



VS



- 1) Introduction and Context
- 2) Analysis and Observation
 - 1) Man United
 - 2) Man City
- 3) Problem and Solutions
- 4) Intervention



First Match
Man U vs Man City
2-2



The aim is to win
the Derby



We need to search
Strategy to surprise
the opponent

TOP OF WOMEN'S SUPER LEAGUE

ESPN
SPORT

		P	GD	Pts
1	MANCHESTER CITY	16	30	40
2	CHELSEA	15	36	39
3	ARSENAL	15	27	36
4	MANCHESTER UNITED	14	12	23
5	READING	14	-3	21
6	TOTTENHAM HOTSPUR	15	-9	20

SUN 13 FEB

FULL TIME
ACADEMY STADIUM

MANCHESTER CITY



MANCHESTER UNITED



Manchester
United Women

2 - 2

Manchester
City Women



0-1, min. 38, Shaw | 1-1, min. 72, Staniforth | 2-1, min. 75, Russo | 2-2, min. 79, White

MATCH STATS

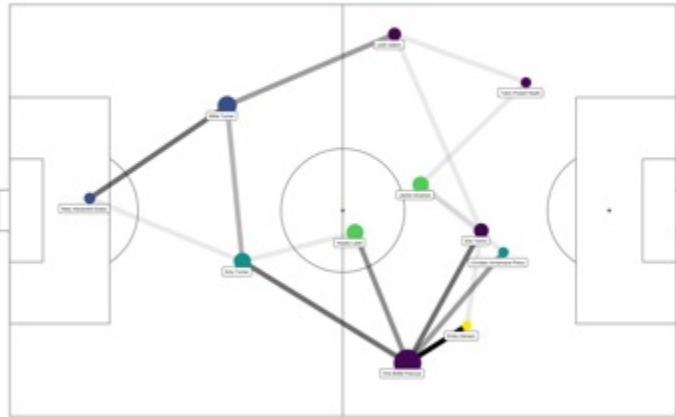
54	Possession (%)	46
4	Shots on Target	6
2	Shots	4
10	Corners	5



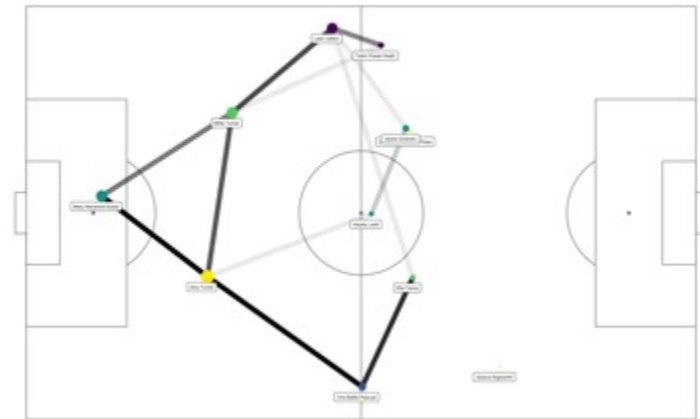
Man United build-up



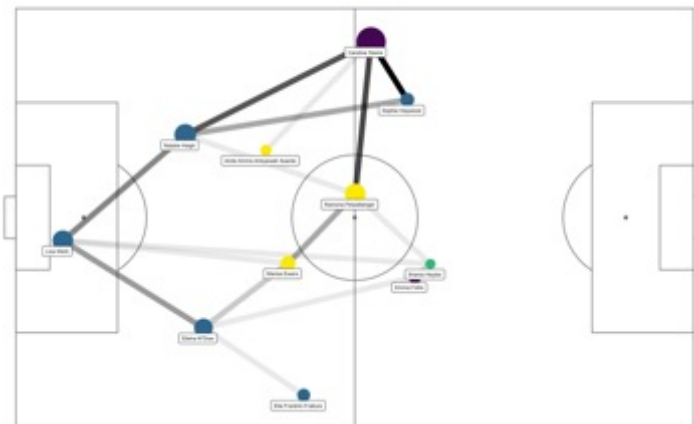
Manchester United vs Arsenal WFC | min : 0' - 45'



Manchester United vs Manchester City WFC | min : 0' - 45'



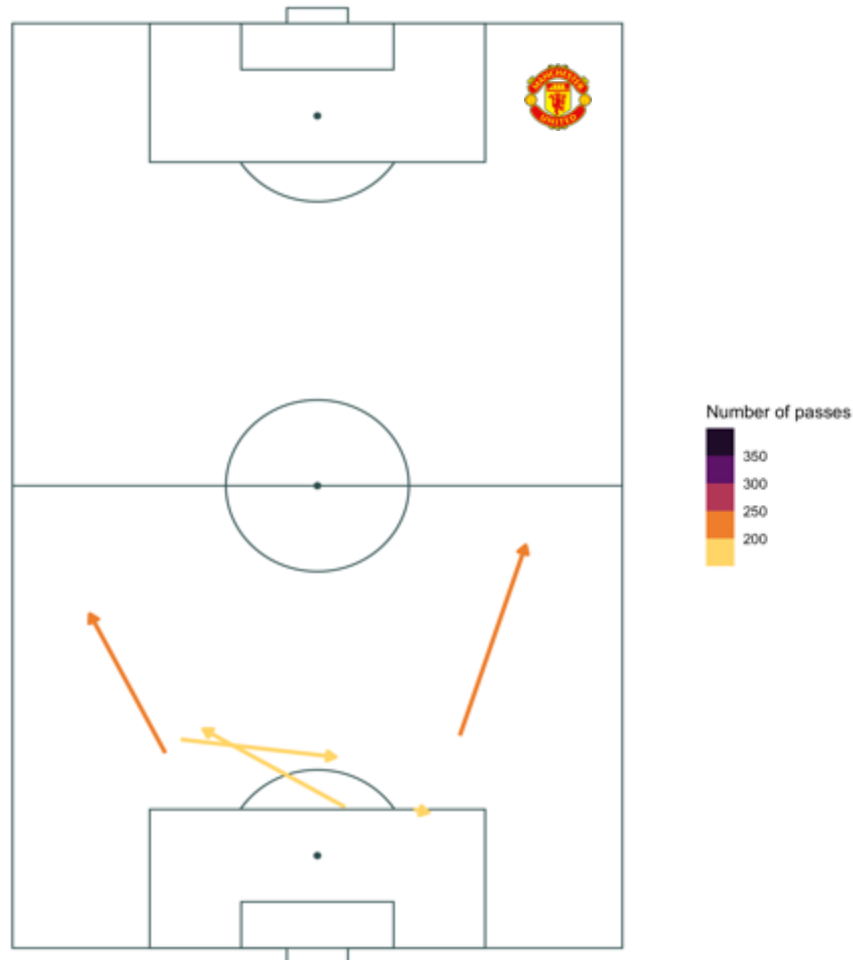
Aston Villa vs Manchester United | min : 0' - 56'



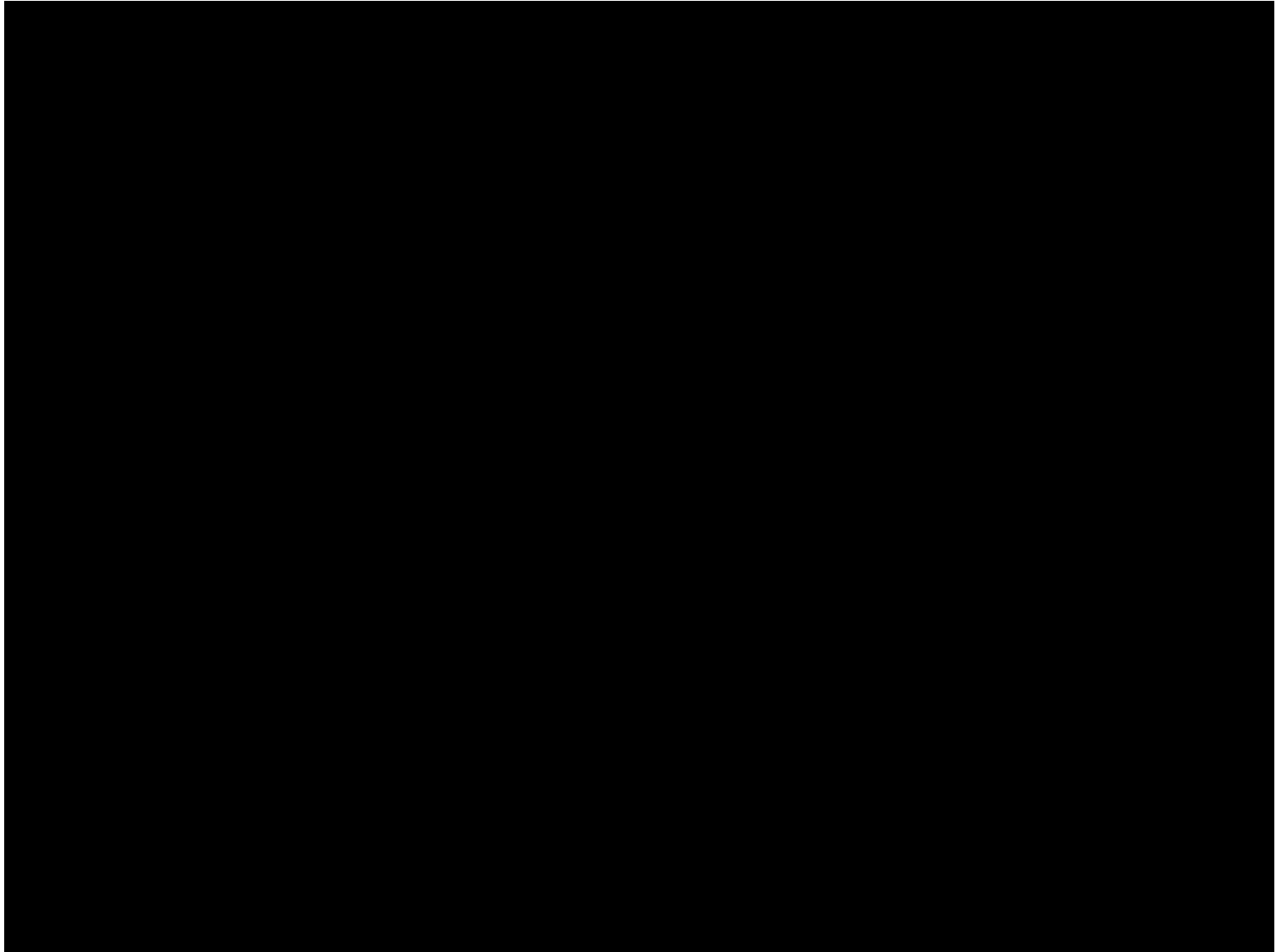
Man United build-up

Manchester United : Passing cluster (DEF 3rd)

20/21 | Open-Play

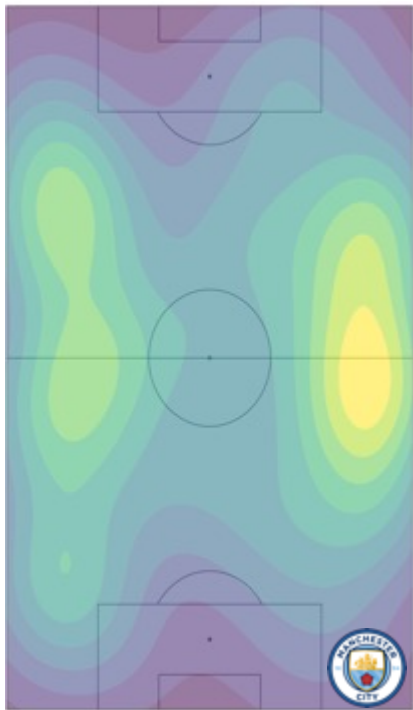


Wings build-up

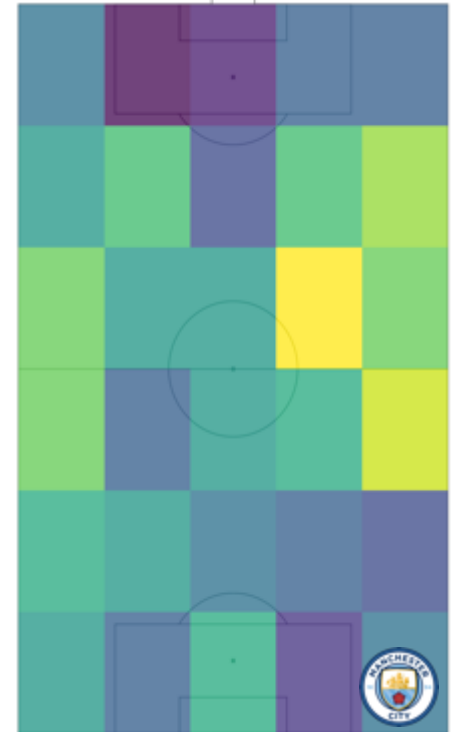
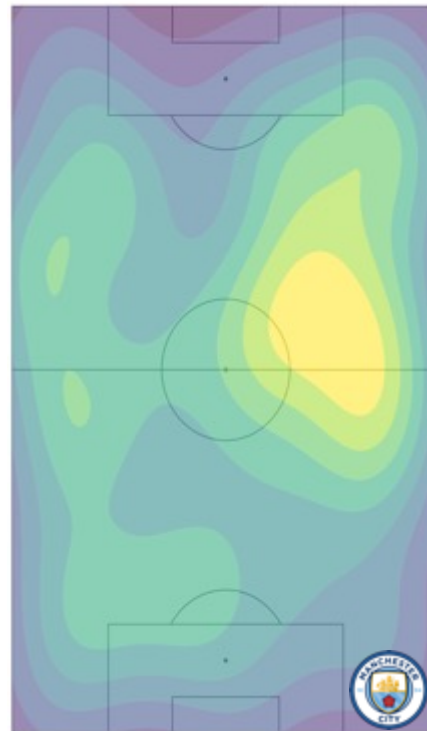


Man City's Pressing

Manchester City Ball Pressure
Against : Chelsea FCW



Manchester City Ball Pressure
Against : Brighton & Hove Albion WFC

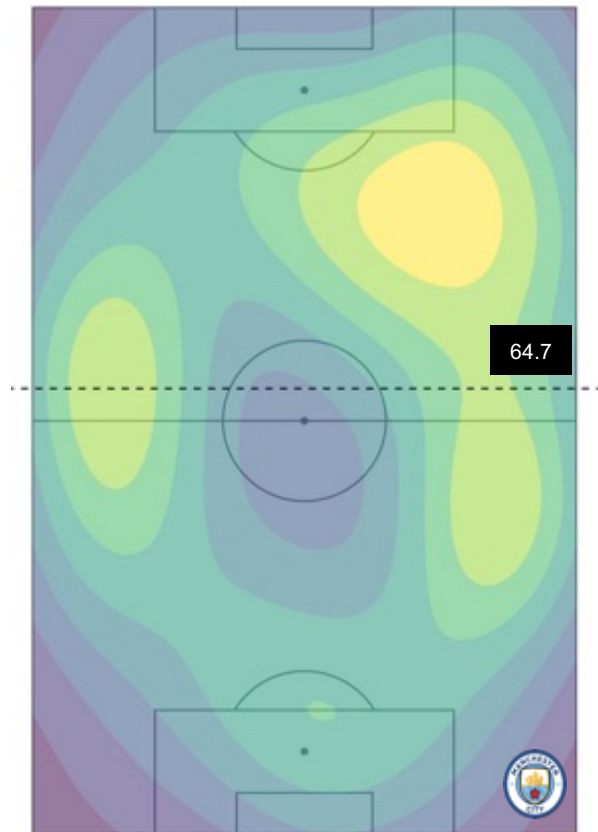


Man City's Recoveries



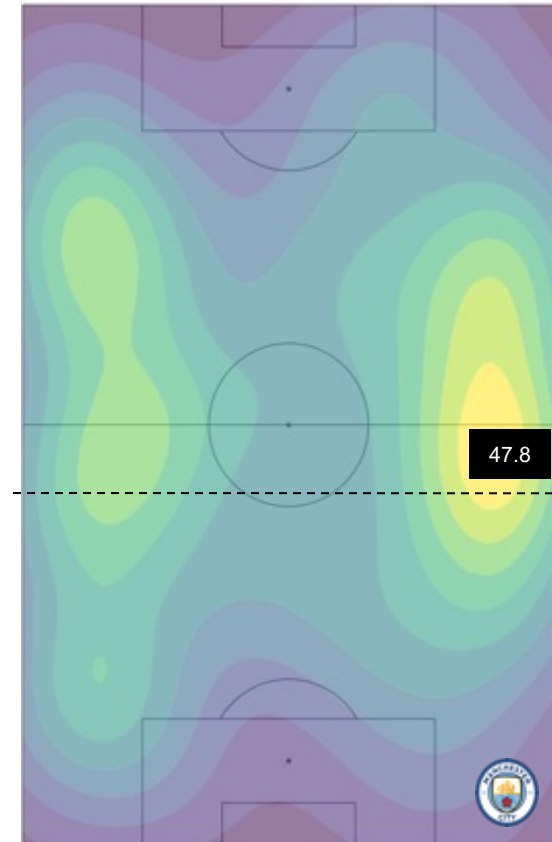
Manchester City Ball Recovery

Against : Everton LFC

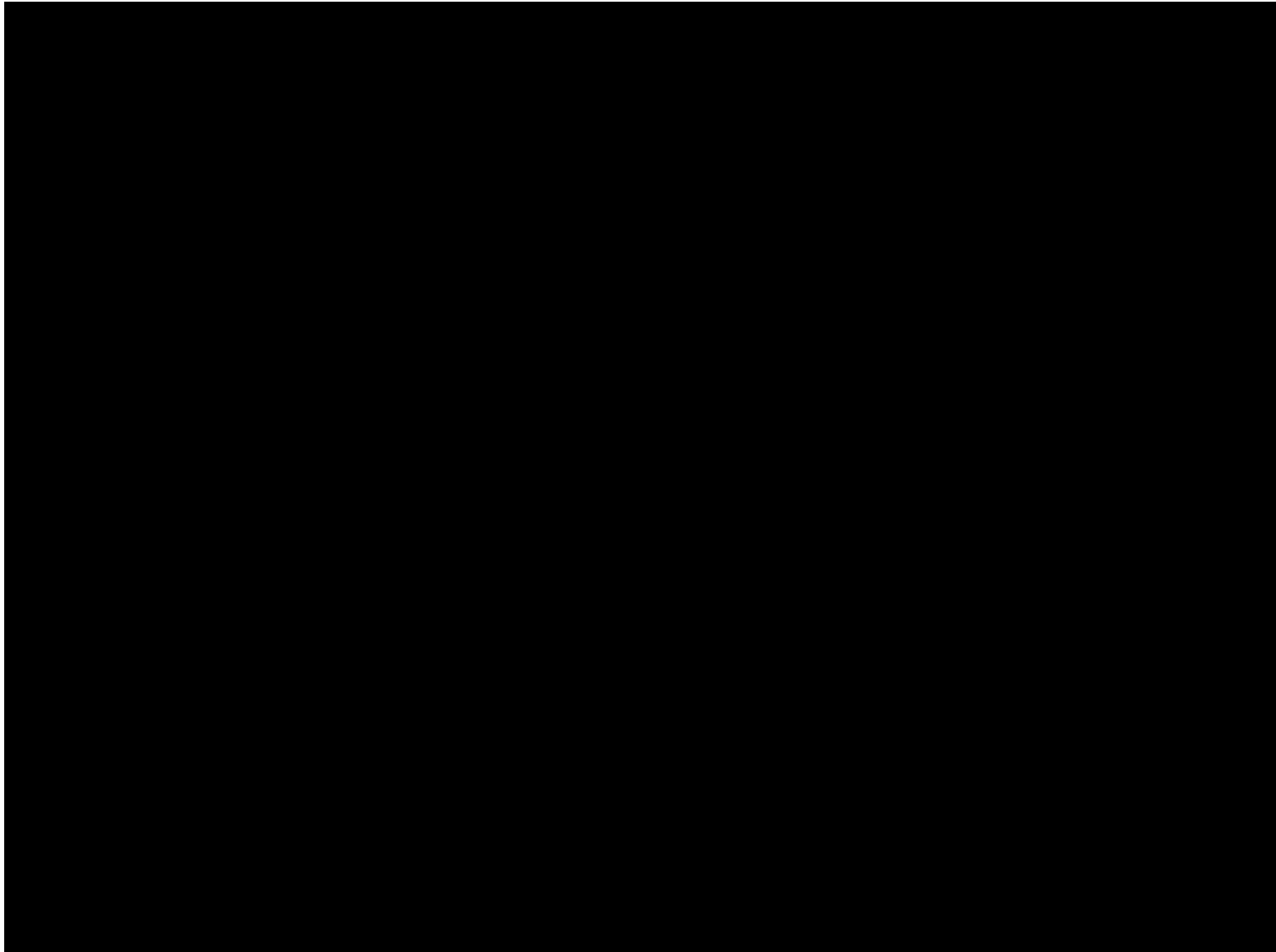


Manchester City Ball Recovery

Against : Chelsea FCW



Side pressing



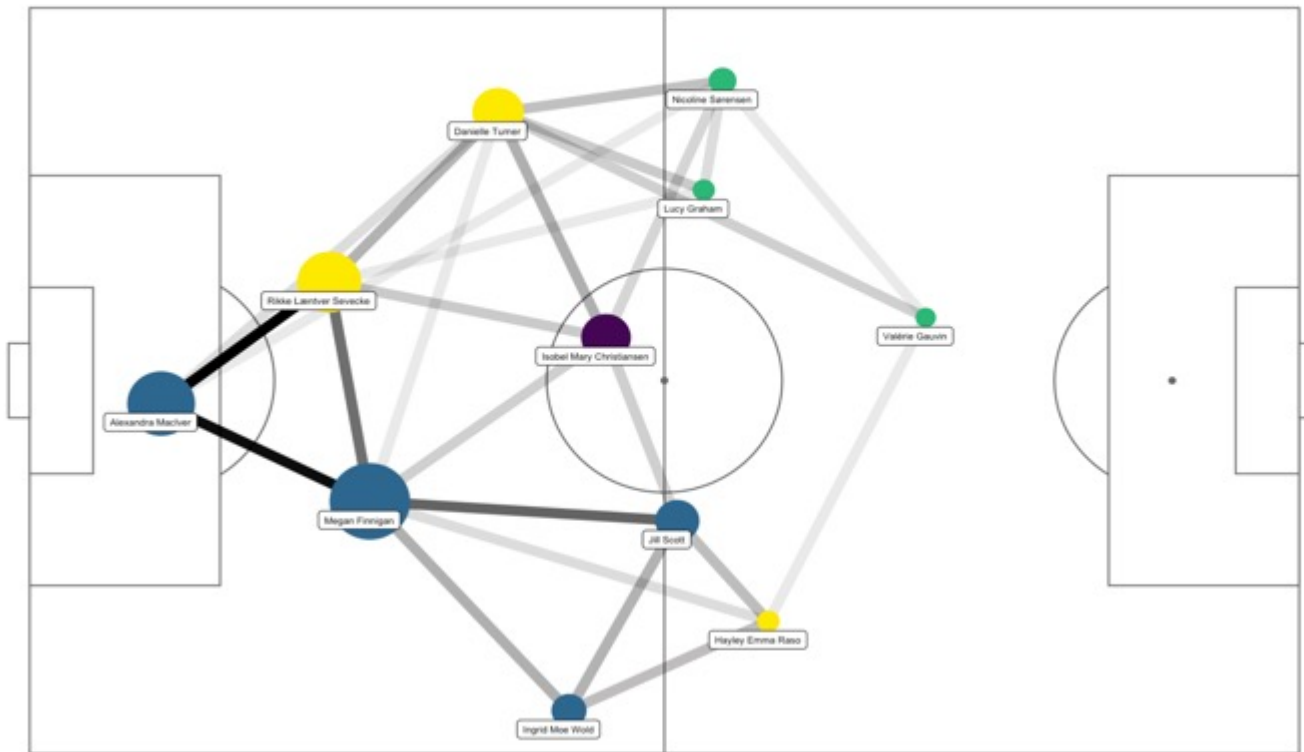
Problem

**How to incentivise our players to adapt to Man City's
efficient wing pressing?**

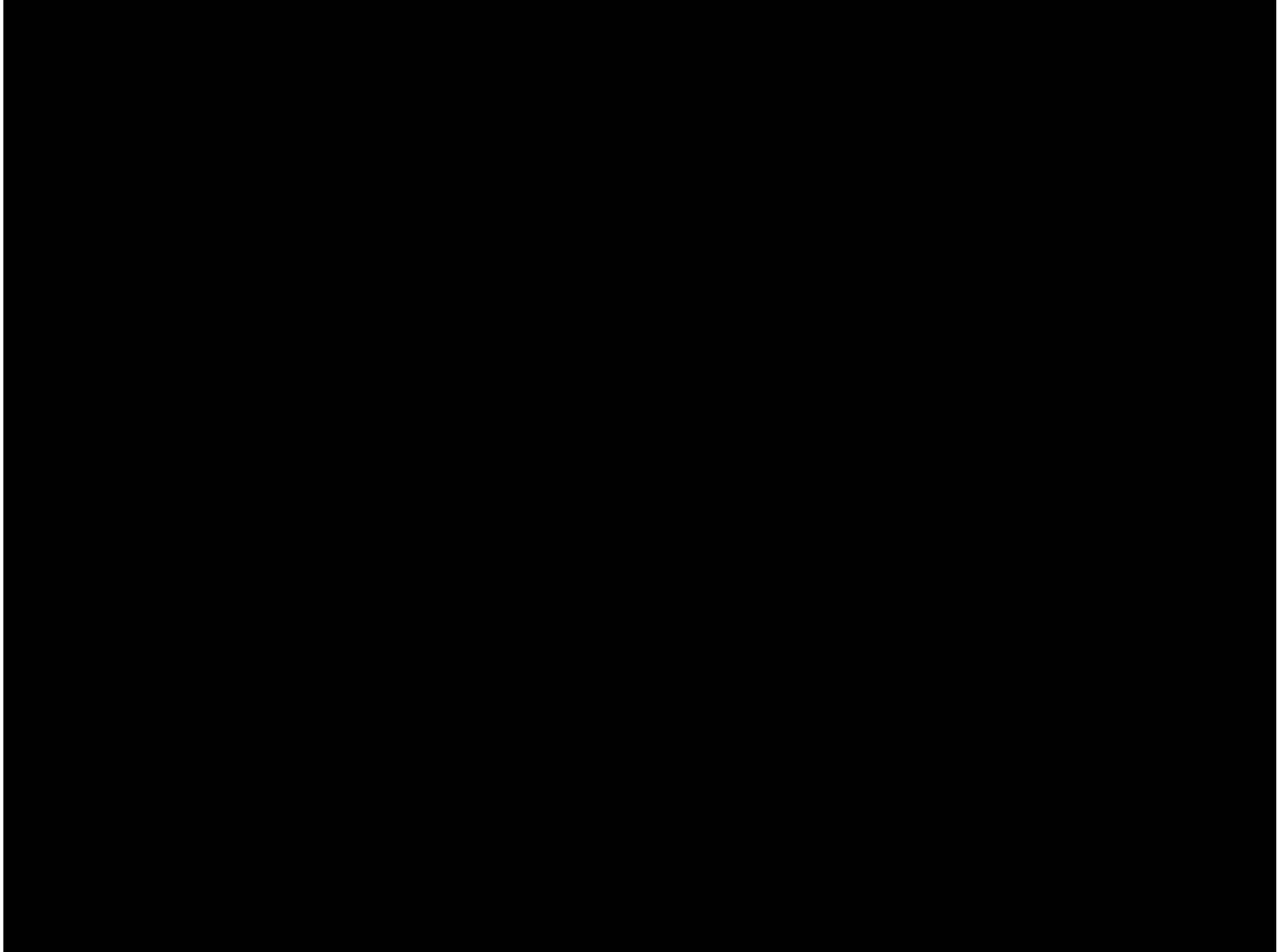


Everton LFC vs Manchester United | min : 0' - 55'

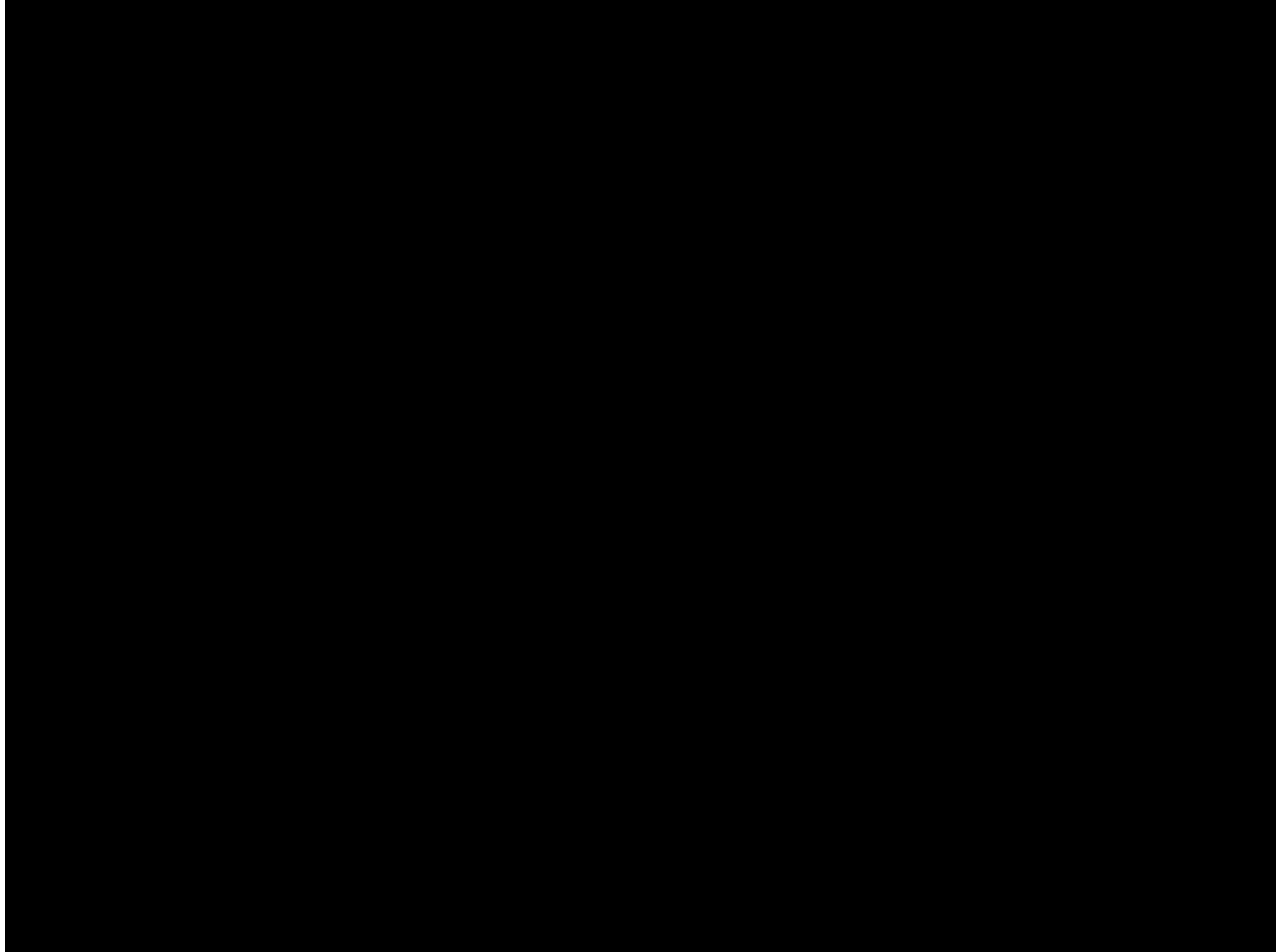
20/21



Inside build-up



Inside disruption



Intervention : Day 1



AIM

- Train the build-up under pressure
- Decision making
- Passing and building through inside
- If playing on the side, resist and exploit spaces
- High intensity and aggressiveness



INSTRUCTIONS

- **BLUE** (DEF) : +1 if ball recovery in **yellow areas**, +1 for a goal scored
- **RED** (OFF) : build-up



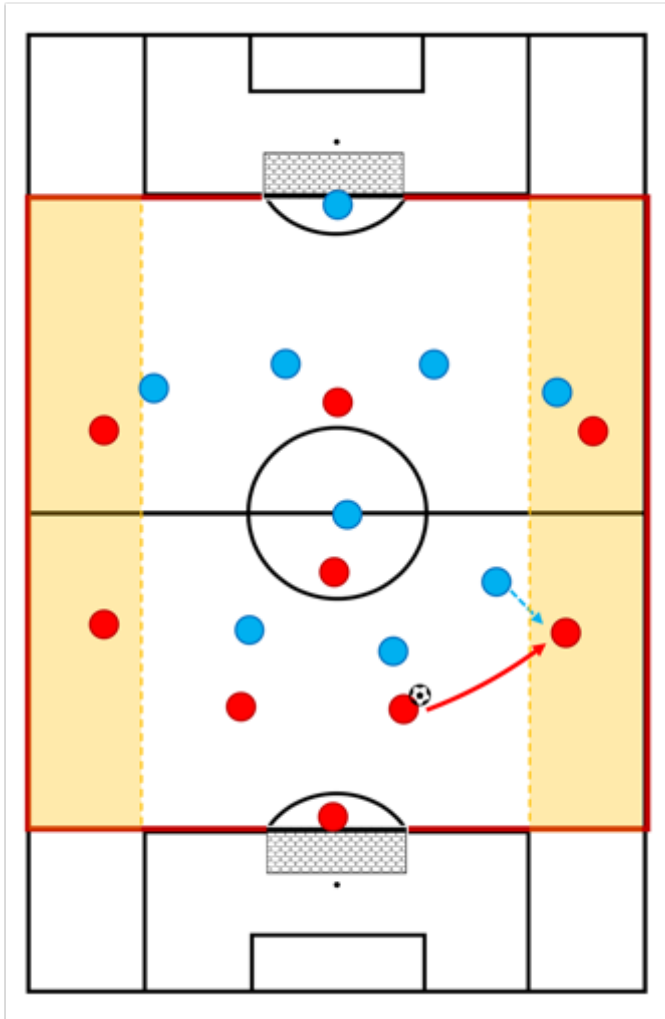
BEHAVIOUR

- Interpersonal coordination under pressure
- Identify threats and opportunities
- Measure risk
- Response to aggressiveness



DESIGN

- 8v8 + GK – 2x10min' (for intensity)



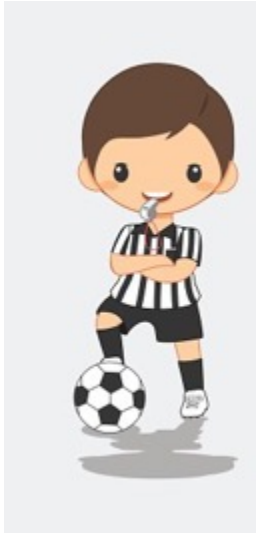
To prepare the athletes for the psychological pressures they will face during the derby game, pressure training was introduced.

Safely exposes athletes to pressures to optimise their stress responses and aid their development of resilience (Fletcher & Sarkar, 2012).

Research has suggested that the best way to introduce pressure training is to ensure there is transparency, so the athletes understand the training is a challenge, not a punishment (Fletcher & Arnold, 2021).

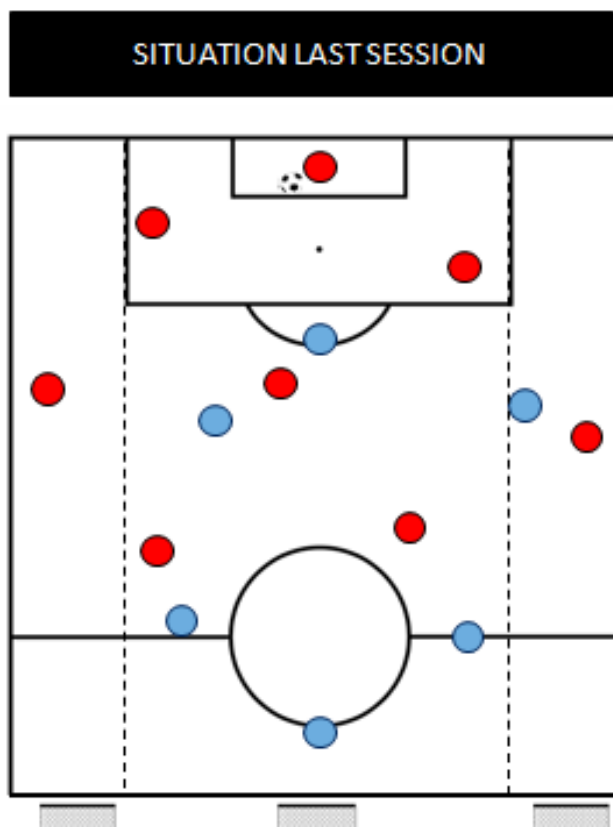
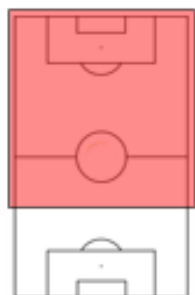
As there will be added psychological strain on the players, it was decided that it would be best to introduce the pressure training in the first intervention session to allow enough time for the players to recover and reflect on their experience before the game (Low et al., 2022).

Using representative learning design, an intervention was developed with several constraints which aligned with the constraints that the athletes may face within a competitive performance environment. This afforded the athletes with opportunities to both select and control actions (Golonka & Wilson, 2019).



By introducing the task constraints, we are impacting both individual (coping) and environmental constraints (coping) as we can assess how the players will cope both individually and collectively when faced with aggression from other players and non-favourable judgement from the referee (Davids et al., 2008).

Intervention : Day 2



AIM

LEAVE THE PRESSING ZONES TO ADVANCE ON THE FIELD AND REACH THE OPPOSING THIRD



INSTRUCTIONS

THE ACTION ALWAYS STARTS WITH THE REDS (GK, DEFENDERS)
THE GAME STOPS AFTER 1 ACTION

- SCORING IN SMALL GOALS
1 Pt FOR THE GOAL IN THE CENTER, 3 Pts FOR THE GOAL ON THE SIDE
- SCORING IN GOALS

VARIATION

+ 1 Pt FOR THE FORWARDS IF THEY GET THE BALL ON THE SIDES AND SCORE



BEHAVIORS

- ATTRACT ON THE SIDE
- OFFER SOLUTIONS TO GET THE BALL OUT QUICKLY
- ANTICIPATE THE 2ND PASS



DESIGN

9 VS 6

2/3 OF THE FIELD

15 MIN

**THANKS FOR YOUR
ATTENTION**