

## Using Match Analysis to Develop Training Sessions Part I

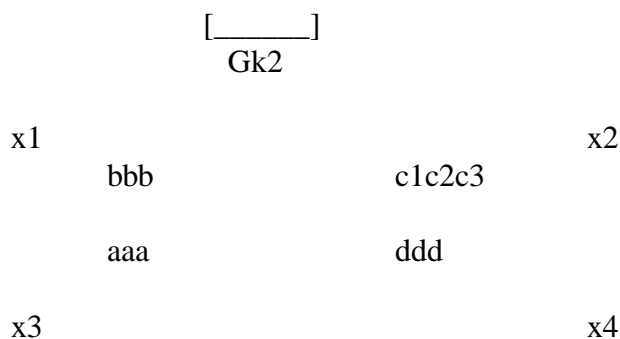
### **Tom Rontgen, head Coach New England Revolution**

- On all levels, teams go through cycles.
- Pre-season, Season, Regeneration.
- Have to decide what to work on in practice, individual skills or group or team tactics.
- We are in a new age with the prevalence of videotape where we can break down a team's strengths and weaknesses so we can see what to work on as a team in practice.
- (There was no analysis re what to look for)
- The clinic was based on the following hypothetical:
- Your team controlled the ball for 80% of the game in the attacking third, but did not score. The score should have been 5-0, but was 1-2. Your team plays a 3-4-3 or a 3-5-2. The problems you recognize from watching the tape shows no overlaps, poor runs in the box, and your team was susceptible to counterattacks.
- Use the game played as a method to prepare your next practice session.
- Likes to use GK in all warm-ups. Warm-up should prepare players for the next exercise.

---

### **Warm Up**

- Warm-up. 16 players, half field, two keepers, 6 balls. Players play in middle of field. Pass and move. GKs alternate calling out numbers and those players dribble to goal and shoot, then return to middle of field.
- Stretch - static. Commented that Vern Gambetta likes dynamic stretching that's game related.
- Additional warm-up: four teams of three, each with different colored pennies, with four players at flanks as follows:



[ \_\_\_ Gk1 \_\_\_ ]

Players pass the ball among their group, keeper again calls out number and that player passes ball to target player closest to goal of GK who called number and runs an overlap and receives a return pass from flank player and crosses ball to keepers hands.. i.e. Gk1 calls out "c2." C2 dribbles from her area, passes to x4, runs overlap down flank, receives return pass from x4 and crosses to Gk1.

- Next: Two players of group leave their area when GK calls a number. In example above, c2 makes the same run, c1 runs toward far post and tries to score on c2's cross.
- Stretch again.
- Match Related Drill for practicing runs from the back. Players line up in following manner:  
o = balls. a's, b's and c's are backs or mids. d,e,f,g,h,j rotate as attackers and defenders.

(Backs)

aaa	bbbb	ccc
ooo		ooo

(Forwards/  
Defenders)

d	e	f
g	h	j

1. Defenders begin passive.
2. d fakes a forward run, defended by g, and checks back for a pass from a.
3. a passes to d. (Coaching point: Pass to foot of checking player closest to b.)
4. after pass, a makes a run down the flank vacated by d.
5. d passes back to b.
6. after pass, d makes a far post run, overlapping e.
7. f begins a near post run.
8. e makes a run toward the center of the goal.
9. Coaching point: e, f and d should hold their runs at the 12 until a or c are ready to cross.
10. b makes long pass to a then runs toward goal to settle near top of 18.
11. a receives ball and crosses toward goal.

**Coaching points:**

1. If crossing near post, drive the ball low. If crossing to far post, loft the ball.
2. Goal should be framed in the following manner:

b (18)

f      e      d (12)

a (6)

[\_\_\_GK\_\_\_]

- Forwards/defenders alternate checking back. Alternate starting passes from a to d and c to f.

- Next: Add a central defender who chooses one of the three goal attackers and attempts to prevent an attacker from receiving the ball. Allow initial defender to play more aggressively and deny the initial pass from a or c. Coaching point: Forward should feel the defender's location, right or left and determine where to go with first touch.
- Next: Add second passive defender whose role is to pressure the crossing attacker.
- Next: Widen forwards near the flanks. Set up players in following manner:

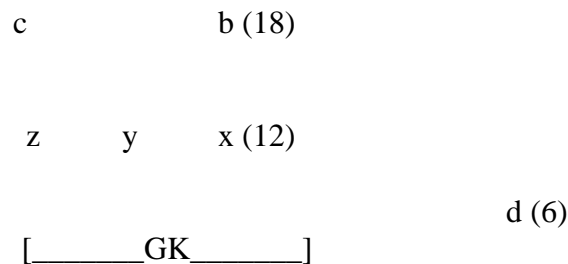


**Sequence of passes:**

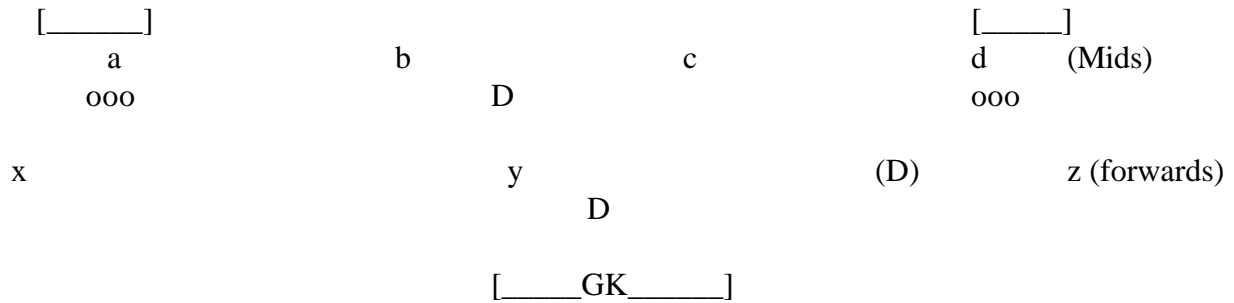
- d to c
- d makes run down flank.
- z takes defender toward y to open up space for d.
- c to y who checks back after making a dummy forward run.
- y to b
- b makes long pass to flank to d
- b and c criss-cross and become trailers heading toward the 18.
- z runs far post overlapping y.
- y runs near post
- x runs middle of goal.

**Coaching points:**

1. All forwards time runs so they are at 12 as d prepares to cross and then they break toward goal)
2. End with cross and finish.
3. Final positions, before cross, should look like this:



- 4. If team is susceptible to counter-attack, add two (or three) defenders and set up two goals at opposite side of flanks near midfield.



- If defenders gain possession, they attempt to score at the two midfield goals. The attacking forwards try to prevent the counter-attack and get the ball back from the defenders.
- One English study indicates that most goals are scored in three or fewer passes. This doesn't mean that the play was initiated from the back in three passes. Instead, it indicates that the offense regained the ball in the D's third of the field. True for most teams, except Brazil.
- Next: Have five attackers play against 3 defenders and keeper. Let the players be creative and allow the players to decide where they want to go.
- Next: Play 6 v 4. Allow opposite back "a" to make run, too.
- Next: Play 8 v 7

**Coaching points:**

- Mids must have good vision to see forwards making runs.
- Forwards should make checking runs.

**Conditions:**

- Before attacking team can go to goal, must find a forward and make a checking pass.

- Finish with 8 v 8. Each team has 3 forwards and 4 mids plus a keeper.

This session was covered by Rich Kriscuinas, RKRISCIU@CO.WAYNE.MI.US