
CONTENTS

Coach Profile: René Meulenstein	10
René Meulenstein: Introduction	11
René Meulenstein: How This Book Was Created	13
Cristiano Ronaldo	14
Practice/Session Diagram Key and Coaching Format	15

CHAPTER 1: THE MOST SUCCESSFUL PERIOD IN MANCHESTER UNITED'S HISTORY (RENÉ MEULENSTEEN 2007-2013)..... 16

The Most Successful Period in Manchester United's History (2007-2013)	17
Why Were Manchester United So Successful During This Period? (2007-2013)	18
The 8 Key Aspects to Success for Sir Alex Ferguson's Manchester United Team	19
The 8 Key Aspects to Success for Manchester United in Further Detail.....	20
The Importance of Fun and Humour	22

CHAPTER 2: SIR ALEX FERGUSON'S MANAGEMENT, LEADERSHIP AND TACTICS..... 23

Sir Alex Ferguson: Have a Vision	24
Sir Alex Ferguson's Management: Expectation, Discipline and Motivation	25
Sir Alex Ferguson: Positivity and a Desire to Win.....	26
The Manchester United Management Structure	27
Pro-Active Management Model: What the Modern Day Manager Needs to Manage	28
Sir Alex Ferguson: Creating the Right Environment.....	30
Sir Alex Ferguson: Leadership	31
Sir Alex Ferguson: Man Management	32
Sir Alex Ferguson: Video Analysis and Game Plans Against Different Opponents.....	33
Sir Alex Ferguson: The Approach Must Focus on Our Strengths	34

MANCHESTER UNITED'S ATTACKING TACTICS AGAINST DIFFERENT DEFENSIVE LINES35

Manchester United Tactics: Positioning of the Opposition's Narrow Defensive Line	37
Attacking Against a High and Narrow Defensive Line - Pattern of Play Example 1	38
Attacking Against a Middle and Narrow Defensive Line - Pattern of Play Example 2.....	39
Attacking Against a Deep and Narrow Defensive Line - Pattern of Play Example 3	40
Attacking Against a Very Deep and Narrow Defensive Line - Pattern of Play Example 4.....	41
Manchester United Tactics: Positioning of the Opposition's Wide Defensive Line	42
Attacking Against a High and Wide Defensive Line - Pattern of Play Example 5	43
Attacking Against a Middle and Wide Defensive Line - Pattern of Play Example 6	44
Attacking Against a Deep and Wide Defensive Line - Pattern of Play Example 7.....	45
Attacking Against a Very Deep and Wide Defensive Line - Pattern of Play Example 8.....	46

CHAPTER 3: MANCHESTER UNITED'S TRAINING PRINCIPLES AND PHILOSOPHY OF PLAY..... 47

Sir Alex Ferguson: Philosophy of Play	48
Sir Alex Ferguson: Defensive and Transition Principles	49
Manchester United Transition Phase Tactics	50
Sir Alex Ferguson: Attacking Principles	51
Sir Alex Ferguson: Entertaining Football	52
The Roles of the Coaching Staff	53
René Meulensteen: Responsibilities as First Team Coach	54
René Meulensteen: Technical Training	55
Manchester United Training: The Secrets Behind Creating Winners	56
René Meulensteen: Key Points for Every Training Session	57
René Meulensteen: Key Considerations for the Coach	58
Effective Coaching is All About Praising Success (Not Highlighting Failure)	59
René Meulensteen: Training Learning and Coaching Flow Chart	60
René Meulensteen: Purpose, Challenge, Quality, and Intensity	61
René Meulensteen: The 3 Main Momentums in the Game	62
The Most Important Aspects of Possession: Rhythm, Rotations and Direction of Play	63
René Meulensteen: Speed Up Play (Rhythm)	64
Training Model (Preparing for a Match): Analysis -> Organisation -> Instruction	65

CHAPTER 4: MANCHESTER UNITED'S HIGH SPEED OF PLAY TRAINING - WAVES OF ATTACKS..... 67

Ryan Giggs	68
Manchester United's High Speed of Play: Speed, Power, Penetration and Unpredictability	69
High Speed of Play = High Number of Goals	70

HIGH SPEED OF PLAY: 2, 3 AND 4-BALL ROUTINE PRACTICE EXAMPLES

2-Ball Routine (Variation 1): One-Two and Shoot + Cross from Wide Position	73
2-Ball Routine (Variation 2): Run in Behind and Finish + Cross from Deep	74
2-Ball Routine (Variation 3): One-Two, Pass in Behind + Cut Back After Overlap Run	75
Players and Positions For 3 or 4-Ball Routines (Practice Set-Up)	76
3 or 4-Ball Routine (2 Defenders): Combination Through Middle, Cross + 5v4 Attack	77
3 or 4-Ball Routine (4 Defenders): Switch of Play, Cross + 7v4 Attack	80

ATTACKING WAVE EXAMPLES (FORWARD PASSES AND RUNS TO BREAK THE LINES)

Attacking Wave in Pairs: Unopposed	84
Attacking Wave in Pairs: Opposed	85
Attacking Wave in Threes: Unopposed	86
Attacking Wave in Threes: Opposed	87
Attacking Wave in Fours: Unopposed	88
Attacking Wave in Fours: Opposed	89
Attacking Wave Game: 3-Ball Attacking Waves Overload Game	90

CHAPTER 5: "FERGIE TIME" - HOW MANCHESTER UNITED TRAINED TO SCORE LATE GOALS 92

Ole Gunnar Solskjær	93
"Fergie Time": How did Manchester United Score so Many Late Goals?	94
"Fergie Time": Other Key Factors	95
"Fergie Time": Key Aspects Needed to Score Late Goals Consistently	96
"FERGIE TIME": SCENARIO PRACTICE EXAMPLE (3 PHASES)	98
Scenario Practice Training Set-Up (Based on 4-3-3)	99
The 3 Phases of "Fergie Time" Scenario Training (Based on 4-3-3)	100
Phase 1: Wingers are Positioned Inside and the Full Backs Push Up High	101
Phase 2: Extra Forward, Full Back Supports Winger + Opposite Winger Attacks Back Post	102
Phase 3: Flooding the Final Third and Box with Many Bodies to try and Force a Goal	103

CHAPTER 6: RENÉ MEULENSTEEN'S DEVELOPMENT MODEL AND TRAINING PHILOSOPHY 104

Jesse Lingard	105
RENÉ MEULENSTEEN: PLAYER DEVELOPMENT MODEL	106
Step 1: Analysis of Tactics, Style of Play, and Player Development	107
Step 2: Analysing the Best Teams and the Key Reasons for Their Success	108
Step 3: Analysis of the Best Players in the World	109
Step 4: Creating a Development Model	110
Step 5: Technical Development of Players In Relation to their Age/Level	111
Step 6: Applying Analysis and Development Model into Training	112
Step 7: Transferring Skills into a Competitive 11v11 Match	113
RENÉ MEULENSTEEN: THE QUALITIES NEEDED TO PRODUCE WORLD CLASS PLAYERS	115
The Qualities that All World Class Players Possess	116
The 4 Key Qualities Needed to Produce World Class Players	117
Technical: Touch, Basic Skills, Moves, Turns and Tricks	118
Tactical: Awareness and Decision Making	119
Physical: Speed, Agility, Strength, Power and Stamina	120
Confidence: Personality, Winning Mentality and Mental Attitude	121
René Meulenstein's Player Profile Model Overview	122

CHAPTER 7: RENÉ MEULENSTEEN'S SPECIFIC TECHNICAL TRAINING (1v1s AND FINISHING) 123

Danny Welbeck	124
Technical Skill Development Pyramid	125
Technical Training Outline	126
How I Started Specific Technical Training with First Team Players	127

My Approach to Specific Technical Training with First Team Players	128
Specific Technical Training with Cristiano Ronaldo	129
The Method of Specific Technical Training with First Team Players.....	130
The 4 Key Areas for Specific Technical Training	131
Aims and Objectives for Specific Technical Training Sessions with First Team Players.....	132
TECHNICAL TRAINING: DOMINATING 1v1 SITUATIONS	133
Diego Forlan.....	134
Skill Development: 1v1 Situations	135
Skill Development: Dominating 1v1s in Different Positions on the Pitch.....	137
Dominating 1v1 Situations: Key Points for Players	138
Dominating 1v1 Situations: Coaching Points for How to be Successful	139
TECHNICAL TRAINING: DOMINATING 1v1 SITUATIONS PRACTICE EXAMPLES	140
OPPONENT AT SIDE: UP AND DOWN MOVE	
1. Up and Down Moves with Opponent at the Side (Technical).....	141
2. Up and Down Moves with Opponent at the Side + First Touch and Passing (Technical)	142
3. Double Up and Down Moves with Opponent at the Side + First Touch and Passing (Technical)	143
4. Up and Down Moves in a Small Sided Game with Outside Supporting Players	144
How and Where to Use Up and Down Moves in a Competitive 11v11 Match.....	145
OPPONENT AT SIDE: SPIN-OFF MOVES	
1. Spin-off Moves with the Opponent at an Angle (Technical).....	146
2. Spin-off Moves with the Opponent at an Angle (Passive Pressure)	147
3. Spin-off Moves in a Small Sided Game with 4 Mini Goals	148
How and Where to Use Spin-Off Moves in a Competitive 11v11 Match	149
DIRECT FRONTAL 1v1: MOVES AND SKILLS TO BEAT A DEFENDER	
1. Moves to Beat a Defender in a Frontal 1v1 who Can Only Move Horizontally Along a Line	150
2. Moves to Beat a Defender in Frontal 1v1 who Defends a Square Area	151
How and Where to Use Direct Frontal 1v1s in a Competitive 11v11 Match.....	152
OPPONENT CHALLENGING FROM BEHIND: TURN AWAY OR SPIN-OFF	
Turn Away or Spin-Off from an Opponent Challenging from Behind	153
How and Where to Turn Away or Spin-Off with Opponent Challenging from Behind.....	154
TECHNICAL TRAINING: FINISHING	155
Ruud van Nistelrooy.....	156
Technical Finishing Training with Manchester United First Team Players	157
Finishing Training: Key Points for Players.....	158
Finishing Training: Coaching Points for How to Be a Successful Finisher	159
The Different Shooting Zones	160
The 9 Different Target Areas in the Goal.....	161
Finishing Options in the Centre (Shooting Zone 1)	162
Finishing Options in the Centre Left and Right Positions (Shooting Zones L2/R2)	163
Finishing Options in the Wide Left and Right Positions (Shooting Zones L3/R3).....	164

TECHNICAL TRAINING: INDIVIDUAL FINISHING PRACTICE EXAMPLES	165
1. Receiving from Different Angles on Edge of Box and Finishing in Varied Ways	166
1a. Open Up to Shoot First Time	166
1b. Touch and Shoot from Pass at Angle	167
1c. Receive, Dribble & Shoot + First Time Shot from Side Pass	168
2. Close Range Finishing Practice with Ball Across the 6-Yard Box and Cut Back	169
3. Receiving Wide on Edge of Box, Cutting in and Finishing Practice	170
4. Receiving the Ball Back Outside the Box and Finishing in Different Ways	171
4a. Open Up and Shoot + One-Two Combination and Finish	171
4b. Receive Aerial Pass and Shoot + Volley	172
TECHNICAL TRAINING: GROUP FINISHING PRACTICE EXAMPLES	173
1. Specific Technical 1v1 Skills in a Group Finishing Circuit (Includes all Four 1v1 Skills)	174
2. "Take Over" from Team-mate for Quick Change of Direction in a Finishing Circuit	175
3. Shooting from an Angle in a Group Finishing Practice with Rebounds	176
4. Team Finishing Free Play Practice - Receive, Link Up and Finish Inside the Box	177
5. 3v3 (+2) +GKs Finishing Small Sided Game	178
 CHAPTER 8: RENÉ MEULENSTEEN'S MANCHESTER UNITED TRAINING SESSION EXAMPLES	 179
Paul Scholes	180
René Meulenstein: How to Create the Right Intensity in Different Practices/Drills	181
René Meulenstein: Organising Training Sessions with Varying Numbers of Players	182
Adapting Practices to Prepare for Specific (Upcoming) Opponents	187
AC Milan Next Opponents (Champions League Last 16): Session Example 1 - 14th Feb 2010	188
AC Milan Next Opponents (Champions League Last 16): Session Example 2 - 15th Feb 2010	189
More Examples of Practices for Specific Opponents to Come in Book Volume 2...	190
Wayne Rooney	191
René Meulenstein: Manchester United Training Session Format	192
 TRAINING SESSION EXAMPLE 1: BUILD-UP PLAY	 193
1. Exercise Bikes + Injury Prevention Exercises	194
2. 8v2 Boxes (1-Touch Rondos)	194
3. Activation Warm-up Passing Routine	195
4. Build-up Play Against 3 Forwards with the Central Midfielder "Rotating Out" (9v7)	196
5. Build-up Play Against 2 Forwards with the Central Midfielder "Rotating In" (10v8)	197
6a. Build-up Play Against 3 Forwards with the Central Midfielder "Rotating Out" (11v11)	198
6b. Build-up Play Against 2 Forwards with the Central Midfielder "Rotating In" (11v11)	199
6c. "Second Phase Build-up" After Regaining Possession from the GK's Long Kick (11v11)	200
 TRAINING SESSION EXAMPLE 2: POSSESSION	 201
1. Exercise Bikes + Injury Prevention Exercises	202
2. 8v2 Boxes (1-Touch Rondos)	202
3. 4v4 (+2) Possession Game	202

4. Conditioned Possession Game with Pole Gates	203
5. 7v7 (+3 GKs) Possession Game with Directional Play and GK End Zones	204
6. Possession Specific Conditioned Game (7v7, 8v8, 9v9 or 10v10 + GKs)	205
TRAINING SESSION EXAMPLE 3: SWITCHING PLAY	206
1. Exercise Bikes + Injury Prevention Exercises	207
2. 8v2 Boxes (1-Touch Rondos)	207
3a. Switching Play Warm-up (Receive + Pass)	207
3b. Switching Play Warm-up (Dribble + Pass)	208
3c. Switching Play Warm-up (Short Interplay)	209
3d. Switching Play Warm-up (Moves + Turns)	210
4a. 8v8 (+4) Conditioned Switching Play Game with Limited Touches	211
4b. 9v9 (+2) Conditioned Switching Play Game with Limited Touches	212
5. 9v9 (+2) Conditioned Switching Play Game with Finishing Against GKs	213
6. Switching Play Specific 9v9 (+2) Conditioned Game	214
TRAINING SESSION EXAMPLE 4: PLAYING THROUGH THE LINES	215
1. Exercise Bikes + Injury Prevention Exercises	216
2. 8v2 Boxes (1-Touch Rondos)	216
3a. Breaking the Lines Passing Warm-up	216
3b. Breaking the Lines Passing Warm-up (Variation with Diagonal Pass and Cross Over)	217
3c. Breaking the Lines Passing Warm-up with Free Decision Making (Creative Play)	218
4. Playing Through the Midfield Line in a 3-Zone 8v4 Possession Game	219
5. Playing to Forwards in Between the Lines in a Conditioned 9v9 (+ GKs) Zonal Game	220
6. Playing to Forwards in Between the Lines and Advanced Full Back Runs in an 11v11 Game	221
TRAINING SESSION EXAMPLE 5: ATTACKING OVERLOADS	222
1. Exercise Bikes + Injury Prevention Exercises	223
2. 8v2 Boxes (1-Touch Rondos)	223
3. End to End 4v4 (+3) Three-Zone Possession Game (Warm-up)	224
4. Conditioned Three-Zone 7v7 (+1) Small Sided Game with Attacking Overloads	225
5. Conditioned Three-Zone 9v9 Zonal Game with Attacking Overloads	226
6. Tactical 11v11 Three-Zone Game with Attacking Overloads in Multiple Phases	227
TRAINING SESSION EXAMPLE 6: CROSSES AND BOX RUNS	228
1. Exercise Bikes + Injury Prevention Exercises	229
2. 8v2 Boxes (1-Touch Rondos)	229
3. Crosses and Box Runs Warm-up Drill	229
4. Early Back Post Crosses and Box Runs Against 2 Defenders	230
5. Back Post Chipped Crosses or Cut Backs for Box Runs Against 4 Defenders	231
6. Crosses and Box Runs in a Dynamic Zonal Game	232
TRAINING SESSION EXAMPLE 7: ATTACKING COMBINATION PLAY	233
1. Exercise Bikes + Injury Prevention Exercises	234
2. 8v2 Boxes (1-Touch Rondos)	234

3. Passing and Showing to Receive in an Attacking Combination with Turn and Finish	235
4. Attacking Combination on One Side of the Pitch with Dribbling and Disguise + Finish	236
5. Functional Attacking Combination 3-Ball Routine (Pass, Move, Cross and Finish)	237
6. Tactical Attack v Defence Game (6v5) in Half a Pitch.....	240
TRAINING SESSION EXAMPLE 8: FINISHING	241
1. Exercise Bikes + Injury Prevention Exercises.....	242
2. 8v2 Boxes (1-Touch Rondos)	242
3. Speed, Agility and Conditioning in a Varied Finishing Circuit.....	243
4. 4v4 (+1) Speed Finishing and Blocking Game + GK	244
5. 8v8 (+2) Speed Finishing and Blocking Game + GKs	245
6. Varied Attacks and Finishing in a Tactical Large Sided Game	246
TRAINING SESSION EXAMPLE 9: DEFENSIVE SHAPE, PRESSING AND RECOVERY	247
1. Exercise Bikes + Injury Prevention Exercises.....	248
2. 8v2 Boxes (1-Touch Rondos)	248
3. Defensive Shape and Movements (Warm-up)	248
4. Pressing High Up the Pitch in a Tactical 10v11 Practice	249
5. Defensive Shape and Recovery in a Dynamic 10v10 Transition Game.....	250
6. Defensive Shape and Recovery in an 11v11 Transition Game with Variations.....	251
TRAINING SESSION EXAMPLE 10: TRANSITION FROM DEFENCE TO ATTACK	252
1. Exercise Bikes + Injury Prevention Exercises.....	253
2. 8v2 Boxes (1-Touch Rondos)	253
3. 7v7 (+7) Possession Game Warm-up	253
4. 7v7 (+7 Outside Players) in a Conditioned Transition Game	254
5. 7v7 (+1) in a Conditioned Wave Transition Game with GKs.....	255
6. 11v11 Conditioned Game with Possession vs Defend + Counter Attack.....	256