

IDEA TOROS FÚTBOL

TECHNICAL PHILOSOPHY METHODOLOGY & STYLE OF PLAY



CHARACTER | EXCELLENCE | OPPORTUNITY



IDEA TOROS PLAYERS FIRST DEVELOPMENT PHILOSOPHY

PLAYER DEVELOPMENT PHILOSOPHY

- Technical Philosophy
- General Style of Play
- IDEA TOROS Coaching & Training Philosophy
- Game & Video Analysis: Reading the Game
 - Style of Play – Specific Tactics
 - General Style of Play – Key Words
 - General Game Strategies
- Game Strategies – 4 Moments of the Game – Location & Goal
 - Player & Talent Development Principles
 - Player Development Philosophy
 - Key Qualities of a Player
- Team Tactical Principles - 4 Moments of the Game – Location & Objective
 - Player & Position Profile
 - Basic Positions Functions
- Player Positional Characteristics | Key Performance Indicators



IDEA TOROS GENERAL STYLE OF PLAY

GENERAL FORMATON(S):

- ✓ GENERAL FORMATION | 1-4-3-3 WITH ITS ADAPTATIONS INTO A BACK 2 OR 3 | 1-4-4D-2 | 1-4-3-3 | 1-3-4D-3 | 1-3-4-3 | 1-3-5-2 and their variations.
- ✓ Our preferred formation is a, 1-4-3-3 with teams and players also being educated in the playing with a back four and/or a back three.
- ✓ Formation and game strategy is based on a variety of factors, such as the opponent, the state of play, the match or tournament goal, and is left to team staff to decide.
 - ✓ A Team's General Formation should be based on: Player Profile & Characteristics.

TEAM GENERAL CHARACTERISTICS:

A Team's Style of Play must be characterized by:

- ✓ Culture
- ✓ Principles
- ✓ Leadership
- ✓ Resilience
- ✓ Strong team ethic
- ✓ High work rate
- ✓ Solid team organization based on a strong defensive spine (centre backs, centre midfielders)
 - ✓ Ball possession and rotations
 - ✓ Quick transitions to attack and defence
- ✓ Willingness to attack, with effective decision-making regarding the moment to counterattack, and directness in attack
 - ✓ Good player movement, and creation and use of space
 - ✓ Imagination and skill, and willingness to take risks
 - ✓ Aggressive finishing



IDEA TOROS COACHING & TRAINING PHILOSOPHY

FOOTBALL IS: TACTICS | GAME INSIGHT | TECHNIQUE | PHYSICAL

FOOTBALL ACTION IS:

1) COMMUNICATION (Between players - Collecting Data) (Verbal/Non-Verbal) = **TACTICS**

2) DECISION MAKING = **GAME INSIGHT**

3) EXECUTION OF DECISIONS = **TECHNIQUE**

CDE, as frequent as possible / Higher Tempo
& As long as possible / 90 minutes
= FOOTBALL FITNESS

4) PHYSICAL = Fitness (you play football to gain fitness) = (FOOTBALL FITNESS)

1,2,3,4 = 

80 or 90% of football actions happens after a change of director (after a deceleration there is an explosive acceleration)

- ❖ **The ultimate goal is to improve the “quality”, “quantity” and “speed” of football actions and to “maintain” the “quality, quantity and speed” of the football actions, meaning “better football actions for 90+ minutes”**



IDEA TOROS COACHING & TRAINING PHILOSOPHY

FOOTBALL ACTION: CDE **CHARACTERISTICS OF A FOOTBALL ACTION**

1. Position – **HORIZONTALLY** (position on the pitch) | **VERTICALLY** (position of your body)
2. The Moment - at some stage or moment the football action will start
3. Direction - once the football action starts it will go in a certain direction with speed
4. Speed (time and space) - how fast the football action is done

BETTER ACTIONS: CDE **MAXIMUM EXPLOSIVE ACTIONS**

Better football action/improving the quality of football actions means improving the; “Position” of the football action, the “moment” of the football action and the “direction” and “speed” of a football action.

MAXIMUM EXPLOSIVE ACTIONS: CDE

- **CDE** = “Better Actions/More Actions” are trained by using “**Maximum Explosive Actions**” because players execute their footballing actions at 100% which stretches their boundaries and improves “better actions” to 101%.
 - Maximum Explosive Actions, in a footballing context is trained by the external triggers such as the ball, opponent, goalkeeper etc.
- Isolated fitness does not develop CDE in contrast to Football fitness that uses “maximum explosive actions” to develop better football actions.



IDEA TOROS COACHING & TRAINING PHILOSOPHY

“BETTER TRAINING” INSTEAD OF “MORE TRAINING”

Football is a “speed of actions” sport, the difference between a higher level and a lower level is the speed by which players can execute these football actions. Because of this objective fact, based on the characteristics of football, these 2 players are completing exactly the same football actions but the **speed** you are required to execute these actions at a higher level is more difficult. Meaning football is a **speed of actions** sport and not an “endurance” sport (quantity of football actions) but football is intensity sport (quality of football actions) which is about improving the quality and performance of these football actions.

FOOTBALL TECHNIQUE:

“**Football technique**” means the **execution of a decision** based on the data collected during the **communication** between players while playing...the tactical component in soccer is teaching players how to communicate with each other...

“**Football technique**” from a footballing context;

If you want to develop “**football technique**” you are actually developing the “**execution of a decision**”, from the information collected during the “**communication process**”. So in order execute, your decision based the information gathered you need an “opponent” to influence the “execution of a decision” and the “collection of data”. If there is no opponent there is no decision making and no execution of a decision (technique).

ISOLATED FITNESS VS FOOTBALL FITNESS:

Football coaches who focus on the “development of technique” without an “opponent and decision making” are not training the “execution of a decision” but instead training the “execution of a technique” in other words football coaches who do isolated training, without opponents and without decision making does not fulfill the objectives and characteristics of football. **INTERVAL TRAINING** is the best way to **FOOTBALL FITNESS**, short out of breath explosive actions.



IDEA TOROS COACHING & TRAINING PHILOSOPHY

FOOTBALL FITNESS INTERVAL RUNNING - BEEP TEST

- ✓ **AERBOIC POWER** is in relation to how efficient you can perform your football action using OXYGEN. In football we use oxygen to recovery quickly between actions and resupply energy to the PHOSPHATE SYSTEM system that stores energy. **(INTERVAL SPORT)**
 - ✓ In long distance running we use OXYGEN as the energy source to keep going. **(ONE TEMPO SPORT)**

ACCUMULATION OF FATIGUE:

Players that accumulate fatigue will not perform (play and practice) at 100% so their development is reduced and risk of injury is increased. Players will complain of having heavy legs etc. "lack of freshness" Players need enough time to recover fully between sessions to avoid the accumulation of fatigue.

FOOTBALL BRAINING:

The brain is a part of the body. The brain is the body part where the real training effect takes place. If a player is still able to keep thinking about his task despite fatigue, the session will be an overload session and all the other body parts (muscles, heart, lungs) will adapt and get stronger. If the brain struggles and starts to think about fatigue more and more, the (player) brain's thinking process slows down and the session will now be an under-load session and if the brain doesn't get stronger all other body parts will not get stronger. A stronger brain can keep thinking about it's task and ignore fatigue and all other external factors. The brain is the decisive body part that makes the difference between overload and underload.

FATIGUE ON THE BRAIN:

When players accumulate fatigue their nervous system gets slower, the signal from the brain to your muscles gets slower, they have less control over their body, body coordination is reduced and as result the injury risk will go up significantly. The accumulation of fatigue has a negative affect on Team and Player performance because as its one of the biggest factors in relation to soft tissue injuries. (ACL) Therefore, "brain performance" and in particular "brain fatigue" and "brain recovery" are fundamental principles in Football Periodisation.

FOOTBALL FITNESS: CDE

Always follow the principles of periodisation and football conditioning in order to develop fitness gradually. The objective is to gradually improve throughout the entire season. If you develop fitness too quickly you develop "short term fitness" that only last for several months. In football you need "long term fitness". Fitness and long term fitness is what you develop more gradually which reduces the risk of injury. Interval running mimics football actions as it triggers the body's energy system in a similar way.



IDEA TOROS COACHING & TRAINING PHILOSOPHY

“Players need enough time to recover fully between sessions to avoid the accumulation of fatigue”

FOOTBALL COMMUNICATION & TEAM CHEMISTRY:

Key to football communication and team chemistry is Position specific formations in every training exercise to optimize communication between players in relation to the 11v11 Team Tactical Principles (Playing Style)

Small sided games should also follow the same team tactical principles as when playing 11v11, players have to behave in the same way that they would behave in 11v11 (Tactical Periodisation)

OPPONENT ACTIONS & CUES

(CUES) are the opponent's football actions or behaviours, in the 6 stages of the game, that highlights the decisions each player has in any particular game situation in relation to your opponent tactical approach is key.

Playing attractive football doesn't win games, scoring more goals and conceding less than the opponent are the objectives of football. Resilience is key to player development and performance.

COLLECTING DATA (6 STAGES OF THE GAME):

- **DATA** - collection of data, both your team and opponent to locate and analyze different TRENDS in the 6 stages of the game
- Keys to collecting data is: 1) **Collecting** the data using templates 2) **Analyzing** what we are looking for & 3) **Communicating** the data to; a) staff b) players & c) media (if we decide) is the difference.
 - What is the metric used for your assessment?
- Objective data is based on, KPI and tactical principles within your team's style of play.

SCANNING & EYE SACCADE (Eye Movement)

Scanning and Eye Saccade (Eye Movement) affects the brains ability to collect a constant and a consistent flow of information. If you keep your eyes calm you increase your ability to receive more information. Higher level players have calmer eye movement so they collect more information when scanning the pitch.



IDEA TOROS COACHING & TRAINING PHILOSOPHY

FOOTBALL PERIODISATION:

FOOTBALL PERIODISATION is the planning of all football activities (training sessions and practice games) in the best possible way to get the maximum training effect out of each session to avoid a loss of training quality due to the accumulation of fatigue. Football Periodisation is based on the principles of the characteristics of football and principles on how the body works. Therefore, “brain performance” and in particular “brain fatigue” and “brain recovery” are fundamental principles in Football Periodisation.

PERIODISATION PRINCIPLES: CDE

Periodisation Principle #1

- Game day + 1 (24 hours after the game – **FOOTBALL RECOVERY** training).

Periodisation Principle #2

- Game day + 2 (48 hours after the game - **REST** day).

Periodisation Principle #3

- Game day + 3 (72 hours before or after game – **FOOTBALL CONDITIONING GAMES**)
Allows for players to recover from the accumulation of fatigue.

PERIODISATION: It's about manipulating the;

- Size of the field
- The number of players
- Duration of games
- The number of games
- TACTICS

1- Map out the competitive schedule (game schedule)

TACTICAL PERIODISATION:

- ✓ The main objective of preseason is to develop communication between players (verbal/nonverbal)
 - ✓ You can only optimize the communication between your best 11 players, if your best 11 players are on the field everyday
 - ✓ Position specific training exercises will optimize communication between your best 11 players
- ✓ Key to football communication is Position specific formations in every training exercise to optimize communication between players in relation to the 11v11 Team Tactical Principles (Playing Style)
- ✓ Small sided games should also follow the same team tactical principles as when playing 11v11, players have to behave in the same way that they would behave in 11v11 (Tactical) Periodisation

PHYSICAL PERIODISATION:

- ✓ **PHYSICAL PERIODISATION** is the systematic progression of the physical workload throughout the season or competition. It involves the progressive cycling of various aspects of a training program during a specific period. The aim is to gradually reach the best possible physical condition in the most important time of the year.



IDEA TOROS TECHNICAL & TRAINING PHILOSOPHY

PERIODIZATION - TACTICAL & PHYSICAL

3 & 6 WEEK CYCLES

1. 6 month training plan (not detailed) beyond the last month of Preseason						(2 Month Detailed) 6 month plan									
8/10/19		Monday 8/11/19		Tread Tuesday 8/12/19		Conditioning Wednesday 8/13/19		Thursday 8/14/19		Team Tactical Friday 8/15/19					
DAILY SCHEDULE		Game		Off		Train		Off		Train					
TEAM FUNCTION		Attacking		Attacking		A-D		Attacking		Defending					
AREA OF FIELD		Attacking 1/3		Defensive 2/3		Offensive 1/3		Middle 1/3		Defensive 1/3					
TRAINING OBJECTIVE & TEAM TACTICAL PRINCIPLES		<p>Attacking formation: 1-4-3-3. Attacking Principles: spread out, play forward when possible, create 2v1 and 1v1.</p> <p>Defending formation: 1-4-3-1. Defending Principles: High immediate pressure after losing the ball, Cover and Balance. Make it compact, keep it compact.</p>		<p>Sooner Recovery Checklist</p> <ul style="list-style-type: none"> •UIGH •WHEE •WOBLE •WAKE •WELP 		<p>To improve team's ability to build up from the defensive 3rd to the midfield 3rd, specifically through #1,2,3,4,5 in an attempt to create goal scoring opportunities. Spread out, utilize space and triangulate to create passing options. Passable forward both ball when possible. Direct Players: #1,2,3,4,5 Indirect Players: #6,8,10</p>		<p>To transition quickly from attacking to defending in an attempt to prevent the opponent space to play forward or deny penetration to regain possession. 1) The player closest to the ball applies pressure. Immediately after losing it. 3) Delay the opponent. 4) Get organized and balanced as quickly as possible.</p>		<p>Sooner Recovery Checklist</p> <ul style="list-style-type: none"> •UIGH •WHEE •WOBLE •WAKE •WELP 		<p>To improve team's ability to build up through the midfield 3rd into the attacking 3rd, specifically through #6, 8 and #10 in an attempt to create goal scoring opportunities. Spread out, utilize space and triangulate to create passing options, passable forward, head ball when possible. Direct Players: #6,8,10 Indirect Players: #1,2,3,4,5</p>		<p>To improve the Team's ability to defend socially in an attempt to prevent penetrative passes in the defensive third. Defending Principles: get balanced/organized, stay balanced/organized and pressure, cover, balance. Verbal Communication.</p>	
PHYSICAL DEMAND		Match: 100% Capacity		Preparation: 30% Capacity		Threshold: 75% Capacity				Preparation: 30% Capacity					
PHYSICAL FOCUS						8v6/3v3				8v6/7v7					
WARMUP		N/A		<p>Warmup: Diamond Circuit - Passing patterns to work on passing and receiving techniques. (10 mins) Postural Rondo (20x20) (4v4) (10 mins)</p>		<p>Warmup: Passing and running patterns to work on speed/angle of approach, Accelerate, Decelerate. (10 mins)</p>		<p>Warmup: Passing/Receiving and shooting patterns to work on combination play. (15 min) Directional Rondo: (20x20x20) (10 mins)</p>		<p>Warmup: low intensity, extended warm up with dynamic stretching. Passing and running patterns to work on speed/angle of approach, Accelerate, Decelerate. (20 mins)</p>					
EXERCISE 1		N/A		<p>Orientation: (8v9) (8v9) Field Size: Half Field. Red Team prevents buildup. First 5 starts with the Blue GK to replicate the trend then we play match rules. Red Team, 1 point for scoring, 1 point if they regain possession in the attacking 3rd. Blue Team 1 point for a goal only. (15 min) Learning: Problem solving based on orientation.</p>		<p>Small Sided Games: Flying Changes. Focus on the defenders. 1v1, 2v2, 3v3, 4v4 Learning: (18x30) Games begin with 1v1 then 2v2, 3v3, 4v4. Play to goals. If a goal is scored or a player shoots and misses the goal the attacking team immediately defends and not attacks/immediately dribble onto the field and play resumes without stoppages. If the shot is stopped by goal keeper play resumes. (30 mins)</p>		<p>Orientation: (6v6) (7v7) Field Size: Half Field. Red Team prevents buildup through #6,8,10. First 5 starts with the Blue GK to replicate the problem then we play match rules. (15 min) Learning: Problem solving based on orientation.</p>		<p>Pressure, Cover & Balance, 6 goal game. (35x25) (9v8) (4 in 5 min games) (3min rest). To develop the principles of immediate pressure, supporting cover and balance. To improve the performance of individual and team defenders to prevent penetration.</p>					
EXERCISE 2		N/A		<p>Orientation: Problem solving. Session focuses on the direct players. (8v9) (8v8) (11x11) Half or Full Field. Coaching points during freezes and natural stoppages. Field positioning, body positioning, passing and receiving. First 5 starts with GK. (25 min) Direct Players: #1,2,3,4,5 Indirect Players: #6,8,10 Learning: Problem solving based on orientation.</p>		<p>Medium Sided Games: (7v7) (8v8) Field Size: Half Field with goals. All game restarts by Coach to control transitions. (20min)</p>		<p>Orientation: Problem solving. Focus of the session on direct players. (7v7) Half or Full Field. Coaching points during freezes and natural stoppages (25 min) Direct Players: #6,8,10 Indirect Players: #1,2,3,4,5 Learning: Problem solving based on orientation.</p>		<p>(8v9) (8v8) 3 Goal game with GKs. Field Size: Half Field. 3 points for scoring in the wide goal, 1 point for scoring in the center big goal.</p>					
SCRIMMAGE		N/A		<p>Implementation: (8v8) (8v9) Match Rules. Related to Session Objective. (30mins) (Full or 3/4 Field)</p>		<p>(8v9) (8v8) Match Rules. Related to Session Objective. (Full or 3/4 Field) (20mins)</p>		<p>Implementation: (7v7) Match Rules. Related to Session Objective. (Full or 3/4 Field) (30mins)</p>		<p>(8v9) Match Rules. Related to Session Objective. (Half Field) (20mins)</p>					
How do you intend to accomplish your learning objectives and balance the physical demand?		N/A		<p>Sooner Recovery Checklist</p> <ul style="list-style-type: none"> •UIGH •WHEE •WOBLE •WAKE •WELP <p>I plan to accomplish my learning objectives by using my coaching interventions during the flow, at natural stoppages and during rest periods. I plan to balance the physical demand by applying my periodization principles while referring to D Cleaver Exercise Time Prescriptions/Physical Development Chart for each exercise. (6 MINUTES BOUTS / 1.5 MIN REST / TOTAL BOUTS: 3)</p>		<p>Sooner Recovery Checklist</p> <ul style="list-style-type: none"> •UIGH •WHEE •WOBLE •WAKE •WELP <p>I plan to accomplish my learning objectives by using my coaching interventions during the flow, at natural stoppages and during rest periods. I plan to balance the physical demand by applying my periodization principles while referring to D Cleaver Exercise Time Prescriptions/Physical Development Chart for each exercise. (6 MINUTES BOUTS / 1.5 MIN REST / TOTAL BOUTS: 3)</p>		<p>Sooner Recovery Checklist</p> <ul style="list-style-type: none"> •UIGH •WHEE •WOBLE •WAKE •WELP <p>I plan to accomplish my learning objectives by using my coaching interventions during the flow, at natural stoppages and during rest periods. I plan to balance the physical demand by applying my periodization principles while referring to D Cleaver Exercise Time Prescriptions/Physical Development Chart for each exercise. (5 MIN BOUTS / 75 SECOND REST / TOTAL BOUTS: 4)</p>		<p>Sooner Recovery Checklist</p> <ul style="list-style-type: none"> •UIGH •WHEE •WOBLE •WAKE •WELP <p>I plan to accomplish my learning objectives by using my coaching interventions during the flow, at natural stoppages and during rest periods. I plan to balance the physical demand by applying my periodization principles while referring to D Cleaver Exercise Time Prescriptions/Physical Development Chart for each exercise. (5 MIN BOUTS / 75 SECOND REST / TOTAL BOUTS: 4)</p>					
What challenges do you anticipate in your session?		N/A		The amount of players and field space available. The freedom to apply my periodization principles.		The amount of players and field space available. The freedom to apply my periodization principles.		The amount of players and field space available. The freedom to apply my periodization principles.		The amount of players and field space available. The freedom to apply my periodization principles.					



IDEA TOROS COACHING & TRAINING PHILOSOPHY

TRAINING METHODS OR PRINCIPLES: (QUALITY & QUANTITY)

MAXIMUM RECOVERY: IMPROVES QUALITY (X)

Exercises with **maximum recovery** improves the “quality” of maximum football actions as it improves explosive actions. Every repetition is @ 100% to go from, 100% to 101%. Maximum Football Action (CDE) with maximum rest is the best way to train to improve the quality of maximum football actions. (make more explosive actions)

MINIMUM RECOVERY: MAINTAINS QUALITY (X-X-X-X-X-X-X-X-X-X-X)

Exercises with **minimum recovery** improves the ability to “maintain” the “quality of maximum football actions”. Players struggle to “maintain” 100% quality of maximum football actions because the rest is too short (10 secs) as a result of this “overload” the body will adapt and will now be able to maintain 100% quality of maximum football actions for much longer. Maintain Explosivity - we want to put our players in a situation that they “struggle” to “maintain” 100% quality of maximum football actions”. Because the rest is too short (10secs) the player struggles to maintain 100% quality of maximum actions and as a result of this “overload” the body will adapt and will now be able to maintain 100% quality of maximum football actions for much longer - “maximum football actions with minimum rest” is the best exercise to improve the ability to maintain the “quality of maximum football actions”.

SMALL SIDED GAMES: IMPROVES QUANTITY (HIGHER TEMPO) (X-X-X-X-X-X-X-X)

Small sided games improves the “quantity” of maximum football actions because players are forced to make more maximum actions per minute so it's a natural overload of “football actions per minute”. Players need quicker recovery between actions “catch your breath quicker”. (3v3, 4v4, 5v5) Small sided games overload the frequency of CDE.

If players are able to maintain or sustain the tempo and intensity for the full duration of the game then there is a need for small sided games (4v4) to further improve the recovery between actions so they can play at a higher tempo.

LARGE SIDES GAMES: MAINTAINS QUANTITY (TEMPO) (X-X-X-X-X-X-X-X-X-X-X)

Medium/Large sided games improves the ability to “maintain” the “quantity” of maximum football actions: more maximum actions per minute for the entire game. Games are in block of 10 minutes with 2 minute rest between blocks. By the 3rd or 4th block you will see your players, “ maximum actions per minute” drop and the body will adapt. (Super compensation) (8v8, 9v9, 10v10, 11v11 games improves the ability to maintain CDE.

When you see a dip in performance that means that players are unable to maintain quick recovery between maximum actions for the full duration of the game. Greater need for 11v11 games.



IDEA TOROS COACHING & TRAINING PHILOSOPHY

PLAYER PERFORMANCE PERSPECTIVE RELATIVE INDIVIDUALS vs ABSOLUTE INDIVIDUAL

- ✓ Football is a TEAM SPORT which means that the TEAM is superior to the needs of the individual
- ✓ In football players are viewed as **RELATIVE INDIVIDUALS**, relative to the TEAM meaning each player's actions is an integral part of the Team's Tactical Principles in (A | A>D | D | D>A)
 - ✓ Players are trying to become the best possible team player NOT the best possible individual player
 - ✓ Individual training in football is individual training within the Team Training
- ✓ In individual sports such as athletics or gymnastics people are viewed as **ABSOLUTE INDIVIDUALS** meaning, individual actions are superior (to the TEAM)

TEAM & PLAYER PERFORMANCE PRINCIPLES:

“Observation & Communication of your players are key to getting the best out of your team”

- ✓ Players should always be practicing and playing at 100% as it optimizes development and reduces risk of injury
 - ✓ Players perform best at 100% so recovery between sessions and games is most important
- ✓ Players that accumulate fatigue will not perform (play and practice) at 100% so their development is reduced and risk of injury is increased. “lack of freshness”
 - ✓ You have to get to the max of 100% to stretch their limited “boundaries” to reach 101% “baseline testing”
 - ✓ The main objective of preseason/training is to develop the communication between players (verbal/nonverbal)
- ✓ You can only optimize the communication between your best 11 players, if your best 11 players are on the field everyday
 - ✓ Position specific training exercises will optimize communication between your best 11 players
- ✓ Key to football communication is Position specific formations in every training exercise to optimize communication between players in relation to the 11v11 Team Tactical Principles (Playing Style)
- ✓ Small sided games should also follow the same team tactical principles as when playing 11v11, players have to behave in the same way that they would behave in 11v11 (Tactical Periodisation)



IDEA TOROS COACHING & TRAINING PHILOSOPHY

IMPLICIT LEARNING vs EXPLICIT LEARNING:

In terms of training affect and training retention IMPLICIT TRAINING enhances a player's ability to retain | maintain the training affect over a longer period of time.

IMPLICIT LEARNING | GOAL ORIENTATED is a player centered approach to coaching. Players focus on a specific goal to develop better footballing actions based on a desired OUTCOME | GOAL | or by SETTING OBJECTIVES within each exercise. "DOING" - **Situation Coaching, Players are experiencing.**

Explicit Learning is a more traditional coach centered approach where Coaches use verbal instructions as a tool to coach players on how to perform different techniques or skills. "TELLING"

The Conscious brain "consciousness | knowledge" will accelerate learning processes. Coaching the Subconscious: The theory is to find a way to coach the player's subconscious, not conscious state. The subconscious part of the brain has habits. First you gain the trust and respect of your players by establishing yourself as mentor and a role model. This would then allow players to relax and you now gain access to subconscious habits. This is coaching the subconscious.

GUIDED DISCOVERY

✓ By asking open ended questions, players become actively engaged in the learning process. Guided Discovery is a great way to lead them down the path of figuring out solutions to problems as opposed to coaches telling them the answer. Key to this part of educating is setting up the correct environment to challenge the players to work on the principle(s) within each phase of the game.

✓ The ART of coaching is to find a way to coach the player's subconscious brain, not the conscious which intern develops resilience. The subconscious part of the brain stores habits and behaviours. The battle between the unconscious and conscious brain produces actions. Firstly, you have to establish your player's trust, then you have to help players develop habits that they can do subconsciously. (free-minded decision makers) Tactical References helps players to improve communication and subconscious actions.



IDEA TOROS COACHING & TRAINING PHILOSOPHY

FOOTBALL RECOVERY:

✓ **Recovery - Improving quicker recovery between actions: "higher tempo = more actions per minute" (Is the desired outcome)**

- ✓ Players need enough time to recover fully between sessions to avoid the accumulation of fatigue. Improving quicker recovery between actions: "tempo = actions per minute" (Is the desired outcome)
- ✓ You play soccer at a certain tempo or speed. A "high tempo" means more "actions per minute", a "low tempo" means "less actions per minute".
- ✓ If you want to overload your players in "actions per minute" (you want them to train @ a higher tempo) then reduce the number of players in the training exercise and the number of actions per minute goes up. (7v7) (4v4)
 - ✓ "Small sides games" are overloading your players to make more actions per minute as compared to 11v11.
 - ✓ More actions per minute means less time between actions to recover.
- ✓ Reducing the number of players, means more actions per minute, means less rest between actions, means "overloading your body to catch your breath quicker" at a higher tempo.
- ✓ When your body has learned to recover during small sided games (7v7) (4v4) then when you go back to 11v11 and now your players are now able to make more actions per minute, in the 11v11 context because the body has learned to recovery quicker and now you can play at a higher tempo.

OXYGEN | INTENSITY SPORT (INTERVAL SPORT V ENDURANCE SPORT)

- ✓ In football we use **OXYGEN** to recover quickly between actions so that we can play at a higher tempo.
- ✓ INTERVAL TRAINING is to overload quick recovery between actions by reducing the rest between each footballing action
- ✓ When running at one tempo we use OXYGEN to keep working which is different to the physical requirements for playing football

STRENGTH TRAINING

(AKA "BASIC ACTION TRAINING" | BASIC ACTION FITNESS COACH)

Basic Action Training – Conditioning Basic Actions – Improving the quality, the speed of the execution within **CDE**.

Strength Training does not improve FITNESS because it improves the quality of basic football actions. "Improving your ABILITY"

80/90 % of explosive football actions are performed after a change in direction. In football players accelerate and decelerate so their muscles go through eccentric contraction and concentric contractions. Strength training has to be done in a footballing context because the application of non contextual references could increase the risk of injury and the accumulation of fatigue.



IDEA TOROS COACHING & TRAINING PHILOSOPHY

FOOTBALL FITNESS

✓ FOOTBALL FITNESS is playing football (CDE) at a higher TEMPO for LONGER (90 minutes).

✓ FOOTBALL FITNESS CHARACTERISTICS:

1. Playing football at a “high tempo” means more “actions per minute” (a “low tempo” means “less actions per minute”)
 2. Maintaining the quality (good football actions) (CDF)
 3. Maintaining the quantity (many football actions CDE per minute)
4. Improving the quality of football actions does NOT improve football fitness (maximum rest between actions, sets or exercises)

FOOTBALL ABILITY (CDE) vs FOOTBALL FITNESS

“FOOTBALL FITNESS DOES NOT IMPROVE FOOTBALL ABILITY”

Exercises with maximum recovery ONLY improves the “quality” of maximum football actions. **FOOTBALL FITNESS DOES NOT IMPROVE FOOTBALL ABILITY** because to improve the quality of football actions (**CDE**) players need maximum rest in between exercises or sets.

Exercises with **minimum recovery improves football fitness** and the ability to “maintain” the “quality of maximum football actions” because the recovery period is shorter and the player struggles to maintain 100% quality of maximum actions and as a result of this “overload” the body will adapt and will now be able to maintain 100% quality of maximum football actions for much longer.

OVERLOAD & UNDERLOAD

FOOTBALL FITNESS CHARACTERISTIC (Overing loading quantity | Overloading maintaining quantity)

OVERLOAD – stretching boundaries by taking players outside their comfort zone. Training effect – super compensation (the improvement because of overloading) Players are able to keep thinking task, more actions per minute.

FOOTBALL BRAINING - think action & think next action, IGNORE external factors. Super compensation (training affect) A brain that can keep thinking task and ignore the external factors.

FOOTBALL FITNESS training is an overload training session.



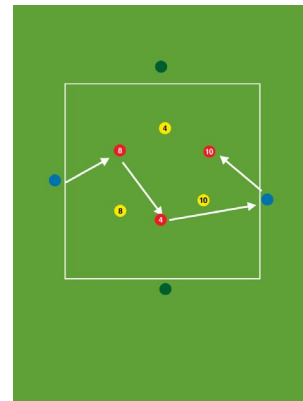
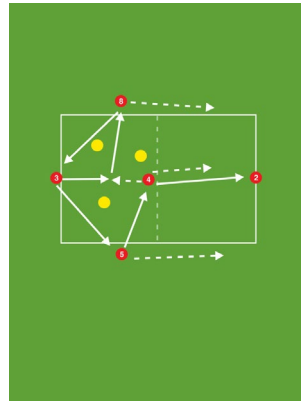
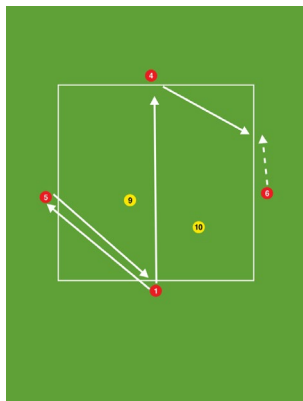
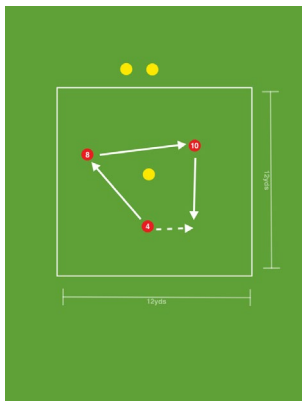
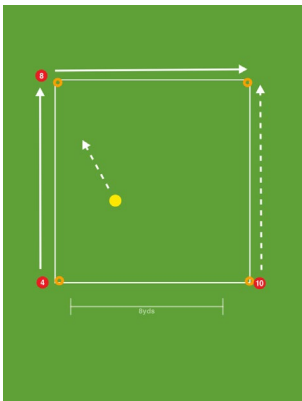
IDEA TOROS COACHING & TRAINING PHILOSOPHY

Rondos: Directional | Positional

One of the important aspects of my training is making sure that it is done within my playing style and team tactical principles in mind. Using positional rondo's is a fantastic way to integrate the possession style of play with your team as it helps with technical, tactical and positional aspects of your teams overall play. I use rondos to help with our possession style of play. Positional Rondos help create a game like realistic picture as it encompasses communication, decision making and execution that you want to see in the game so that your players can recognize and react to things they have practices time & time again.

Rondos are usually set up in a grid of varying size, which can be anything from 8x8 to a half pitch based on the objective on the session. There are always players "in the middle" with the team in possession usually having numerical superiority either through given number of players or with the use of neutral players/jokers.


There are most frequent set ups for rondos used are: 3v1, 4v2, 5v2 & 6v3. There are many other situations and small sided games, but these are the most used.






IDEA TOROS COACHING & TRAINING PHILOSOPHY

GAME & VIDEO ANALYSIS: READING THE GAME (11v11)




TEAM: _____ DATE: _____ TIME: _____ OPPONENT: _____
 FORMATION: _____ TEAM | OPPONENT ATTACKING DIRECTION TEAM | OPPONENT FORMATION: _____



1ST HALF
2ND HALF
GAME
WHAT
WHO
WHERE
WHEN
WHY

	ATTACKING 3RD	MIDFIELD 3RD	DEFENDING 3RD
L C	WIDE CROSS	DEEP WIDE CROSS	DEEP WIDE CROSS
L C C	BOX CROSS	HALF SPACE	BOX CROSS
C C	GOLD ZONE	ZONE 14 5	GOLD ZONE
R C C C	BOX CROSS	HALF SPACE	BOX CROSS
R C	WIDE CROSS	DEEP WIDE CROSS	DEEP WIDE CROSS
	DEFENDING 3RD	MIDFIELD 3RD	ATTACKING 3RD



CROSS	ON TARGET ✓	OFF TARGET X	TOTAL
BOX CROSS	✓	X	
WIDE CROSS			
DEEP WIDE CROSS			
FAR CROSS			
CORNERS			
TOTAL			

ZONE 14	GOALS \$	ON TARGET ✓	OFF TARGET X	TOTAL
SHOTS				
DECISIVE PENETRATIVE PASS				
TOTAL				

TEAM OPPONENT	1 ST HALF	2 ND HALF
SHOTS HEADERS	GOAL \$	ON TARGET ✓
		OFF TARGET X

ZONE 14	GOALS \$	ON TARGET ✓	OFF TARGET X	TOTAL
SHOTS HEADERS				
DECISIVE PENETRATIVE PASS				
TOTAL				

CROSS	ON TARGET ✓	OFF TARGET X	TOTAL
BOX CROSS	✓	X	
WIDE CROSS			
DEEP WIDE CROSS			
FAR CROSS			
CORNERS			
TOTAL			

DEFENDING	WON ○	LOST ⊗	TOTAL
INTERCEPTIONS TACKLES			

ZONE 14	GOALS \$	ON TARGET ✓	OFF TARGET X	TOTAL
SHOTS HEADERS				
DECISIVE PENETRATIVE PASS				
TOTAL				

TEAM OPPONENT	1 ST HALF	2 ND HALF
SHOTS HEADERS	GOAL \$	ON TARGET ✓
		OFF TARGET X


ZONE 14	GOALS \$	ON TARGET ✓	OFF TARGET X	TOTAL
SHOTS HEADERS				
DECISIVE PENETRATIVE PASS				
TOTAL				

DEFENDING	WON ○	LOST ⊗	TOTAL
INTERCEPTIONS TACKLES			




IDEA TOROS COACHING & TRAINING PHILOSOPHY

GAME & VIDEO ANALYSIS: READING THE GAME (7v7 | 9v9)



TEAM: _____ DATE: _____ TIME: _____ OPPONENT: _____

FORMATION: _____ FORMATION: _____



← TEAM | OPPONENT ATTACKING DIRECTION TEAM | OPPONENT →

1ST HALF

2ND HALF

GAME

WHAT

WHO

WHERE

WHEN

WHY

CROSS	ON TARGET ✓	OFF TARGET X	TOTAL
BOX CROSS			
WIDE CROSS			
DEEP WIDE CROSS			
FAR CROSS			
CORNERS			
TOTAL			

ZONE 14	GOAL \$	ON TARGET ✓	OFF TARGET X	TOTAL
SHOTS				
DECISIVE PENETRATIVE PASS				
TOTAL				

TEAM OPPONENT	1 ST HALF	2 ND HALF	
SHOTS HEADERS	GOAL \$	ON TARGET ✓	OFF TARGET X
TEAM OPPONENT 1 ST HALF 2 ND HALF			
SHOTS HEADERS	GOAL \$	ON TARGET ✓	OFF TARGET X

ZONE 14	GOAL \$	ON TARGET ✓	OFF TARGET X	TOTAL
SHOTS				
DECISIVE PENETRATIVE PASS				
TOTAL				

CROSS	ON TARGET ✓	OFF TARGET X	TOTAL
BOX CROSS			
WIDE CROSS			
DEEP WIDE CROSS			
FAR CROSS			
CORNERS			
TOTAL			

DEFENDING	WON ○	LOST ⊗	TOTAL
INTERCEPTIONS TACKLES			

ZONE 14	GOAL \$	ON TARGET ✓	OFF TARGET X	TOTAL
SHOTS HEADERS				
DECISIVE PENETRATIVE PASS				
TOTAL				

TEAM OPPONENT	1 ST HALF	2 ND HALF	
SHOTS HEADERS	GOAL \$	ON TARGET ✓	OFF TARGET X

ZONE 14	GOAL \$	ON TARGET ✓	OFF TARGET X	TOTAL
SHOTS HEADERS				
DECISIVE PENETRATIVE PASS				
TOTAL				

CROSS	ON TARGET ✓	OFF TARGET X	TOTAL
BOX CROSS			
WIDE CROSS			
DEEP WIDE CROSS			
FAR CROSS			
CORNERS			
TOTAL			

DEFENDING	WON ○	LOST ⊗	TOTAL
INTERCEPTIONS TACKLES			

ZONE 14	GOAL \$	ON TARGET ✓	OFF TARGET X	TOTAL
SHOTS HEADERS				
DECISIVE PENETRATIVE PASS				
TOTAL				

TEAM OPPONENT	1 ST HALF	2 ND HALF	
SHOTS HEADERS	GOAL \$	ON TARGET ✓	OFF TARGET X

ZONE 14	GOAL \$	ON TARGET ✓	OFF TARGET X	TOTAL
SHOTS HEADERS				
DECISIVE PENETRATIVE PASS				
TOTAL				

CROSS	ON TARGET ✓	OFF TARGET X	TOTAL
BOX CROSS			
WIDE CROSS			
DEEP WIDE CROSS			
FAR CROSS			
CORNERS			
TOTAL			



VEO

✓ 3 VEO CAMERAS ✓ 3 VEO TRIPODS

PERFORMANCE ANALYSIS – GAME ANALYSIS TEAM & INDIVIDUAL



IDEA TOROS vs Solar U17 Academy- 4/24/21 - 1st Half GAME ANALYSIS
RGVFC Group functions in BUILD UP - Attacking formation - (1-4-3-3)

Strategy: Direct passes both long and short into the attacking 3rd to CF #9, from the defensive 3rd, in an attempt to create goal scoring opportunities.

Key Takeaways: High pressing in the attacking third and immediate pressure to delay the opponent in an attempt to deny goalscoring opportunities.

Patience in Possession: To spread out and unbalance the Solar's defensive shape in the 2nd half the Toros will continue using the flank areas in attack with the LB and RB. This would create more space and time for 2v1 and 1v1 opportunities in the middle and attacking 3rd for our midfielders to BU via possession and combinations. To penetrate Solar we need to play forward when possible through our central midfielders. This would allow or central midfielders to triangulate and to occupy the spaces in between and behind the defensive lines of Solar. This would help create diagonal passing options for penetrative runs and passes into the attacking 3rd and with patience and proper decision making when in possession we should create better scoring opportunities in attack. **Minute: 36:00**

Defensively: We want to apply high pressure in the attacking half in an attempt to regain possession in the attacking 3rd in an attempt to create goal scoring opportunities for our front 3. **Minute: 11:30, 12:20, 15:30, 15:45, 17:05, 21:53, 22:25**

RGVFC Toros
Game Analysis

STRENGTHS	WEAKNESSES
<ul style="list-style-type: none"> High pressing in the attacking half in the first 1/2 of the match Midfield pressure Defensive pressure along the full Attacking through the full width of the field Good central and wide play Good central and wide play Effective use of their RB and LB in both areas 	<ul style="list-style-type: none"> Challenging defensive positions in the goal area Lack of defense when attacking and defensive shape High defensive line when attacking Defensive line when attacking Defensive line when attacking Defensive line when attacking Defensive line when attacking Defensive line when attacking

Conditions for Attacking Theme Success

- High pressing in the attacking half in the first 1/2 of the match
- Midfield pressure
- Defensive pressure along the full
- Attacking through the full width of the field
- Good central and wide play
- Good central and wide play
- Effective use of their RB and LB in both areas

Conditions for Defensive Theme Success

- High pressing in the attacking half in the first 1/2 of the match
- Midfield pressure
- Defensive pressure along the full
- Attacking through the full width of the field
- Good central and wide play
- Good central and wide play
- Effective use of their RB and LB in both areas

MLS NEXT

Conditions for Attack Theme Success

- High pressing in the attacking half in the first 1/2 of the match
- Midfield pressure
- Defensive pressure along the full
- Attacking through the full width of the field
- Good central and wide play
- Good central and wide play
- Effective use of their RB and LB in both areas

Conditions for Defense Theme Success

- High pressing in the attacking half in the first 1/2 of the match
- Midfield pressure
- Defensive pressure along the full
- Attacking through the full width of the field
- Good central and wide play
- Good central and wide play
- Effective use of their RB and LB in both areas

IDEA TOROS vs Solar U17 Academy- 4/24/21 - 1st Half GAME ANALYSIS

RGVFC Group functions in BUILD UP - Attacking formation - (1-4-3-3)

- Strategy:** Direct passes both long and short into the attacking 3rd to CF #9, from the defensive 3rd, while transitioning into the attacking half, in an attempt to create goal scoring opportunities.
- Mobility and combination play of the attacking 6, in making and creating penetrative runs and passes from the midfield 3rd into the attacking 3rd, in an attempt to create goal scoring opportunities are key technical functions of the Toros.** The Toros is playing a, 1-4-3-3 when attacking, with their front 3, LW#11, ST#9 & RW#7 being supported by, the 3 central midfielders. The 3 forwards, are starting narrow but with flank play at times. This is in an attempt to outnumber, disorganize and triangulate Solar's defense in the attacking half of the field. This also allows the Toros to sometimes transition easily into a, 1-4-5-1 defensive formation with the LW and RW recovering to form a midfield defensive block of 5. The Toros' central fielders are key to their attack in the first half with inconsistent BU and combination play at times. Through sporadic BU and combination play in the midfield 3rd and the attacking 3rd the Toros were able to create and score 2 HQ goals in the first half. This is evident in the **36th minute** when the Toros scores from BU via possession and combinations in the middle 3rd, with Toros CM playing an excellent penetrative pass in between and behind the defensive block of the Solar Academy. The Toros is also playing with a strong tail wind to their advantage in the first half. Finally, in the first half when attacking, width is being provided by the RB and LB via over lapping and penetrative runs in the flank areas.

RGVFC Group functions to disrupt the BUILD UP - Defending formation - (1-4-5-1)

- Strategy:** Get compact, high pressing in the attacking third and immediate pressure to delay the opponent in an attempt to deny goalscoring opportunities
- Defensively the Toros are not always compact but displays good pressing actions when transitioning from attack to defense by applying intense immediate pressure after losing the ball. The Toros are allowing Solar to create the point of attack via their CM pivot. This is allowing Solar to create 1v1 attacking goal opportunities in the flank areas. **Minute: 7:00 and 41:30**

RGVFC Group functions when transitioning from Attack to Defense

- In transitioning from Attack to Defense the Toros are doing a good job of immediately applying pressure after losing possession of the ball. **Minute: 5:00**

RGVFC Group functions when transitioning from Defense to Attack

- The Toros are very slow to expand and get into their attacking formation sometimes staying too narrow which creates an unbalanced starting position in BU with limited space. **Minute: 3:28**

SECOND HALF STRATEGY

- Patience in Possession:** To spread out and unbalance the Solar's team's defensive shape in the 2nd half the Toros will continue using the flank areas in attack with the LB and RB. This would create more space and time for 2v1 and 1v1 opportunities in the middle and attacking 3rd for our midfielders to BU via possession and combinations. To penetrate Solar we need to play forward when possible through our central midfielders. This would allow or central midfielders to triangulate and to occupy the spaces in between and behind the defensive lines of Solar. This would help create diagonal passing options for penetrative runs and passes into the attacking 3rd and with patience and proper decision making when in possession we should create better scoring opportunities in attack. **Minute: 36:00**
- Defensively:** We want to apply high pressure in the attacking half in an attempt to regain possession in the attacking 3rd in an attempt to create goal scoring opportunities for our front 3. **Minute: 11:30, 12:20, 15:30, 15:45, 17:05, 21:53, 22:25**



IDEA TOROS STYLE OF PLAY - Key Qualities/Expected Behaviors of an Elite Player

KQ of a Football Player	Player Behavior (World-class) A WC Player Has, Given His Role In The Team And Position On The Field, The Qualities To Give A Decisive Contribution To The General Principles Of Attacking, Defending And Transition To Accomplish The Goals And Game Result
<p>Game Understanding & Decision Making Read and understand the game and makes own decisions</p>	<ul style="list-style-type: none"> - Applies Knowledge Of The Details And Implications Of The Cues - Reads Cues Regarding A/D/T In A Split Second And/Or Under Pressure - Aligns Own Actions With The Other Players, Positions (Understand Relationships/Partnerships) - Is The Best Player At His Position Based On The Style Of Play Of The Team - Manages The Game When It Comes To The Pace Of The Game And/Or The Moment In The Game - Recognizes The Transition Moment As An Opportunity And Threat
<p>Initiative Take initiative, be pro-active</p>	<ul style="list-style-type: none"> - Creates Instead Of Reacts - Takes People On (1v1, Dribble To Drag Opponents Out Of Position) <ul style="list-style-type: none"> - Thinks Ahead - Moves Into Space Ahead Of Time - Is There When It Is Needed (Leadership)
<p>Focus Focused for 90+ minutes on their task</p>	<ul style="list-style-type: none"> - Executes His Task Under All Circumstances - Deals With Adversity (Recovers Quickly) - Is Composed In His Behavior (Emotional Stability) <ul style="list-style-type: none"> - Has Guts, Is Brave - Enhances The Team And The Other Players By Executing His Task (Is A Giver) <ul style="list-style-type: none"> - Plays To Win
<p>Optimal Technical & Physical Optimal technical and physical conditions to execute their task for 90+ minutes</p>	<ul style="list-style-type: none"> - Has The Physical Fitness To Execute His Task At Top Level During The Whole Game <ul style="list-style-type: none"> - Exudes Power And Speed - Uses His Body (E.G. Getting On The Man And Defend) - Is Technically Proficient To Be Effective (Accurate) And Successful In All Situations <ul style="list-style-type: none"> - Has The Technical Skills To Create, Even Under Pressure - Has The Technique To Dictate The Pace Of The Game - Is Proficient In 1v1 To Create Or To Win/Regain The Ball - Protects And Holding On The Ball Under Pressure
<p>Responsible Take responsibility and accountability for their own development and performance</p>	<ul style="list-style-type: none"> - Evaluates And Reflects On Their Own Performance (Analyzes Matches In Relation To Positional Requirements In The System Of Play) <ul style="list-style-type: none"> - Articulates His Own Learning Needs And Formulate Personal Development Goals - Is (More) Adaptable And Flexible In Dealing With (Un)expected Challenges And Problems <ul style="list-style-type: none"> - Creates A Personal Development Plan - Consults Sources Of Knowledge/ 'Experts' - Creates Their Own Learning Environment - Delivers On Agreements And Promises - Organizes And Manages The Personal Lifestyle And Environment To Perform At Top Level



IDEA Toros Player/Talent Development and Coaching Philosophy

At IDEA Toros FA we are player centered with a focus on developing individuals through first knowing the whole athlete, then offering honest feedback, support and exposure to a true competitive environment. All players receive training from the academy's deliberate, integrated, long-term style of play using principles. This curriculum offers a seamless transition for players from different age groups to guest play with other academy teams. While the specific skills and techniques will change as players mature, the tactical concepts and systems of play remain constant. At other clubs where coaches may have discretion in selecting training methodologies, at IDEA Toros we provide a unified and consistent approach. Players develop at different rates so we believe in fluid training environments (player movement for trainings or games when appropriate). The performance environment to which we create for players is centered around individualized development. It's an environment where failure represents as an opportunity to grow.

We embody a soccer environment of commitment, consistency, love, respect, discipline, leadership, togetherness and teamwork.

DEVELOPMENTAL TOOLBOX

❖ **PLAY UP DAY:** Our goal at IDEA Toros is to always provide our players with more opportunities, new challenges and varying experiences to help them develop. So to balance the cognitive demand for each individual player in a team setting we select a group of players exceeding their potential to **"Play Up Day" with a higher-level team.**

This simply refers to each team passing 2-4 players up (ex, BU15 to BU16, BU16 to BU17, BU17 to BU18/19) biweekly. Coaches will reassess the pool of players being selected for this roughly every month.

✓ **This also enables more attention to be paid to a subgroup of new players or for slow developers that are struggling with the principles of the team more time and space to develop.**

❖ **PLAYER PASSING FOR GAMES:** At IDEA Toros on a weekly basis for games, teams can "player pass" to fill roster spots or to give opportunities for players to guest play with other teams. This is done to either provide opportunities for players to be tested or gain experience on a higher-level team or sometimes also to allow for key spots to be filled by younger players. I will connect weekly with coaches to seek guest player opportunities that are appropriate for players to enhance their development needs.

❖ **SCRIMMAGES:** On a biweekly basis, teams will scrimmage each other so that players develop positional references for 11v11. This will also give academy coaches the opportunity to experiment using different tactics and players.



IDEA Toros FA COACHING & TRAINING PHILOSOPHY

PLAYER PERFORMANCE PERSPECTIVE RELATIVE INDIVIDUALS vs ABSOLUTE INDIVIDUAL

- ✓ Football is a TEAM SPORT which means that the TEAM is superior to the needs of the individual
- ✓ In football players are viewed as **RELATIVE INDIVIDUALS**, relative to the TEAM meaning each players actions is an integral part of the Teams Tactical Principles in (A | A>D | D | D>A)
- ✓ Players are trying to become the best possible team player NOT the best possible individual player
 - ✓ Individual training in football is individual training within the Team Training
- ✓ In individual sports such as athletics or gymnastics people are viewed as **ABSOLUTE INDIVIDUALS** meaning, individual actions are superior (to the TEAM)

TEAM & PLAYER PERFORMANCE PRINCIPLES:

“Observation & Communication of your players are key to getting the best out of your them”

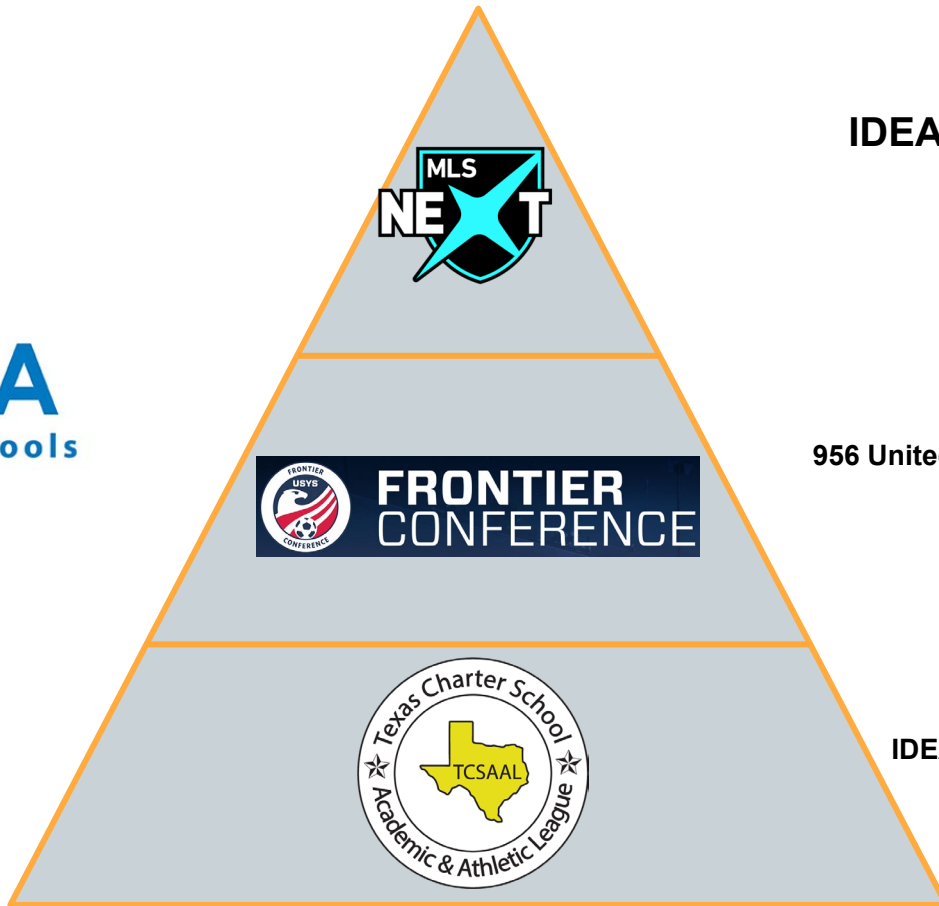
- ✓ Players should always be practicing and playing at 100% as it optimizes development and reduces risk of injury
 - ✓ Players perform best at 100% so recovery between sessions and games is most important
- ✓ Players that accumulate fatigue will not perform (play and practice) at 100% so their development is reduced and risk of injury is increased. “lack of freshness”
 - ✓ You have to get to the max of 100% to stretch their limited “boundaries” to reach 101% “baseline testing”
 - ✓ The main objective of preseason/training is to develop the communication between players (verbal/nonverbal)
- ✓ You can only optimize the communication between your best 11 players, if your best 11 players are on the field everyday
 - ✓ Position specific training exercises will optimize communication between your best 11 players
- ✓ Key to football communication is Position specific formations in every training exercise to optimize communication between players in relation to the 11v11 Team Tactical Principles (Playing Style)
- ✓ Small sided games should also follow the same team tactical principles as when playing 11v11, players have to behave in the same way that they would behave in 11v11 (Tactical Periodisation)



IDEA Toros FA PLAYER DEVELOPMENT PATHWAY



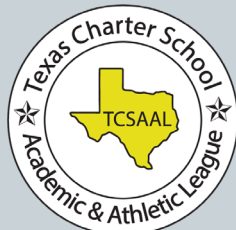
IDEA
Public Schools



IDEA Toros FA - MLS Next



**956 United – USYS Frontier Conference
(Pre MLS-Next)**



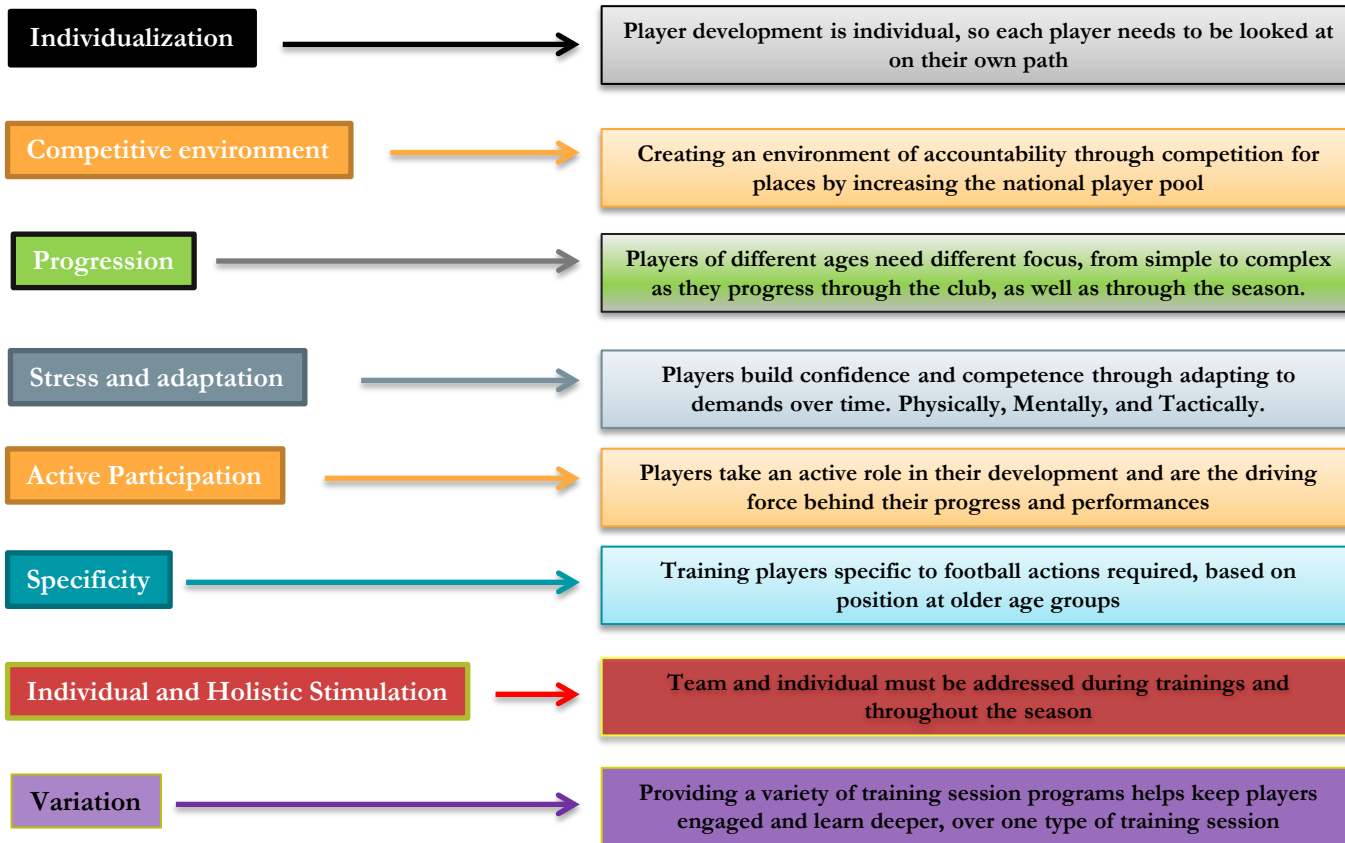
**IDEA Toros CP - HS | MS League
(Future Player Pool)**





IDEA TOROS PLAYER | TALENT DEVELOPMENT PRINCIPLES

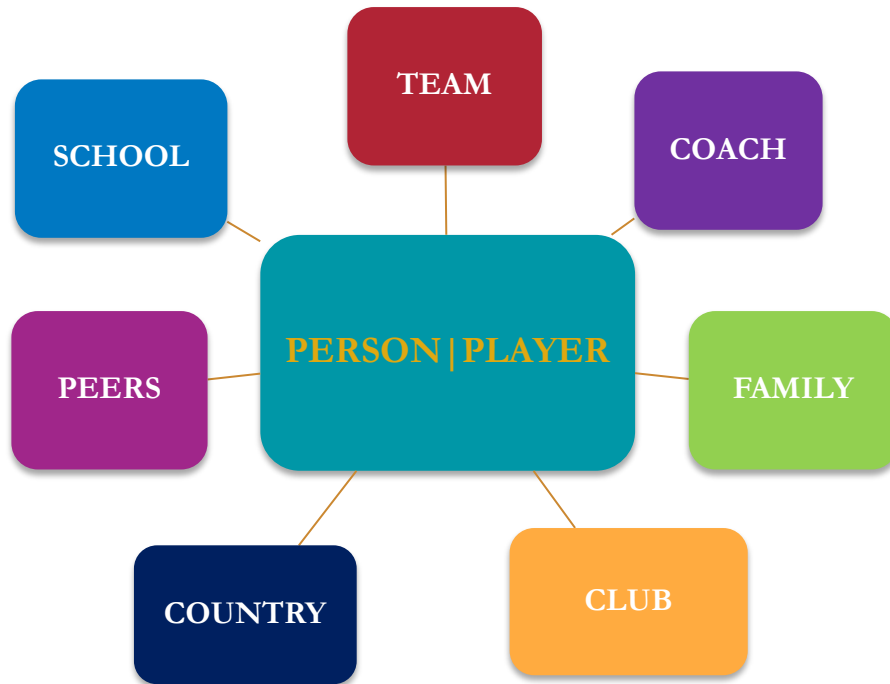
Home &
Personal Life





IDEA TOROS PLAYER DEVELOPMENT PHILOSOPHY

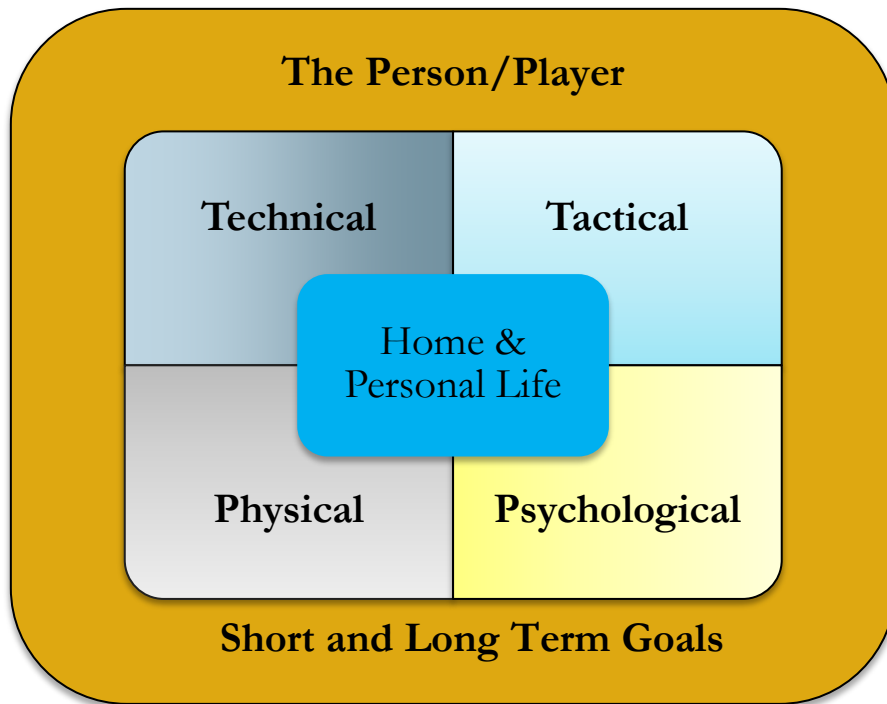
PLAYER CENTERED APPROACH





IDEA TOROS PLAYER DEVELOPMENT PHILOSOPHY

PLAYER CENTERED APPROACH





IDEA TOROS PLAYER DEVELOPMENT PHILOSOPHY

TECHNICAL

TECHNICAL	5 is max
Dribbling	
Running with the ball	3+
Feints/fakes	3+
Cuts/change of directions	3+
Passing	
Short inside of foot Right foot	3+
Short inside of foot Left foot	3+
Long (Instep) Right foot	3+
Long (Instep) Left foot	3+
Shooting	
Short	3+
Long	3+
Volley	3+
Crossing	
Right foot	3+
Left foot	3+
On the ground	3+
In the air	3+
Trapping-Receiving	
First touch	3+
Thigh	3+
Chest	3+
Heading	
Offensive	3+
Defensive	3+
1v1 attacking	
Ability to beat an opponent	3+
Ability to score	3+
1v1 Defending	
Ability to win balls	3+
Touch on the ball	3+
Ball handling speed	3+
Speed of action	3+

GENERAL:

Proficiency in basic and advanced technical execution and application. Execution of technical skills at speed under pressure from opponent.



IDEA TOROS PLAYER DEVELOPMENT PHILOSOPHY

TACTICAL

TACTICAL INSIGHT	5 is max
IN POSSESSION	
Decision making	3+
Ability to combine	3+
Passing ability	3+
Vision-Overview	3+
Positional play-Awareness	3+
Feeling for position	3+
OPPONENT IN POSSESSION	
Defending	3+
Pressuring	3+
Marking	3+
Covering	3+
Feeling for position	3+
Decision making	3+
GENERAL TACTICS	
Decision making	3+
Transition to attack	3+
Transition to defense	3+
Task discipline	3+
Overall game understanding	3+
Anticipation	3+
Ability to play from position	3+

GENERAL:

Knowledge of TEAM's formations and positional role's and responsibilities. Aware of TEAM's systems in Attack, Defense & Transitioning through the thirds.



IDEA TOROS PLAYER DEVELOPMENT PHILOSOPHY

PHYSICAL

PHYSICAL ATTRIBUTES	5 is max
Overall Athletic personality	3+
Speed off the mark	3+
Speed 0-10 yards	3+
Speed 10-20 yards	3+
Speed - above 30 yards	3+
Jumping ability	3+
Strength in tackles	3+
Stamina	3+
Mobility	3+
Strength with the ball	3+
Power	3+

GENERAL:

Varying levels of maturation and puberty make this a difficult time for physical development as a group. Physical loads and overloads to provide growth in physical development are based on the individual at this level. Some are ready for more advanced strength, speed, agility, and power training. Others are not ready and will focus more on their durability and stamina.



IDEA TOROS PLAYER DEVELOPMENT PHILOSOPHY

PSYCHOLOGICAL

PERSONALITY	5 is max
Presence-Charisma	3+
Game Readiness	3+
Ability to handle pressure	3+
Motivation	3+
Aggressiveness	3+
Work Rate	3+
Mental Toughness	3+
Practice Mentality	3+
Concentration	3+
Coachable	3+
Social interaction with others	3+
Respectful	3+
Creativity	3+
Enthusiasm	3+
Leadership skills	3+
Leader	3+
Confidence	3+
Winning Mentality	3+
Plays for others	3+

GENERAL:

Physically tough, resilient, intrinsically motivated, and willingness to learn. Able to maintain focus on individual development while being a quality teammate and contributing member to the group.



IDEA TOROS PLAYER DEVELOPMENT PHILOSOPHY

STYLE OF PLAY – GENERAL FORMATION: 1-4-3-3 WITH ITS ADAPTATIONS INTO A BACK 2 OR 3

Defending formation: 1-4-5-1



SYSTEMS OF PLAY

- Players are flexible and comfortable playing many different positions
- The team's main formation or system of play is a 1-4-3-3. This is done to outnumber and unbalance the opponent in the midfield
 - When attacking we like to outnumber the opponent in the attacking 3rd with 3 forwards, an AM and full backs providing width
- When defending we like to apply high intense pressure to regain & retain possession in the attacking 3rd.
- We have very fast wingers and forwards, so box crosses are a characteristic of our team
- In our defensive line, players lack pace but are very efficient in 1v1 situations

Attacking formation: 1-2-5-3





IDEA TOROS PLAYER DEVELOPMENT PHILOSOPHY

STYLE OF PLAY – GENERAL FORMATION: 1-3-4D-3

Defending formation: 1-3-4D-1



SYSTEMS OF PLAY

- Players are flexible and comfortable playing many different positions
- The team's main formation or system of play is a 1-3-4D-3. This is done to outnumber and unbalance the opponent in the midfield
 - When attacking we like to outnumber the opponent in the attacking 3rd with 3 forwards, an AM and full backs providing width
- When defending we like to apply high intense pressure to regain & retain possession in the attacking 3rd.
- We have very fast wingers and forwards, so box crosses are a characteristic of our team
- In our defensive line, players lack pace but are very efficient in 1v1 situations

Attacking formation: 1-3-4D-3





IDEA TOROS PLAYER DEVELOPMENT PHILOSOPHY

STYLE OF PLAY – GENERAL FORMATION: 1-4-4D-2

Defending formation: 1-4-4D-2



SYSTEMS OF PLAY

- Players are flexible and comfortable playing many different positions
- The team's main formation or system of play is a 1-4-4D-2. This done to outnumber and unbalance the opponent in the midfield
 - When attacking we like to outnumber the opponent in the attacking 3rd with 2 target strikers an AM and full backs providing width
- When defending we like to apply high intense pressure to regain & retain possession in the attacking 3rd.
 - We have 2 fast physical forwards, so combination play between the front 2 and midfield 4 are main characteristic of our team
- In our defensive line, players lack pace but are very efficient in 1v1 situations

Attacking formation: 1-4-4D-2





IDEA TOROS GENERAL STYLE OF PLAY

GENERAL GOALS – PRINCIPLES OF PLAY – ATTACKING | A>D | DEFENDING | D>A

Below you can find the 4 phases of the game and the team's reference or functions when the team is in each of the 4 phases. These provide a clear but general references as to what all players should be thinking about when we are in each phase of the game.





IDEA TOROS GENERAL STYLE OF PLAY

KEY WORDS & TERMS (COMMON LANGUAGE)

In Soccer we need a universal football language with universal football references so that language is not a barrier and important knowledge or information does not get lost in translation.

ATTACKING:

- BU – Build up
- Combinations
- Spread out or Expand to create time and space
- Exploit the opponent when unbalanced/disorganized
- Unbalance/disorganize the opponent
- SPOA – Switch the Point of Attack
- Dis-marking – checking to the ball
- Scanning – the collection of data based on Team Tactical Principles

DEFENDING:

- Disrupt the BU
- Compactness both vertical and horizontal to take away space and reduce time on the ball
- Pressure, Cover & Balance
- Speed and Angle of approach
- Apply pressure on the ball via a curved run, either to force the opponent, inside (towards goal) or outside (away from goal)
- Marking – **Zonal Marking** (In this type of defending, each player is given an area or zone to mark relative to their team mates) **Man Marking** “man to man” (In this type of marking, each player is assigned an opponent to mark for the whole of the ninety minutes) & **Mixed Zonal Marking** (In this type of defending, the team defends the ball using zonal marking, while two or three of the best defenders man mark the most dangerous attackers of the attacking team)
- Scanning–the collection of data based on Team Tactical Principles
- KPI - Key Performance Indicators
- IDP- Individual Development Plan
- Scanning – to collect data based on Team Tactical Principles
- Intensity = Speed (tempo) when speed goes up the volume goes down
- Duration = Volume goes down when the speed and tempo is increased

ATTACK TO DEFENSE (TRANSITIONING):

- Immediate pressure by the closest player
- Delay the opponent
- Recover
- Scanning – Calm movement of the eyes

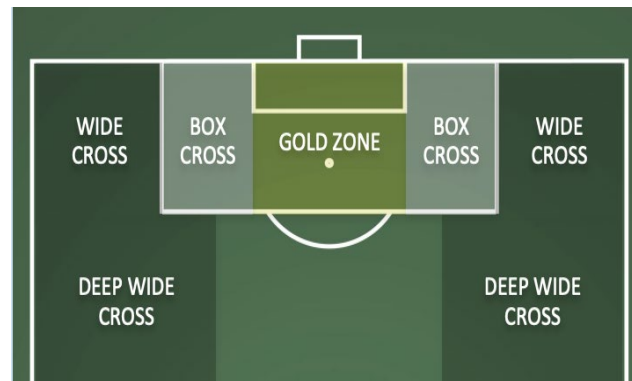
DEFENSE TO ATTACK (TRANSITIONING):

- Regain and retain the ball
- Pass or Dribble forward
- **ANTICIPATE** the 2nd ball
- Support the attack
- Scanning – Calm movement of the eyes

KEYS TO GAME:

- ✓ Move Ball to move the opponent horizontally
- ✓ Invite pressure to stretch opponent vertically
- ✓ Constant re-positioning based on references
 - ✓ Execute
 - ✓ Positional Superiority
 - ✓ Numerical Superiority

TYPES OF CROSSES:





IDEA TOROS STYLE OF PLAY – SPECIFIC TACTICS

SPECIFIC TACTICS:

ATTACK:

- Play from the back into midfield with short ground passes but also using well-judged longer passes
- Short distances between players, use of short passes and avoidance of overly long passes where possible (some degree of compactness in attack to assist in ball recovery when possession lost)
- Rapid and efficient ball rotation (two touch football in our half of the field)
- Width in attack (from wing backs)
- Wide midfielders | forwards also play through central areas
- Central midfielders support wide players
- Forwards play in spaces behind opposing defence but also drop into pockets in front of defence
- Directness and willingness to take risks in attacking third. Commitment to finish the attack
- Rapid transition to attack once ball is recovered, i.e. quick opening of team and recognition of counterattacking possibilities

DEFENCE:

- Good organization (marking and cover) in the defence while the team is in attack, i.e. preparation for opponent's counterattack
- Rapid transition to defence with quick closing of team and attacking space (compactness in defence)
- Defend from the front (immediate pressure/pressing)
- Strong defence along flanks and forcing play into the midfield
- Defensive compactness in midfield (create traffic)
- Goalkeeper: covering space without coming too far forward (sweeper), not intimately involved with the attack

TRANSITION FROM A>D AND D>A IMMEDIATELY



IDEA TOROS STYLE OF PLAY – TACTICAL PRINCIPLES

TEAM FUNCTION – ATTACKING – PRINCIPLES OF PLAY

VERBAL & NON-VERBAL COMMUNICATION IS KEY

Location	Objective	General Principle	Team Tactical Principle
Attacking 1/3	<ul style="list-style-type: none"> •Create goal scoring chances •Finish goal scoring chances 	<ol style="list-style-type: none"> 1. Exploit an unbalanced and disorganized opponent 2. Unbalance and disorganize opponent 	<ol style="list-style-type: none"> 1. Spread out 2. Utilize space and triangulate to create passing options 3. Pass or dribble forward when possible or hold the ball 4. Create and win 2v1 or 1v1 5. Vary the types of runs to try and get behind/between the opponent lines 6. Play the early cross when there is space behind the defensive line 7. Get numbers in the box 8. Penetrate final line via pass or dribble
Middle 1/3	<ul style="list-style-type: none"> •Advance Ball (Via possession) into Attacking 1/3 	<ol style="list-style-type: none"> 1. Exploit an unbalanced and disorganized opponent 2. Unbalance and disorganize opponent 	<ol style="list-style-type: none"> 1. Spread out 2. Utilize space and triangulate 3. Pass or dribble forward when possible or hold the ball 4. Support the attack 5. Create diagonal passing lines 6. Vary the types of runs to try and get behind/between the defensive lines of the opponent 7. Push the defensive line up and take preventative action 8. Penetrate final line
Defensive 1/3	<ul style="list-style-type: none"> •Advance Ball (Via possession) into middle 1/3 	<ol style="list-style-type: none"> 1. Exploit an unbalanced and disorganized opponent 2. Unbalance and disorganize opponent 	<ol style="list-style-type: none"> 1. Spread out 2. Utilize space and triangulate to create passing options 3. Pass or dribble forward when possible or hold the ball 4. Support the attack 5. Create diagonal passing lines 6. Push the defensive line up and take preventative defensive action



IDEA TOROS STYLE OF PLAY – TACTICAL PRINCIPLES

TEAM FUNCTION – TRANSITIONING – A>D – PRINCIPLES OF PLAY

VERBAL & NON-VERBAL COMMUNICATION IS KEY

Location	Objective	General Principle	Team Tactical Principle
Attacking 1/3	<ul style="list-style-type: none">•Prevent the opponent from playing forward or deny penetration from dribble•Force an inaccurate pass and/or a ball that's hard to control•Regain the ball	<ol style="list-style-type: none">1. Quick transition to defending2. Get organized and balanced	<ol style="list-style-type: none">1. Provide cover and delay the opponents attack when outnumbered2. Always press in the identified situations
Middle 1/3	<ul style="list-style-type: none">•Prevent the opponent from playing forward or deny penetration from dribble•Force an inaccurate pass and/or a ball that hard to control•Regain the ball	<ol style="list-style-type: none">1. Quick transition to defending2. Get organized and balanced	<ol style="list-style-type: none">1. Pressure the player with the ball, cover and balance2. Always press in the identified situations3. Provide cover and delay the opponents attack when outnumbered4. Anticipate the long ball behind the defensive line5. The defensive line moves as a collective unit
Defensive 1/3	<ul style="list-style-type: none">•Prevent the opponent from playing forward or deny penetration from dribble•Force an inaccurate pass and/or a ball that's hard to control•Regain the ball•Deny chances•Prevent goals	<ol style="list-style-type: none">1. Quick transition to defending2. Get organized and balanced	<ol style="list-style-type: none">1. Pressure the player with the ball, cover and balance2. Always press in the identified situations3. Provide cover and delay the opponents attack when outnumbered4. The defensive line moves as a collective unit5. Outnumber the opponent6. When necessary, switch from zonal marking to player tracking



IDEA TOROS STYLE OF PLAY – TATICAL PRINCIPLES

TEAM FUNCTION – DEFENDING – PRINCIPLES OF PLAY

VERBAL & NON-VERBAL COMMUNICATION IS KEY

Location	Objective	General Principle	Team Tactical Principle
Attacking 1/3	<ul style="list-style-type: none"> •Deny Penetration •Regain Possession 	<ol style="list-style-type: none"> 1. Get organized and balanced 2. Stay organized and balanced 	<ol style="list-style-type: none"> 1. Make it compact 2. Keep it compact 3. Make play predictable 4. Provide cover and delay the opponents attack when outnumbered 5. Always press in identified situations
Middle 1/3	<ul style="list-style-type: none"> •Deny Penetration •Regain Possession 	<ol style="list-style-type: none"> 1. Get organized and balanced 2. Stay organized and balanced 	<ol style="list-style-type: none"> 1. Make it compact 2. Keep it compact 3. Pressure the player with the ball, cover and balance 4. Always press in identified situations 5. Outnumber the opponent 6. Provide cover and delay the opponents attack when outnumbered 7. Stay in your defensive zone when the opponent changes position 8. Anticipate the long ball played behind the defensive line 9. The defensive line moves as a collective unit 10. Take anticipated attack action
Defensive 1/3	<ul style="list-style-type: none"> •Deny Penetration •Regain Possession •Deny goal scoring opportunities 	<ol style="list-style-type: none"> 1. Get organized and balanced 2. Stay organized and balanced 	<ol style="list-style-type: none"> 1. Make it compact 2. Keep it compact 3. Make play predictable 4. Pressure the player with the ball, cover and balance 5. Always press in the identified situations 6. Outnumber the opponent 7. Provide cover and delay the opponents attack when outnumbered 8. When necessary, switch from zonal marking to player tracking 9. The defensive line moves as a collective unit



IDEA TOROS STYLE OF PLAY – TATICAL PRINCIPLES

TEAM FUNCTION – TRANSITIONING – D>A – PRINCIPLES OF PLAY

VERBAL & NON-VERBAL COMMUNICATION IS KEY

Location	Objective	General Principle	Team Tactical Principle
Attacking 1/3	<ul style="list-style-type: none"> • Possession to create chances • Scoring goals 	<ol style="list-style-type: none"> 1. Quick transition to attacking 2. Exploit the opponent when unbalanced/disorganized 	<ol style="list-style-type: none"> 1. Pass or dribble forward when possible, or hold the ball 2. Penetrate final line 3. Vary the types of runs to try and get behind/between the defensive lines of opponent 4. Support the attack 5. Create and win 2v1 or 1v1 6. Play the early cross when there is space behind the defensive line 7. Get numbers in the box
Middle 1/3	<ul style="list-style-type: none"> • Possession to pass or dribble forward (In order to create chances in the Attacking 1/3) 	<ol style="list-style-type: none"> 1. Quick transition to attacking 2. Exploit the opponent when unbalanced/disorganized 	<ol style="list-style-type: none"> 1. Pass or dribble forward when possible, or hold the ball 2. Penetrate final line 3. Vary the types of runs to try and get behind/between the defensive lines of opponent 4. Support the attack 5. Secure ball possession
Defensive 1/3	<ul style="list-style-type: none"> • Possession to pass or dribble forward (In order to create chances in the Attacking 1/3) 	<ol style="list-style-type: none"> 1. Quick transition to attacking 2. Exploit the opponent when unbalanced/disorganized 	<ol style="list-style-type: none"> 1. Pass or dribble forward when possible, or hold the ball 2. Penetrate final line 3. Vary the types of runs to try and get behind/between the defensive line. 4. Support the attack



IDEA TOROS GENERAL GAME STRATEGIES

TEAM FUNCTIONS: ATTACKING | A>D | DEFENDING | D>A

ATTACKING:

- The team looks to spread out and make itself as wide as possible as quickly as possible when attacking to help create more time and space on the ball • Using the width of the field to utilize space is a primary tactic • switching the point via the GK is an essential part of our game • We play with an AM, CM & DM in a middle 3 to outnumber the opponent and to gain a numerical advantage in the middle 3rd • We play short passes to draw opponent into areas with the hopes of quickly switching the point of attack to create 2v1's or 3v2s in the central channels • We have very fast wingers and forwards so box crosses are a characteristic of our team

A>D: COUNTER PRESS

- Transition to defending as a Team (Unit) • The closest player to the ball applies immediate but controlled pressure (1st defender)(verbal communication “ball”) • After pressure is applied by the first defender, the supporting players provide cover and balance • We also have verbal and non verbal cues to activate our defending principles • Delay and outnumber the opponent to regain possession

DEFENDING:

- High pressing • Get compact and keep it compact to deny the penetrative pass • 1st defender or player closest to the ball applies immediate pressure (speed/angle of approach) • Zonal marking when the opponent is in BU • We switch to man to man marking in the box in the D3rd and on the opponent's deep throws, corner kicks, free kicks & set pieces

D>A: COUNTER ATTACK

- Pass or dribble forward immediately after winning possession • Break the opponent immediate pressure with a penetrative pass or dribble • Passing not kicking • Quick combinations to facilitate the BU and transition through the 3rds quickly • Play direct when possible to #9 or #10 • Support the attack by pushing the defensive line forward



IDEA TOROS STYLE OF PLAY – TATICAL PRINCIPLES

6 MOMENTS OF THE GAME

LOCATION | GOAL



IDEA TOROS – GAME STRATEGIES

6 MOMENTS OF THE GAME – LOCATION | GOAL

ATTACKING

<u>AREA</u>	<u>GOAL</u>
Attacking 1/3	We have very Left & Right Forwards so creating goal scoring HQ opportunities via box crosses for blindside runs is our main attacking goal in the attacking 3rd
Middle 1/3	We play with an AM, CM & DM in a middle 3 outnumber the opponent and to gain a numerical advantage in the middle 3 rd . We play short passes to draw opponent into areas with the hopes of quickly switching the point of attack to create 2v1's or 3v2s in the central channels
Defensive 1/3	BU always starts with the GK#1 and CB#4. Our LCB and RCB Centre backs split providing the width in the defensive 3 rd which creates space in the central channels for our midfield 3 to have additional time and space on the ball to play in and between the opponents midfield defensive block



IDEA TOROS – GAME STRATEGIES

6 MOMENTS OF THE GAME – LOCATION | GOAL

A>D: COUNTER PRESS

<u>AREA</u>	<u>GOAL</u>
Attacking 1/3	Apply immediate pressure on the ball, delay and force play centrally in an attempt to regain and retain possession of the ball closer to goal, get compact
Middle 1/3	Apply immediate pressure on the ball, to delay opponent or force a back or sideways pass, in an attempt to regain and retain possession of the ball and get compact
Defensive 1/3	Apply immediate pressure on the ball, force opponent away from goal, in an attempt to delay the opponent to regain and retain possession of the ball



IDEA TOROS – GAME STRATEGIES

6 MOMENTS OF THE GAME – LOCATION | GOAL

DEFENDING

<u>AREA</u>	<u>GOAL</u>
Attacking 1/3	High pressing front 3, via a curved run and a fast speed of approach by our LF and RF, to force play centrally, into our midfield 3 is key to our attempt to regain possession in the attacking 3 rd closer to goal
Middle 1/3	To stay compact as we apply intense continuous pressure to regain possession of the ball, with cover and balance to deny penetration centrally is the primary goal. Outnumbering opponent with the LF & RF dropping to create a midfield 5 is the secondary goal
Defensive 1/3	To stay compact as a solid defensive unit with cover and balance, moving from zonal to man marking when in the box, forcing play into the flank areas where we look to deny crossing opportunities with efficient 1v1 defending



IDEA TOROS – GAME STRATEGIES

6 MOMENTS OF THE GAME – LOCATION | GOAL

D>A: COUNTER ATTACK

<u>AREA</u>	<u>GOAL</u>
Attacking 1/3	To pass or dribble forward immediately. Retain possession. Shoot or cross if the opportunity presents itself
Middle 1/3	To pass or dribble forward immediately. Retain possession. Activate rondos
Defensive 1/3	To pass or dribble forward immediately. Push the defensive line forward to support the attack



IDEA TOROS – GAME STRATEGIES

6 MOMENTS OF THE GAME – SET PIECES – ATTACKING | DEFENDING

Set pieces are an essential aspect of the game. Different teams have different use for set pieces. Some use it as main staple for scoring goals, others rely more on open play to get the goals. That decision is based on a variety of factors, such as the opponent, the state of play, the match or tournament strategy, and is left to team staff to decide. The quality present in each team dictates the frequency on relying on set pieces to score goals, as well as the proportion of goals scored from set piece plays. It is the most direct form of football, and if executed well, can be a powerful strategy for any team, regardless of where they are in the league table.

SET PIECES: THE 4 PRINCIPLES

Any type of free kick, be it a Goal Kick, Corner Kick, Direct Kick, Indirect Kick, Kickoff, Penalty, Throw-In or Dropped Ball is considered a Set Piece and as such should be practiced. Other phrases or words used to describe these situations are "Dead-Ball" or "Re-Starts".

Whether attacking or defending a set piece play, keep these four principles -- the what, where, who, when and how -- in mind:

Be Prepared: know exactly WHAT your responsibility is;

Be Organized: know exactly WHERE on the pitch you should be;

Be Aware: know exactly WHO is where at all times;

Be Active: know WHEN to move and HOW to get where you need to go -- Get to the ball!

Key Terms: Goal-side (Being on the "goal side" of the ball or another player usually means that you put yourself between the ball and your own goal)

Ball-side (Ball side. A player who is closer to the ball than to the opponent he is playing against is said to be "ball side" of the opponent)

Touching Distance

Throw ins are always thrown to foot and forward (BAIT)



IDEA TOROS – PLAYER CENTERED

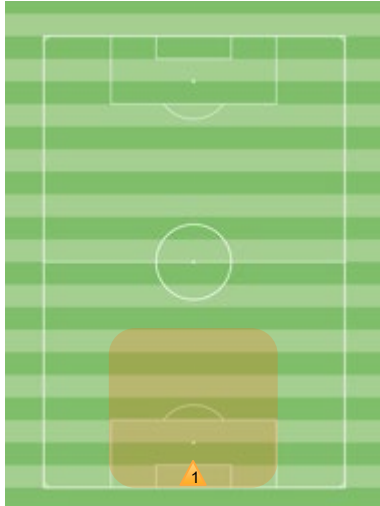
**POSITIONAL ROLES & KEY
PLAYER QUALITIES:**
SYSTEM: 1-4-3-3



IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #1 (GK)

SYSTEM: 1-4-3-3



GOALKEEPER

- Comfortable and able to play with both feet
- Ability to play balls over distance
- Positional play (anticipation, narrowing angles)
- Read and recognize numerical advantages
- Comfortable playing high off of the line
- Quick reactions
- Excels in 1v1 situations
- Quality distribution decisions with both hands and feet
- Launch Counter Attack

TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL
Collecting, handling & serving with hands & feet. Receiving aerial service (all angles, distances) Tackle, regain possession 1v1	Command, direct team during re-starts Organize, direct team actions in own half Transition to attack- possess or penetrate	Power, acceleration and explosive movement Aerial mobility maximize height and reach Maximal Speed of Reaction	Alert and focused, constant assessment of play Resilient- re-focus on targets, objectives Lead- confident, decisive mentality



IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #1 (GK)

SYSTEM: 1-4-3-3

Technical		5 is max
Dribbling		
Running with the ball		2
Feints/fakes		2
Cuts/change of directions		2
Passing		
Short inside of foot	Right foot	5
	Left foot	5
Long (Instep)	Right foot	5
	Left foot	5
Shooting		
Short		3
Long		3
Volley		3
Crossing		
Right foot		3
Left foot		3
On the ground		3
In the air		3
Trapping-Receiving		
First touch		4
Thigh		4
Chest		4
Heading		
Offensive		1
Defensive		1
1v1 attacking		
ability to beat an opponent		1
Ability to score		1
1v1 Defending		
Ability to win balls		4
Touch on the ball		4
Ball handling speed		4
Speed of action		4

Insight		5 is max
In Possession of the ball		
Decision making		5
Ability to combine		2
Passing ability		5
Vision-Overview		3
Positional play-Awareness		3
Feeling for position		5
Possession of the opponent		
Defending		3
Pressuring		1
Marking		1
Covering		5
Feeling for position		5
Decision making		5
General Tactics		
Decision making		5
Transition to attack		2
Transition to defense		4
Task discipline		5
Overall game understanding		3
Anticipation		5
Ability to play from position		5

Personality		5 is max
Presence-Charisma		4
Game Mentality		4
Ability to handle pressure		5
Motivation		4
Aggressiveness		4
Work Rate		3
Mental Toughness		5
Practice Mentality		5
Concentration		5
Coachable		5
Social interaction with others		3
Respectful		3
Creativity		1
Enthusiasm		1
Leadership skills		5
Leader		5
Confidence		5
Winning Mentality		5
Plays for others		3

Speed - Physical Attributes		5 is max
Overall Athletic personality		5
Speed off the mark		3
Speed 0-10 yards		3
Speed 10-20 yards		1
Speed - above 30 yards		1
Jumping ability		5
Strength in tackles		5
Stamina		2
Mobility		4



IDEA TOROS BASIC POSITION FUNCTIONS: #1 (GK)

SYSTEM: 1-4-3-3

POSITION	DEFENSIVE FUNCTIONS	OFFENSIVE FUNCTIONS
GOALKEEPER	<ol style="list-style-type: none">1. Deny Prevent Goal Scoring Opportunities2. Defend goal area against crosses3. Defend penalty area against penetrative passes by covering area behind defence4. Communicate with defenders during free play and for set pieces5. Organise defence (Verbal Communication)6. Push team forward to ensure vertical and horizontal defensive compactness	<ol style="list-style-type: none">1. Initiate the BU from the back2. Launch counterattack3. Push defensive line forward to ensure vertical compactness4. Provide support to outfield players in possession in the defensive 3rd



IDEA TOROS PLAYER POSITIONAL CHARACTERISTICS: #1 (GK)

SYSTEM: 1-4-3-3

GOALKEEPER #1

Physical characteristics:

- Tall
- Strong
- Agile
- Flexible
- Quick reflexes and reactions

Psycho/social characteristics:

- Good communicator (with other players)
- Bravery
- Resilience
- Composure

K.P.I

Attack: Support Center Backs and #6 in possession to help maintain ball possession in buildup phase. Use distribution to skip lines and advance the team higher up the field. Use distribution to help penetrate back line of opponent when defending high up the field.

Defense: Good shot stopper with ability to parry ball away from danger areas. Ability to defend balls from wide (catch or punch). Ability to proactively organize lines in front of him to deny goal scoring chances. Ability to stay connected to back line when defending high up the pitch to protect balls over the top

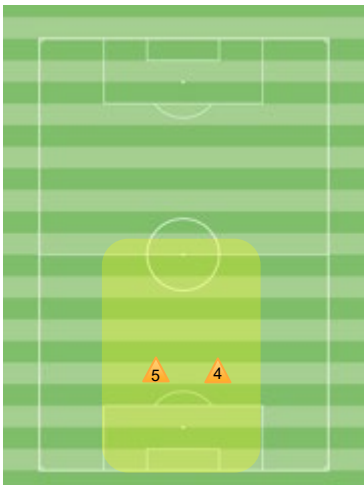


IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #4 & #5

(CB)

SYSTEM: 1-4-3-3



CENTRE BACKS

- Consistent player who has excellent communication skills
- Natural leader
- Excellent positional play (anticipation and judgement)
- Accurate passing | very comfortable on the ball
- Excellent 1v1 Defender
- Ability to cover ground
- Technically strong defensively
- Strong tackler
- Aerial strength

TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL
Marking, tracking, intercepting and tackling Heading, 1-touch passing on aerial serves Passing to penetrate (all service types)	Decide, execute- mark opponent or mark space Build-out, possession , tempo in central channel Organize, direct outside backs and c. midfielders	Aerial- max. use of height, explosive movement Rx Speed- adjust to ball, opponent movement Agility- change direction in response to cues	Decisive leader- command and direct teammates Control and composure under pressure Focus- assess and prepare when ball is away



IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #4 & #5 (CB)

SYSTEM: 1-4-3-3

Technical		5 is max
Dribbling		
Running with the ball		1
Feints/fakes		1
Cuts/change of directions		2
Passing		
Short inside of foot	Right foot	5
	Left foot	5
Long (Instep)	Right foot	5
	Left foot	5
Shooting		
	Short	2
	Long	2
	Volley	4
Crossing		
	Right foot	2
	Left foot	2
	On the ground	2
	In the air	2
Trapping-Receiving		
	First touch	4
	Thigh	4
	Chest	4
Heading		
	Offensive	5
	Defensive	5
1v1 attacking		
	ability to beat an opponent	1
	Ability to score	3
1v1 Defending		
	Ability to win balls	5
	Touch on the ball	5
	Ball handling speed	5
	Speed of action	5

Insight		5 is max
In Possession of the ball		
	Decision making	5
	Ability to combine	3
	Passing ability	5
	Vision-Overview	5
	Positional play-Awareness	5
	Feeling for position	5
Possession of the opponent		
	Defending	5
	Pressuring	5
	Marking	5
	Covering	5
	Feeling for position	5
	Decision making	5
General Tactics		
	Decision making	5
	Transition to attack	3
	Transition to defense	4
	Task discipline	5
	Overall game understanding	4
	Anticipation	5
	Ability to play from position	4

Personality		5 is max
	Presence-Charisma	5
	Game Mentality	5
	Ability to handle pressure	5
	motivation	5
	aggressiveness	5
	Work Rate	5
	Mental Toughness	5
	Practice Mentality	5
	Concentration	5
	Coachable	5
	Social interaction with others	5
	Respectful	5
	Creativity	2
	Enthusiasm	5
	Leadership skills	5
	Leader	5
	Confidence	5
	Winning Mentality	5
	Plays for others	5

Speed - Physical Attributes		5 is max
	Overall Athletic personality	5
	Speed off the mark	4
	Speed 0-10 yards	3
	Speed 10-20 yards	4
	Speed - above 30 yards	4
	Aerial ability	5
	Strength in tackles	5
	Stamina	4
	Mobility	3



IDEA TOROS BASIC POSITION FUNCTIONS: #4 & #5
(CB)
SYSTEM: 1-4-3-3

POSITION	DEFENSIVE FUNCTIONS	OFFENSIVE FUNCTIONS
CENTRE BACK	<ol style="list-style-type: none">1. Defend central areas from attack2. Mark opposing forwards3. Cover space behind other marking defenders4. Organise defence5. Communicate with goalkeeper6. Push team forward to ensure both horizontal and vertical defensive compactness	<ol style="list-style-type: none">1. Initiate attack from the back with lateral (square) passes2. Offer backward or square support to wing back when attack is built from the back3. Initiate counterattack with forward or diagonal passes4. Offer backward support to midfielders5. Join attack for selected set pieces



IDEA TOROS PLAYER POSITIONAL CHARACTERISTICS: #4 & #5 (CB) SYSTEM: 1-4-3-3

CENTRE BACK #4 & #5

Physical characteristics:

- Tall
- Strong
- Good aerobic capacity
- Fast

Psycho/social characteristics:

- Good communicator (with other players)
- Bravery
- Resilience
- Composure
- Team player

K.P.I

Attack: Able to receive from #1 to help begin build up phase of play. Ability to support ball offering depth to midfield line to help team maintain possession. Ability to switch point of attack if defensive team is organized and behind the ball. Ability to play longer passes to help skip lines. Ability to use dribble to advance ball into midfield line.

Defense: Good ball winners in air and on ground. Ability to organize players in front of them. Ability to organize players laterally to keep defensive line. Ability to apply controlled pressure tackle ball in and around box. Ability to read and intercept forward passes into opponents strikers. Ability to provide cover from behind to prevent penetrating passes. Ability to respond to commands of #1.

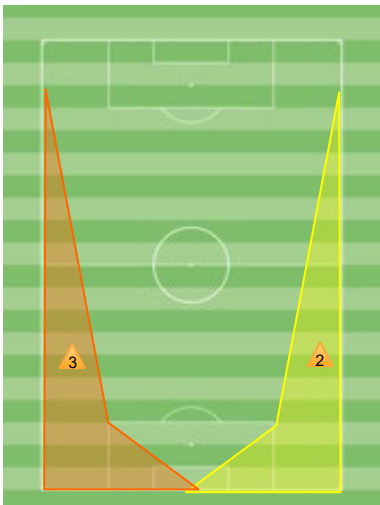


IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #2 & #3

(LB | RB)

SYSTEM: 1-4-3-3



LEFT BACK | RIGHT BACK

- Excellent 1v1 Defender
- Ability to cover ground
- Technically strong defensively
- Strong tackler
- Speed & Endurance
- Accurate passing/ very comfortable on the ball
- Defensive positioning/ offensive timing of runs
- Aggressive, Confident, Organized

TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL
<p>Collecting the ball efficiently, serve, run fwd. Full passing range, crosses from flank channel Tackle, intercept, regain possession of ball</p>	<p>Recognize, execute penetration on flanks Organize and direct #7, #11 in defending role Central channel balance, cover for #4, #5</p>	<p>Speed endurance- repeated explosive runs Acceleration- change speed response to ball Endurance, box-box range for the full match</p>	<p>Confident competitor in one-one isolation Confident in attacking and defending roles Alert, immediate response in transition</p>



IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #2 & #3

(LB | RB)

SYSTEM: 1-4-3-3

Technical		5 is max
Dribbling		
Running with the ball		4
Feints/fakes		3
Cuts/change of directions		3
Passing		
Short inside of foot	Right foot	3
	Left foot	3
Long (Instep)	Right foot	3
	Left foot	3
Shooting		
Short		3
Long		3
Volley		3
Crossing		
Right foot		4
Left foot		4
On the ground		4
In the air		4
Trapping- Receiving		
First touch		4
Thigh		4
Chest		4
Heading		
Offensive		3
Defensive		3
1v1 attacking		
ability to beat an opponent		4
Ability to score		2
1v1 Defending		
Ability to win balls		4
Touch on the ball		4
Ball handling speed		4
Speed of action		4

Insight		5 is max
In Possession of the ball		
Decision making		4
Ability to combine		3
Passing ability		3
Vision-Overview		3
Positional play-Awareness		4
Feeling for position		4
Possession of the opponent		
Defending		5
Pressuring		5
Marking		5
Covering		5
Feeling for position		4
Decision making		4
General Tactics		
Decision making		4
Transition to attack		4
Transition to defense		4
Task discipline		3
Overall game understanding		3
Anticipation		4
Ability to play from position		4

Personality		5 is max
Presence-Charisma		3
Game Mentality		3
Ability to handle pressure		3
motivation		4
aggressiveness		4
Work Rate		5
Mental Toughness		4
Practice Mentality		5
Concentration		5
Coachable		5
Social interaction with others		4
Respectful		4
Creativity		4
Enthusiasm		3
Leadership skills		3
Leader		3
Confidence		4
Winning Mentality		5
Plays for others		5

Speed - Physical Attributes		5 is max
Overall Athletic personality		4
Speed off the mark		4
Speed 0-10 yards		4
Speed 10-20 yards		5
Speed - above 30 yards		5
Jumping ability		3
Strength in tackles		4
Stamina		5
Mobility		5



IDEA TOROS BASIC POSITION FUNCTIONS: #2 & #3

(LB | RB)

SYSTEM: 1-4-3-3

POSITION	DEFENSIVE FUNCTIONS	OFFENSIVE FUNCTIONS
WING BACK	<ol style="list-style-type: none">1. Defend flank against attack2. Mark opposing forwards3. Cover rear of defence when ball is on opposite side4. Cover central defender when he leaves central areas5. Defend goal when goalkeeper leaves his line6. Assist in organising defence	<ol style="list-style-type: none">1. Provide early width when attack is built from the back2. Offer backward or square support to midfielders3. Offer wide support to forwards4. Penetrate deep positions and provide service for other attackers (crosses)5. SHOOT



IDEA TOROS PLAYER POSITIONAL CHARACTERISTICS: #2 & #3

(LB | RB)

SYSTEM: 1-4-3-3

WING BACK #2 & #3

Physical characteristics:

- Medium/average height
- Strong
- Good anaerobic capacity
- Fast

Psycho/social characteristics:

- Resilience
- Sense of adventure (with good judgement)
- Willingness to sacrifice for team

K.P.I

Attack: Provide width in the attack via support in the channel to help us in buildup phase. Recognize and execute 1v1s and 2v1s to create action to goal. Deliver quality crosses into the box to create goal scoring moments. Get into the box on crosses from opposite side of the field to help score goals. Ability to cut infield on dribble if space is available to shoot or play final pass.

Defense: Ability to pressure ball and win 1v1s. Ability to stay connected to midfield and defensive line to provide coverage when teammates are pressing ball. Ability to prevent crosses. Good at tracking midfield runners into box.

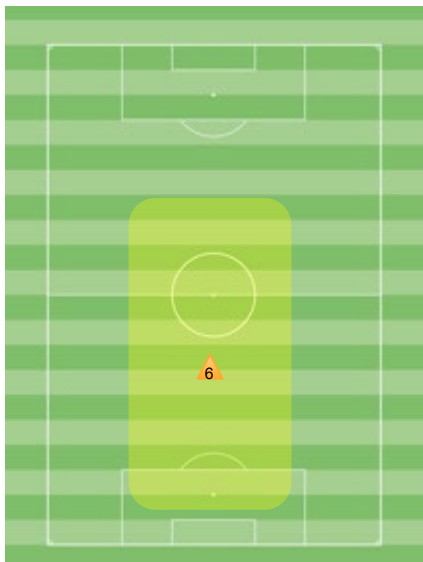


IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #6 (CDM)

SYSTEM: 1-4-3-3

DEFENSIVE CENTRE MIDFIELDER



- Ability to change the point of attack
- Ability to receive and play under pressure
- Ability to play with back goal
- Excellent positional play (anticipation and judgement)
- Reads and recognizes numbers up/down
- Awareness of passing lanes
- Excels in 1v1 defending situations
- Long range finishing ability
- Aerial strength
- Lateral mobility
- Good Leadership and Communicator
- Strong Tackle

TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL
Marking, tracking, intercepting and tackling Collect, turn, re-direct to all regions of field (360) Passing to penetrate (all service types)	Primary option for build out and possession Defensive control centrally in front of backs Penetrate- movement, passing or running w/ ball	Mobility- multi-directional, box-box, centrally Speed endurance- intermittent, intense actions Explosive movement- max. acceleration	Energized- maximal effort to connect the team Game Awareness- control tempo & speed of play Self-less- effort to connect all parts of the team



IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #6 (CDM)

SYSTEM: 1-4-3-3

Technical		5 is max
Dribbling		
Running with the ball		3
Feints/fakes		2
Cuts/change of directions		3
Passing		
Short inside of foot	Right foot	5
	Left foot	5
Long (Instep)	Right foot	5
	Left foot	5
Shooting		
Short		3
Long		3
Volley		3
Crossing		
Right foot		3
Left foot		3
On the ground		3
In the air		3
Trapping-Receiving		
First touch		5
Thigh		5
Chest		5
Heading		
Offensive		3
Defensive		5
1v1 attacking		
ability to beat an opponent		3
Ability to score		2
1v1 Defending		
Ability to win balls		5
Touch on the ball		5
Ball handling speed		5
Speed of action		5

Insight		5 is max
In Possession of the ball		
Decision making		4
Ability to combine		4
Passing ability		5
Vision-Overview		4
Positional play-Awareness		4
Feeling for position		5
Possession of the opponent		
Defending		4
Pressuring		3
Marking		3
Covering		5
Feeling for position		5
Decision making		4
General Tactics		
Decision making		4
Transition to attack		4
Transition to defense		5
Task discipline		5
Overall game understanding		5
Anticipation		5
Ability to play from position		5

Personality		5 is max
Presence-Charisma		5
Game Mentality		5
Ability to handle pressure		4
motivation		5
aggressiveness		4
Work Rate		4
Mental Toughness		4
Practice Mentality		5
Concentration		4
Coachable		5
Social interaction with others		4
Respectful		4
Creativity		3
Enthusiasm		3
Leadership skills		4
Leader		4
Confidence		4
Winning Mentality		4
Plays for others		4

Speed - Physical Attributes		5 is max
Overall Athletic personality		4
Speed off the mark		3
Speed 0-10 yards		4
Speed 10-20 yards		3
Speed - above 30 yards		3
Jumping ability		4
Strength in tackles		5
Stamina		5
Mobility		5



IDEA TOROS BASIC POSITION FUNCTIONS: #6 (CDM)

SYSTEM: 1-4-3-3

POSITION	DEFENSIVE FUNCTIONS	OFFENSIVE FUNCTIONS
DEFENSIVE MIDFIELDER	<ol style="list-style-type: none">1. Mark and track opposing attacking midfielder2. Cover space behind other midfielders3. Organise midfield defence.4. Provide a midfield screen in front of defenders ("windshield wiper")5. Join defenders as necessary	<ol style="list-style-type: none">1. Provide advanced support for defenders in possession2. Provide backward or square support for flank midfielders or wingbacks3. Provide backward support for attacking midfielder4. Cover space behind advanced midfielders5. Manage pace of game6. Distribute ball NB Change of direction7. Shoot



IDEA TOROS PLAYER POSITIONAL CHARACTERISTICS: #6 (CDM) SYSTEM: 1-4-3-3

DEFENSIVE MIDFIELDER #6

Physical characteristics:

- Medium/average height (may be tall)
- Strong
- Good aerobic/anaerobic capacity (high work rate)
- Fast

Psycho/social characteristics:

- Resilience
- Good communicator
- Willingness to sacrifice for team (team player)

K.P.I

Attack: Able to receive on the turn. Able to play varying types of passes over different distances. Ability to connect attack lines and offer support. Ability to hold a central attacking support position.

Defense: Ability to stay central in covering positions. Ability to organize lines in front of him. Ability to win loose balls and 50/50 challenges. Aerial strength. Good in 1v1 challenges. Disciplined with positioning and timing of tackles.



IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #8 (CM)

SYSTEM: 1-4-3-3



CENTRE MIDFIELDER

- Long, medium short passing ability
- Endurance | Stamina
- Ability to change the point of attack
- Ability to receive and play under pressure
- Awareness of passing lanes
- Excels in 1v1 defending situations
- Long range finishing ability
- Lateral mobility
- Good Leadership and Communicator
- Strong Tackler

TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL
Collect and turn under pressure. Passing- penetration and goal-scoring chances Dribbling or striking to score goals	Mobility- create separation from opponent Create scoring opportunities for teammates Transition- join 1st line of defending pressure	Explosive movement- separation from opponent Acceleration- change direction or change speed Strength-shoot from distance, challenge for ball	360-degree awareness- mental focus Ambitious attacking mentality Perception- focus on multiple, complex cues



IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #8 (CM)

SYSTEM: 1-4-3-3

Technical		5 is max
Dribbling		
Running with the ball		4
Feints/fakes		4
Cuts/change of directions		5
Passing		
Short inside of foot	Right foot	4
	Left foot	4
Long (Instep)	Right foot	4
	Left foot	4
Shooting		
	Short	4
	Long	4
	Volley	4
Crossing		
	Right foot	4
	Left foot	4
	On the ground	4
	In the air	4
Trapping-Receiving		
	First touch	5
	Thigh	5
	Chest	5
Heading		
	Offensive	4
	Defensive	3
1v1 attacking		
	ability to beat an opponent	4
	Ability to score	4
1v1 Defending		
	Ability to win balls	3
	Touch on the ball	4
	Ball handling speed	4
	Speed of action	4

Insight		5 is max
In Possession of the ball		
	Decision making	4
	Ability to combine	5
	Passing ability	5
	Vision-Overview	5
	Positional play-Awareness	5
	Feeling for position	5
Possession of the opponent		
	Defending	4
	Pressuring	4
	Marking	3
	Covering	3
	Feeling for position	4
	Decision making	4
General Tactics		
	Decision making	4
	Transition to attack	5
	Transition to defense	4
	Task discipline	4
	Overall game understanding	5
	Anticipation	4
	Ability to play from position	4

Personality		5 is max
	Presence-Charisma	5
	Game Mentality	5
	Ability to handle pressure	5
	motivation	5
	aggressiveness	4
	Work Rate	4
	Mental Toughness	3
	Practice Mentality	4
	Concentration	4
	Coachable	5
Social interaction with others		
	Respectful	4
	Creativity	5
	Enthusiasm	5
	Leadership skills	4
	Leader	4
	Confidence	5
	Winning Mentality	5
	Plays for others	4

Speed - Physical Attributes		5 is max
	Overall Athletic personality	5
	Speed off the mark	4
	Speed 0-10 yards	4
	Speed 10-20 yards	4
	Speed - above 30 yards	4
	Jumping ability	3
	Strength in tackles	3
	Stamina	4
	Mobility	5



IDEA TOROS BASIC POSITION FUNCTIONS: #8

(CM)
SYSTEM: 1-4-3-3

POSITION	DEFENSIVE FUNCTIONS	OFFENSIVE FUNCTIONS
CENTRE MIDFIELDER	<ol style="list-style-type: none">1. Mark and track opposing central midfielder2. Box to box midfielder3. Organise midfield defence4. Provide a midfield screen in front of defenders5. Join defenders as necessary6. Assist defensive midfielder in defending central midfield areas	<ol style="list-style-type: none">1. Provide advanced support for defenders in possession2. Provide backward or square support for flank midfielders or wingbacks3. Provide backward support for attacking midfielder.4. Cover space behind advanced midfielders5. Manage pace of game6. Distribute ball NB Change of direction7. Efficient Passer8. SHOOT



IDEA TOROS PLAYER POSITIONAL CHARACTERISTICS: #8 (CM) SYSTEM: 1-4-3-3

CENTRE MIDFIELDER #8

Physical characteristics:

- Medium/average height
- Strong
- Good aerobic/anaerobic capacity (high work rate)

Psycho/social characteristics:

- Resilience
- Good communicator
- Willingness to sacrifice for team (team player)
- Sense of adventure and vision
- Confidence (egocentricity)

K.P.I

Attack: Able to receive on the turn under pressure. Able to play varying types of passes over different distances. Ability to connect attack lines and offer support. Ability to hold a central attacking supporting position. Endless work rate as the box to box midfielder with speed and endurance. Creative playmaker Ability to receive and play under pressure Ability to provide defensive pressure and support

Defense: Ability to stay central in covering positions. Ability to organize lines in front of him. Ability to win loose balls and 50/50 challenges. Aerial strength. Good in 1v1 challenges. Disciplined with positioning and timing of tackles.

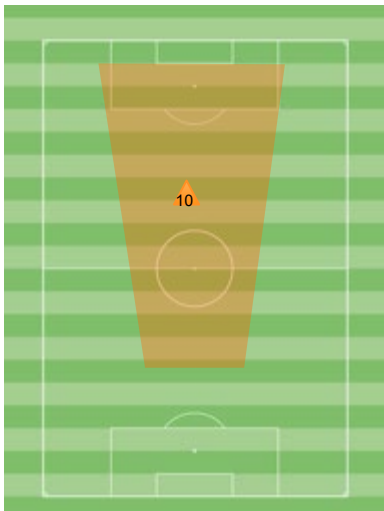


IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #10 (ACM)

SYSTEM: 1-4-3-3

ATTACKING CENTRE MIDFIELDER



- Creative Playmaker
- Long, medium short passing ability
- Excels in offensive movement
- Excels in 1v1 attacking play
- Expert passing in final third to create scoring opportunities
- Long range shooting
- Finisher
- 1st touch/1st control in order to shoot
- Makes play predictable through putting pressure on defense

TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL
Collect and turn under pressure. Passing- penetration and goal-scoring chances Dribbling or striking to score goals.	Mobility- create separation from opponent Create scoring opportunities for teammates Transition- join 1st line of defending pressure	Explosive movement- separation from opponent Acceleration- change direction or change speed Strength-shoot from distance, challenge for ball	360 degree awareness- mental focus Ambitious attacking mentality Perception- focus on multiple, complex cues



IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #10 (ACM)

SYSTEM: 1-4-3-3

Technical		5 is max
Dribbling		
Running with the ball		4
Feints/fakes		4
Cuts/change of directions		5
Passing		
Short inside of foot	Right foot	4
	Left foot	4
Long (Instep)	Right foot	4
	Left foot	4
Shooting		
	Short	4
	Long	4
	Volley	4
Crossing		
	Right foot	4
	Left foot	4
	On the ground	4
	In the air	4
Trapping-Receiving		
	First touch	5
	Thigh	5
	Chest	5
Heading		
	Offensive	4
	Defensive	3
1v1 attacking		
	ability to beat an opponent	5
	Ability to score	4
1v1 Defending		
	Ability to win balls	3
	Touch on the ball	4
	Ball handling speed	4
	Speed of action	4

Insight		5 is max
In Possession of the ball		
	Decision making	5
	Ability to combine	5
	Passing ability	5
	Vision-Overview	5
	Positional play-Awareness	5
	Feeling for position	5
Possession of the opponent		
	Defending	4
	Pressuring	4
	Marking	3
	Covering	3
	Feeling for position	4
	Decision making	4
General Tactics		
	Decision making	4
	Transition to attack	5
	Transition to defense	4
	Task discipline	4
	Overall game understanding	5
	Anticipation	4
	Ability to play from position	4

Personality		5 is max
	Presence-Charisma	5
	Game Mentality	5
	Ability to handle pressure	5
	Motivation	5
	Aggressiveness	4
	Work Rate	4
	Mental Toughness	3
	Practice Mentality	4
	Concentration	4
	Coachable	5
Social interaction with others		
	Respectful	4
	Creativity	5
	Enthusiasm	5
	Leadership skills	4
	Leader	4
	Confidence	5
	Winning Mentality	5
	Plays for others	4

Speed - Physical Attributes		5 is max
Overall Athletic personality		
	Speed off the mark	4
	Speed 0-10 yards	4
	Speed 10-20 yards	4
	Speed - above 30 yards	4
	Jumping ability	3
Strength in tackles		
	Stamina	4
Mobility		
		5



IDEA TOROS BASIC POSITION FUNCTIONS: #10
(ACM)
SYSTEM: 1-4-3-3

POSITIONS	DEFENSIVE FUNCTIONS	OFFENSIVE FUNCTIONS
ATTACKING MIDFIELDER	<ol style="list-style-type: none">1. Join forward(s) in delaying opponents advance2. Mark opposing defensive midfielder3. Assist defensive midfielder in defending central midfield areas.	<ol style="list-style-type: none">1. Playmaker2. Provide forward support for defenders in possession3. Provide forward or square support for other midfielders in possession4. Join forwards to create numerical superiority (additional forward)5. Support flank attackers6. Penetrate central areas7. SHOOT



IDEA TOROS PLAYER POSITIONAL CHARACTERISTICS: #10 (ACM) SYSTEM: 1-4-3-3

ATTACKING MIDFIELDER #10

Physical characteristics:

- Medium/average height (may be tall)
- Good aerobic/anaerobic capacity (high work rate)
- Fast

Psycho/social characteristics:

- Resilience
- Sense of adventure and vision
- Confidence (egocentricity)

K.P.I

Attack: Ability to make runs from the midfield to break opponents defensive line. Ability to receive on the half turn. Ability to play in between defensive lines. Ability to support balls from all three attacking lines. Ability to shoot from distance. Ability to play final pass. Ability to arrive in box to finish from wide play. Good with combination play in middle and attacking third. Ability to beat players in 1v1 on the dribble.

Defense: Ability to read times to press and times to drop. Ability to screen forward passes while providing coverage for pressuring defender. Ability to respond to commands of #8 and #6. Ability to time pressing action to opponents center backs. Good in 1v1.

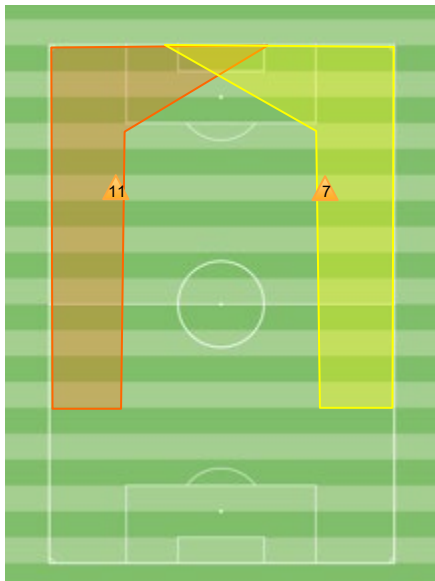


IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #7 & #11

(LF | RF) (WINGERS)

SYSTEM: 1-4-3-3



LEFT FORWARD | RIGHT FORWARD (WINGERS)

- Very fit
- High Work Rate
- Ability to make long runs and recover
- Strong 1v1 attacking ability
- Excellent Crosser
- Long Range Shooting
- Pace & Agility
- Finisher
- Flair

TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL
Flank service at high pace w/ either foot Ball preparation, dribbling and ball manipulation Running with the ball, high pace (penetration)	Transition- react, recover as 1st flank defender Mobility to create team crossing opportunities Mobility, timing of runs for central goal scoring	Speed endurance, high pace, frequent transition Acceleration- with and without the ball Agility- efficiency in changing direction	Ambitious penetrating attitude Patience- prepared to max opportunities w/ ball Focus- constant attention to game cues w/o ball



IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #7 & #11 (LF | RF)

SYSTEM: 1-4-3-3

Technical		5 is max
Dribbling		
	Running with the ball	5
	Feints/fakes	5
	Cuts/change of directions	5
Passing		
Short inside of foot	Right foot	4
	Left foot	4
Long (Instep)	Right foot	3
	Left foot	3
Shooting		
	Short	4
	Long	4
	Volley	4
Crossing		
	Right foot	5
	Left foot	5
	On the ground	5
	In the air	5
Trapping- Receiving		
	First touch	4
	Thigh	4
	Chest	4
Heading		
	Offensive	3
	Defensive	3
1v1 attacking		
	ability to beat an opponent	5
	Ability to score	4
1v1 Defending		
	Ability to win balls	3
	Touch on the ball	3
	Ball handling speed	3
	Speed of action	3

Insight		5 is max
In Possession of the ball		
	Decision making	4
	Ability to combine	5
	Passing ability	4
	Vision-Overview	4
	Positional play-Awareness	4
	Feeling for position	4
Possession of the opponent		
	Defending	3
	Pressuring	4
	Marking	3
	Covering	3
	Feeling for position	4
	Decision making	4
General Tactics		
	Decision making	4
	Transition to attack	4
	Transition to defense	3
	Task discipline	4
	Overall game understanding	3
	Anticipation	3
	Ability to play from position	4

Personality		5 is max
	Presence-Charisma	4
	Game Mentality	4
	Ability to handle pressure	5
	motivation	4
	aggressiveness	4
	Work Rate	4
	Mental Toughness	4
	Practice Mentality	4
	Concentration	4
	Coachable	5
	Social interaction with others	4
	Respectful	3
	Creativity	4
	Enthusiasm	4
	Leadership skills	3
	Leader	3
	Confidence	4
	Winning Mentality	4
	Plays for others	3

Speed - Physical Attributes		5 is max
	Overall Athletic personality	4
	Speed off the mark	5
	Speed 0-10 yards	5
	Speed 10-20 yards	5
	Speed - above 30 yards	5
	Jumping ability	3
	Strength in tackles	3
	Stamina	3
	Mobility	4



IDEA TOROS BASIC POSITION FUNCTIONS: #7 & #11 (LF | RF) (WINGERS) SYSTEM: 1-4-3-3

POSITION	DEFENSIVE FUNCTIONS	OFFENSIVE FUNCTIONS
LEFT FORWARD WING RIGHT FORWARD WING	<ol style="list-style-type: none">1. Defend flank against attack2. Mark opposing flank midfielders3. Cover rear of midfield line when ball is on opposite side4. Cover space behind attacking wingback	<ol style="list-style-type: none">1. Provide width in midfield2. Offer forward support to defender in possession.3. Offer square support to other midfielders4. Offer backward support to forwards5. Penetrate into deep positions and provide service for advanced attackers (crosses)6. SHOOT



IDEA TOROS PLAYER POSITIONAL CHARACTERISTICS: #7 & #11

(LF | RF) (WINGERS)
SYSTEM: 1-4-3-3

LEFT & RIGHT FORWARD/WING #7 & #11

Physical characteristics:

- Medium/average height (may be tall)
- Good aerobic/anaerobic capacity (high work rate)
- Agile
- Quick/fast (shorter/longer distances)

Psycho/social characteristics:

- Resilience
- Brave
- Sense of adventure and vision
- Confidence (egocentricity)

K.P.I

Attack: Good in 1v1 dribble. Ability to play different types of crosses into box based upon location of targets and defensive team. Ability to recognize when to hold possession and when to attack. Quality movement in and around box to create goal scoring chances. Good shooting and finishing off of crosses, on ground and in the air. Ability to hold ball during build up play.

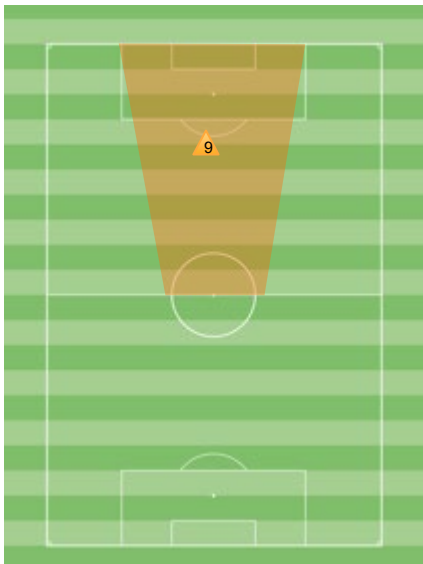
Defense: Good in 1v1 defending. Ability to close down opponents quickly with proper action and timing. Ability to understand cues of when to step, drop, or hold. Ability to work with fullbacks to deny crosses into box and win 2v2s. Ability to screen passes via positioning and pressing angle/pathway.



IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #9 (ST | CF)

SYSTEM: 1-4-3-3



STRIKER | CENTRE FORWARD

- Creativity and superior technical finishing abilities
- Ability to play with back to the goal
- Strong and tough
- Movement and positioning (spatial sense, timing)
- Aerial Strength
- Pace & Agility
- Close control
- Heading to score and control possession
- Excellent 1st touch/1st control
- Strong 1v1 attacking ability
- Makes penetrating runs to break the final line

TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL
Scoring- one-touch on demand (head and feet) Receive, secure ball under pressure Able to turn and face the goal (Penetrate)	Mobility, timing to optimize scoring chances Recognize, attack the spaces behind the defense + Pressure, contain opponents' build out	Speed Endurance- repetitive explosive runs Strength- compete for possession Explosive movement- compete for aerial service	Persistence- remain in advanced position + Aggressive attitude to compete for the ball + Alert, anticipate positive opportunities



IDEA TOROS

POSITIONAL ROLES & KEY PLAYER QUALITIES: #9

(ST | CF)

SYSTEM: 1-4-3-3

Technical		5 is max
Dribbling		
Running with the ball		4
Feints/fakes		4
Cuts/change of directions		4
Passing		
Short inside of foot	Right foot	4
	Left foot	4
Long (Instep)	Right foot	3
	Left foot	3
Shooting		
Short		5
Long		5
Volley		5
Crossing		
Right foot		3
Left foot		3
On the ground		3
In the air		3
Trapping-Receiving		
First touch		4
Thigh		4
Chest		4
Heading		
Offensive		5
Defensive		5
1v1 attacking		
ability to beat an opponent		4
Ability to score		5
1v1 Defending		
Ability to win balls		3
Touch on the ball		3
Ball handling speed		3
Speed of action		3

Insight		5 is max
In Possession of the ball		
Decision making		4
Ability to combine		5
Passing ability		3
Vision-Overview		3
Positional play-Awareness		4
Feeling for position		4
Possession of the opponent		
Defending		3
Pressuring		3
Marking		3
Covering		3
Feeling for position		4
Decision making		4
General Tactics		
Decision making		4
Transition to attack		4
Transition to defense		3
Task discipline		4
Overall game understanding		4
Anticipation		5
Ability to play from position		3

Personality		5 is max
Presence-Charisma		5
Game Mentality		5
Ability to handle pressure		5
motivation		5
aggressiveness		5
Work Rate		4
Mental Toughness		3
Practice Mentality		4
Concentration		4
Coachable		5
Social interaction with others		3
Respectful		3
Creativity		3
Enthusiasm		3
Leadership skills		4
Leader		4
Confidence		5
Winning Mentality		5
Plays for others		4

Speed - Physical Attributes		5 is max
Overall Athletic personality		5
Speed off the mark		4
Speed 0-10 yards		4
Speed 10-20 yards		4
Speed - above 30 yards		4
Jumping ability		4
Strength in tackles		3
Stamina		4
Mobility		4



IDEA TOROS BASIC POSITION FUNCTIONS: #9

(ST | CF)

SYSTEM: 1-4-3-3

POSITION	DEFENSIVE FUNCTIONS	OFFENSIVE FUNCTIONS
CENTRE FORWARD	<ol style="list-style-type: none">1. Pressure opposing defenders to delay progress of attack (first line of defence)2. Make play predictable by directing opponents into specific area of pitch	<ol style="list-style-type: none">1. Attack opposing goal.2. Exploit spaces in front and behind opposing defence.3. Create space for: (a) other forward(s) (b) attackers coming from behind, either in central area or along flanks4. Offer width in the advanced line of team.5. SHOOT



IDEA TOROS PLAYER POSITIONAL CHARACTERISTICS: #9

(ST | CF)

SYSTEM: 1-4-3-3

CENTRE FORWARD #9

Physical characteristics:

- Medium/average height (may be tall)
- Good aerobic/anaerobic capacity (high work rate)
- Agile
- Quick/fast (shorter/longer distances)

Psycho/social characteristics:

- Resilience
- Brave
- Sense of adventure and vision
- Confidence (egocentricity)

K.P.I

Attack: Ability to provide a target and hold up play in buildup phase. Ability to make well timed runs to get in behind defensive back line. Good movement in the box to create space. Good finishing in the box. Ability to use combination play to break compact defense. Good off balls from wide channels. Technical finisher

Defense: Ability to stay connected to #8/10. Can press the ball to win 1v1. Understands role in directing or guiding opponent into channels. Respond to directions from lines behind.



IDEA Toros SA DESIDERED BEHAVIOURS

10 HABITS OF A SUCCESSFUL COACH

- They are well organised within sessions and games
- They learn from their mistakes
- They regularly reflect on performance
- They are constantly looking to learn and develop
- They develop the person as well as the player
- They apply their strengths and keep developing their weaknesses
- They provide an optimal environment for their players to thrive
- They adopt a holistic approach to coaching
- They regularly praise, support and encourage their staff and players

GROWTH MINDSET

SOCCER MINDSETS

ref Carol Dweck Ph.d

Fixed Mindset
My Soccer Ability is static and born

Leads to a desire to look "good" and a tendency to...

- Challenges**
Avoid or make excuses
- Obstacles**
Pack it in early
- Effort**
No point
- Criticism**
Ignore critical feedback that could help
- Success of Others**
Don't like it, threatened, jealous and resentful.

As a result, could plateau early, not fulfill potential or leave game.

Growth Mindset
My Soccer Ability can be developed

Leads to a drive to learn and a tendency to...

- Challenges**
Loves and embraces challenge
- Obstacles**
Keeps on going over speed bumps
- Effort**
Effort as key to mastery
- Criticism**
Takes it on and learns from it.
- Success of Others**
Takes learning and inspiration from those further along the path

As a result, they keep on growing getting better and better, achieving more.



IDEA Toros FÚTBOL Soccer Facility





- ✓ **IDEA TOROS COACHING PHILOSOPHY**
- ✓ **IDEA TOROS COACHING METHODOLOGY**
- ✓ **IDEA TOROS COACHING TERMINOLOGY**
 - ✓ **IDEA TOROS STYLE OF PLAY**

This is a living document that would be reviewed periodically. It was prepared by IDEA TOROS SOCCER PROGRAM DIRECTOR OF COACHING, USSF A and World Football Academy EXPERT, Johann Contasté.

