

TRAINING SESSIONS AND EXERCISES

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TRAINING EXERCISES



A. EXERCISE PREPARATION I

- _Schedueld training**
- _Concepts and instructions**

B. APPLY EXERCISE

- _Player's attention**
- _Coach attention**

C. TYPES OF EXERCISES

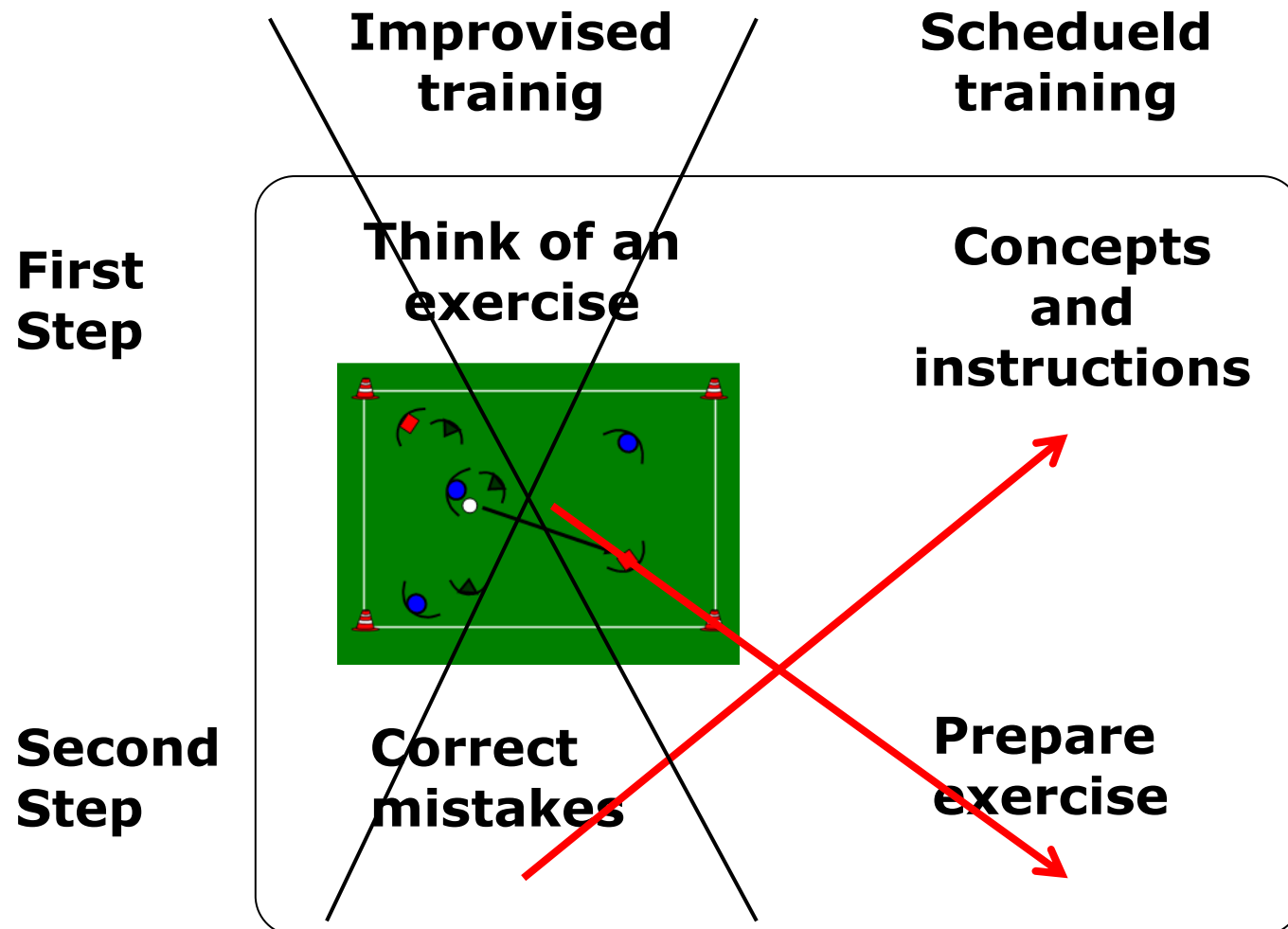
- _Beginning**
- _Technification**

D. EXERCISE PREPARATION II

- _Steps for designing football games.**
- _Steps for designing competition simulation.**

EXERCISE PREPARE I

Schedueld training



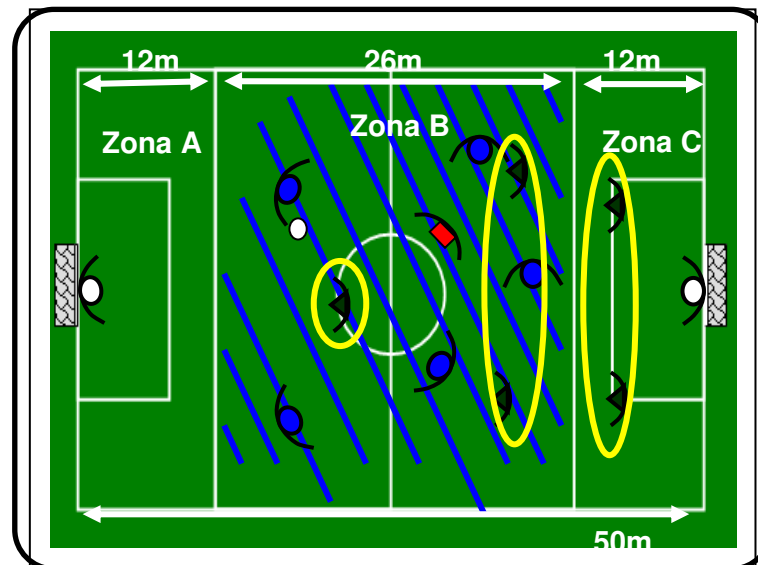
EXCERCISE PREPARATION I

Concepts and instructions

Concepts

Instructions

Representation



Description

Space

Time

APPLY EXERCISE

Player

VIDEO



APPLY EXERCISE

Player



First part

**How does exercise
works out?**

**Second
part**

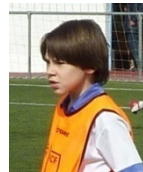
What are we trainig?

**Third
part**

Is it correct?

APPLY EXERCISE

Coach



First part

Explains the game (Brief information)

Teams, spaces, standards... Are they adjusted to the concept of work? (Evaluation of gameplay)

The players show predisposition for learning (Evaluation of players dynamics)

Second Part

1- Explains the concepts that we want to train.

2- Explains the instructions that we want to train.

Third part

Reinforces good actions in relation with the concepts.

Helps the players that fail.

APPLY EXERCISE

Player

VIDEO



TYPES OF EXERCISES

Beginning

TASK

Are actions of the game that are isolated of the context of the game to improve one or more specific elements.

With or without oponent or with or without the ball.

Analitic tasks

Played tasks



TYPES OF EXERCISES

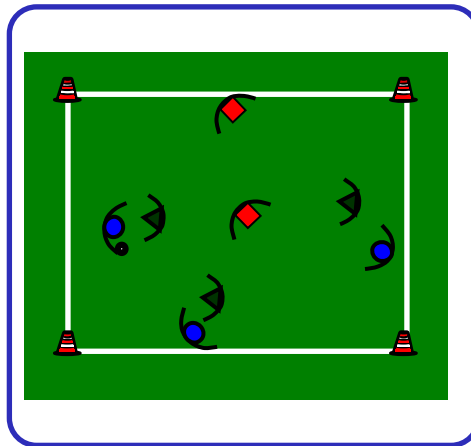
Beginning

FOOTBALL GAMES

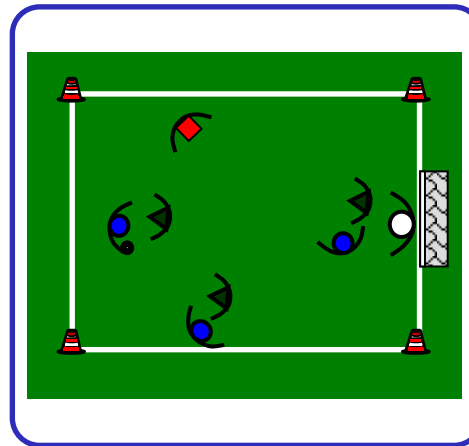
One team with less players plays against another team with the objective of overtake them.

In these games there is always the ball.

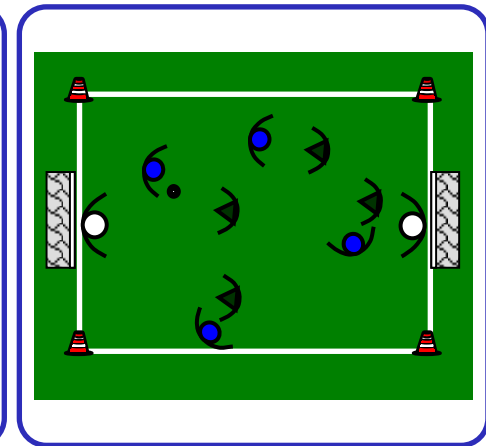
Coservation of
the ball



The waves



The games



TYPES OF EXERCISES

Beginning

VIDEO



TYPES OF EXERCISES
Beginning

VIDEO



TYPES OF EXERCISES

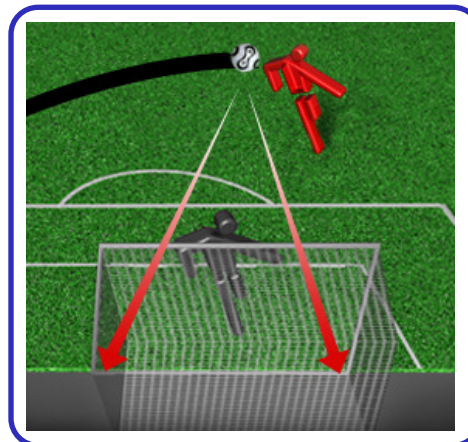
Technification

TASKS

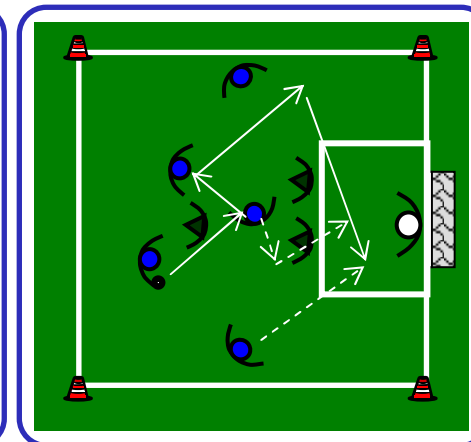
Are actions of the game that are isolated of the context of the game to improve one or more specific elements and team movements.

With or without oponent or with or without the ball.

Analitic tasks



System developments



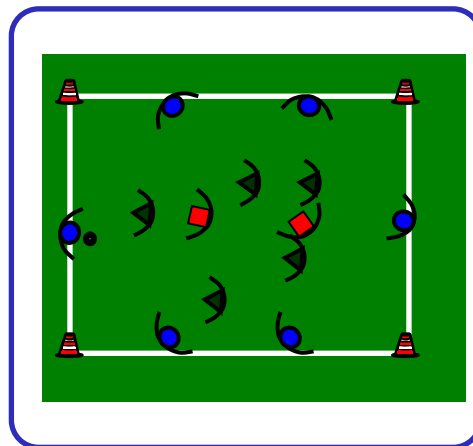
TYPES OF EXERCISES

Technification

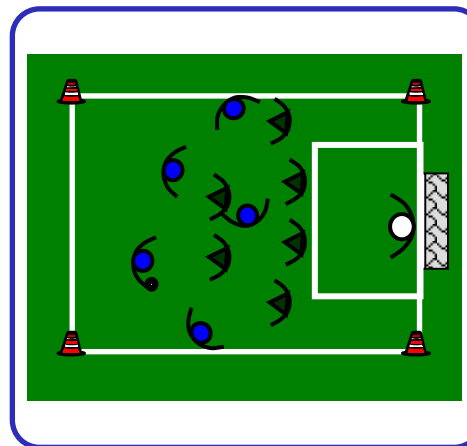
COMPTETITION SIMULATION

One team or part o it plays against another in real context of game, with the objective of overtake them.

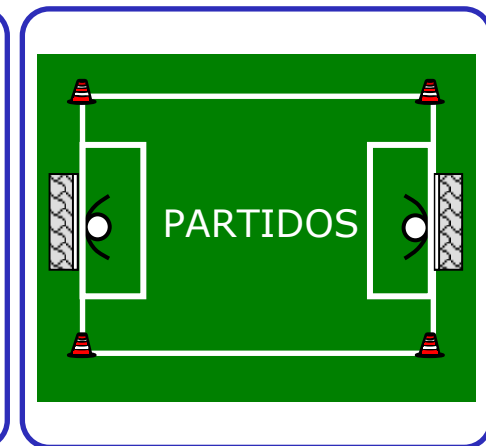
Position games



Line games
Episodes of game



Trainig matches



TYPES OF EXERCISES
Technification

VIDEO



EXERCISE PREPARATION II

HOW TO DESIGN GAMES AND SIMULATIONS?

Age and level of players

- **Training concepts and instructions**
- **Conservations, waves, matches, etc.**
- **Players and wildcard player**
- **Spaces**
- **Mark zones / Criteria of annotation**
- **Games rules**
- **Questions**

EXERCISE PREPARATION II

Football games

Example 1

Age: 9 years old _ Level: Medium

1. Training Concepts and instructions

Support – Look for line pass with player without ball.

2. Conservation, waves o matches

3. Players and wildcard player

EXERCISE PREPARATION II

Football games

Example 1

4. Spaces

5. Mark zones / Criteria of annotation

6. Game rules

7. Questions

EXERCISE PREPARATION II

Competiton simulation

Example 2

Age: 16 years old _ Level: Medium

Considerations: players in system demarcation

1. Training concept and instruction

Organization of defense line - Line tilt and considerations.

2. Position games, line games/ episodes of games or matches 11vs11

3. Players and wildcard players

EXERCISE PREPARATION II

Competiton simulation

Example 2

4. Spaces

5. Mark zones / Criteria of annotation

6. Game rules

7. Questions

TRAINING SESSION



LA SESIÓN DE ENTRENAMIENTO

1st PART	Skills improvement: Coordination, perception and conditional.
2nd PART	Learning and skills improvement: 1. Technical - tactical individual. 2. Fundamentals and principles of the team game (Our style game)
3rd PART	Streching Reflection and evaluaction

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