



BUILD UP PLAY AND POSITIONAL TRAINING IN SK RAPID VIENNA ACADEMY

JOSEF JANSKY - @ELITE ACADEMY COACH, 7.11.2021

JOSEF JANSKY



**THANK YOU VERY MUCH
FOR THE INVITATION!**

PHILOSOPHY SK RAPID

..ODESSA FUßBALLFORUM\PLATZPLAN.PDF





PLAYING AND TRAINING PHILOSOPHY

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The tutorial

more than 200 pages
from U7 to U20/from U20 to U7

A book to work

How do we play? If the opponent plays in a certain system?
How and where do we find and use space?
How and where do we put pressure?
How do we play/train in several age classes?

Exercise collection

all exercises from all coaches/all training sessions
dynamic collection in Soccer Lab

PLAYING PHILOSOPHY



Recognition „Rapid-Style of playing“

[.Rapid Spielaufbau\Tor 0_2 Ried vs. U16.mp4](#) [Tor U10.mp4](#) [\Users\schuldes\Desktop\Videos\Ajax-SCR 0-2.mp4](#)

football with heart and passion, but a clear commitment to tactics

1-4-3-3 as base system, but thinking in space

key words off./def. for every position

Style of play

we want to have the ball (be dominant, be active)

continous build-up

[Rapid Spielaufbau\Spielaufbau.MP4](#) [..Rapid Spielaufbau\Spielaufbau Rapid Trailer.mp4](#)

possession of ball

[ManCity vs. ManU Tor 3-1.mp4](#)

automatisms

[..\Odessa Fußballforum\Spielaufbau gegen 1 Stürmer Positionstraining.jpg](#)

soccer as a passing game (on the ground, diagonal, to change the side)

opening position

[2.1 - 1 Busquets - Messi - DS - DS - LW Suarez BARCELONA-GIRONA.ts](#)

to pass/run in free spaces between the lines

[\Klausur Jänner 2018\clásico-2016-2c Zwischenräume.png](#)

fast switch/turnover

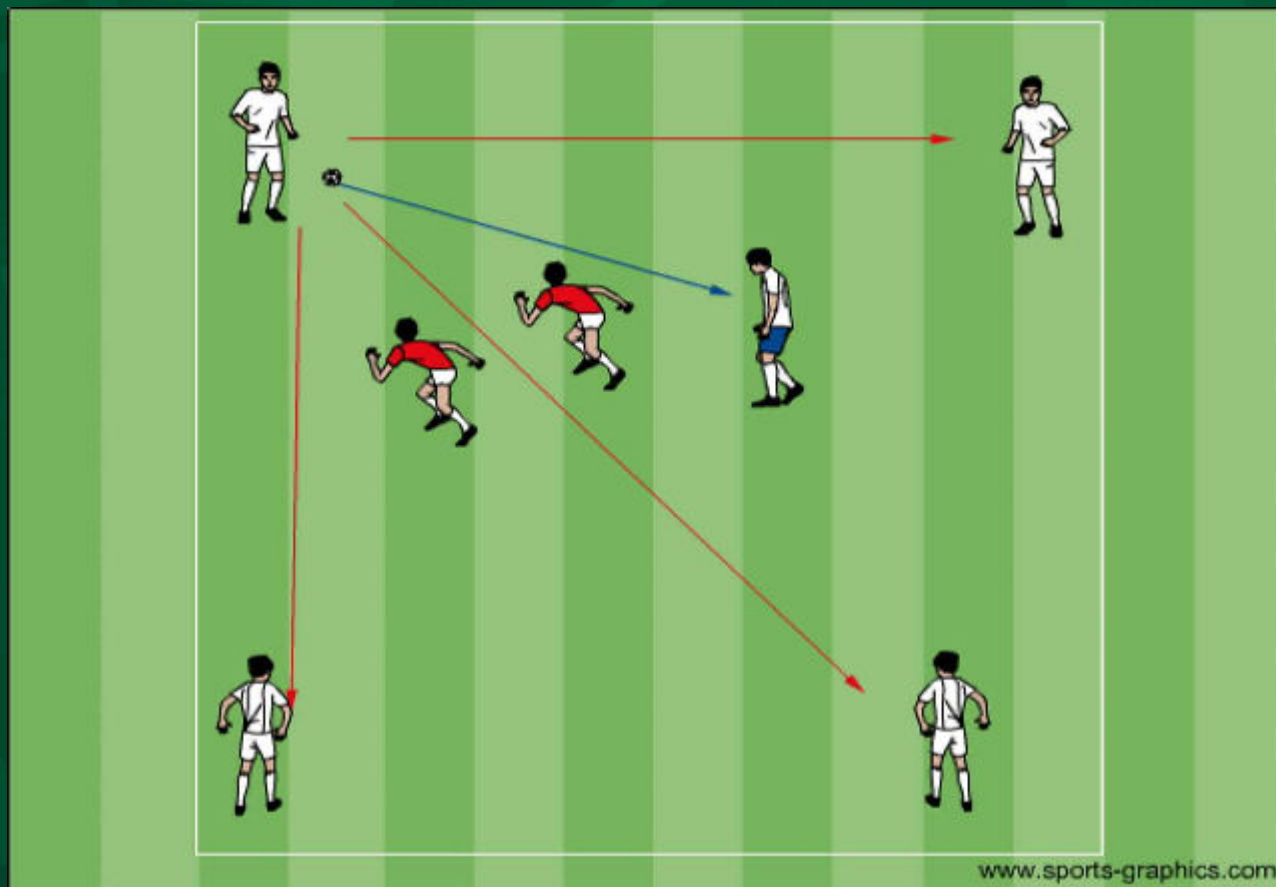
[Umschaltspiel.mp4](#)

pressing/counter pressing

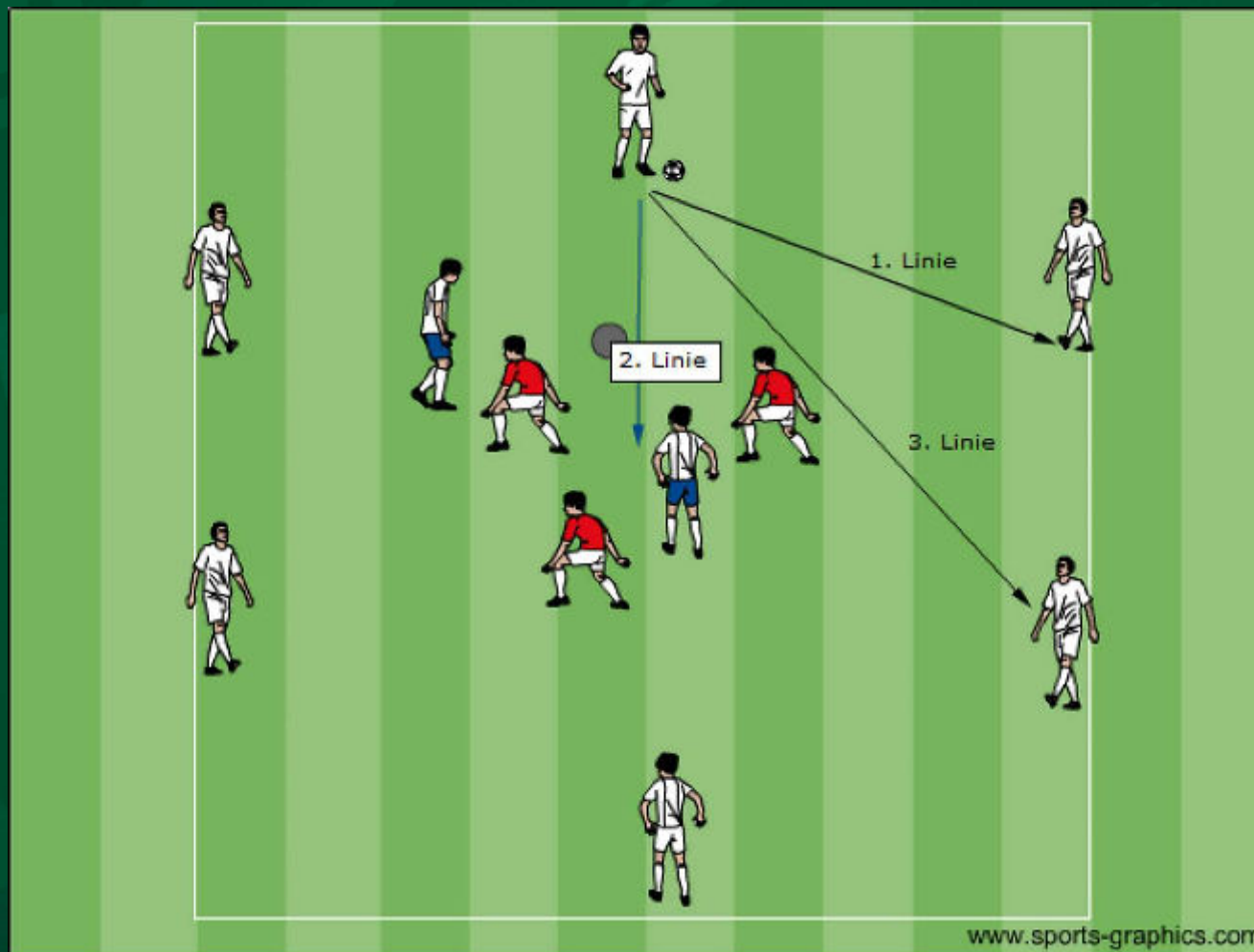
[Klausur Jänner 2018\Video Red Bull Netz.mp4](#)

Learning from the best, to anticipate trends

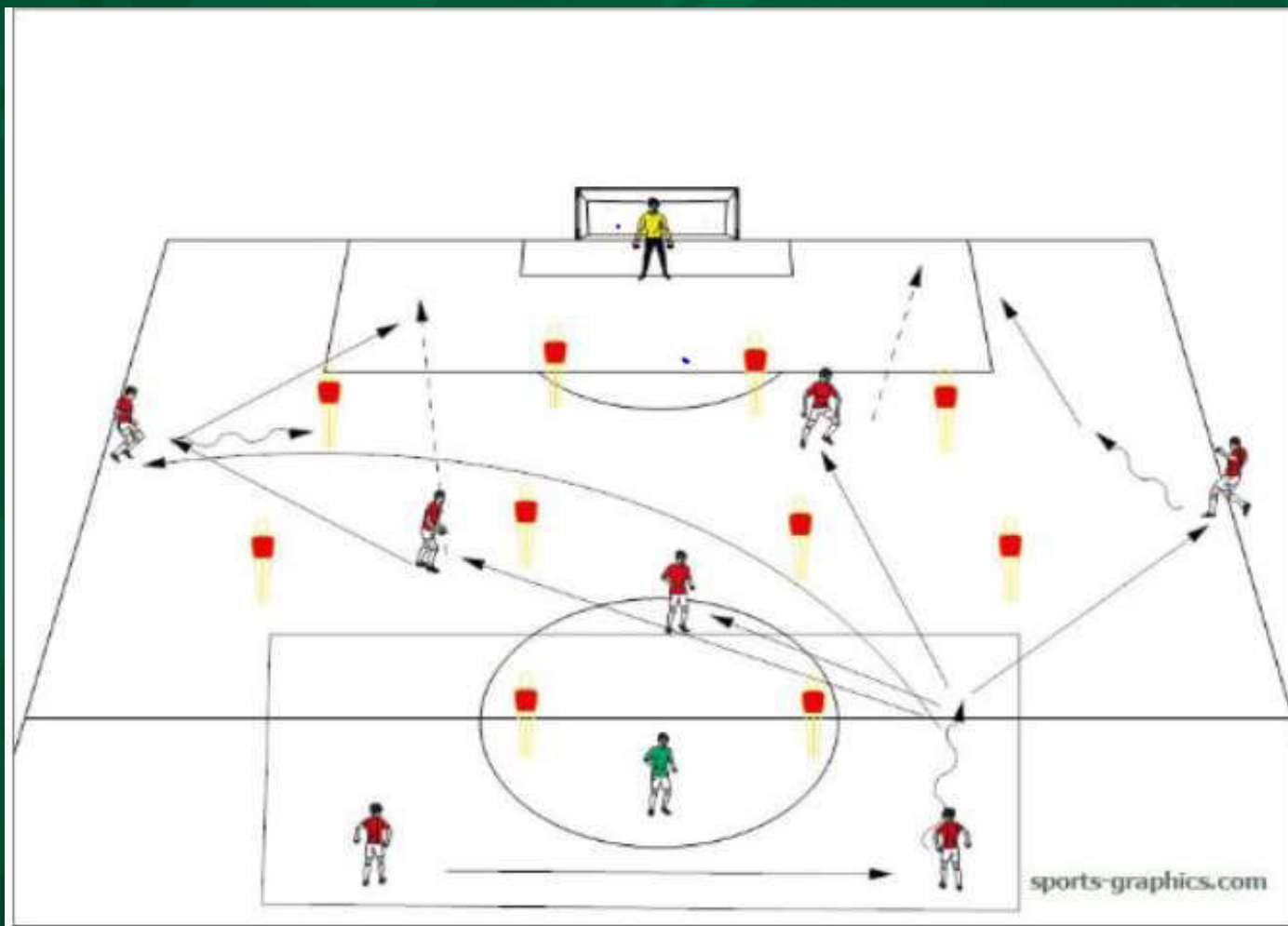
TRAINING UNDER 6 TO UNDER 12



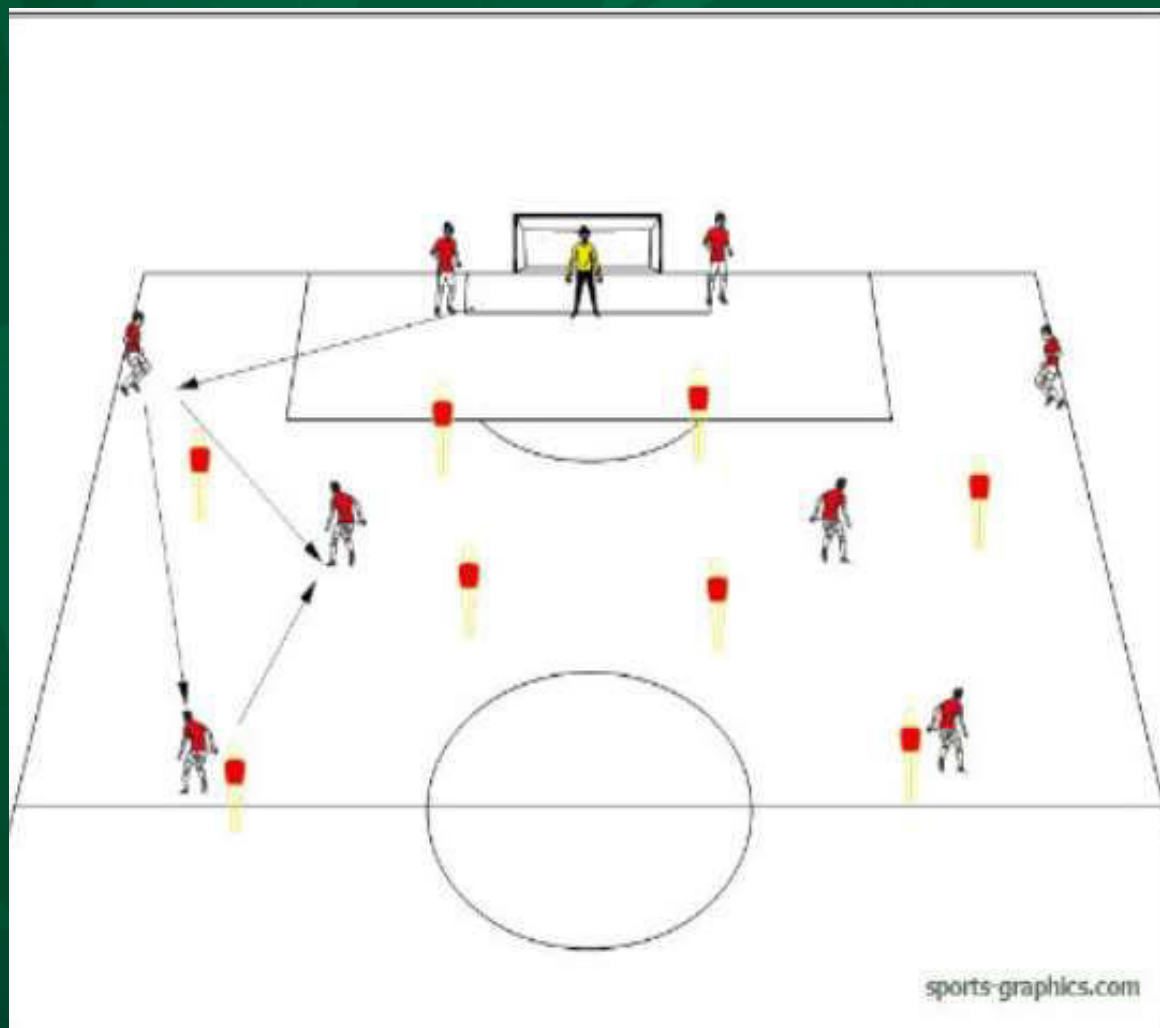
TRAINING UNDER 6 TO UNDER 12



POSITIONAL TRAINING UNDER 13 / UNDER 14



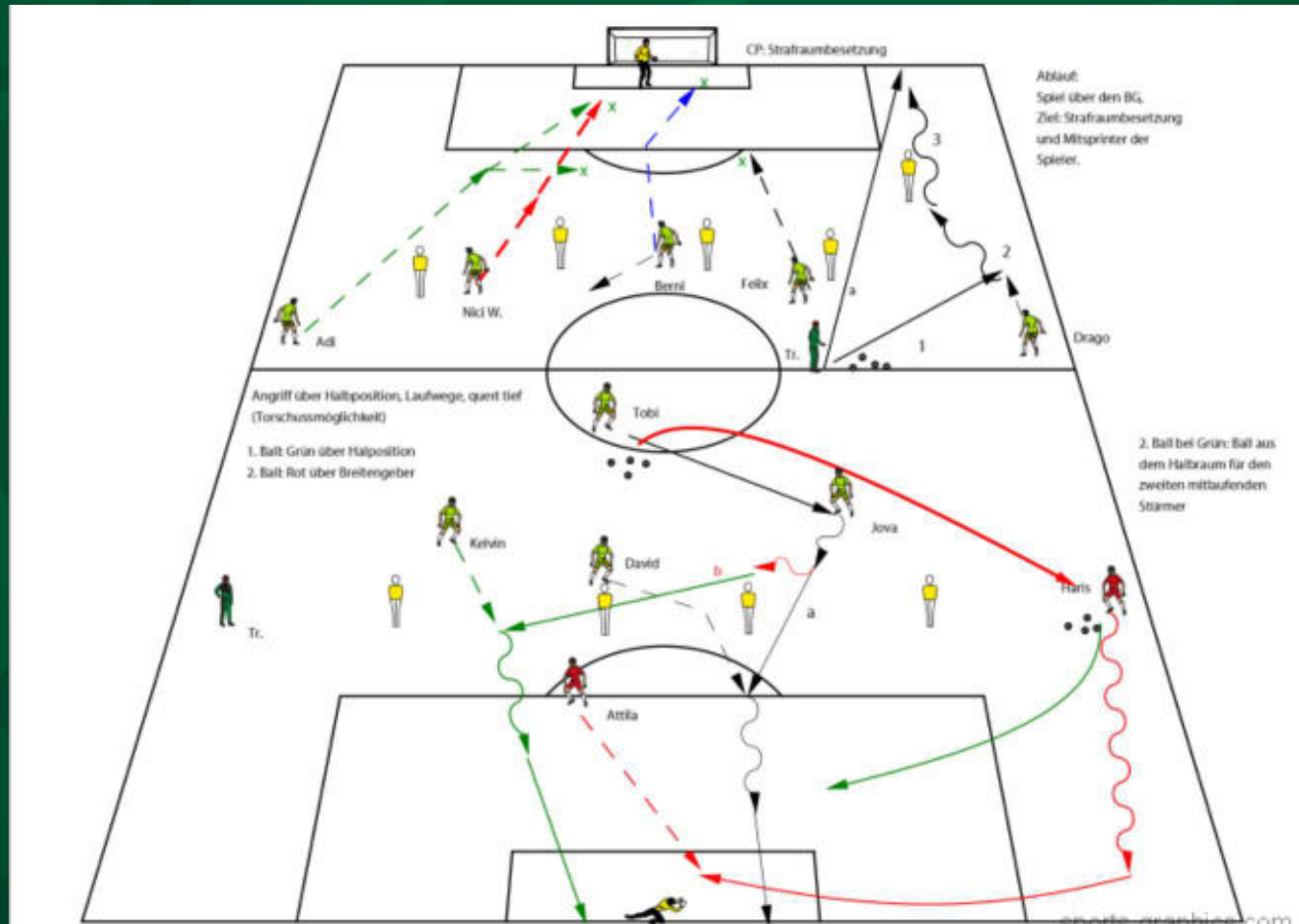
POSITIONAL TRAINING UNDER 13 / UNDER 14



POSITIONAL TRAINING UNDER 18 / RAPID II



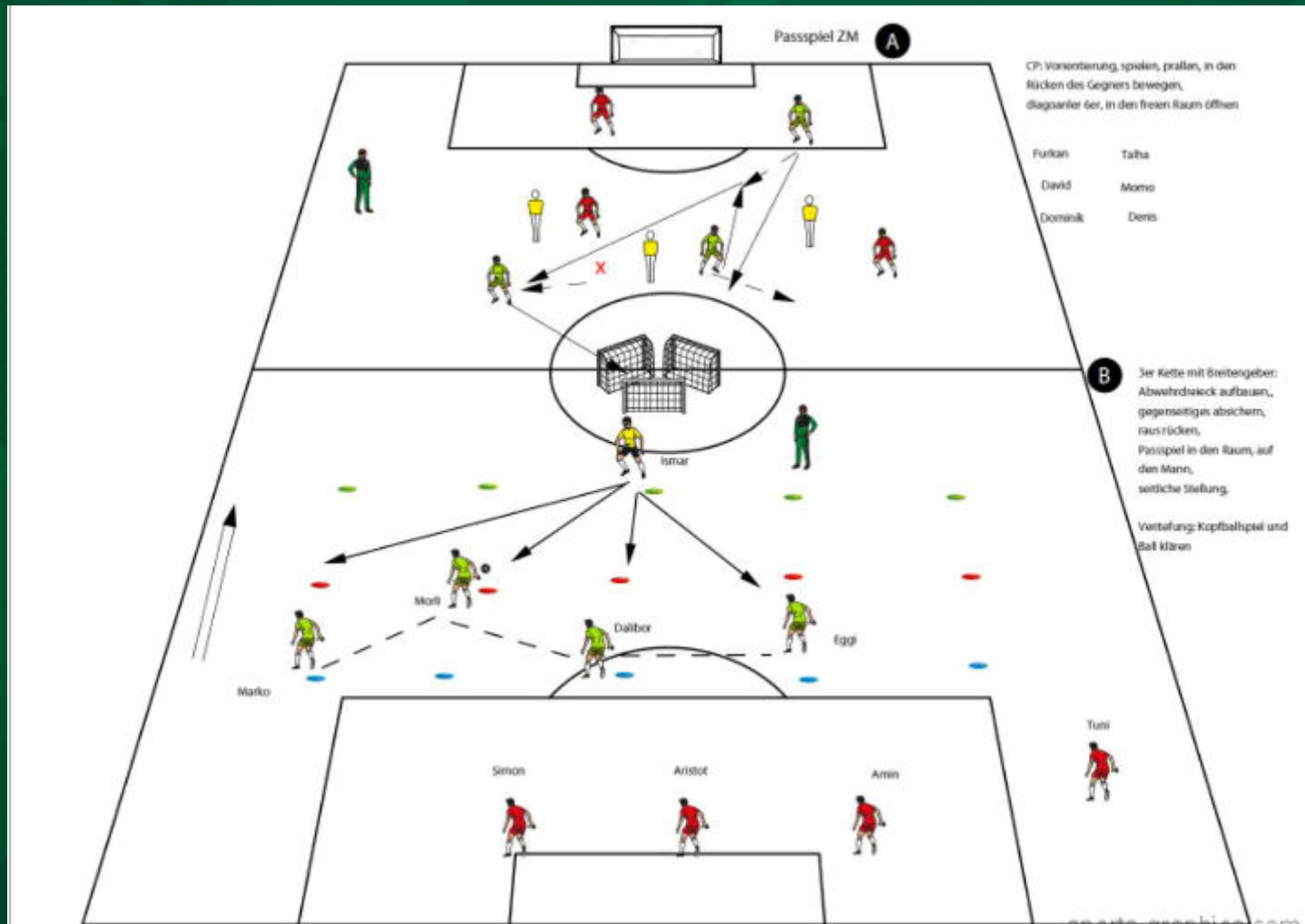
FORWARDS





POSITIONAL TRAINING UNDER 18 / RAPID II

MIDFIELDERS



DEVELOPING THE INDIVIDUAL PLAYER



SHOWN BY THE EXAMPLE OF YUSUF DEMIR

[1-0 Yusi - Einzelaktion übe rechts.mp4](#) ..

INFORMATION

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