



Concepts and Coaching Guidelines

Director: Claudio Reyna
Author: Dr. Javier Perez



CONCEPTS AND COACHING

Index

1. Coaching Philosophy	5
2. Coaching Content.....	6
Tactical	8
Technical	23
Physical	26
Psychosocial.....	30
Set Pieces.....	31
Formations	31
Goalkeeping.....	32
3. Coaching Content Summary.....	33
4. Coaching Style	34
5. Coaching Organization	35
6. Creating an Appropriate Environment.....	36



COACHING PHILOSOPHY

The coaching method is based upon the following key components

THE CORE

THE MATCH

The objective of the training session is to prepare players for competition. The game shows the tactical, technical, physical and psychosocial development of the player.

FOUR COMPLEMENTARY COMPONENTS

TACTICAL

This component helps the player fit into the team. Our aim is to create clever players, capable of adapting to the constantly changing circumstances of the game.

TECHNICAL

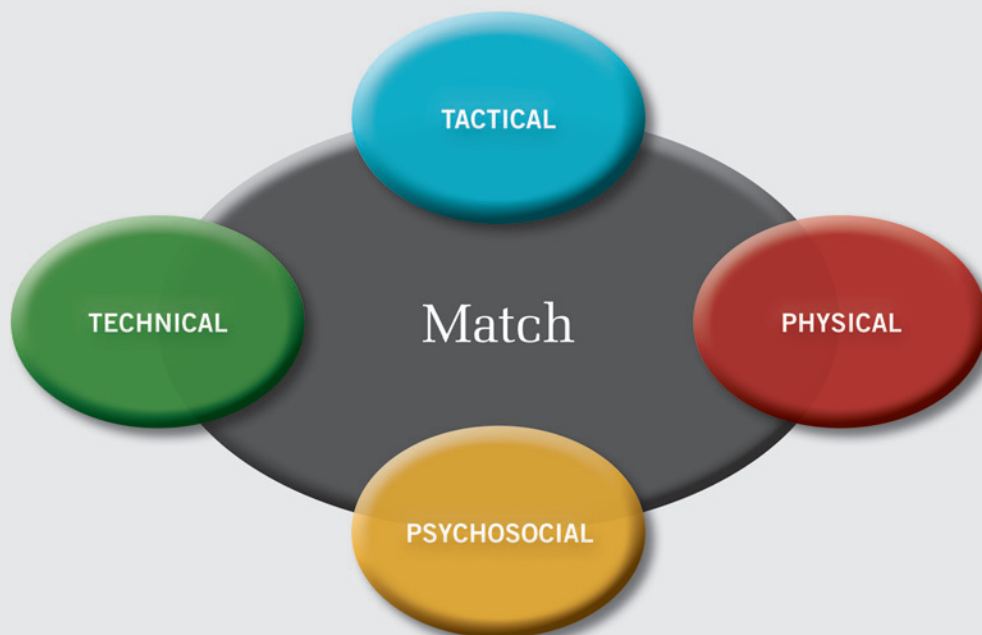
All players in the team have to be individually competent and proficient in the most important skills for each position. For example, a central midfield player will need different techniques and expertise as compared to an outside back.

PHYSICAL

Strong and resilient players will provide a significant advantage to the team. A tired player will struggle to think properly and is prone to commit more errors.

PSYCHOSOCIAL

The human being is often affected by his/her emotions. We will train the players to use these emotions to their advantage and turn them into strengths and not weaknesses.



COACHING CONTENT: OVERVIEW

Areas of development in soccer training

COACHING CONTENT

1. Tactical
2. Technical
3. Physical
4. Psychosocial
5. Set Pieces
6. Formations
7. Goalkeeping



GENERAL TERMINOLOGY

Definitions for soccer-specific terminology

Tactic: Individual or collective actions performed by a player or group of players to take advantage of an opponent, group of opponents or a team.

Explanation: The tactics are the tools to develop the strategy.

Example: Quick transition of the ball from one side of the field to the other.

Strategy: A general concept or idea agreed upon by the team at the beginning of the game with the intention to beat the opponents.

Explanation: The strategy relates to the formation and/or system used by the team.

Example: Defensive strategy - three strikers pressure up high and midfielders close down the opponents in central areas to prevent them from turning and attempt to regain the ball in the attacking half.

Formation: The shape of the team and distribution of the players on the field at the beginning of the game.

Explanation: This is usually expressed in three numbers identifying the number of players in the defensive, midfield and attacking lines.

Example: 4-3-3 – 4 defenders, 3 midfielders and 3 strikers.

System: A formation with specifications in the shape and/or roles for one or more players.

Explanation: The system combines the formation and strategy.

Example: 4-4-2 with diamond in midfield and outside backs moving up into wide areas.

COACHING CONTENT: TACTICAL

Aspects to improve game understanding

TACTICAL

1. Attacking Principles

- Creating Space
- Support
- Width
- Depth
- Overlaps
- Diagonal Runs
- Forward Play
- Speed of Play
- Switching Positions

2. Possession

3. Transition

4. Combination Play

5. Switching Play

6. Counter Attacking

7. Playing Out from the Back

8. Finishing in the Final Third

1. Defending Principles

BASIC

- Mark
- Press
- Cover
- Balance

ADVANCED

- Tracking
- Switching Places

2. Zonal Defending

3. Pressing















4. Retreat and Recovery

5. Compactness



KEY

Symbols to build practices and soccer movements

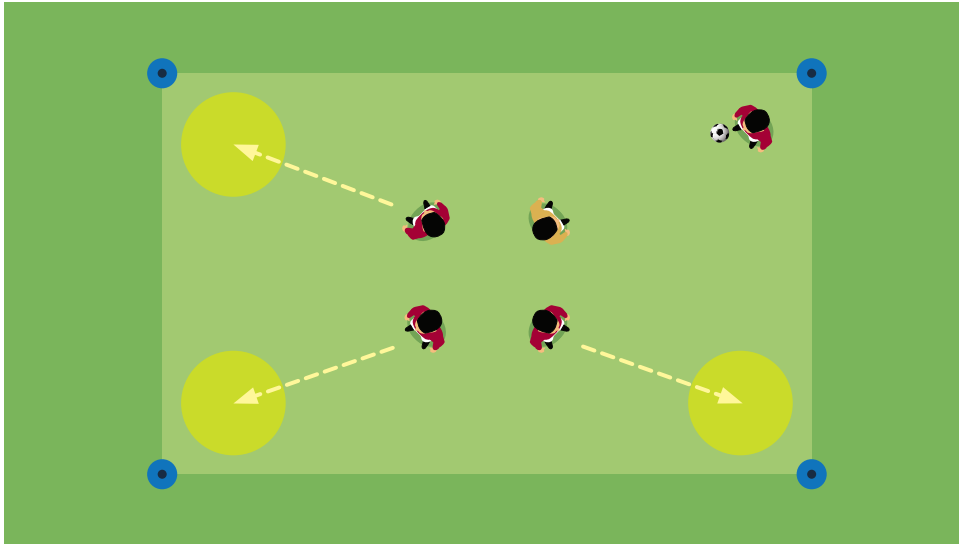
PLAYER SYMBOLS	OBJECT SYMBOLS	MOVEMENT SYMBOLS
 Goalkeeper	 Cone	 Trajectory of the ball
 Player with Ball	 Ball	
 Player without Ball	 Pole	 Trajectory of the player without the ball
 Coach	 Goal	
 Mannequin	 Ladder	
 Neutral Player		 Trajectory of the player with the ball

TACTICAL TERMINOLOGY

Attacking – Tactical

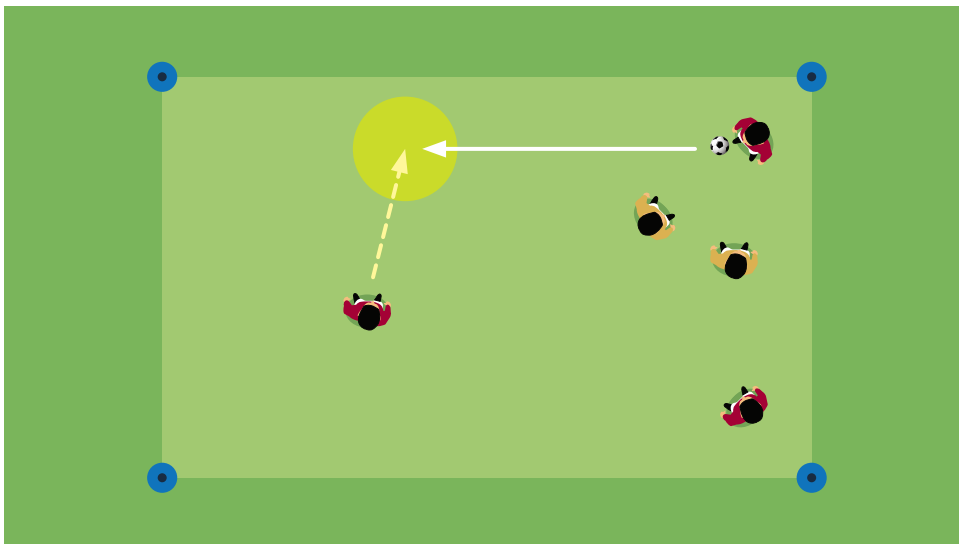
1. Attacking Principles: Basic individual or collective attacking actions for one or more players in order to create a team advantage for the attacker/s.

1a. Creating Space: The distribution of players into space to generate effective passing opportunities.



◀ *4v1 possession game where players move to wide areas to create passing options.*

1b. Support: Help offered by a teammate(s) around the ball with the objective of receiving the ball.

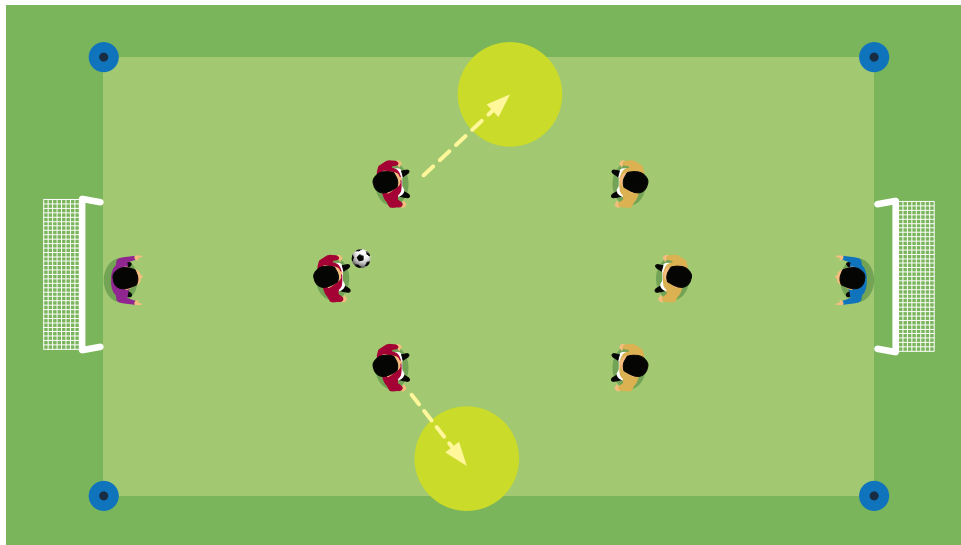


◀ *One player moves into space, closer to the teammate in possession of the ball with the purpose of creating a clear passing option.*

TACTICAL TERMINOLOGY

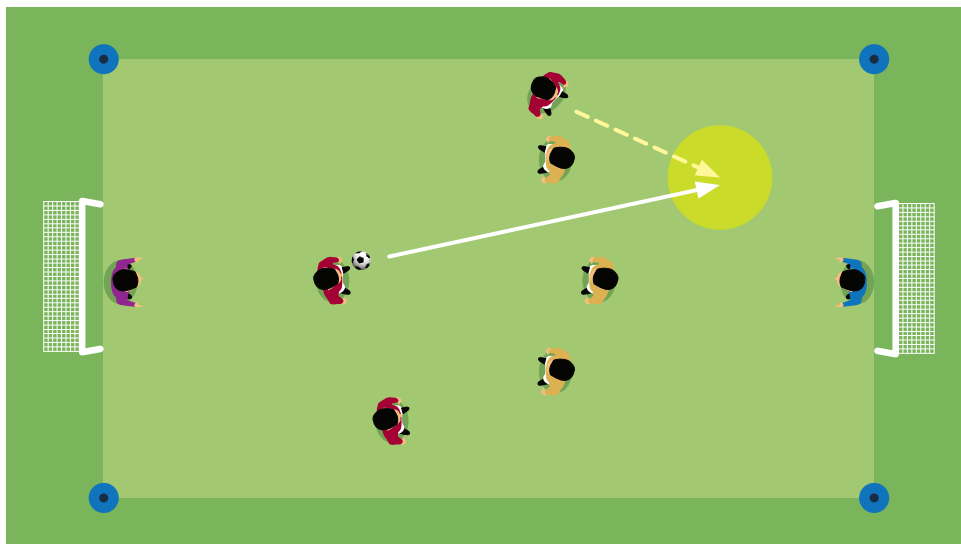
Attacking – Tactical

1c. Width: Movement and distribution of attacking players to wide areas in order to create space and attacking options in a game context.



◀ A player moves to the wide area to create space. The purpose is to make the opponent's defensive work more difficult.

1d. Depth: Movement of a player or group of players into forward positions to generate attacking options in a game context.

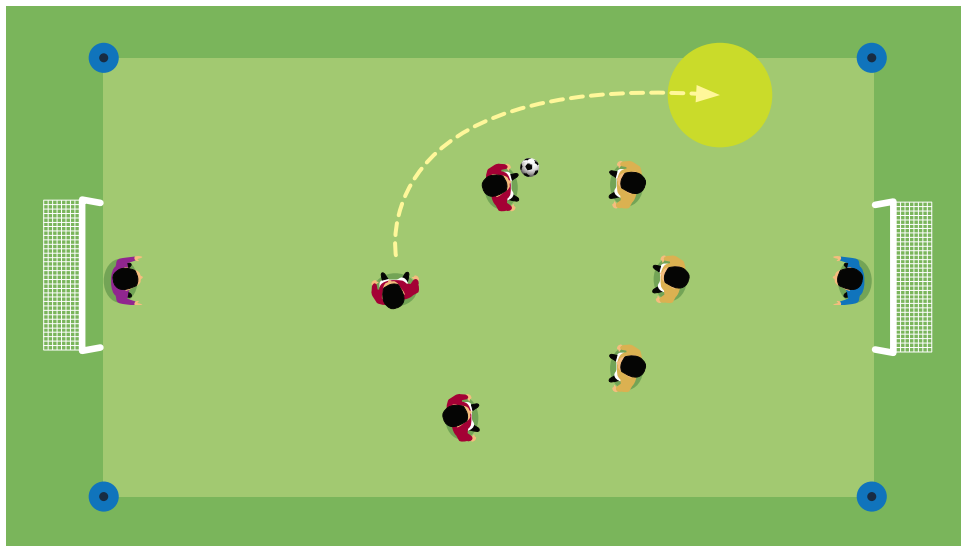


◀ A player moves forward with the purpose of receiving the ball closer to goal.

TACTICAL TERMINOLOGY

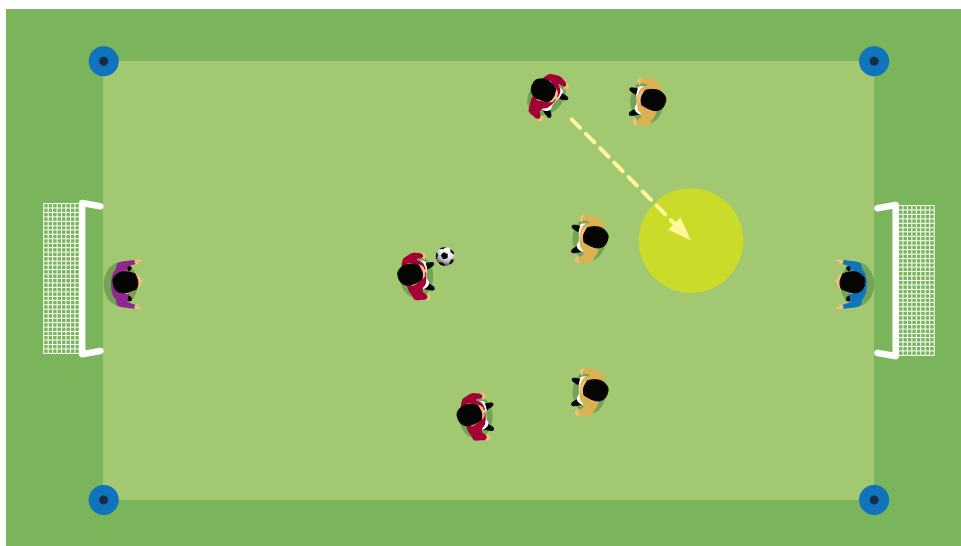
Attacking – Tactical

1e. Overlaps: Movement of a teammate from behind the player in possession of the ball to forward positions in order to generate a passing opportunity or advantage for the team.



◀ A central midfielder runs forward from behind the winger to create a passing option.

1f. Diagonal Runs: An attacking diagonal movement forward into space, generally in front of the ball, to create a passing option.

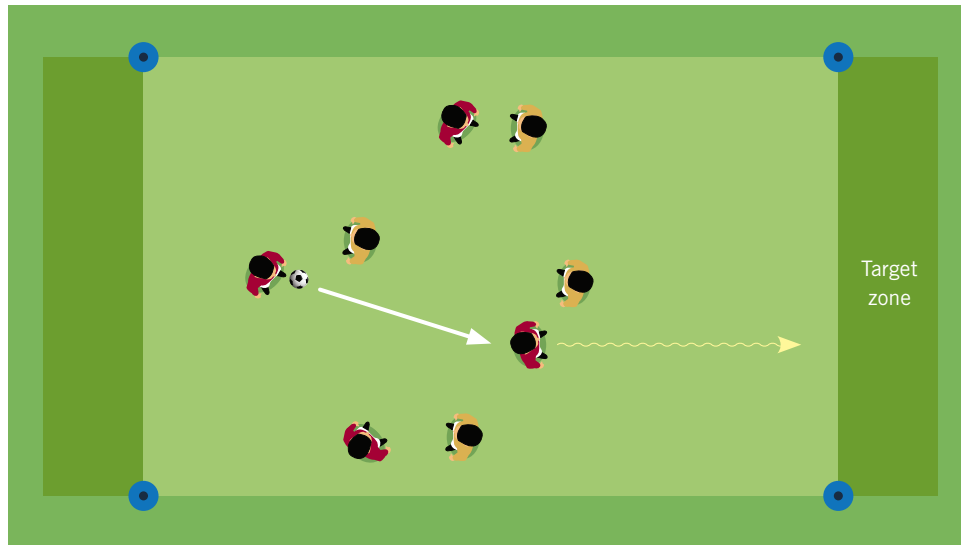


◀ A wide player makes a diagonal movement forward with the purpose of creating a passing option.

TACTICAL TERMINOLOGY

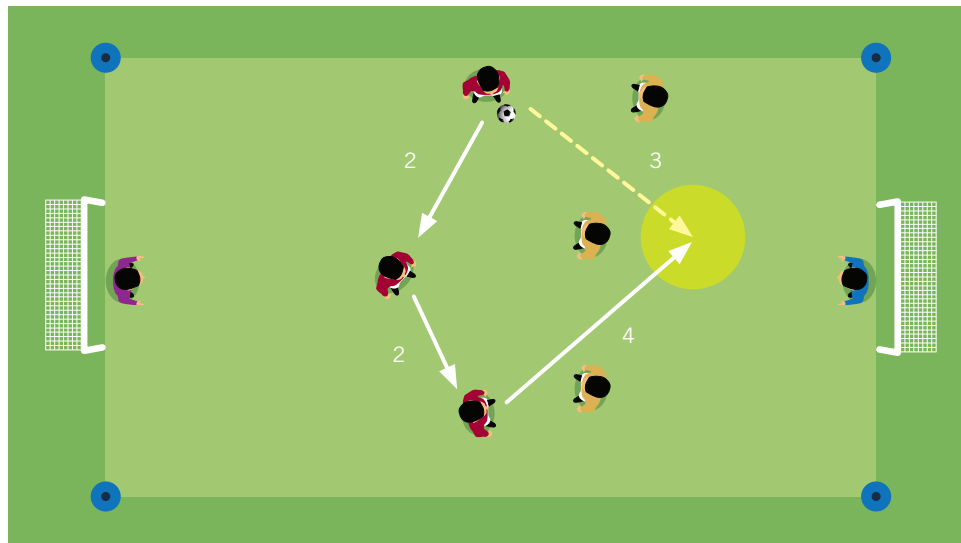
Attacking – Tactical

1g. Forward Play: An effective and efficient movement of the ball towards the attacking end or goal.



- ◀ A central defender passes to a central midfielder or forward who is unmarked, thus transferring the ball to the attacking end.

1h. Speed of Play: Quick ball-movement which creates an advantage for the attacking team over the defenders.

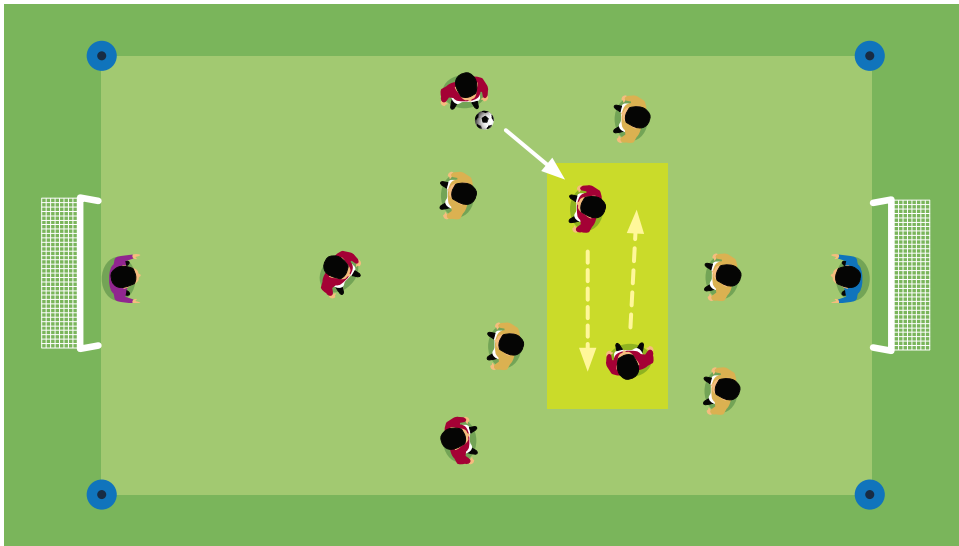


- ◀ Players from the same team pass the ball quickly in one, two, or three touch play, keeping the ball away from the opponents.

TACTICAL TERMINOLOGY

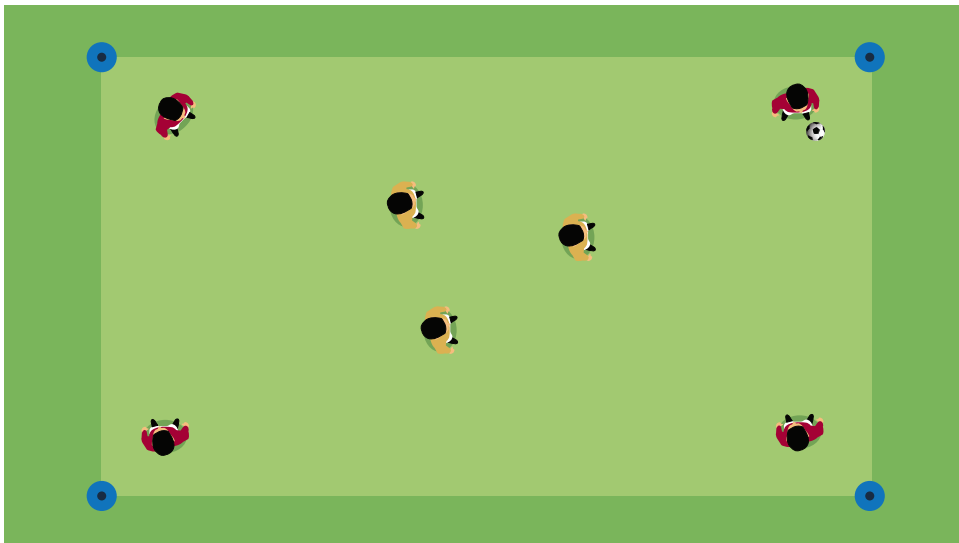
Attacking – Tactical

1i. Switching positions: An exchange of positions by two players of the same team, generally ahead of the ball, to take advantage of the defending team and generate a passing option.



◀ *Right and left strikers exchange positions to distract the attention of defenders and create a passing option.*

2. Possession: Passing the ball repeatedly between players on the same team.

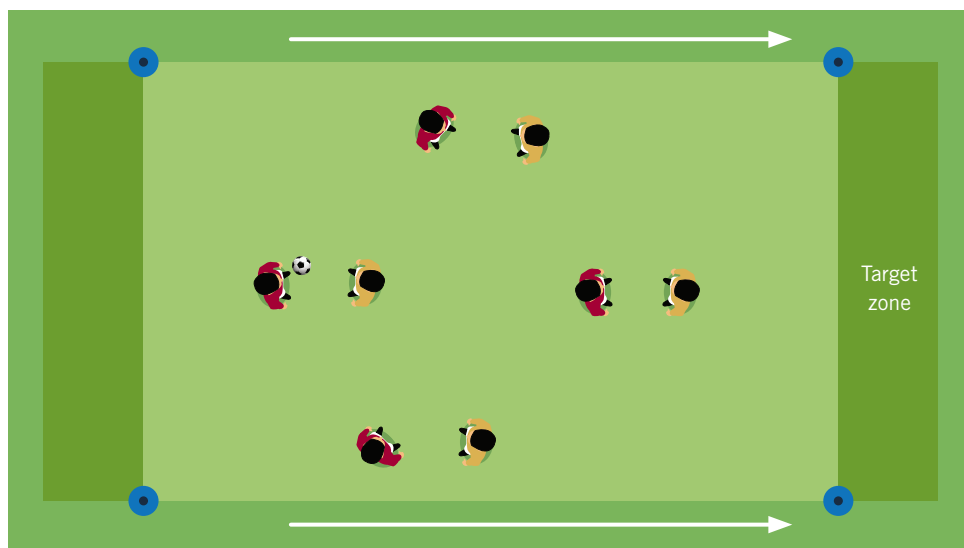


◀ *4 players from the same team keep the ball away from the opponents.*

TACTICAL TERMINOLOGY

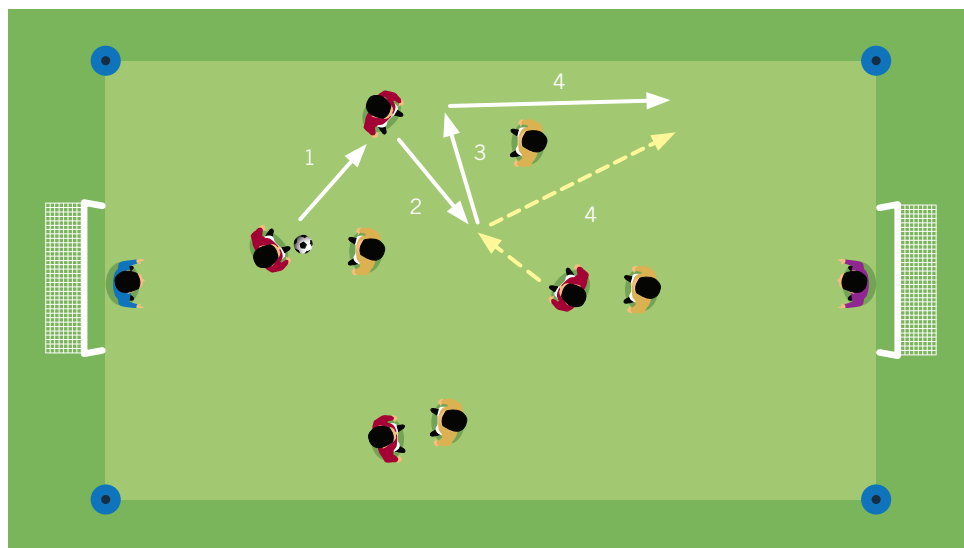
Attacking – Tactical

3. Transition: The action of transferring the ball collectively as a team from the defensive end to the attacking end.



◀ *Collective effort to move the ball from the defensive side of the field to the attacking end.*

4. Combination Play: Quick and effective movement of the ball by two or more players from the same team.

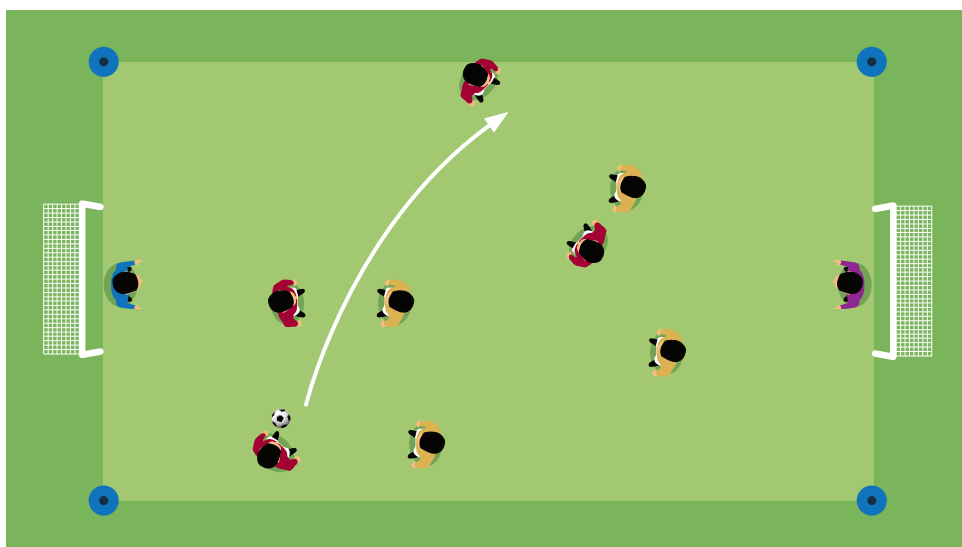


◀ *Action that involves three players with quick movement of both the ball and players with the purpose of eliminating defenders.*

TACTICAL TERMINOLOGY

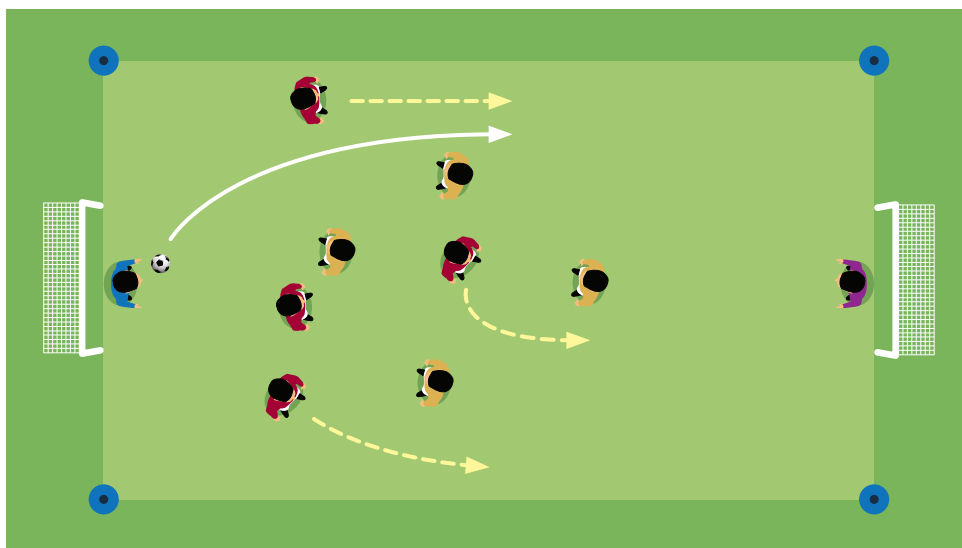
Attacking – Tactical

5. Switching Play: The transferring of the ball from one part of the field to another, generally from one wide area to another, in order to disorganize the defense and create an advantage over the opponents.



◀ A long pass from right-wide player to left-wide player with the purpose of disorganizing the defense and facilitating forward movement of the ball.

6. Counter Attacking: Fast and effective vertical transfer of the ball when possession has been regained in order to surprise and take advantage of the defenders while they are still disorganized.

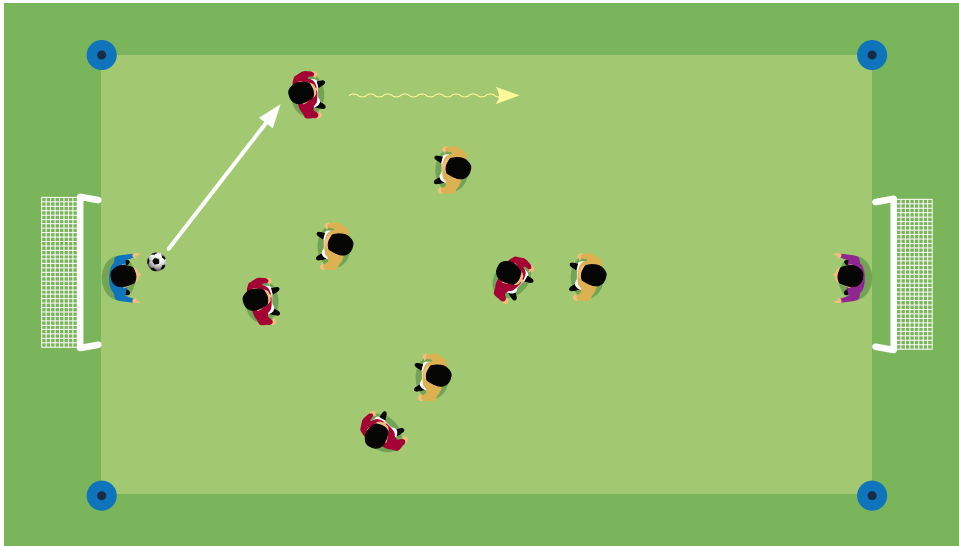


◀ A long pass from the goalkeeper to the left-wide player when possession of the ball is regained, gives the attacking team an advantage over a disorganized defense.

TACTICAL TERMINOLOGY

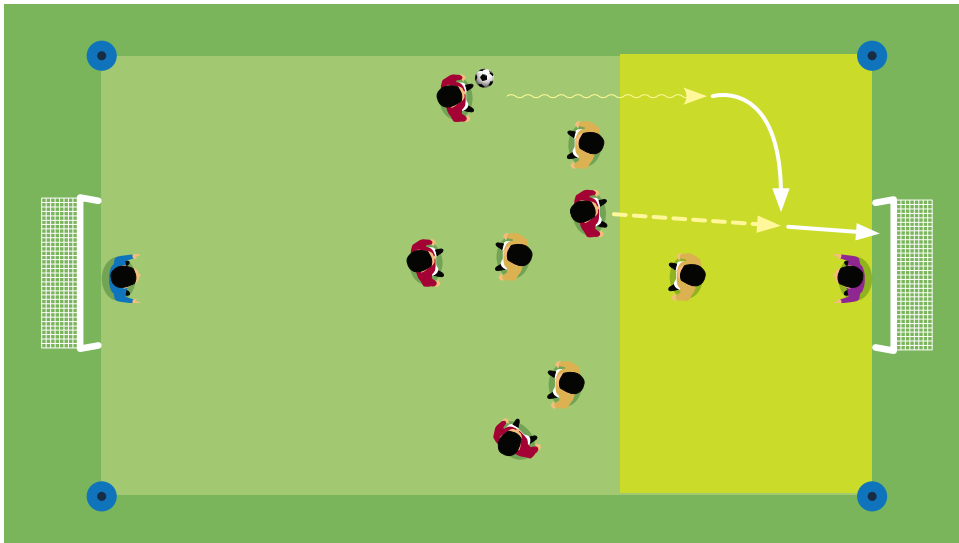
Attacking – Tactical

7. Playing out from the back: The collective action of transferring the ball from the defensive third to advanced attacking areas.



◀ The goalkeeper passes the ball forward into the defensive third to the left back. The left back dribbles or passes the ball forward.

8. Finishing in the final third: The collective actions in the final third of the field with the objective of creating a goal scoring opportunity.



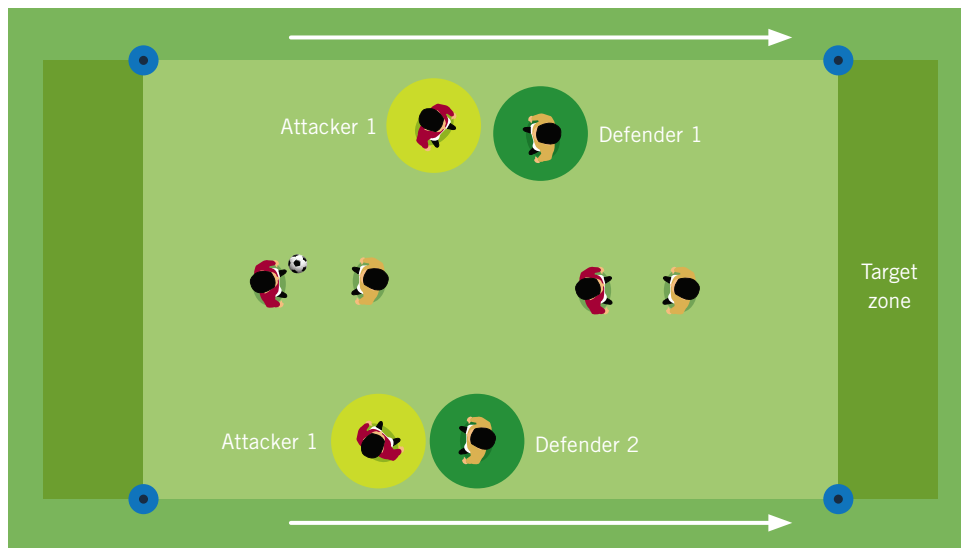
◀ The left-sided player dribbles to the final third and crosses the ball, looking for a teammate to finish and score.

TACTICAL TERMINOLOGY

Defending – Tactical

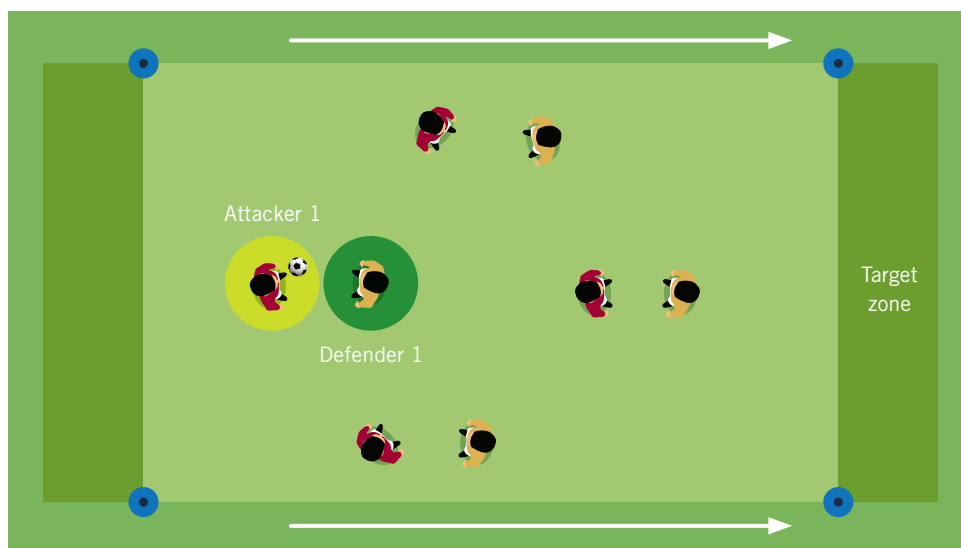
1. Defending Principles: Basic, individual or collective defensive actions of one or more players in order to create a team advantage over the attackers.

1a. Mark: A defender or group of defenders watching over a player or group of players on the attacking team, with the purpose of reducing their chances of participating in the attack.



◀ Defenders cover the passing lanes of the attacking players trying to support the player in possession of the ball.

1b. Press: The individual action of a defensive player who defends with intensity the player in possession of the ball.

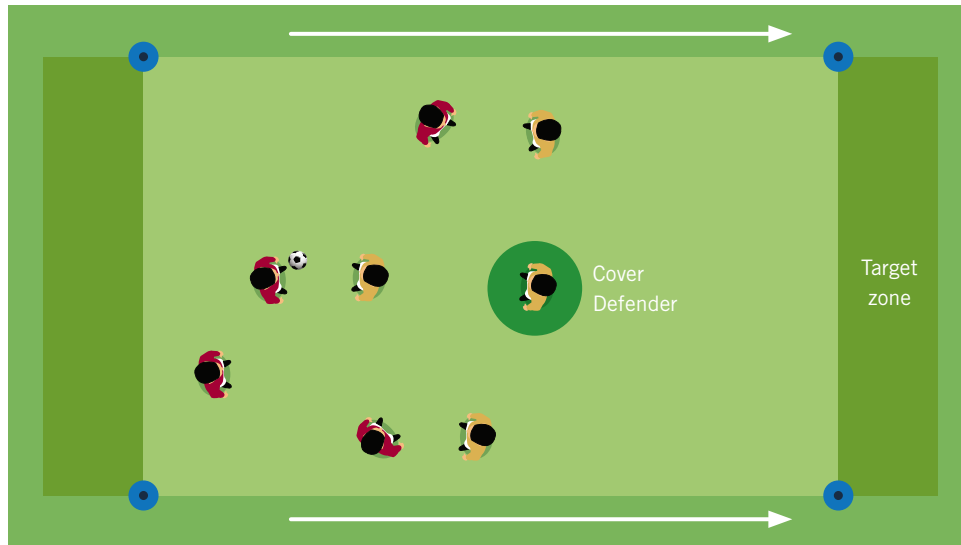


◀ A defender prevents the player in possession of the ball from playing forward or passing to a teammate and attempts to regain possession of the ball.

TACTICAL TERMINOLOGY

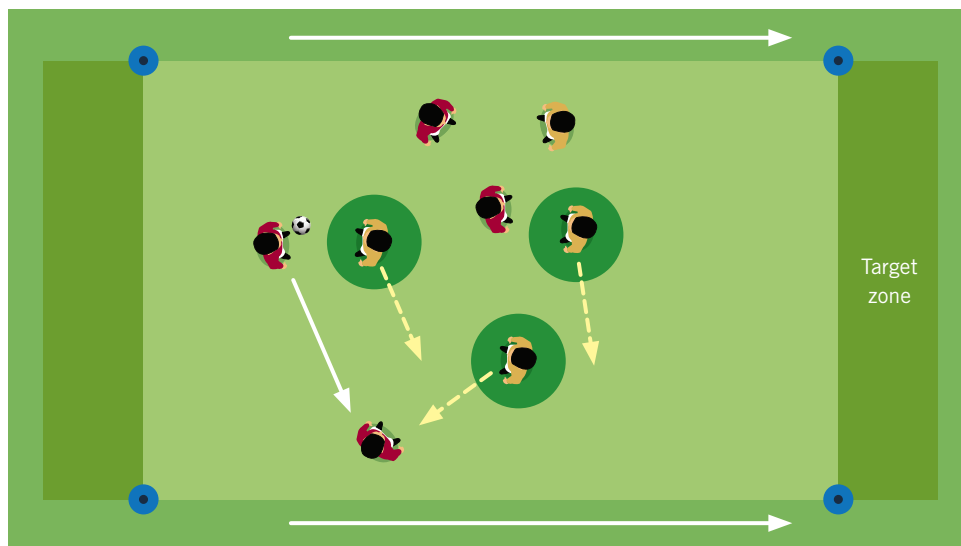
Defending – Tactical

1c. Cover: A player creates a second defensive line in order to facilitate defensive support of a teammate or teammates.



◀ A central defender behind the central midfielder helps in case the attacker beats the central midfielder.

1d. Balance: Coordinated movement of the defending team from one part of the field to another as the ball is transferred to that part of the field with the objective of reorganizing the defense.

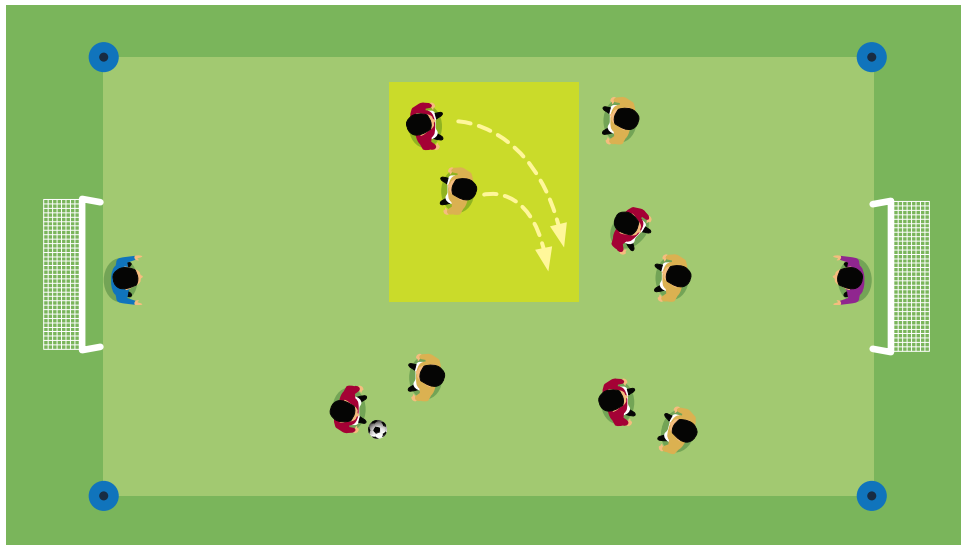


◀ The collective movement of the players to reorganize the defense in front of the ball as the ball travels from the central defender to the right defender.

TACTICAL TERMINOLOGY

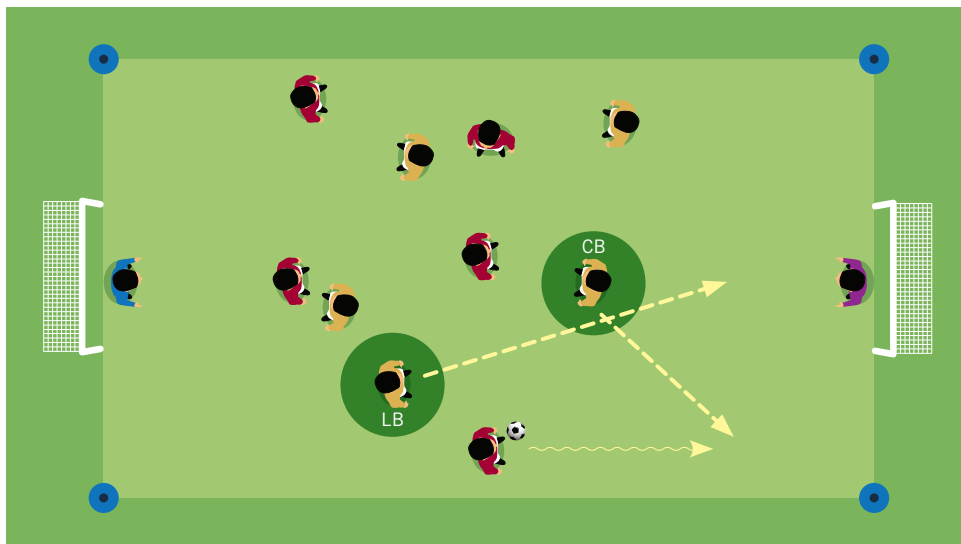
Defending – Tactical

1e. Tracking: A defender chasing an attacking player who is making a forward and/or diagonal movement in front of the ball to generate a passing option.



◀ A midfield defender tracks the midfielder to prevent a passing option.

1f. Switching places: The exchange of positions between two defenders in order to be more efficient defensively.

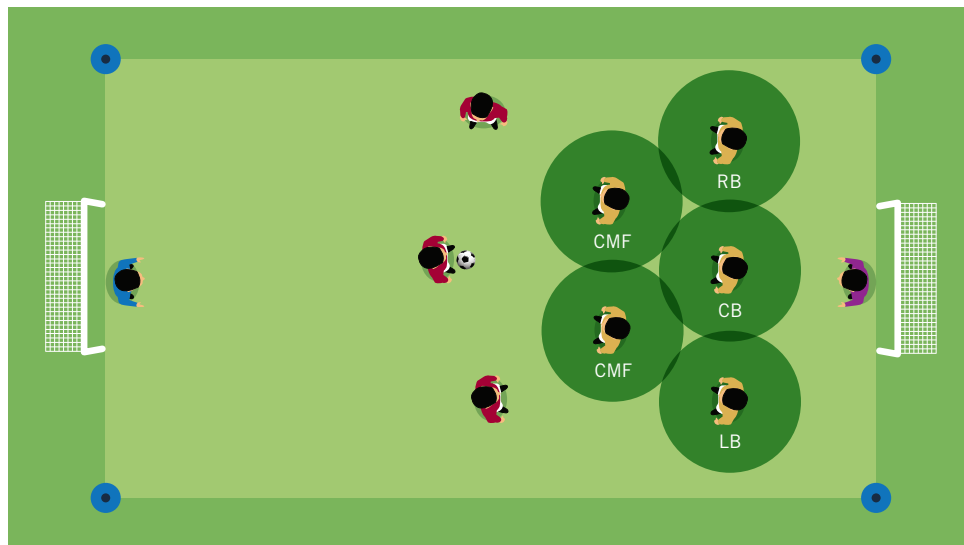


◀ A central back moves to the flank to defend the right-attacker and the left-defender runs to a central area to occupy the center-back position.

TACTICAL TERMINOLOGY

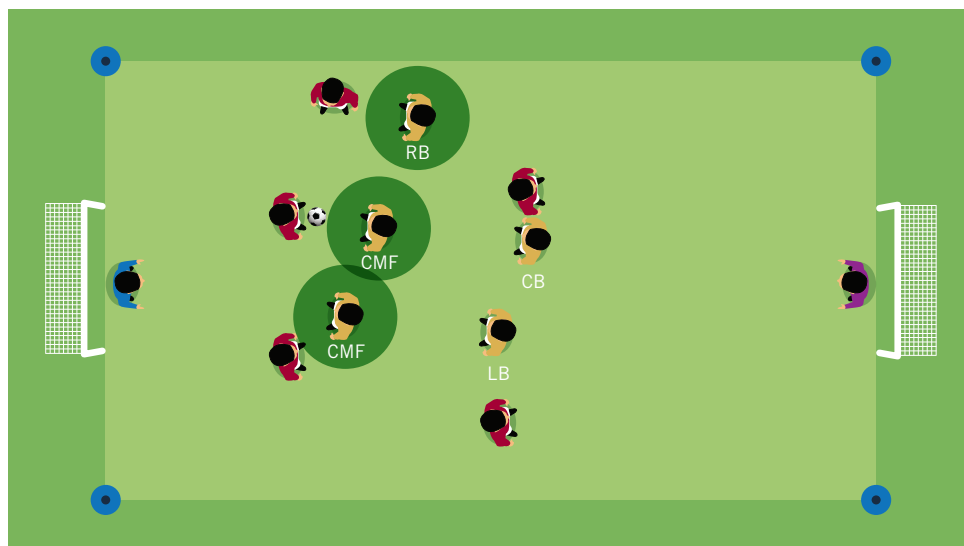
Defending – Tactical

2. Zonal defending: The distribution of defenders into space to create defensive efficiency.



◀ *Equal distribution of space between defenders prevents the attackers from reaching the goal.*

3. Pressing: Intense, constant and organized defensive action from a group of defenders against the attackers.

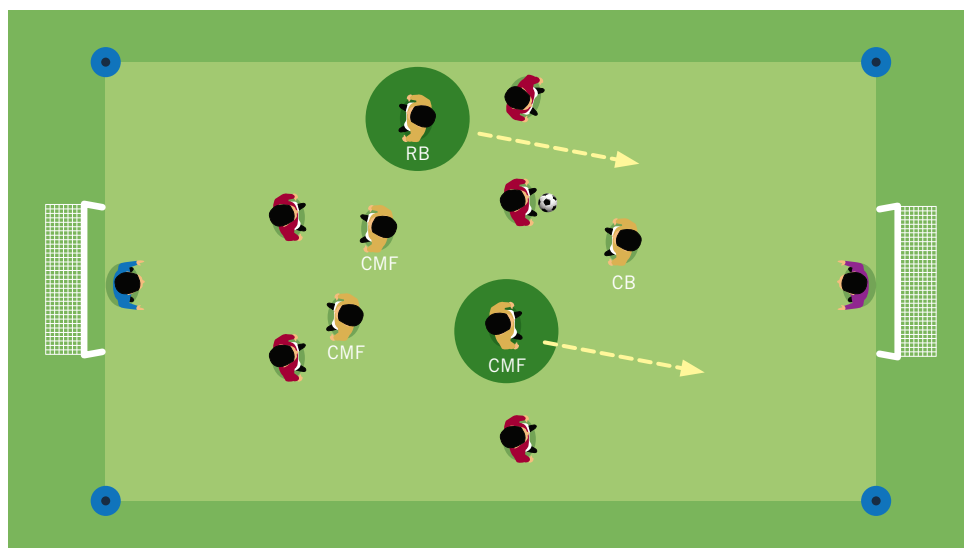


◀ *The center-midfield players and right-back pressure the defensive line to regain possession of the ball.*

TACTICAL TERMINOLOGY

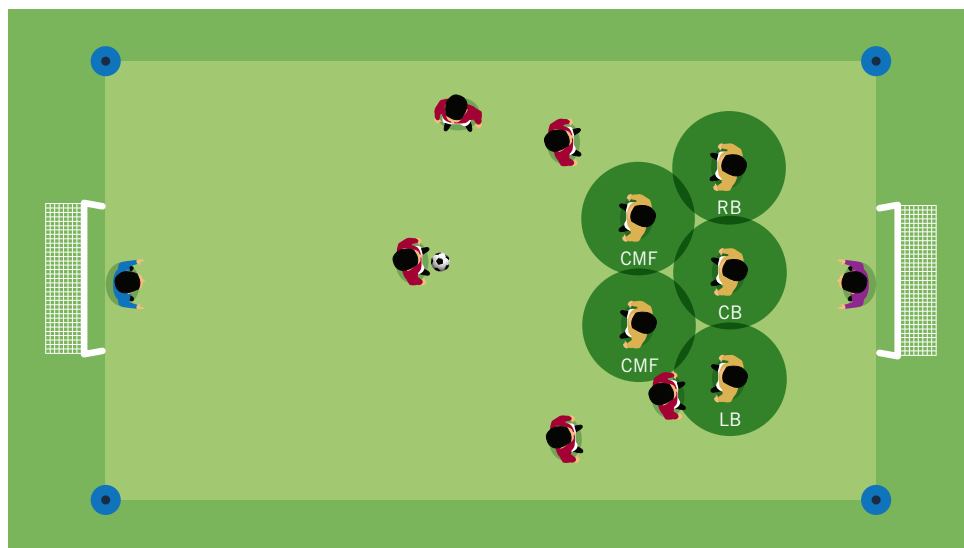
Defending – Tactical

4. Retreat and recovery: Movement of a player or group of players back, toward defensive positions in order to reorganize the team's defensive shape.



◀ The right and left defenders run back to reinforce the defensive line closer to goal.

5. Compactness: A conglomeration of defenders in central areas, protecting their goal and preventing the attacking team from building their attack.



◀ Defenders close to their own goal, place themselves close to each other with the purpose of protecting the goal and preventing any clear opportunities for the attackers.

COACHING CONTENT: TECHNICAL

TECHNICAL

- 1. Passing and Receiving**
- 2. Running with the Ball**
- 3. Dribbling**
- 4. Turning**
- 5. Shooting**
- 6. Ball Control**
- 7. Heading**
- 8. 1v1 Attacking**
- 9. Shielding the Ball**
- 10. Receiving to Turn**
- 11. Crossing and Finishing**
- 12. 1v1 Defending**
 - Body shape
 - Anticipation
 - Intercepting
 - Prevent Turning
 - Tackling



TECHNICAL TERMINOLOGY

Attacking – Technical

Technique: The ability to efficiently perform a task or specific soccer movement.

1. **Passing and Receiving:** Transferring the ball on the ground or in the air from one player to another from a given distance.
2. **Running with the Ball:** Control of a ball in movement with the feet and on the ground at high speed without modifying its trajectory.
3. **Dribbling:** Close control of a ball in movement, with the feet and on the ground, continuously changing its trajectory.
4. **Turning:** One or more touches on the ball with the purpose of changing direction efficiently.
5. **Shooting:** Striking the ball toward the goal with the objective of scoring.
6. **Ball Control:** Receiving or directing the ball efficiently in the air or on the ground.
7. **Heading:** Striking the ball with any part of the head with the purpose of clearing, passing or scoring.
8. **1v1 Attacking:** Offensive action with control of the ball to beat a specific defender.
9. **Shielding the Ball:** Protecting possession of the ball from a defender.
10. **Receiving to Turn:** A change of direction of the ball with the foot after receiving a pass from a teammate with the purpose of making a second action such as dribbling, passing or shooting.
11. **Crossing and Finishing:** Passing of the ball from wide areas of the field to a central area close to goal with the intention of finding a teammate to score.



TECHNICAL TERMINOLOGY

Defending – Technical

12. 1v1 Defending: Action with the purpose of regaining possession of the ball in control by the opponent.

BODY SHAPE

Posture of the body to efficiently carry out the next defensive action.

ANTICIPATION

Reaction of the player to prevent an attacker from gaining an advantage.

INTERCEPTING

Action to regain possession of the ball while it's transferred between two opponents.

PREVENT TURNING

Pressure on an opponent who has his back to goal and is attempting to change the direction of the ball towards the attacking zone.

TACKLING

Contact made with the foot while the ball is possessed by an opponent and with the purpose of preventing the next offensive action or regaining possession.

COACHING CONTENT: PHYSICAL

Aspects to increase performance

PHYSICAL

1. Strength

- › Strength endurance
- › Explosive strength
- › Maximal strength

2. Endurance

- › Aerobic capacity
- › Aerobic power
- › Anaerobic lactic
- › Anaerobic alactic

3. Speed

- › Reaction
- › Acceleration
- › Maximal speed
- › Speed endurance
- › Acyclic speed

4. Flexibility & Mobility

5. Coordination & Balance

6. Agility

7. Basic Motor Skills

8. Perception & Awareness



PHYSICAL TERMINOLOGY

Aspects to increase performance

1. **Strength:** The capacity to perform a sudden muscular action of high intensity against resistance.

STRENGTH ENDURANCE

The capacity to maintain a sudden muscular activity of high intensity against resistance throughout a long or a maximal period of time.

EXPLOSIVE STRENGTH

The capacity to perform a sudden muscular action of high intensity against resistance in the shortest period of time possible.

MAXIMAL STRENGTH

The capacity to perform the highest muscular action in a short period of time against resistance.

2. **Endurance:** The capacity to maintain a physical activity of certain intensity during a period of time.

AEROBIC CAPACITY

The ability to perform a predominantly aerobic physical activity.

Explanation: This is an exercise in the presence of oxygen which does not cause significant disruption in the body (i.e. there is a balance between the energy production and energy spent in the body).

Example: Depending on the age and the level of the player this would be a constant and dynamic activity for periods of 4 to 6 minutes and up to 85% of maximal heart rate.

AEROBIC POWER

Capacity to combine the aerobic and anaerobic energy systems for a long period of time with the purpose of obtaining the best performance in dynamic physical activity.

Explanation: This is an exercise in the presence of oxygen but in need of other sources of energy that cause disruption and physical debt in the body. The balance between the energy production and energy spent in the body is being taken to the limit.

Example: Depending on the age and the level of the player this would be a constant and dynamic activity for periods of 2 to 3 minutes and above 85% of maximal heart rate.

ANAEROBIC LACTIC – GLYCOLYTIC POWER

Dynamic high intensity physical activity produces high concentrations of lactic acid during short periods of time.

Explanation: When the intensity of exercise is too high and relatively sustained, the energy systems which use oxygen (aerobic) cannot provide all the energy needed quickly enough. The body requires other energy systems, which creates a debt in the body. This energetic system (anaerobic alactic) produces a substance called lactic acid, which in high quantities, affects and limits the performance of the body during the physical activity. At some point, the intensity of the physical activity has to decrease in order to recycle the lactic acid and to allow high-intensity performance. For this reason, players' tolerance to the production of high -concentrations of lactic acid in the body is important.



PHYSICAL TERMINOLOGY

Aspects to increase performance

Example: Depending on the age and level of the player, this kind of exercise would involve constant and dynamic activity at maximal intensity for periods of 45 seconds.

ANAEROBIC ALACTIC – ALACTIC POWER

Dynamic, high-intensity and brief physical activity using the energy source stored in the muscles.

Explanation: If the intensity of the exercise is too high and the demands for energy too immediate for the body to produce the quantity of energy needed, the activity of the muscles will use the stored energy source. In this case, energy is coming from phosphocreatine (Pc) and adenosin triphosphate (ATP). This stored energy source will provide enough time for the body to start obtaining energy from other elaborated energy systems. This anaerobic alactic energy source is limited.

Example: Depending on the age and level of the player, this would be constant and dynamic activity at maximal intensity for periods of 10 seconds.

- 3. Speed:** The capacity to execute a movement or cover a distance in the shortest time possible.

REACTION

The quickest possible processing of information and neuromuscular transmission with the purpose of making a movement.

ACCELERATION

The sudden increase of speed from a standing position or slow pace to a run.

MAXIMAL SPEED

The fastest movement possible of the body or part of the body.

SPEED ENDURANCE

The maintaining of the highest possible speed during the longest possible period of time.

ACYCLIC SPEED

The constant change of speed with or without the ball at high pace depending on external conditions.

- 4. Flexibility:** The capacity of the body or part of the body to combine muscle elasticity and joint mobility to reach the widest range of movement.

MOBILITY

The capacity of the joints to perform wide movements.

- 5. Coordination:** The capacity to articulate efficient movements between different body parts.

BALANCE

The capacity to assess and coordinate internal and external factors affecting the body status to stay in control of the body's movement and/or position.



PHYSICAL TERMINOLOGY

Aspects to increase performance

6. **Agility:** The constant change of speed with or without the ball at high pace, depending on external conditions.
7. **Basic motor skills (BMS):** The essential movements of the body in adapting to the external environment (e.g. walking, running, jumping, diving or changing direction). Other important BMS related to the body with external elements are catching, throwing, hitting or kicking.
8. **Perception:** The visual efficiency to identify and assess external situations.

AWARENESS

The combination of various senses to identify and assess external situations.



COACHING CONTENT: PSYCHOSOCIAL

Aspects to develop intelligent and mentally strong soccer players

PSYCHOSOCIAL

BASIC

1. Motivation
2. Self Confidence
3. Cooperation
4. Decision-determination

ADVANCED

5. Competitiveness
6. Concentration
7. Commitment
8. Self Control

SOCIAL

9. Communication
10. Respect & Discipline



COACHING CONTENT: SET PIECES AND FORMATIONS

Aspects that help team organization

SET PIECES

1. Kick off
2. Goal Kick
3. Throw-in
4. Corner Kick
5. Direct Free Kick
6. Indirect Free Kick
7. Penalty

FORMATIONS

6-a-side	=	2-1-2
7-a-side	=	2-3-1
8-a-side	=	3-3-1
9-a-side	=	3-2-3/3-3-2
11-a-side	=	4-3-3/4-4-2



COACHING CONTENT: GOALKEEPING

Specific technical, tactical, physical and psychosocial goalkeeping aspects

GOALKEEPING

TECHNICAL

1. Ball Handling
2. Dealing with Crosses
3. Dives & Saves
4. Footwork
5. Positioning
6. Shot Stopping & Blocking

PHYSICAL

1. Agility & Reaction
2. Coordination & Balance
3. Flexibility
4. Perception & Awareness
5. Strength & Power

TACTICAL

1. Throws & Distribution
2. Support Play
3. Controlling the Tempo

PSYCHOSOCIAL

1. Focus/Attention
2. Decision/Determination
3. Communication

COACHING CONTENT SUMMARY

TACTICAL		TECHNICAL	PHYSICAL	PSYCHOSOCIAL	SET PIECES	FORMATIONS	GOALKEEPING
Attacking	Defending						
1. Attacking Principles: <ul style="list-style-type: none"> - Creating space - Support - Width - Depth - Overlaps - Diagonal runs - Playing forward - Speed of play - Switching Positions 2. Possession 3. Transition 4. Combination play 5. Switching play 6. Counter attacking 7. Playing out from the back 8. Finishing in the final third	1. Defending Principles: BASIC <ul style="list-style-type: none"> - Mark - Press - Cover - Balance ADVANCED <ul style="list-style-type: none"> - Tracking - Switching places 2. Zonal defending 3. Pressing 4. Retreat & recovery 5. Compactness	1. Passing 2. Running with the ball 3. Dribbling 4. Turning 5. Shooting 6. Ball control 7. Heading 8. 1v1 attacking 9. Shielding the ball 10. Receiving to turn 11. Crossing & Finishing 12. 1v1 Defending <ul style="list-style-type: none"> - Body shape - Anticipation - Intercepting - Prevent turning - Tackling 	1. Strength <ul style="list-style-type: none"> - Str. endurance - Explosive str. - Maximal str. 2. Endurance <ul style="list-style-type: none"> - Aerobic capacity - Aerobic power - Anaerobic lactic - Anaerobic alactic 3. Speed <ul style="list-style-type: none"> - Reaction - Acceleration - Maximal speed - Speed endurance - Acyclic speed 4. Flexibility & Mobility 5. Coordination 6. Balance 7. Agility 8. Basic motor skills 9. Perception & Awareness	BASIC <ol style="list-style-type: none"> 1. Motivation 2. Self confidence 3. Cooperation 4. Decision – determination ADVANCED <ol style="list-style-type: none"> 5. Competitiveness 6. Concentration 7. Commitment 8. Self control SOCIAL <ol style="list-style-type: none"> 9. Communication 10. Respect 	1. Kick off 2. Goal kick 3. Throw-in 4. Corner kick 5. Direct free kick 6. Indirect free kick 7. Penalty	1. 6-a-side 2-1-2 2. 7-a-side 2-3-1 3. 8-a-side 3-3-1 4. 9-a-side 3-2-3 3-3-2 5. 11-a-side 4-3-3 4-4-2	TECHNICAL <ol style="list-style-type: none"> 1. Ball handling 2. Dealing with crosses 3. Dives & saves 4. Footwork 5. Positioning 6. Shot stopping & blocking TACTICAL <ol style="list-style-type: none"> 1. Throws & distribution 2. Support play 3. Controlling tempo PHYSICAL <ol style="list-style-type: none"> 1. Agility & reaction 2. Coordination & balance 3. Flexibility 4. Perception & awareness 5. Strength & power PSYCHOSOCIAL <ol style="list-style-type: none"> 1. Focus/attention 2. Decision/ determination 3. Communication

COACHING STYLE

Below are general coaching guidelines and preparation for our coaches

METHODOLOGY

COMPETITIVE: All games will have a competitive component, rewarding the winning team and creating a healthy competitive spirit and training environment.

BALL: All practices must be done with the ball whenever possible.

FUN: The coach must use his/her creativity to design fun practices which apply to soccer, especially for younger players.

ORGANIZATION

PREPARATION: All coaches will prepare and review a session plan before the session. A record of all session plans will be kept with the coaching department.

DURING THE SESSION: Do not stop the session too often. Players must learn to find solutions without constant coaching. Give clear and accurate coaching points and quickly restart the practice.

EVALUATION: Take a few minutes after the session to review and note what worked well and what needs improvement.

COACHING THE PLAYER

BALL CONTROL AND PASSING: The technique of the player is based upon ball control as well as accuracy of the pass. The quality and direction of the first touch is of paramount importance.

PERCEPTION AND AWARENESS: Emphasize keeping the head up and scanning the field at all times. Perception and awareness are major parts of the game.

SPEED AND REACTION: All practices will incorporate speed in perception, decision making and execution. Increasing individual speed will increase the speed of the whole team.

COACHING THE TEAM

SPACE AND MOVEMENT: Creating space in order to receive the ball and offer passing options to the player in possession is essential. Demonstrate to players how to move at the right time.

ATTACK – DEFENSE: All players attack and defend. Give specific roles and explain the appropriate movements for your players individually and as a team-unit.

SPEED OF PLAY: The main objective of the team will be to play at maximum speed. Reducing the space and number of touches on the ball increases the speed of play.



COACHING ORGANIZATION

Aspects to prepare training sessions

Below we explain the guidelines about coaching-style and how it should look to the coach during the session:

PREPARATION

SESSION PLAN: In order to be efficient during training sessions, all coaches must prepare a session plan. Regardless of a coach's experience, preparation prior to training is essential to a dynamic and rewarding training session.

TIME: The coach has to plan and manage time during the session. For effective management, the coach should indicate the time spent on each exercise in the session plan.

KEY POINTS: Each exercise should have 4 or 5 key, coaching-points gathered in the session plan.

BEFORE THE SESSION

EQUIPMENT: Have all the necessary materials prepared. Goals, balls, multicolor cones and 3 or 4 sets of pinnies should be enough to prepare your session.

INITIAL SET UP: Make sure that you have the spaces organized and plan for a smooth transition from one exercise to another. Minimize the number of cones that you have to pick up or reset.

REVIEW: Take a few minutes just before the training session to review the session plan and the coaching points.

DURING THE SESSION

POSITION DURING THE PRACTICE: Coaches should occupy a central but sideline position during practice which allows a clear, general vision of training and simultaneously permits the observation of small details.

FLEXIBLE: A good coach must be capable of adapting the initial plan of the session to the time available, characteristics of the players and time required for players to learn a given task.

COACHING POINTS: Coaches should cover necessary coaching-points in the session plan depending on players' performance and adaptation.

AFTER THE SESSION

DISCUSSION WITH THE PLAYERS: Do not underestimate the value and impact of a positive comment or individual feedback to a player after the training session.

REVIEW YOUR SESSION PLAN: Review the session plan at the end of the training session and note what worked well and what needs to improve.

EVALUATE YOURSELF: Do not be ashamed to ask for constructive feedback and the opinion of your colleagues in relation to your coaching management and structure of the session.



CREATING AN APPROPRIATE ENVIRONMENT

The four major components to create an appropriate environment



All four components below are interrelated with the four key points in soccer. Developing these components in the training sessions will be essential to create an appropriate environment in order to develop top soccer players.

GAME UNDERSTANDING

This component is related to the **TACTICAL** side of the game. Developing vision and game awareness is crucial from an early age. In soccer, one action is never repeated in exactly the same way and game situations change constantly. Collective practices and experience in different game situations aids the player by improving his/her knowledge of the game.

QUALITY

This component is related to the **TECHNICAL** side of the game. A quality touch of the ball is indispensable to the tactical side of game-efficiency. Technique in soccer allows for great diversity; therefore repeating specific technical actions in a game context provides the player with a wide range of technical movements. Coaches will insist on a clean touch on the ball as well as quality technique.

INTENSITY

This component is related to the **PHYSICAL** side of the game. Practices must be performed at game intensity. Short working periods of high-intensity develops the technical quality and the quick, tactical decisions required in the game. Reproducing game intensity during training sessions is essential to the improvement of the different types of speed and endurance.

COMPETITIVENESS

This component is related to the **PSYCHOSOCIAL** part of the game. Opposed and high-intensity practices are essential in the development of high-quality and competitive players. Developing committed and competitive players from an early age is an indispensable aspect in the creation of successful teams.