

Schedule



COACHING
PROGRAMME



כנס מקוון במגוון נושאים
מן הכדורגל המקצועני

הכנס השנתי הבינלאומי השני למאמני כדורגל

יום שישי 27/11/20

יוסי בנין וטל בן חיים, פיתוח אישי של שחקנים מקצוענים	09:00 – 09:45
ווילי רוטנשטיינר, פילוסופיית המשחק של נבחרת ישראל – חלק 2: תרגילים נבחרים מתוך אימוני נבחרת ישראל	09:45 – 10:30
אלי גוטמן, פילוסופיית אימון אישית	10:30 – 11:15
רוברטו מרטינז, ראיון בהנחיית ווילי רוטנשטיינר	11:15 – 12:15
רקפת אריאלי, תזונה בדרך להצלחה: עדכונים וחידושים בתזונה לכדורגלן המקצוען	12:15 – 12:45
ערן ויסברד, איך ניתן למקסם את ביצועי השחקנים?	12:45 – 13:15
אלון חזן, התקפה מתפרצת בכדורגל המודרני	13:15 – 13:45
ניר לוין, משחקוני תנאי	13:45 – 14:15
סיכום הכנס השנתי הבינלאומי השני למאמני כדורגל	14:15 – 14:30

Project 22



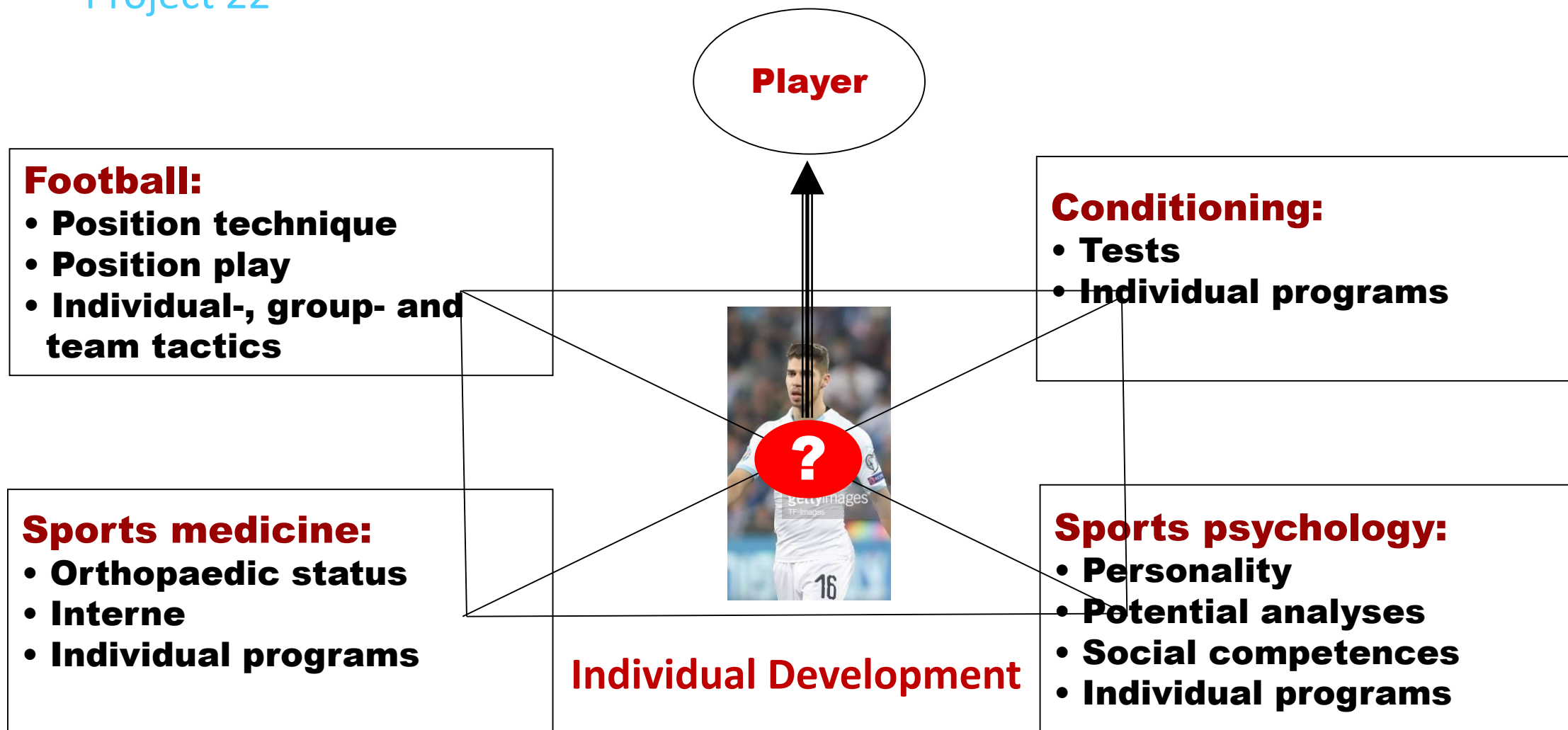
"Not systems, but individual quality is the most important factor of success in international football!"

Willi Ruttensteiner, 2019





Project 22

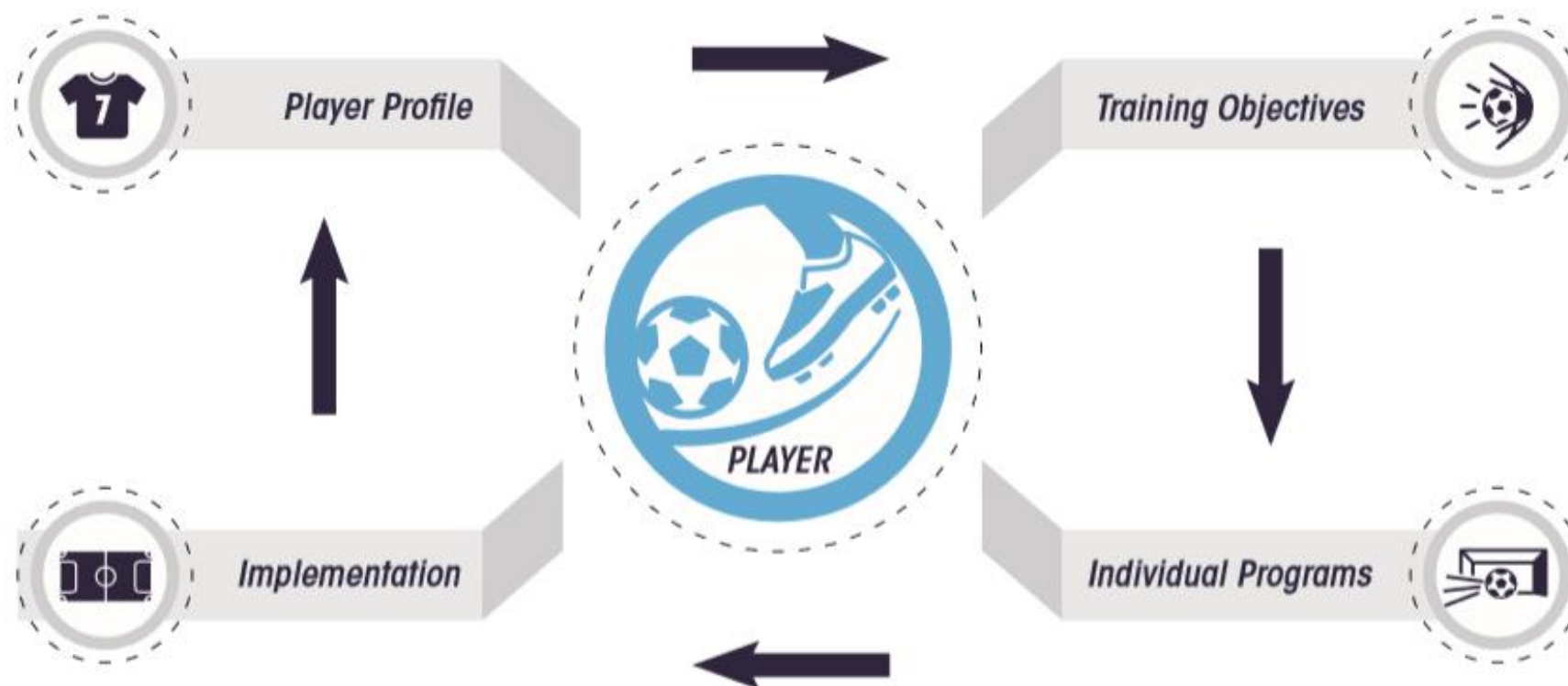


Project 22



Project Contents

5 - Project 22





National Football Philosophy (NFP) of Israel „The Israeli Way“

Project 22

Match and training philosophy

National Team Player:

- status (position, starter,)
- te / ta player's profile
- diagnosis – interpretation
- goal setting
- te / ta strength
- te / ta weaknesses
- development

Team training

Individual training

Data base





“Football Philosophy of the Israeli National Team”

Part 2: 27.11.2020
Willi Ruttensteiner MBA

Structure of Training Sessions

- **Warming up with game related exercises**

- **Orientation phase:**
 - **Passing exercises**
 - **Rondos**

- **Main Part**
 - **Offense**
 - **Defence**
 - **Transition**
 - **Set pieces**

- **Cooling down**



Israel National Team

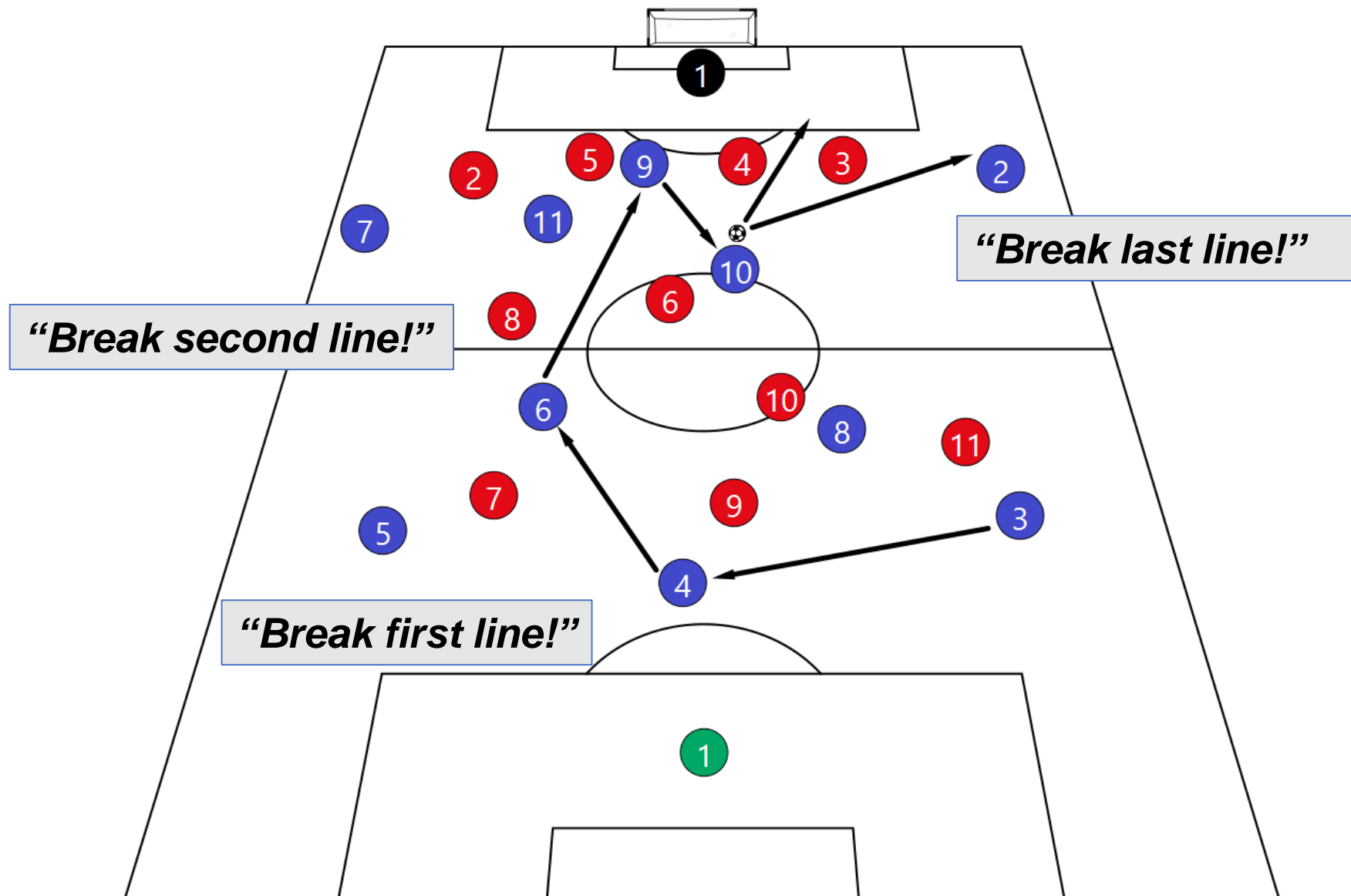
Warming up

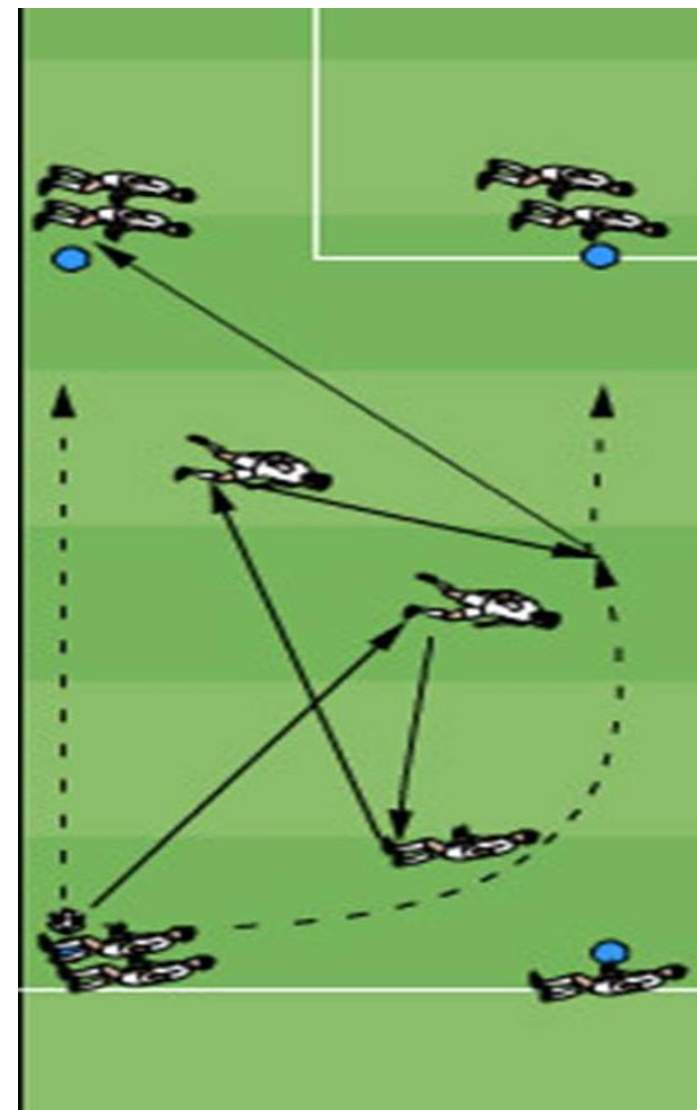
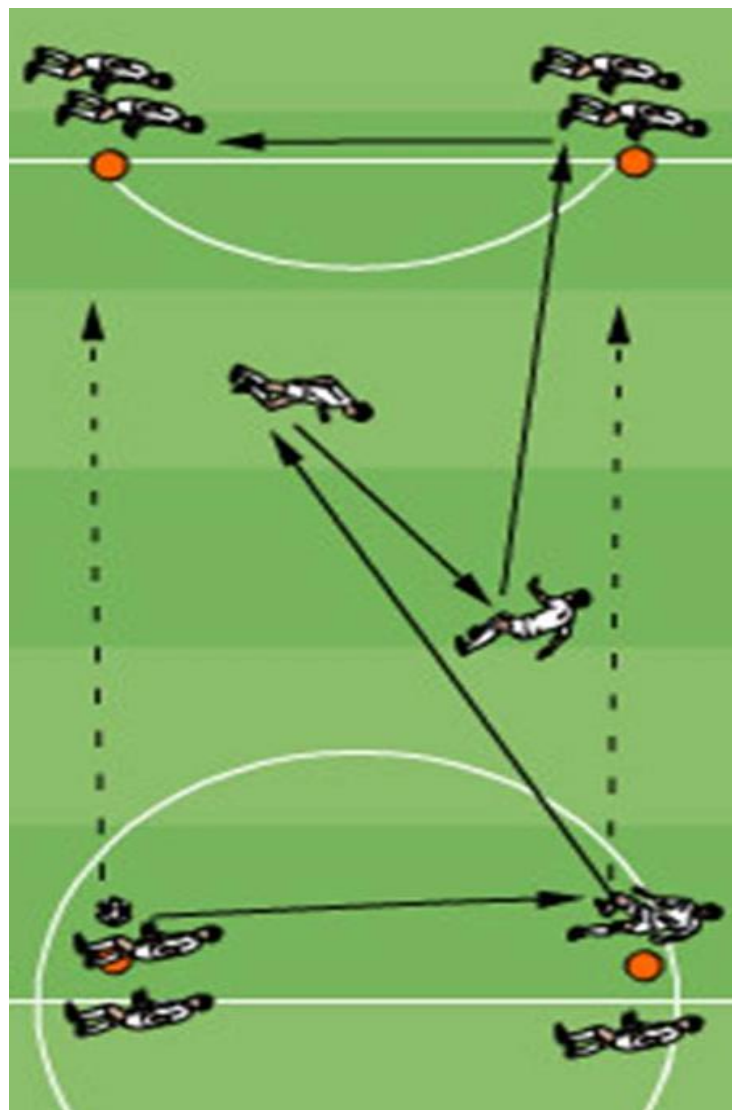
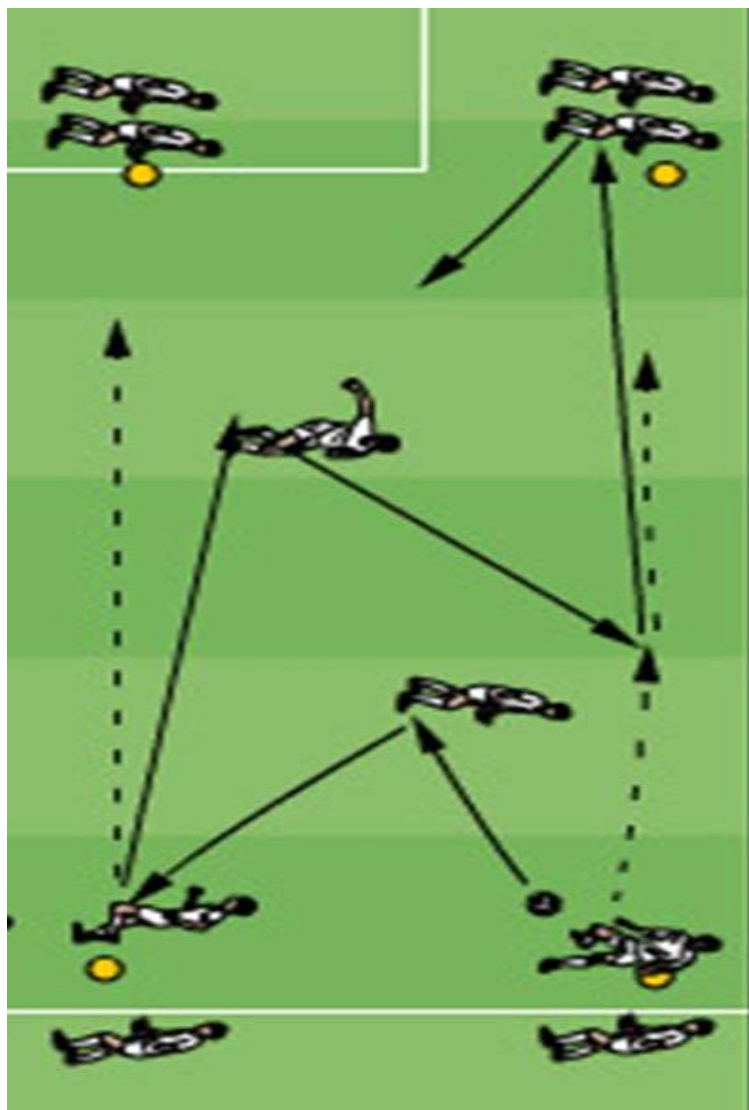




Israel National Team

Passing Exercises



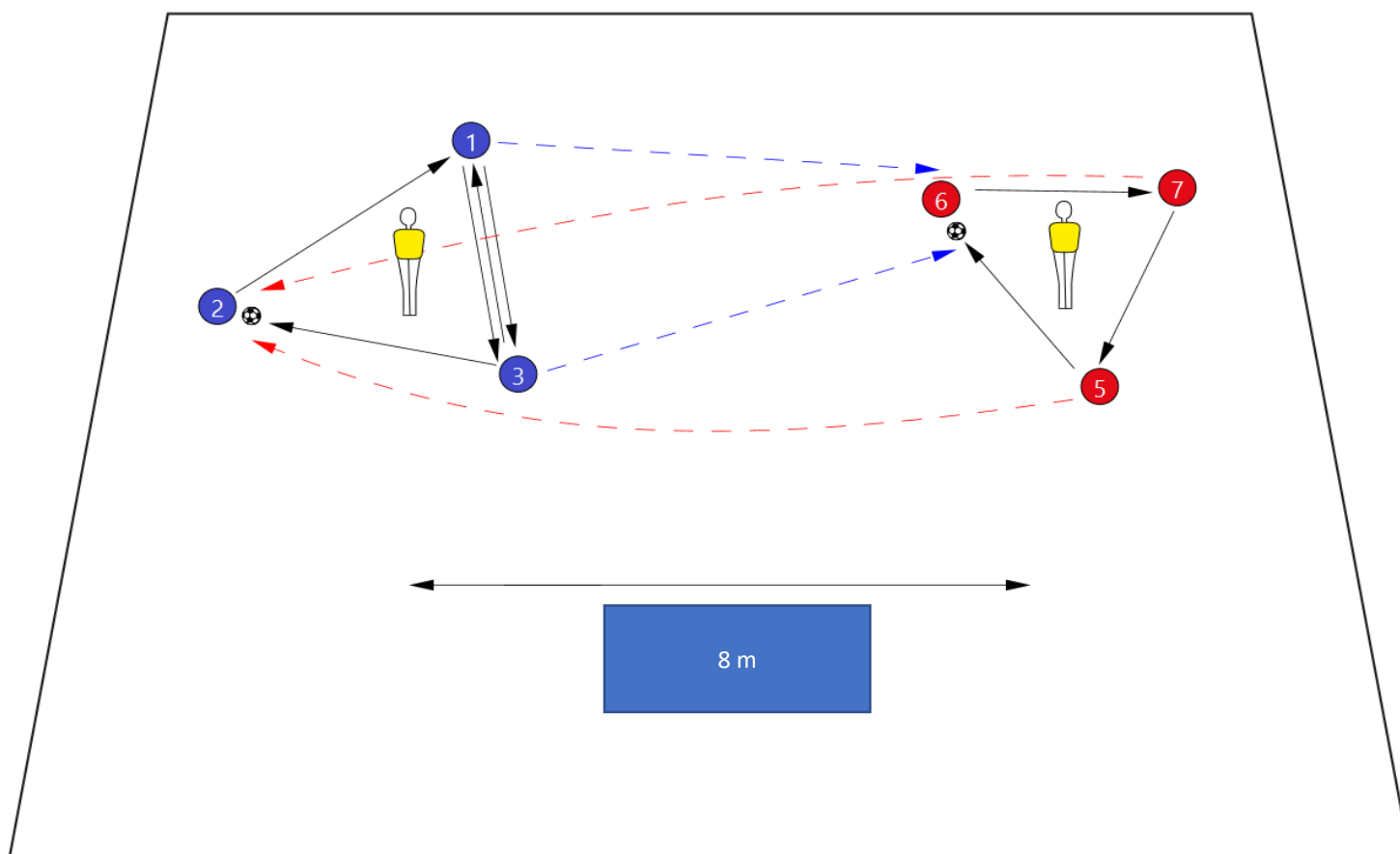




Israel National Team



Passing exercise **Two on One** (2 vs 1)



DIRECT PASSING
WHISTLE
2 VS 1 (“Sandwich”)





Offense – build up



"If you touch the ball once you're playing very well; if you touch it three times you're playing very badly!"

Johan Cruyff

“All the game starts in build up!”

- **Control the match** – our intention is to keep the ball!
- Our goal is to **move the opponent**, either to create space for a pass or to expose a tactical weakness to exploit.
- **To have the ball is advantage for us** – if our team is comfortable in possession we can also defend by circulating the ball around.
- But our first thought is always: **As deep and fast as possible!**

Rondos

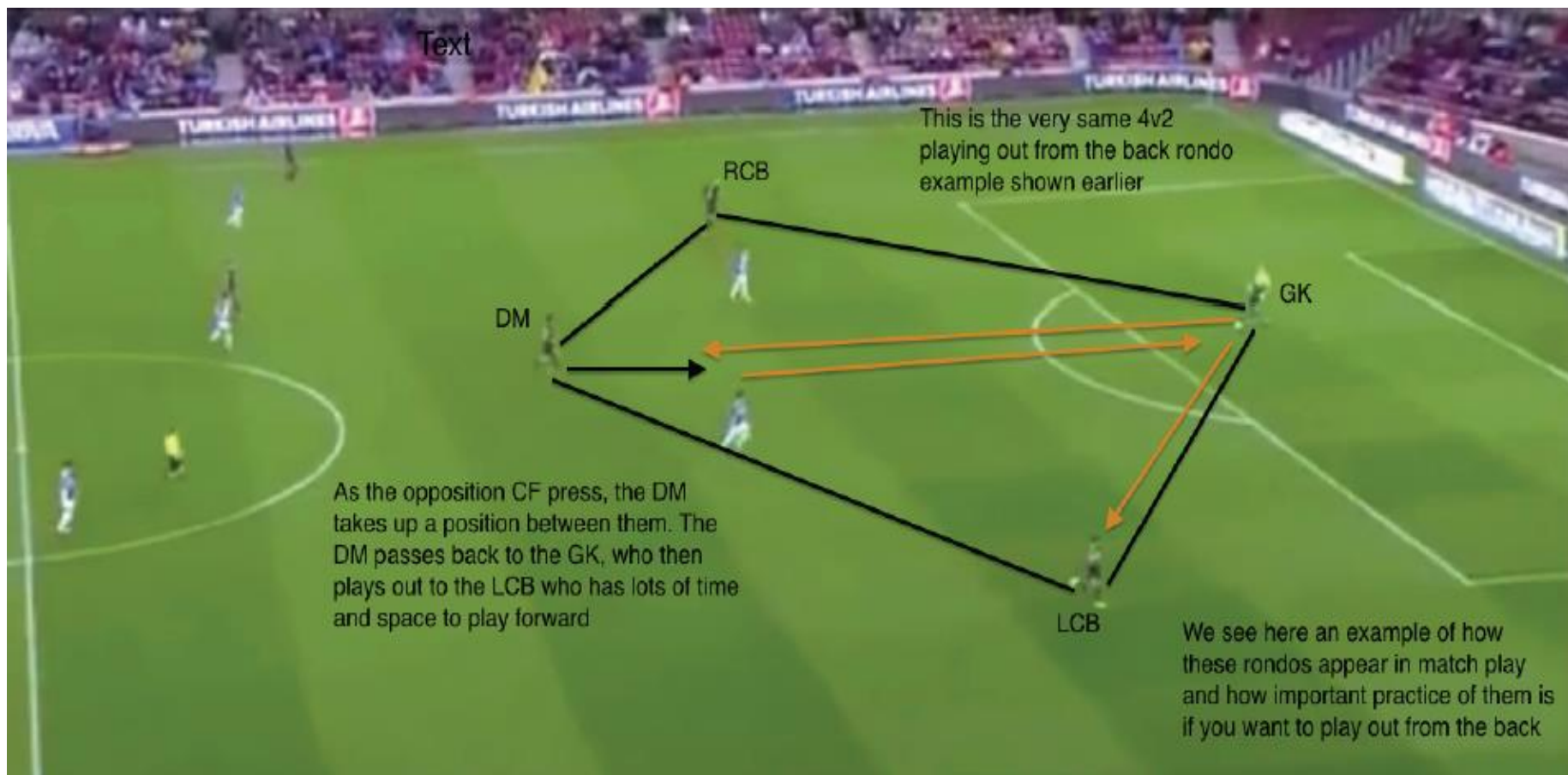
Rondos



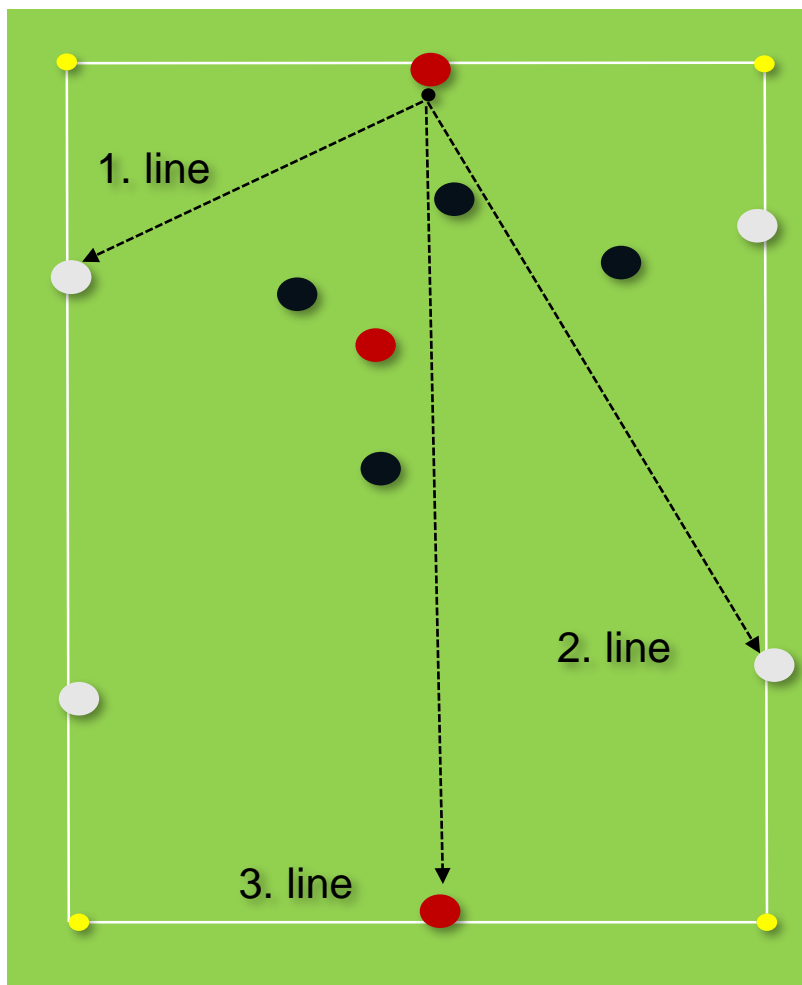
Pep Guardiola

“Rondo’s are an integral part of a successfully training methodology for a quality possession play!”

Rondos



Rondo 4vs4 + 3 jokers (build up)



- **4 (2D, 2W) vs 4 (2D, 2M) + 3 jokers (GK, MF & F)**
- Free or two touches
- **Offense:**
 - Create space
 - Open passing line
 - Passes to break lines
 - Third man
 - Different heights
- **Defense:**
 - Fast transition
 - Closing passing lines
 - Cover
 - Tackle
 - Closing space



Israel National Team



Rondo 7vs7 + 3 jokers

☐ Positional play

☐ Wing play

☐ Line play

☐ Midfield play

☐ Building the
whole playing
system



☐ Transition

☐ Closing space and
passing lines

☐ Coverage

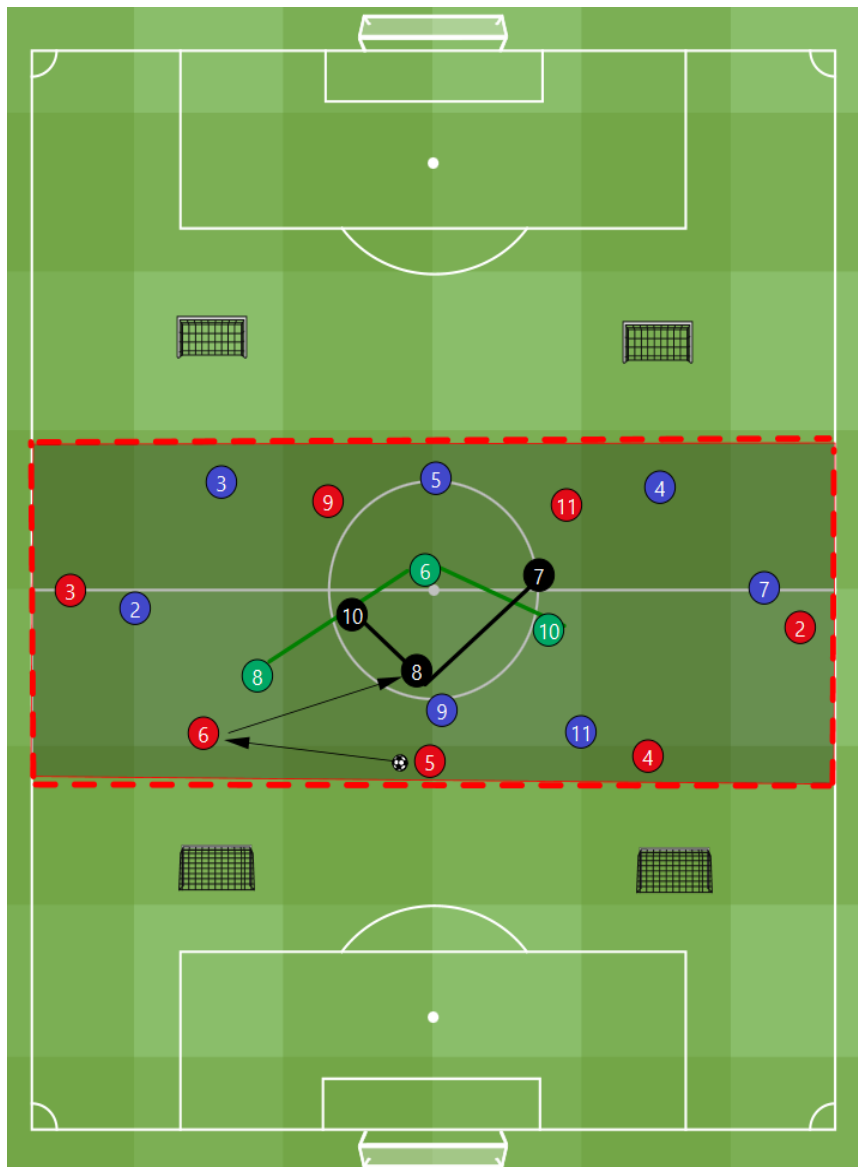
☐ Tackle

☐ Principles of zonal
defending



Israel National Team





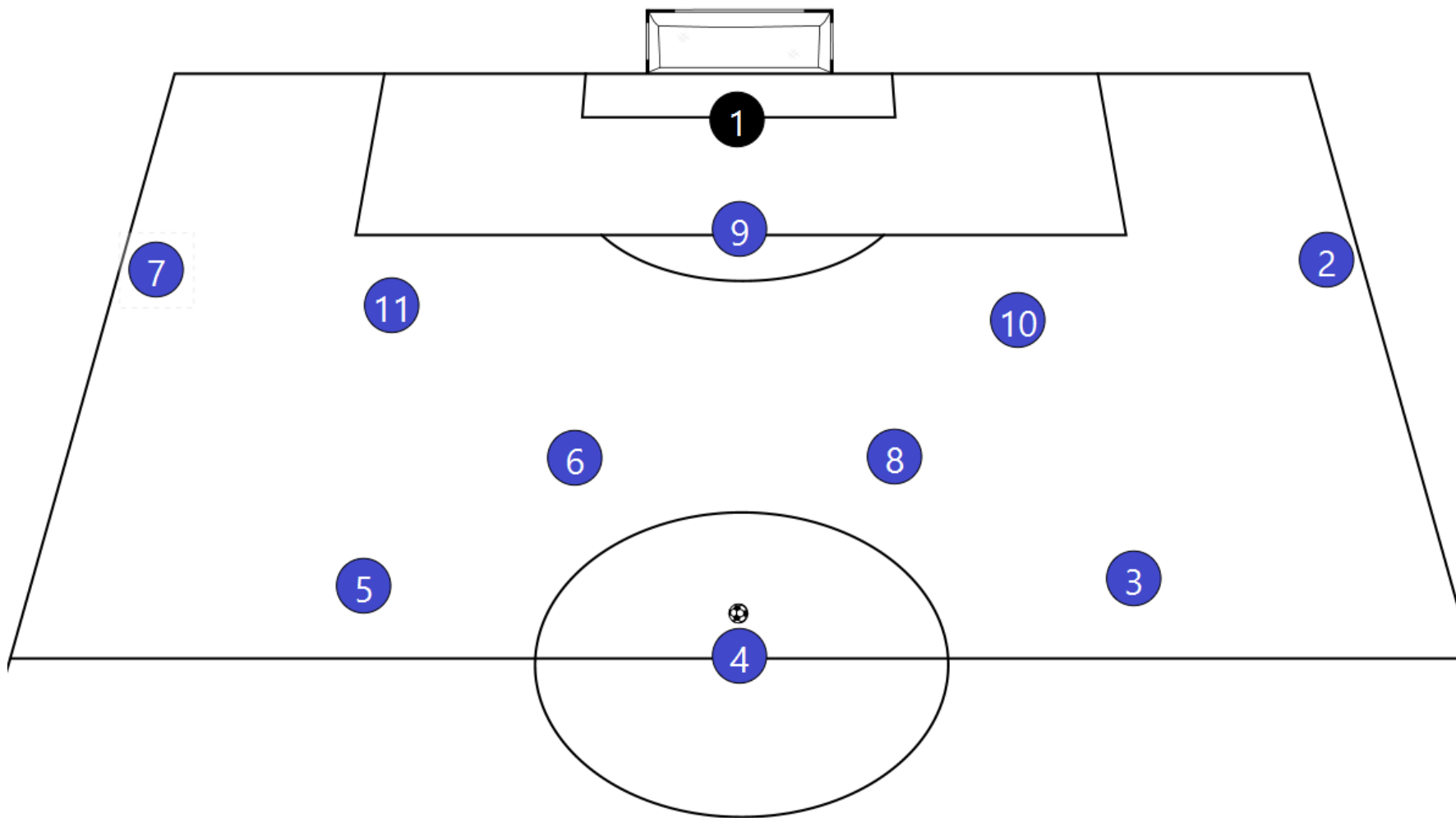
- **7 vs 7 + 3**
 - **3 Joker black / 3 Joker green**
 - **after combination of two jokers with one touch free game on 2 goals**

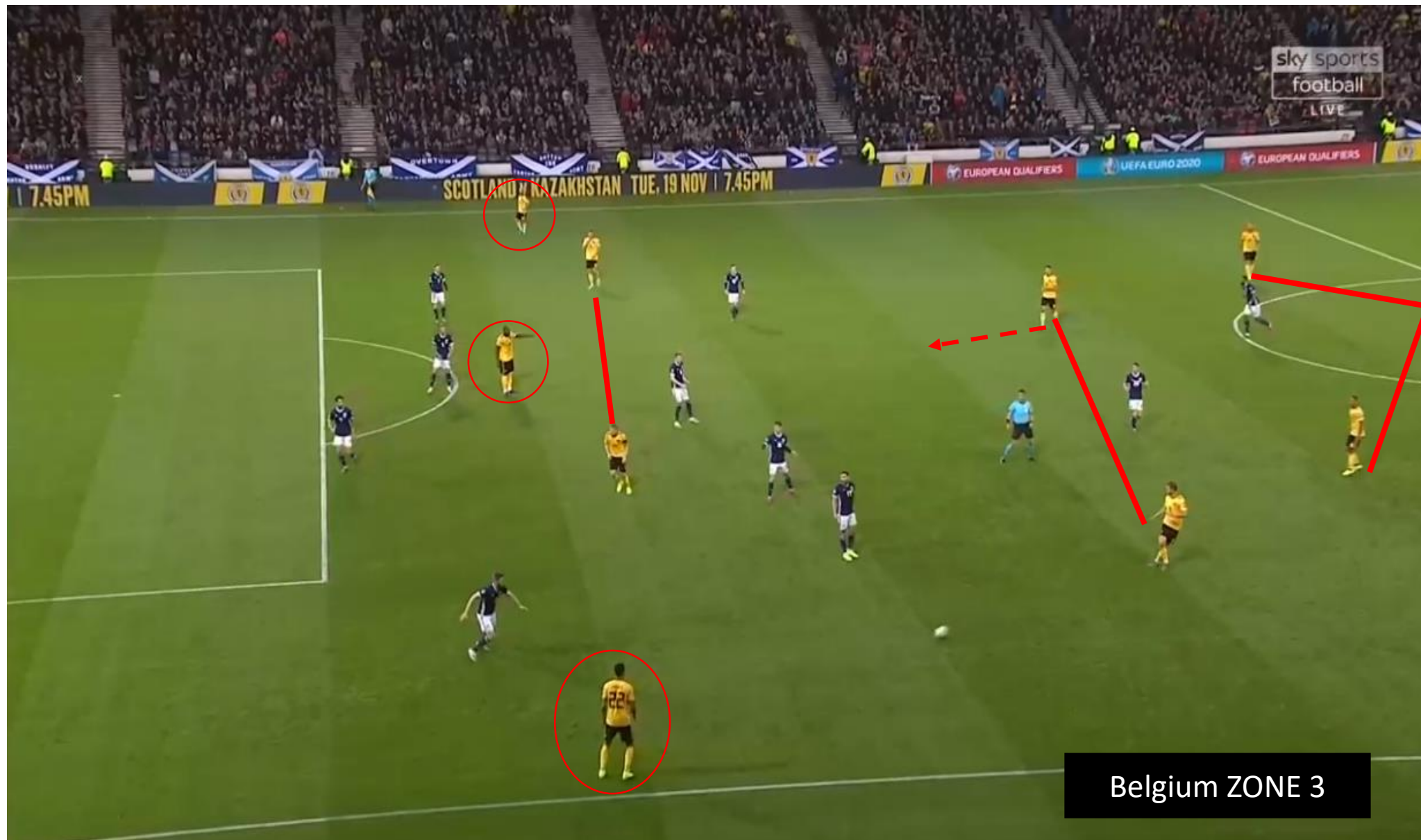


Israel National Team

Possession Play

Positioning build up zone 3









Consequent Finishing:

- In zone 3 we search the direct way to the goal!
- We search and win 1:1 situations and one-two's!
- We come with as many players as possible into the box!
- Tempo dribbling in the box, shots and headers on target!
 - We score!



Israel National Team





Israel National Team

Build up



*“Build up means,
controlling the game!”*

Wing play / playing through the middle / goals:

- Overlapping / one-two / splitting passes
- Crosses and cutbacks
- Third player
- Off the ball movement (runs behind the last four, Partnership between strikers)
- Tempodribbling in the box
- Shots on target
- Consequent finishing / **goals!**

Zone 3

Playing between the lines / switch play:

- Vertical and diagonal flat passing
- Diagonal long passes
- Tempodribbling in zone 3
- Ball off movement between lines and runs behind

Zone 2

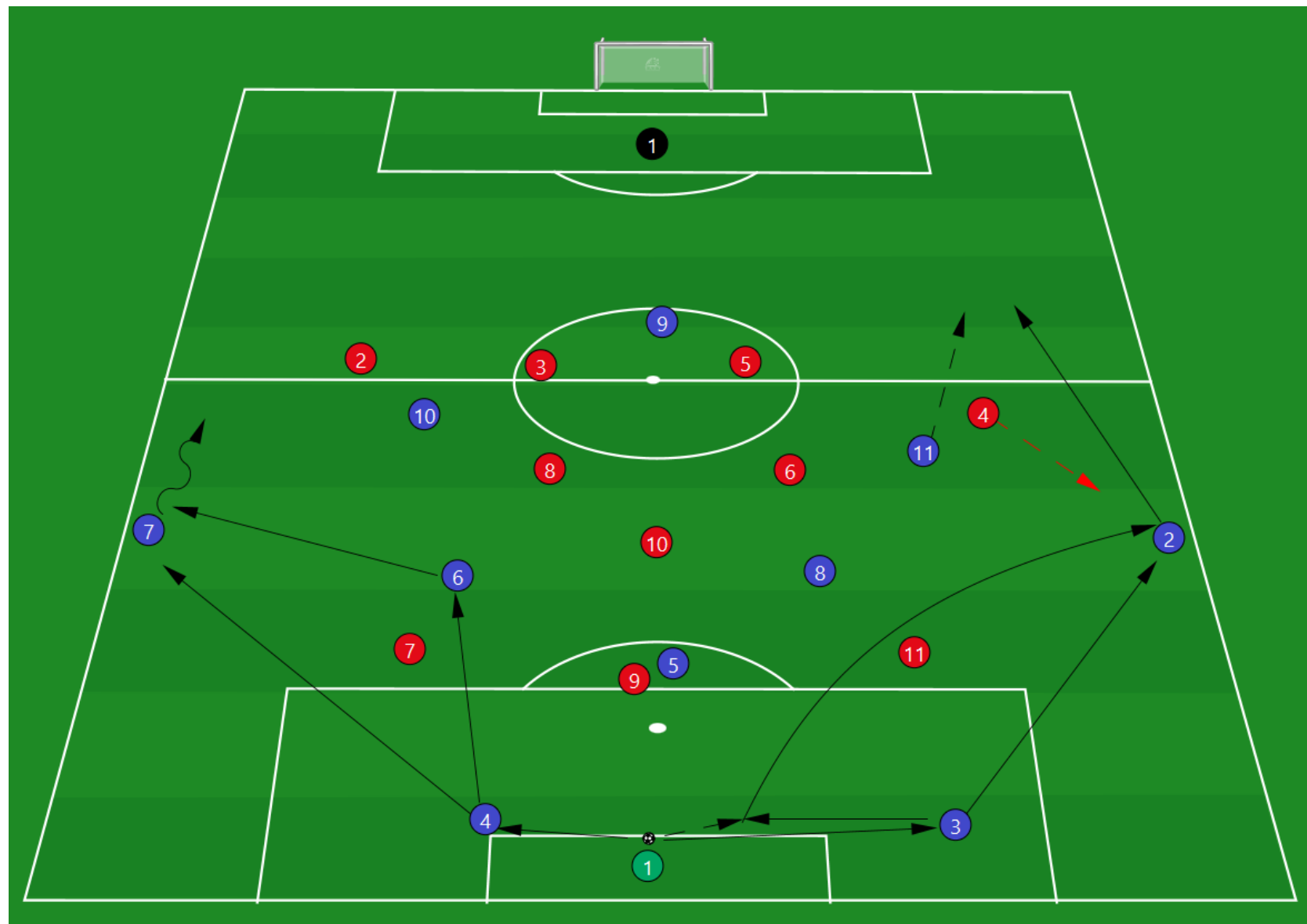
Continuous build up:

- Quality passing, **no faults!**
- Vertical and diagonal play in zone 2 and 3
- Tempodribbling in zone 2

Zone 1



Build up zone 1





Israel National Team





Israel National Team

Defence

5 vs 5 and 8 vs 5 (positioning on attacking points; coverage, def. triangle, shifting, forward def.)



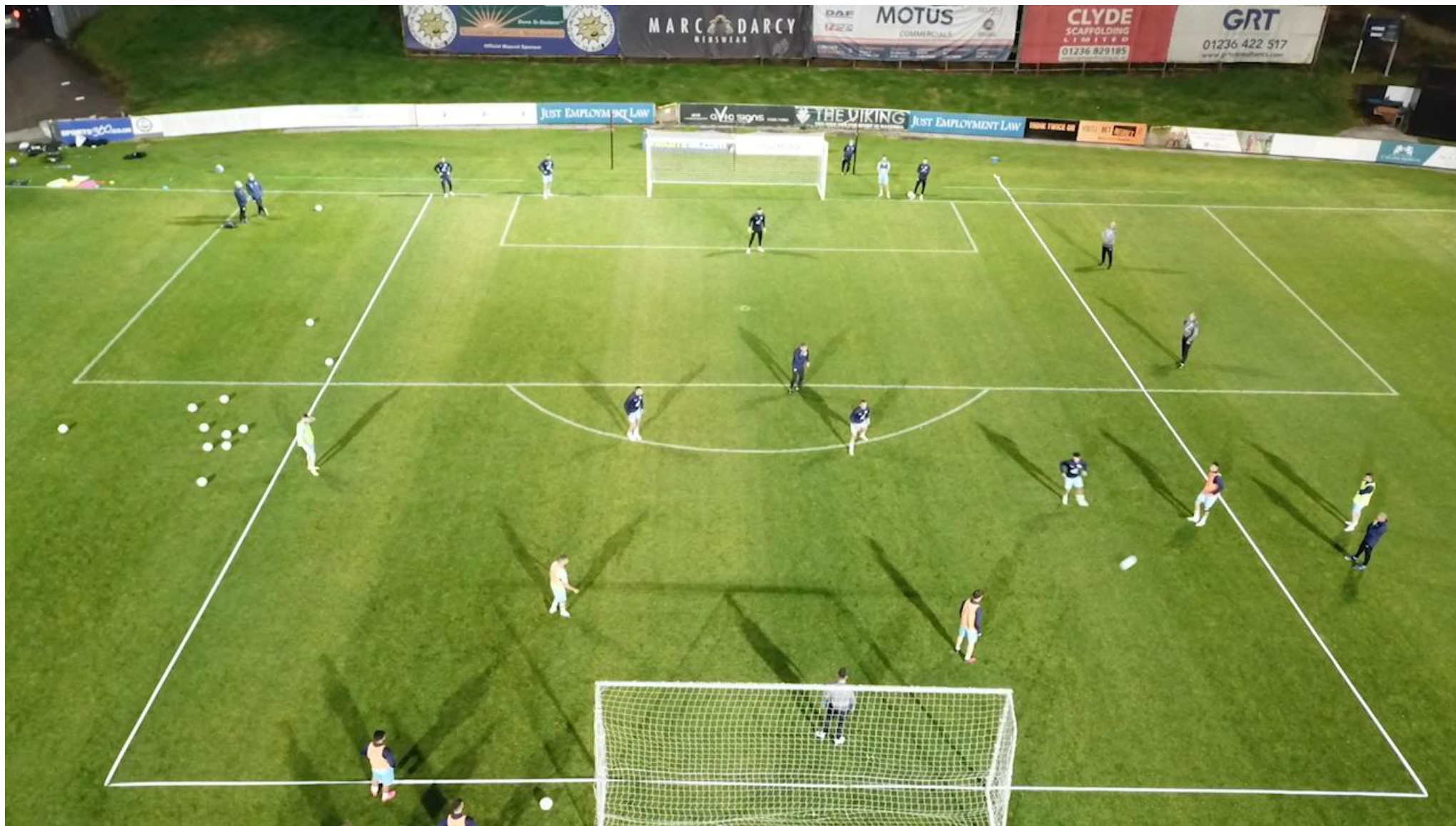


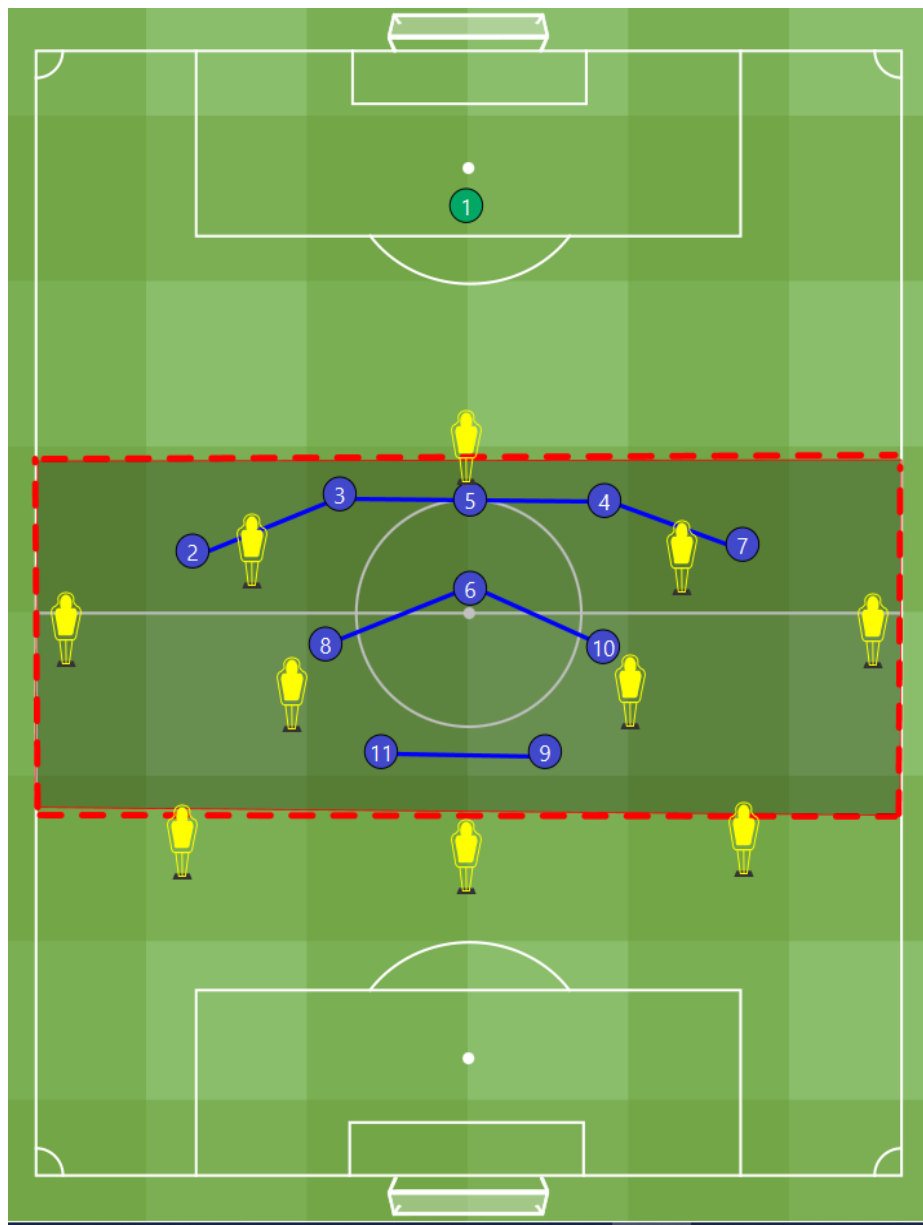
10 vs 7 + GK playing on two lines – last Five with two holding midfielders (distances, compactness, forward def.)





Israel National Team



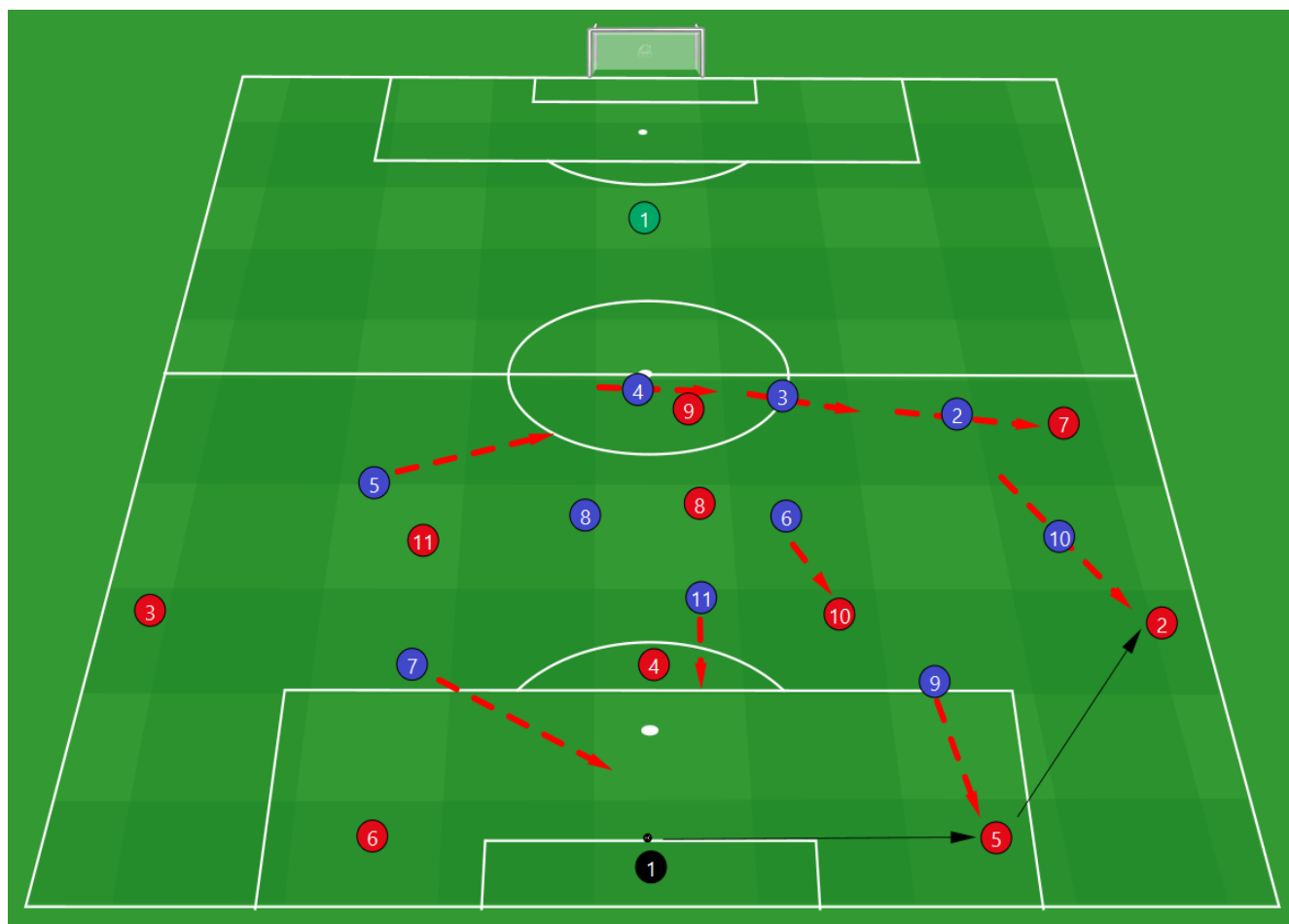


**ATTACKING
POINTS**



Israel National Team





- ☐ NEAREST PLAYER TO PRESS
- ☐ SPRINTS / COMPACTNESS
- ☐ NO FREE PLAYERS
- ☐ NO PASSING OPTIONS
- ☐ DEALING WITH 1V1'S
- ☐ 2 OPTIONS AFTER WINNING BALL



Israel National Team





THE FUTURE IS OURS

“El El Israel!”