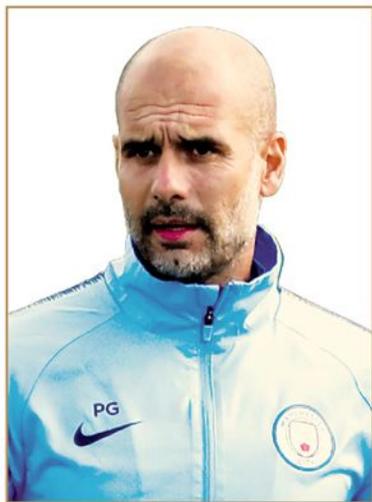
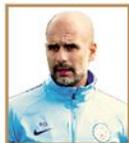

PEP GUARDIOLA



Technical-Tactical Passing Warm-ups

10. Complex Support Play Circuit with Triangle Tactical Patterns



General Objectives: Creating space away from opponent behind, passing and receiving (directional control), and incisive movement in a micro-game situation.

Players: 10-12 (3-5 extra players).

Technical Objectives (1/2 touches): Passing, and receiving (directional control), checking away, various types of passes; short, long, support, and through passes.

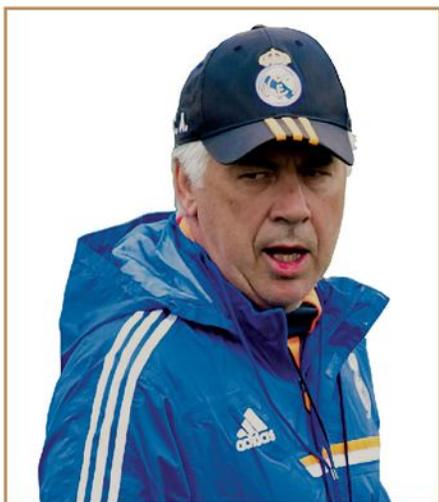
Tactical Objectives: Body shape, checking away (escape marker from behind), game development (width and depth), support play, incisive movement, at game speed and intensity.

Description (8 Yard triangle / 10 yard rhombus):

- A passes to B, and B to C, who moves inside, opens up, and dribbles forward.
- C passes diagonally to F, who had dropped back, and then made a run (around the cone) to receive. B spins to receive F's lay-off and passes to E.
- E plays a "give and go" with D and receives after running around the cone.
- E plays a through pass for the deep curved overlap run of F (around cone), and F passes to the next player waiting.
- **Player Movement Sequence:**
A → B, B → C, C → D, D → E, E → F, F → A.

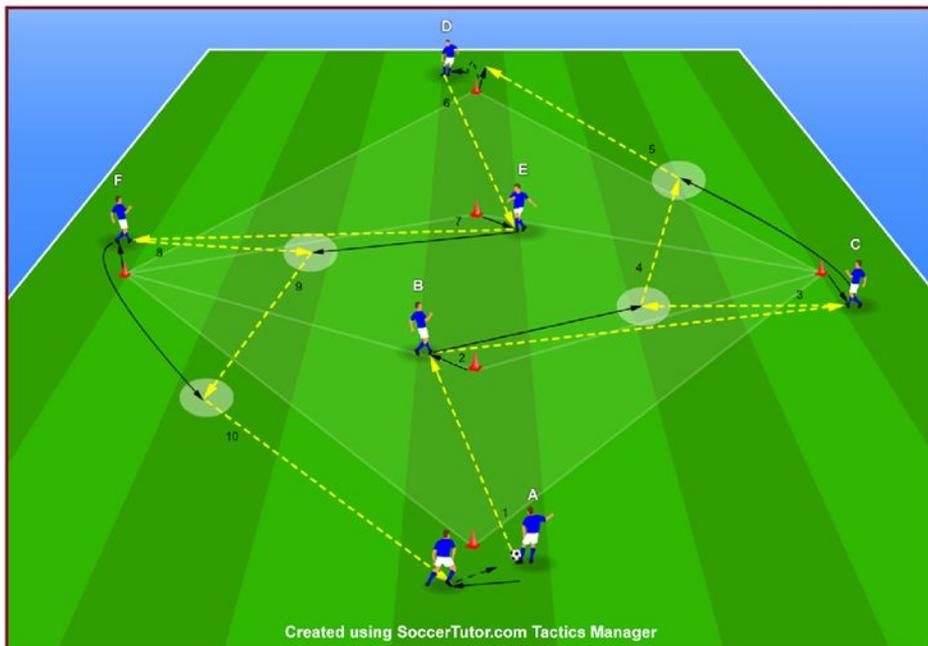
Source: Pep Guardiola's Training Session with FC Bayern Munich (2015)

CARLO ANCELOTTI



Technical-Tactical Passing Warm-ups

8. Progressing the Play Using Inside Support with "Give and Go"



General Objectives: Progressing the play (full backs, midfielders and attacking midfielders), working on essential situational technical actions including "give and go."

Players: 10-12 (3-5 extra players).

Technical Objectives (1/2 touches): Pass and receive, "give and go," support play, timing runs off the ball, and through passes.

Tactical Objectives: Positioning, utilising width and depth, passing forward to break lines, forward runs, ability to read game situations, play in tight areas (give and go).

Description (10 yard rhombus):

- A passes to B, who passes to C. C passes inside for B, who moves across.
- B passes forward for the overlap run of C around the cone (give and go).
- C times his run well and passes to D.
- The same passing sequence is repeated on the other side (mirrored) in the opposite direction with D, E, and F.
- F passes to the next player waiting (position A) and the practice continues.
- **Player Movement Sequence:**
A → B, B → C, C → D, D → E, E → F, F → A.

Source: Carlo Ancelotti's Training Session with FC Bayern Munich (2016)