
CHAPTER 6

TRAINING AND TACTICAL PREPARATION FOR POSSESSION BASED TEAMS

Preparation for Arsenal in Champions League Semi-Final - First Leg: **MD-2**



Tactical Meeting + Session (2 Days Before Match):

- Tactical session today = how to best play against Arsenal.
- Arsenal are a quick combination team.
- Chase down the man with the ball.
- Press early and with numbers in midfield.
- Keep compact and read passes - intercept!
- Stay with your runners!

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| 1. Exercise Bikes + Injury Prevention Exercises | 15 min |
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| 2. 8v2 Boxes (10 min) + Activation (10 min) | 20 min |
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| 3. 10v10 (+1) Possession Game | 10 min |
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| 4. Midfield Block Pressing Tactical Game | 8 min |
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| 5. Attacking Patterns Tactical Game | 12 min |
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| 6. Positional Roles and Structure Tactical Game | 10 min |
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SOURCE: René Meulensteen's Manchester United training session at Carrington Training Ground - 27th April 2009

4. Midfield Block Pressing vs Build-Up from the Back Tactical Game

8 min



Practice Description

- **Objective:** Prepare the team to play Arsenal using coordinated pressing against quick combination play.
- 2 x 4 minute halves. Either GK starts by passing to the blue team with a 10 v 10 outfield play situation.
- **Blue Team:** Build up play and keep good possession, looking to progress the ball forward and score by dribbling over the halfway line.
- **Pressing Line:** Helps the red players recognise queues to press.

- **Red Team:** As the ball approaches the pressing line, the forwards engage to press. The midfielders press in the next line if the ball progresses.
- If they win the ball, they pass to either GK to score and the practice restarts.

Coaching Points

1. Apply pressure to the man on the ball.
2. Stay compact and press early in numbers in midfield.
3. Read passes and intercept.
4. Stay with runners!

SOURCE: René Meulensteen's Manchester United training session at Carrington Training Ground - 27th April 2009



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