

CONTENTS

How the Phases of Play were produced for this Book	11
How to use this Content in your Practices and Sessions	12
Example Practice	14
Practice Progression	16
Introduction	18
Chapter 1. The Characteristics of Real Madrid players	20
The Players.....	22
Jose Mourinho.....	26
Real Madrid's First 11.....	27
Chapter 2. Real Madrid in the Four Phases of the Game	28
Real Madrid in the Defensive Phase	29
Real Madrid in the Transition from Attack to Defence.....	30
Real Madrid in the Attacking Phase.....	31
Real Madrid in the Transition from Defence to Attack.....	32
Chapter 3. Real Madrid in the Attacking Phase.....	33
Real Madrid's Formations during the Attacking Phase.....	34
The Width on the Left Is Created by the Winger	35
The Width on the Right Is Created by the Winger	36
Playing with 2 Forwards.....	37
Both the Winger and the Full Back Create Width.....	38
The Centre Forward Drops Deep on the Strong Side.....	39
Central Defender Build up Play from the Back	40
The 3 Stages of the Build up & the Target Areas	42
The Target Areas	43
Retaining the Team's Balance during the Build up.....	44
Positioning: Creating the Correct Shapes.....	46
Movement with and without the Ball.....	48
Forwards: Rotating Positions	50

Chapter 4. Real Madrid during the Build up 51

Real Madrid during the Build up Play on the Left Side with the Width Created by the Full Back.....	53
Numerical Superiority in the Centre.....	56
Defensive Midfielder's Passing Options	57
Full Back's Movement inside	58
Creating Space to Receive on the Left Flank	60
Centre Forward: Movement into 'Channels'.....	63
Receiving with Your Back to Goal	65
Long Passes to Advancing Full Backs	69
Rhombus/diamond Shape in the Central Zone	71
Defensive Midfielder's Positioning.....	72
Starting the Build up through the Centre with the Width Created by the Full Backs.....	74
Retaining Possession in the Central Zone	75
Alonso's Role: Covering in Defence.....	76
Developing the Build up Play through the Centre.....	77
Defensive Midfielder at the Base of the Rhombus Shape	79
Decision Making in the Final Third.....	81
Starting the Build up on the Right with the Width Created by the Full Back	86
The Right Winger Dropping Deep to Maintain Possession.....	88
Centre Forward Receiving on the Flank.....	89
Movement without the Ball: Creating Space.....	91
Diagonal Runs in the Final Third	93
Central Midfielder's Forward Runs	95
Deep Movement: Creating Space in behind	97
Central Midfield Passing Options	100
2 v 1 Attacking Down the Flank.....	101
Central Midfield Passing Options (2)	103
Correct Positioning When the Central Midfielder Has Possession	104
Starting the Build up on the Left with Both the Full Back and the Winger Creating Width	105
2 v 2 Attacking Down the Left Flank	107
Switching Play to the Right Flank.....	113

Ronaldo's Driving Runs from the Left.....	116
Attacking Midfielder Receiving Vertical Passes from Central Defenders	118
Attacking Midfielder: Dropping Deep to Receive	124
Starting the Build up on the Right with Both the Winger and the Full Back Creating Width	126
Wingers Movement inside without the Ball	128
Limited Space in between the Midfield and Defensive Lines	131
Full Back's Advancing Run.....	135
Receiving in the 'Passing Lane'	136
Switching Play to the Left Flank.....	137
Right Winger's inside Runs.....	138
Starting the Build up on the Left with the Width Created by the Winger.....	142
Switching Play from the Right to the Left	144
Full Back's Overlapping Runs on the Flank	145
Diagonal Runs in behind the Defensive Line	146
The Full Back Creating Space for the Winger.....	147
One Touch Combination Play on the Left.....	148
Ronaldo's Final Pass in behind the Defence.....	150
Starting the Build up on the Right with the Width Created by the Winger.....	151
The Right Winger Receiving the Ball Deep on the Flank.....	152

Chapter 5. Combinations after a Long Pass towards the Weak Side of the Opposition.....159

The Long Pass is Directed towards the Left Side and the Full Back Provides Width	160
Long Pass: Switching Play to the Left Back with Time and Space.....	162
The Long Pass is Directed towards the Left and the Winger Provides the Width	170
Ronaldo in Space on the Left Flank	172
The Full Back in the Final Third	176
Full Back's Overlapping Run on the Left Flank.....	178
Centre Forward Runs in behind the Right Back	180
The Long Pass towards the Left with Both the Full Back and the Winger Providing Width	181
Positioning for the Negative Transition.....	182
Diagonal Runs/Passes in the Final Third.....	183

The Long Pass Is Directed towards the Right and the Full Back Provides Width.....	185
Right Winger with Back to Goal on the Flank.....	187
Centre Forward Runs in behind the Left Back	189
The Long Pass Is Directed towards the Right and the Winger Provides Width.....	193
Right Back's Overlapping Runs on the Flank.....	195
Outnumbering the Opposition on the Flank	197
Long Diagonal Pass to the Centre Forward	200
Building up from the Back Using a Long Ball	202
Chapter 6. Transitions	205
Transition from Attack to Defence	207
Retaining Possession.....	209
Applying Immediate Pressure When Possession Is Lost.....	210
Defensive Midfielder Maintaining Balance and Cohesion	212
The Negative Transition	213
Winning the Ball Back in the Central Zone.....	214
When Immediate Regaining of Possession is Not Possible.....	215
Preventing the Switch of Play	216
Safety Players.....	217
Team Cohesion: Regaining Possession.....	218
Safety Players: The Left Side	219
Regaining Possession in the Centre of the Field	220
Safety Players: Ronaldo's Driving Runs	221
Limiting Passing Options for the New Ball Carrier	222
Safety Players: Full Back's inside Movement.....	223
Winning the Ball Back in an Advanced Wide Position.....	224
Safety Players: Alonso's Covering on the Left Side.....	226
Keeping the Opposition near the Sideline.....	227
Safety Players: In the Centre of the Field	228
Losing Possession near the Opposition Penalty Area	229
Safety Players: Advanced Supporting Positions.....	231
Losing Possession near the Opposition Penalty Area (2).....	232

Safety Players: Supporting the Forward.....	234
Cohesion: Closing down in Numbers.....	235
Safety Players: The Right Side	237
Safety Players: Inside Right Positions.....	239
Creating a 5v2 Numerical Advantage around the Ball Zone.....	240
Safety Players: The Right Flank	242
Tracking Runners on a Counter Attack.....	243
Safety Players: The Right Flank (2)	245
Tracking Runners on a Counter Attack (2).....	246
Safety Players: Alonso's Covering Position	248
Ensuring Superiority in Numbers at the Back.....	249
Safety Players: Khedira's Advanced Position.....	251
Shifting across into Covering Positions.....	252
Safety Players: Support Play near the Penalty Area	253
Superiority in Numbers High up the Pitch.....	254
Safety Players: Near to the Byline	256
Positioning for Clearances from Crosses.....	257
Transition from Defence to Attack	259
Switching Play from the Strong Side to the Weak Side	260
Transition to the Final Attacking Stage	262
Applying Immediate Pressure on the Ball Carrier.....	266
Pressing near the sideline: Quick Counter Attack.....	268
Counter Attack from a Defensive Clearance.....	270
Chapter 7. Real Madrid's Attacking from Set Pieces	273
Corner Kicks.....	274
Free Kicks near the Sideline	275
Playing with 10 Men.....	277
Conclusion	280