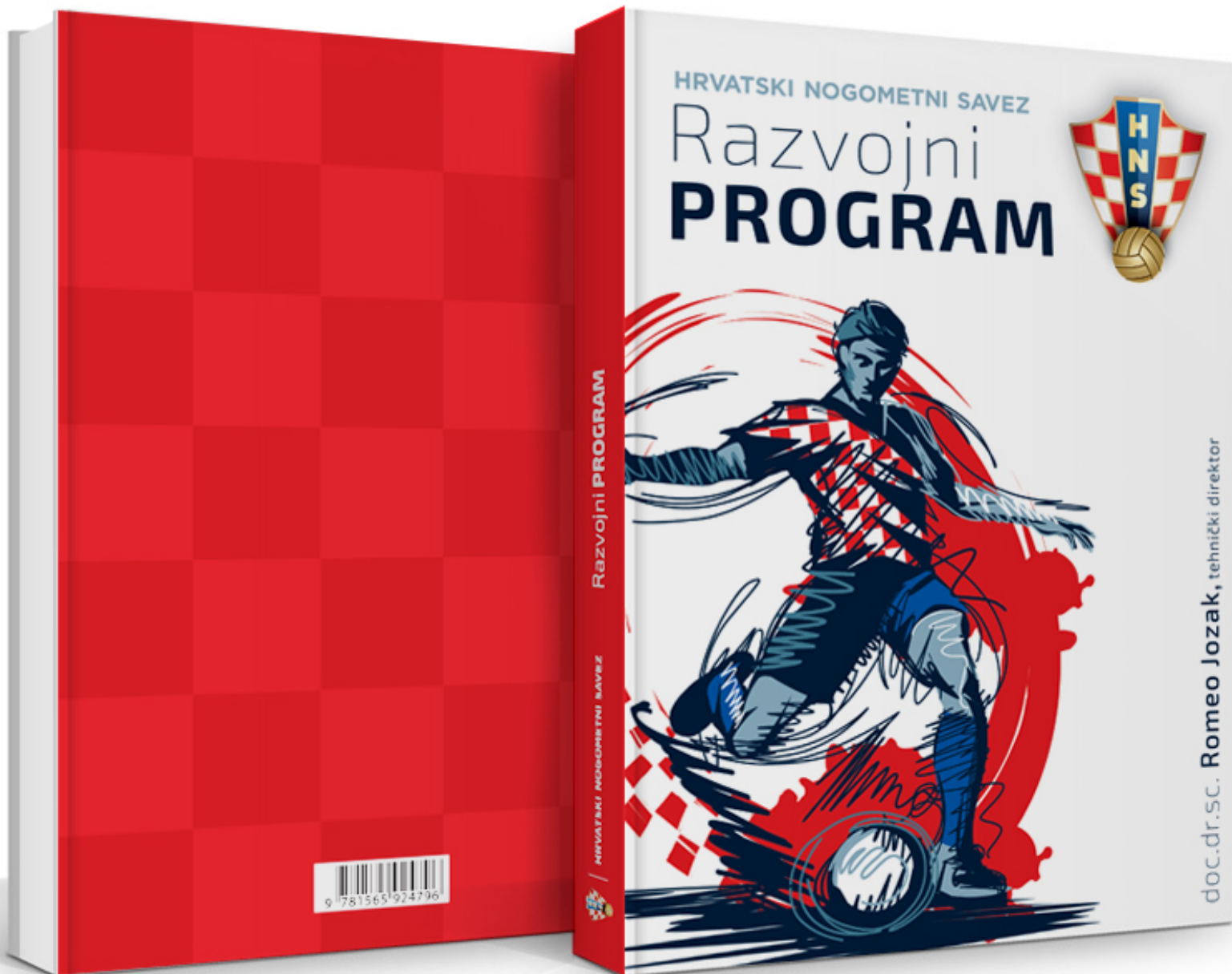


Technical Development



**HRVATSKI
NOGOMETNI
SAVEZ**
CROATIAN FOOTBALL FEDERATION

Romeo Jozak, Ph.D.
Technical Director



HRVATSKI NOGOMETNI SAVEZ

Razvojni PROGRAM



Razvojni PROGRAM

HRVATSKI NOGOMETNI SAVEZ



9 781565 924796

doc.dr.sc. Romeo Jozak, tehnički direktor

....evolution of team sports....





NYU STERN LANGONE

NYU STERN
LANGONE PART-TIME MBA PROGRAM

1 May 2013 Last updated at 19:45 ET



What is Croatia's secret to sporting success?

By Guy De Launey
BBC News, Zagreb



World beaters? Fifa currently ranks Croatia's national side above five-times World Cup winners Brazil

Croatia was the ONLY European nation to qualify for 3 World Cups in 2013/2014

QUALIFIED

FIFA U-17 WORLD CUP 2013 IN TURKEY

FIFA U-20 WORLD CUP 2013 IN UAE

FIFA WORLD CUP 2014 IN BRASIL

FIFA/Coca-Cola World Ranking

[All](#) | [CAF](#) | [CONCACAF](#) | [CONMEBOL](#) | [OFC](#) | [AFC](#) | [UEFA](#)

[◀ Previous \(may 2013 \)](#)

[Next \(jul 2013 \) ▶](#)

[1](#) | [2](#) | [3](#) | [4](#) | [5](#) | [6](#) | [7](#)

Last Updated 06 Jun 2013

Next Release 04 Jul 2013

Rnk	Team	Jun 2013		
		Pts	+/-	Pos
1	 Spain	1614	0	◀▶
2	 Germany	1416	0	◀▶
3	 Argentina	1287	0	◀▶
4	 Croatia	1222	0	◀▶
5	 Netherlands	1158	4	▲
6	 Portugal	1137	-1	▼
7	 Colombia	1123	-1	▼
8	 Italy	1097	0	◀▶
9	 England	1095	-2	▼
10	 Ecuador	1066	0	◀▶
11	 Russia	1059	0	◀▶
12	 Belgium	1035	3	▲
13	 Côte d'Ivoire	1022	-1	▼
14	 Switzerland	1010	0	◀▶
15	 Bosnia-Herzegovina	1008	6	▲
16	 Greece	1006	-3	▼



Coaching staff





ECA
EUROPEAN CLUB ASSOCIATION

- Barcelona
- Inter Milano
- Ajax
- Sporting Lisabon
- Arsenal
- Dinamo Zagreb

2011



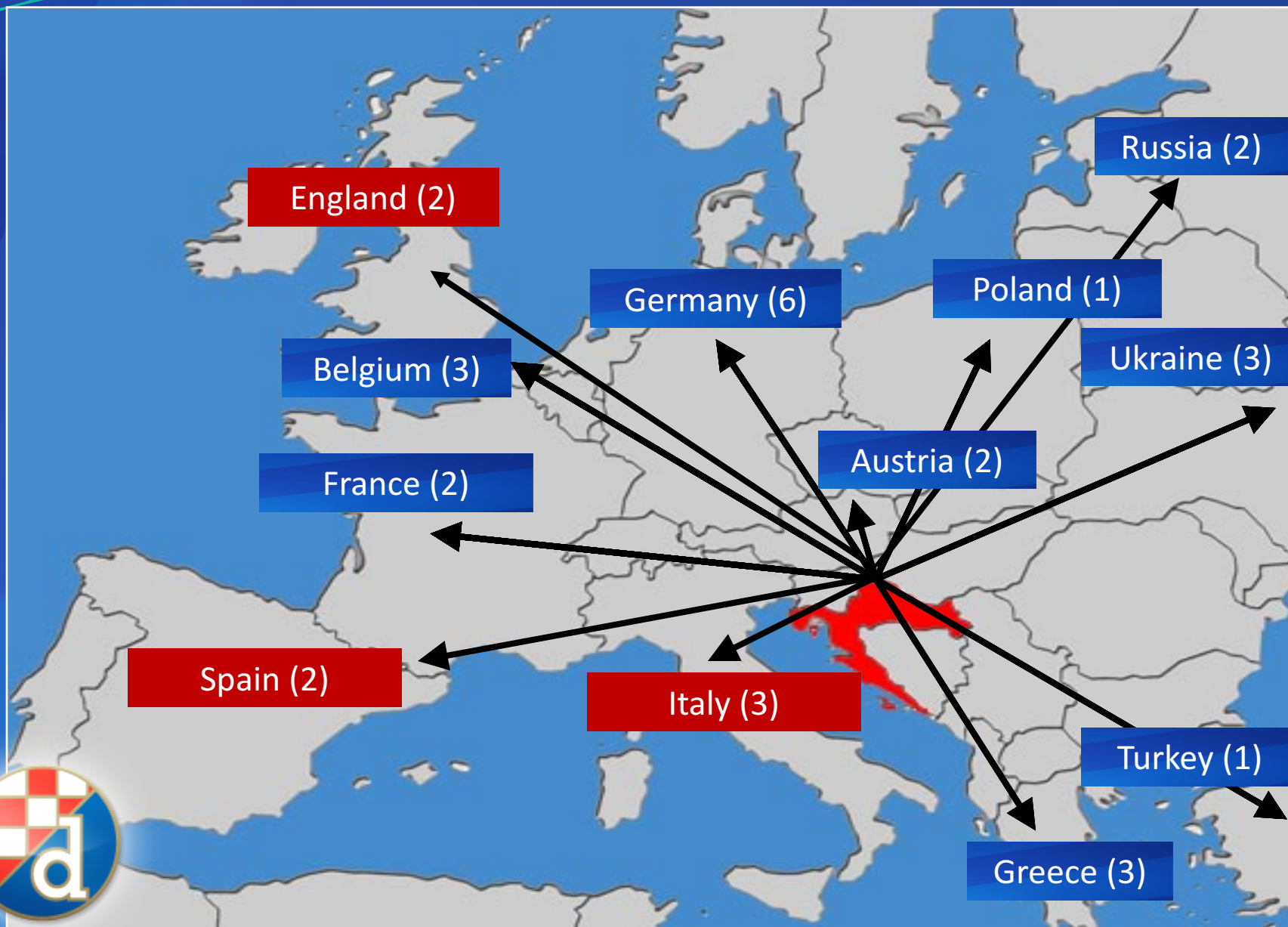


SIR ALEX FERGUSON STAND

MANCHESTER UNITED PREMIER CUP
WORLD FINALS
CHAMPIONS 2013



Players From Dinamo In Past Several Years





N	Player name:	Transfer to:	Transfer FEE: (Million €)	Current club:	Highest value/transf er: (Million €)
1	Luka Modrić	Tottenham	21.00	Real Madrid	55.00
2	Šime Vrsaljko	Genoa	5.00	Atletico Madrid	15.00
3	Vedran Ćorluka	Man. City	13.00	Lokomotiv Moscow	15.00
4	Dejan Lovren	Oly. Lyon	8.00	Liverpool	25.00
5	Mateo Kovačić	Inter Milan	11.00	Real Madrid	31.00
6	Eduardo Da Silva	Arsenal	13.50	Shakhtar Donetsk	13.50
7	Tin Jedvaj	AS Roma	5.00	Bayer Leverkusen	8.00
8	Alen Halilović	FC Barcelona	2.20	HSV	10.00
9	Andrej Kramarić	HNK Rijeka	1.20	Hoffenheim	9.00
10	Milan Badelj	HSV	4.00	Fiorentina	10.00
11	Josip Brekalo	Wolfsburg	7.00	Wolfsburg	7.00
12	Marko Pjaca	Juventus	23.00	Juventus	23.00
TOTAL			113.90	TOTAL	221.5

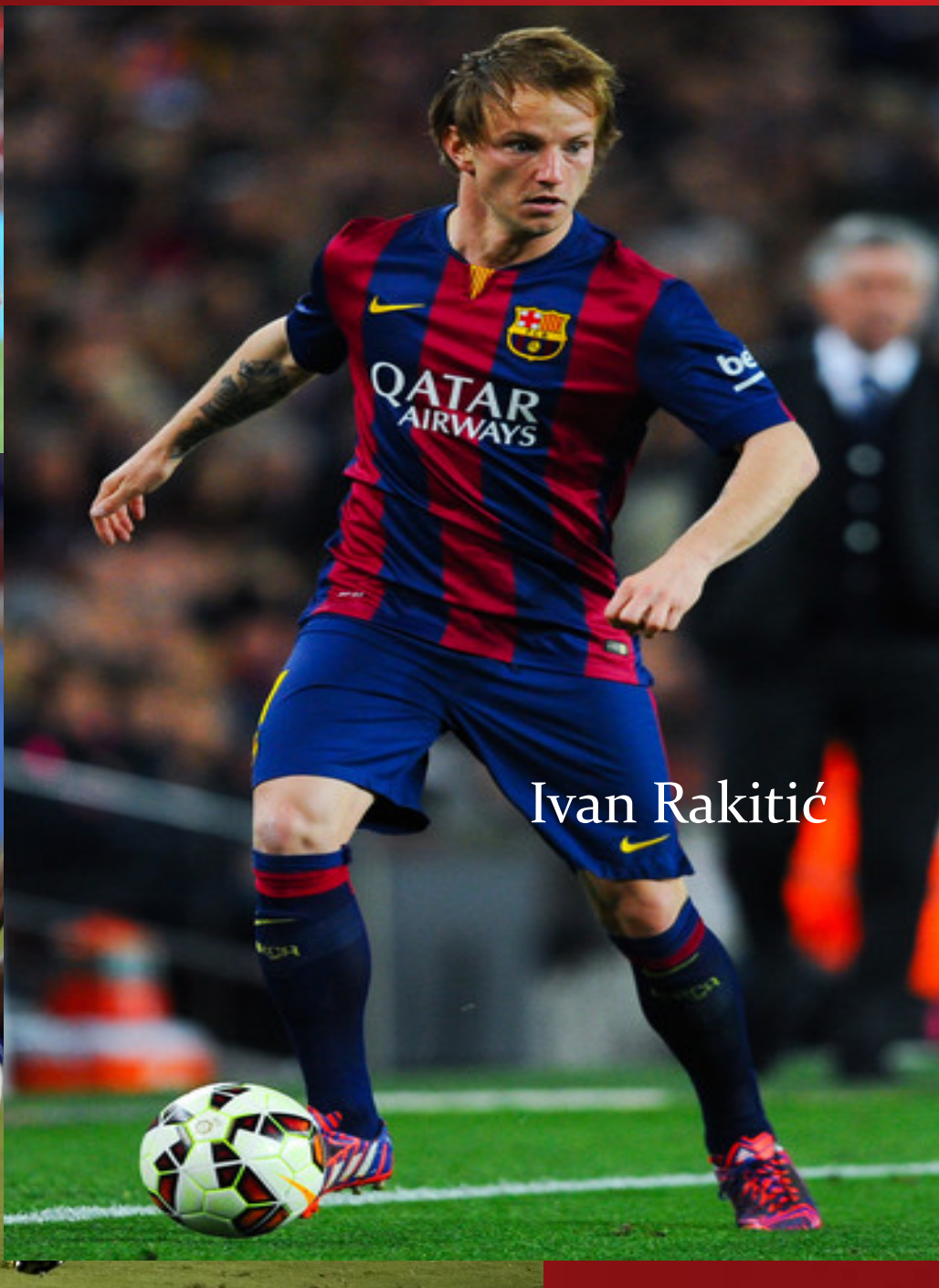
Luka Modrić



Mateo Kovačić



Alen Halilović



Ivan Rakitić

Mario Mandžukić



Marcelo Brozović



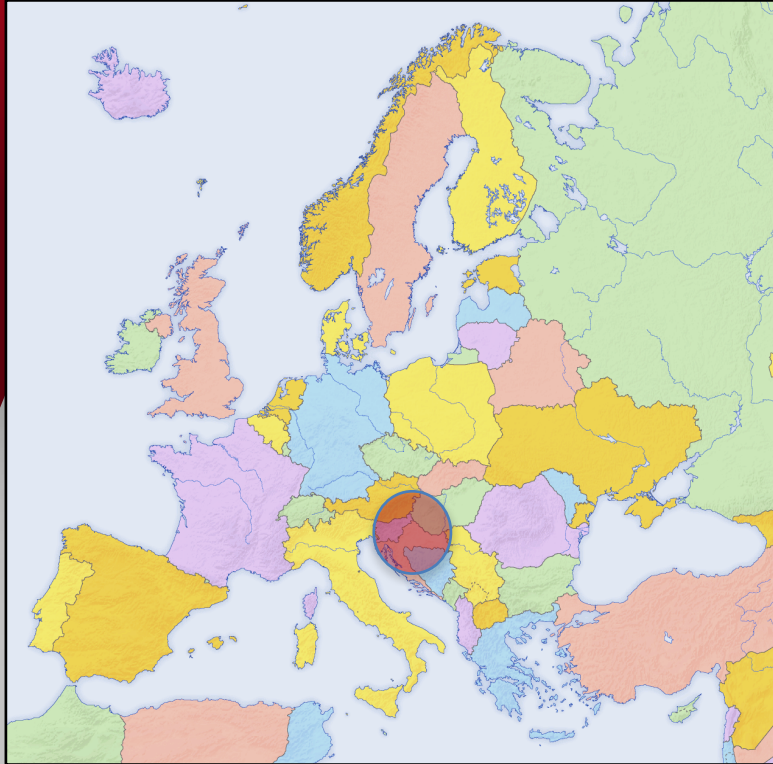
Eduardo da silva



HRVATSKA
NOGOMETNA
SAVEZ

CROATIAN FOOTBALL FEDERATION

Croatia

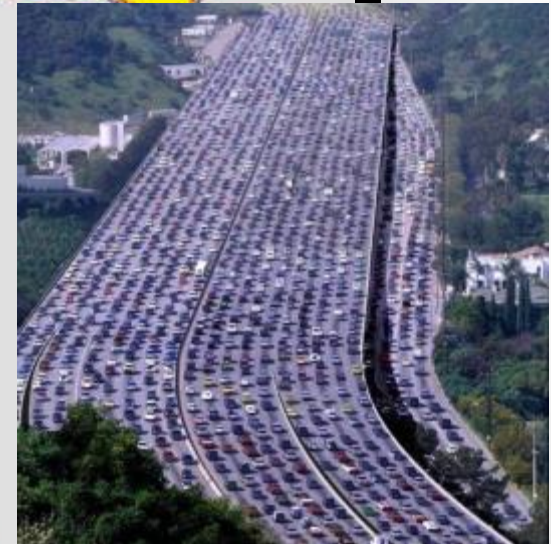
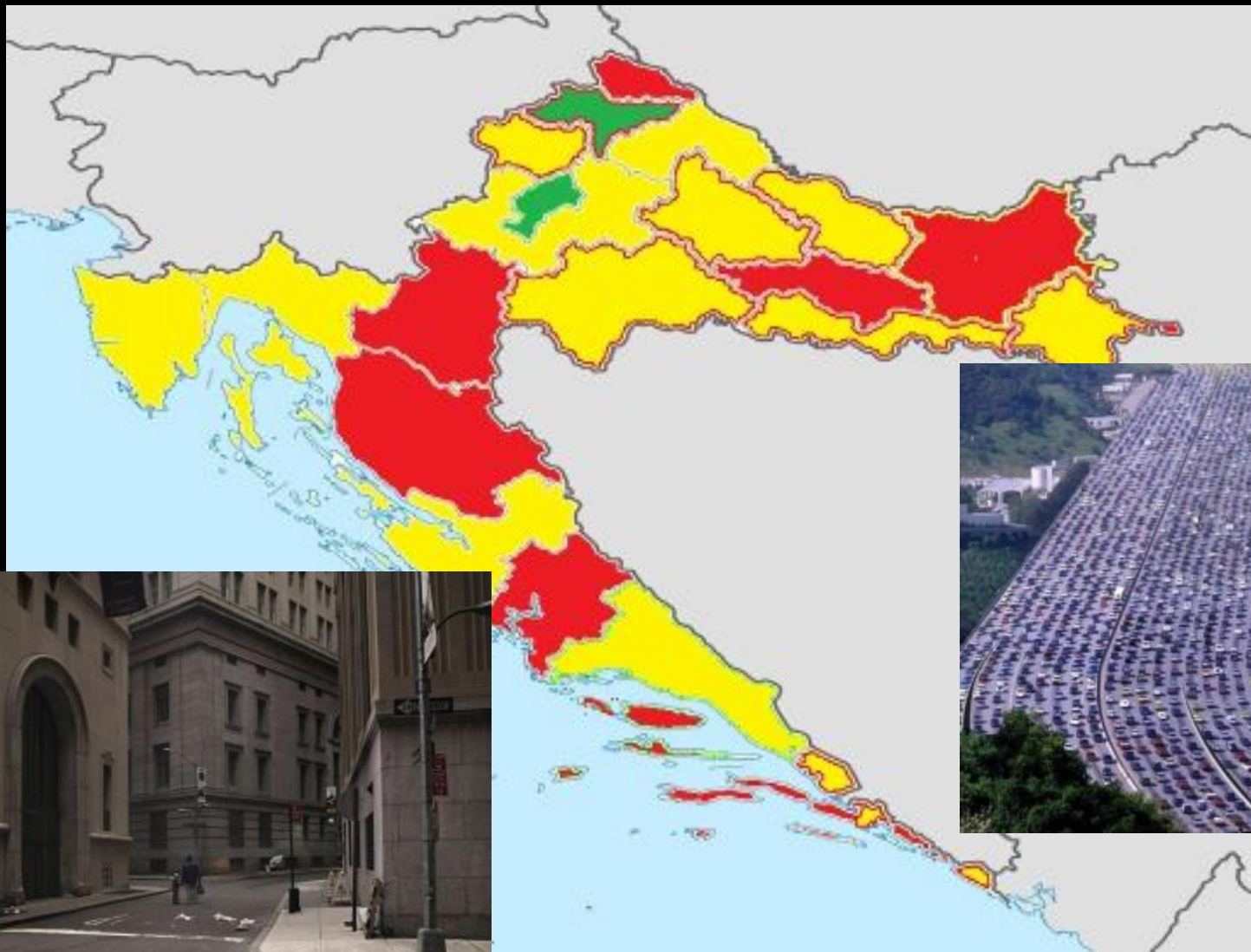


CROATIA

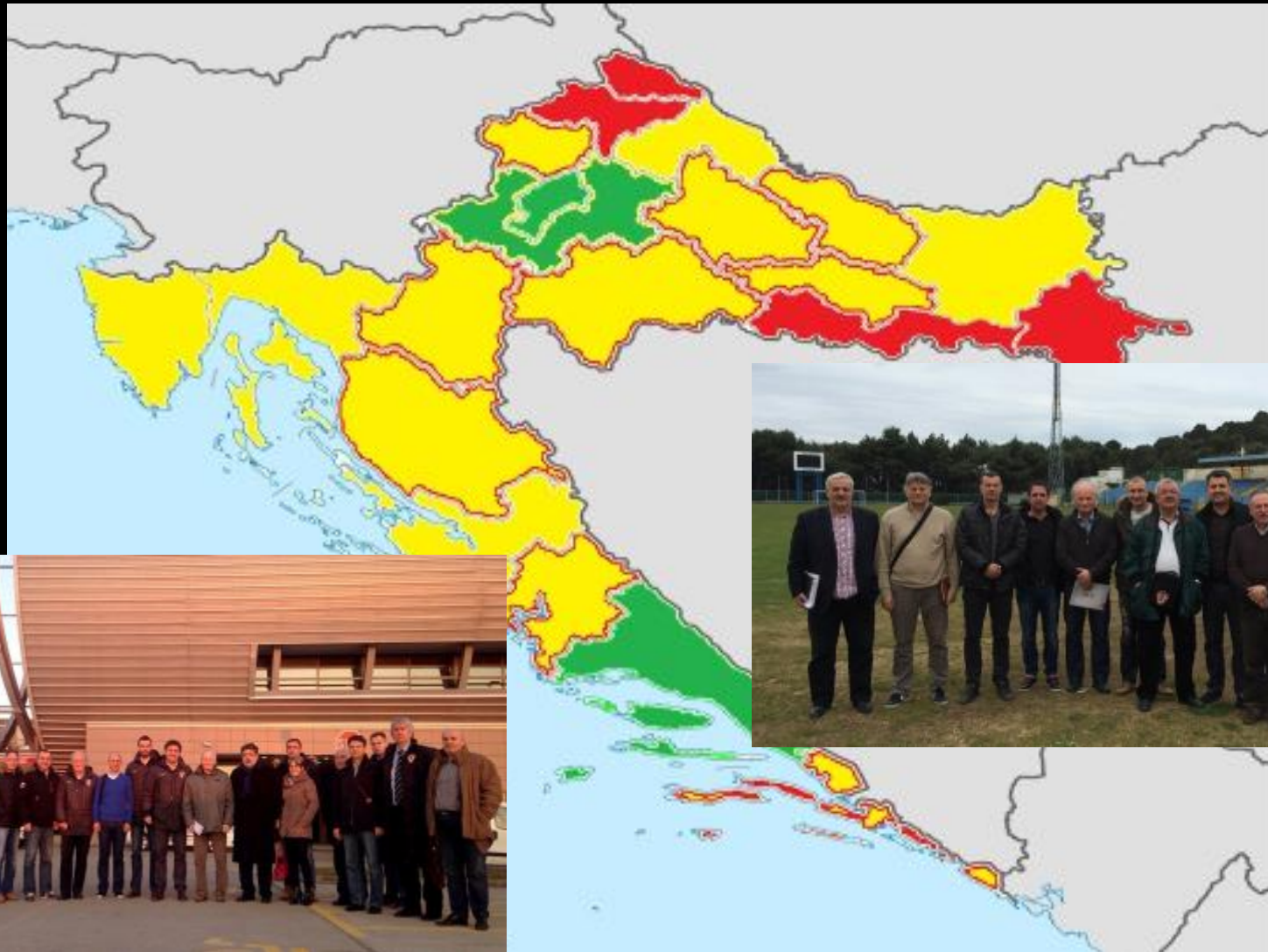
- Capital
Zagreb
- Area
56.594 km²
- Population
4.284.889,00
- Density
75,8/km²



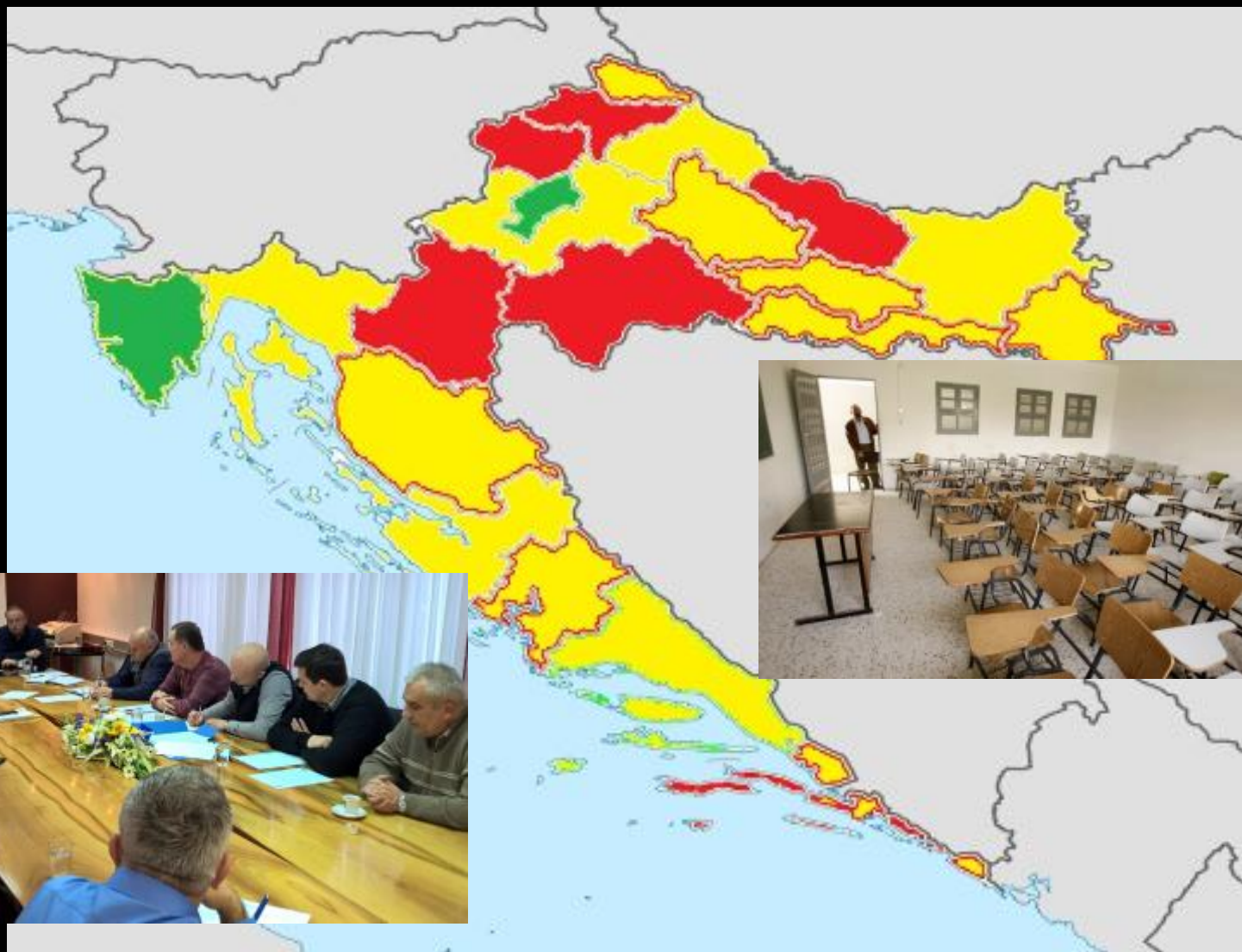
Population



No. of clubs



No. of children enrolled in the 1st grade



No. of youth players



No. of licensed coaches



CFF Instructors



TECHNICAL STRATEGY

Competition
Structure

National
Teams

Development
Program



TECHNICAL STRATEGY

Competition
Structure

National
Teams

Development
Program

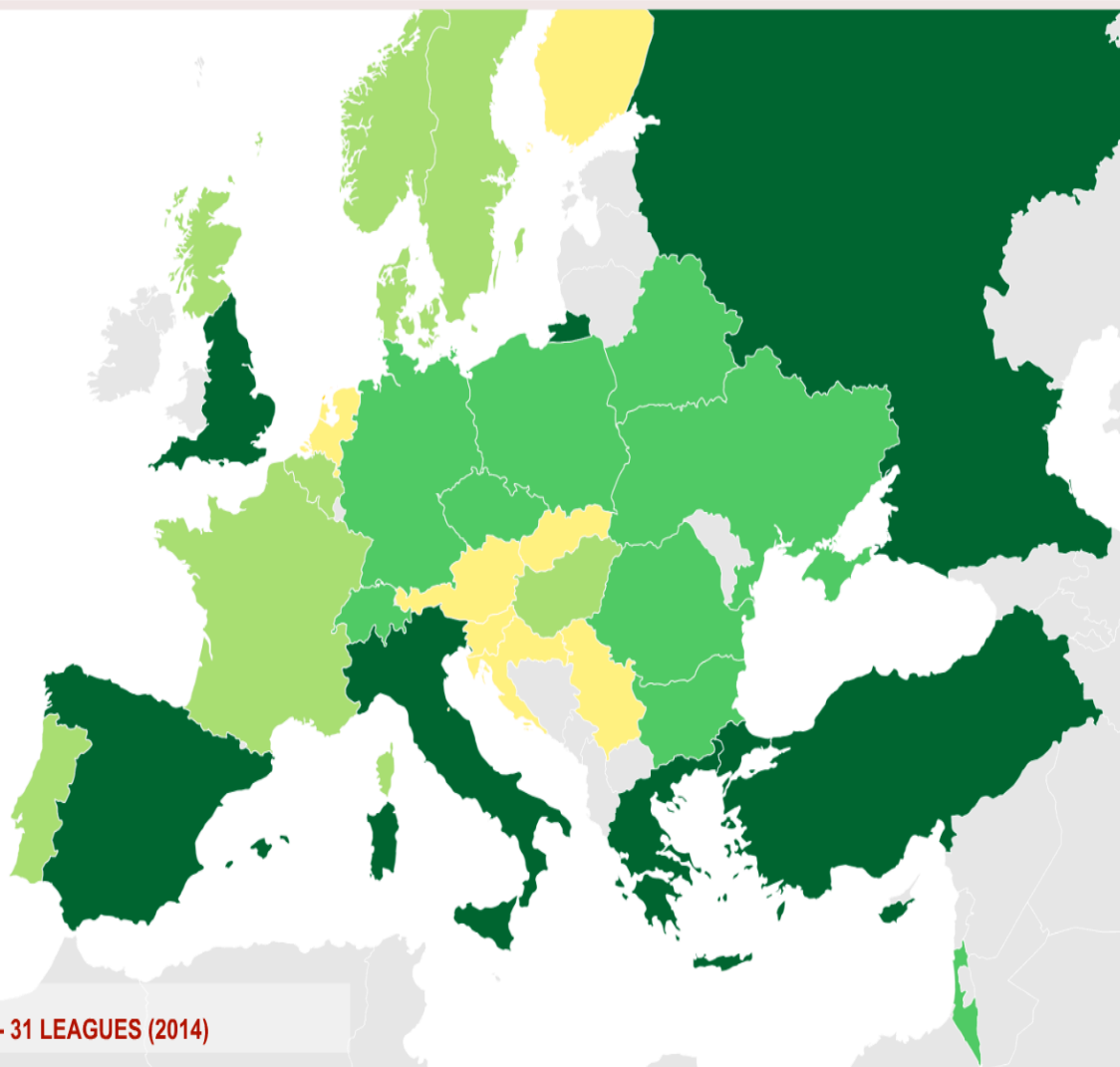


1. HNL

Average age

Age of squad members on October 1st

Click on the map



League comparison (2014)

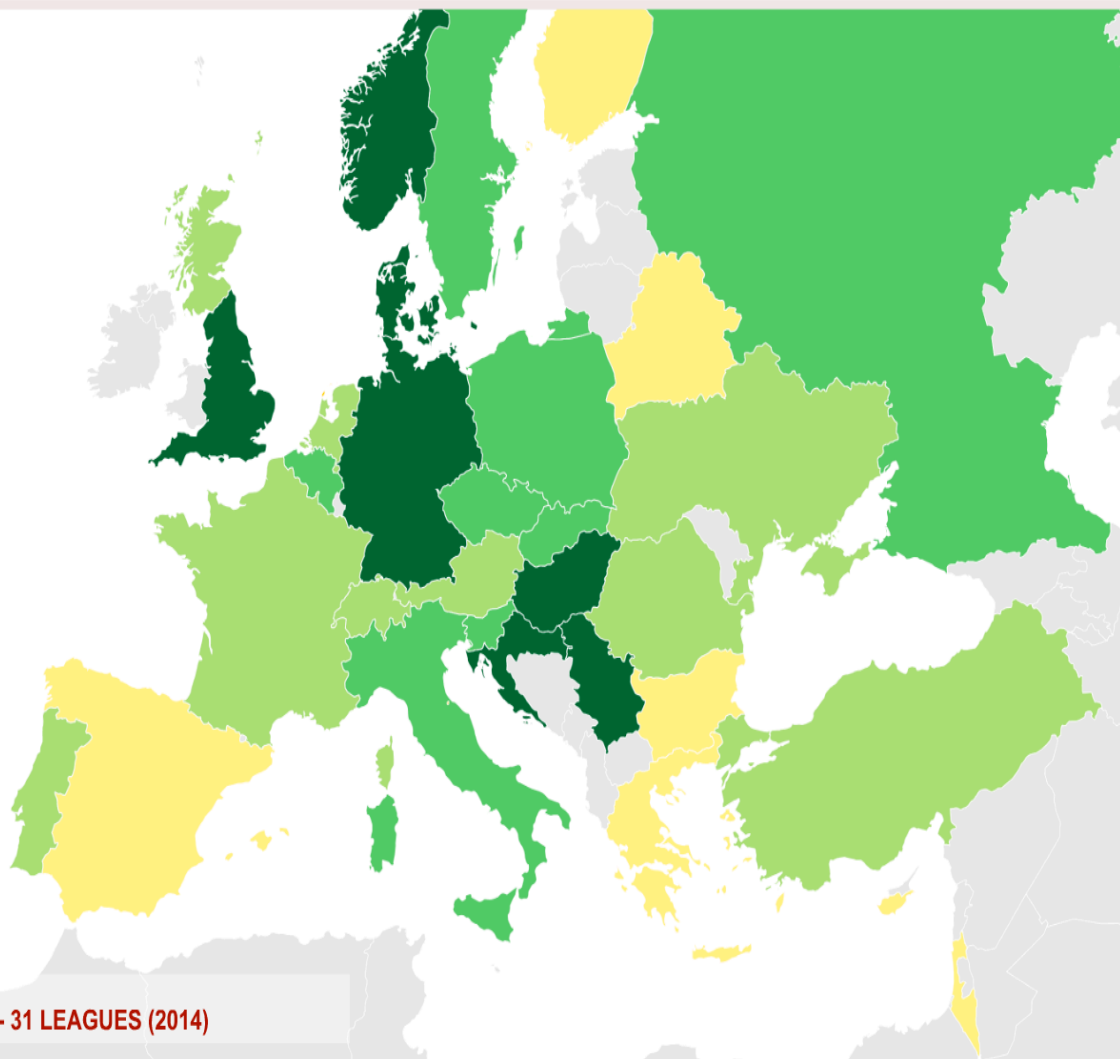
ITA	27.3
RUS	27.2
CYP	26.9
ENG	26.8
TUR	26.8
GRE	26.3
ESP	26.2
POL	26.2
BLR	26.2
BUL	26.1
UKR	26.0
CZE	26.0
SUI	26.0
ROM	25.9
GER	25.9
FRA	25.8
HUN	25.8
ISR	25.8
DEN	25.6
POR	25.6
SWE	25.4
NOR	25.3
BEL	25.2
SCO	25.1
SRB	24.9
AUT	24.8
SVK	24.8
CRO	24.4
FIN	24.4
SVN	24.4
NED	24.2

1. HNL

Average height

Height of squad members in centimeters

Click on the map



League comparison (2014)

GER	183.7
SRB	183.6
CRO	183.4
DEN	183.1
NOR	183.0
HUN	183.0
ENG	182.8
CZE	182.7
SVK	182.7
RUS	182.5
SWE	182.5
ITA	182.4
POL	182.4
SVN	182.3
BEL	182.2
NED	182.0
AUT	181.9
TUR	181.9
SUI	181.7
UKR	181.7
POR	181.6
ROM	181.6
SCO	181.4
FRA	181.3
BUL	181.3
GRE	181.2
BLR	181.2
FIN	181.2
ESP	180.6
ISR	180.4
CYP	180.3



TECHNICAL STRATEGY

1. Individual talent



TECHNICAL STRATEGY

1. Individual talent ???

	#1	#2	#3
Height (in cm)	149	164	185
Weight (u kg)	39,8	49,8	71,6
Chronological age	14,4	13,5	14,4
Expected time of accelerated growth	<u>15,5</u>	<u>13,8</u>	<u>12,8</u>
Biological minus chronological age	-1,1	-0,3	+1,8



TECHNICAL STRATEGY

1. Individual talent

2. Curriculum

3. Coaching quality

4. Quality within the
team

5. Quality within the
league

Competition
Structure



TECHNICAL STRATEGY

Competition
Structure

National
Teams

Development
Program



National teams



U-17



U-17 WORLD CUP
CHILE 2015





UEFA
UNDER-17
CHAMPIONSHIP
CROATIA 2017



UEFA U-17 EURO

CROATIA, May 3 – 19, 2017

UEFA U-17 EURO CROATIA 2017



- 3rd to 19th May in Croatia (8 stadiums)
- Two centers (Zagreb & Rijeka)
- Accommodation: Opatija & Zagreb (8.500+ official number of nights)
- National teams that often attend:



- Estimated budget +3.000.000 €



UEFA
UNDER-17
CHAMPIONSHIP
CROATIA 2017



UEFA U-17 EURO CROATIA 2017



Top sport event in Croatia in 2017 !!!

UEFA U-17 EURO CROATIA 2017



🏆 The best 16 national teams coming to Croatia

🌟 New stars of tomorrow



Wayne
Rooney



Cesc
Fabregas



Toni
Kroos



U-19





U-21

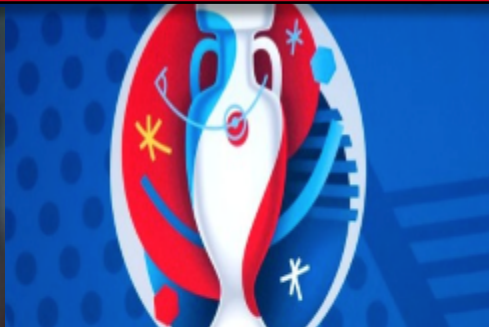







“A” national team

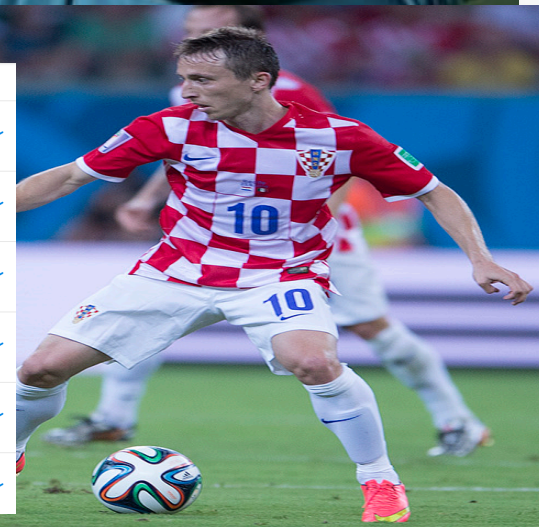


FIFA WORLD CUP
RUSSIA 2018

A National Team



GROUP I									
TEAMS		MP	W	D	L	GF	GA	+/-	Pts
 CROATIA		4	3	1	0	10	1	9	10
 UKRAINE		4	2	2	0	7	3	4	8
 ICELAND		4	2	1	1	6	5	1	7
 TURKEY		4	1	2	1	5	5	0	5
 FINLAND		4	0	1	3	3	6	-3	1
 KOSOVO		4	0	1	3	1	12	-11	1



TECHNICAL STRATEGY

Competition
Structure

National
Teams

Development
Program



TECHNICAL STRATEGY

Competition
Structure

National
Teams

Development
Program

Coaches

Elite youth



TECHNICAL STRATEGY

Competition
Structure

National Teams

Development
Program

Development of
Coaches



TECHNICAL STRATEGY

CFF Football Academy



TECHNICAL STRATEGY



TECHNICAL STRATEGY

Competition
Structure

National Teams

Development
Program

Elite youth
development
program



1. ANALYSIS OF STATE AND TRENDS IN CROATIAN FOOTBALL

- ISSUES AND CONCERNS



2. DEVELOPMENT CURRICULUM

- WHY ?





TE-TA

SUCCESS INDICATORS



HRVATSKI
NOGOMETNI
SAVEZ
CROATIAN FOOTBALL FEDERATION



DEVELOPMENT CURRICULUM



**HRVATSKI
NOGOMETNI
SAVEZ**
CROATIAN FOOTBALL FEDERATION



TE-TA

SUCCESS INDICATORS



**HRVATSKI
NOGOMETNI
SAVEZ**

CROATIAN FOOTBALL FEDERATION

Ball possession ???



TE-TA

SUCCESS INDICATORS

1. Ball possession



**HRVATSKI
NOGOMETNI
SAVEZ**

CROATIAN FOOTBALL FEDERATION

Estadio Mineirao Belo Horizonte (BRA) 08 Jul 2014 - 17:00 Local time

Semi-finals

FULL-TIME

1-7



BRAZIL

OSCAR 90'

GERMANY



MÜLLER 11' KLOSE 23' KROOS 24', 26'
KHEDIRA 29' SCHÜRRLE 69', 79'

55 DANGEROUS ATTACKS 34

18 TOTAL ATTEMPTS 14

19 DELIVERIES IN PENALTY AREA 11

4 CLEARANCES 20

433 PASSES COMPLETED 483

BALL POSSESSION

52

%

48

ATTEMPTS

18 TOTAL 14

13 ON-TARGET 12

1 Goals 7



The Catalans thrashed Rayo Vallecano 4-0 on Saturday evening.... !!!

Barcelona lose possession battle for first time in 317 games



RAYO VALLECANO

PRIMERA DIVISIÓN

September 21, 2013 • 19:00 • Estadio del Rayo Vallecano (de Vallecas Teresa Rivero), Madrid
Referee: Carlos Clos Gomez • Attendance: 11740

0 FT 4



BARCELONA

Pedro 33', 47', 72', Fàbregas 80'

Passing accuracy

81% 77%

Possession

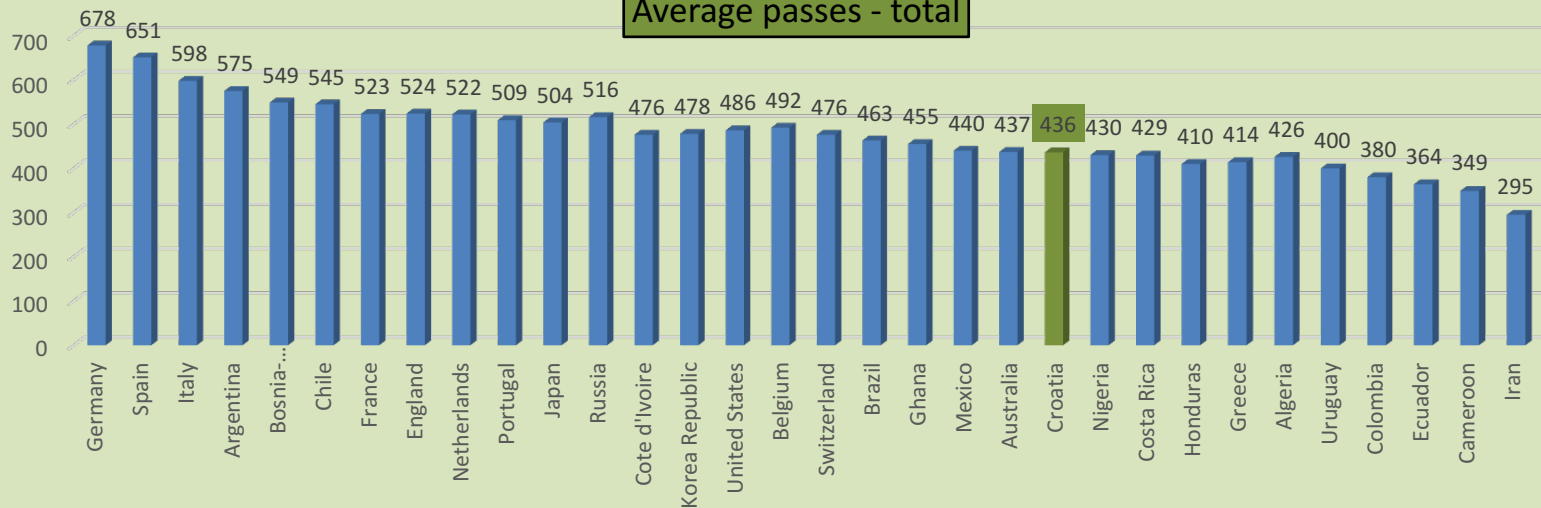
54%

46%

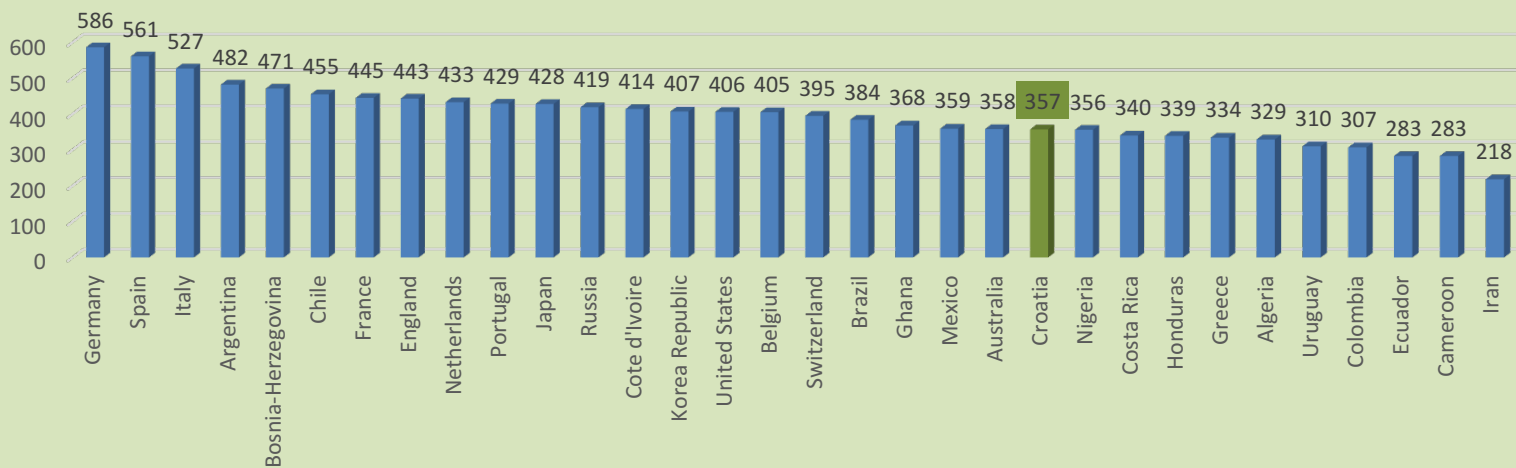




Average passes - total

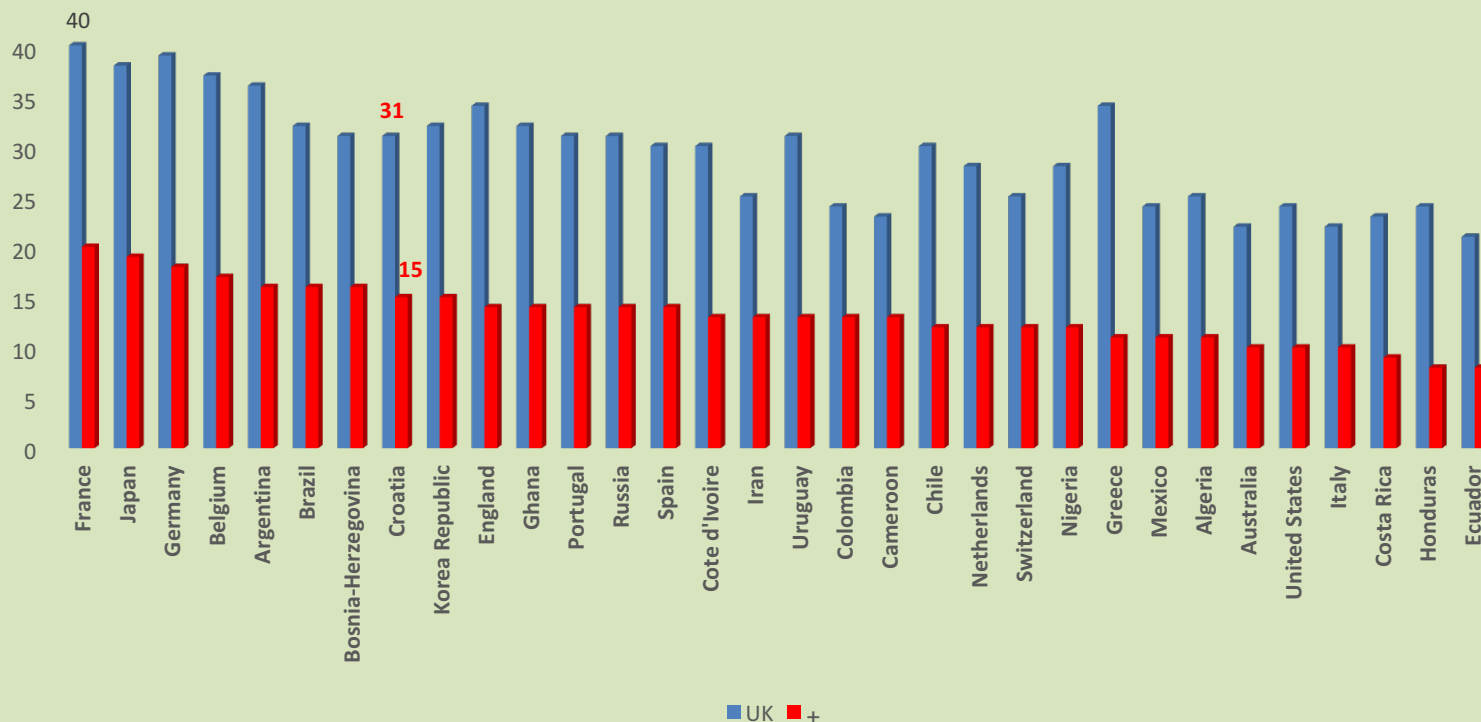


Average passes - accurate





Passing in the box - World Cup 2014 (teams)

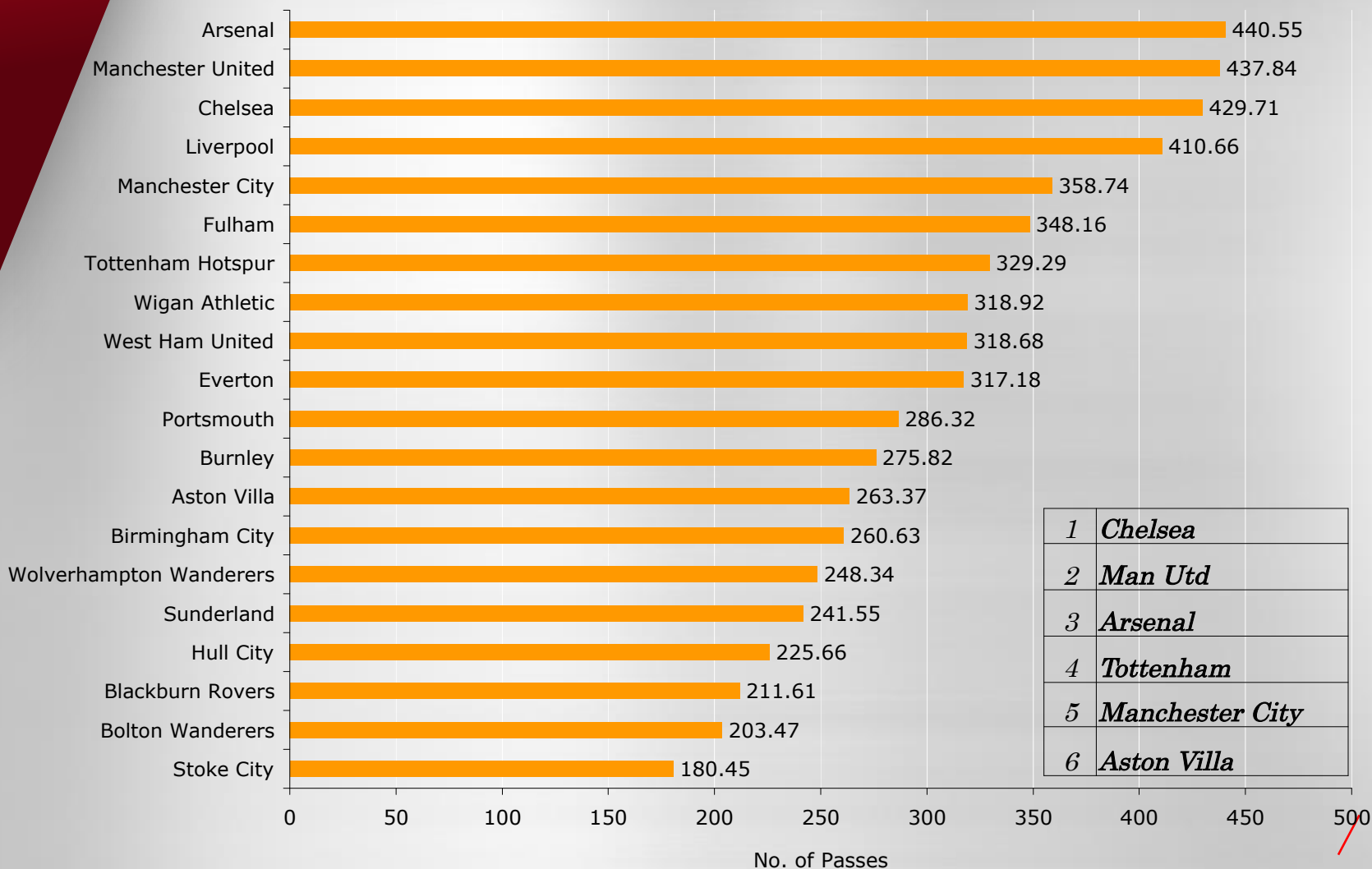


*....for the most of events, it it should be required to
analyze a minimum of 8 matches*

Hughes et al., (1988)



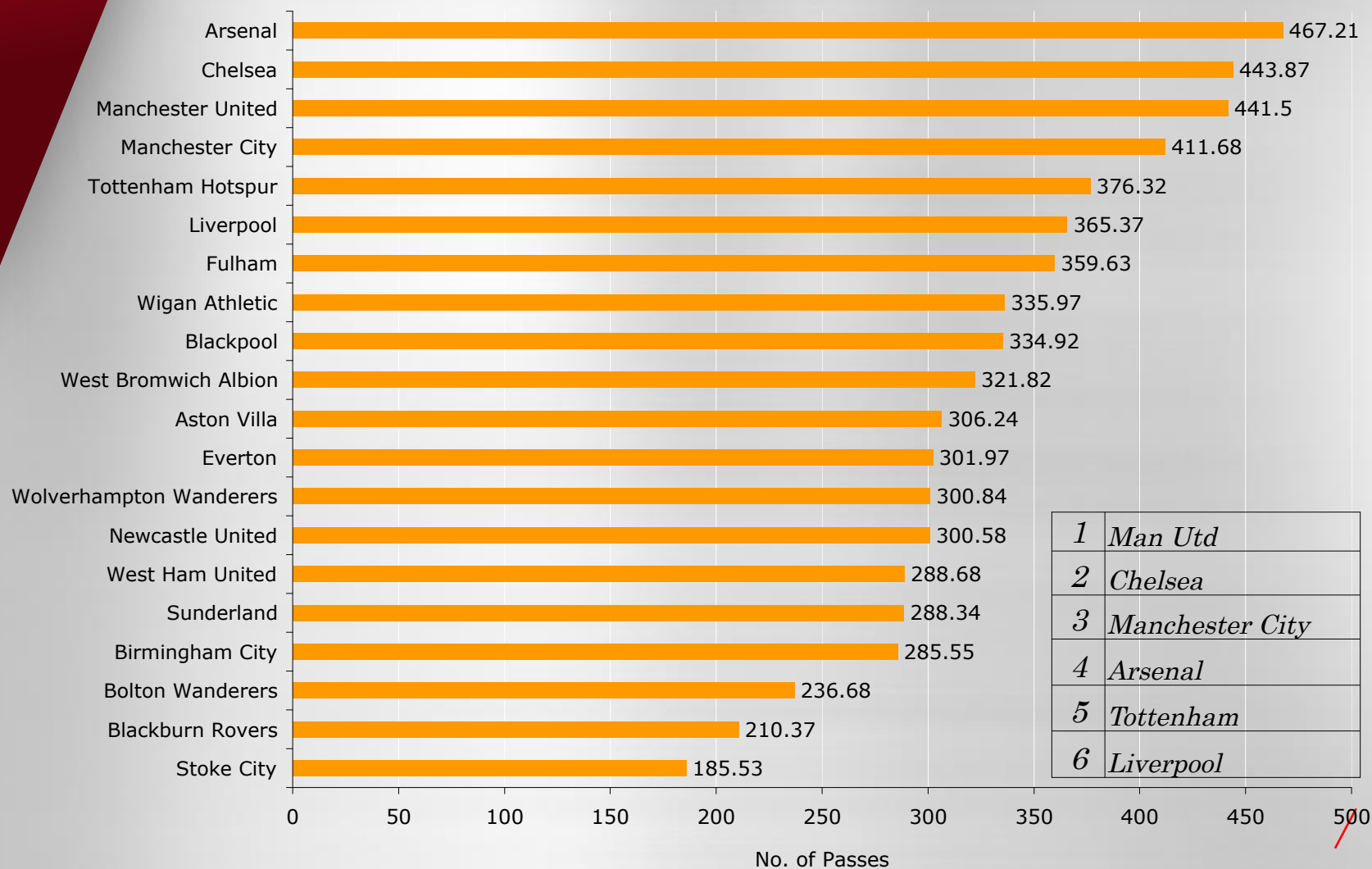
Average Total Team Passes (End of Season. 2009/10)



Premier League Average: 305



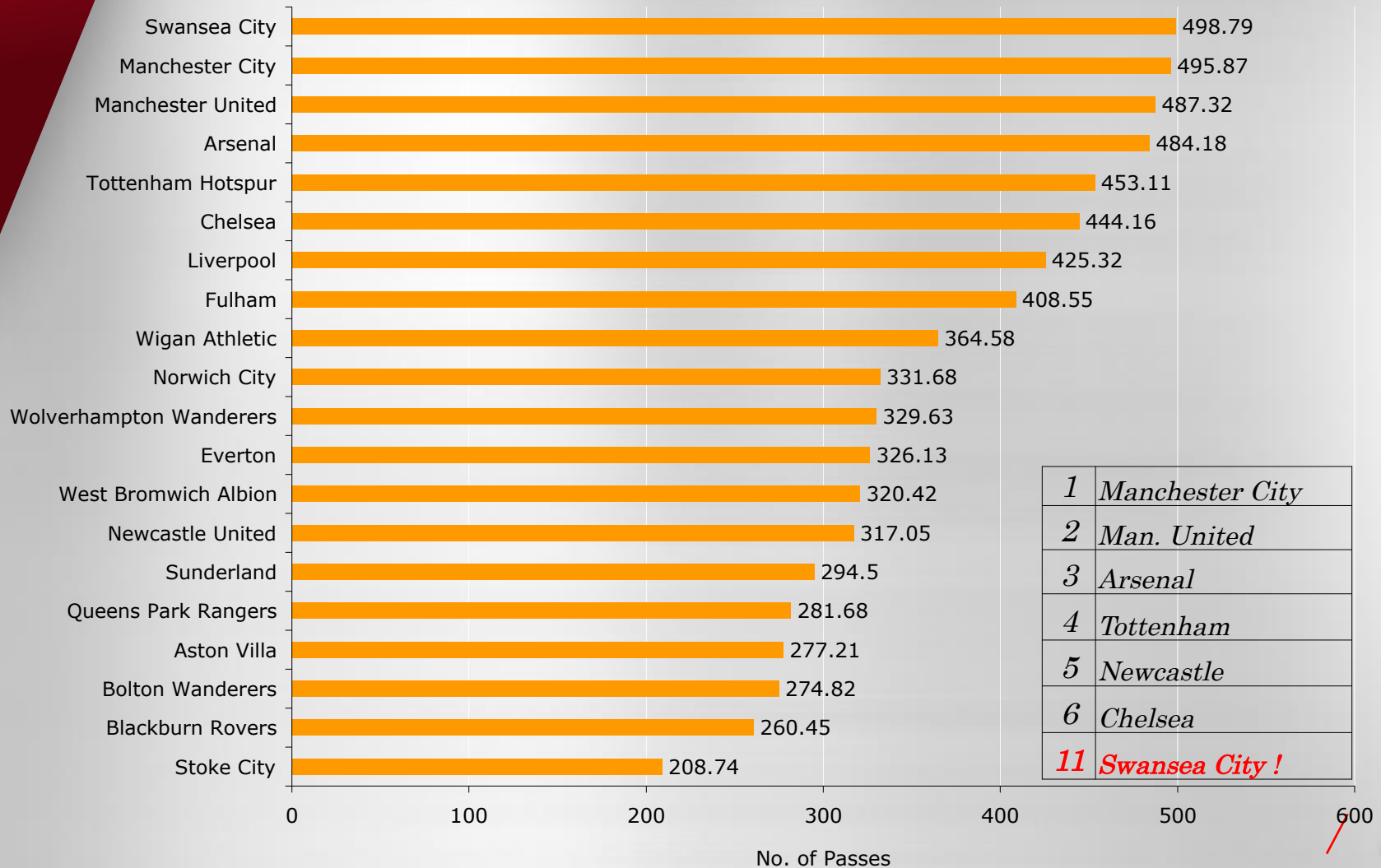
Average Total Team Passes (End of Season. 2010/2011)



Premier League Average: 328.15



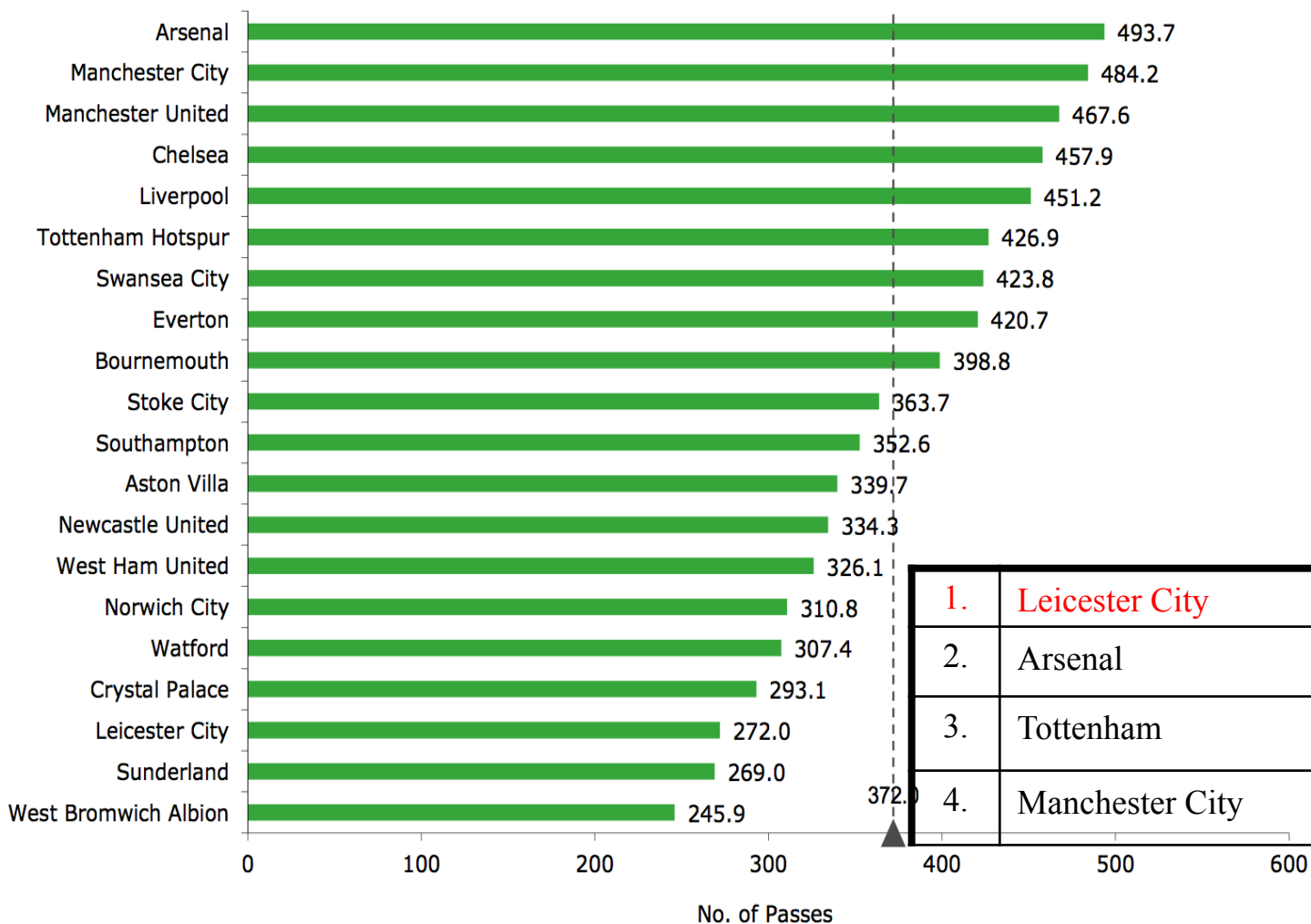
Average Total Team Passes (EOS. 2011/2012 Cumulative)



Premier League Average: 364.2



Average Total Team Passes (April-May 2015/2016)



1.	Leicester City	81
2.	Arsenal	71
3.	Tottenham	70
4.	Manchester City	66



Descriptive parameters of average ball possession in UEFA Champions League in season 2015/2016

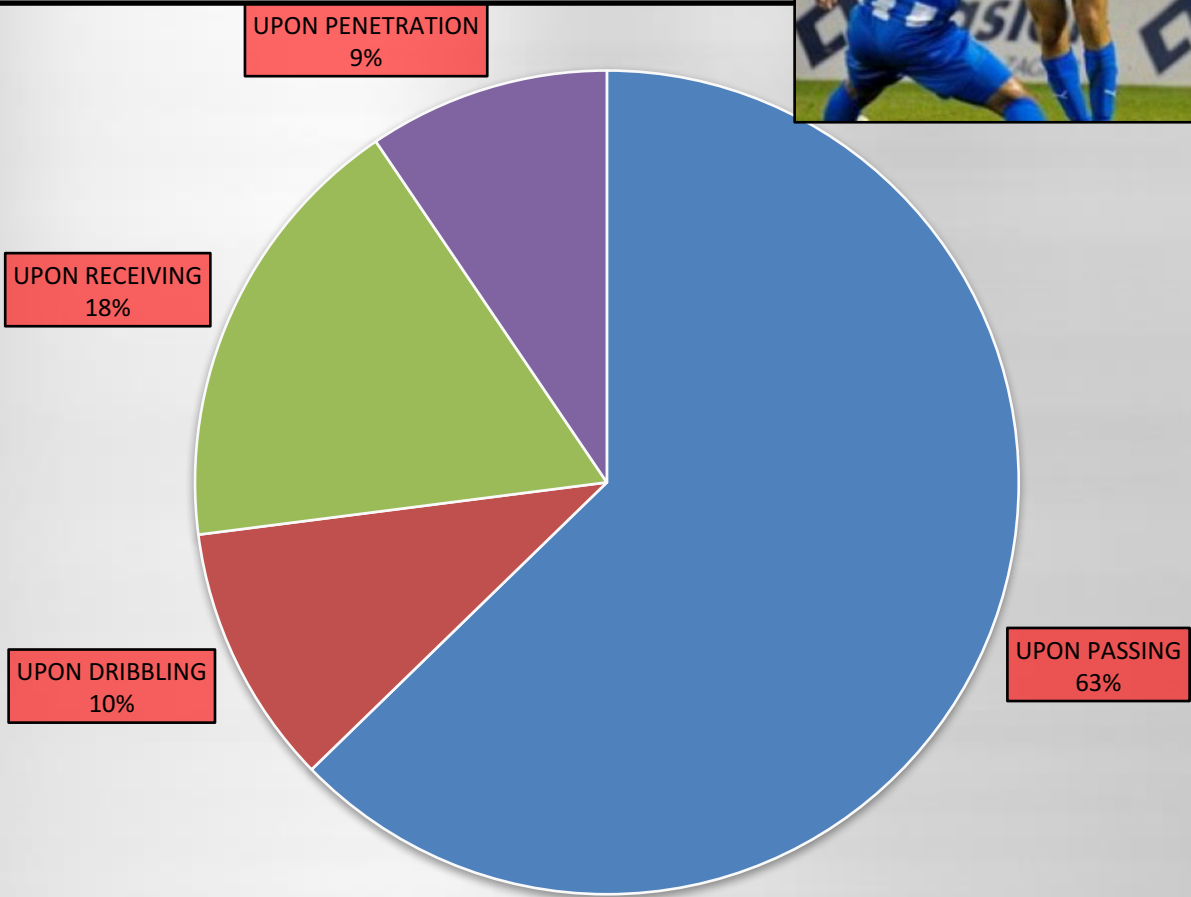


Club	Average ball possession per match (%)	Average ball possession per match (time)
Barcelona	65	40min
Real	56	35min
Bayern	67	43min
PSG	60	38min
Anderlecht	48	31min
Dinamo ZG	42	25min

*data from Champions League



Structure of ball possession loss



TE-TA

SUCCESS INDICATORS

1. Ball possession



**HRVATSKI
NOGOMETNI
SAVEZ**

CROATIAN FOOTBALL FEDERATION

Ball possession ???





TE-TA

SUCCESS INDICATORS

1. Progressive Ball possession



**HRVATSKI
NOGOMETNI
SAVEZ**

CROATIAN FOOTBALL FEDERATION

TE-TA

SUCCESS INDICATORS

1. Progressive Ball possession

1. Speed of decision-making (space perception)



**HRVATSKI
NOGOMETNI
SAVEZ**
CROATIAN FOOTBALL FEDERATION

TE-TA

SUCCESS INDICATORS

1. Progressive Ball possession

1. Speed of decision-making (space perception)
2. Body position



**HRVATSKI
NOGOMETNI
SAVEZ**
CROATIAN FOOTBALL FEDERATION

TE-TA

SUCCESS INDICATORS

1. Progressive Ball possession

1. Speed of decision-making (space perception)
2. Body position
3. Space creation



**HRVATSKI
NOGOMETNI
SAVEZ**
CROATIAN FOOTBALL FEDERATION

TE-TA

SUCCESS INDICATORS

1. Progressive Ball possession

1. Speed of decision-making (space perception)
2. Body position
3. Space creation
4. Spaces between the lines



**HRVATSKI
NOGOMETNI
SAVEZ**
CROATIAN FOOTBALL FEDERATION

TE-TA

SUCCESS INDICATORS

1. Progressive Ball possession

1. Speed of decision-making (space perception)
2. Body position

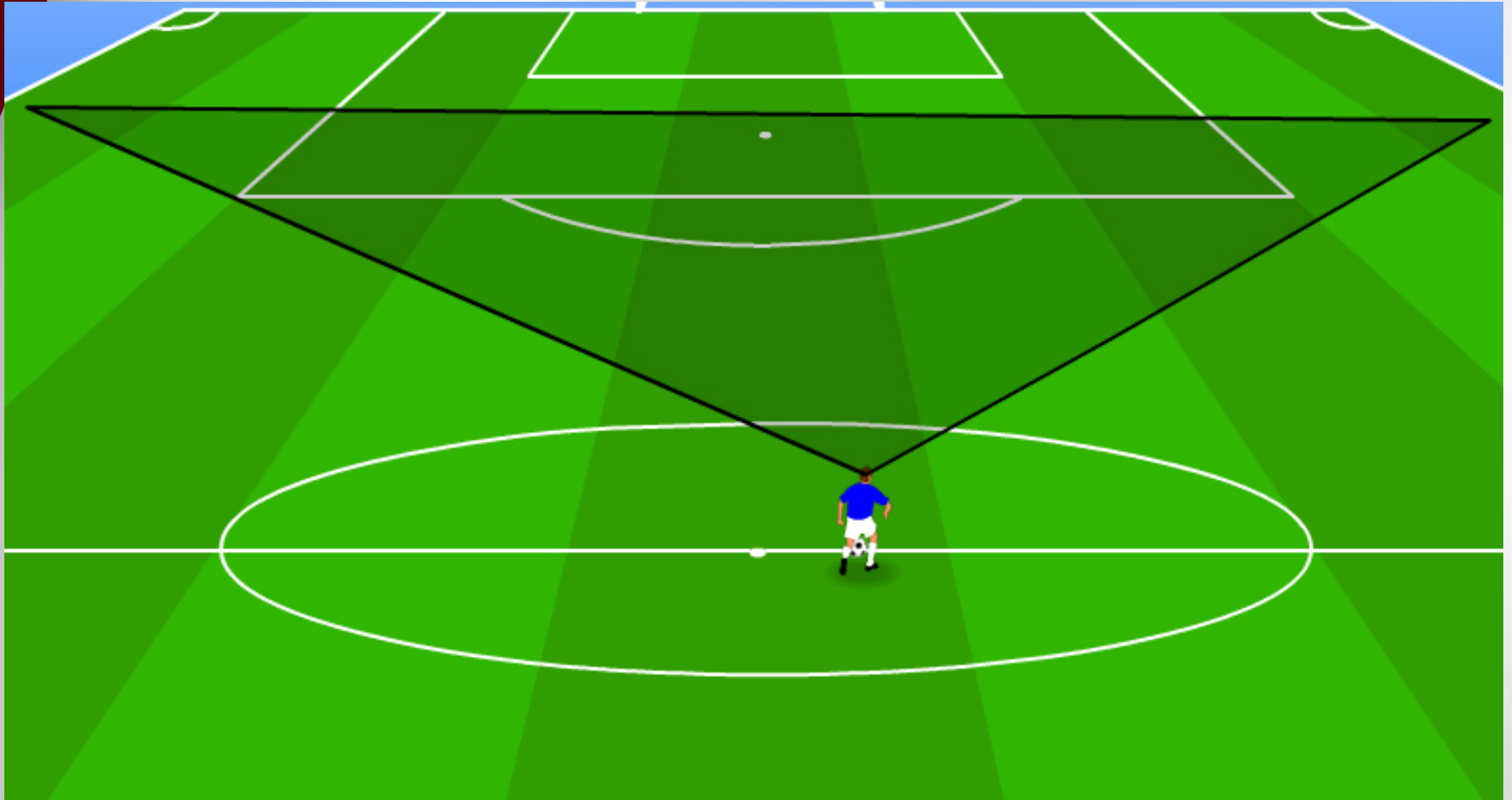


**HRVATSKI
NOGOMETNI
SAVEZ**
CROATIAN FOOTBALL FEDERATION

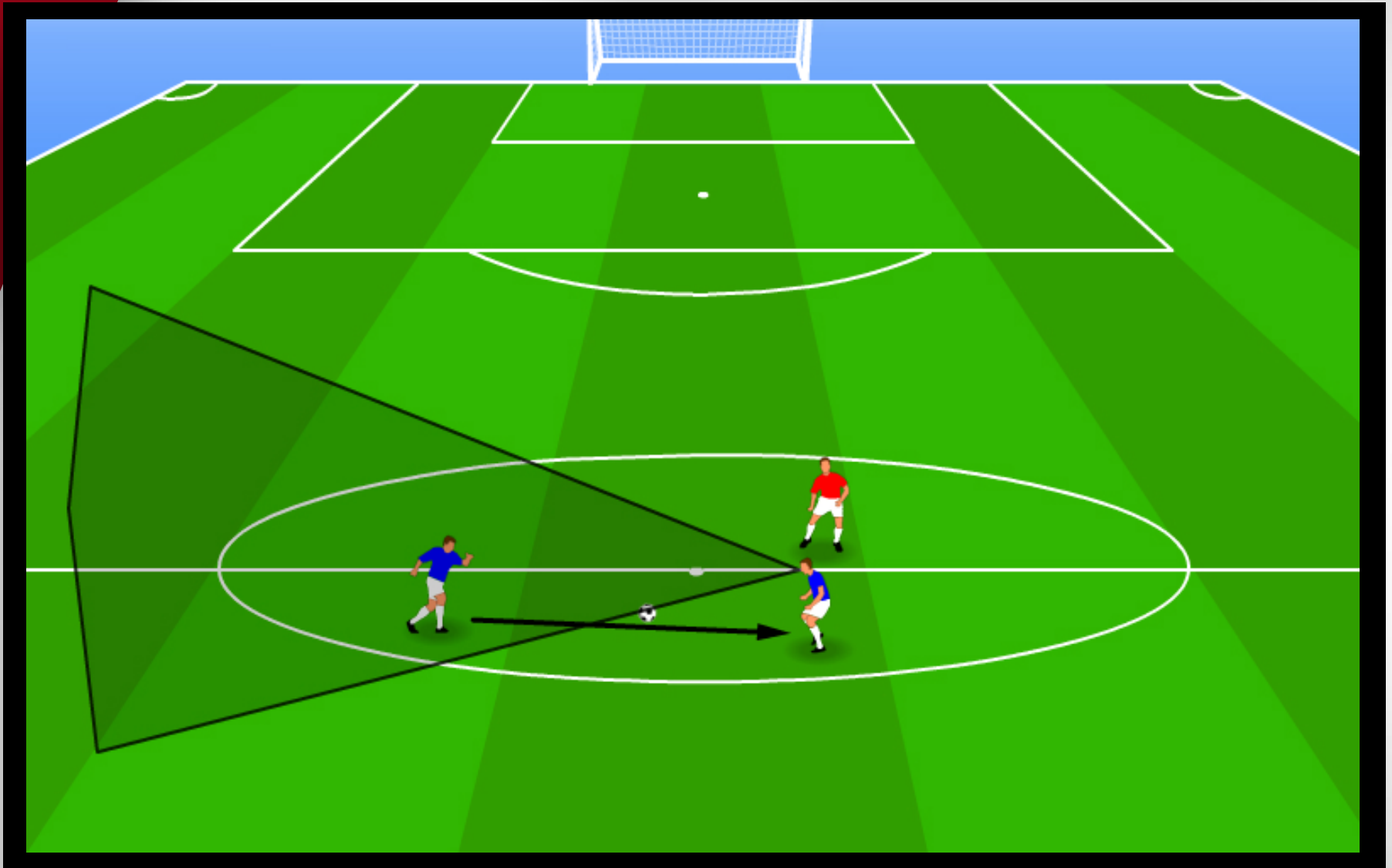
“...body position makes a difference”



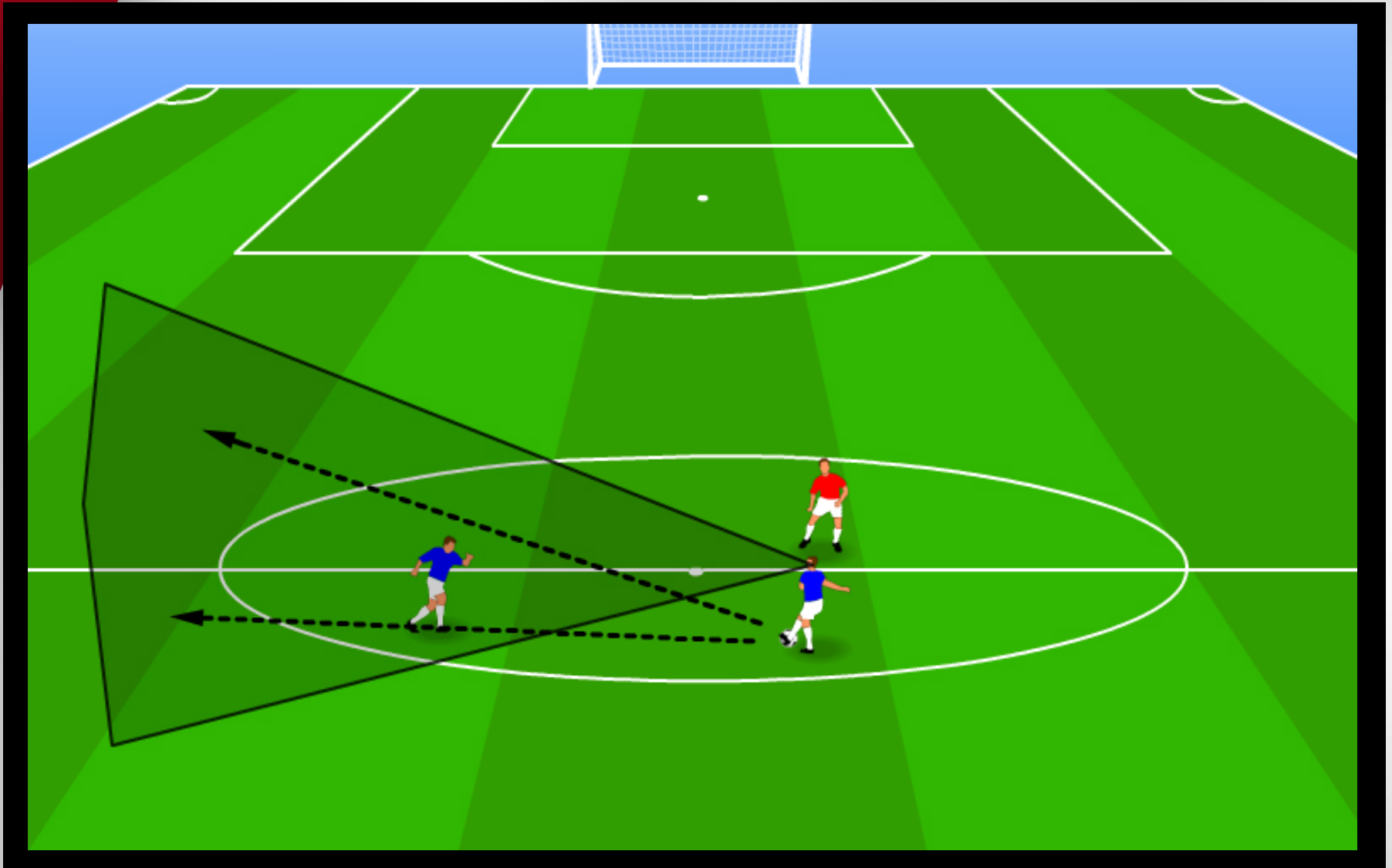
Body position



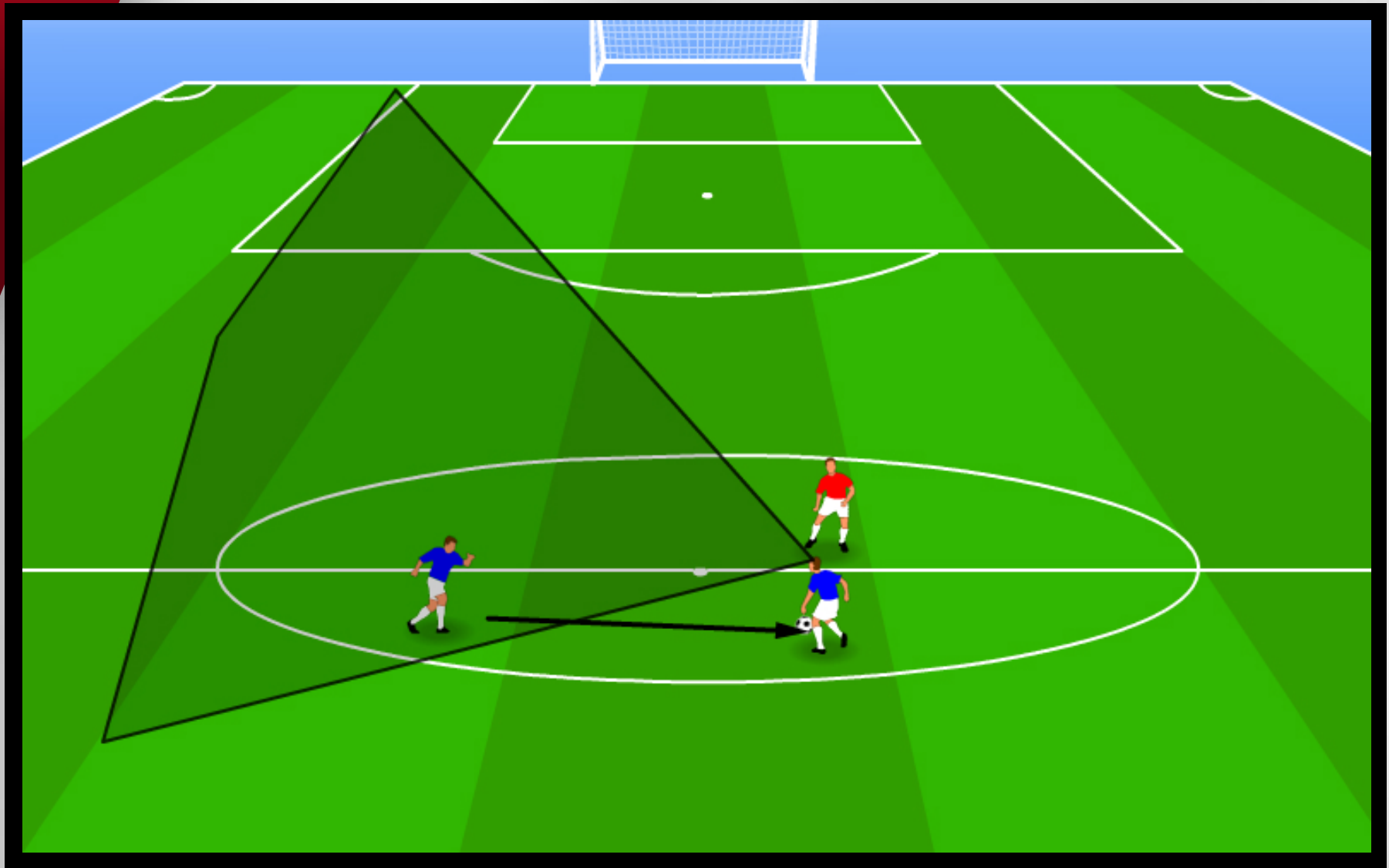
Bigger angle = more options



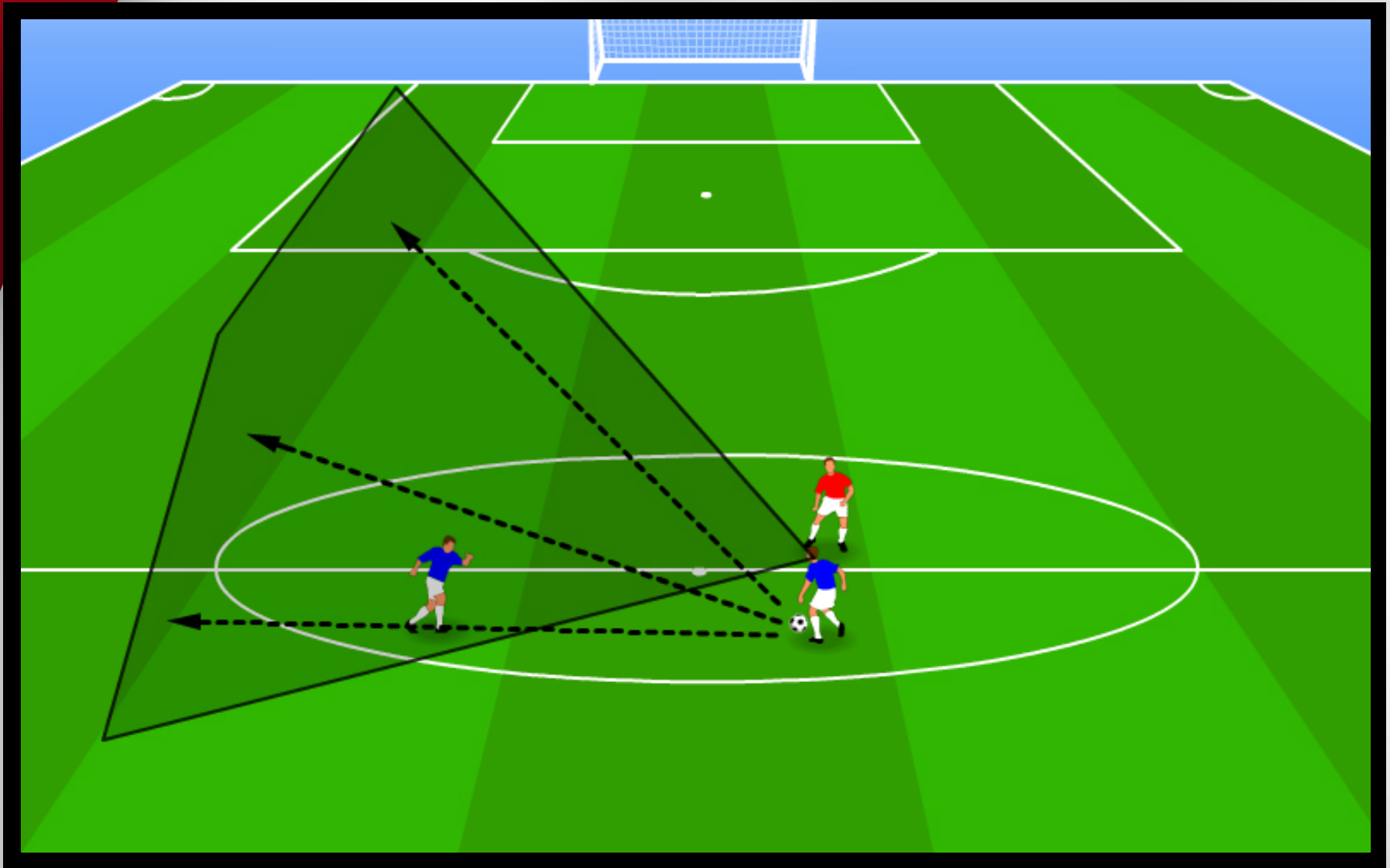
Bigger angle = more options



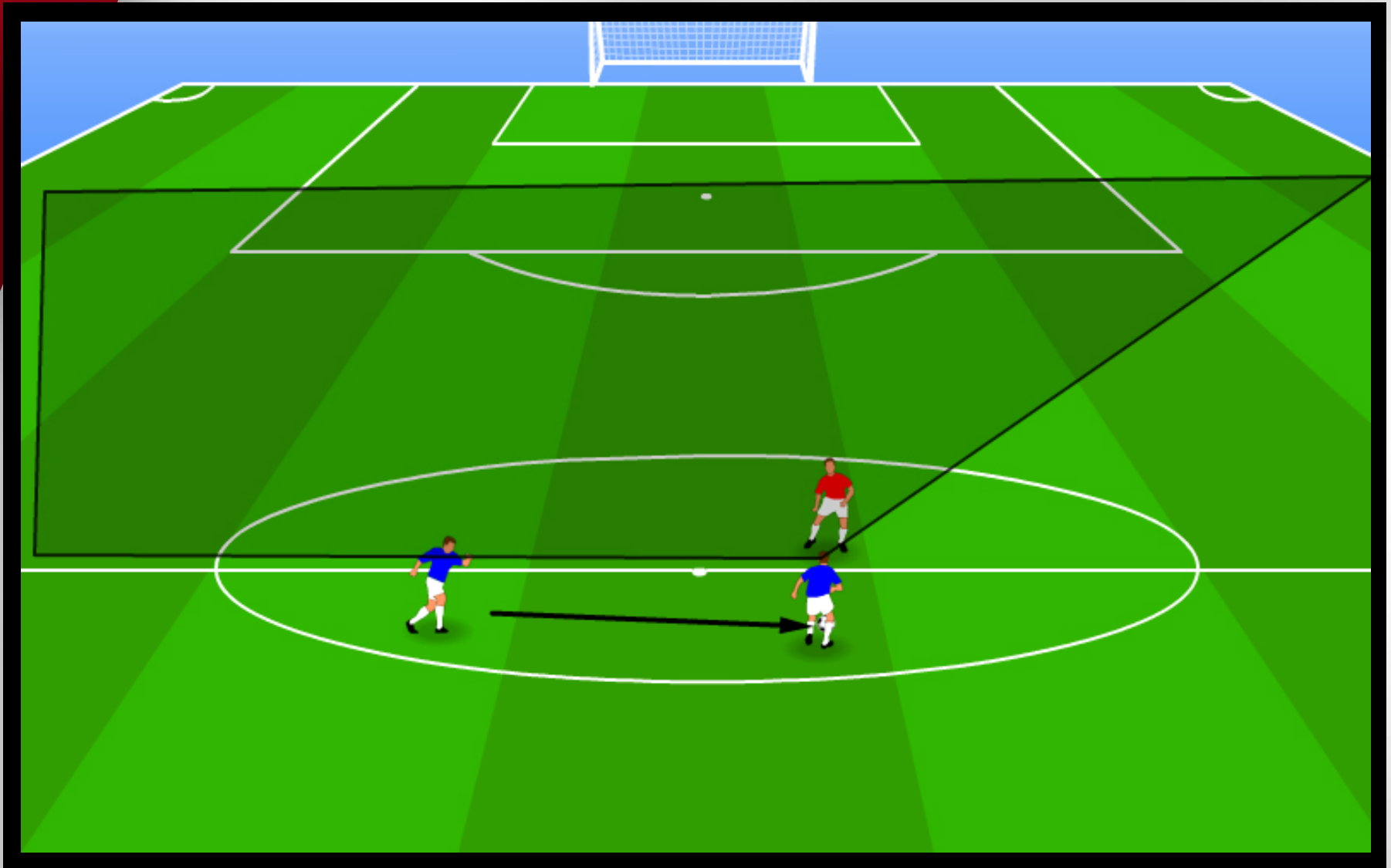
Angle = Options



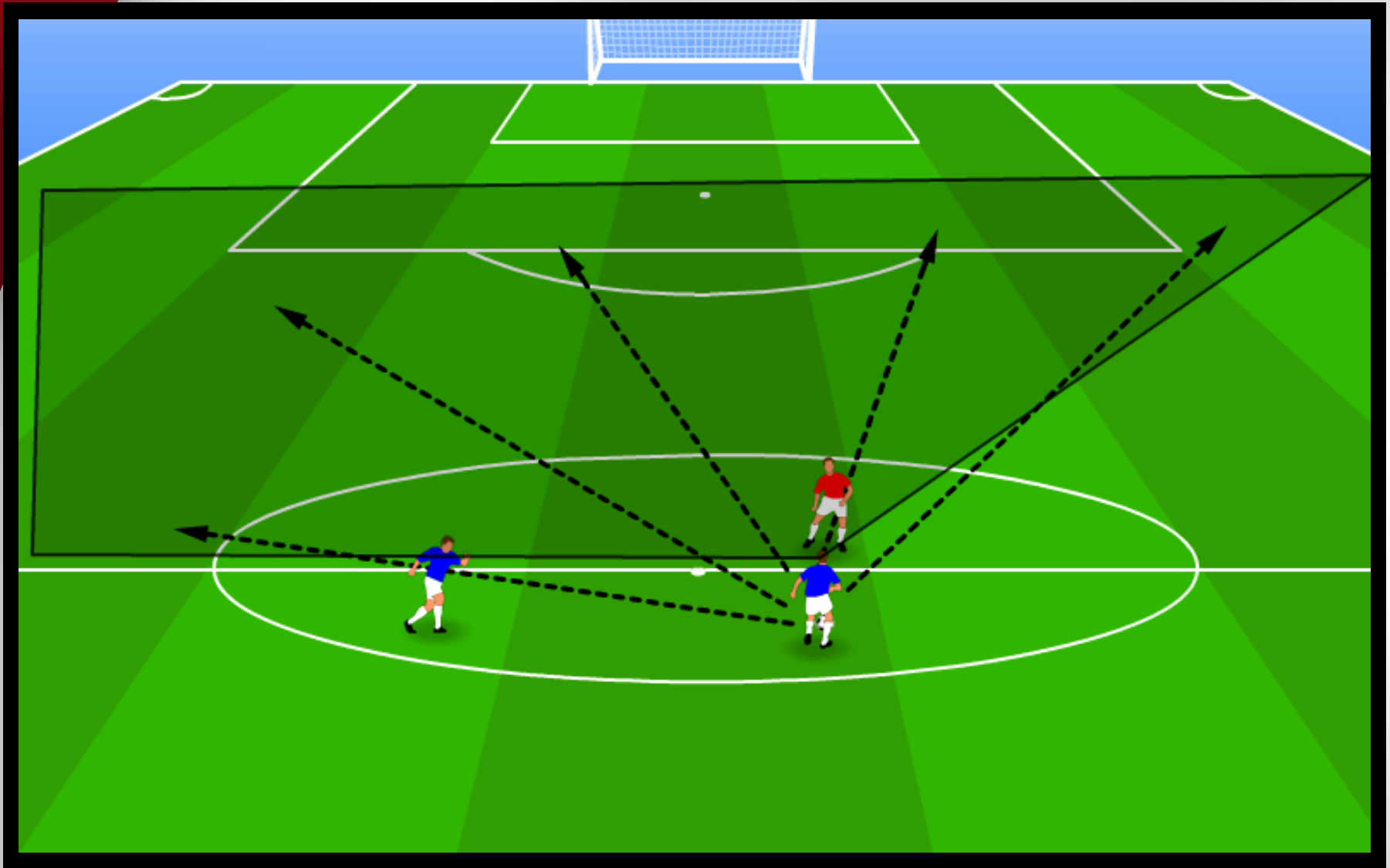
Angle = Options



Bigger angle = more options



Bigger angle = more options



Body position?

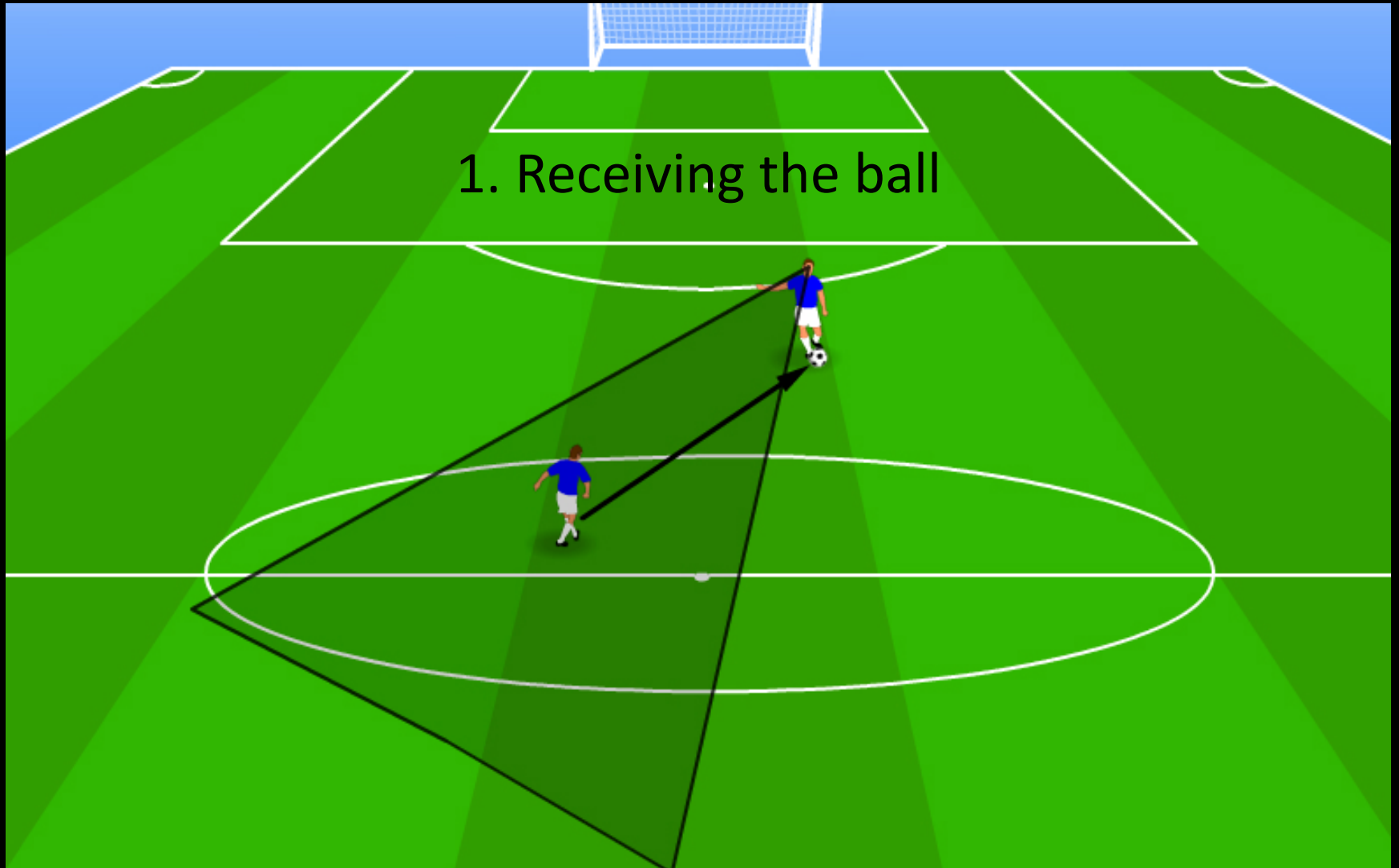


Process of decision-making



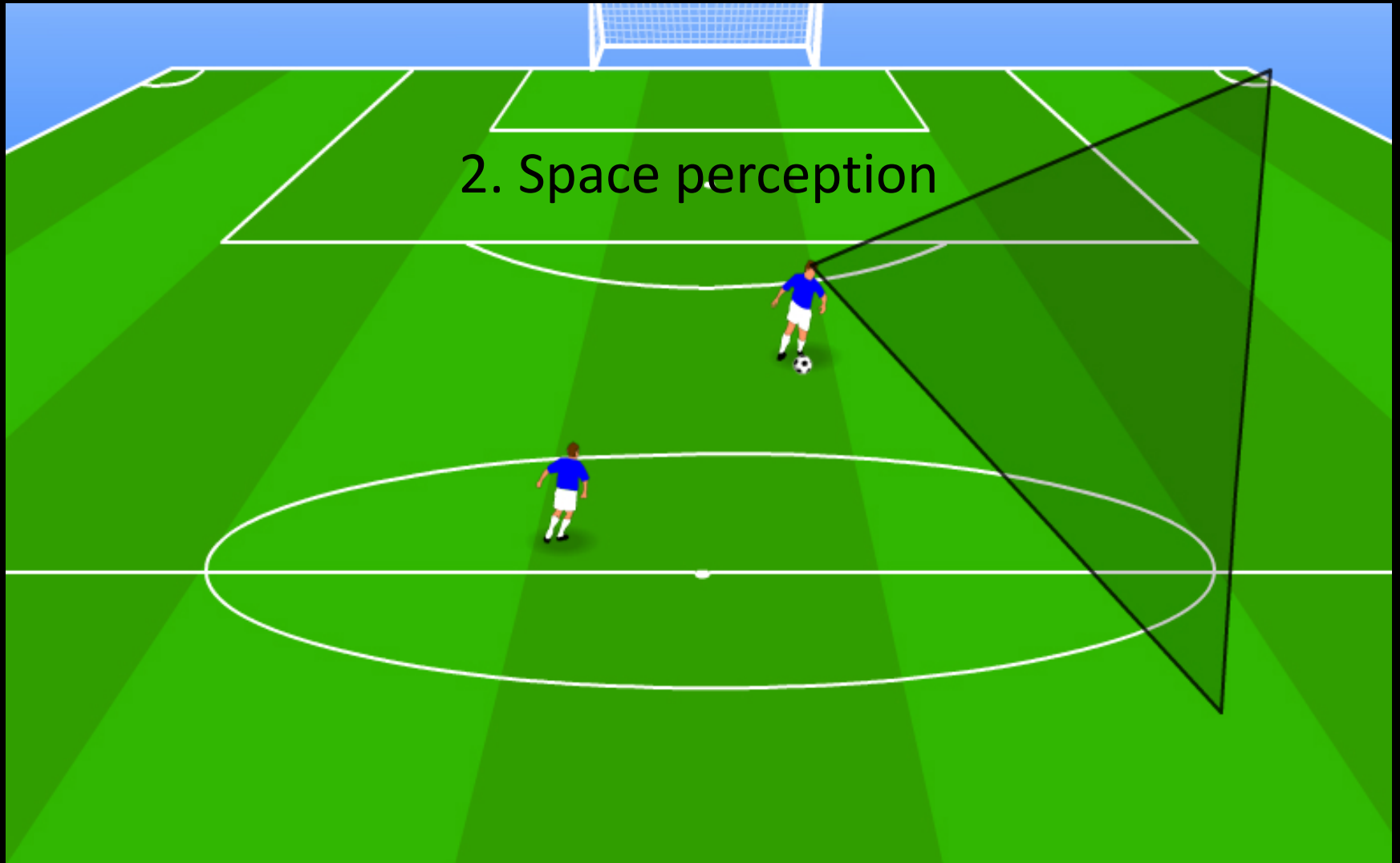
Process of decision-making - poor

1. Receiving the ball



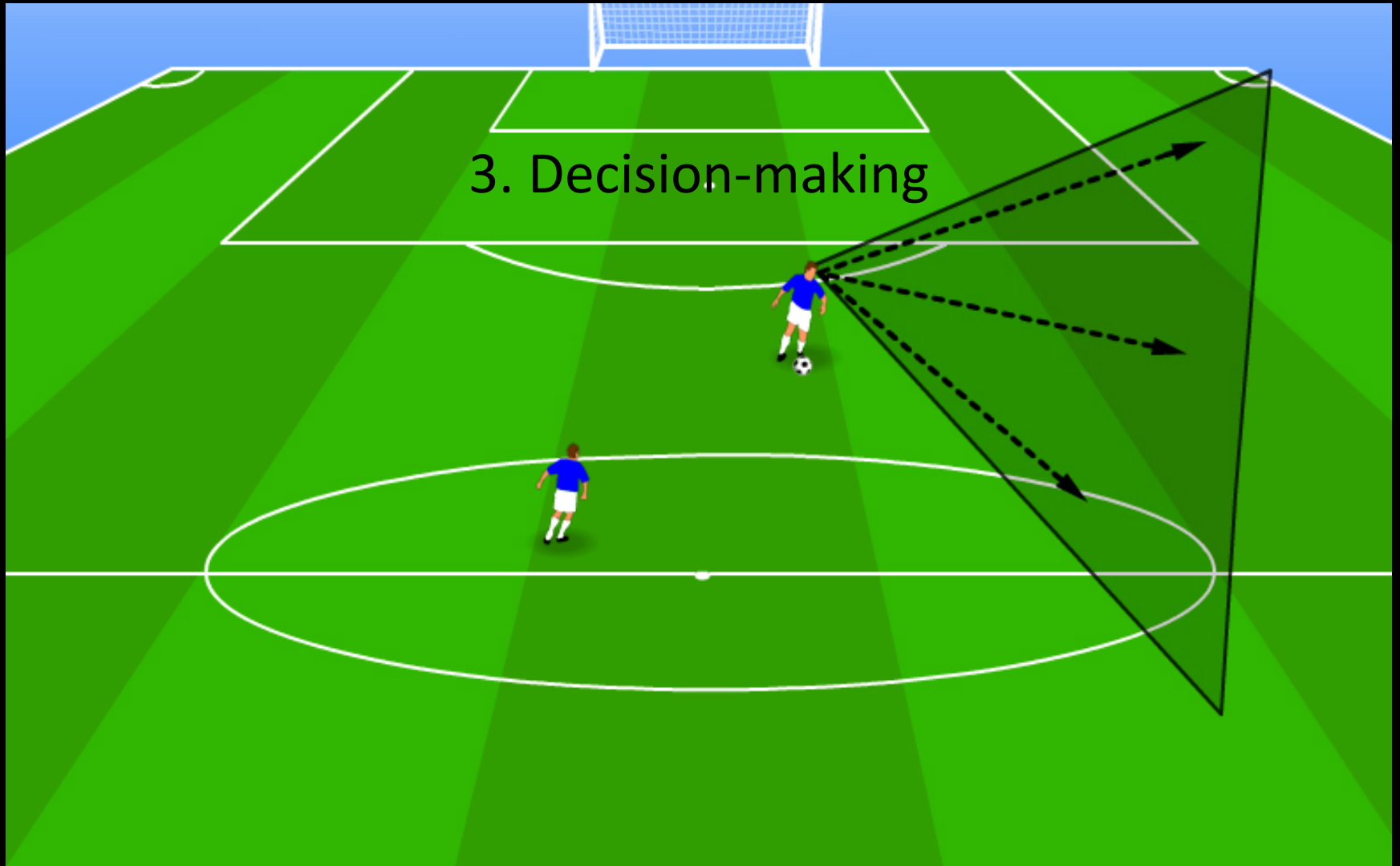
Process of decision-making - poor

2. Space perception



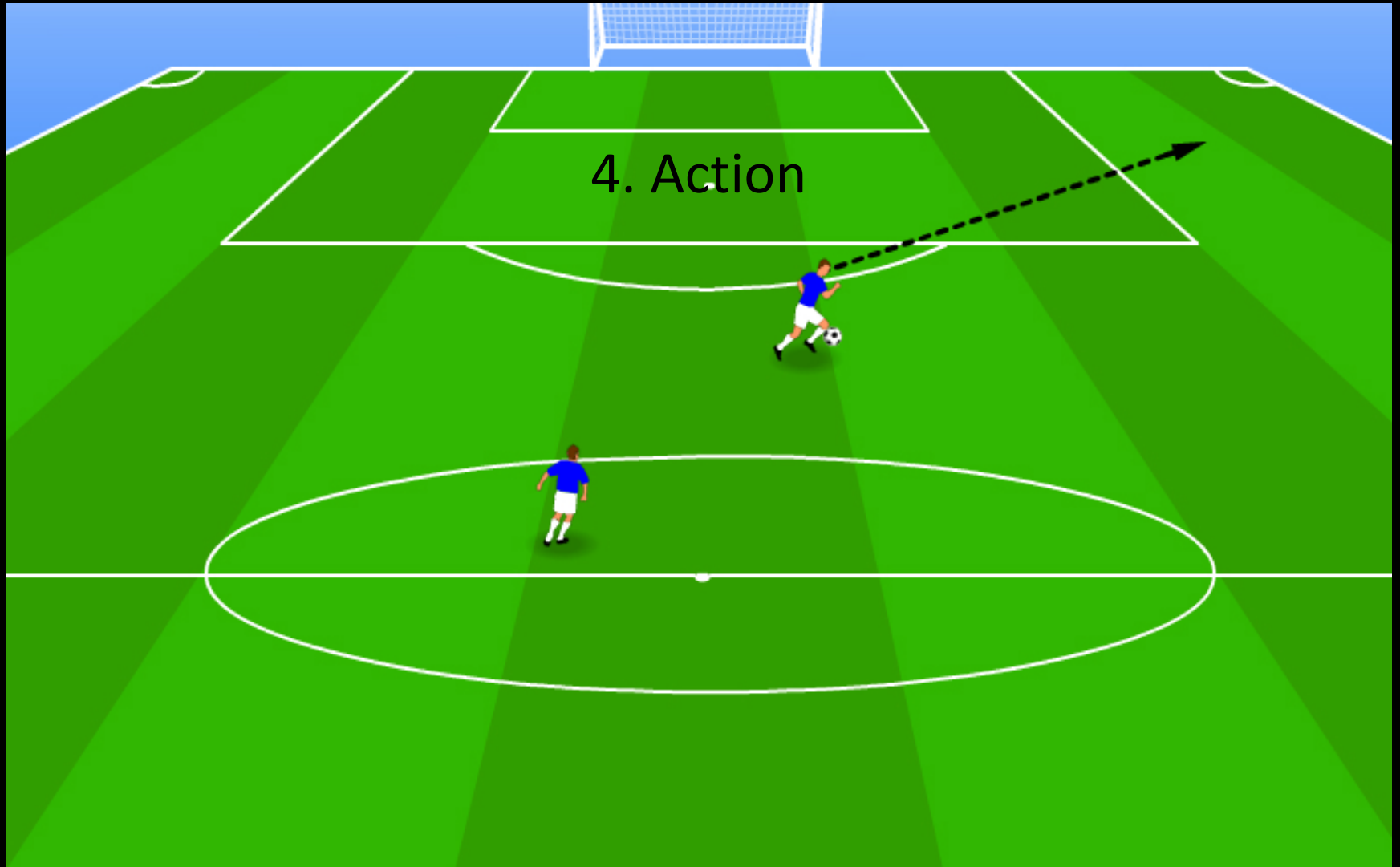
Process of decision-making - poor

3. Decision-making



Process of decision-making - poor

4. Action

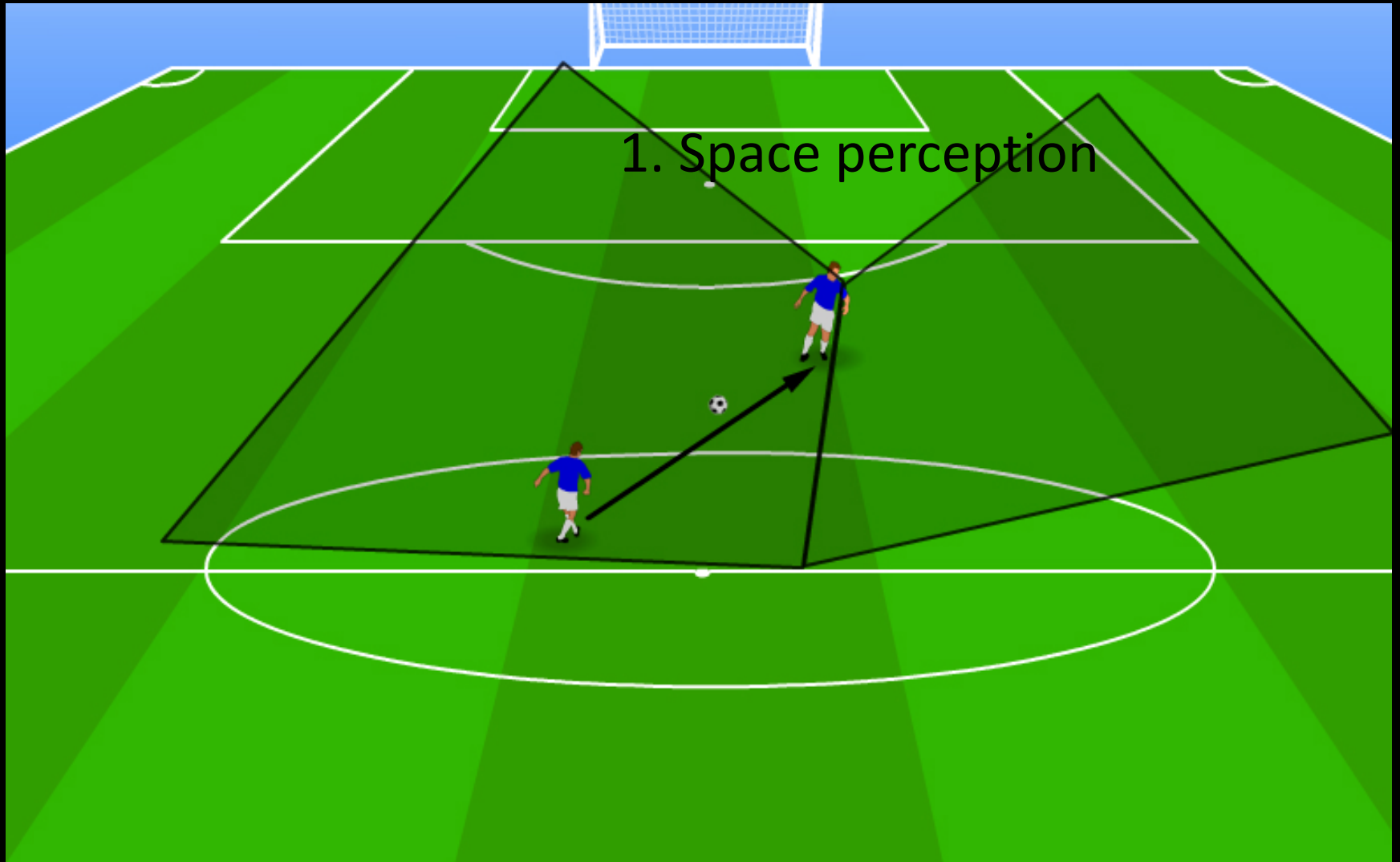


Process of decision-making - good

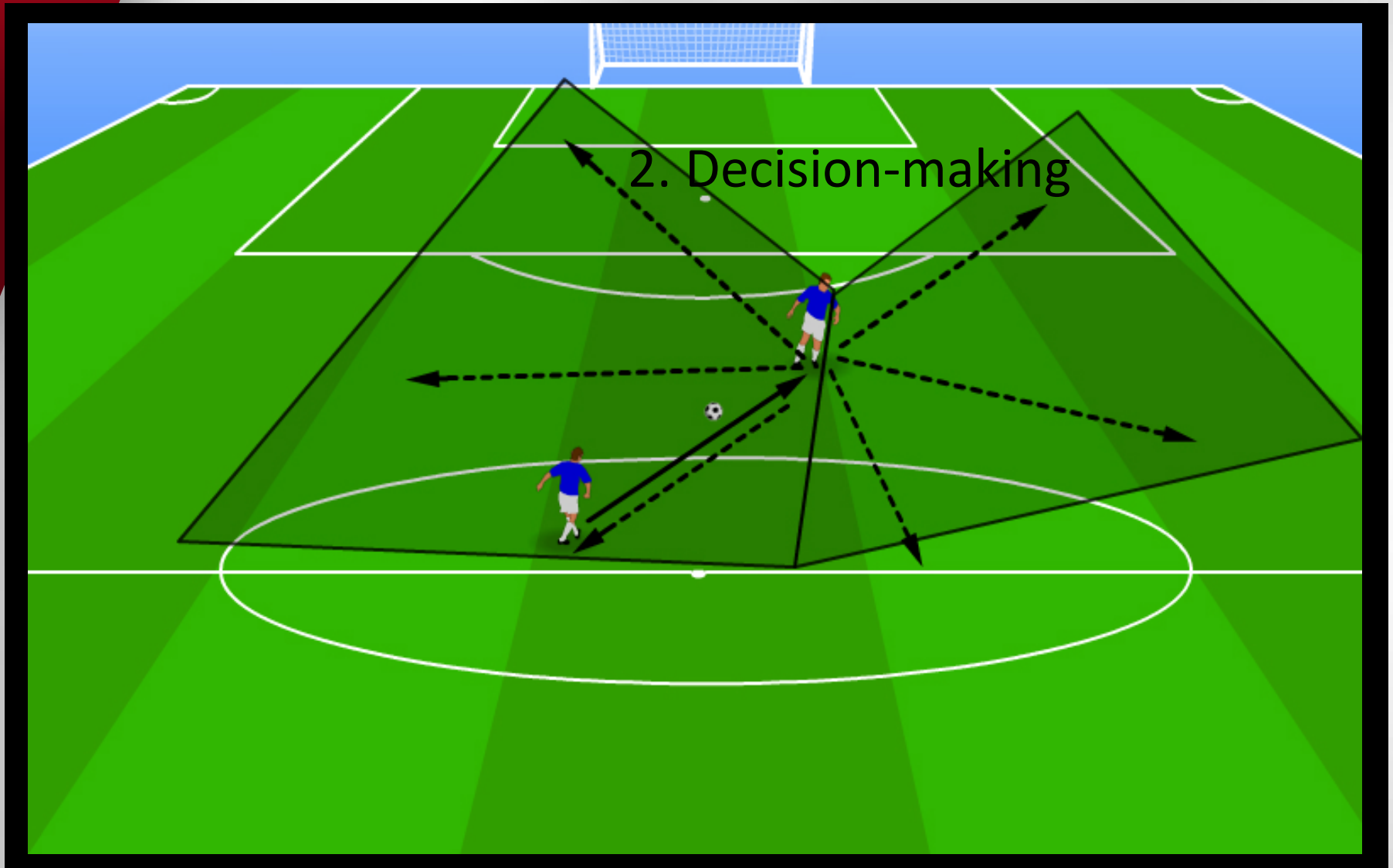


Process of decision-making - good

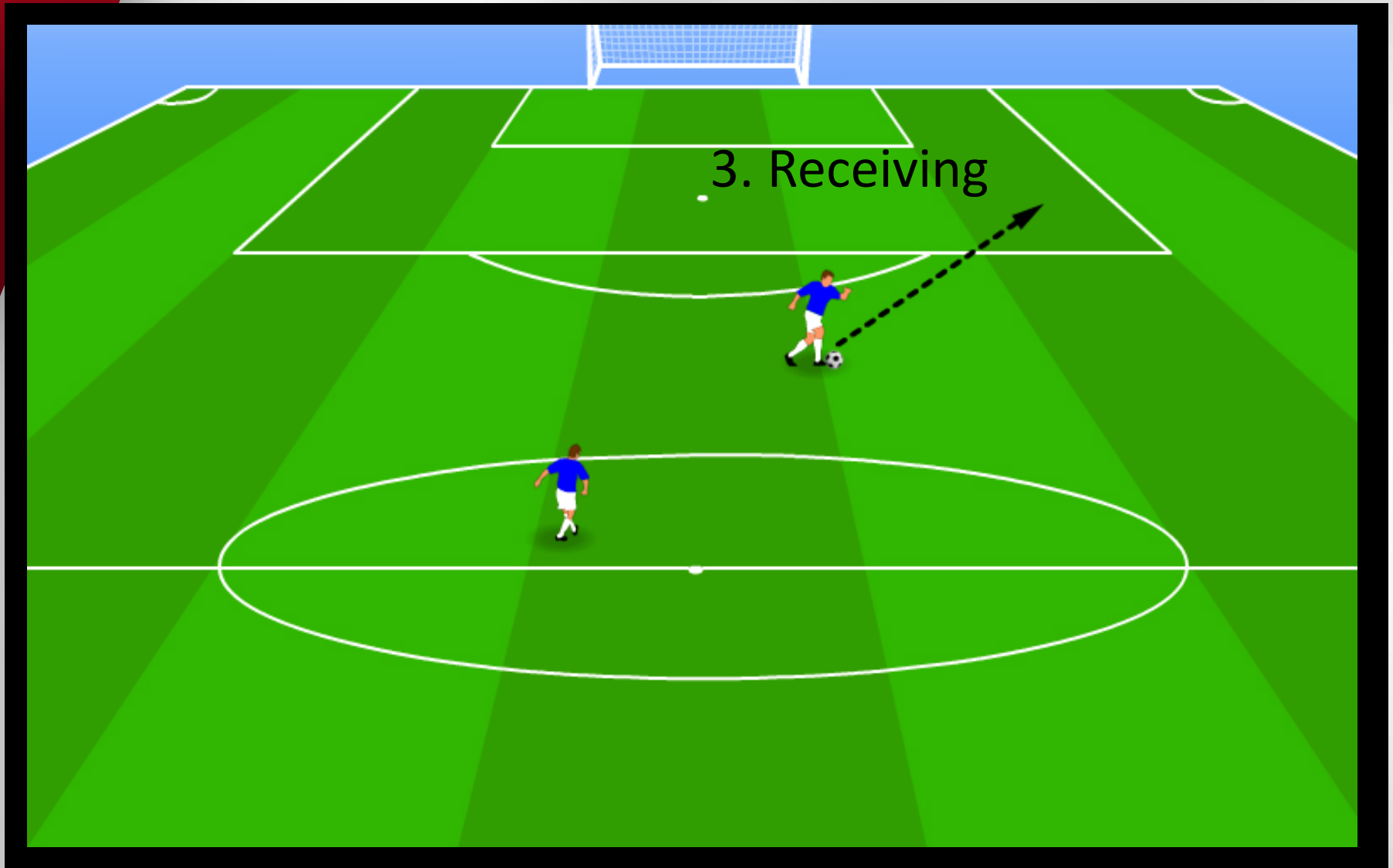
1. Space perception



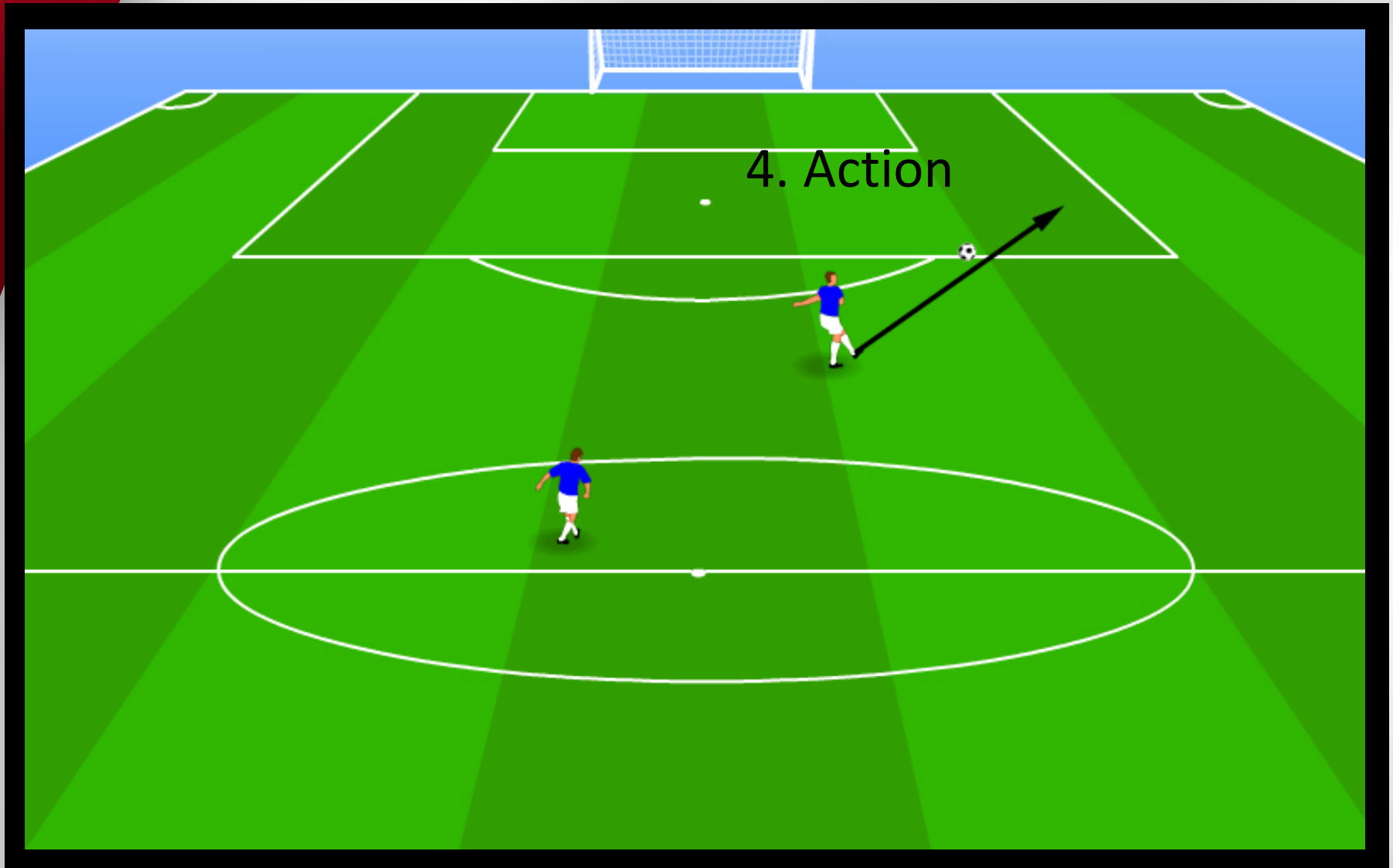
Process of decision-making - good



Process of decision-making - good



Process of decision-making - good



Process of decision-making

allas

Average number of visual checking over the shoulder before ball reception

Country	Avarage number of visual checking over the shoulder before ball reception
England	3+-1
Germany	3+-1
Spain	4+-1
Serbia	2+-1
Austria	2+-1
Croatia	2+-1



Structure of ball receiving of midfielders in opposing half

Country	Passes received in the direction which it came from	Efficiency of passes under pressure
England	46%	79%
Germany	44%	80%
Spain	33%	81%
Serbia	62%	61%
Austria	59%	68%
Croatia	63%	60%



Structure of ball receiving of midfielders in
opposing half when receiving is not a one-
touch return pass

Country	Ball receptions with chest open forward	Ball reception with inside part of foot	Ball reception with other parts of foot and body
England	54%	70%	30%
Germany	52%	71%	29%
Spain	58%	84%	16%
Serbia	40%	57%	43%
Austria	43%	64%	36%
Croatia	38%	54%	46%



Structure of ball receiving of midfielders in
opposing half with chest towards depth



TE-TA

SUCCESS INDICATORS

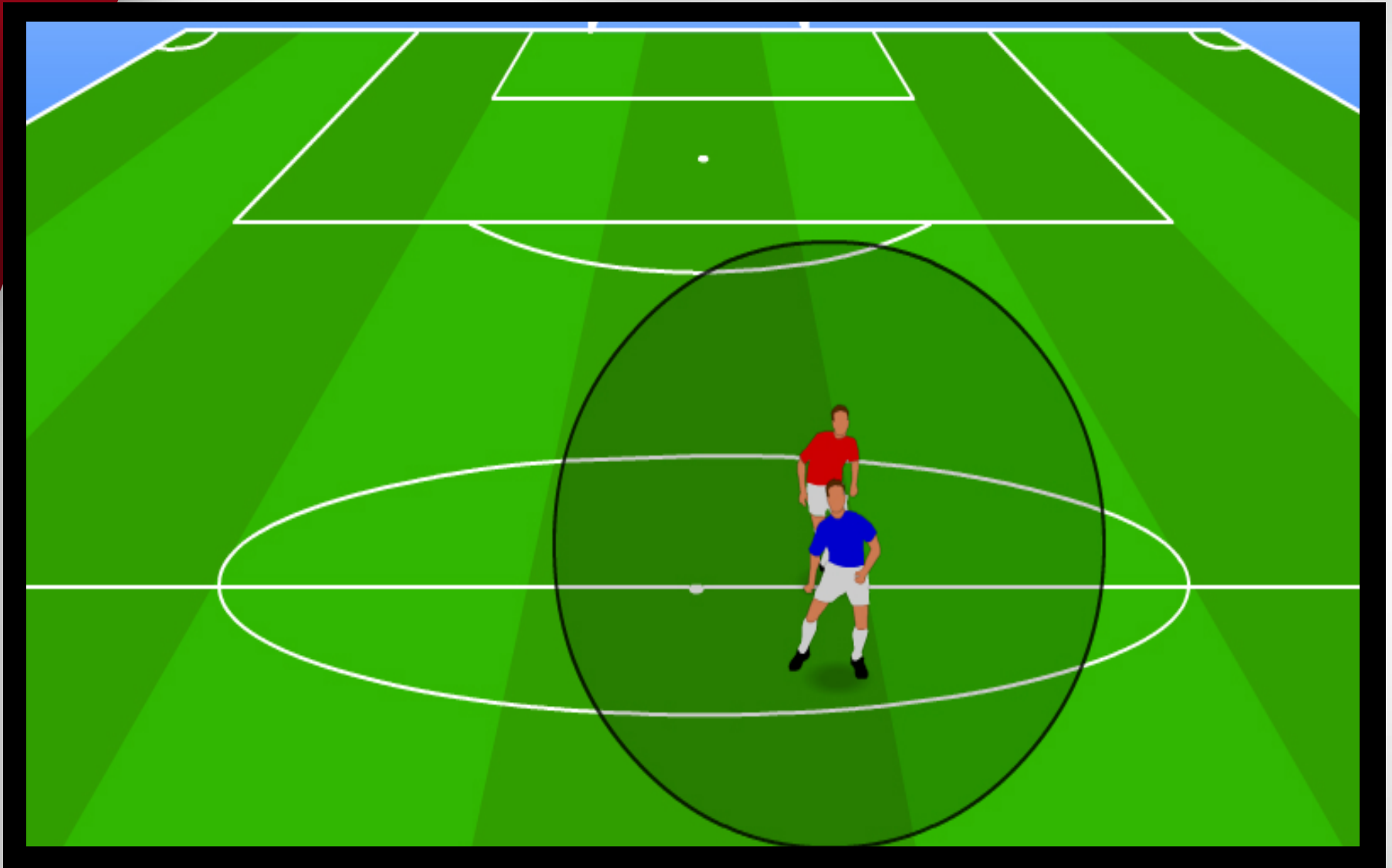
1. Progressive Ball possession

1. Speed of decision-making (space perception)
2. Body position
3. Space creation



**HRVATSKI
NOGOMETNI
SAVEZ**
CROATIAN FOOTBALL FEDERATION

Individual space creation



Individual space creation



Structure of quality individual space creation

Country	Individual space creation actions %
England	42
Germany	45
Spain	57
Croatia	31
Austria	29
Serbia	26

Individual space creation



TE-TA

SUCCESS INDICATORS

1. Progressive Ball possession

1. Speed of decision-making (space perception)
2. Body position
3. Space creation
4. Spaces between the lines



**HRVATSKI
NOGOMETNI
SAVEZ**
CROATIAN FOOTBALL FEDERATION

Usage of spaces between the lines



Percentage of between the lines entries

Country	Usage of space in between lines (%)
England	34
Germany	36
Spain	46
Serbia	23
Austria	32
Croatia	30



Usage of spaces between the lines



Usage of spaces between the lines



OTHER TE-TA SUCCESS INDICATORS



**HRVATSKI
NOGOMETNI
SAVEZ**

CROATIAN FOOTBALL FEDERATION

Number of players in the box upon a finishing action

Country	Avarage number of players in the box
England	2+-1
Germany	3+-1
Spain	4+-1
Serbia	2+-1
Austria	2+-1
Croatia	2+-1



Number of players in the box upon a
finishing action



Percentage of inside penetration of “opposite foot” wingers

Country	Inside penetration with ball attempts with the “wrong foot” wingers %
England	65
Germany	57
Spain	48
Serbia	71
Austria	63
Croatia	62



“Opposite foot” winger dribble



“Opposite foot” winger dribble



NATIONAL DEVELOPMENT CURRICULUM



**HRVATSKI
NOGOMETNI
SAVEZ**
CROATIAN FOOTBALL FEDERATION



WHY A DEVELOPMENT CURRICULUM?

- Unification of work program at national level
- Helping coaches in their work
- Focusing on a developmental style of play - possession
- Maximizing players potential
- Upgrading knowledge in stages
- Work in sensible phases of growth
- Easier adaptation to demands of the national team
- Better planing and work evaluation



DEVELOPMENT CURRICULUM IMPLEMENTATION



CURRICULUM BASIS

- Long-term player development planning
- Sensible phases
- Optimally adapted to the age group
- Efficiency in the use of training time
- Motor learning principles
- Sports training principles
- Coaching at edge of ability
- Coach as an accelerator of learning



DEVELOPMENT CURRICULUM CONTENT

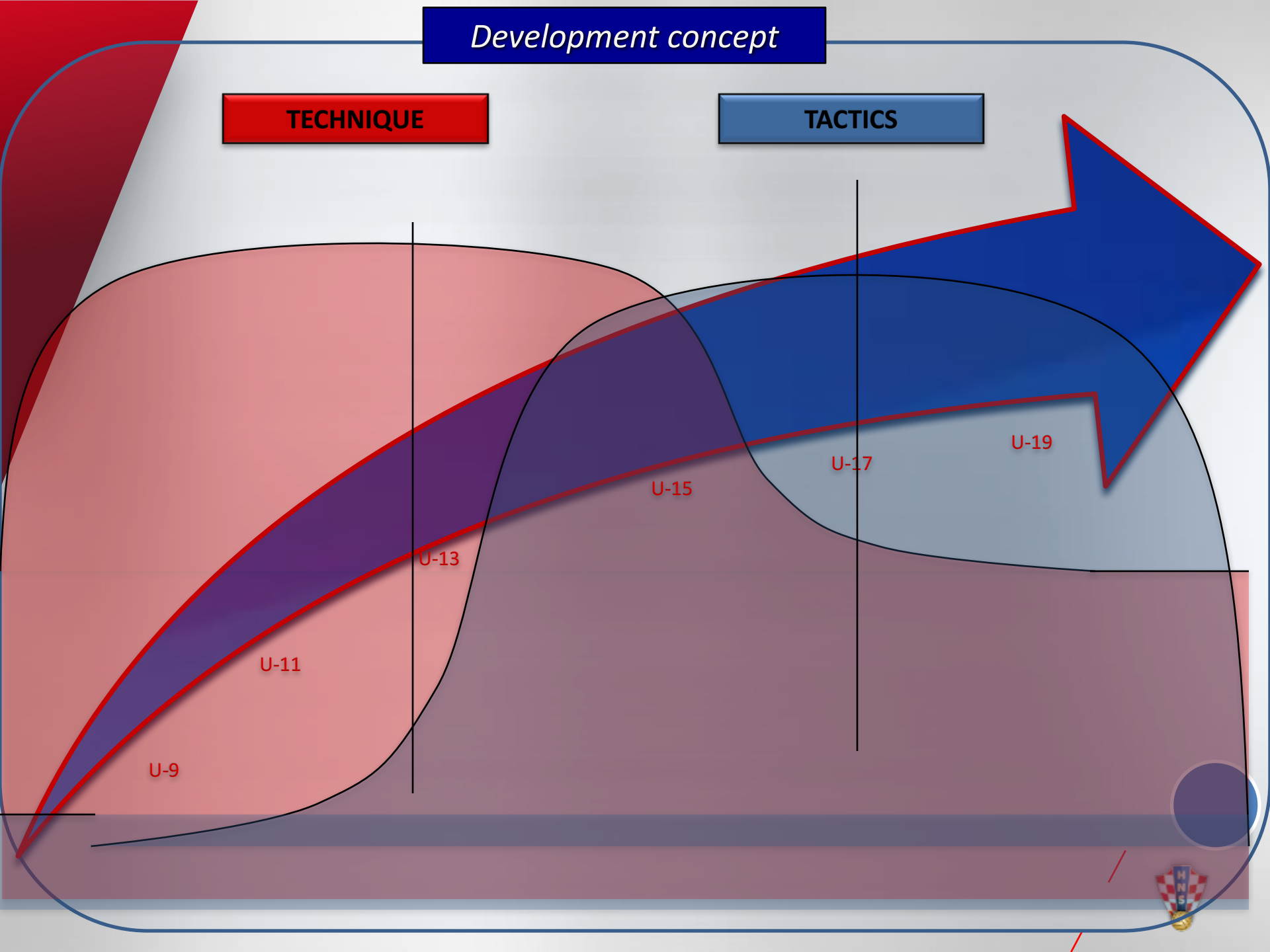
1. ■ DEVELOPMENT PRINCIPLES
2. ■ PERIODIZATION
3. ■ TRAINING MODEL
4. ■ PLANNING AND PROGRAMMING



Development concept

TECHNIQUE

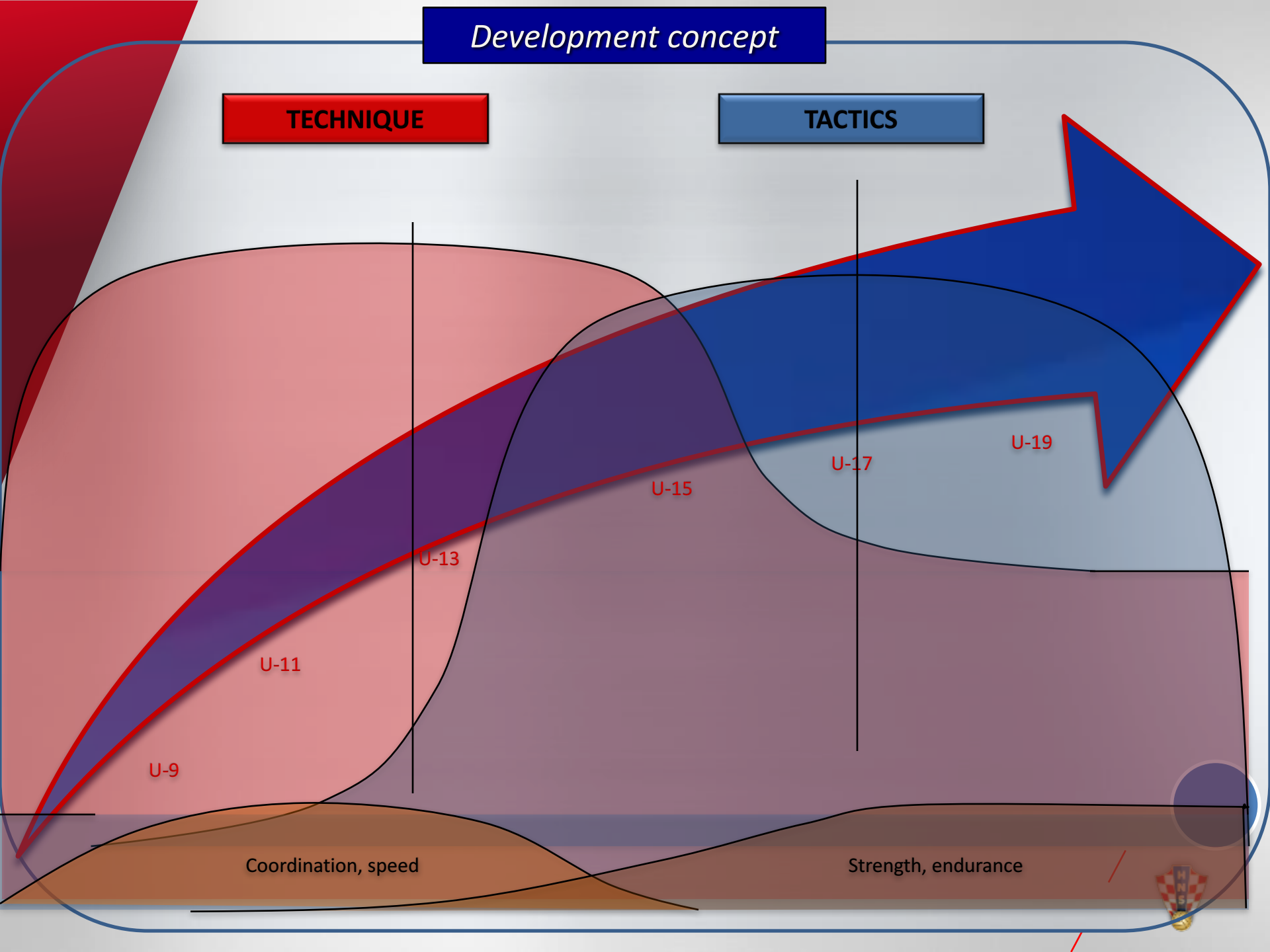
TACTICS



Development concept

TECHNIQUE

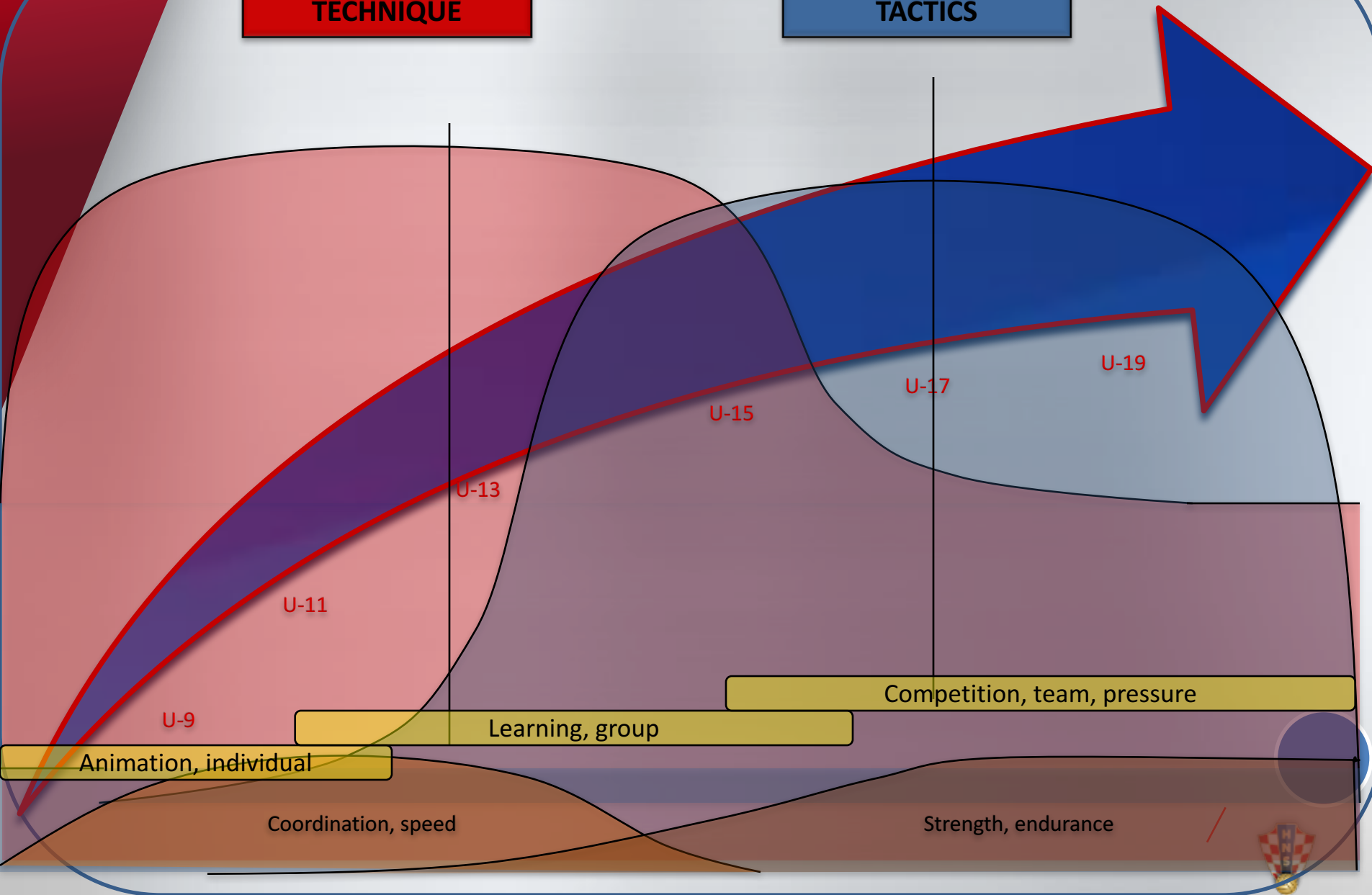
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Development concept

TECHNIQUE

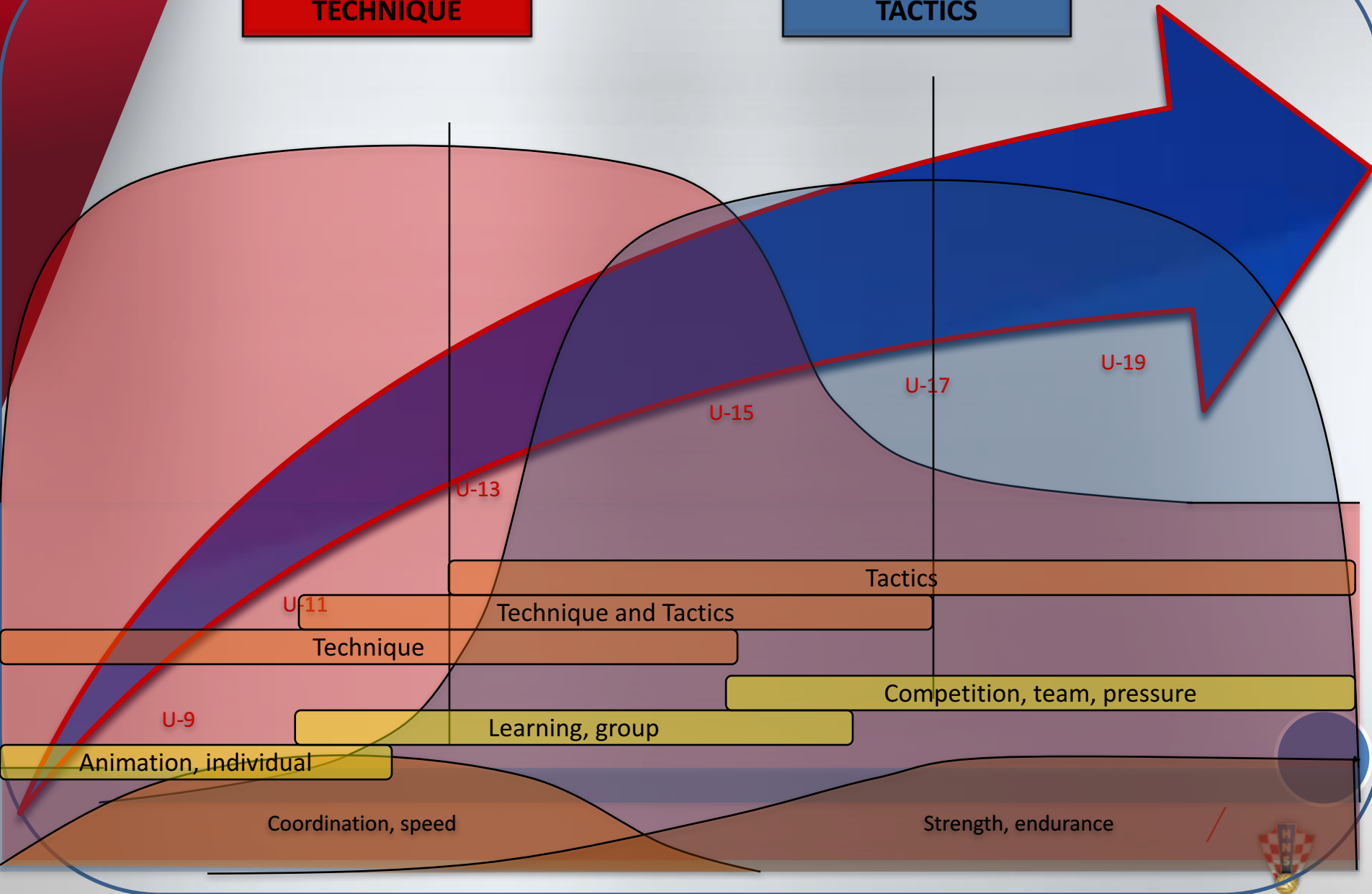
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Development concept

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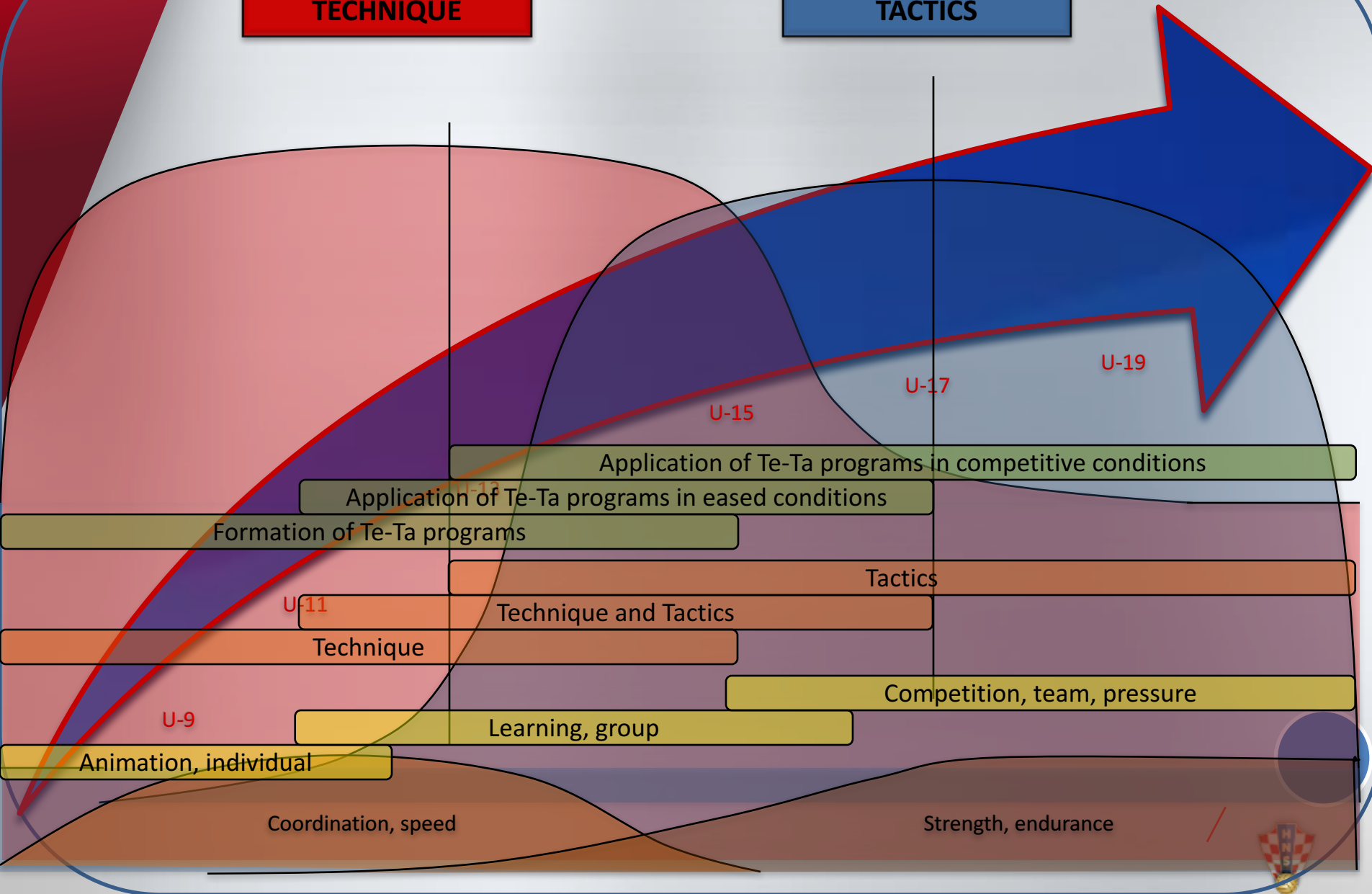
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Development concept

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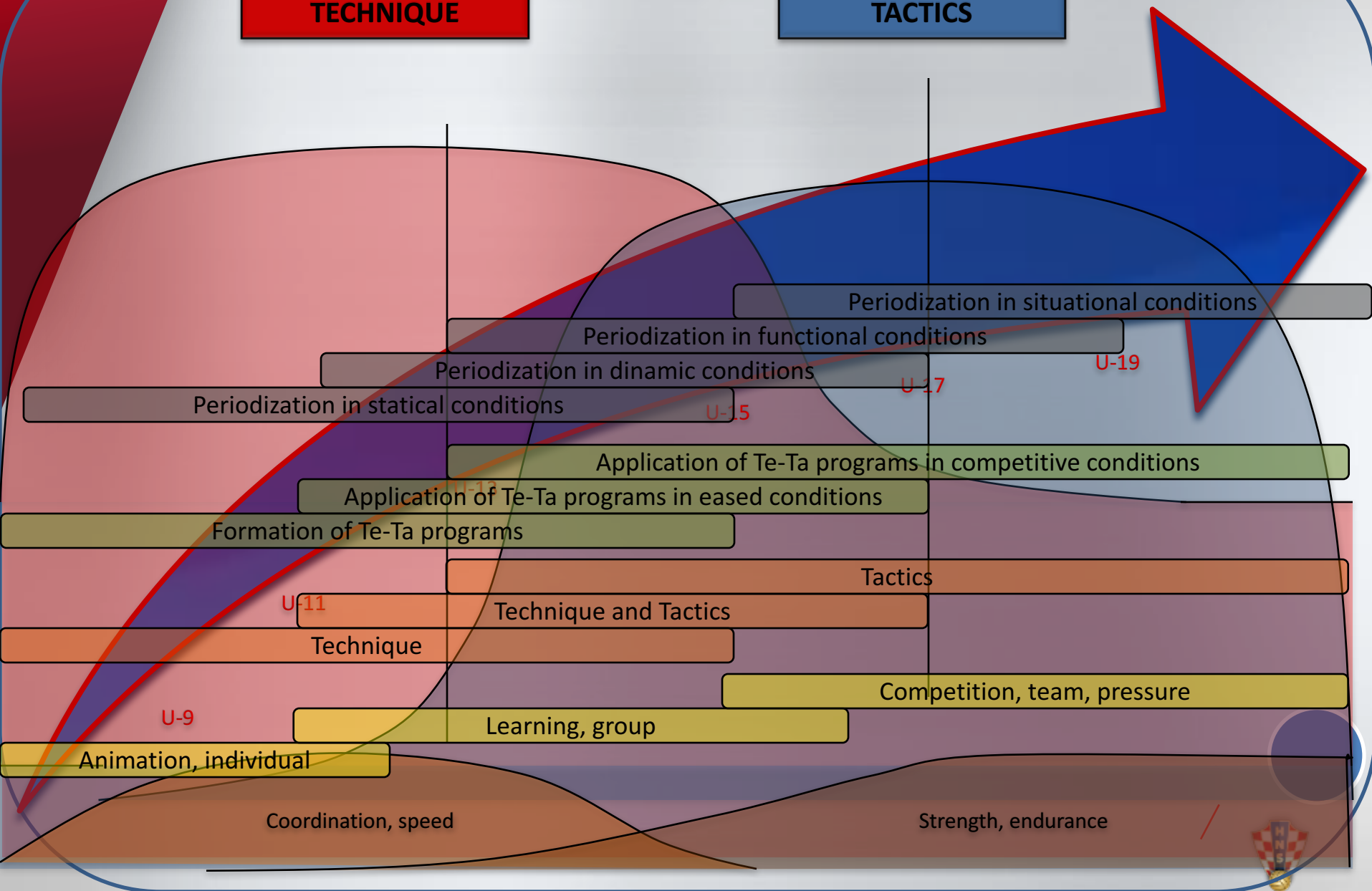
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Development concept

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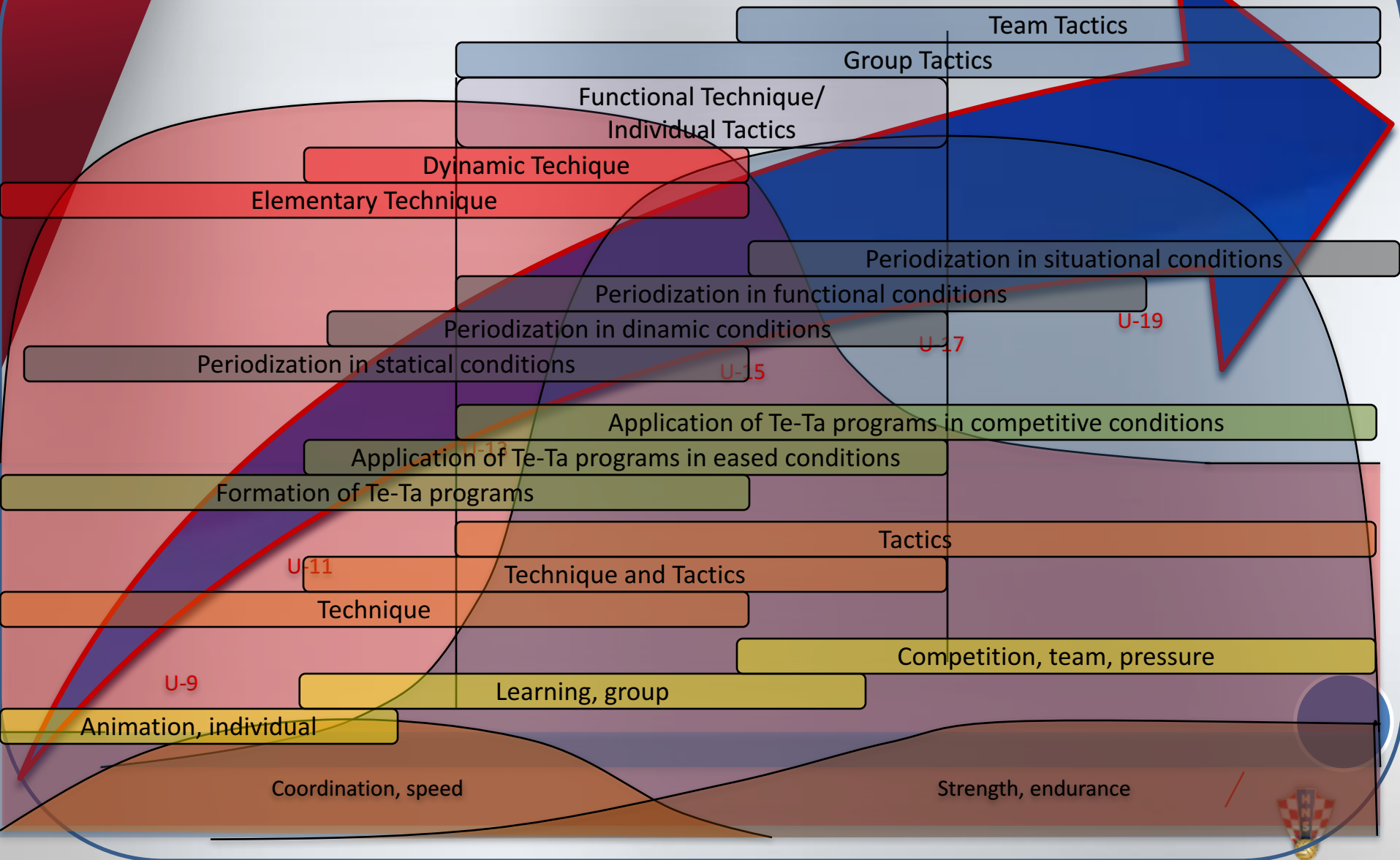
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Development concept

TECHNIQUE

TACTICS



PLAN I PROGRAM *NOGOMETNE ŠKOLE* DINAMO



The development concept - technique

Development of basic technique

Forming the TE-TA
knowledge and
understanding the game

TE-TA requirements through
competition

1. INDIVIDUAL TECHNIQUE

2. DFT IN GROUP

3. TEAM CONCEPT

U8 -
U11

U12
U13

U14
U15

U16 -
U18

U19 -
U21

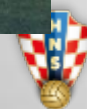




Finals 2015, Krakow:
Manchester City – Dinamo (U-11)



2004 born - All 14 players are together for 3 years
and play today in 2016 for U-13

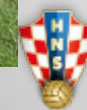




Finals 2012, Vienna: Barcelona – Dinamo (U-11)



2002 born - 9 players play today in 2016 for U-15





Finals 2012, Vienna: Dinamo – Milan (U-10)



2003 born - 10 players play today in 2016 for U-14



Categories U-8 and U-11



Having fun playing football



Learn to play soccer through games



Learn the basic techniques by playing (dribbling, passing, leading the ball)



Information about possible simple tactical advices what help in preventing and scoring a goal



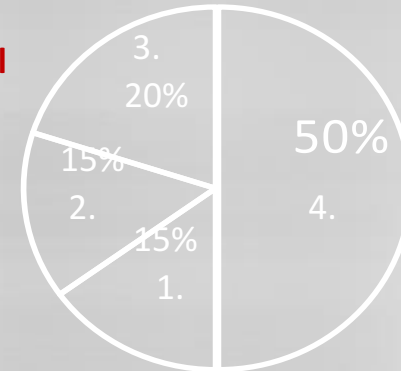
Motivate them to move through multilateral games



No pressure and ultimatums!

2. Multilateral exercises with ball

1. Multilateral sport activities



3. Introduction to the technique through game

4. Free game in small numerical relations

Global guidelines

- 1 Small groups, lots of movement for everyone!
- 2 Interest the child to move and play!
- 3 Intelligently implement basic movements!
- 4 The different tasks with different balls!
- 5 Explain the easiest rules of playing!
- 6 Be open and ready to children's reactions!





Technical elements– U-8 (38)

STRIKES: (4):

- 1.Stricking the ball using laces
- 2.Stricking the ball using the inside of the foot
- 10. Forward volley with laces
- 28. Shorter distance shoots (up to 10 meters)

DRIBBLINGS(8):

- 31. Dribbling the ball with laces
- 32. Dribbling the ball using the outside of the foot
- 33. Dribbling the ball using the sole of the foot
- 34. Dribbling the ball using the inside of the foot
- 35. Dribbling the ball using the inside and the outside of the same foot
- 38. Kombined dribbling
- 39. Dribbling the ball straight forward
- 40. Dribbling the ball zig-zag
- 44. Dribbling the ball in basic speed

FEINTS (7):

- 49. Feinting with the outside of the foot
- 50. Feinting with the inside of the foot
- 51. Feint left – go right using the outside of the foot
- 52. Feint right – go left using the outside of the foot
- 57. Overlap feint
- 59. False shoot feint using the inside of the foot
- 61. Fliper feint

RECEIVING (ball on the ground)(5):

- 78. Receiving the ball using the inside of the foot
- 79. Receiving the ball using the sole of the foot

RECEIVING (arial balls)(5):

- 82. Receiving the ball using laces

- 83. Receiving the ball using the sole of the foot

- 84. Receiving the ball using the upper leg

TRANSFERING THE BALL (ball on the ground) (1):

- 93. Transferring the ball using the inside of the foot

TRANSFERING THE BALL (arial balls) (2):

- 97. Transferring the ball using the laces

- 98. Transferring the ball using the sole of the foot

PASSING (5):

- 108. Passing the ball using the inside of the foot

- 111. Passing the ball towards you teammate

- 112. Passing the ball towards you teammate to free area - forward

- 114. Passing the ball towards you teammate to free area - wide

- 118. Short passes (up to 10 meters)

KICKING THE BALL AWAY (1):

- 121. Kicking the upcomming ball away on the ground infront of the opponent

TACKLING(3):

- 128. Basic tackling – in front

- 129. Basic tackling – sideways

- 130. Basic tackling – behind

OPENING UP (2):

- 148. Open up - wide

- 149. „Real” opening direct cooperation with your teammate)



Technical elements – U-9 (33)

STRICKING (6):

- 1. Striking the ball using the inside of the foot – curve
- 2. Striking the ball using the outside of the foot
- 11. Forward volley using the inside of the foot
- 13. Side volley using the inside of the foot
- 29. Middler distance shoots (up to 20 meters)

DRIBBLINGS (5):

- 36. Dribbling the ball using the inside and the outside of the both feet
- 37. Pextended dribbling – Marko Mlinarić
- 41. Semi circle dribbling
- 42. Circular dribbling
- 45. Dribbling the ball in average speed

FEINTS (9):

- 53. Feint left – go right using the inside of the foot
- 54. Feint right – go left using the inside of the foot
- 55. Double feint
- 56. Rolling feint
- 59. False shoot feint using the outside of the foot
- 63. Bicycle feint
- 64. Double bicycle feint
- 65. Feint – using the sole of the foot backwards
- 66. Stop and Go feint

RECEIVING (ball on the ground)((2):

- 80. Receiving the ball using the outside of the foot
- 81. Receiving the ball using the laces

RECEIVING (arial balls) (1):

- 85. Receiving the ball using the inside of the foot

TRANSFERING THE BALL (arial balls) (1):

- 100. Transfering the ball using the inside of the foot

PASSING (3):

- 113. Passing the ball towards you teammate to free area - backwards
- 115. Back pass
- 119. Middle passes (from 10 to 20 meters)

KICKING THE BALL AWAY(1):

- 123. Kicking the ball away after bouncing infront of the opponent

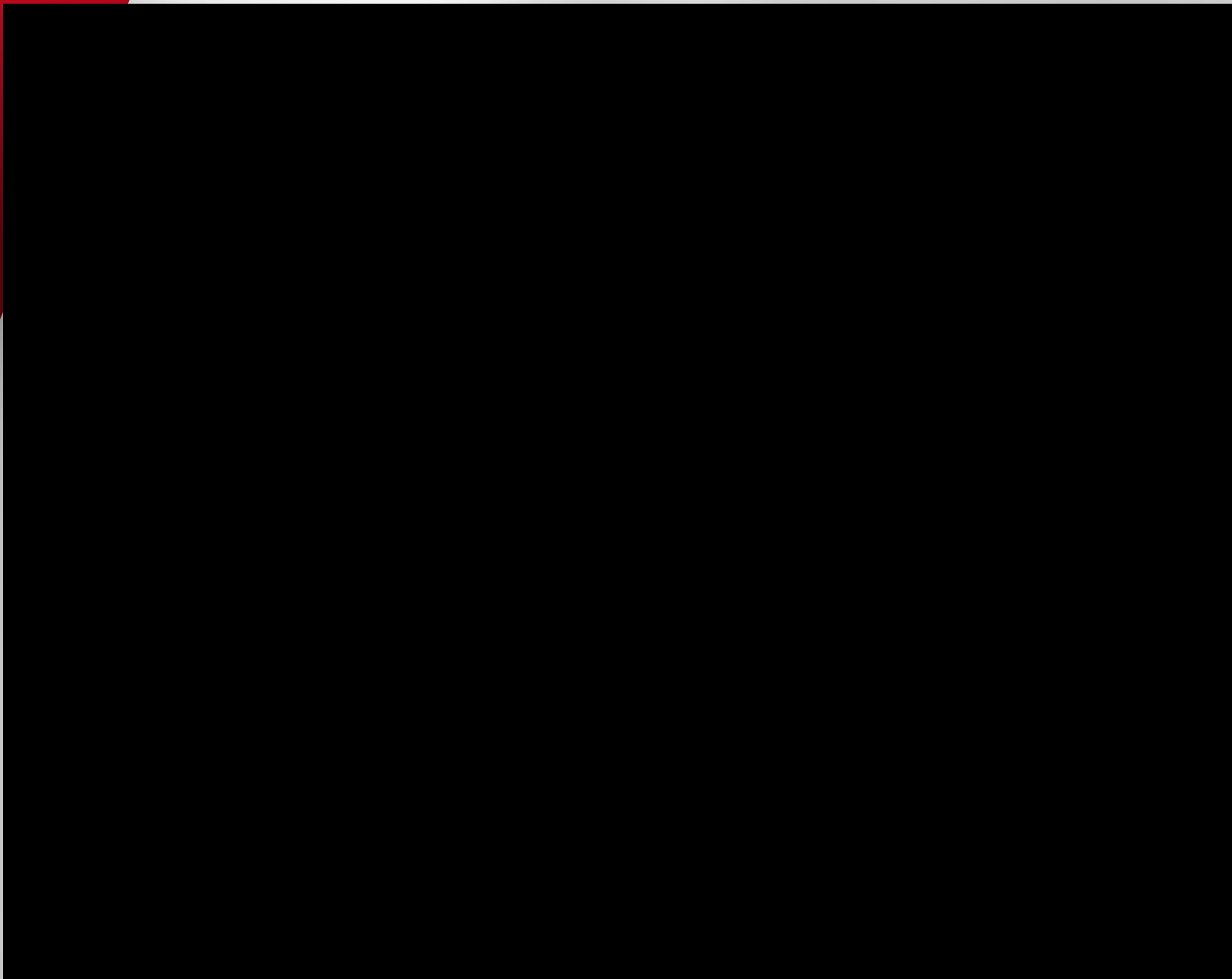
TACKLING(4):

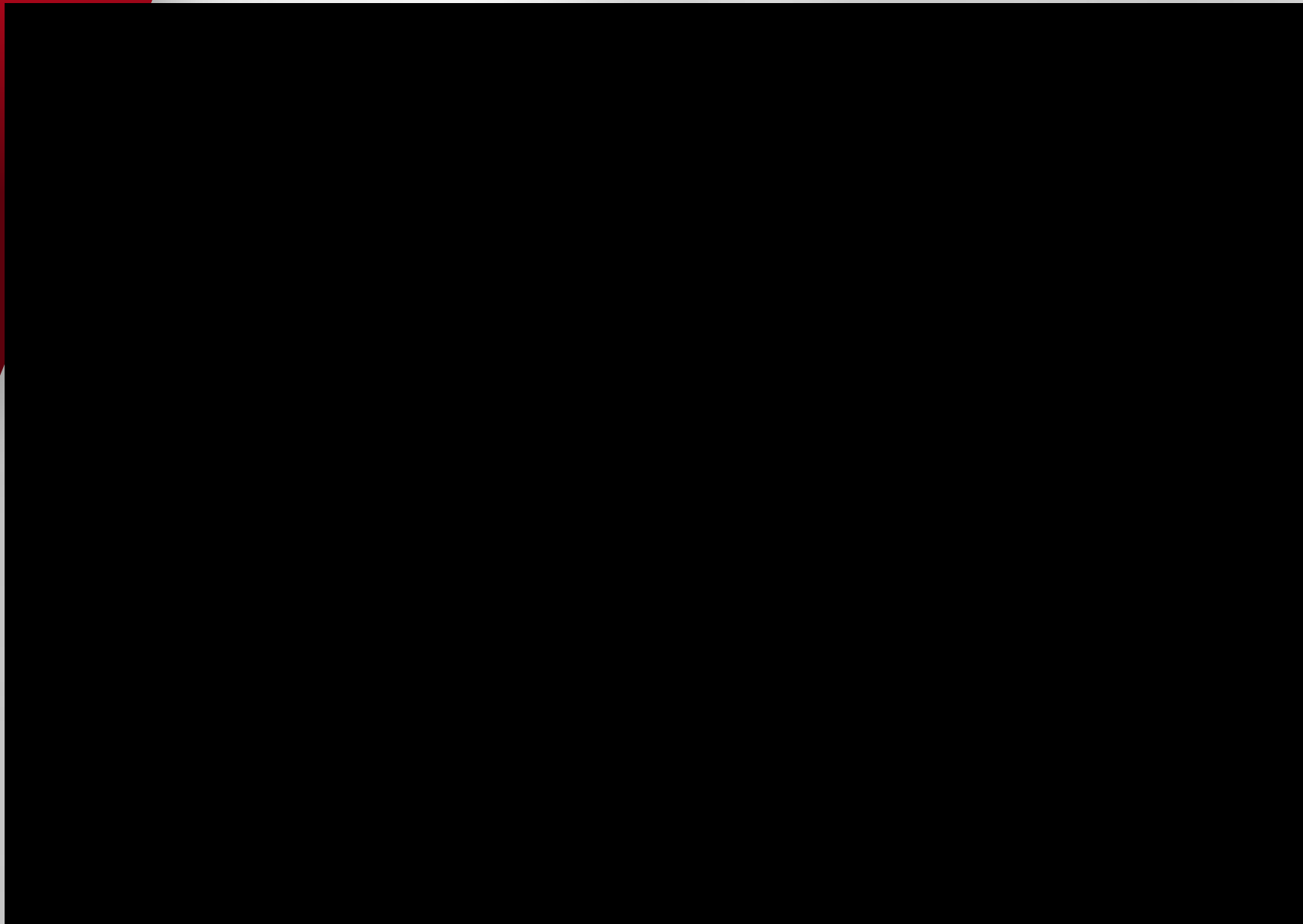
- 131. Tackling – from a dribble line (shoulder to shoudler)
- 136. Tackling the ball while intercepting infront of the opponent
- 138. Tackling the ball while intercepting infront of the opponent after bouncing
- 139. Tackling the ball before she was recieved by opponent

OPENING UP (1):

- 150. False opening up (creating free space)









Technical elements – U-10 (30)

1. STRIKES (3):

- 1. Stricking the ball using the inside of the foot – curve
- 5. Stricking the ball using the inside of laces
- 8. Stricking the ball using the outside of the ball – curve

3. STRICKING THE BALL AFTER THE BOUNCE (half volley) (2):

- 17. Forward half volley (inside/outside of the foot)
- 18. Side half volley (inside/outside of the foot)

4. HEAD STRIKES (on the ground) (2):

- 19. Forward swing
- 20. Side swing

8. DRIBBLING THE BALL CONSIDERING THE DIRECTION OF MOVEMENT (1):

- 43. Dribbling the ball using the sole of the foot backwards

9. DRIBBLING THE BALL CONSIDERING THE SPEED (1):

- 46. Dribbling the ball while running in submaximum i maximum speed

11. FEINTS (4):

- 60. False shoot feint – dragging the ball using sole of the foot
- 62. Step over feint
- 67. Pirouette feint
- 68. Rolling Step over feint

15. RECEIVING (arial balls) (4):

- 86. Receiving the ball using the outside of the foot
- 87. Receiving the ball using the chest
- 89. Receiving the ball using the inside of the foot after bouncing
- 90. Receiving the ball using the outside of the foot after bouncing

16. TRANSFERING THE BALL (ball on the ground) (2):

- 95. Transfering the ball using the outside of the foot
- 96. Transfering the ball using the laces

16. TRANSFERING THE BALL (arial balls) (2):

- 99. Transfering the ball using the upper leg
- 101. Transfering the ball using the outside of the foot

17. PASSING (1):

- 109. Passing the ball using the outside of the foot

20. KICKING THE BALL AWAY (3):

- 122. Kicking the arial ball away in front of the opponent
- 124. Heading the arial ball away in front of the opponent
- 125. Heading the arial ball away behind of the opponent

21. TACKLING TYPE (1):

- 132. Front slide

22. TACKLING - CONSIDERING THE TIMMING OF TACKLE (1):

- 140. Tackling the ball at the moment of receiving

24. INTERFERENCE (2):

- 144. Interfering the opposing player
- 145. Interfering the opposing goalkicker

25. OPENING UP (1):

- 151. Deceiving opening up (It allows the teammate to enter the free space)



Technical elements – U-11 (30)

1. STRIKES (2):

- 4. Stricking the ball using the toes – toe stricke
- 9. Stricking the ball using the heel

2. STRICKING THE ARIAL BALL (voleys) (1):

- 14. Front scissors

6. OTHER STRICKES(1):

- 30. Long distance shoots (over 20 meters)

11. FEINTS (3):

- 69. Inside-outside feint– breaking feint
- 70. outside-inside feint – snake feint
- 71. 108 degree turn using the outside of the foot - Denis Bergkamp feint

15. RECEIVING (arial balls) (3):

- 88. Receiving the ball using the head
- 91. Receiving the ball after bouncing using the body
- 92. Receiving the ball after bouncing using the head

16. TRANSFERING THE BALL (arial balls) (6):

- 102. Transferring the ball using the chest
- 103. Transferring the ball using the head
- 104. Transferring the ball after bouncing using the inside of the foot
- 105. Transferring the ball after bouncing using the outside of the foot
- 106. Transferring the ball after bouncing using the body
- 107. Transferring the ball after bouncing using the head

17. PASSING(1):

- 110. Passing the ball using laces

18. PASSING – CONSIDERING THE DIRECTION OF THE PASS (2):

- 116. Passing diagonally forward
- 117. Passing diagonally backward

19. PASSING – CONSIDERING THE DISTANCE OF THE PASS (1):

- 120. Long distance passes (over 20 meters)

20. KICKING THE BALL AWAY (2):

- 126. Heading the arial ball away after bouncing infront of the opponent
- 127. Heading the arial ball away after bouncing behind of the opponent

21. TACKLING TYPE (4):

- 133. Side slide (leg closer to the opponent)
- 134. Side slide (leg further to the opponent)
- 135. Sliding from behind
- 137. Tackling the arial ball infront of the opponent - interception

22. TACKLING THE BALL CONSIDERING TIMING OF THE TACKLE (1):

- 141. Oduzimanje lopte nakon što ju je protivnički igrač primio

23. MARKING (1):

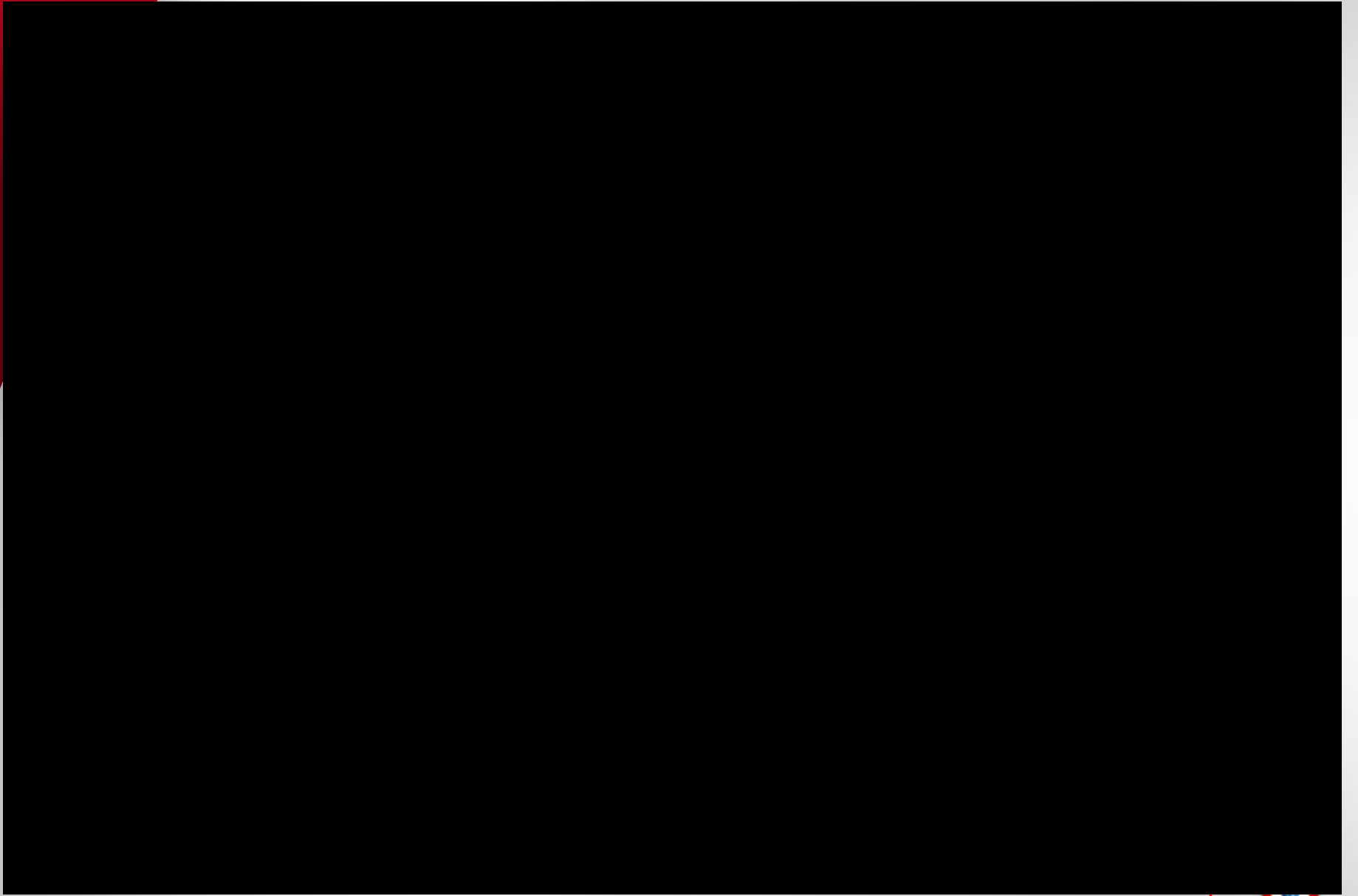
- 142. Man marking (active)
- 143. Man makring (pasive)

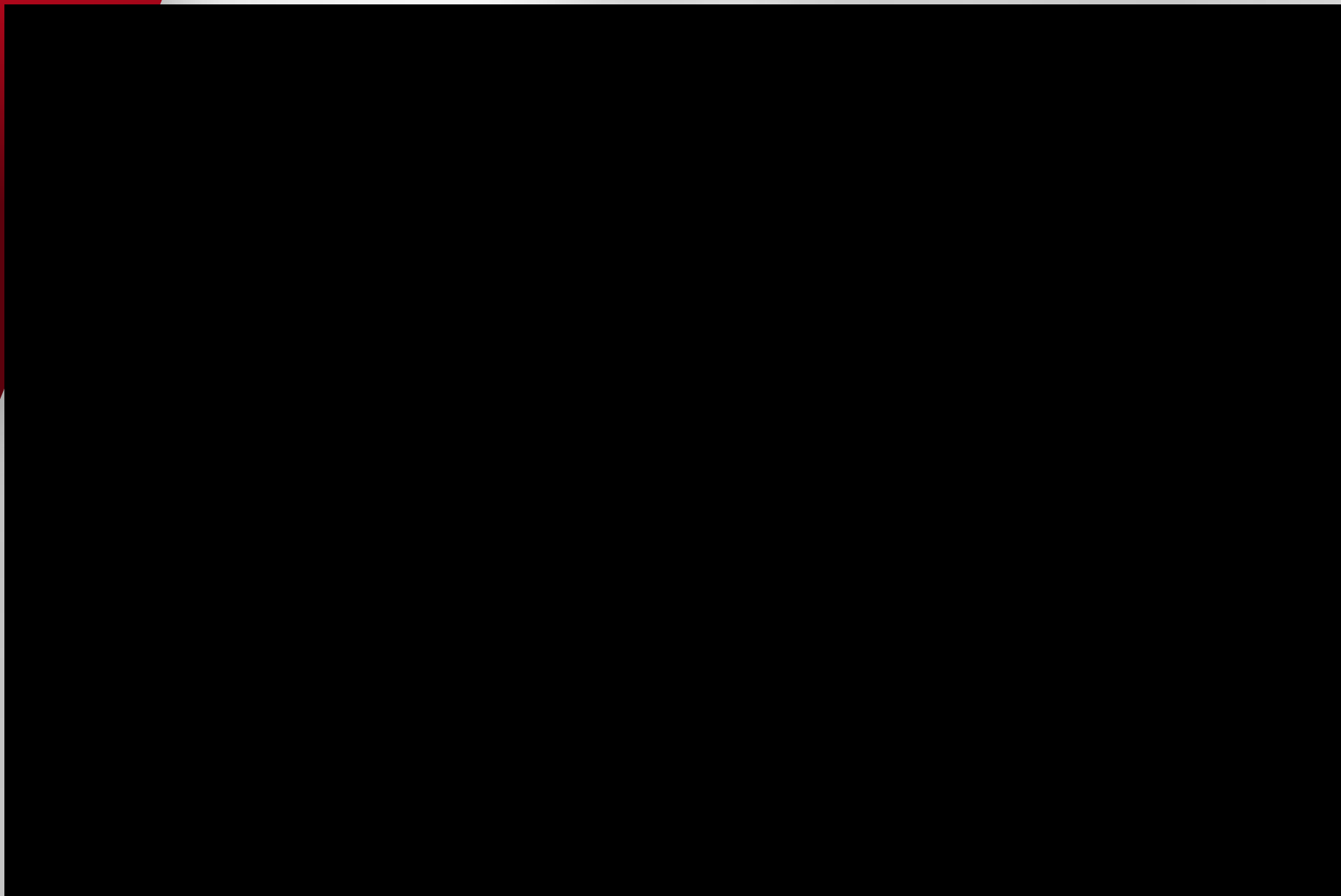
25. TACKING OVER

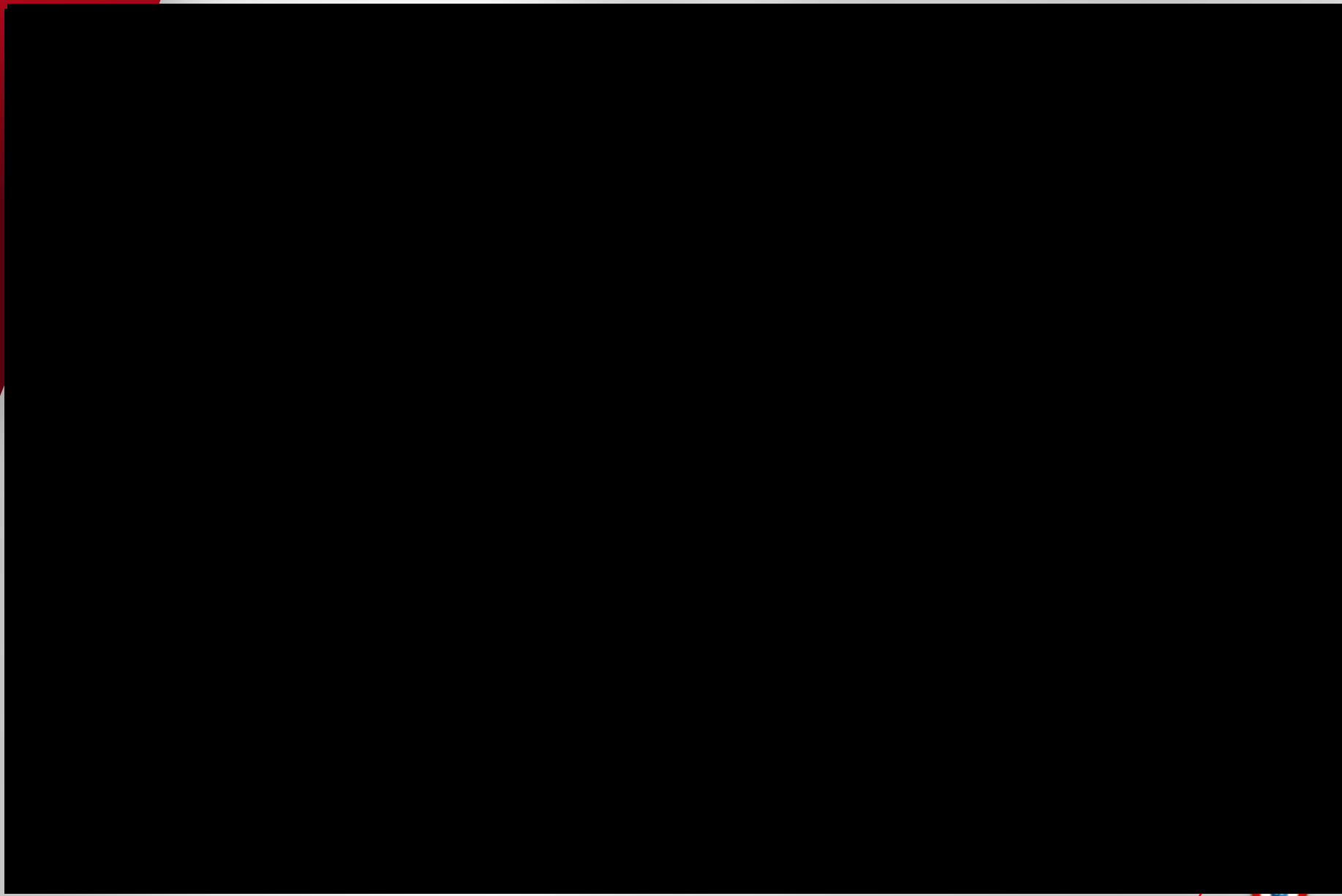
- 146. Active taking over (changing the position in formation)

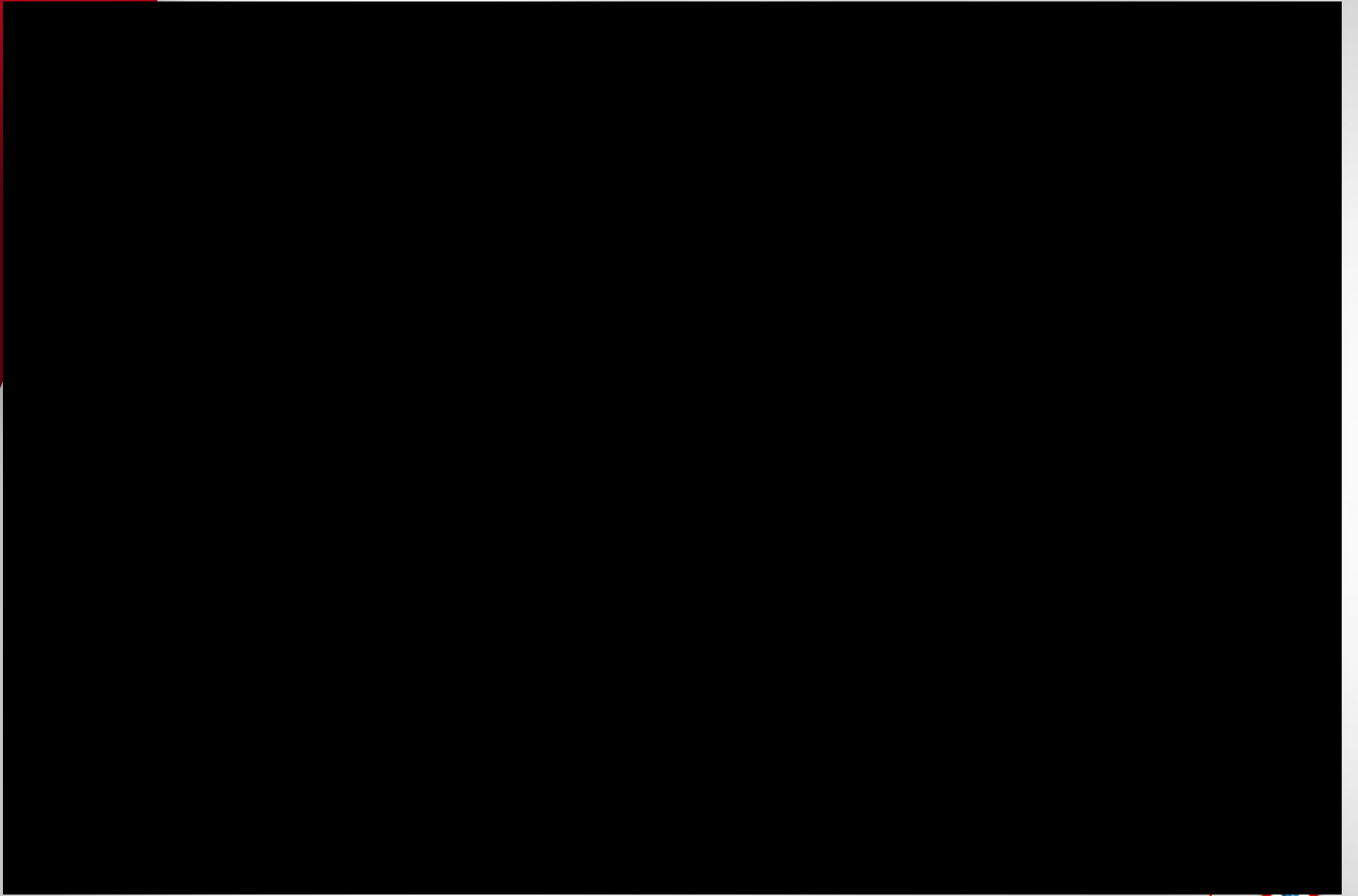














Methodical development of precision from U-7 to U-12

- U-7 taking down cones in corridor USS
- U-8 hitting cones with hand and feet 5m away
- U-9 USS shooting on small goal 10m away
- U-10 hitting goal post from 11m away
- U-11 arial long ball 15 m, trying to hit the ball in between two bars
- U-12 arial long ball on 30m distance





1.

DEVELOPMENT PRINCIPLES



1.

DEVELOPMENT PRINCIPLES

1. UNIVERSAL TE-TA PRINCIPLES



1.

DEVELOPMENT PRINCIPLES

1. UNIVERSAL TE-TA PRINCIPLES

2. FUNCTIONAL TE-TA PRINCIPLES



1.

DEVELOPMENT PRINCIPLES

1. UNIVERSAL TE-TA PRINCIPLES

2. FUNCTIONAL TE-TA PRINCIPLES

3. SITUATIONAL TE-TA PRINCIPLES



10 DEVELOPMENT PRINCIPLES

UNIVERSAL PRINCIPLES

1.QUICK AND CORRECT PASSING AND RECEIVING

2.DECISION MAKING AND BODY POSITION WHILE RECEIVING

3.INDIVIDUAL SPACE CREATION

4.COLLECTIVE SPACE CREATION

5.WALL-PASS – PLAY TO THE THIRD PLAYER



10 DEVELOPMENT PRINCIPLES

FUNCTIONAL and SITUATIONAL PRINCIPLES

6. PROPER SPACING OF PLAYERS IN POSSESSION

7. USAGE OF SPACE BETWEEN THE LINES

8. SWITCHING THE SIDE

9. INDIVIDUAL PENETRATION

10. CREATING PLAYER SURPLUS



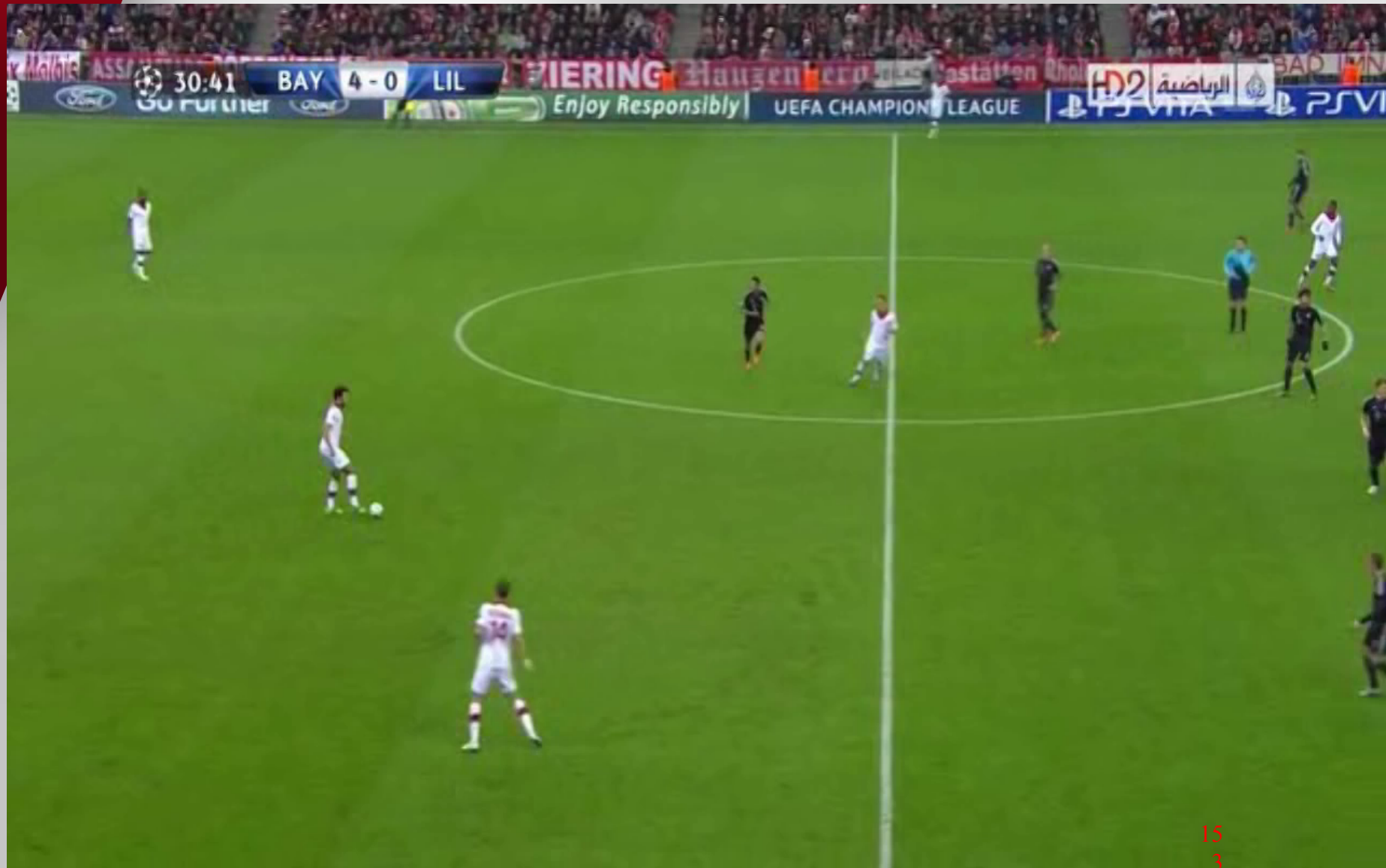
1. QUICK AND CORRECT PASSING AND RECEIVING

DEMANDS:

- Quick passing and receiving
- Firm pass on the ground with the inside of the foot
- In circumstances without pressure, passing to the opposite foot in relation to the direction where the ball came from (across the body)
- In circumstances of pressure, passing to the foot further away from the opponent
- Passing and receiving with inside of the opposite foot
- Receiving with inside of one foot, passing with the inside of the other foot



1. QUICK AND CORRECT PASSING AND RECEIVING



2. DECISION MAKING AND BODY POSITION WHILE RECEIVING THE BALL

DEMANDS:

- Look over the shoulder before receiving the ball
- Verbal communication
- Receiving the ball with chest towards depth
- Receiving with a turn or one touch pass back to the same or to the third player
- Receiving while escaping the place of contact and change of rhythm



3. INDIVIDUAL SPACE CREATION

DEMANDS:

- Vertically – check to-check away or check away-check to
- Diagonally - check to-check away or check away-check to
- Sideways - opening or sideways opening

4. COLLECTIVE SPACE CREATION

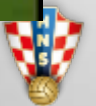
- Space opening
- Crossings
- Rotations



3. INDIVIDUAL SPACE CREATION - depth



4. COLLECTIVE SPACE CREATION



5. WALL-PASS – PLAY TO THE THIRD PLAYER

DEMANDS:

- Wall pass
- Play to the third player
- Composure under pressure
- Correct timing of opening and decision making



5. WALL-PASS – PLAY TO THE THIRD PLAYER



6. PROPER SPACING OF PLAYERS IN POSSESSION

DEMANDS:

- Support teammate in width and depth
- Support teammate to cooperate in a triangle
- Check to the teammate under pressure from depth
- Respect the player in a better position

7. USAGE OF SPACE BETWEEN THE LINES

- Opening into spaces between the lines
- Passing into spaces between the lines
- Using space between the lines to shoot without block



8. SWITCHING THE SIDE

DEMANDS:

- After regaining possession, first touch load off
- First seek to play in "depth", then wide
- Switching of side in situation of numerical inferiority



9. INDIVIDUAL PENETRATION

DEMANDS:

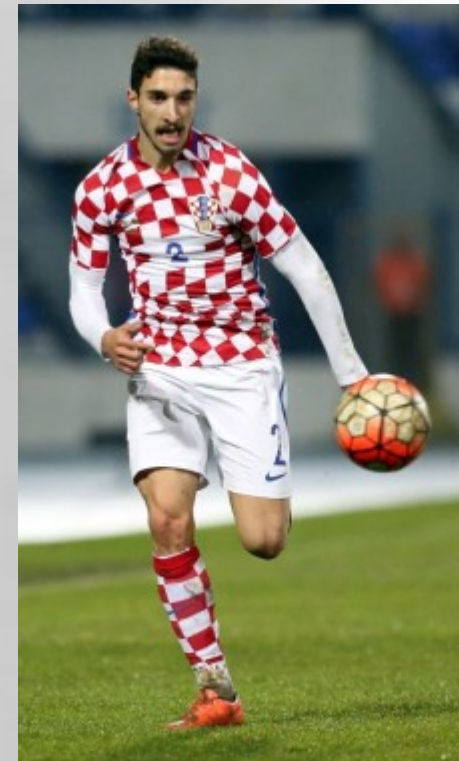
- Conquering space with dribbling
- Pulling the defender out of position
- Creating player surplus 1v1
- Changing movement rhythm



10. CREATING PLAYER SURPLUS

DEMANDS:

- Creating surplus in front of teammate with a vertical or diagonal through run in depth through/behind lines (underlap)
- Creating surplus by overlapping (running behind the players back)
- Passing behind the opponents line
- Finishing with 3-4 players in the box



2.

PERIODIZATION

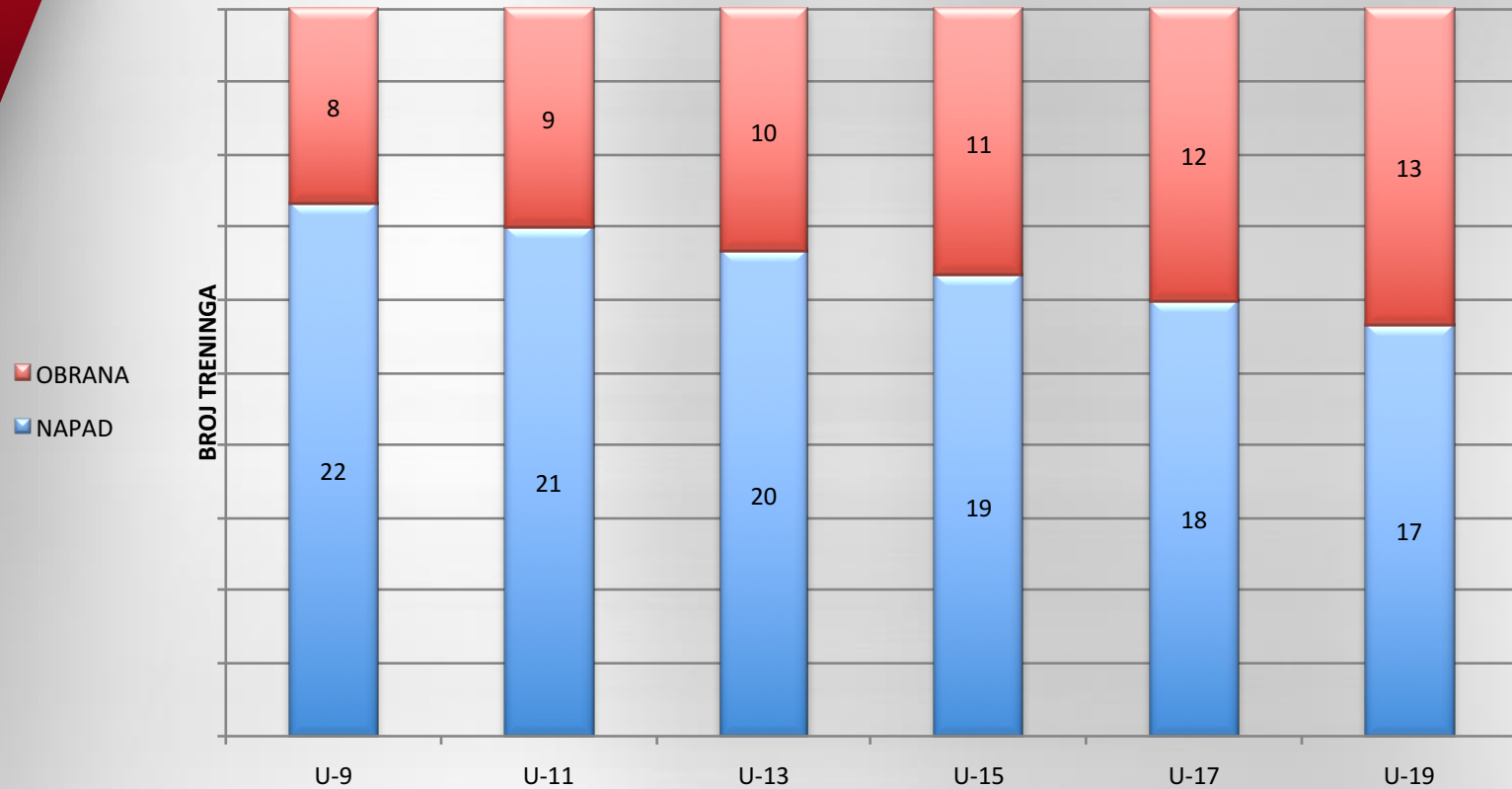


Periodization

Cycle	Cycle length (in weeks)	Training number
Macrocycle	22-24 (half-season)	x 3/4 mesocycle
Mesocycle	6	30 trainings
Microcycle	1	5 trainings a week
Training		

Category	Weekly training number	Mesocycle length (in weeks)	Mesocycle repetition in half-season
U9	3	10	x2
U11	4	7.5	x3
U13	4	7.5	x3
U15	5	6	x4
U17	5	6	x4
U19	5	6	x4

Training periodization (30 trainings)



MOMENT	U-9	U-11	U-13	U-15	U-17	U-19
ATTACK	22	21	20	19	18	17
DEFENSE	8	9	10	11	12	13



PERIODIZATION OF TE-TA PRINCIPLES ON OFFENSE

PRINCIPLES	U-9	U-11	U-13	U-15	U-17	U-19
QUICK AND CORRECT PASSING AND RECEIVING	4	7	9	9	7	6
BODY POSITION AND DECISION MAKING	2	5	10	10	8	6
INDIVIDUAL SPACE CREATION	2	8	10	10	8	6
COLLECTIVE SPACE CREATION	0	0	3	5	7	9
WALL-PASS – PLAY TO THE THIRD PLAYER	2	4	6	6	8	10
PROPER SPACING OF PLAYERS IN POSSESSION	2	3	5	7	8	9
SWITCHING THE SIDE	1	2	3	4	6	8
USAGE OF SPACE BETWEEN THE LINES	0	0	2	4	6	8
INDIVIDUAL PENETRATION	10	8	6	4	2	1
CREATING PLAYER SURPLUS	1	2	3	4	6	6



DEFENSE PRINCIPLES

FUNCTIONAL

INDIVIDUAL DEFENSE

2-3-4 PLAYERS IN HORIZONTAL RELATION

2-3-4 PLAYERS IN VERTICAL RELATION

TEAM DEFENSE



INDIVIDUAL DEFENSE

- Reaction to lost ball
- Delaying and directing the play(er)
- Aggressiveness in duel



2-3-4 PLAYERS IN HORIZONTAL RELATION

- Prevention of playing into depth – diagonal cover
- Passing player on out of zone of individual defense
- Over-taking of players by width
- Timely step out to the player in the line in front, and return to the zone after failed pressure
- Movements of defense line in relation to open, closed and return ball
- Stepping out of the defense line to block a shot



2-3-4 PLAYER IN VERTICAL RELATION

- Over-taking of players by width
- Prevention of switching the side
- Doubling and tripling of players
- Verbal communication



TEAM DEFENSE

- Narrow standing by width and depth
- Joint action of team lines when switching from one defense type to another (zonal defense to zonal pressing and zonal pressing to high pressing)



ZONAL DEFENSE

- Over-taking players by width
- Over-taking players by depth
- Prevention of switching the side
- Prevention of playing into depth – diagonal cover
- Timely step out to the player in the line in front, and return to the zone after failed pressure
- Narrow standing by width and depth
- Delaying and directing the play(er)
- Aggressiveness in duel
- Doubling and tripling players
- Passing player on out of zone of individual defense
- Movements of defense line in relation to open, closed and return ball
- Stepping out of the defense line to block a shot
- Verbal communication



ZONAL PRESSING

- Over-taking players by depth
- Joint action of team lines when switching from one defense type to another (zonal defense to zonal pressing and zonal pressing to high pressing)
- Prevention of switching the side
- Movements of defense line in relation to open, closed and return ball
- Stepping out of the defense line to block a shot
- Narrow standing by width and depth
- Slowing down and routing
- Doubling and tripling of players
- Verbal communication



PRESSING

- Reaction to lost ball
- Joint action of team lines when switching from one defense type to another (zonal defense to zonal pressing and zonal pressing to high pressing)
- Over-taking players by depth
- Over-taking players by width
- Prevention of switching the side
- Delaying and directing the play(er)
- Doubling and tripling of players
- Verbal communication



DEFENSE PRINCIPLES

FUNCTIONAL

INDIVIDUAL DEFENSE

2-3-4 PLAYERS IN HORIZONTAL RELATION

2-3-4 PLAYERS IN VERTICAL RELATION

TEAM DEFENSE

SITUATIONAL

ZONAL DEFENSE

ZONAL PRESSING

PRESSING



PERIODIZATION of DEFENSIVE PRINCIPLES

PRINCIPLES	U-9	U-11	U-13	U-15	U-17	U-19
INDIVIDUAL	8	8	6	4	2	1
2-3-4 PLAYERS IN HORIZONTAL RELATION	0	3	6	8	8	6
2-3-4 PLAYERS IN VERTICAL RELATION	0	0	2	4	6	8
TEAM	0	0	2	5	8	10



Periodization of FUNCTIONAL TRAINING U9-U15

MOMENTS and SUBPHASES	U-9	U-11	U-13	U-15
ATTACK	22	21	20	19
INDIVIDUAL PENETRATION	12	10	8	5
GROUP PENETRATION	5	6	7	7
POSSESSION	5	5	5	7
DEFENSE	8	9	10	11
INDIVIDUAL	6	6	4	2
2-3-4 PLAYERS IN HORIZONTAL RELATION	2	2	3	4
2-3-4 PLAYERS IN VERTICAL RELATION	0	1	2	3
TEAM	0	0	1	2



Periodization of SITUATIONAL TRAINING U15-U19

MOMENTS and SUBPHASES	U-15	U-17	U-19
ATTACK	19	18	17
BUILD-UP	6	5	4
POSSESSION	6	6	6
CREATING CHANCES & FINISHING	7	7	7
DEFENSE	11	12	13
PRESSING	3	3	4
ZONE PRESSING	4	4	4
ZONE DEFENSE	4	5	5



TRAINING MODEL

TRAINING PHASES		PRINCIPLES
INTRODUCTORY PART and PREPARATION	Warm up	
	Physical development (speed/coordiantion)	
MAIN PART A	TE-TA in isolated conditions	UNIVERSAL
MAIN PART B	TE-TA in eased conditions	UNIVERSAL + FUNCTIONAL
MAIN PART C	TE-TA in competitive conditions	UNIVERSAL + FUNCTIONAL + SITUATIONAL
FINAL PART	Game	UNIVERSAL + FUNCTIONAL+ SITUATIONAL

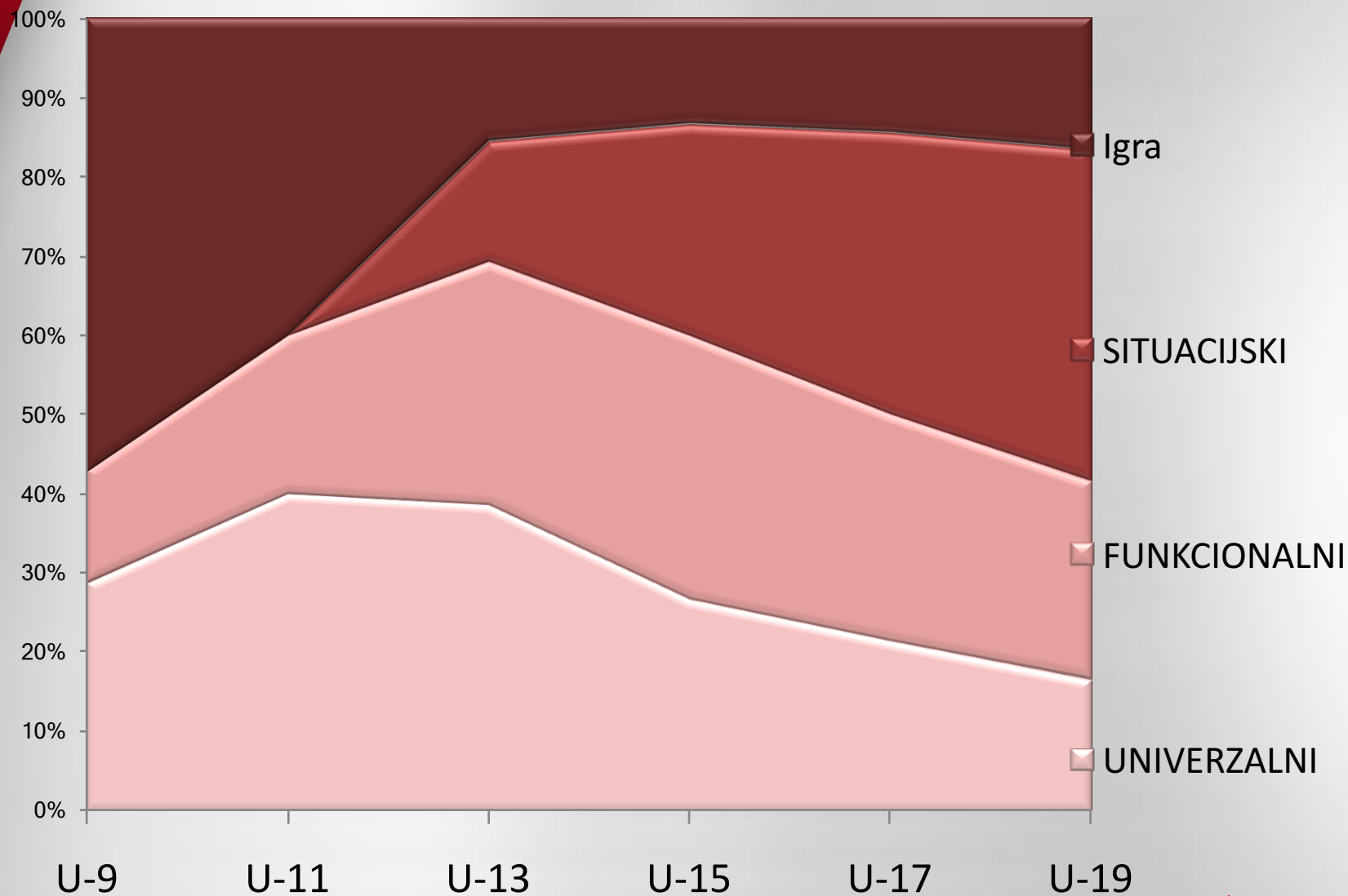


TRAINING MODEL

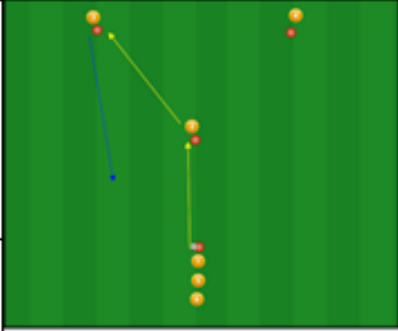

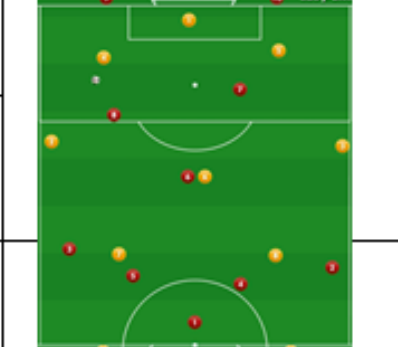
TRAINING PHASES		U-9	U-11	U-13	U-15	U-17	U-19	PRINCIPLES
INTRODUCTORY PART and PREPARATION	Warm up	5	5	10	10	10	10	
	Physical development (speed/cooordian tion)	20	20	15	15	15	15	
MAIN PART A	TE-TA in isolated conditions	20	20	25	25	20	20	UNIVERSAL
MAIN PART B	TE-TA in eased conditions	10	10	15	15	15	15	UNIVERSAL + FUNCTIONAL
MAIN PART C	TE-TA in competitive conditions	0	0	15	15	15	15	UNIVERSAL + FUNCTIONAL + SITUATIONAL
FINAL PART	Game	20	20	10	10	15	15	
TOTAL TRAINING MINUTES		75	75	90	90	90	90	



PERIODIZATION of PRINCIPLES in 1 TRAINING



Training example

FAZE TRENINGA		PRINCIPI	ZAHTJEVI	VJEŽBE	
UVODNO-PRIPREMNI DIO	Zagrijavanje				
	Fizički razvoj (brzina/koordinacija)				
GLAVNI DIO A	TE-TA u izoliranim okolnostima	BRZA PRAVLNA PRIMOPREDAJA	brza primopredaja; čvrsto odigravanje u unutrašnjom stranom stopala po podlozi; u okolnostima bez pritiska, odigravanje na daljnu nogu u odnosu na smjer dolaska lopte; u okolnostima pritiska, odigravanje na daljnu nogu u odnosu na protivnika; primanje ili odigravanje unutrašnjom stranom stopala daljinjom nogom; primanje unutrašnjom stranom jedne noge, odigravanje unutrašnjom stranom druge noge		Vježba primopredaju Ipsilon Udaljenost čunjeva 10-12 m 1 ili 2 dodira (definirano) Progresija: Primanje s okretom Dupli pas Igra na trećega
		POLOŽAJ TIJELA I DONOŠENJE ODLUKE	provjera pogledom iza leđa prije primanja lopte; verbalna komunikacija; primanje lopte prsima prema dubini; primanje sa okretom ili prva povratna nazad ili na trećeg; primanje sa izlaskom iz mjesta kontakta i promjenom ritma		
GLAVNI DIO B	TE-TA u olakšanim okolnostima	POLOŽAJ TIJELA I DONOŠENJE ODLUKE			5v5+2 jokera na terenu 40x25 Trajanje 3 x 4' 2 dodira maksimalno Bod se postiže donošenjem lopte od jednog jokera do drugog Od jokera do jokera može samo lopta uz podlogu
		INDIVIDUALNO KREIRANJE PROSTORA	okomito - prilaz-dubina ili dubina-prilaz; dijagonalno - prilaz-dubina ili dubina-prilaz; bočno prilaz - odmak ili odmak-prilaz		
GLAVNI DIO C	TE-TA u natjecateljskim okolnostima	INDIVIDUALNO KREIRANJE PROSTORA			8v8 + 2 jokera iza svakog gola na terenu 50x30 Trajanje 2 x 6' Gol vrijedi samo nakon povratne lopte jokera
		PRAVLAN RASPORED SUIGRAČA U POSJEDU	podrška suigrača širina - dubina; podrška suigrača na suradnju u trokut; prilaz iz dubine suigraču pod pritiskom; poštivanje suigrača u boljoj poziciji		
ZAVRŠNI DIO	Igra	PRAVLAN RASPORED SUIGRAČA U POSJEDU			10v10 igra na 2 gola, zahtjev igra na 2 dodira, pridodavanje u napad nakon vertikalnog pasa



National development camps



POOL OF TALENTS

Recent research* confirmed Southeast Europe is one of the biggest exporting football regions to 31 European top division leagues:

ABSOLUTE RANK

1	Brazil	469 players	16	BiH	80 players
2	France	312 players	33	Montenegro	39 players
3	Spain	201 players	34	Slovenia	38 players
4	Serbia	189 players	39	Macedonia	32 players
5	Argentina	168 players	41	Hungary	27 players
6	Germany	149 players			
7	Croatia	141 players			
8	The Netherlands	134 players			
9	Portugal	130 players			
10	Nigeria	118 players			

* Data provided by International Centre for Sports Studies (CIES, Switzerland), November 2016



*Total Rank adjusted for population
(relative rank)*

1	Iceland (331k)	42 players
2	Montenegro (626k)	39 players
3	Croatia (4,2M)	141 players
4	Serbia (8,8M)	189 players
5	BiH (3,8M)	80 players
6	Slovenia (2,1M)	38 players
7	Slovakia	97 players
8	Macedonia (2,1M)	32 players
9	Denmark	77 players
10	Portugal	130 players
33	Hungary (9,8M)	27 players

* Data provided by International Centre for Sports Studies
(CIES, Switzerland), November 2016



Big-5** Rank adjusted for population
(relative rank)

1	Iceland (331k)	5 players
2	Croatia (4,2M)	33 players
3	Uruguay (3,4M)	26 players
4	Slovenia (2,1M)	13 players
5	Switzerland	48 players
6	Serbia (8,8M)	39 players
7	Belgium (11,4M)	48 players
8	Portugal (10,3M)	36 players
9	Denmark (5,7M)	19 players
10	Montenegro (626k)	2 players

21 **Macedonia (2,1M)**
23 **BiH (3,8M)**
27 **Hungary (9,8M)**

3 **players**
5 **players**
9 **players**

* Data provided by International Centre for Sports Studies
(CIES, Switzerland), November 2016

** Big-5 leagues: England, France, Germany, Italy, Spain







Marija Jozak

Matej Jozak

Marin Jozak

THANK YOU !



**HRVATSKI
NOGOMETNI
SAVEZ**

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