

PEP GUARDIOLA'S TRAINING PITCH ZONES: KEY AREAS

PEP'S TRAINING PITCH ZONES: Marked out zones on the training pitch to practice specific positional patterns of play, maximise space, disorganise the opposition, create numerical advantages and move the ball into dangerous attacking areas ("Half Spaces").

Attacking Midfielders and the "Half Spaces"

- ▶ Attacking midfielders aim to receive in this area and turn
- ▶ From here, the most creative players look to pass in behind

Wide Zones

- ▶ Wingers stay within higher wide zone (wing backs in 3-5-2 = lower)
- ▶ They occupy opposing defenders
- ▶ They make runs in behind in the final stage of the attack



Inverted Full Backs and the "Half Spaces"

- ▶ In Man City's 4-3-3, the inverted full backs are positioned in the "Half Spaces" to help move the ball from the centre backs to the attackers
 - ▶ This allows the defensive midfielder to stay in a central position

PEP GUARDIOLA'S TRAINING PITCH ZONES: RULES AND AIMS

Effective possession play, gradual build-up play as a tool to move opposing players and disorganise their defence

Penetrate the opposition effectively and receive between their midfield and defensive lines

After controlled possession, arrive at the penalty area with many players ready to attack a pass in behind or cross

The lower wide zones must always be occupied by the wing backs when Pep Guardiola uses the 3-5-2 formation

The higher wide zones must always be occupied by the wingers when Pep Guardiola uses the 3-5-2 formation



"Just from you being high and wide, you are actually freezing 4 players because we are threatening to go in behind." (Thierry Henry)

"When you have Xavi, Iniesta, Busquets, Messi, Fabregas, it is normal you play in that position in the middle." (Pep Guardiola)

"When you have players here like Sane, Sterling and De Bruyne, we attack more the spaces." (Pep Guardiola)

ATTACKING POSITIONAL PATTERNS OF PLAY (4-3-3)



Attacking Positional Patterns of Play: 4-3-3 with Inverted Full Backs



Direct from
Pep Guardiola's
Manchester City
Training Session

MANCHESTER CITY'S 2-3-2-3 ATTACKING FORMATION (4-3-3)



- During the attacking phase, Pep Guardiola's Manchester City team change their formation to an attacking 2-3-2-3 shape, which creates 4 lines for the ball to be moved through.
- This allows the full backs to become "Inverted Full Backs" and take up positions more centrally to receive within the "Half Spaces" (see next page for more detail).
- In this 2-3-2-3 formation, the defensive midfielder **Fernandinho (25)** can stay in a central position without the need to cover space to his right or left.
- The 2 wingers **Sterling (7)** and **Sané (19)** stay wide to occupy the opposing defenders and leave space for their team-mates to receive the ball in the centre and "Half Spaces."
- The centre backs **Stones (5)** and **Otamendi (30)** pass to the defensive midfielder or an inverted full back. They then move the ball to the forward or an attacking midfielder.
- The wingers **Sterling (7)** and **Sané (19)** only become active for the final stage of attack and make runs in behind to receive. They either receive and finish or deliver low crosses.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 12th July 2017

POSITIONING AND RECEIVING IN THE "HALF SPACES" (4-3-3)



- If the Manchester City attacking midfielders receive unmarked within the "Half Spaces" and are able to turn, they then try to play a final ball in behind.
- Pep Guardiola wants his wingers (**19 & 7**) to stay wide to occupy the defenders and leave space for his attacking midfielders to receive within the "Half Space" and turn unmarked.
- He also wants his inverted full backs - **Sagna (3)** in diagram example - to receive within the "Half space" and take part in building up play through the lines.
- In this example, Manchester City are using the 4-3-3 formation and the inverted right back **Sagna (3)** passes to the defensive midfielder **Fernandinho (25)**, who passes to the attacking midfielder **De Bruyne (17)** within the "Half Space."
- From this point, **De Bruyne (17)** has options to play a pass in behind. In the diagram example, he dribbles inside and passes in behind for the left winger **Sané (19)** to run onto.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 12th July 2017

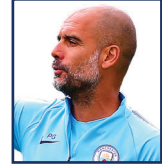
PEP GUARDIOLA'S TRAINING SET-UP (INVERTED FULL BACKS)



- This diagram shows Pep Guardiola's set-up for practicing attacking positional patterns of play in the 4-3-3 with inverted full backs.
- There are coaches either side with many balls, ready to pass to the centre backs to start the pattern (build up).
- There are also 6 mannequins in a line outside the penalty area, as shown.
- In each position, there are 2 players (1 blue and 1 yellow), which forms 2 teams of 10 outfield players to practice patterns.
- The 2 teams run the patterns outlined by Pep Guardiola alternately. As soon as one team finishes, they jog back to their positions and the next team goes.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 12th July 2017

5. Attacking Midfielder's Pass in Behind to Winger from the "Half Space" After the Forward's Lay-off



Description

1. The right centre back (5) passes to the inverted right back (3).
2. The right back (3) passes inside to the defensive midfielder (25).
3. The defensive midfielder (25) passes to the forward (10), who drops back slightly.
4. The forward (10) passes to the attacking midfielder (17) in the "Half Space."
5. The attacking midfielder (17) plays a pass in behind for the run of the left winger (19).
6. The winger (19) moves forward with the ball.
7. The winger (19) cuts the ball back for oncoming team-mates. The attacking midfielder (21), the forward (10) and the other winger (7) all make runs into the penalty area.
8. In this example, the ball is cut back to the forward (10) to score in a central position.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 12th July 2017

Attacking Positional Patterns of Play: 4-3-3 with Regular Full Backs



Direct from
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Manchester City
Training Session

“He is a genius who reads the game and covers every situation imaginable. He is always showing us how to create space and find solutions and there is no manager like him, which makes him probably the best in the world.”

(Ilkay Gündoğan)



PEP GUARDIOLA'S TRAINING SET-UP (REGULAR FULL BACKS)



- This diagram shows Pep Guardiola's set-up for practicing attacking positional patterns of play in the 4-3-3 with regular full backs.
 - There are 5 mannequins and they are narrower than the previous patterns in the book.
 - In each position, there are 2 players (1 blue and 1 yellow), which forms 2 teams of 10 outfield players to practice patterns. The 2 teams run the patterns outlined by Pep Guardiola alternately.
 - The players have also changed from the previous patterns:
- **30. Otamendi:** Left Centre Back
 - **5. Stones:** Right Centre Back
 - **11. Kolarov:** Left Back
 - **2. Walker:** Right Back
 - **25. Fernandinho:** Defensive Midfielder
 - **8. Gündoğan:** Left Attacking Midfielder
 - **17. De Bruyne:** Right Attacking Midfielder
 - **35. Zinchenko:** Left Winger
 - **7. Sterling:** Right Winger
 - **10. Agüero:** Forward

Source: Pep Guardiola's Manchester City preseason training session at NRG Stadium, Houston, Texas, USA - 20th July 2017

4. Defensive Midfielder's Combination Play in the Centre + Diagonal Aerial Pass in Behind to the Winger



Description

1. The left centre back (30) passes across to the right centre back (5).
2. The right centre back (5) passes to the attacking midfielder (17) in the "Half Space."
3. The defensive midfielder (25) shifts across (curved run) to receive the lay-off.
4. The defensive midfielder (25) passes to the attacking midfielder (21) on the left side, who moves into a central position to receive.
5. The defensive midfielder (25) moves forward to receive the lay-off.
6. The defensive midfielder (25) plays a diagonal aerial pass in behind to the left winger (19).
7. The winger (19) dribbles forward with the ball.
8. The winger (19) delivers a low cross for oncoming team-mates.
9. The forward (10) scores from a central position.

Source: Pep Guardiola's Manchester City preseason training session at NRG Stadium, Houston, Texas, USA - 20th July 2017