

1-4-3-3 SYSTEM

A STILE GAME

Catalan National Team

JOAN VILÀ BOSCH

NORTÄLLJE (SWEDEN) JULY 2010

A DIFERENT STYLE GAME

- **LEAD THE GAME: BE PROTAGONIST**
- **NOT LOOSE THE BALL**
- **FAST AND GOOD BALL CIRCULATION**
- **NOT LOOSE THE FIELD POSITION**
- **ALWAYS IN TRIANGULATION (ATTACK AND DEFENSE)**



A DIFERENT STYLE GAME

- **OFFENSIVE PROFUNDITY AND AMPLITUDE**
- **MAXIMUM CONCENTRATION (LIVE THE MATCH)**
- **ALOT OF COMUNICATION BETWEEN PLAYERS**
- **AMBITION AND EXCELLENCE (WIN PLAYING GOOD)**



SYSTEM EVOLUTION

OFFENSIVE ASPECTS

- **The idea of “to attack you must take a step back”**
- **Not to loose the field position (rational occupation)**
- **Chip change defense-attack**
- **Existence of triangles to facilitate passing lines**
- **Quick circulation (few touches)**
- **Short and long game alternation**



SYSTEM EVOLUTION

OFFENSIVE ASPECTS

- **Amplitude, verticality and profundity in game**
- **Surpass oposing lines (look for 2nd line to face play)**
- **Start from behind with played ball**
- **Orientation changes to arrive faster to wings**
- **Try test shot at goal**



SYSTEM EVOLUTION

DEFENSIVE ASPECTS

- **The idea of “to defend you must take a step forward”**
- **Good positioning in the field (Do not loose the position)**
- **Do not loose the ball in defense (In our field)**
- **Changing the chip attack-defense**
- **Existence of triangles to facilitate helps and covers.**



SYSTEM EVOLUTION

DEFENSIVE ASPECTS

- **Lines must be together and little space between players (Sponge idea)**
- **Tilts and covers, especially in the defensive zone**
- **Marking zone**
- **Pressure of the team in the opposite field (when there is a lost ball)**
- **Conviction that we can steal de ball**
- **A lot of comunication between players.**

Acompanying documentation

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FUNDAMENTALS

- FUNDAMENTALS

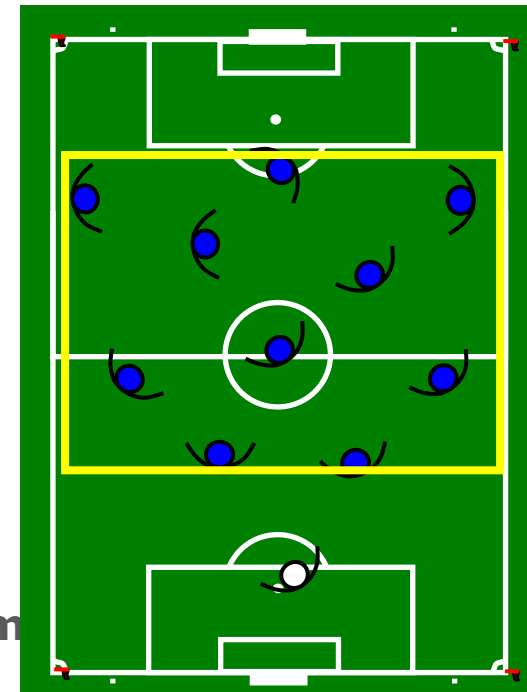
- **Rational occupation of the field**
- **Ball protection sense**
- **Movement of the players without the ball**
- **Functional unit as a team**
- **Interpretation and understanding the game**
- **Individual and collective work**
- **Individual qualities to team service**

- PSYCHOLOGICAL ASPECTS

FUNDAMENTALS

- **RATIONAL OCUPATION OF FIELD**

- **The players dont loose their position**
- **Defensive work reducing spaces**
“to defend you must take a step forward”
- **Offensive work making the field bigger**
“to attack you must take a step back”
- **Formation of triangles**
 - Defense : improve covers and help**
 - Attack : support and progression in the game**
- **Appropriate distances between lines and between players.**

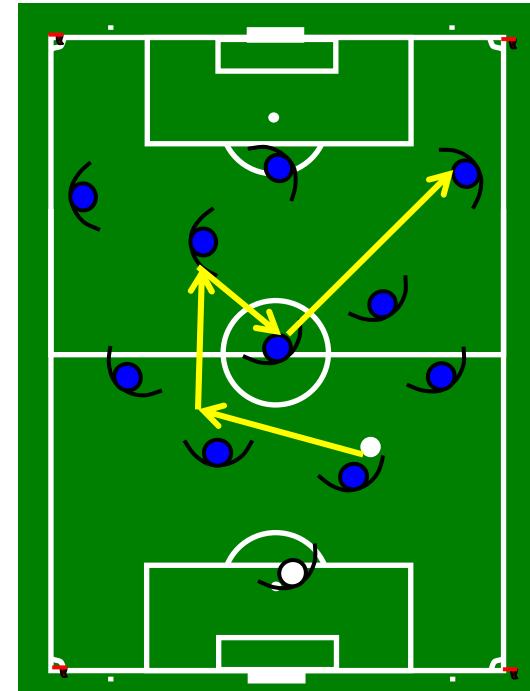


FUNDAMENTALS

- **BALL PROTECTION SENSE**

- **The teams with the ball is
THE OWNER OF THE GAME**
- **The best defense is
Not to lose the ball
Be well situated in the field**
- **Alternate short and long game
lots of short passes: pressure of the
opposite team**

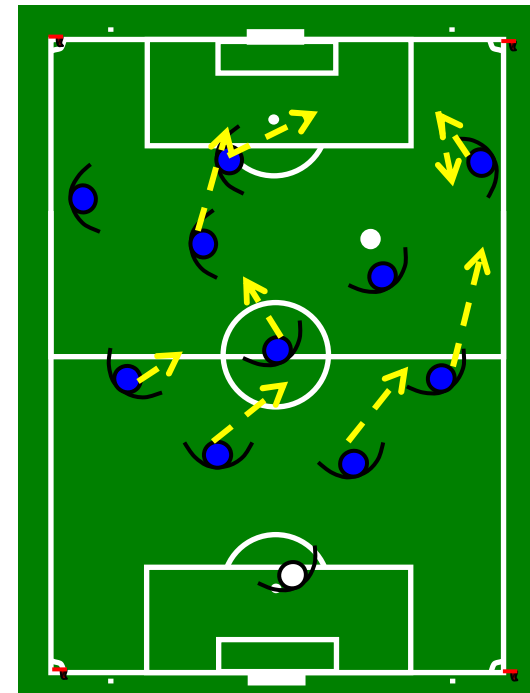
Lots of long passes: constant ball loss



FUNDAMENTOS

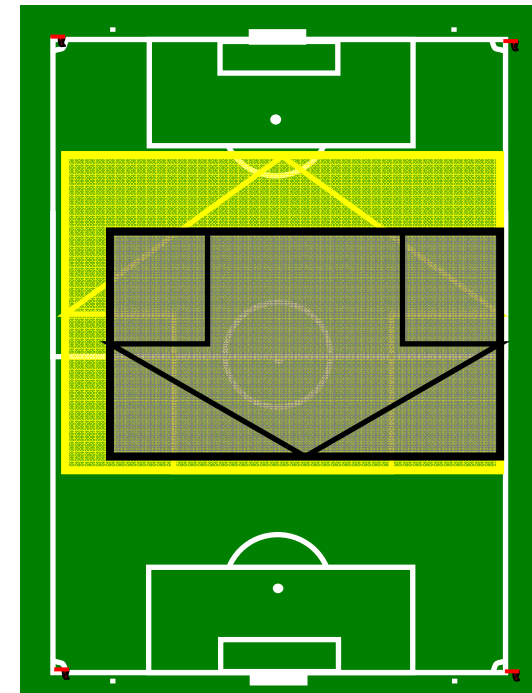
- **MOVEMENTS OF PLAYERS WITHOUT THE BALL**

- **Creation, occupation and use of free spaces**
- **To receive the ball in good conditions**
- **To facilitate the choice to the player with ball**
- **To facilitate the tactical actions of the team**



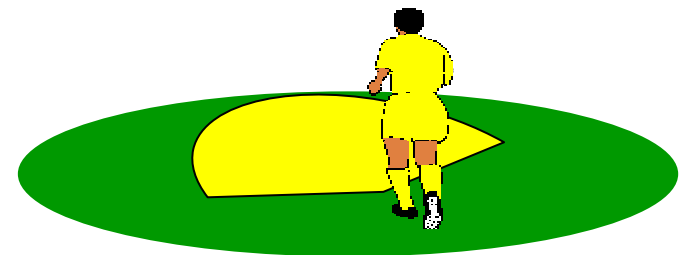
FUNDAMENTOS

- **FUNCTIONAL UNIT AS A TEAM**
 - **With the ball all the team attacks.**
 - **Without the ball all the team defends**
 - **Chip change (sponge concept)**
 - **Cambio de "chip" (concepto de esponja)**
 - **Football requires more speed every time**



FUNDAMENTALS

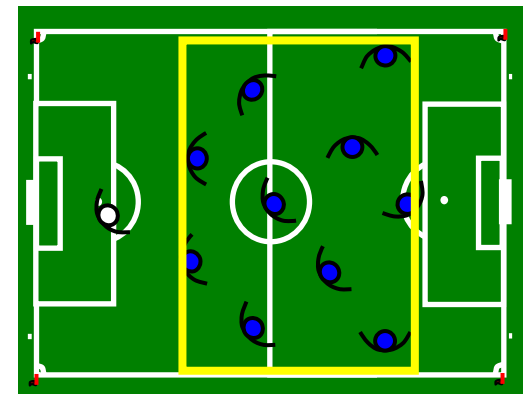
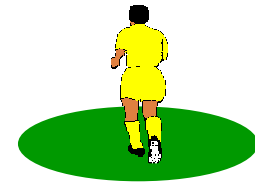
- **INTERPRETATION AND UNDERSTANDING OF THE GAME**
 - **Space perception and management**
 - **Time perception and control of the game rhythm**
 - **Choose the best option in each situation**



FUNDAMENTALS

- **INDIVIDUAL AND COLLECTIVE WORK**

- **“The ball always runs more than the player”**
- **Especially work of: passes, control and dribbling**
- **The evolution of these work will be:**
 - Improve precision**
 - Improve the ball speed in execution**
 - as the players grow up.**



FUNDAMENTALS

- **INDIVIDUAL QUALITIES TO TEAM SERVICE**
 - **NO Selfishness**
 - **YES team collective sense**
 - **YES personal contribution to the tam**
 - **Example: if a whole team works so one player can score more goles, this player must know it, rate it and contribute with all his effort to this collective work.**



PSYCHOLOGICAL ASPECTS

- **Creative sense of the game**
- **Constant attitude of self-improvement and learning**
- **Winning mentality (knowing lose)**
- **Excellence: look for the best**
- **Perseverance in difficulty and discouragement times**
- **Great confidence in their own and team potential**
- **Maximum commitment to the team**
- **Maximum respect for opponents**
- **Enhance the individual qualities of each player**
- **Concentration: Live the match**
- **Pleasure and predisposition in all training and matches**
“In order to improve is essential to enjoy playing”

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