Presentation to NSCAA staff at the NSCAA convention – based on assessment of top European Leagues and Champions League

I. Athletic & Physiological Changes
   A. Increased distances covered – 13K Normal (50% more than 40 years ago)
   B. Increased speed of those distances (high intensity runs doubled in last 6 years)
   C. Increased emphasis on speed and power
   D. Increased ball speed and speed of players
   E. Increased use of number of subs.
   F. Increased strength of players
   G. Increased number of direction changes – greater agility required
      *Arsenal:
         1 - covered more distance at 7 meters/second than any other team
         2 - 10 Arsenal players in the top 60 for 20 meter speed
         3 - Fabragas – 350 meters – highest intensity running in 30 minutes
      *Future Physical “Shifts?”
         1 - Physical attributes to be enhanced
         2 - Training to be more individualized
         3 - Power and speed will be major attributes
         4 - Genetic screening – presently illegal, But.....

II. Technical/Tactical Changes
    A. Expanded systemic and tactical variety
       1 - Need 11 technical players
       2 - GK's employed feet 7 times more than hands
       3 - Need “technically effective” defenders in possession
       4 - The modern fullback - Clichy, Evra, Cole, Abidal, Zambrotta, Boswinga, etc.
       5 - Increased positional interchanges (i.e. #9 and #10)
       6 - Anchor midfield player or players now more prominent
       7 - Midfield movement and interchange more prominent
       8 - More “wrong footers” playing in wide positions
       9 - More teams building and attacking centrally – through rather than around the defense
      10 – More teams passing into and inside penalty area
      11 – More teams defending later (deeper)
      12 – More counter-attacking teams
      13 – Prominence of Zone 14 (central attacking area outside “D”) – In EPL more attempts at goal and more goals scored as a result of balls from this zone
14 - Multi-purpose wide players
15 - Semi-positions
16 - Prominence of withdrawn (shadow) striker
17 - Use of “lone” striker or no true striker at all – more fluidity
   of positions among top teams

1998-2008
1 - More teams kept possession for longer stretches
2 - Longer passing sequences
3 - More passing and receiving situations
4 - More passes below head height
5 - More goals scored off extended possession play
6 - More runs with ball were made

Conclusion
1 - Dominating Possession reduced the chance of defeat (80% of
games were won or tied by the team dominating possession)
2 - 52% of teams dominating possession won the game

*Average number of passes per goal – 4.6 (Champions League
semi-finalist throughout the competition)
*42% of goals in free play (not restarts) were from 4 passes or
more
*38% were one touch goals of goals scored in run of play
*30% of goals scored were two touch

B. Significance of Counter-attacking
*Chelsea (2005-06):
   42% scored from counter-attacks
   44% from extended possession
   38% scored from of possession of 10 seconds or less
   81% of entries for counter goals came through zone 14

C. Defending Counters – Key Area

Future Necessities
1. Counter-Attacking Ability
2. Ability to Build
3. Ability to Build and Penetrate
4. Ability to Play Accurately and at Pace in Congested Areas
5. Attributes to Play a Possession Based Game
6. Attributes to Play a Mixed Tempo Game
7. Capability to Defend the Counter-Attack
8. Capability to Defend Deep and with Patience, Discipline and for
   Prolonged Periods of Time
9. Capability to Defend Effectively Against Team Movement
10. Capability to Break Down a Defensive “Block”
11. Ability to Inter-Play and Play Minimal Touch Football at Speed
12. The Necessity for an Assured and Varied First Touch at Speed
13. The Necessity to Retain Ball Possession – Individual and Team
14. The Ability to Master Space and Time Making Skills
15. The Necessity for Deception and the Unexpected When Appropriate
16. The Ability to Win Games without a Possession % Advantage.