



”Demands in international youth football”

Peter Lundberg
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peter.lundberg@palloliitto.fi

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3. Finland in this context



4. Own conclusions

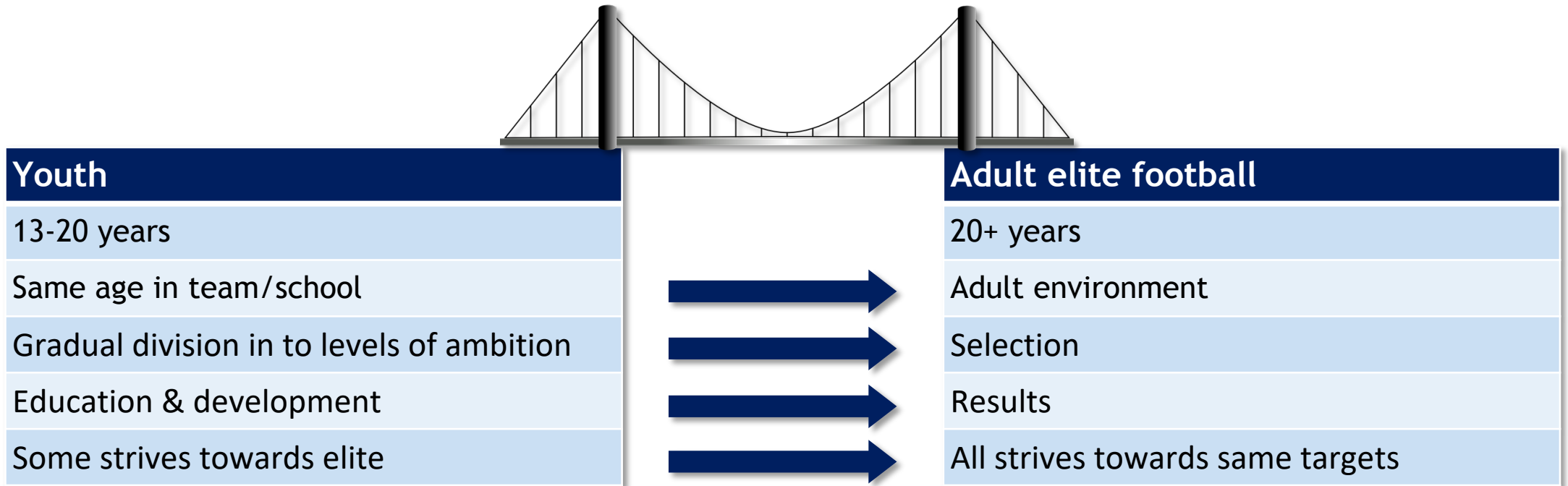


5. Questions



1. Background

Background

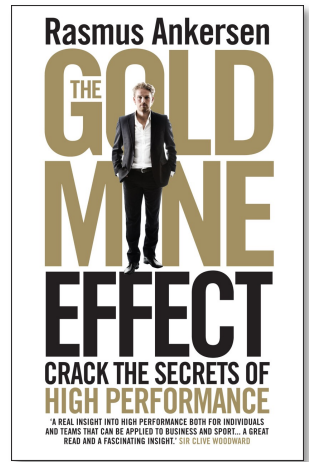




Background - What happens in this age?

- Puberty - growth spurt (two years earlier for girls)
- Individual differences in growth & maturation (up to five years)
- Early developed gets an advantage in performance
- Relative age effect
- Late developers might benefit if they "survive"

Background - Different ways





No.	Team	Coeff.	M
1	Portugal	26.056	24
2	England	25.222	33
3	France	22.000	33
4	Italy	21.444	33
5	Czechia	16.889	30
6	Spain	16.689	20
7	Ukraine	15.056	27
8	Republic of Ireland	14.944	27
9	Netherlands	14.556	27
10	Norway	14.111	30
11	Israel	14.056	24
12	Germany	13.833	24
13	Türkiye	12.444	27
14	Serbia	11.833	27
15	Austria	11.333	23
16	Slovakia	11.333	18
17	Romania	11.167	24
18	Hungary	10.667	24
19	Belgium	10.333	24
20	Sweden	10.278	24
21	Scotland	9.500	24
22	Croatia	9.500	21
23	Greece	9.000	21
24	Denmark	8.933	20
25	Bulgaria	8.833	15
26	Georgia	8.833	15
27	Poland	8.500	21
28	Finland	8.500	18
29	Bulgaria	8.056	21
30	Iceland	6.000	15
31	Switzerland	5.833	15
32	Armenia	5.667	15
33	Cyprus	5.333	18
34	Wales	5.333	15
35	Latvia	5.333	15
36	Slovenia	5.333	15
37	Azerbaijan	4.500	15
38	Belarus	4.333	15
39	North Macedonia	4.333	15
40	Kosovo	3.167	12
41	Albania	2.333	12
42	Montenegro	2.333	12
43	Malta	2.333	12
44	Moldova	1.667	12
45	Kazakhstan	1.667	12
46	Faroe Islands	1.333	12
47	Andorra	1.333	12
48	Lithuania	0.333	12
49	Estonia	0.333	12
50	Luxembourg	0.333	12
51	San Marino	0.000	12
52	Gibraltar	0.000	12
53	Liechtenstein	0.000	9

2024 Finland in pot 2



Background - To Elite round U17/U19

2/12

10/14

Alkukarsinta	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2021	2022	2023
U19	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2003	2004	2005
U17	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2005	2006	2007

Kotikisat 2018 - Ei karsintaa

FIN U19 21/22/23

14 Win
4 Draw
11 Lost

29 matches
GD: 46 - 37






















2003's

Finland		3-0		Sweden
Finland		3-0		Sweden
Poland		1-3		Finland
Ukraine		2-1		Finland
Malta		0-1		Finland
Finland		1-3		Belgium
Finland		0-4		Italy
Finland		1-0		Germany

2004's

Lithuania		0-2		Finland
Lithuania		1-1		Finland
Sweden		1-2		Finland
Hungary		1-2		Finland
Serbia		3-1		Finland
France		2-0		Finland
Portugal		2-1		Finland
Israel		4-0		Finland
Croatia		1-2		Finland
F Islands		1-5		Finland

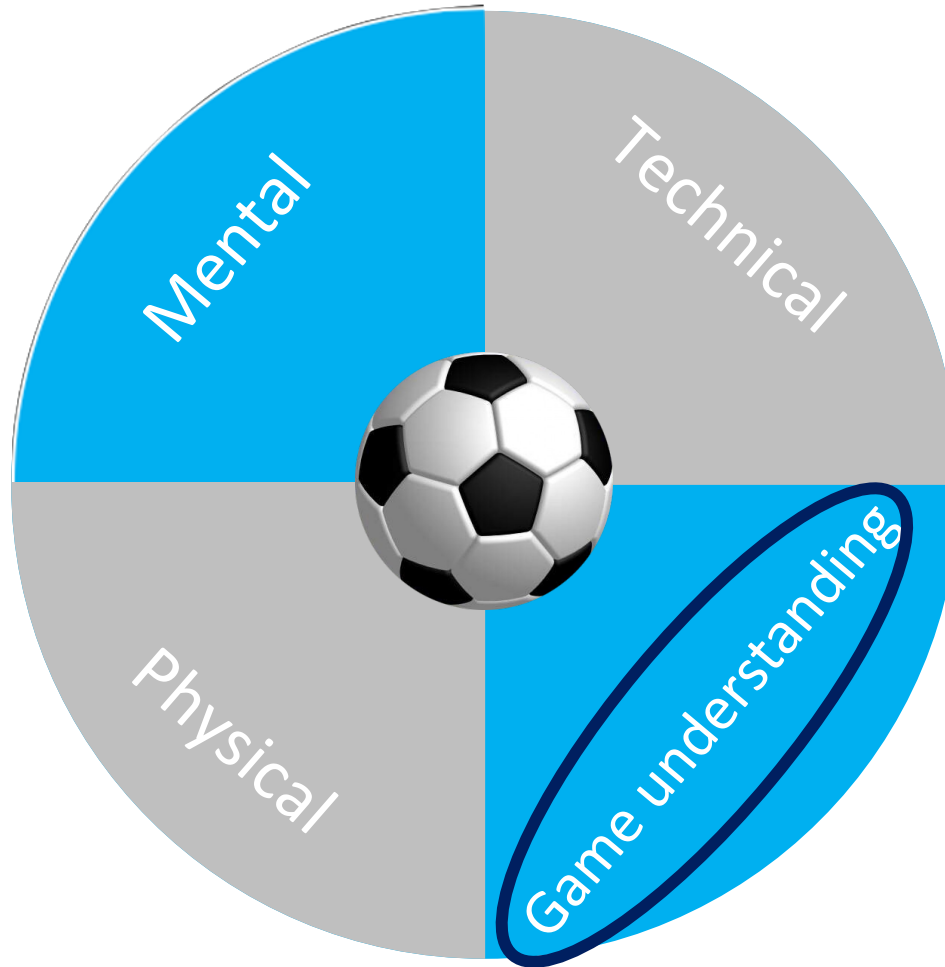
2005's

Georgia		1-1		Finland
Austria		2-0		Finland
Portugal		1-0		Finland
Finland		2-1		Estonia
Finland		3-2		Lithuania
Finland		2-2		Latvia
Finland		1-0		Wales
Finland		0-1		Wales
Finland		0-0		Romania
Czechia		1-0		Finland
S Marino		0-8		Finland



2. Demands in international youth football

Demands in international youth football





Game understanding

- Understand tactical directives and interactions on the pitch
- Scanning/orientation and perceive situations on the pitch
- Assess correct and fast decisions

Development notes

Principles/team tactics

Communication (verbal & non verbal)

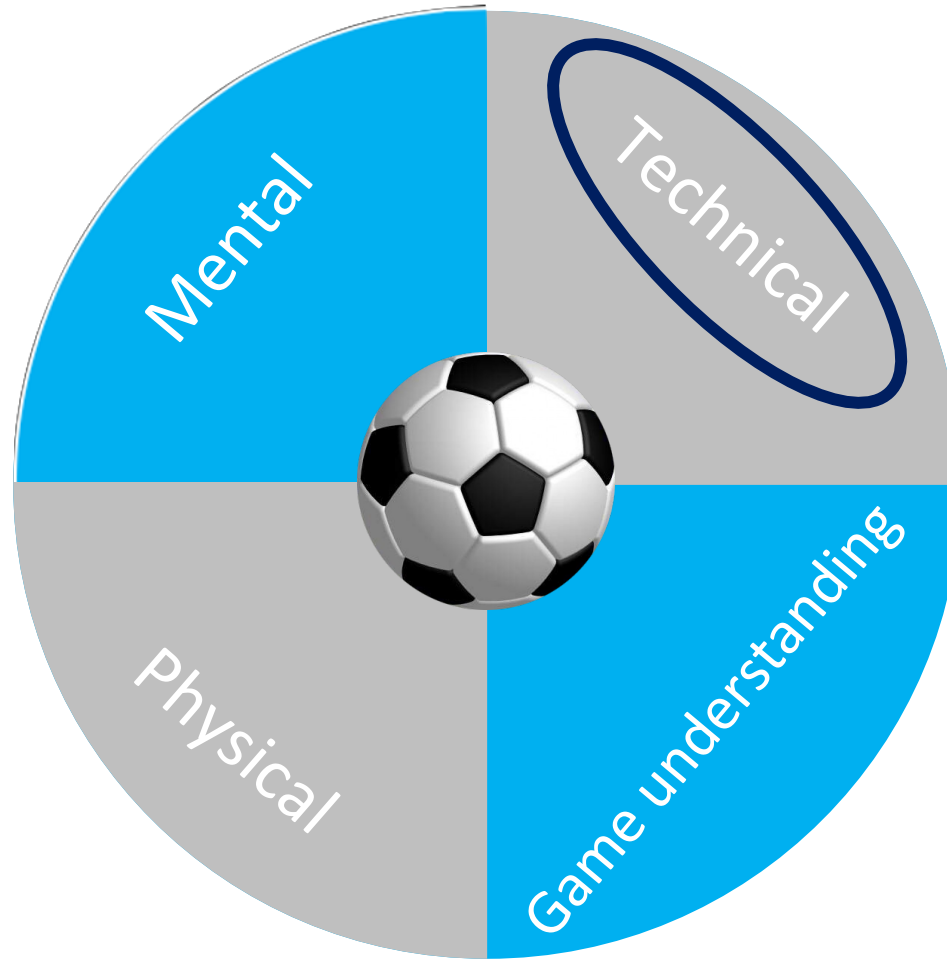
Opponents in training

Game like/position/direction



VIDEO

Demands in international youth football





Technique

- Execution of your decision
- Passing/receiving/turning/dribble/heading/ball control
- "Functional technique"

Development notes

Opponents over isolated

Repetitions - "Ball rolling time"

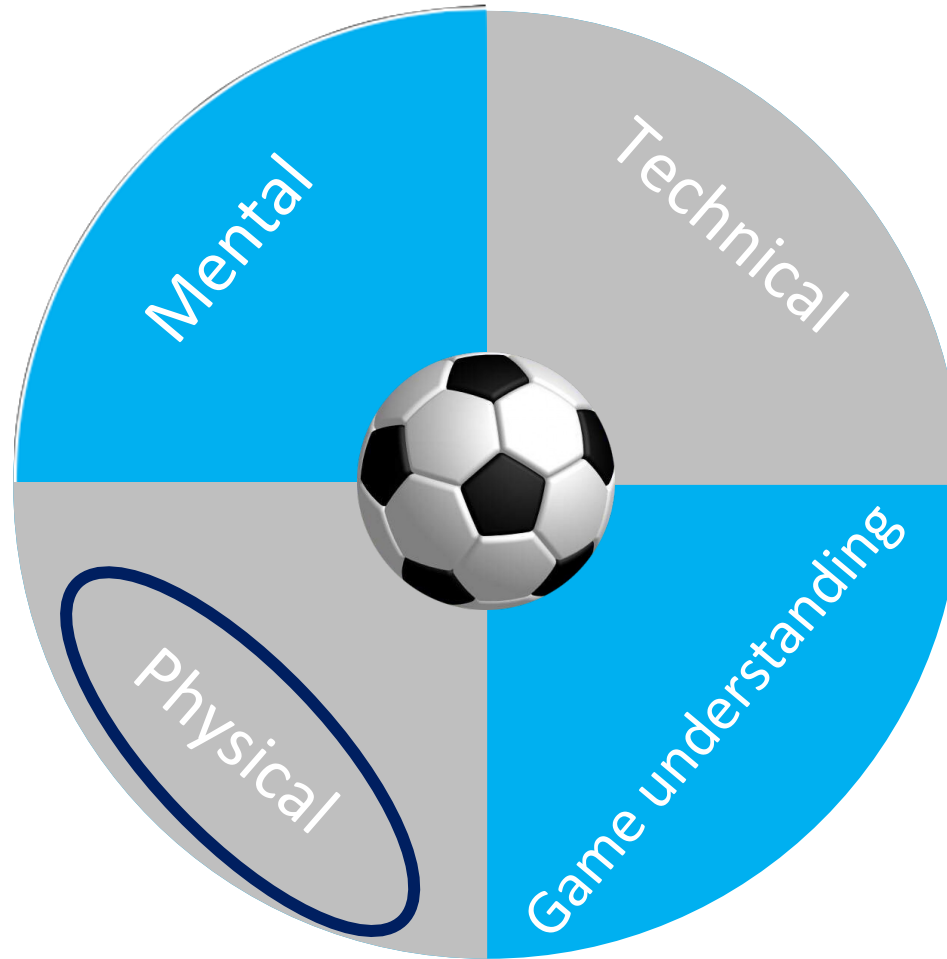
Small spaces

Game like - Intensity



VIDEO

Demands in international youth football





Physique

- Be able to execute your own and your teams way of playing in a high tempo over the whole match, and with as high and maintained quality as possible
- Endurance, mobility, explosiveness, speed, agility, robustness
- Has developed a lot in elite football

Development notes

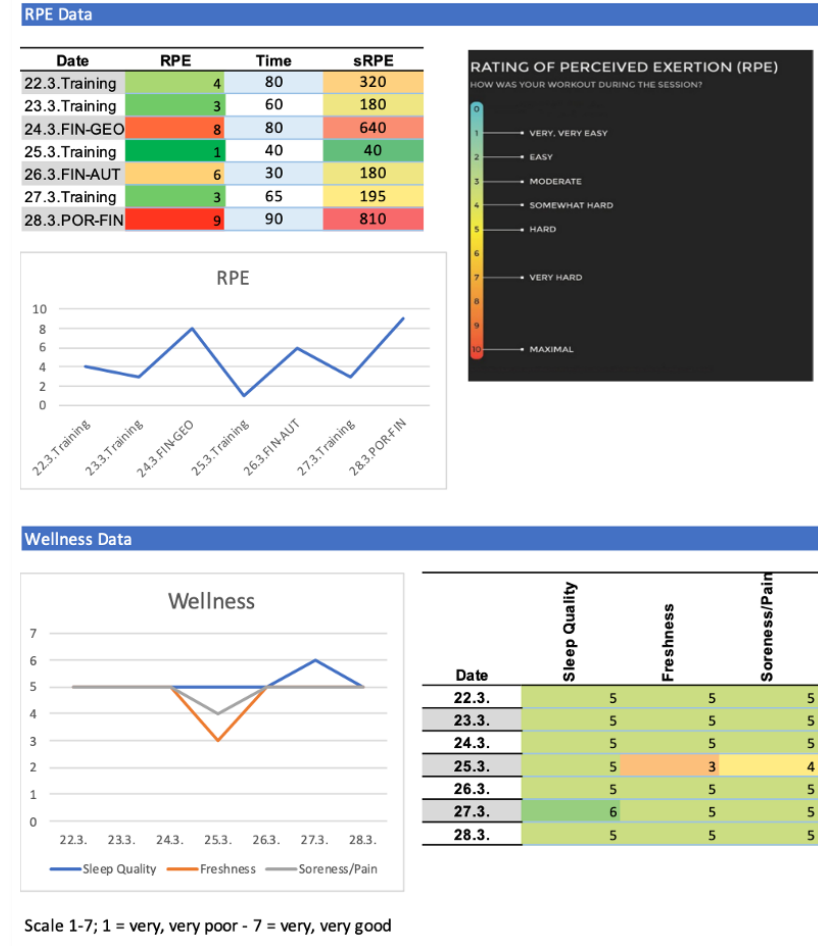
Versatile

Intensity

Coaches: Know what you are doing

Specific (football)

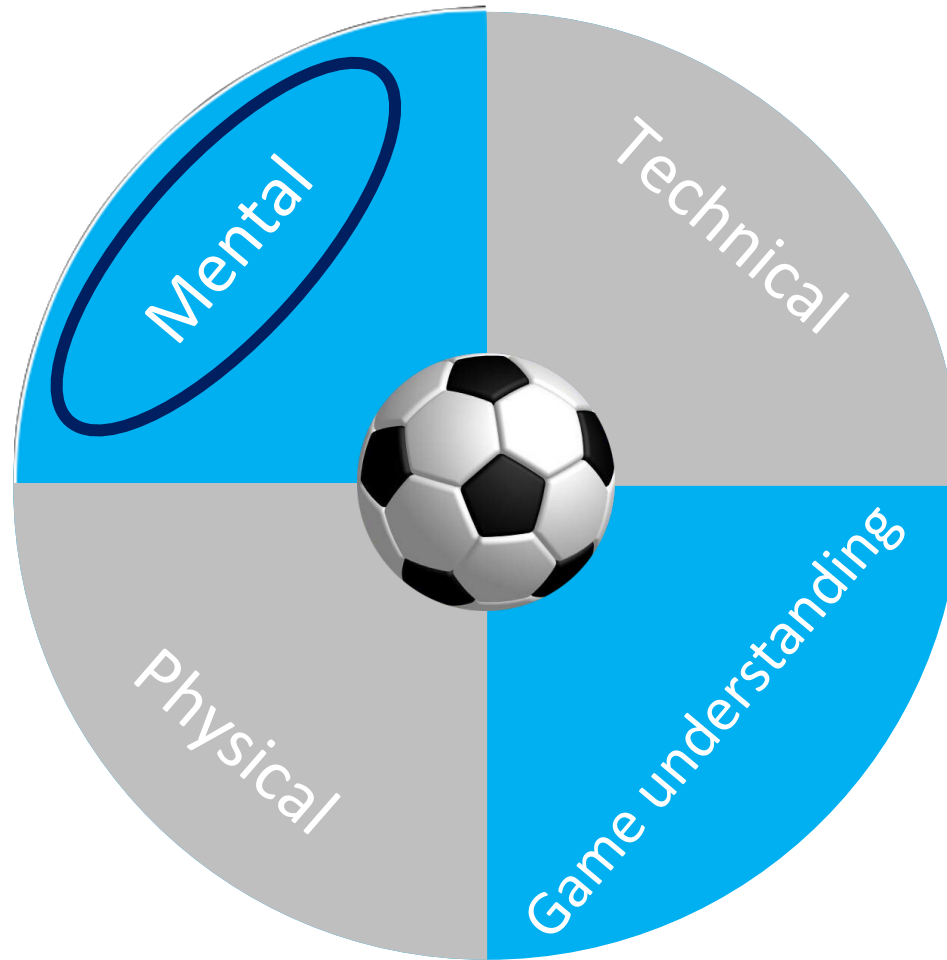
Physique





VIDEO

Demands in international youth football



Mental

- Holistic - whole - perseverance "professionalism"
- Winning behaviors
- Reach your own full potential and contribute to "team work"



Development notes

Performance focus

Behaviors = you can train it

In your daily environment

Planning; school-training-nutrition-sleep



VIDEO

Demands in international youth football

NO player has everything!!!



Demands in international youth football

Saturday 21.7.01 EVE

Arjen Robben (Groningen)

Born 23.1.84 (Age 17). Dutch.

Profile	Injuries & Bans	Contract	Transfer	History	
Acceleration	18	Flair	19	Set Pieces	10
Aggression	16	Handling	1	Stamina	15
Agility	19	Heading	7	Strength	14
Anticipation	12	Influence	12	Tackling	10
Balance	14	Jumping	8	Teamwork	13
Bravery	13	Long Shots	6	Technique	20
Creativity	10	Marking	8	Work rate	12
Crossing	13	Off The Ball	14	Preferred Foot	Left
Decisions	10	Pace	17	Form	8
Determination	16	Passing	20	Morale	Good
Dribbling	12	Positioning	8	Condition	65%
Finishing	11	Reflexes	4		

	Apps	Gl's	Asts	MoM	Pass	Tck	Drb	Sh Tar	Av R
Non Competitive	1	1	0	0	77%	0.0	3.0	80%	8.00
League	-	-	-	-	-	-	-	-	----
Cup	-	-	-	-	-	-	-	-	----
Continental	-	-	-	-	-	-	-	-	----
International	-	-	-	-	-	-	-	-	----
Senior Club	-	-	-	-	-	-	-	-	----

Attacking Midfielder/Forward (Left/Centre)

Back Next

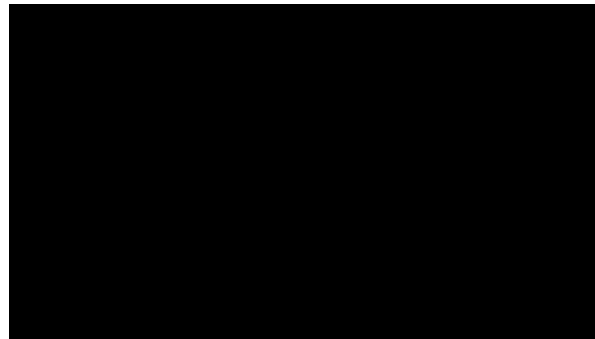
You Have News

Demands in international youth football

Defenders



Midfielders



Forwards



Demands - Opponents

Sweden  Flexible

Poland  3-4-3

Ukraine  4-3-3

Portugal  4-3-3

Belgium  3-4-3

Italy  4-4D-2

France  Flexible

Hungary  4-4-2

Serbia  4-1-4-1

Israel  4-2-3-1

Croatia  4-2-3-1

Germany  Flexible

Demands - Opponents



Wilfried Gnonto (Italy - Leeds)

Current market value:
€10.00m

National team	Debut		
Italy	Jun 4, 2022	8	1
Competition			
Premier League	11	2	1
FA Cup	2	2	-
Champions League Qu.	2	-	-
Europa League Qualifying	3	1	1



Georgio Scalvini (Italy - Atalanta)

Current market value:
€20.00m

National team	Debut		
Italy	Jun 14, 2022	3	-
Competition			
Serie A	18	2	-



Romeo Lavia (Belgium - Southampton)

Current market value:
€25.00m

Competition			
Premier League	12	1	-
FA Cup	1	-	-



Fabio Miretti (Italy - Juventus)

Current market value:
€15.00m

National team	Debut		
Italy	Nov 20, 2022	1	-
Competition			
Serie A	18	-	2
Champions League	5	-	-



Johan Bakayoko (Belgium - PSV)

Current market value:
€4.50m

Competition			
Europa League	3	1	-
Eredivisie	11	3	1
Champions League Qu.	1	-	-



3. Finland in this context

U19 players 21/22/23

- ❖ Many great central midfielders
- 02/03/04 players
- ❖ Lacking strikers
- ❖ Other positions
- Depends on age group

2003's

2004's

2005's



 **Veikkausliiga: 2**
 **Ykkönen: 8**
 **Kakkonen: 3**
Abroad youth: 7

 **Veikkausliiga: 1**
 **Ykkönen: 0**
 **Kakkonen: 13**
Abroad youth: 7

 **Veikkausliiga: 4**
 **Ykkönen: 4**
 **Kakkonen: 7**
Abroad youth: 5



U19 playing style - Summary

COMMUNICATION



Gate
Box defending

Zone 1:st
Control 11m
Control Back

Runs & numbers in the box

Zonal principles

Depth
Runs behind

Counter move

Pumping

Width
Switch of play

Half space runs
Between lines

Balance 2-2

Diagonal transition forward

Rotations
Advantages

Overload
Aggressive

COMPACTNESS

Players in all 5 vertical corridors

Shadow mark

- Start of press
- Trigger
- Clear signal (speed)
- Vertical
- Split the pitch

Goal kick press

Creation of diamonds

Counter press

Body language

Next action

Defending →

← Attacking





VIDEOS


U19 results


2003's

Main round Points

 Ukraine 7


 Finland 6

 Poland 4

 Malta 0

Elite round Points

 Italy 7

 Belgium 4

 Finland 3

 Germany 2

2004's

Main round Points

 Croatia 6

 Israel 6

 Finland 6

 Faroe Islands 0

2005's

Main round Points

 Czechia 7

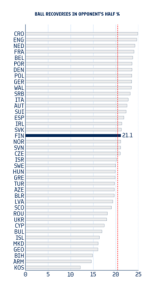
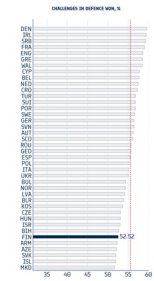
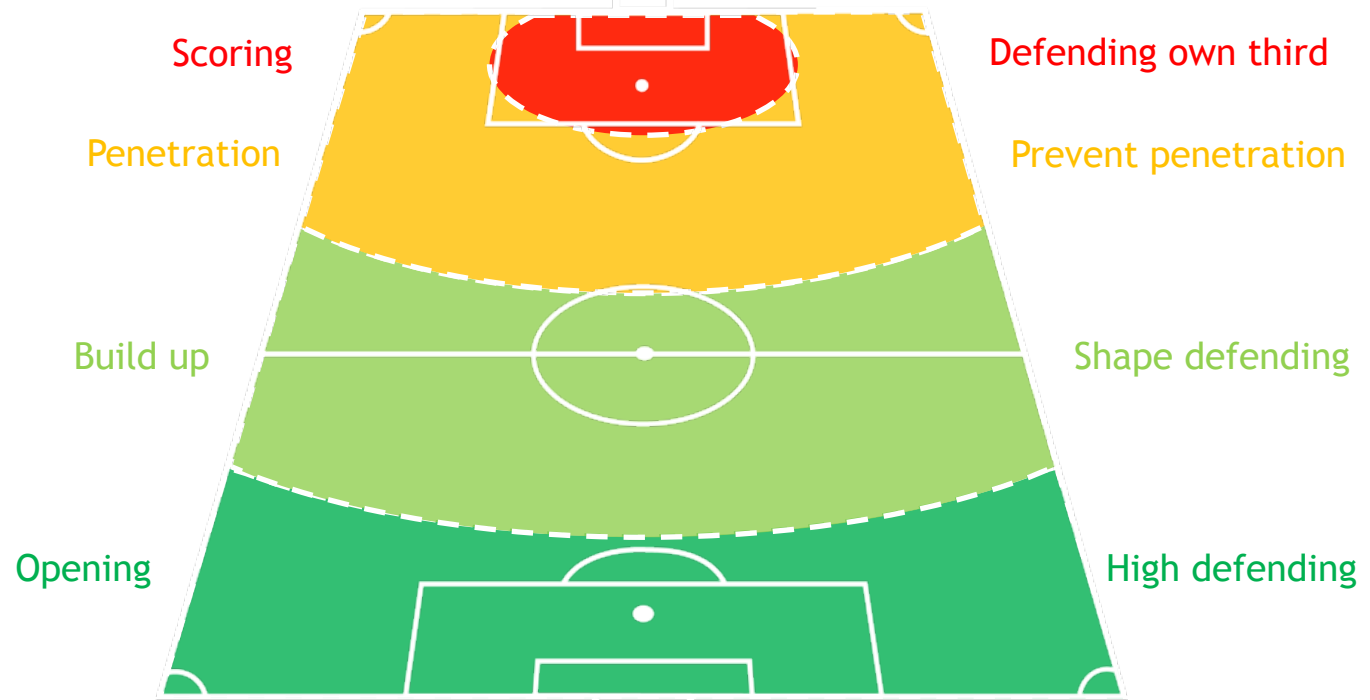
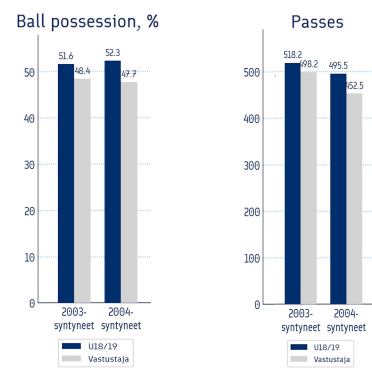
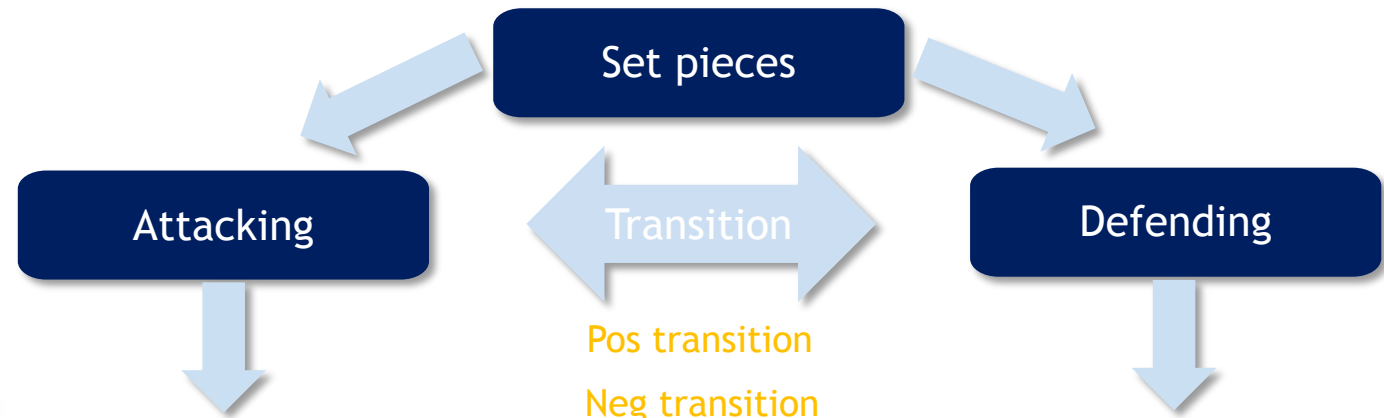
 Romania 5

 Finland 4

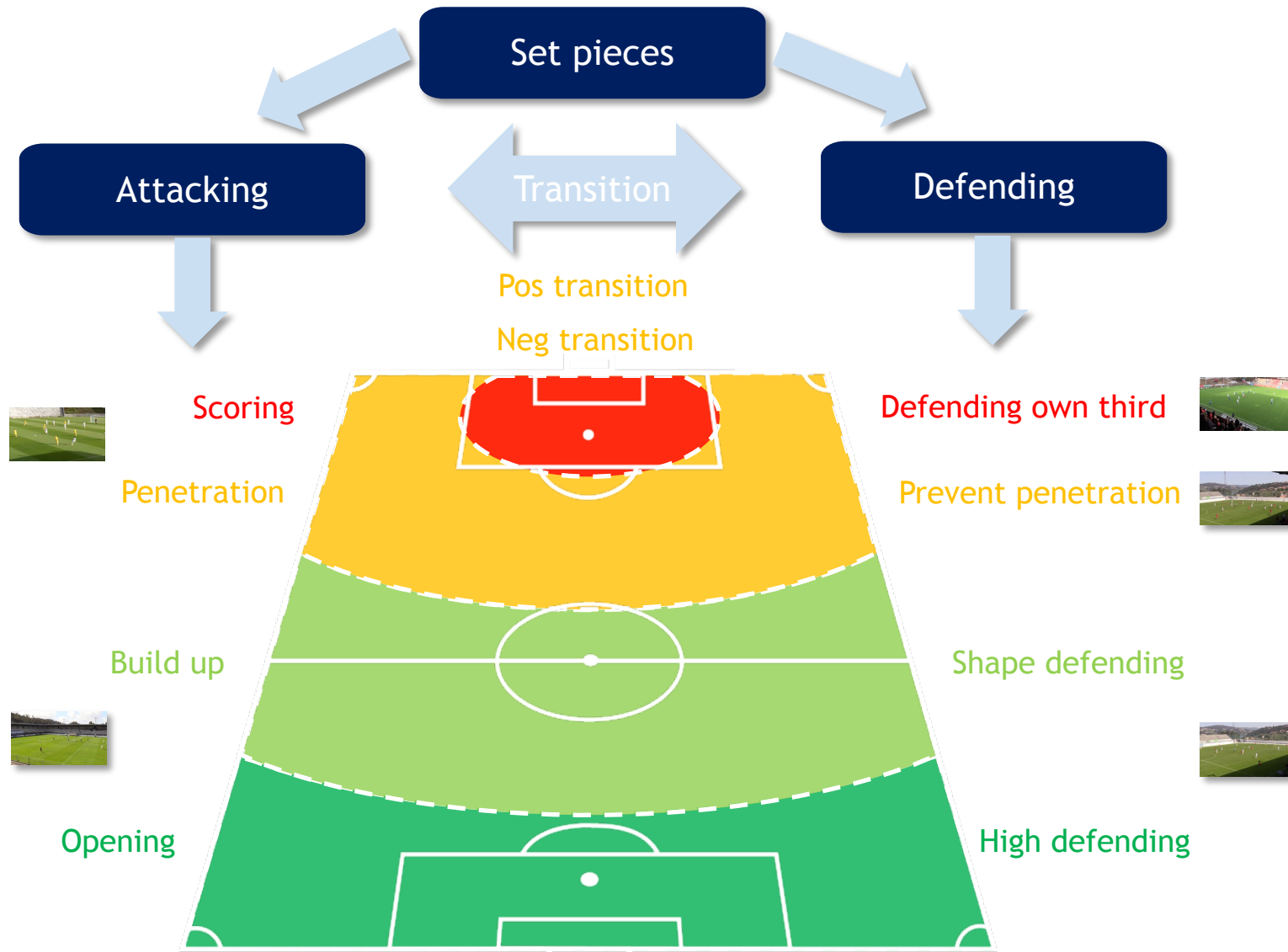
 San Marino 0

Stats

* Lehto, H
Kylmäoja, J
2023



Examples





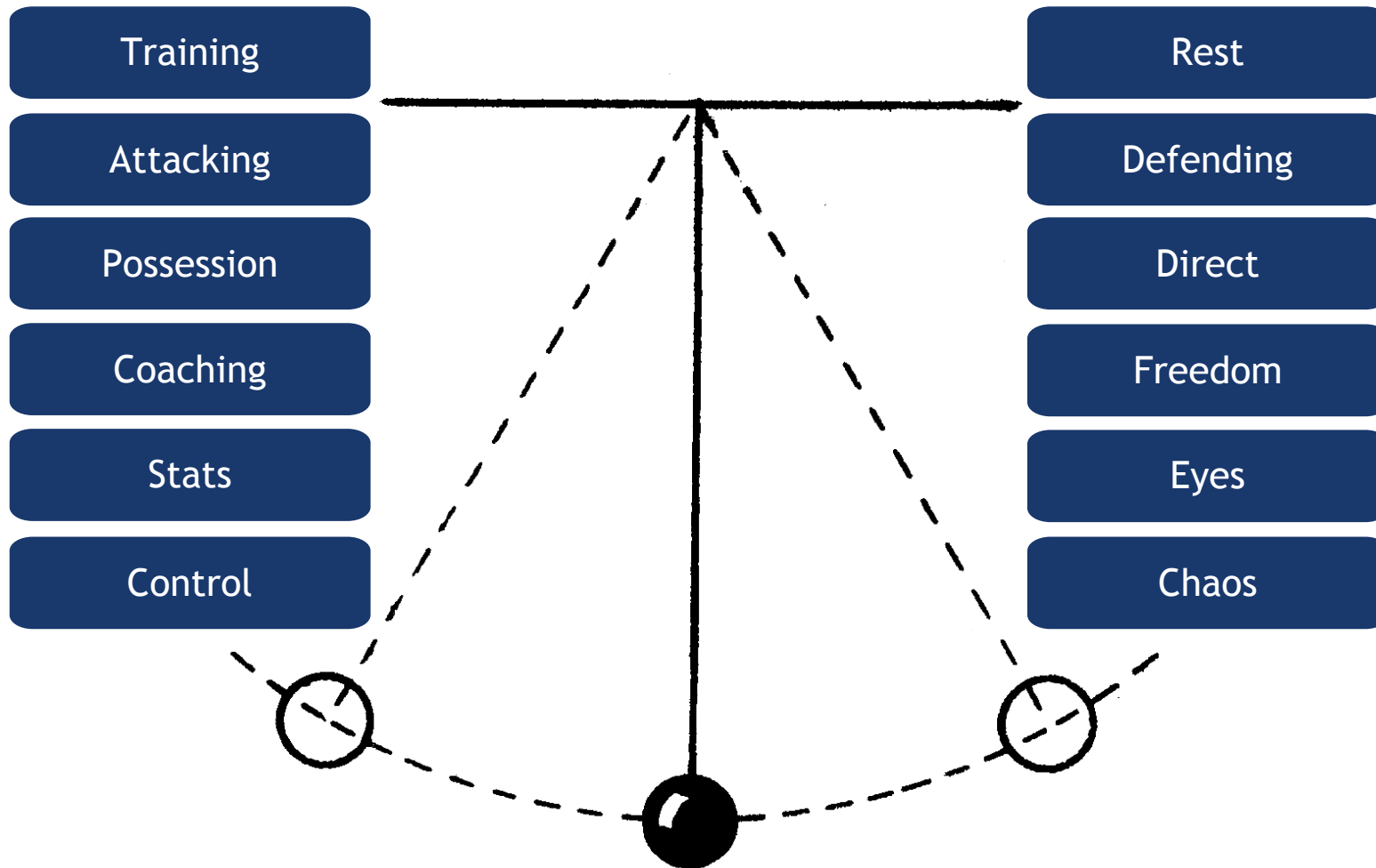
4. Own conclusions



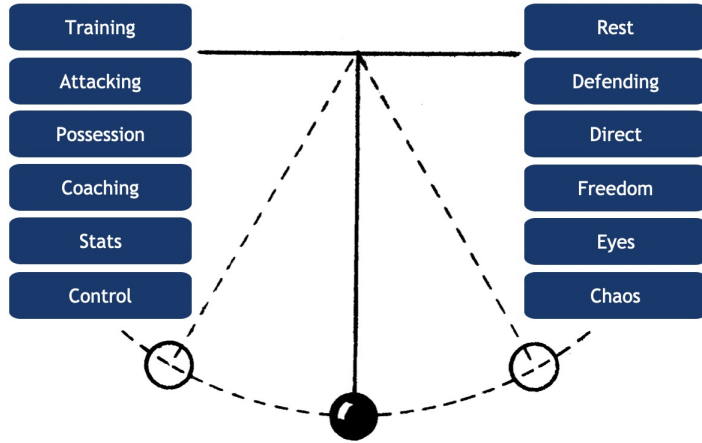
What is developing football?

- There is an idea/principles - But also chaos
- Learn different parts of the game - there is not just one way to play
- Active, brave and intensive football
- Win the ball back quickly
- Defend forward
- Diamonds & triangles - Solve football problems
- Passing orientated - through lines - acceleration - forward minded

Keep the pendulum straight



Keep the pendulum straight

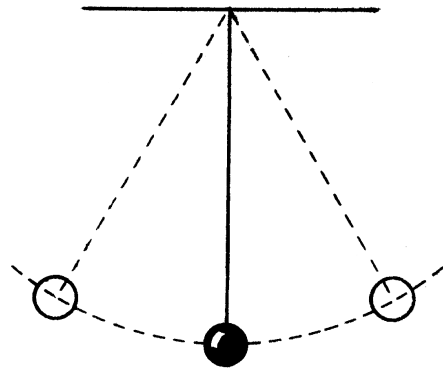


"The best is thing that players are tactically well trained in clubs. They have been coached to be brave, to defend forward, to counter press, to try to win the ball quickly, to try to solve problems and so on.

I'm a bit worried that do we have enough actions in final thirds. Are we doing too much opening for example meaning that a lot of time the strikers are training for example pressing and not scoring in the trainings. How many offensive actions do the players get? How many actions do the defenders get in box and in 1v1-defending for example?

In general, I feel that we are quite good between both boxes. But are we getting enough actions, in tough enough context, in the final third when it comes to box defending, defending in 1v1-situations, scoring and penetrating the last lines for example?

PETER LUNDBERG



5. Questions

Kiitos!

peter.lundberg@palloliitto.fi

