

PEDRO MENDONÇA

TAC-TAC

Training **Pep's** Fútbol
using Tactical Periodization



Originally Published in Portuguese
Translated to English and Edited by Tony Almeida
English Version Co-Edited by Courtney Almeida
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1st Edition – September 2016

Dedication

To Dorisa, the love of my life.

To my boy bringing life into perspective and realigning priorities.

To my family for the principles you have taught me and the unconditional love.

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INTRODUCTION

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 which are needed to understand the advance training thoughts herein discussed.

In this book I will depict Pep's ideas as understood from Balagué (2012) and Perarnau's (2014) books. Subsequently I will systemize his Game Model/Way of Playing. Lastly I will show the Morphocycle Pattern leveraging the Tactical Periodization Principles to implement Pep's Way of Playing.

Note that in the images the red teams intentionally are depicted with inverted wingers while the blue ones are depicted with normal wingers, 7 on the right and 11 on the left.

The following numbering system and associated named nomenclature for the Red players is used throughout this book:



Figure 1- Numbering and Nomenclature for this book

At any time I will be glad to clarify my thoughts through my Twitter account: @PedMenCoach.

I. PEP'S IDEAS

a) Success is achieved through effort:

- ❖ To Pep is very important that his players train with great intensity. Quoting him "players must train like beasts to play like beasts". Therefore, effort is more important than talent.
- ❖ Players must "run like lions", leave it all on the field for the team: "they may have a bad game and make mistakes but they must give 100% in each game and practice".
- ❖ Teams play like they practice, hence focus on high quality short work-sessions.
- ❖ This commitment which is paramount to be successful only it's possible if the team is organized and disciplined.
- ❖ Pep is very demanding of himself.

b) Attack, Attack, Attack:

- ❖ Attacking mentality in all moments of the game – be an attacker whether in possession or not.
- ❖ Preference to "attack, score a lot, and play the best possible".
- ❖ When there is a question in the field "we attack, recover possession, and then attack again. That's the only way we can enjoy the game".
- ❖ The more and the longer the team attacks the better the team will defend.
- ❖ Therefore, it's important to attack the most effective possible prioritizing good fútbol: "the best way to defend is to attack".
- ❖ Demonstrate a willingness to take risks: being ready to break with the traditional.

c) No Loss of Possession:

- ❖ Try not to lose possession, specially in dangerous situations as it may generate a dangerous play for the opponent. If we lose possession it must be the opponent's merit not because of our players' mistakes.
- ❖ "Manage possession, keep it by passing the ball amongst ourselves and try to score".
- ❖ When in possession our opponents suffer and we have the game under control.
- ❖ For Pep the "real good players never turn over the ball"
- ❖ It is very important to be able to play from the back in control as it enables playing well.
- ❖ Teams who don't lose possession often are the most balanced ones.
- ❖ The ball is faster than the opponent. We need to circulate it quickly – in fútbol speed is set by the quickness of passing the ball.
- ❖ Make a pass thinking about the next play.
- ❖ There is a need to "pass the ball with intent, with the intent of scoring, not just passing erratically".
- ❖ Find at all times the unmarked team mate: pass, pass, pass, and pass, to get the ball in more forward zones.

d) Recover ball possession quickly:

- ❖ Upon losing possession the team must recover it as quickly as possible; this is best accomplished if when in possession the team were compact.
- ❖ The team must press hard and with intensity in search of recovering possession. In pressing the opponents "the players must be very intense".
- ❖ The forwards must be the first defenders.

h) Smaller squad:

- ❖ Have a squad composed of players whose quality allows them to play 2 or 3 positions.
- ❖ Having a small squad enables better camaraderie.
- ❖ Provide more opportunities to the young players specially coming from the club's academy.

i) Positional Game:

- ❖ The key positional game principle is to have superiority in all moments be it numbers, positional, or qualitative.
- ❖ **Numerical Superiority:** involve more players in a specific space/line. For instances, in the "Lavolpe Start" whereby the center-backs start play from the back and when pressured by two opposing forwards they are supported by their Pivot who retreats to create a 3v2 situation.
- ❖ **Positional Superiority:** players free in between-the-lines, through for instances the "free-man" dynamic movement created by the ball carrier attracting an opponent. In such instance, a team mate previously marked by that opponent is now free, positions himself in a diagonal behind the opponent and in between-the-lines. The other very utilized dynamic is the "3rd man" when for instances the Pivot passes to his Center-Forward who in turn passes to one of the midfielders who receives the ball between-the-lines facing the opponent's goal.
- ❖ **Qualitative Superiority:** create 1v1 and 2v2 situations in certain zones so that our best players can play "mano-a-mano" vs. inferior opponents. For instances, keep possession in a channel to attract as many opponents as possible so to be able to make a pass to the weak side where our Winger has now a 1v1 and may be able to go at the opponent's goal.
- ❖ Once the team has mastered one or more forms of superiority they can be leveraged to control a game.
 - It's fundamental to create superiority behind each one of the opponent's pressing line so that we have free players in between the lines.
- ❖ It's a buildup approach that must be well understood and executed by the players requiring to be studied and prepared in detail by the coaches.
- ❖ Preference for a spinal cord numerical advantage with vertical passes vs horizontal ones.

- ❖ Therefore, to sustain a continuous attack the ball carrier must always have 2 to 3 passing options through a triangular or diamond shaped player positions in relation to the ball.
- ❖ Players without the ball must always be available to support the ball carrier, looking for positions that allows them to receive a pass in good conditions to keep the play continuity.

j) Zone Defense:

- ❖ A player by himself is nobody; he needs all his team mates to help him show up his qualities on the field.
- ❖ Create a collective responsibility from the group solidarity.
- ❖ To be able to play Zone Defense, must follow a detailed and focused training session so the players are able to execute.
- ❖ To Pep Guardiola "the game foundation is the form by which a team defends".
- ❖ Have in mind that when we attack it's critical to be prepared to defend and vice-versa. "Fútbol is attack and defend. What we want is to attack a lot and provide very few chances to our opponent".
- ❖ There must exist a Playbook to defend and to attack known by all players.
- ❖ It's better to zone defend than man to man. Zone defense allows the players to always be in their positions which enables the transition to offense.

k) Permanent Numeric Advantage in the Center of the Field:

- ❖ *"I want a lot of people inside, most of the players in the inside zones".*
- ❖ We control the game when we have the good players inside, allowing the Wingers very wide (or Wing Backs if the Wingers go inside).
- ❖ For Pep to play well is to: *"fill up the middle of field and pass the ball a lot"*, consisting of having numerical advantage in inside spaces.
- ❖ The key is in the central channel of the field to bring together the most talented players so to have an advantage over the opponents.

l) The "Rondo":

- ❖ The "Rondo" is Pep's bible; it's the exercise from where his Game Model can be understood. It's the foundation of his soccer conception.
- ❖ He uses various types of "Rondos": 5v2, 6v2, 4v1, 8v2, etc.
- ❖ In these exercises the ball is always played at high speed, mostly 1-touch, which makes the players to think fast.

m) Leverage our Players Strengths:

- ❖ We must “enable our players with such Game Principles that mitigate risks and maximize their strengths”.
- ❖ It's important to explain the thought process to the players: what to do and how to do it. That's the only means to get their buy-in.

n) Faith:

- ❖ Faith, confidence, conviction that all will turn out well.
- ❖ The team must always play as the coach wishes. Fundamentally to stay faithful to our Ideas of the Game.
- ❖ The coach must in all decisions demonstrate confidence and trust.
- ❖ Patience and persistency because not everything will turn out well all the time – specially in the beginning.

II. PEP GUARDIOLA'S GAME MODEL

A. Offensive Organization

MACROPRINCIPLE: Possession and ball movement so to overcome the opponents, always balanced in case possession is lost.

1. 1st Phase – The Build Up of and Attacking Game:

a. *SUBPRINCIPLE: "BIG FIELD" –*

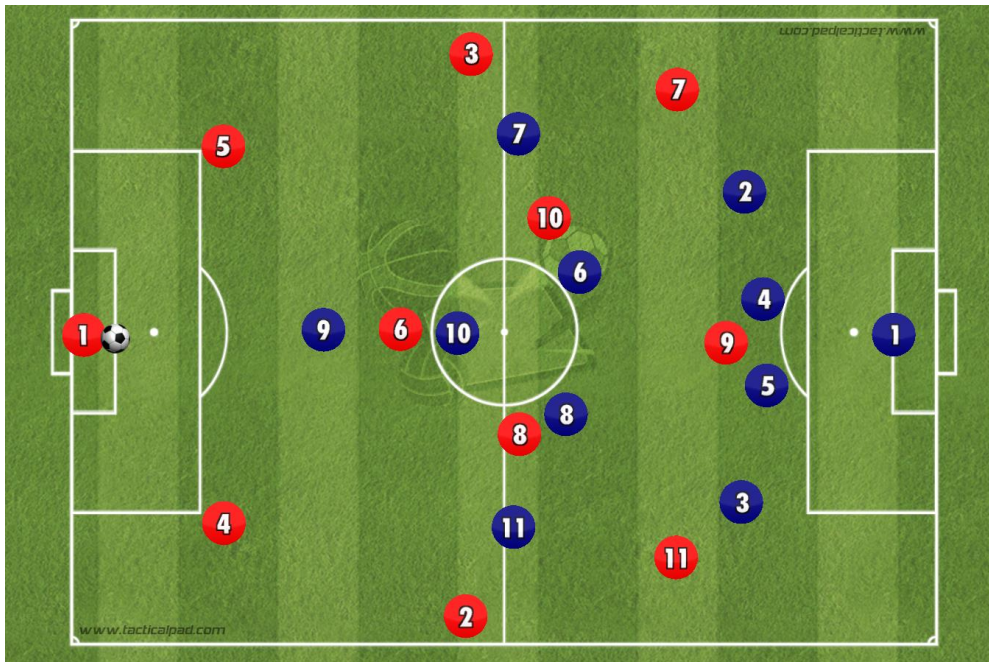


Figure 2: The Build Up of an Attacking Game – Big Field

- ❖ Players well distributed in the field, with three Forwards deep in the last third, the midfield triangle up high, Center-Backs apart at each box corner, and Wing-Backs wide and up by the mid-field line.
- ❖ The Attackers must push the defenders back towards their goal, giving depth to the offensive moment.

b. SUBPRINCIPLE: "PLAYING FROM THE BACK" –

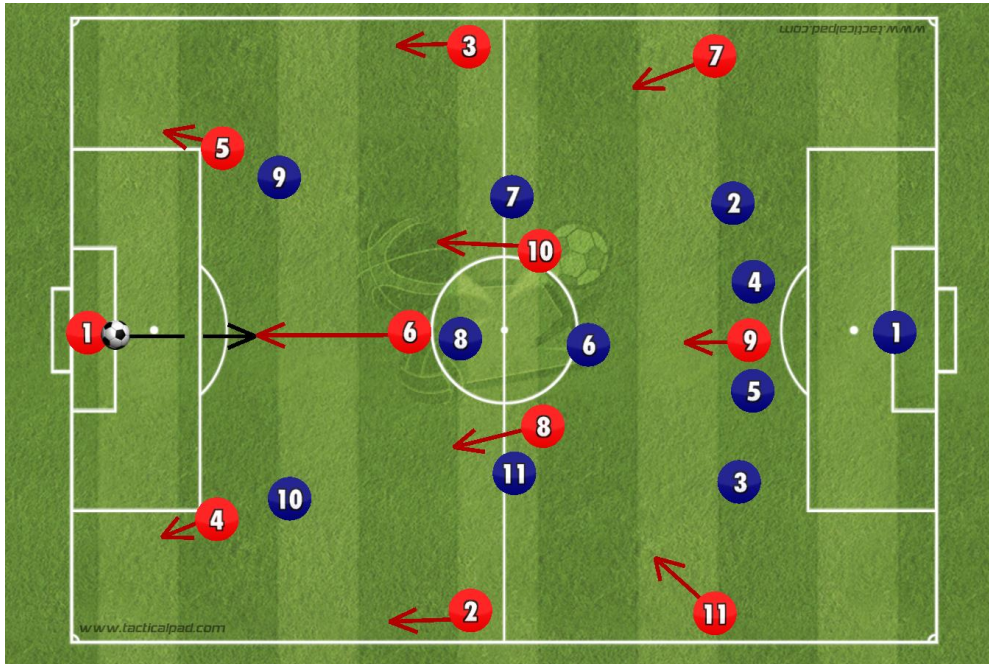


Figure 3: The Build Up of an Attacking Game – Playing from the Back

- ❖ Playing from the back with the ball controlled, using the Center-Backs as the first play makers.
- ❖ Possibility of the Pivot to be involved in the middle of the Center-Backs to come out of the back with three players so to create a numerical advantage over a team that plays with 2 forwards ("Lavalpe Start"). The Pivot must know how to position himself between the Center-Backs to help them in the first passes.
- ❖ Create a numerical advantage when playing from the back, e.g. 2v1, 3v2, etc.

C. SUBPRINCIPLE: "POPULATE THE CENTRAL CHANNEL" –

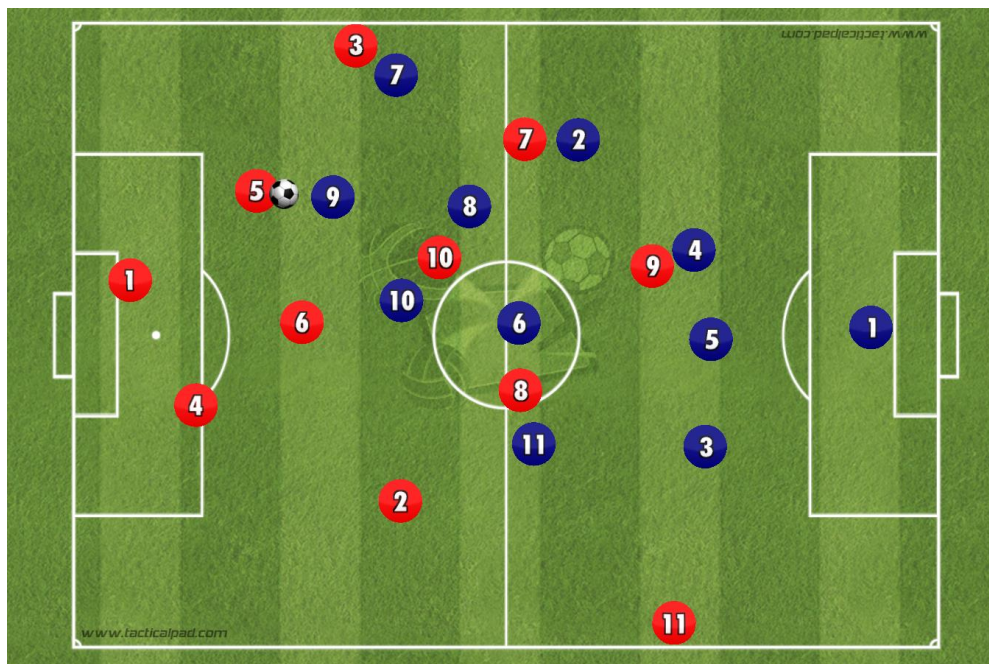


Figure 4: The Build Up of an Attacking Game – Populate the Central Channel

- ❖ Have always a lot of players in the interior zones (central channel) and a player wide open on a wing.
- ❖ It's important that the Wing-Backs and Wingers be always in different vertical lines.

d. SUBPRINCIPLE: "START PLAY THROUGH THE MIDDLE" –

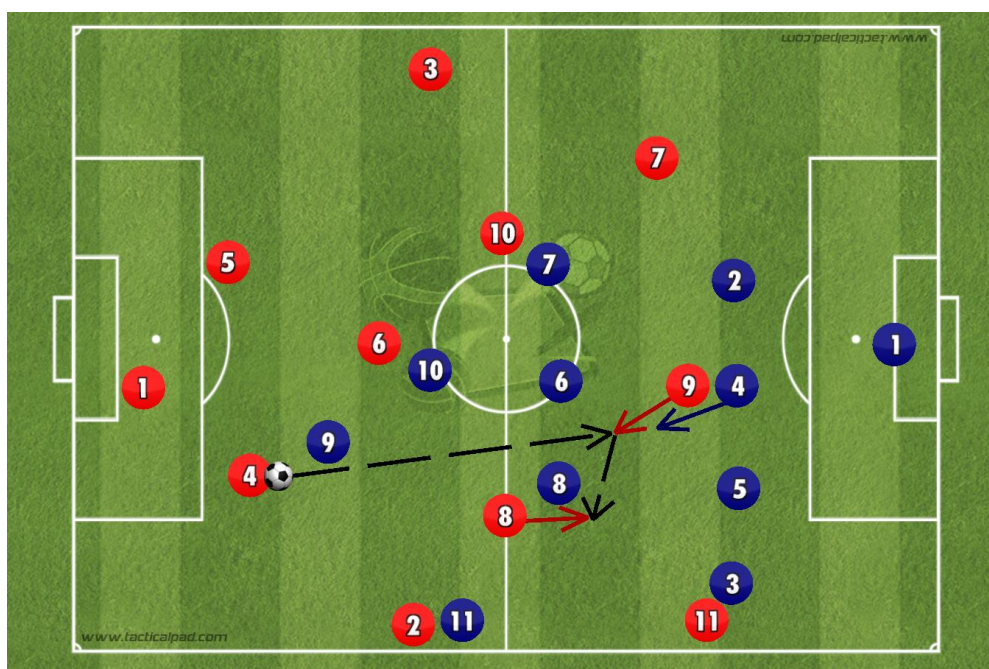


Figure 5: The Build Up of an Attacking Game – Start the Play through the Middle

- ❖ Defenders must play through the middle / central-channel as the outside spaces are often pressure zones for the opponents.
- ❖ However, if the Wing-Backs can receive the ball ahead of their direct opponent, the play should "start wide".

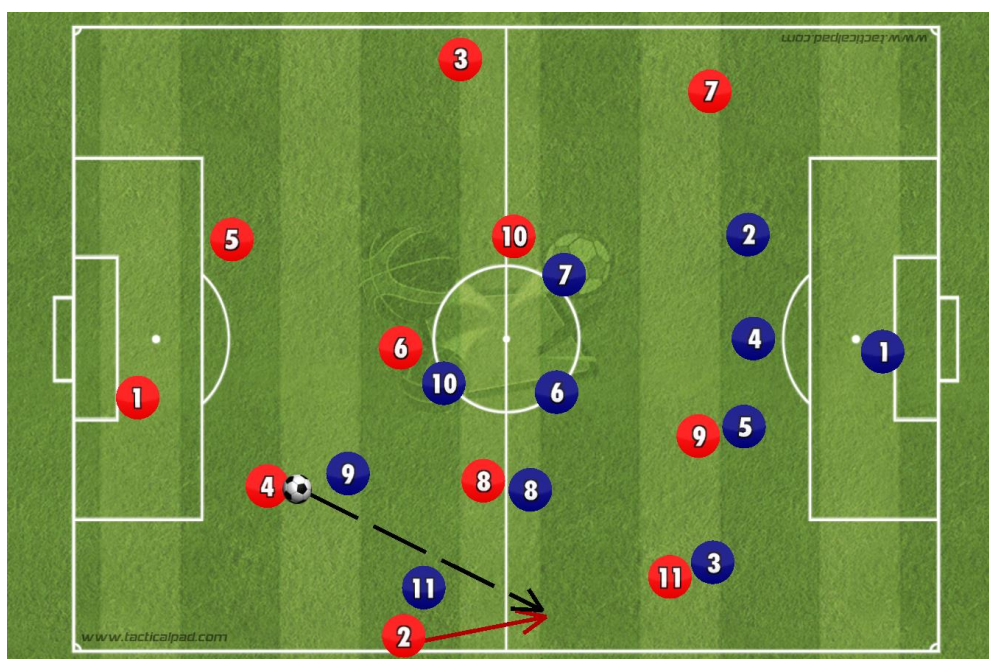


Figure 6: The Build Up of an Attacking Game – Start the Play Wide

e. SUBPRINCIPLE: "POSITIONAL GAME" –

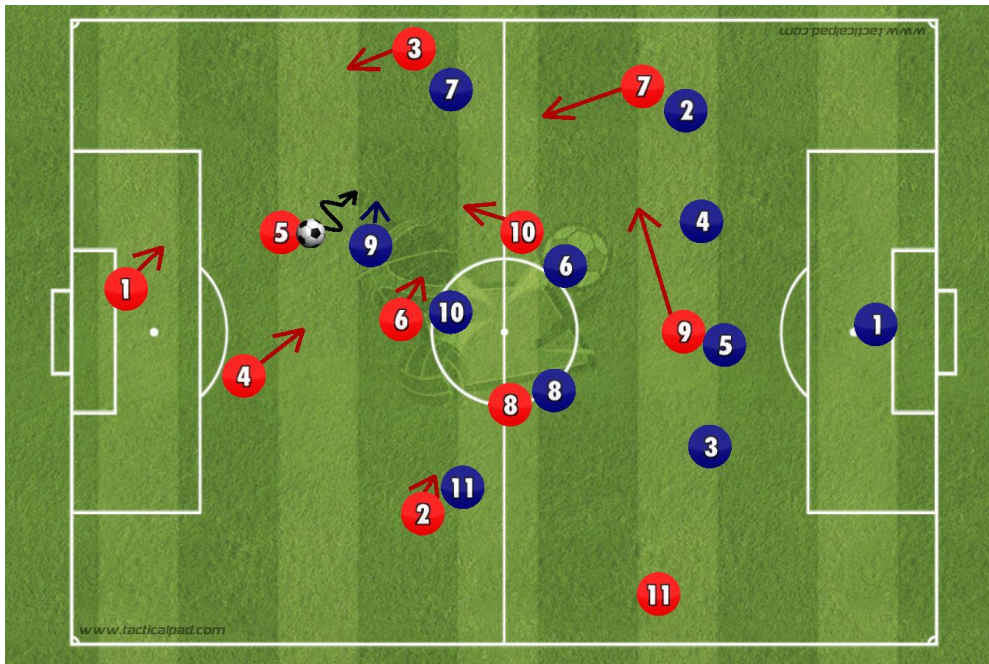


Figure 7: The Build Up of an Attacking Game – Positional Game

- ❖ All players must have their positions perfectly defined as the game evolves.
- ❖ Each player must position himself in the appropriate spaces in relation to the ball.
- ❖ All players must be positioned diagonally in relation to the ball and be mobile at all times.
- ❖ Players must understand that even if not directly involved in the play they are helping the team.
- ❖ Have players in their positions is paramount upon loss of possession.
- ❖ The Keeper is involved playing outside the goal, always available for a diagonal passing lane supporting the game continuity.

f. SUBPRINCIPLE: "PROGRESS FORWARD AS A BLOCK" –

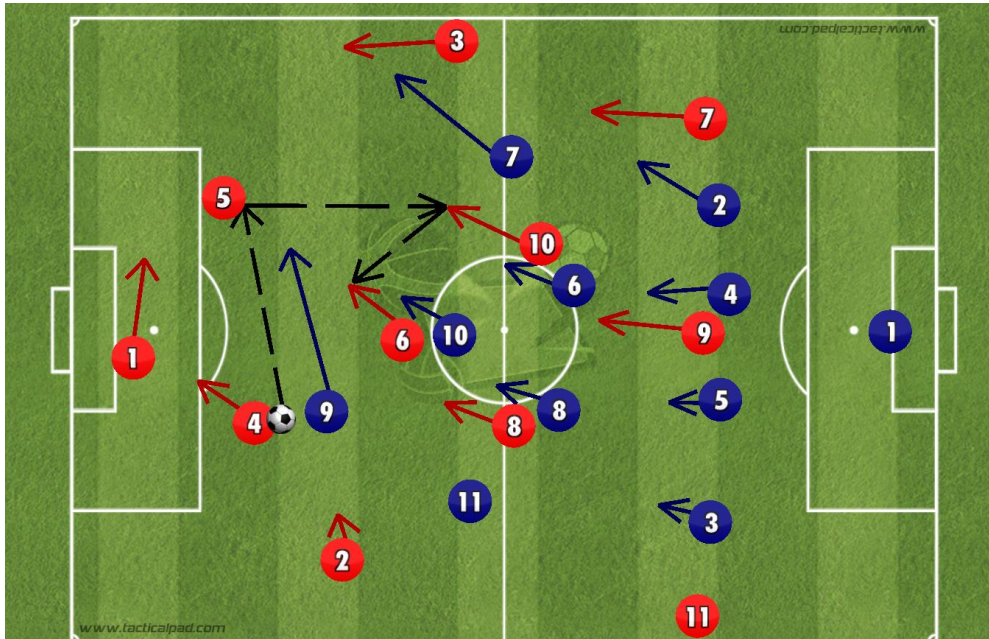


Figure 8: The Build Up of an Attacking Game – Progress Forward as a Block

- ❖ The team plus start play from the back with clarity, thorough a succession of passes that allows the players to move up as a block.
- ❖ The players being compact in the 1st Build-Up Phase allows the team to be always balanced which enables possession recovery.

g. SUBPRINCIPLE: "PLAY THE BALL BETWEEN-THE-LINES" –

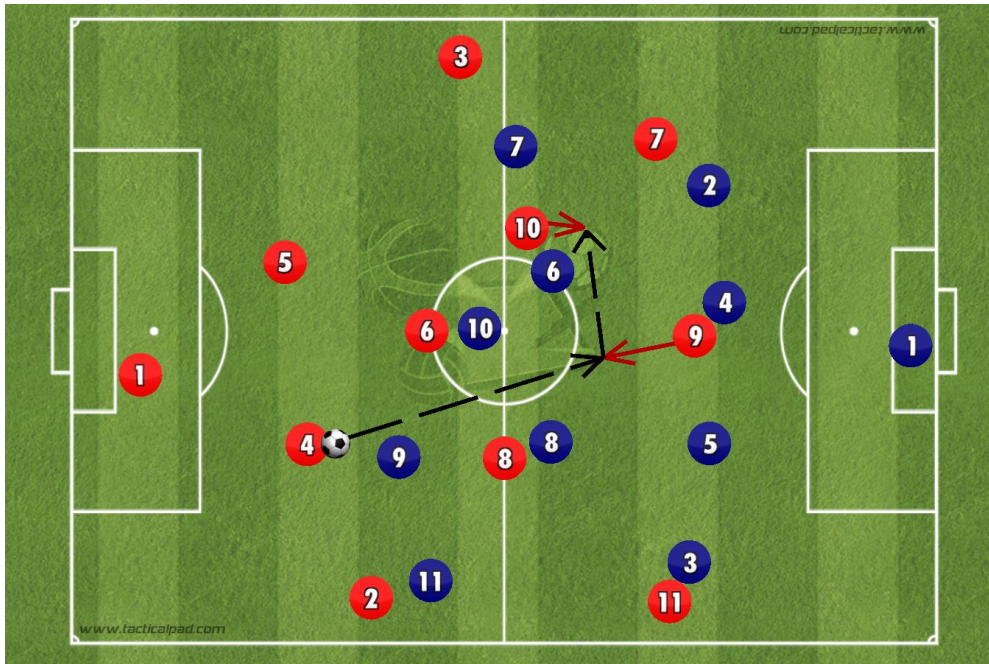


Figure 9: The Build Up of an Attacking Game – Play the Ball Between-The-Lines

- ❖ If possible always pass the ball to the players in between-the-lines.
- ❖ The pass should preferably be to a Forward between the opponent's defense and midfield line or alternatively between the opponent's midfield and forward lines.
- ❖ Therefore it's necessary courage and determination by the Defenders to "jump" the opponent's lines.
- ❖ Utilize the 3rd-man dynamic: whoever is an advanced position in relation to the ball asks to pass the ball to whoever is facing the opponent's goal. For instance a Back passes to a Forward with back to the goal who in turn passes to a Inside-Mid facing the goal. In this dynamic the 2nd man movement is important when acting as the link to the 3rd Man.

h. SUBPRINCIPLE: "GET PAST THE OPPONENT'S FORWARD LINE" –

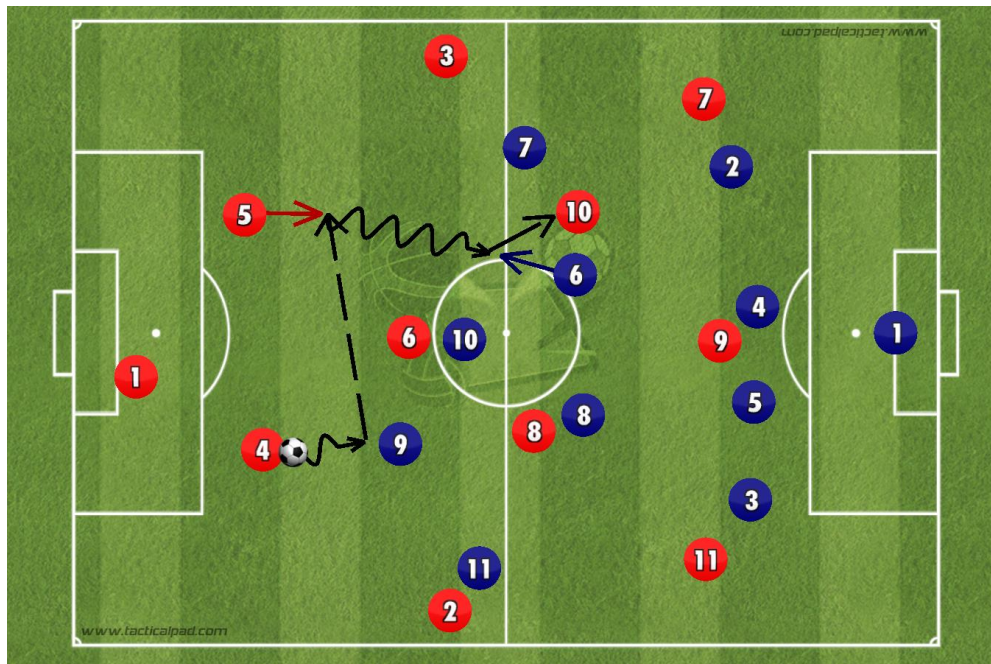


Figure 10: The Build Up of an Attacking Game – Get Past the Opponent's Forward Line

- ❖ Circulate the ball among the Defenders with the objective to move the opponents, to get past the opponent's forward line.
- ❖ There is a need for the Defenders to be very good with ball possession.
- ❖ To get past the opponent's line it implies the players must be aggressive and brave: to have possession and cross the opponent's lines without fear of the empty space in their backs.
- ❖ We must attract the opponent's so to get past them while carrying the ball through passing not dribbling.
- ❖ Create 2v1 and 3v2 situations: to split the opponent through a pass.
- ❖ The passes between the Center-Backs must always have a team mate in front – never horizontally so that to enable a deep drive or a pass to the central channel.
- ❖ Pass the ball so that the team mate to receive in motion – ball to space not to feet.
- ❖ When the Center-Back advances with the ball, the Pivot must balance his position.
- ❖ Utilization of the "Free-Man" dynamic – the player attacks the space forcing the opponent to challenge him freeing up a team mate. This "Free-Man" is now available to receive the ball without opposition.
- ❖ The Center-Back tempts the opponent, invites him to advance, and at the point the opponent pressures, he passes the ball to the other Center-Back who makes a vertical pass, not to the Inside-Midfielders who have the back to the opponent's goal but to the Forwards between the lines – 3rd Man dynamic.
- ❖ Center-Backs with the courage to advance the field carrying the ball, to obtain numerical advantage in middle of the field.

i. INDIVIDUAL SUBPRINCIPLES:

- ❖ To give more fluidity to the ball circulation (a.k.a. ball movement), each player must have his body positioned for a directional pass so to be able to deliver to a team mate immediately very effectively.
- ❖ Know the next pass to be made before receiving the ball.
- ❖ Pass the ball with intent and immediately make yourself available to the next play, so to be an alternative to the team mate so the ball may continue to move. The decision to move or not to move must result in being open so the team may continue to control the game.
- ❖ Line up the body properly.
- ❖ Pass the ball towards the leg further away from the team mate's direct opponent.
- ❖ Boldness and courage with the ball; players who want and are comfortable with the ball.
- ❖ Positioning when passing and receiving the ball.
- ❖ Rapid ball movement – passes with speed.

2. 2nd Phase – Creating Finishing Situations:

a. SubPrinciple: “Game Between-the-Lines” –

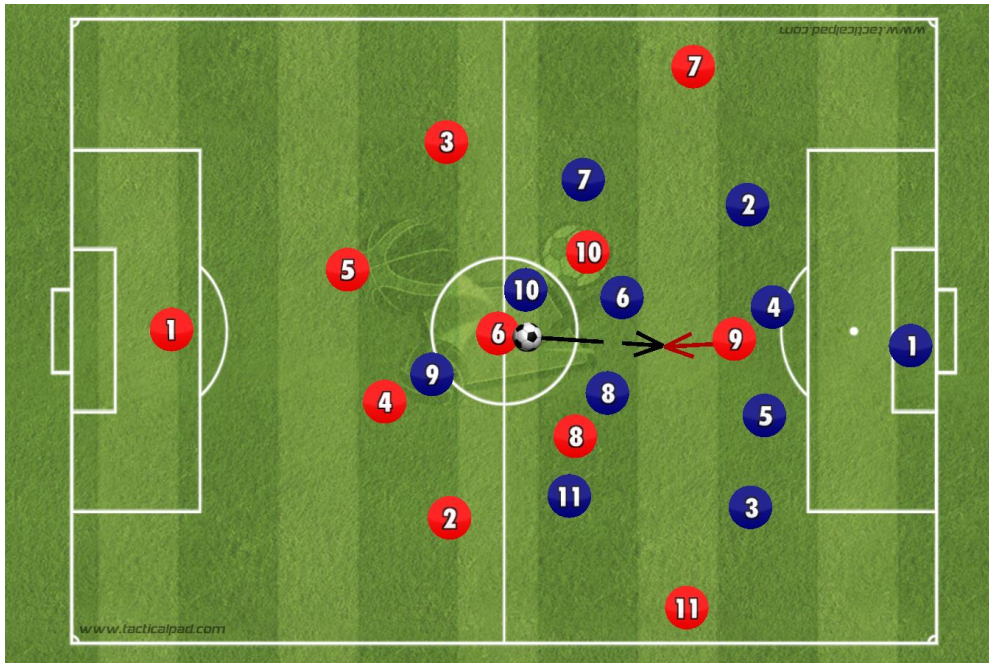


Figure 11: Creating Finishing Situations – Game Between the Lines

- ❖ When the opponent leaves space between the midfield and the defensive line, e.g. when the Inside-Mids press a lot but the Center Backs do not follow them, our Mids must try to get the ball to our Forwards in that space hence getting through the opponent's midfield.
- ❖ Determined and brave Defenders and Midfielders to “jump” the opponent's lines through passing.
- ❖ Pivot with the ball, Wingers very wide and deep, with the balance of the “Attackers” (Center-Forward and Inside-Midfielders) to move between midfield and defensive lines. Must move the opponent's midfield line so to disorganize them faking a pass to one direction and making it to another forcing those opposing mids to turn to run towards their goal. It's necessary to align the body to be prepared to fake the pass.
- ❖ Take advantage of the “False 9”. The “False 9” is the Center-Forward that instead of being fixed in middle of the opposing Center-Backs, retreats to create numerical advantage in the midfield, to receive the ball between the lines by teaming with his Midfielders.
- ❖ Usage of the “3rd Man” dynamic.

b. SubPrinciple: "Central Channel Superiority" –

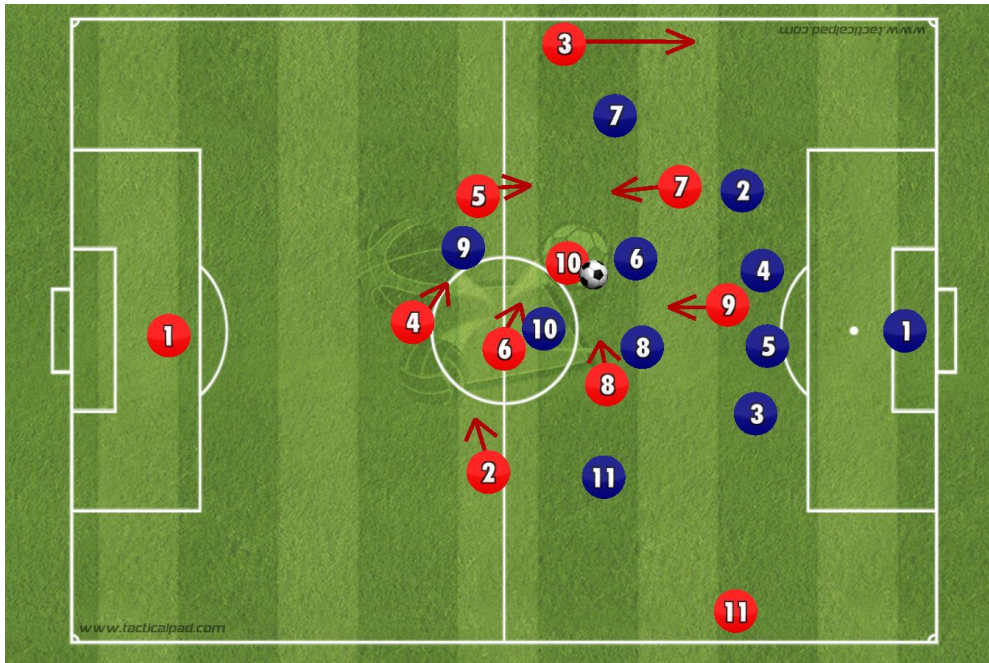
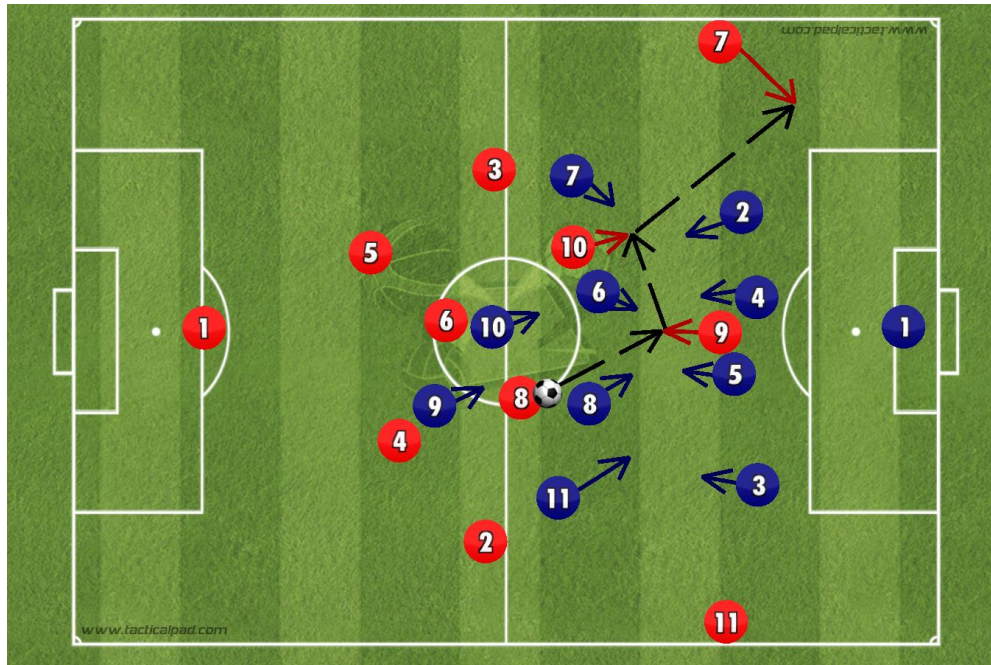


Figure 12: Creating Finishing Situations – Central Channel Superiority

- ❖ Must have numerical advantage in central channel at all times.
- ❖ Strong central-channel game.
- ❖ Must be patient in the middle third to create spaces.
- ❖ Players positioned in the middle third with the wide ones separated from the central ones to spread the opposition.



- ❖ Create even numbers situations in the whole field.
- ❖ Capacity of the “Attackers” to beat the opponents in 1v1 or 1v2.
- ❖ Play inside to attract opponents and then play the ball to the Wingers wide open facing the goal and receiving the ball with space.

d. SubPrinciple: "15 Previous Passes" –

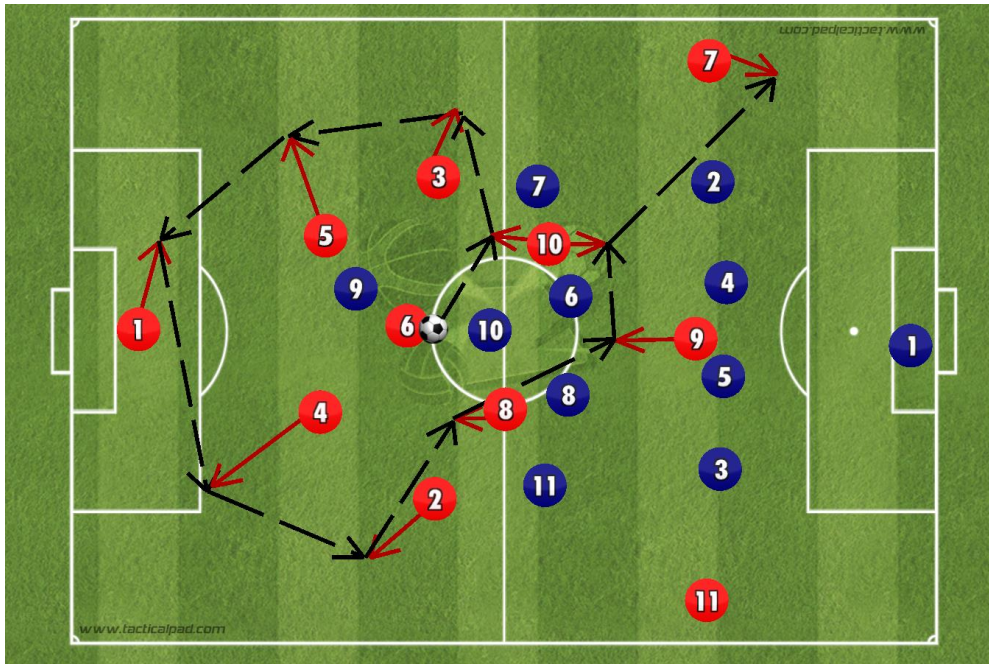


Figure 14: Creating Finishing Situations – 15 Previous Passes

- ❖ Critical to execute the defensive transition well: 15 passes to organize our team and disorganize the opponent.
- ❖ Exchange the ball among our players to keep the team tight; to get to the 3rd Phase through a series of passes.
- ❖ Ball movement must be patient and not be afraid to pass back if a forward-pass is not available, and to persevere in disorganizing the opponent.
- ❖ Ball movement through quick passes.
- ❖ Capacity to control the game and dictate what happens in the field.
- ❖ Creating space through the constant mobility of the players.
- ❖ Have possession and pass it around in the opponent's half.

e. SubPrinciple: "Attract the Opponents to the Ball" –

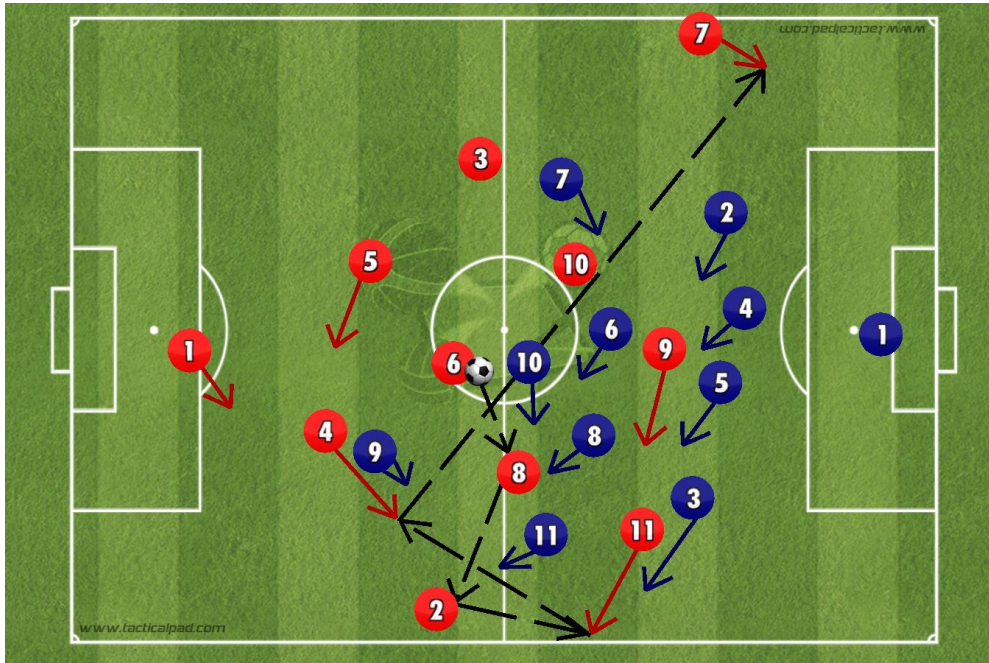


Figure 15: Creating Finishing Situations – Attract the Opponents to the Ball

- ❖ Carry the ball in through one wide channel to “tilt” the opponent to that side and unbalance them defensively.
- ❖ Attract the opponent to one side – creating therefore a “strong side” so that the “weak side” is available to be leveraged through a deliberate pass.
- ❖ Center-Backs who are not able to get through the lines may make a diagonal pass towards the opposite Winger – always in advanced zones, near mid-field, to enable an easier possession recovery if needed.
- ❖ The Wingers must be “touching” the sideline and be capable of receiving long diagonal passes from the Center-Back on the other side.

f. SubPrinciple: "Big Field" –

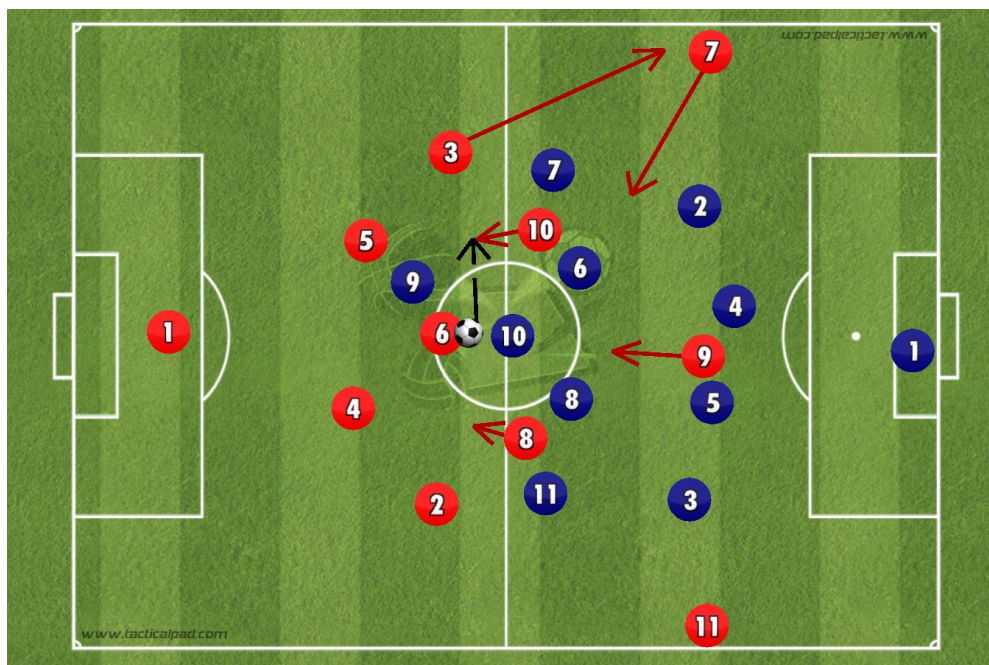


Figure 16: Creating Finishing Situations – Big Field

- ❖ Always keep the width of the field as deep as possible.
- ❖ Very wide Wingers, who will also look to come inside – if the latter occurs the Wing-Backs must provide the maximum width possible.
- ❖ Play wide with the objective to create space.

g. SubPrinciple: "Positional Game" –

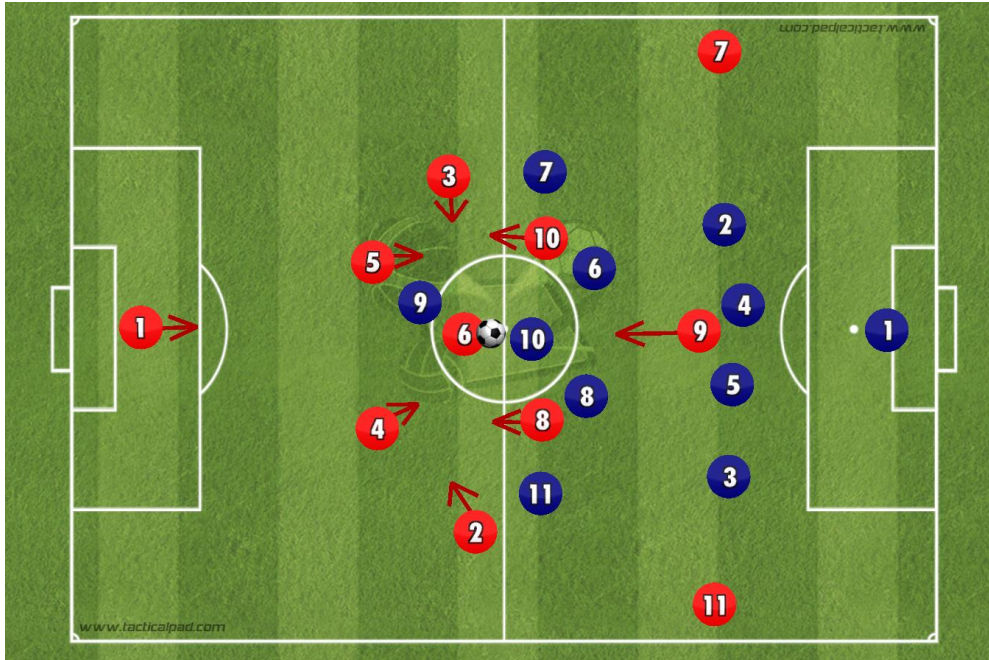


Figure 17: Creating Finishing Situations – Positional Game

- ❖ Players well distributed in the space – good positional game.
- ❖ Wing-Backs and Wingers in different vertical lines, ideally the Wing-Back more inside and the Winger wider.
- ❖ Wingers have to understand that they may not be involved in the game directly for a bit, but will help build the offensive process which will end with a scoring opportunity.
- ❖ The players must always be available for each other.
- ❖ Before receiving the ball, the players must know where they are going to pass to; if they don't have an idea, they must keep it or pass to their Keeper if necessary – but never turn it over.
- ❖ While in the offensive moment the layers must keep their position.
- ❖ The team must be dynamic, with someone always occupying a position, with the players moving in an organized fashion. If there is a loss of possession by being dynamic and in position will make it more difficult for the opponent to counter. If the team attacks in an organized manner it will be easier to press the opponent upon loss of possession; moreover, an organized well positioned attack will enable a faster recovery.
- ❖ The offensive timing is the key for the positional game.

h. SubPrinciple: "Split and Pass" –

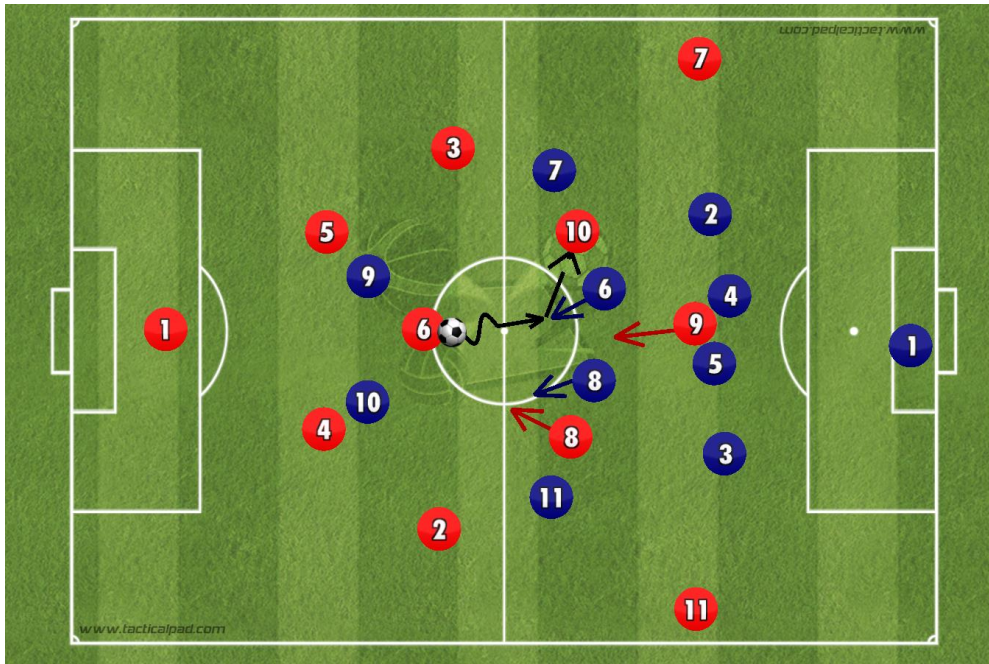


Figure 18: Creating Finishing Situations – Split and Pass

- ❖ Create 2v1 situations – split and pass, trying always to have a numerical advantage around the ball.
- ❖ Brave and determined Defenders and Midfielders to overcome the opponent's lines while carrying the ball.
- ❖ Patient Inside-Midfielders and Wingers to show as the "Free-Man" or "3rd Man".
- ❖ The Pivot must compensate for the Center-Back position when this carries the ball.
- ❖ Run with ball to provoke and attract the opponent – not to dribble him.

i. Individual SubPrinciples:

All Players:

- ❖ Must pass the ball with intent and immediately be available for the next play, so to offer an alternative to a team mate, therefore ensuring that the ball keeps moving and our team controls the game.
- ❖ Pass and show, sometimes moving, sometimes staying put.
- ❖ Proper body position to give fluidity to the ball continuously.
- ❖ Plan the next pass before receiving the ball.
- ❖ Quick passes with speed.
- ❖ Pass the ball to space not to feet.
- ❖ Receive the ball in motion.
- ❖ Pass the ball to the team mate's opposite leg away from the opponent's position.
- ❖ Players must want to have the ball, hence they must show to the ball carrier.

Keepers:

- ❖ In the game with the team – prepare the offensive transition, protect the spaces in the back of its defensive line.
- ❖ Be a passing alternative to get the ball from a pressure spot.

WIng Backs:

- ❖ Give depth and width to the team by constantly being involved.

Center-Backs:

- ❖ Must be aggressive with the ball, taking it past the center circle, try to cross the opponent's lines.

Pivot:

- ❖ When he has the ball must look for the best pass options, e.g. who is free with space ahead of him. Normally must play with whoever is closest and available but if opportune may also may a pass behind the opposing defenders to is Attackers.

Inside-Mids and Pivot:

- ❖ Recover possession cleanly, split the opponent, and overcome its midfield line, e.g. attack hard when they move forward.

Wingers:

- ❖ Play very wide and run after the space.
- ❖ Must always look for the opponents backs or alternatively the space in the central channel between the midfield and the defensive lines.

Center Forward:

- ❖ Play often as a "False 9": after receiving the ball between the midfield and defensive lines and in case if he is able to face the opponent's goal, must attack the opposing Center-Backs and go for goal.

3. 3rd Phase – Finishing Effectively Attacking Situations:

a. SUBPRINCIPLE: "PLAYING A HIGH LINE" –

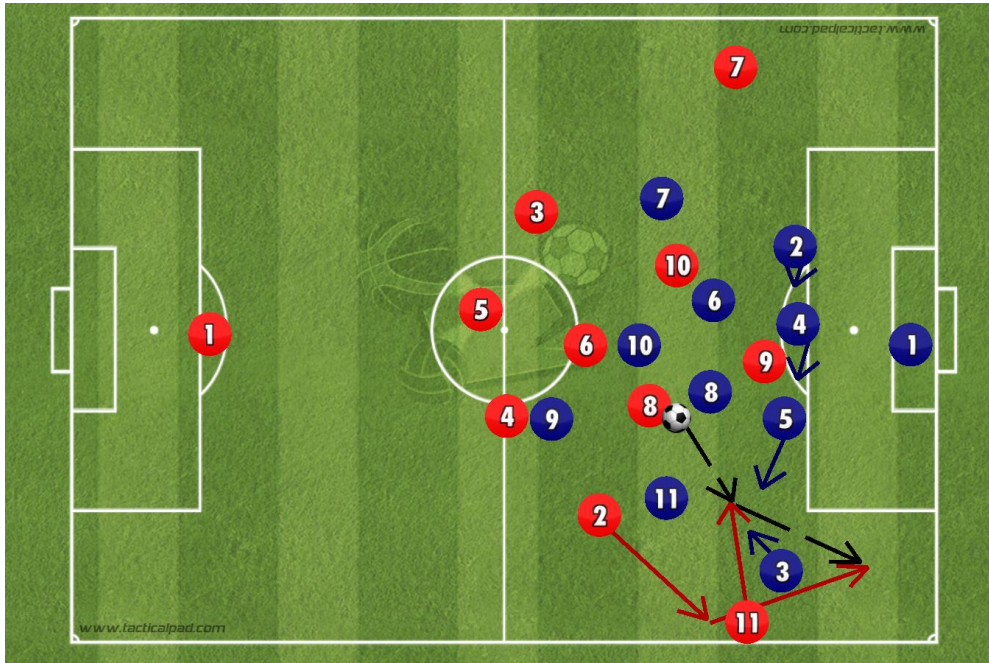


Figure 19: Finishing Effective Attacking Situations – Playing a High Line

- ❖ The team play a high line so that the Wingers start playing closer to the opponent's goal in at a minimum even numbers and preferably with numerical superiority.
- ❖ High defensive line at midfield so to provide an Offensive Unit to the team.
- ❖ Players always close to each other.
- ❖ Together to win "second balls". Attack the bounce and the "2nd ball" by all players including the Wing-Backs when appropriate.
- ❖ Possibility of inside or outside overlaps by the Wing-Backs on the Wingers coming from deeper positions.

b. SUBPRINCIPLE: "POSITIONAL GAME" –

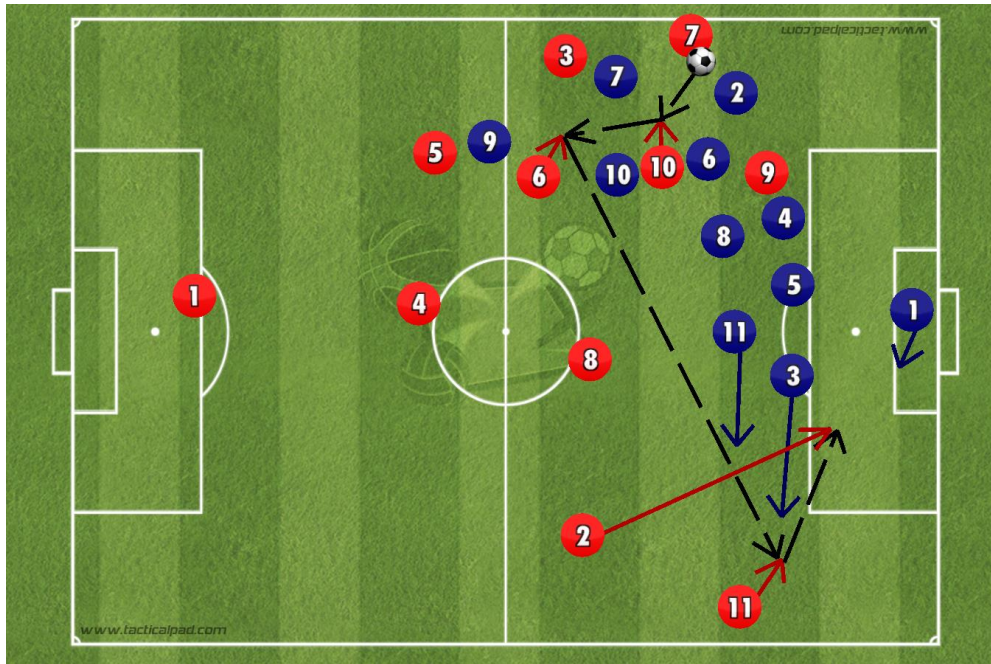


Figure 20: Finishing Effective Attacking Situations – Positional Game

- ❖ Players well distributed across the field – good positional game.
- ❖ Have a lot of players through the central channel to pass the ball and show facing the opponent's goal, with some players wide.
- ❖ Attackers positioned in a pre-determined space with little involvement but supporting the team. When in action will be alone and decisive.
- ❖ Fix the opposing four Defenders with the least number of Attackers – two or even one if this one is very good.
- ❖ Wing-Backs and Wingers near each other on the strong side to attract opponents. When switching the point of attack through a long pass, the Wing-Back overlaps on the inside or on the outside of the Winger depending on the latter's position.
- ❖ Players must be patient and stay away from the action to wait for the appropriate moment and then create a numerical advantage situation, e.g. 2v1, 3v2, etc.
- ❖ Inside-Mids must play inside to pass, cover the Wingers attacking forays and to attack the box.
- ❖ When the ball goes to a Winger, the opposite side should stay wide if the ball is in the inside, and come inside if the ball is at the end line.

c. SUBPRINCIPLE: "TAKE ADVANTAGE OF THE SPACES IN THE OPPOSING DEFENDERS' BACKS" –

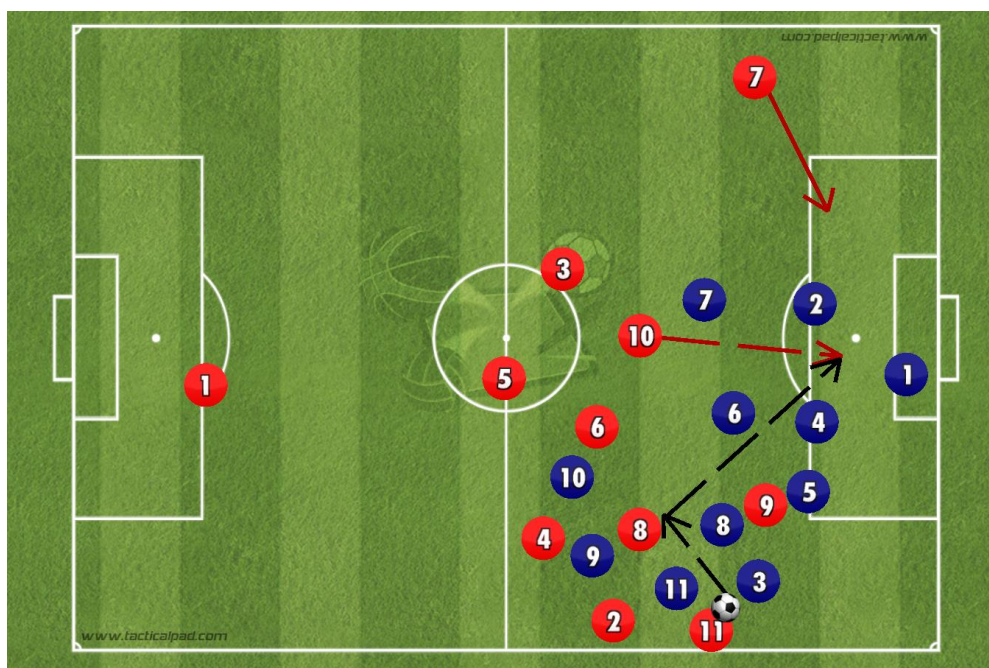


Figure 21: Finishing Effective Attacking Situations – Take Advantage of the Spaces in the Opposing Defenders' Backs

- ❖ Winger in numerical inferiority passes to a Mid who looks to connect through the inside with more central Attackers.
- ❖ Penetration by the Attackers into the opposing defenders backs after the Mids receive the ball from wings.

d. SUBPRINCIPLE: "INCORPORATE PLAYERS FROM THE BACK" –

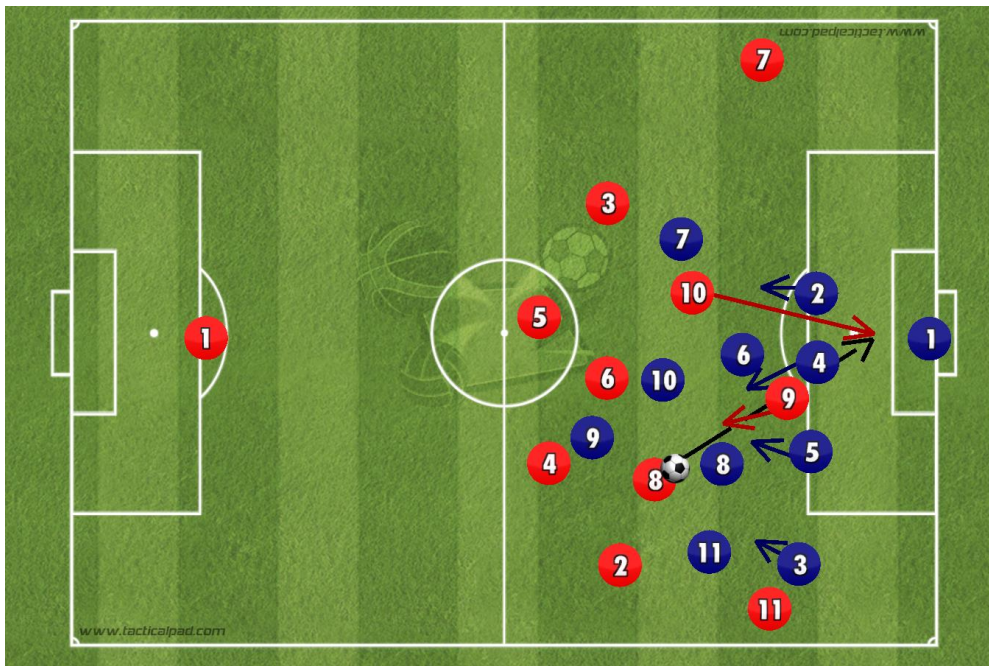


Figure 22: Finishing Effective Attacking Situations – Incorporate Players from the Back

- ❖ Attackers must drag the opposing Defenders from their positions so to allow the penetration by the Inside-Mids or the Wing-Backs from the back, by taking the advantage of the space created by the opponents' movement.
- ❖ Dragging of the opposing Center-Backs by the Center-Forward, functioning as a "False 9", and the penetration to that free space by the Inside-Mids.

e. SUBPRINCIPLE: "GET IN THE BOX WITH NUMBERS" –

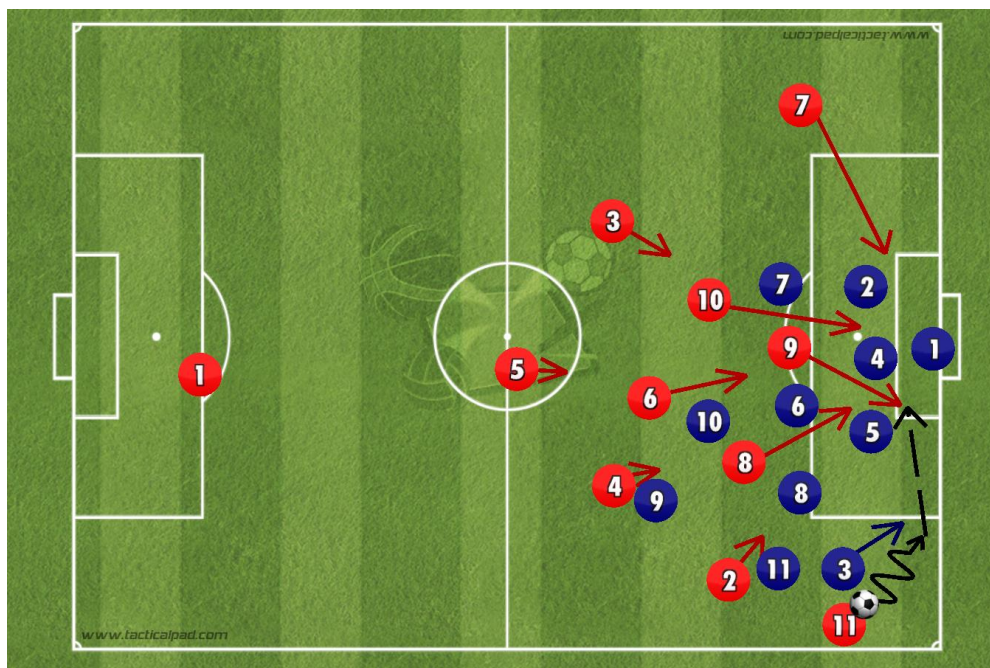


Figure 23: Finishing Effective Attacking Situations – Get in the Box with Numbers

- ❖ Place a lot of players in the box to finish our chances.
- ❖ Get to the box to finish and not be in there waiting for the ball.
- ❖ Penetration of the Center-Forwards and Mids in the central spaces of the box.
- ❖ Important to be aware of the essence of the "False 9": leave "empty" a zone normally crowded. However, the Center-Forward must remember the box is his territory and must get there to finish an attacking play.

f. SUBPRINCIPLE: "CROSS TO DEFINED ZONES" –

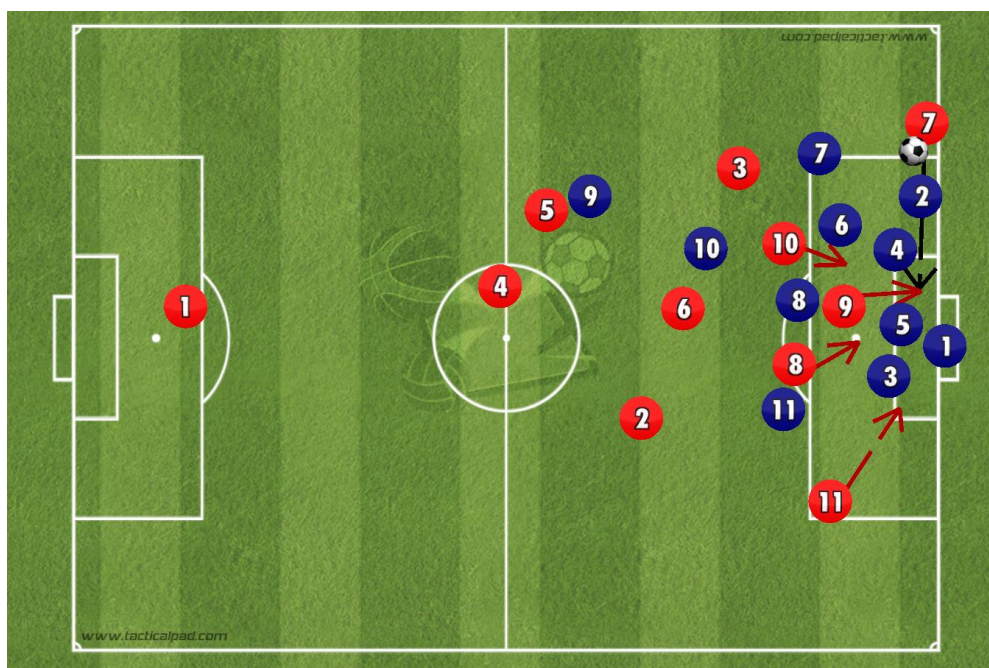


Figure 24: Finishing Effective Attacking Situations – Cross to Defined Zones

- ❖ Crosses by the Winger/Wing-Backs to the first post for the penetration of their team mates.
- ❖ Weak-side Winger moves inside to attack the space in front of the second post.
- ❖ Attacking aggressiveness to finish the plays.

g. SUBPRINCIPLE: "BALANCE" –

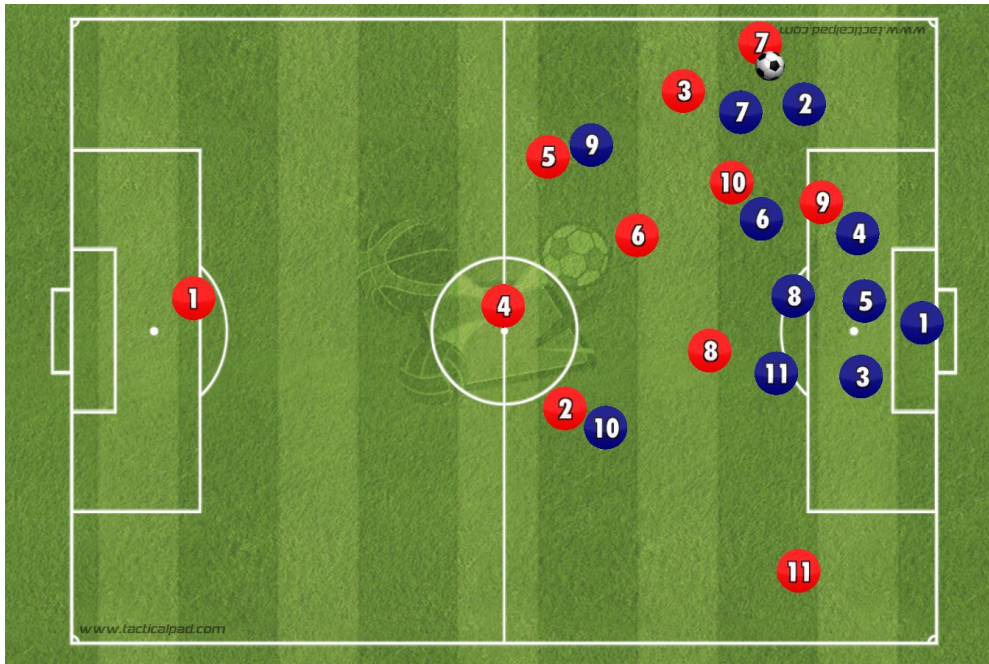


Figure 25: Finishing Effective Attacking Situations – Balance

- ❖ Team must always be balanced monitoring the opponents near the midfield line.
- ❖ Defenders must manage the more advanced opponents specially those near midfield waiting to get the ball when their team recovers possession.
- ❖ Most players must be near the area where the ball is so to be able to recover it in case of possession loss.
- ❖ Continuously providing coverage to the ball carrier in the last third.
- ❖ Keepers and Backs must protect the spaces in the back if the defensive line.
- ❖ It's important to attack always thinking the possibility of losing possession.
- ❖ Critical not to lose possession in the inside zones of the field.

h. INDIVIDUAL SUBPRINCIPLES:

All Players:

- ❖ Players must get to the finish zone at pace.
- ❖ Plan the next play before receiving the ball.
- ❖ Receive the ball in motion, facing the opponent's goal.
- ❖ Ball passed to space and not feet.
- ❖ Shoot on frame.
- ❖ Players with individual capability to solve situations in tight spaces.
- ❖ Players must want the ball.

Keepers:

- ❖ Facing the game, moving in sync with the team, prepare the defensive transition – protect the spaces behind his defensive line.

Wing-Backs:

- ❖ Overlap the Wingers inside and outside.
- ❖ Capacity to make crosses and take shots.
- ❖ Manage the opponents near the mid-field who are waiting to get the ball when their team recovers possession.

Center-Backs:

- ❖ Manage the opponents near the mid-field who are waiting to get the ball when their team recovers possession.

Pivot:

- ❖ Move the team close to the opponent's goal to facilitate winning "second balls".
- ❖ Capability to shoot from distance – outside the box.

Inside-Mids:

- ❖ Take advantage of the space behind the Defenders based on the "False 9" action.
- ❖ Entrar na grande área para finalizar as jogadas.
- ❖ Get in the box to finish.

Wingers:

- ❖ Capacity to unbalance in the inside to create shooting opportunities or to take advantage of the overlap run of his team mate or through the wing to cross.
- ❖ Go at opponent in 1v1 otherwise if 1v2 find a passing lane to a team mate.
- ❖ Very wide and ready, take advantage of the space to receive the ball and face the opponent's goal with patience.

Center-Forward:

- ❖ The ideal Center-Forward must be mobile and be ready to finish in the box.
- ❖ After receiving the ball between the line must go to the opponent's goal – anytime that he gets the ball and turn towards the goal or receive the ball facing the opponent's goal.

B. Defensive Transition

MACROPRINCIPLE: Always try to recover the ball as soon as we lose possession.

1. 1st Phase – High Pressure after Losing Possession:

a. SUBPRINCIPLE: "RECOVER POSSESSION IN LESS THAN 5 SECONDS" –

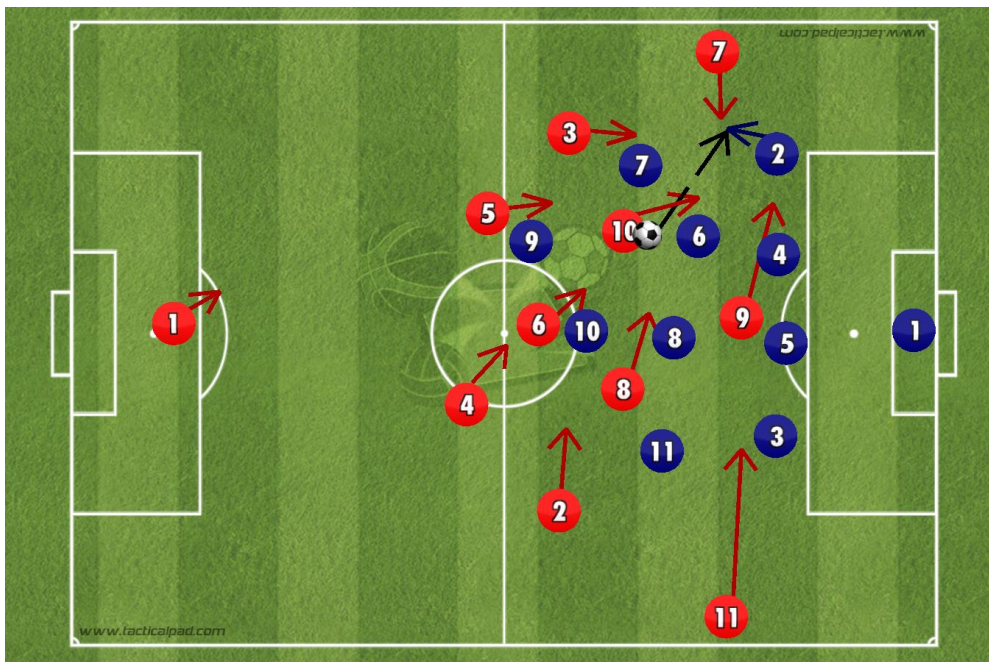


Figure 26: High Pressure after Losing Possession – Recover Possession in Less Than 5 Seconds

- ❖ Press immediately after losing possession.
- ❖ Prevent the opponent's counter-attacking from the beginning.
- ❖ Rapid change of attitude.
- ❖ Right after possession loss there is a period of 5 seconds to recover possession else start retreating.
- ❖ It's absolutely necessary to convince the team to move forward when we lose possession.

b. SUBPRINCIPLE: "SMALL FIELD" –

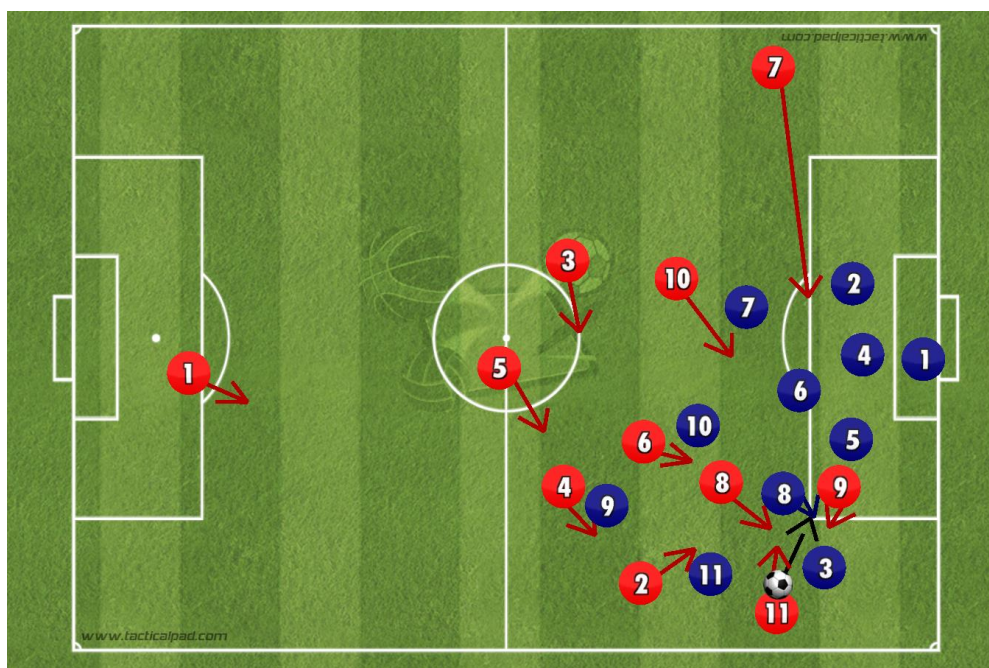


Figure 27: High Pressure after Losing Possession – Small Field

- ❖ Compact the team with the players balancing towards the strong side.
- ❖ Ensure defensive coverage to the player(s) facing the ball carrier.
- ❖ Keep an eye on the opponent(s) with the potential to receive a pass.

2. 2nd Phase – Retreat:

a. SUBPRINCIPLE: “RETREAT, ORGANIZING THE TEAM DEFENSIVELY” –

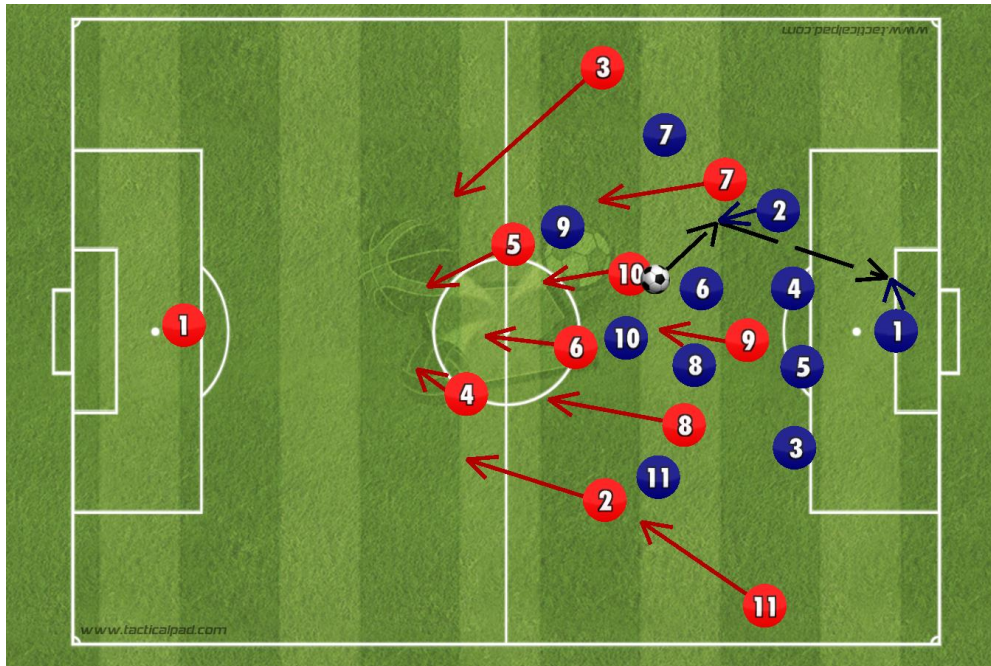


Figure 28: Retreat – Retreat, Organizing the Team Defensively

- ❖ When the ball is not recovered quickly the team must retreat to organize from the back third.
- ❖ No entanto deve-se insistir na pressão alta já que a equipa fica mais vulnerável nesta 2ª fase.
- ❖ However, we may continue to play high pressure because the team will be more vulnerable in this 2nd phase.

C. Defensive Organization

MACROPRINCIPLE: Pressing Zone Defense.

1. 1st Phase – Prevent the Buildup of the Attacking Game:

a. SUBPRINCIPLE: "PRESSURE THE OPPONENT'S BUILDUP FROM THE BACK" –

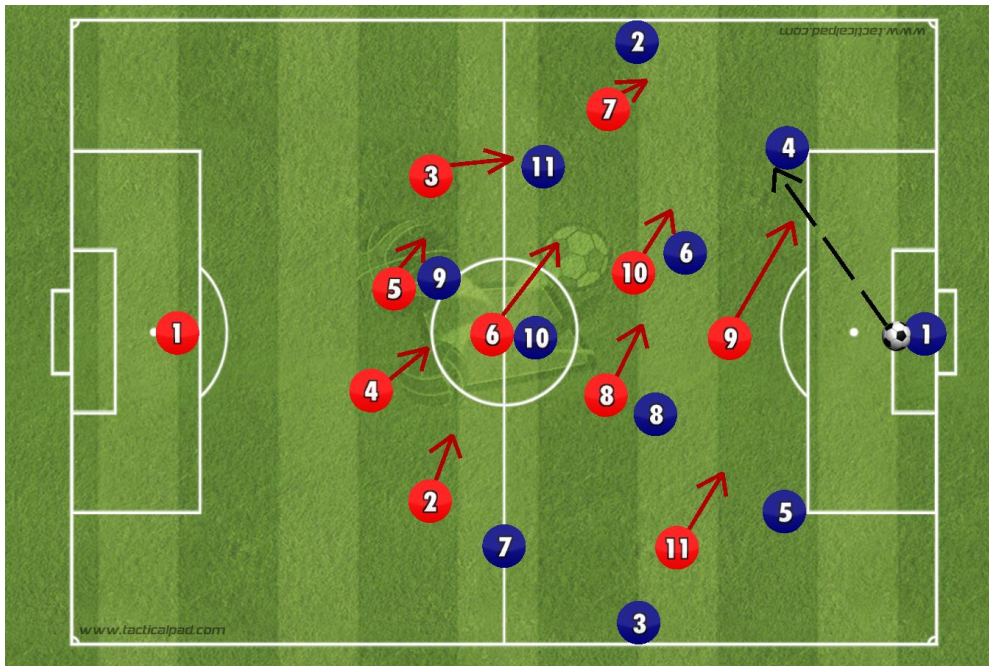


Figure 29: Prevent the Buildup of the Attacking Game – Pressure the Opponent's Buildup from the Back

- ❖ High pressure, aggressive and brief to steal the ball from the opponents as high in the field as possible.
- ❖ The player closest to the ball must pressure the opponent always supported by his team mates.
- ❖ The Attackers are the first line of defense.
- ❖ Pressure the opponents in such a tireless way to close them in wing channel.
- ❖ This is only possible if the opponents play from the back – most teams will play long balls hence offering the ball back to us.
- ❖ High Defensive line – the objective is to anticipate to the opposing Attackers, defending forward, with speed, aggressiveness, and daring.
- ❖ Wing-Back on strong side must push up and press the opposing Winger.

b. SUBPRINCIPLE: "4 SECONDS PRESSURE" –

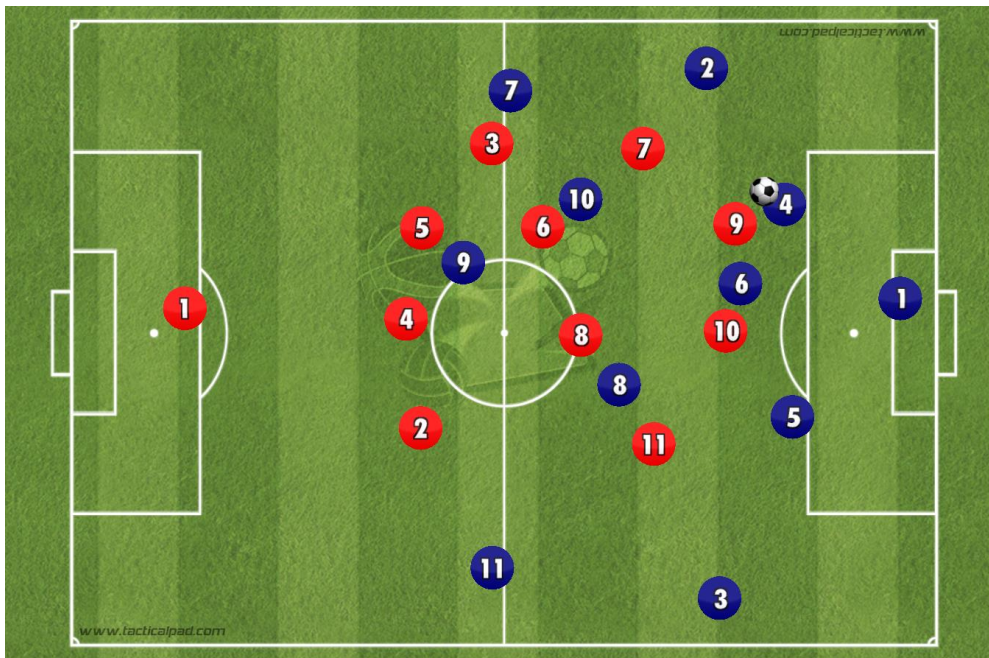


Figure 30: Prevent the Buildup of the Attacking Game – 4 Seconds Pressure

- ❖ The opponents' pressure should not require long efforts from our players.
- ❖ The wanted pressure should last "4 seconds" tops.
- ❖ Players must pressure altogether in those few seconds to recover possession immediately and as close to the opponent's goal as possible.

c. SUBPRINCIPLE: "PROTECT THE SPACE BEHIND OUR BACKS AND WIN THE LOOSE BALLS" –

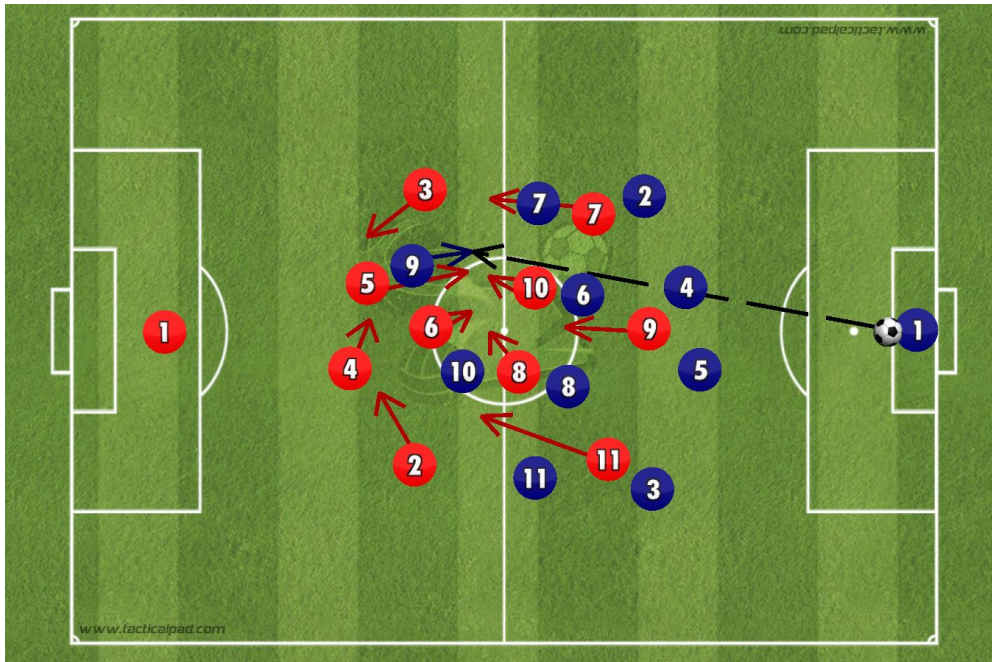


Figure 31: Prevent the Buildup of the Attacking Game – Protect the Space behind our Backs and Win the Loose Balls

- ❖ Most teams are afraid to play from the back. Hence they will play a long ball.
- ❖ The defensive line must know what to do in these situations: one of the Center-Backs pressures the opposing Center-Forward while his team mates cover him.
- ❖ Then all the players recovery quickly their position and sustaining a defensive line with short spaces between all the Defenders.
- ❖ Balancing of the defensive line and remainder team towards the ball side so to be ready to win a loose ball.

d. INDIVIDUAL SUBPRINCIPLE:

- ❖ When defending the critical success factor is the players' proper attitude.

2. 2nd Phase – Prevent Finishing Situations:

a. SUBPRINCIPLE: "SMALL FIELD" –

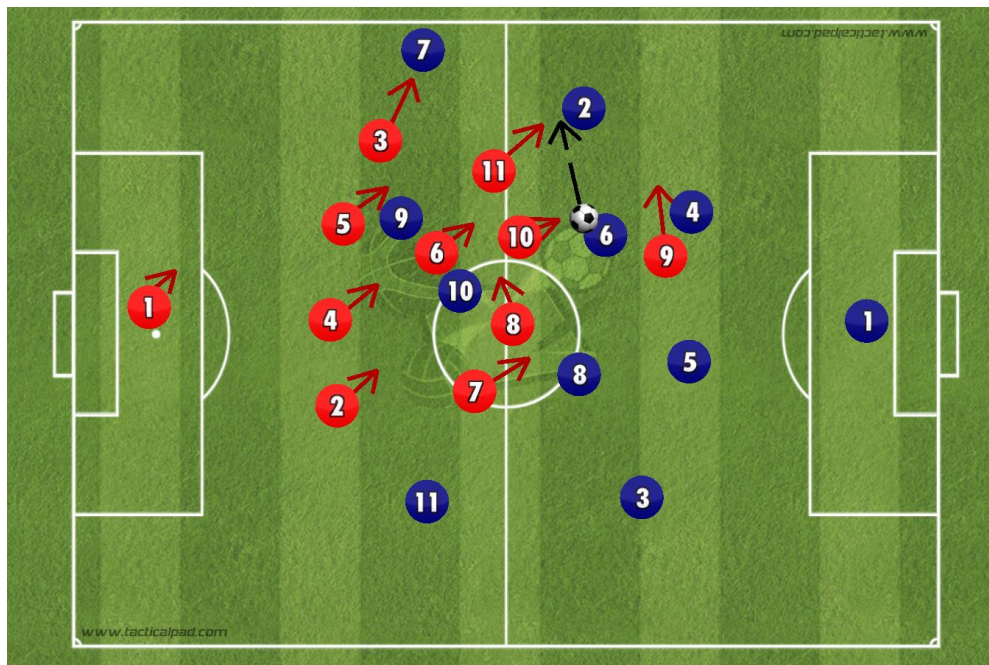


Figure 32: Preventing Finishing Situations – Small Field

- ❖ The players must move towards the ball side constantly and prevent the space between them be wide. They must prevent the opponents' from penetrating their lines easily.
- ❖ Be compact near the ball.

b. SUBPRINCIPLE: "CLOSE THE INSIDE SPACES" –

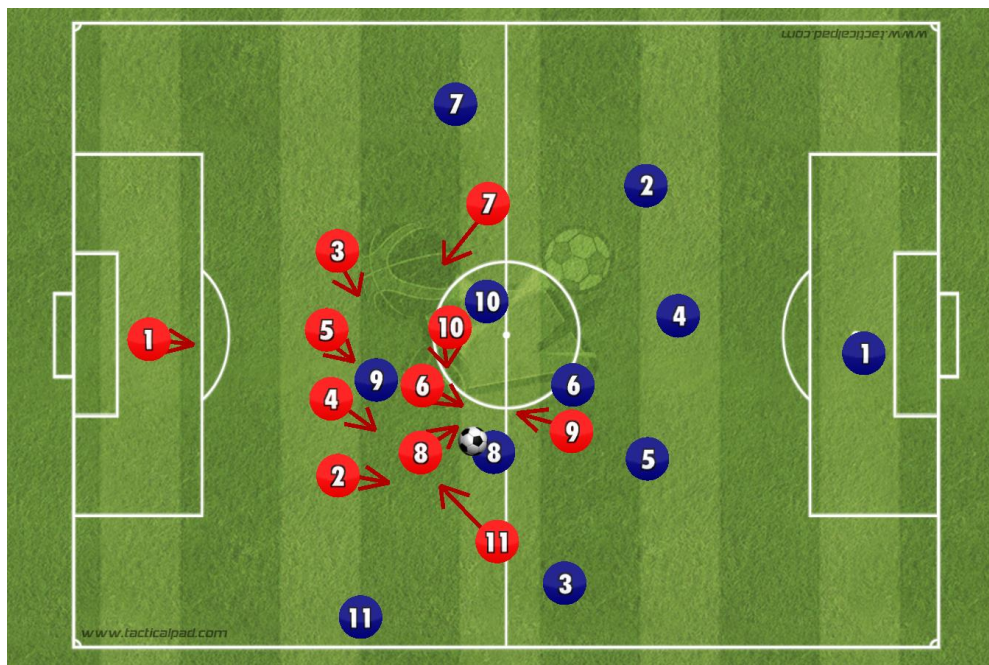


Figure 33: Preventing Finishing Situations – Close the Inside Spaces

- ❖ Players must protect the central zones and prevent the ball from getting through the middle.
- ❖ Great capability to read the opponent and intercept their passes sent to the central areas of our team.
- ❖ Prevent to be overcome by the opponent carrying the ball.
- ❖ Push the opponent wide.

C. SUBPRINCIPLE: "TEAMING, COVERAGE, AND BALANCE" –

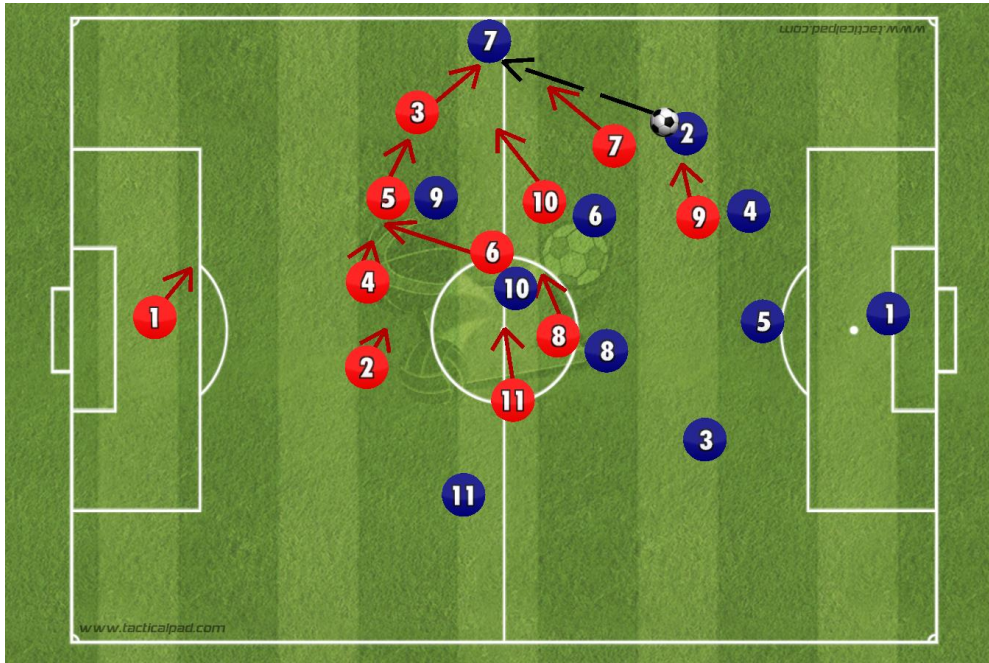


Figure 34: Preventing Finishing Situations – Teaming, Coverage, and Balance

- ❖ When one of the Center-Backs pressures the opposing Center-Forward who got the ball, the other Center-Back must cover his team-mate's position. In that case the Pivot must drop to the defensive line to balance the Center-Back's moving out of position.
- ❖ If it is the Wing-Back that pressures the opposing Winger, the nearby Center-Back covers him while the Pivot balances the position the Center-Back left.
- ❖ These covering movements among the players must be instantaneous.
- ❖ If we are able to stop the opponent in the wing channel, the cooperation of the Wing-Back, Inside-Mid, and Winger is decisive to win the ball back.

d. **SUBPRINCIPLE: "WATCH THE TEAM MATE WHO MARKS THE DEFENSIVE LINE" –**

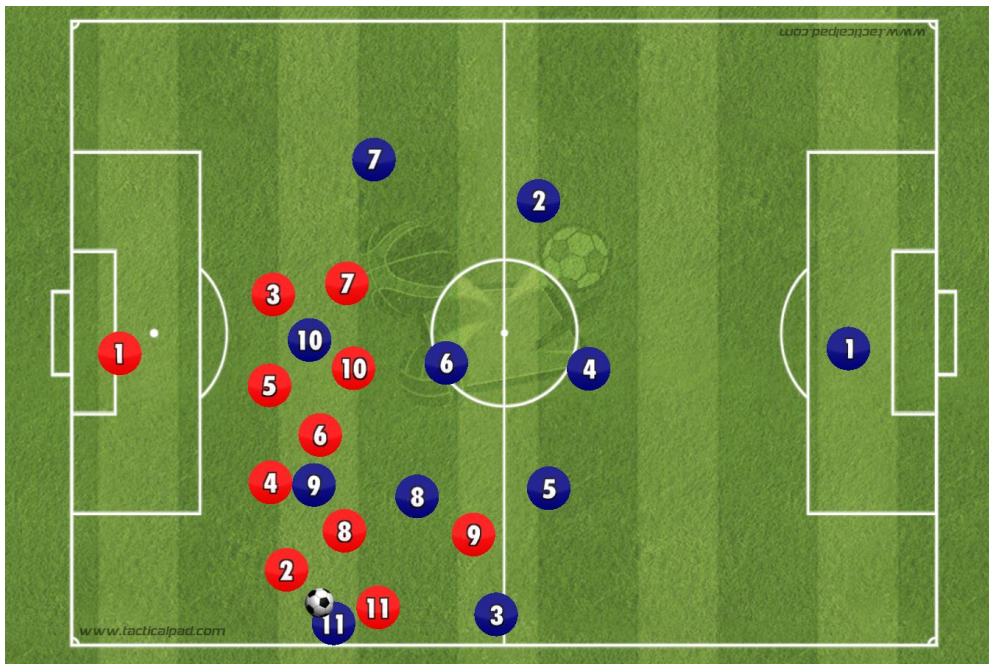


Figure 35: Preventing Finishing Situations – Watch the Team-Mate who Marks the Defensive Line

- ❖ Defenders away from the ball must keep an eye on their team mate who marks the ball – positioned so to be able to see the team-mate constantly.
- ❖ The defensive line is marked by the ball position. The closest Defender is the one that marks the line – it's irrelevant if it is a Wing-Back or a Center-Back. If it is a Wing-Back who marks the line because he is the closest to the ball, the nearest Center-Back must cover, the other Center-Back provides balance.

e. SUBPRINCIPLE: "ECONOMIZE EFFORTS" –

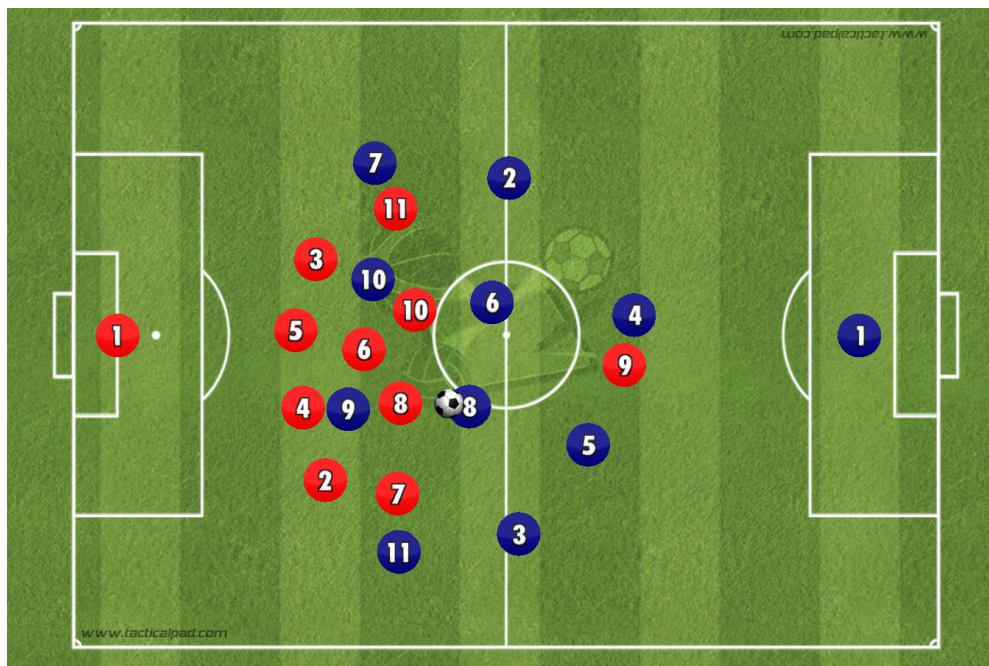


Figure 36: Preventing Finishing Situations – Economize Efforts

- ❖ Normally one of the Attackers is the one who unbalances the most, hence the one who must have an active rest and selective participation in the pressure process to be fresh and therefore cause more damage to the opponent.

3. 3rd Phase – Successfully Prevent the Opponent from Scoring:

a. SUBPRINCIPLE: "CLEAR THE BALL BEFORE IT GETS TO THE 1ST POST" –

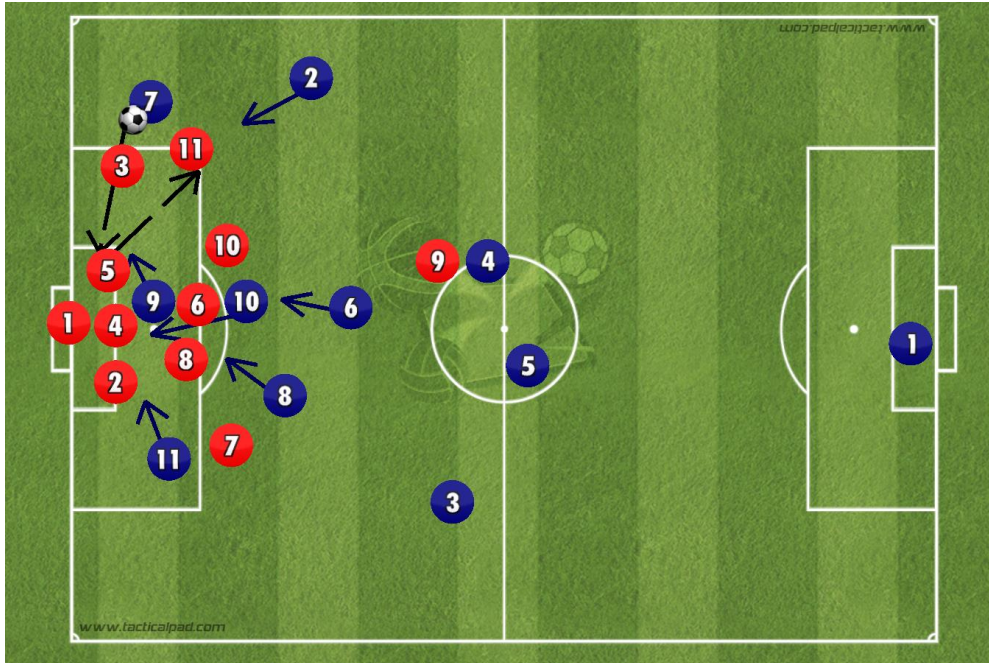


Figure 37: Successfully Prevent the Opponent from Scoring – Clear the Ball Before it gets to the 1st Post

- ❖ A cross that reaches the 1st Post is “half-goal”. If the opposing Center-Forward can’t finish the Defender will score in his own goal.
- ❖ Therefore we need to clear the ball before it reaches the goal.
- ❖ The Wing-Back and the Center-Back in the strong side must defend the ball before the 1st Post.
- ❖ Preferably the opponents must not be able to execute their crosses – pressure the ball carrier and intercept it before it gets to the box.

b. SUBPRINCIPLE: "ZONE DEFENSE ON DEAD BALLS" –

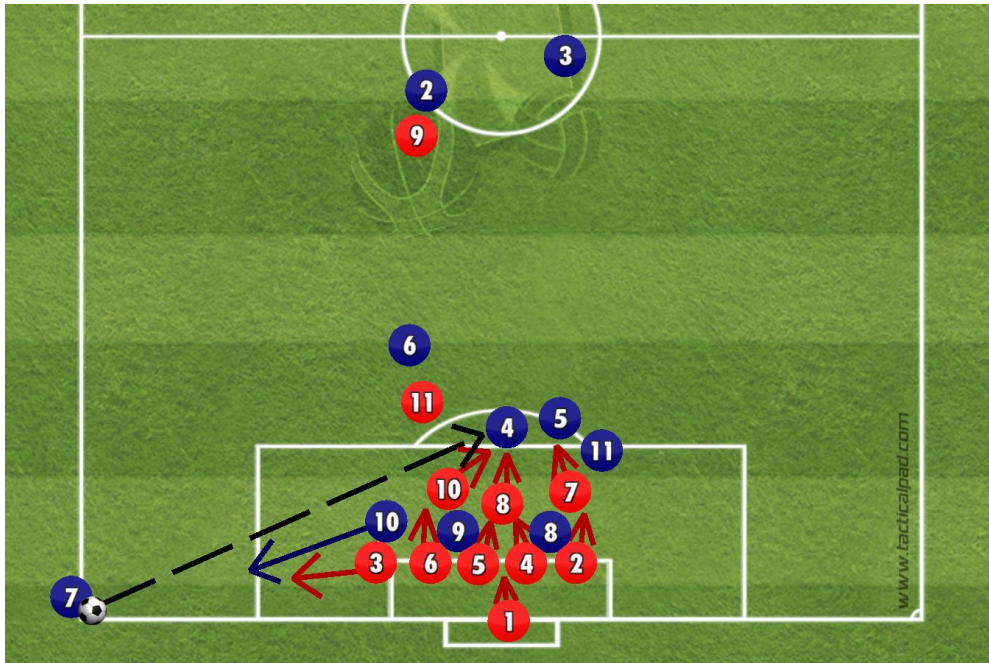


Figure 38: Successfully Prevent the Opponent from Scoring – Zone Defense on Dead Balls

- ❖ Each player must take care its zone and monitor the back of the team-mate in front of him.
- ❖ In the Corner-Kicks set up as 1x5x3x1x1 – first player positioned in the 2nd line responsible to get out quickly and protect the short corner. The 2nd position of the 2nd line is occupied by the best player in the aerial game. Then the 2 Center-Backs and the last position in the 2nd post occupied by the one who is best running back to respond to a long corner. If the corner is taken by a player with the same foot as the side, e.g. right side right foot, the 2nd line must place itself in the small box line and move up if for instances the ball is delivered to the D in front of the box to leave the opponents offside. If the corner is taken with the opposite foot from the side, e.g. left foot on the right side, the 2nd line must position themselves in the middle of the small box to prevent the direct corner.

- ❖ When defending Wing Free-Kicks place 1 or 2 players in the wall –based on the distance to the goal and the Keeper's direction; one player up front to enable the offensive transition and the remainder of the players in line in the center of field; another player may monitor the opponent placed wide. Always place the line 2 to 3 meters in front of the box if the free kick is far away from the box. Place the defensive line on the PK area if the wall is in the box. The further the ball is from our box the further away will be our defensive line. Important to have a player in the edge of the box in case the ball is delivered behind the wall.

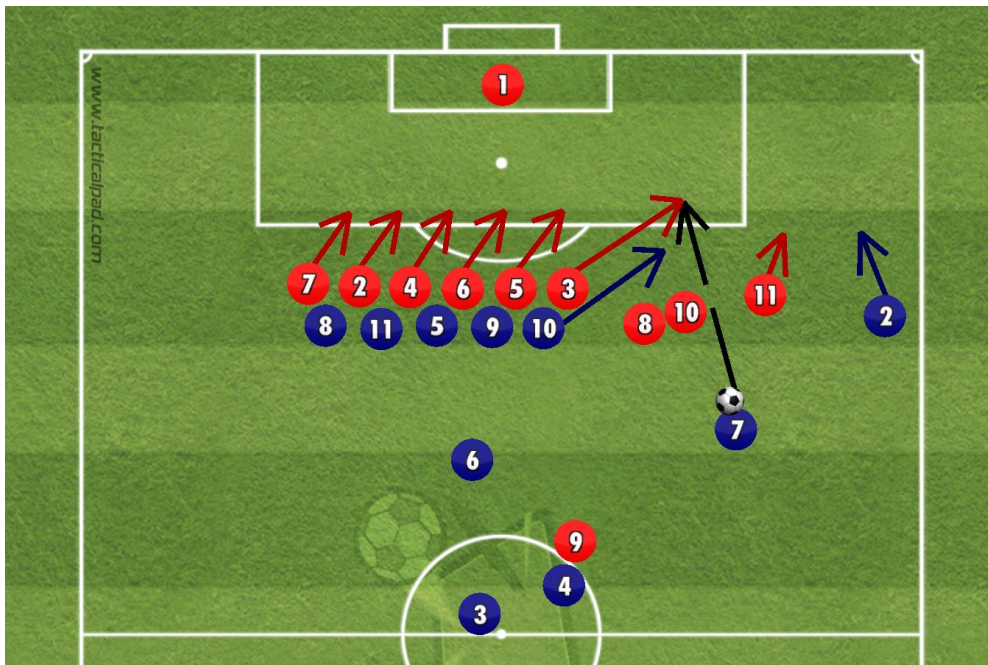


Figure 39: Successfully Prevent the Opponent from Scoring – Zone Defense on Dead Balls

C. SUBPRINCIPLE: "CLEAR THE PLAYABLE BALL" –

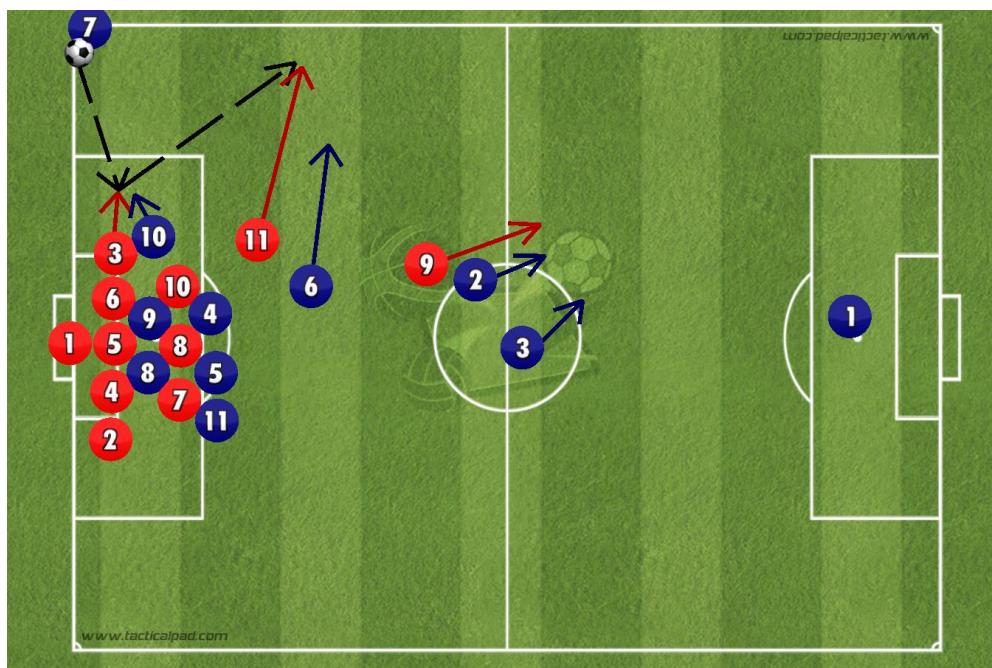


Figure 40: Successfully Prevent the Opponent from Scoring – Clear the Playable Ball

- ❖ Always have a more advanced player to support the offensive transition right after the possession recovery.
- ❖ Move upfield quickly as soon as the ball is delivered forward.
- ❖ Look to always win the ball and keep possession by taking advantage of the opponent's imbalanced situations.
- ❖ Never risk possession loss in these moments, focus on safety in transition.

D. Offensive Transition

MACROPRINCIPLE: Maintain possession and take advantage of the obvious opponent's imbalances

1. 1ST Phase – Keep the Ball after Possession Recovery:

a. SubPrinciple: "Keep Ball Possession" –

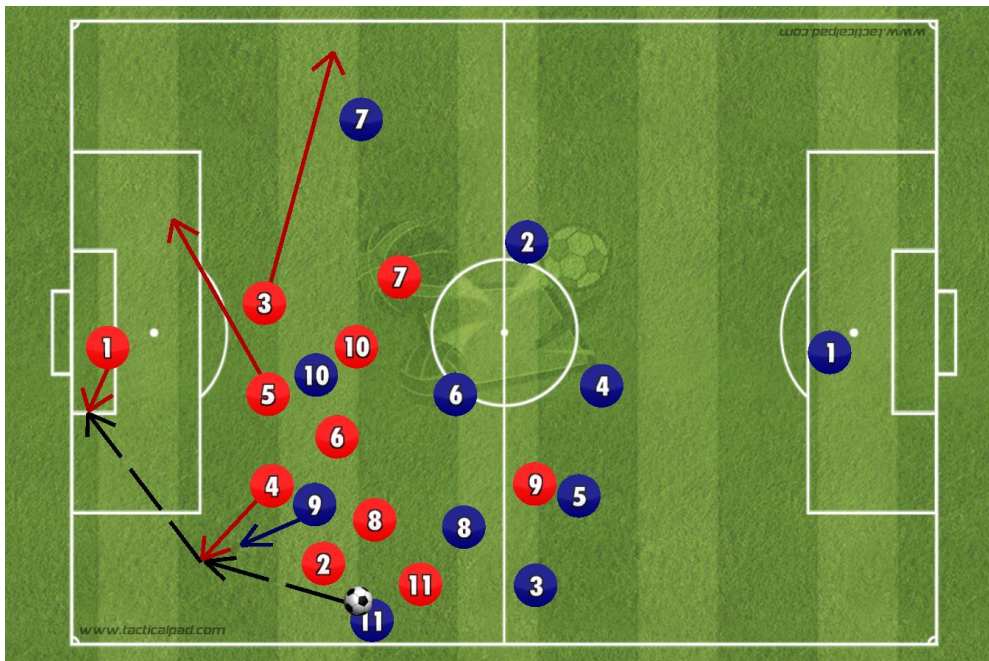


Figure 41: Keep the Ball after Possession Recovery – Keep Ball Possession

- ❖ Focus on the decisions right after possession recovery to keep the ball.
- ❖ Move the ball from the recovery zone to the spaces with less opponents.
- ❖ Have the ball in zones that allow the ball carrier to have more time to read the opponent's imbalances.
- ❖ Tackles and interceptions must always be "positive", so that we keep possession instead of clearing out of bounds or towards an opponent.
- ❖ If needed pass the ball back to the Keeper to avoid the opponent's pressure. This is specially useful when we can't move the ball forward after possession recovery.

b. SubPrinciple: "Deliver the Ball to Advanced Spaces" –

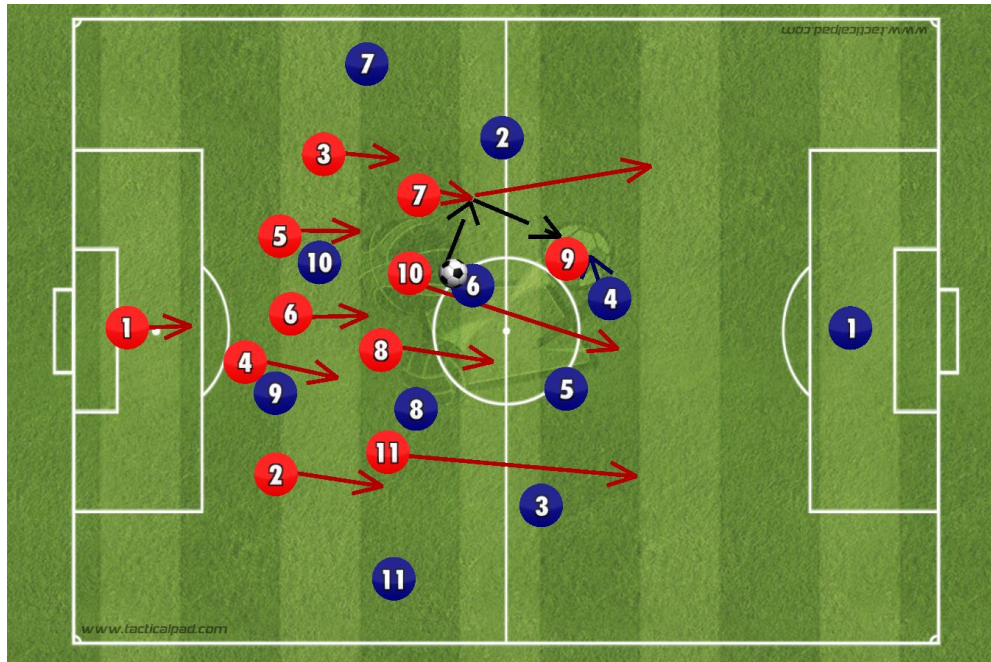


Figure 42: Keep the Ball after Possession Recovery – Deliver the Ball to Advance Spaces

- ❖ From the possession recovery moment we must move it forward either by carrying the ball or through passes towards more advanced zones.
- ❖ If the player who recovered possession or the one who ended up with the ball through a team mate's "positive" interception has free space in front of them, he must carry the ball so to attract opponents and free spaces for the team mate's penetration.
- ❖ If upon recovering possession he sees a team mate who can receive a pass in more advanced zones he must play it immediately.
- ❖ The whole team must move up in block so to support the continuity of the offensive play.
- ❖ The player who gets the ball in more advance zones has several alternatives: 1) may receive the ball with space and turn towards the opponent's goal with the ball; 2) upon receiving the pass is immediately pressured what leads to him pass with a minimum of touches to a team mate that comes from behind – the 1st man who passed him the ball or the 3rd man who showed in support; 3) may also keep the ball, protecting it from the direct opponent, looking for a team mate to overlap. Then he acts depending on: if the opponent follows the overlapping team mate, he turns and advances with the ball; if he is pressured the overlapping player is free hence gets the ball.
- ❖ If there is the possibility to take advantage of the space behind the opposing defenders and there is the certainty that our Center-Forward – or another more advanced player – will get to the ball first, we must take advantage of the situation to create danger to the opponent.

2. 2nd Phase – Take Advantage of the Opponent's Imbalance or become Organized Offensively:

a. SUBPRINCIPLE: "BIG FIELD" –

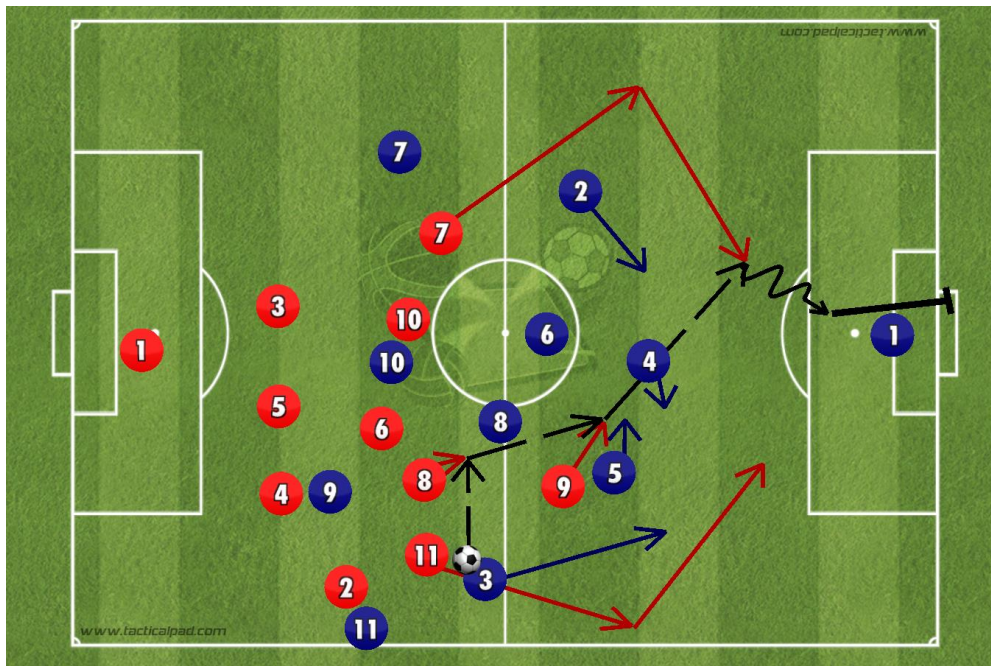


Figure 43: Take Advantage of the Opponent's Imbalance or become Organized Offensively - Big Field

- ❖ Right after possession recovery the players must immediately spread out wide.
- ❖ The players must show offensive mobility so to take advantage of the free spaces created by the momentarily opponent's imbalance
- ❖ Move from the outside to the inside zones – specially the Wingers – so to receive the ball behind the opposing Defenders' backs, e.g. thru ball between the opposing Defenders towards their goal.
- ❖ In case the opponent reorganizes defensively, don't risk losing possession. In these situations we must be patient and become Offensively Organized,

III. TACTICAL PERIODIZATION MORPHOCYCLE PATTERN

Leveraging the words of Prof. Vitor Frade¹, Tactical Periodization creator, we will address several questions regarding the Morphocycle as well as detail each one of the training days based on playing a match on Sunday. For each of the days we will show an example practice session to address Pep's Fútbol. Prof. Frade's comments are quoted in italics in this chapter.

1. Why the name Morphocycle?

"It's a fundamental question". (...) Morpho, from morphology the science of shapes. Therefore, if indeed, I want my team to play a certain way, geometrically there is something, hence, the dynamic correspondence of what happens in practice must occur. So, the Morpho has exercises whose patterns present what I want as criteria to happen must occur in the exercises independently of whether we are in a full field or not, whether it includes the whole team or not".

2. Why does the Morphocycle has present the recovery and the performance effort?

"(...) one thing without the other is inexistent"

3. Why does recovery must be contemplated in a certain way?

"And here it's fundamental, because I don't consider recovery in the conditional way. (...) it's a critical aspect. Hence, to me, the recovery notion is singular, is very specific hence much more positive, I think".

4. Why and how is that in the Morphocycle we pay attention to the physical conditioning having in mind the team and the individual?

"Because I have to look in the Morphocycle my concerns with respect to team and individuals' capability decrease. And the team doesn't require evenly the same effort from all the players in all the games. Therefore, since the focus is with respect to the team, I can overlook a few players maintenance levels. Hence I have to have in my weekly planning a proper plan with respect to less level loss as well as to increase levels individually".

5. What do the colors symbolize?

"(...) an imagery I came up with. (...) I started using the colors representing the bioenergy, hence, the metabolisms or fibers with respect to certain colors. In a training process, focusing fundamentally on the whole (team), and the whole is representative of the whole, if the elements (players) that make-up the whole, do not lose the maximum possibilities demonstrated in the whole, when the whole is called upon, how can we equate the parts without considering the whole? It's complicated. It's in here one of

¹ Professor Vitor Frade – is a retired lecturer of the Sports University of Porto (Portugal) and the father of Tactical Periodization. He developed this methodology in 1988 while writing his dissertation. Prof. Frade is currently FC Porto's Youth Development Methodology Coordinator.

the core elements with respect to the Morphocycle integrity, otherwise it's lost. It's Ariadne's thread! (...) Equating the trainability in this way, being concerned about the whole, the probability that not all players are being stimulated at the maximum is a reality. Then, in which way in the Morphocycle, the Tactical Periodization resolves the apparent paradox? Being the whole (team) composed of the parts (players), how do we ensure or guarantee that the parts don't regress?"

A. Sunday – Game

"Competition, specially in this type of patterns – when there are a lot of games with little breaks in between them, - is practice!"

B. Monday – Day Off

"Day Off. (...) away from the training location. Rest and recreation! It shows in white to say, they (players) write and do whatever they want to! And in reality the professional player normally takes advantage of that day... Else he knows he is going to sit out pretty soon". Prof. Frade.

C. Tuesday – "Specific" Recovery

"Well, now we need to understand, what the exercises are, let's say, the fundamental exercising conditions, and the complementing ones. Fundamentals: the same logic! One, break, repeat, break, repeat. What we do in each break, is accessory, complementary. (...) I get tired as a result of response pattern, implying a metabolism pattern, some other pattern, and I am going to rest making a continuous run? Fool me because I like it! (...) the only recovery taking this to the maximum, is that I am involved in it, doing what I like, with total passion, and is the cause of my tiredness! Only for little time... (...) is the stimulation, from what the fatigue comes, to remember the root cause of such fatigue, but without being tired! (...) ideally is to play a 3v3...that has all the components of a game! 1'30" to 2' tops! And why a 3v3, can't it be a 4? It can be a 4v4, (...) but the 3v3, because it's the only possibility all players can participate in the same way. (...) it can be 4v4...no problem at all, none! But ideally it's a 3v3! Then one minute for 5 to 6 minute of break, this is complementary, what I call to tighten nuts and bolts! (...) Pep's Bayern Munich played, preferably, with the ball on the ground. I can interweave Foot-Tennis with a high net so we don't lose agility. (...) any specialty breaks, closes! Hence, the degrees of freedom, of feet involvement, due to keeping the ball on the ground, are diminished in function of maximum possibility that I have, therefore, different trajectories! Now, it's recovery! It's being in recovery, hence, it's doing nothing! It's doing nothing, doing something that helps! Therefore, here, extensions/stretches... (...) this side of agility is very important! (...) the footballer will even play on that day, and plays hard! And it's not the same thing if I say "Losers carry the cones! Buy a juice!" because it's this emotional side that puts the entire body! (...) the players go, play 3 or 4 times, do Rondos (Keep-Aways), Foot-Tennis, etc, and they don't like it? (...) In Tactical Periodization the footballers play soccer

daily! (...) I don't have to be concerned about the acquisition. (...) We must mobilize the abdominals, without the involvement, or taking away the involvement of the psoas-iliac. (...) Therefore, this is fundamental, to widen the gap of demand time, from 1 minute to 5, more or less, for another repetition. But this must be done, 3v3 or 2v2, (...) the objective is to recover without agility loss! And done, Rondos (Keep-Aways), Foot Tennis, etc. (...) But we need to have one or two modules with shots, tackles, because losers get to carry winners on their backs or something else!"

1. Training Session Example:

a. PASS AND DIRECTED RECEPTION (5 MINUTES):

MOMENT: Offensive Organization (1 st and 2 nd Phase) SUBPRINCIPLES: 1) Positioning when passing and receiving the ball; 2) Proper body positioning; 3) Set up the body correctly; 4) Pass the ball to opposite leg.	
	ORGANIZATION: 5 players organized in a diamond
	LEVEL OF ORGANIZATION: Group
	DURATION: 2 x 2'30" (both directions)
DESCRIPTION: The player w/ the ball (#10) passes to #9 through the closest yellow cones. #9 receives the ball directed to #4 so to pass it through the yellow cones closes to #4 (all done in 2 touches). After the players run to point where they passed to.	SCORING: 1 point for each well executed pass and directed reception
EQUIPMENT: <ul style="list-style-type: none"> • 12 Flat cones • One Ball per 5 Players 	

Figure 44: Tuesday - Pass and Directed Reception

b. DYNAMIC EXTENSIONS/STRETCHES (5 MINUTES).

c. RONDO / KEEP-AWAY 8 v 2 (10 MINUTES):

MOMENT: Offensive Transition (1 st Phase) SUBPRINCIPLES: Maintain Ball Possession.	
	ORGANIZATION: 8v2 10x10 yds 4 targets
	LEVEL OF ORGANIZATION: Group
	DURATION: 5 x 1'30" (30" to change middle players)
	SCORING: 1 point for each ball that goes through the targets
DESCRIPTION: 8v2 Rondo. During the exercise middle players try to recover possession and score in targets. Can only play one touch. Rotate teams of 2. Wins the team with the most points.	
EQUIPMENT: <ul style="list-style-type: none"> • 4 Flat cones • 8 High Cones • 6 Balls • 8 Red Vests & 2 Blue Vests 	

Figure 45: Tuesday - Rondo 8 v 2

d. HYDRATION (2 MINUTES).

- ❖ From here on out we separate the players who played the most time in the previous match from all the others.
- ❖ In this example we are going to presume that 8 field players form the group that played the whole game. Ideally we could play a game of Keeper+3 v 3 + Keeper to ensure the equitable participation of all players.
- ❖ The remainder 12 field players will be in the group that did not play the full match.

2. Whole-Game Group:

a. Game Keeper+4 v 4+Keeper with a break for tuning of “nuts and bolts” (36 minutes):

1. Fundamental 1 - Keeper+4 v 4+Keeper (2 minutes):

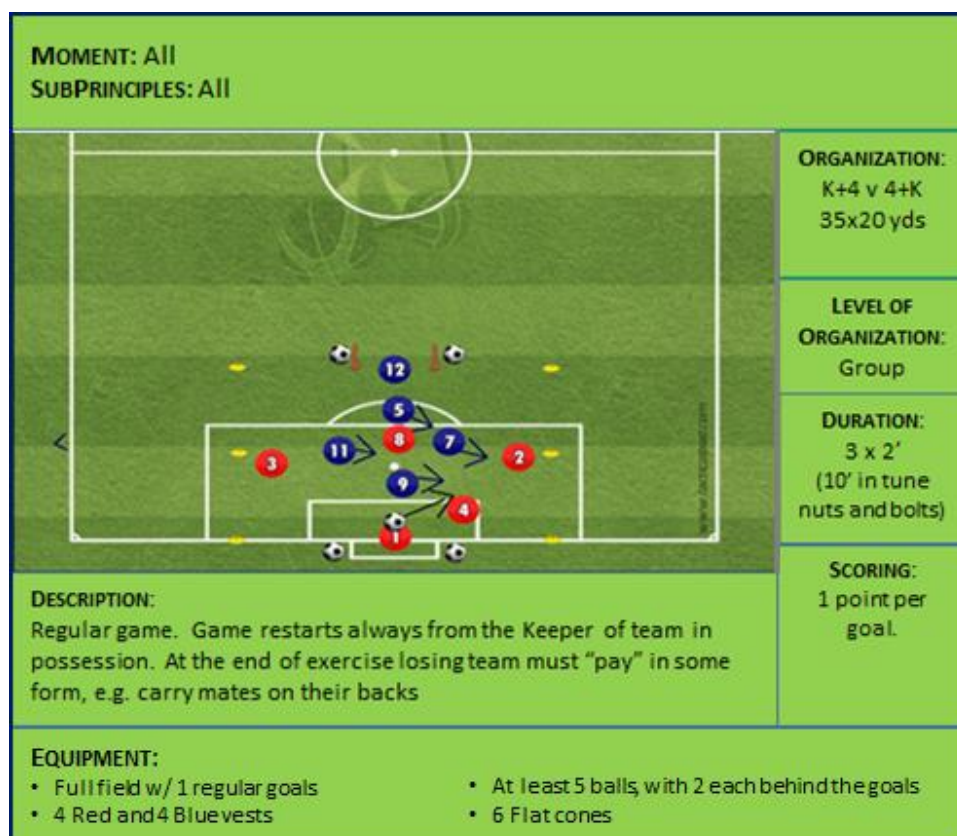


Figure 46: Tuesday – Keeper+4 v 4+Keeper

2. Complement 1 - “Tune up Nuts and Bolts” (10 minutes):

- ❖ Play Foot-volley Tournaments, Sepak Takraw, Stretches/Abdominals/Dorsals, etc – anything that without aerobic demand will help the players’ agility.

3. Fundamental 2 - Keeper+4 v 4+Keeper (2 minutes):


MOMENT: All SUBPRINCIPLES: All	
	ORGANIZATION: K+4 v 4+K 35x20 yds
	LEVEL OF ORGANIZATION: Group
	DURATION: 3 x 2' (10' in tune nuts and bolts)
	SCORING: 1 point per goal.
DESCRIPTION: Regular game. Game restarts always from the Keeper of team in possession. At the end of exercise losing team must "pay" in some form, e.g. carry mates on their backs	
EQUIPMENT: <ul style="list-style-type: none"> • Full field w/ 1 regular goals • 4 Red and 4 Blue vests • At least 5 balls, with 2 each behind the goals • 6 Flat cones 	

Figure 47: Tuesday – Keeper+4 v 4+Keeper

4. Complement 2 - "Tune up Nuts and Bolts" (10 minutes):

- ❖ Play Foot-volley Tournaments, Sepak Takraw, Stretches/Abdominals/Dorsals, etc – anything that without aerobic demand will help the players' agility.

5. Fundamental 3 - Keeper+4 v 4+Keeper (2 minutes):


MOMENT: All SUBPRINCIPLES: All	
	ORGANIZATION: K+4 v 4+K 35x20 yds
	LEVEL OF ORGANIZATION: Group
	DURATION: 3 x 2' (10' in tune nuts and bolts)
	SCORING: 1 point per goal.
DESCRIPTION: Regular game. Game restarts always from the Keeper of team in possession. At the end of exercise losing team must "pay" in some form, e.g. carry mates on their backs	
EQUIPMENT: <ul style="list-style-type: none"> • Full field w/ 1 regular goals • 4 Red and 4 Blue vests • At least 5 balls, with 2 each behind the goals • 6 Flat cones 	

Figure 48: Tuesday – Keeper+4 v 4+Keeper

6. Complement 3 - "Tune up Nuts and Bolts" (10 minutes):

- ❖ Play Foot-volley Tournaments, Sepak Takraw, Stretches/Abdominals/dorsals, etc – anything that without aerobic demand will help the players' agility.

b. Non-Whole Game Group:

1. Game Keeper+6 v 6+Keeper (40 minutes):

MOMENT: All SUBPRINCIPLES: All	
	ORGANIZATION: K+6 v 6+K 50x35 yds
LEVEL OF ORGANIZATION: Intersectors	
DURATION: 4 x 8' (2' break between each game)	
SCORING: 1 point per goal.	
DESCRIPTION: Regular game. Game restarts always from the Keeper of team in possession. At the end of exercise losing team must "pay" in some form, e.g. carry mates on their backs	
EQUIPMENT: <ul style="list-style-type: none"> • Full field w/ regular goals • Different color vests • At least 5 balls, with 2 each behind the goals • 12 cones 	

Figure 49: Tuesday – Keeper+6 v 6+Keeper

2. Stretches/ Abdominals / Dorsals (10 minutes).

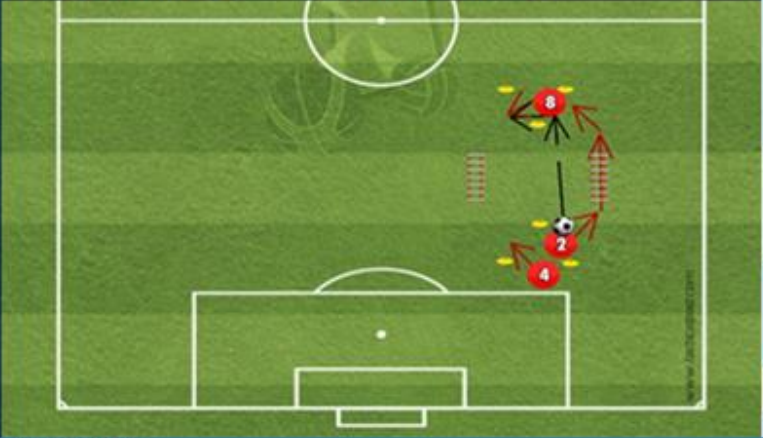
D. Wednesday – Day of SubPrinciples and of SubSubPrinciples with Increased Tension of the Muscular Contraction

"I say 4 days to recover! Here would be the end of recovery. Hence, on Wednesday still not recovered...but it's the last day of recovery. Not the same as the first day! (...) On Wednesday, 3/4 is for me to finish recovering, so that on Thursday, the stimulation conditions be the same as the game day ones. Albeit with nuances, more fractured, less space, with a shorter field, with width always the same...if I prefer a certain game type. (...) Then, what's necessary? 1/4 is missing. Well, these 3/4 are for the global recovery, of the team, of the effort. Since it's the end of the recovery phase, what I am interested in is to focus individually (...) But it's acquisitive, because it's in this 1/4 that I want to contemplate the acquisitive individual! Therefore, the individual must happen! Here, a series of repetitions...sometimes I would do this at FC Porto: (...) I would find a small slope, and when we were doing individual work I would say: "do a flip backwards"; the player would have to get up at maximum speed, run up that hill, head the ball based on my directive, to the side of team mate who would hit the ball on the ground. This could only occur with power but it's the type of power I want as an add-on. First, with respect to the start, because the tension increase occurs even at speed in the start. More here due to the need to face a difficulty which gets us to the rapid fibers that the tension also occur...they do flips/somersaults during matches. And it's not totally mechanized! Therefore the player doesn't know what's going to happen, at the time the ball bounces where I will give him indications to head. Have to do exercises of type may be stop and turn – may require some creativity in creating these exercises. It's not tension! It's some purpose, (...) micro, as I say, that reverberates in the individual, towards improvement, through the degree of the repetitions I set up, and due to the need to transfer to a bigger context. Therefore, one must be creative! I used to do this often: set-up a goal, in the semi-circle 11 players throwing the ball to be more accurate and I would only ask not to throw it to the same spot. I would put a player in goal and another to replace as he recovered. One would throw the ball and the one in goal would jump to clear it or I would make it more complex asking the player in goal to hit to the opposite side it came from repeating it 10 times, but what I wanted to do is some sort of skipping or something else! It's forcing the body to do something also demanded in a game, the muscles be involved in something. This would happen to the same player multiple times through repetitions and breaks sufficient to gain the necessary for the alactic anaerobic metabolism, phosphocreatine, ATP synthesis, etc. To get results it must be done individually with maximum demand of one or two players. (...) So note that whoever watches the practice it's not essential. (...) Well, then, I am going to provoke the emergence of a parabiosis phase, and a phase of individual heightening particular to each individual that I wish to improve. And since we are on the last day of recovery, that individual side it's not harmful because it reverberates...(...) then, it's acquisitive, in relation to the individual, but fulfills the last recovery day."

1. Training Session Example:

a. *PASS AND DIRECTED RECEPTION (5 MINUTES):*

MOMENT: Offensive Organization (1st and 2nd Phase)
SUBPRINCIPLES: 1) Positioning when passing and receiving the ball; 2) Proper body positioning; 3) Set up the body correctly



ORGANIZATION:
3 Players
Facing each other

LEVEL OF ORGANIZATION:
Group

DURATION:
2 x 2'30"
(both directions)

SCORING:
1 point for each
well executed
pass and
directed
reception.

EQUIPMENT:

- One Soccer Ball
- 2 step-ladders
- 6 Flat cones

Figure 50: Wednesday - Pass and Directed Reception

b. *DYNAMIC STRETCHES (5 MINUTES).*

c. *RONDO / KEEP-AWAY 4 v 1 (8 MINUTES):*

MOMENT: Defensive Transition (1st Phase)
SUBPRINCIPLES: Recover the ball in less then 5 seconds.



ORGANIZATION:
4 v 1
7x7 meters

LEVEL OF ORGANIZATION:
Group

DURATION:
5 x 1'
(30" to exchange middle player)

SCORING:
1 point for each ball played outside the square by the middle player

DESCRIPTION:
4v1 Rondo. Outside players have 1 touch. Player in middle in the minute tries to recover as many times as possible. All players go in the middle. Wins the player who gets the most points. Coach around to get ball back in the square quickly.

EQUIPMENT:

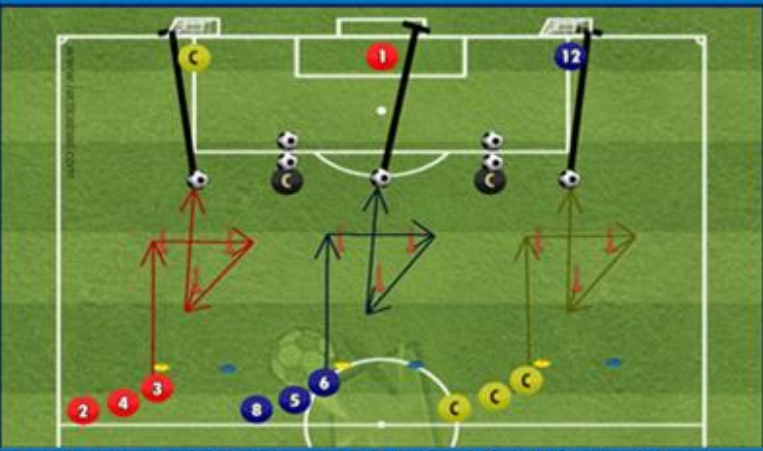
- 6 Soccer Balls
- 4 Red and 1 Blue Vest
- 4 Flat cones

Figure 51: Wednesday - Rondo / Keep-Away 4 v 1

d. *HYDRATION (2 MINUTES).*

e. FUNDAMENTAL 1 – 1 v 0+ KEEPER – “SHOOT ON FRAME” (15 MINUTES):

MOMENT: Offensive Organization (3rd Phase)
SUBPRINCIPLES: Shoot on Frame.



ORGANIZATION:
Team divided in 3 groups

LEVEL OF ORGANIZATION:
Individual

DURATION:
4x each player.
Start at yellow –turn right;
blue–turn left

SCORING:
3 points per goal.
2 points for 1st to shoot.
1 point shot on frame.

DESCRIPTION: Each group starts at full speed from yellow cone and follows the turns as depicted sprinting to the ball in front of their area. Players are measured on shooting on frame, scoring, and who shoots first of the 3. Wins the group who scores the most points after four rounds.

EQUIPMENT:

- Half-Field w/ 3 Full Size Goals
- 3 Yellow and 3 Blue Flat cones
- Red, Blue, and Yellow Vests
- 9 High cones

Figure 52: Wednesday - Shoot on Frame

f. STRETCHES & ABDOMINALS (5 MINUTES).

g. COMPLEMENT 1 - KEEPER+4 v 6 – “MONITOR THE DEFENSIVE LINE” (15 MINUTES):

MOMENT: Defensive Organization (3 rd Phase) SUBPRINCIPLES: Monitor the Teammate who is marking the ball.	
	ORGANIZATION: 6 v 4+K In each midfield
	LEVEL OF ORGANIZATION: Sector
	DURATION: 4 x 3' 1' break recovery
	SCORING: Defenders score in midfield goals. 1 point for each goal by teams.
DESCRIPTION: Attacking team of 6 players attacking the big goal vs Defending team of 4 plus Keeper attacking the goals in the midfield. Wins the team who scores the most goals during the exercise.	
EQUIPMENT: <ul style="list-style-type: none"> • Full-Field w/ 2 Full Size Goals • Red and Blue Vests • 2 Balls • 4 High cones 	

Figure 53: Wednesday - Monitor the Defensive Line

h. FUNDAMENTAL 2 – 1 v 0 + KEEPER – “ARRIVE AT THE SHOOTING ZONE” (15 MINUTES):



<p>MOMENT: Offensive Organization (3rd Phase)</p> <p>SUBPRINCIPLES: Run to shooting zone instead of waiting for the ball.</p>	
	<p>ORGANIZATION:</p> <ul style="list-style-type: none"> 2 Groups 1 Ball per player
	<p>LEVEL OF ORGANIZATION:</p> <p>Individual</p>
<p>DESCRIPTION: Two even groups. Player passes to Coach and then proceeds through the obstacle course as depicted. When the player shows at the “D” coach passes the ball for him to shoot. Team who gets the most points wins, with losers having some sort of “punishment”, e.g. carry team mates across the field.</p>	<p>DURATION:</p> <p>4 repetitions per player (2 crosses from each side)</p>
	<p>SCORING:</p> <p>3 points per goal. 2 points for 1st to shoot. 1 point shot on frame.</p>
<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Full-Field w/2 Full Size Goals • Red and Blue Vests • 1 Ball per Player • 12 Yellow Cones, and 10 High cones 	

Figure 54: Wednesday - Arrive at Shooting Zone

i. STRETCHES & ABDOMINALS (5 MINUTES).

j. COMPLEMENT 2 – 6 v 4+KEEPER: “RECOVER THE BALL IN LESS THAN 5 SECONDS” (15 MINUTES):

MOMENT: Defensive Transition (1st Phase)
SUBPRINCIPLES: Recover possession in less than 5 seconds.



ORGANIZATION:
6 v 4+K
In each
midfield

**LEVEL OF
ORGANIZATION:**
Inter-sectors

DURATION:
4 x 3'
1' stoppage to
recover in
between

SCORING:
1 point/goal
Defenders score
cones. Attackers
1 point/goal
scored in big goal.

DESCRIPTION: Two 6 v 4 + Keeper. Attackers go at goal on each midfield. Defenders recover possession, hold the ball for 5" and then try to score in one of the 12 goals marked by yellow, blue, and red cones. Wins the team with most points at the end of the exercise.

EQUIPMENT:

- Full-Field w/2 Full Size Goals
- 2 Balls
- Red and Blue Vests
- 12 Cones per color: Yellow, Red, and Blue

Figure 55: Wednesday: Recover the Ball in Less than 5 Seconds

k. STRETCHES, ABDOMINALS, & DORSALS (10 MINUTES).

E. Thursday –Day of MacroPrinciples and of SubPrinciples with Increased Duration of the Muscular Contraction

“On Thursday the fundamental is the increase in the number of players involved, the increase of space, and the increase of exercise duration. But it’s not the same thing, to do 6 x 5’ or 3 x 10’ is not the same thing. Even though I know that as I augment the participation timing in each event, of each one, the involvement intensity diminishes! Because the player who is at the center of the action is not involved in the same way as one that is further away. But it’s here that we have to put, as a priority consideration, to score. How is that...such criteria! Of course this makes sense, but there is intermediate connection, between sectors, among the players. And I may, in certain moments, being in this, is to be concerned about the Center-Backs, for instances. But they are adjusting...Note what do I see? The 65 meters width space, for an organized team, spreads out the elements among themselves in a certain way. If I have a scrimmage in a small space they get closer to each other. And if I do this multiple times, they will become mechanized in function of that “connection”... (...) Then please note, unites here in the terminal phase of elation, that’s what men call it, which another is individual, which we want it to materialize. But either one is Specifity! One with capital “S”, and the other with a small “s”. Then here, for the same repetition need, with intervals, I can have 10’ in the full field, stop, and change sides, stretch, to give enough of a break to the players so they are...This is the logic, leading to improvement, which is the repetition, but only the repetition in favorable conditions to acquire what people do not have, and knows that it will happen, if conditions are respected... (...) In these short intervals, the players can: “drink water, do sit ups, the tightening of nuts and bolts”. “What I am interested is to fulfill the break that provides conditions for the repetition to demand in same manner. And I fill up that break, doing nothing or doing something the moment demands. I don’t know but if the field is muddy, I am not going to do the same thing if it’s great right? For instances, probably, I will tell them to stretch their hamstrings, because you are breaking without noting, and such...”

1. Training Session Example:

a. *PASS AND FOLLOW WITH PASS TO KEEPER (5 MINUTES):*



Figure 56: Thursday - Pass and Follow the Pass to Keeper

b. *2. DYNAMIC STRETCHES (4 MINUTES).*

c. PASS AND FOLLOW WITH A SHOT (5 MINUTES):

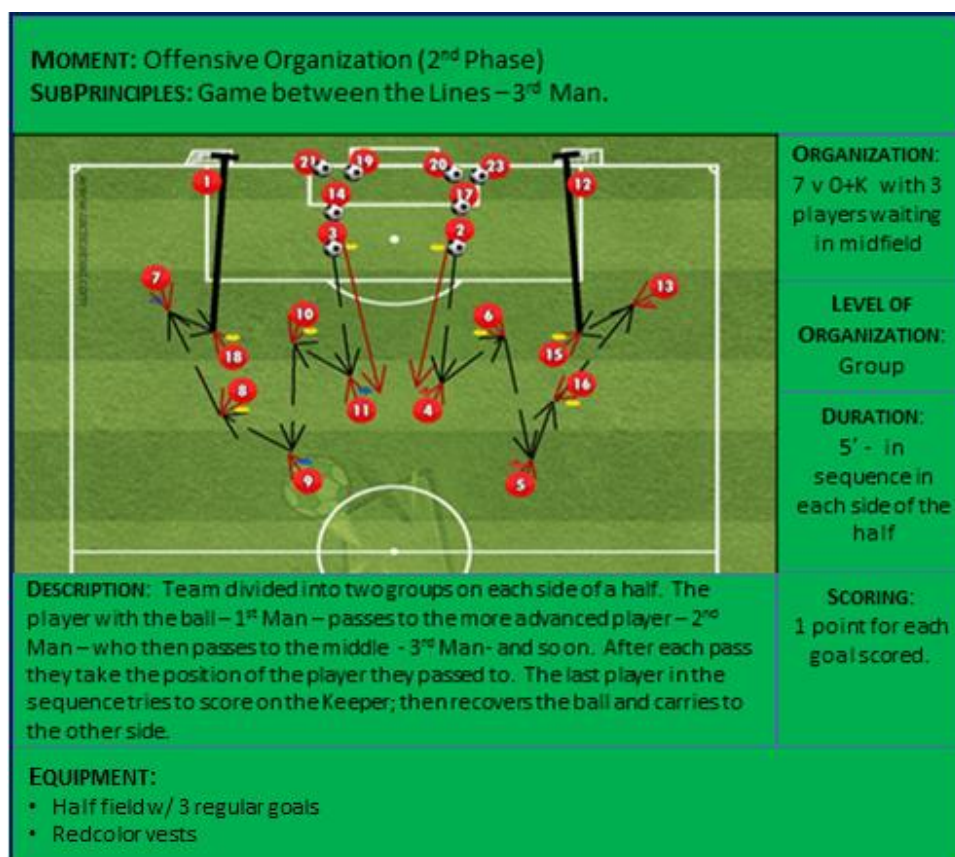


Figure 57: Thursday – Pass and Follow with a Shot

d. HYDRATION (2 MINUTES).

e. **KEEPER+10 v 10+KEEPER – “GET PAST THE OPPONENT’S ATTACKING LINE” (20 MINUTES):**

MOMENT: Offensive Organization (1 st Phase) SUBPRINCIPLE: Get Past the Opponent's Attacking Line.	
	ORGANIZATION: K+10 v 10+K 2 delimited zones as depicted w/ cones LEVEL OF ORGANIZATION: Group DURATION: 2 x 9' 2' Minutes break to hydrate and field change
DESCRIPTION: restarts always begin from a Keeper to his Center-Backs. These must get past the opposing #9 carrying the ball. Inside the yellow-cones zone only the Keeper, Backs and opposing Center-Forward can play. Once the Backs are through the cones line or the opposing #9 recovers it then it's a normal game. If using 2 Center-Forwards the Pivot can support the Backs.	
EQUIPMENT: <ul style="list-style-type: none"> • Full field w/ regular goals • At least 5 balls, with 2 each behind the goals • Different color vests • 14 cones 	

Figure 58: Thursday - Get Past the Opponent's Attacking Line

f. KEEPER+10 v 10+KEEPER – “BALANCE” (20 MINUTES):

MOMENT: Offensive Organization (3 rd Phase) SUBPRINCIPLE: Balance.	
	ORGANIZATION: K+10 v 10+K 2 delimited zones near half-field as depicted
	LEVEL OF ORGANIZATION: Group
	DURATION: 2 x 9' 2' Minutes break to hydrate and field change
DESCRIPTION: restarts always begin with alternate passes from the Coach on the right or left. 7 Reds v 8 Blues play while balance of players are bonded by delimited zone. Upon winning possession Blue must get ball to the Center-Forwards who can either get past opposing backs carrying the ball were thru run into space behind them. Red Backs when recovering try to get the ball to their more advance team mates	
SCORING: 1 point for each goal scored.	
EQUIPMENT: <ul style="list-style-type: none"> • Full field w/ regular goals • At least 5 balls, with 2 each with two Coaches. • Different color vests • 14 cones 	

Figure 59: Thursday - Balance

g. KEEPER+10 v 10+KEEPER – RECOVER THE BALL IN LESS THAN 5" (20 MINUTES):

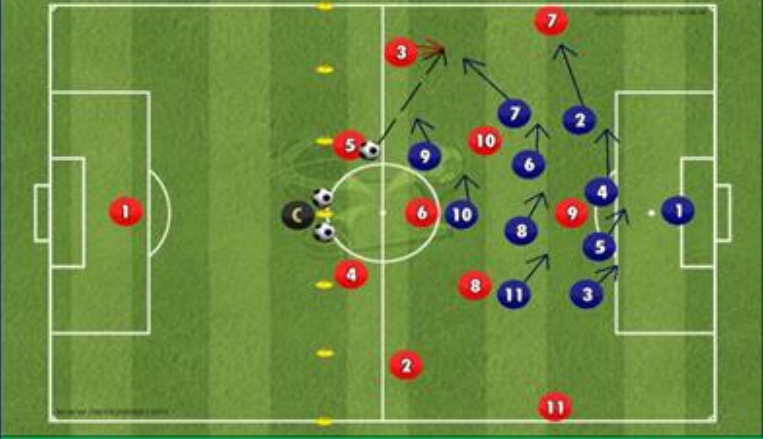
<p>MOMENT: Transition to Defense (1st Phase) SUBPRINCIPLE: Recover the Ball in less than 5".</p>	
	<p>ORGANIZATION: K+10 v 10+K A zone near half-field as depicted</p>
	<p>LEVEL OF ORGANIZATION: Group</p>
	<p>DURATION: 2 x 9' 2' Minutes break to hydrate and field change</p>
<p>DESCRIPTION: restarts always begin from the Red Center-Backs. Blue plays in area delimited by cones. Once Blue wins possession Red must recover in 5 seconds – if Red recovers possession they can continue their attack. After 5 seconds Blue may pass to Center-Forwards who along with Red Keeper are the only ones that can play in Red's Last Third.</p>	
<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Full field w/ regular goals • At least 5 balls, with 2 each the Coach. • Different color vests • 7 cones 	

Figure 60: Thursday - Recover the Ball in less than 5"

h. KEEPER+10 v 10+KEEPER – “DEAD BALLS IN HALF-FIELD” (10 MINUTES):

MOMENT: Offensive and Defensive Organization
SUBPRINCIPLE: Dead Balls.



ORGANIZATION:
K+10 v 10+K
Half-Field

LEVEL OF ORGANIZATION:
Group

DURATION:
10'

DESCRIPTION: Game in Half-Field. Dead ball situations are executed on both sides of the half. Coach may replace throw-ins with corners. Wins the team with the most points.

SCORING:
1 point for each regular goal scored; 2 points for dead ball goals.

EQUIPMENT:

- Half-field w/ regular goals
- Different color vests
- At least 5 balls, with 2 each behind the goals.

Figure 61: Thursday: Dead Balls in the Half-Field

i. STRETCHES (4 MINUTES).

F. Friday – Day of SubPrinciples and of the SubSubPrinciples with Increased Speed of Muscular Contraction

"(...) being this an acquisition day, it's also 1/4 and 3/4 for the recovery! (...) contemplating the horizontal alternation in specificity, therefore, improve the Specificity in an area, and to me what matters, (...) has to do with fast fibers. (...) people confuses speed of execution, reaction speed, running speed, decision speed, I call the speeds of speed. This is a different thing! Running speed is important, and because it is important, it's the one that connects with the elements that provisioned it, that I want to improve, and dominating in relation to the articulation of the others. Therefore, in the fast fibers! But, in the fast fibers, the running on requires that the duration of the contraction has some distance. As I said earlier, in the start, probably the tension exerted is huge, never less than 15 meters or so. He has to give it all! So that the fast fibers provide such hard run. Then, that's the fundamental, but in the same thought process of Wednesday. You must have repetitions. And how do I play here? Same way as Wednesday, (...) but I am not interested in "acquisition-acquisition", that for me is recovery and exciting. But when executing a good recovery, some of it is acquisition. (...) I used to run an exercise like this: imagine a goal, small box and big box, I would mark 25 steps, would give the ball to a group, the yellow, because we always must have competition! Those players had the ball, all of them, at 26 steps, from here to there I would set another group. At my signal, this player would run with the ball to score while at the same time the opposing player would come at him at full speed 1v1 to prevent the goal. (...) create an exercise with the minimum of interference. (...) Then, on Friday the issue is that! Well, recovering the resulting performance fatigue, from the fatigue itself, and therefore, from the static and exuberant phase, is faster, but I want it to occur on Sunday! Hence, if I am able to, on Friday, allow the 3/4 of recovery of the delayed effort effect, and promote an individual heighten phase, on the other side of the fast fibers. Therefore, the contraction speed!" Prof Frade

1. Training Session Example:

a. PASS & DIRECTED RECEPTION (5 MINUTES):

MOMENT: Offensive Organization (1 st & 2 nd Phases) SUBPRINCIPLE: Position the body so to receive and pass the ball properly and as expeditiously as needed.	
	ORGANIZATION: 3 players facing each other
	LEVEL OF ORGANIZATION: Group
	DURATION: 5' (receive/pass with each foot equally)
DESCRIPTION: Two touch game starting slow and increasing speed gradually. #9 passes to #10 who touches the ball just outside the cone-square he is in and then passes to #18. Players run to the spot they passed to.	SCORING: 1 point for each good pass and directed reception.
EQUIPMENT: <ul style="list-style-type: none"> • 8 Cones per 3 players • One ball per 3 players 	

Figure 62: Friday - Pass & Directed Reception

b. 2. DYNAMIC STRETCHES (5 MINUTES).

c. 1 v 0+KEEPER – 3 TEAM COMPETITION (8 MINUTES):

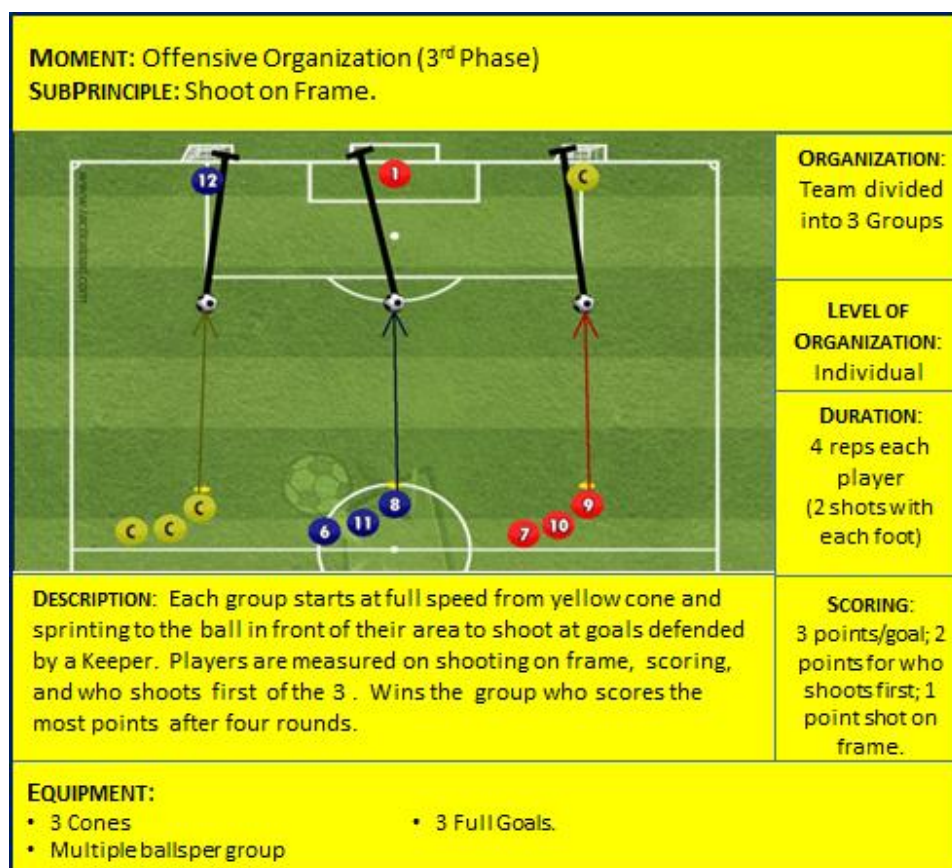


Figure 63: Friday - 3 Team Competition

d. HYDRATION (2 MINUTES).

e. FUNDAMENTAL 1 – 2 v 0+KEEPER: “PENETRATE THE SPACE BEHIND THE DEFENDERS” (15 MINUTES):



Figure 64: Friday - Penetrate the Space behind The Defenders

f. COMPLEMENT 1 – KEEPER+4 v (4+2): “DEFENSIVE TCB” (20 MINUTES):

MOMENT: Defensive Organization (2 nd Phase) SUBPRINCIPLE: Teaming, Coverage, and Balance.	
	ORGANIZATION: K+4 v 4v(4+2) (In each half)
	LEVEL OF ORGANIZATION: Group
	DURATION: 5 x 3' (1' break in between each session)
DESCRIPTION: Games in each half-field. Each attacking team has 2 Wingers who can't come into the cone-delimited area. Attackers try to penetrate the box thru the central channel only and score. Defenders try to score in half-line goals. Wins the group with most points.	
SCORING: 1 pt./ball thru half-line goals by defenders. 1 pt./attacker goal	
EQUIPMENT: <ul style="list-style-type: none"> • Full Field w/ 2 Full Goals • Multiple balls per group • 14 Cones. • Red and Blue Vests. 	

Figure 65: Friday – Defensive TCB

g. FUNDAMENTAL 2 – KEEPER+3 v 3: “PREVENT THE BALL FROM GETTING TO THE 1ST POST” (15 MINUTES):

MOMENT: Defensive Organization (3 rd Phase) SUBPRINCIPLE: Clear the ball before it gets to the 1 st Post.	
	ORGANIZATION: K+3 v 3 (half-field)
	LEVEL OF ORGANIZATION: Sector
	DURATION: 4 reps/player/ 10' per until dead ball (2 services w/ each foot)
	SCORING: Defenders – 1pt for being successful. Attackers – 1 pt / goal
DESCRIPTION: Players set-up as depicted w/ #2 Blue a little ahead of his start cone. A ball is placed on edge of big box as depicted. #2 sprints to the ball first and then all players sprint towards goal. #2 will attempt to cross through the High Cones so that #9 and #7 get them. If Defenders intercept they turn upfield to carry the ball through the yellow cones – max 10' per event until dead ball.	
EQUIPMENT: <ul style="list-style-type: none"> • Half-Field Field w/ 1 Full Goals • Multiple balls with Coach • 7 Flat Cones and 2 High Cones • Red and Blue Vests. 	

Figure 66: Friday - Prevent the Ball from Getting to the 1st Post

h. COMPLEMENT 2 - KEEPER+(8+2) v (8+2)+KEEPER: "DELIVER THE BALL TO ADVANCE ZONES/SPACES" (15 MINUTES):



Figure 67: Friday - Deliver the Ball to Advance Zones/Spaces

i. 9. STRETCHES (5 MINUTES).

G. Saturday – Pre-Activation Day

“So, it’s Saturday and it’s like an introduction to competition! (...) Therefore, to me, it the same way! (...) on Saturday I used to say: the ideal was that I could come up with something the players could do for 45 minutes with representative patterns! And to execute the exercises representing what the game brings about without creating fatigue! (...) That’s what we started to call the “Rondo/Keep-Away of Three Teams”, which through creating three zones with several variants, for instances two teams in the outside channels/zones and one in the inside channel/zones. So the players on the outside after 5 or 6 passes – with the first or last being two touch, - then pass the ball to other side without the center group intercepting it or they end up in the middle.

This exercise has a short and long pass...while one group passes around then one player pressures with a limit of 6 to 7 minutes, and so forth, always rotating. Well this exercise doesn’t include a shot on goal...as Romário used to say that he scored a lot because he passed to the goal. Then Zé Tavares invented this exercise for four zones, introduced goals, and while it’s a bit more fatiguing, because we need to ensure we recover from the effort expanded on this exercise, but this like...let’s put the guys in “the fire”, a “state of alert”, situations that leads them to dribble, fake, get away from the pressure, but in small doses to prevent fatigue. But what’s going to be a priority is what happens in the match, happens here now, so that the alert is what we stimulate”

1. Training Session Example:

a. *Pass the Ball to the Other Leg (5 minutes):*

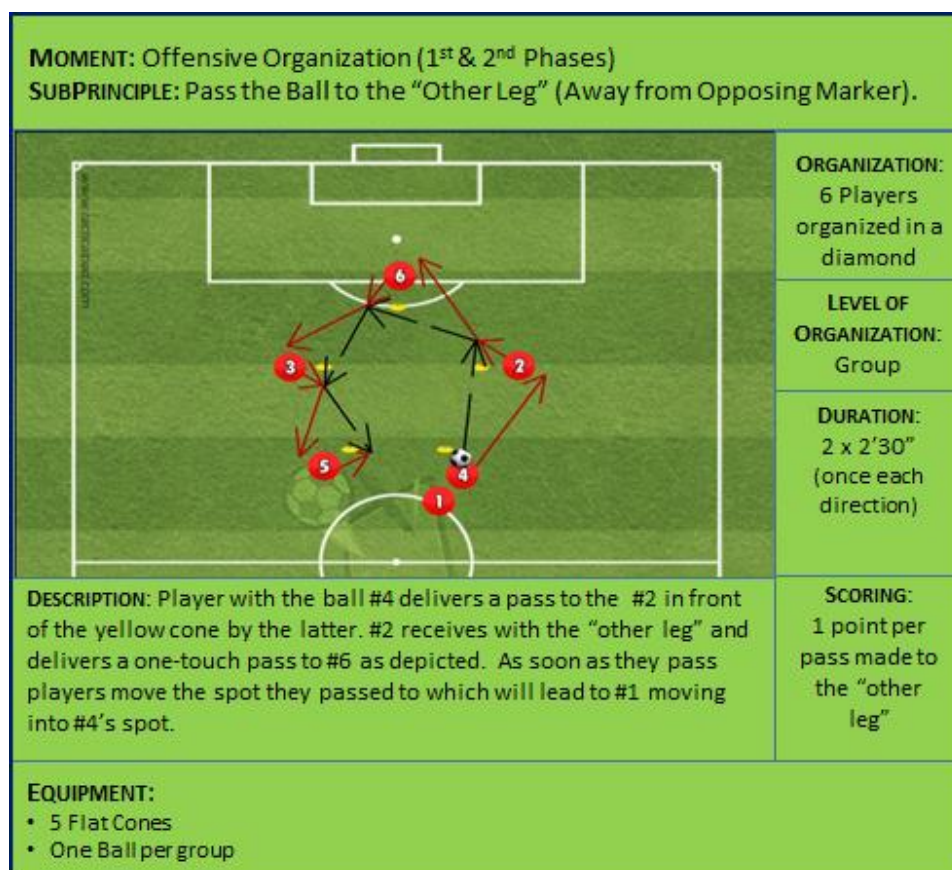


Figure 68: Saturday – Pass the Ball to the Other Leg

b. *2. Dynamic Stretches (4 minutes).*

c. *Rondo / Keep-Away 10 v 2 (10 minutes):*

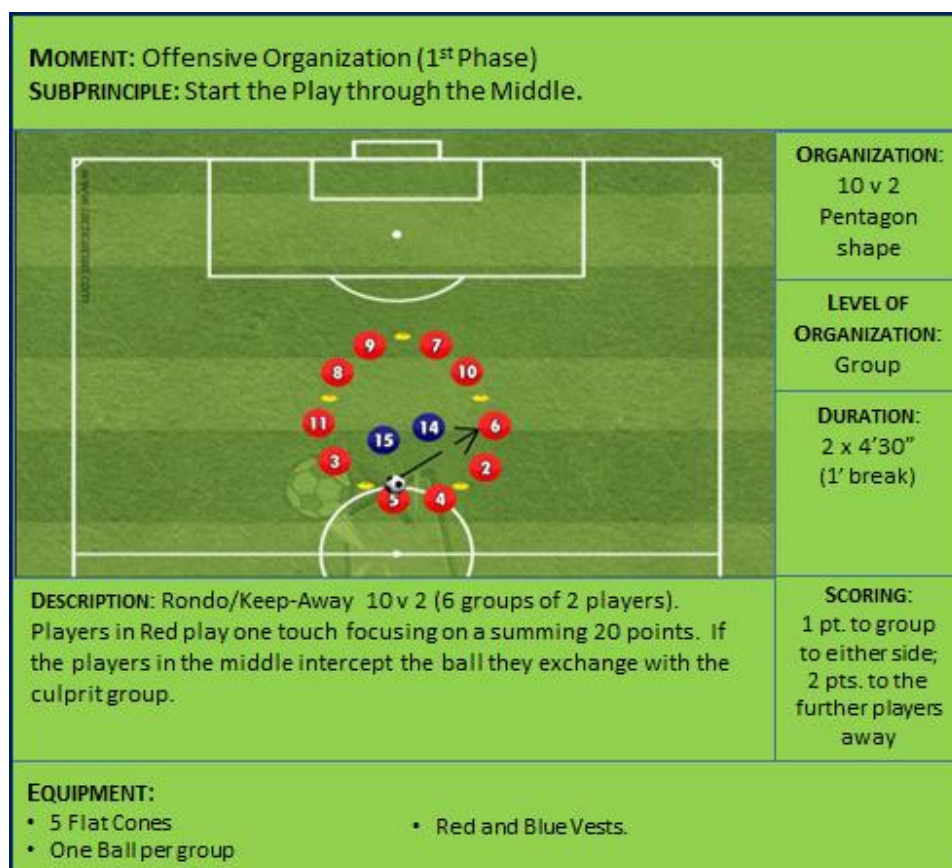


Figure 69: Saturday – Rondo / Keep-Away 10 v 2

d. *Hydration (1 minute).*

e. Rondo / Keep-Away 21 v 3 (10 minutes):


MOMENT: Offensive Organization (1 st & 2 nd Phase) SUBPRINCIPLE: Fast Ball Movement (Passes at Speed).	
	ORGANIZATION: 21 v 3 in the Center-Circle
	LEVEL OF ORGANIZATION: Group
	DURATION: 2 x 4'30" (1' break)
DESCRIPTION: Rondo / Keep-Away 21 v 3 – 8 groups of 3. The 21 Red players play 1 touch keep-away to get 20 points. If the a Blue player touches the ball the group exchanges with the culprit group.	SCORING: 1 pt. for pass in the same half; 2 pts. For pass to the other half
EQUIPMENT: <ul style="list-style-type: none"> • Red and Blue Vests • Multiple Balls 	

Figure 70: Saturday – Rondo / Keep-Away 21 v3

f. Half-Field Game: Keeper+10 v 10+Keeper (10 minutes):

MOMENT: All SUBPRINCIPLES: All	
	ORGANIZATION: K+10 v 10+K (half-field, big box width)
	LEVEL OF ORGANIZATION: Group
	DURATION: 2 x 4'30" (1' break)
DESCRIPTION: Normal 11v11 game in half-field width as depicted. Wins the team with most points. Losing team gets to do something for the other team, e.g. carry opposing team on their backs.	
SCORING: 1 point per goal	
EQUIPMENT: <ul style="list-style-type: none"> • Red and Blue Vests • Multiple Balls • Half-Field w/ Big Goals. • 8 Flat Cones 	

Figure 71: Saturday – Keeper+10 v 10+Keeper

g. Stretches (5 minutes).

CONCLUSION

It was my objective with this book to share with Fútbol Coaches across the planet to apply in their teams the ideas from one of the best coaches ever, leveraging the most advance coaching methodology.

I hope the readers are able to leverage this book in your teams to play quality fútbol with your players and preparing while having fun at practice doing what they love: Playing Fútbol.

If you like and find value in this book that can be used also by other fútbol coaches please provide a review on Amazon.

Feel free to reach out with your thoughts through my Twitter account: @PedMenCoach. I also publish in the site <http://pedmencoach.wix.com/comotreinarfutebol> and www.tacticalpedia.com.

Thank you very much and best wishes in all your endeavors,

Pedro

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Pedro Mendonça is a Porto (Portugal) native. He played youth soccer for FC Porto and SC Salgueiros until joining the ISMAI to pursue his education in Physical Education with a speciality in football (soccer) in 2007. Pedro is currently concluding his Masters degree in Sports and Physical Performance at University Pablo de Olavide in Seville - Spain. He obtained the UEFA B license in 2007.

Currently Pedro accumulates the functions of Assistant Coach at Lusitano FC in the Portuguese National League, a Scout Coordinator for FC Porto (Algarve), and a Football Coach of the Real Madrid Foundation in the “Escola Sócio-Desportiva de V.R.S.A e Castro

Marim”. He started as the Coach for FC Avintes in 2007 (Women National League D2), and has since had stints coaching youth clubs from ages 10-18 as well in the professional league.

Pedro is also the author of “Game Model of Louis van Gaal” (English and Portuguese), “Tactical Periodization: A Practical Application for the Game Model of the FC Bayern Munich of Jupp Heynckes (2011-2013)” (English, Spanish and Portuguese), and tacticalpedia.com known as the most comprehensive encyclopedia for football.

SEASON	CLUB	LEVEL
2007 / 08	FC Avintes	Women’s National League D2
2008 / 09	CD Candal	U14
2009 / 13	Lusitano FC	U12, U14 to U19
2012 / 13	Lusitano FC	Professional
2012 / 13	Algarve United	Professional
2013 / To Date	Real Madrid Foundation	U16 to U13
2013 / To Date	FC Porto	Scout Coordinator - Algarve
2014 / 15	FC Porto	Technical Coordinator - Algarve Dragon Force Football School
2015 / 16	Lusitano FC	U13, U16 to U19
2016 / 17	Lusitano FC	Professional

ABOUT THE ENGLISH VERSION EDITORS –

TONY ALMEIDA & COURTNEY ALMEIDA



Tony Almeida – a native of Mozambique, of Portuguese descent, Tony has played and coached the game at all levels, in Africa, Europe and USA. He holds a NSCAA Premier badge and is currently the General Manager and Director of Coaching of FC Porto of Kansas a non-profit soccer club based in the Greater Kansas City area, USA. Tony is fluent in four languages and holds degrees in Computer Engineering and Economics from The University of Michigan.



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