

PLANNING A TRAINING SESSION OVERVIEW

TYPES OF PRACTICE SESSIONS:

TECHNICAL

Passing, Receiving, Heading, Shooting/Finishing, Dribbling, Crossing

TACTICLE

INDIVIDUAL - PRINCIPLES OF DEFENSE

GROUP - 1ST, 2ND, 3RD, DEFENDERS/ATTACKERS

TEAM - SYSTEMS OF PLAY (4-4-2, 4-3-3)

FITNESS

Endurance, Flexibility, Agility, Speed, Strength, Power

FUNCTIONAL – Counter Attacks, Switching the play, Speed of play, Support play

PRACTICE ORGANIZATION:

PRACTICE PLAN – Take the time to organize your training session and make a plan.

TIME FACTORS – Length of session, attention span of players, and number of water breaks required.

EQUIPMENT – Have everything you need on hand and set up before players arrive. Never make them wait on the coach. It's their time to learn.

PRACTICE GRIDS – Grid size needs to be appropriate for the number of players and the activity.

NUMBER OF PLAYERS – Activities need to keep all players engaged.

PRACTICE STRUCTURE

LOGICAL PROGRESSION – Start with a warm up, then progress through individual play, small group play, large group play, game situations, and finish with a cool down.

SIMPLE TO COMPLEX – Start with the basics of the technique and build to the complex.

INCREASE THE NUMBER OF ELEMENTS – add restrictions as necessary

INCREASE PRESSURE – Start with no pressure (opponents) and add pressure as the session progresses building to game situation.

GAME APPLICATION – Every skill should be developed so that the player feels comfortable utilizing it in a game. You must show how the skill can and should be utilized in game situations.

COOL DOWN – This is not conditioning, this is a slow decrease in the body's cardio requirements so that the players slowly work out of the training sessions high impact demands.

ACTIVITIES/DRILLS CHECKLIST

Ask yourself these questions to help determine if your training session and its activities are set up for success.

ARE THE ACTIVITIES FUN?

ARE THE ACTIVITIES ORGANIZED?

ARE ALL THE PLAYERS INVOLVED?

IS CREATIVITY AND DECISION MAKING STRESSED?

ARE THE SPACES USED APPROPRIATE?

ARE YOU PROVIDING POSITIVE FEEDBACK?

DOES THE ACTIVITY SUPPORT GAME SITUATIONS?

WILL PLAYERS WANT TO DO THE ACTIVITY AGAIN?

REMEMBER: **PRACTICE MAKES PERMANENT!**

