







"What is my idea of team?

One where in a certain moment, faced with a certain situation, all of the players think in the same way. This is my idea of a team.

This is only possible with time, hard-work and composure. ."





"The most important thing for a team is to have a certain MODEL, certain PRINCIPLES, and to know and interpret them well, regardless of the players that are being used. Essentially, that's what I call the ORGANIZATION OF THE GAME."





"Players at the top level don't accept what they're told simply because of the authority of the person who's saying it. We have to show them that we're right. Here, the old story of the "Mister" is always right, does not apply. In fact, it generally isn't applicable, and even less so with highly developed players, which is the case with any Chelsea or Inter-Milan player"





" I construct practice sessions that will set the players on a certain path. They begin to sense this, so we talk, discuss things and come to a conclusion. But for this to work, the players we coach must have their own opinions. I would often stop practice and ask them what they are feeling at a certain moment. For example, they'd tell me that they thought the right back was too far away from the center back. Ok, let's bring them closer to each other and see how that works. We'd try this out two or three times, and I'd ask them again what they thought. This is the way it worked, until all of us came to a conclusion. This methodology is what I call the "GUIDED DISCOVERY"





ORGANIZATION WHERE?

FOUR MOMENTS of the game

Offensive Organization

Attacking Transition

GAME

Defensive Transition

Defensive Organization



Principle: Ball possession and circulation

Objective to pursue by the Team:

De-organize and unbalance the opponent defensive structure, with the intention of creating and take advantage of spaces that allow us to score goal(s).



Principle: Ball possession and circulation

Some SubPrinciples:

Good positional game lines
. Creation of many (transversal and longitudinal), triangles and diamonds, diagonal lines of pass

Privilege the circulation, instead of the transport of the ball

Alternate the type of pass (short and long) and of zone of penetration



OFFENSIVE TRANSITION

Principle: Assure the ball possession

Objective to pursue by the Team:

Take advantage of the defensive disorganization of the opponent team to create goal opportunities or to start swift and safely our offensive organization.



OFFENSIVE TRANSITION

Principle: Assure the ball possession

Some SubPrinciples:

Get the ball out of the pressing zone

Decide between...

. Making the game move quickly forward (if it is possible to take advantage of the disorganization of the opponent team, without running risks of losing the ball)

. Stabilizing the possession – get into Offensive Organization



DEFENSIVE TRANSITION

Principle: Pressure over the ball and closer spaces

Objective to pursue by the Team:

Take advantage of the disorganization of opponent's offensive, to recover the ball or to organize the team defensively.



DEFENSIVE TRANSITION

Principle: Pressure over the ball and closer spaces

Some subprinciples:

Change of attitude ("click") – pressing and aggressive attitude

Aggressiveness over the ball with intelligence and lucidity – don't get too close, don't knock down, don't try to take over the ball with out cover from other teammates

Close the team lines immediately



Principle: Zonal pressing

Objective to pursue by the Team:

Condition, direct and pressure the opponent team with the objective of causing a mistake and re-gaining ball possession.



Principle: Zonal pressing

Some subprinciples:

Closing in on spaces as a team to pressure the opposition team, near to the opponent's goal

"Small field" (width and depth), which is, small and narrow field, with collective pressing, in accordance with the position of the ball (dynamic block)

. Diagonal trajectories in the pressing movements

Constant pressing attitude over the carrier of the ball . Intelligence and lucidity in the way how you are aggressive



















To Mourinho and in what concerns Tactical Periodization, COACHING is...

OPERATE the coaches ideal of game

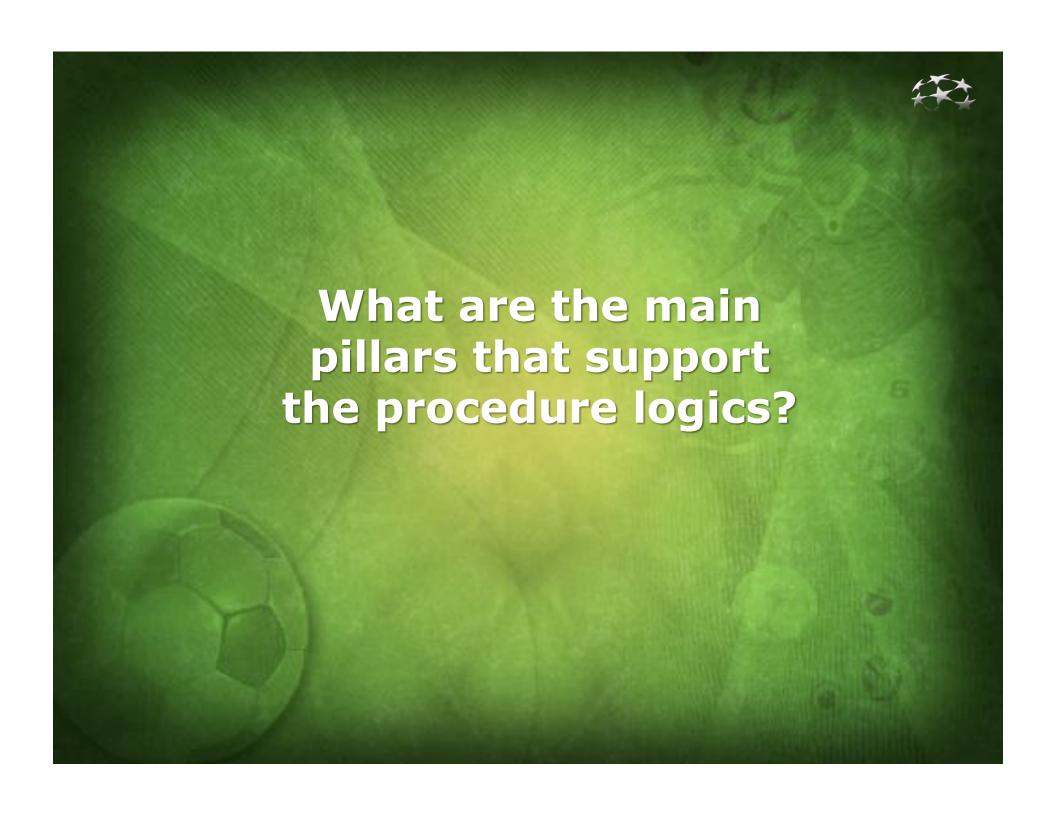
- ⇒ Ever since the first day of practicing, and along the whole competitive process, the coach seeks obsessively a qualitative growth of the team, and of each one of its players, as far as the collective performance is concerned;
- ⇒ Every exercise of the training period aim to achieve this learning, throughout the systematical repetition of specific behaviors of the built playing model.



What we work on daily...

Principles and articulation of principles

To experience these to the utmost implies, consequently, specific adaptations at the psychological, physical and technical levels





Methodological Principles

Major principle of Specificity

Stabilization Principle

Principle of Horizontal Alternation in Specificity

Principle of Complex Progression

Principle of Propensities or Probability





Practicing / Playing

(Thinking... To make decisions)

Tactical/Decisional focus

«Mental-Emotional» FATIGUE



"The most relevant fatigue in football, is the central and not the physical fatigue.

The central fatigue is that which results from the capacity of being focused and, for instance, of reacting immediately and in a coordinate way to the moment of loss of ball possession."





"It is it hard for me to sleep after the game, it is hard to get up, it is hard to focus, it is hard to plan out, it is hard to think, it is hard to practice and, on those sessions, I spend more time walk back and forth, then training. The same happens with the players. (...) On the physiological point of view, one says, it is better to practice on the day after the game, but the players don't like it and they don't feel well. It is best for the "body", but worse for the mind. And we do have to look at this matter from a global point of view!"



Weekly Training Model

Sun	Mon	Tues	Wed	Thu	Fri	Sat	Sun
GAME	DAY OFF		TACTIC	AL PURP	OSES		GAME



SPECIFICITY !!!



Weekly Training Model

Sun	Mon	Tues	Wed	Thu	Fri	Sat	Sun
GAME	OFF	ARS	Session	Session	Session	RIC	GAME
	1			- Smill	1		1

3^a - Active Recuperation in Specificity

SAT – Active Recuperation in an Introduction to Competition context



TUESDAY

Emotional consumption -

Non continuous +

SUB-PRINCIPLES...

SATURDAY

Emotional Consumption -/+

Non Continuous ++

SUBPRINCIPLES...

"Everything is related to the way in which we practice. We don't have room for physical training; for traditional endurance, strength or speed training. It's really all about behavior! We work on our playing model, we work on our playing principles and playing sub-principles, we ensure that the players adapt to ideas that are common to all, as a means of establishing the same behavioral language. We work exclusively on the match situations that interest me, we plan the week according to our thinking on recovery time, training and matches, progressiveness and alternation. We create habits with the aim of maintaining the team's fitness, which manifests itself in ensuring we are frequently "playing well".





"It is a fact that many have had and continue to have success while training differently from me. Now, it is also a fact that I think differently and, that besides managing to reach my goals, my ideas also please the players.

As I used to say: the **players** don't love me...

They love working with me!"





Morinho's Match Day Report

Chelsea Vs. Newcastle Utd.





Offensive Organization

- * Team organized in 4x4x2 or 4x4x2 diamond shape. Inconsistent displays but getting back to good results. Motivation + great spirit. Very attack minded and agr_essive, always forward thinking play and keeping the rythm high. The build-up and passage through phases is always fast and objective with explosive possessi_on moments or playing directly in depth for Owen. Incredible 4th phase efficiency and tremendous fire power with 2 of the best strikers in the world (crosses!!!).
 * Short build-up has 1st pass to central defenders. They are extremely uninerable in 1st phase under pressure and Boursong commits silly mistakes by trying 1st.
- Short build-up has 1st pass to central defenders. They are extremely vulnerable in 1st phase under pressure and Bournsong commits sity mistakes by trying 1st station passes to Parker and Emre. Long build-up is a major threat. Given puts the ball precisely on Shearer's head. Objective is shways the fick-on onto Owen's movement behind (already on the run when ball is in the air). 2nd balls are also very agressive with Emre and Parker reacting quickly and organizing straight away.
- * From 2nd to 3rd phase their build-up has also a pattern. Normally it involves a mixture of a direct approach, with short possession football. The full-backs like to combine with the wingers in order to progress with the ball. If space is tight Owen will do shuffle movements to the wing (normally right side) to receive. Other pattern is when Emre and Parker come short to receive the ball and immediately release the strikers in depth (both with great vision-important to antecipate depth).
- * Because of the nature of the system one of the central midfielders is involved in central penetration runs. Normally is Emre-important to be aware our right side.
- * Solano rarely opens wide on the right. He prefers to act as the 3rd midfielder between the lines and just behind the strikers. He arrives with a deadly timing beh_
 ind the opponents deffensive midfielder (dificult to control) and from there releases the strikers with dangerous penetrating passes between our positions. When
 he is unable to do that, because defence is tight, he will release Carr who arrives from behind to cross (important our winger awareness as full-back is inside).
- *On the other side N'Zogbia is a pure winger. Gives width, receives the ball when opened and from there attacks our full-back 1vs1 (incredible pace). Dominates all kind of typical winger behaviour, and has great awareness to do inside diagonals everytime Shearer drops into midfield. Has timing to arrive 2nd post to finish.
- * Always expect two-strikers combinations between Shearer and Owen. A lot of across the face runs and a lot of decoy runs all with speed and agressiveness.
- *Apart of the moments where Owen shuffles to the wings, Shearer always plays behind in order to feed the ball to him. They dominate this routine so it's important for us to have mechanisms of defence (full-backs closing well inside) to the 2nd ball played from Shearer (can be with the head or by holding defender, turning and making the pass). Owen's movement is unpredictable as it can be in front or behind the last defender. Important to antecipate but with certainty in decision.
- *Every cross is a dangerous situation, that's why it's important that opponent avoids them or restrains them in any situation. The normal movement is to attack the cross diagonally. Owen fakes back post but arrives 1st post (goals vs Blackburn and West Brom). Shearer likes to attack penalty spot (uses his body and his power to free himself from opp)







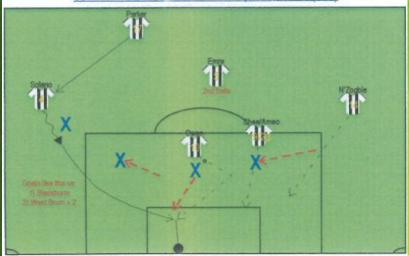


Offensive Transition - after winning possesion of the ball

* Quick and agressive change of attitude. Owen's movement in depth is the main threat. From their deffensive third, they can track his run and immediately free h_ im in the space behind us. When agressive transitions are not possible, possess_ ion will be innitiated, with Parker and Emre the references for game organization. * Incredible team dynamics. Move up quickly in support . Particularly the full-bac_ who come from behind, giving width and from thre can hit quality crosses to box. * Inside their deffensive third they commit mistakes and accuse tremendously the pressure from the opponent- ideal moment to kill their momentum and exploit it. * Transitions from the Gk. Immediate long pass in depth or counter attacking thr_ ow to the winger or full-back just outside the box. Important to block or antecipate

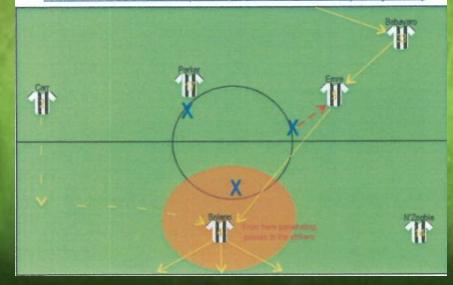


Owen attacking crosses (fakes movement away and hides behind defender and then shows up to finish 1st post)



Parker's mobility to support- receives and organizes side to side or deep

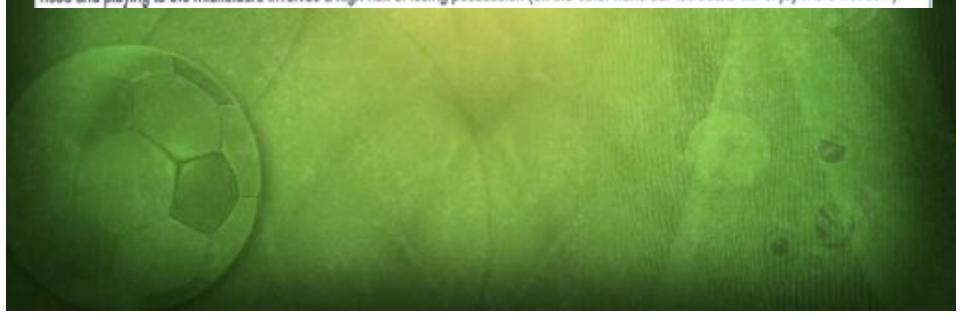
Solano's inside behaviour- provocates between the lines (deadly vision)





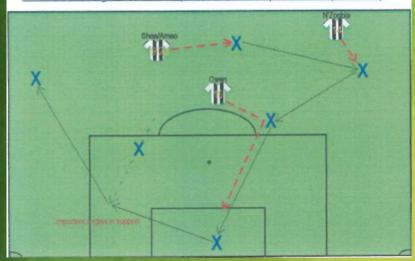
Defensive Organization

*Team organized in a medium block. Medium defensive organization mainly due to the input they put on attack which leaves them exposed or with great unbalance in numerical term- when they lose the ball there are a lot of players out of position (centrally or to the sides). Team that mixes agressiveness with passiveness depending on opponent. It looks sometimes that they want to give the innitiative to the opp, so that he feels the game is controlled and then suddenly they totally change their behaviour and want (and can) to kill the opp, straight away. *We can be highly successful in our long build-up as long as we do it through the flanks or if centrally, shorter than the central defenders z_one and ending up where Parker and Emre are. This kind of situation allows us to win 1st ball in the air and to create danger with flicks. *Midfield pressure depends on system used. If they play classic 4x4x2, their behaviour has two different moments: 1) in 1st and 2nd phase if the opponent play balls into their midfielders facing their own goal they pressure very hard and try to force mistakes. 2) when oppo, is fa_cing the play (normally already in 3rd phase) they won't pressure and will just keep block compactness, shuffling from side to side and walting for a mistake. If they play 4x4x2 diamond shape, their behaviour will be much more agressive, space in the center will be highly conde_nsed and playing to the midfielders involves a high risk of losing possession (on the other hand our full-backs will enjoy more freedom).

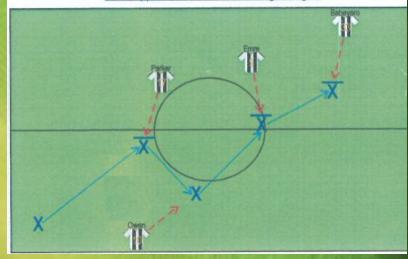




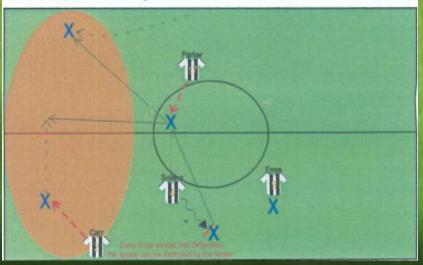
With Owen- danger on the back passes to the GK (chases and pressures)



Two behaviours in midfield: orientated pressure when opponent receives ball facing own goal



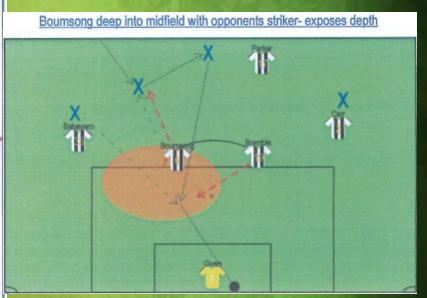
Double exposure on the right side in transition- Solano is inside and Carr is deep





* Defence is highly inconsitent both due to individual mistakes (Boumsong mainly- exploit) or due to line uncordination. They mix zonal with man marking and Boumsong as instructions to follow deep the oppone_ nts striker. Because of that he's rarely in a position to cover Babayaro which in consequence result in further weakness on the left side. With Babayaro it's import_ ant to make full use of pace, rythm and explosive ch_ anges of direction as he is slow to react. 1vs1 easy.

* Given is highly inconsistent as well. 2nd balls from crosses or from shots are frequent so it's important that the opponen, striker follows through and believes.





Defensive transition - after losing the possession of the ball

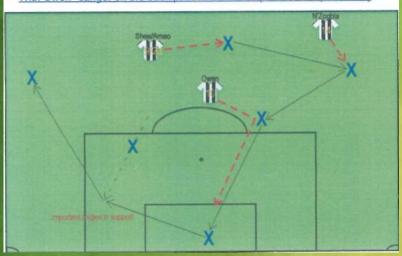
* Medium change of attitude, but team is very broken, particularly on the right si_
de where they have two players unable to recover quickly their position (Carr and
Solano). This makes Parker the only possible block to stop our transition but sp_
aces are too big for him alone to control- he can kill them with quick transitions.

*On the left N'Zogbia has excellent deffensive transition and recovers quickly or
closes in midfield- this accentuates the importance to kill them on their right side.

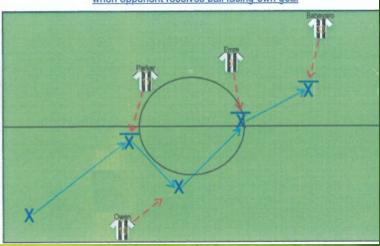
* The defence can be positioned too up in the field. There are spaces behind th_
em that can be used in our offensive transitions. They can try off-sides but always
believe in bad timing and bad judgement from both central defenders.



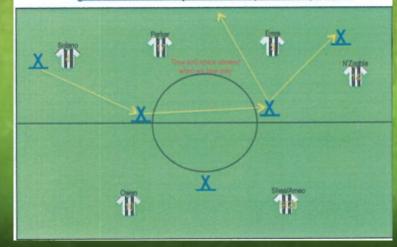




Two behaviours in midfield: orientated pressure when opponent receives ball facing own goal



Two behaviours in midfield: when opponent faces play they give the innitiative and just want to keep block compactness

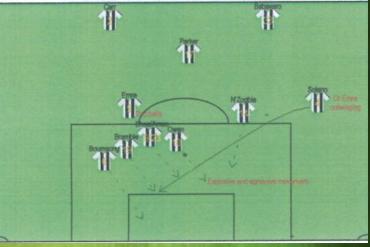




Set plays - for

- * Probable kick-off combination. Ball played long to strikers or wingers.
- * Lateral free-kicks can be taken outswinging or inswinging by Emre, N'Zogbia and Solano. All with precision on the cross. Normally 4 players attack the ball diagonally + one late run from one of the 2 players that stay outside the box. Most dangerous movements from Owen + Shearer Quality in 2nd balls outside the box- immediate shots- blocks important.
- *A lot of options in frontal free-kicks (and also combinations attention). Indirect free-kicks with touch to Shearer's explosive shots (precision). Emre can curl round wall to furtherst away post from Gk and on the left side Solano can do the same. Attention Owen smelling 2nd balls.
- * Corner kicks are taken by Emre, Solano or N'Zogbia. Not only diagonal runs, a lot of players spinning to arrive in 2nd post (Bramble mainly). Owen troubles the keeper but can also antecipate on 1st post. Shearer always a threat. Attention to combinations with Carr. He stays defending but if opponent sleeps he will show-up short and cross 1st time-surprise.
- * Long throw-ins are the most dangerous with Carr looking for Shearer in the box who finishes it direct or flicks it onto Owen. Danger on 2nd balls.

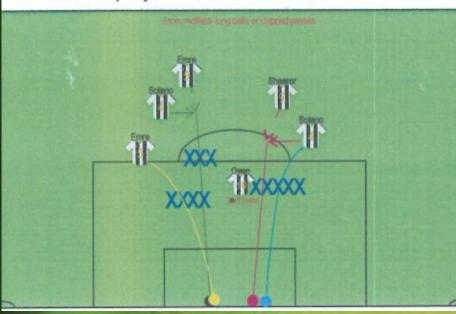
Set plays - free kicks from the sides



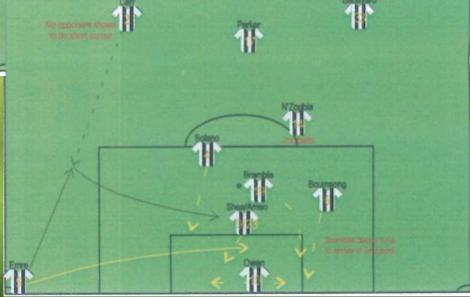


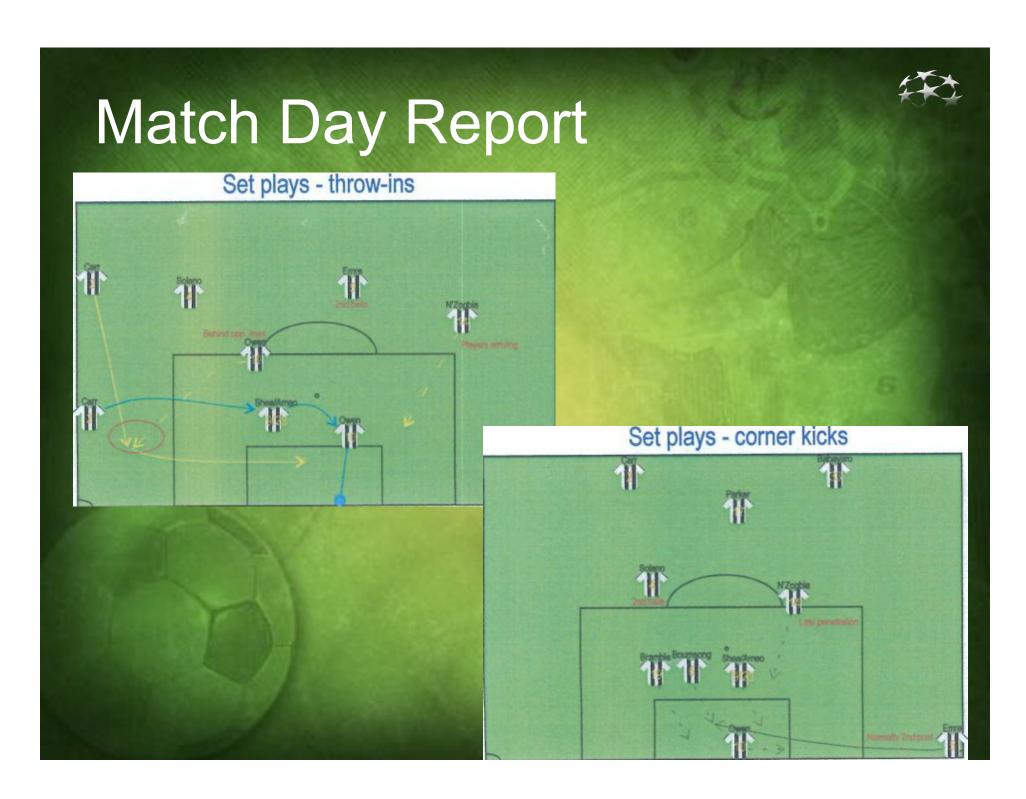
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Set plays - free kicks outside area



Set plays - corners kicks







Set plays - against

- * In lateral free-kicks they put 2 players in the wall (don't jump), they put N'Zogbia in the space, they don't leave no up front but have ability to kill in transition. All the other players mark their opponent man-to-man.
- * In frontal free-kicks they put 5 men in the wall (don't jump). They put a player free outside the box to avoid any free kick combination. Don't leave no one up front. All the other players mark man to man.
- * In corner-kicks they put Carr in one post and Solano on the other. They put N'Zogbia in the space between the 6 yard box and the 1st post. They put Owen and Emre outside the box. Transitions will be through themimportant to control movement when ball is lost-pace for counter attacks
- * If Shearer is the man staying in the space. Exploit one less tall marker. We can have great advantage to kill them in set-plays.
- * Given inconsistent in crosses. Uses punches to clear crosses.





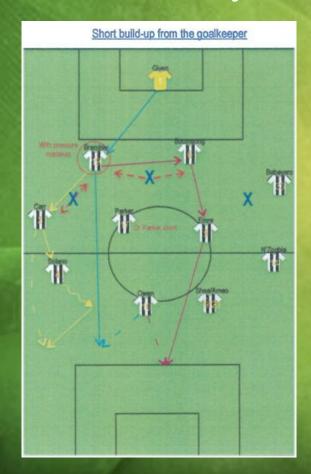


Other observations

- * Luque out at the moment, but recovery still possible (bench probable).
- * Team going through an excellent moment. Motivated and finally finding its balance. Important to keep focus as they will keep high intensity.
- * Very quick and alert team to react to offensive 2nd balls- after winning it they have solutions and excellent transitions in depth directed at Owen.
- * Very poor defensive transition after set plays for. They leave players in the back to have numerical superiority, but have great dificulty to lead with an opponent with pace or an opponent asking the ball in the space behind. This is even more evident on Babayaro's side- possible to kill.
- * Substitutions don't implicate a change of system of play. But 4x4x2 (diamond shape) can always be an option. Players in the bench have a lot of technical quality and can change the game. Dyer and Bowyer are dynamic and always assume roles that make full use of their mobility. Ameobi is always a threat in the air and in set-plays + Luque's pace.
- * Owen chases all lost balls and back-passes to Gk (great danger).



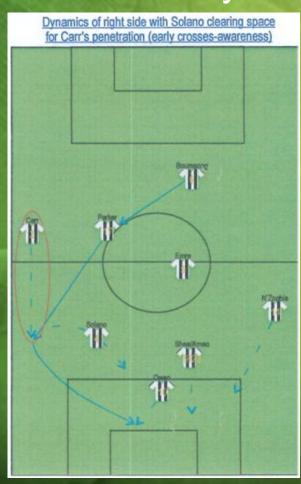
Pattern Play and Offensive Combination

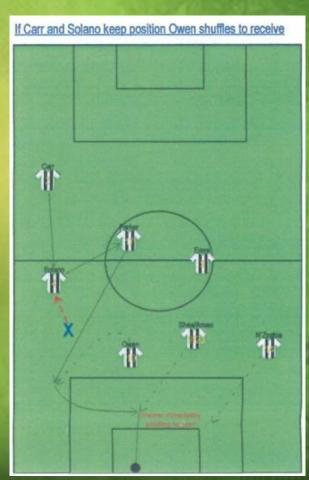






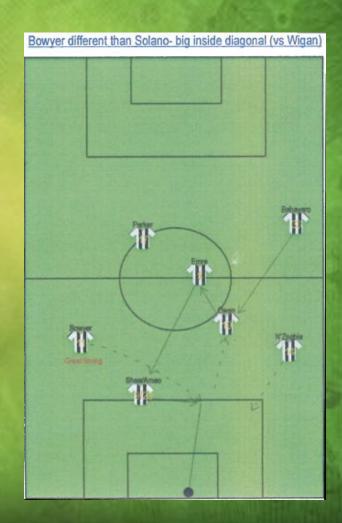
Pattern Play and Offensive Combination



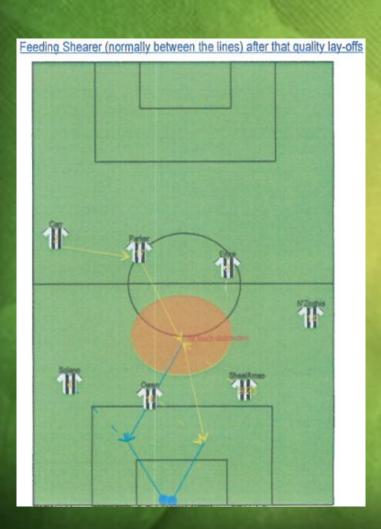


















Thank you

"When we generalize we fail.....when we measure it is impossible to fail"