

To U13 to U18 coaches.

Hi all.

From time to time I wrote to you and I remember to speak about the importance of the Four players in one The physical, the technical, the psychological and the tactical.

They are so intertwined and important that to minimize anyone of them is to weaken the player you are trying to develop as well as your team that you are building.

Today I am going to remind you about the tactical player that is so important in today's modern game.

Every coach should explain to each player their positional play during the match and emphasize his or her mission as well as describe with detail the system used by his team on the day of a particular game. Is it a 4-3-3; 4-4-2 or 4-5-1?

First of all a coach should never organize players to fit his preferable system but should create one that fits the characteristics of his or her players. Example: you cannot use a 4-3-3 system with 3 strikers without at least one of them capable of coming back to the middle field and defend against a numerical superior team playing on a 4-4-2 system. During the beginning of the season that you are experimenting and teaching young players about tactical

work on the field there are some rules of thumb that can help you:

- Your first line of defense are your strikers.
- When attacking and losing possession only one player can stay up, the most two.
- Players should run back towards the middle field and face the ball immediately.
- Players should not play square but should smother the field so the other team has no space to play.
- Players should use the triangle in attack and defense. In attack one with the ball supported by another to help or receive and another into space.
- In Defense one should go to the opposition that has the ball supported by two colleagues, diagonal positioned ready to double.
- Teach your players to do not be ball watchers.
- Middle field should never be glued to the defense because you give the space to the other team to play and you cannot make a good transition when you gain possession.

- Teach your players how to mark players from the inside pushing them out or across the field away from their goal.
- Playing against a skillful team play tight, against a very fast one play zone if necessary.
- There are a lot of other tricks like if opposition leaves three players ,when you attack ,In your field, you keep four, two you keep three; only one you keep two etc. etc. Sweeper should command these orders on the defense.
- Do not shout orders from outside to the players(they do not listen)Use captain, if possible to communicate your orders.,
- And last but not least every young player should know: if ball is faraway play zone, if ball is near play tight.
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- Our Technical Department has the resources to help every coach in our Club but we need feedback from all of you in order to organize a program that can benefit the kids and the Club but only you coaches can give continuity to it . Continuity and Perseverance, in my mind is the only road to success.

Jose' Almeida

Ps .We are trying to organize a coaches' meeting within
two weeks perhaps on a Saturday afternoon.Hope you all
come

Jose' Almeida

Technical Director

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