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LA Galaxy Academy Game Principle Project





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Game Phase: Unbalance/Destabilize Opponents on the Last Line

Game Principle: Switching the Point of Attack

Why Did I choose This Principle?



Offensive Phase: Unbalance/Destabilize Opponents (On the last line)
Principle: Switching the Point of Attack

Switching the Point of Attack



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Offensive Phase: Unbalance/Destabilize Opponents (On the last line) Principle: Switching the Point of Attack



THIS LA



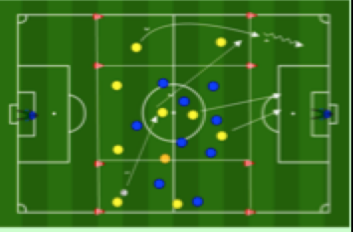
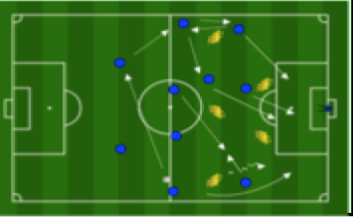
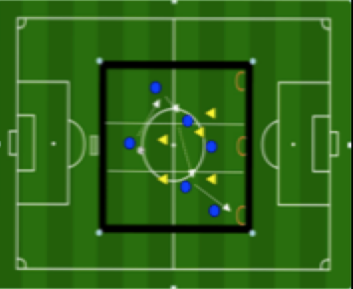
Rules of the Principle

- **Width and Depth:** Objective: to spread and stretch the Opponents Line
- Taking on an opponent to **create Attacking Numerical Superiority.** Objective: Create superiority in the center or on the wings.
- **Showing:** Objective: Make yourself available for the player on the ball: **Wide, under or deep.**
- **Fixing** the Opposing block in position and the speed of the ball movement.
- By taking on the width, find 1 or more players **getting in behind defense.**

Essential Criteria for Successfully Switching the Point of Attack

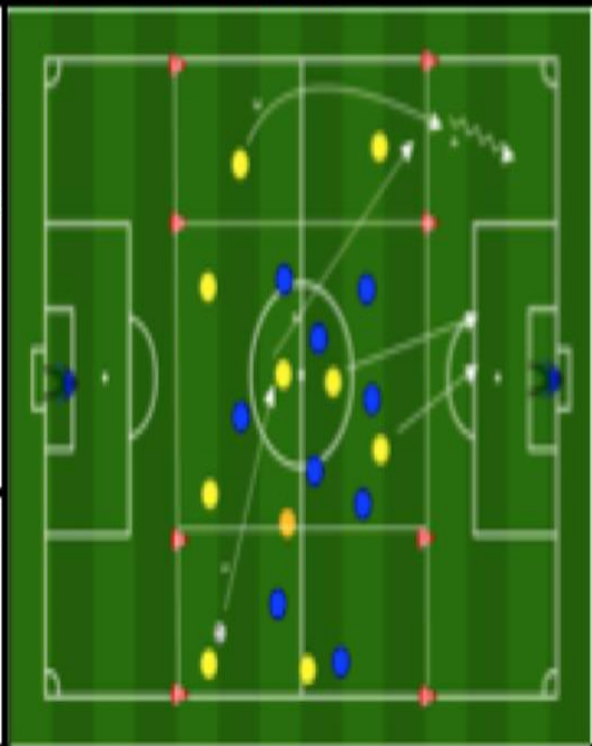
- **Attract** the opposing team in high #'s towards the ball
- The player on the opposite side must be able to make himself available (**weak side attacker**)
- Quality of the pass (weighing, accuracy, direction)
- Trigger uncertainty for the opponent (creating multiple choices, inside, underneath, in behind and 2v1's overloads)
- A real **passer-receiver** synchronization: into space or to feet.

EFCL Week 2 Feedback

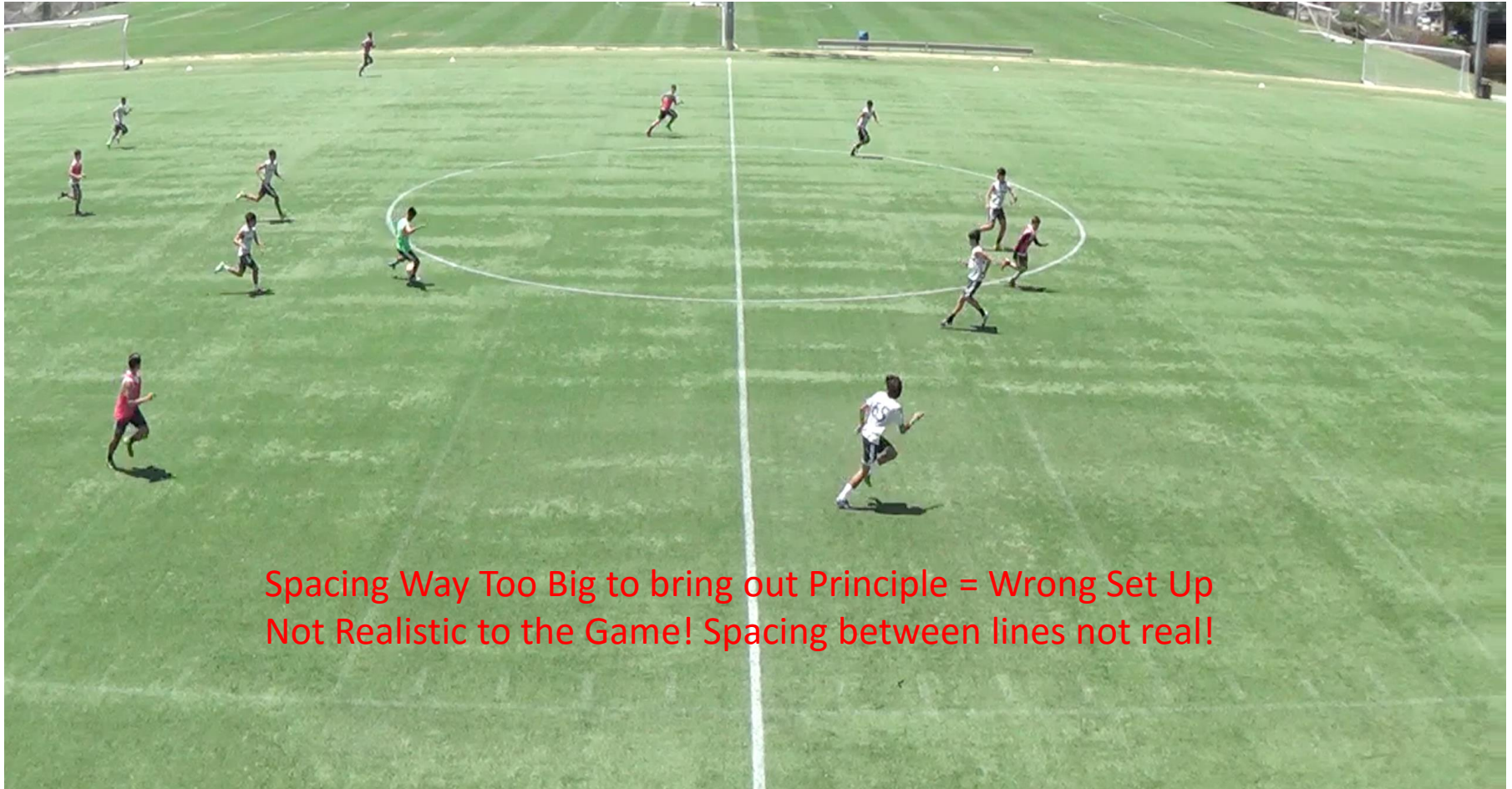
Date:		Theme of the session: Possession from the attacking team to draw the opposition to one side of the field and then change the point of attack and attack in wide channels.		External load of the session	
Category:		Phase Type: Unbalance/Destabilize		Characteristics of EL (Vol. Int.):	
Principles of play: Offensive: Unbalance of back 4/ Destabilize defenders by Switching the Point of Attack				Before the TS ---> About the Players	
Used Pedagogy : PSAM		Layout / Space: 9v9+1 joker +2 gks attacking wide gates to big goals. Field is 60 yards in length x full width. Game is divided into 3 vertical zones		Work load (Rep & Series): 4 games x 5 minutes	
Expected Results: Players will recognize when and how to switch the point of attack, destabilize the defenders and attack at a different tempo through a wide channel when appropriate.				Achievement criteria "how to do it?": - Move defenders to one channel by connecting passes with offensive #'s around the ball. Width and Depth must be provided. - BC must recognize when to play out of channel to opposite channel and SPOA. Supporting players are in between gaps vertically and horizontally of defenders as an option to allow the switch to occur. - In possession connect 5 passes = 1 point. Careful, overpassing in one zone can maybe take away the right timing to SPOA. - First 2 games defenders aren't allowed to drop into final third and defend once attackers play in behind back 4. - Last 2 games defenders must drop and defend once played behind.	
Performance Criteria : 1 point if 5 passes are connected. 2 points if played through wide channel and goal is scored off cross.				Mental Impact Mental Impact will be high because it is a TS where mental and visual awareness will have to be alert and switched on. Players must recognize #'s up situations and when to recognize to play out of channels to switch the point of attack. Correct decision making and speed of play must be instantaneous.	
Used Pedagogy : PEM		Layout / Space: 3/4 fields with Defender Mannequins as Reference Points		Work load (Rep & Series): 2 patterns x 6 minutes	
Expected Results: Players will improve their first and 2nd touch, speed of play, their focus to the details and how to execute properly how to switch play.				Achievement criteria "how to do it?": 1. Initial entry pass starts the attack. Pass must be hit with pace to move defenders side to side so BC can't get closed down increasing teams time edge. Pass must be played to correct foot. Attention to detail of receiving correct based on defenders positioning and where next pass needs to be played. 2. Awareness and communication of next pass. 3. Timing of movement to create time edge and unbalance defenders.	
Performance Criteria : Every play must finish with a shot on target. Can implement competition between competing teams for number of goals		Instructions / Player Rights or Guides: 1. Players must play in 1 or 2 touches depending on the opportunity. Speed of play and circulation must be fast. Are there a certain amount of passes or players (positions) you want to get touches before you switch play and penetrate. Any specific patterns? Details are important in this pedagogy. Ball on the floor, air, timing, hard pass, soft pass, into feet, into space??		Pedagogical correction on the layout	
Used Pedagogy : PTDM		Layout / Space: 50 yards width x 40 length. 3 zones vertically so game is divided into 3 equal zones.		Work load (Rep & Series): 20 reps x 2 series (40 reps total)	
Expected Results: Players will recognize defenders overloading and trying to trap to one side and being able to play out of one channel to the opposite channel. Players will learn to lose their marks, receive passes correctly and raise tempo of play from one side to the other. What constrain(s) can increase the tempo?				Achievement criteria "how to do it?": 1. Move and shift defenders to one channel, BC must not get locked into one side. Players off the ball must lose their mark, get open and be an option to receive to be able to play out of initial channel and find a teammate in an opposite channel. Once time and space have been created their needs to be a tempo change to attack at a faster pace to exploit the opposite side to goal or endline and not allow the defenders to recover. ---- If defensive team has closed the DGC effectively, must quickly circulate the ball around the defense to exploit a new DGC	
Performance Criteria : 1 point if play is switched and scored on small goal. 2 points if player can dribble through a gate. - Defense scores by winning ball and scoring on small goal from anywhere on field		Instructions / Player Rights or Guides: 6 attackers vs 5 defenders. - Attackers start with ball and must be in the attacking half in order to score a goal. Defenders can score from anywhere on the field on the small goal. Good, transition. Defenders must all be shifted over and defend in 2 zones at a time based on where the ball is. I assume defenders have to be in 2 of 3 vertical channels. How many balls are played before rotating the players?		Pedagogical correction on the behavior	
Observation - Comments - Level of learning:				Additional Athletic Workflow:	
				Stats About the TS	

Training Session #1:

PSAM: Exercise

<p>Used Pedagogy : PSAM</p>	<p>Layout / Space: 9v9+1 joker +2 gks attacking wide gates to big goals. Field is 60 yards in length x full width. Game is divided into 3 vertical zones</p>	<p>Work load (Rep & Series): 3 games x 4 minutes</p>	
<p>Expected Results:</p> <p>Players will recognize when and how to switch the point of attack, destabilize the defenders and attack at a different tempo through a wide channel when appropriate.</p>		<p>Instructions / Player Rights or Guides: 9v9+1 with 2 gks.</p> <ul style="list-style-type: none"> - Defenders must collectively be within 2 vertical channels protecting the DGC. -When attacking wide channel, ball must be played on floor through gates or with a dribble and must score within 5 seconds. Attackers can also dribble through middle zone for 1 point. Defenders are not allowed to drop below restraining line. 	<p>Achievement criteria "how to do it"?</p> <ul style="list-style-type: none"> - Move defenders to one channel by connecting passes with offensive #'s around the ball. Width and Depth must be provided. - BC must recognize when to play out of channel to opposite channel and SPOA. Supporting players are in between gaps vertically and horizontally of defenders as an option to allow the switch to occur.
<p>Performance Criteria :</p> <p>2 points if played through wide channel and goal is scored off cross. 1 pt for middle channel dribble</p>			

Wrong Set Up = No Principle



Spacing Way Too Big to bring out Principle = Wrong Set Up
Not Realistic to the Game! Spacing between lines not real!

Fixed Defenders = Never



Never Able to Fix the Defenders to 1 Side

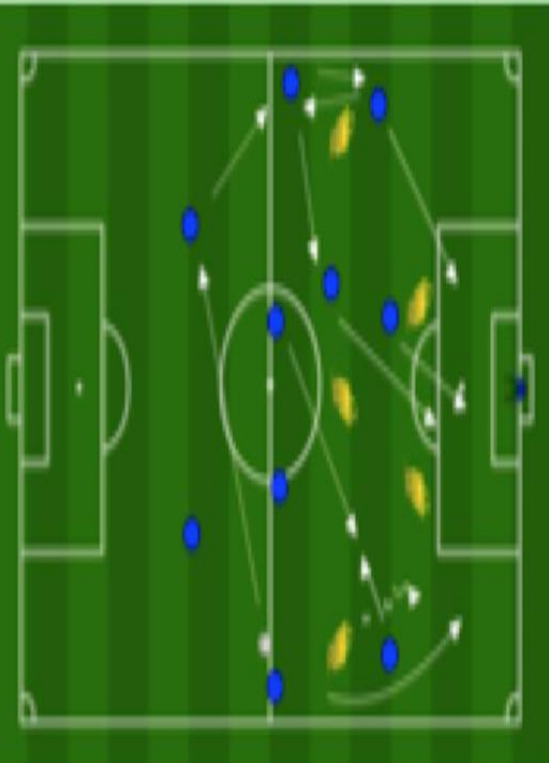


1. No Width and Depth
2. Spacing Poor
3. No Opportunities

Failures = High Level Opponent



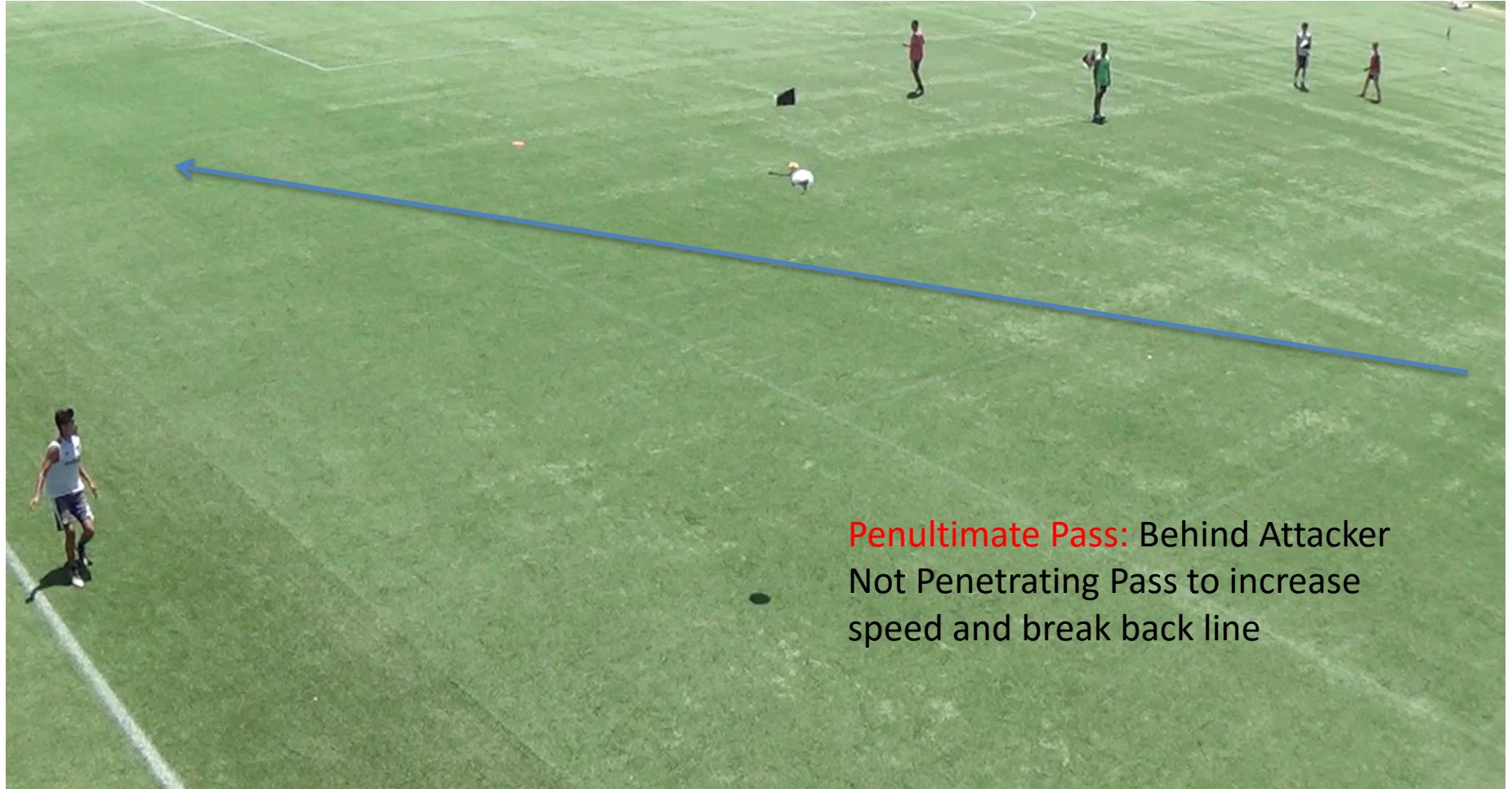
Training Session: PEM

Used Pedagogy : PEM	Layout / Space: 3/4 fields with Defender Mannequins as Reference Points	Work load (Rep & Series): 3 patterns x 4 minutes
<p>Expected Results:</p> <p>Players will improve their first and 2nd touch, speed of play, their focus to the details and how to execute properly how to switch play.</p>		<p>Instructions / Player Rights or Guides:</p> <ol style="list-style-type: none"> 1. Players will get to their starting positions 2. Players must play in 1 or 2 touches depending on the opportunity. Speed of play and circulation must be fast. Coach will deem how many touches each players receive. Coach will deem the players movement.
<p>Performance Criteria : Every play must finish with a shot on target. Can implement competition between competing teams for number of goals</p>		<p>Achievement criteria "how to do it"?:</p> <ol style="list-style-type: none"> 1. Initial entry pass starts the attack. Pass must be hit with pace to move defenders side to side so BC can't get closed down increasing teams time edge. Pass must be played to correct foot. Attention to detail of receiving correct based on defenders positioning and where next pass needs to be played. 2. Awareness and communication of next pass . 3. Timing of movement to create time edge and unbalance defenders.

Training Session: PEM



Training Session: PEM


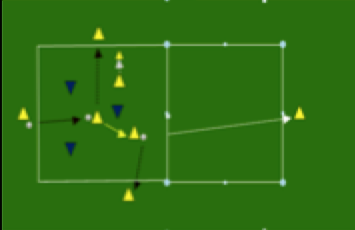
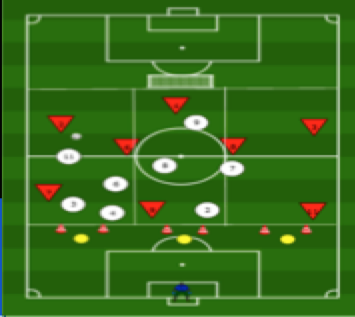


Penultimate Pass: Behind Attacker
Not Penetrating Pass to increase
speed and break back line

Progress



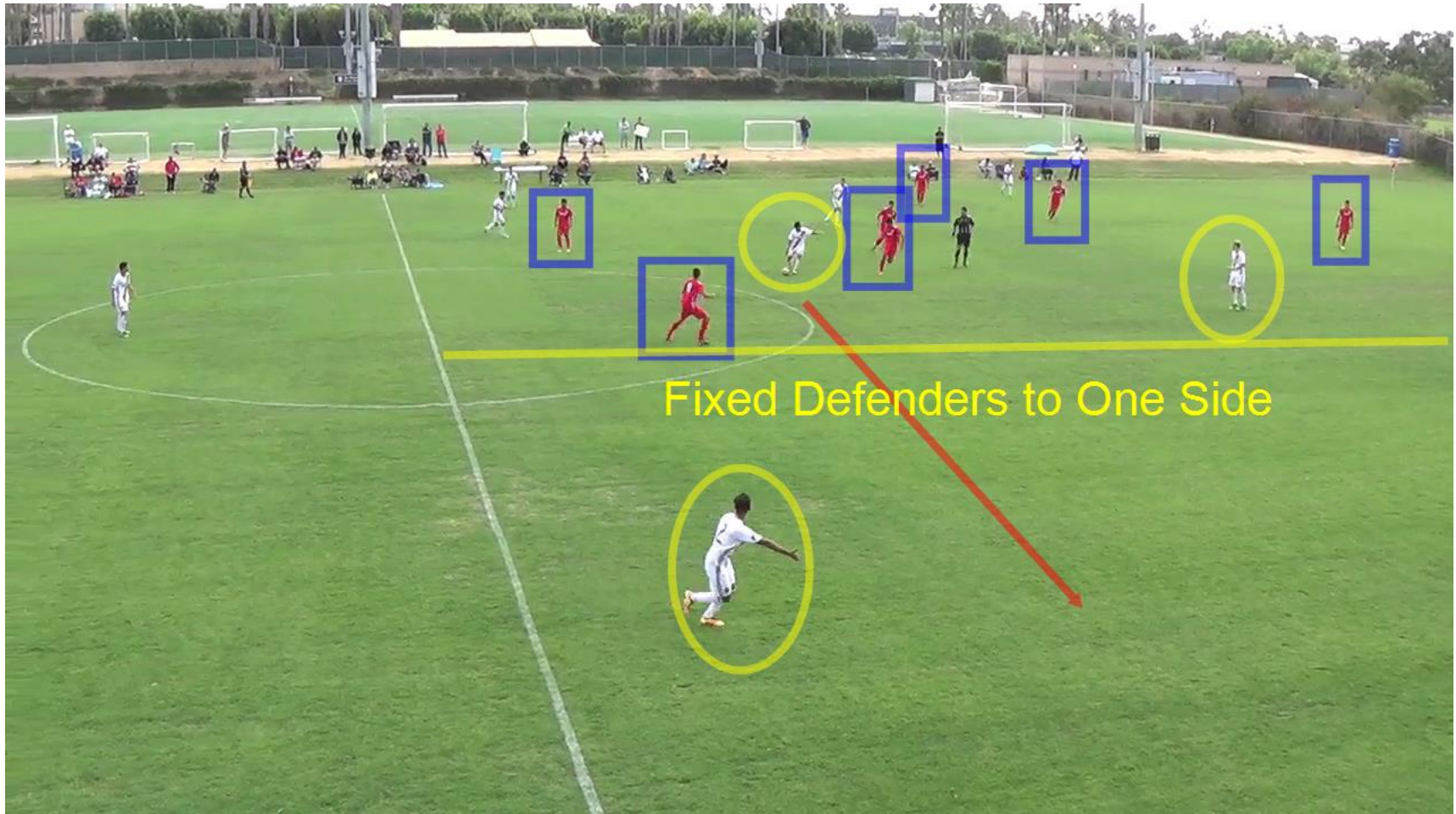
EFCL Week 3

Date:		Theme of the session: Possession from the team in an area of the field to draw defense and quickly change the point of attack		External load of the session	
Category: U16		Phase Type: Unbalance/Destabilize opponent on the last line		Characteristics of EL (Vol. Int.):	
Principles of play: Switch the point of attack				Before the TS --> About the Players	
				Mental Impact	Athletic Impact
1	Used Pedagogy : PSAM	Layout / Space: 9v9 attacking 2 small goals with 5 yard endzone in front of each goal Full with 60 yds length	Work load (Rep & Series): 3x5 minute games		
	Expected Results: Attacking players will improve recognition when there is a defensive overload and how to switch the point of attack		Instructions / Player Rights or Guides: Attacking team starts with ball deep in their zone and try to build out into either small goals on opposite side. They have to do this by finding a runner in the zone or wide player can dribble in zone. 2) Defending team must shift and defend in only two zones when ball is on one side leaving the far zone free of defenders.		
	Performance Criteria : 1pt= score in small goal 2pt= if team connects 4 passes in one channel SPOA and scores				
2	Used Pedagogy : PEM	Layout / Space: Two 22x18 yd boxes. 10 players	Work load (Rep & Series): 3x4 minute games	After the TS : Coach comments about Observed effects	
	Expected Results: Attacking players will improve recognition when there is a defensive overload and how to switch the point of attack		Instructions / Player Rights or Guides: Server (CB) initiates play by playing with 3 players in the middle. It is a 6v3 in the first box. After 5 passes they switch the point of attack to player waiting in the weak side space. If defenders win ball they are now the attackers in transition. Game is constant side to side	Achievement criteria "how to do it": 1) Attackers must provide width and depth and move the defenders with their passes to suck them into an area. Once there is a defensive overload within 1-2 passes it must get played out of the dense area to a weakside player to implement the SPOA. 2) PBC shape and vision when he receives the ball to play into opposite channel. Change of rhythm once the ball is played fast to establish possession.	Pedagogical correction on the layout
	Performance Criteria : 1pt every time ball is switched from one channel to the other				
3	Used Pedagogy : PTDM	Layout / Space:	Work load (Rep & Series): 10 balls, rest, 10 balls rest	Additional Athletic Workflow:	
	Expected Results: Players will improve on changing the point of attack quickly and efficiently. They will become better at drawing the defense and then recognizing the moment to circulate the ball to opposite channel. Once DGC is open penetration must happen at pace and speed.		Instructions / Player Rights or Guides: 8v8, game is divided into 3 zones. Attacking team is trying to score through 3 gates to a target or dribble over the endline. Defending team when ball is won goes to the big goal. Defending team must be in two channels at a team when defending always leaving one channel open.	Achievement criteria "how to do it": 1. Players look to get into the attacking 1/2 to score. Fast ball circulation from side to side to try and draw the defenders into a certain channel or area. If the defensive team does not protect the DGC the attacking should exploit the area at pace to score. If the defending team creates density around the DGC then the attackers must find solutions to penetrate in a different channel.	Stats About the TS
	Performance Criteria : 1pt= ball passed through gate 2pt= dribble through gate. 1 pt for defending team scoring on big goal				
Observation - Comments - Level of learning:					

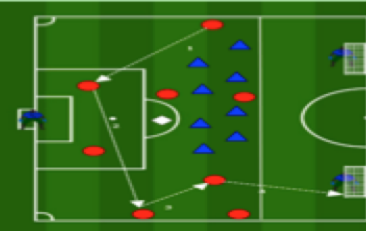
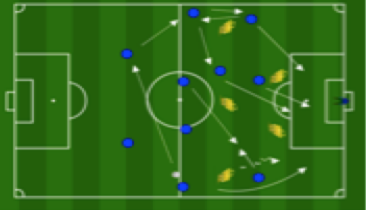
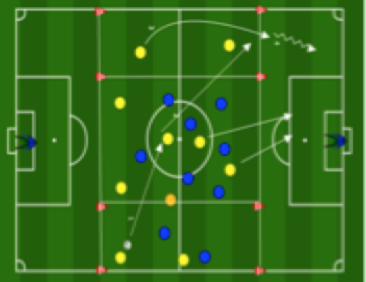
Good Moment



Analysis



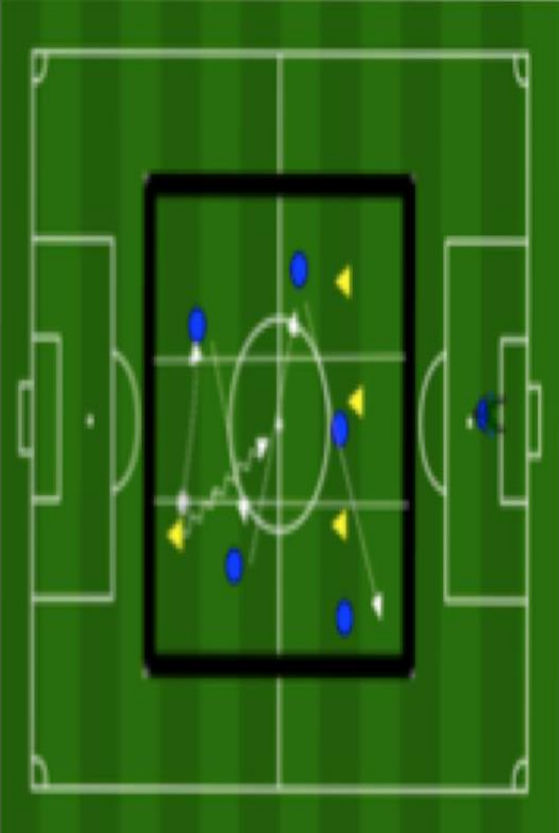
EFCL Week 4

Date: 5-1-16	Theme of the session:		External load of the session	
Category: U16	Phase Type: Unbalance/Destabilize opponents (on the last line)		Characteristics of EL (Vol. Int.):	
Principles of play: Switching the point of attack			Before the TS ----> About the Players	
Used Pedagogy : PSAM			Mental Impact	
Expected Results: Players will recognize defenders blocking areas of the field and trying to lock attackers into one side. They will then switch play through different means to exploit left on opposite channel and penetrate to goal with the time edge created Performance Criteria : 1 pt for attacking team on big goals, 2 points for defending team if they score on the counter		Instructions / Player Rights or Guides: 8v8 +1 neutral, 2 gks for the team that has the restraining line. Play always starts with 1 of the gk's. 1 team is attempting to move the ball side to side and find the right moment to attack one of the big goals. When the defending team wins the ball they must try and score on the lone central goal quickly. Defending team of the 2 goals cannot drop below restraining line. The restraining line also acts like an offside line.	Work load (Rep & Series): 3x5 minute games, 1 minute rest Achievement criteria "how to do it?": 1. Team that is scoring on two big goals are circulating the ball side to side, up and back and trying to move the defenders to find moments to be able to penetrate. PBC's must provide width and depth. Attacking team must recognize when their is a brick wall in an area and defenders have density around the ball to be able to swith to a different channel. Center backs and outside backs must provide depth so re set to swith, Central mids must always be options to switch the point, and weak side wide players must provide width to be able to recieve and try to penetrate.	Athletic Impact Expected RPE was 7 PSAM: Anaerobic, high intensity, vertical and lateral movement, quick sprints. 8/10 PEM: Anaerobic, short burst of energy for short durations. Each rep took about 20 seconds with 40 seconds of recovery between each rep, 1-2 work to rest ration 5/10 PSAM 2: Anaerobic, high intensity, vertical and lateral movements, quick sprints 7/10
Used Pedagogy : PEM			After the TS : Coach comments about Observed effects	
Expected Results: Players will improve their first and 2nd touch, speed of play, their focus to the details and how to execute properly how to switch play. Performance Criteria : Every play must finish with a shot on target. Can implement competition between competing teams for number of goals		Instructions / Player Rights or Guides: 1. Players must play in 1 or 2 touches depending on the opportunity. Speed of play and circulation must be fast. Pattern 1) CB - OB - OM back to OB - CM who switches play to weak side midfielder who drives inside as OB overlaps- cross and finish. 2) CB-OB-OM- CM- weakside CB who finds OB high and wide who crosses and finishes.	Work load (Rep & Series): 3 sets x 10 balls Achievement criteria "how to do it?": 1. Initial entry pass starts the attack. Pass must be hit with pace to move defenders side to side so BC can't get closed down increasing teams time edge. Pass must be played to correct foot. Attention to detail of receiving correct based on defenders positioning and where next pass needs to be played. 2. Awareness and communication of next pass. 3. Timing of movement to create time edge and unbalance defenders.	Pedagogical correction on the layout In the PSAM 1 I had to add the restraining line to keep the defenders high and make sure they weren't sitting on top of their goal. Their had to be space to unbalance the back 4. In the PSAM 2 I had to fix the defenders to make sure that the attackers recognized where the defensive overload was, as well as the space where they needed to attack.
Used Pedagogy : PSAM 2			Additional Athletic Workflow:	
Expected Results: Players will recognize when and how to switch the point of attack, destabilize the defenders and attack at a different tempo through a wide channel when appropriate. Performance Criteria : 2 points if played through wide channel and goal is scored off cross. 1 pt for middle channel dribble		Instructions / Player Rights or Guides: 9v9+1 with 2 gks. Defenders must collectively be within 2 vertical channels protecting the DGC. When attacking wide channel, ball must be played on floor through gates or with a dribble and must score within 5 seconds. Attackers can also dribble through middle zone for 1 point. - In possession connect 5 passes = 1 point. - First 2 games defenders aren't allowed to drop into final third and defend once attackers play in behind back 4. -Last 2 games defenders must drop and defend once played behind.	Work load (Rep & Series): 3x5 minute games, 1 minute rest Achievement criteria "how to do it?": - Move defenders to one channel by connecting passes with offensive #'s around the ball. Width and Depth must be provided. - BC must recognize when to play out of channel to opposite channel and SPOA. Supporting players are in between gaps vertically and horizontally of defenders as an option to allow the switch to occur.	Stats About the TS

Observation - Comments - Level of learning: At first the BC's had a tendency to go right back into pressure. Their body shape was poor, their first touch would take them back into the same channel. We made some corrections in terms of starting spots, body shape, awareness of checking where

Training Session #1:

PTDM

<p>Used Pedagogy : PTDM</p>	<p>Layout / Space: 50 yards width x 40 length. 3 zones vertically so game is divided into 3 equal zones.</p>		<p>Work load (Rep & Series): 20 reps x 2 series (40 reps total)</p>
<p>Expected Results:</p> <p>Players will recognize defenders overloading and trying to trap to one side and being able to play out of one channel to the opposite channel. Players will learn to lose their marks, receive passes correctly and raise tempo of play from one side to the other.</p>		<p>Instructions / Player Rights or Guides:</p> <p>5 attackers vs 4 defenders.</p>	<p>Achievement criteria "how to do it"?:</p> <p>1. Good technique to keep possession to fix the opponenets on one side initial entry pass starts the attack. Pass must be hit with pace to move defenders side to side so BC can't get closed down increasing teams time edge. Opposite movement between 2 central midfielders. Balance between depth, pooping into gaps, skipping channels and opposite movement of players to create gaps and lines.</p>
<p>Performance Criteria : 1 point if defense is destabilized, 2 points if ball is switched, defense is penetrated and then scored on.</p> <p>- -Defense scores by winning ball and scoring on small goal from anywhere on field</p>		<p>--- Defender starts with the ball and play to closet attacker who initiates gaame with a pass. Once defender plays attacker he is allowed to recover and defend.</p> <p>Defenders can score if they win the ball and dribble or pass to a teammate over the endline.</p> <p>Defenders must all be shifted over and defend in two zones at a time based on where the ball is.</p> <p>Defenders must be in 2 out of 3 vertical channels.</p>	

Training Session #1:PTDM



1. Intensity too low from defenders
2. Balance of Power too much in favor of attackers – needed back pressure

Training Session #1:PTDM



Club Visit

COACH OBSERVATION SHEET



Candidates :

TS1

TS2

Game situation :



EFCL2 2015/2016

Items / Topic :

Ex : Switch the point of attack after attracted the defense

Date :

TRAINING SESSION	Def	Av	G	VG	Comments on main points
Set up		✗	✗		
Objectives (+Perf Criteria)		✗	✗		
Pédagogy		✗	✗		Both PEM ok - To present in 1st PSAM better in 2nd. Need ore guidance and presnce / PTDM
Contents		✗	✗		Better power of balance in the 2nd game. Set up decent in PTDM. 2nd PEM was better
Achievment Criteria		✗	✗		Sharpand prepare your question in PSAM. Be more accurate in PTDM.
Evaluation (<i>Objectives reached</i>)		✗	✗		More tactical meaning in the 2nde TS
THE COACH	Def.	Av	G	VG	
General dress			✗	✗	soccer boots are required, better to demonstrate
Learning environment		✗	✗		you have to be more demanding with them and especially with the best ones
Pedagogic behavior & Com		✗	✗		Optimizing flash stop is important in finding the right moment (psoitive or negative)
Démonstration* - Correction		✗	✗		need to improve your demo in PTDM to be clearer
Pedagogic ajustement		✗	✗		Room of improvment here. Observe to see what goes wrong regarding you rexpectation
Self Evaluation (Debrief)			✗	✗	As discussed you understand what was positive or need improvment. It's positive & important
THE PLAYERS	Def.	Av	G	VG	
Behaviour Engagement		✗	✗		Better in the 2nd TS but some of them stay a bit casual
Understanding			✗	✗	clearer in TS2
Appropriation		✗	✗		We amanged to improve the collective focus in PSAM but we have to expect more connection and will to apply the principle and solve the problem..together (as a team)
Intensity* - Activity -		✗	✗		Same than above w ehave to expect more
Fun*			✗	✗	Fun in working hard and relevantly that's the goal
Performance		✗	✗		Decent but not enough as regard their talent and our standards/expectation

✗ First TS

✗ 2nd TS

Progress = Goal





Thank you