



**ESCOLA  
BRASILEIRA  
DE FUTEBOL**



*For the Good of the Game*

# Expert Performance in Brazilian Football

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# Expert Performance in Brazilian Football

## Expert Theory

- Career Phases: sampling, specialization, investment, discontinuation
- 10.000 hours or 10 years
- Deliberate practice: structured, effortful, goal directed

# Expert Performance in Brazilian Football

## Expert theory

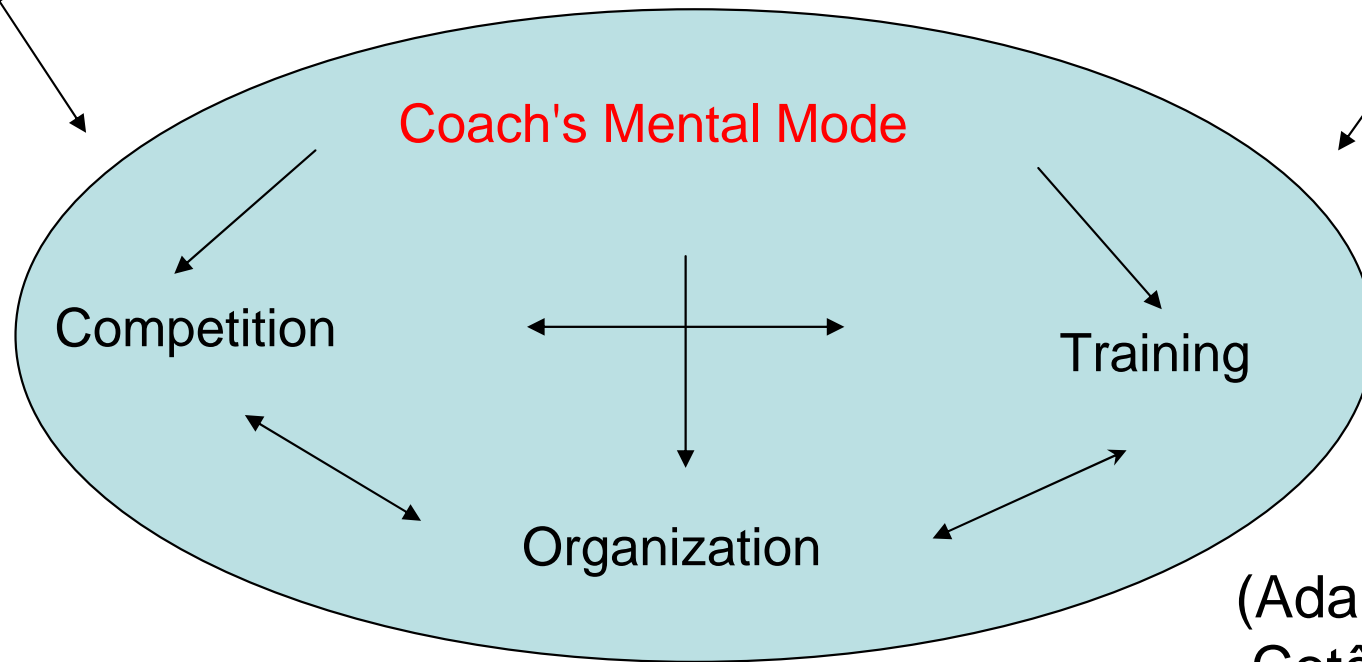
- Deliberate play
- Free play
- Quality and effectiveness of the session

# Coaching Model

Goal: Players development

Coach's Personal characteristics

Athlete's personal characteristics and level of development



(Adapted from Cotê et al., 1995)

Contextual Factors

# Brazilian Model

## Talent Identification

- Average of 2500 players per year / per club
- Spread out the players scouting sources:
  - City and country areas
  - Scouts (agents) network and education
  - Academies
  - Tournaments
- Three forms of trials:
  - Open
  - Special
  - Squad

# Brazilian model

## Talent identification

- At least two days of observation
- Tests based mainly on skills
- Tactical knowledge / education
- Physical component
- Assessment during the full game
- “Nothing replaces the eyes of a coach”

# Brazilian model

## How much training?

| Age group | Hours per year | Hours per week | Weeks per year |
|-----------|----------------|----------------|----------------|
| Under 13  | 380            | 10             | 38             |
| Under 14  | 440            | 10             | 44             |
| Under 15  | 650            | 14             | 46             |
| Under 17  | 750            | 16             | 46             |
| Under 20  | 870            | 18             | 48             |

From 13 y.o. to 20 y.o. = 5.500 hours

# Brazilian Model

## Developing players / human beings and professionalism:

- Cultural aspects
- Formal school
- Second language
- Exposure to competition
- Importance of tours
- National teams structure / effect
- European market

# Brazilian Model

Quality and effectiveness of training  
=  
Methodology

# Coaching methods

- Analytical
- Positional
- Situational
- By principles

# Coaching by principles

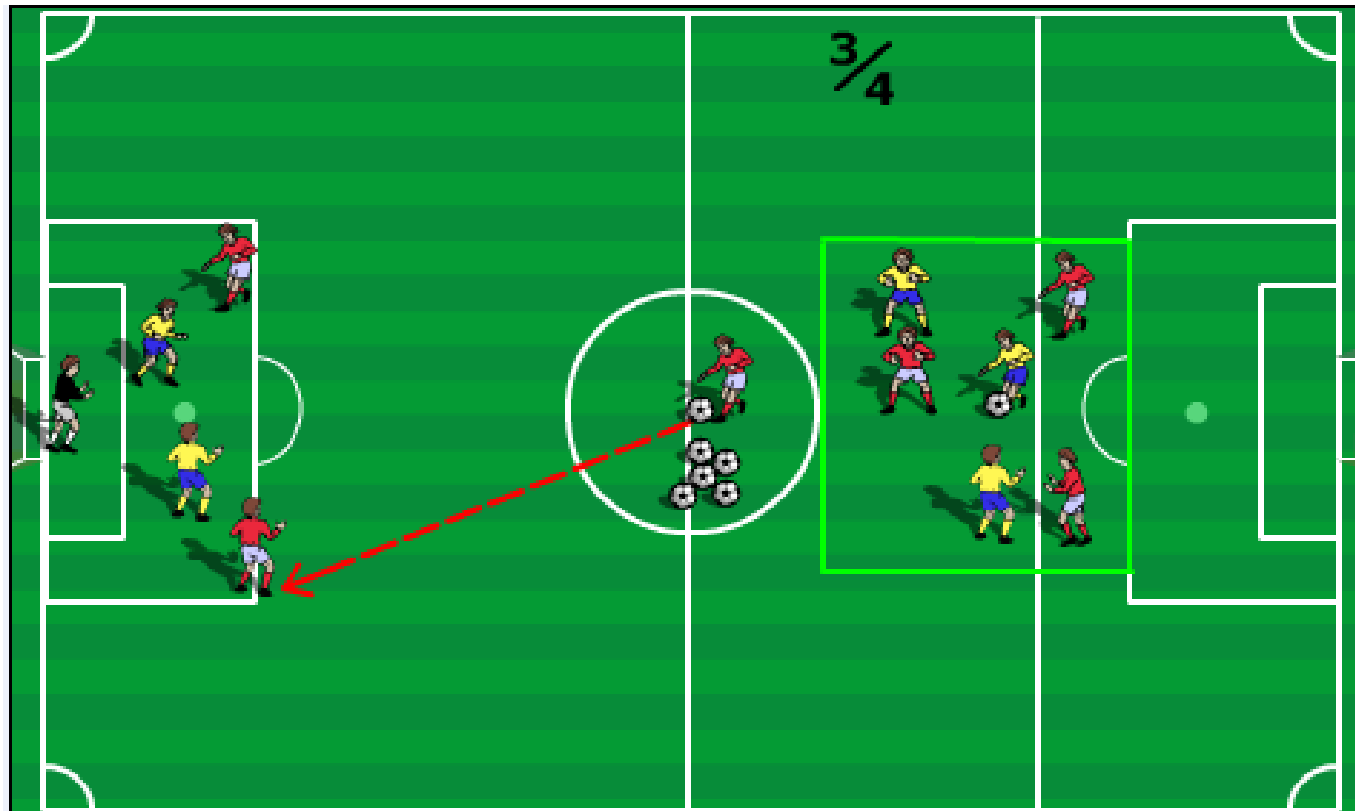
## Defensive principles

- Compress
- Contain
- Delay
- Balance
- Cover

# Coaching by principles

## Defensive principles

- Recover



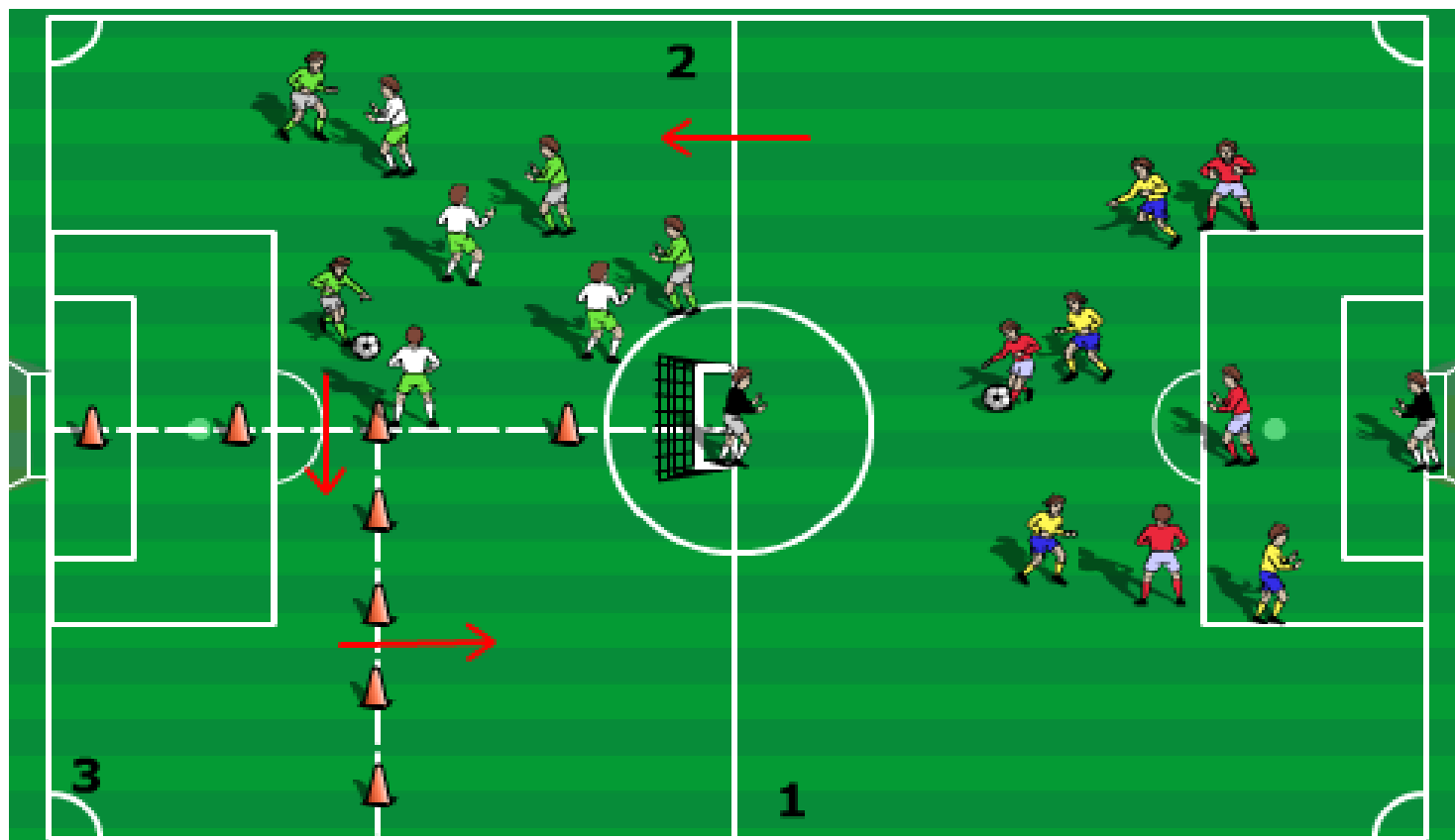
# Coaching by principles

## Offensive principles:

- Possession
- Progression
- Finishing
- Infiltration
- Width and depth
- Movements off the ball

# Coaching by principles

## Offensive principles



# Coaching by principles

## Offensive principles

- Improvisation

# Football Curriculum

| Age group | Aims   | Contents  | Specifics  |
|-----------|--|---|--|
| Under 13  | <ul style="list-style-type: none"> <li>•Talent identification</li> <li>•Assessment of potentials</li> <li>•Develop players and human beings</li> </ul> | <ul style="list-style-type: none"> <li>•Basic skills</li> <li>•Coordinative activities</li> <li>•Technical corrections</li> <li>•Individual tactics</li> <li>•Functional structures (1v0, 1v1, 1v1+1, 2v1, 2v1+1, 2v2)</li> </ul> | <ul style="list-style-type: none"> <li>•Social-economic diagnostic of the family</li> <li>•Maturity tests</li> <li>•Formal education</li> <li>•Gym adaptation</li> </ul> |
| Under 14  | <ul style="list-style-type: none"> <li>•Long term development planning</li> <li>•Personalised training</li> </ul>                                      | <ul style="list-style-type: none"> <li>•Fine tuning of basic skills</li> <li>•Special skills</li> <li>•Group tactics</li> <li>•Functional structures (2v2+1, 3v2, 3v2+1, 3v3, 4v3, 4v3+1, 4v4)</li> </ul>                         | <ul style="list-style-type: none"> <li>•Family monitoring</li> <li>•Work ethic</li> <li>•Cultural development</li> </ul>   |

# Football Curriculum

| Age group | Aims  | Contents  | Specifics   |
|-----------|---|---|---|
| Under 15  | <ul style="list-style-type: none"> <li>•Initial specialization</li> <li>•Club identity</li> <li>•Cognitive development</li> </ul> | <ul style="list-style-type: none"> <li>•Tactical knowledge / principles</li> <li>•Game reading</li> <li>•Positional specialization</li> <li>•Specific physical capacities</li> <li>•Team tactics</li> </ul> | <ul style="list-style-type: none"> <li>•Growth spurt</li> <li>•Exposure to more intensive competition</li> <li>•Health and relationship education</li> <li>•Initial gym work</li> </ul> |
| Under 17  | <ul style="list-style-type: none"> <li>•Mental maturity</li> <li>•Prepare the transition to the professional level</li> </ul>     | <ul style="list-style-type: none"> <li>•Intensive training</li> <li>•Variation of tactical systems / tactical principles</li> <li>•Competition capacity</li> <li>•Mental training</li> </ul>                | <ul style="list-style-type: none"> <li>•Growth monitoring</li> <li>•Career planning</li> <li>•First professional contract</li> <li>•International tours</li> </ul>                      |

# Football Curriculum

| Age group | Aims  | Contents  | Specifics  |
|-----------|---|---|--|
| Under 20  | <ul style="list-style-type: none"> <li>•Reach athletic excellence</li> <li>•Promote players to the pro team / sell or loan</li> </ul> | <ul style="list-style-type: none"> <li>•Two period training</li> <li>•High intensity training</li> <li>•Technical peak</li> <li>•Tactical adaptability</li> <li>•Competition consistency</li> <li>•Mental toughness</li> <li>•Autonomy</li> </ul> | <ul style="list-style-type: none"> <li>•Investment / commitment</li> <li>•Portfolio</li> <li>•Commercial potential</li> <li>•Liaise with agents</li> </ul> |

“...I was lucky enough to watch the Brazilian player Garrincha, who enjoyed making jokes using the skills of his deformed legs and, sometimes, when close to goals used to get back to half way and start everything again to prolong the pleasure”.

(Galeano, 1995)

# Thank you

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