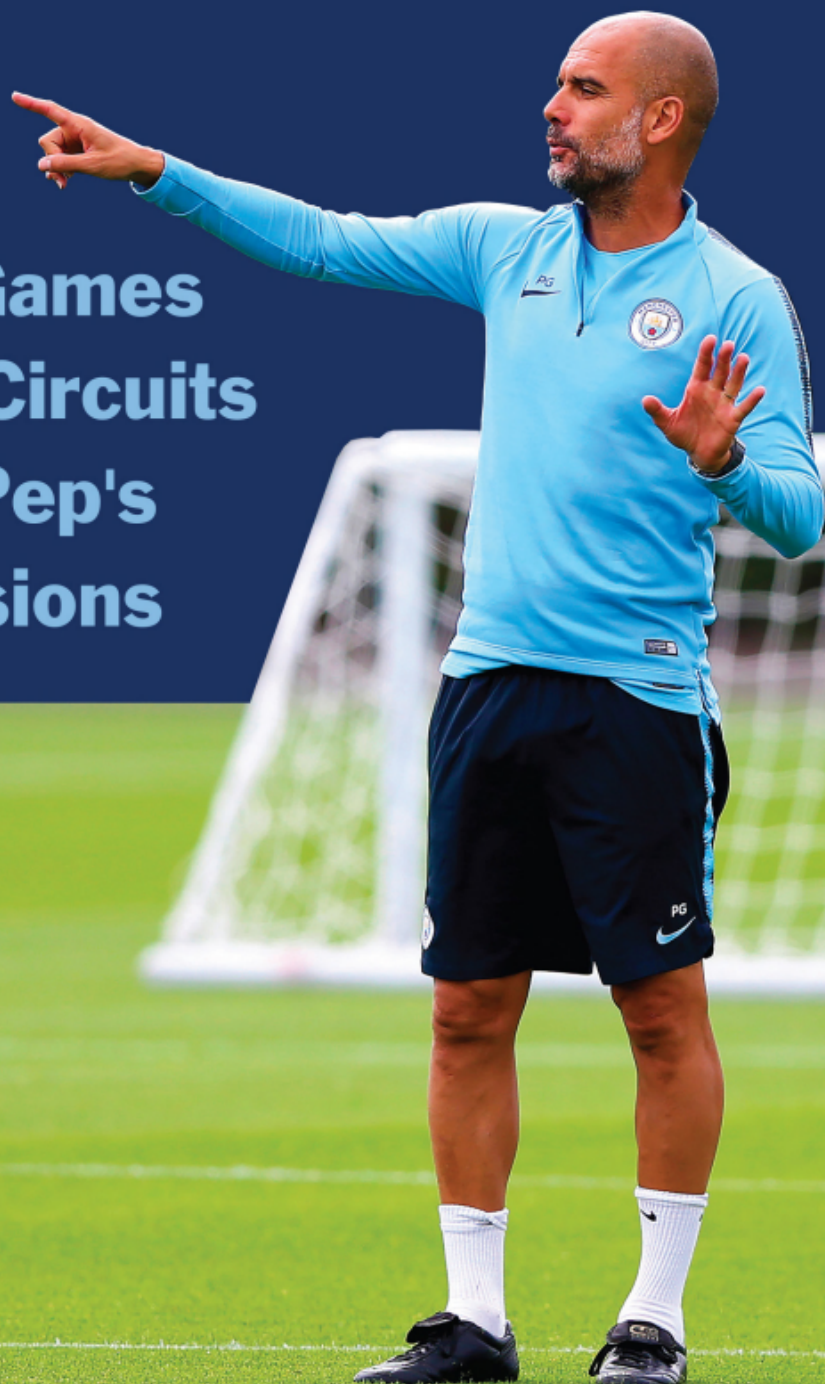


PEP GUARDIOLA

**85 Passing,
Rondos,
Possession Games
& Technical Circuits
Direct from Pep's
Training Sessions**

Vol. 2



PEP GUARDIOLA

**85 Passing, Rondos, Possession
Games and Technical Circuits
Direct from Pep's Training Sessions**



Published by



PEP GUARDIOLA

85 Passing, Rondos, Possession Games and Technical Circuits Direct from Pep's Training Sessions

First Published September 2019 by SoccerTutor.com

info@soccertutor.com | www.SoccerTutor.com

UK: 0208 1234 007 | **US:** (305) 767 4443 | **ROTW:** +44 208 1234 007

ISBN: 978-1-910491-34-8

Copyright: SoccerTutor.com Limited © 2019. All Rights Reserved.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopy, recording or otherwise, without prior written permission of the copyright owner. Nor can it be circulated in any form of binding or cover other than that in which it is published and without similar condition including this condition being imposed on a subsequent purchaser.

Edited by

Alex Fitzgerald - SoccerTutor.com

Cover Design by

Alex Macrides, Think Out Of The Box Ltd.

Email: design@thinkootb.com Tel: +44 (0) 208 144 3550

Diagrams

Diagram designs by SoccerTutor.com. All the diagrams in this book have been created using SoccerTutor.com Tactics Manager Software available from www.SoccerTutor.com

Note: While every effort has been made to ensure the technical accuracy of the content of this book, neither the author nor publishers can accept any responsibility for any injury or loss sustained as a result of the use of this material.

CONTENTS

Pep Guardiola Achievements	7
Pep Guardiola: Quotes from Players	8
Diagram Key	9
Practice Format	9
Training Warm-up Exercises	10
1. One-Touch Combination Play with Aerial Pass in a Warm-up Circuit	11
2. Speed, Agility and Technical Warm-up Circuit	12
3. Speed and Agility Warm-up Circuit + 5v2 Rondos	14
Manchester City Pre-Match Warm-up	16
Part 1/5. General Individual Exercises	17
Part 2/5. Dynamic Exercises and Stretching	18
Part 3/5. 4 v 4 (+3) Rondo	19
Part 4/5. Passing, Heading and Shooting	20
Part 5/5. Sprints in Pairs	21
Speed & Agility Exercises WITHOUT a Ball	22
1. Explosive Power Exercises with Hurdles and Resistance Bands	23
2. Speed and Coordination Footwork Exercises with Sprinting	24
3. Speed and Coordination Footwork Exercises with Sprinting at Different Angles	25
Speed & Agility Exercises WITH a Ball	26
1. Double One-Two Combination and Shoot in a Speed & Agility Practice	27
2. Dribbling, Long Pass, One-Two Combination and Shoot in a Speed & Agility Practice	28
3. Quick Changes of Direction, Double One-Two Combination and Shoot in a Speed & Agility Practice	29
4. Dribbling, Pass Out Wide, Cross and Finish in a Speed & Agility Practice	30
5. Lay-off, Pass Out Wide, Cross and Finish in a Speed Practice	31
6. Lay-off, Pass Out Wide, Cross and Finish in a Speed & Agility Practice	32
7. Combined Actions: Switch Play, Cross and Finish in a Speed & Agility Practice	33

Technical Circuits	34
1. Technical Skills and Agility in an Interval Training Conditioning Circuit	36
2. Passing, Dribbling and Finishing in a Technical Speed Circuit	38
3. Passing, Dribbling and Finishing in a Technical Speed Circuit (Variation)	39
4. Technical Passing and Speed Work in a Conditioning Circuit	40
5. Fast Dribbling and Accurate Finishing in a Speed Circuit.	41
6. Press and Cover Defending in Threes + Speed & Agility Work	42
7. Speed Training, One-Two, Dribble and Finish Circuit.	44
8. Agility, One-Twos and Finishing from Outside the Box in a Speed Circuit	45
9. Agility, Receive, Dribble, One-Two and Finish from Outside the Box in a Speed Circuit	46
10. Passing, Dribbling and Finishing in a Complex Technical Circuit	47
11. Speed Work + Changes of Direction With and Without the Ball in a Double Technical Circuit (1)..	48
12. Speed Work + Changes of Direction With and Without the Ball in a Double Technical Circuit (2)..	49
13. Two Complex Technical Speed & Agility Circuits with Finishing at Both Ends	50
14. Short Passing, Receiving, Dribbling + Finish in a Double Technical Circuit	51
15. Combined Speed & Agility Circuits with Through Ball and Finish.	52
16. Speed & Agility Circuits with Quick One-Touch Passing and Finishing.	53
17. Three Speed, Coordination and Agility Technical Circuits with a Ball	54
18. High Intensity Speed, Power and Agility Training Circuit + 3 v 2 Duel	55
 Manchester City Passing Practices	 56
1. 3 v 1 + Lay-off, Pass in Behind and Finish in Mini Goal	58
2. 3 v 1 + Lay-off, Pass in Behind and Finish in Mini Goal (Variation)	59
3. 3 v 1 + Lay-off, Aerial Pass in Behind and Finish	60
4. 3 v 1 + Lay-off, Pass Across, Aerial Pass in Behind and Finish (Variation 1)	61
5. 3 v 1 + Quick Passing Combination with Aerial Pass in Behind and Finish (Variation 2)	62
6. Passing, Receiving and Ball Control Circuit	63
 Bayern Munich Passing Practices	 64
1. Passing and Moving to Receive in a Circuit with Speed Work	65
2. Short and Medium Passing with Timing of Movement in a One-Touch Passing Diamond	66
2. Short and Medium Passing with Timing of Movement in a One-Touch Passing Diamond (2 Variations)	67



4. Passing Combination Circuit with Double One-Two, Run in Behind and Finish.....	68
5. Passing and Showing to Receive in an Attacking Combination with Lay-offs + Shot from Distance.....	69
6. Passing Combination with Double One-Two + Shot from Outside the Penalty Area.....	70
7. Passing Combination Play Around the Penalty Area and Finish	71

FC Barcelona Passing Practices..... 72

1. Opening Up to Receive Passing Square	74
2. One-Two and Move to Receive Passing Square.....	75
3. Passing Square with Short and Medium Combination Play	76
4. One-Two and Move to Receive Passing Triangle.....	77
5. Passing Triangle with Short and Medium Combination Play	78
6. Passing "Y" with Short and Medium Combination Play and Well-timed Movements	79
7. Movement to Receive in a Passing Rectangle with Aerial Pass	80
8. Movement to Receive in a Passing Rectangle with Aerial Pass and Deep Run.....	81
9. Movement to Receive in a Passing Rectangle with Complex Short Combination Play.....	82
10. Receive, Dribble Forward and Shoot from Outside the Penalty Area	83
11. Short Passing Combination + Dribble Forward and Shoot from Outside Penalty Area	84
12. Short Passing Combination + Run onto Forward Pass and Shoot from Outside Penalty Area	85

Rondos..... 86

1. 3 v 1 Ground and Aerial Triangle Rondos.....	88
2. 4 v 2 Square Rondo	89
3. 4 v 2 Rectangle Rondo	90
4. 5 v 2 Square Rondo	92
5. 6 v 2 Rectangle Rondo	93
6. 7 v 2 Square Rondo	94

"Juego de Posición" (Positional Games) and Possession Games..... 95

Pep Guardiola's Positional Play (Juego de Posición).....	97
1. High Intensity "Juego de Posición" 3 v 3 (+2) Possession and Transition Game.....	98
2. "Juego de Posición" 4 v 4 (+2) Possession and Transition Game	99
3. "Juego de Posición" 5 (+2) v 3 Possession Game.....	100

4. "Juego de Posición" 6 (+2) v 3 Possession Game.....	101
5. "Juego de Posición" 4 v 4 (+3) Possession and Transition Game	102
6. "Juego de Posición" 5 v 5 (+3) Possession and Transition Game	103
7. "Juego de Posición" 6 v 6 (+4) Possession and Transition Game	104
8. "Juego de Posición" 8 v 8 (+3) Possession and Transition Game	105
9. Three Team Possession and Fast Transition Game	106
10. 7 v 7 (+3) Possession Game with Pole Gates.....	108
11. Win the Ball and Switch the Play in a Two Zone 8 v 8 Possession and Transition Game.....	109
12. 9 v 9 (+2 Inside) Possession Game.....	110
13. 9 v 9 (+2 Outside) Possession Game	111

Attacking Positional Patterns of Play

Pep Guardiola's Attacking Philosophy: Key Aspects	114
Manchester City's 4-3-3 Formation.....	115
Manchester City's 2-3-2-3 Attacking Formation (4-3-3).....	116
Pep Guardiola's Training Set-up.....	117
1. Full Back Moves Forward to Receive Attacking Midfielder's Lay-off and Dribble Forward into the Final Third	118
2. Attacking Midfielder's Lay-off for the Defensive Midfielder's Pass in Behind to the Forward	119
3. Centre Back's Long Pass to the Forward + Pass in Behind for Attacking Midfielder's Third Man Run	120
4. Switching the Point of Attack and Passing in Behind to the Full Back on the Overlap	121

Small to Large Sided Games

1. High Tempo 5 v 5 Small Sided Game with Large Goals.....	123
2. Three Team 7 v 7 (+6) Small Sided Game	124
3. High Tempo 7 v 7 (+1) Small Sided Game with Large Goals	125
4. Creating a Numerical Advantage and Progressing Attacks in a 3 Zone Game	126
5. Positional 9 v 7 (+3 GKs) Game with 3 Goals.....	127

PEP GUARDIOLA ACHIEVEMENTS



COACHING ROLES

- **Manchester City** (2016 - Present)
- **Bayern Munich** (2013 - 2016)
- **Barcelona** (2008 - 2012)
- **Barcelona B** (2007 - 2008)

HONOURS (Europe/World)

- **UEFA Champions League x 2** (2009, 2011)
- **FIFA Club World Cup x 3** (2009, 2011, 2013)
- **UEFA Super Cup x 3** (2009, 2011, 2013)

HONOURS (Domestic Leagues)

- **English Premier League x 2** (2018, 2019)
- **German Bundesliga x 3** (2014, 2015, 2016)
- **Spanish La Liga x 3** (2009, 2010, 2011)
- **Spanish Tercera (2nd) División** (2008)

HONOURS (Domestic Cups)

- **English FA Cup** (2019)
- **German DFB-Pokal x 2** (2014, 2016)
- **Spanish Copa del Rey x 2** (2009, 2012)
- **English EFL Cup x 2** (2018, 2019)
- **Spanish Supercopa de España x 3** (2009, 2010, 2011)

INDIVIDUAL AWARDS

- **FIFA World Coach of the Year** (2011)
- **European Coach of Season - Press Association** (2011)
- **European Coach of Year - Alf Ramsey Award** (2009)
- **English Premier League Manager of Season** (2018)
- **La Liga Coach of the Year x 4** (2009, 2010, 2011, 2012)

PEP GUARDIOLA: QUOTES FROM PLAYERS

"I had a unique master. I grew a lot with Pep as a player and learnt a great deal from him. Some managers are superb tacticians, but Pep would also describe the moves you had to make on the pitch and what would happen then. And it did!"

(Lionel Messi)

"He really helps players develop and he even helped me improve at the age of 30."

(Phillip Lahm)

"He is a genius who reads the game and covers every situation imaginable. He is always showing us how to create space and find solutions and there is no manager like him, which makes him probably the best in the world."

(İlkay Gündoğan)

"There is one thing you can be sure of — he wants to dominate. People associate his teams with the number of goals they score but his teams also don't concede a lot. He always wants to be on the front foot, having the ball, possession, and he wants to dominate."

(Thierry Henry)

"I have learned a lot from Pep. He's a genius. I can learn more from him in an hour than from others in one year. He not only lifts you to the next level on the pitch, but also in your mind. He has revealed totally new options to me. I did not know that was possible when I got to Munich."

(Douglas Costa)

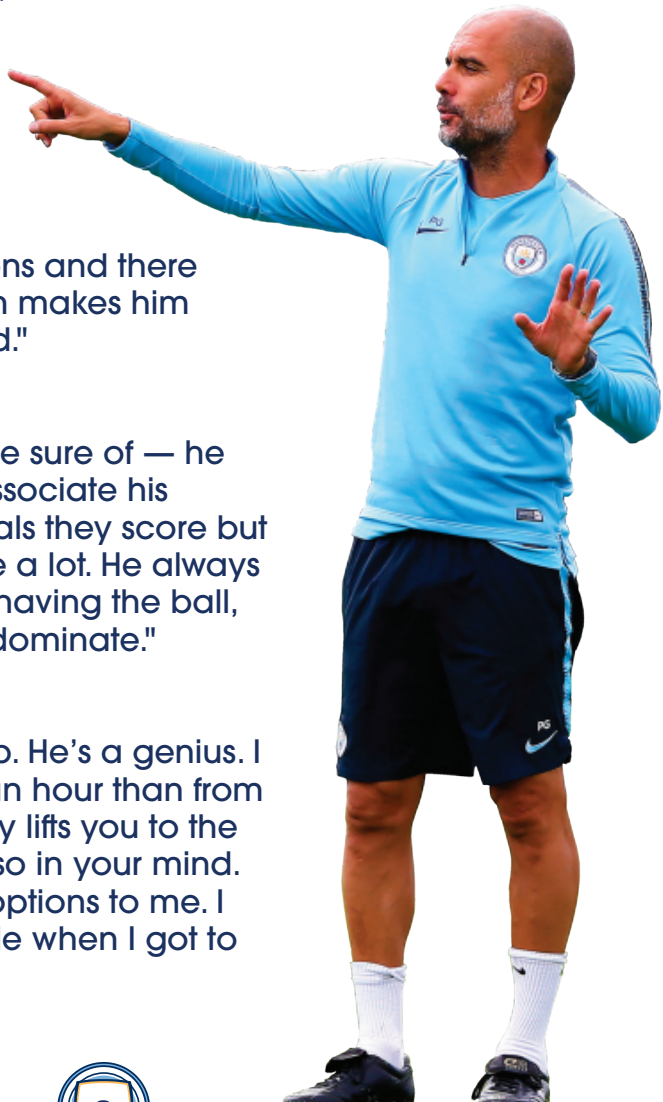
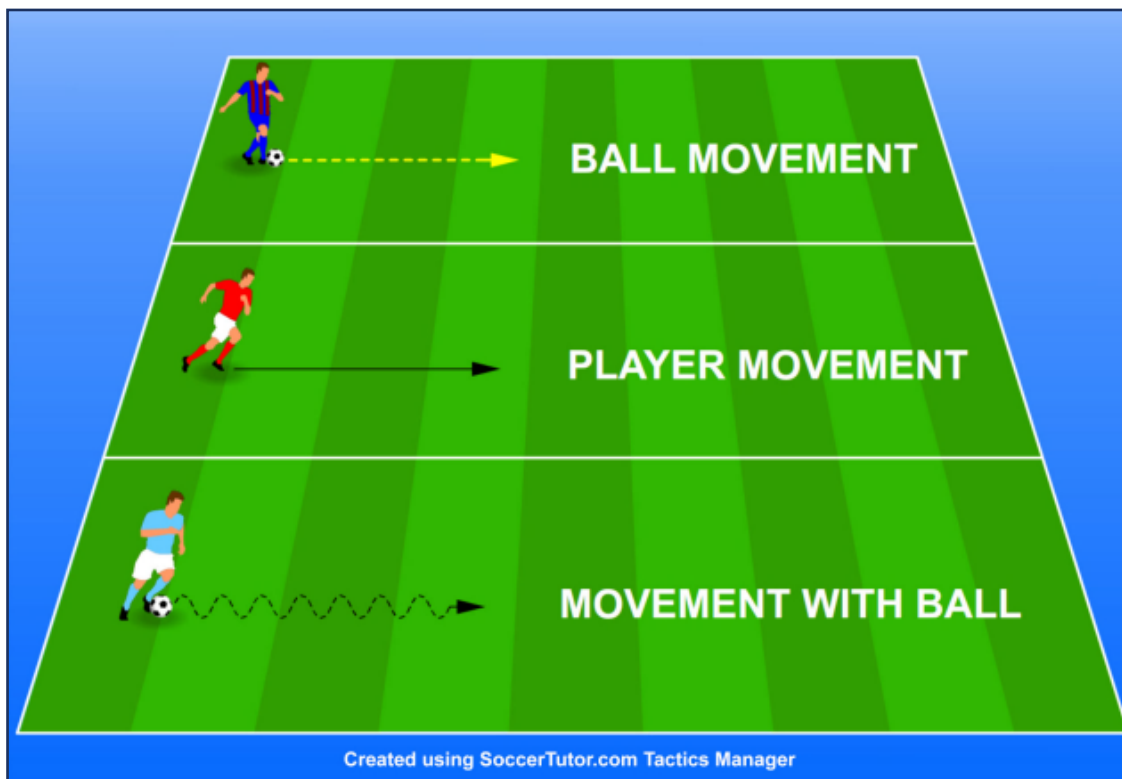


DIAGRAM KEY



PRACTICE FORMAT

- The practices in this book are direct from Pep Guardiola's training sessions at Manchester City, Bayern Munich and FC Barcelona.
- Each practice includes the practice topic/name and clear diagrams with a detailed description.

Training Session Warm-up Exercises



Direct from
Pep Guardiola's
Manchester City
Training Sessions

1. One-Touch Combination Play with Aerial Pass in a Warm-up Circuit



All players rotate positions (A -> B -> C -> D -> A).

Description

1. Player A meets in the middle with the opposite Player A.
2. They hold hands and side-step to the cone.
3. Player A on the left moves between the hurdles and 2 foot jumps over the 2nd. Player A on the right 2 foot jumps over all 3 hurdles.
4. The Coach passes the ball.
5. Player A receives.
6. Player A passes to Player B.
7. Player B passes the ball back (1-2).
8. Player A plays an aerial pass to Player C.
9. Player C plays the ball back for Player B.
10. Player B passes in front of the mannequin for Player C to run onto.
11. Player C either passes to Player D's feet or in front of the mannequin for him run onto.
12. Player D receives and dribbles through the yellow poles to the start.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 13th February 2019

2. Speed, Agility and Technical Warm-up Circuit



Players rotate anti-clockwise.

Variation 1/3

1. Players take a quick 1 step in each speed ring.
2. Players move side-to-side or with high knees.
3. Same leg steps over 4 low hurdles.
4. Feint one way and move to other side past mannequin.
5. Run back to start.



Players rotate clockwise.

Variation 2/3

- 1-3. Same as Variation 1/3.
4. Receive pass from the Coach and dribble through the poles.
5. Pass to team-mate and follow the pass.
6. Receive and dribble around the mannequin to the start.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 16th October 2017



Players rotate anti-clockwise.

5. Dribble the ball around the mannequin and back to the start.

Variation 3/3

1. Players take a quick 1 step in each speed ring.
2. Players move side-to-side or with high knees.
3. Same leg steps over 4 low hurdles.
4. Receive pass from the 1st Coach and then play a 1-2 combination with the 2nd Coach, receiving beyond the mannequin.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 16th October 2017

3. Speed and Agility Warm-up Circuit + 5v2 Rondos



The goalkeepers practice separately, catching shots and high balls from the coaches.

Description 1/2

The players are in groups of 5 and simply move around the mannequin and cone performing the following exercises for 2 minutes:

- Skip strides.
- High heels up behind.
- High knees.

- Brazilian steps.
- Side-to-side steps.
- Jockeying steps.
- Over the gate (rotating the hip).

This is followed by 1.5 minutes of stretching.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 12th February 2018



The players start on the cones in their groups of 5 and rotate clockwise throughout.

Description 2/2

1. Run around the mannequin.
2. Side-steps through the poles.
3. Run around the mannequin.
4. Backwards steps through the cones.
5. Run around the mannequin.
6. Quick 1 steps through the speed rings (right then left).
7. Run around the mannequin.
8. Alternate steps over low hurdles (right then left).

- This is followed by 30 seconds stretching.
- The players then repeat the circuit in an anti-clockwise direction at a faster pace.
- To complete the warm-up, the players play 5v2 rondos for 7+ minutes.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 12th February 2018

Manchester City Pre-Match Warm-up



Direct from
Manchester City's
Pre-Match Warm-up

Manchester City Pre-Match Warm-up



Part 1/5. General Individual Exercises



The players run onto the pitch and have 2 minutes before the collective warm-up exercises begin.

Outfield Players

- The 10 outfield players are spread out across the pitch to begin the warm-up.
- For 2 minutes, the players perform general individual exercises; knees up, side-to-side steps etc.

Goalkeepers

- The goalkeepers work with the GK Coach and take turns to catch crosses, as shown.

Source: Manchester City's match day warm-up in Premier League vs West Ham at London Stadium - 10th August 2019

Part 2/5. Dynamic Exercises and Stretching



Resistance Bands (1 min)

1. **With resistance band above knee:** 10 upper body twists with knees bent; 5 squats; 12 diagonal steps (6 each side); half-turn and step back with knees bent (3 each side).
2. **With resistance band above ankles:** Step to side then back + backwards then back (3-4 each side); 2 side-steps and hop (2 each side).

Without Resistance Bands (4 min)

1. Leg kicks (left and right), rotate the hips, twists and hops + stretching.
2. Straight high knees, straight left kicks (left and right), over the gate (hips), high knees to side.
3. Skip away from circle, high knees back in.
4. Skip away from circle, feet up at the back into the circle.
5. Stretching (quads/groins) + hip movement and rotation.
6. Side-steps away from circle and back in x 2.
7. Quad movements + stretching (quads/groins).
8. Brazilian steps away from circle and back in.
10. Over the gate (hips) away from circle and back in.
11. Mobility exercises + stretching
12. Hop + pause movements in and out of circle.

Source: Manchester City's match day warm-up in Premier League vs West Ham at London Stadium - 10th August 2019

Part 3/5. 4 v 4 (+3) Rondo



To watch the video of this part of Manchester City's Pre-Match Warm-up "4 v 4 (+3) Rondo" please scan the QR Code on your phone.



3-4 sets: Play 1 minute, rest for 30 seconds.

Description

- In a 12 x 15 yard area, there are 2 teams of 4 (blue and orange) + 3 white jokers.
- All 4 orange players are positioned on the longer sides (2 each side) and all the blue players play inside the area. There is 1 white joker at each end and 1 joker inside.

- The orange team exploit their numerical advantage (7 v 4) to maintain possession. The blue team try to win the ball and if they do, the teams switch roles.
- The oranges move inside to try and win the ball back immediately. The blues move to the outsides and try to maintain possession with help from the 3 jokers.

Source: Manchester City's match day warm-up in Premier League vs West Ham at London Stadium - 10th August 2019

Part 4/5. Passing, Heading and Shooting



To watch the video of this part of Manchester City's Pre-Match Warm-up "Passing, Heading and Shooting" please scan the QR Code on your phone.



Attackers

- Forward **Jesus (9)**, left winger **Sterling (7)** and right winger **Mahrez (26)**. are joined by attacking midfielder **De Bruyne (17)**. They practice finishing from Coach's varied lay-offs: to side, pressure, bouncing ball.

Midfielders

- Attacking midfielder **Silva (21)** and defensive midfielder **Rodri (16)** pass to each other.

Defenders

- All 4 defenders start with long passes.
- 2a.** **Laporte (14)**, **Stones (5)** and **Walker (2)** practice short headers back to the Coach.
- 2b.** The left back **Zinchenko (11)** passes back and forth with the Coach 3 times before running onto a long pass. Next they pass twice before the Coach dribbles at **Zinchenko (11)**, who jockeyes for 3 seconds.

Source: Manchester City's match day warm-up in Premier League vs West Ham at London Stadium - 10th August 2019

Part 5/5. Sprints in Pairs



To watch the video of this part of Manchester City's Pre-Match Warm-up "Sprints in Pairs" please scan the QR Code on your phone.

The players are in pairs and perform 4 different quick movements and then sprint past the Coach.

Description

1. High knees + sprint.
2. Jumping twists + sprint.
3. Face each other and jump up as if to head the ball + sprint.

4. Side-on facing each other, step back (to left) and turn + long sprint to halfway line.
5. Exit the pitch.

Source: Manchester City's match day warm-up in Premier League vs West Ham at London Stadium - 10th August 2019

Speed & Agility Exercises **WITHOUT** a Ball



Direct from
Pep Guardiola's
Training Sessions

1. Explosive Power Exercises with Hurdles and Resistance Bands



Group 1

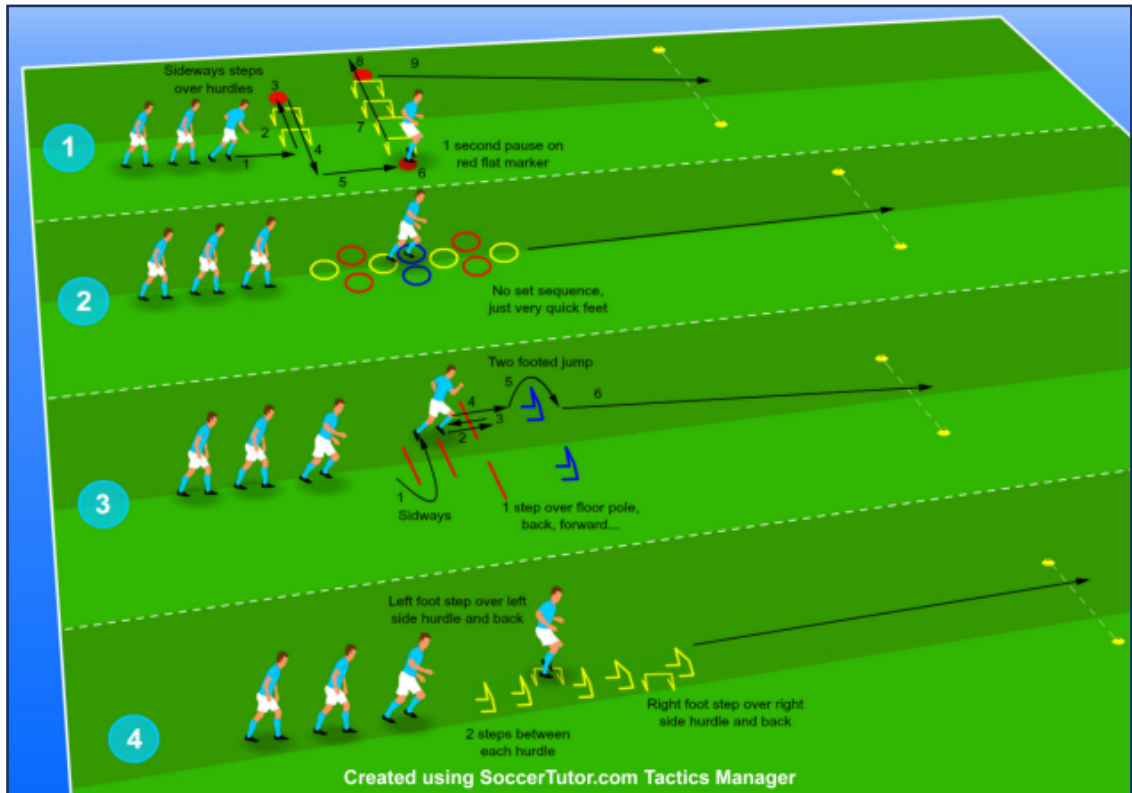
1. Jump forward over the first hurdle with 2 feet and move to the left (or right). After landing, the players use soft bounces between each hurdle.
2. Jump forward with 2 feet over the second hurdle.
3. Jump sideways over the third hurdle.
4. Jump sideways back over it again.
5. Sprint forward.

Group 2

1. Sprint to the left (or right) while the Coach has a resistance band around the waist.
2. Return to the start position.
3. Repeat step 1 to the opposite side (right or left).
4. Return to the start position.
5. The player sprints to the cone and the Coach releases the resistance band halfway through the sprint.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester

2. Speed and Coordination Footwork Exercises with Sprinting



Group 1

- Perform sideways steps over the low hurdles, pausing for 1 second on each flat marker.
- Sprint through the cone gate.

Group 2

- Quick feet through the speed rings (no set sequence).
- Sprint through the cone gate.

Group 3

- Move sideways through the first 2 ground poles and then move to the left or right.

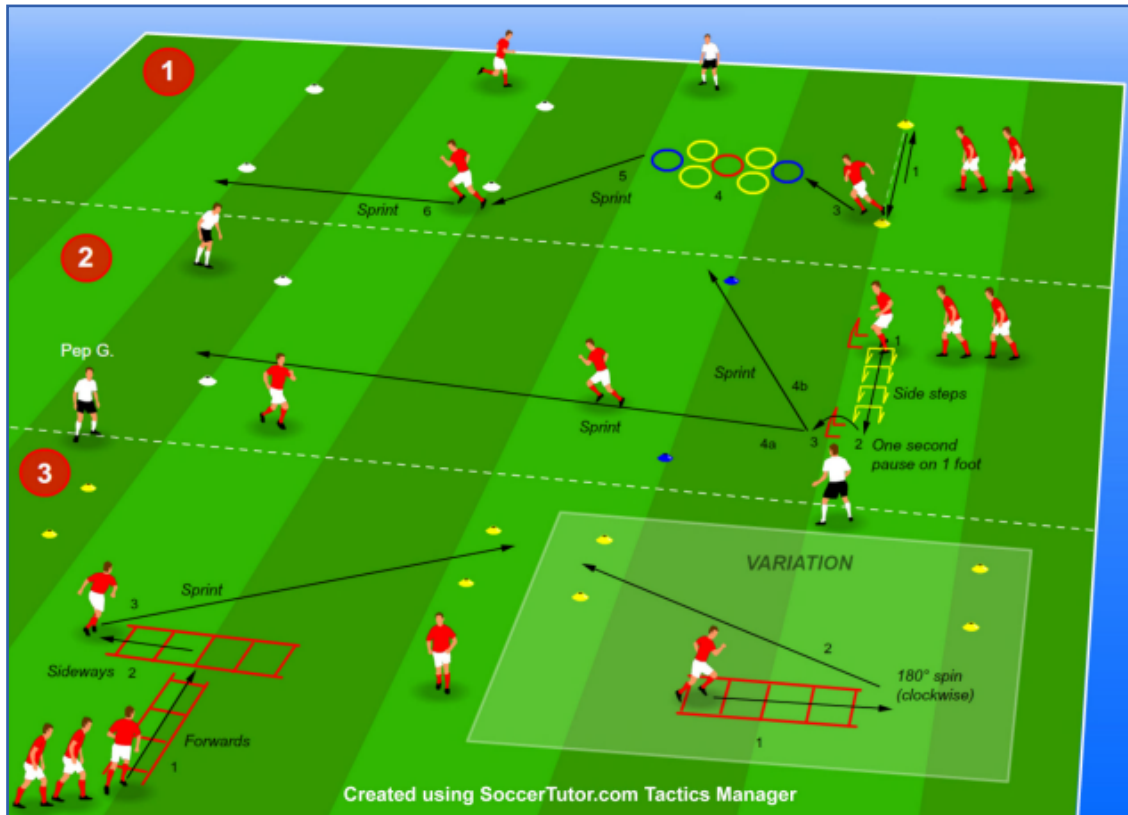
- Step over the next ground pole, then back and then forward again.
- Finish with a 2 footed jump over the hurdle and sprint through the cone gate.

Group 4

- Perform 2 steps between each hurdle.
- For the left hurdle, take a left foot step over it and then back.
- For the right hurdle, take a right foot step over it and then back.
- Sprint through the cone gate.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester

3. Speed and Coordination Footwork Exercises with Sprinting at Different Angles



Group 1

- Side-steps to right cone, then back to left.
- Quick steps through the speed rings.
- Sprint diagonally to 1st white cone.
- Sprint forward to 2nd white cone.

Group 2

- Side-steps over low yellow hurdles.
- 1 forward step over low red hurdle
- Short diagonal sprint to blue cone or longer straight sprint through the white cone gate.

Group 3

- Forward steps through the 1st speed ladder.
- Side-steps through half of the 2nd speed ladder (left or right).
- Sprint diagonally through the opposite cone gate.

Group 3 Variation

- Forward steps through the speed ladder.
- Turn 180° clockwise.
- Sprint diagonally through the cone gate.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich - 9th January 2014

Speed & Agility Exercises WITH a Ball



Direct from
Pep Guardiola's
FC Barcelona
Training Sessions

1. Double One-Two Combination and Shoot in a Speed & Agility Practice



Each repetition takes 9-10 seconds. Players perform 2 x 8 minute sets, with a 2 minute rest in between.

6. The players rotate positions (A -> B -> A) and the next player goes.

Description

1. Player A plays a long pass to Player B, jumps over 2 hurdles and then runs with long strides through the red ground poles.
2. Player B passes to Player A at the end of the red ground poles.
3. Player A passes back to B and then runs through the blue poles (slalom), as shown.
4. Player B passes inside for A to run onto.
5. Player A shoots from outside the penalty area.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

2. Dribbling, Long Pass, One-Two Combination and Shoot in a Speed & Agility Practice



There are 3 repetitions on each side of the pitch (6 total shots) to equal 1 set. Players perform 2 sets, with a 3 minute rest in between each set.

Description

1. Player A dribbles the ball through the cones.
2. Player A plays a long pass to Player B, runs around the cone, runs with long strides through the red ground poles and then runs through the blue poles (slalom).
3. Player B passes to Player A at the end of the blue poles.
4. Player A passes back to B and then runs around the cone, as shown.

5. Player B passes back for A to run onto.
6. Player A shoots from outside the penalty area.
7. The players rotate positions (A -> B -> A) and the next player goes.

After 3 repetitions on one side, players move to the opposite side from the Player B position.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

3. Quick Changes of Direction, Double One-Two Combination and Shoot in a Speed & Agility Practice



There are 3 repetitions on each side of the pitch (6 total shots) to equal 1 set. Players perform 2 sets, with a 3 minute rest in between each set.

Description

1. Player A runs with long strides through the red ground poles and in between the first 2 blue poles, where Player B passes to Player A.
2. Player A passes back to B, runs across and back through the next 2 blue poles. Player A then moves forward, back and forward again through the red ground poles.
3. Player B passes to Player A.
4. Player A plays a 1-2 combination with Player B.

5. Player B plays the return pass for A to run onto around the mannequin.
6. Player A shoots from outside the penalty area.
7. The Coach passes a new ball in for Player B.
8. Player B moves forward and tries to score.
10. The players rotate positions (A -> B -> A) and the next player goes.

After 3 repetitions on one side, players move to the opposite side from the Player B position.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

4. Dribbling, Pass Out Wide, Cross and Finish in a Speed & Agility Practice



Players perform a 1st set of 4 laps and a 2nd set of 3 laps, with a 3 minute rest in between. For the 2nd set, the distances in the circuit are reduced by 20%.

Description

1. Player A does 5 sit-up exercises and then dribbles through the poles. Player B does 5 reps of 5kg weights.
2. Player A passes to Player B, who has jumped over 2 hurdles, run around the pole and run with long strides through the ground poles.
3. Player B plays the return pass ahead of the hurdles for Player A to run onto after jumping over both of them.
4. Player A passes out wide for Player B to run onto high up the flank, after running around the mannequin.
5. Player B crosses into the penalty area for Player A, who runs around the mannequin.
6. Player A tries to score.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

5. Lay-off, Pass Out Wide, Cross and Finish in a Speed Practice



Players perform 2 sets of 4 repetitions, with a 3 minute rest in between each set.

Description

1. Player A does 5 reps of 5kg weights and passes to B. Player B jumps over 2 hurdles and runs around the mannequin to receive. Player C does 3 x reps of a 3kg medicine ball.
2. Player B passes forward to C, who runs around the mannequin and drops back to receive.
3. Player C passes back for A to run forward onto (lay-off pass).
4. Player A passes out wide for B to run onto high up the flank, after running around the mannequin. Player C makes a curved run into the penalty area and D jumps over 2 hurdles, then makes a run into the penalty area.
5. Player B crosses into the penalty area.
6. Players C and D try to score.
7. The players rotate positions:
A -> B -> C -> D -> A.

After 2 repetitions on one side, players move to the opposite side.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

6. Lay-off, Pass Out Wide, Cross and Finish in a Speed & Agility Practice



Players perform 2 sets of 6 repetitions, with a 3 minutes rest between each set.

Description

1. Player A does 10 sit-up exercises, passes to Player B, runs past the mannequin, jumps over the hurdle and moves forward.
2. Player B does 10 reps of coordinated weights, jumps over 2 hurdles, runs around the mannequin and passes forward to Player C.
3. Player C performs speed exercises over the ground poles, runs around the mannequin and passes back for A to run onto (lay-off).
4. Player A passes out wide for B to run onto high up the flank. Players A and C make runs around their respective mannequins and into the penalty area.
5. Player B receives and dribbles forward.
6. Player B crosses into the penalty area.
7. Players A and C try to score.
8. The players rotate positions: A -> B -> C -> A.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

7. Combined Actions: Switch Play, Cross and Finish in a Speed & Agility Practice



Players perform 2 sets of 3 repetitions, with 1 set on each side of the pitch. For the 2nd set, the distances in the circuit are reduced by 15%.

Description

Player B starts by doing 5 reps of 5kg weights.

1. Player A passes to the Coach, moves forward and jumps over both hurdles.
2. Player C performs speed exercises over the ground poles and moves around the mannequin to receive the Coach's pass.
3. Player A receives the lay-off pass from C.
4. Player B has sprinted forward and between the poles to receive Player A's long pass high up the flank.
5. Player B receives and dribbles forward.
6. Player B crosses the ball into the penalty area.
7. Players A and C both make runs into the penalty area and try to score from the cross.
8. The players rotate positions: A -> B -> C -> A.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

Technical Circuits



Direct from
Pep Guardiola's
Training Sessions

“It's not enough to just run, jump, go to the gym, stretch, recover. Rather you need to bear in mind the fundamentals of the style of play every time that you prepare a training session. And at times, the nuances he gives you. I call them Pep's exercises.”



Lorenzo Buenaventura

Assistant Head Coach and Fitness
Coach at Manchester City -
previously Bayern Munich
& FC Barcelona

1. Technical Skills and Agility in an Interval Training Conditioning Circuit



Station 1

- Dribble within the area and avoid obstacles while playing the ball through the arches.

Station 2

- Player A dribbles through the cones and plays a 1-2 combination with B, then passes to C.
- Player A moves to jump/head next to the mannequin, then moves around the pole to take up position B and receive the next pass.
- Player C dribbles through the poles.

- The players rotate positions (A -> B -> C -> A).

Station 3

- Receive and shield the ball under pressure from a Coach pushing with a crash pad from behind.

Station 4

- Two-footed jumps over hurdles, one-foot pause (hop) on flat markers and quick alternate steps through low hurdles outside.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 11th July 2017



Note: The players run around in both anti-clockwise and clockwise directions throughout the warm-up.

Description 2/2

The players stop working in the stations and wait for the Coach's whistle:

Players move to the red pole on the 1st whistle and then get ready to run on the 2nd whistle.

Players run at 85% maximum speed on the 3rd whistle:

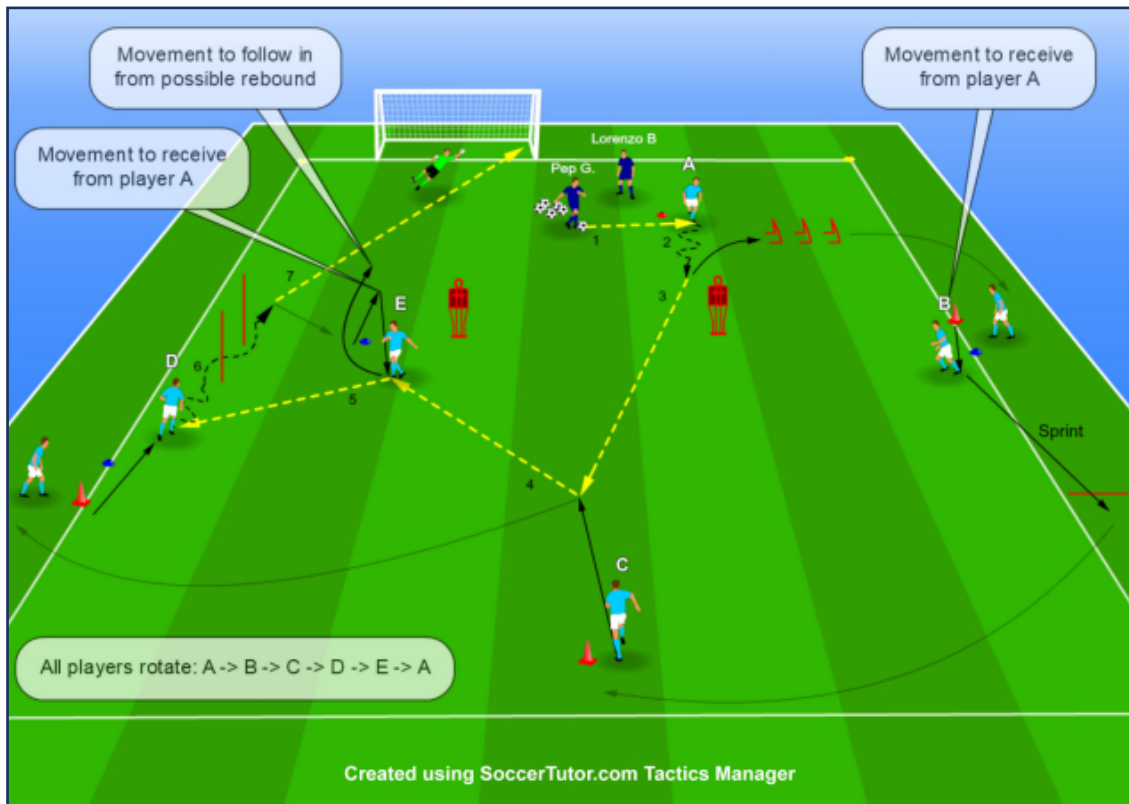
1. Station 1 players run to station 3 and then walk to Station 4.
2. Station 2 players run to station 4 and then walk to Station 1.
3. Station 3 players run to station 1 and then walk to Station 2.

4. Station 4 players run to station 2 and then walk to Station 3.

When the players reach their new station, they work in that station until they hear the Coach's whistle again.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 11th July 2017

2. Passing, Dribbling and Finishing in a Technical Speed Circuit



Description

1. Player A receives from the Coach (Pep G.).
2. Player A dribbles forward. Players B and E make movements to receive from A.
3. Player A passes to Player C and then jumps over the 3 hurdles. Player B sprints and takes a long stride over the ground pole.
4. Player C moves forward off the cone to meet Player A's pass and passes to Player E.
5. Player E has dropped back and passes to D.
6. Player D moves forward off the cone to meet Player E's pass and dribble through the poles.
7. Player D shoots at goal. Player E follows in and tries to score from any rebound.
8. All players rotate to the next position: A -> B -> C -> D -> E -> A.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester

3. Passing, Dribbling and Finishing in a Technical Speed Circuit (Variation)

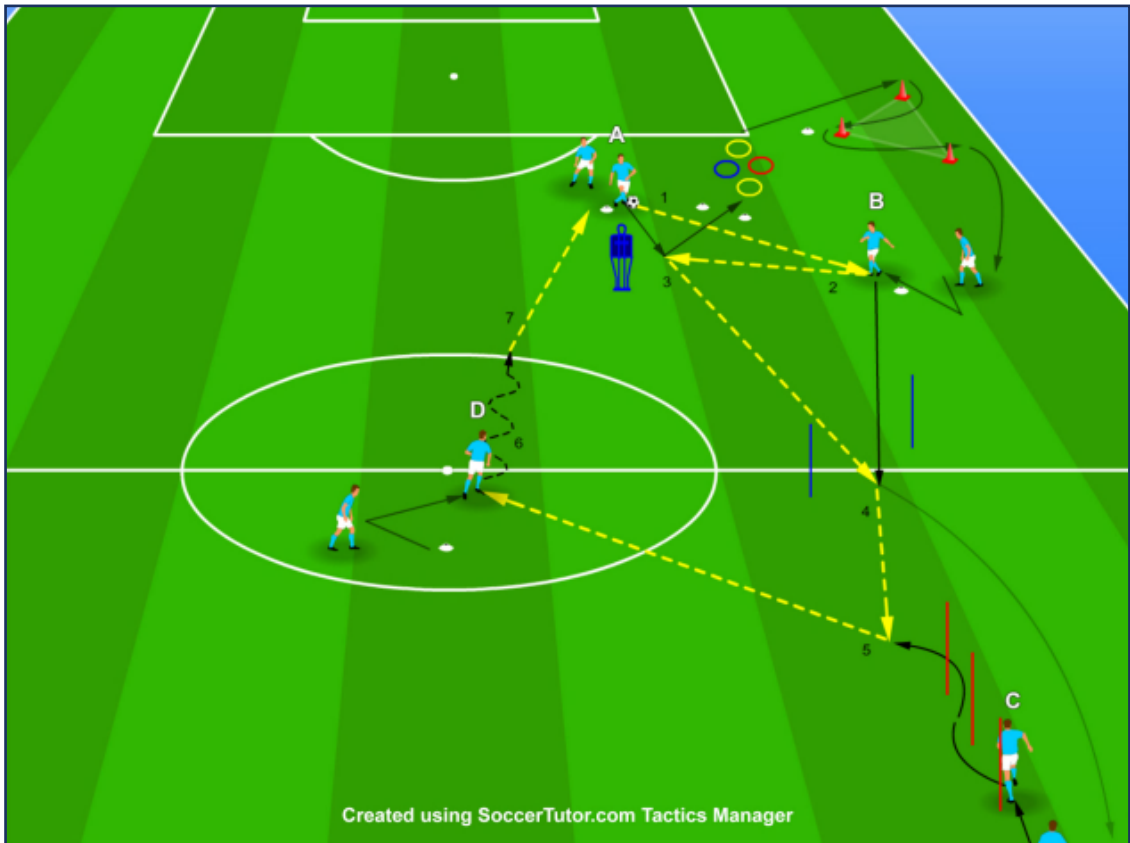


Description

- In this variation of the previous practice, Player C passes to Player B instead of Player C.
- Player B then passes to Player C, who moves forward off his cone.
- The rest of the sequence remains the same.
- All players rotate to the next position:
A -> B -> C -> D -> E -> A.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester

4. Technical Passing and Speed Work in a Conditioning Circuit



Description

1. Player A passes to Player B.
2. Player B plays the return pass to Player A (1-2 combination).
3. Player A passes the ball between the poles for Player B to run onto and receive. Player A then performs speed exercises through the speed rings and by running around the cones.
4. Player B passes to Player C, who has run in and out of the poles and then moved forward.
5. Player C passes across to Player D.
6. Player D checks away from the cone before moving to receive and dribbles forward.
7. The sequence is completed with Player D's pass to the next player waiting.
8. All players rotate to the next position: A -> B -> C -> D -> A.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - Preseason 2016

5. Fast Dribbling and Accurate Finishing in a Speed Circuit



Description

1. Perform speed exercises through the speed rings.
2. Jump over the 4 hurdles.
3. Drop back behind the mannequin.
4. Run forward to receive the Coach's pass (1).
5. Dribble around and through the poles, as shown (2).
6. Pass across to the 2nd Coach (3).
7. Receive the return pass (4).
8. Feint and dribble to the left or right of the mannequin and poles (5), as if to beat a defender.
9. Shoot into the corner of the goal (6), or use mini goals instead.
10. Sprint through cone gate (7).

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - Preseason 2016

6. Press and Cover Defending in Threes + Speed & Agility Work



The players work in groups of 3.

The Coach (Pep G.) has a ball in the centre and there are 3 players waiting on the red, yellow and blue cones.

There are also hurdles set up, as shown.



1. The Coach (Pep G.) passes straight and the player on the yellow cone moves forward quickly and passes back with 1 touch.
2. As soon as Pep G. passes the ball, the 2 players on the red and blue cones both move inside to press and cover.
3. Once the ball has been passed back, all 3 players move back to their start positions.

Source: Pep Guardiola's Bayern Munich training session at the Allianz Arena, Munich - 27th June 2013



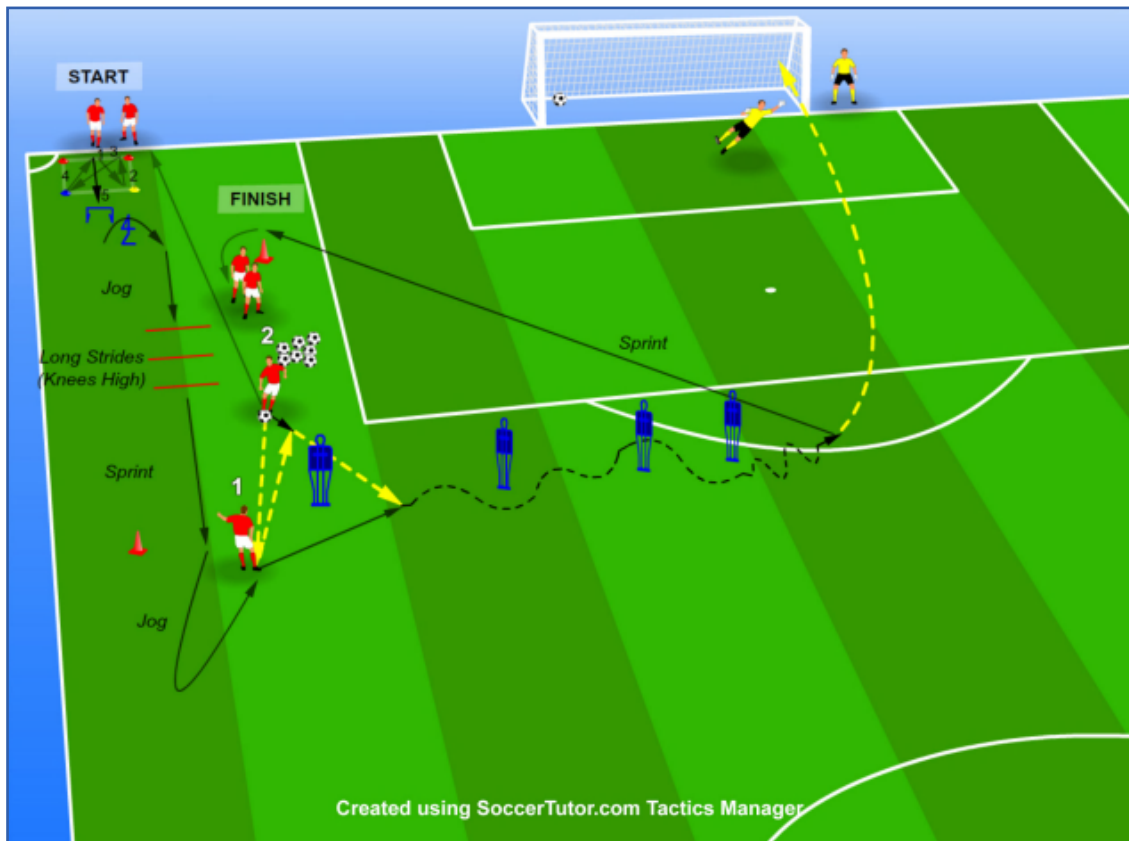
1. The Coach (Pep G) passes to the left and the player on the red cone moves forward quickly and passes back with 1 touch.
2. As soon as Pep G passes the ball, the 2 players on the yellow and blue cones both move across to press and cover.
3. Once the ball has been passed back, all 3 players move back to their start positions.



1. The Coach (Pep G) passes to the right and the player on the blue cone moves forward quickly and passes back with 1 touch.
2. As soon as Pep G passes the ball, the 2 players on the yellow and red cones both move across to press and cover.
3. Once the ball has been passed back, all 3 players sprint to the hurdles, jump over them and then sprint to the halfway line.

Source: Pep Guardiola's Bayern Munich training session at the Allianz Arena, Munich - 27th June 2013

7. Speed Training, One-Two, Dribble and Finish Circuit



Description

1. Player 1 sprints to the yellow cone, back to the start, to the blue cone, back to the start and finally moves out of the box.
2. Player 1 jumps forward over the 1st hurdle and jumps sideways over the 2nd hurdle.
3. Player 1 jogs forward.
4. Player 1 uses long strides with high knees through the ground poles.
5. Player 1 sprints to the cone, slowly jogs away and then back (curved line shown).
6. Player 2 passes to Player 1.
7. Player 1 plays a 1-2 combination with Player 2 and receives the return pass on the other side of the mannequin.
8. Player 1 dribbles in and out of the mannequins and shoots at goal.
9. Player 1 sprints to finish.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich

8. Agility, One-Twos and Finishing from Outside the Box in a Speed Circuit



Half the Man City players take part in this technical circuit and when complete, they move into the other half of the pitch (practice on next page).

Description

1. Coach 1 passes to the player.
2. The player passes back and then performs two-footed jumps over the 2 hurdles.
3. Receive the return pass (1-2 combination).
4. Pass to Coach 2.
5. Receive the return pass (1-2 combination).
6. Dribble inside.
7. Pass to Coach 3.
8. Receive the return pass (1-2 combination) either side of the mannequin (8a or 8b).
9. Dribble forward and shoot from outside the penalty area.
10. Jog back.
11. Sprint through the yellow cone channel.
12. Jog to a different practice set-up in the opposite half of the pitch (see next page).

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 17th October 2018

9. Agility, Receive, Dribble, One-Two and Finish from Outside the Box in a Speed Circuit



Half the Man City players take part in this technical circuit and when complete, they move into the other half of the pitch (practice on previous page).

Description

1. Jump over the yellow hurdle and then jump over either blue hurdle.
2. Receive the pass from Coach 1.
3. Dribble through the yellow poles and then dribble through the red mannequins.
4. Pass to Coach 2.
5. Move inside and receive the return pass from Coach 2 (1-2 combination).
6. Dribble past the mannequin.
7. Shoot from outside the penalty area.
8. Jog towards the yellow cone channel.
9. Sprint through the yellow cone channel.
10. Jog to a different practice set-up in the opposite half of the pitch (see previous page).

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 17th October 2018

10. Passing, Dribbling and Finishing in a Complex Technical Circuit



Circuit 1

1. Player A plays a 1-2 combination with Player B, who moves to one side (outside of cone triangle) to receive.
2. The same is repeated on the opposite side.
3. Run forward to receive the pass from Coach 1, dribble under the 1st arch and then under the 2nd arch (right or left).
4. Dribble through the yellow poles.
5. Play a 1-2 combination with Coach 2 to receive in behind the first 2 mannequins.
6. Play a 1-2 combination with Player C to receive beyond the next 2 mannequins and shoot.

7. Player C sprints to Circuit 2. The players rotate positions (A -> B -> C -> opposite circuit).

Circuit 2

1. Two-footed jumps over the red hurdles.
2. Jump up and head the ball thrown up by Coach 1 over the mannequin.
3. Run (slalom) through the yellow poles.
4. Receive from Coach 2 and dribble through the mannequins.
5. Play a 1-2 combination with Player B to receive beyond the 3 mannequins and shoot.
6. Player B sprints to Circuit 1. Player A moves to Player B's position.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 31st July 2018

11. Speed Work + Changes of Direction With and Without the Ball in a Double Technical Circuit (1)



Description (Left Side)

1. Sprint for 3 seconds while a team-mate has a resistance band around your waist.
2. Run around the 3 cones as shown.
3. Jump up and head the ball thrown up by the Coach over the mannequin.
4. Long stride run through the ground poles.
5. Receive pass from the Coach and dribble the ball through the poles.
6. Play a 1-2 combination with Player B.
7. Dribble past either mannequin and shoot at goal.

8. Player B jogs, sprints and then jogs to the other side. Player A moves to B's position.

Description (Right Side)

1. Two-footed jumps over the hurdles.
2. Touch the mannequin and move to receive.
3. Receive pass from the Coach and dribble through the poles.
4. Play a 1-2 combination with Player B.
5. Dribble past either mannequin and shoot.
6. Player B jogs, sprints and then jogs to the other side. Player A moves to B's position.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich - 2nd December 2014

12. Speed Work + Changes of Direction With and Without the Ball in a Double Technical Circuit (2)



Description (Left Side)

1. Sprint for 3 seconds while a team-mate has a resistance band around your waist.
2. Run around the 3 cones and then run around the pole to receive the pass from Coach 1.
3. Dribble around the 3 cones and then pass to Coach 1.
4. Sharp changes of direction and touch 2-4 of the poles, then move to receive from Coach 2.
5. Play a 1-2 combination with Coach 2 and receive on the other side of the mannequin.
6. Dribble forward past either mannequin and shoot from outside the penalty area.

7. Jog, sprint and then jog to the other side.

Description (Right Side)

1. Sprint for 3 seconds while a team-mate has a resistance band around your waist.
2. Two-footed jumps over the 3 hurdles.
3. Run around pole to receive from the Coach.
4. Play a 1-2 combination with the Coach and receive the return pass after running through the poles.
5. Dribble through the poles and the mannequins, and then shoot.
6. Jog, sprint and then jog to the other side.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich - 22nd March 2016

13. Two Complex Technical Speed & Agility Circuits with Finishing at Both Ends



Description (Left Side)

- 1 second pause in rings, 1 step over hurdles.
- Touch mannequin and run around the poles.
- Receive the Coach's pass, dribble past the mannequin and shoot.
- Jog around mannequin and sprint to cone.
- Jump up and head ball thrown up by Coach.
- 1 step over 3 hurdles, then run around the mannequin to receive the Coach's pass.
- Cross the ball for team-mate on opposite side.

Description (Right Side)

- Two-footed jumps over the 3 hurdles.
- Touch the mannequin and 2 or 3 poles.
- Receive the Coach's pass, dribble past the mannequin and shoot.
- Jog around mannequin and sprint to cone.
- 1-2 with Coach, then run around mannequin.
- 1-2 with Coach and run around the pole.
- Try to score from team-mates cross.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich

14. Short Passing, Receiving, Dribbling + Finish in a Double Technical Circuit



The circuit is exactly the same on the left and right sides (mirrored).

Description

- 1-2. Player A plays a 1-2 combination with B.
- 3-4. Player B runs to touch the 1st mannequin and then runs around the 2nd mannequin.
- 5-6. Player A plays a 1-2 combination with B.
- 7-8. Player B runs to touch 3rd mannequin and then runs forward.
- 9-11. Player B receives from the Coach, dribbles through the cones and up to the poles.
- 12-13. Player B dribbles through the poles, past the mannequins and shoots.
- 14-16. Player B jogs, sprints through the cones, and then sprints to the start position on the opposite side.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich

15. Combined Speed & Agility Circuits with Through Ball and Finish



To start, Player A (red) has a 1 second pause in 4 speed rings. Player B (yellow) has a 1 second pause in 2 speed rings and two-footed jumps over 2 of 3 hurdles. Both players move in front of the pole.

Description

1. The Coach passes to Player A (red).
2. Player A passes to Player B (yellow).
3. Player B returns the pass (1-2 combination) and then runs through the yellow poles.
4. Player A (red) passes to the Coach.
5. Player A runs through the blue poles and receives the return pass from the Coach (1-2 combination). Player B jumps over 2 hurdles.
6. Player A (red) plays a long diagonal pass (ground or aerial) for Player B (yellow) to sprint onto. Player A (red) also then sprints forward.
7. Player B (yellow) receives and moves into the penalty area.
8. Player B (yellow) tries to score past the goalkeeper.
9. Both players sprint to the opposite side.

Source: Pep Guardiola's Bayern Munich training session in Doha, Qatar - 10th January 2014

16. Speed & Agility Circuits with Quick One-Touch Passing and Finishing



The 2 wide circuits are identical. They start with the speed & agility exercises shown.

Wide Circuits

- Coach passes to the player, who returns the pass (1-2) and runs around the mannequin.
- Coach passes to the player in between poles, who returns pass (1-2) and runs past 2nd pole.
- Coach passes back to the player, who dribbles through the poles and passes across to his team-mate on the opposite side.
- The player receives pass from his team-mate, dribbles into the box and passes to the Coach.

Middle Circuit

- Both players take quick sideways steps over hurdles and back again, then move forward.
- Both players now make press and cover movements; when the Coach passes to a mannequin, one player moves towards the ball to receive and return the pass - the other player moves across as if to provide cover.
- The players play a 1-2 combination between the mannequins for one of them to receive in behind and score.
- Both players jog to one of the wide circuits.

Source: Pep Guardiola's Bayern Munich training session in Doha, Qatar - 7th January 2014

17. Three Speed, Coordination and Agility Technical Circuits with a Ball



Circuit A

1. Sprint with resistance band around waist.
2. Jump over all 4 hurdles (two-footed forward and sideways jumps).
3. Touch left red pole, right red pole and then run around the blue pole.
4. 1-2 with Coach around mannequin.
5. Dribble between 3 mannequins and shoot.
6. Jog -> Sprint -> Jog to Circuit B.

Circuit B

1. Sideways jumps over hurdles with one-footed landing in speed rings + jump at mannequin.

2. Receive from Coach and dribble in out and out of poles.
3. 1-2 combination with Pep Guardiola, dribble past mannequin and shoot.
4. Jog -> Sprint -> Jog to Circuit C.

Circuit C

1. Hops (1 foot) through speed rings and slalom run through the poles.
2. High knee strides through the ground poles.
3. 1-2 with Coach, dribble (slalom) through the mannequins and shoot.
4. Jog -> Sprint -> Jog to Circuit A.

Source: Pep Guardiola's Bayern Munich training session in Doha, Qatar - 7th January 2014

18. High Intensity Speed, Power and Agility Training Circuit + 3 v 2 Duel



Each of the 3 zones has a large goal with a GK at the end. The 2 wide zones are identical.

Wide Zones

1. Player B sprints on the spot for 5 seconds with high knees while the Coach has a resistance band around his waist.
2. Jump sideways over the 1st hurdle and jump forward over the 2nd hurdle.
3. Receive pass from the Coach and roll the ball under the hurdle.
4. Dribble the ball through the poles.
5. Dribble at speed towards the mannequins.

6. Perform a feint as if in a 1 v 1 duel with a defender to create space and shoot at goal.

7. Move to Position C and become defenders in the middle zone.

Middle Zone

1. Team C pass to Team A and move out to defend in a 3v2 situation.
2. Team A attack and try to score, with the emphasis on using an underlap or overlap run.
3. Team A move to the side zones (B) and Team C move to position A to attack.

Source: Pep Guardiola's Bayern Munich training session in Doha, Qatar - 8th January 2016

Manchester City Passing Practices



Direct from
Pep Guardiola's
Manchester City
Training Sessions

"The intention is not to move the ball, rather, it is to move the opposition."



1. 3 v 1 + Lay-off, Pass in Behind and Finish in Mini Goal



Description

- ### Description
- 1-2. The practice starts with 3 players keeping possession against the Coach in a 3v1.
 3. After a few passes, the most advanced of the 3 passes the ball back (lay-off) to his team-mate.
 4. That player passes forward to Player A.
 5. Player A decides whether to pass the ball back (lay-off) to Player B or C. In the diagram example, A lays the ball back to Player B.
 6. Player B plays a final ball beyond the mannequin for Player D to run onto.
 7. Player D times his forward run to finish first time into the mini goal.
 8. Players A, B, C and D rotate, as do the players in the 3v1, and the practice restarts from the beginning.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 23rd August 2018

2. 3 v 1 + Lay-off, Pass in Behind and Finish in Mini Goal (Variation)



Description

- In this variation of the practice on the previous page, the pattern remains the same except Player A passes the ball back (lay-off) to Player C instead of Player B.
- Player C therefore plays the final pass for Player D to run onto and finish in the mini goal.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 23rd August 2018

3. 3 v 1 + Lay-off, Aerial Pass in Behind and Finish



Description

- Description**

 - 1-5. The practice starts with 3 players keeping possession against the Coach in a 3v1.
 6. After a few passes, Player C passes the ball back (lay-off) to Player A.
 7. Player A passes forward to Player E, who has dropped back to receive.
 8. Player E lays the ball back to Player F.
 9. Player F plays a short aerial pass ("chip") for Player D to run forward onto.
 10. Player D has first made a movement to drop back, before then making a well-timed run in behind to score in between the poles.
 11. Players A, B, C, D, E and F all rotate positions and the practice restarts from the beginning.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 23rd November 2018

4. 3 v 1 + Lay-off, Pass Across, Aerial Pass in Behind and Finish (Variation 1)



Description

- 1-5. The practice starts with 3 players keeping possession against the Coach in a 3 v 1.
6. After a few passes, Player C passes the ball back (lay-off) to Player A.
7. Player A passes forward to Player E, who has dropped back to receive.
8. Player E lays the ball back to Player D.

9. Player D passes across to Player F.
10. Player F plays a short aerial pass ("chip") for Player D to run forward onto.
11. Player D makes a well-timed run in behind to score in between the poles.
12. Players A, B, C, D, E and F all rotate positions and the practice restarts from the beginning.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 23rd November 2018

5. 3 v 1 + Quick Passing Combination with Aerial Pass in Behind and Finish (Variation 2)



Description

- 1-5. The practice starts with 3 players keeping possession against the Coach in a 3 v 1.
6. After a few passes, Player C passes the ball back (lay-off) to Player A.
7. Player A passes forward to Player D.
8. Player D passes across to F, who drops back.
9. Player F passes to Player E, who moves across.

10. Player E lays the ball back to Player F.
11. Player F plays a short aerial pass ("chip") for Player D to run forward onto.
12. Player D makes a well-timed run in behind to score in between the poles.
13. Players A, B, C, D, E and F all rotate positions and the practice restarts from the beginning.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 23rd November 2018

6. Passing, Receiving and Ball Control Circuit



Description

1. Player A passes to Player B, who drops back.
2. Player B passes across for Player A to run onto.
3. Player A passes to Player C, who moves across.
4. Player C passes to Player B, who has moved around the cone to receive.
5. Player B receives and turns with the ball.
6. Player B dribbles through the poles.
7. Player B passes to the start (A) and the next player goes.

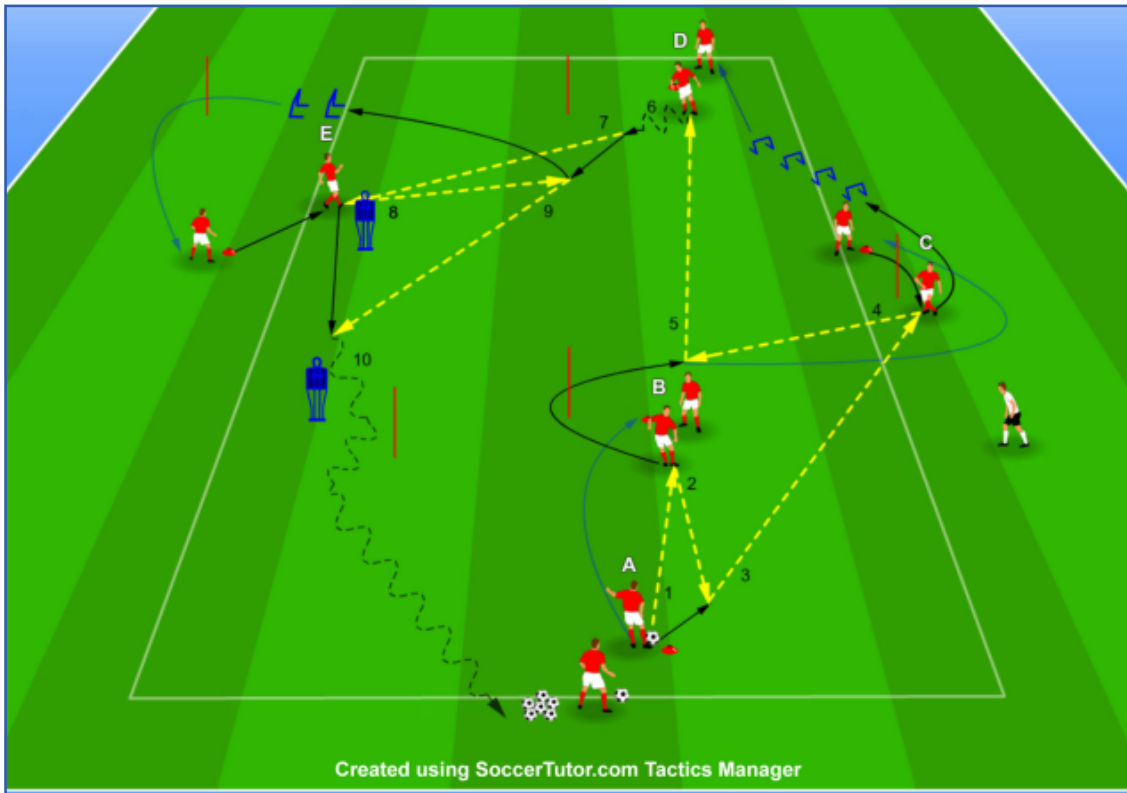
Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - Preseason 2016

Bayern Munich Passing Practices



Direct from
Pep Guardiola's
Bayern Munich
Training Sessions

1. Passing and Moving to Receive in a Circuit with Speed Work



Description

1. Player A passes to Player B.
2. Player B passes the ball back to A (1-2 combination) and then runs around the pole.
3. Player A passes wide to Player C, who drops back behind the pole.
4. Player C passes inside to Player B.
5. Player B passes forward to Player D.
6. Player D opens up and receives B's pass.
7. Player D passes to Player E.
8. Player E passes inside to Player D.
9. Player D passes in front of the mannequin for E and then sprints across to the side, jumps over 2 hurdles and runs around the pole.
10. Player E dribbles past the mannequin, inside the pole and to the start (A).
11. All players rotate to the next position: A -> B -> C -> D -> E -> A.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich

2. Short and Medium Passing with Timing of Movement in a One-Touch Passing Diamond



2 groups of 8 players work simultaneously and all players mostly use 1 touch throughout.

Description

1. Player A passes to Player B, who moves in front of the mannequin to receive.
2. Player B passes back to A, who moves forward.
3. Player A passes to Player C, who moves across behind the mannequin to receive.
4. Player C lays the ball off for Player B, who drops back to receive.
5. Player B passes across to Player D, who also drops back to receive.
6. Player D lays the ball off for Player C, who moves across behind the mannequin again.
7. Player C plays the final pass to Player D, who runs around the pole and mannequin to receive the pass on the run.
8. Player D dribbles to the start position (A).
9. All players rotate to the next position: A -> B -> C -> D -> A.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich - 15th October 2014

3. Short and Medium Passing with Timing of Movement in a One-Touch Passing Diamond (2 Variations)



Diagram shows 2 variations of previous practice.

Variation 1

- 1-4. The first 4 steps are the same as the sequence on the previous page.
5. Player B passes across to Player D (in front of the mannequin).
6. Player D dribbles to the start position (A).
7. All players rotate to the next position: A -> B -> C -> D -> A.

Variation 2

- 1-4. The first 4 steps are the same.

5. Player B passes to Player C, who moves across behind the mannequin to receive.
6. Player C plays the final pass to Player D, who runs around the pole and mannequin to receive on the run.
7. Player D dribbles to the start position (A).
8. All players rotate to the next position: A -> B -> C -> D -> A.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich - 15th October 2014

4. Passing Combination Circuit with Double One-Two, Run in Behind and Finish



2 groups of 8 players work simultaneously and all players mostly use 1 touch throughout.

Description

1. Player A passes to Player D.
2. Player D passes back to Player A, as A moves forward. Player D then moves to jump over the 2 hurdles.
3. Player A passes to Player C, who has dropped back. Player A then uses quick side-steps through the mannequins.
4. Player C lays the ball off for Player B, who moves diagonally forward off his cone.
5. Player B passes back to C (1-2 combination).
6. Player C plays the final pass to Player B, who makes a well-timed run around the mannequin to receive on the move.
7. Player B tries to score.
8. All players rotate to the next position: A -> B -> C -> D -> A.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich

5. Passing and Showing to Receive in an Attacking Combination with Lay-offs + Shot from Distance

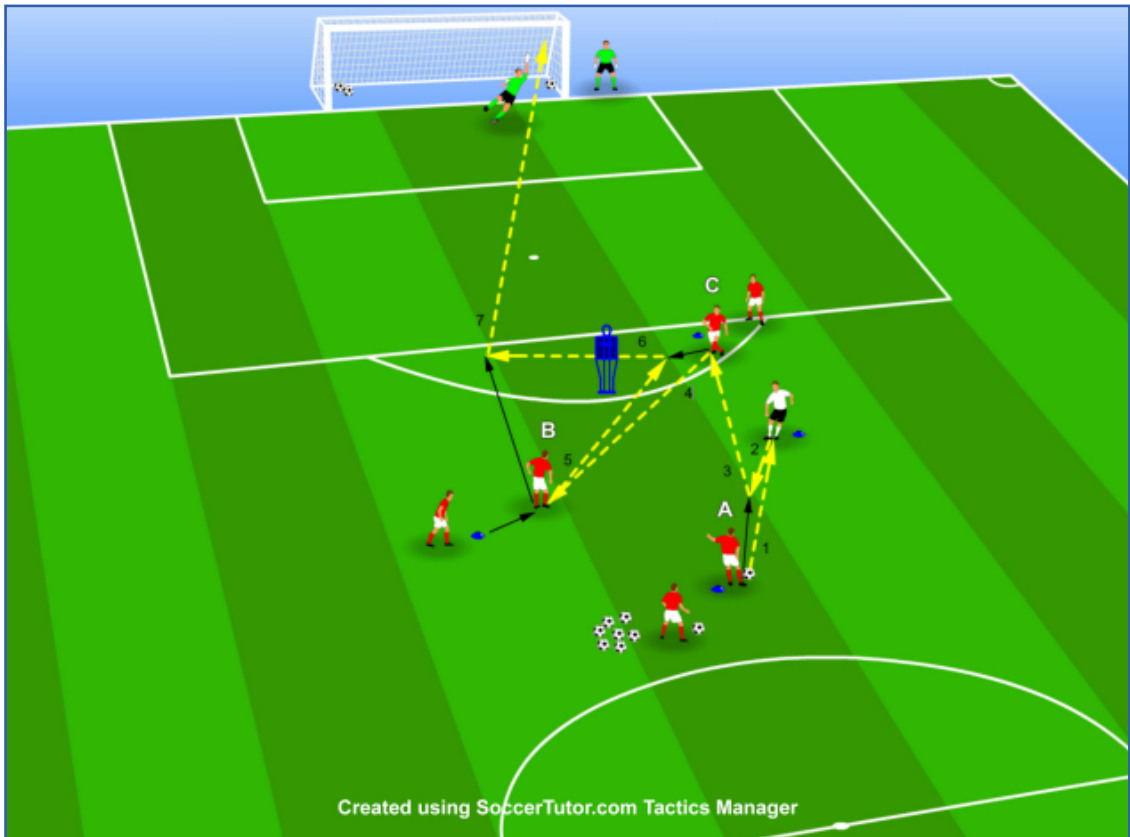


Description

1. Player A passes to Player B, who drops back off the cone.
2. Player B passes back to Player A, who moves forward.
3. Player A passes to Player C, who moves across and in front of the pole.
4. Player C passes across to Player B, who runs around the pole and the cone.
5. Player B passes to Player D.
6. Player D lays the ball back for Player C to move forward onto.
7. Player C receives and shoots from outside the penalty area.
8. All players rotate to the next position: A -> B -> C -> D -> A.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich - 1st February 2016

6. Passing Combination with Double One-Two + Shot from Outside the Penalty Area

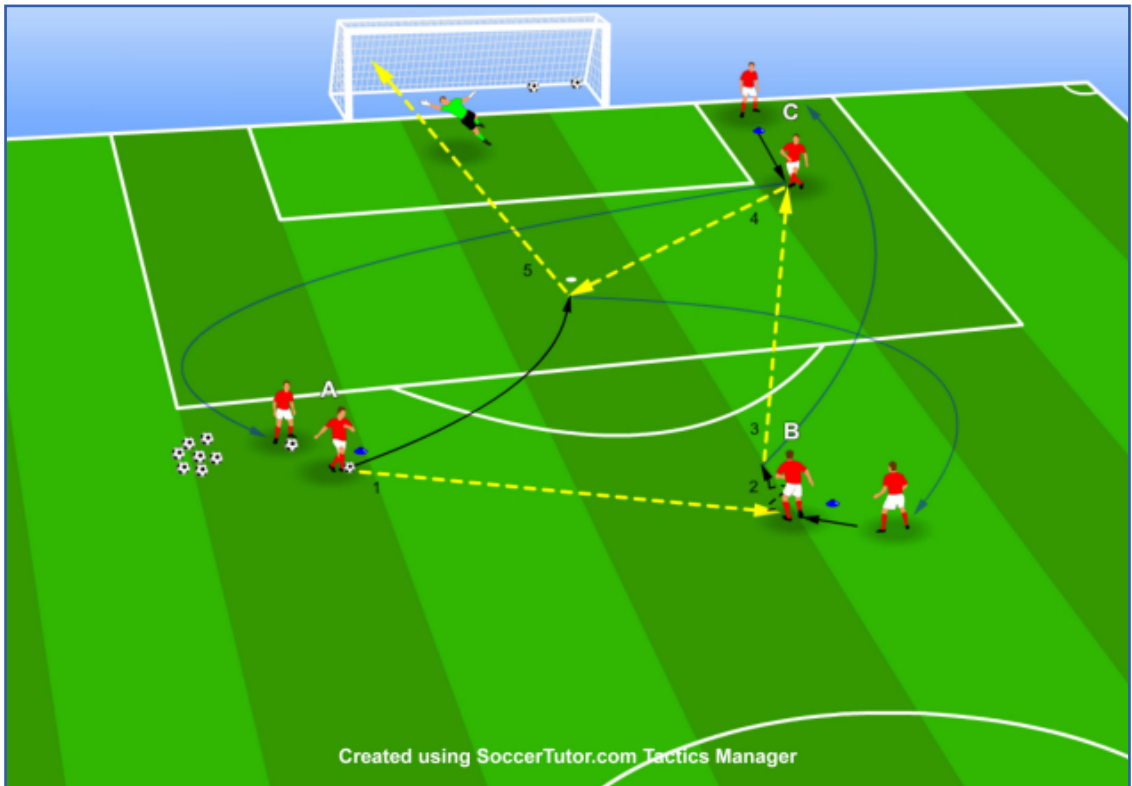


Description

1. Player A passes to the Coach (white).
2. The Coach passes back to Player A to complete the 1-2 combination.
3. Player A passes to Player C.
4. Player C passes diagonally back for Player B, who moves off the cone.
5. Player B passes to the right of the mannequin to Player C.
6. Player C plays the final pass in front of the mannequin for Player B to run onto.
7. Player B shoots from outside the penalty area.
8. All players rotate to the next position:
A -> B -> C -> A.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich - 21st May 2015

7. Passing Combination Play Around the Penalty Area and Finish



Description

1. Player A passes back to Player B, who moves off at an angle from the cone.
2. Player B opens up to receive the pass.
3. Player B passes to Player C, who drops back off the cone.
4. Player C passes into the area around the penalty spot.
5. Player A has made a well-timed run into the penalty area and tries to score.
6. All players rotate to the next position: A -> B -> C -> A.

Source: Pep Guardiola's Bayern Munich training session in Doha, Qatar - 11th January 2016

FC Barcelona Passing Practices



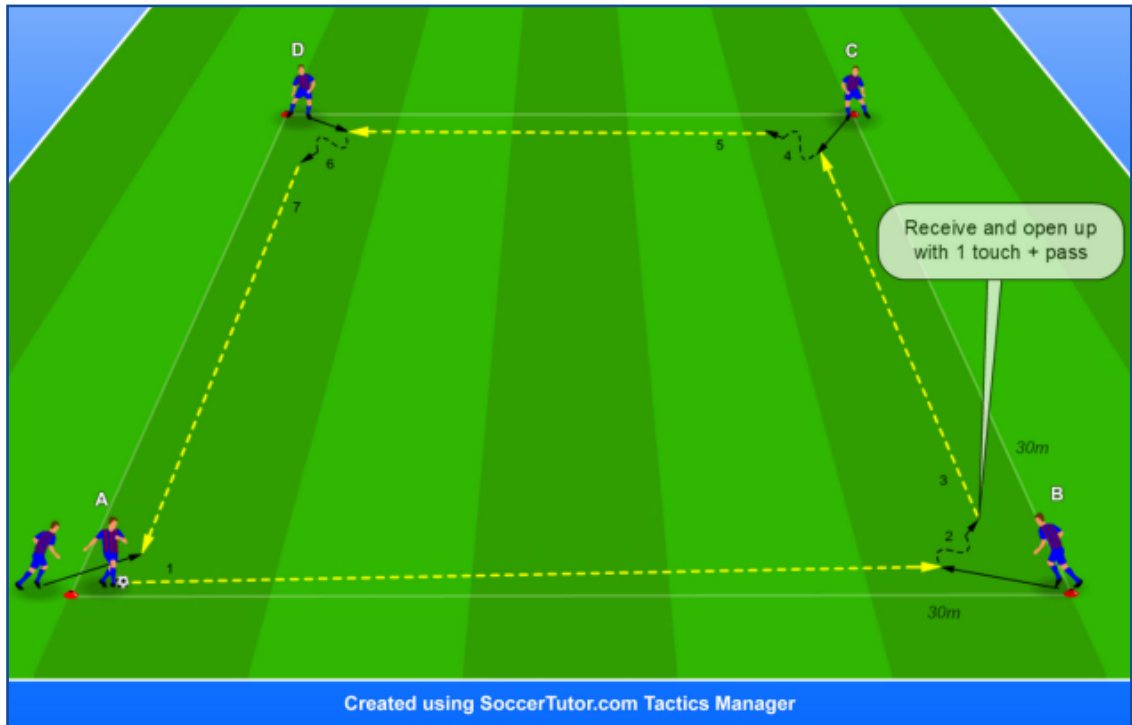
Direct from
Pep Guardiola's
FC Barcelona
Training Sessions

“I had a unique master. I grew a lot with Pep as a player and learnt a great deal from him. Some managers are superb tacticians, but Pep would also describe the moves you had to make on the pitch and what would happen then. And it did!”

(Lionel Messi)



1. Opening Up to Receive Passing Square



Before this practice, the players spent 5 minutes warming up and 3 minutes stretching. This is the 1st of 3 variations of the square passing drill - please see the next 2 pages for the 2nd and 3rd.

7. Player D passes to the start (A) and the same sequence continues.

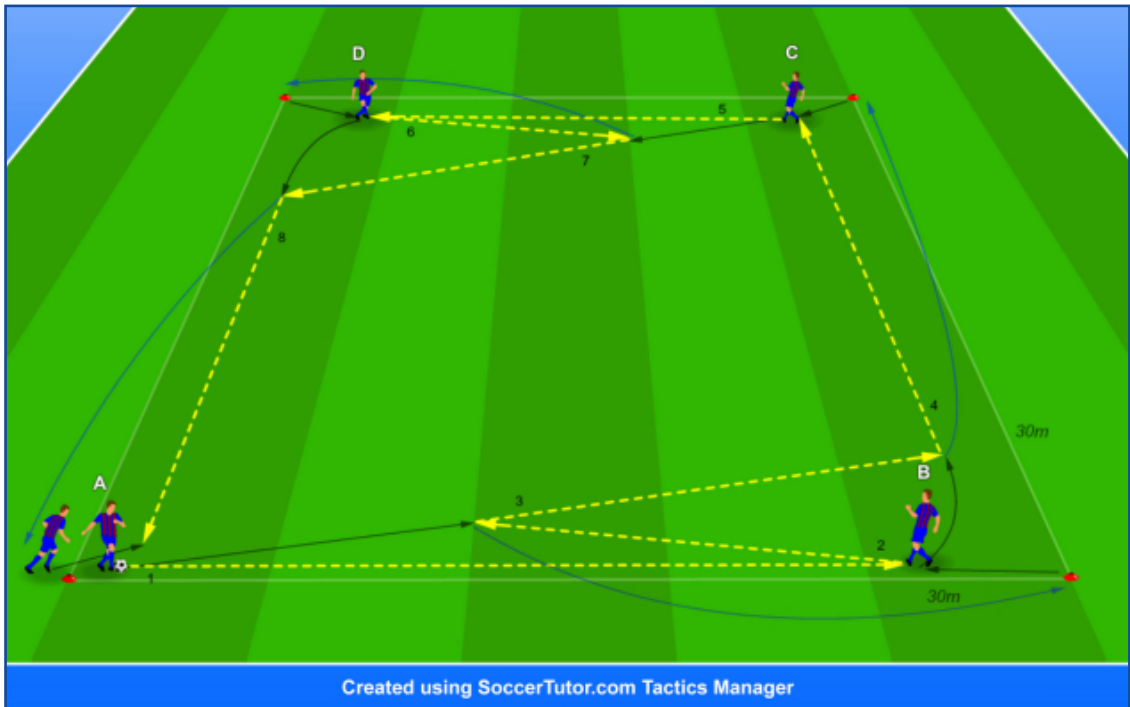
8. All players rotate to the next position:
A -> B -> C -> D -> A.

Description

1. Player A passes to Player B.
2. Player B opens up and receives the pass.
3. Player B passes to Player C.
4. Player C opens up and receives the pass.
5. Player C passes to Player D.
6. Player D opens up and receives the pass.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

2. One-Two and Move to Receive Passing Square



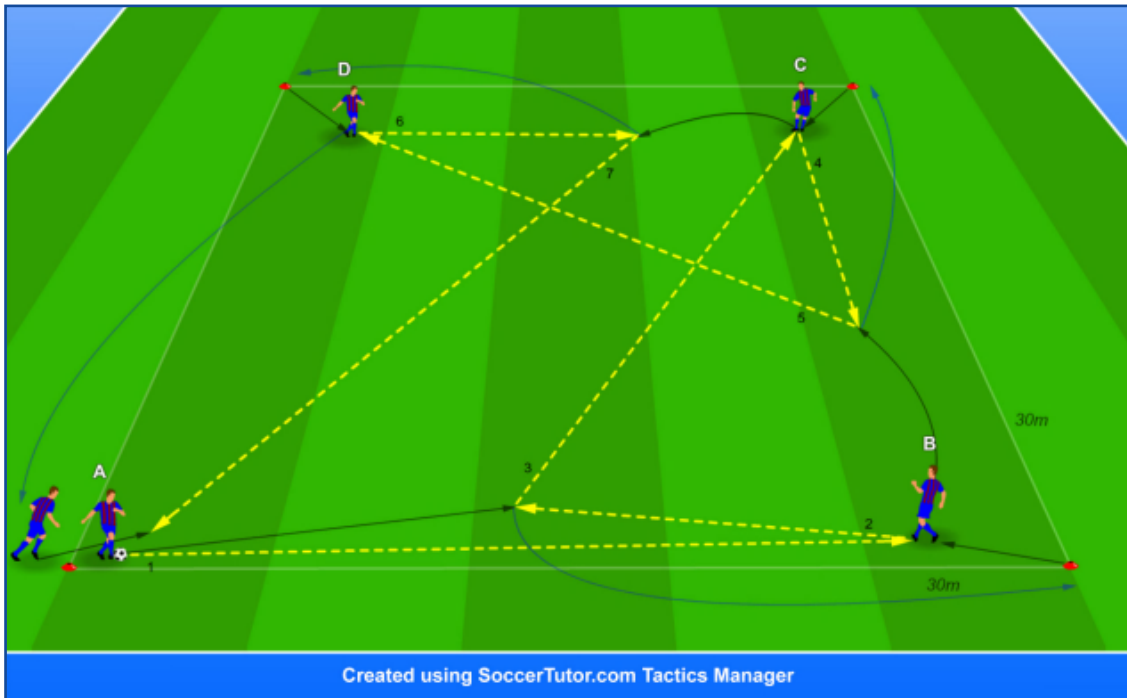
Players perform this practice for 3 minutes. This is the 2nd of 3 variations of the square passing drill - please see the next page for the 3rd.

Description

1. Player A passes to Player B.
2. Player B passes back for A to run forward onto (1-2 combination).
3. Player A passes to Player B again, who opens up to receive on the move.
4. Player B passes to Player C.
5. Player C passes to Player D.
6. Player D passes back for C to run forward onto (1-2 combination).
7. Player C passes to Player D again, who opens up to receive on the move.
8. Player D passes to the start (A) and the same sequence continues.
9. All players rotate to the next position:
A -> B -> C -> D -> A.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

3. Passing Square with Short and Medium Combination Play



Players perform this practice for 3 minutes. This is the 3rd of 3 variations of the square passing drill.

Description

1. Player A passes to Player B.
2. Player B passes back for A to run forward onto (1-2 combination).
3. Player A passes to Player C.
4. Player C passes back for Player B to run forward onto.
5. Player B passes to Player D.
6. Player D passes back for Player C to run forward onto.
7. Player C passes to the start (A) and the same sequence continues.
8. All players rotate to the next position:
A -> B -> C -> D -> A.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

4. One-Two and Move to Receive Passing Triangle



The players take 3 turns anti-clockwise and 3 turns clockwise each.

Description

1. Player A passes to Player B.
2. Player B passes back for Player A to run forward onto (1-2 combination).
3. Player A passes in front of Player B for him to run onto.
4. Player B passes to Player C.
5. Player C lays the ball back for Player B.
6. Player B passes in front of Player C for him to run onto.
7. Player C passes to the start (A) and the same sequence continues.
8. All players rotate to the next position:
A -> B -> C -> A.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

5. Passing Triangle with Short and Medium Combination Play



The players take 3 turns anti-clockwise and 3 turns clockwise each.

6. All players rotate to the next position:
A -> B -> C -> A.

Description

1. Player A passes to Player B.
2. Player B passes back for A to run forward onto (1-2 combination).
3. Player A passes to Player C.
4. Player C lays the ball back for B to run onto.
5. Player B passes to the start (A) and the same sequence continues.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

6. Passing "Y" with Short and Medium Combination Play and Well-timed Movements



Description

1. Player A1 passes to Player B1.
2. Player B1 passes back (1-2 combination) for Player A1 to move forward onto.
3. Player A1 passes to Player C.
4. Player C lays the ball back for Player B1, who moves forward to receive.
5. Player B1 passes in front of the mannequin for Player C to run around and receive on the run.
6. Player C passes to Player A2.
7. Player A2 passes to Player B2.
8. Player B2 passes back (1-2 combination) for Player A2 to move forward onto.
9. Player A2 passes to Player D.
10. Player D lays the ball back for Player B2, who moves forward to receive.
11. Player B2 passes in front of the mannequin for D to run around and receive on the run.
12. Player D passes to the next player waiting.
13. All players rotate to the next position: A -> B -> C -> D -> A.

Variations

1. Players C/D dribble to the start position.
2. Players C/D dribble and then try to score in a mini goal or large goal with goalkeeper.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

7. Movement to Receive in a Passing Rectangle with Aerial Pass



Each player performs 6 full repetitions, followed by a 2 minute rest - please see the next page for the practice progression.

Description

1. Player A passes to Player C, who has moved across from the opposite cone to receive.
2. Player C passes to Player B, who has also moved across from the opposite cone.
3. Player B passes to Player D, who has moved diagonally forward off his cone.
4. Player D plays an aerial pass to the start (A).
5. All players rotate to the next position:
A -> B -> C -> D -> A.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

8. Movement to Receive in a Passing Rectangle with Aerial Pass and Deep Run



Each player performs 6 full repetitions, followed by a 2 minute rest - please see the next page for the practice progression.

Description

1. Player A plays an aerial pass to Player D.
2. Player D passes to Player B, who has moved across from the opposite cone to receive.
3. Player B passes to Player C, who has also moved across from the opposite cone.
4. Player C plays a pass for Player D to run onto after an overlap run on the outside.
5. Player D passes to the start (A).
6. All players rotate to the next position:
A -> B -> C -> D -> A.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

9. Movement to Receive in a Passing Rectangle with Complex Short Combination Play



Each player performs 6 full repetitions, followed by a 2 minute rest.

Description

1. Player A passes to Player C, who has moved across from the opposite cone to receive.
2. Player C passes to Player B, who has also moved across from the opposite cone.
3. Player B passes to Player D.
4. Player D passes to Player C, who again moves across from the opposite cone.
5. Player C passes for D to move forward onto.
6. Player D passes to Player B, who again moves across from the opposite cone.
7. Player B passes across to Player C.
8. Player C plays a pass for Player D to run onto after an overlap run on the outside.
9. Player D passes to the start (A).
10. All players rotate to the next position:
A -> B -> C -> D -> A.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

10. Receive, Dribble Forward and Shoot from Outside the Penalty Area



Before this practice, the players spent 5 minutes warming up and 3 minutes stretching. Each player performs 2 repetitions on each side. This is the 1st of 3 variations of this practice - please see the next 2 pages for the 2nd and 3rd.

4. Player C shoots from outside the penalty area.
5. All players rotate to the next position:
A -> B -> C -> A.

Description

1. Player A passes to Player B.
2. Player B passes to Player C, who moves off the cone to receive on the run.
3. Player C dribbles forward with the ball at speed.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

11. Short Passing Combination + Dribble Forward and Shoot from Outside the Penalty Area



This is the 2nd of 3 variations of this practice - please see the next page for the 3rd.

Description

1. Player A passes to Player B.
2. Player B passes back for Player A to move forward onto (1-2 combination).
3. Player A passes for Player B to move across and receive.
4. Player B passes to Player C, who moves off the cone to receive on the run.
5. Player C dribbles forward with the ball at speed.

6. Player C shoots from outside the penalty area.
7. All players rotate to the next position:
A -> B -> C -> A.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

12. Short Passing Combination + Run onto Forward Pass and Shoot from Outside the Penalty Area



This is the 3rd of 3 variations of this practice.

Description

1. Player A passes to Player B.
2. Player B passes back for Player A to move forward onto (1-2 combination).
3. Player A passes to Player C.
4. Player C passes for Player B to move across onto.
5. Player B passes in front of Player C, so he can make a fast run onto the ball.

6. Player C shoots from outside the penalty area.

7. All players rotate to the next position:
A -> B -> C -> A.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

Rondos



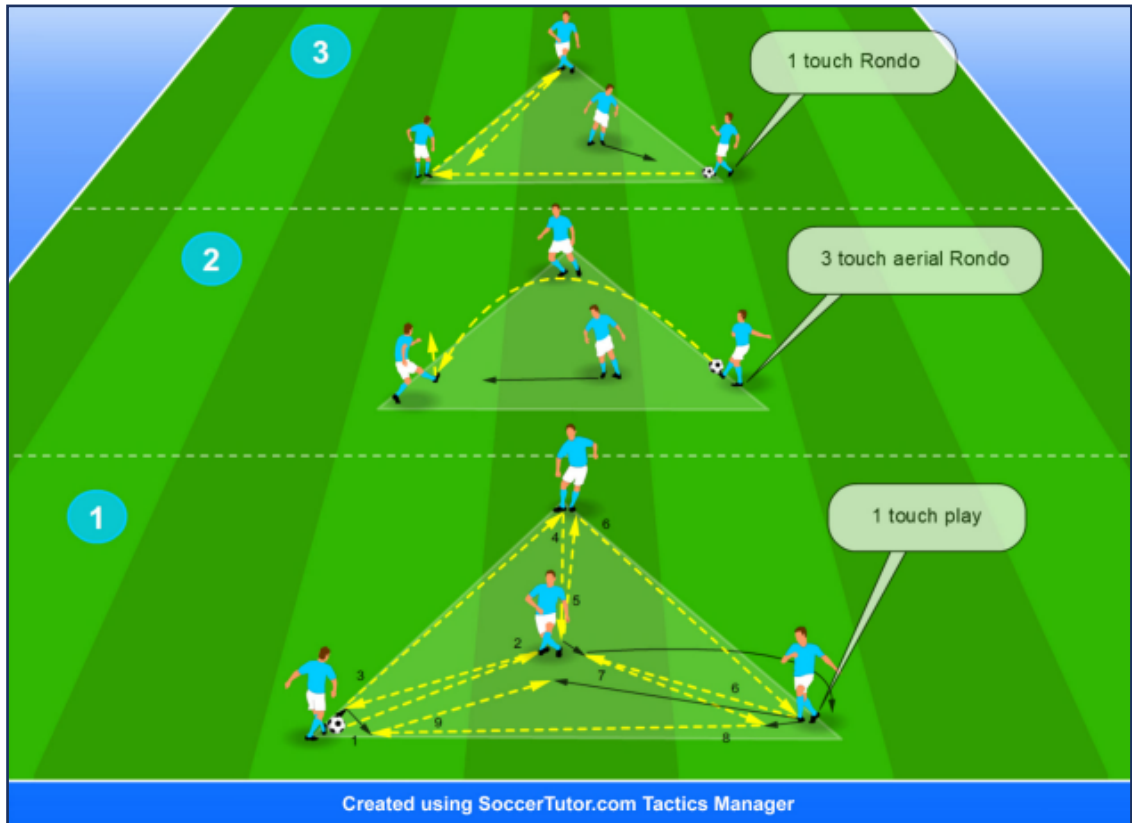
Direct from
Pep Guardiola's
Training Sessions

“Everything that goes in a match, except shooting, you can do in a Rondo. The competitive aspect, fighting to make space, what to do when in possession and what to do when you haven't got the ball, how to play one touch football, how to counteract the tight marking and how to win the ball back.”

Johan Cruyff

(Legendary former Ajax & FC Barcelona player/Head Coach)

1. 3 v 1 Ground and Aerial Triangle Rondos



Stage 1 (Warm-up)

- The players work in groups of 4 and create a triangle shape with 1 player in the middle. The outside players are approximately 4-5 yards apart.
- The middle player either simply uses 1 touch to pass to different outside players or 1-2 combinations with each outside player.
- After a few passes, the middle player switches roles with an outside player and the passing continues.

- Direction of play is varied, often changing between clockwise and anti-clockwise.

Stage 2 (3 Touch Aerial Rondo)

- The players play an aerial Rondo attempting to use exactly 3 touches (2 juggling + 1 for aerial pass). They use 1 or 2 touches only when this is not possible.

Stage 3 (Normal Rondo)

- The players play a normal 3v1 ground Rondo, mainly using 1 touch.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 17th August 2018

2. 4 v 2 Square Rondo

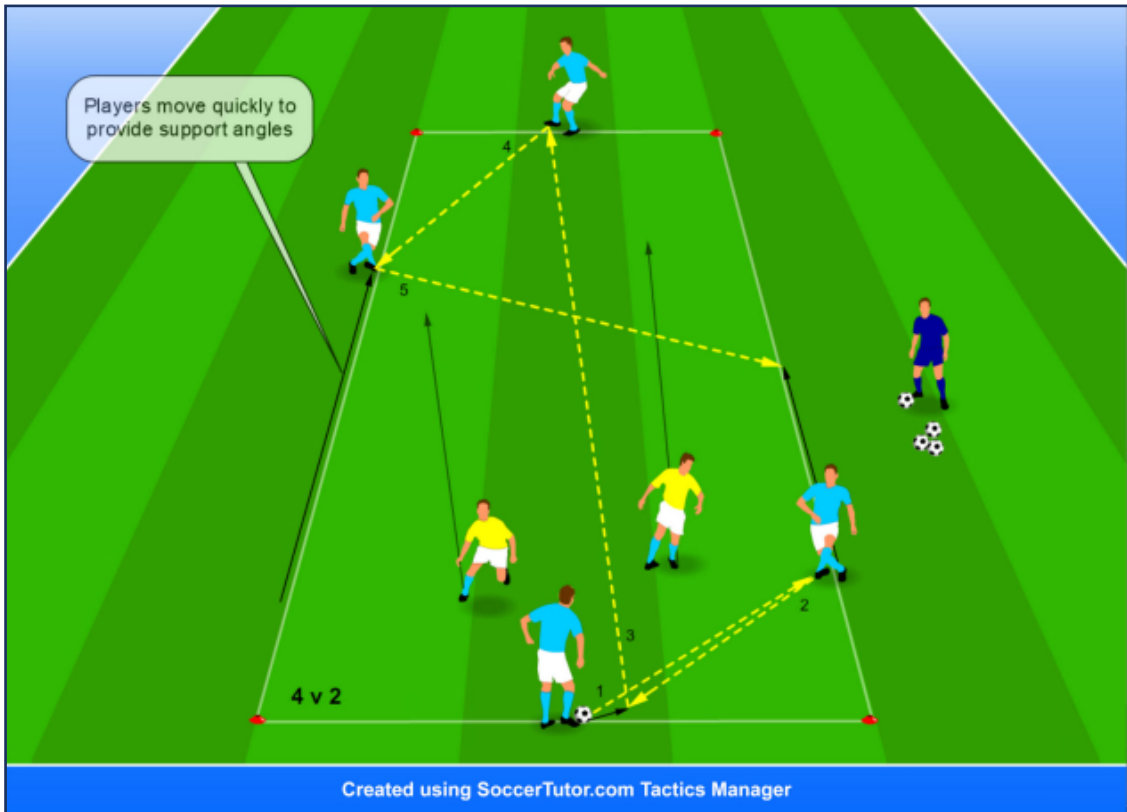


Description

- The players work in groups of 6 in a 10 x 10 yard area.
- There is 1 player in the possession team on each side of the square. They are positioned on the outsides but must still play within the area.
- The 4 outside players aim to keep possession of the ball, trying to use 1 touch.
- The 2 inside players (yellows) work together to try and close the angles and win the ball.
- The player that loses the ball switches roles with the player that wins the ball.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

3. 4 v 2 Rectangle Rondo



Description

- The players work in groups of 6 in a 3 x 10 yard area.
- There is 1 player in the possession team on each side of the rectangle. They are positioned on the outsides but must still play within the area.
- The 4 outside players aim to keep possession of the ball, mainly using 1-2 touches.
- The 2 players on the sides work hard to create angles for the players at the ends, constantly moving up and down.
- The 2 inside players (yellows) work together to try and close the angles and win the ball.
- The player that loses the ball switches roles with the player that wins the ball.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester

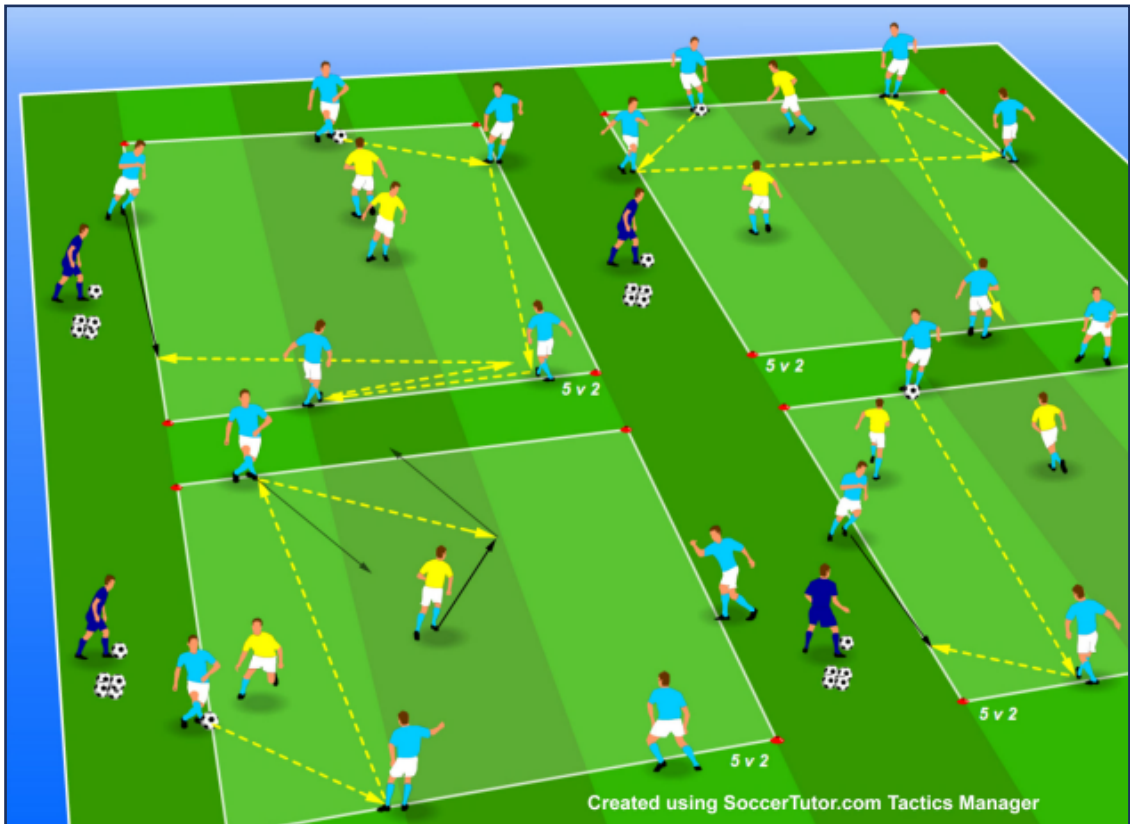
“With rondos, people still think that's just something we do for fun. No! It's an incredible exercise. You use both feet, you look towards the second line, you pass inside, you attract your opponent and then when he's close to you, bam! You pass it to the other side... It's endless. It's an exercise that allows infinite implementations.”

“A rondo is not a whim. It's left foot, right foot, observing, open spaces, finding a way out of pressure, thinking to play past the one that is pressing you to the one he's freed up. The rondo is tremendous.”

Xavi

(Legendary former FC Barcelona and Spain player)

4. 5 v 2 Square Rondo



Description

- The players work in groups of 7 in a 10 x 10 yard area.
- For the possession team, there are 2 players on one side and 1 player on each of the other 3 sides. They are positioned on the outsides but must still play within the area.
- The 5 outside players aim to keep possession of the ball, trying to use 1 touch.
- The 2 inside players (yellows) work together to try and close the angles and win the ball.
- The player that loses the ball switches roles with the player that wins the ball.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 12th February 2018

5. 6 v 2 Rectangle Rondo

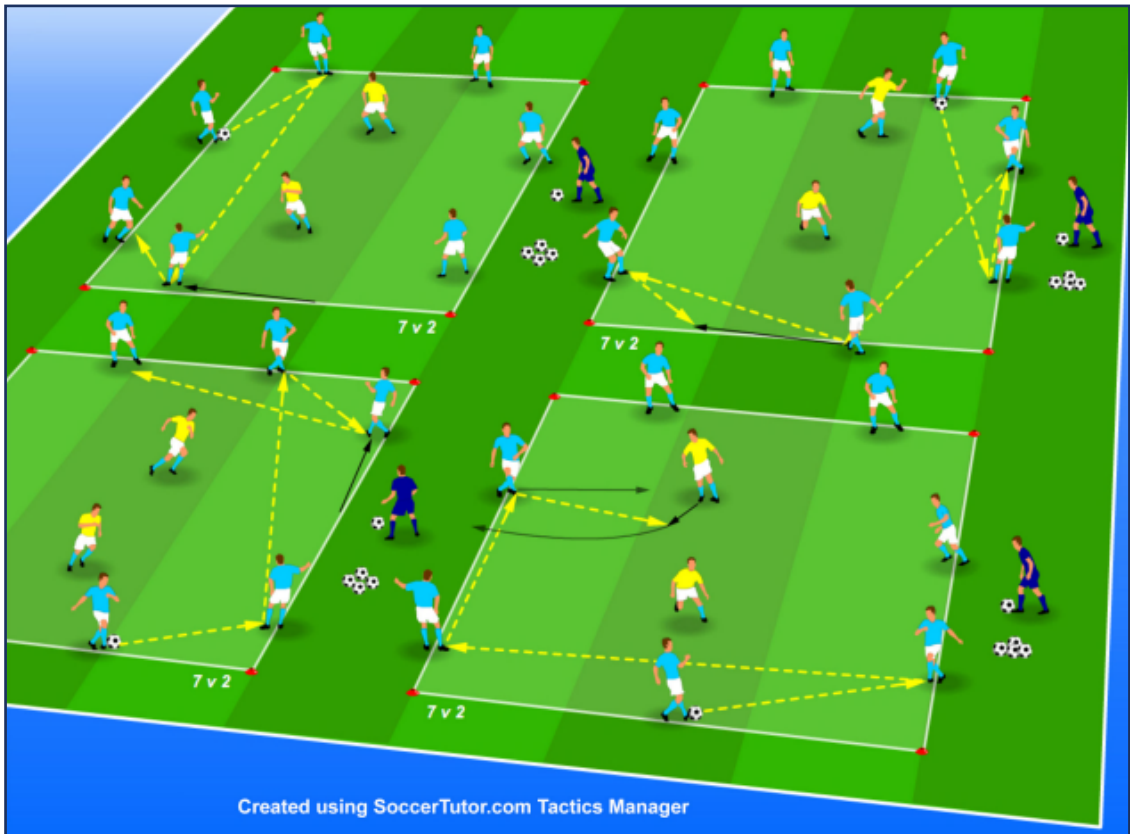


Description

- The players work in groups of 8 in a 5 x 10 yard area.
- For the possession team, there are 2 players on each of the 2 shorter sides and 1 player on each of the longer sides. They are positioned on the outsides but must still play within the area.
- The 6 outside players aim to keep possession of the ball, trying to use 1 touch.
- The 2 players on the sides work hard to create angles for the players at the ends, constantly moving up and down.
- The 2 inside players (yellows) work together to try and close the angles and win the ball.
- The player that loses the ball switches roles with the player that wins the ball.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 12th July 2017

6. 7 v 2 Square Rondo



Description

- The players work in groups of 9 in a 10 x 10 yard area.
- For the possession team, there are 2 players on 3 of the sides and 1 player on the 4th side. They are positioned on the outsides but must still play within the area.
- The 7 outside players aim to keep possession of the ball, trying to use 1 touch.
- The 2 inside players (yellows) work together to try and close the angles and win the ball.
- The player that loses the ball switches roles with the player that wins the ball.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - Preseason 2016

"Juego de Posición" (Positional Games) and Possession Games

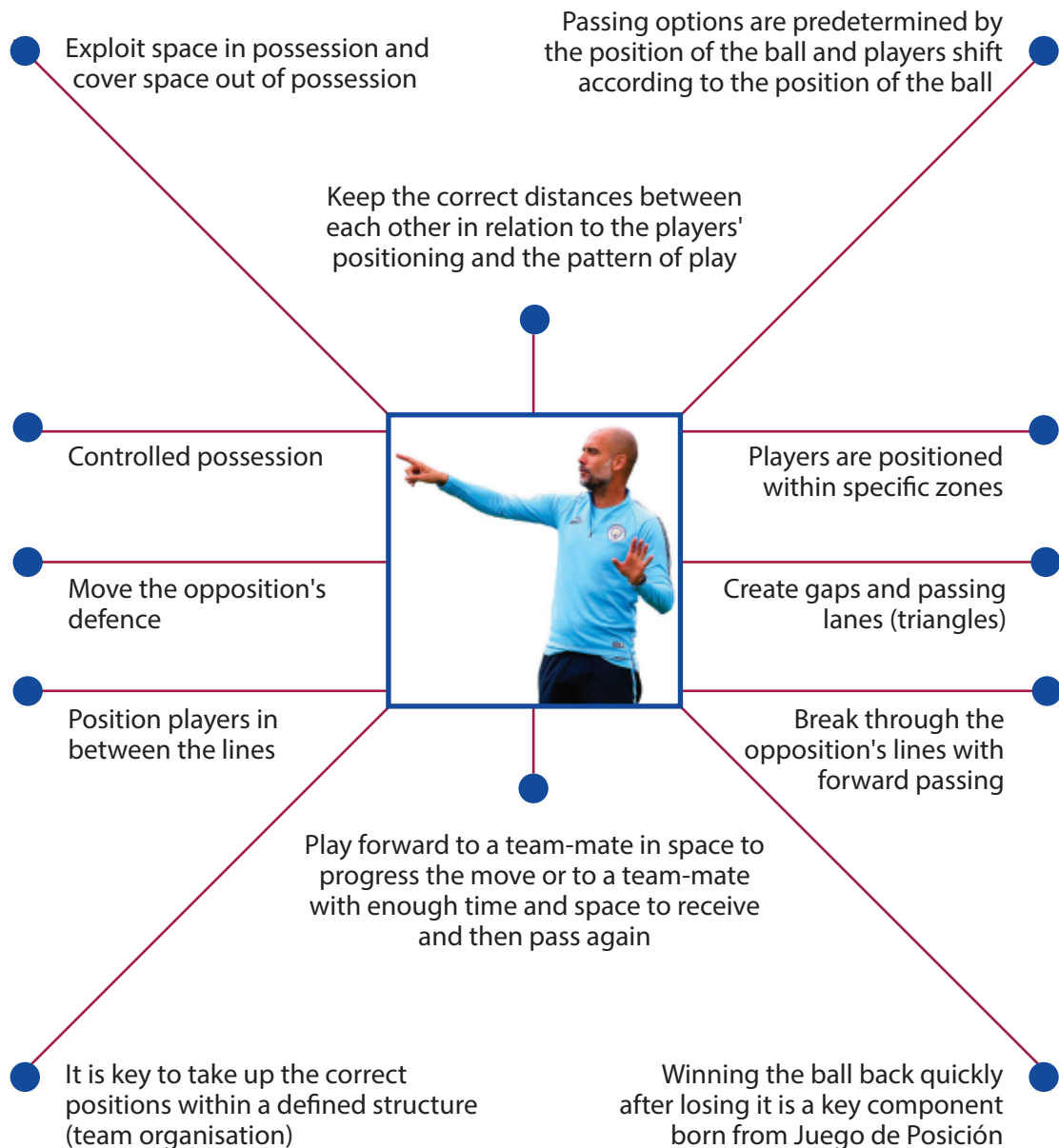


Direct from
Pep Guardiola's
Training Sessions

"The fundamentals, what I want, is to take the ball, try to play as offensive as possible and dominate the game through the ball. I grew up with that; I was a player with that idea, and I am a coach with that idea."

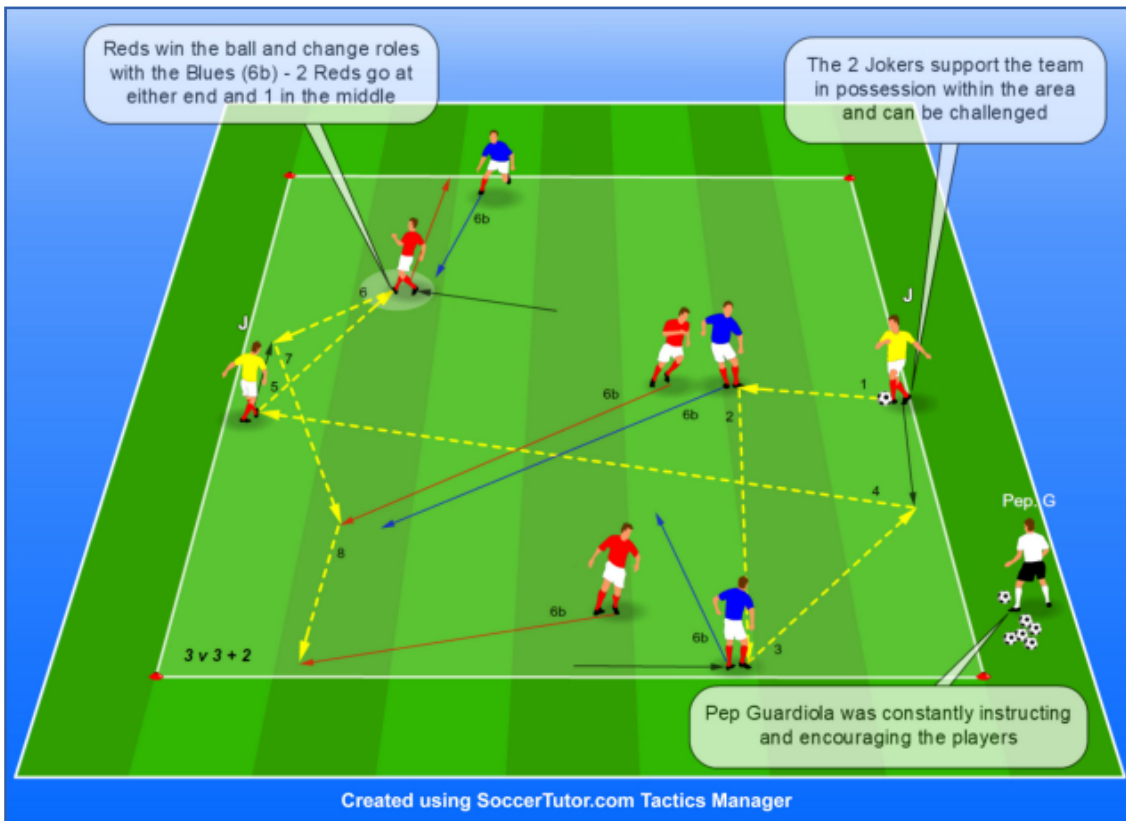


PEP GUARDIOLA'S POSITIONAL PLAY (JUEGO DE POSICIÓN)



Source: Luca Bertolini, UEFA B Coaching Licence and Author of many football coaching books - www.lucamistercalcio.com

1. High Intensity "Juego de Posición" 3 v 3 (+2) Possession and Transition Game

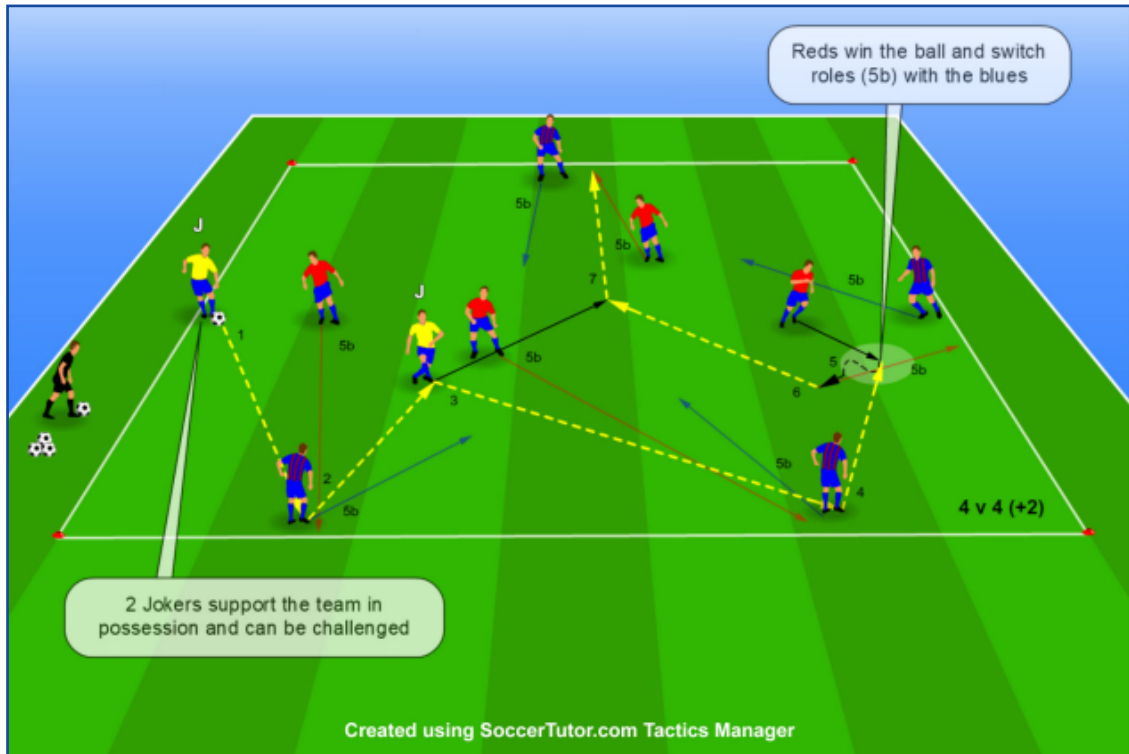


Description

- In a 12 x 12 yard square, there are 2 teams of 3 players (blue and red) + 2 yellow jokers, who play with the team in possession.
- There is 1 blue player at each end + 1 inside and all 3 red players start inside the area. There is also 1 yellow joker on each side.
- The practice starts with the Coach (or a joker) and the blue team try to maintain possession with help from the 2 yellow jokers.
- The red team work together (pressing) to close off the angles and try to win the ball. If the reds are able to win the ball, the teams switch roles.
- The blues all move inside and work together to try and win the ball back immediately (counter-press).
- The reds move to the outsides and try to maintain possession with help from the 2 yellow jokers.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich

2. High Intensity "Juego de Posición" 4 v 4 (+2) Possession and Transition Game



The players perform 2 sets of 12 minutes, with a 2-3 minute rest in between. It is a high pace game with the aim to reach a heart rate of 120 bpm.

Description

- In a 15 x 20 yard area, there are 2 teams of 4 players (blue and red) + 2 yellow jokers who play with the team in possession.
- The players use a maximum of 2 touches.
- All 4 blue players are positioned on the sides and all the red players start inside the area. There is 1 yellow joker on 1 side and 1 joker inside.
- The blue team try to maintain possession with help from the 2 yellow jokers.
- The red team work together (pressing) to close off the angles and try to win the ball. If the reds are able to win the ball, the teams switch roles.
- The blues all move inside and work together to try and win the ball back immediately (counter-press).
- The reds move to the outsides and try to maintain possession with help from the 2 yellow jokers.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

3. "Juego de Posición" 5 (+2) v 3 Possession Game



Description

- In a 10 x 15 yard area, there are 5 red players, 3 blue players and 2 yellow jokers, who play with the team in possession.
- All 5 red players are positioned on the sides, with 2 players on one of the shorter sides.
- All 3 blue players start inside the area. There are also 2 yellow jokers positioned inside.
- The red team try to maintain possession with help from the 2 yellow jokers.

- The blue team work together (pressing) to close off the angles and try to win the ball.
- If the blues are able to win the ball, the player that wins the ball switches roles with the player that loses it and the game continues.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich

4. "Juego de Posición" 6 (+2) v 3 Possession Game

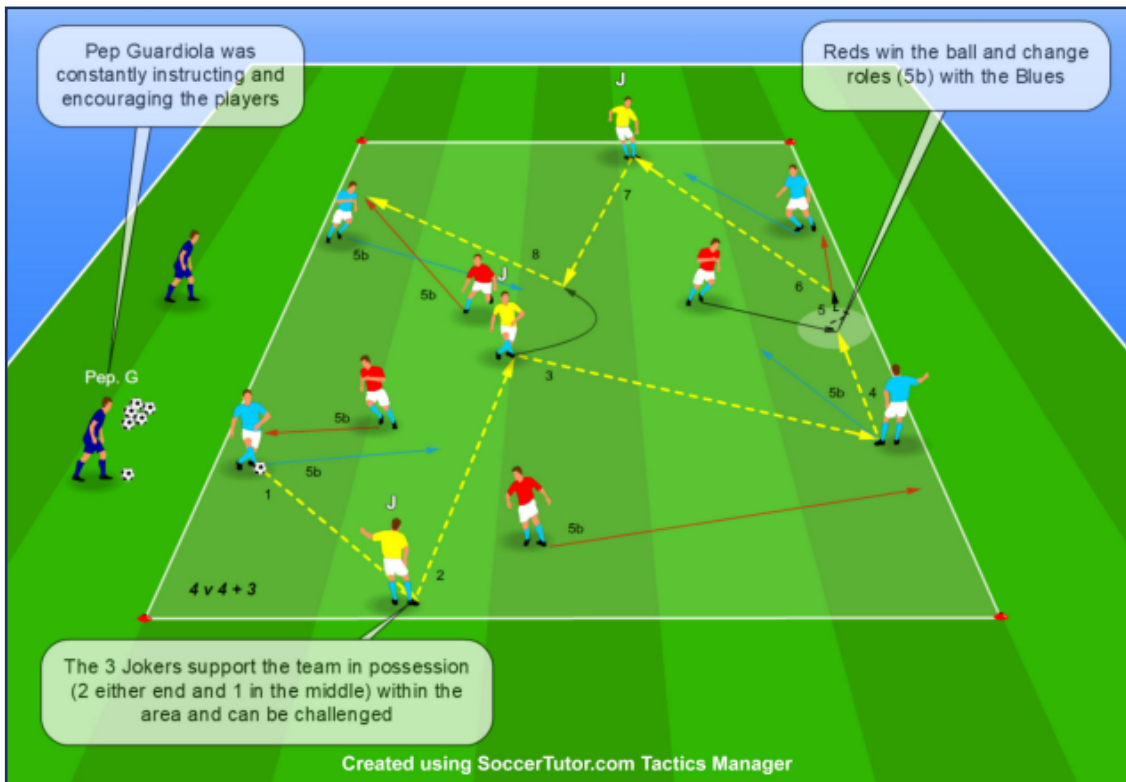


Description

- In a 15 x 15 yard square, there are 6 blue players, 3 red players and 2 yellow jokers, who play with the team in possession.
- All 6 blue players are positioned on the sides, with 2 players on each of the long sides.
- All 3 red players start inside the area. There are also 2 yellow jokers positioned inside.
- The red team try to maintain possession with help from the 2 yellow jokers.
- The blue team work together (pressing) to close off the angles and try to win the ball.
- If the blues are able to win the ball, the player that wins the ball switches roles with the player that loses it and the game continues.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - Preseason 2016

5. "Juego de Posición" 4 v 4 (+3) Possession and Transition Game



Description

- In a 10 x 15 yard area, we have 2 teams of 4 players (blue and red) + 3 yellow jokers who play with the team in possession.
- All 4 blue players are positioned on the long sides (2 on each side) and all the red players start inside the area. There is 1 yellow joker at each end and 1 joker inside.
- The practice starts with the Coach and the blue team try to maintain possession with help from the 3 yellow jokers.
- The red team work together (pressing) to close off the angles and try to win the ball.
- If the reds are able to win the ball, the teams switch roles.
- The blues all move inside and work together to try and win the ball back immediately (counter-press).
- The reds move to the outsides and try to maintain possession with help from the 3 jokers.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester

6. "Juego de Posición" 5 v 5 (+3) Possession and Transition Game



Note: 1 player on each team remains in the middle throughout.

Description

- In a 20 x 20 yard square, we have 2 teams of 5 players (blue and red) + 3 yellow jokers who play with the team in possession.
- There are 2 blue players positioned on each of the long sides and 1 blue player inside. All 5 red players start inside. There is 1 yellow joker at each end (short sides) and 1 joker who plays inside.
- The blue team try to maintain possession with help from the 3 yellow jokers.
- The red team work together (pressing) to close off the angles and try to win the ball. If the reds are able to win the ball, 4 red players switch roles with the 4 outside blue players.
- The 4 outside blues all move inside and work together to try and win the ball back. 4 red players move to the outsides and try to maintain possession with help from their team-mate inside and the 3 jokers.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester

7. "Juego de Posición" 6 v 6 (+4) Possession and Transition Game



Note: 2 players on each team remain in the middle throughout.

Description

- In a 20 x 30 yard area, we have 2 teams of 6 players (red and blue) + 4 yellow jokers who play with the team in possession.
- There are 4 red players positioned on the longer sides (2 each side) and 2 players inside. All 6 blue players start inside the area. There is 1 yellow joker at each end and 2 inside.
- The practice starts with the Coach and the red team try to maintain possession with help from the 4 yellow jokers.
- The blue team work together (pressing) to close off the angles and try to win the ball.
- If the blues win the ball, 4 blue players switch roles with the 4 outside reds.
- The 4 outside reds all move inside and work together to try and win the ball back immediately (counter-press).
- 4 blue players move to the outsides and try to maintain possession with help from their 2 team-mates inside and the 4 jokers.

Source: Pep Guardiola's Bayern Munich training session at Säbener Strasse Training Ground, Munich

8. "Juego de Posición" 8 v 8 (+3) Possession and Transition Game



Note: 3 players on each team remain in the middle throughout.

Description

- In a 30 x 40 yard area, we have 2 teams of 8 players (blue and red) + 3 yellow jokers who play with the team in possession.
- 5 blue players are positioned on the sides (2 at 1 end) and 3 blue players play inside the area. There is 1 yellow joker on each side and 1 joker inside. All 8 red players start inside.
- The blue team try to maintain possession with help from the 3 yellow jokers.
- The red team work together (pressing) to close off the angles and try to win the ball.
- If the reds win the ball, 5 red players switch roles with the 5 outside blues.
- The 5 outside blues all move inside and work together to try and win the ball back immediately (counter-press).
- 5 red players move to the outsides and try to maintain possession with help from their 3 team-mates inside and the 3 jokers.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 14th July 2016

9. Three Team Possession and Fast Transition Game



In a total area of 15 x 45 yards, the 2 end zones are 15 x 10 yards and the middle zone is 15 x 25 yards.

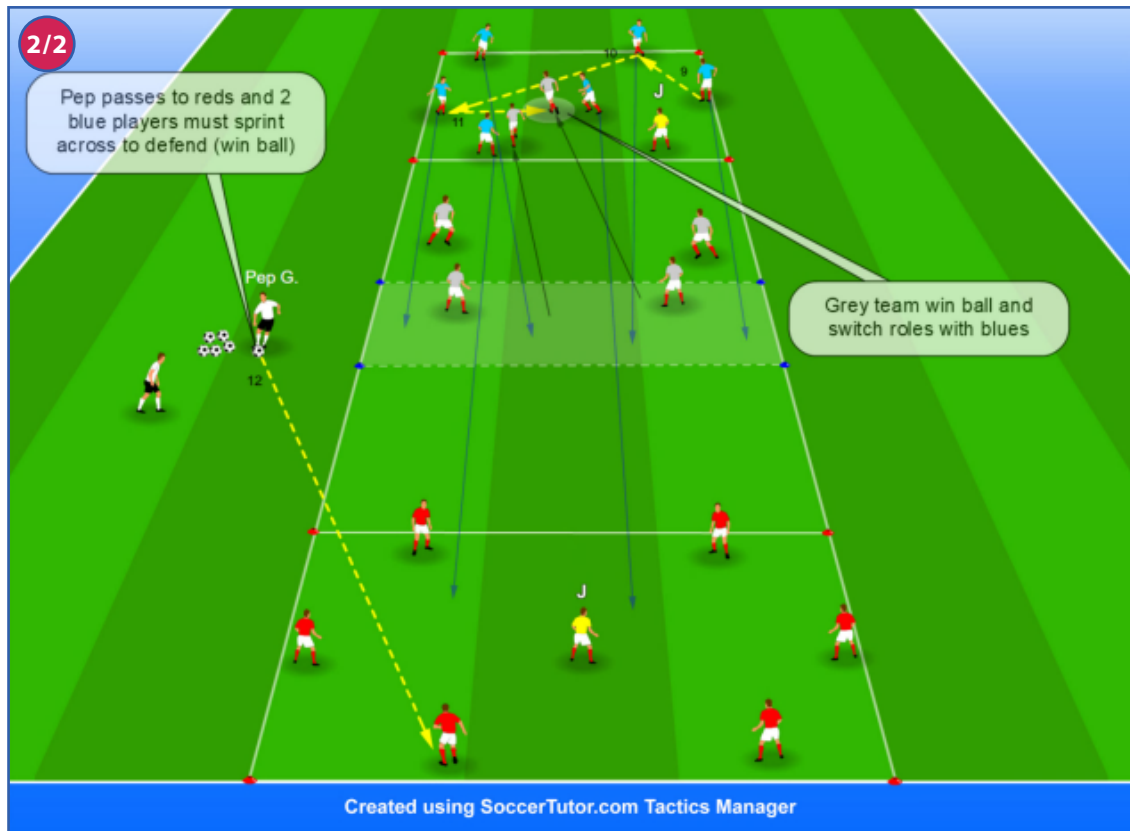
Description 1/2

1. The practice starts with the Coach (Pep G.) passing to the red team. 2 grey players move into the end zone from the middle which creates a 6 (+1) v 2 situation.
2. The red team aim to complete 6-8 passes and then switch to the blues with an aerial pass. The 2 grey players try to win the ball. If they do, they switch roles with the reds.

3. The grey players in the middle can move out of their zone to intercept an aerial pass. If they are successful, they switch roles with the reds.
4. In this example, a blue player successfully receives the aerial pass in the opposite end zone.

The practice description continues on the following page...

Source: Pep Guardiola's Bayern Munich training session in Doha, Qatar - 8th January 2016



Description 2/2

5. 2 new grey players move into the far end zone. This again creates a 6 (+1) v 2 situation.
6. The blue team aim to complete 6-8 passes and then switch to the reds with an aerial pass.
7. The grey team aim to win the ball. When this happens (as shown in the diagram example), they switch roles with the blues.
8. The Coach (Pep G) passes a new ball to the red team in the opposite end zone.
9. 2 blue players must sprint across to become the defenders in the same 6 (+1) v 2 situation. The other 4 blue players move into the middle.
10. The other 4 grey players move into the far end zone to join their 2 team-mates, and be ready for an aerial pass from the reds.
11. The practice carries on with the players playing continuous high intensity transitions.

Source: Pep Guardiola's Bayern Munich training session in Doha, Qatar - 8th January 2016

10. 7 v 7 (+3) Possession Game with Pole Gates



Description

1. The practice starts with the Coach, who passes to the blue team.
2. In a 7v7 (+3) situation, the blues try to maintain possession with the help of the 2 jokers.
3. The blue team's other aim is to successfully pass through the poles for a team-mate to receive as many times as possible, as shown in the diagram.
4. If the reds win the ball, they switch roles with the blues.
5. The reds will then have the aim to keep possession and successfully pass through the poles for a team-mate to receive as many times as possible.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 13th February 2019

11. Win the Ball and Switch the Play in a Two Zone 8 v 8 Possession and Transition Game



The players play 3 sets of 12 minutes, with a 3 minute rest in between each set.

Description

1. The practice starts with the Coach, who passes to the blue team.
2. In an 8v6 situation, the blues try to maintain possession for as long as possible.
3. The 6 yellow players work together (pressing) to close off the angles and try to win the ball.
4. If the yellows do win the ball, they quickly pass the ball to one of their team-mates in the other half. The blues try to win it back immediately after losing it.
5. If the pass is successfully received in the other half, all players except 2 yellows move across.
6. We now have the same 8v6 situation, with the yellow team trying to maintain possession for as long as possible, before switching play to their 2 team-mates in the other half.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

12. 9 v 9 (+2 Inside) Possession Game



Description

1. In a 30 x 40 yard area, the practice starts with the Coach, who passes to the blue team.
2. In a 9v9 (+2) situation, the blues try to maintain possession with help from the 2 inside red jokers.
3. The yellow team work together (pressing) to close off the angles and try to win the ball.
4. If the yellows win the ball, they switch roles with the blues.
5. The yellows will then try to maintain possession with the help of the 2 red inside jokers in the same 9v9 (+2) situation.
6. The team that loses the ball makes a fast transition and tries to win the ball back as quickly as possible.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

13. 9 v 9 (+2 Outside) Possession Game



Description

1. In a 30 x 40 yard area, the practice starts with the Coach, who passes to the blue team.
2. In a 9v9 (+2) situation, the blues try to maintain possession with help from the 2 outside red jokers.
3. The yellow team work together (pressing) to close off the angles and try to win the ball.
4. If the yellows win the ball, they switch roles with the blues.
5. The yellows will then try to maintain possession with the help of the 2 red inside jokers in the same 9v9 (+2) situation.
6. The team that loses the ball makes a fast transition and tries to win the ball back as quickly as possible.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

Attacking Positional Patterns of Play



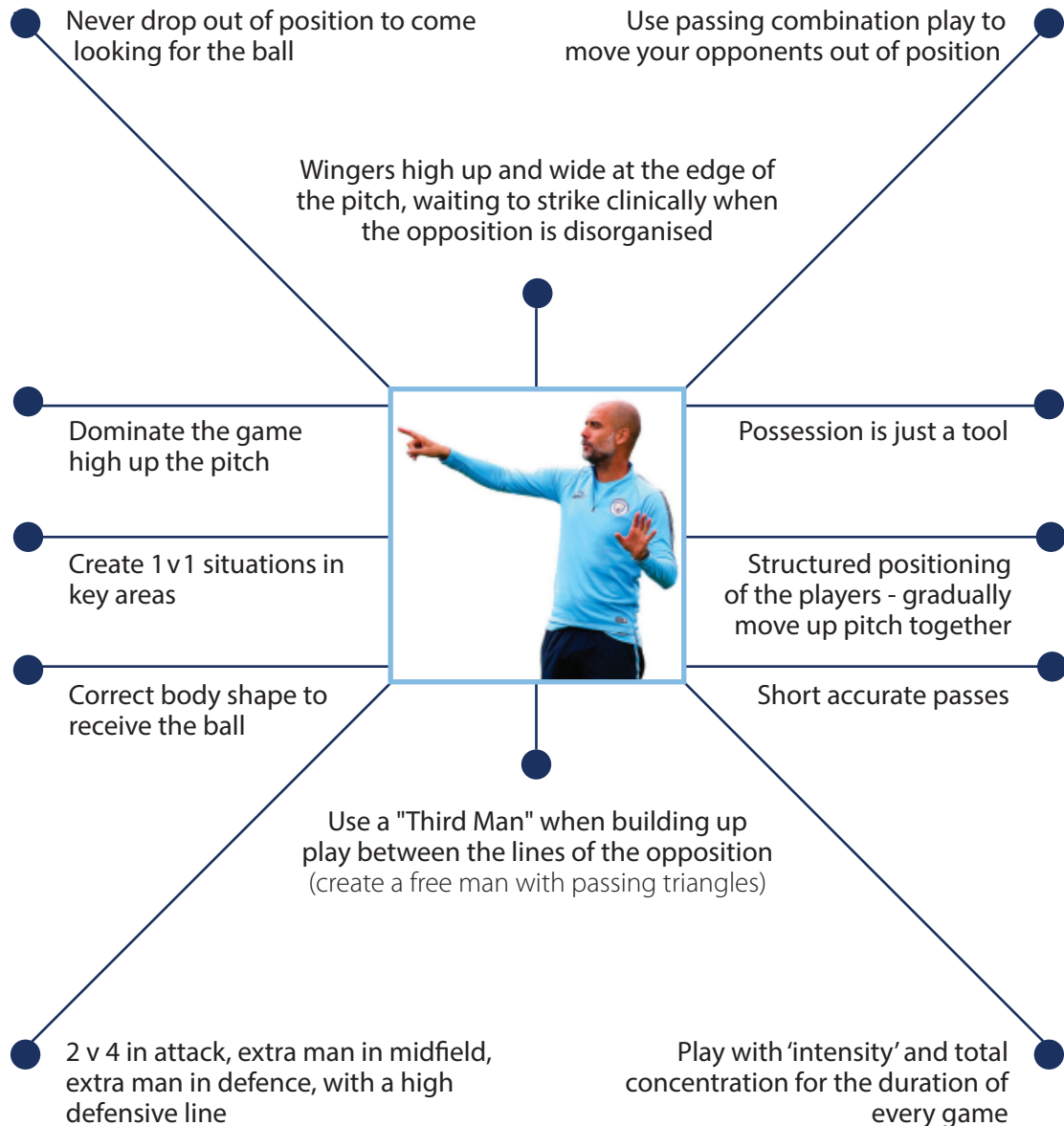
Direct from
Pep Guardiola's
Manchester City
Training Session

"What I love most is those who claim that you couldn't play like this in Germany or the Premier League, with Silva, Bernardo, Agüero, all of whom are 5 foot tall. But we've done it. By receiving few goals and dominating the game through positional play."



Source: Pep Guardiola Interview
by Antoni Bassas for Daily ARA -
Published on July 5th 2019

PEP GUARDIOLA'S ATTACKING PHILOSOPHY: KEY ASPECTS



Source: Perarnau, Martí. Pep Guardiola: The Evolution. Birlinn. Kindle Edition, 2016

MANCHESTER CITY'S 4-3-3 FORMATION



- **14. Laporte:** Left Centre Back
- **5. Stones:** Right Centre Back
- **11. Zinchenko:** Left Back
- **3. Danilo:** Right Back
- **16. Rodrigo:** Defensive Midfielder
- **47. Foden:** Left Attacking Midfielder
- **17. De Bruyne:** Right Attacking Midfielder
- **???. Unknown Player:** Left Winger
- **20. Bernardo:** Right Winger
- **7. Sterling:** Forward

Source: Pep Guardiola's Manchester City training session at Yokohama International Stadium, Japan - 26th July 2019

MANCHESTER CITY'S 2-3-2-3 ATTACKING FORMATION (4-3-3)



- During the attacking phase, Pep Guardiola's Manchester City team change their formation to an attacking 2-3-2-3 shape, which creates 4 lines for the ball to be moved through.
- This allows the full backs to become "Inverted Full Backs" and take up positions more centrally to receive within the "Half Spaces" (highlighted channel shown in diagram with 11, 47, 3 and 17 all positioned inside).
- In this 2-3-2-3 formation, the defensive midfielder **Rodrigo (16)** can stay in a central position without the need to cover space to his right or left.
- The 2 wingers stay wide to occupy the opposing defenders and leave space for their team-mates to receive the ball in the centre and in the "Half Spaces."
- The centre backs **Laporte (14)** and **Stones (5)** look to play forward throughout the training session.

Source: Pep Guardiola's Manchester City training session at Yokohama International Stadium, Japan - 26th July 2019

PEP GUARDIOLA'S TRAINING SET-UP



- This diagram shows Pep Guardiola's set-up for practicing attacking positional patterns of play in the 4-3-3 with inverted full backs.
- There are Coaches either side with many balls, ready to pass to the centre backs to start the pattern (build up).
- There are 6 mannequins and 5 passive red defenders to represent the opposition.
- In each position, there are 2 players (1 blue and 1 yellow), which forms 2 teams of 10 outfield players to practice patterns.
- The 2 teams run the patterns outlined by Pep Guardiola alternately.
- As soon as one team finishes, they jog back to their positions and the next team goes.

Source: Pep Guardiola's Manchester City training session at Yokohama International Stadium, Japan - 26th July 2019

1. Full Back Moves Forward to Receive Attacking Midfielder's Lay-off and Dribble Forward into the Final Third



Description

1. The right centre back (5) passes across to the left centre back (14).
2. The left attacking midfielder (47) shifts inside to create a passing angle and receives the pass from the left centre back (14).
3. The left attacking midfielder (47) lays the ball back for the advancing left back (11) within the "Half Space."
4. The left back (11) dribbles the ball forward.
5. The left back (11) passes across to the right attacking midfielder (17).
6. The attacking midfielder (17) passes in behind to the forward (7), who makes a curved run away from the red defender. The left winger (??) and the left attacking midfielder (47) also make runs to receive in behind.
7. The forward (7) receives the pass.
8. The forward (7) shoots at goal.

Source: Pep Guardiola's Manchester City training session at Yokohama International Stadium, Japan - 26th July 2019

2. Attacking Midfielder's Lay-off for the Defensive Midfielder's Pass in Behind to the Forward



Description

1. The right centre back (5) passes to the right back (3) within the "Half Space."
2. The right back (3) passes to the left attacking midfielder (47), who has shifted across into the centre of the pitch.
3. The attacking midfielder (47) lays the ball back for the defensive midfielder (16), who makes a curved run forward.
4. The defensive midfielder (16) plays a final pass to the forward (7), who makes a curved movement away from the red defender.

The left winger (??) and the left attacking midfielder (47) also make runs to receive in behind.

5. The forward (7) receives the pass.
6. The forward (7) shoots at goal.

Source: Pep Guardiola's Manchester City training session at Yokohama International Stadium, Japan - 26th July 2019

3. Centre Back's Long Pass to the Forward + Pass in Behind for Attacking Midfielder's Third Man Run



Description

1. The right centre back (5) passes across to the left centre back (14). The left attacking midfielder (47) moves back and across to provide a passing option.
2. The left centre back (14) plays a long pass into the forward's (7) feet. The defensive midfielder (16) moves forward.
3. The forward (7) plays a well-timed pass for the right attacking midfielder (17), who makes a curved third man run from a deep position.
4. The attacking midfielder (17) receives the pass.
5. The attacking midfielder (17) shoots at goal.

Source: Pep Guardiola's Manchester City training session at Yokohama International Stadium, Japan - 26th July 2019

4. Switching the Point of Attack and Passing in Behind to the Full Back on the Overlap



Description

1. The left centre back (14) passes to the left back in the "Half Space."
2. The left back (11) passes back to the centre back (14).
3. The centre back (14) passes forward to the defensive midfielder (16), who has moved across to provide a passing option.
4. The defensive midfielder (16) passes to the other centre back (5).
5. The right centre back (5) moves forward.
6. The centre back (5) passes to the right winger (20), who moves off the flank to receive.
7. The right winger (20) lays the ball off for the right attacking midfielder (17) to receive on the move.
8. The attacking midfielder (17) passes in behind to the right back (3), who makes an overlapping run to receive near the by-line.
9. The right back (3) crosses and 4 players make runs into the penalty area.
10. The forward (7) scores with a header.

Source: Pep Guardiola's Manchester City training session at Yokohama International Stadium, Japan - 26th July 2019

Small to Large Sided Games



Direct from
Pep Guardiola's
Training Sessions

1. High Tempo 5 v 5 Small Sided Game with Large Goals



Description

- In the area shown, the 2 teams play a normal 5v5 small sided game.
- The emphasis of this practice is to play at a high tempo while using a maximum of 1-3 touches.
- The practice starts with the goalkeeper and he can distribute the ball in different ways (short, medium or long).
- If the ball goes out of play, always restart from the goalkeeper.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 18th August 2016

2. Three Team 7 v 7 (+6) Small Sided Game



2 teams play 8 minute games, while the 3rd team rests but still participates as outside support players.

Description

- In the area shown, the 2 teams play a 7v7 game + 6 outside players (reds), who play with the team in possession.
- The practice always starts with the goalkeeper.
- The team in possession try to exploit their numerical advantage to move the ball forward quickly and utilise the outside support players to create chances and score.

- If the ball goes out of play, always restart from the goalkeeper.

Progression

1. Change the outside team every 45 seconds to increase the intensity of the game.
2. Change the outside team after every goal (winner stays on). The team that concedes switches roles with the team on the outside.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

3. High Tempo 7 v 7 (+1) Small Sided Game with Large Goals



Description

- In the area shown, the 2 teams play a normal 7v7 game +1 joker, who plays with the team in possession.
- The emphasis of this practice is to play at a high tempo while using a maximum of 1-3 touches.
- The practice starts with the goalkeeper and he can distribute the ball in different ways (short, medium or long).
- The aim is to utilise the joker and the numerical advantage to create chances and score goals.
- If the ball goes out of play, always restart from the goalkeeper.

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester

4. Creating a Numerical Advantage and Progressing Attacks in a 3 Zone Game



Description

- Using half a full pitch, the area is split into 3 equal zones and the teams play a 10 v 9 game.
- Initially there is a 4v3 situation in the low zone, a 2v2 situation in the middle zone and a 3v3 situation in the end zone.
- The practice starts with the goalkeeper and the blues build up play with a 4v3 advantage. The aim is to pass to one of their team-mates in the middle zone.
- When a blue player successfully receives a pass in the middle zone, 1 player from the low zones move forward to create a numerical advantage (3v2).
- The blues again look to exploit their numerical advantage in the middle zone (3v2) and pass to a team-mate in the end zone.
- When a blue player successfully receives a pass in the end zone, 1 player from the middle zone moves forward to create a numerical advantage (4v3).
- From this point, the blues try to exploit their numerical advantage (4v3) to score a goal, as shown in the diagram.

Source: Pep Guardiola's training sessions from Barcelona B team (2007-08)

5. Positional 9 v 7 (+3 GKs) Game with 3 Goals



Description

- Using half a full pitch, the teams play a 9v7 (+3 GKs) game.
- The red team are in a 3-3-3 formation and the yellow team are in a compact 4-3 formation.
- There are 3 full sized goals with 3 GKs.
- The practice starts with the Coach and the red team build up play, trying to play in behind and then score in any of the 3 goals.
- The yellow defending team defend the 3 goals and try to win the ball.
- Defending 3 goals forces the yellow team to move and shift more than in a normal game.
- For the attacking team, it is easier to progress their attacks and find passing lanes to their attacking players.
- If a yellow player or GK gains possession of the ball, the ball goes out of play or the red team score, always restart with a new ball from the Coach.

Source: Pep Guardiola's Bayern Munich training session in Doha, Qatar - 7th January 2014

PEP GUARDIOLA

**88 Attacking
Combinations
and Positional
Patterns of Play
Direct from Pep's
Training Sessions**

Vol. 1



SoccerTutor.com - Football Coaching Specialists Since 2001



Available in Full Colour Print and eBook!

PC | Mac | iPhone | iPad | Android Phone/Tablet | Kobo | Kindle Fire



**FREE
COACH
VIEWER
APP**



www.SoccerTutor.com
info@soccertutor.com



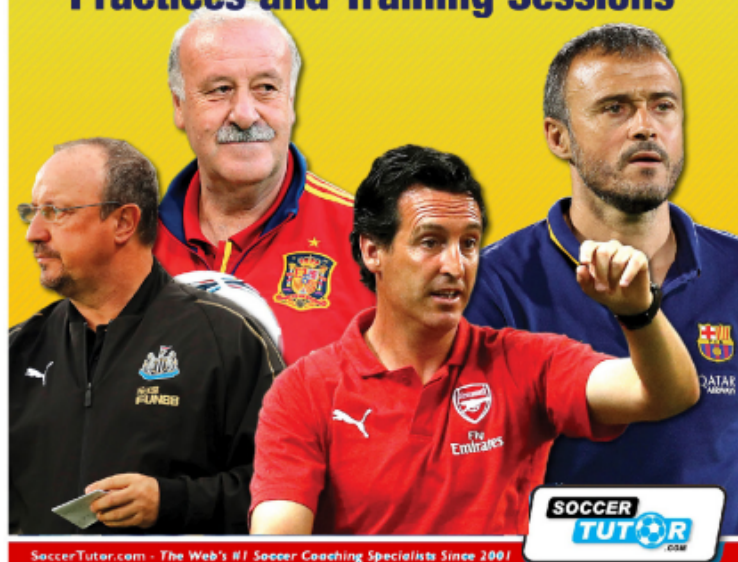
20% OFF
COUPON: DEL20



Football Coaching Specialists Since 2001

DEL BOSQUE EMERY, BENITEZ & LUIS ENRIQUE

Practices and Training Sessions



SoccerTutor.com - The Web's #1 Soccer Coaching Specialists Since 2001

To Get 20% off this Book:

1. Visit SoccerTutor.com
2. Search the book
3. Add to Cart
4. Checkout
5. Apply coupon code:

DEL20

Available in Full Colour Print and eBook!

PC | Mac | iPhone | iPad | Android Phone/Tablet | Kobo | Kindle Fire



**FREE
COACH
VIEWER
APP**



www.SoccerTutor.com
info@soccertutor.com



PEP GUARDIOLA ATTACKING TACTICS

**Tactical
Analysis and
Sessions from
Manchester
City's 4-3-3**



Terzis Athanasios

SoccerTutor.com - Football Coaching Specialists Since 2001



Available in Full Colour Print and eBook!

PC | Mac | iPhone | iPad | Android Phone/Tablet | Kobo | Kindle Fire



**FREE
COACH
VIEWER
APP**



www.SoccerTutor.com
info@soccertutor.com



FREE TRIAL



Football Coaching Specialists Since 2001

TACTICS MANAGER

Create your own Practices, Tactics & Plan Sessions!



www.SoccerTutor.com/TacticsManager
info@soccertutor.com



SOCCER**TUTOR**
.COM

PEP GUARDIOLA

85 Passing, Rondos, Possession Games & Technical Circuits Direct from Pep's Training Sessions

Following the hugely popular Volume 1 book, Volume 2 gives you a rare insight into **Pep Guardiola's Training Sessions** and another chance to learn from one of the best coaches in the history of football.

The **85 Practices** included in this book are **Warm-ups, Speed & Agility Exercises, Technical Circuits, Passing, Rondos, "Juego de Posición" and Possession Games, Attacking Positional Patterns of Play and Small to Large Sided Games** taken directly from Pep's training sessions at Manchester City, Bayern Munich and FC Barcelona.

This is your chance to practice and apply Pep Guardiola's training sessions to develop your players' speed, agility, technique and positional play – a unique opportunity to improve your team's performance using practices from the highest level.

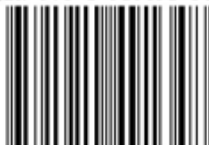
PEP GUARDIOLA PRACTICE TOPICS INCLUDED

- Training Session Warm-up Exercises (3 Man City)
- Manchester City Pre-Match Warm-up
- Speed and Agility Exercises Without a Ball (2 Man City, 1 Bayern)
- Speed and Agility Exercises With a Ball (7 Barcelona)
- Technical Circuits (8 Man City, 10 Bayern)
- Manchester City Passing Practices (6 Man City)
- Bayern Munich Passing Practices (7 Bayern)
- FC Barcelona Passing Practices (12 Barcelona)
- Rondos (5 Man City, 1 Barcelona)
- "Juego de Posición" (Positional Games) and Possession Games (5 Man City, 4 Bayern, 4 Barcelona)
- Attacking Positional Patterns of Play (4 Man City)
- Small to Large Sided Games (2 Man City, 1 Bayern, 2 Barcelona)

PEP GUARDIOLA PRACTICE EXAMPLES

- Combined Actions: Switch Play, Cross and Finish in a Speed & Agility Practice
- High Intensity Speed, Power and Agility Training Circuit with 3 v 2 Duel
- 3 v 1 + Quick Passing Combination with Aerial Pass in Behind and Finish
- 3 v 1 Ground and Aerial Triangle Rondos
- "Juego de Posición" 8 v 8 (+3) Possession and Transition Game

ISBN 978-1-910491-34-8



9 781910 491348 >

For more Football Coaching:

Books | eBooks | Videos | Software | Apps

www.SoccerTutor.com

info@SoccerTutor.com

UK: 0208 1234 007

US: 305-767-4443

Book cover designed by www.ThisKooth.com email: design@thiskooth.com

SoccerTutor.com - Football Coaching Specialists Since 2001