Your Teams Training Session

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Basis of Training

Who am I Working With?

What is the Purpose?

What is the Goal? Where is it Derived?



Periodization

Seasonal Plan

Macrocycle

Microcycle

One Session



Research

• Curriculum

Other Sessions

Other Coaches



99% of Sessions Must

Include Principles of Play

 Include Technical, Tactical, Physical, and Psychological components

Follow Simple to Complex

Have a Plan



Flexible Components

- Space
- Time
- Intensity
- Rules
- Numbers
- Goals



Functional or Activity Based?

What is Functional Training? Activity Training?

When and How?

Who is Involved in Each?

Why?



Warm Up

Focus on Technical Functions

Lots of Frequency

 Some Decisions, but Few Coaching Points on Tactics



Small-Sided Activity

Add Opposition

Add Tactical Coaching Points



Expanded Small-Sided

Directional

Usually More Numbers

Manipulations and/or Conditions

Looks Like Soccer



Game

Laws of the Game Enforced

No Restrictions

Full Numbers

To Big Goals with GK



Cool Down

Very Important

Fun Ways to Cool Down

• Ideas?



Important Resources

- US Soccer Curriculum
 - http://www.ussoccer.com/Coaches/Coaching-Education/Coaching-Home.aspx
- US Youth Soccer's New Coaching Manual
 - http://www.usyouthsoccer.org/us youth soccer releases how to write a training session plan/
- Andy Coutts (session planning for an E license)
 - http://my.brainshark.com/E-License-Session-Planning-104295425

Questions?

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