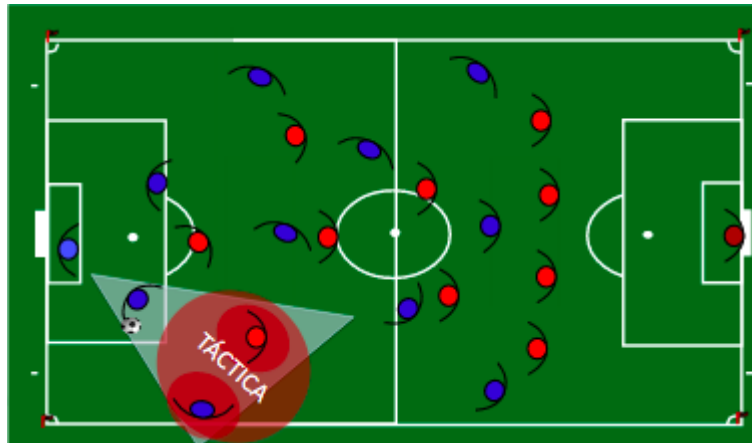


TACTICTS

Slide 2

Definition of tactics

A set of actions performed by the player without the ball in the basic tactical situations, which are 1v1, 2v1, and 1v2.



Slide 3

The actions are the following which we will see in more detail later:

Offensive tactical actions:

- Width
- Depth
- Off-the-ball run
- Support run
- Deep run

Slide 4

Defensive tactical actions:

- Covering
- Switching
- Marking
- Marking the ball holder

Slide 5

Tactical intentions are the principle that connects what the player can do with the ball and his objective within the game. These intentions should be incorporated gradually into the learning process of the sport.

We have already examined the technical actions before. Throughout the learning process of these technical actions, it is crucial to introduce the idea of what impact these actions can have on the game; in other words, what should be the purpose or end goal of the player's action.

What do we want to achieve with our action?

Now, we are going to address the tactical intentions. Each offensive tactical intention has a direct correlation with its defensive counterpart.

Tactical intentions encompass ALL the objectives or goals we can have as a team, with or without the ball.

According to certain experts, this can be summarized as follows:

"They are patterns of movements, performances, and coordinated displacements to meet the demands of the game from an individual performance."

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Offensive tactical intentions:

- **FIX:** Drive with the ball with the intention of playing with a free teammate after attracting the attention and not the position of an opponent who could block a passing line.
- **SPLIT:** Intention to create a possible receiver after attacking a space and generating attraction in some defender.
- **CONSERVE:** Intention to maintain ball possession even avoiding the progression of the attack towards the opposite goal.
- **PROGRESS:** Intention to carry the ball towards the opposite goal with the offensive purpose of scoring.
- **FINISH:** Offensive intention with the purpose of immediately scoring.

Defensive tactical intentions:

- **DELAY:** Defensive resource characterized by making it difficult for the opponent's rapid progression and the elaboration of the play by decreasing its action speed.
- **ORIENT:** Defensive intention to direct the rival attack where it is favorable either in terms of individual technique or collective tactics.
- **RECOVER:** Defensive intention with the immediate purpose of stealing the ball.
- **PREVENT PROGRESSION:** Intention to stop the progression of the rival attack by protecting the effective space for the opponent to reach the finishing zone.
- **PROTECT THE GOAL:** Defensive intention to protect the central lane where the goal is located with the purpose of preventing the goal.
- **NOTE:** One can argue that the offensive tactical intentions are only three: maintain, progress, and finish. Some authors believe that fix and split are tools we use to maintain, progress, or finish.

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To meet these tactical intentions we work from the tactical actions which we remember are the actions that the man without the ball performs in the situations of 1v1, 2v1, and 1v2.

When we face two game systems we always find these situations throughout the entire field.



Can you draw two other opposing systems and find all the 1v1, 2v1, and 1v2 that you find?

We don't consider the goalkeepers in these 2v1 situations when we could. What do you think about this?

Slide 9

Offensive tactical actions

Width

Definition: Optimal horizontal distance between two players within the same line or different lines

Game situations: 2v1 in attack

Instructions:

1. Show the optimal distance based on the ball, teammate, and opponent by creating a favorable space/time relationship for the attacker and reducing the chances of losing the ball
2. Once in width, show the passing line
3. Prevent an opponent from marking two players at once
4. Depending on the defensive movement towards the width, pass, progress, or fix

Teacher's note:

For each tactical action, it is vital to have some kind of board (real or virtual) to explain the movements and to better understand the concept and instructions.

Virtual board: <https://tactical-board.com/uk/big-football>

Delve into each instruction from now on by drawing players on the board and explaining what each one means in detail.

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Exercises to work on width:

2v1 OFFENSIVE	DRAWING
<p>Tactical intention: Fixate Tactical action: Width Situation: 2v1 Guideline: All</p>	
<p>Description: 2v1 + 2v1 waves. If we surpass the first defender, we attack the second. If the reds recover, they have to score in the mini goals.</p>	
<p>Space: 24mx10m</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - The second center-back cannot come out to press until they have crossed the line. - If the center-back or the goalkeeper regains possession and scores in any of the 2 small goals, it's 1 point. If the two forwards recover the ball again, the wave starts over. - Each goal by the forwards is 1 point. 	

Regarding the instructions to work on, we have written them all down because they really are all the ones we need to work on. We can decide to emphasize one, for example, prevent a defender from marking two players at once, but in the end, we must have all four instructions in mind as they are the four we must do, starting with point one and ending with point four.

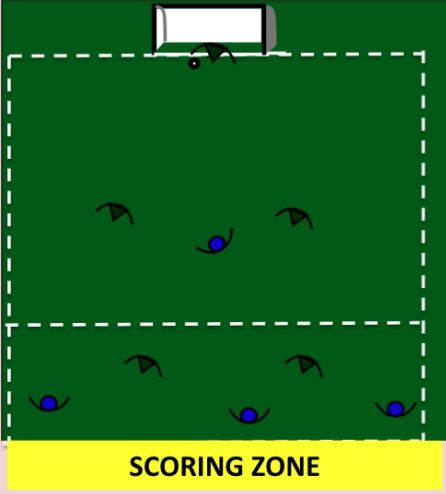
As we learned above, each tactical action, each tactical intention has its opposite. The

opposite of the tactical action to fix is to delay.

Later we will see the defensive tactical actions and then we can return to this exercise and think about which defensive tactical action the defenders can perform and how we can slightly change this exercise to, for example, work on delaying.

Note: In case you want to give the solution, an example would be that once the first defender has been passed, he can enter the zone of the second two-against-one after three seconds, so the second defender will have to delay so that the other defender has time to come with defensive help.

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2V1 OFFENSIVE (Contextualized)	DRAWING
<p>Tactical intention: Pin down Tactical action: Width Instruction: All</p>	
<p>Description: Wave where the goalkeeper starts with one of the midfielders, and they have to try to progress to zone 2 to attempt to finish.</p>	
<p>Description: Wave where the goalkeeper starts with one of the midfielders, and they have to try to progress to zone 2 to attempt to finish.</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - Each player plays in their zone as seen in the graphic. Defenders cannot change zones. - Two of the three midfielders can move to zone 2 with or without the ball. - To move from zone 1 to 2, it must be done by dribbling within a maximum of 5 seconds. - In case of ball loss, the defending team has to try to take the ball to the scoring zone. If the attacking team regains the ball, the wave will start again. 	

In this exercise, we see that it is much more contextualized. We are working in two against one but in a much more real situation than the previous one.

The previous situation is more decontextualized because it is more isolated, even though it has all the elements of football (ball, my team players, opposing team players, and directionality).

Slide 12

Depth

Definition: Optimal vertical distance between two players within the same line or different lines

Game situations: 2v1 in attack



Instructions:

1. Show the optimal distance based on the ball, teammate, and opponent, creating a favorable space/time relationship for the attacker and reducing the chances of losing the ball
2. Once in depth, show the passing line trying to receive behind the opponent's back to pass a line
3. Position yourself diagonally in relation to the ball holder of the previous/following line, preventing the defender from seeing the ball and the attacker at the same time
4. Maintain depth if the ball progresses
5. Only approach to receive the ball when the ball holder does not have a passing line

Perhaps we should qualify point number four, what we mean is that if the player with the ball advances on the field we will advance at the same speed to always maintain the same depth, that is, the same distance between us and the ball holder.

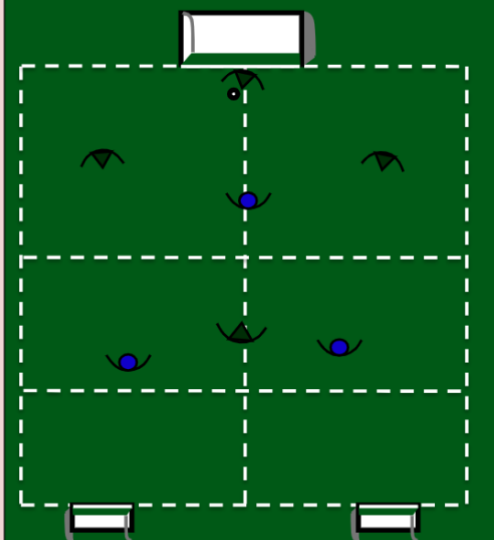
Slide 13

Exercise to work on depth

DECONTEXTUALIZED TASK 2:1 OFFENSIVE	DRAWING
<p>Tactical intention: Progress Tactical action: Depth Instructions: All</p>	
<p>Description: 2v1 waves. The goalkeeper will start with a pass to the distant attacker. The attacker closest to the goal will have to look for a passing line to receive and finish on goal.</p>	
<p>Space: 12m x 10m</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - The defender cannot press until he sees the ball pass. - If the defender or the goalkeeper regain possession and score in either of the 2 small goals, they earn 1 point. - If the two players regain the ball, the wave starts again. 	

Can you think of a more contextualized exercise to work on depth?

Slide 14

2v1 OFFENSIVE (Contextualized)	DRAWING
<p>Tactical intention: Progress Tactical action: Depth Instructions: All</p>	
<p>Description: 3 against 3 waves. The attacking team must try to score in the large goal after receiving the goalkeeper's pass to zone 2. If the defenders recover, they must try to score in one of the small goals. If the ball is recovered again, the wave will end.</p>	
<p>Space: 25m x 30m</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - Attackers and defenders must occupy the two vertical lanes at all times. - You cannot receive in the same horizontal zone where the ball is located. - Defenders cannot enter the next furthest zone until an attacking player enters. The forward cannot go down to the next zone in any case. - If the forward scores after receiving a pass from zone 2, 2 points will be awarded. 	

Comment on the exercise to the class, look for variants if possible

Slide 15

Unmarking

Definition: The action of moving away from the opponent marking us, to receive the ball from the holder with an advantage

Game situations: 2v1 in attack

Instructions:

1. Short and explosive movements with changes of direction and feints to search for the passing line (in front or behind).
2. Maintain eye contact with the mark, preventing him from seeing the ball and us simultaneously.
3. Keep constant attention on the holder and his mark to unmark at the right time (game orientation).
4. Know the defensive characteristics of the opponents.
5. Anticipate the unmarking whenever possible without rushing.

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Exercises to work on unmarking:

2v1 OFFENSIVE	DRAWING
<p>Tactical intention: Finish</p> <p>Tactical action: Off-the-ball movement</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Short and explosive movements with changes of direction and feints to look for a passing line. It can be forward or backward. 	
<p>Description: 2v1 waves with 1 center-back. The goalkeeper will start with a pass to the pivot, the forward will have to look for a passing line to be able to receive and finish on goal.</p>	
<p>Space: 12m x 10m</p>	
<p>Space:</p> <ul style="list-style-type: none"> - The center-back has to prioritize marking within this 2:1 situation. - If the center-back or the goalkeeper recover possession and score in any small goal, 1 point will be awarded. If the two players recover the ball again, the wave will start over. - To move from zone 1 to zone 2, it can be done by dribbling or passing. 	

Comment on the exercise to the class, look for variants if possible

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2v1 OFFENSIVE (Contextualized)	DRAWING
<p>-Tactical Intention: Finish</p> <p>-Tactical Action: Off-the-ball movement</p> <p>-Instructions:</p> <ul style="list-style-type: none"> -Short and explosive movements with changes of direction and feints to look for a passing line. It can be forward or backward. 	
<p>Description: Match divided into 6 zones. The blue team always starts. It doesn't stop until a goal is scored or the ball goes out.</p>	
<p>Space: 35m x 25m</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - The initial positioning is as seen in the graphic. - Once the goalkeeper plays with one of the offensive players, the defenders have freedom of movement. - The blue team cannot have two players in the same space. - You can move to zone 2 through a pass or by dribbling. - To move to zone 3, the same applies as in zone 2. 	

Comment on the exercise to the class, look for variants if possible



Slide 18

Support unmarking

Definition: The action of moving away from the opponent to receive the ball from the holder with an advantage approaching the holder.

Game situations: 2v1 in attack

Instructions:

1. The starting position of the unmarking needs good depth, try to receive the ball behind the holder's defender as far away as possible by giving the passing line
2. Use maximum width and depth.

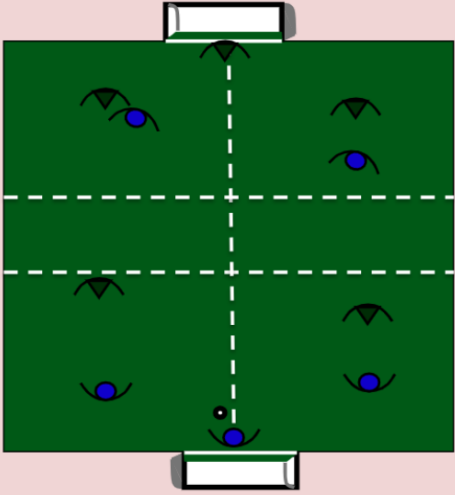
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Exercises to work on support unmarking:

Notice how by using the previous exercises and changing some of the rules, we go from working on unmarking in general to working on support unmarking.

2v1 OFFENSIVE	DRAWING
<p>Tactical Intention: Finish</p> <p>Tactical Action: Support unmarking</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Short and explosive movements with changes of direction and feints to look for a passing line towards the back. 	
<p>Description: 2v1 waves. The goalkeeper will start with a pass to the furthest player. The player in zone 2 will have to look for a passing line to be able to receive and finish on goal.</p>	
<p>Space: 12x10</p> <p>Rules:</p> <ul style="list-style-type: none"> - The defender starts in zone 2 but has freedom of movement. - If the defender or the goalkeeper recover possession and score in any small goal, they will earn 1 point. If both players recover the ball, the wave will start again. - To move from zone 1 to zone 2, it can be done by dribbling or with a pass once the furthest 	

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CONTEXTUALIZED TASK 2:1 OFFENSIVE WITHIN COLLECTIVE GAME F11	DRAWING
<p>Tactical Intention: Progress Tactical Action: Support unmarking Instructions: -Short and explosive movements with changes of direction and feints to look for a passing line towards the back.</p>	
<p>Description: Match divided into 6 zones. The blue team always starts. The game doesn't stop until a goal is scored or the ball goes out.</p>	
<p>Space: 35m x 25m</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - The initial positioning is as seen in the graphic. - Once the goalkeeper plays with one of the offensive players, the defenders have freedom of movement. - The blue team cannot have two players in the same space. - You can only move to zone 2 with a pass to the forward. To move to zone 3, it can be done by dribbling or with a pass. 	

Notice this last exercise how the change in the last rule that says you can only pass to zone 2 through a pass to the tip forces the support unmarking.

What other instructions do you think we could work on with these exercises?

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Depth unmarking

Definition: The action of moving away from the opponent marking us, to receive the ball from the holder with an advantage moving away from the ball holder.

Game situations: 2v1 in attack

Instructions:

1. Don't be offside when searching the opponent's back
2. Adjust the speed to the game situation. It doesn't always have to be done at maximum speed
3. Make the unmarking at the right time by coordinating with the holder and showing the passing line
4. If the marker follows, continue the unmarking. The holder will decide whether to make the pass, move forward, or make a pass to another player who has taken up the free space
5. If the marker doesn't follow, maintain the passing line with the holder.

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Exercises to work on depth unmarking:

2v1 OFFENSIVE	DRAWING
<ul style="list-style-type: none"> - Tactical Intention: Progress - Tactical Action: Depth unmarking - Instructions: - Short and explosive movements with changes of direction and feints to look for a forward passing line. 	
<p>Description: 2v1 waves. One of the two offensive players starts the play. The goal is to try to receive a pass in zone 2. If the defender recovers possession, they must try to score in any of the three goals.</p>	
<p>Space: 12m x 10m</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - The defender has freedom of movement. - If the two players recover the ball, the wave will start again. The player who lost the ball switches roles with the defender. - To move from zone 1 to zone 2, a ground pass is used. - Every time a player receives the ball in zone 2, it's 1 point. - Every time a defender scores in one of the 3 goals, it's 3 points 	

Think of an exercise similar to the one we saw earlier, the contextualized exercise for support unmarking, where we work on depth unmarking.

Draw it, write the description, the rules, the space we will need, the tactical intention, etc.

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Defensive Tactical Actions

Coverage

Definition: Action of positioning oneself between one's own goal and the teammate who marks or enters the ball holder so that he can act if his teammate is overtaken.

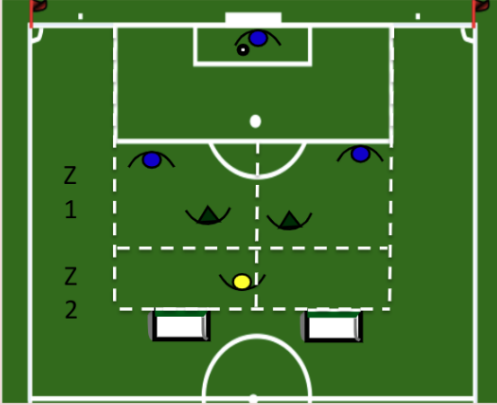
Game situation: 2v1 in defense

Instructions:

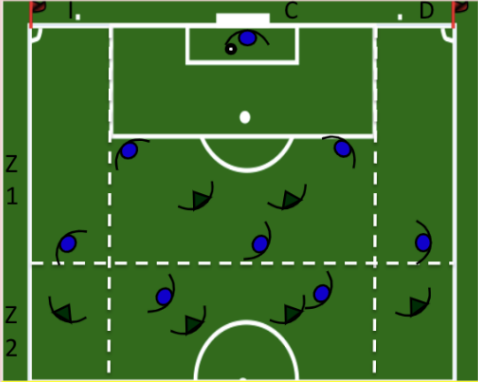
1. Pay special attention to marking distances and orientations depending on the opponent, teammate, and game situation.
2. Be aware of the offside rule when providing coverage.

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Exercises to work on coverage:

22v1 OFFENSIVE (Contextualized)	DRAWING
<p>Tactical Intention: Direct</p> <p>Tactical Action: Defensive Support</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Pay special attention to the distances and orientations of the marking. Depending on the opponent, teammate, and game situation. 	
<p>Description: Waves. The goalkeeper starts by playing with one of the two center-backs (blue) who must try to score in one of the 2 small goals. If the forwards (black) steal the ball, they counterattack aiming to score in the large goal.</p>	
<p>Space: double penalty area</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - Players position themselves as indicated in the graphic. - One forward must press in Z1 to the center-back with the ball to prevent him from progressing with the ball. - The other forward must prevent the center-back with the ball from playing with the wildcard from Z1. - To move from Z1 to Z2, it must be done with a pass or dribbling. If done with a pass and a goal is scored, it counts double. - If the center-backs lose the ball, the two forwards attack the large goal; if the center-backs regain possession, the wave starts again. - A goal is always scored as one point. 	

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2v1 DEFENSIVE (Contextualized in 11v11)	DRAWING
<p>Tactical Intention: Direct</p> <p>Tactical Action: Defensive Support</p> <p>Instructions:</p> <ul style="list-style-type: none"> - Pay special attention to marking distances and orientations. Depending on the opponent, teammate, and game situation. 	
<p>Description: The game starts with the goalkeeper passing to one of the center-backs. From there, real play ensues. When the ball goes out or a goal is scored, it starts the same way.</p>	
<p>Space: Half field</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - Players must start this game situation in the positions shown in the graphic. - Players in Zone 2 cannot go to Zone 1, except when the forwards steal the ball. - Players in Zone 1 can go to Zone 2 both offensively and defensively. - To move from Zone 1 to Zone 2, it must be done by dribbling or passing. - If the center-backs connect with a pass to the defensive midfielder, 1 point, and if they end up reaching the scoring area, 2 points. - Offensively, the full-backs cannot move to lane C. 	

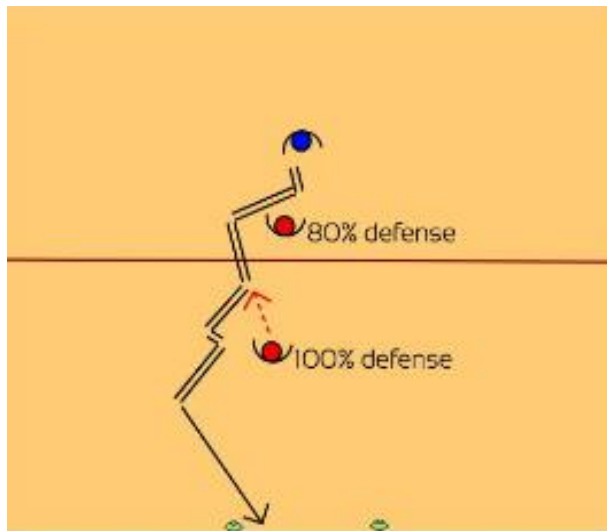
Slide 26

Think of an exercise to work very isolatedly on coverage.

In this way, with more isolated or simple exercises, without so many players, we can introduce this concept to players who see it for the first time or who need to work on it.

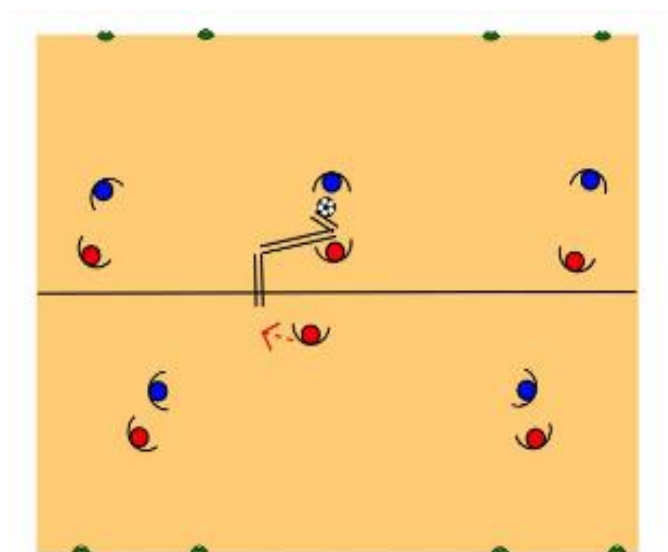
Slide 27

Some examples:



What rules would you set?

And in this one?



Describe the exercise by making the exercise card.

Teacher's note: This is the description of the exercise but it can be another and be totally valid:

We play a game where the goal is to score in the 2 mini goals.
The blue team (attacking team) starts in a 3 against 3 situation where the defenders defend 1 against 1, in the next zone we have a 2 against 3 situation.
The defending team in the second zone must be ready for coverage.
If the red team recovers the ball, a quick attack (in less than 6 seconds) must end in one of the 2 goals. After a few attacks, we change attackers for defenders.

Slide 28

Swap

Definition: Action of occupying the zone or marking a teammate, who has helped us when we have been overtaken by our opponent.

Game situations: 2v1 in defense

Instructions:

1. Change of pace to cover the player who has come out to cover the opponent who has surpassed him.
2. Do not follow the opponent.
3. Modify the location until you surpass the ball's position and simultaneously see the teammate, opponent, and ball.
4. Usually move diagonally towards the goal to help the defending player.

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Video example of coverage and swap:

<https://www.youtube.com/watch?v=fF6QgnUhp84>

In this video, we clearly see what coverage and swapping are as there was some doubt, we see that it is an exercise where it is worked in a totally isolated way but that helps us to understand the concepts.

Ask the class if it belongs to an analytical or global methodology (it is analytical since there is no decision on the part of the player)

The coach can use a playback style (dictate what happens at all times) or production (set the basis of the exercise and let the player experiment).

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Examples of exercises to work on the swap:

2v1 DEFENSIVE	DRAWING
<p>Tactical Intention: Delay Tactical Action: Swap Instructions: All</p>	
<p>Description: Wave where the goalkeeper starts the game by passing the ball to 1 of the 2 offensive players in Zone 1. Once one of the two players receives the ball, the other cannot participate until they reach Zone 2. If the ball is stolen, a counterattack can be launched; if it's recovered again, the wave starts over.</p>	
<p>Space: 20m x 30m</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - The start is as shown in the graphic. - Once one of the two receives the ball, the first defender must press the ball holder; if the holder reaches Zone 2, the other defender will defend him, and the first one will swap with him. - Each goal counts as 1 point. - Role changes every 3 waves. 	

In this type of exercise, maximum concentration is important, so we must think about its duration. For the same reason, it is a good idea to be more active giving instructions at the beginning, especially so that players are attentive and that coverage and especially the swap is an action that happens very quickly and in which you have to be very focused.

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2v1 DEFENSIVE (Contextualized)	DRAWING
<p>Tactical Intention: Delay Tactical Action: Swap Instructions: All</p>	
<p>Description: We play a 7v7 game with a 1v1 zone on the wing. The objective is to score in the goal. If the defensive support (coverage) arrives late, we can score in the small goals by running towards them (entering) and that counts as 1 goal. If the defensive support arrives on time, we can only aim for the goal in the big goal.</p>	
<p>Space: Half field</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - If the player is overrun in the 1v1 zone, he must leave, and this or another player makes the swap. - We can extend the 1v1 zone along the entire wing. 	

As we say in the regulations, it is a good idea for the one-on-one zone to occupy the entire band in this way we can generate several coverages and swaps in the same action.

The small goals in the corners are optional.

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Marking and marking the holder

These are the last two tactical actions we have and that we are going to see.

But first, we have to make a note to talk about the fundamentals of 1v1.

To consider in 1v1

1. Situation: between attacker and goal
2. Position: low, semi-flexed and separated legs, trunk tilted forward with one leg more advanced than the other. Lateralized orientation
3. Distance: between 1m and 2m less when the opponent is back
4. Defensive attitude: it is the defensive mentality, it is wanting to defend.

Fundamentals of 1v1

1. Fast leg movements: we must move our legs quickly, supporting on the tips of the feet
2. Synchronization of entry: Look for the opportune moment
3. Always watch the ball: Do not be distracted by the defender's foot movements, fix your gaze on the ball
4. Use of defensive feints: Just as offensively, feint defensively. Make an attack feint to the ball but do not attack it, force the holder to make decisions
5. Press and orient the attacker where it suits: Usually towards the bands or back, orient our body so that the exit is towards the band, orient our body diagonally to the attacker
6. Control the approach speed: Do not enter suddenly or it will be easy to dribble us. Temporize the approach.
7. Do not follow the ball if the opponent touches and unmarks: Follow the opponent, if we follow the ball, it usually moves faster than us.
8. Avoid being fixed: Avoid being attracted too much and leaving another player free, press closing the passing line.
9. If the opponent turns or is back, reduce the distance: If he turns or is back, we press closer.

NOTE: All these points are vital and the player must know them. It is important to review all the points just as we have to review the instructions before training to be prepared when we are going to train each of the tactical or technical actions.

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Marking

Definition: The action performed by the player in the team without the ball, towards an opponent to prevent him from receiving, making good use of, or to steal the ball from him.

Game Situations: 1v1, 2v1, and 1v2 in defense

Objectives:

Reduce the time and space available to play the ball.

Force a poor use of the ball and/or dispossess.

Secondary objectives: prevent the player with the ball from surpassing and prevent the ball without a player from surpassing.

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Guidelines:

1st Phase of APPROACH: Regulate the distance between the defender and the ball holder (determined by the defender's and the attacker's characteristics and the game situation).

2nd Phase of DELAY: The opponent advances with controlled speed with the ball. In a disadvantageous situation. When the opponent wants to execute a set-piece action quickly.

1. Regulate the distance and action time in relation to the opponent to avoid being surpassed.
2. Hinder progression in the game.
3. Allow time for defensive organization and for assistance without making hasty challenges.
4. Study the opponent's characteristics, adapting to him to condition the action.

3rd Phase of RECOVERY of the ball: As we've seen before, it's the defensive technical action: Tackle.

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Recalling the guidelines:

1. Avoid being outpaced.
2. Position oneself laterally, directing the player towards the outer spaces.
3. Engage at the moment when the opponent loses control of the ball.
4. Maintain an optimal distance in front of the opponent's dribbling.
5. When an attacker is with his back to the ball and has control, reduce the optimal distance.

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Exercises to work on marking:

1v1 DEFENSIVE	DRAWING
<p>Tactical Intention: Prevent progression Tactical Action: Marking during the delay phase Instructions: Regulation of distance and timing in relation to the opponent, to avoid being overrun.</p>	
<p>Description: 1 against 1 possession plus two jokers. The attacker will have to try to surpass the defender by moving from Z1 to Z2. Once he moves to the other zone, he has to play with the external joker, who will return the ball, and then he has to move to the other zone. If the defender recovers the ball, roles are swapped.</p>	
<p>Space: 12m x 20m</p> <p>Rules:</p> <ul style="list-style-type: none"> - The defender starts the 1:1 situation as shown in the graphic, once one of the jokers passes to the offensive player, he can start defending. - Every time you play with a joker from the other zone, it's one point; every stolen ball is worth two points. - You can't play between jokers. - Every minute, the middle players are swapped with the jokers. 	

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1v1 DEFENSIVE (CONTEXTUALIZED)	DRAWING
<p>Tactical Intention: Prevent Progression Tactical Action: Marking during the delay phase. Instruction: Regulate the distance and timing in relation to the opponent to avoid being surpassed.</p>	
<p>Description: Positional play (retention) for the coordination work of pivots. In Z1 and Z4, 2 center-backs play against 1 forward, in Z2 and Z3, 2 pivots play against 2 pivots. Each one plays in their zone. When a center-back has the ball, one of the pivots must be in Z3 and the other in Z4, the one closest to the ball must always be on the opposite side.</p>	
<p>Space: 25 x 35 metros</p> <p>Rules:</p> <ul style="list-style-type: none"> - You can play from Z1 to Z4. - One of the center-backs can drive into Z2 or Z3 depending on the team to create a numerical advantage, or if preferred, the forward can create this advantage. The corresponding defender can also enter as long as their mark enters. - Every time a pivot, after receiving the pass from the center-back, plays with the forward, it will be one point and vice versa. 	

We can see that in the description of the last exercise, there's mention of positional play. Positional play is nothing more than retention or possession where players occupy a real position in the game, meaning we try to reflect the position of the players on the field in this retention.

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Marking the Ball Holder

Definition: The action performed by the player in the team without the ball, towards an opponent in possession of the ball.

Game Situations: 1v1, 2v1, and 1v2 in defense

Guidelines:

1. Prevent the opponent from progressing and try to recover the ball.
2. If the holder is with his back, prevent him from turning, and if he does, prioritize not being outpaced.
3. Make it difficult for the holder to play; deny time and space preventing him from playing comfortably.
4. For centered balls within the finishing zone, always jump with the opponent.
5. Outside of the finishing zone, especially if not in an advantageous position, feint the jump and win the extension.
6. When the holder is about to strike the ball, try to interpret it without turning your back to the attacker and get as close as possible to increase the pressure and difficulty of the action.

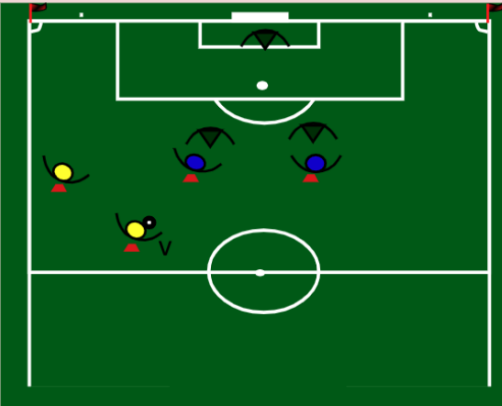
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Exercises to practice marking the ball holder:

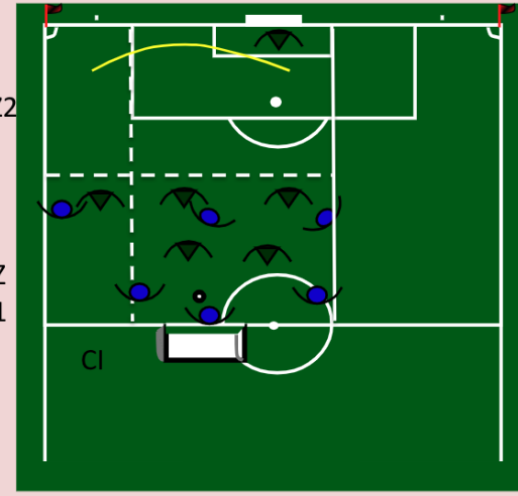
1v1 DEFENSIVE SITUATION	DRAWING
<p>Tactical Intention: Protect the goal</p> <p>Tactical Action: Marking</p> <p>Instruction: Always jump with the opponent on balls centered within the finishing zone.</p>	
<p>Description: The play starts with the wildcard making a cross. The defender has to defend within the shooting zone, preventing the attacker from scoring.</p>	
<p>Space: as seen in the graphic</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - The initial positioning is as shown in the graphic. - The offensive player can move freely throughout the shooting zone. - If the defender clears the ball, roles are switched. - Vary the positions from where the cross is made. 	

Here we see a very similar exercise but with much more context:

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SITUATION 1v1 DEFENSIVE (Contextualized)	DRAWING
<p>Tactical Intention: Protect the goal Tactical Action: Marking Instruction: For balls centered within the finishing zone, always jump with the opponent</p>	
<p>Description: The wave starts with the furthest wildcard passing in depth to the other wildcard, who then makes a cross. The two centers must defend against the two forwards to clear the cross.</p>	
<p>Space: as seen in the graphic</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - The initial positioning is as seen in the graphic. - If the cross can be made on the first touch, it's better. - The forwards can move freely. - Each center has their mark. - Every time the defenders clear the ball it's 1 point, if the forwards shoot it's also 1 point, and if they score it's 3 points. 	

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SITUATION 1v1 DEFENSIVE (CONTEXTUALIZED 11v11)	DRAWING
<p>Tactical Intention: Protect the goal Tactical Action: Marking Instruction: For balls centered within the finishing zone, always jump with the opponent.</p>	
<p>Description: The wave starts with the attacking team's goalkeeper playing the ball to Z2 of the CI where only the full-back can defend. Once the pass is received, it must be crossed looking for the incorporation of teammates who will be defended. In case of a rebound or goalkeeper block, a counterattack will take place. If the attacking team recovers the ball, the wave starts again.</p>	
<p>Space: half field x 30 meters</p>	
<p>Rules:</p> <ul style="list-style-type: none"> - The wave starts with the positioning seen in the graphic. - The full-back can go to defend in Z2 once the ball is passed over him. - There is an offside rule. - Defensive and offensive positions when the ball is about to be crossed are those of the graphic but can be modified. - If the ball goes out or a goal is scored, the wave starts again. - Each attacking goal is worth 1 point, each defensive goal is worth 3. - You cannot play beyond the line that comes out of the small line. 	

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When to Train Tactical Actions in Relation to Development Stages

As we already know, player development goes through different stages: the Egocentric Stage, the Additive Stage, and the Collective Stage. Now, how do tactical actions fit into these stages? Let's see.

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In the Egocentric Stage, children are mainly self-centered up to six years old. Despite this, we can start discussing what we do when we don't have the ball. In this stage, if we decide to work on a tactical action, we will do it in most cases decontextualized ways. We can contextualize the situation, but never within the collective play. Here, one-on-one or two-on-one situations are most appropriate.

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From seven to twelve years old, in the Additive and Collective Stages, we can address all tactical actions in a contextualized way and within collective play.

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Regarding tactical intentions, we will introduce them as follows:

Defensive Tactical Intentions:

- U6: Recover
- U8: Recover and Protect goal
- U10: Recover, Protect goal, Delay, and Direct
- U12: Recover, Protect goal, Delay, Direct, and Prevent progression (all)

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Offensive Tactical Intentions:

- U6: Progress and Finish
- U8: Progress, Finish, and Retain
- U10: Progress, Finish, Retain, Fix, and Divide (all)

So, as you can see, each stage has its focus and peculiarities. Always remember to adapt your training to your players' development stage.