

## REP EXERCISES AND PREPARATION FOR PRE- & IN-SEASON

TACTICAL-Making good decisions

FUNCTIONAL-Players Roles, Defense Phase and Offensive Phase

SHADOW PLAY-Shifting moves with or without the ball

### Exercises.

In my opinion, Tactical/Functional/Shadow exercises are what is needed to improve the individual's (and consequently the team's) ability to react to the changeable tactical context. As far as collective exercises are concerned, it is a good idea, coming up to the day of the match, for the coach to show and train the team how to carry out the specific moves that will help them to contain the opposing system. Here are some practical suggestions.

1. Specific exercises for the Defense section in relation to the type of Attack set up by the opposition.
2. Specific exercises for the Mid Field section in relation to the type of counter position they are meeting in the opposition's corresponding section.
3. Team exercises for carrying out Low Level Pressing (backward shifts, playing for time)
4. Team exercises for carrying out In-Depth Pressing (forward shifts, high pressure)

#### Exercise # 1

In the exercise proposed in #1 the defense section will be containing the strikers, supported by the mid field. Here the training session will be carried out asking the defenders to make the moves (slipping up or down, shifting, going in to cover) that they will repeat during the match, while the attacking section (positioned as the opponents will be lined up during the coming match) and the mid field are moving the ball around and simulating concrete situations and problems that they will likely encounter.

After this simulated and low intensity session, (in which we will make sure the movements are being executed to perfection) they will then move on the situation of real play, putting the defense against the attack.

We might also introduce a number of (conditions) so as to force the defenders and the strikers to act and behave in a certain way.

Following these developments, the coach will be able to judge his defense section's ability to react at once to real situations rather than the predetermined ones that he was looking at in the moves he was trying out during the earlier session.

#### Exercise #2

The exercise proposed in #2 follow the same principles that we have just described, applied this time to training the Mid Field.

### Exercise #3

The exercise in #3 will help the team take in the movements they must make to carry out low level shifting (playing for time)-slipping to the right or left, horizontal or vertical shifts, recovering position.

You can work 11 v 0, simulating the movements to be made, various points of reference can also be placed on the field (cones or flags or other markers) to identify the opposition's system.

A further development will be the introduction of one or two opposing sections onto the playing field-followed at last by their whole team.

In this way the coach will be in a position to verify the general movements of the team first of all, and then the timing or the team's ability to react in situations of real play.

### Exercise #4

The exercise in #4 is carried out along the lines that we have already explained, only here the team is trying to apply (in-depth pressing, High Pressure)

### Exercise 1,2,3,4 together

In one last exercise, the team could be carrying out points 1,2,3,4 with one player missing (changing your system to outnumber your opponent).

That will help the team face up to situations of numerical inferiority if a player has been sent off.

## CONCLUSION

- I do not claim to know it all, but I consider the exchange of opinions in order to improve and develop our ideas as top level coaches
- If 2 teams are playing the same system, then it comes down to 1v1 battles, team shifting and organization, 2<sup>nd</sup> option is to change your system to outnumber your opponent.

## COACHING METHODOLOGY

- Players to believe in Themselves
- Players to believe in the Team
- Players to believe in the Coach
- Coach to be a VISIONRY, to convey his vision of Football to the players
- Discipline, Have Rules, because players will challenge you
- Organization, be prepared as a coach so you can lead by example.