

ALWAYS **S**  **CCER**  
Barcelona

# Planning U17-U19

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First three-month period

Quarter

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Strategy

# Tactical

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- ❖ The first stage where we will start to work the tactical concepts by more specific and broke down form.
- ❖ We divide the tactical in the 4 periods of the game:
  1. Organized Attack
  2. Organized Defense
  3. Defensive Organization
  4. Counterattack

# Organized Attack

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The principal system that we will use during the season will be (1-4-2-3-1 or 1-4-3-3), this system will contribute the defensive balance (the Hungarian teams have tendency to break and they have a lot of distance between lines) and it will contribute offensive width and depth that it will help us to creation and use of spaces.

We will do offensive variant of the 1-4-3-3 in order to have more control on the center's field and it will help us create and use free spaces, it's principle that will be the main in our philosophy of the game.

The variant of our principal system will be the 1-4-4-2 that we will use as resource during the season.

# Organized Attack

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1. Create and use the spaces
2. Fast Associate Attack
3. Drive the attack for favorable zones

# Create and use the spaces

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Create and use the spaces will be a basic principle inside our game model, we will start always since a predetermined system but it won't be fix, our objective will be move defensivment opponent team to generate spaces in a differents zones and also that anybody of the defensives opponents have a fixed mark of one of our players.

## Sub-principles:

1. Get away
2. Changes direction
3. Changes ball's velocity
4. Free spaces
5. Support in diagonals, sides, depth and width
6. Permanent help's

# Fast Associate Attack

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Fast Associate Attack will be the construction attacks to find clear zones to “action”, center zones and sides zones to looking for opponent’s weakness and stay more far away of our goal. We have to pay attention don’t hurry up in the actions and try to make fast the actions fast but don’t hurry up.

## Sub-principles:

1. Offensive width
2. Keep the ball
3. Changes of rhythm, “velocity in the actions”
4. Depth game
5. Offensive vigilances

# Drive our the attack in favorables zones

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Drive our attack a favorables progression zones, outside zones or free spaces in inside zones of the field.

## Sub-principles:

1. Supports (lateral, front and diagonals)
2. Get away in lateral zones.
3. Orientation changes
4. Front driving, breaking pressure lines



# Defensive Organization

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Our defensive system to based on the pressing after lose the ball in opponent half and zonal fall back in our field when we lose the ball our field.

# Organized Defensive

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1. Pressing after lose the ball
2. Reorganization the defensive lines

# Pressing after lose the ball

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We will do pressing after lose the ball in opponent half, we will oriented our pressing in sides.

## Sub-principles:

1. Pressing after lose the ball in opponent half.
2. Asphyxiant pressing during 3-6 seconds.
3. Close the near lines pass.
4. Coverage and exchanges.
5. Swivels (basculaciones).

# Reorganization the defensive lines

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Reorganization the defensive lines is a principle very related with pressing after lose the ball and fall back after lose the ball in our field.

## Sub-principles:

1. Reorganization the line 3/4 to execute pressing in opponent half.
2. Timing of more near player who lost the ball.

# Organized Defense

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1. Zonal defense.
2. Avoid circulation the ball in center zones of own field.
3. Spaces reduction.

# Zonal Defense

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We have to defend in zone in order to have a rational occupation inside the field in defensive actions during the game and stop ball's. The zone let we allow to have better occupation inside the field, collectivity and a higher option to we recover the ball to we can play own game system.

## Sub-principles:

1. Swivels
2. Coverages and exchanges
3. Orientation (ball, opponent and goal)
4. Markings
5. Tackles, Anticipation and Interception.
6. Permanent Supports
7. Defensive Vigilances
8. Offside

# Avoid circulation the ball in center zones of own field

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When we do a fall back in own field and we leave free outside, we orient opponent attack to outside and we can organized specify pressing in side if we want do.

## Sub-principles:

1. Zonal fall back in center zone.
2. Pressing in established zone (steal zones)
3. Coverages, exchanges, tackles, anticipations and interceptions

# Spaces Reduction

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We do a space reduction to move the defensive line after lose the ball to execute space reduction and be together lines to we make the pressing after lose the ball, always in opponent half.

## Sub-principles:

1. Space reduction in opponent half
2. Anticipation and interception



# Counterattack

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The counterattack will be a tactical principle that we will allow us do a lot painful to opponent because they have tactic debilities in the transition attack-defense.

# Counterattack

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1. Depth
2. Width
3. Detect favorables progression zones

# Depth

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We will have offensive depth with our advanced player (striker) in order to try to looking for him if he is available to receive the ball in advantage, always the first option will be free spaces in behind the opponents.

## Sub-principles:

1. Get away to find free spaces
2. diagonal and laterals get away
3. Offensive dividing
4. Passes in depth
5. Running the ball to free spaces to attract opponents and generate spaces in opposite sides

# Width

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We are looking for to have offensive width with the objective to generate distance between defensive lines on the opponent team and so we can play 1vs1 or 2vs1 without near we have near coverage defensive.

## Sub-principles:

1. Offensive Width
2. Situations 1vs1
3. Offensive dividing

# Detect favorables progression zones

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Detect free spaces to make drivings and attract opponents so generate spaces in opposite zones.

## Sub-principles:

1. Orientation changes
2. Create and use the spaces
3. Running the ball to free spaces
4. Get away in free spaces
5. Depth and diagonals supports

## Contenidos

### Technical

### Physical / Coordinatives

Perfecting the passes (short, médium and large)

Aerobic and anaerobic resistance

Perfecting all kind of controls

Improvement of velocity

Perfecting of running the balls, improve the velocity and the obstacles in execution.

Strength Works development (general, guided and specific)

Improvement the feint like technical element before others actions.

Keep flexibility levels

Perfecting dribbling + feint

Coordination, agility and equilibrium

Head actions

# Technical

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- ❖ Will be an improvement stage and technical domain actions worked in previous stages.

# Physical - Coordinative

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- ❖ Like in previous stages we will follow working the coordinative aspects into the warm-up like a general rule or making specific coordination work.
- ❖ We will do the physical work inside our week structure “patrón morphocycle”.