

BASED ON RSC ANDERLECHT FILOSOPHY

PLAYING FOOTBALL IN A FIVE A SIDE FORMATION

GAME MODEL

LITHUANIAN FOOTBALL FEDERATION | THE CENTRAL CIRCLE



CONTENT

A. AN INTRODUCTION TO THE RSC ANDERLECHT GLOBAL GAME MODEL 2

B. THE GENERAL IDEA (OR THE RSCA TATTOO) 2

C. PLAYING 5 A SIDE BASED ON GAME MODEL 5 <> 5 RSC ANDERLECHT 3
1. Player profile 3
2. Animation, strategies and principles 3
3. Tasks in B+ and transition B+ to B- 4
4. Set pieces in B+ and B- 4

D. CREATING OUR OWN FOOTBALL IDENTITY 5
1. Basic principles 5
2. High Five principes 5
3. Our playing style - modules 10

INTRODUCTION

As Technical Director of the Lithuanian Football Federation, I am glad that we have taken a new path, based on a thorough evaluation, chosen for the RSC Anderlecht Vision and training model.

I am sure we will get the benefits of this new way of working within a few years.

I trust and count on all people involved into this new project and with their efforts this direction has a bright future for our players development.

Patrick De Wilde
Technical Director at Lithuanian Football Federation

A. AN INTRODUCTION TO THE RSC ANDERLECHT GLOBAL GAME MODEL

This global Game Model was drafted to inform, to standardize, to lead, but not to dictate. Creativity, inventiveness and development should never be restricted in youth football. This Game Model must therefore be a constant incentive for "updating and sharing knowledge". It must form a guideline for leading young TALENT to professional football. The philosophy behind it take full account of club history, culture, location, competition, supporters and financial scope.

B. THE GENERAL IDEA (OR THE RSCA TATTOO)

The general football idea is based on "having the ball".

The advantages of ball possession are numerous:

- Team is proactive instead of reactive
- Team is taking initiative
- Team is dictating (forward) direction and off intention of the game
- Team is dictating and influencing pace of the game
- Every player on the ball becomes a 'playmaker'
- Mental advantage by having the ball than by chasing him
- Bigger football education value and attractivity player/supporters
- Statistically possession delivers more winning games

"If you play based on possession, you don't have to defend, because there is only one ball" (Johan Cruijff)



C. PLAYING 5 A SIDE BASED ON GAME MODEL 5 <> 5 RSC ANDERLECHT

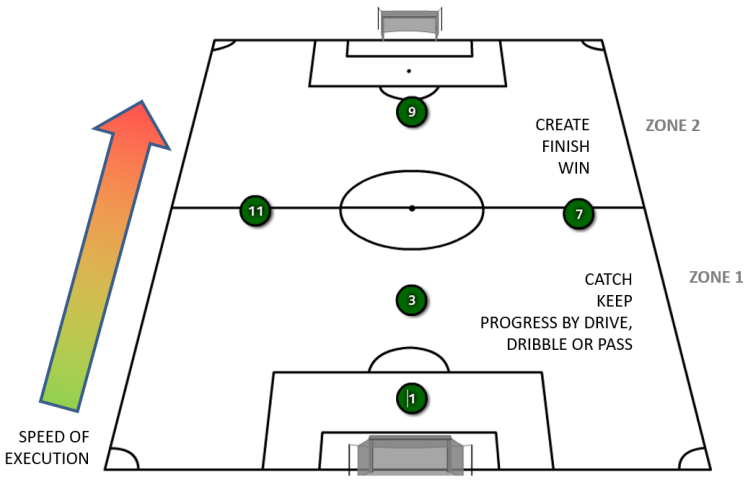
1. PLAYER PROFILE

Each training session the attention of the coach and the content of the exercises have to focus on:

- First control (player and ball in movement)
- To drive and progress
- To eliminate (1 <> 1)
- To pass and / or shoot
- To score (and celebrate)
- To recover the ball

2. ANIMATION, STRATEGIES AND PRINCIPLES

- Animation 5 <> 5: in a diamond shape (1-1-2-1)
  - Position 1: goalkeeper
  - Position 3: central defender
  - Position 7: right winger
  - Position 11: left winger
  - Position 9: deep striker
- No flexibility BUT …
- Versitility with Multiposition (formation) en Best Position (international tournaments)
- Attacking, creative and dominant football based on “efficient and progressive ball possession (70% | DNA)
- Properly start up from behind through fast recovery of goalkeeper (mostly via lateral or central defender)
- High speed of execution and dictating / influencing tempo of the game (faster – slower)
- Players (audacious) taking initiative on every position
- Dribbling 1 <> 1 (elimination protection, orientation) stays a priority in the 5 <> 5 / 8 <> 8
- No tackling but focus on anticipation or interception and negative press
- Never adapting to the strength of the opponent
- A fluent shift between defence and attack and between attack and defense (transition)
- Dividing the pitch into 2 zones
- Creating and finishing to score and to win (challenge strike!)



3. TASKS IN B+ AND TRANSITION B+ TO B-

B+

On each position, the player will be able to take a forward initiative (decision making):

- Take care of his first touch (= first control)
- To drive his ball – dribble of orientation and / or to pass the ball (progressing)
- To eliminate an opponent – Dribble of rupture – or to give the last pass (creating)
- To give the last pass or to shoot (purity) at the goal (finishing)
- To celebrate the goal (winning)

TRANSITION B+ TO B-

- Player who lost the ball try immediately to recover it without tackling or fault
- Other players quickly come back to their half of the field to defend the goal

B-

- Players defend between the ball and the own goal
- Players make pitch small in depth and width
- Players prevent forward progression (or shooting)
- Player try to recover without tackling or fault (catching)

TRANSITION B- TO B+

- After recovery, player doesn't lose the ball – dribble or protection (keeping)
- Player tries to see and has the first intention to quickly play forward

4. SET PIECES IN B+ AND B-

Little specific attention is paid to the execution of set pieces on training. We believe that these special skills (kicking to goal and defending our goal) are extensively practiced by the players in their free time. Kicking to goal is an easy to simulate exercise in many circumstances (school, garden, ...).

B+

- Players quickly restart the game by a pass to free player or dribbling (competition)
- Thrown in by drive, dribble or pass (no hands)
- *Players shoot to the goal (indirect free kicks) if not far away from the goal (only tournament)*

B-

- Players quickly prevent shooting with a wall (indirect free kicks)
- Players close the centre of the goal (corners)
- Players take position between goal and opponent

D. CREATING OUR OWN FOOTBALL IDENTITY

In order to further develop and deepen our own football philosophy - based on the RSC Anderlecht philosophy and football culture - we have chosen to deepen our football identity through a number of well-considered basic principles and playing methods – modules for each formation (from 5<>5 to 11<>11). These basic principles have been specifically developed per formation 5<>5, 8<>8 and 11<>11. For formation 5:5 specifically the HIGH FIVE principles have been developed together with the play mode modules building from the back and defending. These are our LFF translations of RSCA's GAME MODEL 5 <> 5. They have been developed specifically to stimulate Lithuanian individuality and to create certain uniformity in everyday practice on the field.

1. BASIC PRINCIPLES

Contemporary football is characterised by a lot of movement and a number of changes of position within a (large) space. In today's and tomorrow's football, the trick is to make optimal use of the spaces when owning the ball so that, on one hand, the ball owner has and retains the necessary space (during the free running of the other players and his own running action), but on the other hand, after the ball has been played, the player continues to move intelligently so that the newly created playing possibilities are maximised. Because a football situation is rarely ideal, a player should always be able to control the situation individually in case of ball possession (dribble < ball retention). On the other hand, the trick is to consciously make the spaces smaller in case of loss of ball, so that the opponent has to play under pressure and the chance of conquering the ball is much higher.

A number of basic principles should help our players to gain (spatial) insight into the complex game of football and give them the opportunity to solve difficult situations that arise during the game more easily and with more chances of success. As LFF we need to stimulate our youth players in their insightful ability to take a first cautious step in our own way of playing - development at this age.

2. HIGH FIVE PRINCIPES

Our HIGH FIVE (HF) principles concern objectives for insightful ability for the final phase within a 5<>5 formation. Training in ball possession is of course essential. They are a stepping stone to our BASIC ELEVEN (BE) basic principles for our players who play in an 8<>8 formation. They also apply to every player regardless of his position on the field and all aim to teach our players in ball possession and ball possession to deal better with the space offered to them or to help them individually create space for themselves in ball possession or to take space away from them in case of loss of ball. We try to incorporate these principles as much as possible in our training sessions without adding a lot of theory. Let the experience be the best teacher.

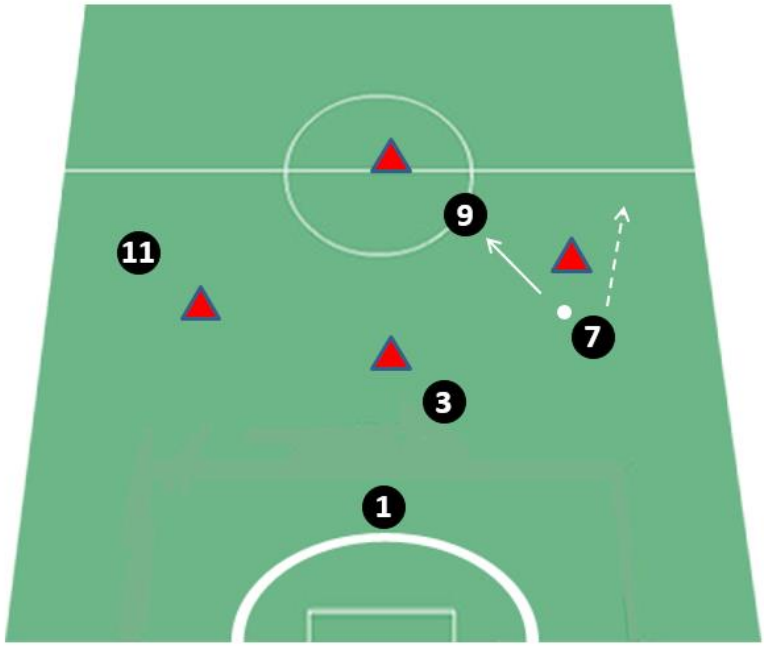
1. Ball possession < As an Individual < Creating and Maintaining Space

HF01 **"THE GO PRINCIPLE"** (action after action): ball owner becomes free man.

THE GO PRINCIPLE tries to persuade our players of the reflex to think along with the new ball owner in a solution-focused way after the pass has been played. This can be done in the following way:

- 1:1 form in which a second task follows immediately after a goal

The final result is that players learn to do the most desired run without the ball after the action. This can be done in all directions, but rarely be done towards the ball owner. This will reduce his space.



HF02 **"THE SHADOW PRINCIPLE"**: The free man asks for the ball and comes out of the shadow.

Core idea of the principle (sun versus shadow principle): the player at the ball is equal to the sun (player with ball = sun). And in the world as we know it, there is only one sun. Just like there is only one ball on the field when we play a football match.

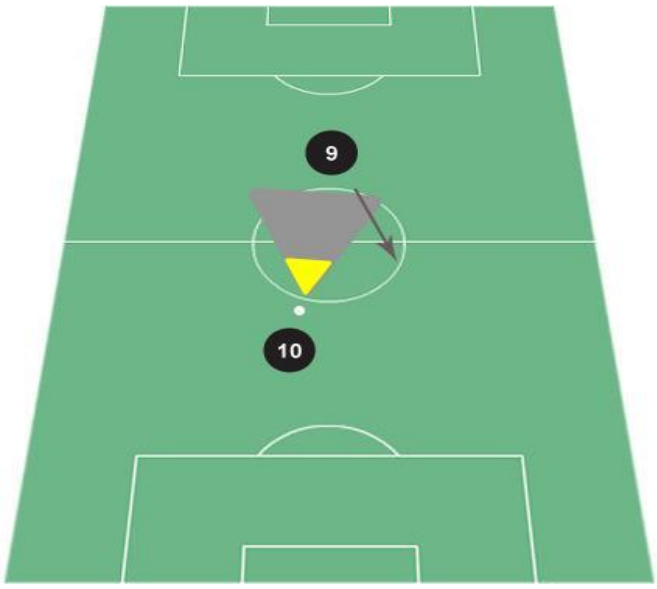
As for the freeman who "wants to play in the sun":

- The ideal position in relation to the sun is in the shadow of the opponent who prevents you from getting the ball (who cuts of the passing line). When you actively ask for the ball, you offer yourself just outside the opponent's shadow in such a way that you stand in the sunlight for a while (to the left or right of the shadow). In that way, your teammate will be able to "discover" you, so he can play the ball towards you.
- If you get the sun's rays directly from the ball on you for too long, you will be too close to the sun for too long and you will certainly get sunburned or you will stand still for too long and you will be very easy to defend.
- If you always remain completely in the shade, this is a sign that an opponent prevents the other player at the ball from noticing or seeing you! So come out of the shadows at the appropriate time!
- If you are too close to the sun, your teammate probably has far too little space around him.

As far as the ball owner is concerned, "who gets too hot when he has been in the sun for too long":

- There is only one person on the team who can be the sun (the one with the ball). You can only be the sun for a short period of time in a row, otherwise you will burn up. After giving the pass, you pass on the property (to be the sun for a short time) to a teammate. However, you will then make sure again that you are (just) far enough away from the ball in order not to burn it. You have to remain available to receive the ball, so that you cannot freeze to death.

The above is a child-friendly way of learning to "get the ball played between the lines". This should result in players learning not to present themselves by going into the ball but by running left, right or away from the ball from a position between the lines.

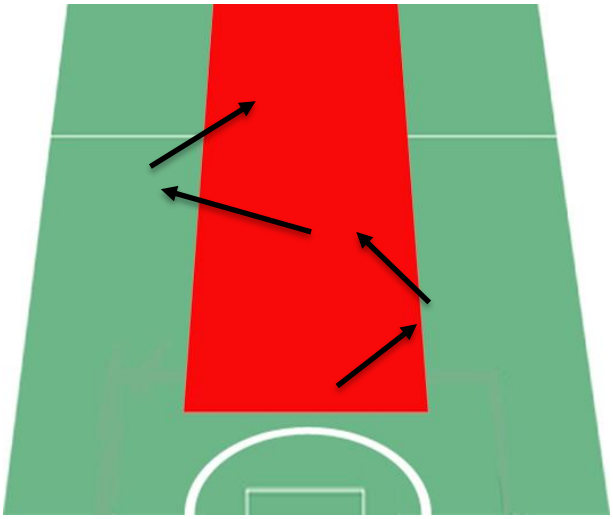


The SHADOW principle requires a strong focus on the environment.

After all, the environment variables determine the progress of the game, not what a player (or worse: what a coach/parent) had in mind for the situation. The ultimate attempt is to let the players focus on the environment (fellow players and opponents) and to adjust their actions accordingly.

HF03 "**THE RED CARPET – PRINCIPLE"**: the ball owner plays the ball at an angle to his team-mate.

A basic rule in the build-up of the game is that the ball must always be played with passes that are played at an angle to the other players.



The "Red Carpet" is an extension of the (invisible) small goal area and runs from goal to goal. The visualisation principle for playing in and out via the red carpet is ideal in order to achieve a smooth ball circulation, to be able to easily change the playing side (changeover pass), to put our wing-players in the most ideal position to be able execute an individual action and to be able to make triangles.

If the ball is played in a straight line:

- the ball is predictable and easy to intercept
- there will be no depth in the game (same place - same zone)
- the other player usually has to control the ball with his back to the opponent.

Of course, there are game situations in which a straightly lined pass is possible:

- Send the wing into the depth with a pass along the sideline if there is room in the back of the opponent's position 2 or 5.
- When a player can give a handball to the additional 3rd man.

2. Ball Loss < As Individual < Self Determining Space

HF04 **"THE PRESS – PRINCIPLE"**: when losing a ball, everyone thinks "ahead" and defends the space to the front.

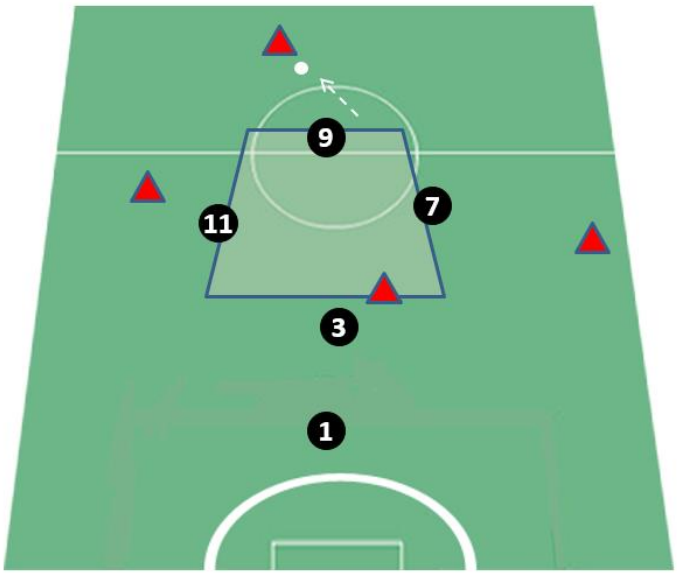
The first individual principle in ball loss is the individually forcing forward defence of our players. It is actually a logical follow-up to our footballing choices in ball possession in which we want to be dominant. We also want to impose our will in ball loss, so we don't choose "action" for reaction. Learning how to read the game in ball loss requires playing on "interception", including our goalkeeper!

3. Ball Loss < As Team + Individual < Make Space Small

HF05 **"THE SMALL – PRINCIPLE"**: If we lose the ball, we as a team try to make the pitch as small as possible.

There is only one ball in the game. We stay as alert as possible when we don't have the ball and the whole team moves in the direction of the ball. With this, we ourselves determine the room for the others (opponent).

- The opponent who is furthest from the ball is left uncovered. He is the least "dangerous".
- If the ball is on its way, all of our team must be on the move.



4. General Underlying Basic Principles

1. Ball possession

- open wide

Open wide: as much space as possible is created across the width when our flank players open up to the sidelines. The opponent is obliged to defend more widely, so that there is also more space in the center of the field.

- Open deep

Keeping and bringing depth: the more depth we can bring, the more space is created for the attackers to break loose, for the midfielders to combine in the midfield and for our wingbacks to find the open space.

- Infiltration with ball: Lead or dribble: Challenge

"Challenge" when leading or dribbling means that the player at the ball, wants to pass the opponent with a dribble or to free a teammate.

.

- creating a goal opportunity through an individual action

By eliminating one or more opponents by means of a dribble, the player at the ball can have a goal chance. A targeted dribble is needed to make sure no one comes back after shaking the opponent off.

- Finishing a goal chance as quickly as possible

The player at the ball kicks to goal in 1 time or after a short accurate ball hit if he is close to the goal. The opponent cannot block the shot.

2. Ball loss

- positive pressing on the ball owner

Pressure must always be put on the person who has the ball by a player who positions himself between the ball and the own purpose. The closer to the goal, the more aggressive the pressure on the ball owner. In order for a player to be able to keep up the pressure to move, a compact block must be formed and the player must move to the pass receiver as soon as the pass leaves.

The first purpose of putting pressure is to prevent the ball carrier from giving a dangerous pass in depth. It is not a must for the player who puts the pressure to recover the ball.

- Never lose the duel

The player making the challenge does so not only to prevent the dangerous depth pass but also for the purpose of taking the ball, if possible.

Favourable situations for taking the ball arise when the ball is too far from the opponent's foot (e.g. bad passing or bad dribbling). If the player decides to take the ball by tackle, he must be 100% sure to have the ball. In the RSCA vision tackling is not being promoted.

- Do not get eliminated by an individual action in the zone of the truth

In the zone of the truth, the player at the ball must be attacked as quickly as possible by his direct opponent while the player avoids being eliminated by a dribble and the player at the ball gets the opportunity to have a shot a goal. The distance to the ball owner is as short as possible (= aggressive pressing) to prevent him from shooting on goal. However, that player should not be attacked too close, so the defender can be easily passed by a dribble.

The ideal distance for the 1-1 duel is 2m. The player will not be surprised by a feint by looking closely at the ball and not turning the body when the ball owner pretends to be shooting.

- Blocking off goal attempt

In the zone of the truth, it is absolutely necessary to prevent an opponent from shooting to goal. Every kick directional target may result in a goal.

The direct opponent of the player wishing to shoot to goal must be very close to the ball at the moment of the kick. This allows the target attempt to be blocked.

3. OUR PLAYING STYLE - MODULES

The ability to play football and the vista (ability to see things clearly) are linked to the main moments in football on the basis of game intentions: ball possession, loss of ball and the transition.

- Ball possession:
  - Building from the back
  - Attacking
    - In our 5 <> 5 module this is not dealt with separately. A good build-up from the back ensures that our players receive passes higher on the pitch in the most comfortable way. Then the 1:1 action has to be stimulated, next to the creativity of the player! At all times we must avoid "robot football" in this formation.
- Loss of ball:
  - Defending

The game intention "transition" is not specifically used as a module in this model. This does not mean that the transition is not or less important to us. The opposite is true! The moment the ball changes camp seems to become more and more decisive in contemporary football. The training of the transition moment is therefore continuously dealt with. After all, in any form with other players and opponents, one can speak of transition moments.

Our playing modules are dealt with in separate working documents.

COLOPHON

Responsible publisher
Lithuanian Football Federation
Stadiono g. 2, LT-02106 Vilnius

Find more on our website
https://lff.lt/



LITHUANIAN FOOTBALL FEDERATION