

Your Teams Training Session

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North Dakota Soccer Association

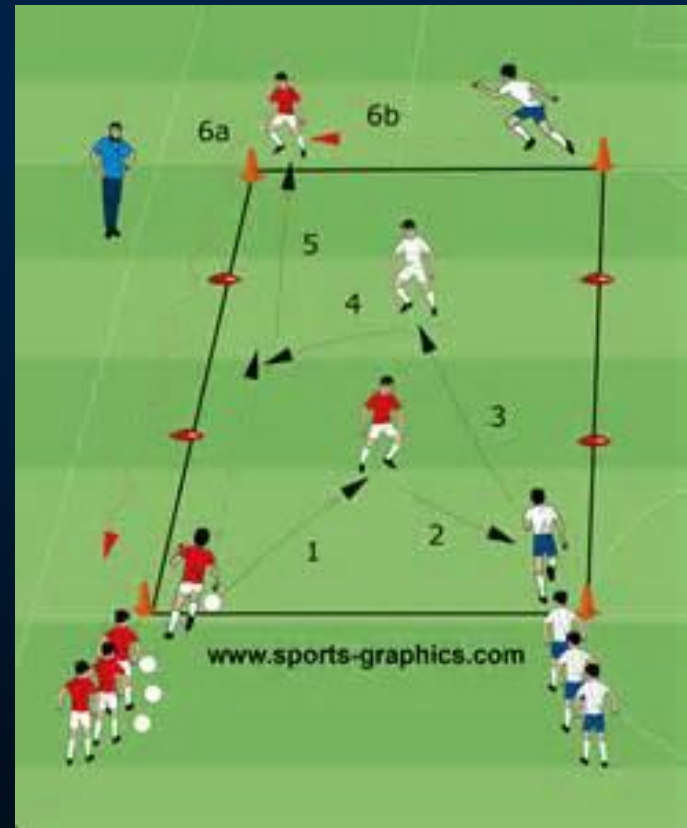
Technical Director



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Four Stages to Developing A Session

- Research
- Development
- Execution
- Evaluation



It's This Easy!!!



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Research



Development



Training Organization Form

Coach:

Team:

Date:

Topic:

Stage	Organization (Diagram + Rules)	Objectives	Key Coaching Points
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Technical Warm-up			
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Small-Sided Activity (Main Part)			
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Development



Training Organization Form

Stage	Organization (Diagram + Rules)	Objectives	Key Coaching Points
Expanded Small-Sided Activity (Main Part)			
Match			

WarmUp



Small Sided Game



Expanded Small Sided



Scrimmage



Cooldown



Evaluation



Basis of Training



Who Am I Working With?



Why Are We Training?



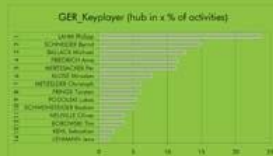
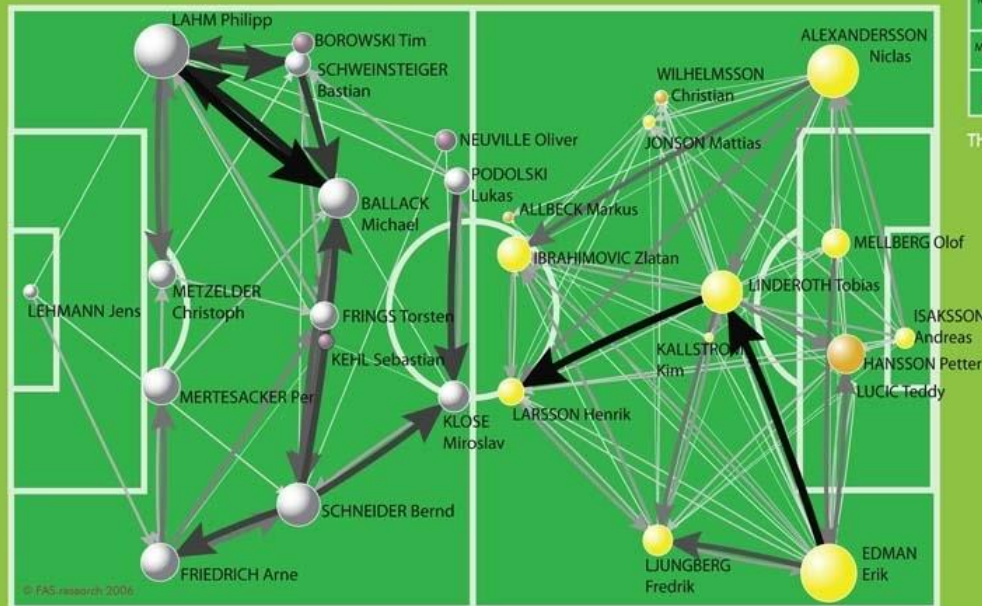
What Are We Training?



How Do We Know?

WORLD CUP 2006

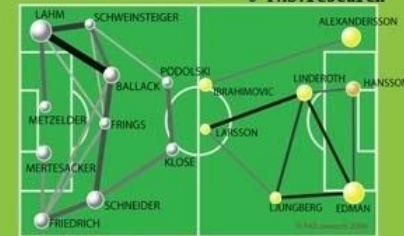
GERMANY - SWEDEN 2:0



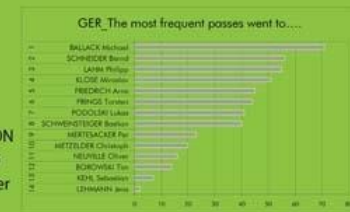
This network shows the passes from every player to those three teammates, he passes to most frequently. Strength of arcs displays the number of passes. Size of nodes displays a player's influence (normalized flowbetweenness).

This match was coded and analyzed by Harald Katzmaier and Helmut Neundlinger, Vienna, June 24th, 2006.

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The most frequent (>10) passes between players



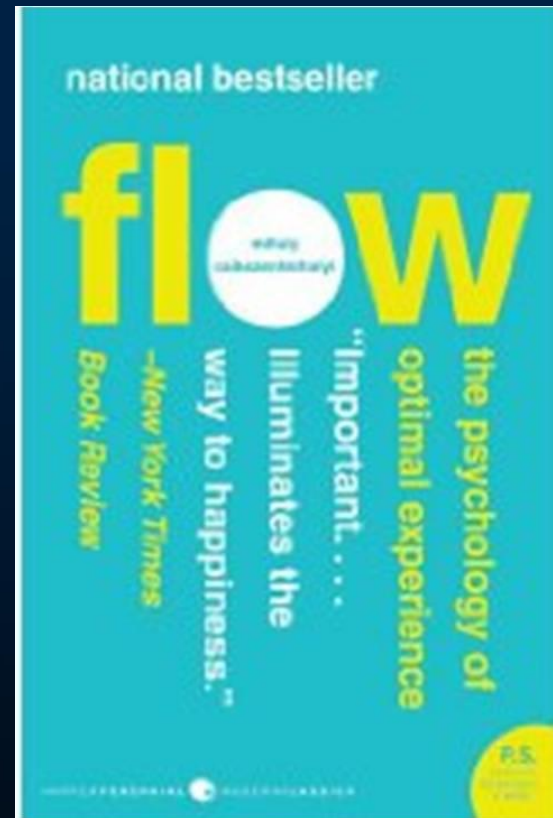
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Network Analysis for Science and Business

Considerations

- How Many Players?
- Capabilities
- Length
- Field Space
- Weather
- Field
- Equipment



Field

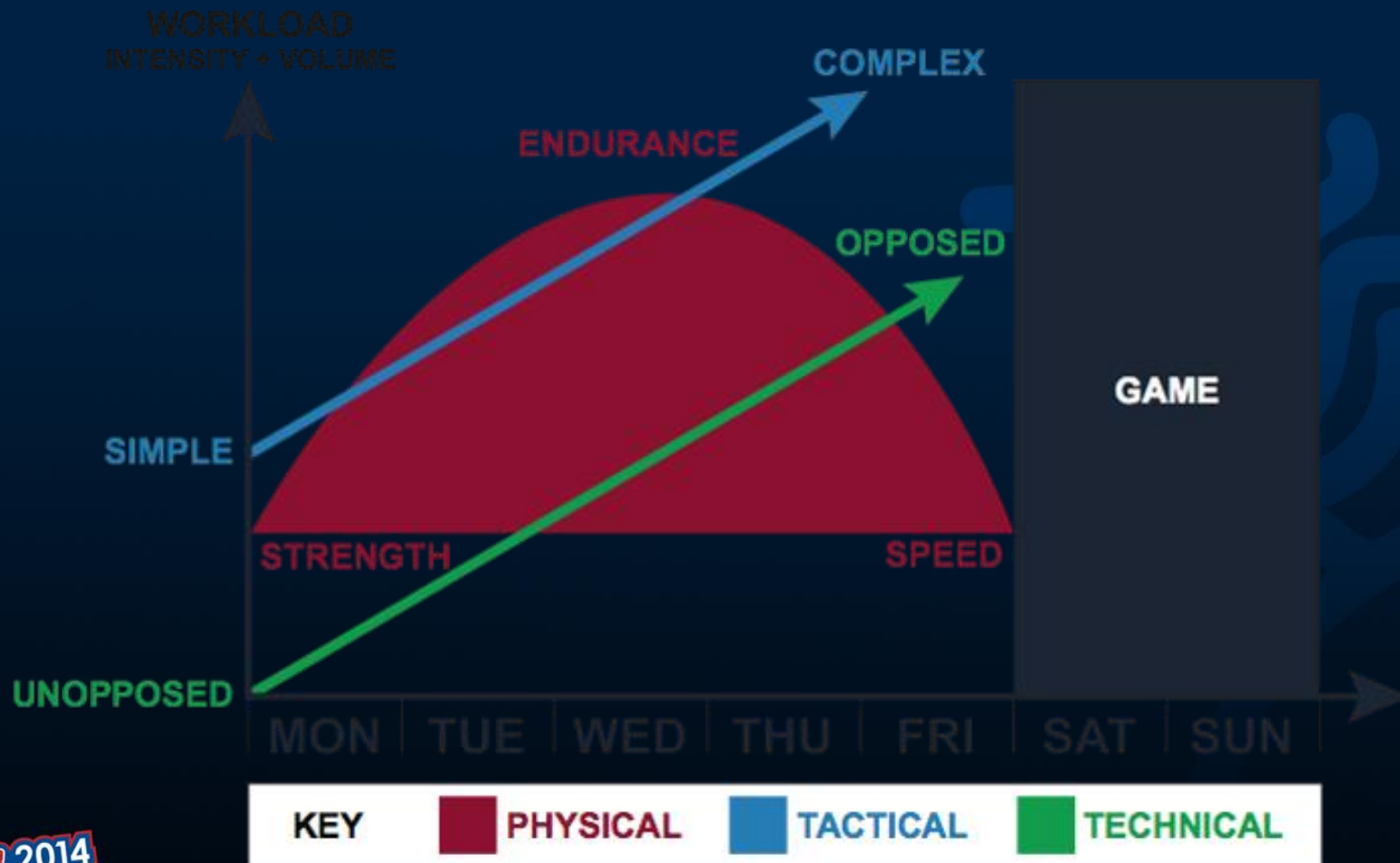


Periodization

- Seasonal Plan
- Macrocycle
- Microcycle
- One Session



Weekly Cycle



Research

- Curriculum
- Other Sessions
- Other Coaches



Sessions Must

- Include Principles of Play
- Include Technical, Tactical, Physical, and Psychological components
- Follow Simple to Complex
- Have a Lesson Plan

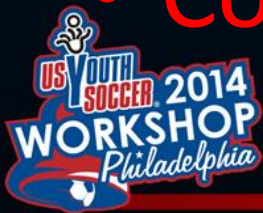


Attacking Principles

- Penetration
- Support
- Width
- Mobility
- Improvisation

Defending Principles

- Pressure
- Cover
- Balance
- Delay
- Compactness
- Control and Restraint



Plans Must Include

- Topic
- Age Group
- Equipment Needed
- Activity Description
- Diagrams
- Key Coaching Points
- Guided Discovery



Flexible Components

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



Important Keys to Planning

- Design To Attain Excellence Out of Most Important Things
- Start With Success Then Integrate Complexity
- Build In Sufficient Repetition To Automate Skills
- Accurately Model Excellence In An Activity – Not Just Completion
 - Getting it right is midpoint of mastery
- DO NOT Waste Valuable Training Time With Non-Soccer Items
 - All Pure Fitness Can Be Done Within A Session



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
- Dynamic Stretching

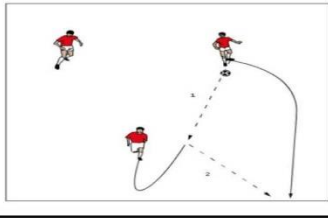
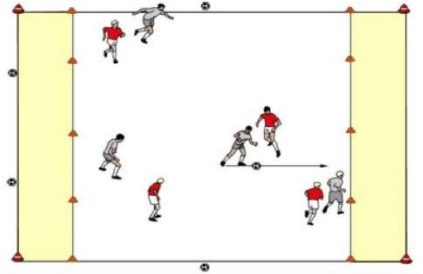


Small-Sided Activity

- Add Opposition
- Add Tactical Coaching Points

First Two Activities

Session Plan U14 Midfield Attack

Activity	Description	Diagram	Coaching Points
1 Technique - Skills (Warm-Up)			
In one half of the field all groups of players warm-up. Goalkeepers should warm-up separately.	Field players in groups of three in the shape a triangle. The high player makes a checking run and then plays a wall pass with the overlapping player. The third player stays for support. Turn around and execute again with the support player now as the high player.		<p>What are the visual cues to make pass 1?</p> <ul style="list-style-type: none"> Plant foot is set Hips rotate <p>Where should pass 2 go?</p> <ul style="list-style-type: none"> Diagonally forward about 1 yard ahead of the runner
2 Small-Sided Activity: End Zone			
Play 4v4 in a 40 x 20 to a 60 x 40 yard grid, dependent upon the players' abilities. Using disc cones mark off an end zone at each end of the grid. The zone can be 2-5 yards in width. Use a smaller zone for more proficient players.	<p>Score by making a pass into the end zone. After a point is scored the opposing team collects the ball and attacks the opposite end zone.</p> <p>Variation: score only counts if a receiver collects the ball successfully in the end zone from an off-the-ball run.</p>		<p>Can we get a player high to make a checking run?</p> <ul style="list-style-type: none"> Triangular positioning <p>When should the run to get open begin?</p> <ul style="list-style-type: none"> As the teammate in possession gets into a good passing lane. <p>Where to place the forward pass?</p> <ul style="list-style-type: none"> To the forward's foot farthest from the opponent.

Equipment: 8 balls, 2 large goals, 8 red pinnies, 8 grey pinnies, 12 tall cones, 4 large disc cones & 20 small disc cones.



Expanded Small-Sided

- Directional
- Usually More Numbers
- Manipulations and/or Conditions
- Looks Like Soccer



Game

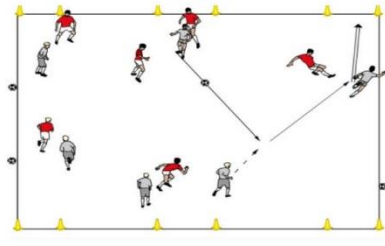
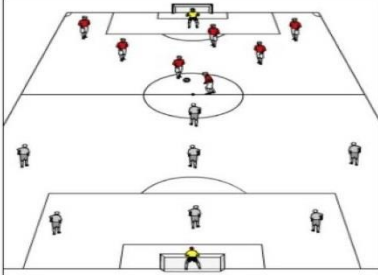
- Laws of the Game Enforced
- No Restrictions
- Full Numbers
- To Big Goals with GK



Last Two Activities

Session Plan

U14 Midfield Attack

Activity	Description	Diagram	Coaching Points
3 Expanded Small-Sided Activity: Six Goal Game			
Use the same grid as for the End Zone activity. Remove the end zones and use those cones or tall cones to make three small goals on each touchline.	Play 4v4 up to 6v6. Use possession passing to set up the chance to penetrate for a shot on goal at one of the three goals. If a goal is blocked then keep possession. The ball and players must move to create a passing lane to penetrate towards goal. Play for a set time or until a set number of goals.		<p>When should you pass square or backwards?</p> <ul style="list-style-type: none"> When the opponents block a goal or passing lane. <p>How do you know the chance to penetrate is on?</p> <ul style="list-style-type: none"> There's a gap between opponents or their group shape is flat.
4 Game: 8 vs. 8 Match			
Use an 80 x 55 yard grid with regulation goals at each end. Mark the corners with corner flag posts or tall cones.	Play for a set amount of time. Enforce the Laws of the Game. Have a few spare balls to the outside of each goal.		<p>Make few if any coaching comments now. Let them play and observe their attacking decisions.</p> <p>Praise their efforts at recognizing to play possession or penetration.</p>

Cool-Down: Rehydrate, light movement, static stretching.



Cool Down

- Very Important
- Fun Ways to Cool Down
- Include Static Stretching
- Ideas?



Coaching Points

- CONCISE
- CORRECT
- CONNECT



Coaches Tool Box

- Stop – Freeze!
- Natural Stoppage
- Flow – Continuous Activity
- Individual Reference



Evaluation

- Did I Adjust My lesson Plan?
- Did I Hit My Coaching Points? Add Any?
- Did The Session Progress?
- Did The Players Get Better?



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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