

FC Barcelona Notes "A New Idea, a New Concept in football "

NSCAA Baltimore Convention 2016

Lecturer: Joan Villa; Head of Methodology

Note: Some spots are missing as I tried to keep up with the notes.

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- 2 years head of methodology with Joan Villa
- Fitness coach

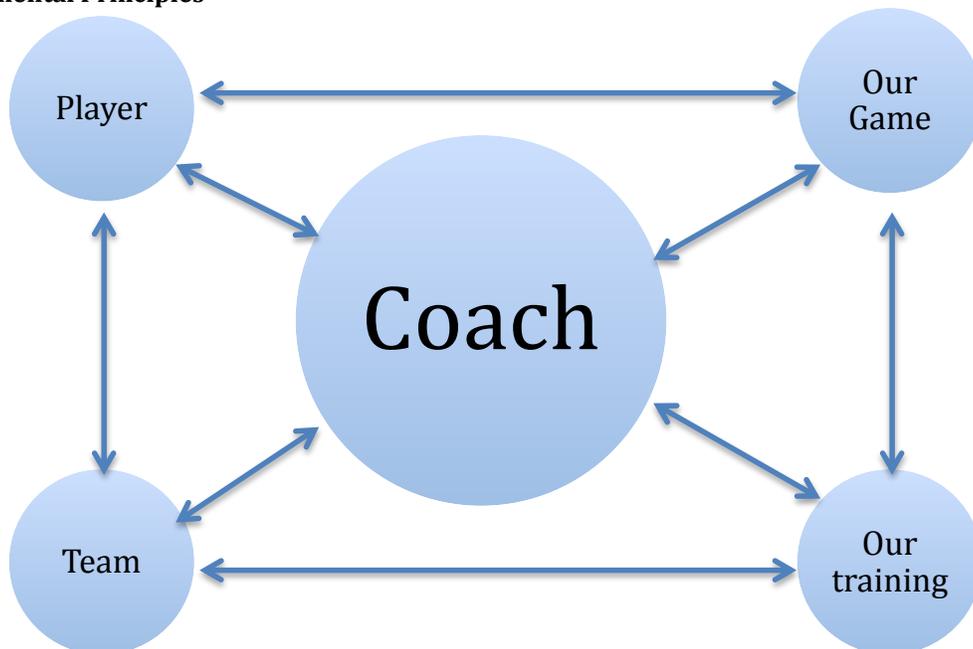
Methodology:

- The effort
 - o Develop specific trainings that require a high discipline and attention in every session

Why do we do it?

- History demands it
- We strive for excellence
- We want to transcend and leave an imprint

Fundamental Principles



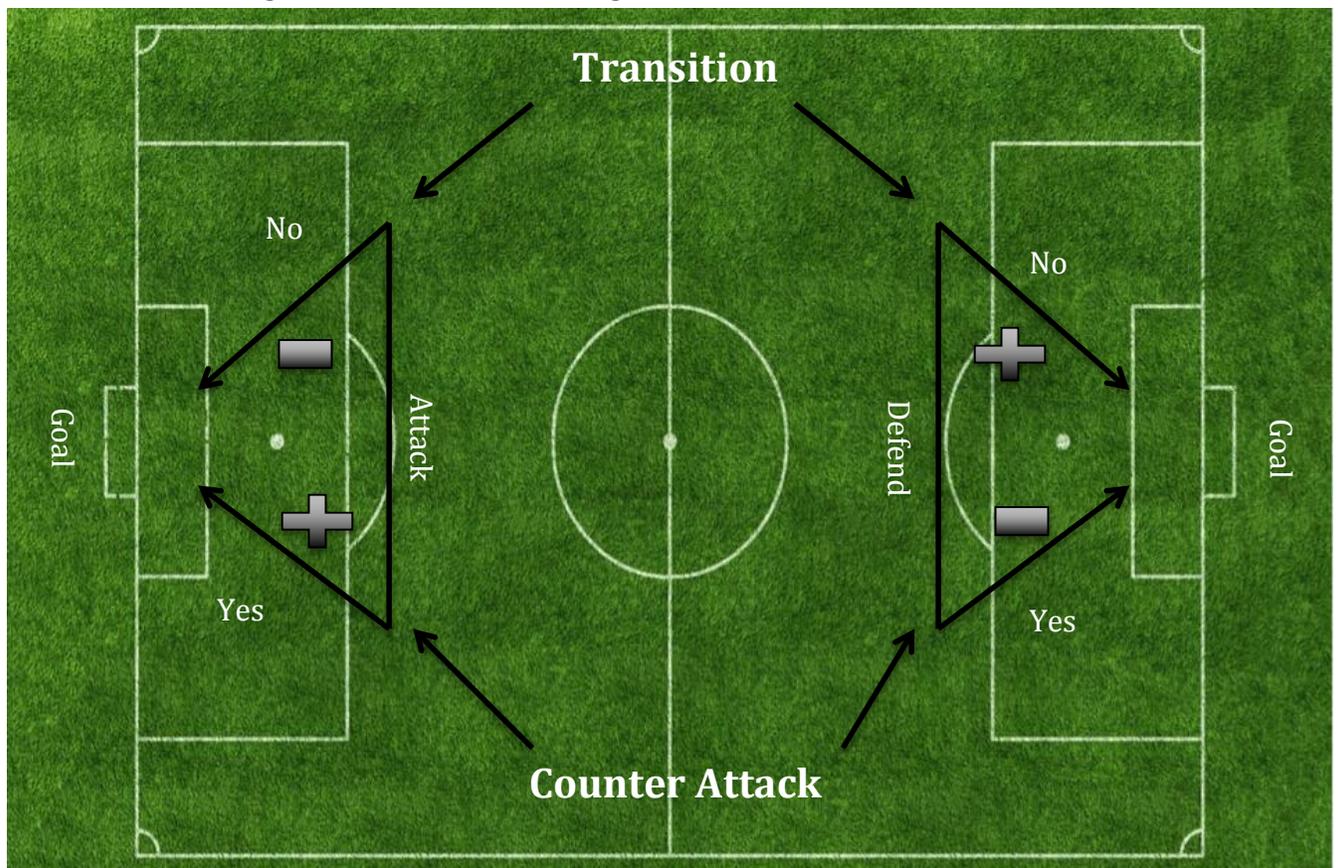
- We want to control the ball
- We can only optimize Players performance when they enjoy playing and share with the team

Our Terminology (Personally my favorite slide from Presentation)

WE SPEAK OF	WE DON'T SPEAK OF ...
Optimize	Improve
Phase Possession	Attack
Phase Recovery	Defend
Create	Destroy
Enjoy, Learn, Compete	Only win
Recover the ball	Steal the ball
To be better	Humiliate, Belittle
Competitiveness	Aggressiveness
Empathy	Selfishness
Assertiveness	Passivity, Aggressiveness
Adversary, Opponent	Enemy

Traditional Perspective of Football

This line of thinking divides what is one thing.....



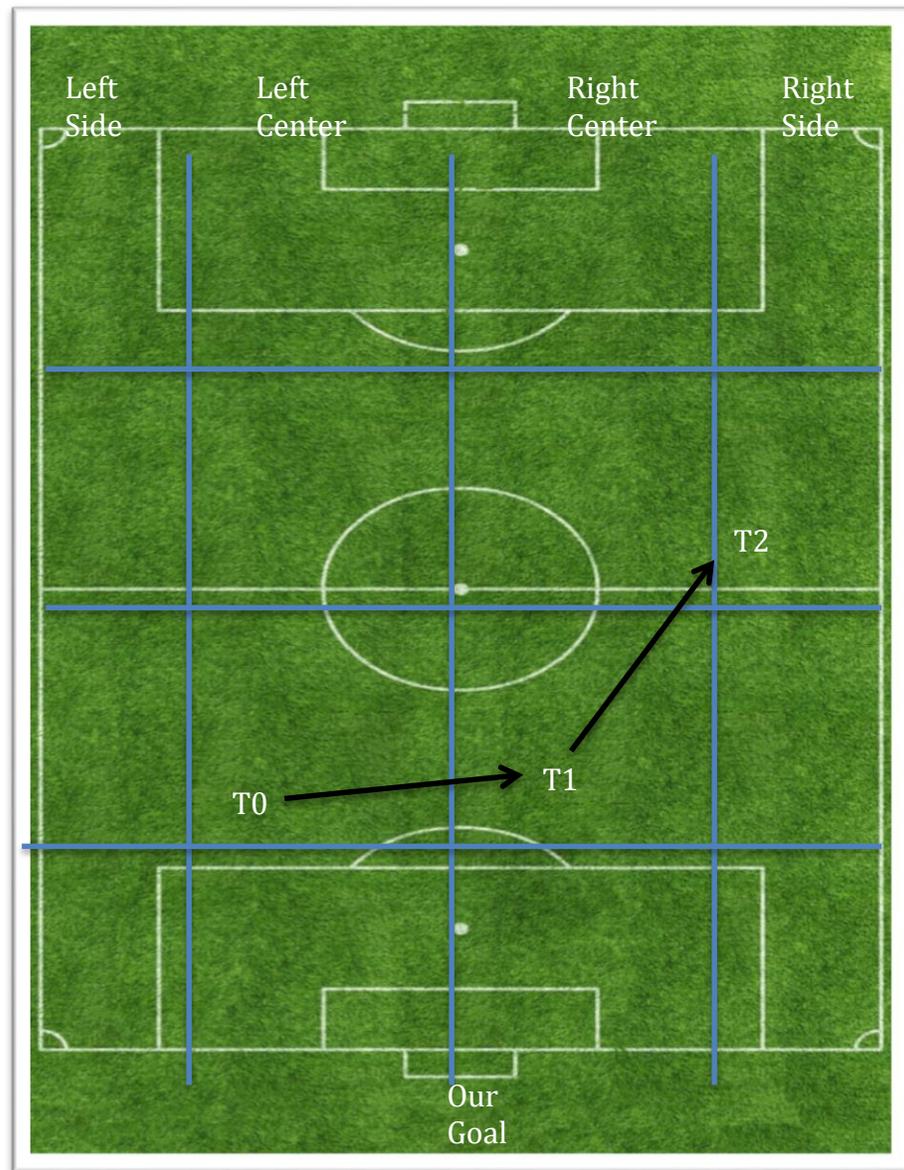
THE ACT OF PLAYING!!!!

With this concept, we divide, individualize, and specialize

Phase Spaces

Ball defines it (reference):

- Where is the ball?
- Who has the ball?



Definition

Control

B Well Being

Alarm

“Our Game” is not an association of plays but:

- **A Stochastic sequence of phase spaces**

Each Phase Space depends on: *The previous Phase space + new and unexpected elements*

- T0 + New and Unexpected elements= T1
- T1 + New and Unexpected elements= T2

These new elements are the dynamic interplay between movement of teammates and opponents on the field.

This is to see, understand, and analyze every space to anticipate the subsequent phase, since each one of them is related to the previous and next one. All of them, at the same time are interrelated.

Conformation of Phase Spaces

Location or Situation:

- Zones A, B, C, D
- Hallways LS, LC, RC, RS
- Where is the ball?
- Who has the ball?

Functional distances:

- Intervention
- Mutual Help
- Cooperation

Trajectories:

- Of the players
 - o Supports (7 types identified) *Ps: wish he had gone more in depth on this.*
 - o Unmark
- Of the ball

Orientation:

- Directionality
- Profiles
- Rhythm (TIME)
 - o As the ball is in A, B, C, D and LS, LC, RC, RS

Organization:

- Superiorities in each space (around the ball)
 - o Numerical
 - o Positional
 - o Qualitative
 - o Dynamic

Self Organization: (I judged by self organization, he meant restarting the play when pressure on the ball becomes high)

- $T_0 = \text{Prescribed organization (desired)} + \text{Unexpected situation}$
- $T_1 = \text{Prescribed Organization} + \text{Unexpected situation}$
- $\text{Unexpected Situation} = \text{Self organization} = \text{New Prescribed organization}$

This Self organization:

- Must emerge from:
 - o Coach's information
 - o Decisions made by players in the field
- Must resolve:
 - o A certain situation and return to another new prescribed organization
 - o New Prescription situation will be different and will allow domination and control of the game

Traditional Game:

- More or less linked through time (T)
- Each of them with a specific number of players involved...
- That depend on the opponents position and where they allow us to play the ball

Our Game:

- A succession of Phase spaces
 - o That interacts with each other in TIME (T0->T1->T2....)
 - o All players involved (Teammates and opponents)

...This in turn compliments the interactions between our players, always having the Ball as a reference (where is it? Who has it? What can we do with it?)

These interactions are in relation to:

- The location and situation on the field (of players and the ball)
- Distances between players and the ball
- The trajectories of Players and the ball
- Orientation of players and the game

And they result in....

- Organization of all components of our team to achieve superiority in every moment of the game in regards to opposing team

It is based on understanding and interpreting the game from the concept of succession of phase spaces. This allows us:

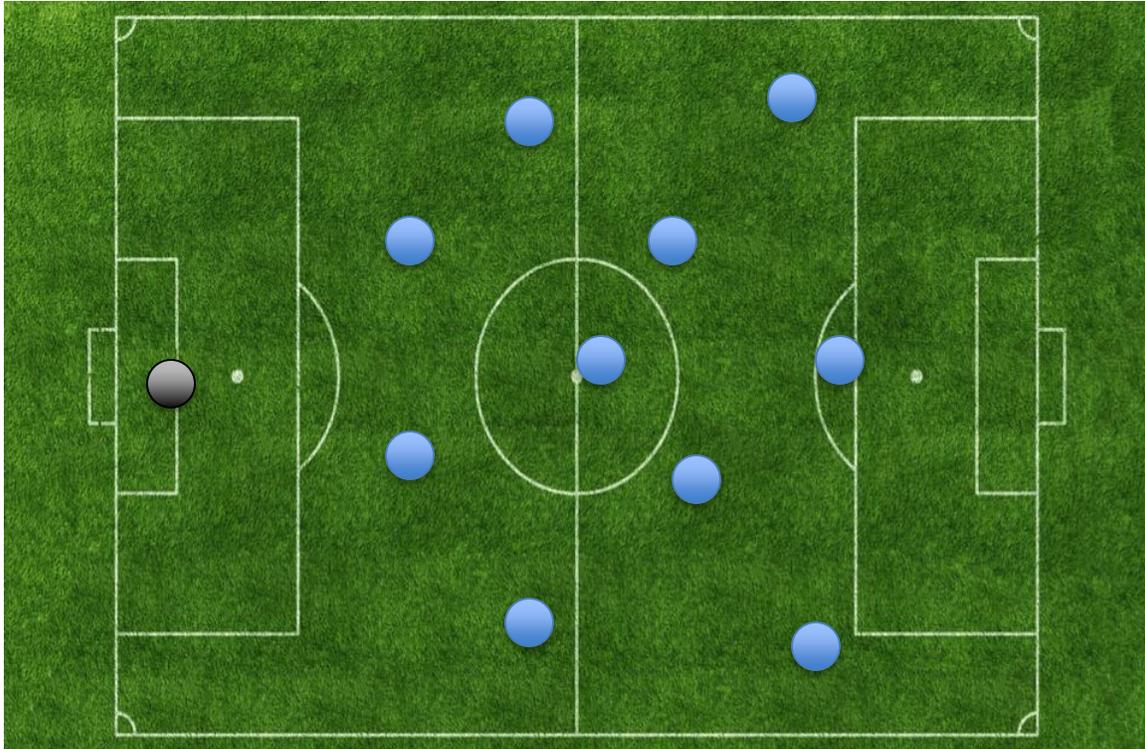
- To be more Efficient: less physical work of the player, their runs are shorter and more profitable...
- To be more Effective: Domination of the game at all times to be superior than the opponent, win and make as many scoring opportunities as possible

It is not where some players attack and some players defend, but to play and participate **ALL** players at every moment and at each point on the field

In each action oh phase space, there are 11 players involved in our team (10+1 Yes, goal keeper included) versus 1, 2, 3, 4...players of the opposing team because in each phase space all of our players have a mission to perform in the global organization of our game.

Fundamentals

- *High individual and collective technical quality*
 - o Constant contact with ball since initiation stage
 - o Work on coordination aspects (with and without ball)
 - o Technical contents (What?) in each of the stages of the formation process (When?)
 - o Concepts and guidance (How?) for the improvement of all of the technical contents
 - o Why? Because historically Barcelona's game has been associated to technical excellence, plasticity and spectacle



- *Right distribution of players in the pitch*
 - o Players don't lose their position in the pitch
 - o Defensive work by reducing spaces
 - "In recovery phase, always a step forward"
 - o Offensive work by making the pitch bigger
 - "In Possession phase, always a step backwards"
 - o Forming triangles to attain:
 - Recovery phase: Better coverage and support
 - Possession Phase: Support and progression in the game
 - o Short distances between all players

Our game is based in three fundamental concepts or 3 P's (PPP):

- Position: Rational occupation of Pitch
- Ball protection sense
- Pressure: immediate recovery of the ball after loss

Position Favors:

- Possession of ball
- Recovery of ball

That allows us to PLAY AND ENJOY

- *A Sense of protecting the ball*
 - “The team that has the ball owns the game”
 - The best defense is:
 - Do not lose the ball
 - Do not lose position
 - Alternate short or long passes during the game
 - Too many short passes means more pressure from opponents team and losing the ball
 - Too many long passes mean constantly losing the ball (lack of precision)

- *Players mobility without the ball*
 - Creation, owning and taking advantage of free spaces
 - Objectives:
 - Being able to receive the ball in the right conditions to play it
 - Enable the teammate who has the ball to make the best decision
 - Facilitate the teams joint tactical actions
 - Making difficult the opposing teams defensive actions
 - Statistically Barcelona players run more than most opposing teams, however for us: “What’s important is not running, but knowing how to run.”

- *Functional unity of players as a team*
 - With the ball the whole team plays and enjoys
 - Without the ball the whole team Runs.
 - Understanding team behavior as a higher order system rather than the sum of each player’s work.
 - It is all an ongoing process, uninterrupted (Continuum of Complexity)

- *Games interpretation and comprehension!!!*
 - **Cognition: “Learn to see, perceive, and decide”**
 - Perception and management of Space (E)
 - Management of Time (T) and control the rhythm of the game
 - Identify and interpret the game situation (teammates, Opponents, ball, and intentions)
 - **Action or effective and efficient execution**
 - Monitoring and evaluation of action
 - Concept: Before, During, and After

- *Individual and collective participation*
 - “The Ball always runs more than the players”
 - Pay Special attention to: Pass, control, and dribbling
 - Precision
 - Speed of the execution
 - Each time the game demands more speed and intensity

- *Individual qualities at the service of the team*
 - Selfish= No
 - Team spirit= Yes
 - Personal contribution to the team= Yes

Cognition (Complex Perception)

Body Orientation

- Active Feet
- Mobility
- Diagonal Support

Turn the Head

In all four directions

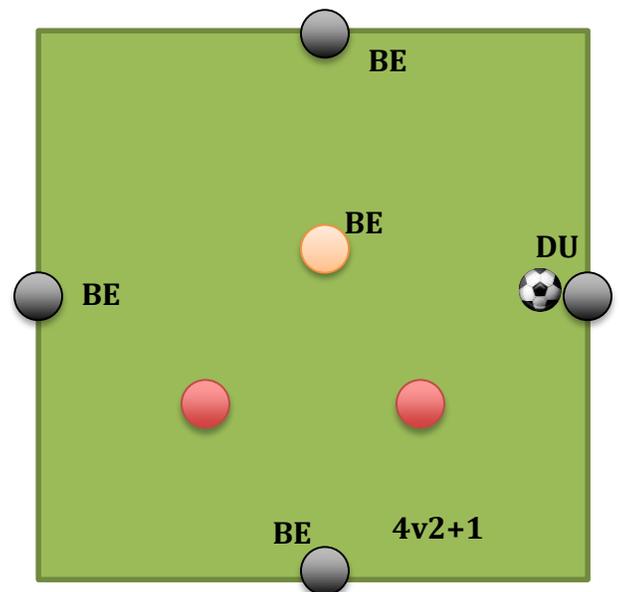
When a teammate has the ball

When the ball is coming

Perception of Spaces

- Near
- Far

- Look at:
 - o Profile, Body orientation, Head and eyes
 - o Width of Visual field
- Perceive/ detect stimulus
 - o Near Spaces (Spaces of mutual help)
 - o Far Spaces (Spaces of cooperation)
- Analyze and understand these situations
 - o Stick the gaze and peripheral view
 - o Opening spaces and closing spaces
 - o Anticipate to the next action
- Decide
 - o The best option for our team



Permanent Concentration on the game: "Not to see it, but to live it" (Love this)

- In the possession phase there are three moments that players need to take into consideration:
 - o 1: Before receiving the ball (**BE**)
 - Steps in this process builds Cognition (look, perceive, analyze, anticipate, and decide what to do)

- 2: In possession of the ball (contact with the ball) (**DU**)
 - Execute: it goes from possessor to receptor
 - Technical action that the player does with the ball
- 3: After passing the ball (**AF**)
 - Mobility: it goes from possessor to receptor
 - "PASS AND MOVE"

Phase spaces Dimensioned

Phase

- Possession (with the ball)
- Recovery (without the ball)

Space

- Field zones occupied by players in each situation with respect to the ball
 - Intervention
 - Mutual Help
 - Cooperation

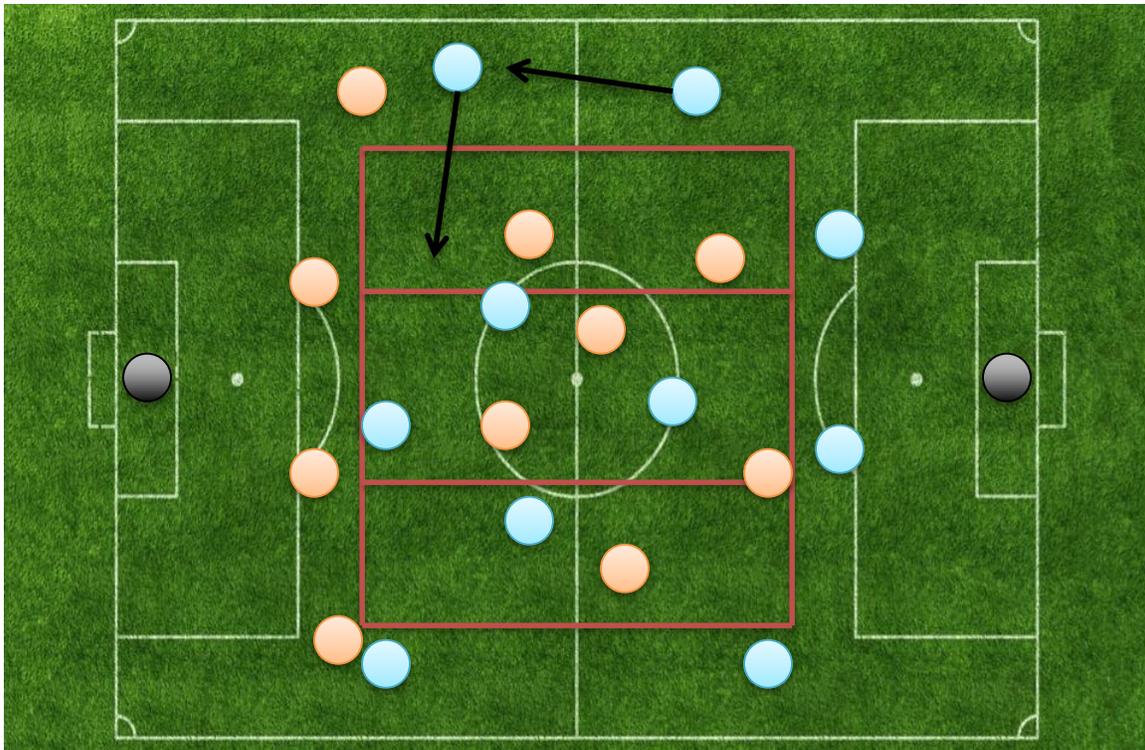
Dimensioned: Dimensions we give each of these players

Stability of the Team

- A) **The location and situation in the field** (of players and the ball)
- B) **Distances** between players and respect the ball
- C) **The trajectories** of players and the ball
- D) **Orientation** of players and the game
- E) **Organization** of all components of our team to achieve superiority in every moment of the game regarding the opposing team

Reorganization or Self- Organization

- The self-organization must be built with information from coach + specific criteria decided by some players when they occur to resolve this particular situation and return to the organizations prescribed



Possession Phase Concepts

- Concept of width
- The goalkeeper is the first attacker
- With the ball the whole team plays and enjoys
- Seek a combinatory game by alternating short passes and long balls
- Formation of triangles
- The ball will always run more than the player

Recover Phase Concepts

- Recover the ball immediately
 - o "If the ball is lost, we recover it"
- The best defense is always not losing the ball...
- But if we lose the ball, we keep our position in the pitch
- Without the ball, the whole team runs
- It is all a continuous process (with, without the ball)
- Top concentration and attitude

Hope this is helpful!

-AP