

# "Juego de Posición" (Positional Games) and Possession Games

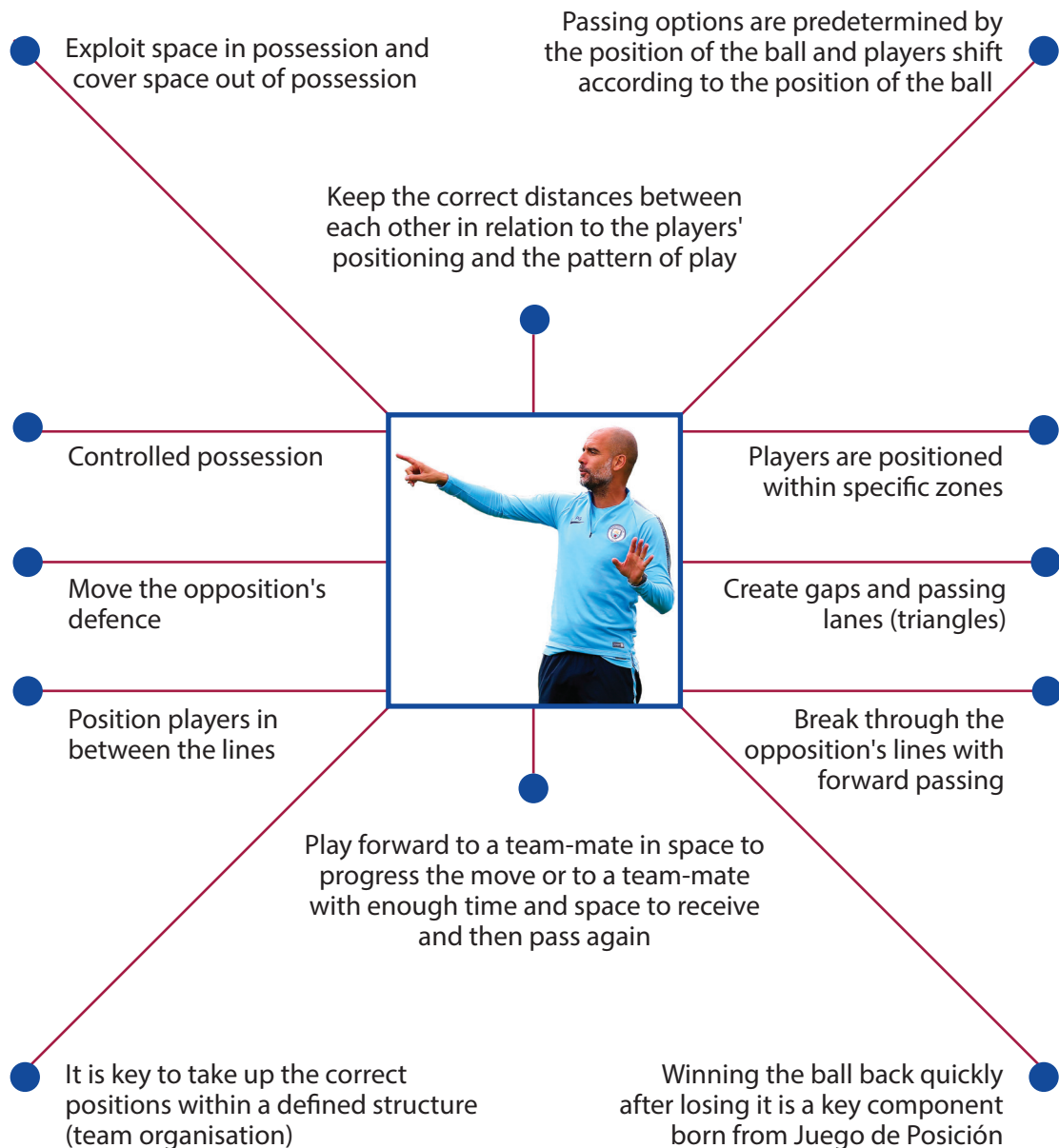


Direct from  
Pep Guardiola's  
Training Sessions

**"The fundamentals, what I want, is to take the ball, try to play as offensive as possible and dominate the game through the ball. I grew up with that; I was a player with that idea, and I am a coach with that idea."**

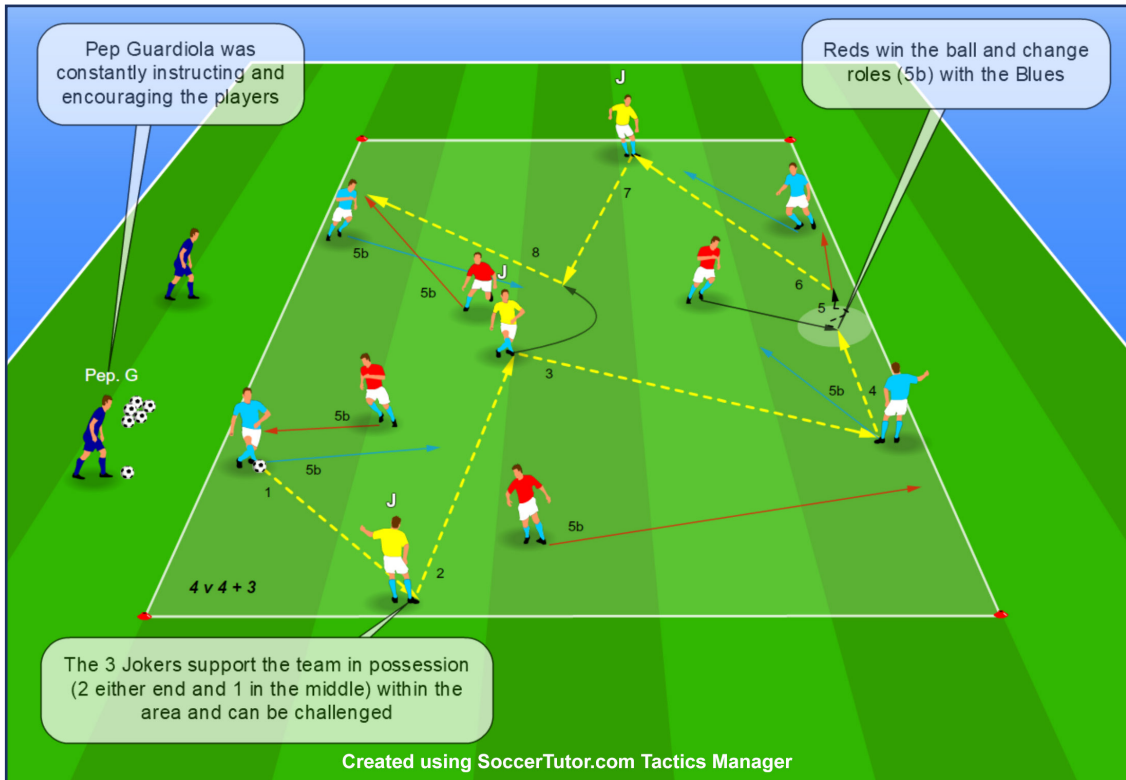


# PEP GUARDIOLA'S POSITIONAL PLAY (JUEGO DE POSICIÓN)



Source: Luca Bertolini, UEFA B Coaching Licence and Author of many football coaching books - [www.lucamistercalcio.com](http://www.lucamistercalcio.com)

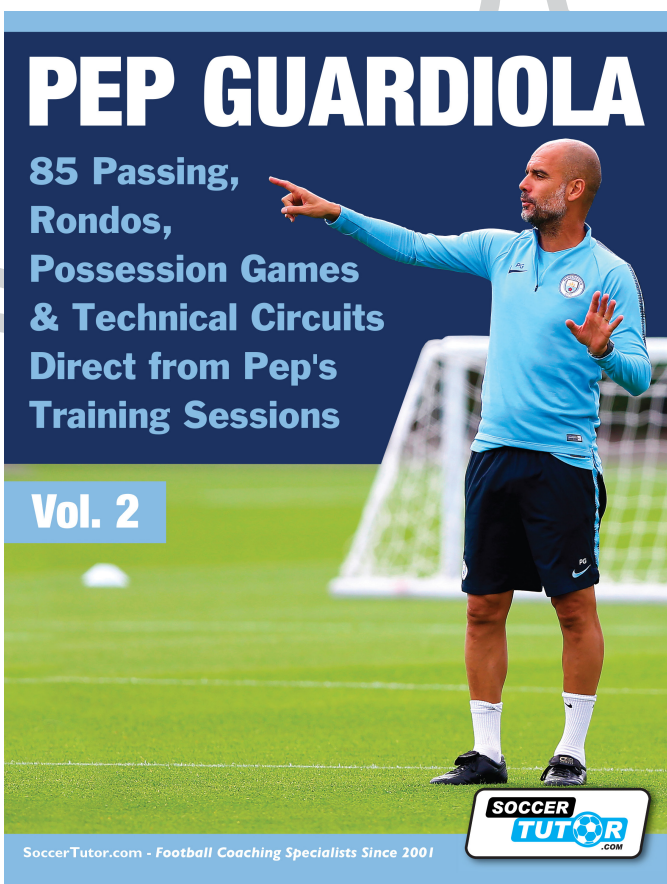
## 5. "Juego de Posición" 4 v 4 (+3) Possession and Transition Game



### Description

- In a 10 x 15 yard area, we have 2 teams of 4 players (blue and red) + 3 yellow jokers who play with the team in possession.
- All 4 blue players are positioned on the long sides (2 on each side) and all the red players start inside the area. There is 1 yellow joker at each end and 1 joker inside.
- The practice starts with the Coach and the blue team try to maintain possession with help from the 3 yellow jokers.
- The red team work together (pressing) to close off the angles and try to win the ball.
- If the reds are able to win the ball, the teams switch roles.
- The blues all move inside and work together to try and win the ball back immediately (counter-press).
- The reds move to the outsides and try to maintain possession with help from the 3 jokers.

**Source:** Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester



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