Playing, Practice, Training – How can we do it all?

Presenter: Karla Thompson
Director of Soccer Operations
Arizona Fury Soccer Club
Karla Thompson
Director of Soccer Operations

- USSF ‘B’ License
- National Youth License
- Arizona State Staff Coach
- Former Region II Regional Staff Coach
- Former Collegiate Div. I Coach
- Club Director of Soccer Ops
- Former Club Director of Coaching
Player participation
1974 – 100,000 registered players
2007 – 3.2 million registered players

# of players between ages 12-18
Approx. 1,100,000
Between the ages of 13-17

Approximately 70% of soccer players quit during these ages.

Why?
Demands on Today’s Players

- Club Soccer
- High School Soccer
- ODP
- Private Training
- Special Programs, ie. Speed & Agility, “street soccer”, etc.
- Other High School sports

How many days a week are your players training/playing?
Mission Statement for US Youth Soccer

US Youth Soccer is non-profit and educational organization whose mission is to foster the physical, mental and emotional growth and development of America's youth through the sport of soccer at all levels of age and competition.
Are we accomplishing this mission?

?????
"The process by which a player grows and matures psychologically, technically, tactically and physically within their soccer environment."
Periodization

Definition – “Formal periodization is the systematic process of planned variations in the training program, changing volume, duration, intensity, mode, and kinds of recovery in order to have enough variability to reach a plateau, prevent overtraining and injury, and maximize performance.”

The underlying idea is not that tricky – “periodization is nothing more than basic coaching strategy applied to the training process. Periodation is, in simple terms, A PLAN.”
Periodization

While most coaches have excellent knowledge of tactical considerations in soccer training, few coaches have knowledge of how to lay out different types of training throughout the training week and year so they produce optimal gains in fitness and performance. This process is commonly referred to as *periodization.*
The positioning of matches also has a large impact on the type of training used because it is vital that players are as fresh as possible come match day.

By the time you add up all the league matches, cups, school matches and tournaments, a player might be playing in 80-100 games a year.

Match congestion can lead to physical and mental fatigue leading to underperformance.

“Failing to plan is planning to fail.”

-John Wooden
Athletes that compete in 2 or more activities during a year have unique physical and psychological needs which must be addressed in a training program.

Physical Effects

- Nutrition
- Recovery
- Balance
- Strength
- Power
- Endurance
- Speed
- Flexibility
- Agility
Psychological Effects

Psychological

Emotions
Stress
Intellect

Commitment
Desire
Enjoyment

Player

Effort
Persistence

Self Esteem
Relationships
Outside Influences
Part of the reason that high intensity aerobic sessions have the greatest effect on fitness, is due to the fact that they entail the greatest training load. Therefore, they should not be used in their full form within two days of competitive matches so the body is not overloaded and has time to recover.

EX.

Watered down versions, in terms of lower reps and durations, could be used. Whatever the training circumstances, no more than three high intensity aerobic drills per week should be used, in order to avoid overtraining.

EX.
Although maximal interval drills involve a very high intensity, their overall training load is relatively low. Therefore, it is recommended that maximal intensity drills can be used up to, but not within 2 day of competition. Although the training loads associated with aerobic drills can reach high levels, muscular fatigue associated with the drills is relatively low.
Therefore, aerobic drills can be utilized right up to the day before competition. Aerobic drills can also be used when the muscles are not fully fresh, such as the day following an intense training day or match.
What can we do to help players optimize their development?

- Evaluate teams training and game schedules
- Tournament planning
- Make a training plan for the entire year
- Educate coaches in your organizations
- Educate parents in your organizations
- Self education
## US Soccer Recommendations

<table>
<thead>
<tr>
<th>Age</th>
<th># Sessions</th>
<th>Duration</th>
<th>Practice:Match Ratio</th>
<th>Max Games/yr</th>
</tr>
</thead>
<tbody>
<tr>
<td>U12</td>
<td>2-3 per week</td>
<td>60-75 min</td>
<td>2-3 to 1</td>
<td>20</td>
</tr>
<tr>
<td>U14</td>
<td>2-3 per week</td>
<td>75 min</td>
<td>2-3 to 1</td>
<td>30</td>
</tr>
<tr>
<td>U16</td>
<td>3 per week</td>
<td>75-90 min</td>
<td>3 to 1</td>
<td>30</td>
</tr>
<tr>
<td>U19</td>
<td>3-4 per week</td>
<td>90 min</td>
<td>3-4 to 1</td>
<td>30</td>
</tr>
</tbody>
</table>
Periodization involves many variables including **frequency** (how often you train), **duration** (how long you train for one session), **volume** (how much you train in a given week) and **intensity** (how hard you train at any given time). From these variables a recipe is created that will hopefully help you reach your peak performance.
Periodization: Fancy name for basic concept., by Steven Plisk, Sports Performance Director for Velocity Sports Performance.

Elite Soccer Conditioning – Periodization., by Brijesh Patel, MA, CSCS.

Periodization: The Cornerstone of Sound Coaching., by Dan Freigang, PhD, Sports Psychology.
Questions

???