

Training Session 1

Design and analysis of tasks in the typical training session based on the Game Model.

TEAM	SESSION TYPE	DATA	SESSION	PERIOD	MESOCYCLE	MICROCYCLE	MESO SESSION
US CLUB	TEAM	04/08/2018	100 %	Competitive	Undefined	Undefined	100 %

WARM UP							
Phase	Code	Name	Players	Series	Time (mins)	Development	
1	EJMI03	Running technique 2 lines.	All in 2 li.	1	4	See methodological dossier.	
2	EAMI01	Technical-motor relays 1	3gx6p.	1	4	See methodological dossier. Do 4 variants.	
3	ECME03	Handball, headed goal	3g.x6p.	3	5	See methodological dossier. Do it with exterior. supports.	
4	EEEE04	Group skills square	3g.x6p.	3	3	See methodological dossier. Two directions.	
	C19	Perceptive possession 2-1 touches.	3g.x6p.	1	3	See methodological dossier.	
5	EEST01	Individual stretching	18 indiv.	1	2	See methodological dossier. Done in groups.	

MAIN PART

Code	Name	Dimensions	No. Players	Series	Durat.	Rest./S.	Intensit.	
E-Ae-An.Spe.Mix.		Whole Field	2 groups	4	3 mins	30 secs	High	
		Development:						
		Following the movements of the diagram, Players perform tactical-motor skill attacks on each goal. The players switch with teammates in other positions, alternating a high intensity action with a low intensity action.						
		To be worked on	1	High intensity in technical and motor actions.				
		2	Maxim tactic interpretation in arrival time, group executive cohesion and technical quality.					
		3	Recover during transition to next action. Control proper intensity and duration according to work load.					

Code	Name	Dimensions	No. Players	Series	Durat.	Rest./S.	Intensit.	
OSD-R.Game(Style)		50 x 60 yards	2x1 teams	3	4 mins	1 min	High	
		Development:						
		6 v 6 match with 6 neutrals in half field. Each team decides the game Style, and choose 3 Game Fundamentals to work. Give them feed back about the fundamentals that they are using (or not using) for each Game Style. For each series, use a different Game Style.						
		To be worked on	1	Control of the game, collective decisions, and individual decisions for each teams.				
		2	Analyze the 3 Games Fundamentals and if they understanding the advice and corrections for each.					
		3	Analyze the changes and adaptations each team makes in their Game Style (and Model) depending the Game Style and Model of the opponent and the Game Dynamic.					

Code	Name	Dimensions	No. Players	Series	Durat.	Rest./S.	Intensit.	
OSD-R.Game(System)		60 x 50 yards	Depends	2	7 mins	1 min	High	
		Development:						
		Play a match without goals. In order to score a goal, the team must cross the opponent's line with the ball. Each team can select whichever type of system they'd like, whether it's the same system for both teams, different for each team, etc. Feel free to let them choose, tell them one or other, or decide based on the real situation of the next match, etc....						
		To be worked on	1	Observing patterns of play being developed to direct them towards the desired style.				
		2	Constantly interpret the opponent's style of play and adapt your attacking accordingly					
		3	Understanding progression actions, utilizing space without goals, focusing on attacking zones					

Code	Name	Dimensions	No. Players	Series	Durat.	Rest./S.	Intensit.	
OSD-R.Game(Var.)		All field	11v11	2	7 mins	1 min	High	
		Development:						
		Real match situation, any size of pitch (depending on number of players), between 2 teams of between 7 and 11 players, distribute teams as you'd like, for example: based on level, starting lineup vs. the rest, mix both teams, etc. Each team will have a model of play (system, style and basic objectives) whether the teams have the same or different is up to the coach. Option to practice the situation to be developed in the weekend competition.						
		To be worked on	1	Observing patterns of play being developed to direct them towards specific needs.				
		2	Analysis of the efficiency of the system and its movements, keeping in mind speed of play					
		3	Constant use and adjustment of patterns established, attempting to maintain speed of play					

COOL DOWN

Phase	Code	Name	Players	Series	Time	Development	
1	JGI13	Shots at goal in pairs champ.	9 In pairs	1	3 mins	See methodological dossier. Both alternating sides.	
2	JGR02	Slapping game	9 in pairs	1	3 mins	See methodological dossier. 1 static y 1 dynamic.	
3	VCRM01	Individual relaxation	18 indiv.	1	4 mins	See methodological dossier.	