
Licensed Coaches Event

The England DNA: In the Grassroots game

<insert CFA name and Date >



The England DNA: In The Grassroots Game

Following its launch in December 2014, this FA Licensed Coaches Club Event is designed to introduce **The England DNA** to the local football workforce and explore how it links to the 'grassroots game'.

This workshop will:

- Provide an introduction to The England DNA – The WHAT, The HOW & The WHY?
- Identify the important role that grassroots football plays in helping to deliver The England DNA.
- Showcase a practical element (themed around 'transition') to see what The England DNA looks like on the pitch within a typical grassroots football environment.
- Offer coaches the opportunity to interact, observe, reflect & ask questions.



I can't teach you anything;

I can only make you think



S O C R A T E S

Transition

- By the end of the session;
- Understand – what is transition in football
- Consider moments of transition in the game?
- Observe practical sessions
- Review



Transition

- In your groups / pairs;
- View the Game footage
- Observe and analyse moments of transition in the game - what, when , who, why ...?



Transition

WHAT?

Transition is the process of recognition and response in the first few moments following the regain or loss of possession.
Transition is often overlooked when coaching players in favour of in/out of possession

WHY?

Responding to changeovers in possession allows your team to exploit opportunities to attack (when in possession) and reorganise quickly (when out of possession)

HOW?

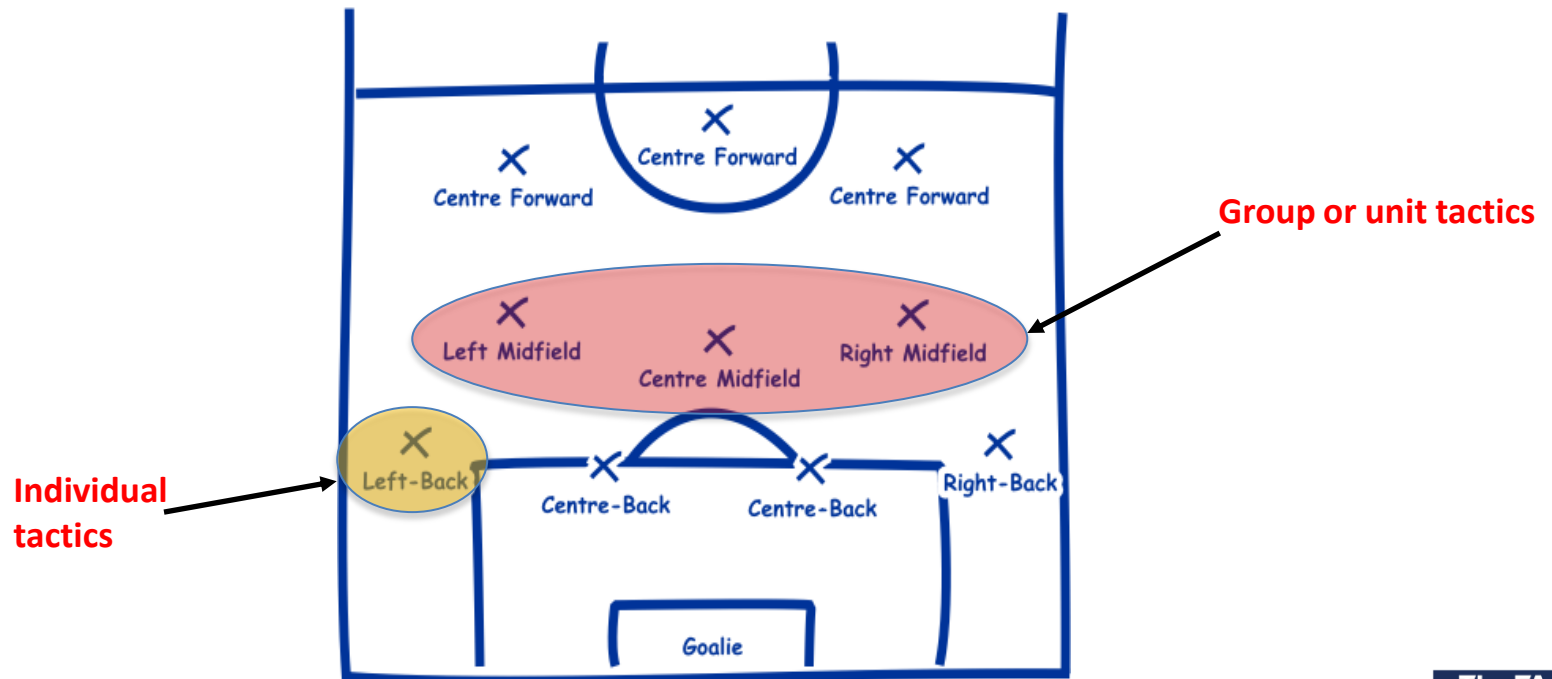
Through recognition of Game situations, decision making /positive thinking, first player actions (including GK), first unit and team actions

HOW WELL....?

TACTICS

‘A planned action to gain an advantage or achieve a specific end’

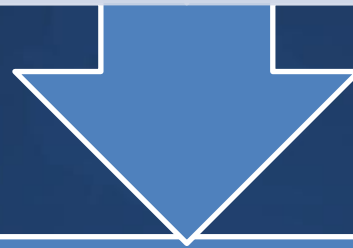
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Strategy

The process of planning games, programmes and a curriculum to achieve desired results

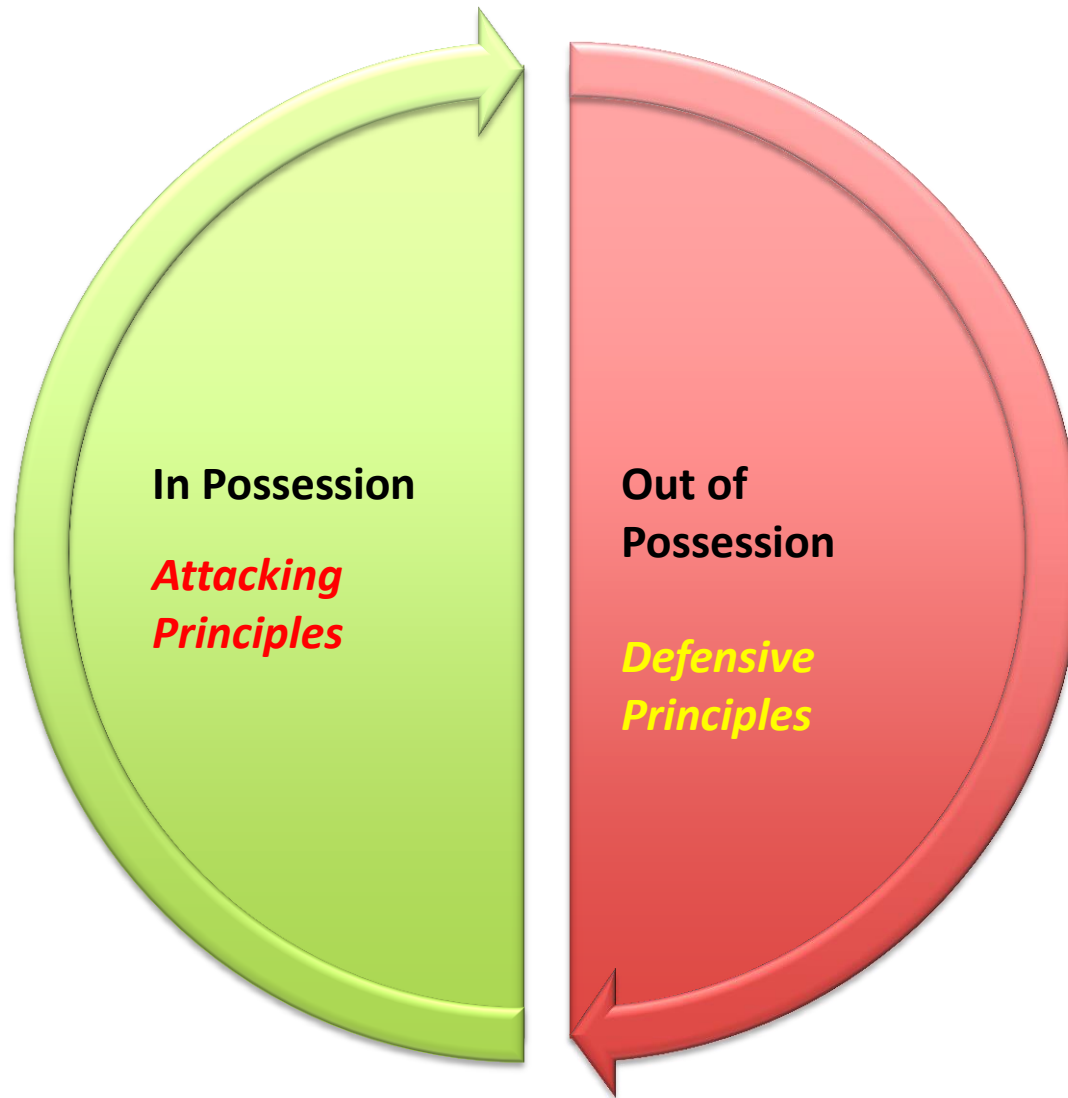
e.g. Progress the play early, quickly and efficiently through all areas of the field to reach goal scoring positions



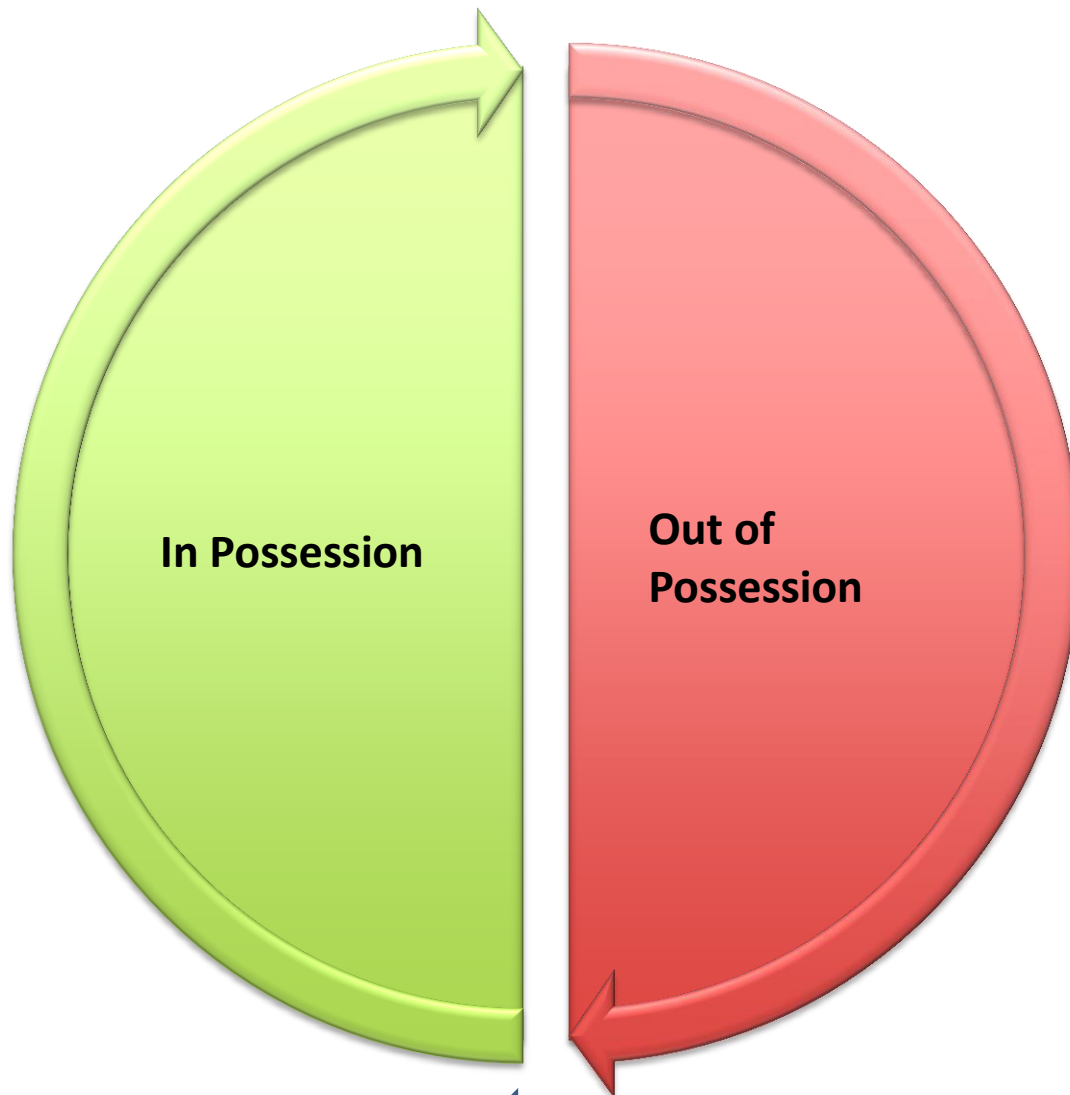
Tactics

Individual, group or team methods used to out-manoeuvre opponents

e.g. Switch the play to vary the point of attack



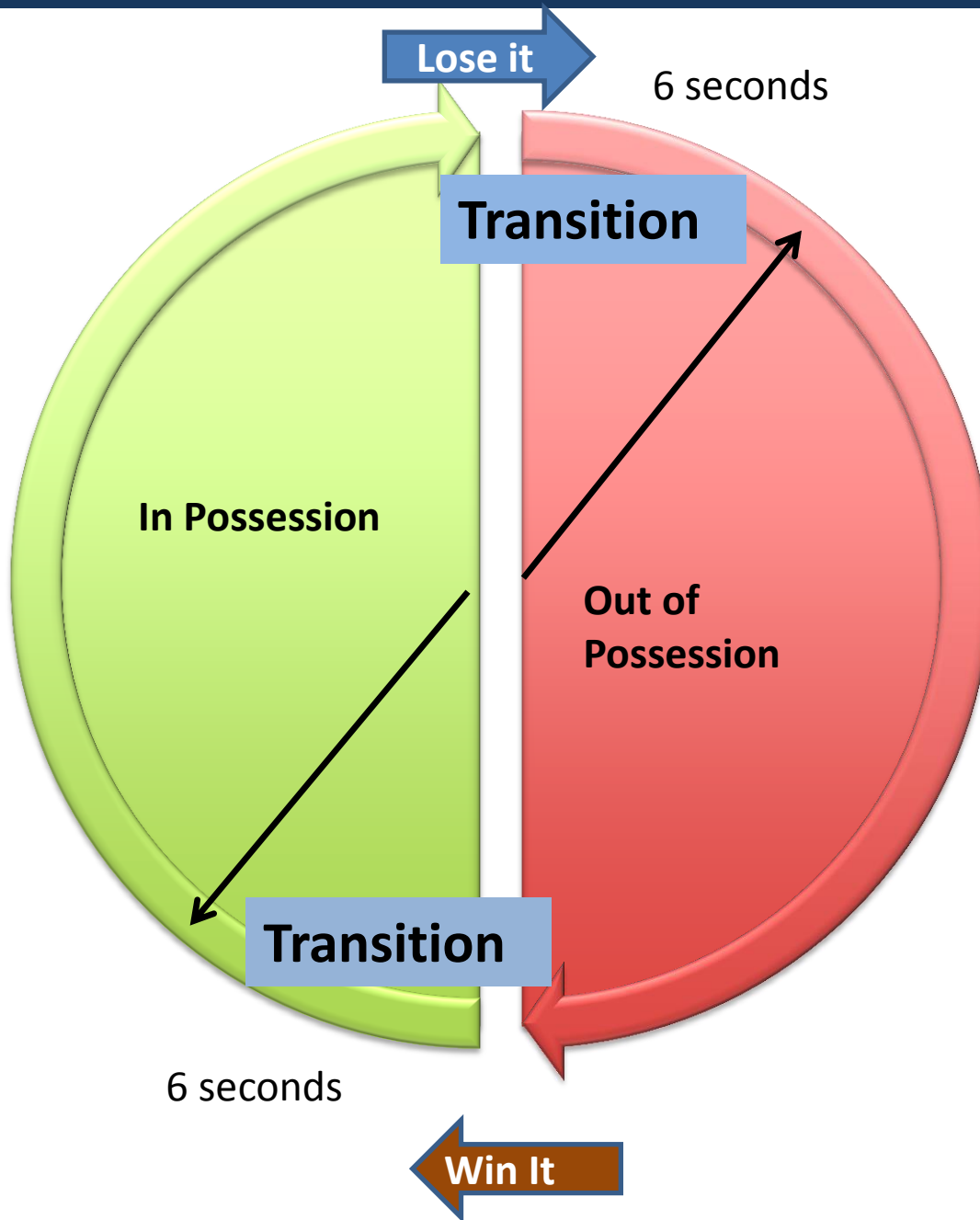
Use It



Defend It



Use It



Defend It



Lose it

Defend the counter when 'out of balance'

Transition

6 seconds

In Possession

Defending when organised

Out of Possession

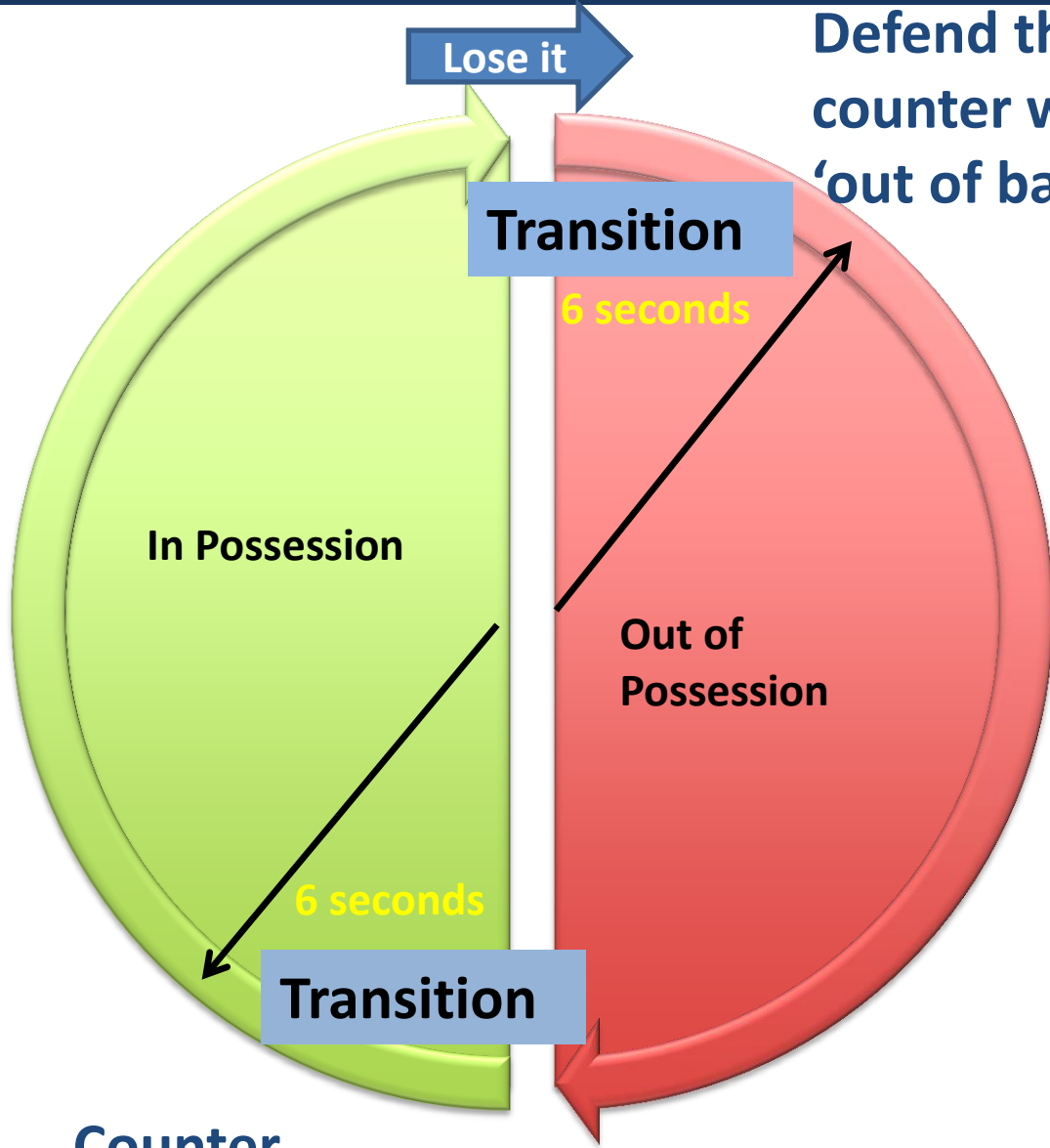
Use Possession to build an attack

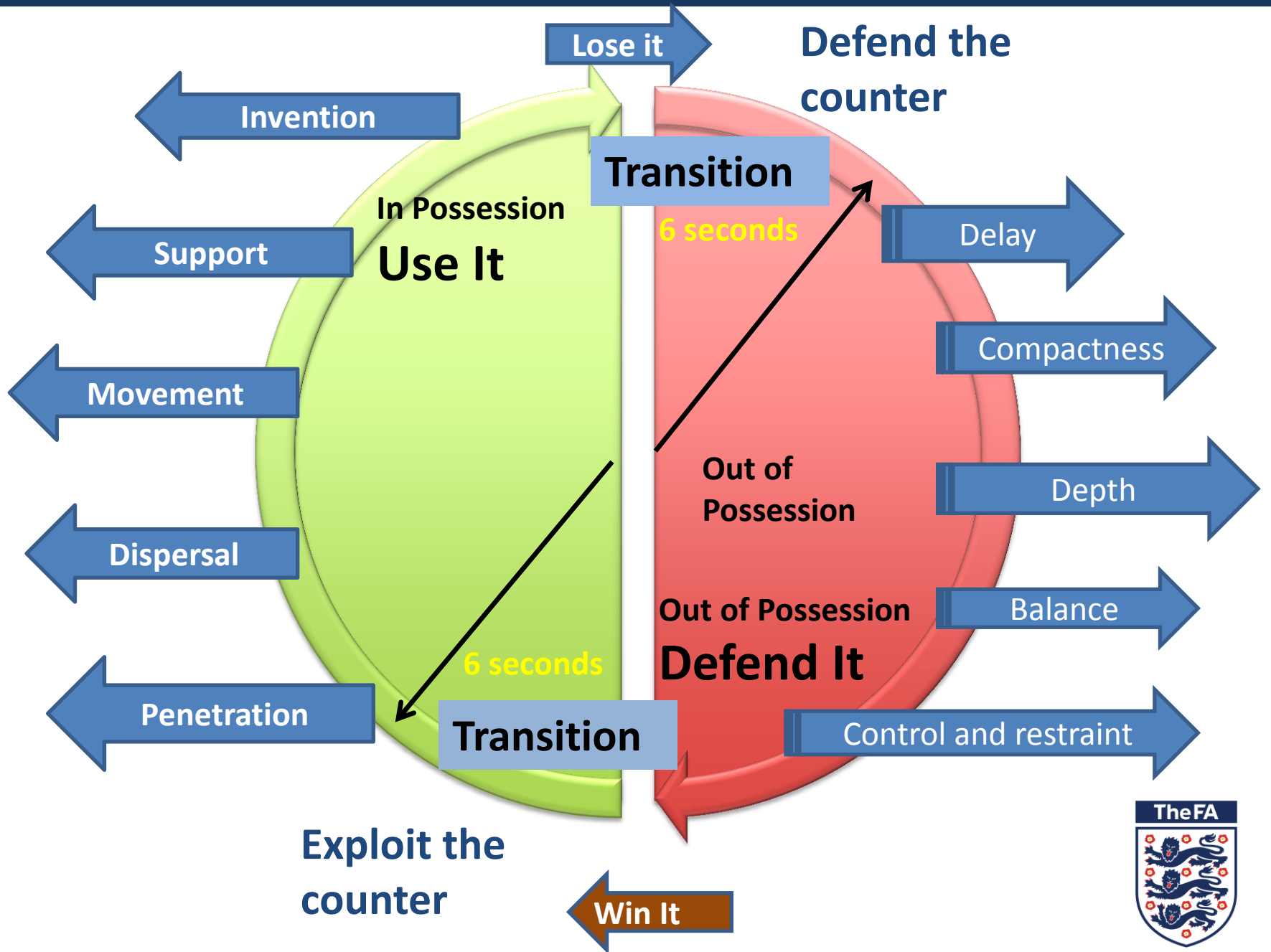
6 seconds

Transition

Counter Attack

Win It





Wayne Gretzky – Canadian International 1981-1999



“ Anticipate and predict the game actions from long-term memory. I see the immediate future faster and better than others”

Strategic Intuition

Prediction is the core of intelligence.

Implications for coaches?



Transition : Key Requirements?

- Transition Speed
- Strategy to launch attack/defend
- Balance of the team
- Management of the Game



“The quick transition is the most important aspect – quickly restructuring to defend, or exploiting the opponent with speed when the ball is regained”

Jose Mourinho



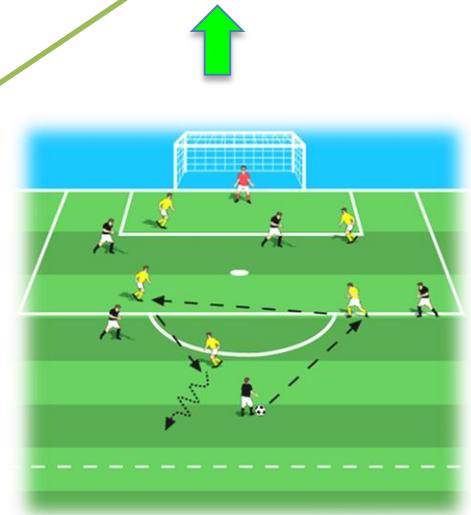
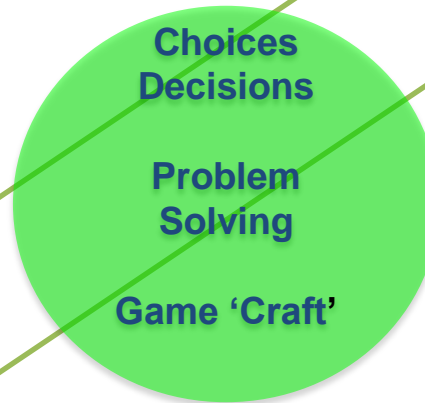
1	Receiving		Combination Play	Use of Space		Intercepting	Starting Position	
				Awareness of Pressure			Marking Position	
				Receiving + Releasing the Ball			Body Position	
				Clever Movement			Reading the Play	
2	One Touch Play		Quick Play Around The Box	Movement to Receive		Defending Late	When + When Not To Press	
				Movement in Relation to Others			Sliding + Screening	
				Turning Opponents			Space Between Lines	
				Combination Play + Finishing			Preventing Forward Play	
3	Passing Range		Counter Attacking	Regaining Possession		Defending Outnumbered	Dropping + Delaying	
				Playing Forward Quickly			Deflecting Wide	
				Speed of Support Play			Recovery Runs	
				Finishing in 3-4 Passes			Blocking Shots	
4	Shielding + Protecting The Ball		Changing the Tempo of Play	When & When Not to Play Forward		Defending in 1's, 2's, 3's & 4's	Marking	
				Pace of Pass			Covering	
				Speed of Movement			Balancing	
				One Touch Play			Forcing Play	
5	Disguise		Forward Play + Finishing	Movement in Relation to Others		Defending In & Around The Penalty Box	Dealing with Aerial Balls	
				Runs in front of & beyond Defenders			Dealing with clever movement	
				Rolling & Finishing Techniques			Individual duels	
				Playing under Pressure			Preventing Shots	
6	Running With The Ball		Possession	Risking + Keeping		Preventing Forward Play	Restricting Passing Lines	
				Through Passes			Stopping Turns	
				Passing Priorities			Prioritising Risk	
				Feet + Space			Intercepting	
7	Beating Players		Crossing + Wide Play	Types of Cross (4 B's)		Making Play Predictable	Showing Inside & Outside	
				Types of Delivery			Role of Secondary Defenders	
				Forwards Movement			When + When Not To Regain	
				Combining & Overlapping			Lines of Pressure	
8	Heading & Aerial Balls		Penetrating Lines	Playing Through, Over & Around Defs		Pressing	When + When Not To Press	
				Movement On & Off The Line			Pressing in Opposition Half	
				Playing Past a Screen			Pressing in Own Half	
				Body Shape & One Touch Play			Protecting Key Spaces	
				Combination Play			Disguise With the Feet	

A Practice 'Spectrum'

High



LOW (Further from the game)
Narrow focus - Specific returns

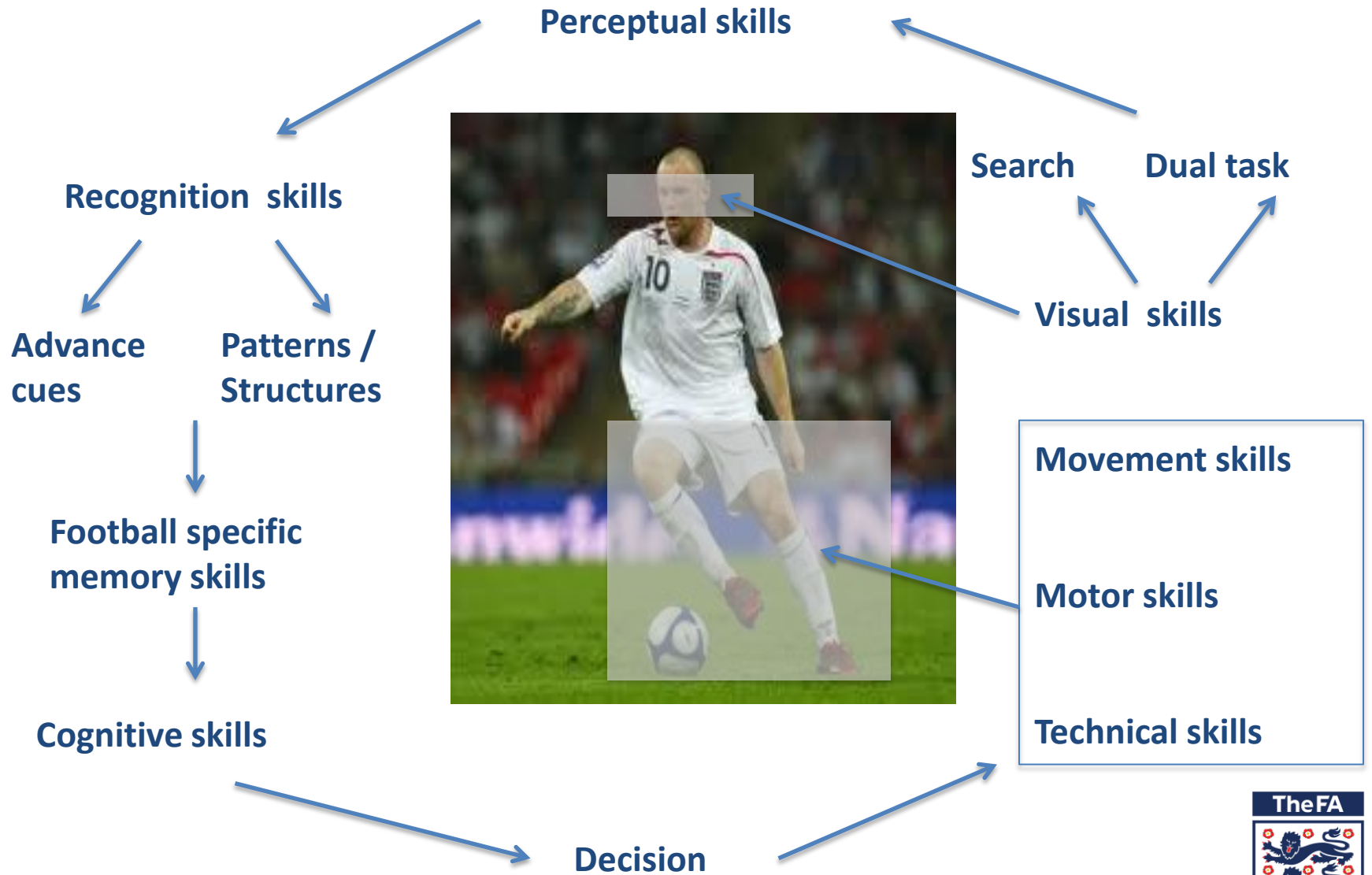


HIGH (closer to the game)
Wider focus - Wider returns

Low



EXPERT

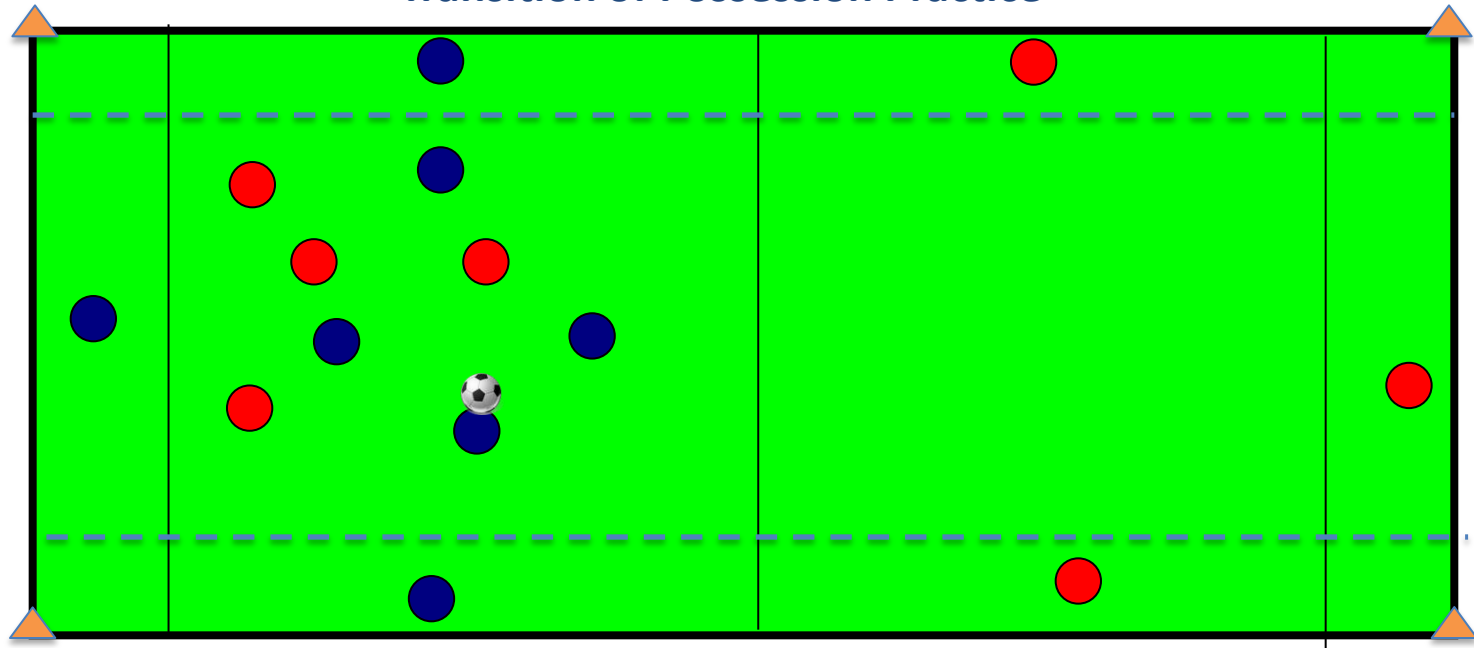


Any Questions?

Lets go and see how it works on the field?



Transition of Possession Practice



7 vs 7 as set up above

- 'Support' players positioned on the outside of the area
- Players play 7v4 in half of the pitch.
- If reds win the ball, transfer the ball to their half and keep the ball in that area
- Winning team is the team who keeps the ball in their half the longest

Progression 1– 1 touch on the outside

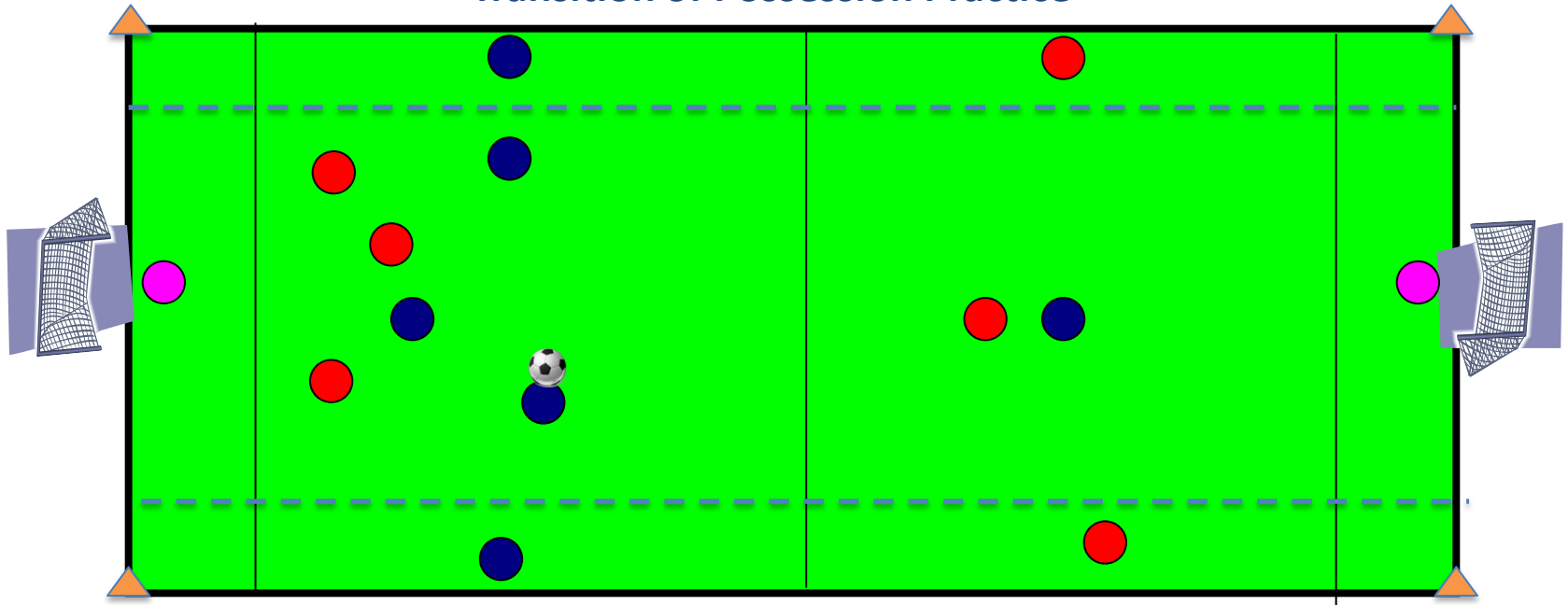
Progression 2 – Support players cannot play to each other

Progression 3 – Cannot play back to the support player you receive it from

- Challenges:**
1. Recognise different ways to keep possession (pass/dribble/shield)
 2. Try to support the first/second pass
 3. **Try to focus, concentrate and readjust to the changeover of the ball**



Transition of Possession Practice



7 vs 7 as set up above

- Adapt to having an attacker vs a defender in each half
- In transition, reds have 5 seconds to score
- If after 5 seconds, retain possession of the ball
- 3 points a goal, 1 point for every 5 passes

Progression 1– 1 touch on the outside

Progression 2 – Support players cannot play to each other

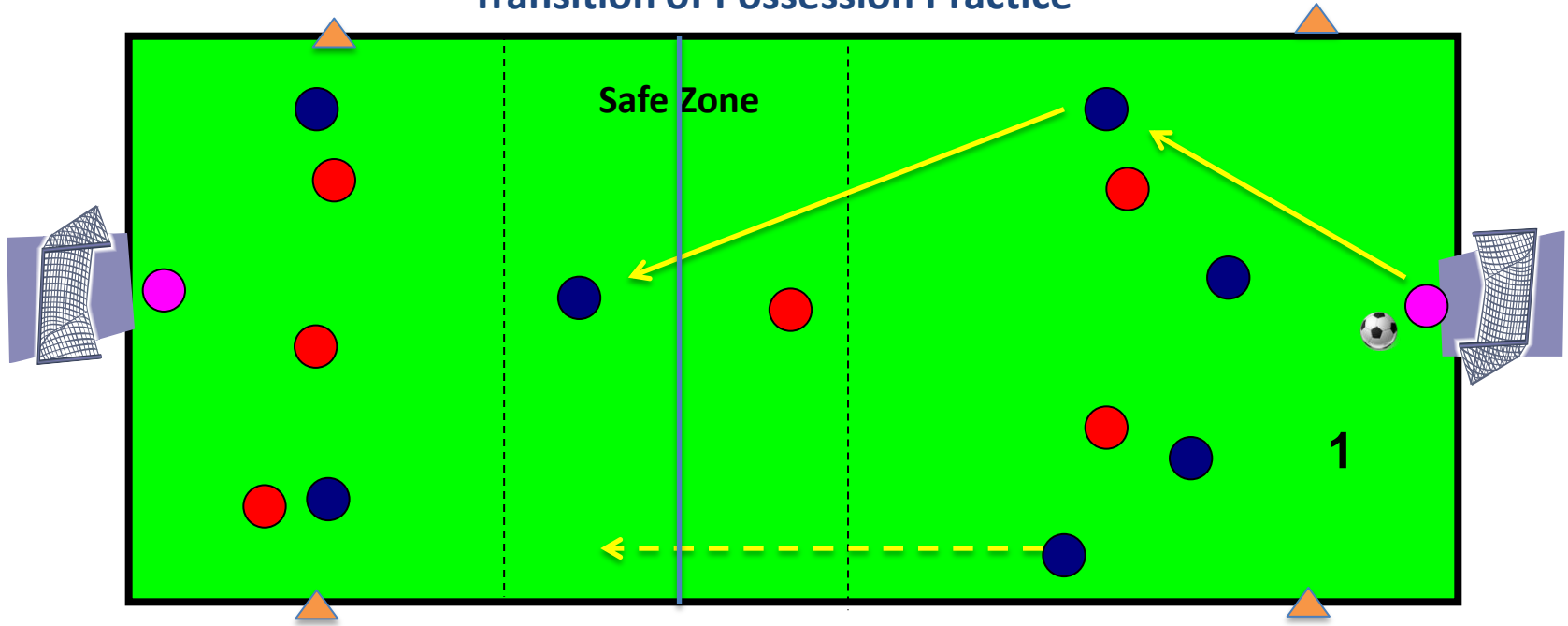
Progression 3 – Cannot play back to the support player you receive it from

Challenges:

1. Recognise different ways to keep possession (pass/dribble/shield)
2. Recognise where to support in transition (in front/behind)
3. **Try to focus, concentrate and readjust to the changeover of the ball**



Transition of Possession Practice



8vs 8 inc GKs playing in thirds (can be any number)

- Start 4v 3 in each half. Players are locked into their own half. Halfway line is 'offset' to provide a different challenge in each half
- Any defender can join in once they play into the attackers
- Play until they score
- Offside applies

Progression 1 – Include safe zone for attackers

Progression 2 – Defender becomes a support player

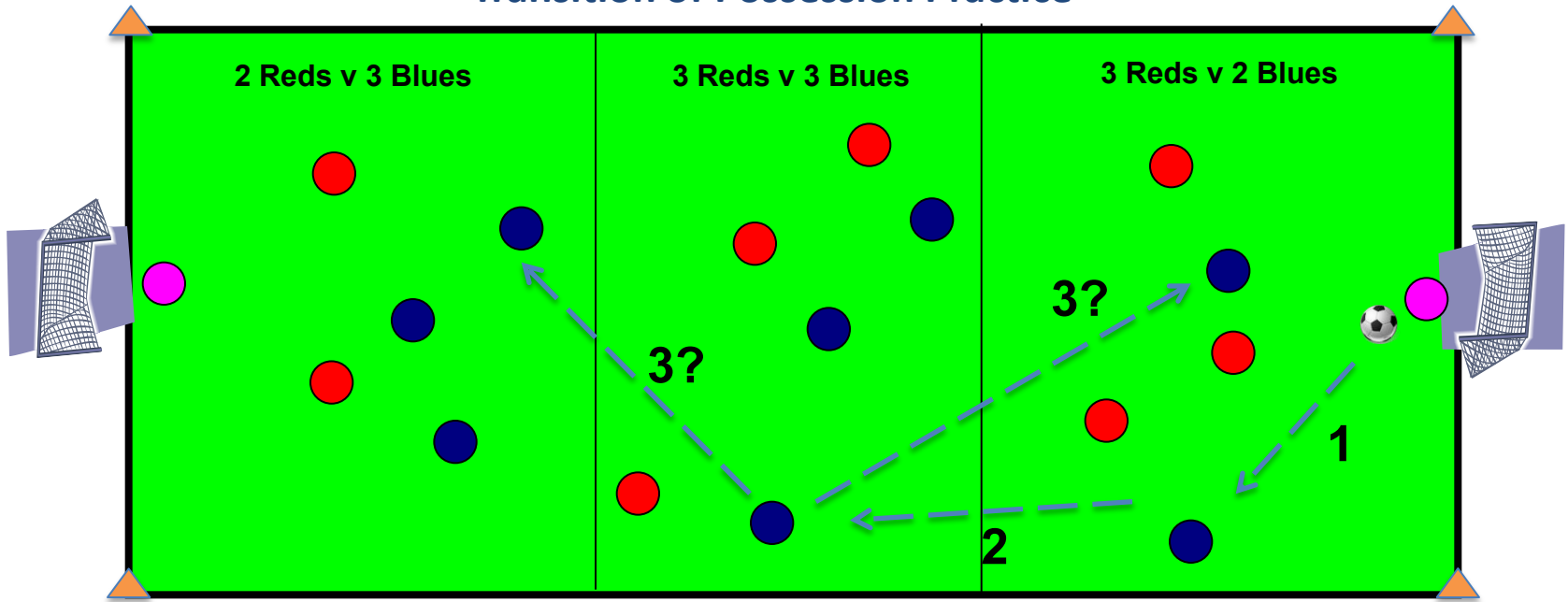
Challenges: 1. Try to receive to turn quickly

2. Try to focus, concentrate and readjust to the changeover of the ball

3. Try combinational play to create scoring opportunities



Transition of Possession Practice



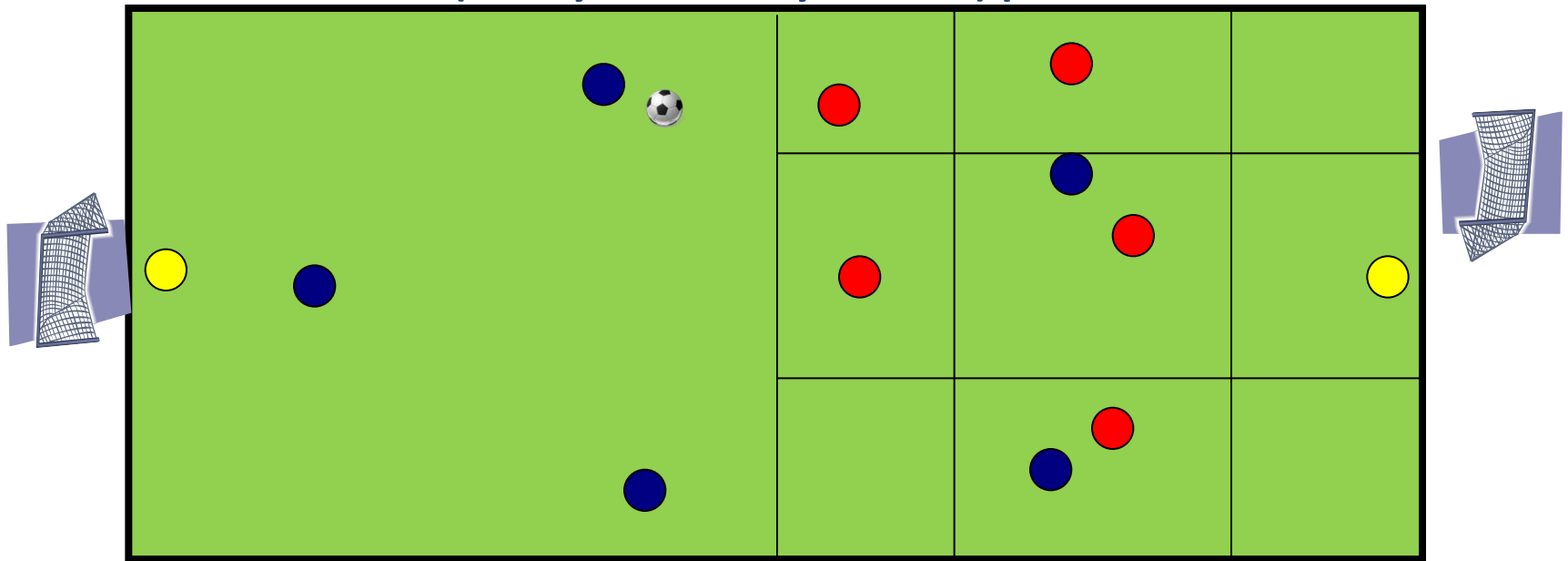
9 v 9 inc GKs playing in thirds (can be any number)

- Only condition to start the game is that all players are locked into each third that they occupy
- Midfield players can decide which way they want to attack (Transition/focus/recycle the ball)
- 1 midfielder can join in for extra attacker and 1 retreating midfielder
- Ball must be recycled back into midfield after an attack
- Incentivise scoring with underloads in either end.
- Offside??????

- Challenges:**
1. Try to receive in midfield to play into end zone quickly
 2. Try to turn with the ball to play into opposite end zone
 3. Try to focus, concentrate and readjust to the changeover of the ball
 4. Try combinational play to create scoring opportunities



Defending Deep to Counter Attack; Transition 5 vs. 5 (or any numbers you have) plus GK's



Organisation

Two teams and GK's

Pitch separated into two halves with one half separated (using mats/markers) into 9 equal squares

Play a game

Progression

- Counter attacking team try to score within 3 passes of regaining possession (this ensure ball returns quickly to attacking team)
- Scenario – defending team are protecting a 2-0 advantage in an away from home 2nd leg tie – try to protect your lead and, if possible, snatch a valuable away goal

Information

- Try to use halfway line as first point of pressure
- Try to protect the area in front of the defenders and behind the defenders
- Try to recognise when and when not to seek to win the ball back
- Try to recognise which areas/players to mark and which areas/players to leave
- Try to attack quickly on regaining the ball



Decision Making

“ The thought process of selecting a logical choice from the available options. For effective decision-making, a person must weight the positives and negatives of each option and consider the alternatives. They must be able to forecast the outcome of each option and determine which is the best for that particular situation.”

“The act of identifying and choosing alternatives based on the values and preferences of the decision-maker.”



TECHNICAL

PSYCHOLOGICAL

What factors may impact on decision making and Transition ?

PHYSICAL

SOCIAL

“ The ability to anticipate and to make decisions develops progressively through extensive engagement in soccer-specific practice and play activities.”

Mark Williams, Liverpool John Moores University



“Intuition depends on the use of EXPERIENCE to recognise key patterns that indicate the dynamics of the situation”

Gary Klein- Psychologist

Sources of Power: How People Make Decisions 1999









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