



Modern Tactical Trends

Implications for High School and
Youth Coaches

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Benedictine College and NSCAA National Staff

Personal Background

- Proud Bellevue East Chieftain- Bellevue, NE (c/o 1996)
- Benedictine College- Atchison, KS (B.A. 2000; M.E.A. 2004)
- Head Boys' and Girls' Coach/Language Arts Instructor- Leavenworth High School- Leavenworth, KS (2000-2005)
- Head Men's Coach- Benedictine College (2005-present)
- Former KSYSA State DOC, State and Region II ODP Staff and youth coach
- National Staff Coach and Regional Director for the NSCAA
- USSF 'A' License, NSCAA Master Coach Diploma

Overview of Presentation

- Evolution of systems of play
 - Modern Defensive Tactics
 - Modern Attacking Tactics
 - Implications for high school and youth coaches
 - Summary and Closing
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- All information presented is applicable to BOTH the men's and women's game.
 - More examples shown from the men's game, however.

Goals for Presentation

- Provide information on systems of play- past, present and future.
- Address tactical trends and the implications for high school and youth coaches.
- Expose coaches to new ideas and concepts.

“Football is not just about players. It is about shape and about space, about the intelligent deployment of players, and their movement within that deployment.”

-Jonathan Wilson

Inverting the Pyramid

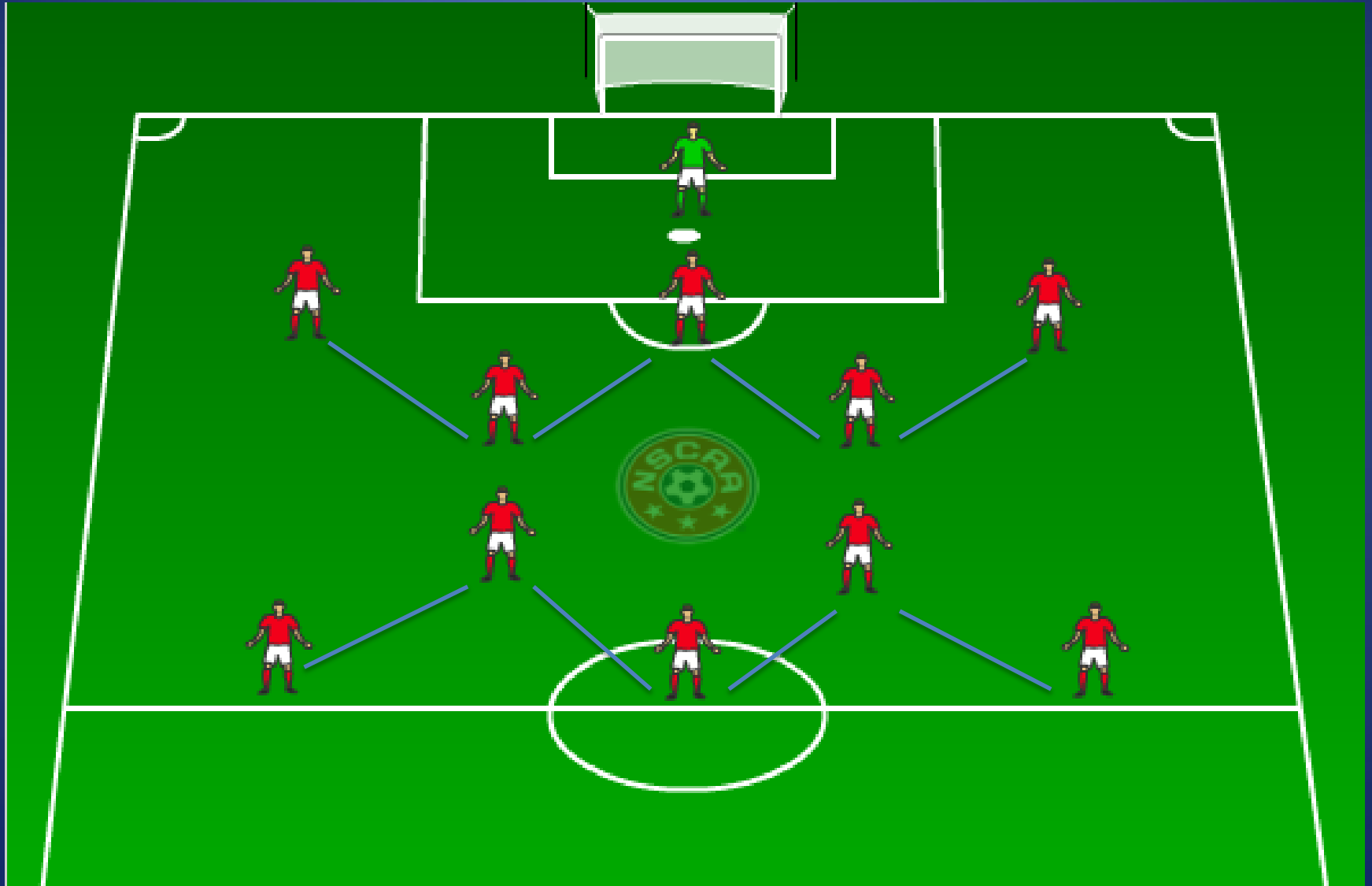


Evolution of Systems of Play

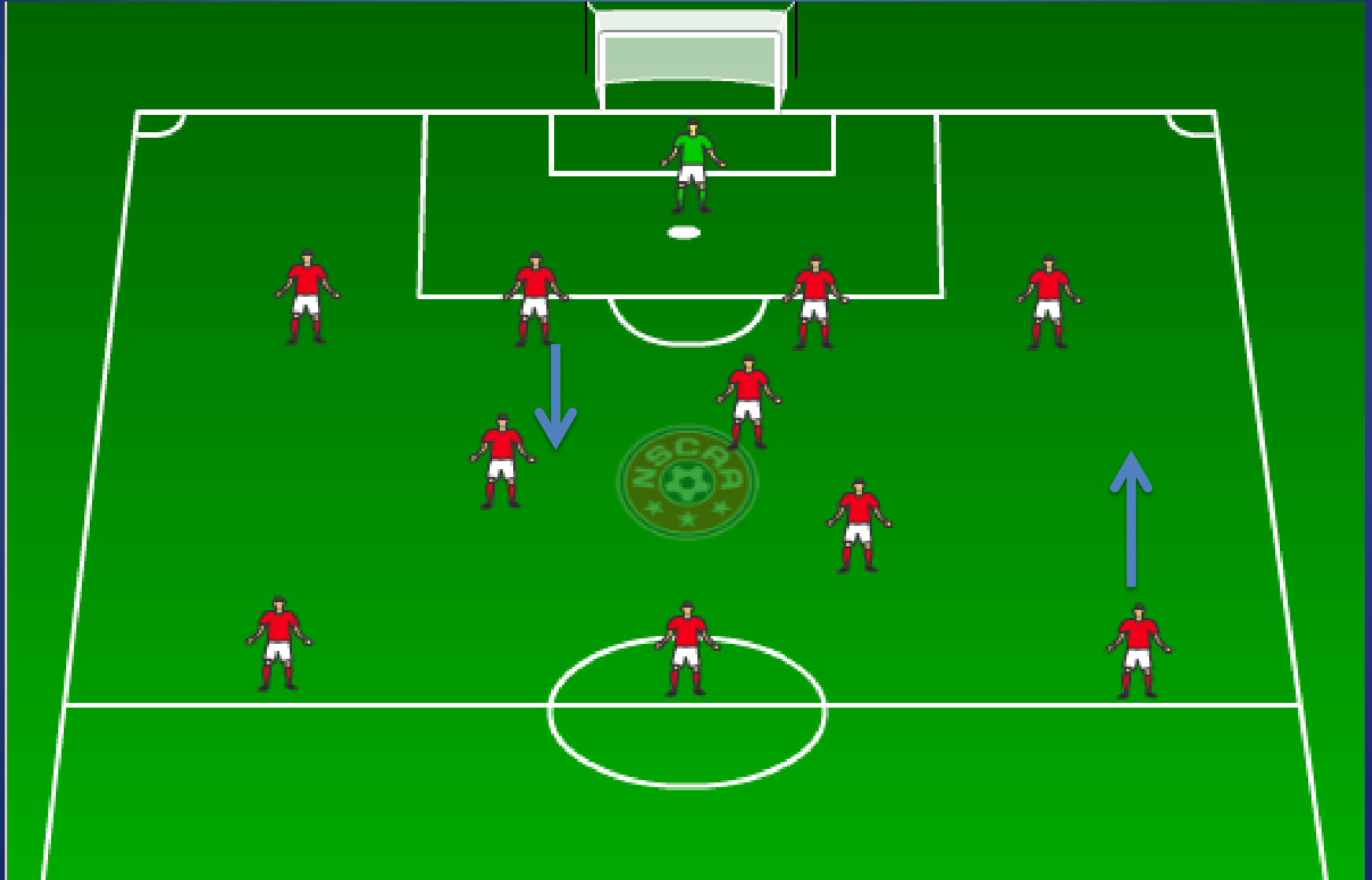
Brief History- 1930's- "The Pyramid"



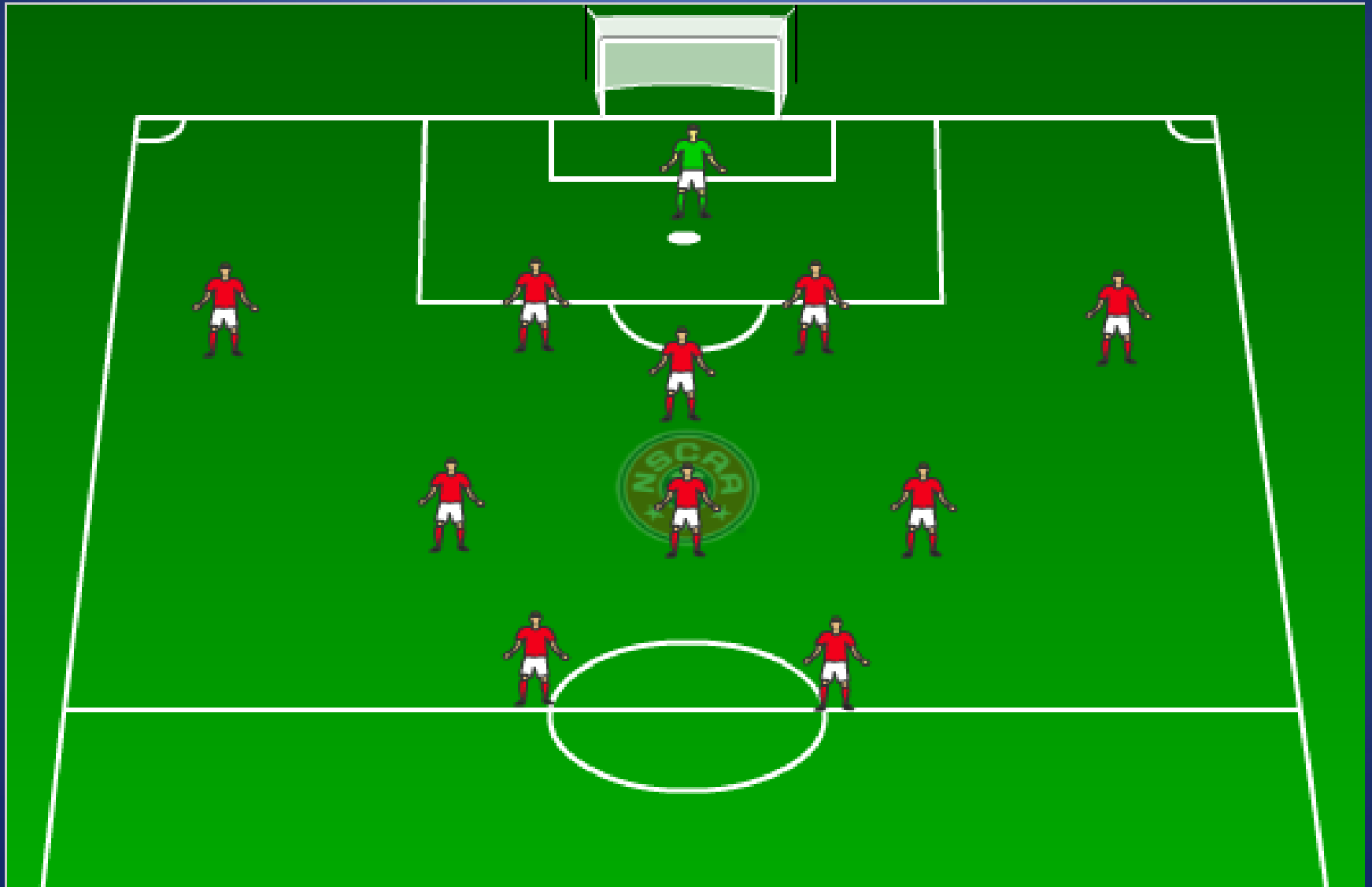
1930's and 1940's- "The W-M"



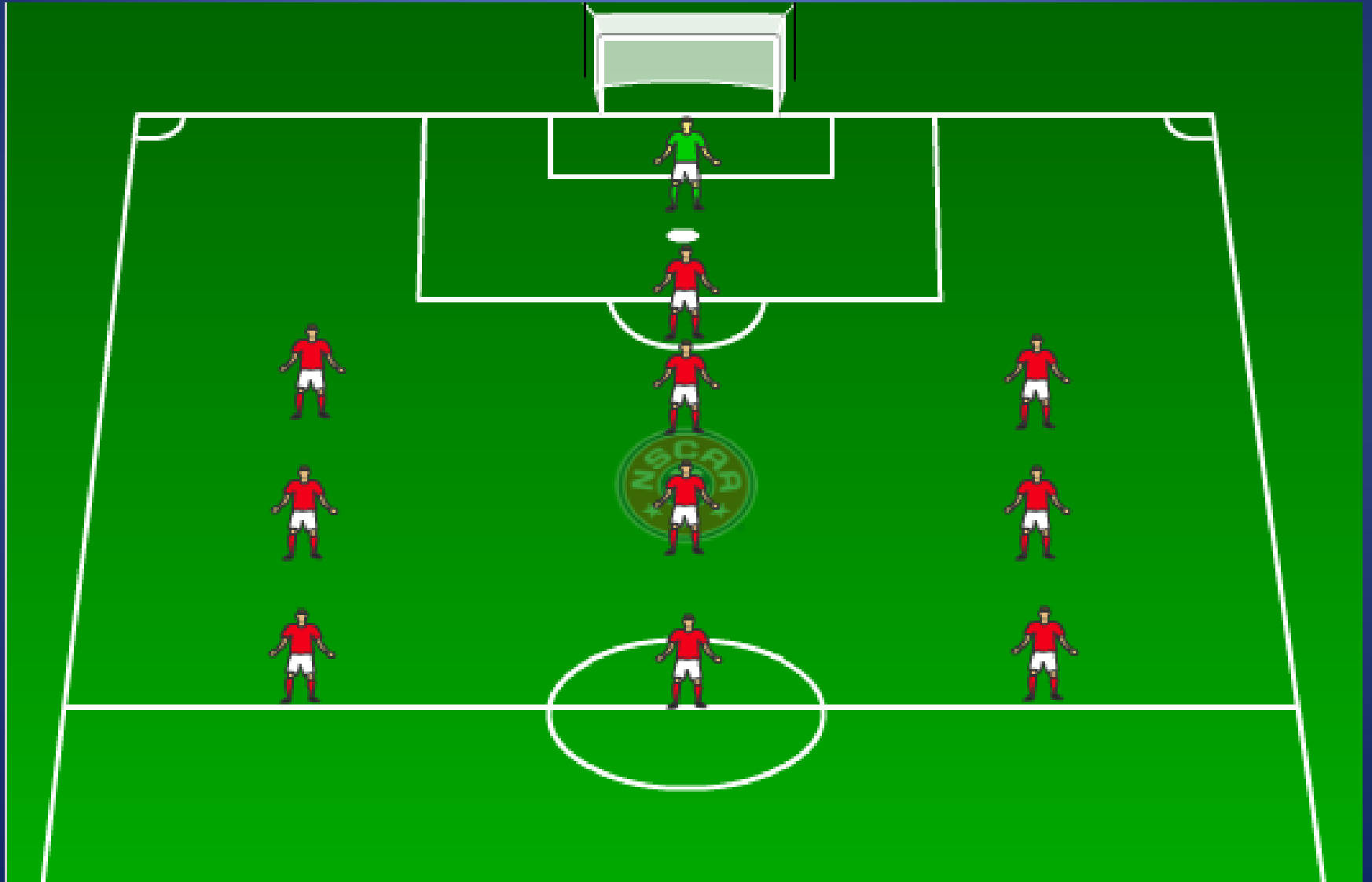
Brazil 1958- Emergence of 4-3-3



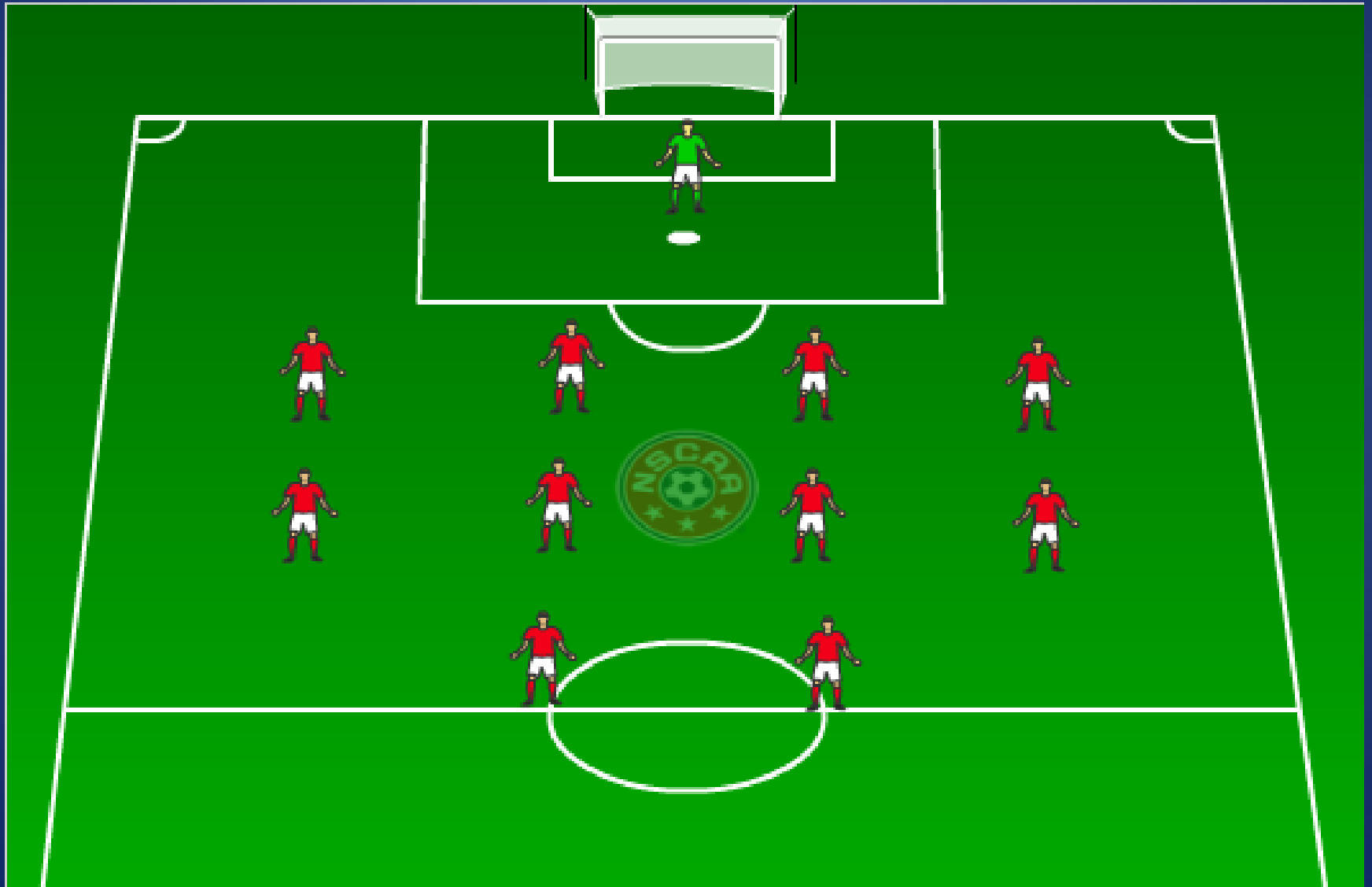
England 1966- “Wingless Wonders”



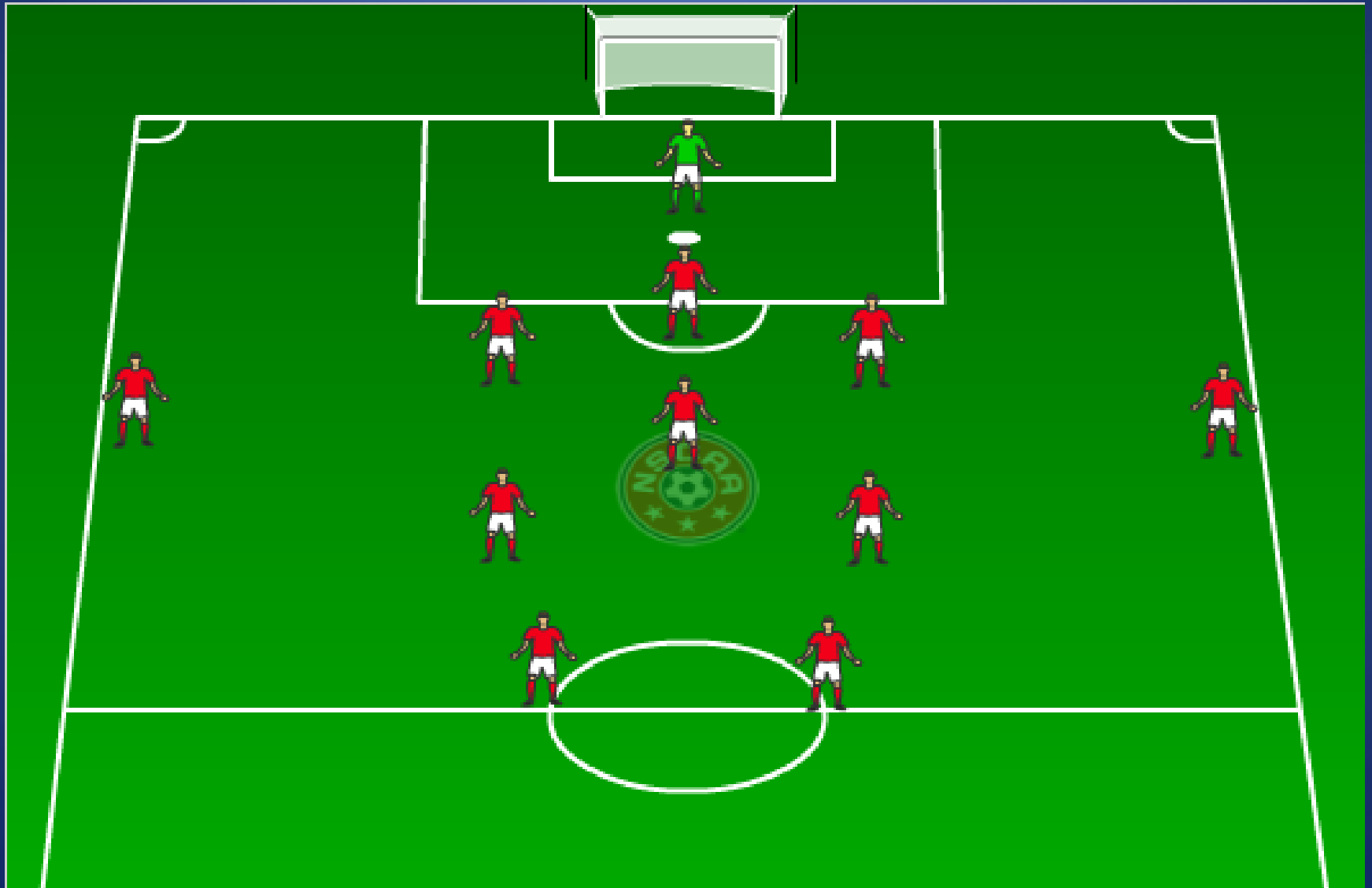
Holland 1978- “Total Football”



1980's- 4-4-2



1980's- German 3-5-2/5-3-2



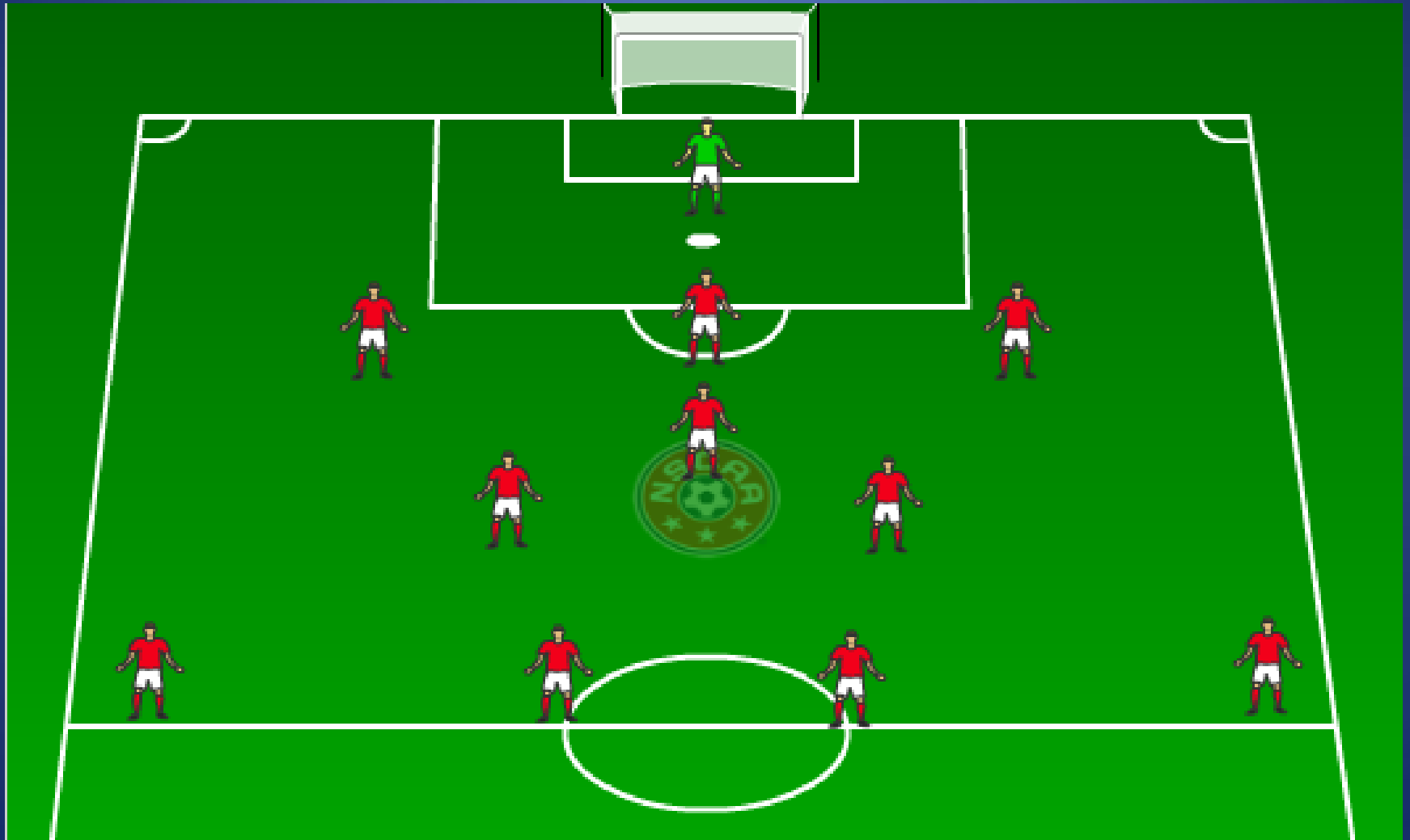
Systems used in Euro 2012

- 4-2-3-1 (Germany, Netherlands and many others)
- 4-3-3 (Portugal and Russia)
- 4-4-2 (England)
- 3-5-2 and 4-1-3-2 (Italy)
- 4-6-0 (Spain)
- 4 lines of players instead of the traditional 3?

Systems seen in the HAAC and NAIA

- 4-2-3-1
- 4-3-3
- 4-4-2
 - Block of 8
 - Diamond midfield
- 3-5-2

The Future- 3-3-4 and NO SYSTEM?

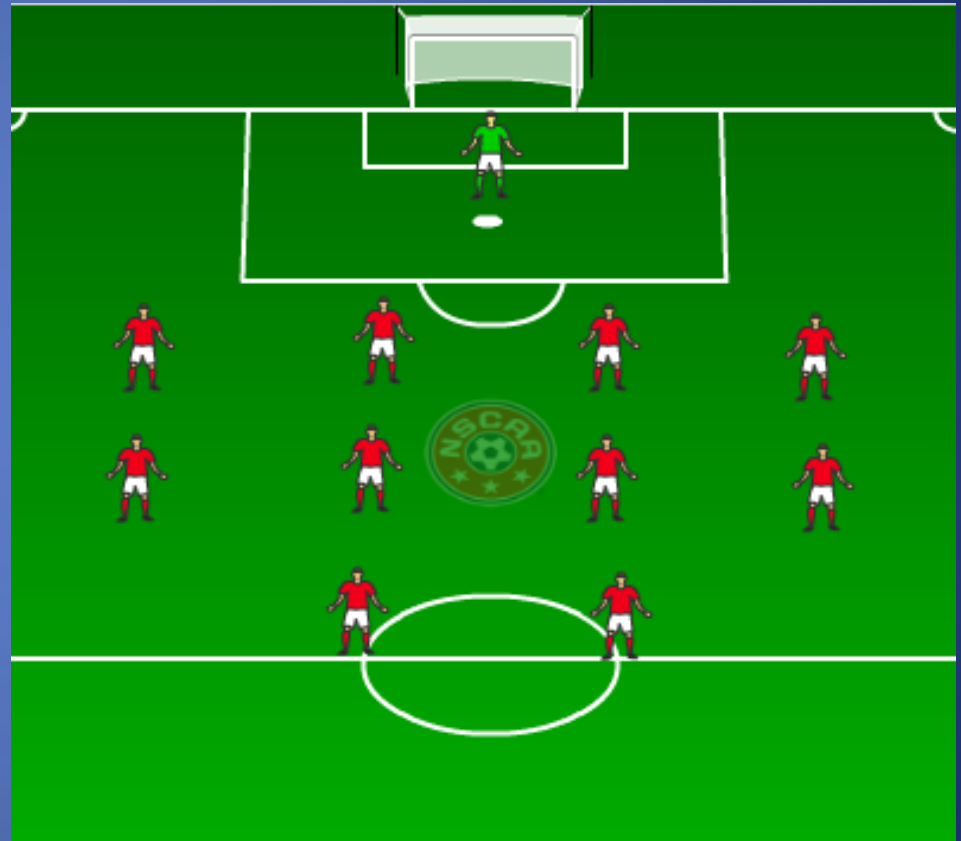




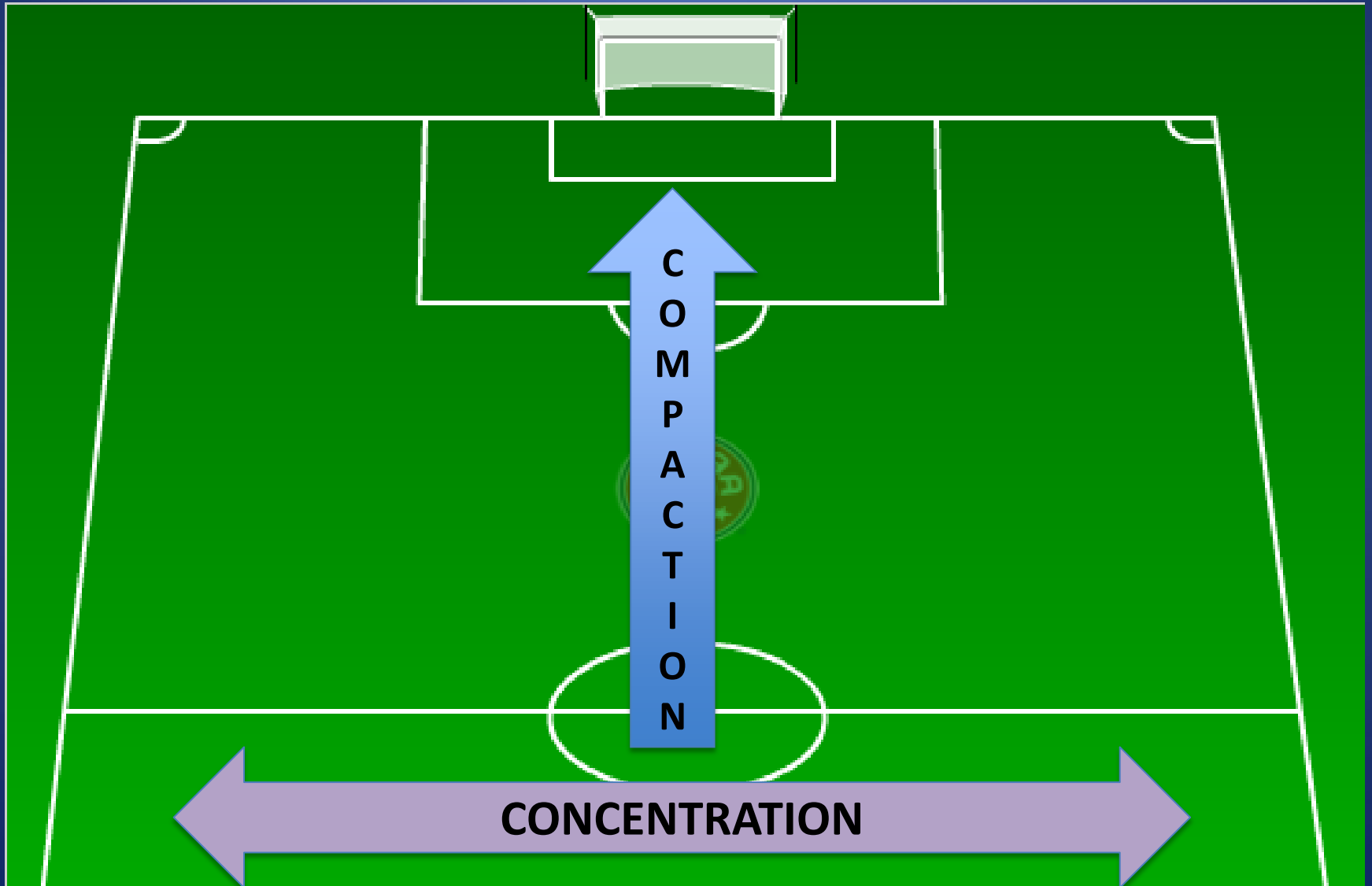
Modern Defensive Tactics

Zonal Defending

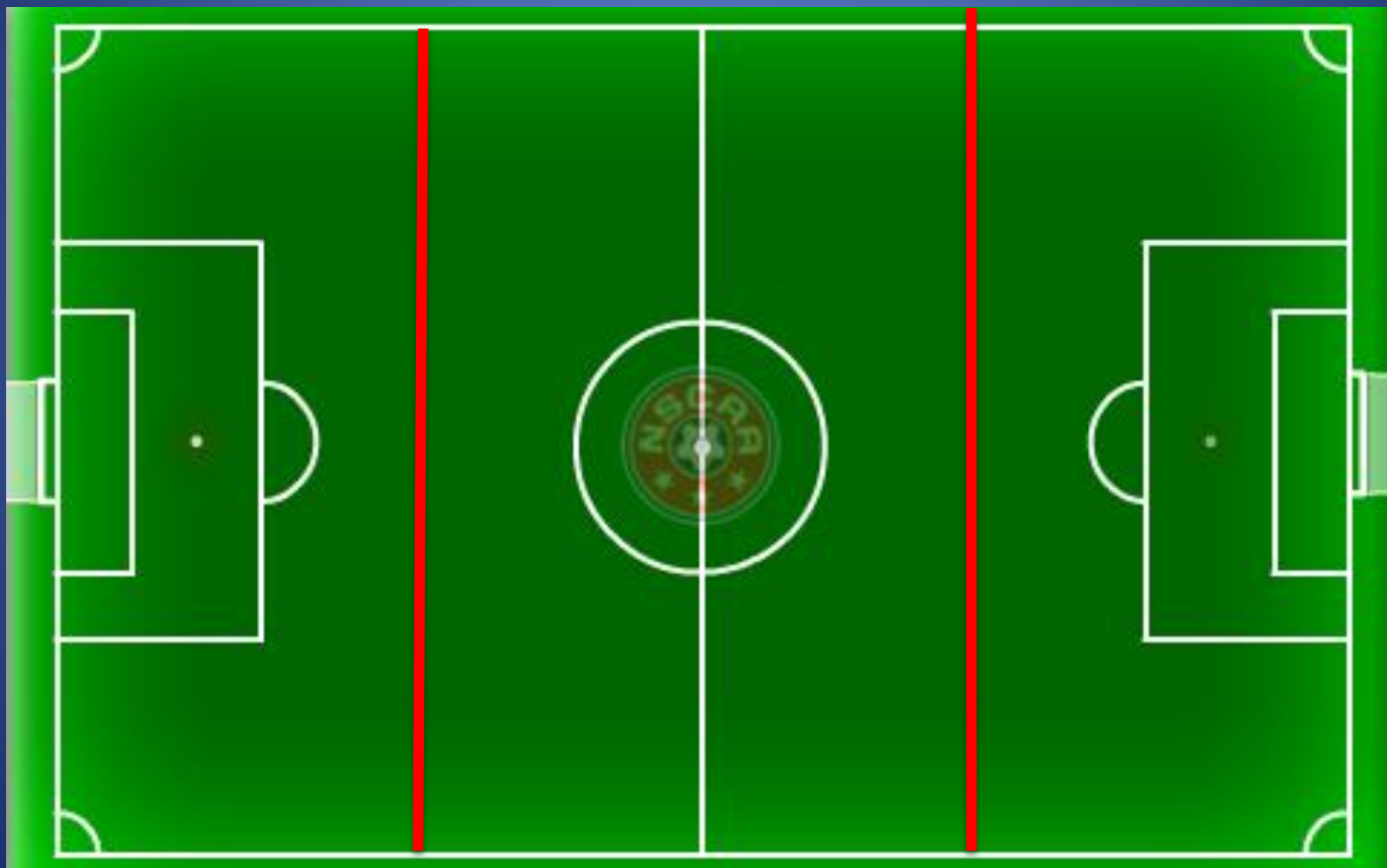
- Zonal back four/three
- Defending the ball instead of man-to-man
- Pressure, cover, balance
- Use of offside space
- Compaction and concentration
- Variations in thirds of the field
- The use of sweeper/stopper systems is virtually non-existent in the modern game.



Compaction and Concentration

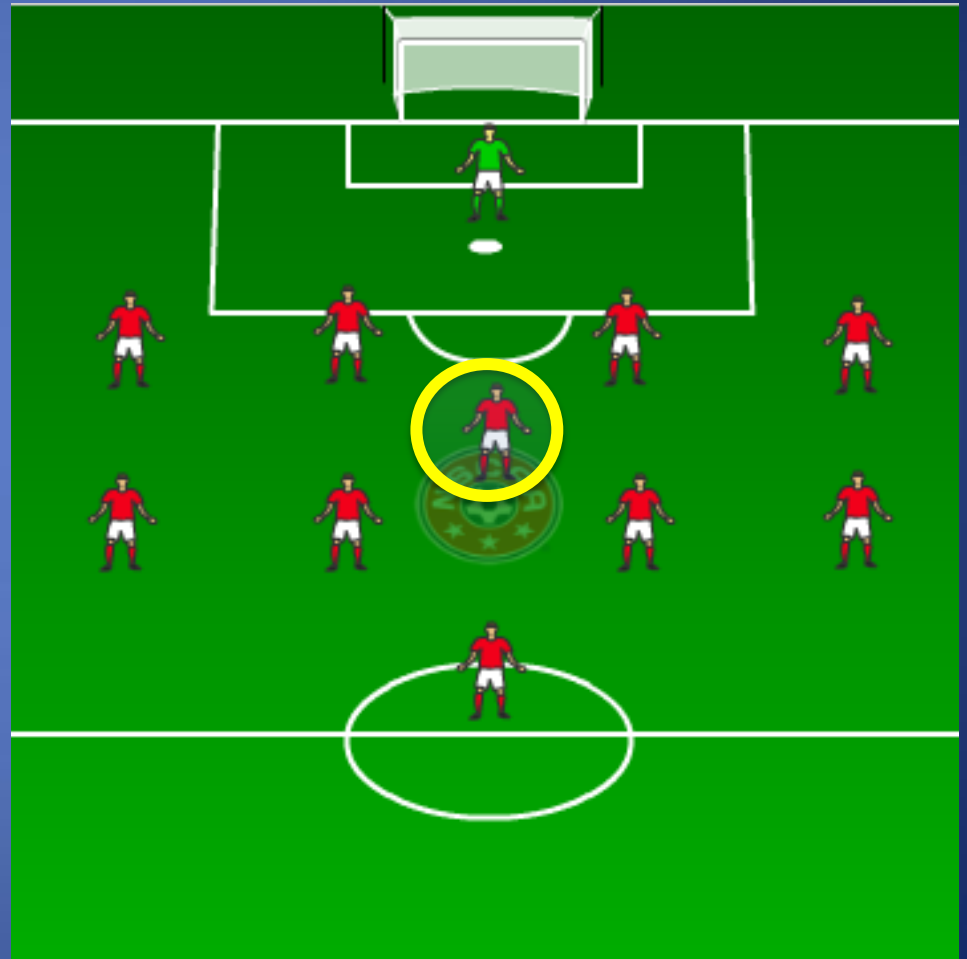


Zonal Variations based on 1/3 of Field



The Holding/Screening Midfielder(s)

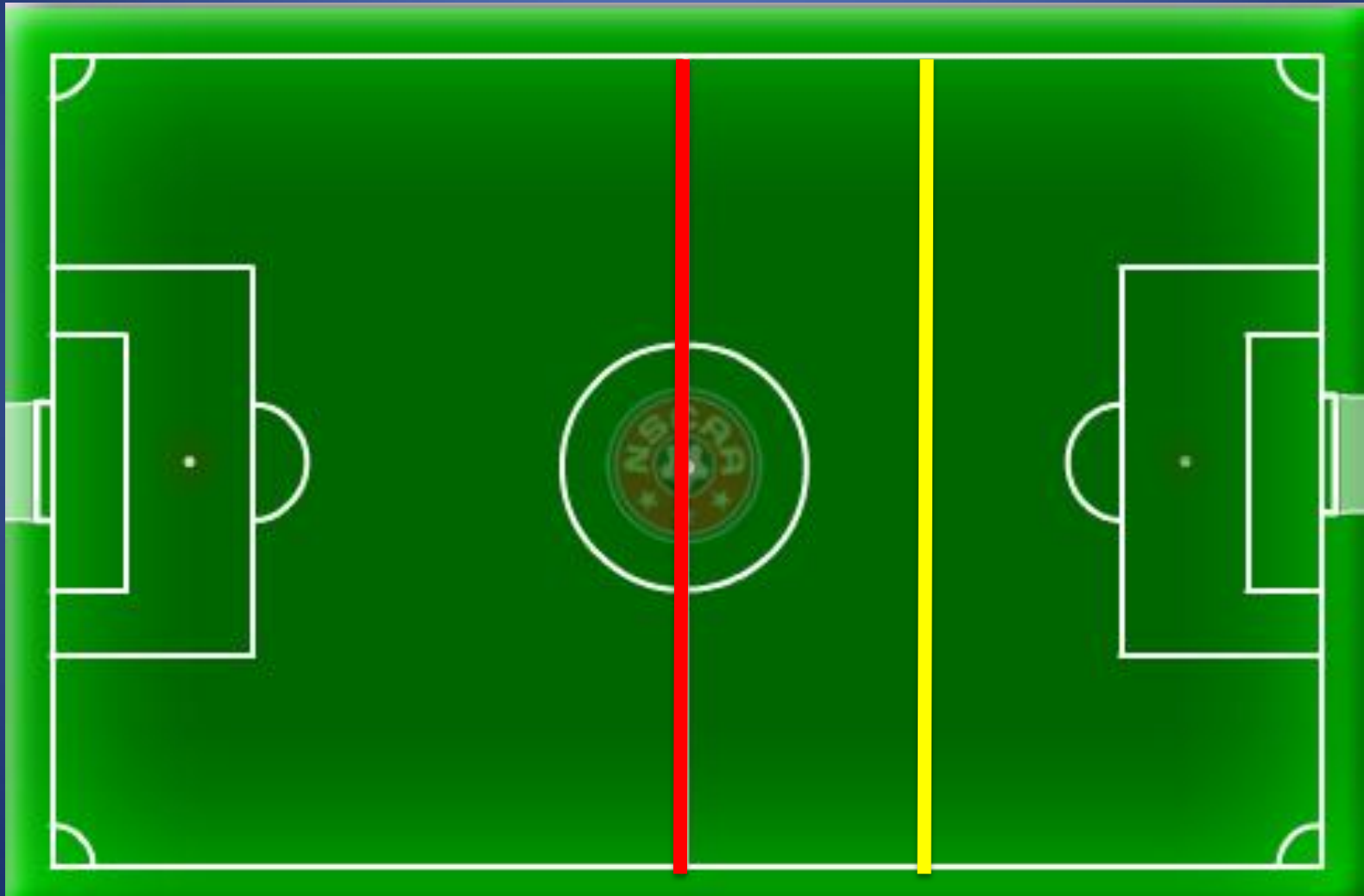
- Protection against rapid counter-attacks.
- Speed and athleticism of athletes.
- 17 of the 34 first goals scored in the 2010 World Cup were executed within 10 seconds after regaining possession.
- A back 3.5...
- Not just a “stopper” anymore!



Pressing

- Being used more often due to development and understanding of athletes- speed, fitness, agility, nutrition, sport science.
- Full press
 - Attempting to win the ball back within five seconds following loss of possession.
- $\frac{3}{4}$ press
 - Line of confrontation
- Half press/Delayed high pressure
 - Line of confrontation
 - Creating space to counter

Pressing- Line of Confrontation





Modern Attacking Tactics

Wingbacks v. Fullbacks

- Ability to get forward and assist with the attack.
- Combine with partners.
- Playmakers.
- Attack the 18 with dribbling or variety of service.
- More room to run?

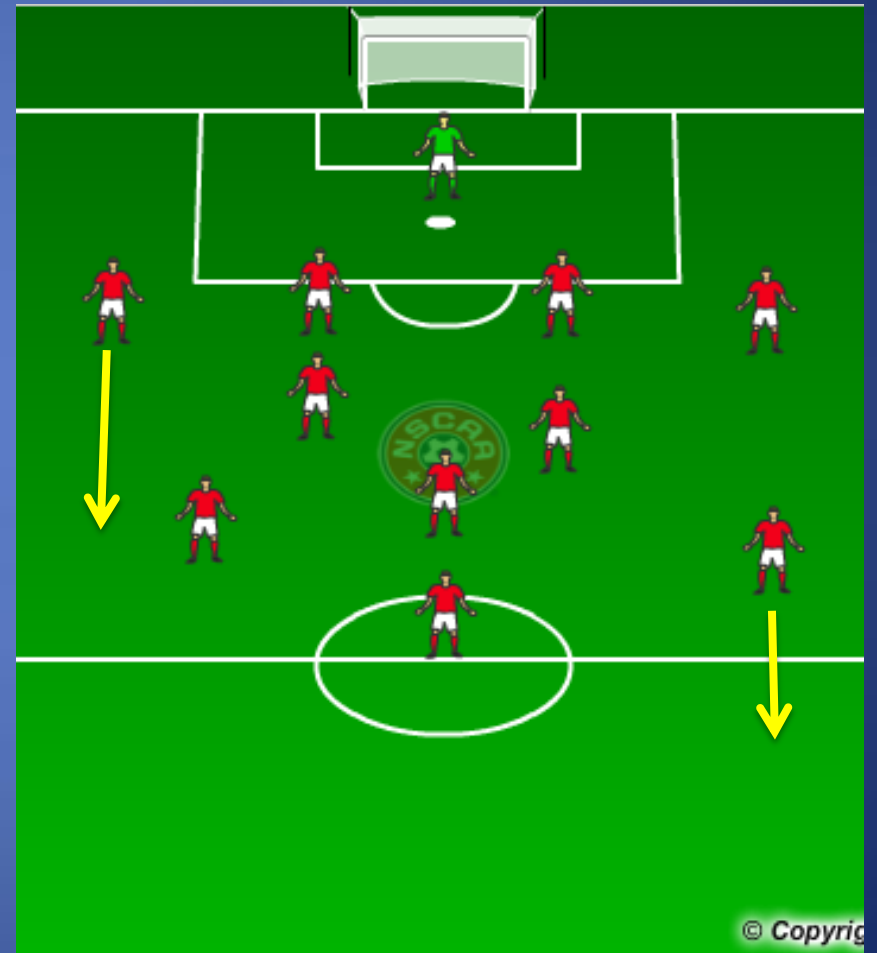


Inverted Wingers and Playmakers

- “Wrong-footed/Inverted” wingers coming inside.
- Playmakers underneath striker(s) or in deep-lying positions.
- How do we develop both?



Symmetry v. Balance



Staggered Forwards and False #9s

- The relationship between the #9 (center forward) and #10 (withdrawn forward/attacking midfielder)
- Implications for opposition centerbacks
- Use of a false #9
- No forwards at all?



“This is a fundamental: it could be said that the whole history of tactics describes the struggle to achieve the best possible balance of defensive solidity and attacking fluidity.”

-Jonathan Wilson

Inverting the Pyramid

Implications for high school and club coaches

Exposing players to different systems

- Must expose players to modern systems that incorporate zonal defending or combination of zonal and man-marking.
- Systems that are flexible, not rigid.
- Systems with 3, 4 and 5 backs.
- Systems with 3, 2, 1 and no forwards.
- VARIETY!

Different styles of play

- Direct
- Indirect
- “Style of no style”
- Changes based on opponents, field and weather.
- Changes based on game situations/“scenarios”:
 - Up/down a goal
 - Up/down a player
 - Need a win

Preparing players for the future

- **REVIEW- DEFENSE**
- Zonal backlines
- Use of holding/screening midfielders
- Pressing
- Many players entering college have very little knowledge of how to defend- individually, in a unit and as a team.
 - limited experience playing zonal systems.
- Limited experience playing with three in the back.
- Coaches must prepare players for the next level of the game!

Preparing players for the future

- **REVIEW- ATTACK**
- Building from the back (indirect football) is essential for player development.
- Players must be encouraged and have confidence to beat opponents in 1v1 situations.
- Positional relationships/partnerships.
- Technical development is essential!
 - Crossing, passing, receiving and finishing.
- Framing the goal/runs in the penalty area
- Reading opponents and solving problems on the field.

Coaching Resources

- Teambuilding- Rinus Michels
- Inverting the Pyramid- Jonathan Wilson
- NSCAA Soccer Journal
- Elite Soccer Coaching-
www.elitesoccercoaching.net
- Zonal Marking- www.zonalmarking.net
- NSCAA- www.nscaa.com
- US Soccer- www.ussoccer.com
- US Youth Soccer/ State association

Coaching Education

- Coaches MUST stay up-to-date on modern trends in the game through education.
- NSCAA Courses
 - High School Diploma
 - Junior Level VI (systems of play included)
 - National Diploma
 - National Convention (January 2013- Indianapolis)
- US Soccer Courses
 - E, D and C License Courses

Questions?

- Handout provided
- Rob Herringer
- rherringer@benedictine.edu

Nick Besler's Corner

- Region II ODP Tournament
- Player recognizes need for small tactical adjustment
- Never underestimate the opinions and abilities of your players
- Keep them involved in the teambuilding process

Thank you!

- Darin Boysen and the Nebraska Coaches Association
- Nebraska School Activities Association
- Bellevue East High School
- For your attendance and attention
- For improving the game
- Good luck and enjoy your coaching!



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