"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)

Exploit space in possession and cover space out of possession

Passing options are predetermined by the position of the ball and players shift according to the position of the ball.

Keep the correct distances between each other in relation to the players' positioning and the pattern of play

Controlled possession

Players are positioned within specific zones

Move the opposition's defence

Create gaps and passing lanes (triangles)

Position players in between the lines

Break through the opposition's lines with forward passing

Play forward to a team-mate in space to progress the move or to a team-mate with enough time and space to receive and then pass again

It is key to take up the correct positions within a defined structure (team organisation)

Winning the ball back quickly after losing it is a key component born from Juego de Posición

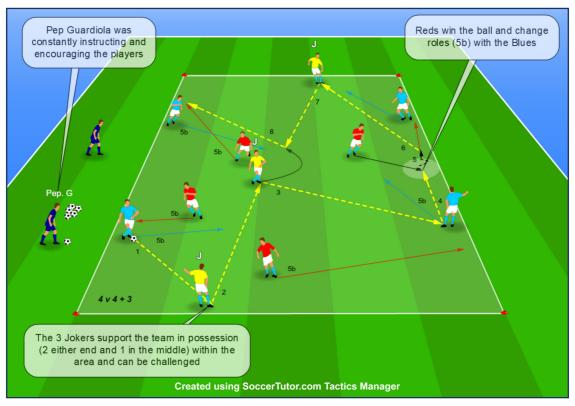
Source: Luca Bertolini, UEFA B Coaching Licence and Author of many football coaching books - www.lucamistercalcio.com





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.

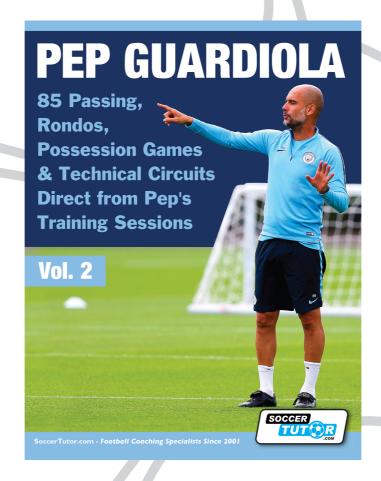
- The red team work together (pressing) to close off the angles and try to win the ball.
- If the reds are able to win the ball, the teams switch roles.
- The blues all move inside and work together to try and win the ball back immediately (counter-press).
- The reds move to the outsides and try to maintain 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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