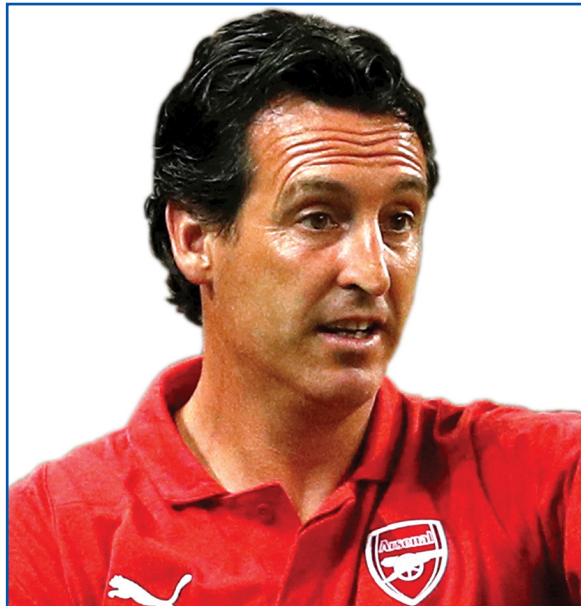
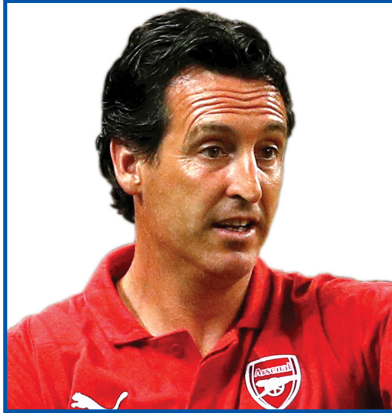

UNAI EMERY



This section includes:

- Unai Emery Interview
- Unai Emery's Arsenal: A Tactical Analysis
- 16 Practices: Possession Games, Attacking Combination Play Practices, Finishing Practices and Small Sided Games (Arsenal & PSG)



UNAI EMERY

"I tell the players, the moment we stop working hard on this, as soon as we stop dedicating hours to this, we will fall."

Coaching Roles

- **Arsenal**
(2018 - Present)
- **Paris Saint-Germain**
(2016- 2018)
- **Sevilla**
(2013 - 2016)
- **Valencia**
(2008 - 2012)
- **Almería**
(2006 - 2008)

Honours

- **UEFA Europa League**
(2014, 2015, 2016)
- **Ligue 1**
(2018)
- **Coupe de France**
(2017, 2018)
- **Coupe de la Ligue**
(2017, 2018)
- **European Coach of the Season - European Union of Sports Press** (2014)

Most Used Formations

- 4-3-3, 4-2-3-1, 3-4-3

Style of Play

"We are prepared to work with different systems. The 4-3-3 or 4-2-3-1 is the main system we use, it is great for keeping possession and applying pressure. But after that we need to have another system for different matches. Most importantly, it's getting the balance and positioning on the pitch with and without the ball."

"If you play every time, long balls, you lose possession and you lose momentum. I don't want to be like that."

Coaching Philosophy

"My first target is not to win: it's to develop players with our work. That was my first idea when I started as a coach, because with this work comes results."

"The ball is a constant and we always try to have a section with the ball."

"We need to push. We need to have ambition. We need to have desire to improve every day."

What it takes to be a Successful Coach

"What has led me to improve my preparation is taking my education while playing and learning everything, always being receptive to new knowledge."

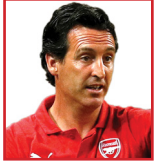
"It is necessary to dedicate a lot of time and to have a group of players that are convinced of your methods."

"In football I work in the very short-term. I do not know who I'm playing against in two weeks. I'm not interested, I only live for the next game."

UNAI EMERY



Attacking Combination Play



1. Attacking Combination with Overlap, Cut-Back, Finish + Rebound



Objective: Quick combination play, timing of movement, weight of pass and finishing.

Description

The players work in groups of 3 with the following combination:

1. All 3 players start on the red cones. Player A passes to B, who moves around the mannequin to receive. Player A runs forward.
2. B passes across for C to run onto. B makes a run into the penalty area towards the far post.
3. C dribbles forward at the mannequin, while A makes an overlapping run.
4. C passes to A on the overlap, who has run around the pole.
5. A cuts the ball back for C.
6. C shoots and tries to score.
7. The coach throws or passes a 2nd ball to the other forward (B) to try and score.

Source: Unai Emery's Arsenal training session during preseason tour in Singapore - 24th July 2018

CHAPTER 4

TRANSITION FROM DEFENCE TO ATTACK IN THE LOW ZONE

TRANSITION FROM DEFENCE TO ATTACK IN THE LOW ZONE



We have divided the chapters by which zone the transition starts in. There are 3 zones:

1. **Low Zone**
2. **Middle Zone**
3. **High Zone**

This diagram shows an example of a team that has won the ball in the low zone. In this situation, we have players behind the ball when defending. To win the ball, they need to limit their opponent's time/space, block potential passing options and demonstrate good anticipation.

The red team are attacking and have entered the final third, trying to find solutions to get in behind the defence and score. The white centre

back No.5 intercepts the left winger's (11) pass towards the striker (9) near the edge of the penalty area.

The centre back (5) immediately passes forward to No.10 which immediately leaves 5 red players behind the ball and takes them out of the game. No.10 plays a first time pass into the path of No.8, who runs forward with the ball. The winger (11) and the striker (9) make runs into the space out wide and in the centre respectively.

The red centre back (5) is forced to close down white No.8 who then has 2 very good passing options in behind the defensive line, both of which would end up with a player through on goal, and with a great chance to score.

TACTICAL SITUATION 2



MAURIZIO SARRI TACTICS

Exploiting Free Space in the Opposition Half with a Fast Break Attack

Content taken from Analysis of Napoli during the 2016/2017 Season

The analysis is based on recurring patterns of play observed within the Napoli team. Once the same phase of play occurred a number of times (at least 10) the tactics would be seen as a pattern. The analysis on the next page is an example of the team's tactics being used effectively, taken from a specific game.

Each action, pass, individual movement with or without the ball, and the positioning of each player on the pitch including their body shape, are presented.

The analysis is then used to create a full progressive session to coach this specific tactical situation.

Analysis Taken from 'AC Milan vs Napoli - 21st Jan 2017 (Serie A)'

Exploiting Free Space in the Opposition Half with a Fast Break Attack (4-3-3 vs 4-3-3)



In this example, Napoli's defensive midfielder Jorginho intercepts a pass from the Milan left winger (11) and lays the ball off to central midfielder Allan.

Allan dribbles into the space ahead and looks up. He can see that the opposition's defensive line is extremely high and there is lots of space in behind.

Allan plays a pass for the forward Mertens to run onto in space.



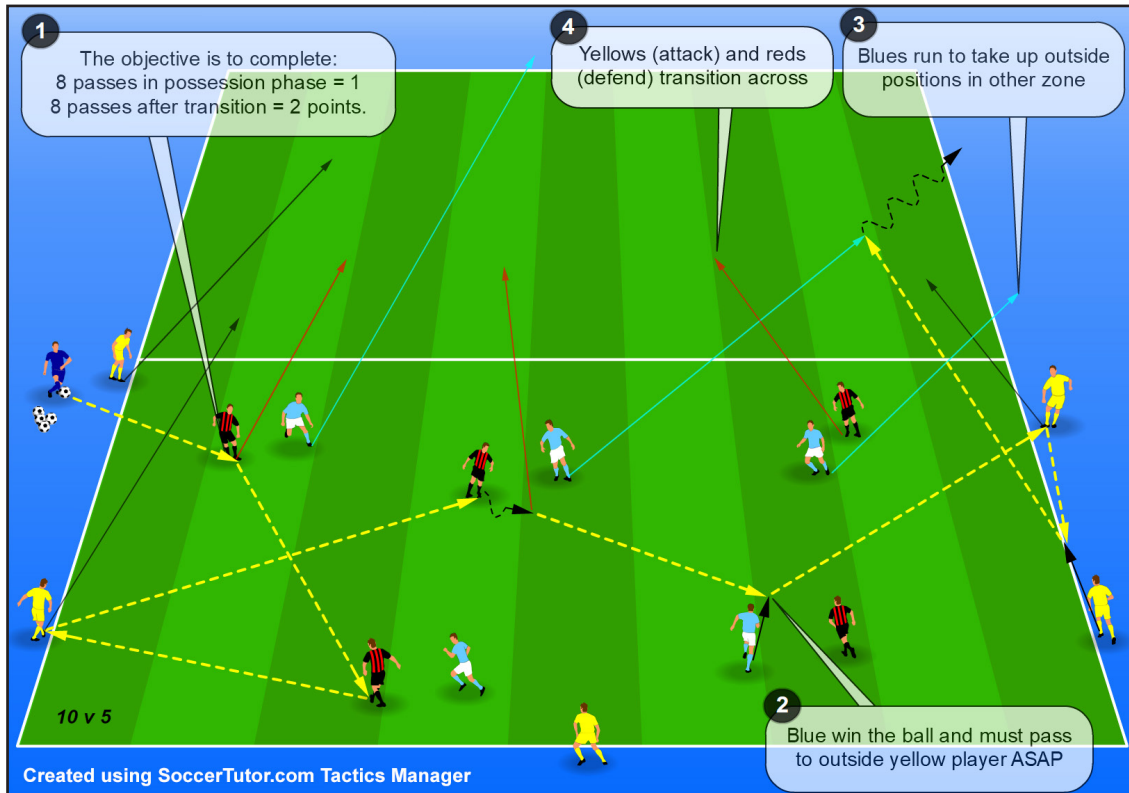
Mertens is tracked well by the Milan centre back (5) but there is lots of space to exploit.

As the opposition's defence is very disorganised, Mertens plays a first time pass in behind and across for the left winger Insigne to run onto.

Insigne is able to take a good first touch away from the defenders and score with a left footed strike.

SESSION FOR THIS TACTICAL SITUATION (3 PRACTICES)

1. Exploiting Free Space in the Opposition Half with a Fast Break Attack in a Dynamic 3 Team Transition Game



Description

In a 40 x 50 yard area, we divide the pitch into 2 equal zones. We have 3 teams of 5 players. Two teams (blues and reds) start inside the first zone and the yellow team start outside as neutral players.

The red team try to keep possession of the ball with the yellows (10 v 5) and the blues try to win the ball. If the blues win the ball, the following happens:

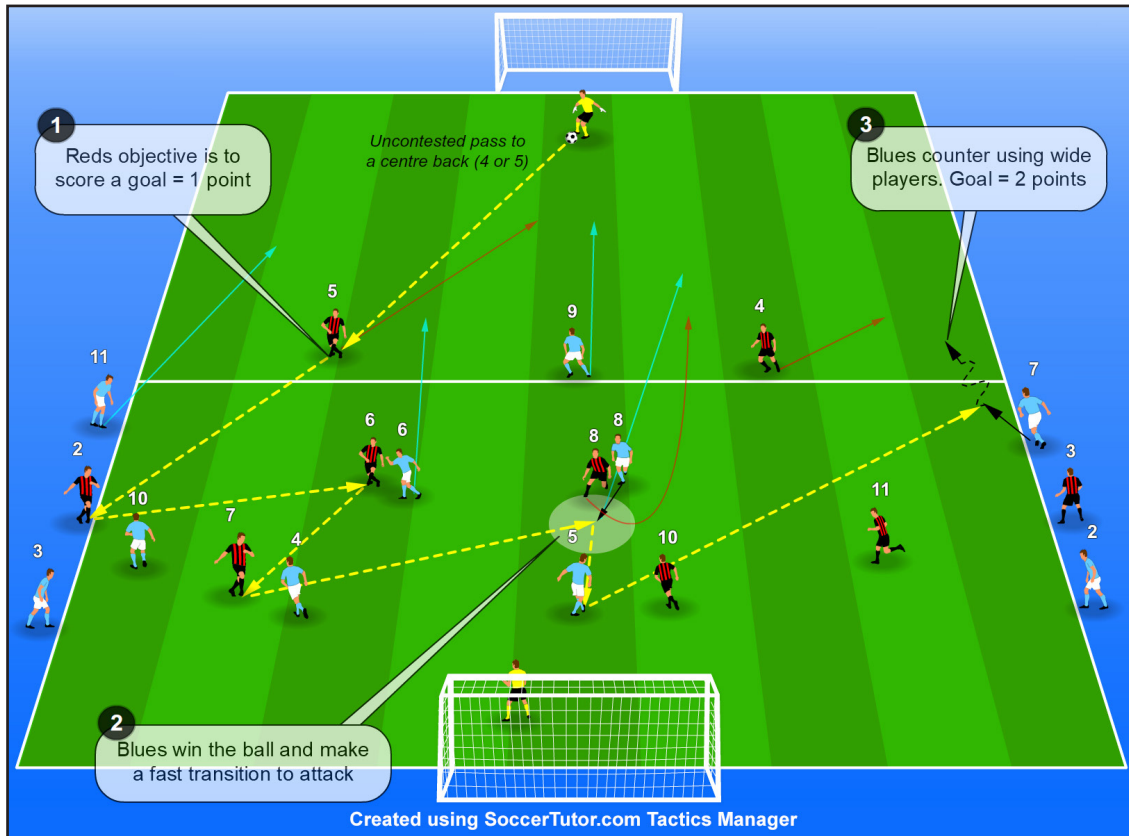
- The blues pass to an outside yellow player as soon as possible.
- All the blue players run to take up the outside positions in the other zone.
- All the other players move across. We now have the blues (outside) and the yellows (inside) in the other zone trying to keep possession in a 10 v 5 situation, with the reds trying to win it back.

Rules

1. All players have unlimited touches or all players are limited to 2-3 touches.
2. Inside players have 2-3 touches and the outside players have 1 touch.
3. Complete 8 passes in possession phase = 1 point / Complete 8 passes after transition = 2 points.

PROGRESSION

2. Exploiting Free Space in the Opposition Half with a Fast Break Attack in a Dynamic Small Sided Game



Description

In this progression of the previous practice, we now only have 2 teams. The red team have 9 outfield players + GK. They have 5 players inside the blue's half (3 central midfielders & 2 wingers). They also have 2 full backs outside and 2 centre backs in their half, as shown.

The blue team have a full 11 players. They have 5 players in their own half (2 centre backs & 3 central midfielders), 4 players outside (2 full backs & 2 wingers) and 1 forward in the other half.

The practice starts with an uncontested pass from the red team's GK to a centre back (4 or 5). The red team try to score a goal (1 point). The blues try to win the ball and make a fast transition to attack. They exploit the open space in the other half and utilise their players at the sides to score (2 points).

Rules

1. All players are free to move into the other half as soon as the ball is played in there.
2. The blues have a limited time to finish their attack e.g. 8-12 seconds.
3. When the transition is finished, change the team roles and start from the opposite end.