



FIFA

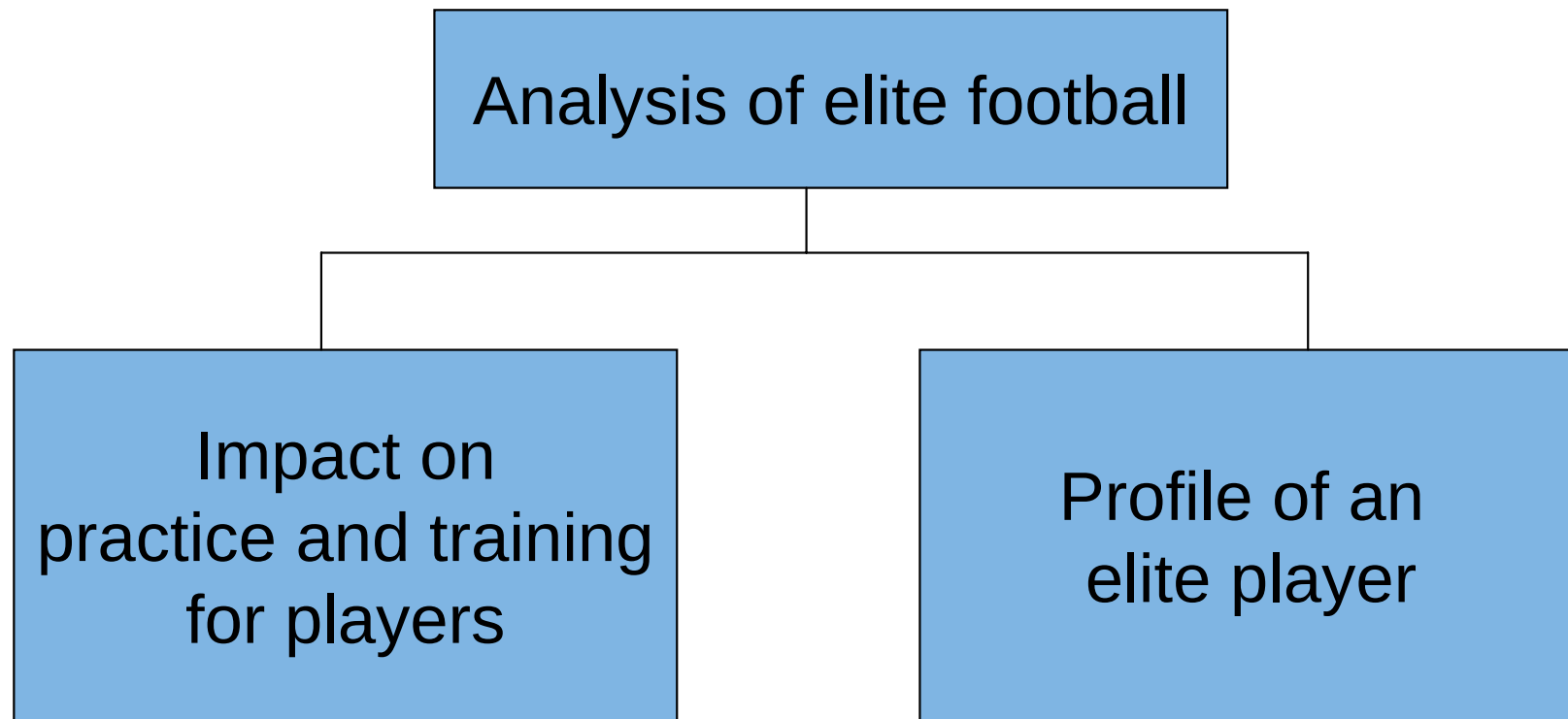
For the Game. For the World.

TRENDS OF MODERN FOOTBALL

ANALYSIS OF THE GAME



Analysis of elite football



Analysis of elite football

"The game is going to become faster with less space and less time." *Gaby ROBERT, 1986*

"Players have to react faster. Every movement, every action happens faster. Think faster, act faster, this is the football of the future."

Valery LOBANOVSKY, 1996



"The evolution of football essentially involves three elements: speed, space and technical and physical strength."

Gérard HOULLIER, 2002



"In ten years, the game will have moved on. It will be FASTER, STRONGER and played at a HIGHER PACE with more ingenious tactics."

Petr CECH, 2007





Analysis of elite football

Relationship between space & time: key element of modern football

Space: make, use and close down space (width and depth) Reduce distances between team lines

Concept of width and depth of play

Time: be faster than the regrouping of the defence
Retreat of defence: 5 to 6 m/s

Analysis of elite football

“The most important moment in the game today is when the ball is won or lost.”

Gérard Houllier



Analysis of elite football

Goalscoring 2006

	World Cup	Champions League
Open play	72% (84)	72% (205)
Set pieces	28% (33)	28% (80)
Total	117	285

Analysis of elite football

Set pieces

Goals scored from set pieces (30%)

Corner kick

Free kick (direct)

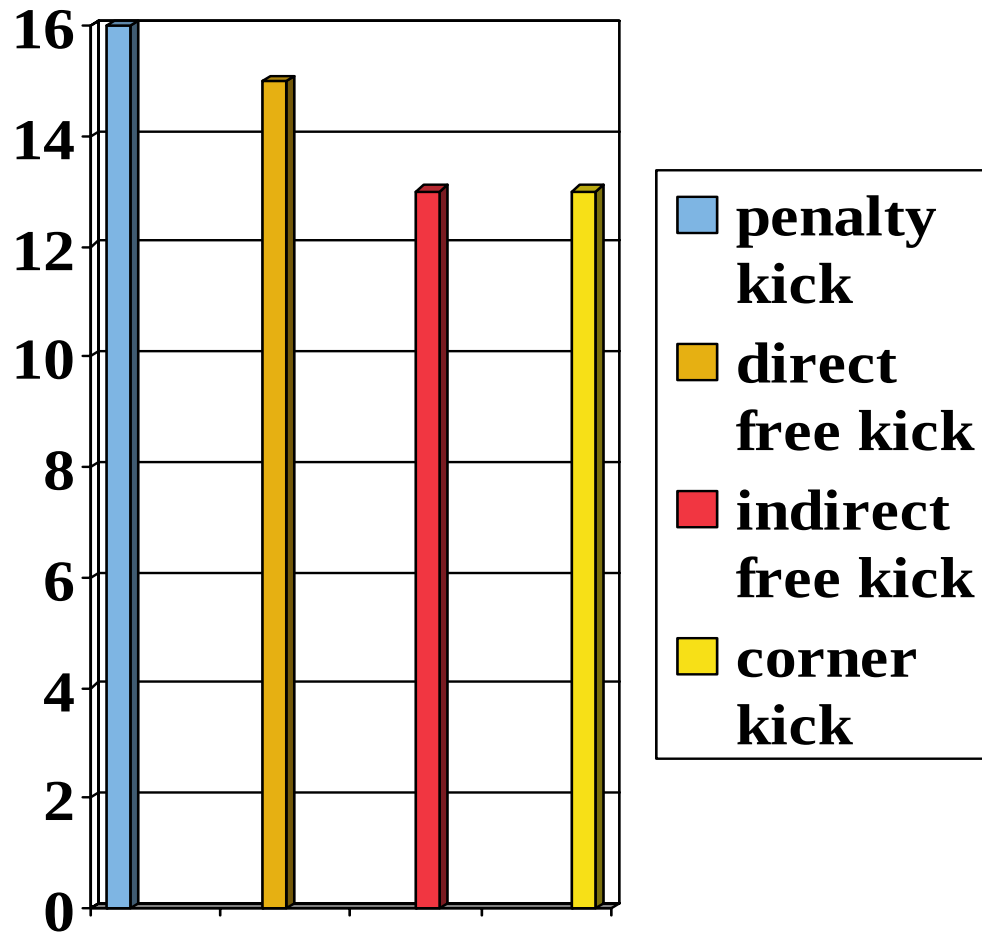
Free kick (indirect)

Penalty kick

Throw-in



The role of set pieces in elite football



30% of goals are scored from set pieces.

Result:

It is essential to practice set pieces from both a technical and a tactical perspective.

The role of set pieces in elite football

“Free-kick specialists are vital. The modern ball has also had an impact on set pieces.”

Claude PUEL
OSC Lille





Analysis of elite football

Open play

Open play: controlled built-up attacks or accelerated attacks

**3 to 4 controlled built-up attacks for 1 accelerated attack
but ...**

70% of goals scored from open play are the result of accelerated attacks or counter-attacks

30% are the result of controlled built-up attacks

“A strong team has the capacity to alternate controlled build-up play with collective accelerated collective attacks.”

70% of shots come at the end of sequences of 1 to 3 passes ...

90% of shots come at the end of sequences of 6 passes or less.



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Open play

Match: 100 to 120 attacking plays
10 to 15 threats on goal
3 to 6 clear goalscoring opportunities

Shots: 20 to 25 shots per match for both teams
1 goal from every 4 to 5 shots on goal

Set pieces : 30% of total goals scored

First goal scored: 75% wins, 17% draws, 8% defeats

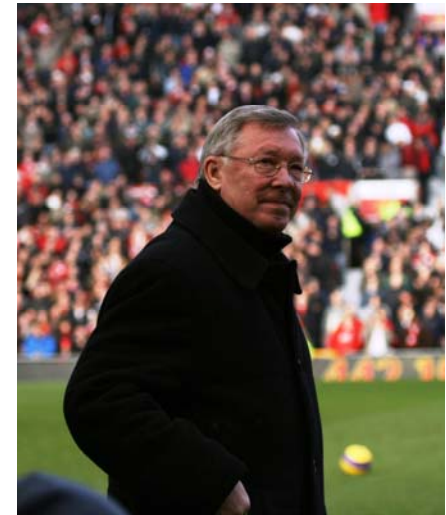
One-on-one situations: The team that wins most one-on-one situations (attack/defence) in the key areas wins the match.

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Open play

“We won all one-on-one-situations, that’s why we won the match.”

Sir Alex FERGUSON





Analysis of elite football

Open play

Controlled built-up attacks

Tactical situation: Opposing defensive block in position

Objective: Make space or play throughballs

How?:

- Switch play from one side to the other to create width
- Collective control of the ball by multiple passes in order to:
 - create space in the middle of the pitch for 1-2 or 1-2-3 breakthroughs
 - Switch play out wide for a cross
 - Set up a long-range shot
 - Individual initiative and penetration

Analysis of elite football

Open play

“Snake” strategy



Passing quality

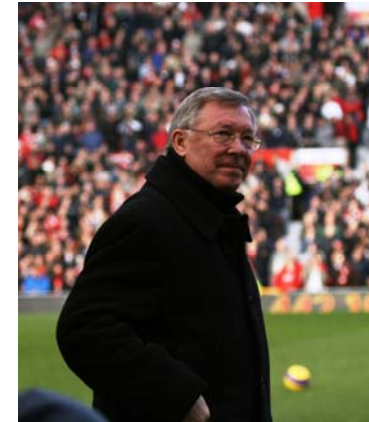
(accuracy, tempo, throughballs)

Analysis of elite football

Open play

“Delivery is everything.”

Sir Alex FERGUSON



“The game starts one way, then changes and usually finishes another way.”

Marcello LIPPI



Analysis of elite football

Open play

QUICK BREAK

40% of goals from open play were the result of a quick break

Classic: The ball is played long to one or two attackers, who are in a large space and against few defenders

Collective: A group of players attack at pace with direct, fluid combination play (e.g.: Arsenal)

Solo: An individual action, direct running with the ball and solo finishing

Pressing: regain the ball early by putting collective pressure on the opponent



Analysis of elite football

Open play

QUICK BREAK

Capacity to accelerate into an attack as soon as the ball is regained

“The most important moment in the game today is when the ball is won or lost.” Gérard HOULLIER

Modern training: look for a long first pass

Challenge: Anticipate the regrouping of opponents' defence

Objective: Play the ball up front when possession is regained

Analysis of elite football

Open play

“Act quickly and effectively, avoid anything that could slow play down.”

Carlo ANCELOTTI



Analysis of elite football

Open play

“You must capitalise on the space in front of you.”

Sir Alex FERGUSON



“We need to play in the depths whenever possible.”

Ottmar HITZFELD

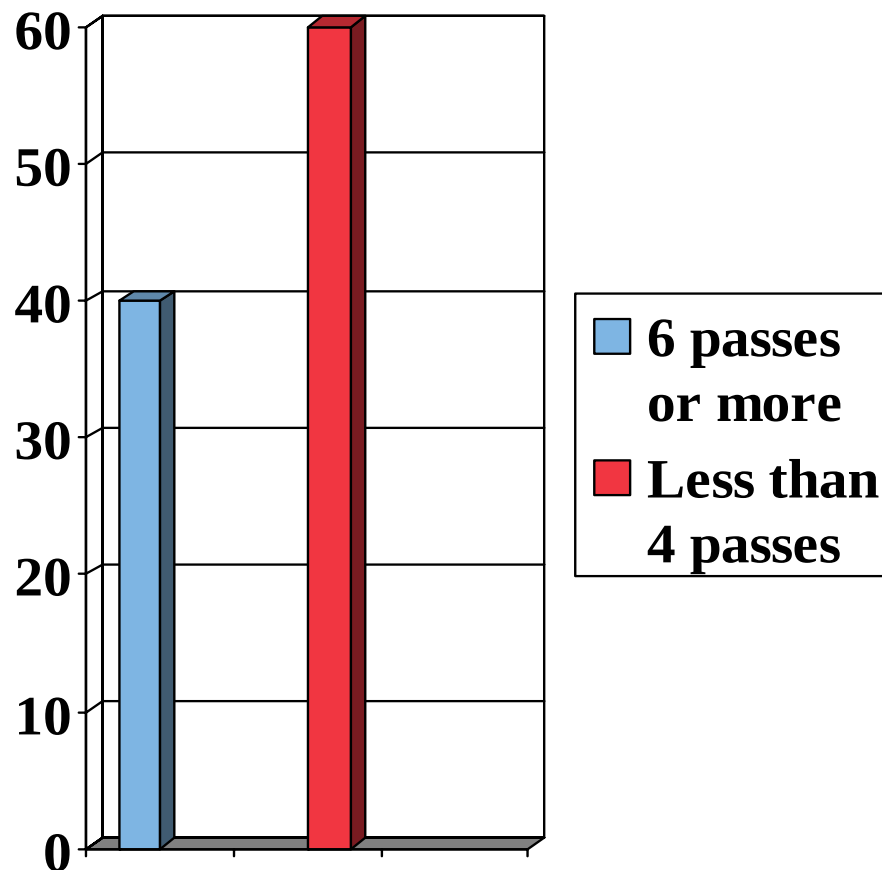


“The quick transition is the most important aspect – quickly restructuring to defend or exploiting the opponent with speed when the ball is regained.”

José MOURINHO



Number of passes leading up to a goal



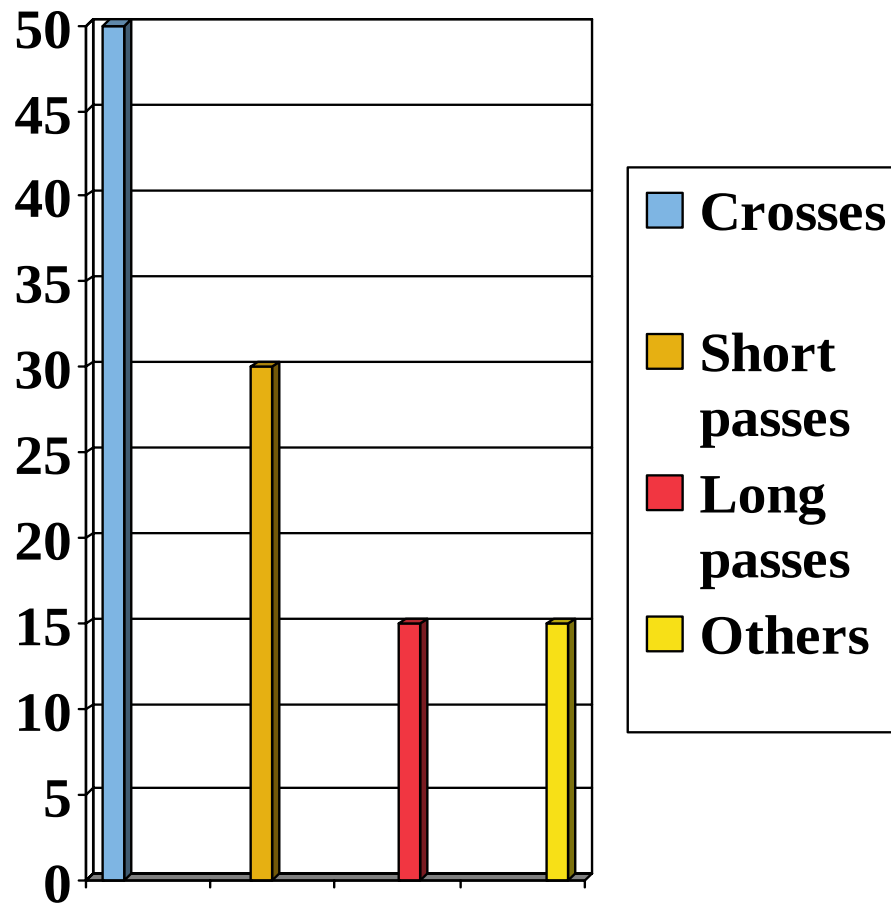
Impact on tactical training:

2 types of attacking plays:

- Quick attacking play (< 10")
- Controlled built-up attacking plays (>15")

The variation between controlled built-up attacking play and quick attacking play is what makes a team successful. Players need to have a tactical understanding in order to identify the right moment and area.

The decisive pass



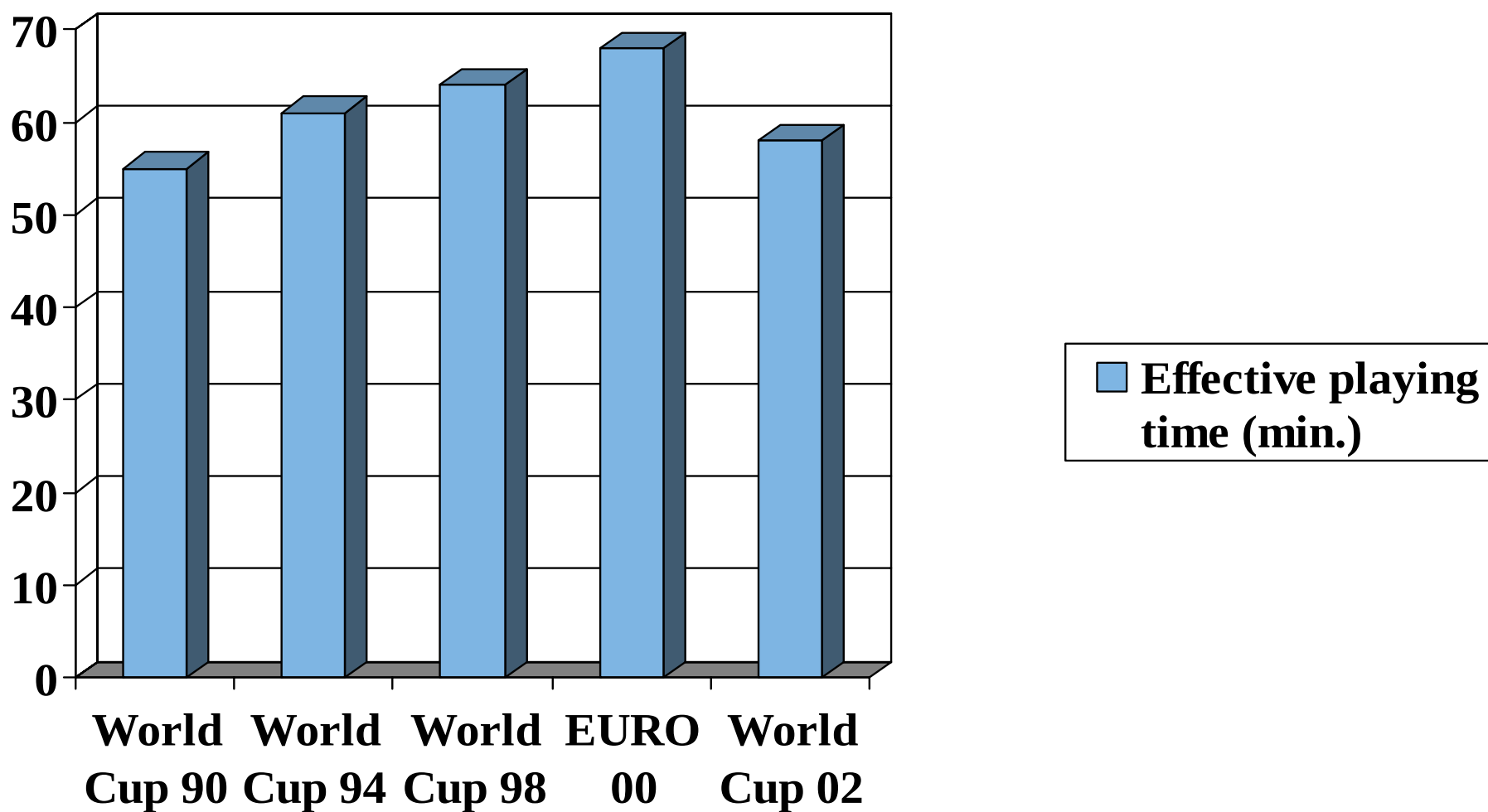
CROSSES and SHORT PASSES are the most effective ways to score.

50% of goals are scored from a cross (1 out of two goals).

Result:

- Work on speed
- Work on crosses and receiving the ball
- Work on tactics to exploit the flanks

Effective playing time



Effective playing time

In 1990, the average effective playing time was 55 minutes. At EURO 2000, it was 68 minutes.

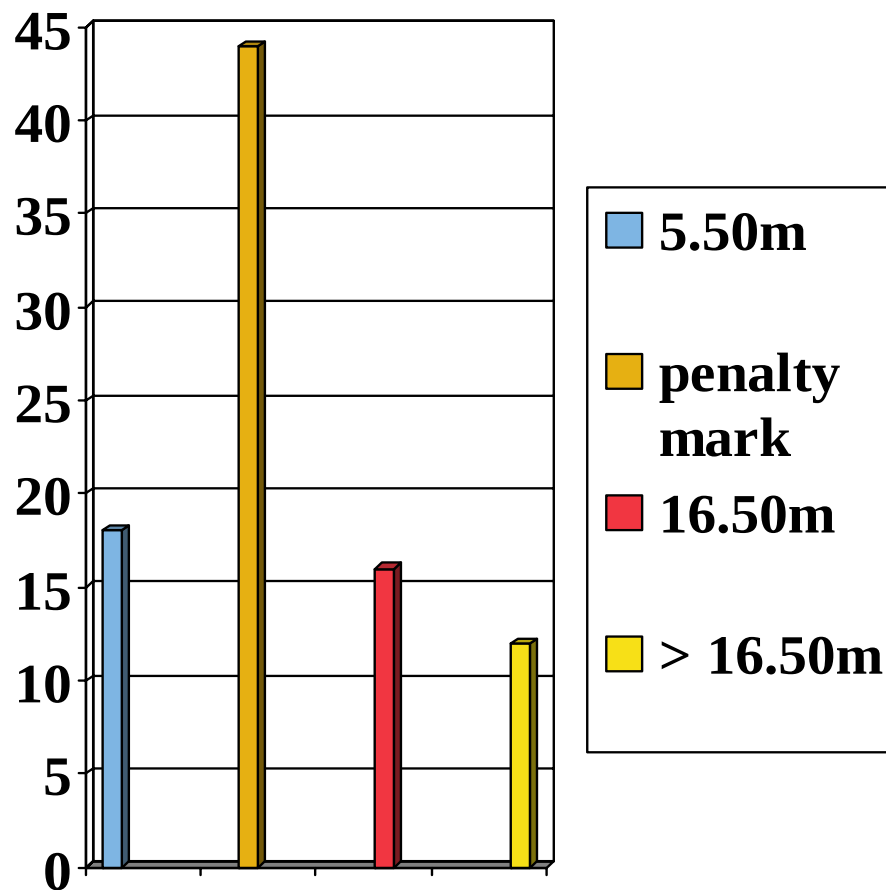
Result:

for the player: excellent stamina required

for the coach: high tempo during training sessions, longer or more frequent sessions

Goalscoring

Shooting zones



Key shooting zone:

79% of goals are scored from inside the penalty area

BUT...

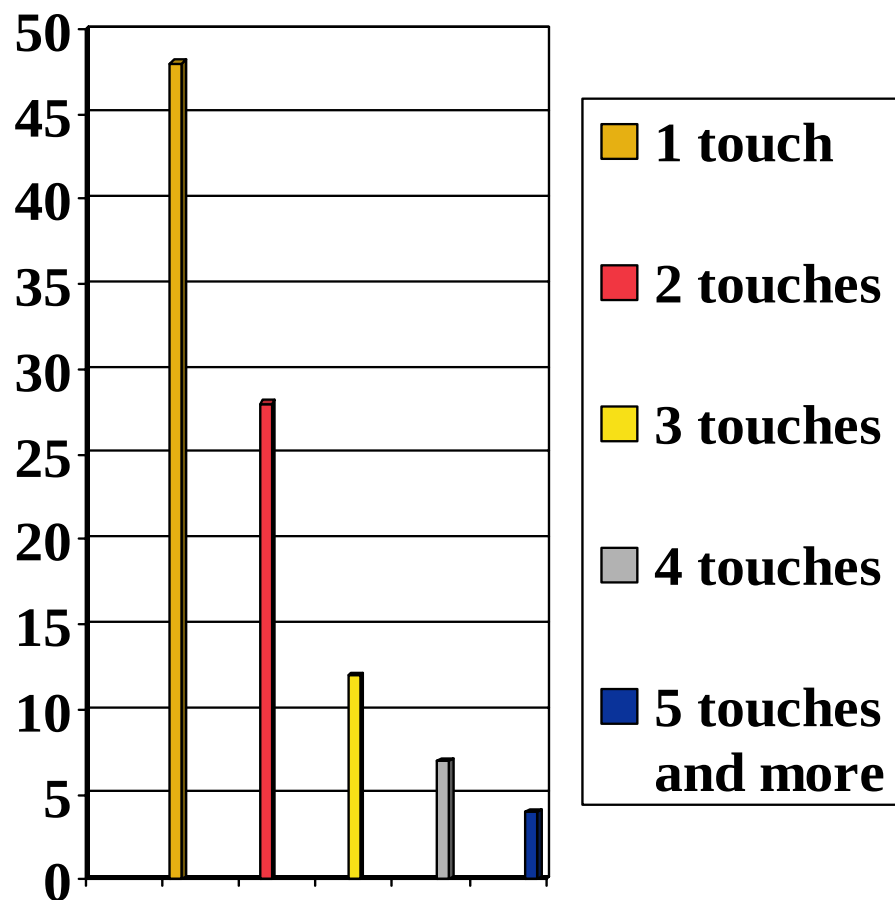
63% of goals are scored between the goal line and the penalty mark

Result:

Work on shooting from the key shooting zones

Goalscoring

Number of touches per player and per goal

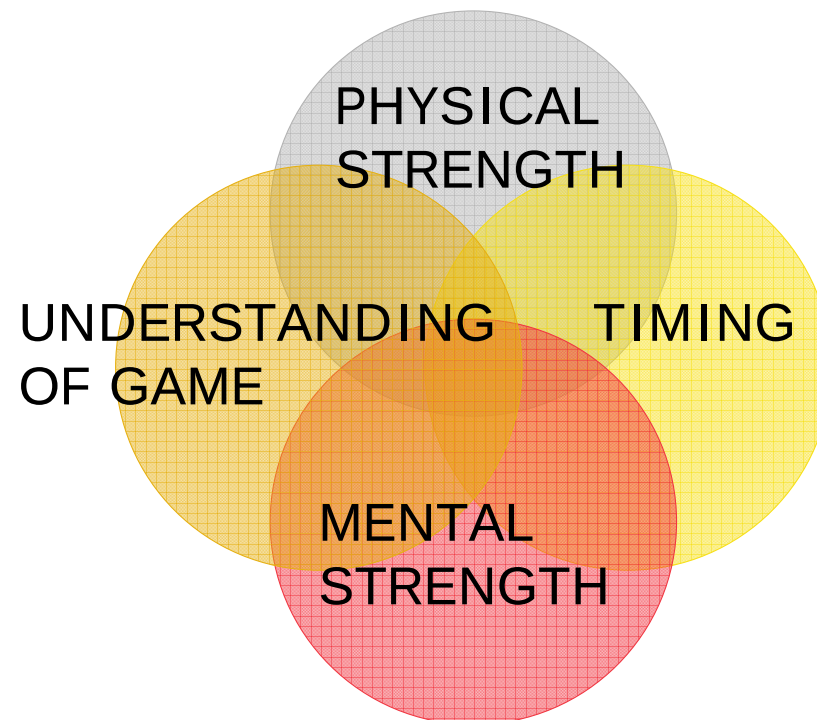


87% of goals are scored after 3 touches at most.

Consequence:

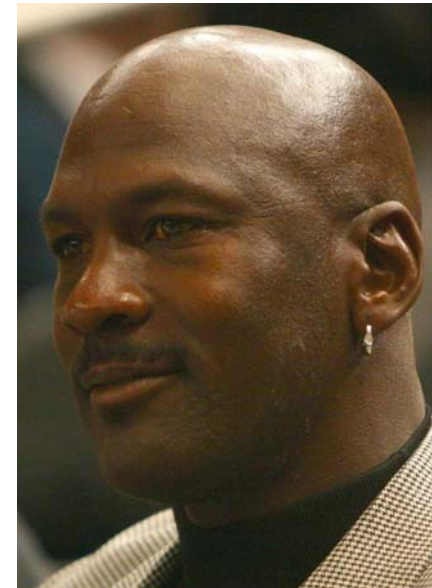
Work on shooting from inside the penalty area after as few touches and after as short a time as possible

The requirements of elite football



**“Talent wins games, but teamwork
and intelligence win
championships.”**

Michael JORDAN



Psychological requirements

MENTAL STRENGTH

- Competitiveness / winning mentality / resistance to stress / self-control / confidence
- Commitment / motivation
- Ability to push oneself / fighting spirit
- Unburdened / focused / disciplined
- Desire to improve

Psychological requirements

“Many fail because they are inhibited when under pressure.”

Arsène WENGER



Tactical requirements

TACTICAL UNDERSTANDING

- Ability to read the game and make the right decision (timing)
- Ability to adapt effectively to game situations
- Ability to adapt to different tactical set-ups and systems during the game
- Versatility / discipline
- Ability to play an attacking game
- Ability to put the opponent under pressure in terms of time and space

“My great gift was my ability to read the game.”

Michel PLATINI



“The very good teams can change effectively during the game.”

Jozef VENGLÓS



Technical requirements

KEY TO SUCCESS

- Technique adapted to a game with little time and space: quality and diversity
- Combination of technique and physical strength
- Range and quality of ball control while moving
- Ball control / passing
- Quality and range of shooting (shooting and long passing)
- Tricks / dribbling / versatility / position-specific skills
- Strength in one-on-one situations (on the ground and in the air)
- Ability to keep possession of the ball when under pressure

“In Brazil, we believe in flair, possession and joy.”

Carlos Alberto PARREIRA



Physical requirements

FOOTBALLER : MASTER OF TEMPO

- Ability to produce intensive physical efforts : speed / power / dynamism
- Ability to adapt to intensive and repeated changes of tempo : resistance
- Stamina / playing capacity
- Ability to recover quickly
- Skill and strength in the challenge
- Coordination / flexibility / technique

Physical requirements

“Be ready to play 60 to 70 matches per season.”

José MOURINHO



Impact on training

Technique: more competitive technique

- Work with opponents in match conditions
- Intensity
- Small spaces
- One-on-one situations
- Long runs
- Outnumbered situations
- Under pressure
- Creativity and tricks
- Individual initiative

Impact on training

Fitness

- Longer running distances
- More intensive technical drills
- Resistance to pressure and physical impact
- Work in outnumbered situations

- Increase aerobic capacity to improve recovery
- Develop maximum aerobic power
- Interval training
- Improve muscular power (strength and speed)
- Improve coordination (technique)

Impact on training

Tactics

- Individual tactical understanding
- Collective tactical versatility
- Adaptability to different systems and set-ups
- Work on versatility
- Rapid transition from attack to defence and vice versa
- Ability to see and to be seen between two opponents
- Play with movement (stance, calls, support)
- Work on set pieces
- Responsibility / adaptability / initiative

Elite players

- Height: 181cm
- Weight: 74kg
- VO2Max: 60 to 65ml
- Sprint 10m: 1"78
- Sprint 20m: 2"89
- Sprint 60m: 7"43
- Jumping height: 63cm
- Great speed of movement and running
- Dynamism
- Technical skills
- Muscular power
- Ability to recover quickly
- Ability to repeatedly produce short and intensive efforts
- Tactical understanding
- Mental strength and self control