

APFC NEXT

The implementation of a game model at youth elite levels



GENERAL INFORMATION

About APFC Courses:

APFC is on a mission to provide the best educational tools and information for soccer coaches. APFC online courses are designed to help coaches, academies and clubs worldwide to raise their standards. Through a well organized pathway, the APFC method slowly opens the secrets behind developing smart and efficient players who will dominate positional play and the game.

Step 1: APFC Foundations course

This course explains eight basic individual concepts/foundations which are essential to help players in understanding the logic behind positional play.

Step 2: APFC Blueprint

This course is a wonderful and detailed journey through all the individual and the collective foundations/concepts which explain positional play.

Step 3: APFC Next

This is an in-depth course that presents different game situations and how to resolve them by progressing space after space.

About APFC Next:

Who should take this course:

- APFC Blueprint Alumni
- Experienced Coaches at elite youth levels.
- Coaching Directors

What is APFC Next?

APFC Next is a highly specialized theoretical and practical EXPERIENCE that explains and guides how to implement a game model (coded game situations) in an U19 elite team of Spain's top flight. Together with CE Sabadell FC, one of the most important clubs in Catalunya, APFC Next has designed a pathway to finally understand how the game is organized, what game situations must be understood and the training behind it, to eventually dominate them.

The game model laid out in this course emphasizes positional play and associative soccer, finding positional solutions to dominate spaces that constantly appear during the game.

Proof of Concept

The APFC method implemented, thrived as U19 CE Sabadell achieved a historical best record in the club's U19 category competing at the highest level in Spain in that division.. Some of the achievements have been:

2019-2020: U19 champions, thus ending a 10-year dominance in the category, by rivals FC Barcelona and BRCD Espanyol

2020-2021: 6th place in the U19 Spain top-flight category, achieving important results such as an away win (0-2) against FC Barcelona and a home win (2-1) against RCD Espanyol. Both rivals have historically dominated the category.

THE APFC GAME MODEL

What is a game model?

A game model, simply put, is our own system to code all the different game situations as well as the principles that help the team to dominate those situations. Each set of situations is described as a game model phase.

Through ten chapters, APFC NEXT breaks down some of the game model phases shown below:

APFC NEXT GAME MODEL

ORGANIZED ATTACK		TRANSITION ATTACK TO DEFENSE TRANSITION ATTACK TO ATTACK	
OUR TEAM ATTACKS WITH A 1-4-2-3-1 STRUCTURE			
1A	Progression against a highly positioned 1-4-3-3 or 1-4-2-3-1.	1A'	Attack to defense transition principles behind 1A
1B1	Progression against a high pressing 1-4-3-3 or 1-4-2-3-1 (Advanced midfielder presses over the open center back).	1B1'	Attack to defense transition principles behind 1B1
1B2	Progression against a high pressing 1-4-3-3 or 1-4-2-3-1 (Winger presses over the open center back).	1B2' 1A-1B1-1B2	Attack to defense transition principles behind 1B2 Transition or evolution attack to attack for these phases
1C1	Progression against a high pressing 1-4-4-2 in a diamond shape.	1C1'	Attack to defense transition principles behind 1C1
1C2	Progression against a high pressing 1-5-3-2.	1C2'	Attack to defense transition principles behind 1C2
2A1	Progression against a 1-4-4-2 mid block.	2A1' 1A - 2A1	Attack to defense transition principles behind 2A1 Transition or evolution attack to attack for these phases
2A2	Progression against a 1-5-3-2 mid block.	2A2'	Attack to defense transition principles behind 2A2
2B1	Progression against a 1-4-4-2/1-4-5-1 low block.	2B1'	Attack to defense transition principles behind 2B1
2B2	Progression against a 1-5-4-1 low block.	2B2'	Attack to defense transition principles behind 2B2
3A	Creation (receptions in the key progression space).		
3B	Attack the opposing box.		
ORGANIZED DEFENSE		TRANSITION DEFENSE TO ATTACK TRANSITION DEFENSE TO DEFENSE	
OUR TEAM DEFENSES WITH A 1-4-2-3-1 STRUCTURE			
4A	Organized high defense against a 1-4-3-3 or a 1-4-2-3-1.	4A' 4A''	Defense to attack transition principles behind 4A Defense to defense transition principles behind 4A
4B1	Organized high press against a 1-4-3-3 or a 1-4-2-3-1 (Advanced Midfielder).	4B1' 4B1''	Defense to attack transition principles behind 4B1 Defense to defense transition principles behind 4B1
4B2	Organized high press against a 1-4-3-3 or a 1-4-2-3-1 (Winger).	4B2' 4B2''	Defense to attack transition principles behind 4B2 Defense to defense transition principles behind 4B2
4C1	Organized high press against a diamond shape.	4C1' 4C1''	Defense to attack transition principles behind 4C1 Defense to defense transition principles behind 4C1
4C2	Organized high press against a 1-5-3-2.	4C2' 4C2''	Defense to attack transition principles behind 4C2 Defense to defense transition principles behind 4C2
5A	Organized mid block defense.	5A' 5A''	Defense to attack transition principles behind 5A Defense to defense transition principles behind 5A
5B	Organized low block defense.		
6A	Defense of the box.		

GENERAL INFORMATION

COURSE OUTLINE

CHAPTER 1	<ul style="list-style-type: none"> Phase 2B1: Progression against a 1-4-4-2/1-4-5-1 low block
CHAPTER 2	<ul style="list-style-type: none"> Phase 1A: Progression against a highly positioned 1-4-3-3 or 1-4-2-3-1. Phase 1A-2A1: Transition attack to attack for these phases. Phase 1A-1B1-2A1: Transition attack to attack for these phases.:
CHAPTER 3	<ul style="list-style-type: none"> Phase 4A: Organized high defense against a 1-4-3-3 or 1-4-2-3-1 Phase 4B1: Organized high press against a 1-4-3-3 or 1-4-2-3-1 (Advanced midfielder)
CHAPTER 4	<ul style="list-style-type: none"> Phase 1A: Progression against a highly positioned 1-4-3-3 or 1-4-2-3-1. Phase 1B1: Progression against a high pressing 1-4-3-3 or 1-4-2-3-1 (Advanced midfielder presses over the open center back). Phase 2A1: Progression against a 1-4-1-2 mid block Phase 2B1: Progression against a 1-4-1-2/1-4-5-1 low block
CHAPTER 5	<ul style="list-style-type: none"> Phase 4A: Organized high defense against a 1-4-3-3 or 1-4-2-3-1 Phase 5A: Organized mid block defense Phase 5B: Organized low block defense
CHAPTER 6	<ul style="list-style-type: none"> Phase 1A/1B1/2A1: Transition attack to attack for these phases.: Phase 2B1: Progression against a 1-4-4-2/1-4-5-1 low block
CHAPTER 7.1	<ul style="list-style-type: none"> Phase 4B1/4B2
CHAPTER 7.2	<ul style="list-style-type: none"> Phase 2B1
CHAPTER 8	<ul style="list-style-type: none"> The layers of complexity in soccer. Review of all the different game model phases.
CHAPTER 9	<ul style="list-style-type: none"> U19 CE Sabadell FC game analysis & performance in regards to the different offensive game model phases.
CHAPTER 10	<ul style="list-style-type: none"> U19 CE Sabadell FC game analysis & performance in regards to the different defensive game model phases.

How does the APFC NEXT course work?

APFC NEXT is not a solo journey, but a guided path, together with our methodology experts. After each chapter, the student will have the opportunity to attend an online session with APFC methodology experts to review the game model phases covered in that particular chapter.

This is an exclusive and detailed course that has a beginning and an end because it also the live lessons included.

Too guarantee the quality of the course, it will be open to only 15 people. We want to make it more personal following the idea of our mentorship program.

How will I get the remaining game model phases which have not been explained?

At the conclusion of the APFC NEXT course, the student will get the opportunity to enroll in a mentorship program to create (among other things) a tailor-made game model that fits his/her own needs.

DETAILED CONTENT OF CHAPTER 1

CHAPTER 1 - PHASE 2B1

Chapter organization:

Chapters are divided into an average of 3-5 episodes
 Chapter 1-8 duration varies between 60-90'.
 Chapter 9-10 average duration is 120'.

Summary:

The first chapter explains important concepts of our game model in phase 2B1, which we call "Attack against a low block". Besides the theoretical framework in this phase, the chapter also explains the microcycle and the type of drills used to teach and implement around this phase.

Content:

Theoretical Framework on how to "Attack against low blocks":

Individual and collective habits to be observed while attacking against a low block.
 Individual and collective intentions to be observed when attacking against a low block. Collective organization and attacking strategies against a low block.

The implementation of the content through the Micro cycle:

Type of drills:

- Injury prevention and recovery
- Individual and collective concepts/habits/foundations.
- Transition habits
- Game model phase
- Box habits/foundations.
- Small sided games to foster creativity and individual/collective foundations in zone 3.
- Set pieces.

	MONDAY 05-10-2020	WEDNESDAY 07-10-2020	THURSDAY 08-10-2020	FRIDAY 09-10-2020
DRILL 1	Injury prevention (needed by the conditioning coach)	Ball possession 7x2 1-3: Individual and collective concepts useful to attack against low blocks	Ball possession 7x2 1-3 neutral: individual foundations + collective foundations + transition habits against a low block	Set pieces
DRILL 2	Recovery type of drill (needed by the conditioning coach)	SSG 5v5 1-2 GK: In movement of inactive-active center-midfielder in order to create passing lanes towards the inactive-active winger	SSG 5v5 1-2 GK: In and out movement of the inactive-active CM in order to open passing lanes for "linked" line (inactive-active winger and the inactive-active FB)	Small sided Games
DRILL 3	Ball possession 7x2 1-3 neutral: individual & collective habits to attack against a low block	Modified Game 11v11: Individual foundations + collective foundations - attacking strategies against a low block	SSG 5v5 1-2 GK: Attack the Box - Concept of "Fading zones"	