

# TANZANIA FOOTBALL FEDERATION

## FOOTBALL PHILOSOPHY

- FOOTBALL PHILOSOPHY
- PLAYING PHILOSOPHY
  - VISION
  - MISSION
- CORE VALUES
  - IDENTITY
- PLAYER PROFILE
- PHASES OF PLAY
  - SET PLAYS

# FOOTBALL PHILOSOPHY

Players need to be :

1. Hungry for success
2. Coachable
3. Willing to learn

# PLAYING PHILOSOPHY

- **IN POSSESSION:**

Dominate possession to unbalance the opposition and recognise when to break the line with quality and intelligent play. If not able to do so, recognise when to retain the ball, be patient whilst keep possession and find better opportunities to break the lines.

- **OUT OF POSSESSION:**

Press the ball intelligently as a team, using high press or by setting traps. If we are not set as a team, ensure that we get back in team shape, giving us cover and balance and understanding when to delay, deny, deflects and restrict the opposition.

- **IN POSITIVE TRANSITION:**

Initially Look for an intelligent counter attack, if the opposition are out of balance, with quick forward passes and positive forward runs. If unable to counter keep possession , and look for safe passes, working the next opportunity to play forwards.

- **IN NEGATIVE TRANSITION:**

Upon losing the ball everyone is a defender make intelligent decision on whether to press the ball or regain defensive shape. If set as a team, look to press the ball with the nearest player applying aggressive pressure to affect the player on the ball.

# VISION

- Create a vision – one vision, one team
- Set targets
- Winning mentality
- Positive Learning environment

# MISSION

TO DEVELOP FAST,ATTRACTIVE AND INTELLIGENT  
DECISION MAKERS , WHO HAVE THE RESILLENCE TO  
BUILD A CAREER IN FOOTBALL.

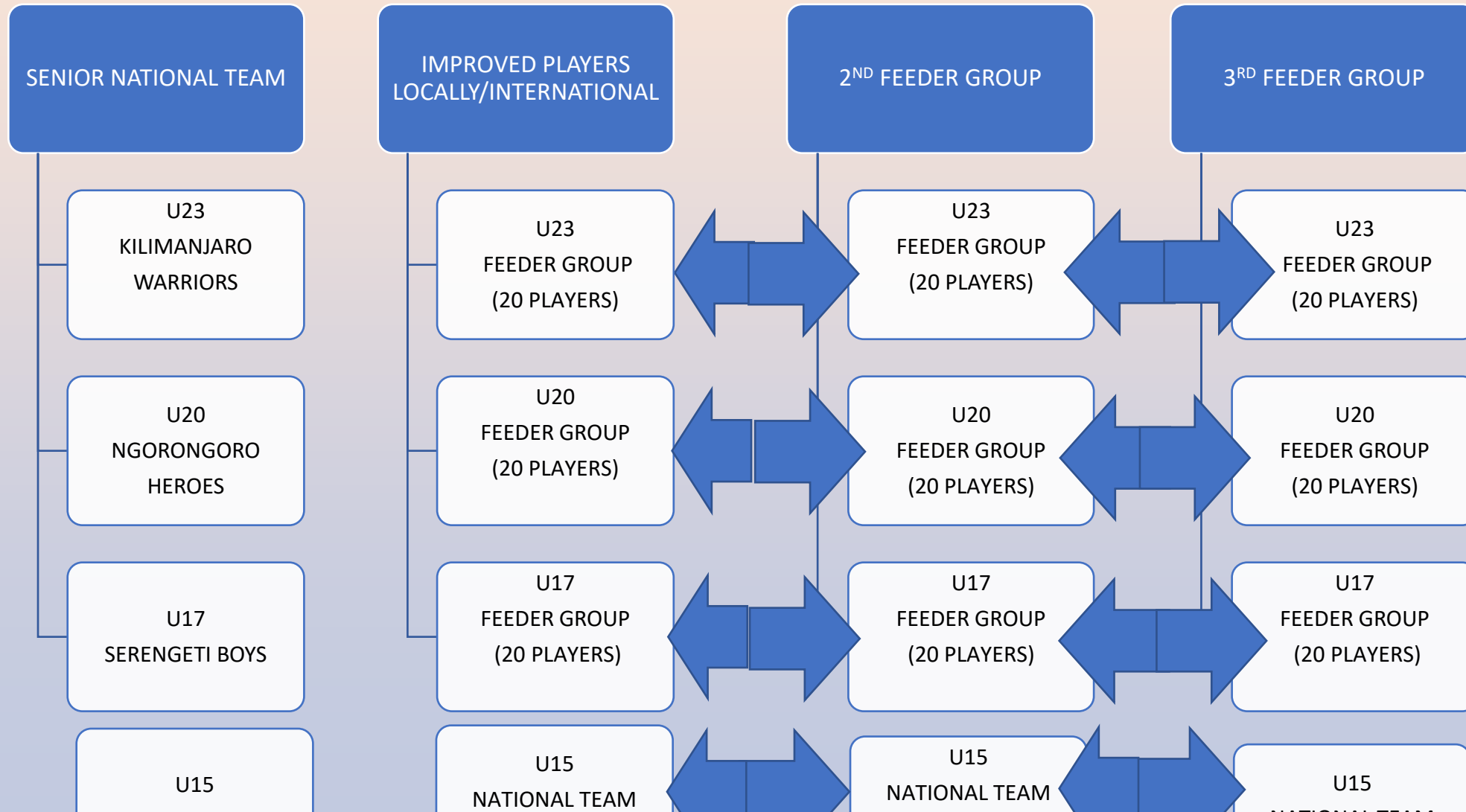
# CORE VALUES

1. Hard work
2. Unity
3. Respect
4. Time
5. Excellence
6. Responsible

# CREATE A TEAM IDENTITY

- Structure & improvisation
- Defensive & offensive philosophy
- One team , one brain
- No player better than a team
- Winning mentality

# PLAYER'S PATHWAY

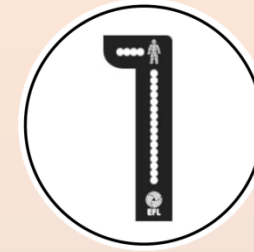




**AN UNRIVALLED  
HISTORY  
AN INCREDIBLE  
FUTURE**

**PLAYER PROFILES**  
**PROFESSIONAL DEVELOPMENT**  
**PHASE (u23-u17)**  
**&**  
**YOUTH DEVELOPMENT PHASE**  
**(u16-u13)**

# ***GOALKEEPER***



**“Tall, athletic, resilient, intelligent and commanding.”**



## **PSYCHOLOGICAL**

**Confidence - positive body language and wants involvement in the game**

**Focus - alert and maintains concentration**

**Motivation - unconditional effort and constantly challenges themselves**

**Perceived social support - effectively using support during challenging times**

**Positive personality - optimism, competitiveness and proactivity**

## **SOCIAL**

**Demonstrates good behaviour.**

**Is a good learner.**

**Manages relationships effectively.**

**Recognises the importance of team work.**

**Demonstrates independence.**

## **PHYSICAL**

**Strength**

**Control**

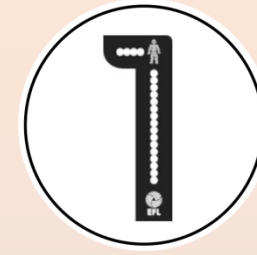
**Speed**

**Power**

**Agility**

**Endurance**

# GOALKEEPER



## TECHNICAL & TACTICAL

### GOALKEEPING

- **Excellent handling ability.**
- **Ability to make good decisions regarding the catching, deflecting and parrying of the ball.**
- **Able to show timing and confidence to come for crosses, especially under pressure.**
- **Capable of quality distribution from their hands with various kicking and throwing techniques.**
- **Excellent understanding of working depth and distance and how to apply this within game scenarios.**
- **Bravery to travel with the ball at his feet to get higher up the pitch.**

### DEFENDING

- **Understands and can implement the concept of 'depth' ensuring a perfect position in relation to the football.**
- **Ability to sweep behind the back 4 to nullify attacks.**
- **Understands the defensive strategy of the team and how to organise and control the back four in defensive situations.**

### PLAYING OUT FROM THE BACK

- **Good ability with both feet and capable of short, medium and long distribution.**
- **Appreciation of the state of the game and the strategy of the opposition when playing out from the back.**
- **Recognises when it is safe to build up play from the defensive third.**
- **Understands and can execute a range of strategies to play out from the back and demonstrates understanding of the organisation required.**

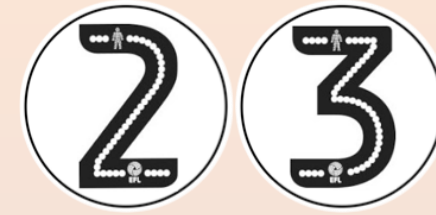
### ATTACKING

- **Recognise and initiates counter attack opportunities for the team.**
- **Can contribute to attacking play by delivering deep free kicks into the opposition penalty area.**

### COMBINATIONS & POSSESSION

- **Understands when to support play behind the ball to encourage the team to switch play or keep possession.**
- **Understands how to use angles and distances to receive from full backs and centre backs.**

# ***FULL BACK***



**“Quick, energetic, aggressive defender who can produce in the final third.”**

## **PSYCHOLOGICAL**

**Confidence - positive body language and wants involvement in the game**

**Focus - alert and maintains concentration**

**Motivation - unconditional effort and constantly challenges themselves**

**Perceived social support - effectively using support during challenging times**

**Positive personality - optimism, competitiveness and proactivity**

## **PHYSICAL**

**Strength**

**Control**

**Speed**

**Power**

**Agility**

**Endurance**

## **SOCIAL**

**Demonstrates good behaviour.**

**Is a good learner.**

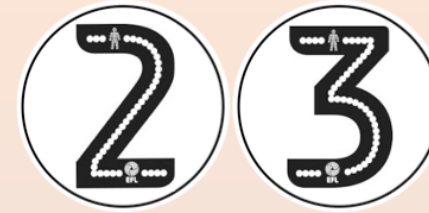
**Manages relationships effectively.**

**Recognises the importance of team work.**

**Demonstrates independence.**



# ***FULL BACK***



## **TECHNICAL & TACTICAL**

### **PLAYING OUT FROM THE BACK**

- **Recognising angles and distances to receive from the goalkeeper or centre backs to play out.**
- **Good ability with both feet and capable of short, medium and long distribution.**
- **Bravery to receive under pressure, build up play from the defensive third and stay on the ball when required.**
- **Can spot and play line breakers and look to bypass units of the opposition.**
- **Recognises when to drive out with the ball and makes good decisions on pass selection.**

### **ATTACKING**

- **Can produce in the final third with a combination of dribbles, assists and goals.**
- **Able to handle the ball competently and play a part in the construction of attacking play.**
- **Understand the requirement to counter or build up based on the organisation of the opposition.**
- **Effective in the final third with a use of overlaps and underlaps, whilst recognising when to support behind the ball.**

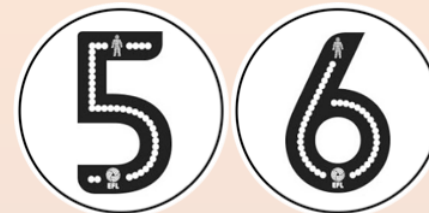
### **COMBINATIONS & POSSESSION**

- **Supports behind the ball to support ball possession and can play a part in patient build up play.**
- **Comfortable at playing and supporting play on both sides of the pitch.**
- **Understands the need to play safe passes to keep possession or to find a line breaker from another position.**
- **Understands the need to step in without the ball to support possession or combinations.**

### **DEFENDING**

- **Competitive in the air in open play and from set plays.**
- **Dominant and intelligent when defending in 1 v 1 situations and an ability to stop crosses.**
- **Balance decisions to get tight or to stay in your slot, recognising distances between ball, man and goal.**
- **Capable of marking and tracking opponents in key areas and at important times of the game.**
- **A knowledge of when to mark players and when to mark space.**
- **Must be able to apply correct start positions in relation to the opposition.**

# ***CENTRE BACK***



**“Tall, athletic, strong, brave, commanding, ball player.”**

## **PSYCHOLOGICAL**

**Confidence - positive body language and wants involvement in the game**

**Focus - alert and maintains concentration**

**Motivation - unconditional effort and constantly challenges themselves**

**Perceived social support - effectively using support during challenging**

**times Positive personality - optimism, competitiveness and proactivity**

## **PHYSICAL**

**Strength**

**Control**

**Speed**

**Power**

**Agility**

**Endurance**

## **SOCIAL**

**Demonstrates good behaviour.**

**Is a good learner.**

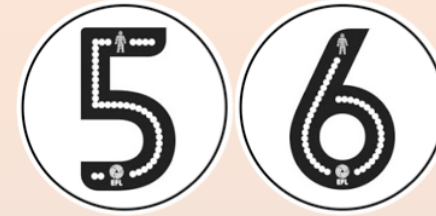
**Manages relationships effectively.**

**Recognises the importance of team work.**

**Demonstrates independence.**



# ***CENTRE BACK***



## **TECHNICAL & TACTICAL**

### **PLAYING OUT FROM THE BACK**

- **Recognising angles and distances to receive from the goalkeeper or other centre back to play out.**
- **Good ability with both feet and capable of short, medium and long distribution.**
- **Bravery to receive under pressure, build up play from the defensive third and stay on the ball when required.**
- **Can spot and play line breakers and look to bypass units of the opposition.**
- **Recognises when to step in with the ball and makes good decisions on pass selection.**

### **ATTACKING**

- **Good ability with both feet and capable of short, medium and long distribution to create scoring opportunities.**
- **Able to handle the ball competently and play a part in the construction of attacking play.**
- **Understand the requirement to counter or build up based on the organisation of the opposition.**
- **Effective in the final third when attacking from set plays.**

### **COMBINATIONS & POSSESSION**

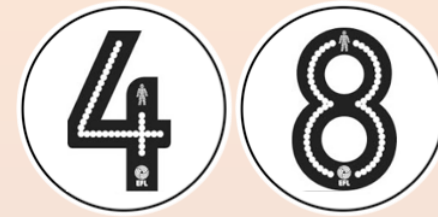
- **Supports behind the ball to support ball possession and can play a part in patient build up play.**
- **Comfortable at playing and supporting play on both sides of the pitch.**
- **Understands the need to play safe passes to keep possession or to find a line breaker from another position.**
- **Understands the need to step in without the ball to support possession or combinations.**

### **DEFENDING**

- **Ability to dominate in the air in open play and from set plays.**
- **Dominant and intelligent when defending in 1 v 1 situations.**
- **Can take control of defensive situations with clear organisation and communication.**
- **Balance decisions to get tight or to stay in your slot, recognising distances between ball, man and goal.**
- **Capable of marking and tracking opponents in key areas and at important times of the game.**
- **A knowledge of when to mark players and when to mark space.**
- **Must be able to apply correct start positions in relation to the opposition.**



# ***CENTRE MIDFIELDER***



**“Athletic, mobile, dominant, intelligent and can score and assist goals.”**



## **PSYCHOLOGICAL**

**Confidence - positive body language and wants involvement in the game**

**Focus - alert and maintains concentration**

**Motivation - unconditional effort and constantly challenges themselves**

**Perceived social support - effectively using support during challenging times**

**Positive personality - optimism, competitiveness and proactivity**

## **SOCIAL**

**Demonstrates good behaviour.**

**Is a good learner.**

**Manages relationships effectively.**

**Recognises the importance of team work.**

**Demonstrates independence.**

## **PHYSICAL**

**Strength**

**Control**

**Speed**

**Power**

**Agility**

**Endurance**



# ***CENTRE MIDFIELDER***



## **TECHNICAL & TACTICAL**

### **PLAYING OUT FROM THE BACK**

- **Recognising angles and distances to receive from the centre backs and full backs to play out.**
- **Good ability with both feet and capable of short, medium and long distribution from their defensive third.**
- **Bravery and willingness to receive under pressure, build up play from the defensive third.**
- **Recognises when to receive a safe pass and when to receive a line breaker.**

### **ATTACKING**

- **Can spot and play line breakers and look to bypass units of the opposition.**
- **Understand the requirement to counter or build up based on the organisation of the opposition.**
- **Play an integral role in the construction of attacking moves based on the needs of the game / strategy of the team.**
- **Support attacking play through forward running into / onto the box in relation to other players.**
- **Shoot from distance with accuracy to supplement attacks.**

### **COMBINATIONS & POSSESSION**

- **Support and offer to receive the ball in all circumstances.**
- **Receive, secure and protect the ball under pressure.**
- **Play with an open body position that maximises the level of information available to him.**
- **Ability to play one touch and two touch based on the level of pressure applied by the opposition / needs of the game.**
- **Pass accurately over short, medium and long distances in relation to options available.**
- **Have the ability to control the tempo of the game.**

### **DEFENDING**

- **Competitive in the air in open play and from set plays.**
- **Dominant and intelligent when defending in 1 v 1 situations.**
- **Capable of marking and tracking opponents in key areas and at important times of the game.**
- **A knowledge of when to mark players and when to mark space to support in winning of second balls and screening passes into the opposition striker.**
- **An understanding of when, where and how to press the ball in relation to areas of the pitch and state of the game.**
- **Awareness of the importance of recovery runs following support in attacking play.**

# ***ATTACKING MIDFIELDER***



**“Athletic, quick, creative, brave, goal maker and scorer.”**

## **PHYSICAL**

**Strength  
Control  
Speed  
Power  
Agility  
Endurance**

## **SOCIAL**

**Demonstrates good behaviour.  
Is a good learner.  
Manages relationships effectively.  
Recognises the importance of team work.  
Demonstrates independence.**

## **PSYCHOLOGICAL**

**Confidence - positive body language and wants involvement in the game  
Focus - alert and maintains concentration  
Motivation - unconditional effort and constantly challenges themselves  
Perceived social support - effectively using support during challenging times  
Positive personality - optimism, competitiveness and proactivity**



# ***ATTACKING MIDFIELDER***



## **TECHNICAL & TACTICAL**

### **PLAYING OUT FROM THE BACK**

- **Recognising angles and distances to receive from the centre backs and full backs to play out.**
- **Good ability with both feet and capable of short, medium and long distribution from their defensive third.**
- **Bravery, willingness and patience to receive under pressure, when the team are building play.**
- **Recognises when to receive a safe pass and when to receive a line breaker.**

### **ATTACKING**

- **Can spot and play line breakers and look to bypass units of the opposition.**
- **Have the ability to receive the ball between the lines and beat opponents.**
- **Have the creativity and disguise to break down opposition defences.**
- **Can produce in the final third with a combination of dribbles, assists and goals.**
- **An understanding of how to create space to receive and turn on the ball to confront defenders.**
- **Support attacks with runs beyond the striker and into the box to maximise opportunities to score goals.**

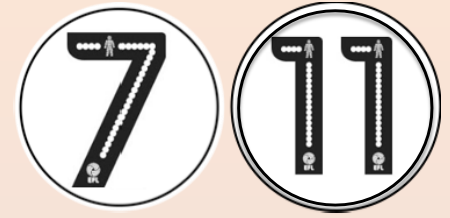
### **COMBINATIONS & POSSESSION**

- **Receive, secure and protect the ball under pressure.**
- **Understanding when to support fellow midfielders in a deeper position.**
- **Be equipped with a range of strategies that involve 0, 1 or 2 touches and incorporate combinations with 1 or 2 significant others to beat the opposing defenders.**
- **Pass accurately over short, medium and long distances in relation to options available.**

### **DEFENDING**

- **Willingness to perform a defensive role, recovering, tracking and pressing opponents where appropriate.**
- **Understand the defensive tactics of high press and delay and when these need to be applied.**
- **A knowledge of when to mark players and when to mark space to support in winning of second balls.**
- **An understanding of when, where and how to press the ball in relation to areas of the pitch and state of the game.**
- **Awareness of the importance of recovery runs following support in attacking play.**

# ***WINGER***



**“Athletic, quick, direct, tricky, brave, goal maker and scorer.”**

### **PHYSICAL**

- Strength**
- Control**
- Speed**
- Power**
- Agility**
- Endurance**

### **SOCIAL**

- Demonstrates good behaviour.**
- Is a good learner.**
- Manages relationships effectively.**
- Recognises the importance of team work.**
- Demonstrates independence.**

### **PSYCHOLOGICAL**

- Confidence - positive body language and wants involvement in the game**
- Focus - alert and maintains concentration**
- Motivation - unconditional effort and constantly challenges themselves**
- Perceived social support - effectively using support during challenging times**
- Positive personality - optimism, competitiveness and proactivity**



# WINGER



## TECHNICAL & TACTICAL

### PLAYING OUT FROM THE BACK

- **Recognising angles and distances to receive from the centre backs and full backs to play out.**
- **Good ability with both feet and capable of short, medium and long distribution from their defensive third.**
- **Bravery, willingness and patience to receive under pressure, when the team are building play.**
- **Recognises when to receive a safe pass and when to receive a line breaker.**

### ATTACKING

- **Can produce in the final third with a combination of dribbles, assists and goals.**
- **Bravery to attack the opposition full back in 1v1 situations.**
- **An understanding of how to create space to receive and turn on the ball to confront defenders.**
- **Support attacks with runs into the box to maximise opportunities to score goals.**
- **Makes good decisions on pass selection in the final third to create for others or create opportunities for yourself.**
- **Can create 2v1 situations using a relationship with his supporting full back.**

### COMBINATIONS & POSSESSION

- **Receive, secure and protect the ball under pressure.**
- **Have the ability to receive the ball both off and on the line based on the needs of the game and beat opponents.**
- **Be equipped with a range of strategies that involve 0, 1 or 2 touches and incorporate combinations with 1 or 2 significant others to beat the opposing defenders.**
- **Pass accurately over short, medium and long distances in relation to options available.**

### DEFENDING

- **Willingness to perform a defensive role, recovering, tracking and pressing opponents where appropriate.**
- **Understand the defensive tactics of high press and delay and when these need to be applied.**
- **A knowledge of when to mark players and when to mark space to support in winning of second balls.**
- **An understanding of when, where and how to press the ball in relation to areas of the pitch and state of the game.**
- **Awareness of the importance of recovery runs following support in attacking play.**



# ***CENTRE FORWARD***



**“Quick, athletic, mobile, intelligent, brave and aggressive, goal scorer.”**

## **PSYCHOLOGICAL**

**Confidence - positive body language and wants involvement in the game**

**Focus - alert and maintains concentration**

**Motivation - unconditional effort and constantly challenges themselves**

**Perceived social support - effectively using support during challenging times**

**Positive personality - optimism, competitiveness and proactivity**

## **PHYSICAL**

**Strength**

**Control**

**Speed**

**Power**

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**Endurance**

## **SOCIAL**

**Demonstrates good behaviour.**

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**AN UNRIVALLED  
HISTORY  
AN INCREDIBLE  
FUTURE**

# ***CENTRE FORWARD***



## **TECHNICAL & TACTICAL**

### **PLAYING OUT FROM THE BACK**

- **Have an awareness of space and understand when to receive possession in behind and in between the units.**
- **Understands movement to receive based on the needs of the team during playing out from the back.**
- **Recognises when to receive a safe pass and when to receive a line breaker.**
- **Recognises the need to pull away from or pin centre backs to offer support for longer passes.**

### **ATTACKING**

- **Can produce in the final third with a combination of dribbles, assists and goals.**
- **Must have the willingness and bravery to get into goal scoring positions at every opportunity.**
- **Score instantly with 1 or 2 touches from any incoming service with a range of finishes.**
- **Have an awareness of space and understand when to receive possession in behind and in between the units to create goal scoring opportunities.**
- **Have an enthusiasm to make appropriate runs and movements in keeping with the needs of the team and to maximise goal scoring opportunities.**

### **COMBINATIONS & POSSESSION**

- **Receive, secure and protect the ball under pressure.**
- **Using 1 or 2 touches must be able to hold up the ball and link play to good effect.**
- **Be equipped with a range of strategies that involve 0, 1 or 2 touches and incorporate combinations with 1 or 2 significant others to beat the opposing defenders.**
- **Focal point for forward passes, both long and short.**
- **Can change the point of attack and contribute to attacking the weak side of the opposition.**

### **DEFENDING**

- **Willingness to perform a defensive role, recovering, tracking and pressing opponents where appropriate.**
- **Understand the defensive tactics of high press and delay and when these need to be applied.**
- **Channel, trap and contain opponents in their defensive third.**
- **Instantly presses the ball or triggers the team to press.**
- **Can mark, track and delay opponents as required.**
- **Ability to dominate in the air from set plays.**

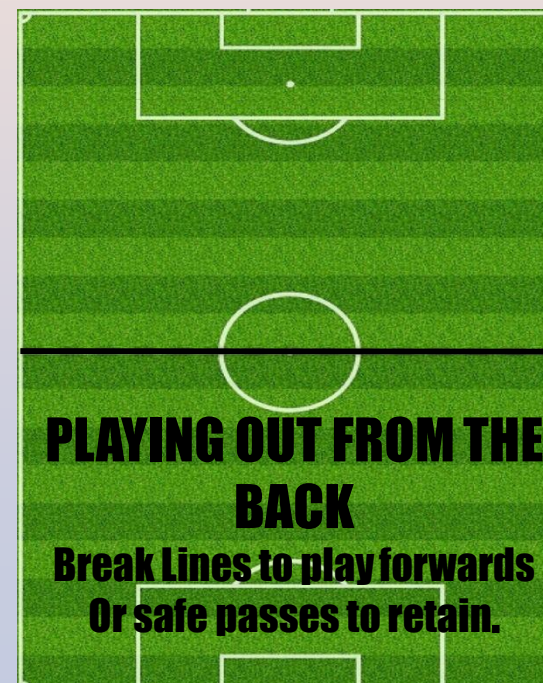
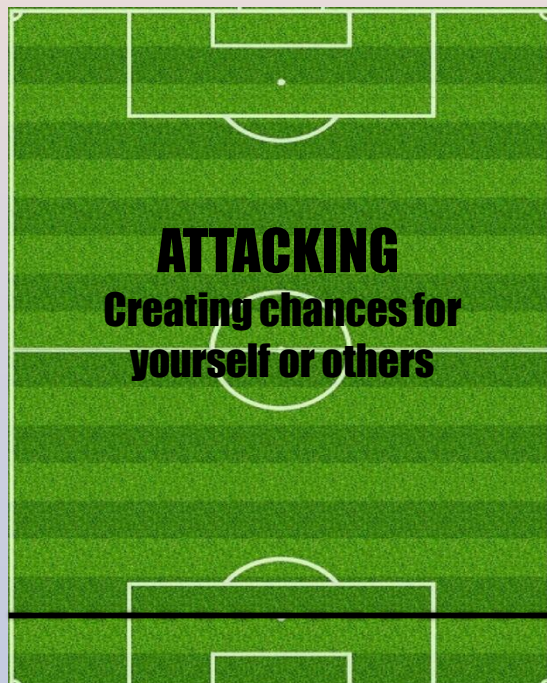


TANZANIA  
FOOTBALL  
FEDERATION

AN UNRIVALLED  
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FUTURE

# IN POSSESSION

**'We have the ball'**



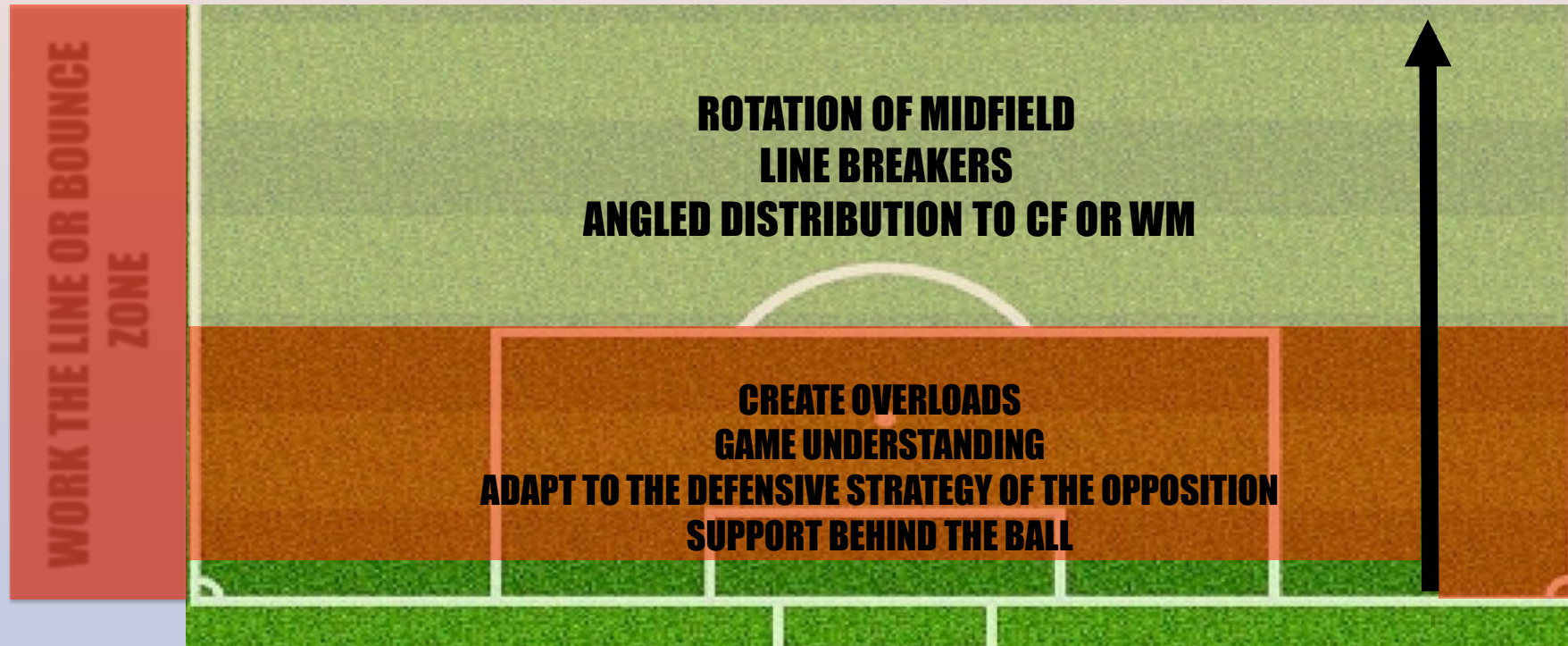


# IN POSSESSION

## ‘We have organised possession’

### **POFTB, COMBINATIONS & POSSESSION AND ATTACKING IN THE DEFENSIVE THIRD**

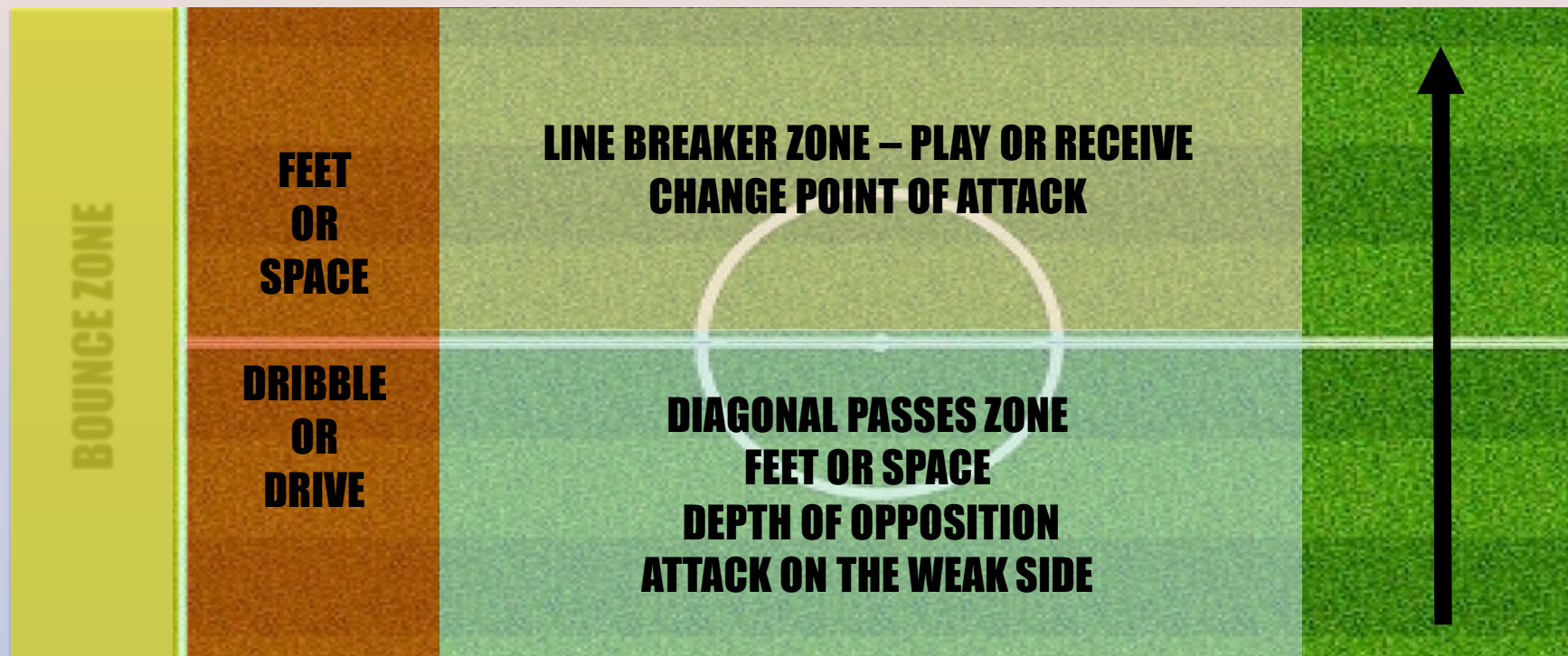
**CREATE FOR YOURSELF OR OTHERS – BUILD UP PLAY WITH PATIENCE**



# IN POSSESSION 'We have organised possession'

## POFTB, COMBINATIONS & POSSESSION AND ATTACKING IN THE DEFENSIVE THIRD

CREATE FOR YOURSELF OR OTHERS – BUILD UP PLAY WITH PATIENCE





# IN POSSESSION

‘We have organised possession’

## ATTACKING, POSSESSION & COMBINATIONS IN THE FINAL THIRD

CREATE FOR YOURSELF OR OTHERS – BUILD UP PLAY WITH PATIENCE



# ***THE PHASES OF PLAY***

## ***THE GAME MODEL***

**OUT OF POSSESSION**  
**'We do not have the ball'**





# OUT OF POSSESSION

## ‘They have organised possession’

### DEFENDING IN THE FINAL THIRD

High Press



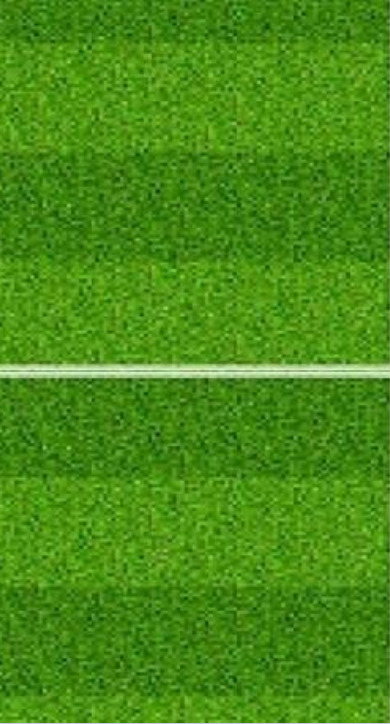
**AGGRESSIVE PRESSURE - BALANCED WIDTH AND DEPTH – NO LINE BREAKERS**

# OUT OF POSSESSION

## 'They have organised possession'

### DEFENDING IN THE MIDDLE THIRD

#### Mid Press

		
<b>SHOW OUTSIDE</b>	<b>PRESS FROM THE OPPOSITE SIDE</b>	
<b>SCREEN TO FEET</b>	<b>LOCK ON AND STOP THE TURN</b>	
<b>PROTECT BEHIND</b>	<b>FORCE PLAY BACK</b>	
	<b>COMPACT CENTRAL</b>	
	<b>AREAS SCREEN BALLS</b>	
	<b>TO FEET</b>	

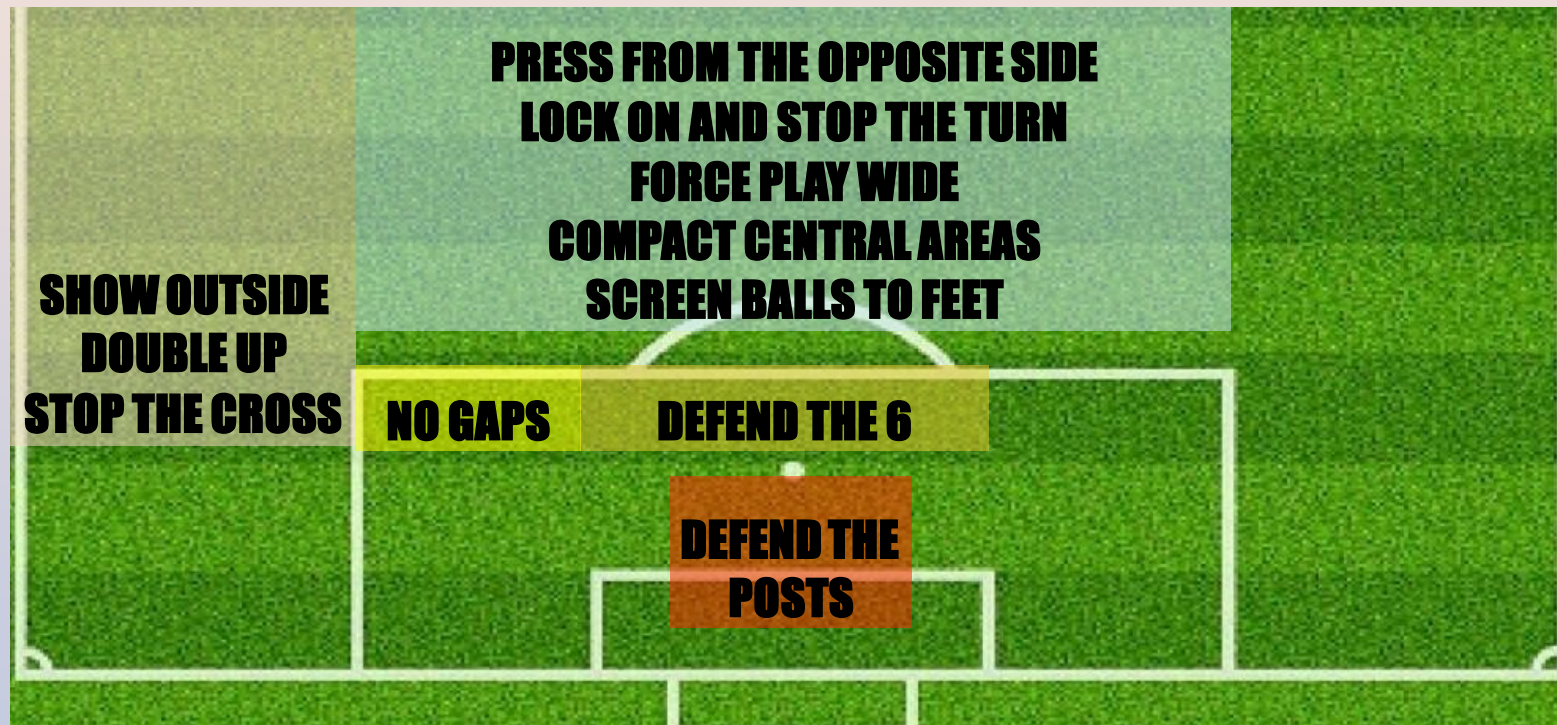
**BALANCED PRESSURE - COMPACT WIDTH / BALANCED DEPTH - OVERLOAD THE BALL**

# OUT OF POSSESSION

## 'They have organised possession'

### DEFENDING IN THE DEFENSIVE THIRD

Low Block



**COMPOSED PRESSURE - COMPACT WIDTH AND DEPTH - NO FOULS**



# ***THE PHASES OF PLAY***

## ***THE GAME MODEL***

**NEGATIVE TRANSITION**  
**'We have just lost the ball'**





# NEGATIVE TRANSITION

## 'We have just lost the ball'

### DEFENDING IN THE FINAL THIRD

Counter press or drop into shape

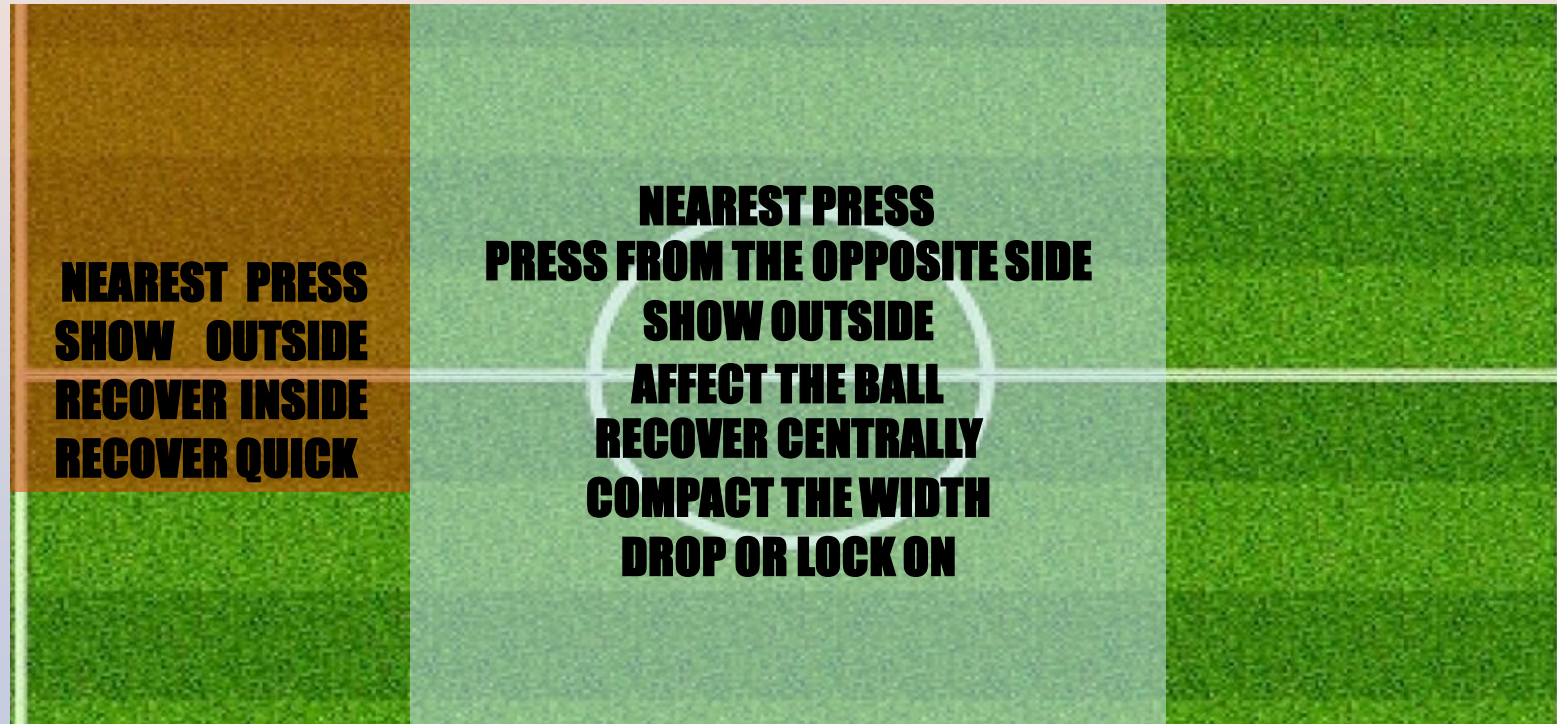
<b>NEAREST PRESS</b>	<b>NEAREST PRESS</b>	
<b>SHOW OUTSIDE</b>	<b>SHOW OUTSIDE</b>	
<b>RECOVER INSIDE</b>	<b>AFFECT THE BALL</b>	
<b>RECOVER QUICK</b>	<b>RECOVER CENTRALLY</b>	
	<b>COMPACT THE WIDTH</b>	
	<b>DROP OR LOCK ON</b>	

**AGGRESSIVE PRESSURE - BALANCED WIDTH AND DEPTH - NO LINE BREAKERS**

# NEGATIVE TRANSITION 'We have just lost the ball'

## DEFENDING IN THE MIDDLE THIRD

### Mid Press



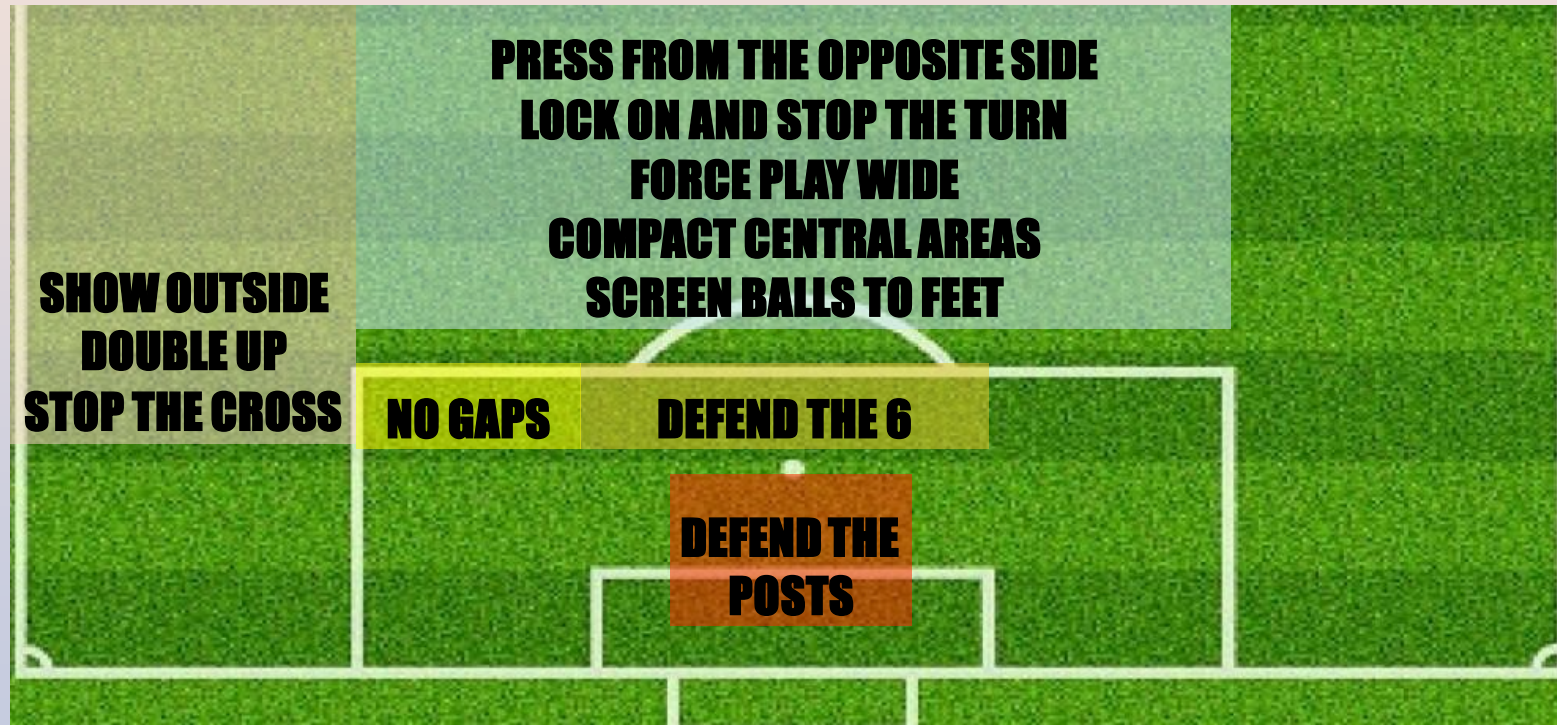
**BALANCED PRESSURE - COMPACT WIDTH / BALANCED DEPTH - OVERLOAD THE BALL**

# NEGATIVE TRANSITION

## 'We have just lost the ball'

### DEFENDING IN THE DEFENSIVE THIRD

Low Block



**COMPOSED PRESSURE - COMPACT WIDTH AND DEPTH - NO FOULS**



# ***THE PHASES OF PLAY***

## ***THE GAME MODEL***

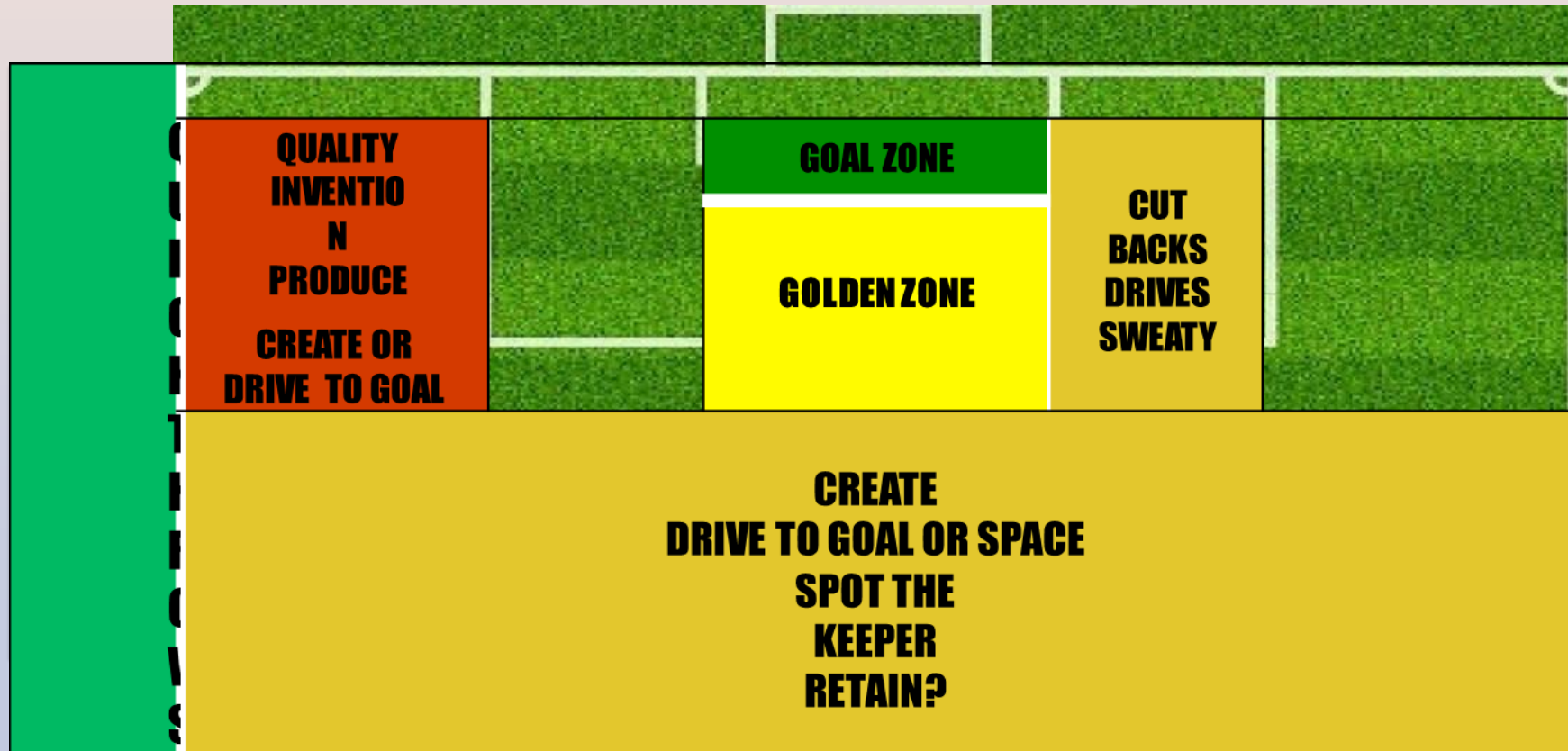
**POSITIVE TRANSITION**  
**'We have just won the ball'**



# POSITIVE TRANSITION 'We have just won the ball'

## COUNTER ATTACK IN THE FINAL THIRD

Creating immediate chances for yourself or others

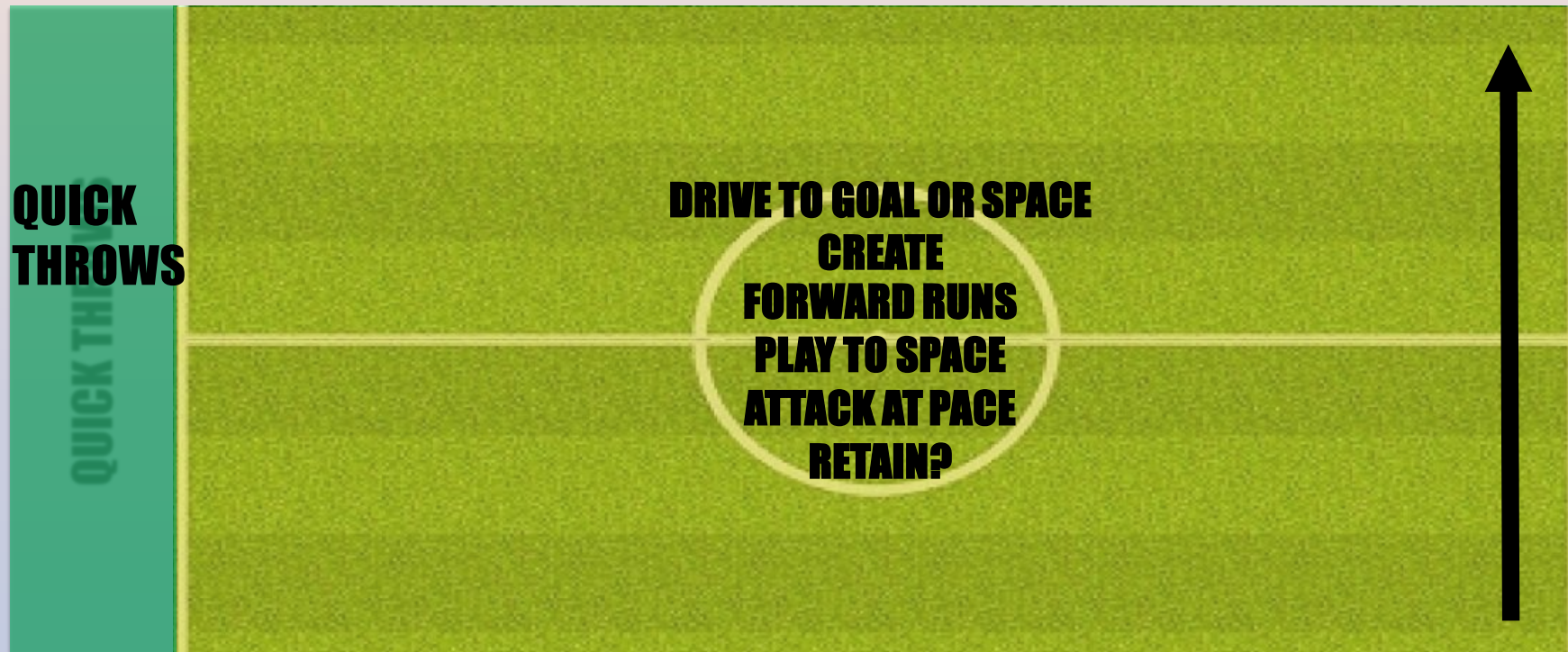


# POSITIVE TRANSITION

## ‘We have just won the ball’

### COUNTER ATTACK IN THE MIDDLE THIRD

Creating chances quickly for yourself or others



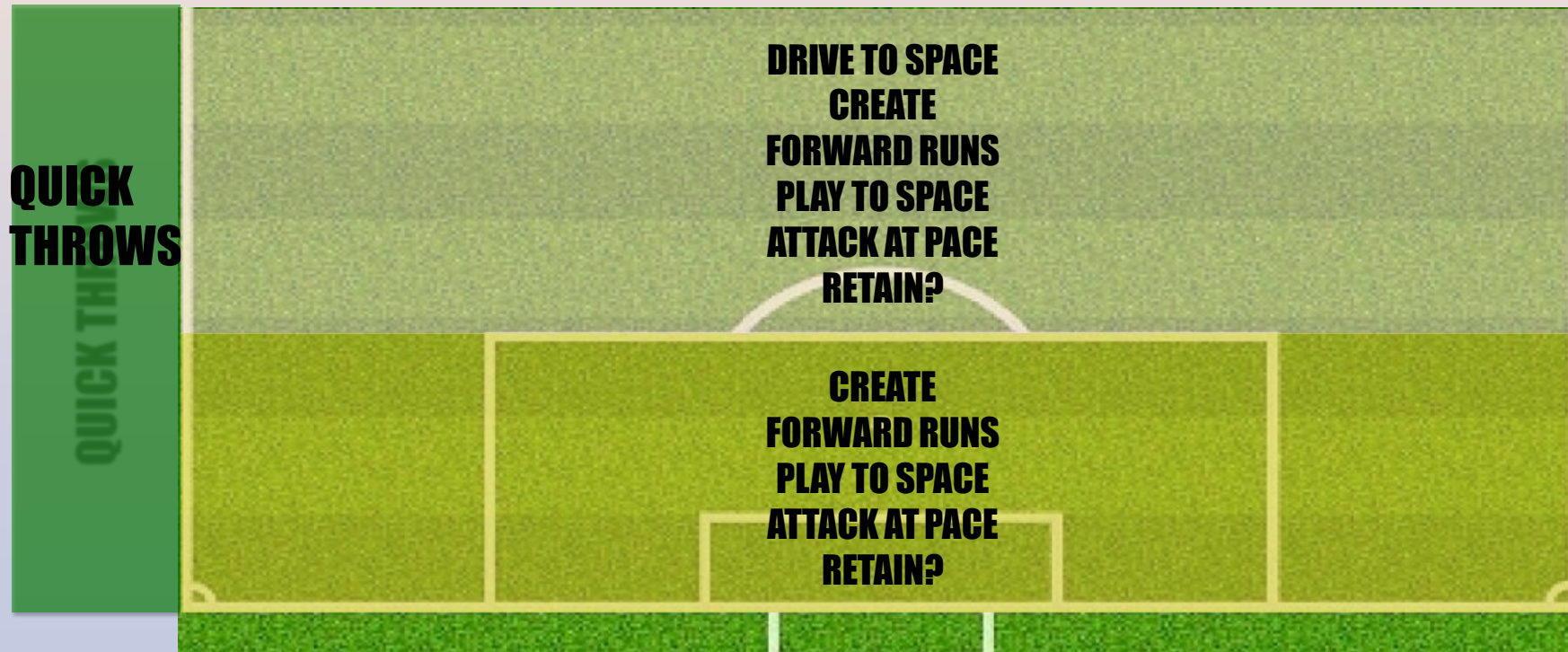


# POSITIVE TRANSITION

## ‘We have just won the ball’

### **COUNTER ATTACK IN THE DEFENSIVE THIRD**

Initiate the counter and creating chances quickly for others



# ***GAME MODEL***

## **SET PLAYS**

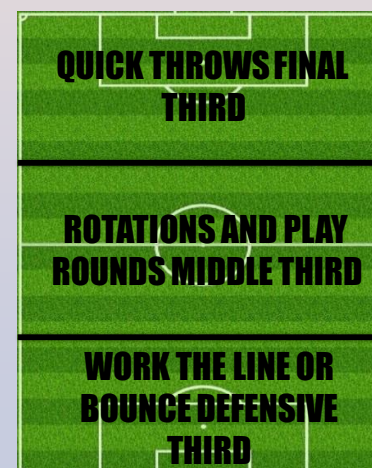
### **KICK OFF**



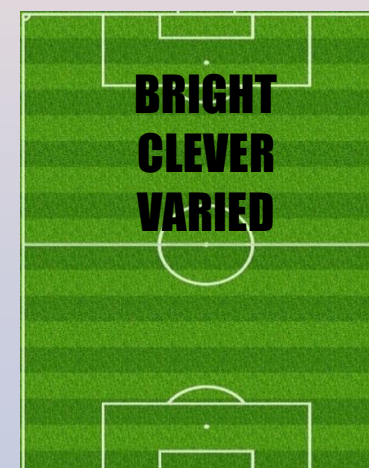
### **FREE KICKS**



### **THROW INS**



### **CORNERS**





## MAJUKUMU YA TIMU TUNAPOKUWA NA MPIRA

- FUNGUA UWANJA.
- PIGA PASI ZA MBELE.
- TUPIGE PASI ZA HARAKA KWA UMAKINI.
- TUKAYE KWENYE SEHEMU ZETU NA TUPASIANA MPIRA 1/2 TUCHEZE.
- TUGIPE KROSSI KWENYE SEHEMU YA HATARI TUNAPOSHAMBULIA.
- TUFUNGE MAGOLI.

## MAJUKUMU YA TIMU TUSIPOKUWA NA MPIRA

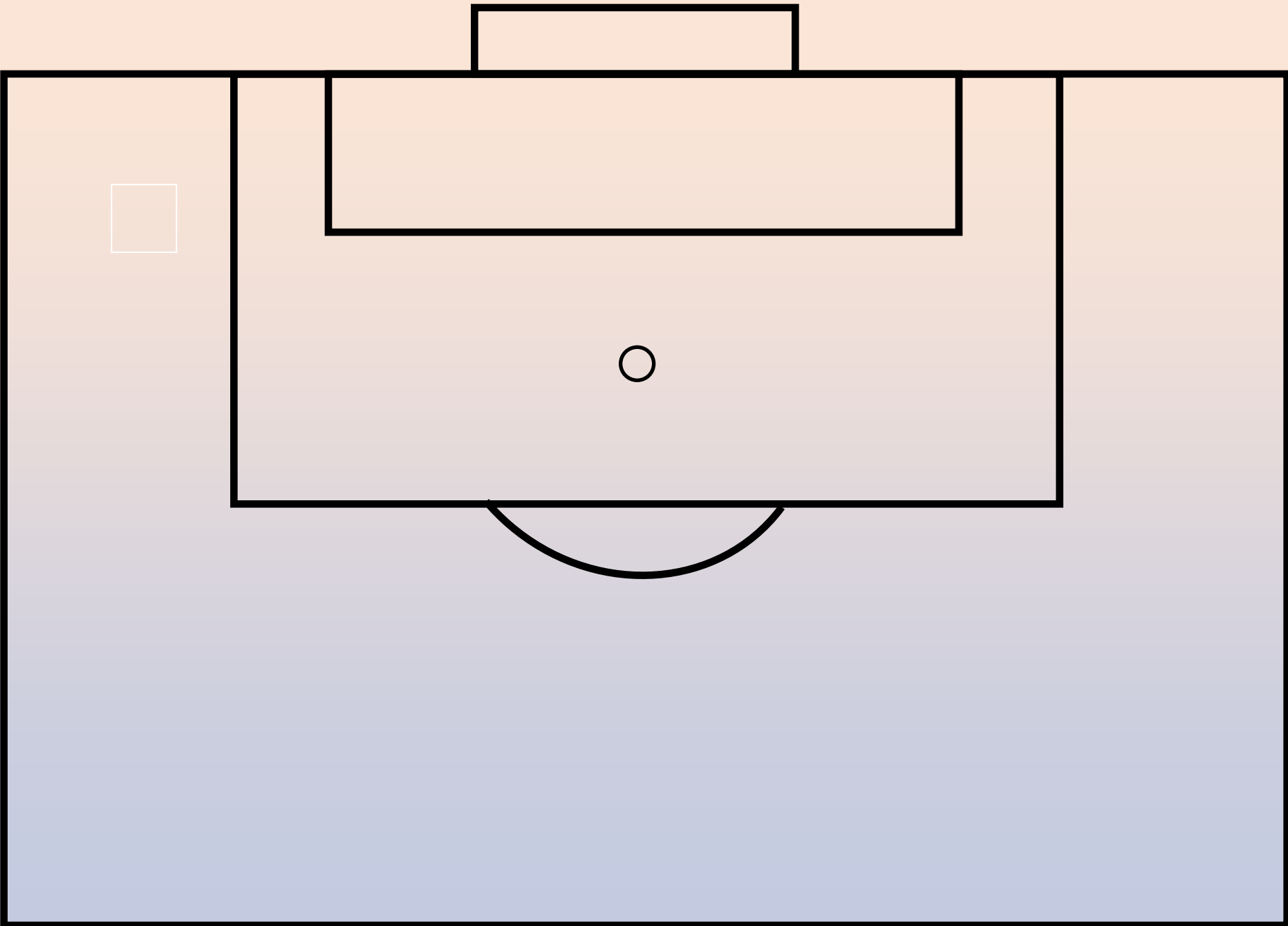
- TUFUNGE UWANJA(COMPACTNESS).
- KILA MCHEZAJI NI MKABAJI KUENZIA WACHEZAJI WA MBELE.
- TUKABE KWA KUFIKA KWENYE MPIRA.
- TUKABE KWENYE MAKUNDI YA WACHEZEJI.
- TUCHEZE MIPIRA YA JUUYA KWANZA NA YA PILI.
- TURUDI KWENYE SHEPU YA TIMU.

## MAJUKUMU TUNAPONYANGANYA MPIRA

- MASHAMBULIZI YA HARAKA SANA /COUNTER ATTACKS.
- PASI ZA MWENDO KASI ZA KWENDA MBELE NA MPIRA.
- TUKIMBIE MBELE KUSAIDIA MASHAMBULIZI.
- JIAMINI UNAPOSHAMBULIA 1V1
- KAMA HAKUNA NAFASI HIFADHI MPIRA NA TUCHEZE.

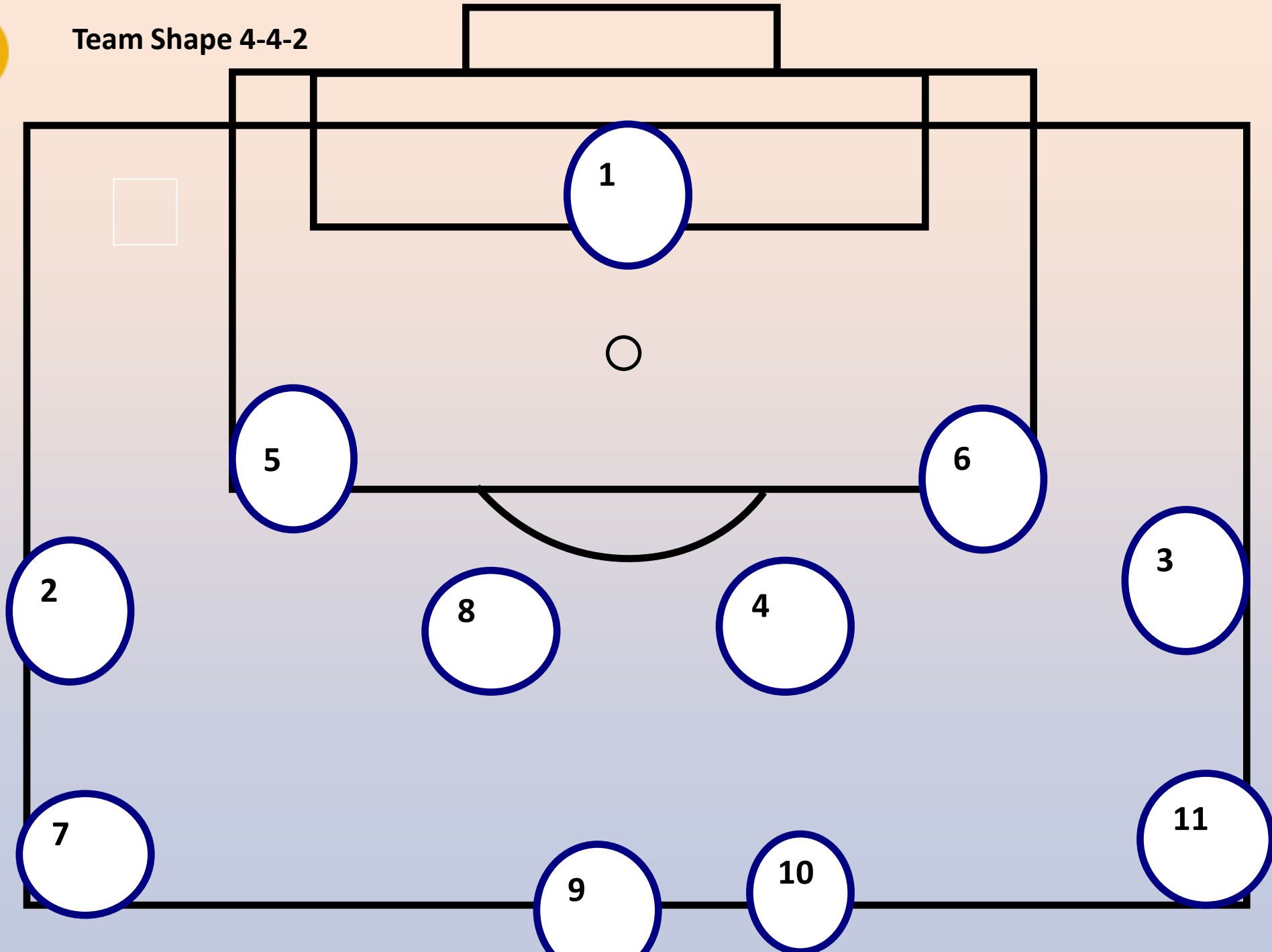
## MAJUKUMU TUNAPOPOTEZA MPIRA

- TUFUNGE UWANJA HARAKA SANA
- TURUDI KWENYE SHEPU YA TIMU TUNAKUWA HATUNA MPIRA.
- MCHEZAJI WA KWANZA KARIBU NA MPIRA KABA AU TELEMKA KWENYE SHEPU YA TIMU AU CHELEWESHA MASHAMBULIZI.
- KILA MCHEZAJI NI MKABAJI.

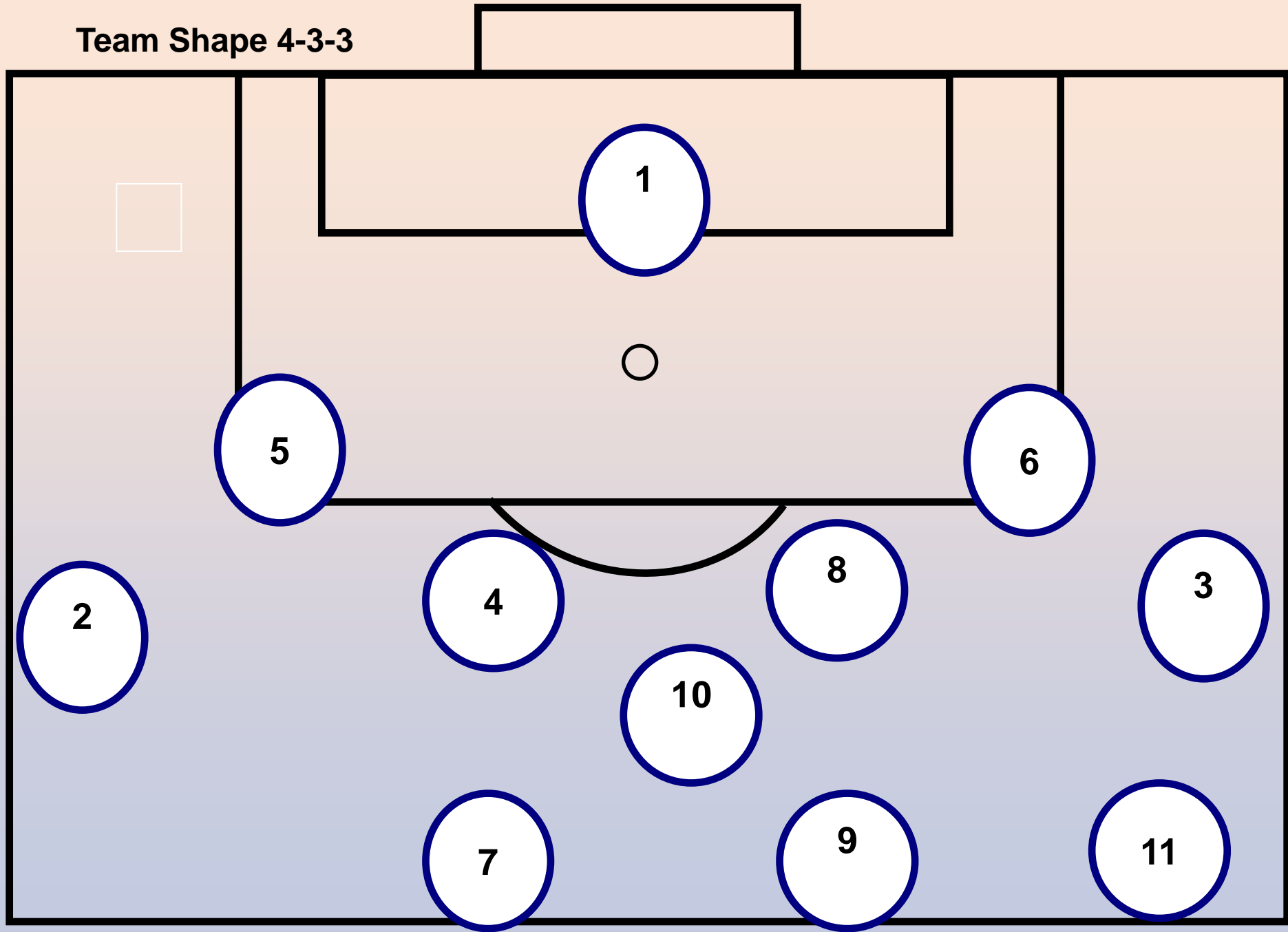




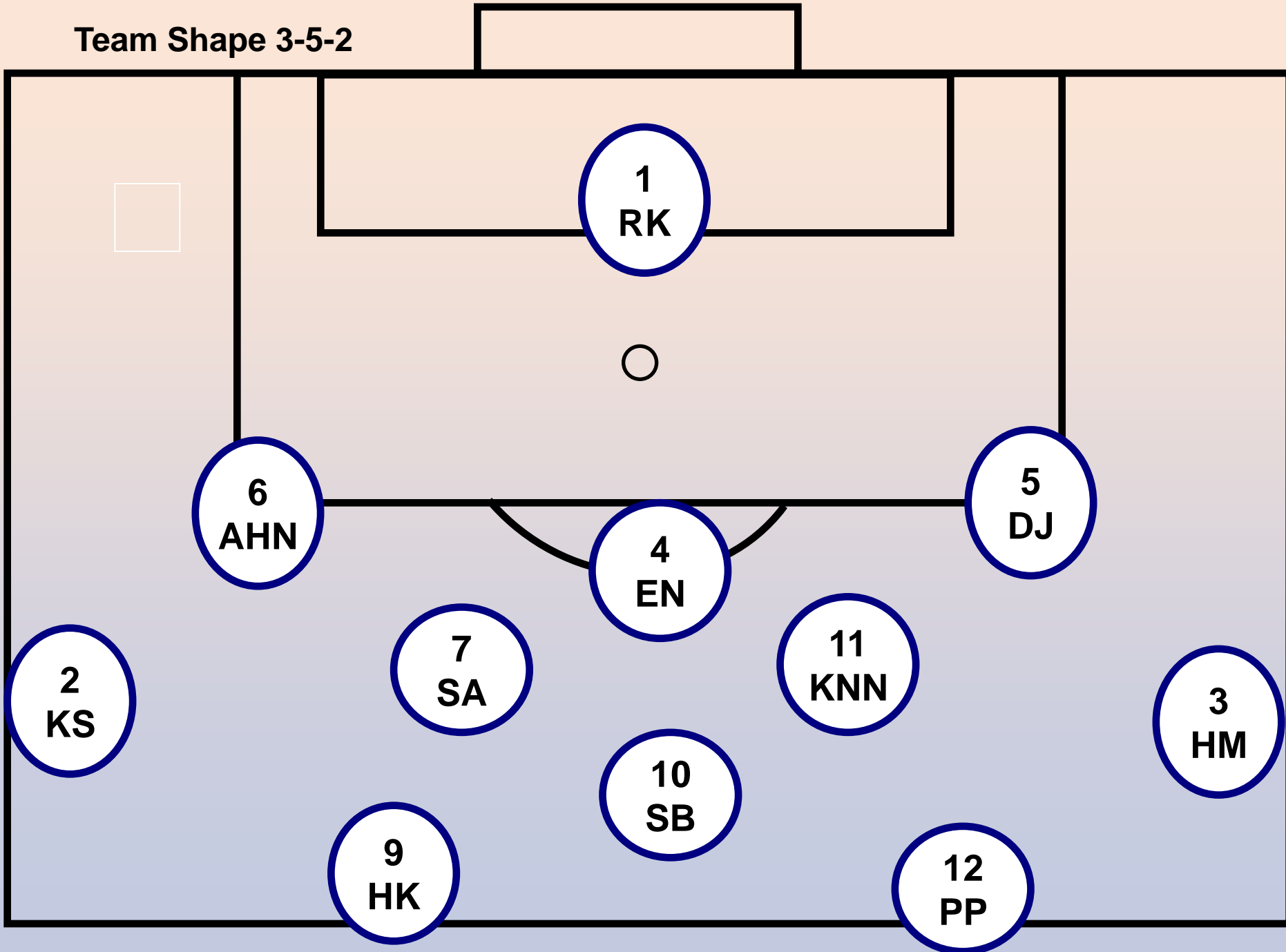
# Team Shape 4-4-2



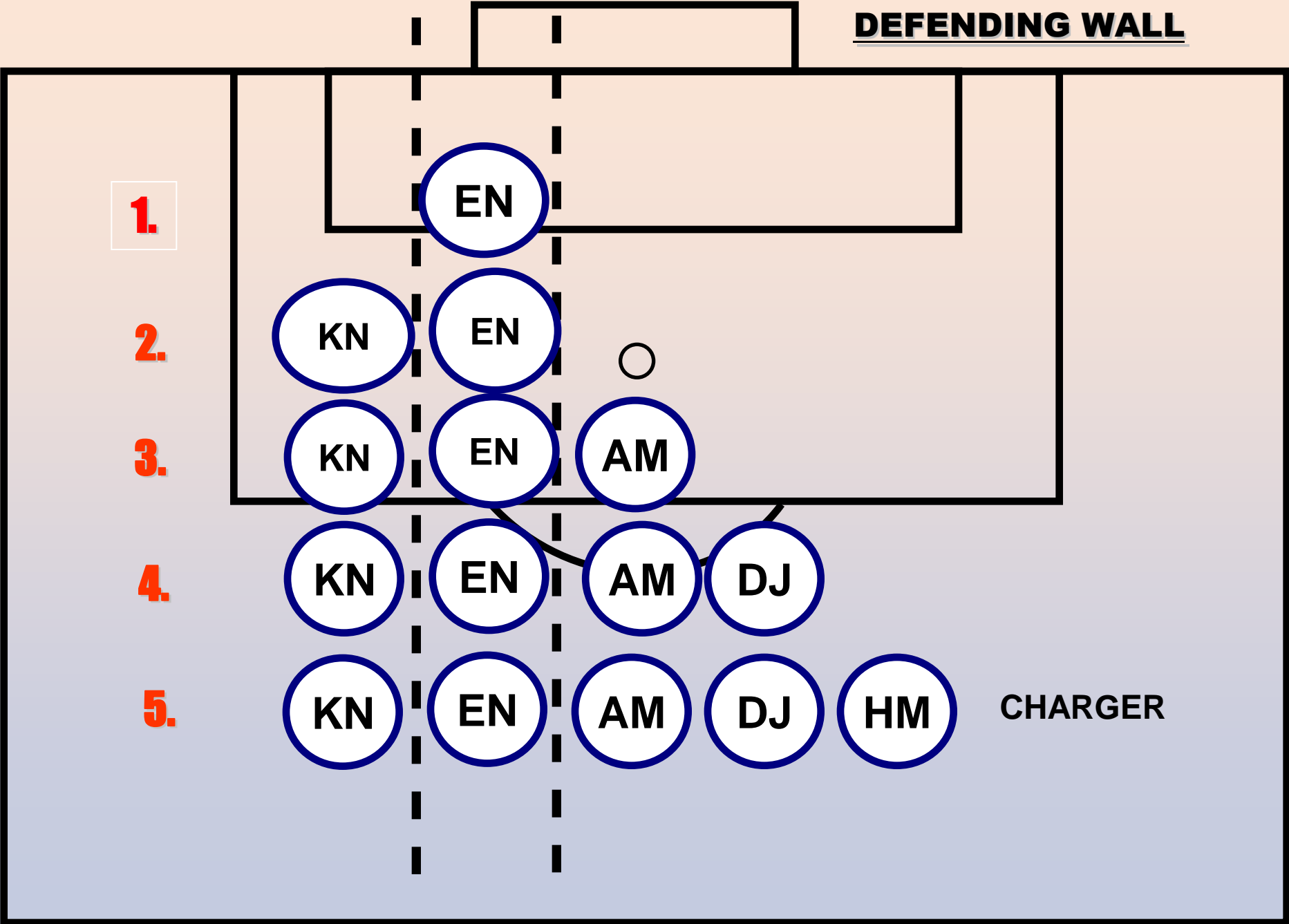
# Team Shape 4-3-3



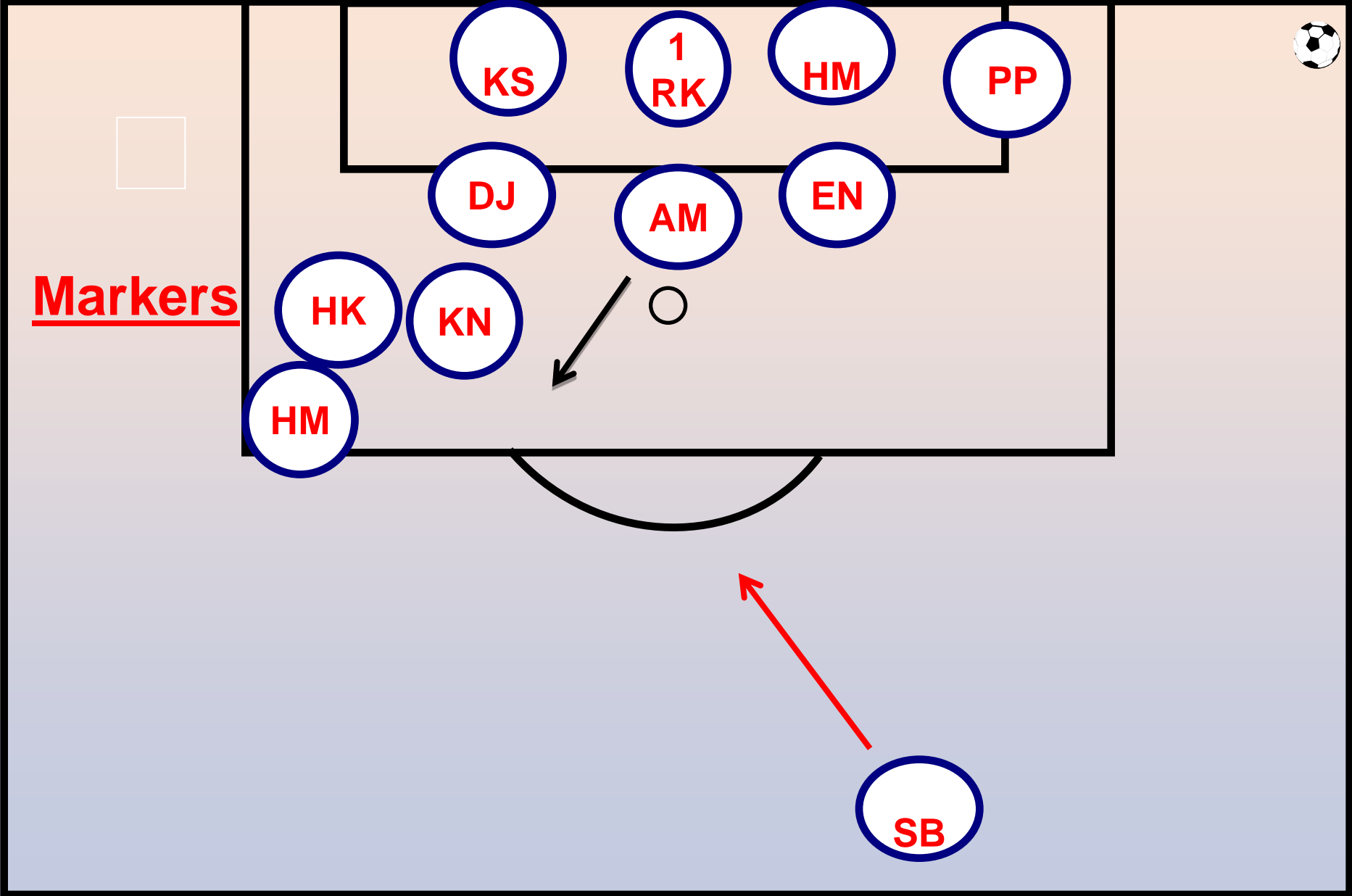
# Team Shape 3-5-2



**DEFENDING WALL**



**DEFENDING CORNER**



**Markers**

HK

KN

HM

DJ

AM

EN

KS

1  
RK

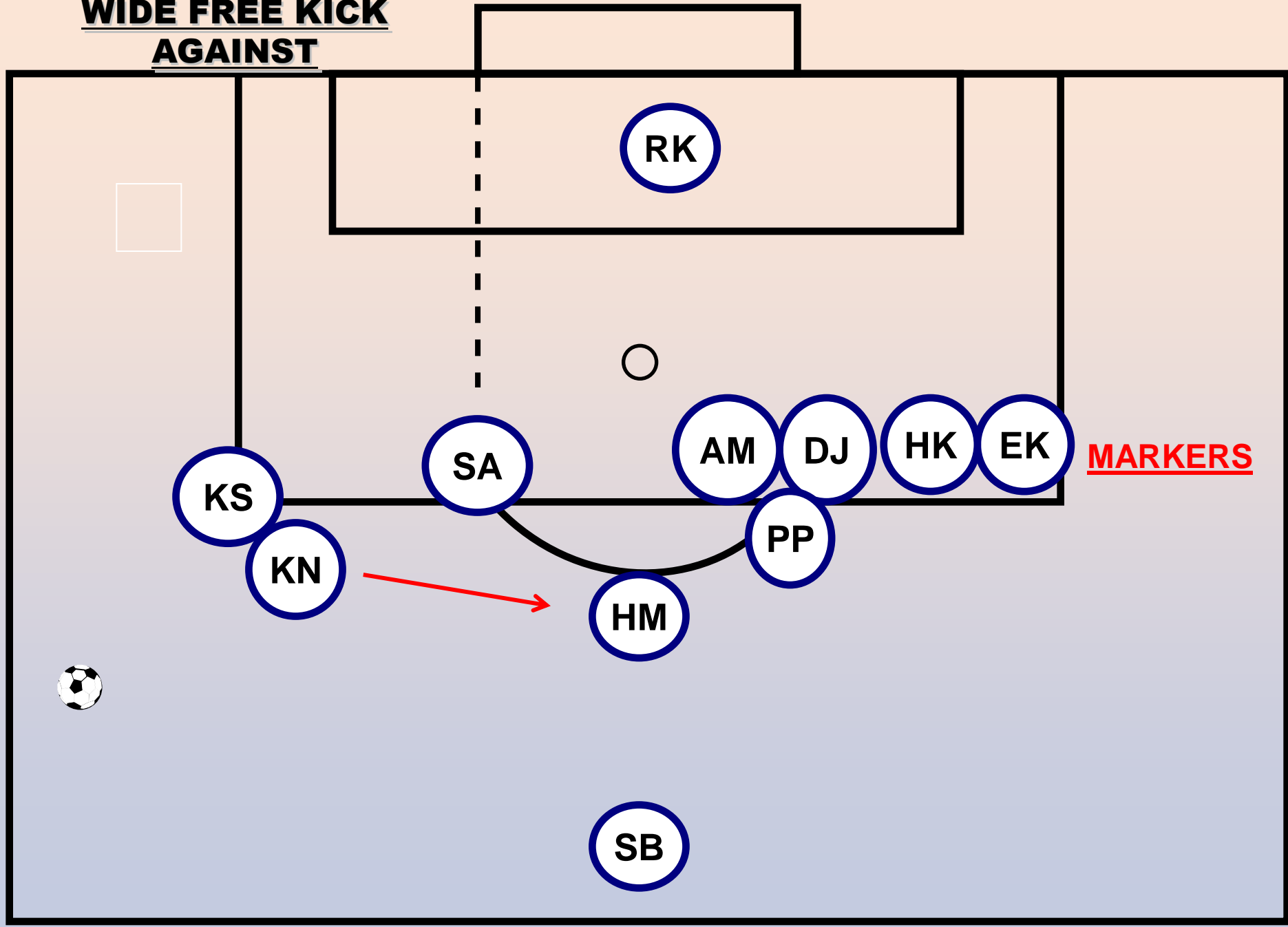
HM

PP

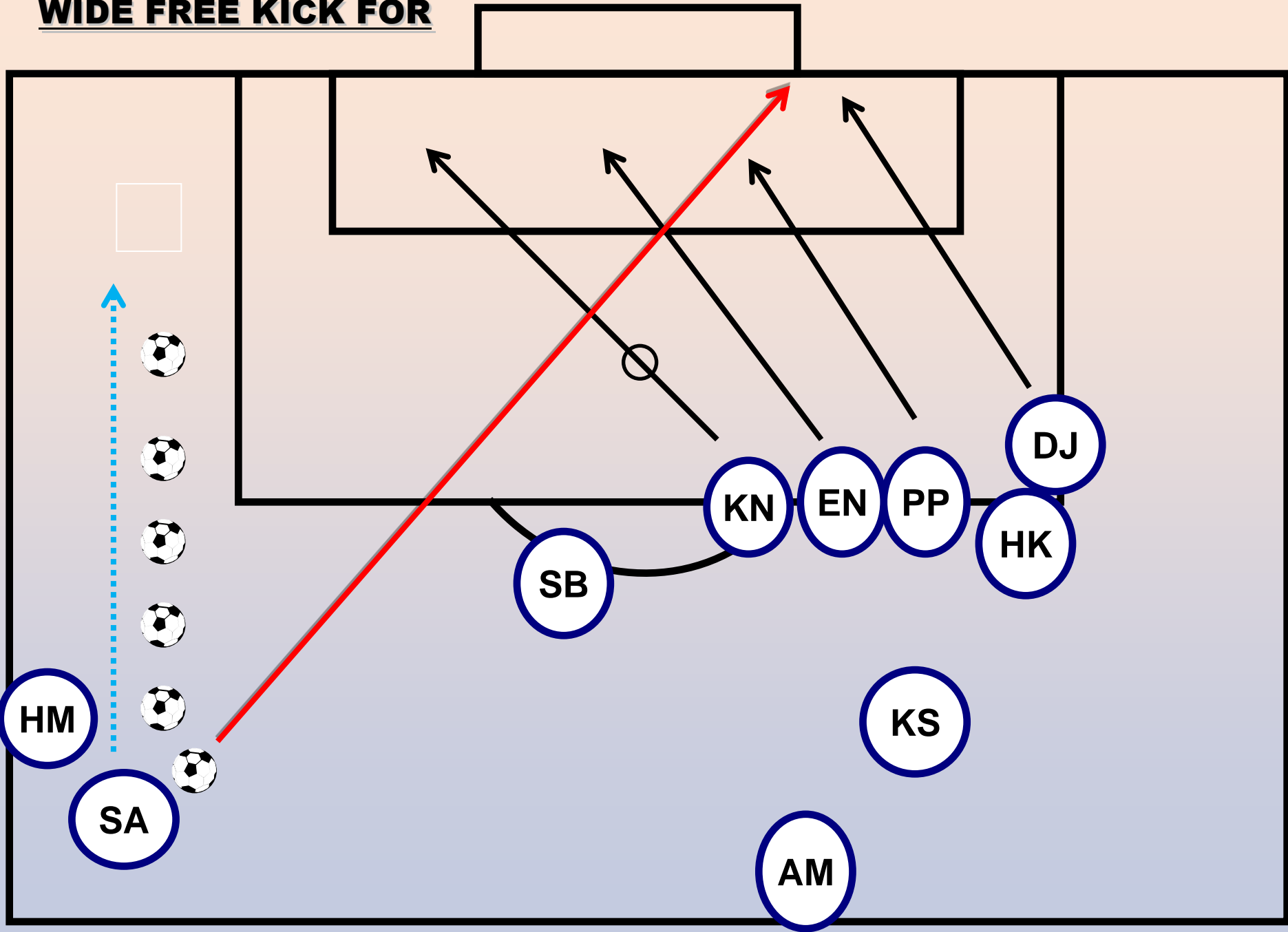
SB



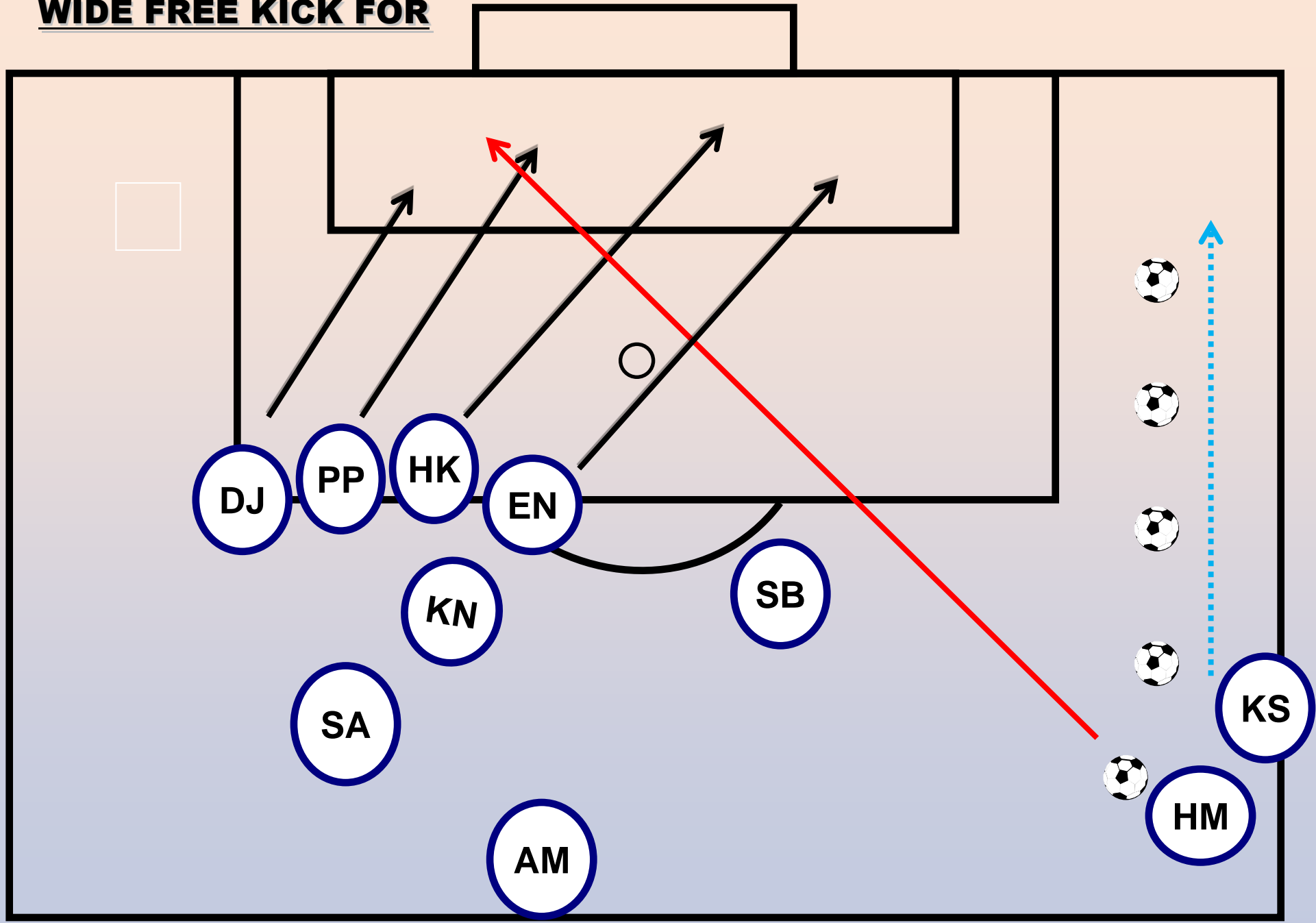
# WIDE FREE KICK AGAINST



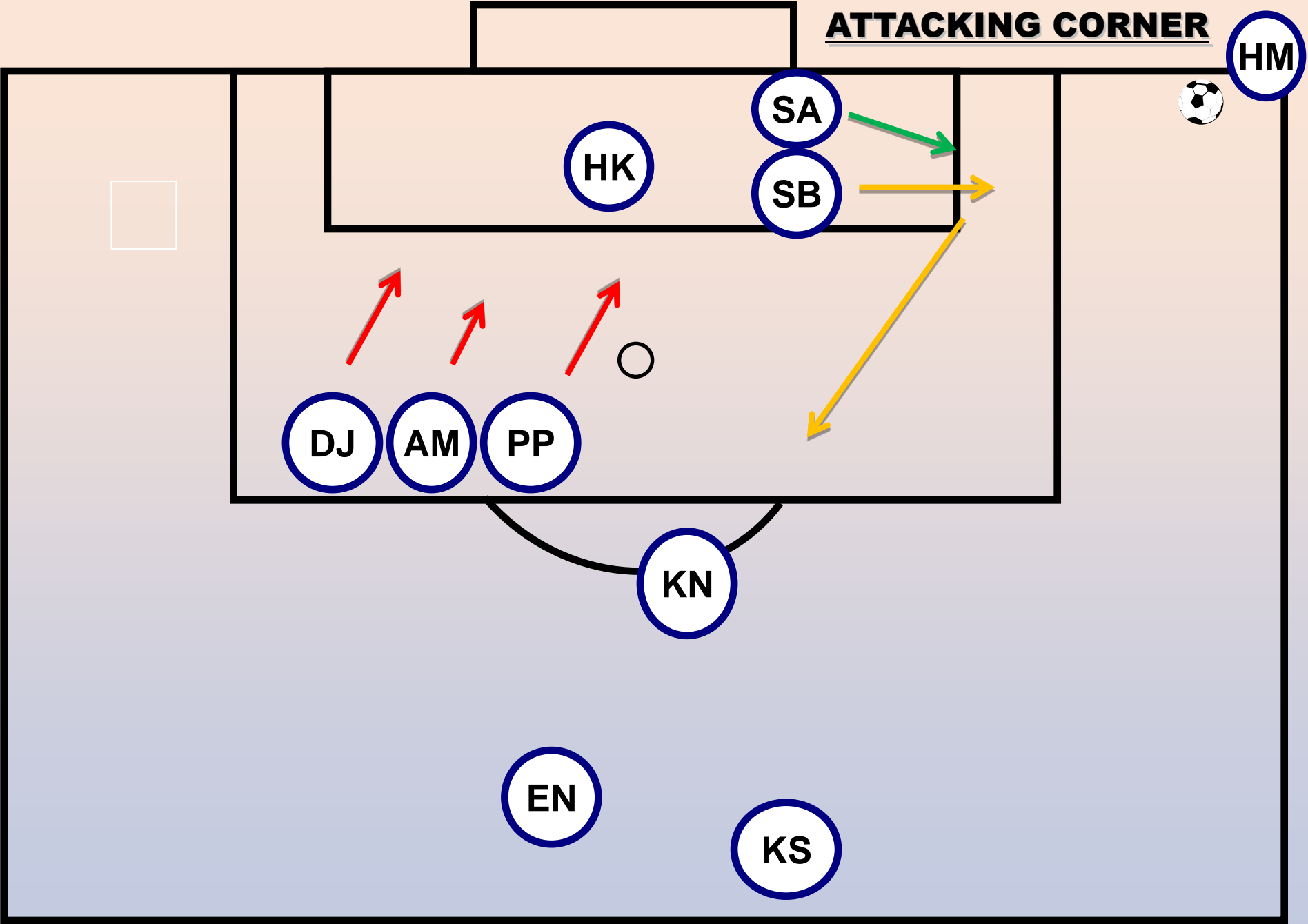
# WIDE FREE KICK FOR



# WIDE FREE KICK FOR

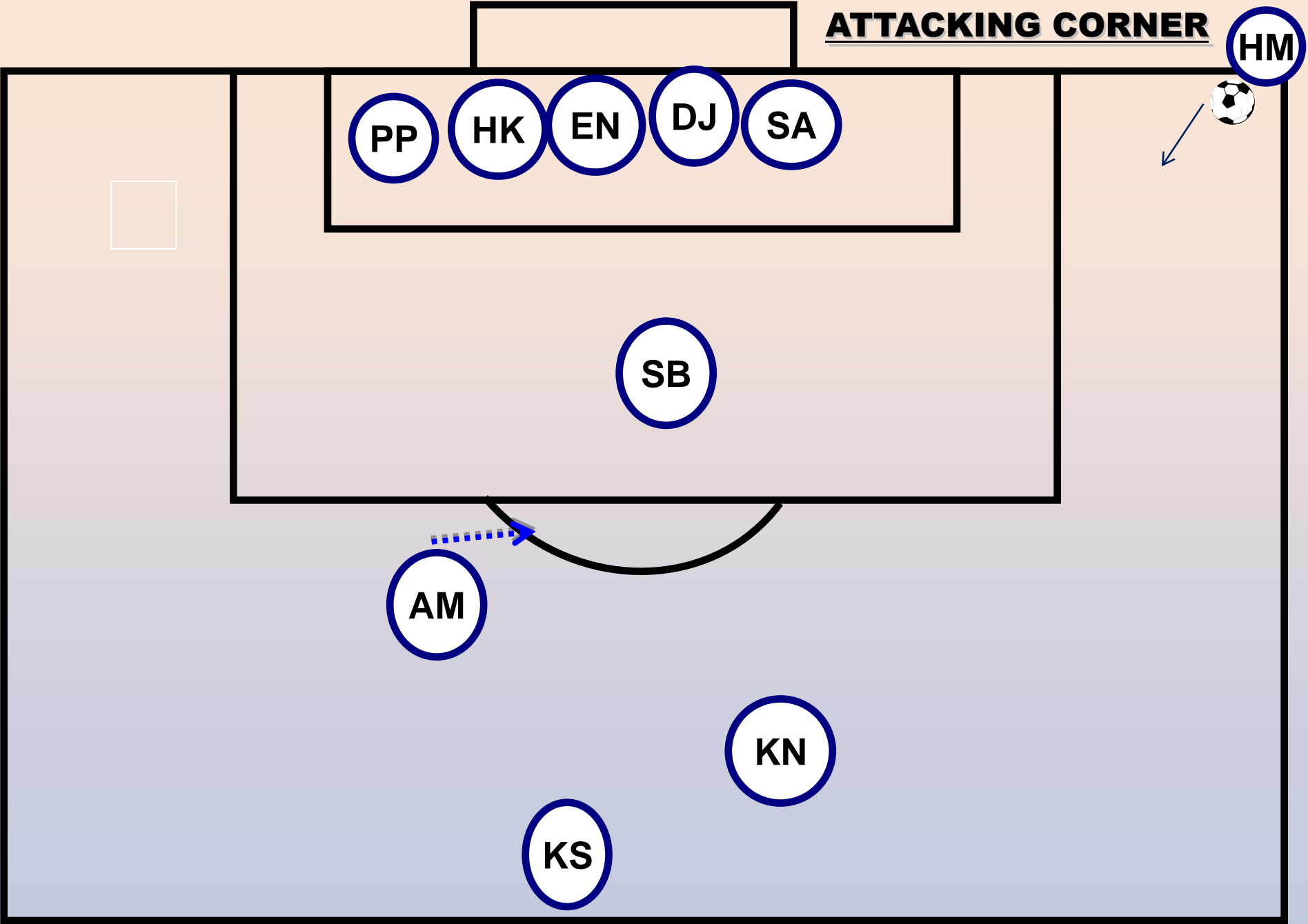


**ATTACKING CORNER**



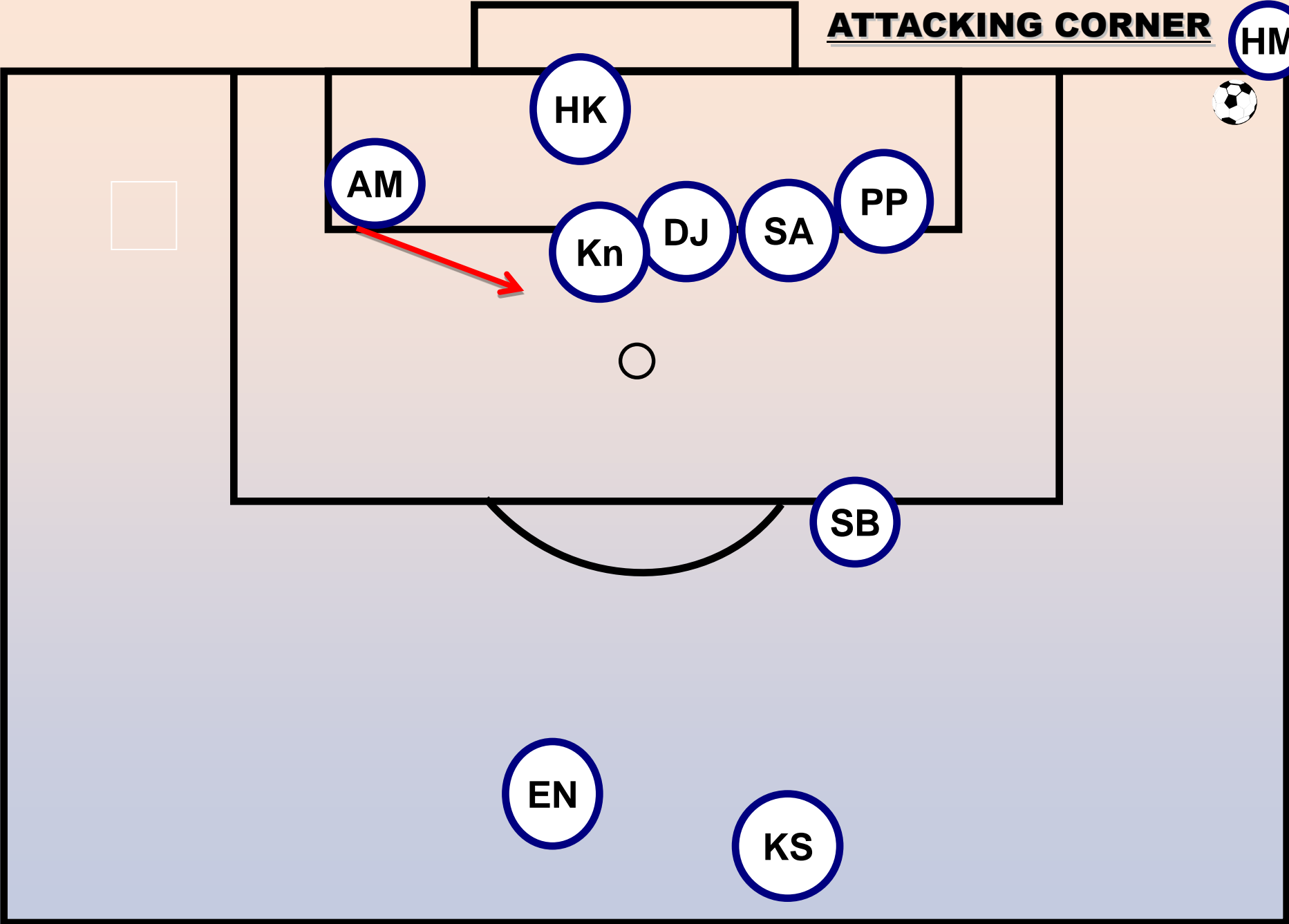


**ATTACKING CORNER**

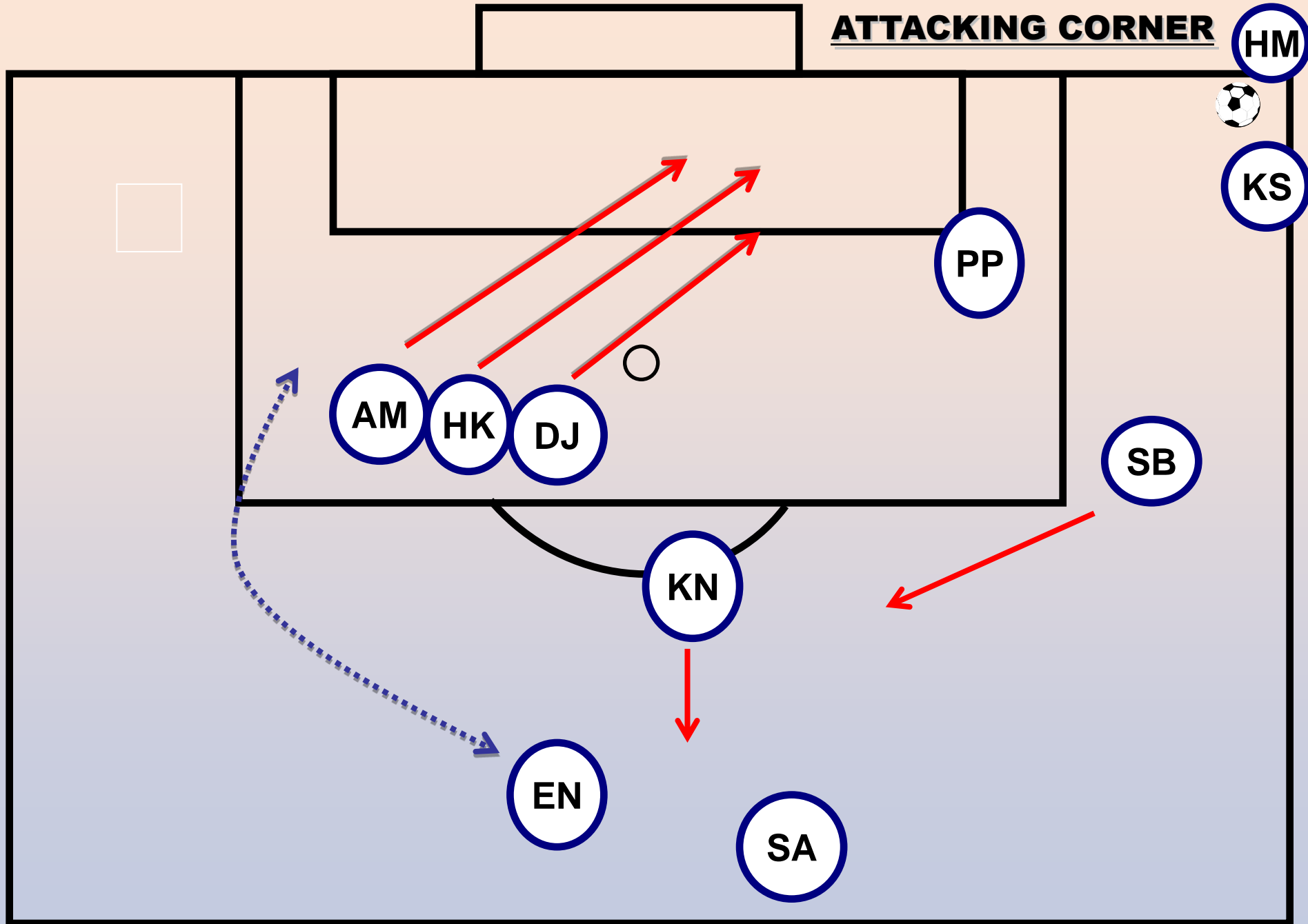


**ATTACKING CORNER**

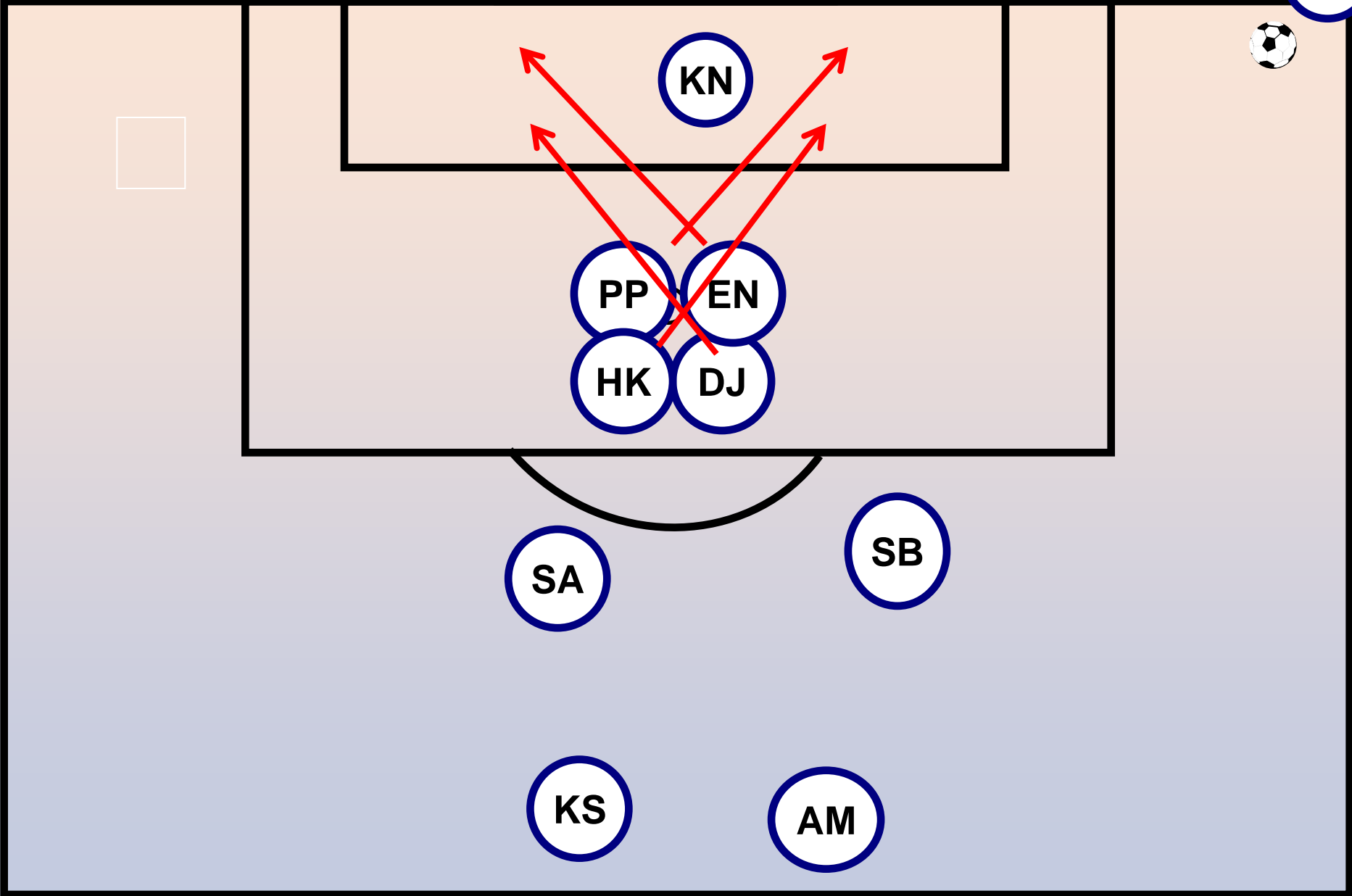
HM



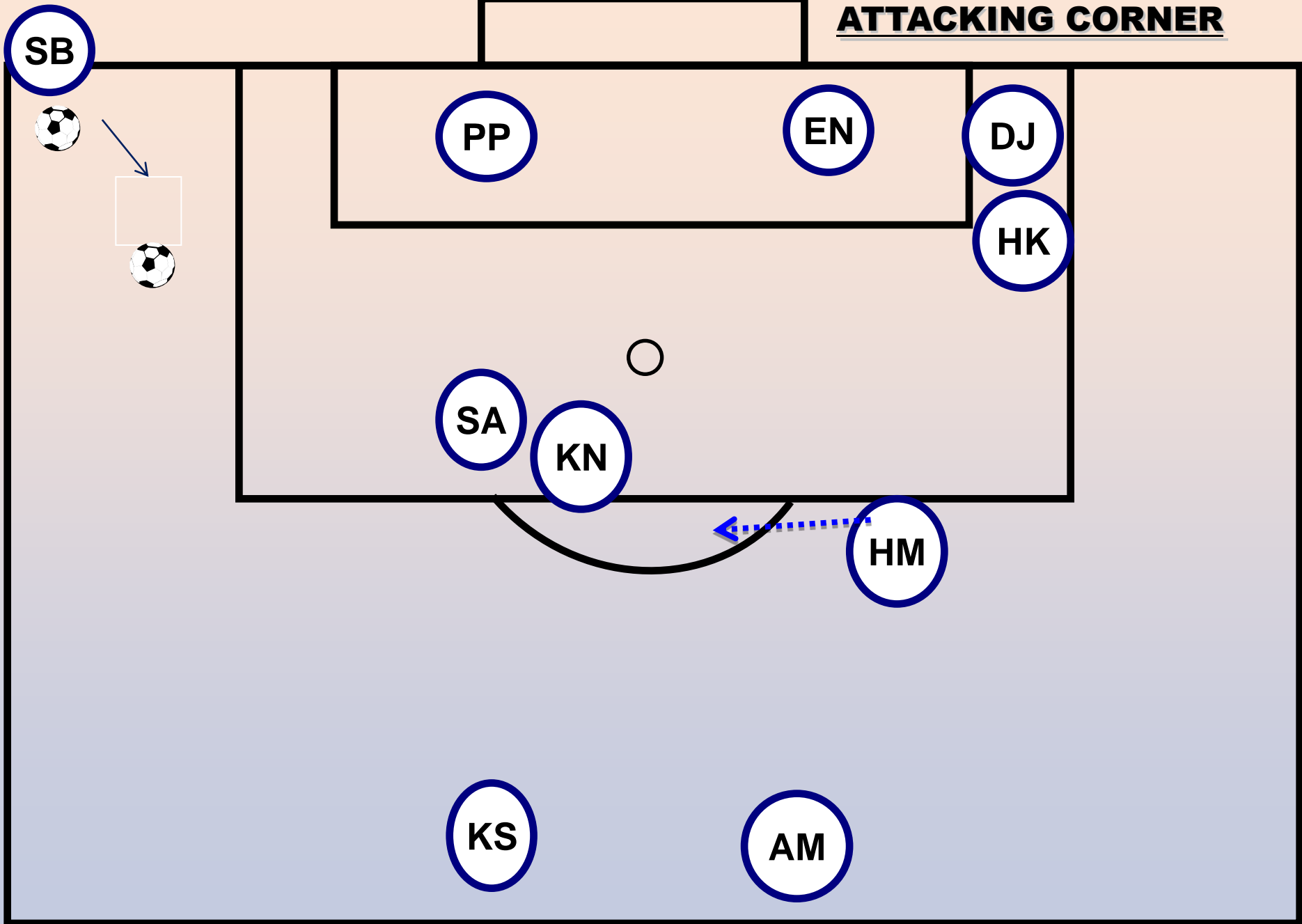
**ATTACKING CORNER**



**ATTACKING CORNER**

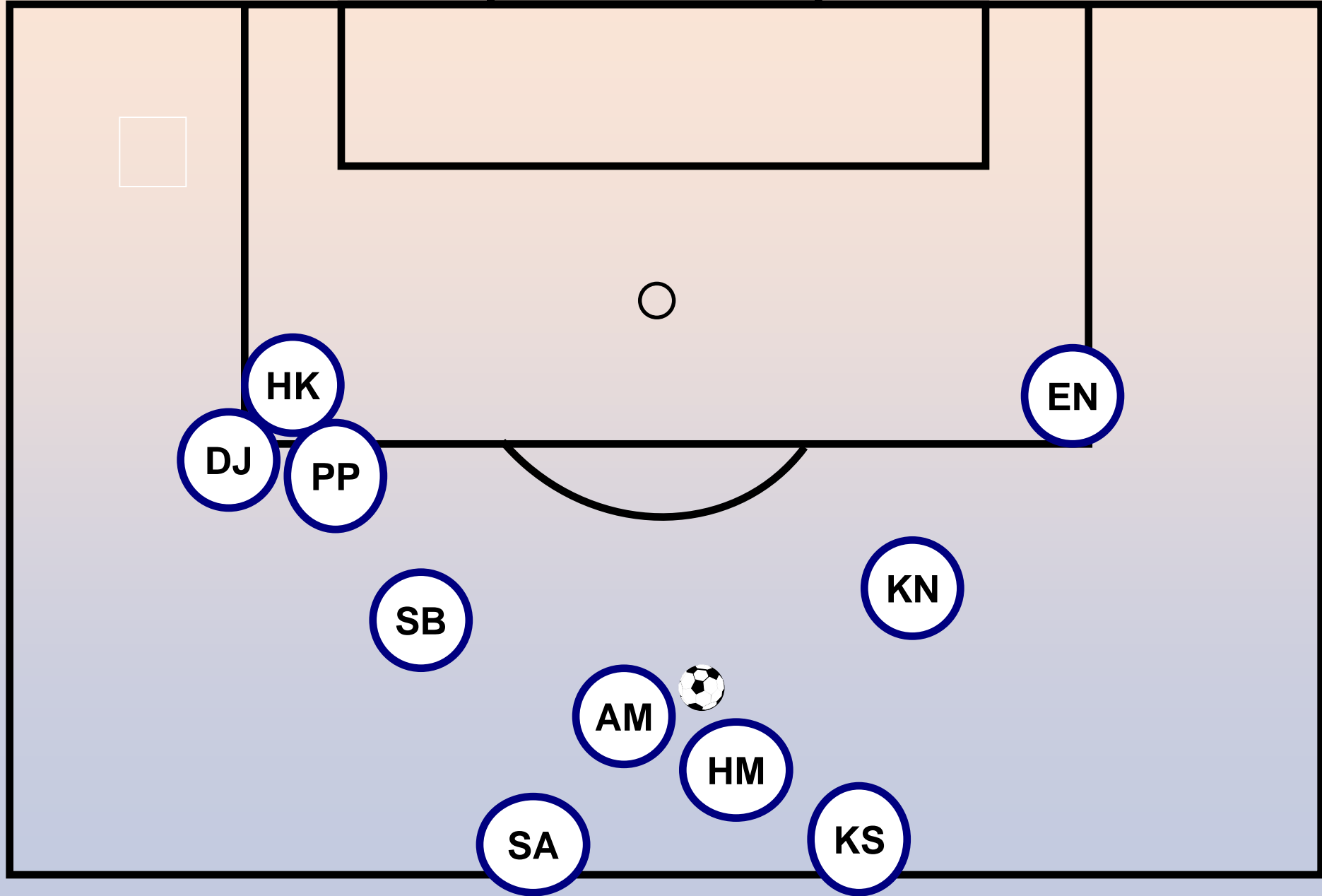


ATTACKING CORNER

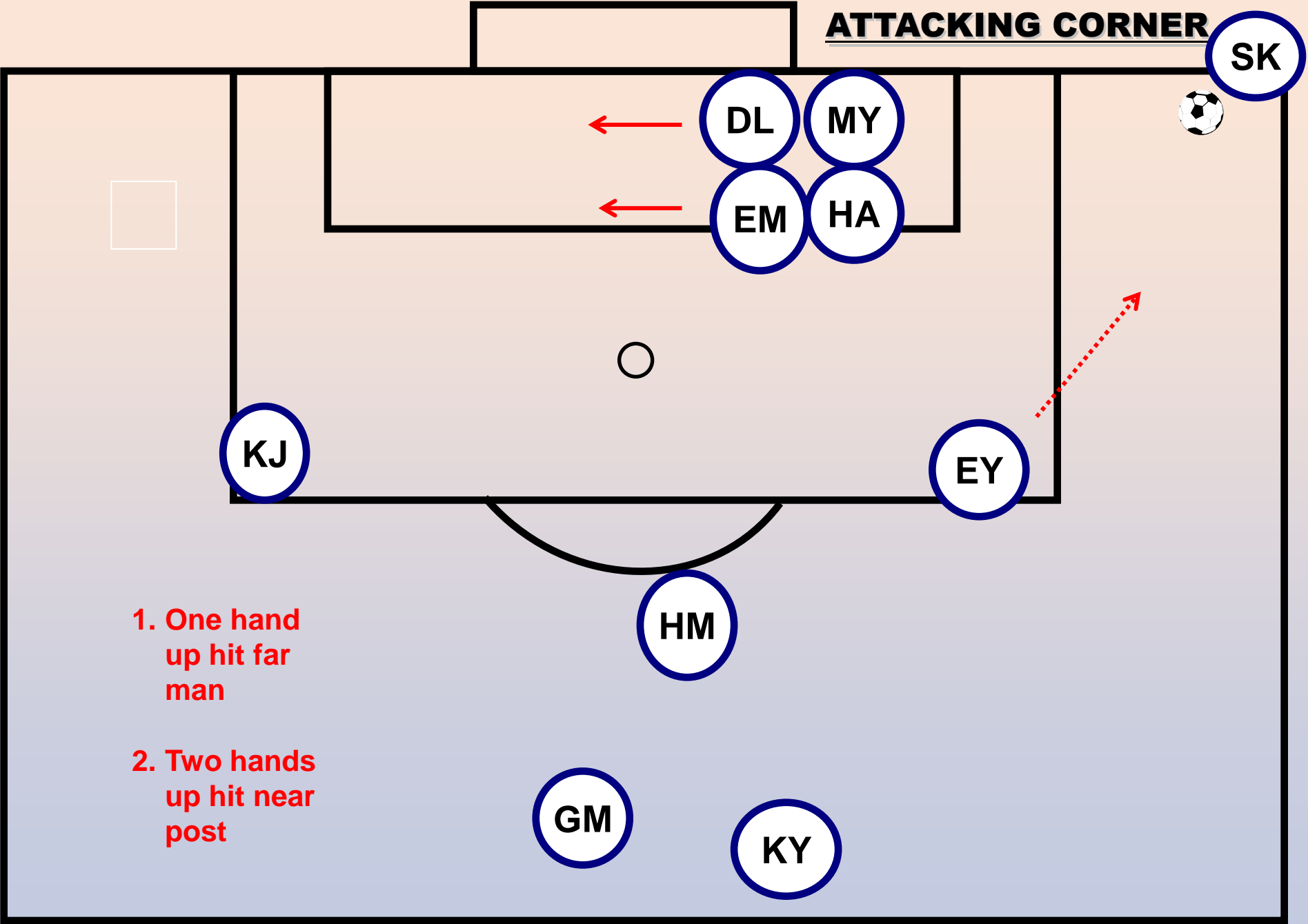




**ATTACKING FREE KICK**



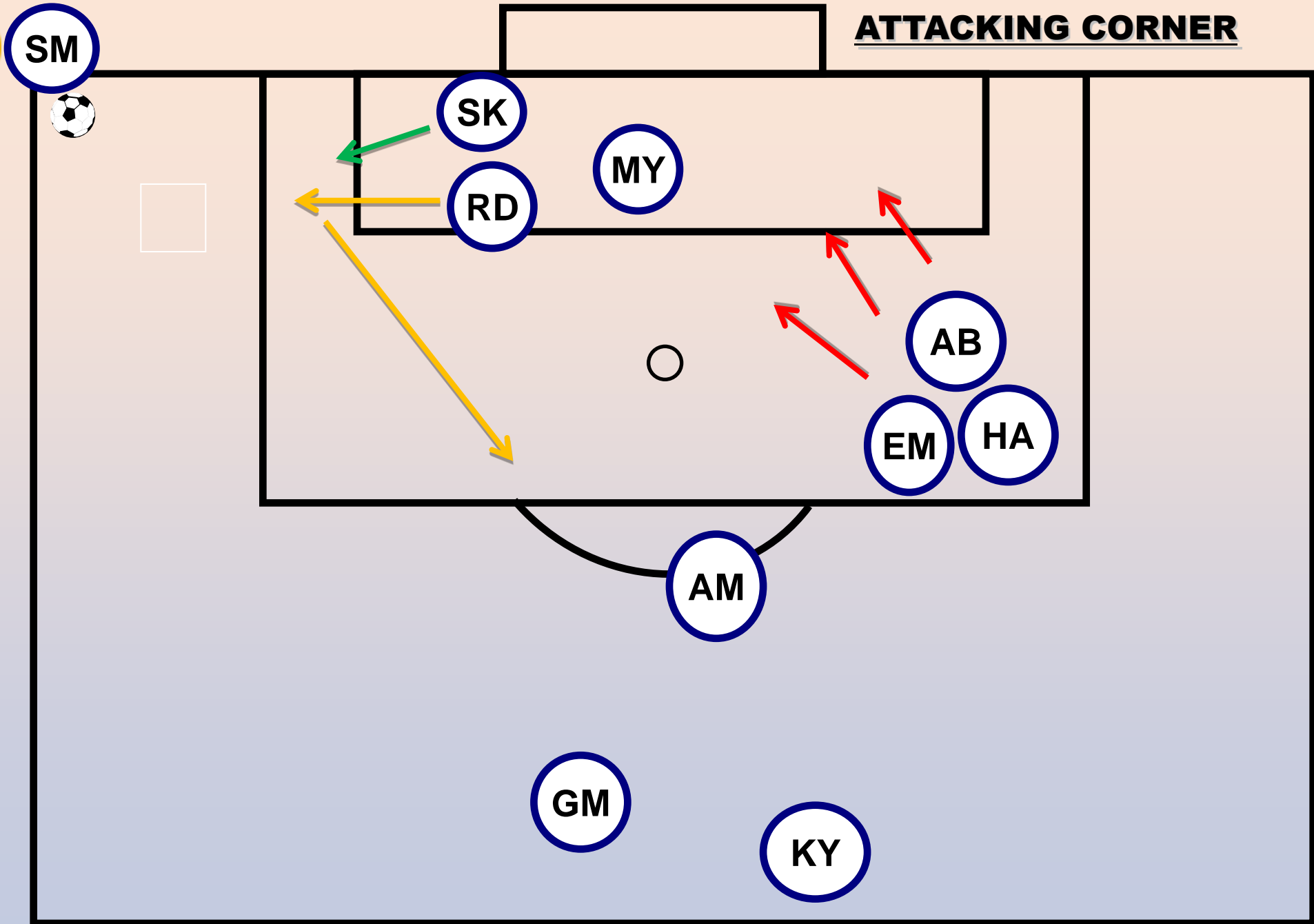
**ATTACKING CORNER**



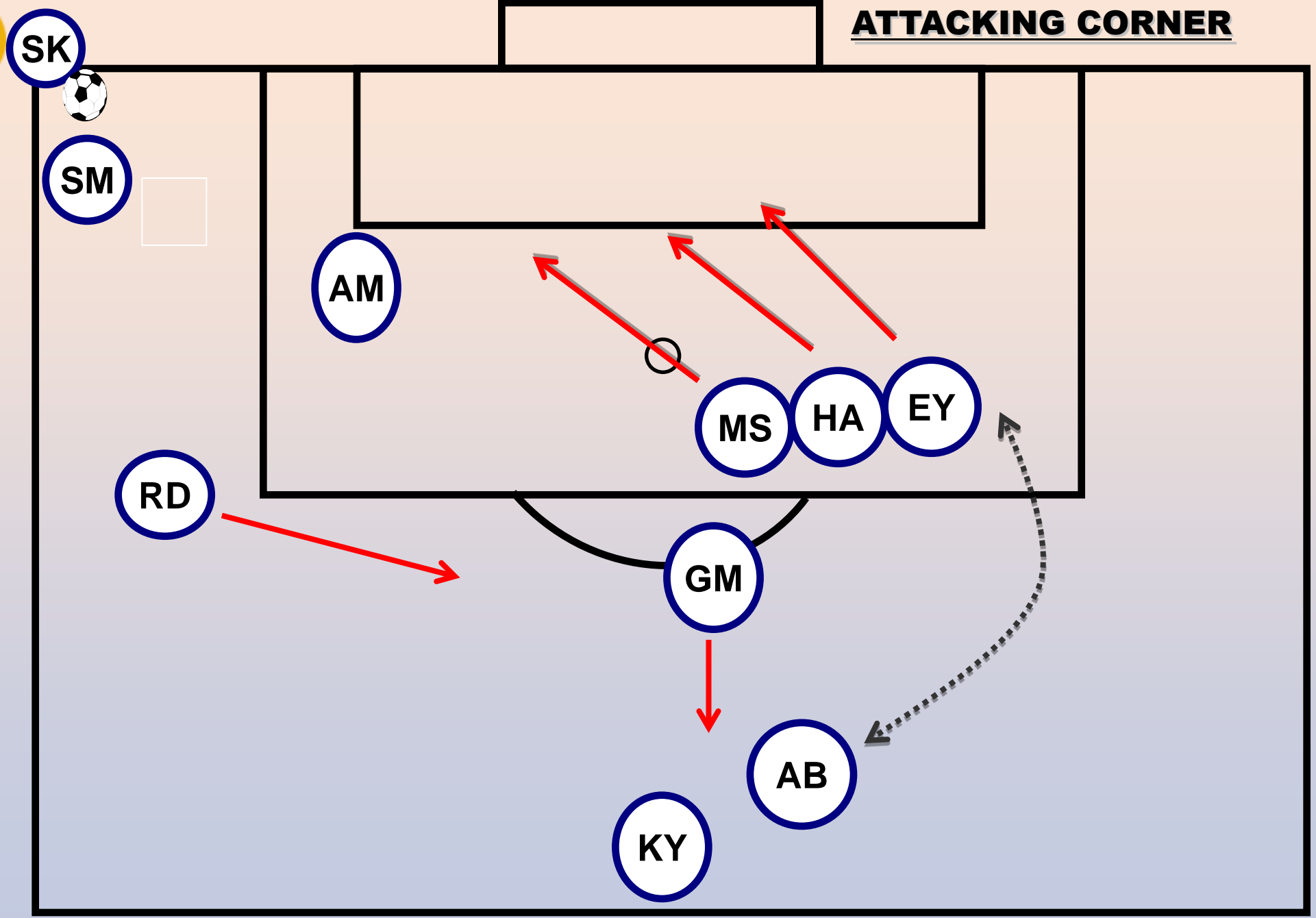
1. One hand up hit far man

2. Two hands up hit near post

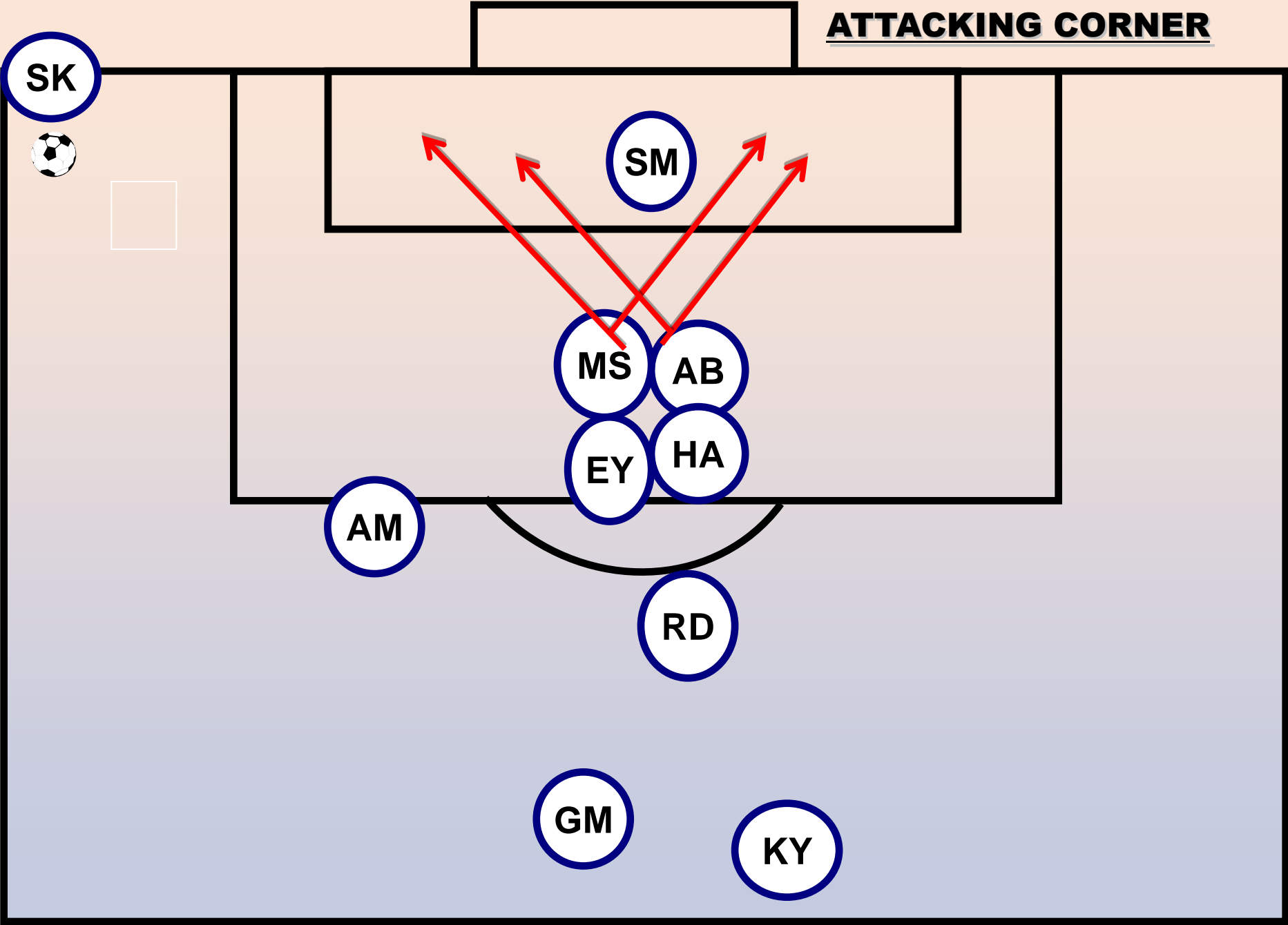
**ATTACKING CORNER**



# ATTACKING CORNER



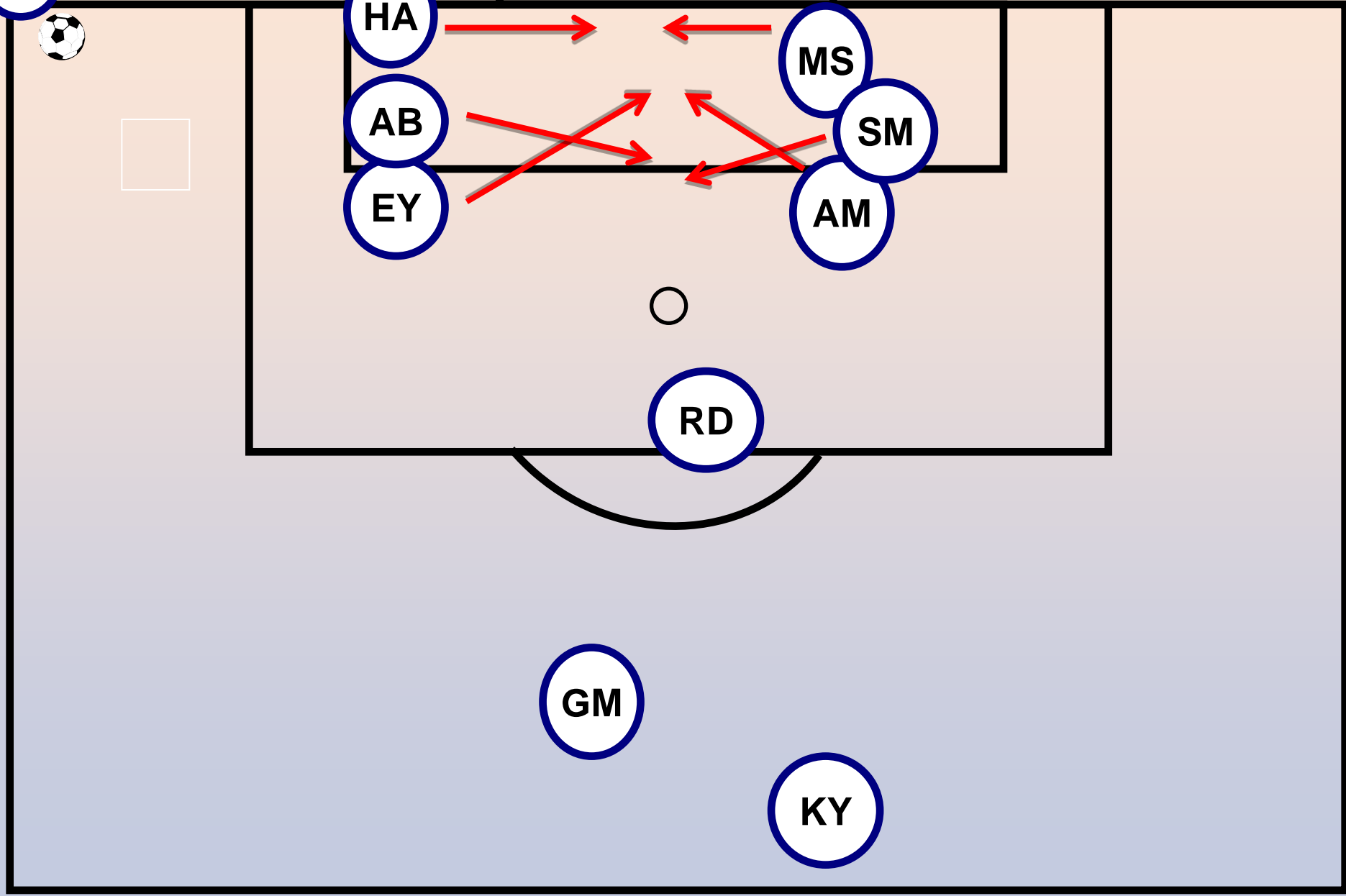
**ATTACKING CORNER**

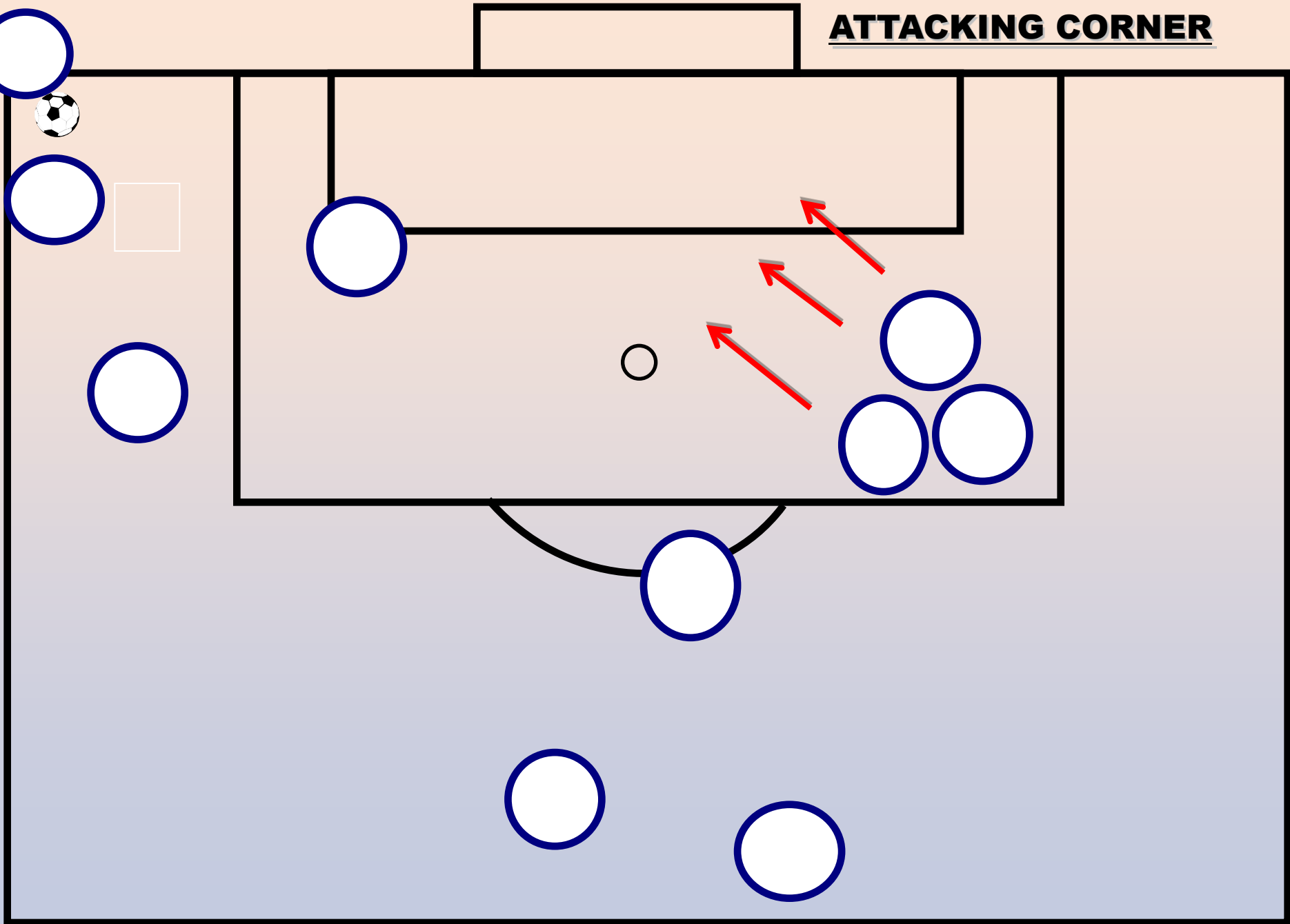




SK

**ATTACKING CORNER**





**ATTACKING CORNER**

