

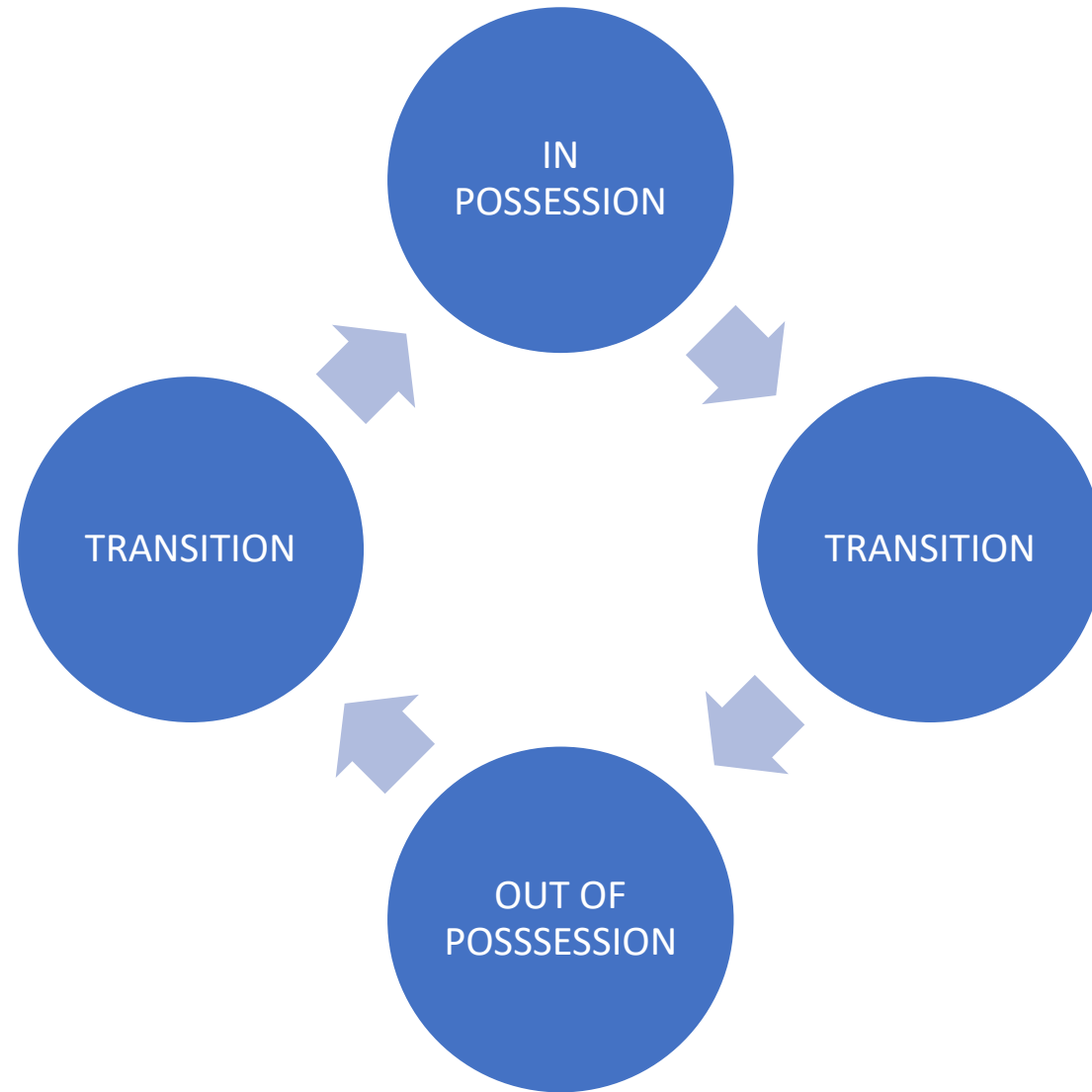
ADE VINER

PLAYING  
PHILOSOPHY

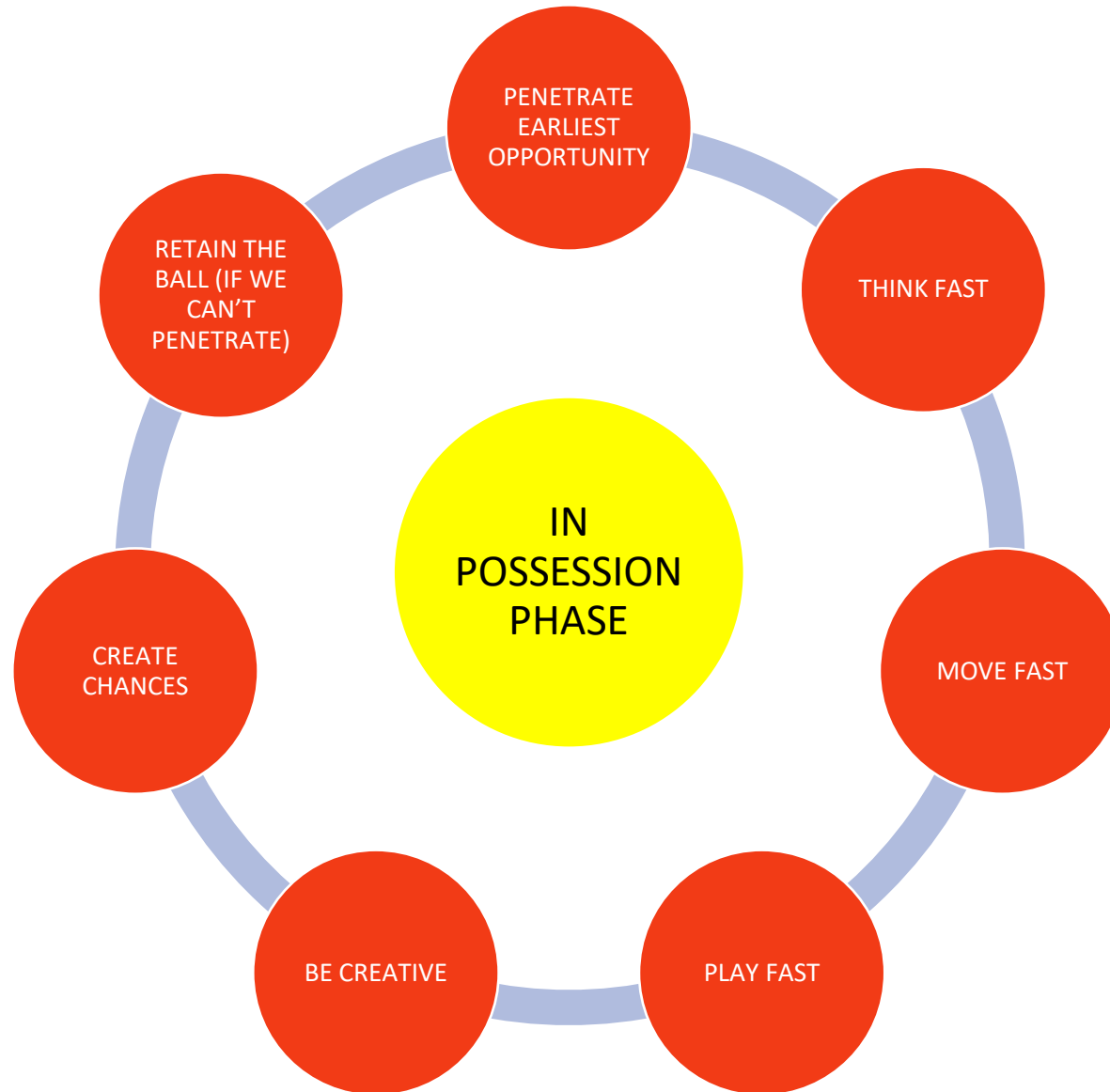


# PRINCIPLES OF PLAY

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# IN POSSESSION PHASE



# IN POSSESSION

## DEFENSIVE THIRD

- LOOK TO PLAY FORWARD.
- LOOK TO CREATE OVERLOADS.
- MIDFIELD MOVEMENT AND ROTATIONS.
  - CB,FB AND CM TRIANGLES.
- CF TO STRETCH THE PITCH.

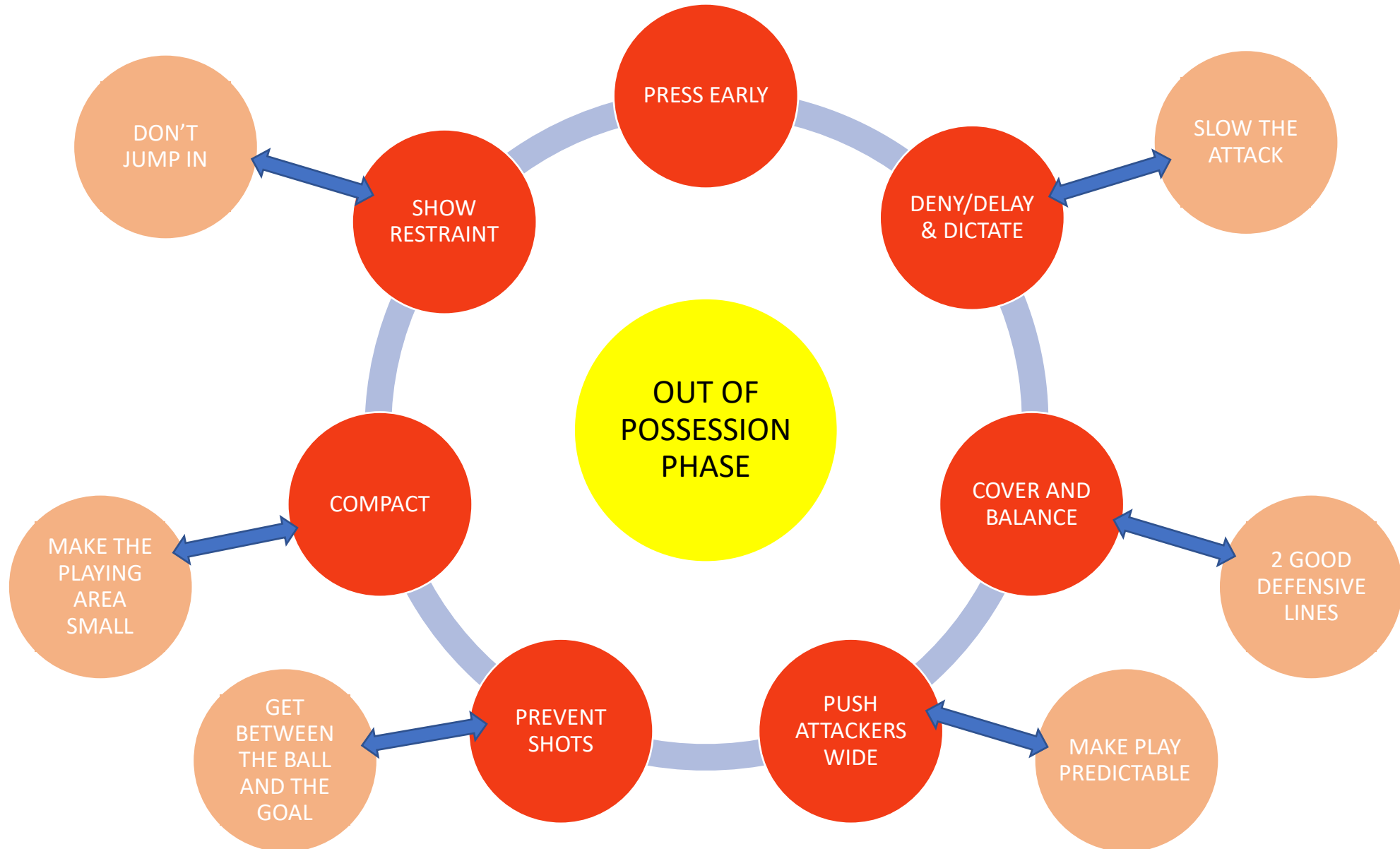
## MIDDLE THIRD

- LOOK TO PLAY FORWARD.
  - RETAIN POSSESSION.
- LOOK TO CREATE OVERLOADS.
- LOOK TO PLAY BEYOND. MIDFIELD AND DEFENSIVE LINES.
- WIDE ATTACKING MIDFIELDERS

## ATTACKING THIRD

- LEAVE THE ATTACKING 3<sup>RD</sup> WITH A SHOT ON GOAL.
- GOOD NUMBERS TO RECEIVE THE BALL.
- CREATE OVERLOADS.
- FORWARD RUNS. BEYOND DEFENSIVE LINE.
- ACCURACY OF FINAL BALL.
- BE CREATIVE WITHOUT FEAR IN THIS AREA.

# OUT OF POSSESSION PHASE



# OUT OF POSSESSION

## DEFENSIVE THIRD

- PRESS AS A TEAM WITH NO GAPS.
- REMAIN COMPACT IN CENTRAL AREAS.
- DENY AND DELAY CROSSES.
- WIN THE 1V1'S
- GOOD BODYSHAPE BETWEEN BALL AND GOAL.
- MOVE IN RELATION TO BALL (SCREEN/SHUFFLE).

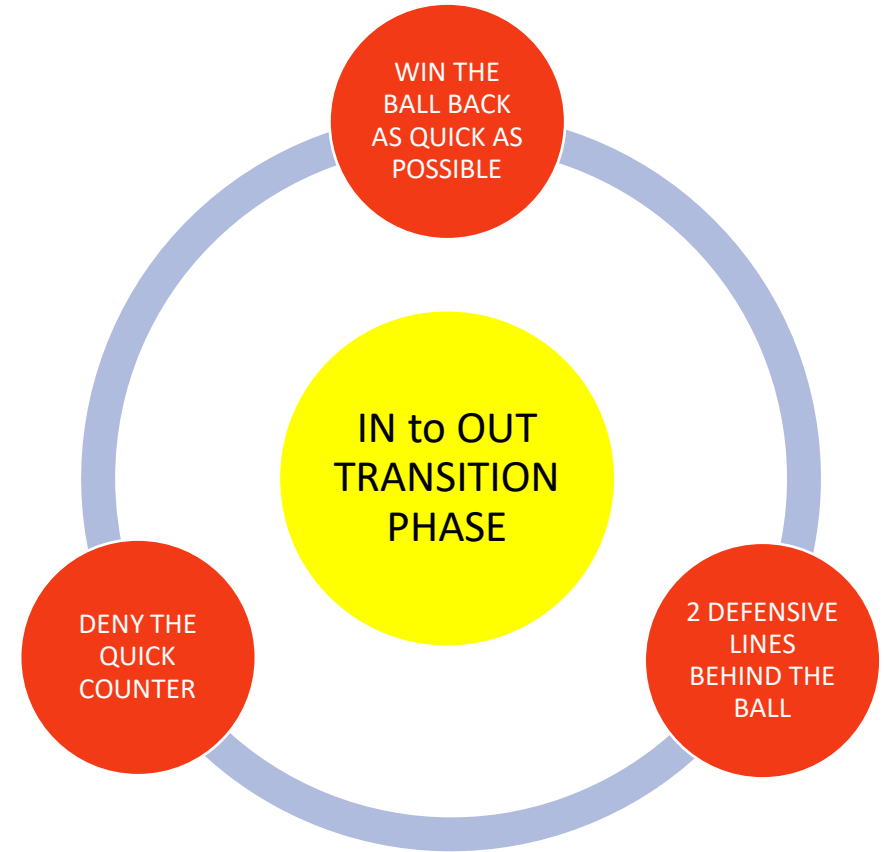
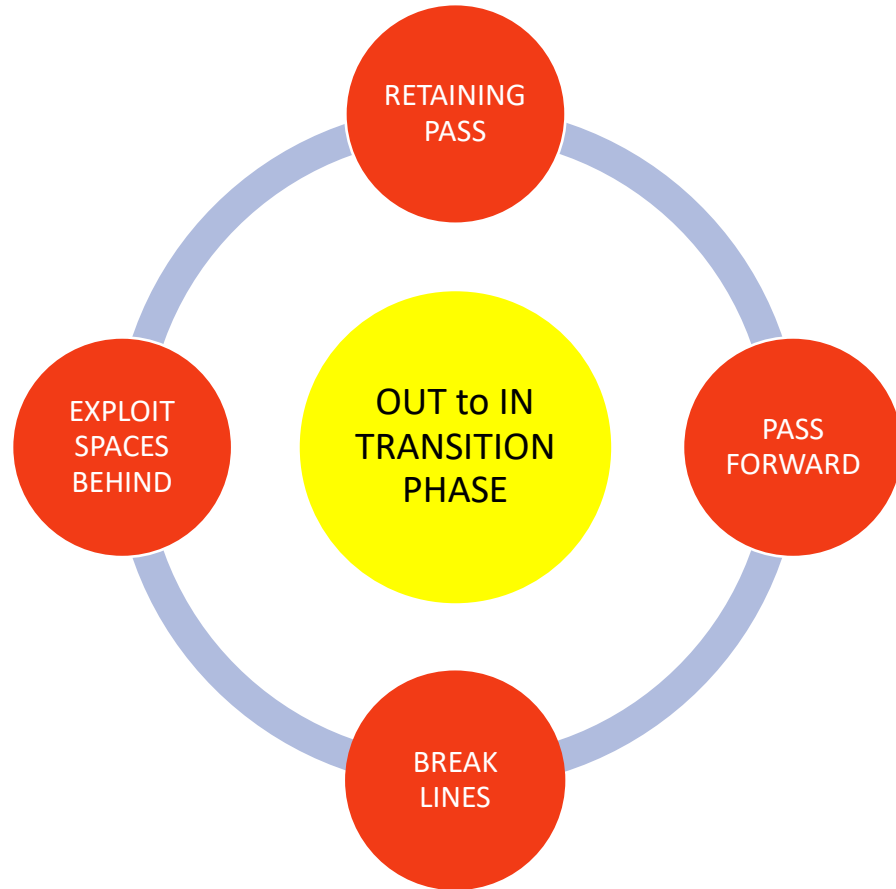
## MIDDLE THIRD

- SHOW OUTSIDE.
- PRESS IN UNITS TO FORCE BACK OR SIDEWAYS.
- GOOD TEAM BALANCE.
- REMAIN PATIENT AND COMPACT.
- GOOD RECOVERY RUNS.
- GOOD BODYSHAPE BETWEEN BALL AND GOAL.

## ATTACKING THIRD

- MAKE THE GK KICK LONG.
- STOP THE FIRST PASS.
- PRESS AS A UNIT TO FORCE MISTAKES. CF IS THE TRIGGER.
- WIN THE BALL BACK AS HIGH AS POSSIBLE TO HELP CREATE QUICK COUNTER ATTACKS.

# TRANSITION PHASE





# OUT TO IN TRANSITION

## DEFENSIVE THIRD

- COMPOSURE ONCE POSSESSION HAS BEEN WON.
  - LOOK TO PLAY FORWARD.
- FORWARD RUNS.
- TRAVEL INTO SPACE WITH THE BALL.
- MAINTAIN BALANCE IF NOT INVOLVED.

## MIDDLE THIRD

- COMPOSURE ONCE POSSESSION HAS BEEN WON.
  - LOOK TO PLAY FORWARD.
- FORWARD RUNS CREATE WIDTH.
- TRAVEL INTO SPACE WITH THE BALL.
  - MAINTAIN BALANCE IF NOT INVOLVED.

## ATTACKING THIRD

- COMPOSURE ONCE POSSESSION HAS BEEN WON.
- FORWARD RUNS INTO THE BOX.
  - ACCURACY AND DISGUISE OF FINAL BALL.
    - EXPLOIT 1V1.
  - IF FORCED WIDE, DELIVER ACCURATELY INTO THE BOX.
- CONVERT CHANCES TO GOALS.

# IN TO OUT TRANSITION

## DEFENSIVE THIRD

- CLOSEST PLAYER TO THE BALL PRESS, SHOW WIDE AND DELAY.
- CREATE COMPACTNESS CENTRALLY IMMEDIATELY.
- RECOVERY RUNS INTO COMPACT SHAPE.
  - TRACK RUNNERS

## MIDDLE THIRD

- CLOSEST PLAYER TO THE BALL PRESS, SHOW WIDE AND DELAY.
  - CREATE COMPACTNESS CENTRALLY IMMEDIATELY.
- MAINTAIN SHAPE.
- RECOVERY RUNS INTO COMPACT SHAPE.
- TRACK RUNNERS

## ATTACKING THIRD

- CLOSEST PLAYER TO THE BALL PRESS.
- SUPPORTING PLAYERS CUT OUT POTENTIAL RECEIVERS.
- PREVENT THE BALL GOING FORWARD.
- SHOW DESIRE TO WIN THE BALL BACK TO CREATE CHANCES.