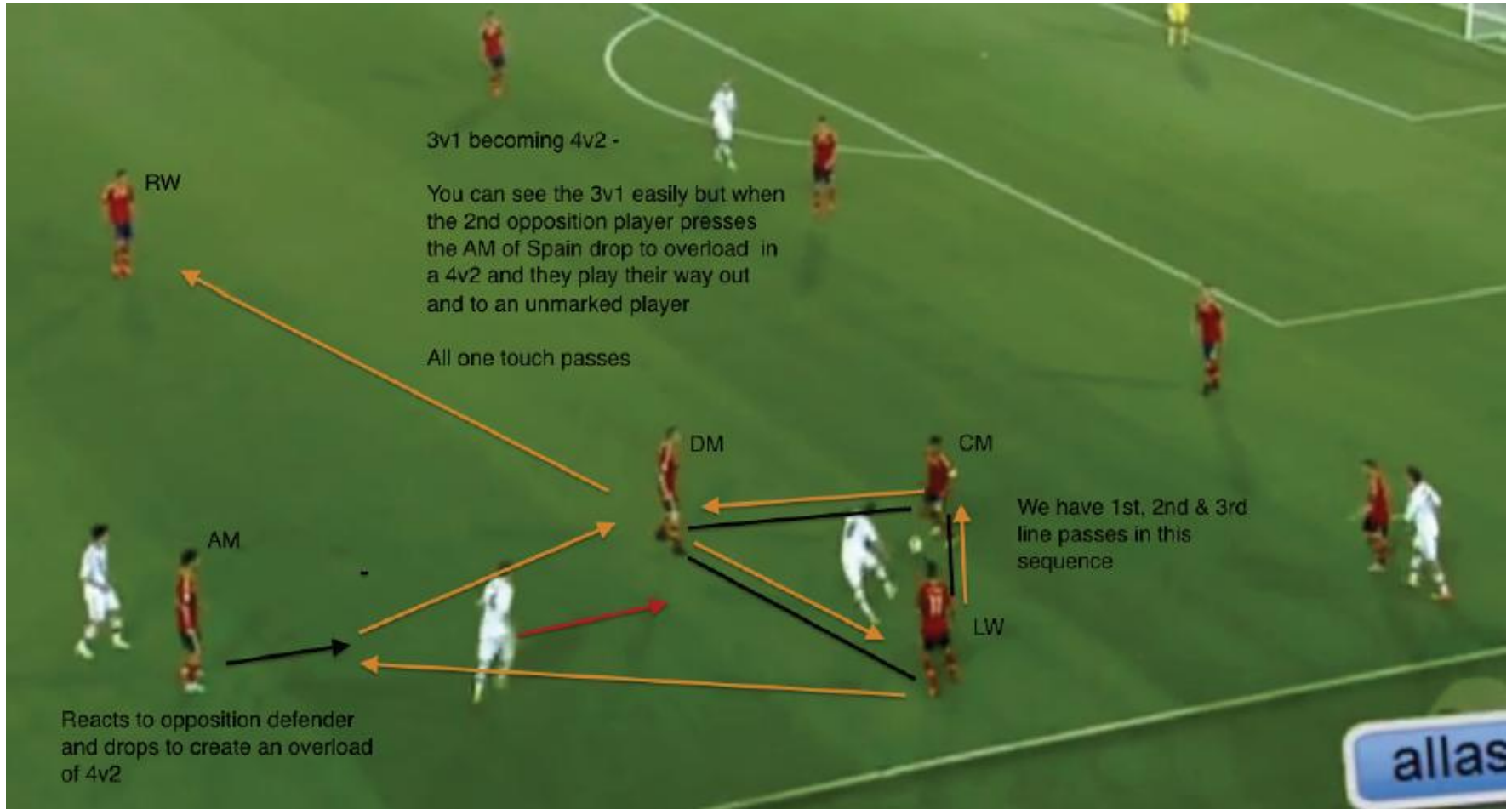
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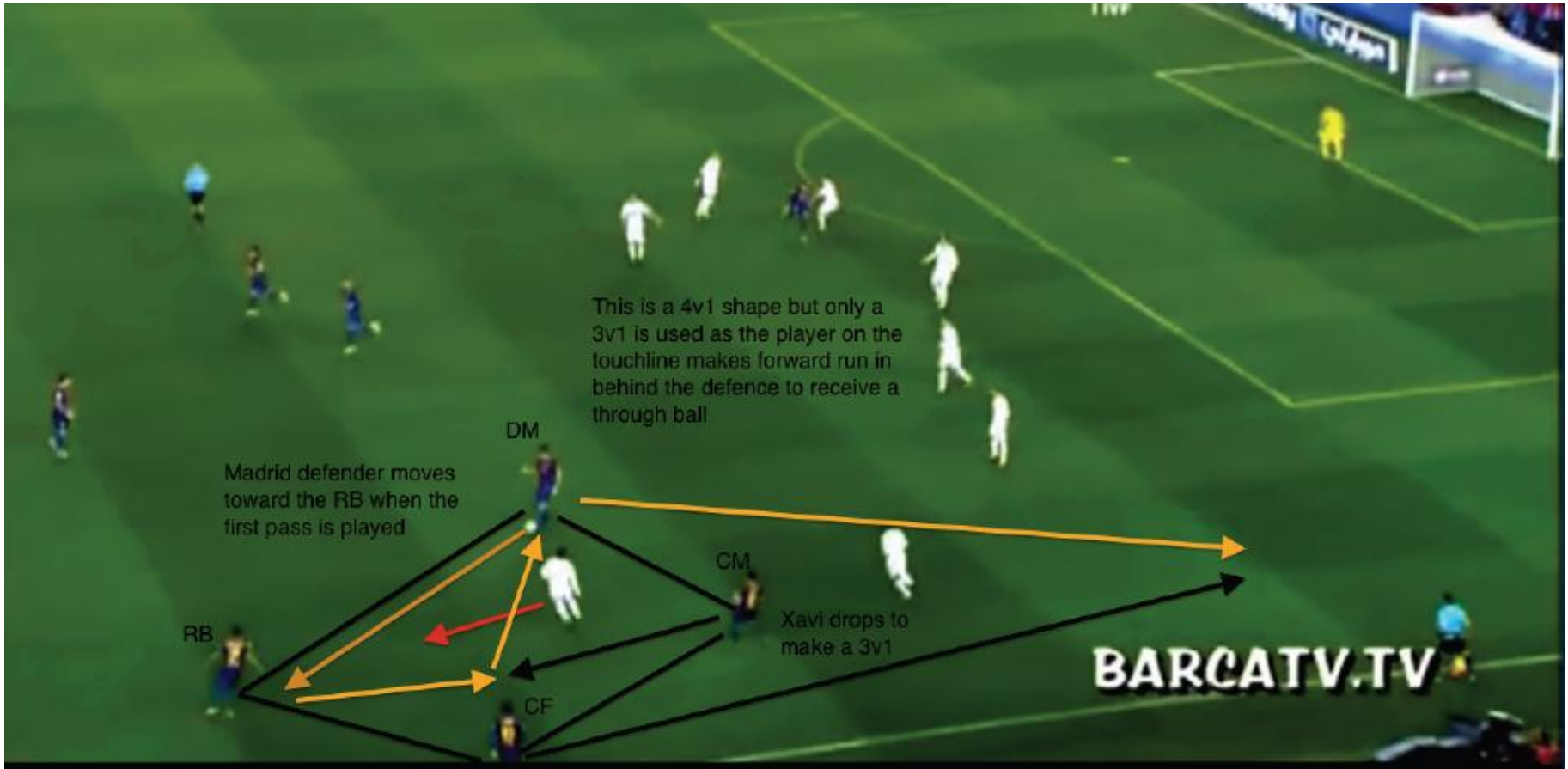
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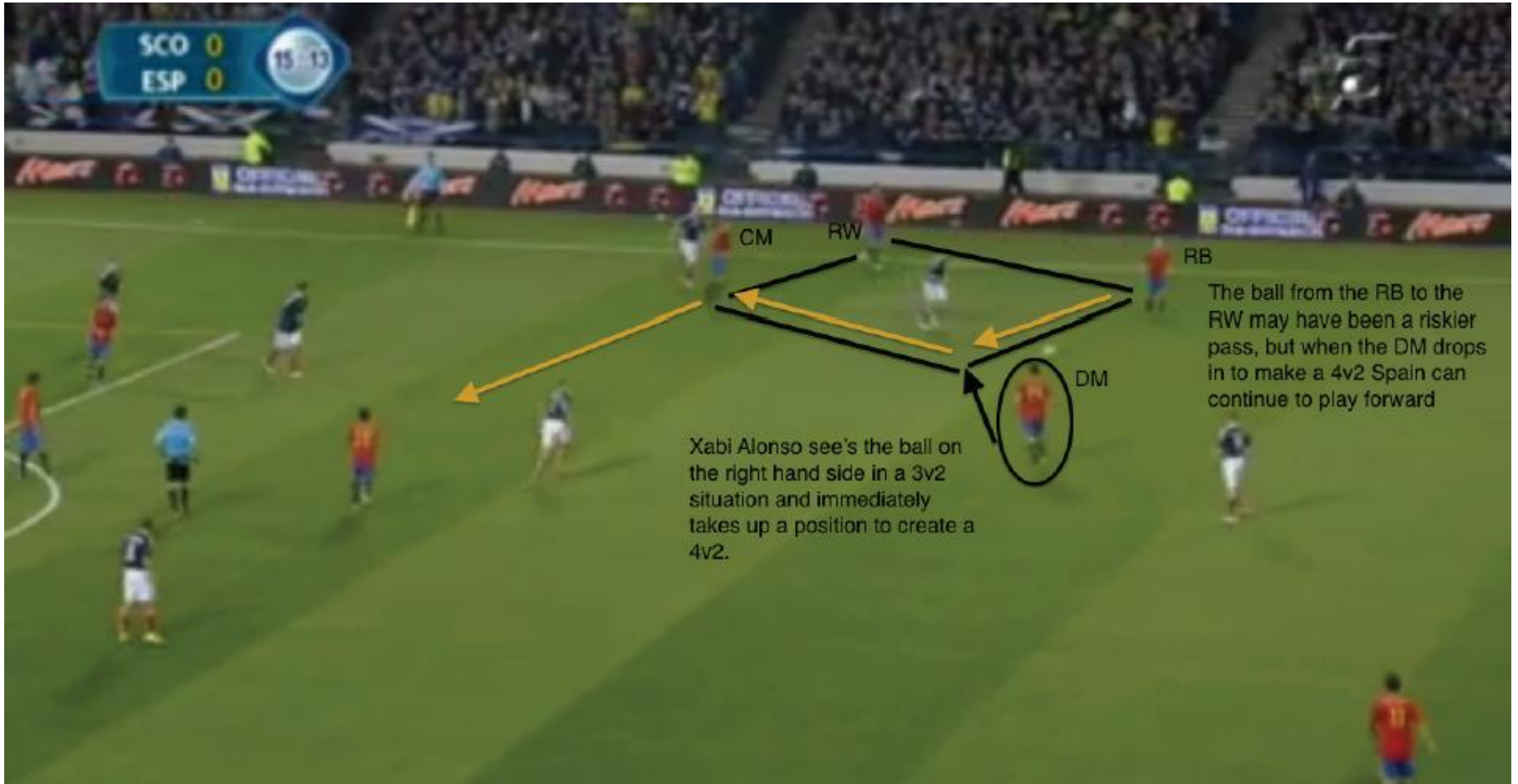
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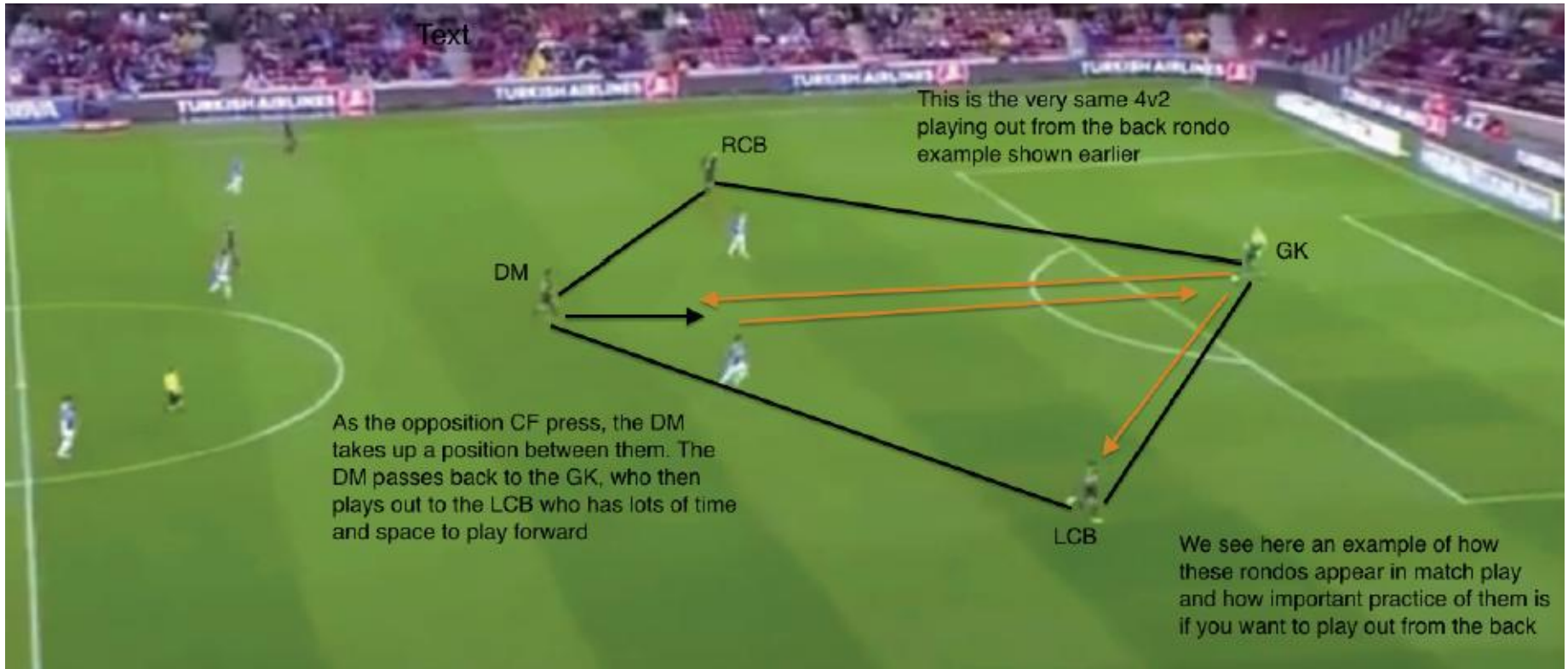
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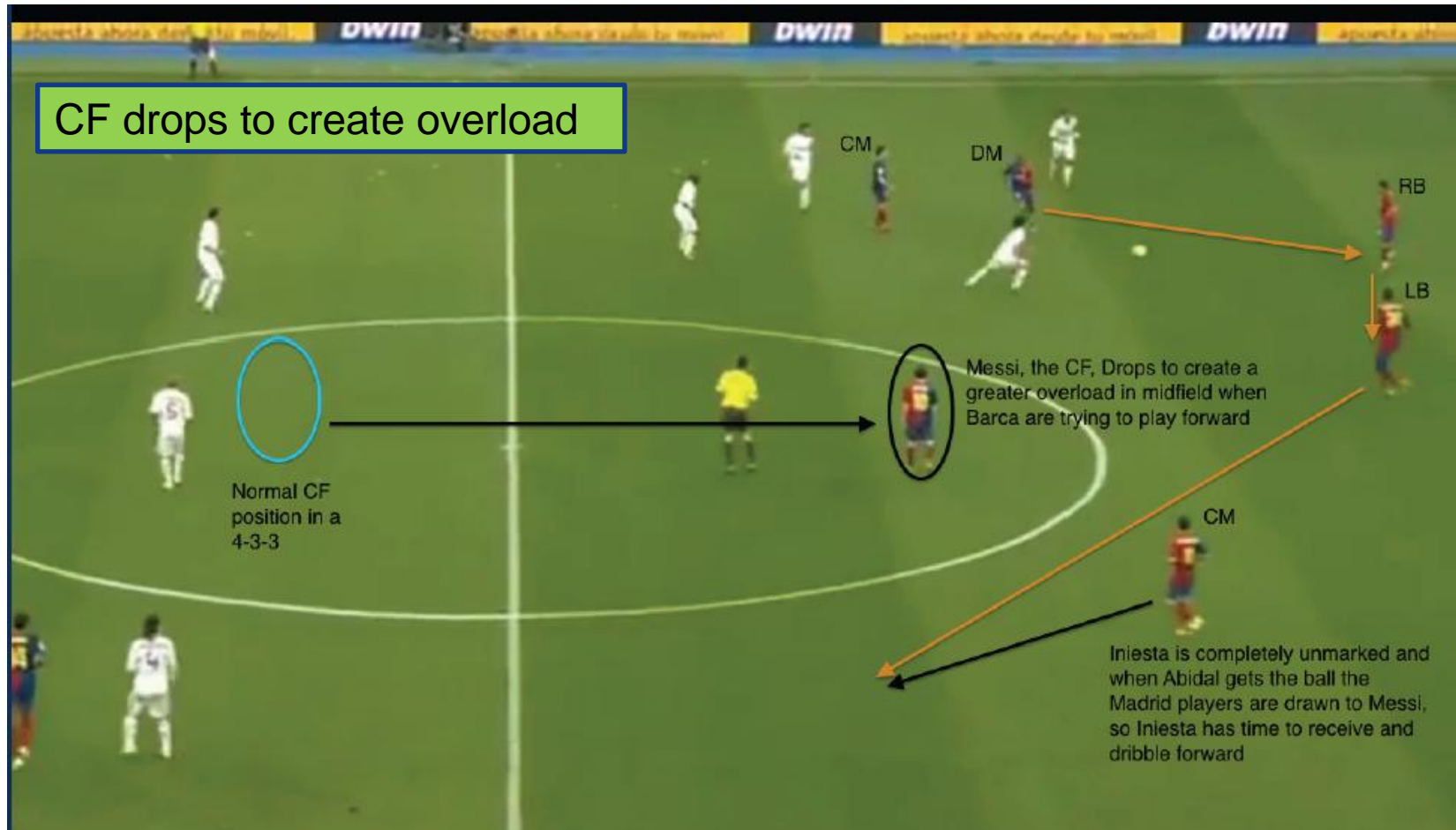
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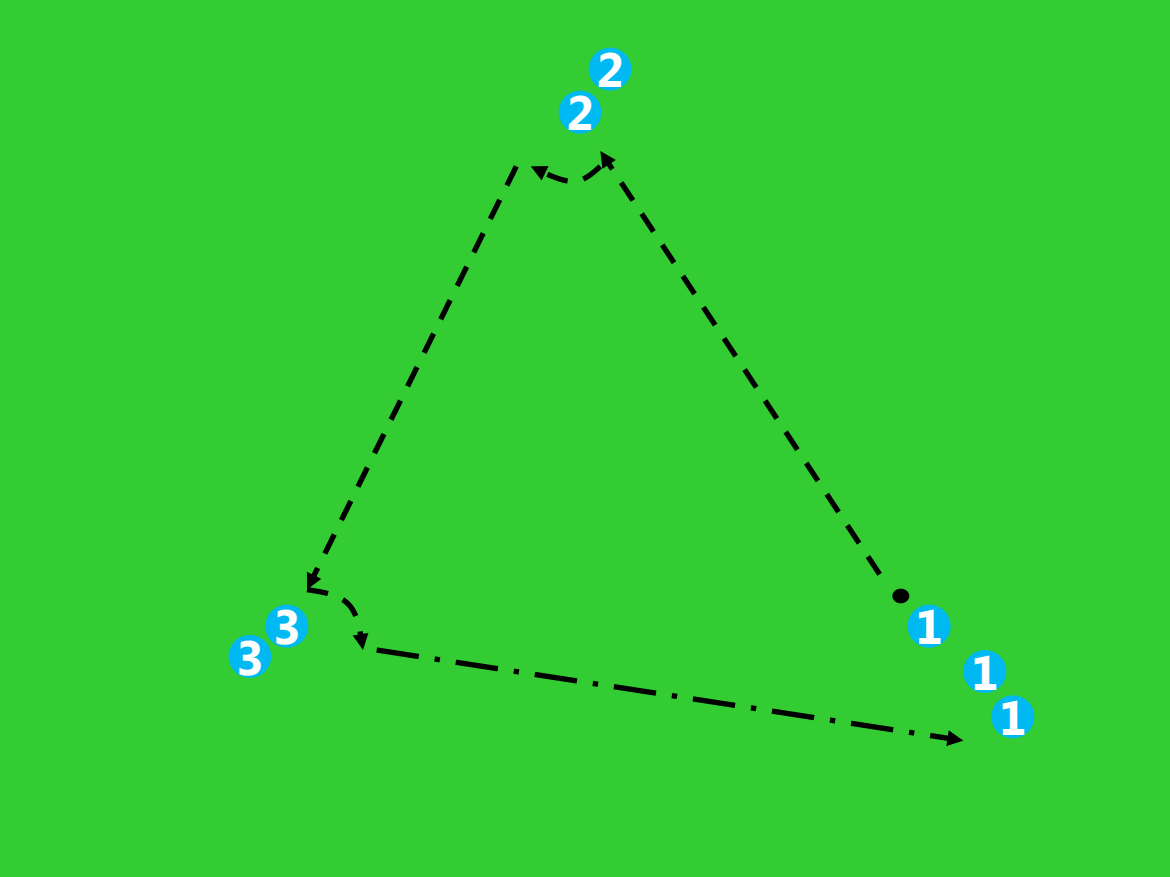


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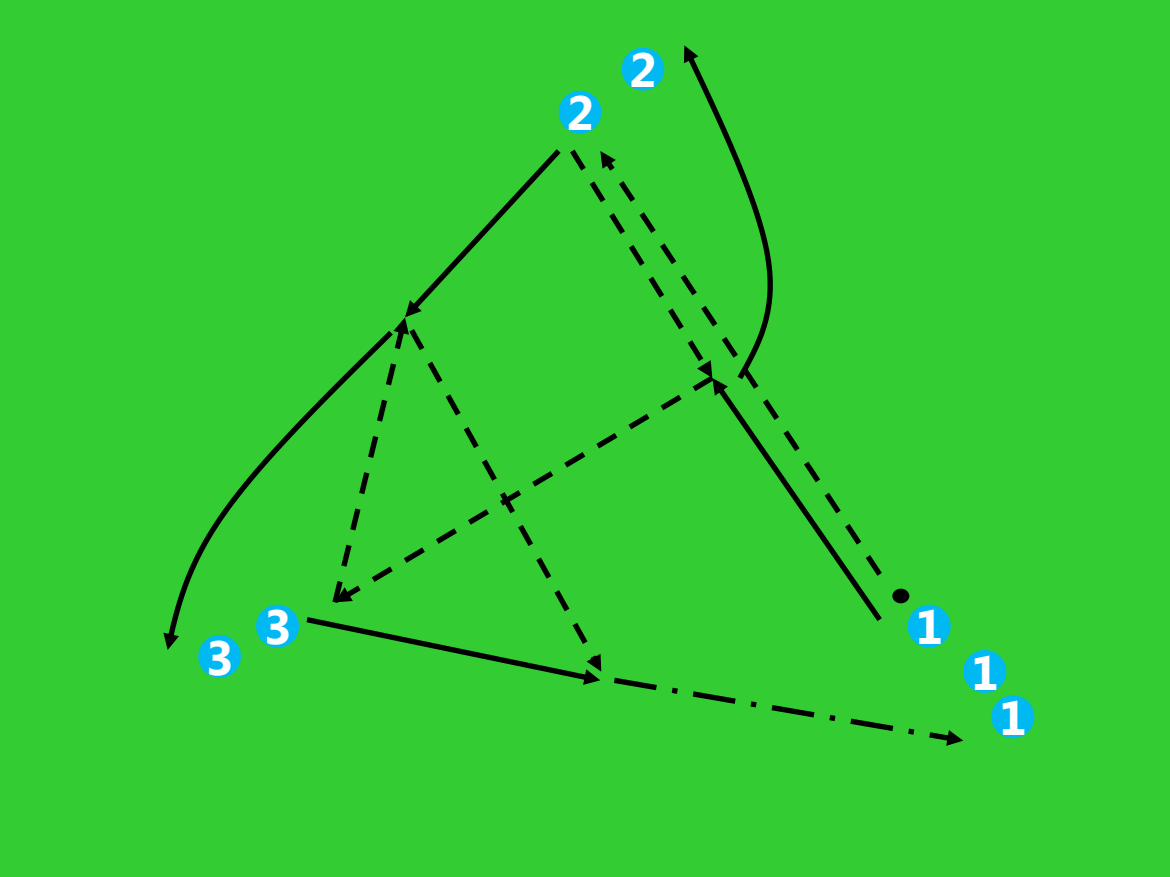
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Control pass



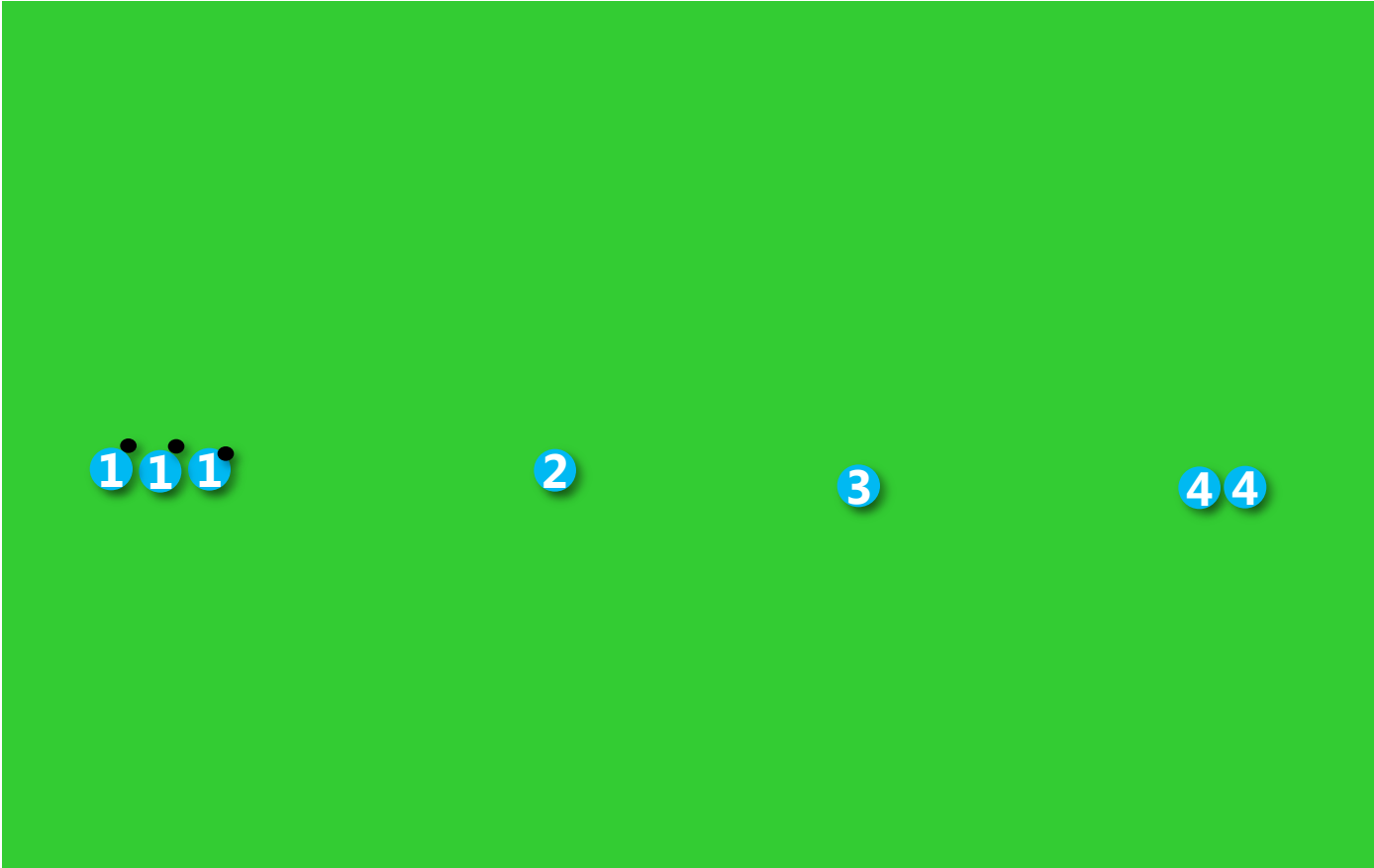
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Control pass



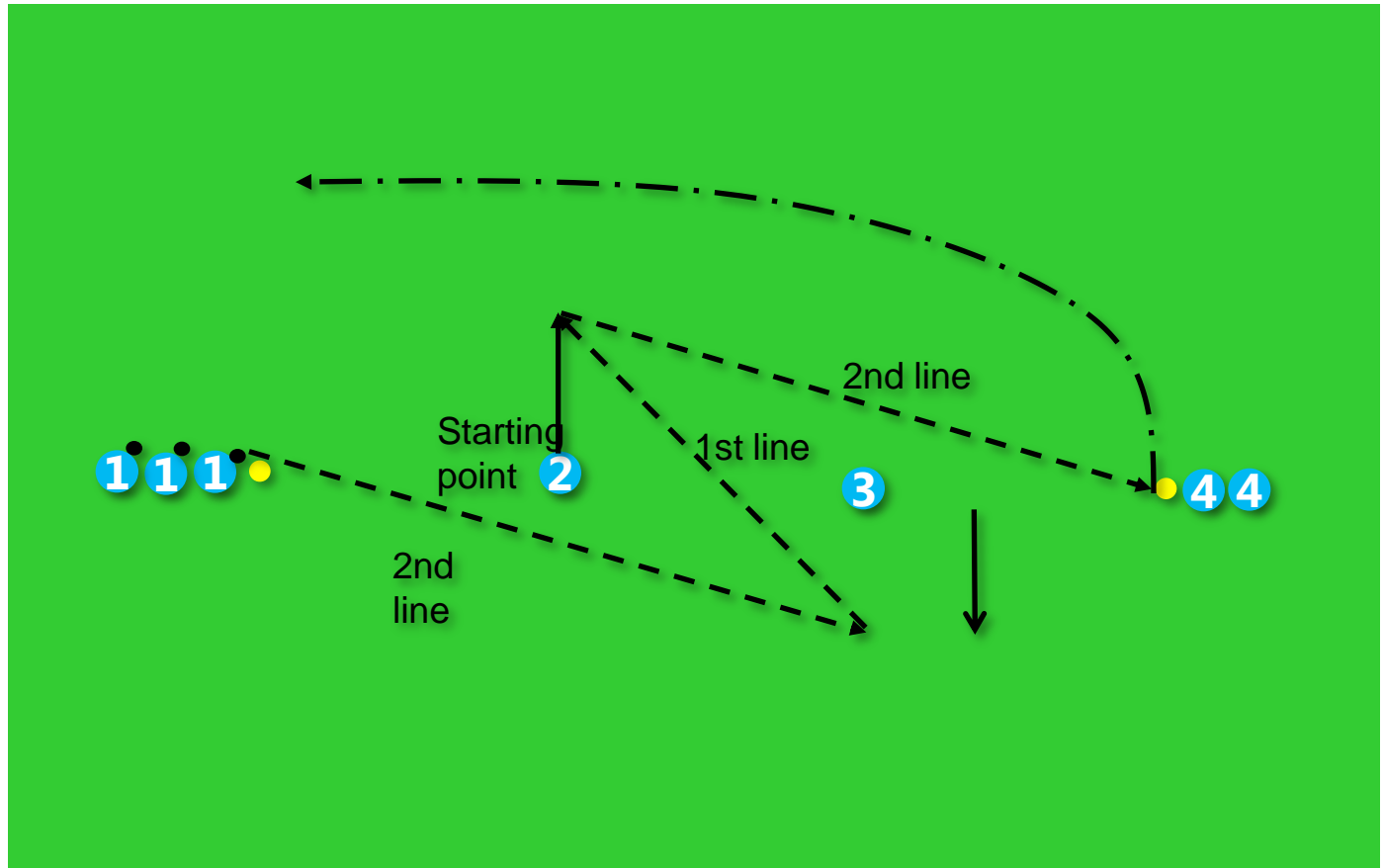
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Control pass



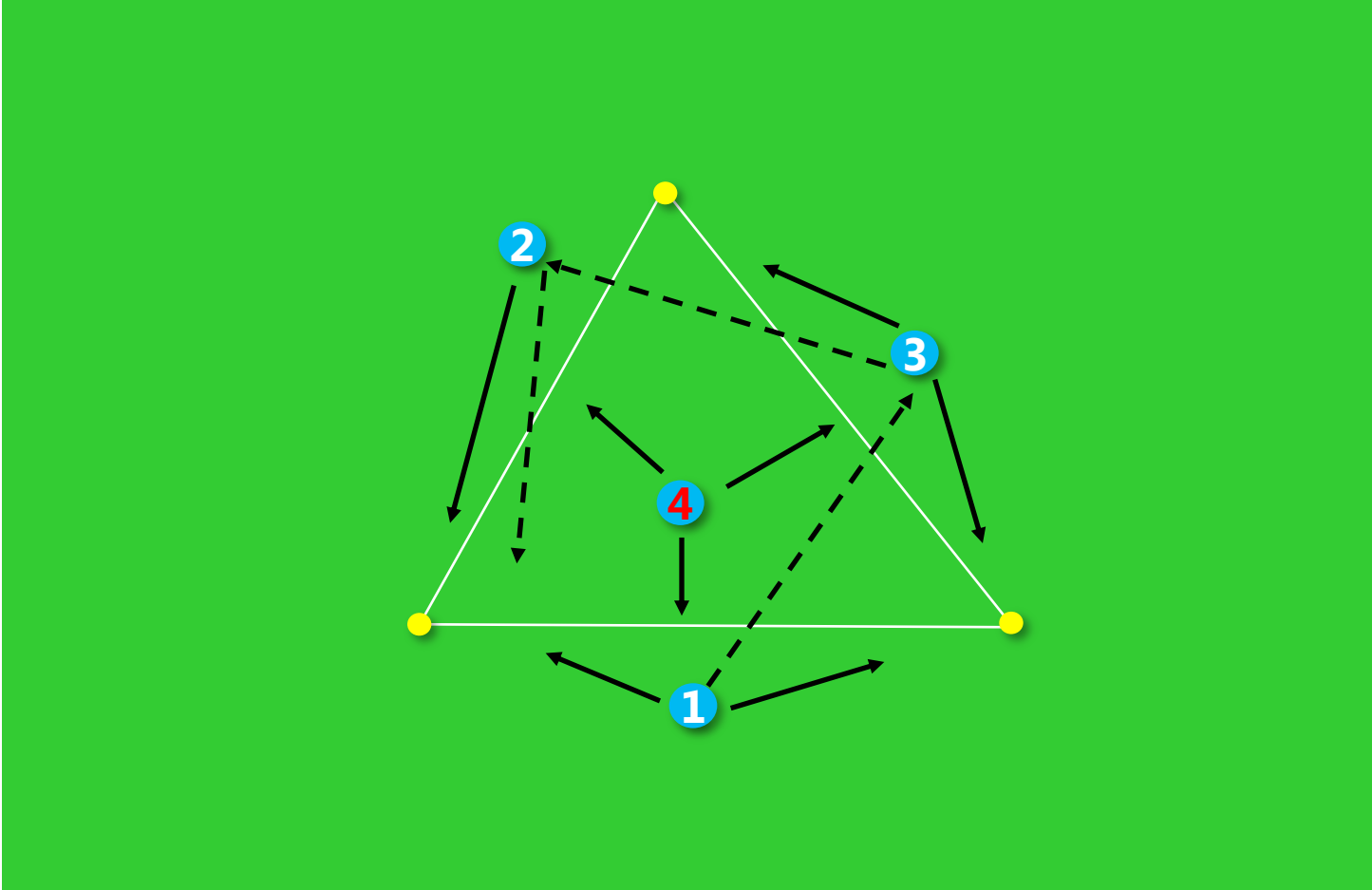
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Control pass



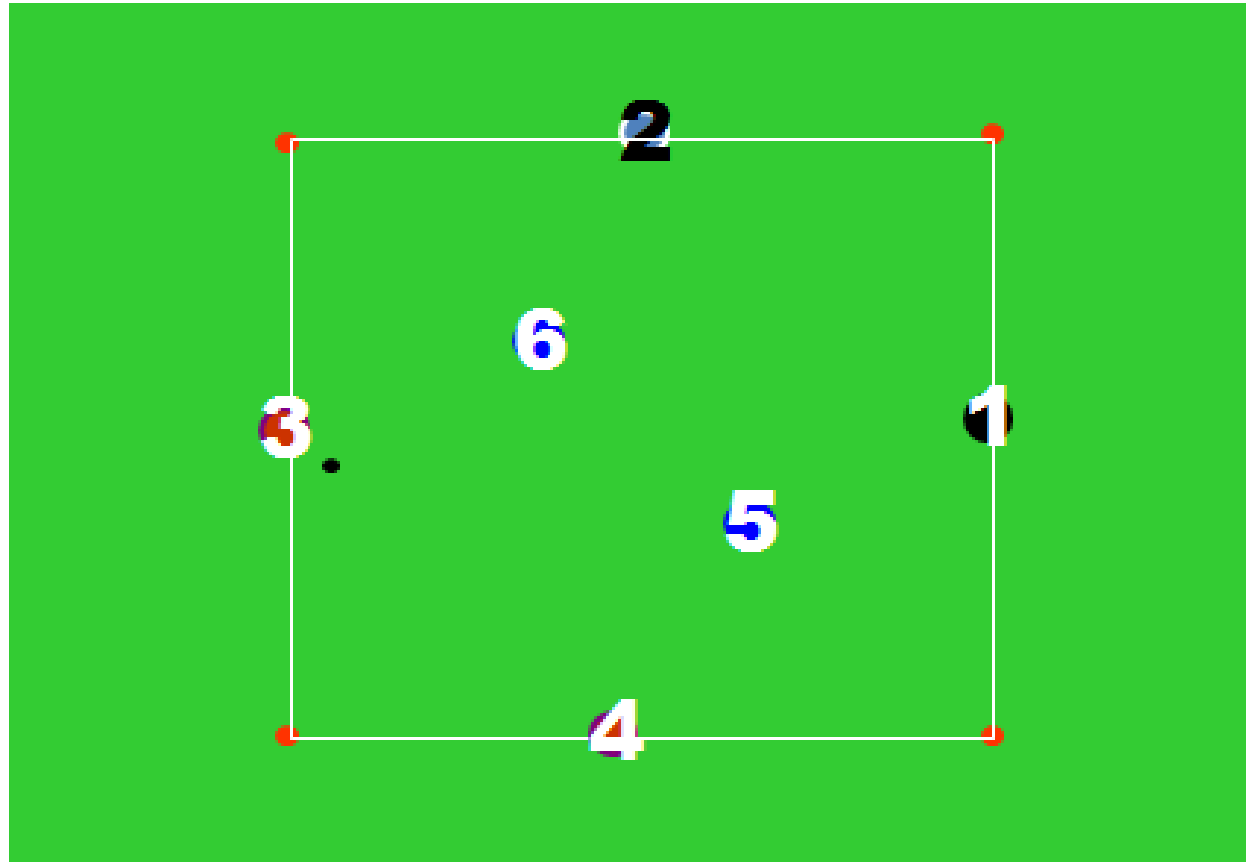
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3 : 1



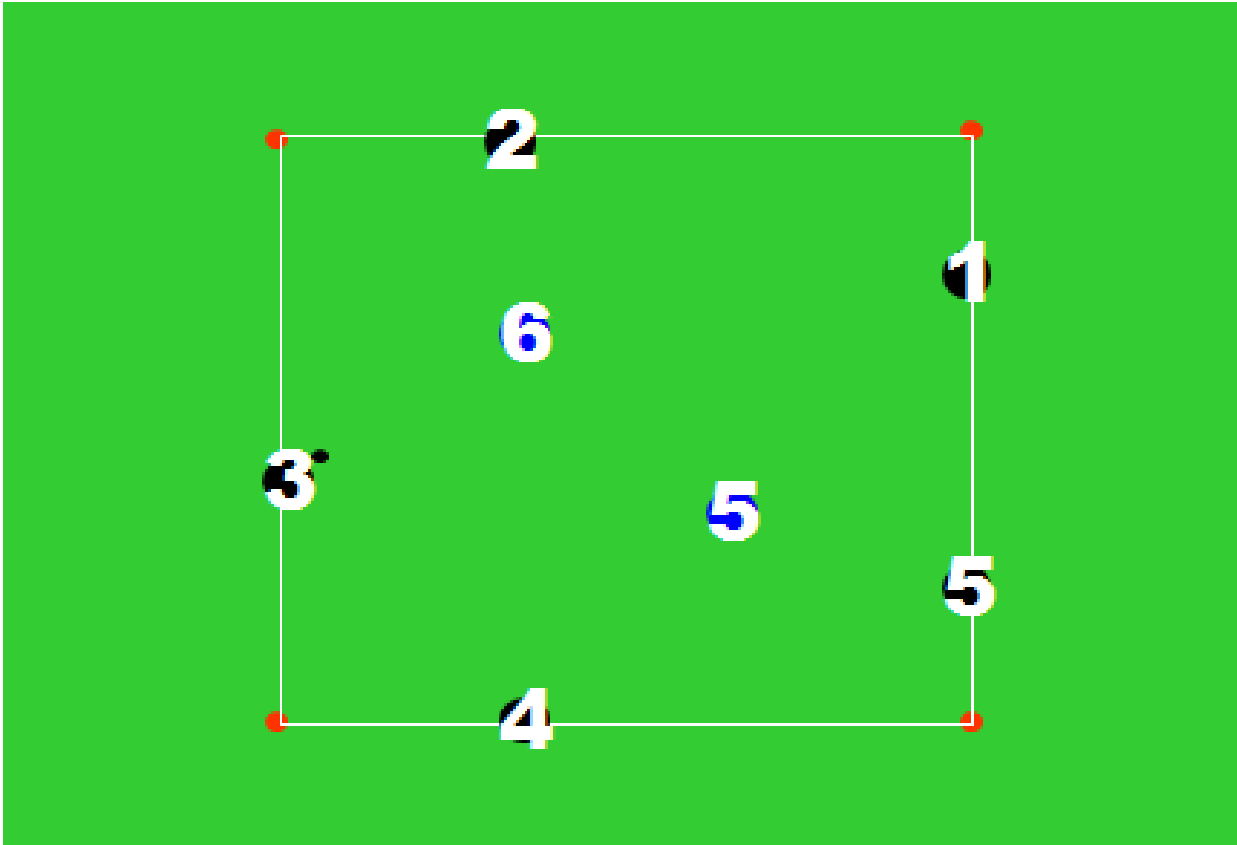
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2 : 2 : 2



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5 : 2



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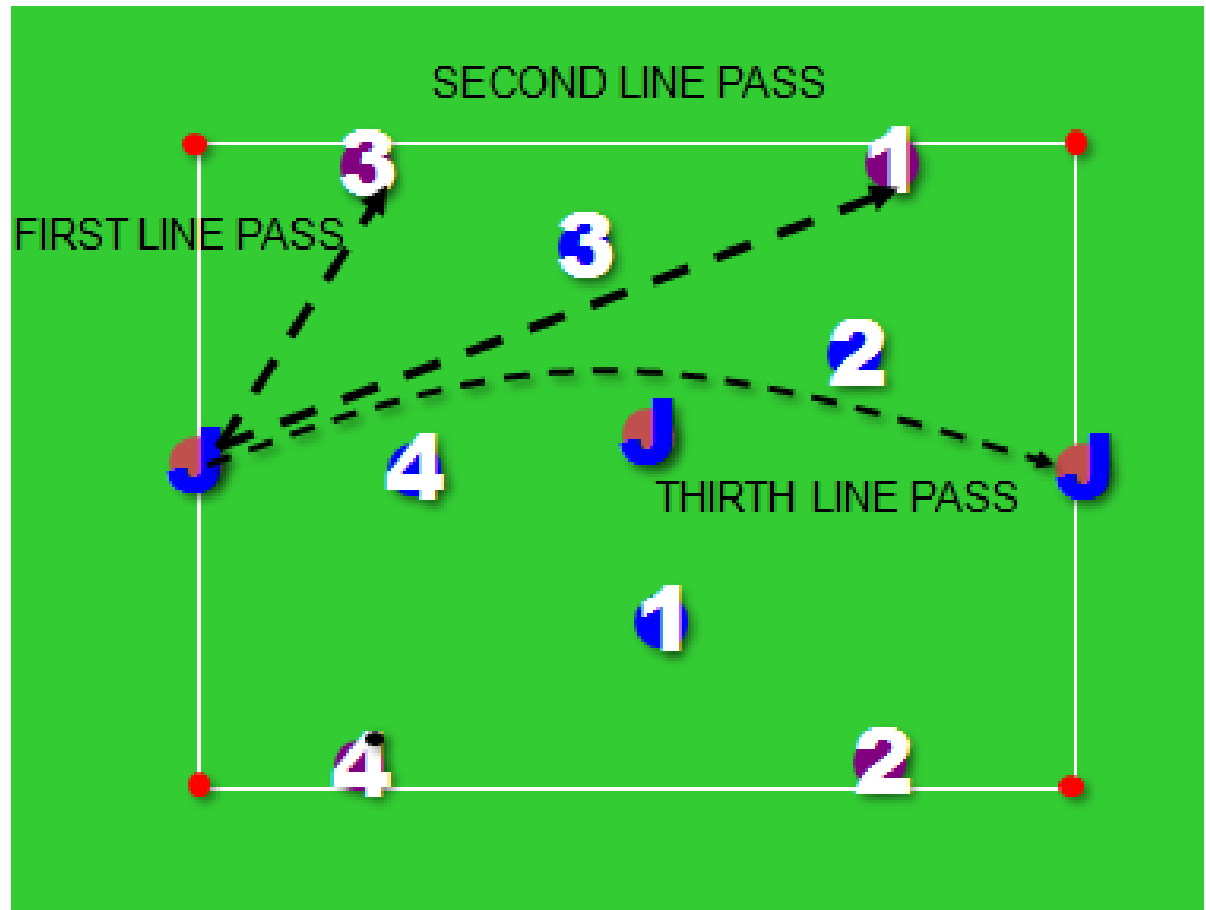
4: 4 + 3J

Positional play

Wing play

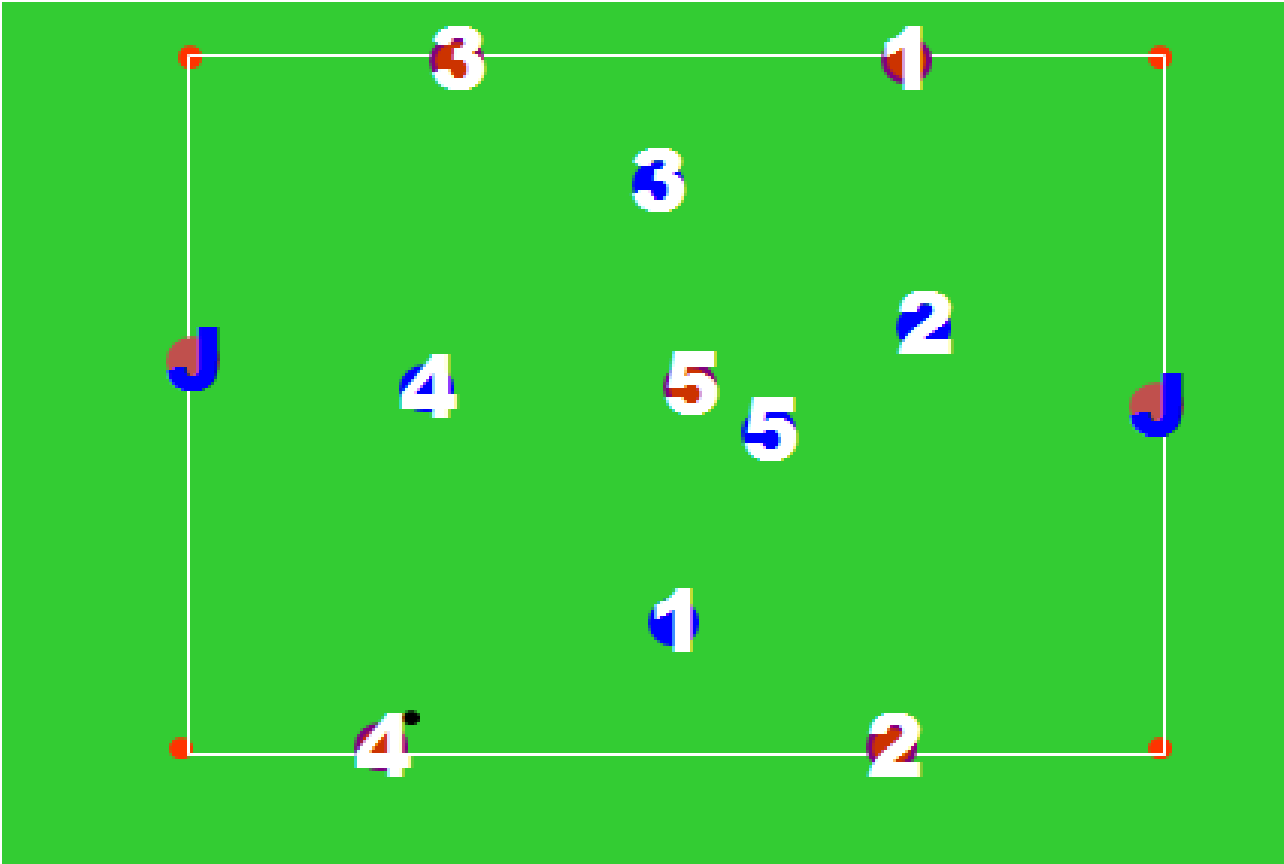
Line play

Midfield play



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5: 5 + 2J



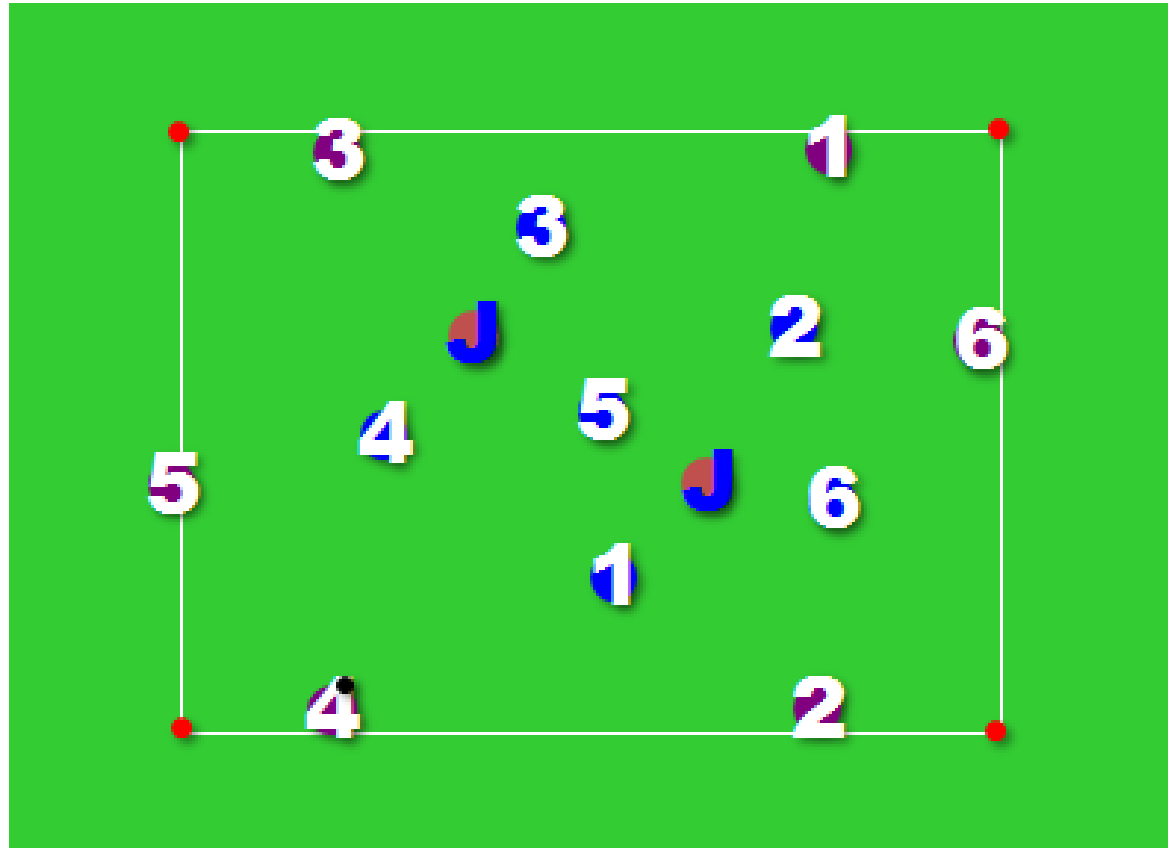
6: 6 + 2J

3 Series : 8, 10 ,12 minutes

1st: 18 x 30m

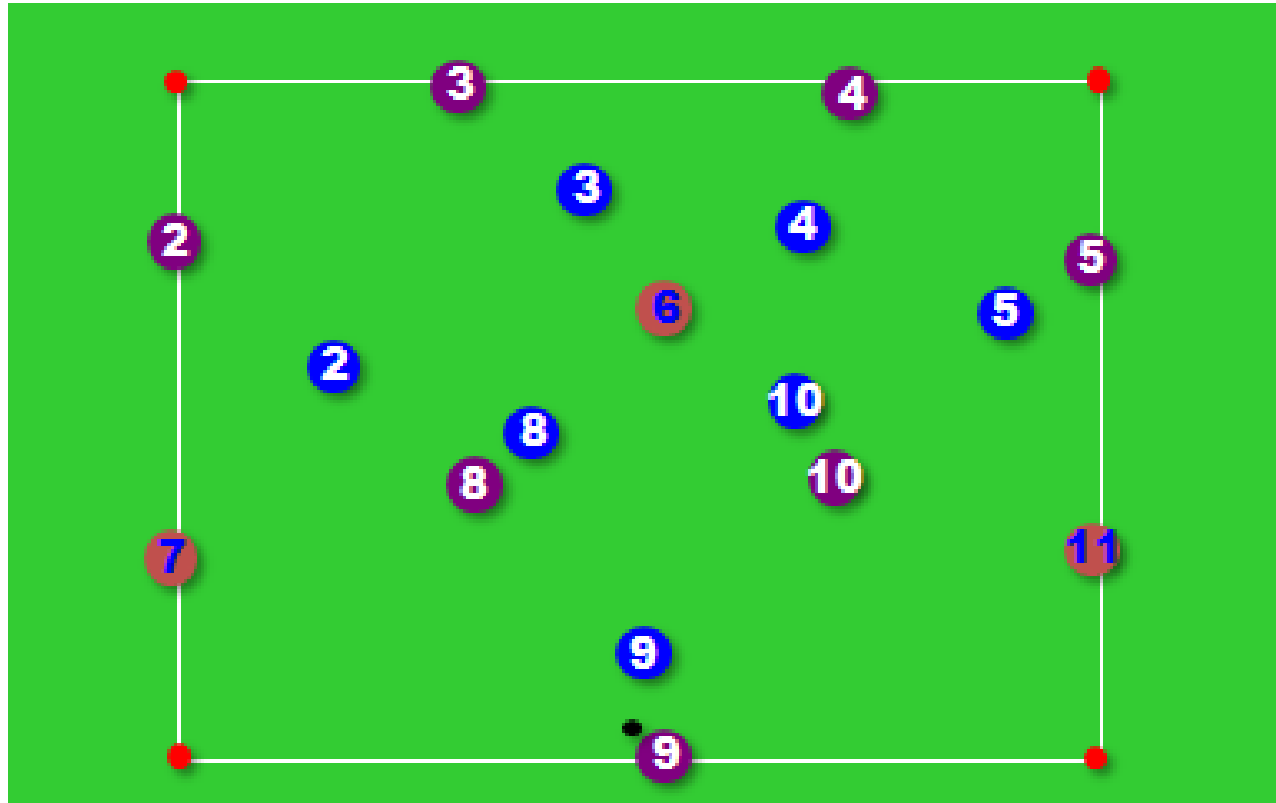
2nd: 20 x 35m

3rd: 22 x 40m



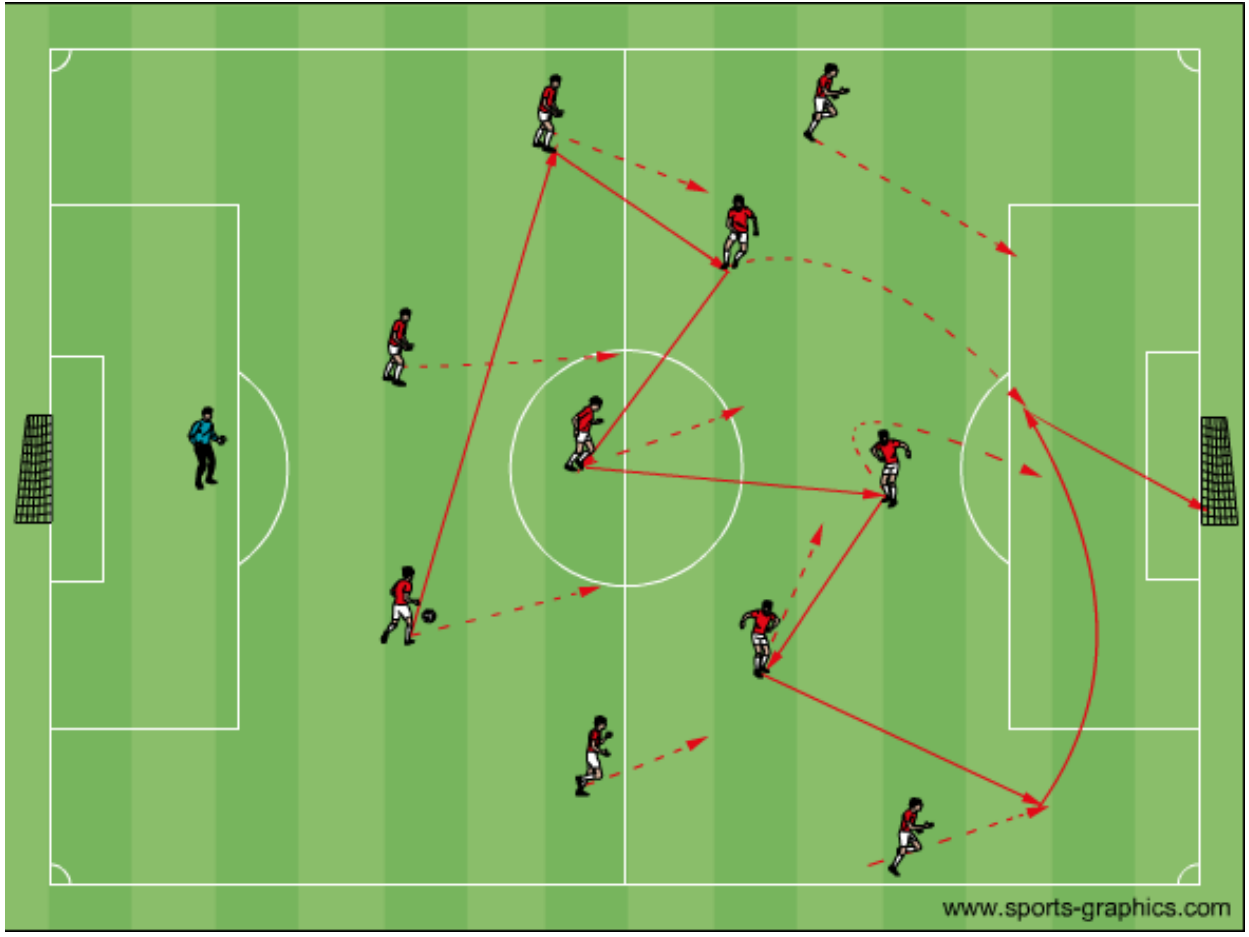
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7: 7 + 3J

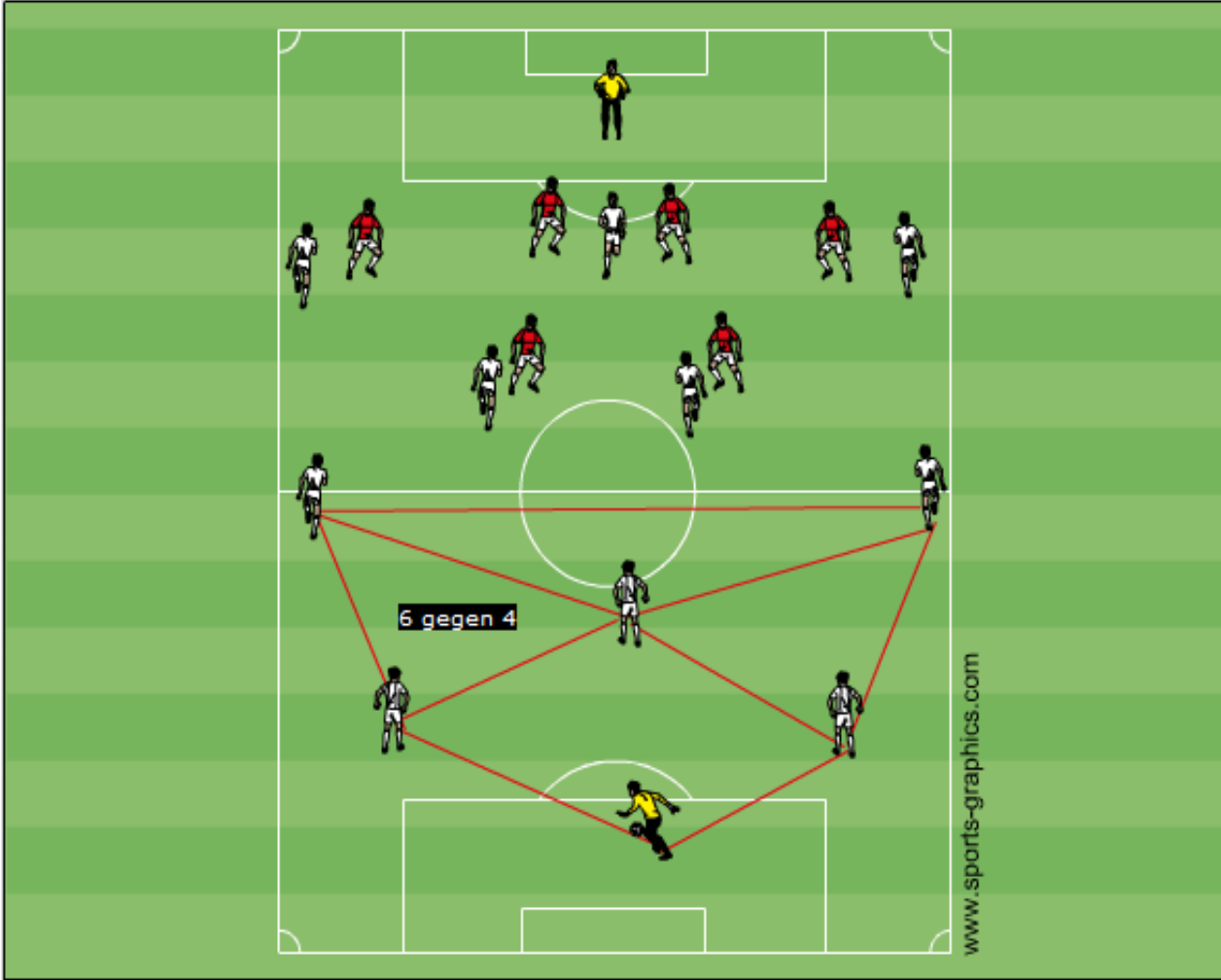


POSITIONING WORK / BUILDING THE PLAYING SYSTEM

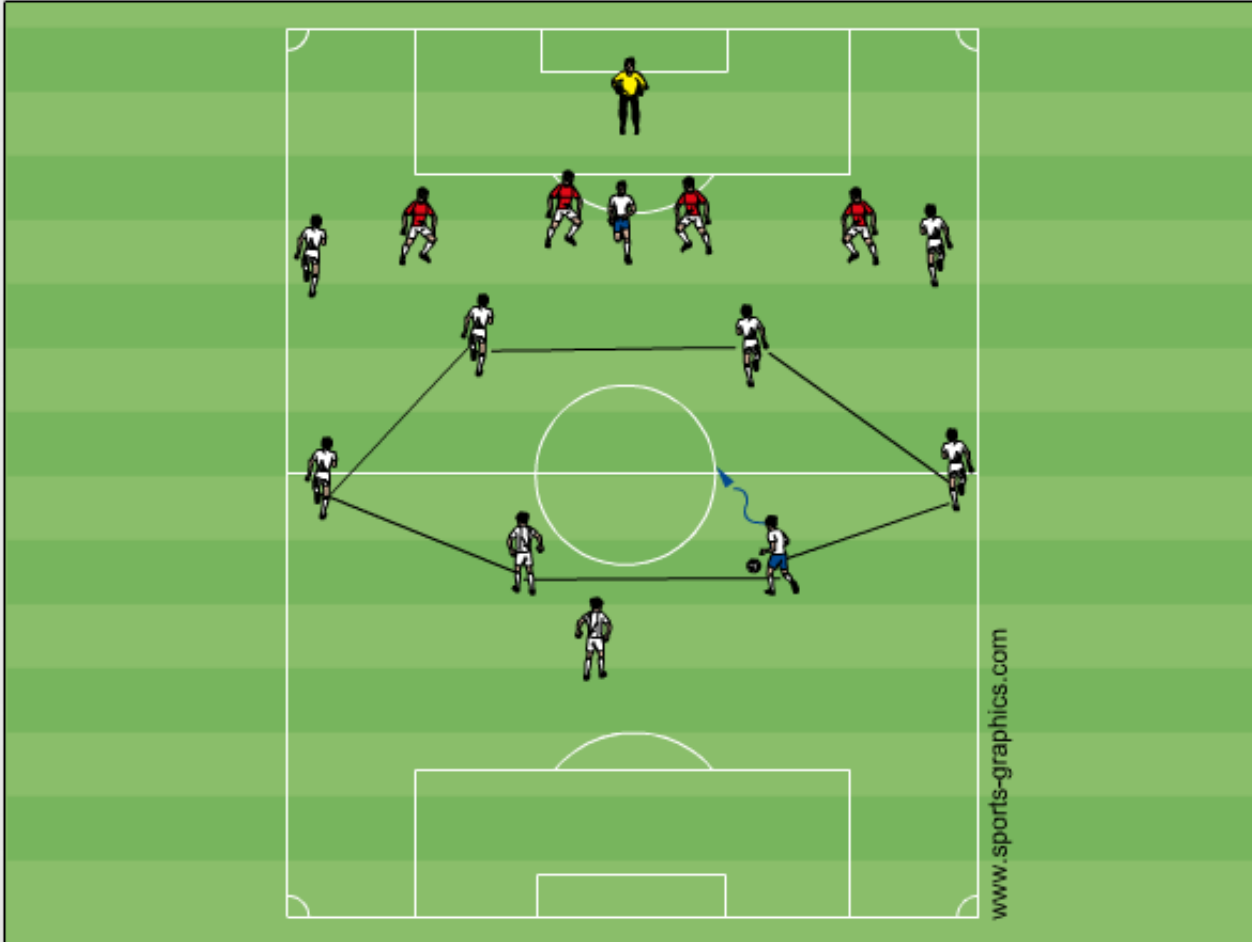
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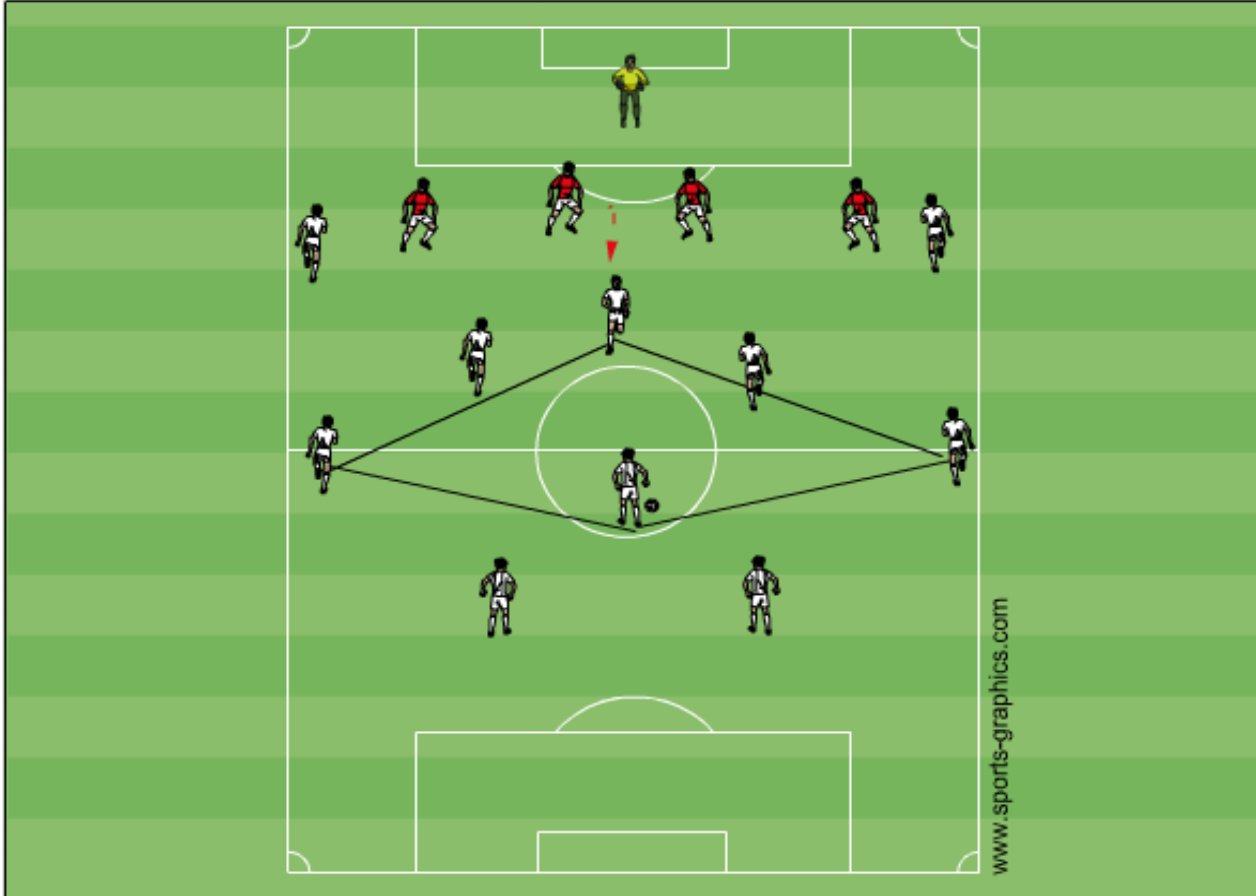
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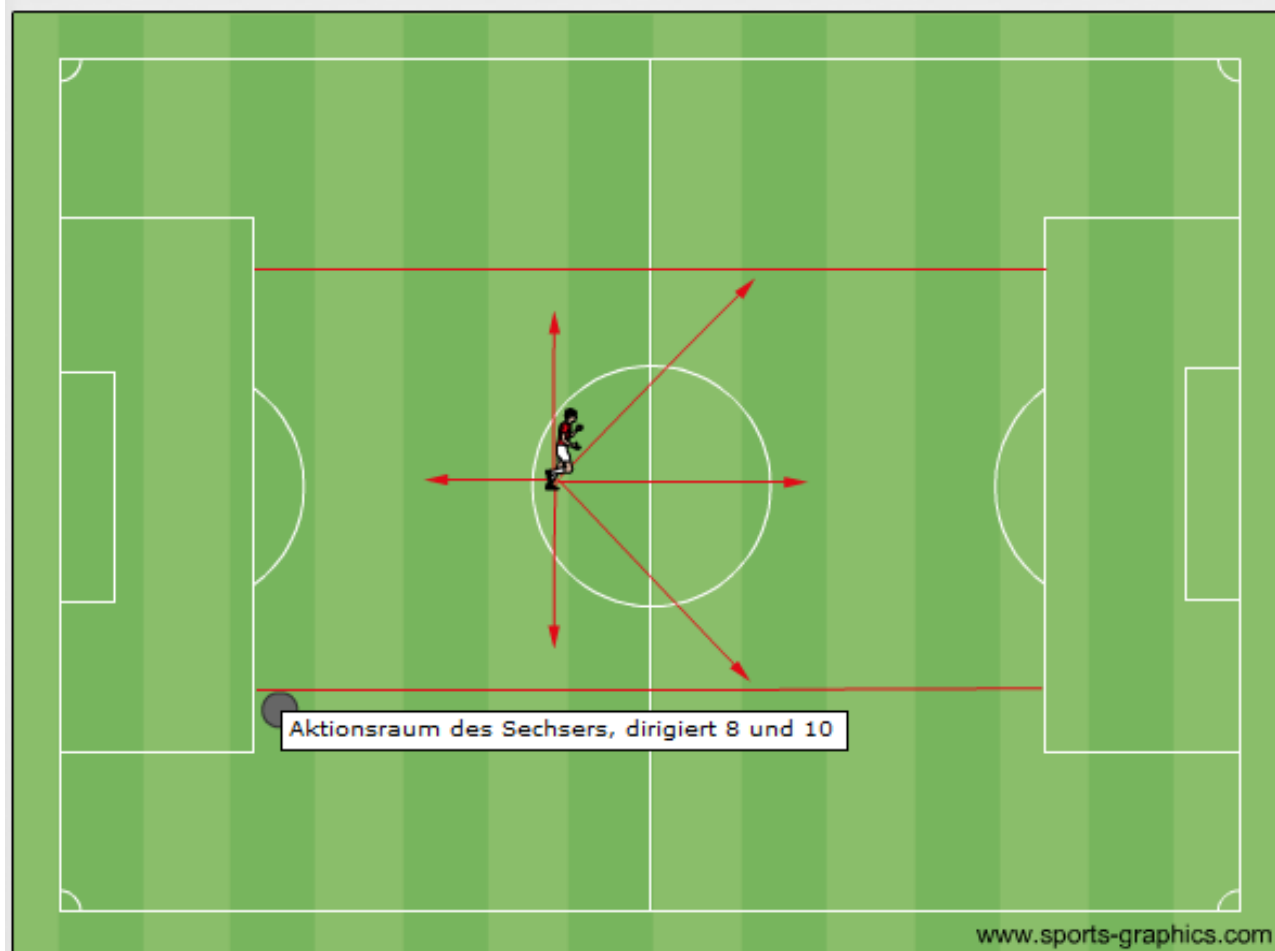
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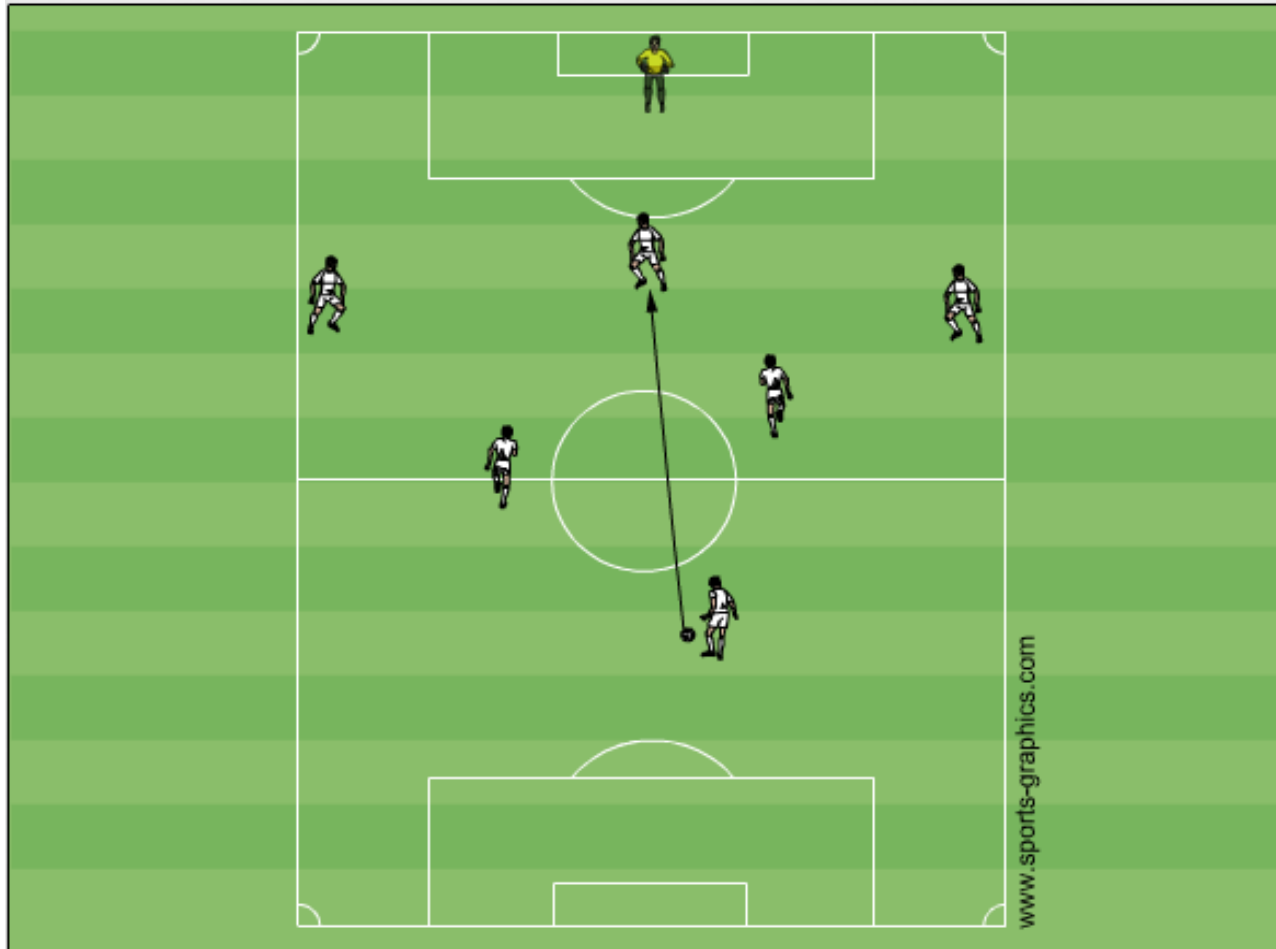
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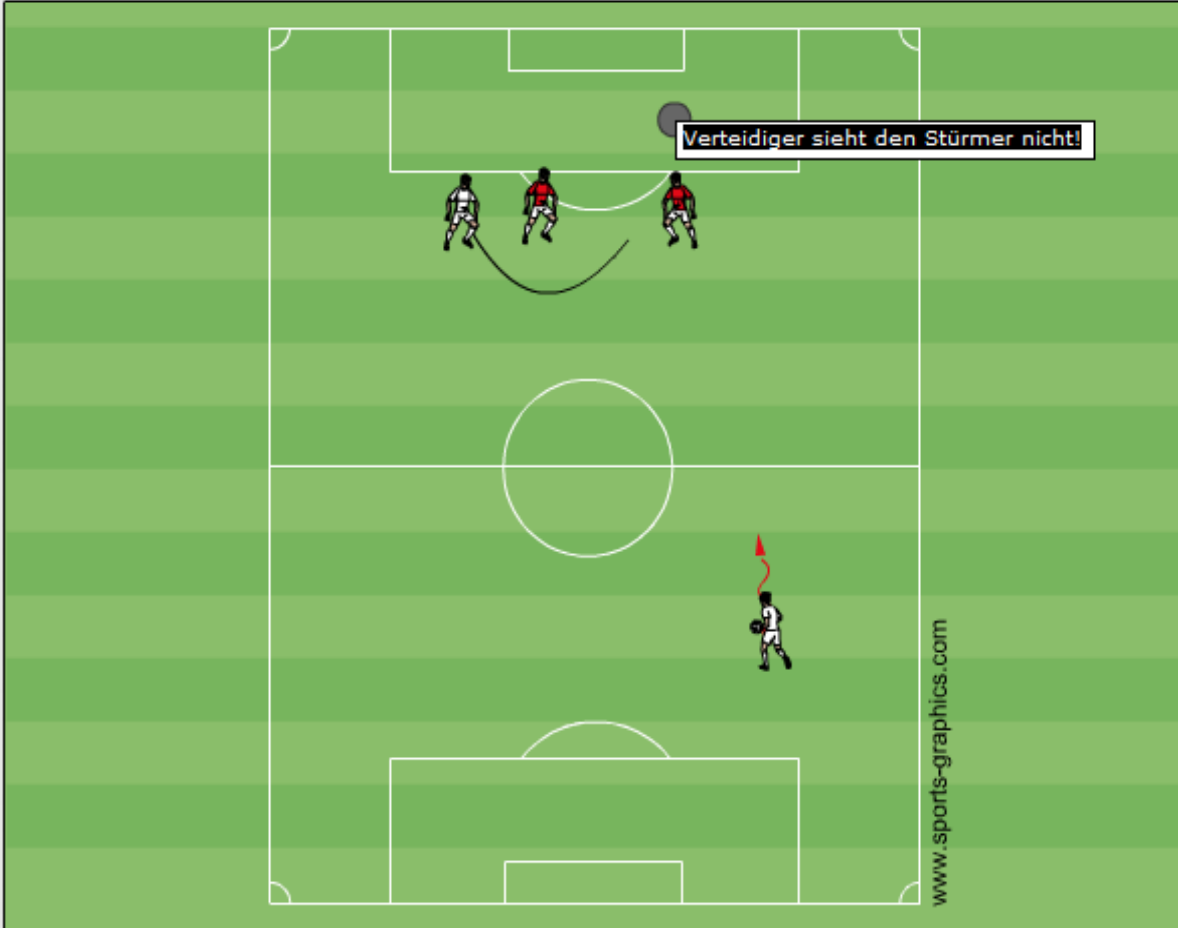
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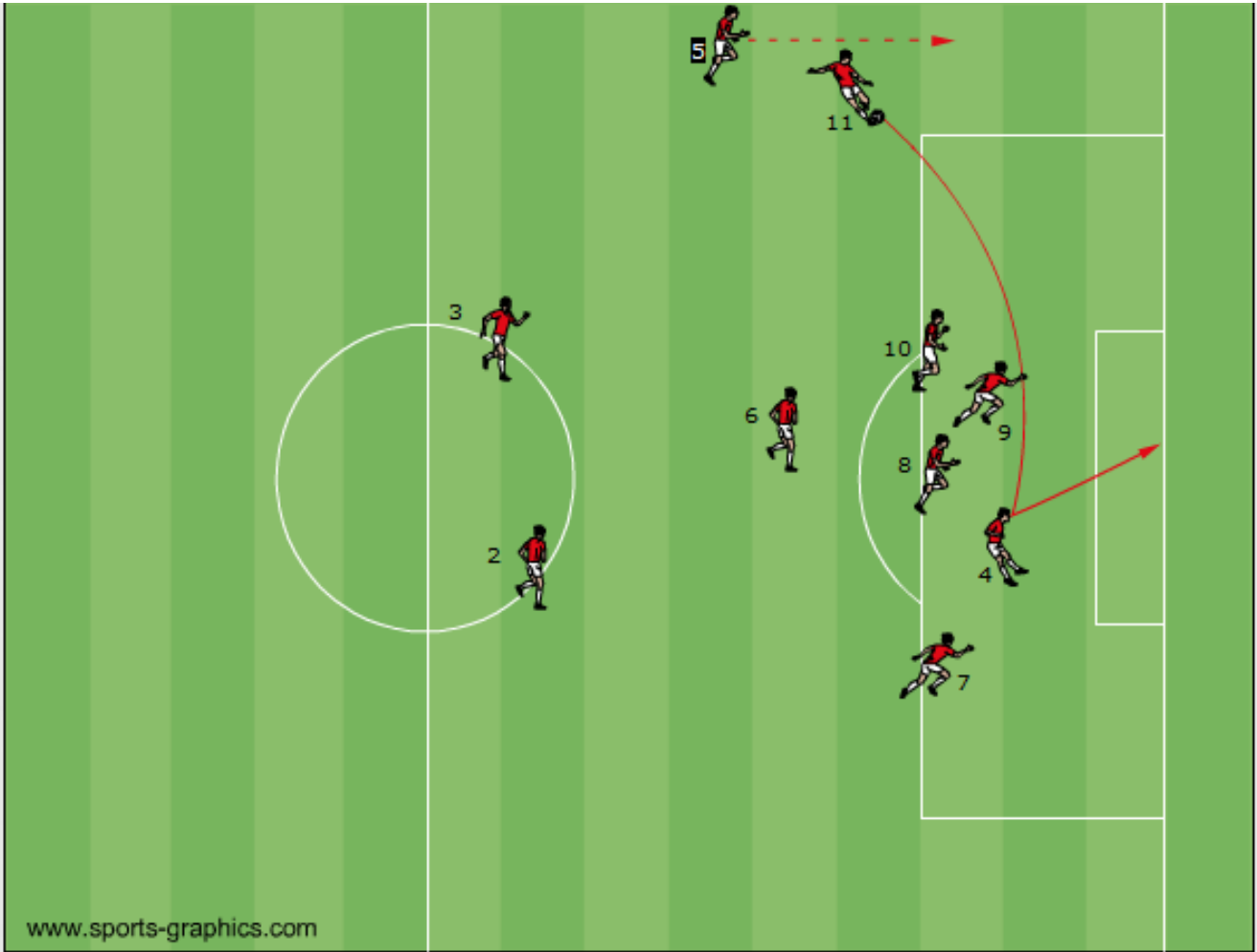
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Thank you for the audience and for
your attention!

Willi Ruttensteiner, MBA

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