

Soccer Modern Tactics Italys Top Coaches Analyze Game Formations Through 180 Situations

A journey to Castel Di Sangro, an Italian village that stunned the soccer world with its team's unexpected success, offers a portrayal of the emotion that swept the town.

All the facets of the team building process, including team tactics and psychology, are included down to the minutest detail. Also included is how youth talent, per age group category, should be developed. And finally, how to set up training sessions to achieve the best results. All the chapters are interspersed with examples from Rinus Michels' personal experiences as a trainer. At the same time he gives a reference framework for everyone who is, on a daily basis, involved with the team building process: from youth and professional coaches to managers in the business world. Because of these unique examples, most of which were never published, this will be a fascinating book for anyone involved in a team building process.

Is Italy a united country, or a loose affiliation of warring states? Is Italian football (which we Americans know as “soccer”) a sport, or an ill-disguised protraction of ancient enmities? After twenty years in the bel paese, Tim Parks goes on the road to follow the fortunes of his hometown soccer club, Hellas Verona, to pay a different kind of visit to some of the world's most beautiful cities, and to get a fresh take on the conundrum that is national character. From Udine to Catania, from the San Siro to the Olimpico, traveling with the raucous and unruly Verona fans—whose conduct is a cross between that of asylum inmates and the Keystone Kops—Tim Parks offers his highly personal account of one man's relationship with a country, its people, and its national sport. The clubs are struggling, as always, to keep their heads above water in Series A. The fans, as always, are accused of vulgarity, racism, and violence. It's an election year and politics encroaches. The police are ambiguous, the journeys exhausting, the referees unforgivable, the anecdotes hilarious. And behind it all is the growing intuition that in a world stripped of idealism and bereft of religion, soccer offers a new and fiercely ironic way of forming community and engaging with the sacred.

From Vialli, one of Italy's most famous footballers as well as a former manager of England's Chelsea F.C., and Marcotti, the UK correspondent for Corriere dello Sport and football columnist for The Times, comes this unique journey to the heart of two great soccer cultures.

The 2006 World Cup final between Italy and France was a down-and-dirty game, marred by French superstar Zidane's head-butting of Italian defender Materazzi. But viewers were also exposed to the poetry, force, and excellence of the Italian game; as operatic as Verdi and as cunning as Machiavelli, it seemed to open a window into the Italian soul. John Foot's epic history shows what makes Italian soccer so unique. Mixing serious analysis and comic storytelling, Foot describes its humble origins in northern Italy in the 1890s to its present day incarnation where soccer is the national civic religion. A story that is reminiscent of Gangs of New York and A Clockwork Orange, Foot shows how the Italian game — like its political culture — has been overshadowed by big business, violence, conspiracy, and tragedy, how demagogues like Benito Mussolini and Silvio Berlusconi have used the game to further their own political ambitions. But *Winning at All Costs* also celebrates the sweet moments — the four World Cup victories, the success of Juventus, Inter Milan, AC Milan, the role soccer played in the resistance to Nazism, and the great managers and players who show that Italian soccer is as irresistible as Italy itself.

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Aimed primarily at intermediate and advanced coaches, this book examines the principle formations used in modern soccer and the need to fully understand them all if one is to adapt to game situations using counter-active tactics. The authors discuss such offensive topics as support, width, penetration, mobility and improvisation. Defensively, they provide insight into depth, delay, concentration, team balance, cover and restraint. Chapters include: Three Man Defense, Four Man Defense, One Forward System, Two Forward System, Three Forward System Well organized and clearly written, this is an outstanding coaching book.

Learn how a nation of about 16 million inhabitants can regularly produce world-class players or coaches like Johan Cruyff, Arjen Robben or Dick Advocaat and Louis van Gaal.

A collection defensive and offensive soccer strategies.

A remarkable new history evoking the centrality of Italy to World War II, outlining the brief rise and triumph of the Fascists, followed by the disastrous fall of the Italian military campaign. While staying closely aligned with Hitler, Mussolini remained carefully neutral until the summer of 1940. At that moment, with the wholly unexpected and sudden collapse of the French and British armies, Mussolini declared war on the Allies in the hope of making territorial gains in southern France and Africa. This decision proved a horrifying miscalculation, dooming Italy to its own prolonged and unwinnable war, immense casualties, and an Allied invasion in 1943 that ushered in a terrible new era for the country. John Gooch's new history is the definitive account of Italy's war experience. Beginning with the invasion of Abyssinia and ending with Mussolini's arrest, Gooch brilliantly portrays the nightmare of a country with too small an industrial sector, too incompetent a leadership and too many fronts on which to fight. Everywhere—whether in the USSR, the Western Desert, or the Balkans—Italian troops found themselves against either better-equipped or more motivated enemies. The result was a war entirely at odds with the dreams of pre-war Italian planners—a series of desperate improvisations against an allied force who could draw on global resources, and against whom Italy proved helpless.

Muscle tears are one of the most common pathologies in sport and one of the most frequent causes of sport activity suspension. The purpose of this book is to review the state of the art of the actual knowledge on muscle tears in athletes, in particular for what concern the biology of muscle healing, the conservative and surgical treatments and the preventive aspects. Therefore, this textbook can be a valid tool for all Sport Medicine practitioners such as physicians, physiotherapists and fitness coaches.

You've never seen football formations and tactic explored like they are in Total Football ever before. A must-have for football experts! A goalkeeper, two defenders and eight attackers – it's no surprise that in the 1950s under this popular formation scores like 9-3 were common. So what changed? Total Football tells the evolution of football tactics: from the birth of Total Football in the Netherlands to the dominance of tiki taka in Spain and Brazil, each chapter explores an iconic tactic. Innovative graphics alongside expert text guide you through the manager decisions that developed new formations, the pure talent of players that defined each playing style and the matches that propelled the winning tactic to legendary status. Sanjeev Shetty explores how each tactic works, how they came to dominate and how opponents worked to find a way to beat them. From Pele to Messi, Cruyff to Mourinho, Total Football explores the tactics that made the legends, giving you a new understanding of how the beautiful game is played.

An insightful, comprehensive and always entertaining appreciation of how European football has developed over the last three decades by the author of the much heralded The Mixer.

A mazy dribble through the recent history of European soccer, showing how shifting styles and influence have shaped the game. In the early

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1990s, the Dutch footballing philosophy was worshipped across the continent. Then the baton passed to the Italians, who clearly boasted Europe's strongest league. But when France started winning everything at the international level its national academy became the template for others, until suddenly, almost out of nowhere, Europe's most revered player and manager both hailed from Portugal. Next, Barcelona and Spain won everything during a very obvious four-year period of dominance, before tiki-taka's decline meant Bayern and Germany took control. Finally, Europe's most successful coaches found themselves competing in England, introducing a brilliant cacophony of styles to the Premier League. Zonal Marking is a glorious travelogue through soccer's triumphant styles and characters.

The story of the vibrant and revolutionary soccer culture in Hungary that, on the eve of World War II, redefined the modern game and launched a new era. In the early 1950s, the Hungarian side was unbeatable, winning the Olympic gold and thrashing England in the Match of the Century. Their legendary forward, Ferenc Puskás, was one of the game's first international superstars. But as Jonathan Wilson reveals in *The Names Heard Long Ago*, this celebrated era was in fact the final act of the true golden age of Hungarian soccer. In Budapest in the 1920s and 1930s, a new school of soccer emerged that became one of the most influential in the game's history, shaped by brilliant players and coaches who brought mathematical rigor and imagination to the style of play. But with the onset of World War II, many were forced into exile, fleeing anti-Semitism and the rise of fascism. Yet their legacy endured. Against the backdrop of economic and political turmoil between the wars, and in spite of extraordinary odds, Hungary taught the world to play.

With rare and unrivaled access, bestselling coauthor of *Soccernomics* and longtime *Financial Times* journalist Simon Kuper tells the story of how FC Barcelona became the most successful club in the world—and how that era is now ending FC Barcelona is not just the world's highest grossing sports club, it is simply one of the most influential organizations on the planet. At last count, it had approximately 214 million social media followers, more than any other sports club except Real Madrid CF—and by one earlier measure, more than all thirty-two NFL teams combined. It has more in common with multinational megacompanies like Netflix or small nation-states than it does with most soccer teams. No wonder its motto is “More than a club.” But it was not always so. In the past three decades, Barcelona went from a regional team to a global powerhouse, becoming a model of sustained excellence and beautiful soccer, and a consistent winner of championships. Simon Kuper unravels exactly how this transformation took place, paying special attention to the club's two biggest stars, Johan Cruyff and Lionel Messi, who is arguably the greatest soccer player of all time. Messi joined Barça at age thirteen and, more than anyone, has been the engine and standard-bearer of Barcelona's glory. But his era is coming to an end—and with it, a once-in-a-lifetime golden run. This book charts Barça's rise and fall. Like many world-beating organizations, FC Barcelona closely guards its secrets, granting few outsiders access to the Camp Nou, its legendary home stadium. But after decades of writing about the sport and the club, Kuper was given access to the inner sanctum and the people behind the scenes who strive daily to keep Barcelona at the top. Erudite, personal, and capturing all the latest upheavals, his portrait of this incredible institution goes beyond soccer to understand FC Barcelona as a unique social, cultural, and political phenomenon.

World Cups throw up unique tactical variations. Countries and football cultures from around the globe converge, in one place, to battle it out for world soccer supremacy. The 2014 World Cup in Brazil was no different, arguably throwing up tactical differences like never seen at a competition in modern times. Contests are not just won by strong work ethics and technical brilliance, but by tactical discipline, fluidity, effective strategies, and (even) unique national traits. *Soccer Tactics 2014* analyses the intricacies of modern international systems, through the lens of matches in Brazil. Covering formations, game plans, key playing positions, and individuals who bring football tactics to life - the

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book offers analysis and insights for soccer coaches, football players, and fans the world over. Whether it is Tiki-Taka, counter-attacking, or David defending heroically to defeat Goliath - this book sheds light on where football tactics currently stand... and where they are going. This colour title includes analysis of group matches, the knock out stages, and the final.

Essential Soccer Skills progresses from beginner basics to advanced techniques, featuring illustrated sequences on how to learn and master key skills, and tips on how to improve your overall form. Essential Soccer Skills covers everything from the basics and rules of the game to the types of players--goalkeepers, defenders, midfielders, attackers--to skills and team tactics like stepovers, heading, and volleying. Essential Soccer Skills is the go-to guide for anyone interested in learning more about soccer and becoming a better player.

This book is a comprehensive resource for coaching the 3-5-2 formation at all levels. The level of detail and tactical solutions included will help you emulate how top coaches, such as Antonio Conte (Inter) and Nuno Espírito Santo (Wolverhampton Wanderers), use the 3-5-2 to great success. This book goes into great detail to show the movement of all players within the 3-5-2 system of play in various tactical situations and against different formations, in the attacking and defensive phase. This will enable you to optimise your team's tactical awareness and performance. Tactical solutions are provided for all game situations, in relation to how to counteract the opponent's positioning, organisation and decision making. This book will teach you to coordinate and solve specific game situations in a flexible way with many different options and tactical solutions. As a coach, you can train these patterns of play repetitively, so that the players' reading of the game becomes automatic and the team is quickly able to recognise and find the best solutions to solve every conceivable tactical situation. This book includes: Tactical Strengths and Weaknesses of the 3-5-2 Formation 3-5-2 Tactics Against Different Formations (4-4-2, 4-2-3-1, 4-3-3, 4-3-1-2, 3-5-2 and 3-4-3) Overcoming the First Line of Pressing (Build-up Play from the Back) Moving the Ball in Between the Opposition's Midfield and Defensive Lines Playing in Behind the Opposition's Defensive Line Defensive Organisation and Pressing Organisation of the Defensive Line 41 Practices and Variations to Apply Tactical Solutions with the 3-5-2 Renato Montagnolo has a UEFA 'B' Coaching Licence and a Patentino Match Analyst Licence. He has been working as a First Team Assistant Manager and Match Analyst for the past few years in Serie C in Italy. With experience of writing books and articles, speaking and teaching, Renato is a respected football tactics expert.

From Cruyff's "Total Football" to the epic rivalry between Guardiola and Mourinho, a gripping chronicle of the rise and fall of Barcelona's dominance in world soccer. Barcelona's style of play--pressing and possessing--is the single biggest influence on modern soccer. In The Barcelona Inheritance, Jonathan Wilson reveals how and why this came to pass, offering a deep analysis of the evolution of soccer tactics and style. In the late 1990s, Johan Cruyff's Dream Team was

disintegrating and the revolutionary manager had departed, but his style gave birth to a new generation of thinkers, including Pep Guardiola and José Mourinho. Today, their teams are first and second in the Premier League, marking the latest installment in a rivalry that can be traced back twenty-five years. The Barcelona Inheritance is a book about the tactics, the personalities, the friendships, and, in one case, an apocalyptic falling-out that continue to shape the game today.

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Why are football and chess 'beautiful games'? Do top football coaches read the pitch as a chess player reads the board? What is the connection between Jose Mourinho's defensive cunning and Grandmaster Wilhelm Steinitz's 'principles of defence'? The global popularity of football and chess remains unmatched by any other game. In this book, Adam Wells argues that stereotypical views of the games have concealed a deep connection between them. The first study of its kind, this book explores a rich world of tactics, psychology and aesthetics. Structural principles are analysed using real life examples to show how these connections play out on the board and in the field. This book is accessible to fans of either game, including football fans with no previous knowledge of chess. Readers will see how chess can be a pulsating, dynamic game, whilst appreciating that football shares much of the mystery and structural beauty of the world's greatest board game.

The Netherlands has been one of the world's most distinctive and sophisticated football cultures. From the birth of Total Football in the sixties, through two decades of World Cup near misses to the exiles who remade clubs like AC Milan, Barcelona, Arsenal and Chelsea in their own image, the Dutch have often been dazzlingly original and influential. The elements of their style (exquisite skills, adventurous attacking tactics, a unique blend of individual creativity and teamwork, weird patterns of self-destruction) reflect and embody the country's culture and history. This book lays bare the elegant, fractured soul of the Dutch Masters and the culture that spawned them by exploring and analysing its key ideas, institutions, personalities and history in the context of wider Dutch society.

How to Score reveals the secret science that lies behind "the beautiful game." From international team formations to the psychology of the pitch and the changing room, Ken Bray describes the influences that impact upon play. He answers many of British football's hottest questions: What is the perfect way to take a free kick? Which players are under more stress: attackers, midfield, or defenders? How do we know when a ball has crossed the goal-line? And how can teams win a penalty shoot out? This book analyzes many of the most memorable games over the last 50 years and the tactics of our favourite international and local athletes, as well as touching on big scientific themes such as aerodynamics, computer simulation, and game analysis, via a brief journey into football's history. Drawing on the latest research from

the fields of physics, biology, physiology, computing, and psychology, British football's hidden rules are illuminated like never before. From down at the pub to up on the terraces, we love to talk about football—How to Score is essential reading for anyone who wants to understand the game's secrets.

The 2018 World Cup edition of the international bestseller and "the most intelligent book ever written about soccer" (San Francisco Chronicle) is updated throughout and features new chapters on the FIFA scandal, why Iceland wins, and women's soccer. Named one of the Best Books of the Year by the Guardian, Slate, Financial Times, Independent (UK), and Bloomberg News Written with an economist's brain and a soccer writer's skill, Soccernomics applies high-powered analytical tools to everyday soccer topics, looking at data and revealing counterintuitive truths about the world's most beloved game. It all adds up to a revolutionary new approach that has helped change the way the game is played. This World Cup edition features ample new material, including fresh insights into FIFA's corruption, the surge in domestic violence during World Cups, and Western Europe's unprecedented dominance of global soccer.

Adjusting your game plan to counter the tactics and abilities of your opponent is crucial in today's ultra-competitive world of soccer. This book underlines the importance of defensive organization to not only stop the opponent but to be able to be in a position to counterattack upon regaining possession and offers tactical solutions to counteract your opponent's system of play. Systems covered include: 4-4-2; 4-3-3; 3-5-2; 3-4-1-2; 3-4-3. Also includes a discussion of the offside rule and the pros and cons of using it as a tactical strategy.

The first history of Italian football to be written in English, 'Calcio' is a mix of serious analysis and comic storytelling, with vivid descriptions of games, goals, dives, missed penalties, riots and scandals in the richest and toughest league in the world.

The entertaining, revealing, and controversial bestselling autobiography of one of the most respected figures in the world of soccer. Carlo Ancelotti is one of only six people to have won the Champions League—European soccer's most coveted trophy—as both player and coach. After a successful career playing for several of the most important teams in Italy—and for the Italian national team—Ancelotti went on to become one of the most acclaimed and outspoken coaches in European football, managing Italian giants Parma, Juventus, and Milan before moving to Chelsea, one of the Premier League's most successful clubs, in 2009. The book moves from anecdotes of his life growing up in Reggio Emilia to stories of his time playing among the best footballers in the world. With a characteristic mixture of sharp insight and humor, Ancelotti explores the differences between the Italian and the English games, shares his thoughts on soccer's future with the MLS in America, and reflects on the 2010 World Cup in South Africa. With a preface by the legendary former captain of the Italian national team, Paolo Maldini, this book is at once a tactician's bible from one of the world's

most celebrated footballing minds, the fascinating story of an ordinary man reaching great heights, and in part a revealing tell-all from an outspoken insider in the cut-throat world of European soccer. The perfect book for anyone with a passion for the beautiful game.

This collaborative project, led by top Italian soccer coaching tactician and writer Massimo Lucchesi, offers a complete and insightful analysis of the world's most popular playing system. Every aspect of the 4-4-2 is covered, including the characteristics of the players, defensive tactics, attacking schemes, training exercises and adjustments to counter the opponent's system.

A monumental exploration of soccer and society in our time—by its preeminent historian. In the twenty-first century, soccer commands the allegiance, interest, and engagement of more people in more places than any other phenomenon in the world. David Goldblatt—author of the acclaimed, best-selling *The Ball Is Round*—charts the sport's global cultural ascent, economic transformation, and deep politicization. Based on a decade of research and reporting, *The Age of Football* sheds light on the greatest issues of our time—including globalization, immigration, nationalism—and the role that soccer plays. From soccer's connections to social discord in the Middle East as a site for protest and a tool for dictatorships to the reasons behind its surprising surge in popularity in China, India, and the United States, Goldblatt reveals that this massively popular sport is vital to understanding our social, political, and economic lives. Tracking the rise of interest in women's teams throughout the world and the controversy imbedded in the domestic football associations emerging across nations in Africa, he explores the use (and misuse) of soccer in the global advancement of equality and human rights. With breathtaking scope and unparalleled knowledge of the game, *The Age of Football* proves that whether you call it football or soccer, you can't make sense of the modern world without understanding its most popular sport

A masterful tour of the most influential soccer tactics that continue to shape the beautiful game. *Zonal Marking* traces the development of soccer in the modern era: the game has become globalized, but what are the differences in how soccer is played in the major leagues? To what extent do nations retain something of their "traditional" values? By analyzing the nature of soccer styles across the major European soccer nations—Italy, Spain, Germany, France, Portugal and Holland—Michael Cox will answer these questions and more. Each of these nations have a strong top-flight, regularly produces top-level players and managers, and have a national team that has tasted success. More importantly, they each have a strong soccer identity, a particular way of playing the game. From the backpass law to the start of the Premier League, the last quarter century has ushered in the modern era of soccer. Michael Cox is the perfect guide to the unique contributions of some of the game's most innovative teams.

A comprehensive look at modern zone formations through the eyes of the author and ten high level professional Italian

coaches. Arrigo Sacchi (Milan, Italian National Team), Marcello Lippi (Napoli, Inter, Juventus), Walter Novellino (Venezia, Napoli, Piacenza), Carlo Ancelotti (Parma, Juventus) and Renzo Ulivieri (Parma) are among the impressive list of contributors to this valuable coaching reference. Formations covered: 4:4:2 3:4:2:1 4:3:3 3:4:1:2 4:3:1:2 3:3:4 4:2:3:1 3:4:3

How can one striker be better than three? Why do the best defenders never need to make a tackle? What's the secret of Tiki-taka? Welcome to Ruud Gullit's masterclass on how to 'read' a match. From his unrivalled perspective as player, manager and pundit, the Dutch football legend shows us everything to look for in a 90 minute match. From formations and tactical decisions to player qualities and pivotal moments, Ruud Gullit unveils the hidden patterns on the pitch. Packed with his acute insights, original observations and talking points, How to Watch Football will quite simply change the way you see the beautiful game.

Build a successful team around the strengths of your players! In Soccer Systems and Strategies, two coaches of the Danish national team provide a practical guide to implementing the world's top styles of play into your game plan. They present soccer's four primary systems of play--defined by the number of players at each position and their alignment on the field--and then break down the different strategies, tactics, and styles of play that can be used within these systems. First, learn the basics of the four primary systems of play: the 4-3-3, the 4-4-2, the 3-5-2, and the 3-4-3. Second, choose a style of play that can be used within some or all of these systems. These include different attacking styles, various defensive styles, and styles that are characteristic of international soccer powers, including the Latin, British, Norwegian, South American, and African styles of play. After you determine the optimal system and style for your team, you learn how to counter opponents' tactics and how to teach your system, style, and tactics through practice instruction and drills. Detailed diagrams and plans of action for implementing the systems are included, along with insights on how to make adjustments during the game. Top coaches throughout the world have proven that adapting your system to match your players' strengths and your opponents' weaknesses is the key to developing teams that are competitive year in and year out. With Soccer Systems and Strategies, you have all the information you need to implement the ideal system for your team.

“An outstanding work ... the [soccer] book of the decade.” —Sunday Business Post Inverting the Pyramid is a pioneering soccer book that chronicles the evolution of soccer tactics and the lives of the itinerant coaching geniuses who have spread their distinctive styles across the globe. Through Jonathan Wilson's brilliant historical detective work we learn how the South Americans shrugged off the British colonial order to add their own finesse to the game; how the Europeans harnessed individual technique and built it into a team structure; how the game once featured five forwards up front, while

now a lone striker is not uncommon. Inverting the Pyramid provides a definitive understanding of the tactical genius of modern-day Barcelona, for the first time showing how their style of play developed from Dutch "Total Football," which itself was an evolution of the Scottish passing game invented by Queens Park in the 1870s and taken on by Tottenham Hotspur in the 1930s. Inverting the Pyramid has been called the "Big Daddy" (Zonal Marking) of soccer tactics books; it is essential for any coach, fan, player, or fantasy manager of the beautiful game

An absolutely essential book for every modern football fan, about the development of Premier League tactics, published to coincide with 25 years of the competition.

This book is a comprehensive resource for coaching the 4-3-3 formation at all levels. The level of detail will help you emulate how top coaches, such as Pep Guardiola, Maurizio Sarri and Jürgen Klopp use the 4-3-3 to great success. It will enable you to see all the solutions, in order to optimise your team's tactical awareness and performance.

Carlo Ancelotti is one of the greatest managers of all time, with five Champions League titles to his name. Yet his approach could not be further from the aggressive theatricals favoured by many of his rivals. His understated style has earned him the fierce loyalty of players like David Beckham, Zlatan Ibrahimovic and Cristiano Ronaldo. In *Quiet Leadership*, Ancelotti reveals the full, riveting story of his managerial career - his methods, mentors, mistakes and triumphs - and takes us inside the dressing room to trace the characters, challenges and decisions that have shaped him. The result is both a scintillating memoir and a rare insight into the business of leadership.

WINNER OF THE WILLIAM HILL SPORTS BOOK OF THE YEAR *Fever Pitch* is Nick Hornby's million-copy-selling, award-winning football classic 'A spanking 7-0 away win of a football book. . . inventive, honest, funny, heroic, charming' Independent For many people watching football is mere entertainment, to some it's more like a ritual; but to others, its highs and lows provide a narrative to life itself. But, for Nick Hornby, his devotion to the game has provided one of few constants in a life where the meaningful things - like growing up, leaving home and forming relationships, both parental and romantic - have rarely been as simple or as uncomplicated as his love for Arsenal. Brimming with wit and honesty, *Fever Pitch*, catches perfectly what it really means to be a football fan - and in doing so, what it means to be a man. 'Hornby has put his finger on truths that have been unspoken for generations' Irish Times 'Funny, wise and true' Roddy Doyle

This book examines match strategies for creating goal scoring opportunities out of the following systems of play: 4-4-2, 4-3-3, 3-5-2, 4-3-1-2, 4-5-1. For each system, the author discusses the strategy, tactics, system and schemes of play as well as the technical, tactical and physical characteristics of the players who use the system. Several situational attacking schemes are also presented using clear diagrams and detailed descriptions.

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Over the last fifteen years, pressing has become an extremely important part of the professional game. This book looks through the journey of pressing through the last forty years and how different coaches have influenced pressing for the next generation. The book also includes lots of sessions on how to develop pressing with multiple age groups and abilities. The sessions include tactical detail, as well as technical and physical information. These sessions combined with the tactical analysis implemented in this book will allow for the development of any coaches understanding and confidence in delivering pressing sessions

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