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Train Like Barcelona.Play Like Barcelona.: 25+ of The Best Training Exercises Used By FC Barcelona.

Marcus DiBernardo

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This book is not designed to break down in detail Barcelona's formations and tactics. It is not an in depth tactical analysis of each player's role and responsibilities in the Barcelona system of play either. The focus of this book is to provide you with training ground exercises direct from FC Barcelona. The exercises focus on the major principles and concepts that Barcelona embrace as an entire club. Each exercise directly relates to the "Barcelona Training Model" that fits directly into the "Barcelona Game Model". The exercises in the book cover the four phases of the game: attacking transition, attacking organization, defensive transition and defensive organization. FC Barcelona is famous for their total commitment to play their style of soccer with all their teams from U8 all the way up to the first team. Many people refer to the Barcelona style of play as "Tiki Taka". The "Tiki Taka" possession style of soccer Barcelona plays requires years and years of training. Players must be technically gifted with a complete understanding of the "Barca" system. In the simplest of explanations Barcelona's former Coach Pep Guardiola explains the Barcelona style of play as, "This is a game of 11v11 with one ball and we try to keep this ball, we try to play with this ball". Guardiola is basically saying that at Barcelona ball possession and ball circulation is of the highest importance. The players are trained to pass the ball and keep the ball under intense pressure from the opposing team. While in possession supporting players form triangles and diamonds to support the player with the ball (provides multiple passing options). FC Barcelona has proven that their method works and works very well. Just look in their trophy cabinet! They have won the treble twice in the last ten years along with 7 La Liga titles in 10 years! The exercises in this book will have your team training like Barcelona and through time playing like Barcelona (training model = game model).

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