

CONTENTS

PEP GUARDIOLA ACHIEVEMENTS	9
PEP GUARDIOLA: BEST QUOTES FROM PLAYERS	10
DIAGRAM KEY	11
PRACTICE FORMAT	11
PEP GUARDIOLA'S POSITIONAL PATTERNS OF PLAY TRAINING	12
PEP GUARDIOLA'S ATTACKING PHILOSOPHY: BEST QUOTES	13
PEP GUARDIOLA'S ATTACKING PHILOSOPHY: KEY ASPECTS	14
PEP GUARDIOLA'S POSITIONAL PLAY (JUEGO DE POSICIÓN)	15
PEP GUARDIOLA'S TRAINING PITCH ZONES: KEY AREAS	16
PEP GUARDIOLA'S TRAINING PITCH ZONES: RULES AND AIMS	17
THE IMPORTANCE OF PEP GUARDIOLA'S "HALF SPACES"	18
PEP GUARDIOLA'S "HALF SPACES" EXAMPLE: MAN CITY (4-3-3)	19
ATTACKING POSITIONAL PATTERNS OF PLAY (4-3-3)	20
BUILDING UP PLAY FROM THE GK PRACTICE EXAMPLE	21
Building Up Play from the GK Practice Example: 3v3 Situation Out Wide	22
1. Example A: Pass to FB Blocked and DM Closely Marked	22
2. Example B: Pass to DM Blocked and FB Closely Marked	23
3. Example C: Pass to Winger Blocked and DM Closely Marked	24
ATTACKING POSITIONAL PATTERNS OF PLAY: 4-3-3 WITH INVERTED FULL BACKS	25
MANCHESTER CITY'S 4-3-3 FORMATION	27
MANCHESTER CITY'S 2-3-2-3 ATTACKING FORMATION (4-3-3)	28
POSITIONING AND RECEIVING IN THE "HALF SPACES" (4-3-3)	29
PEP GUARDIOLA'S TRAINING SET-UP (INVERTED FULL BACKS)	30
1. Both Attacking Midfielders Combine to Attack Through the Centre	31
2. Attacking Midfielder Moves Inside to Receive Forward's Lay-off and Pass in Behind to the Winger	32

3. Attacking Midfielder Receives in the "Half Space," Dribbles Inside and Plays in Behind to the Winger. 33

4. Attacking Midfielder Moves Inside to Receive Forward's Lay-off, Dribble in Behind and Finish 34

5. Attacking Midfielder's Pass in Behind to Winger from the "Half Space" After the Forward's Lay-off. 35

6. Defensive Midfielder's Pass to the Forward + Lay-off to the Attacking Midfielder for Pass in Behind 36

7. Full Back's Pass to Forward + Lay-off to the Attacking Midfielder for a Pass in Behind 37

8. Defensive Midfielder's Diagonal Aerial Pass in Behind to the Winger + Cut Back 38

Attacking Positional Pattern of Play Practice Variation: Add 1 Defender and 2 Midfield Mannequins 39

ATTACKING POSITIONAL PATTERNS OF PLAY: 4-3-3 WITH REGULAR FULL BACKS. 40

PEP GUARDIOLA'S TRAINING SET-UP (REGULAR FULL BACKS) 42

1. Forward's Lay-off from Defensive Midfielder's Pass for Attacking Midfielder to Play in Behind to Winger 43

2. Forward's "Dummy" of Defensive Midfielder's Pass for the Attacking Midfielder to Run onto and Score. 44

3. Forward Plays Through Ball from Defensive Midfielder's Pass for the Attacking Midfielder's Third Man Run 45

4. Defensive Midfielder's Combination Play in the Centre + Diagonal Aerial Pass in Behind to the Winger. 46

ATTACKING POSITIONAL PATTERNS OF PLAY (4-3-3) 47

PEP GUARDIOLA'S FC BARCELONA FORMATION (4-3-3) 49

POSITIONING AND RECEIVING IN THE "HALF SPACES" (4-3-3). 50

1. Switching Play for the Winger to Receive High Up and in Behind Using Short/Medium Passes 51

2. Switching Play with a Long Pass for the Winger to Receive and Dribble Forward. 52

3. Attacking Through the Centre with an Aerial Pass in Behind and the Attacking Midfielder's Third Man Run 53

4. Timing of Movement to Combine, Receive On the Overlap, Cross and Finish 54

5. Timing of Movement to Combine, Switch Play, Cross and Finish 55

6. Four Player Attacking Combination with Through Pass, Cross and Finish On the Left Side. 56

7. Four Player Attacking Combination with Through Pass, Cross and Finish On the Right Side 57

ATTACKING POSITIONAL PATTERNS OF PLAY (3-5-2) 58

PEP GUARDIOLA'S MANCHESTER CITY FORMATION (3-5-2)..... 60

POSITIONING AND RECEIVING IN THE "HALF SPACES" (3-5-2)..... 61

PEP GUARDIOLA'S TRAINING SET-UP FOR PATTERNS (3-5-2)..... 62

Defensive Midfielder's Pass for Forward's Lay-off with Third Man Runs Through the Centre 63

1. Both Forwards Drop Back to Combine + Attacking Midfielder's Third Man Run in Behind 64

2. Forward's Lay-off to 2nd Forward + Attacking Midfielder's Third Man Run to Receive in Centre ... 65

3. Forward's Lay-off to 2nd Forward + Attacking Midfielder's Third Man Run in Behind..... 66

4. Fast Combination Play Between the Attacking Midfielder and 2 Forwards..... 67

5. Using the Defensive Midfielder's Fast Combinations to Build Up Play to the Forwards 68

Switching the Point of Attack and Passing in Behind to the Wing Back 69

1. Switching Play for the Wing Back to Receive in Behind with Overlap Run..... 70

2. Defensive Midfielder's Aerial Switch of Play to the Wing Back + Attacking Midfielder's Third Man Run..... 71

3. Using Short Combination Play to Switch the Point of Attack in Behind to the Wing Back..... 72

4. Forward's Lay-off to 2nd Forward to Switch the Point of Attack in Behind to the Wing Back..... 73

5. Combination Play with Defensive Midfielder + Pass in Behind to the Wing Back on the Weak Side 74

6. Forward's Lay-off to Switch Attack to the Weak Side Attacking Midfielder + Pass in Behind to Wing Back..... 75

Forward's Lay-off for Attacking Midfielder to Pass in Behind..... 76

1. Attacking Midfielder's Aerial Pass from the Centre to the Advanced Wing Back..... 78

2. Attacking Midfielder Receiving Advanced Forward's Lay-off On the Run + Pass in Behind to the Wing Back 79

3. Attacking Midfielder Receiving Deep Forward's Lay-off On the Run + Pass in Behind to the Wing Back (1) 80

4. Attacking Midfielder Receiving Deep Forward's Lay-off On the Run + Pass in Behind to the Wing Back (2) 81

5. Passing Through the Lines + Wing Back's Third Man Run to Receive in Behind..... 82

6. Attacking Midfielder Receiving Advanced Forward's Lay-off + Pass in Behind to 2nd Forward 83

Pep Guardiola Stops the Training Session at this Point and Makes Changes..... 84

Attacking Midfielder Drops Back and the Forward Moves into "Half Space" to Link Play 85

1. Forward Receives Lay-off in "Half Space" and Passes Inside for Attacking Midfielder to Dribble in Behind 86

2. Double Lay-off for Defensive Midfielder's Pass in Behind to the Wing Back 87

3. Wing Back's One-Two with the Forward in the "Half Space" to Receive in Behind 88

4. Wing Back Checks Back and Makes a Forward Run to Receive Out Wide and in Behind from the Forward 89

5. Attacking Midfielder Drops Back and the Forward Shifts Across to Combine Within "Half Space" and Switch Play 90

6. Switching Play from One Wing Back to the Other with the Attacking Midfielder's Aerial Pass..... 91

7. Forward Shifts Across into the "Half Space" to Lay-off for Attacking Midfielder's Pass to the Wing Back 92

8. Advanced Forward's Lay-off for 2nd Forward to Play a Diagonal Aerial Pass in Behind to the Wing Back 93

Consolidating Possession Before Playing a Decisive Diagonal Aerial Pass in Behind .. 94

1. Fast Combination Play in the Centre and Short Diagonal Aerial Pass in Behind to the Forward 95

2. Combination Play with Multiple Lay-offs + Diagonal Aerial Pass in Behind to the Forward 96

3. Fast Combination Play in the Centre with Lay-offs + Diagonal Aerial Pass in Behind to the Wing Back (1) 97

4. Switching Play from One Wing Back to the Other and Back Again with a Lay-off + Diagonal Aerial Pass in Behind 98

5. Fast Combination Play in the Centre with Lay-offs + Diagonal Aerial Pass in Behind to the Wing Back (2) 99

6. Fast Combination Play Within the "Half Space" + Diagonal Aerial Pass in Behind to Opposite Wing Back 100

Combination Play with the Wing Back Using Give-and-Go and Underlap Runs..... 101

1. Double One-Two Combination for the Wing Back to Receive in Behind (1) 102

2. Double One-Two Combination for the Wing Back to Receive in Behind (2) 103

3. Play Out Wide to the Wing Back + Pass in Behind for the Attacking Midfielder's Underlap Run ... 104

4. Switching Play to the Wing Back + Pass in Behind for the Attacking Midfielder's Underlap Run... 105

5. Forward Passing Through Lines and One-Two Combination Out Wide with the Attacking Midfielder's Underlap Run..... 106

Attacking Midfielder's Penetrating Run to Receive and Dribble Through Centre	107
1. Fast Combination Play in and Around the "Half Space" + Pass into Centre for the Attacking Midfielder to Dribble in Behind	108
2. Both Forwards Shift Across to Combine and Create Space for the Attacking Midfielder to Dribble in Behind	109
ATTACKING COMBINATIONS & FINISHING	110
Attacking Combination Play to Create Chances and Finish	112
1. Passing and Showing to Receive in an Attacking Combination with Lay-off, Dribble and Finish . .	113
2. Passing Combination, One-Two to Receive in Behind and Finish	114
3. Passing Combination + Receive Ground Pass On the Run, One-Two and Shoot	115
4. Passing Combination + Receive Aerial Pass On the Run, One-Two and Shoot	116
5. Passing Combination and Diagonal Aerial Pass in Behind for a Third Man Run + Finish	117
6. One-Two, Pass Wide and in Behind, Cross and Finish	118
7. One-Two, Diagonal Aerial Pass in Behind and Forward Run to Score from Cut Back	119
8. One-Two, Pass Wide, Overlap Run, Cross and Finish	120
9. Quick Feet, One-Two and Diagonal Aerial Pass in Behind for Team-mate to Receive and Finish . .	121
10. Short Combination Play, Pass Out Wide for Cross and Time Runs into the Penalty Area	122
11. Combination with Lay-off, Pass Out Wide for Cross and Time Runs into the Penalty Area	123
12. Forward Runs into the Penalty Area, Crossing and Finishing	124
13. Short Passing Combination Play On the Flank, Crossing and Finishing	125
14. Short Passing in the Centre, Play Wide, One-Two, Cut Back and Finish in a 5v2 Practice	126
Attacking Combination Play in 3v2 Duels	127
1. Fast 3v2 (+GK) Duels	128
2. Fast 3v2 (+GK) Duels with 1 Defender Starting from a Side Position	129
Attacking Combination Play Circuits	130
1. Combination Play Circuit with Pass in Behind and Finish with Speed Exercises	131
2. Combination Play Circuit with Diagonal Aerial Pass in Behind and Finish with Speed Exercises . .	132
3. Combination Play Circuit with Dribbling in Behind and Finish with Speed Exercises	133
4. Passing Circuit with Speed Exercises + Dribble and Finish	134

Attacking Combination Play in Conditioning and Speed Practices 135

1. Passing, Dribbling and Shooting in a Warm-up Circuit..... 136

2. Passing Combination Play with Double One-Two and Shooting in a Warm-up Circuit..... 137

3. Double One-Two Combination, Cross and Finish in a Speed Practice..... 138

4. One-Two Combination Out Wide, Cross and Finish in a Speed and Conditioning Practice..... 139

5. Receiving High Up the Flank to Cross and Timing Runs into the Penalty Area in a Speed Endurance Practice..... 140

6. Fast Combination Play with Lay-off, Overlap Run, Cross and Finish..... 141

7. Combined Actions, Cross and Finish in a Speed and Conditioning Practice..... 142

8. One-Two Combination, Overlap Run for Cross and Time Runs into the Penalty Area in a Speed Endurance Practice..... 143