

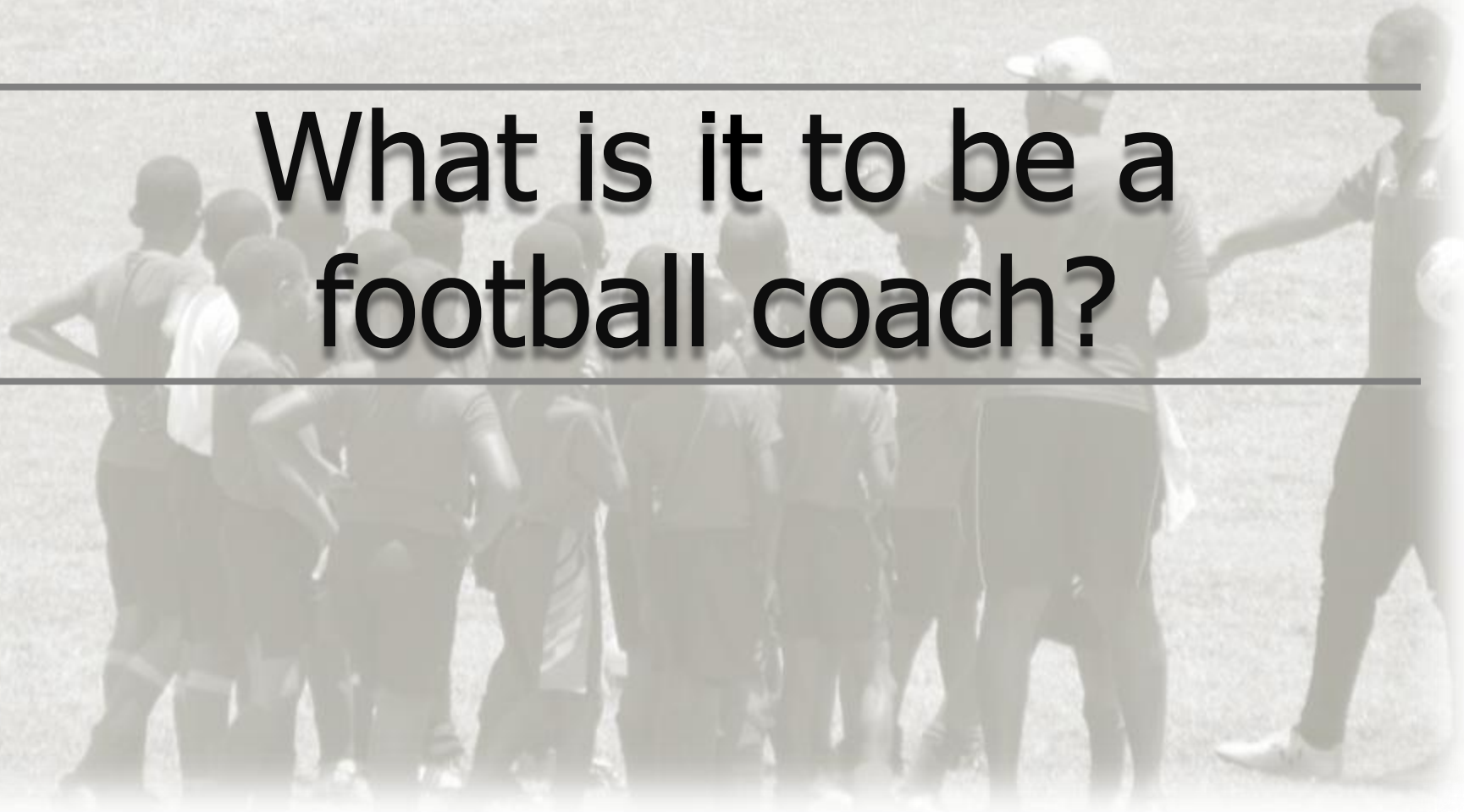


Coaching Development Program

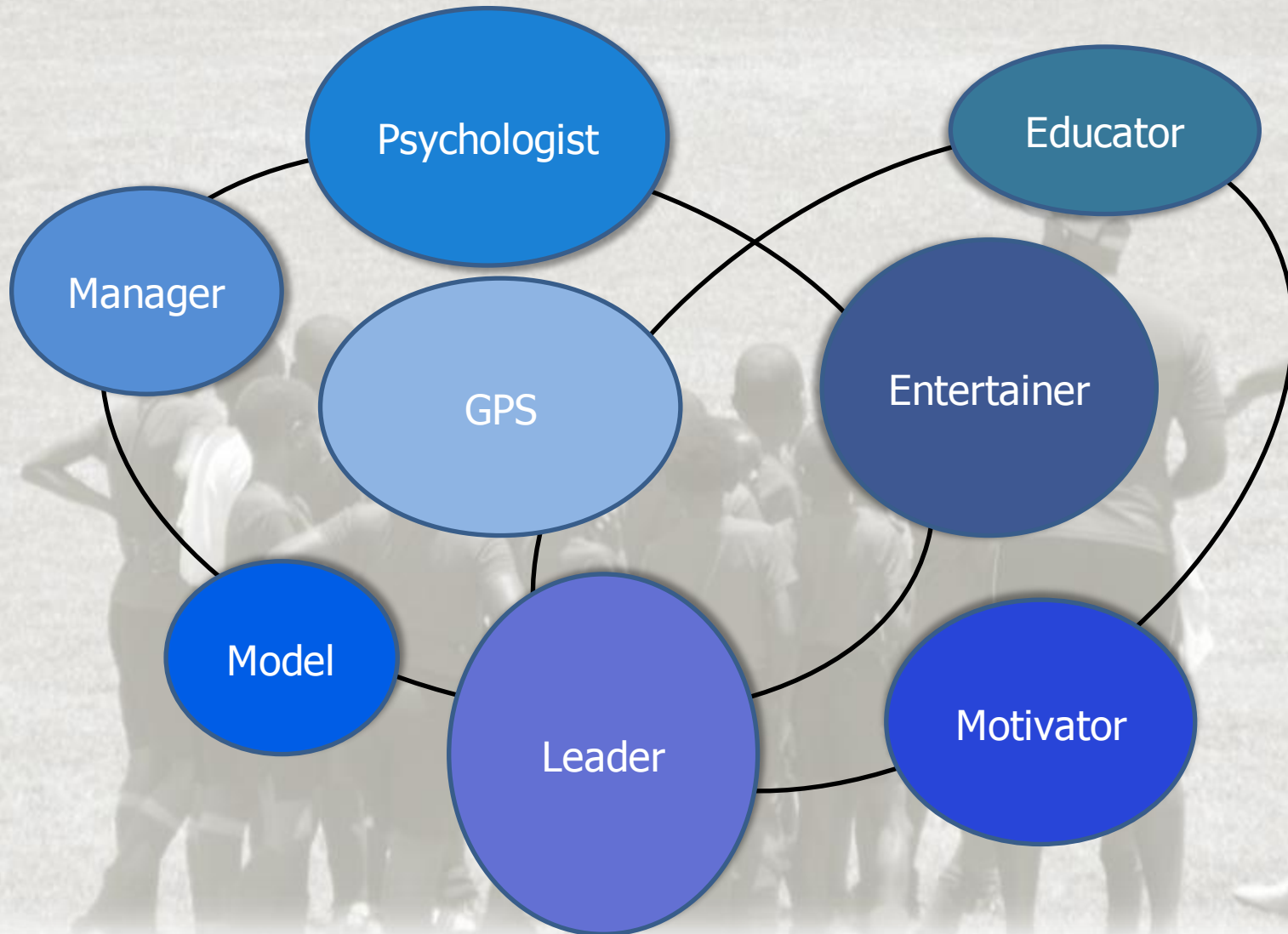
Author: César Augusto Lemos



What is it to be a football coach?

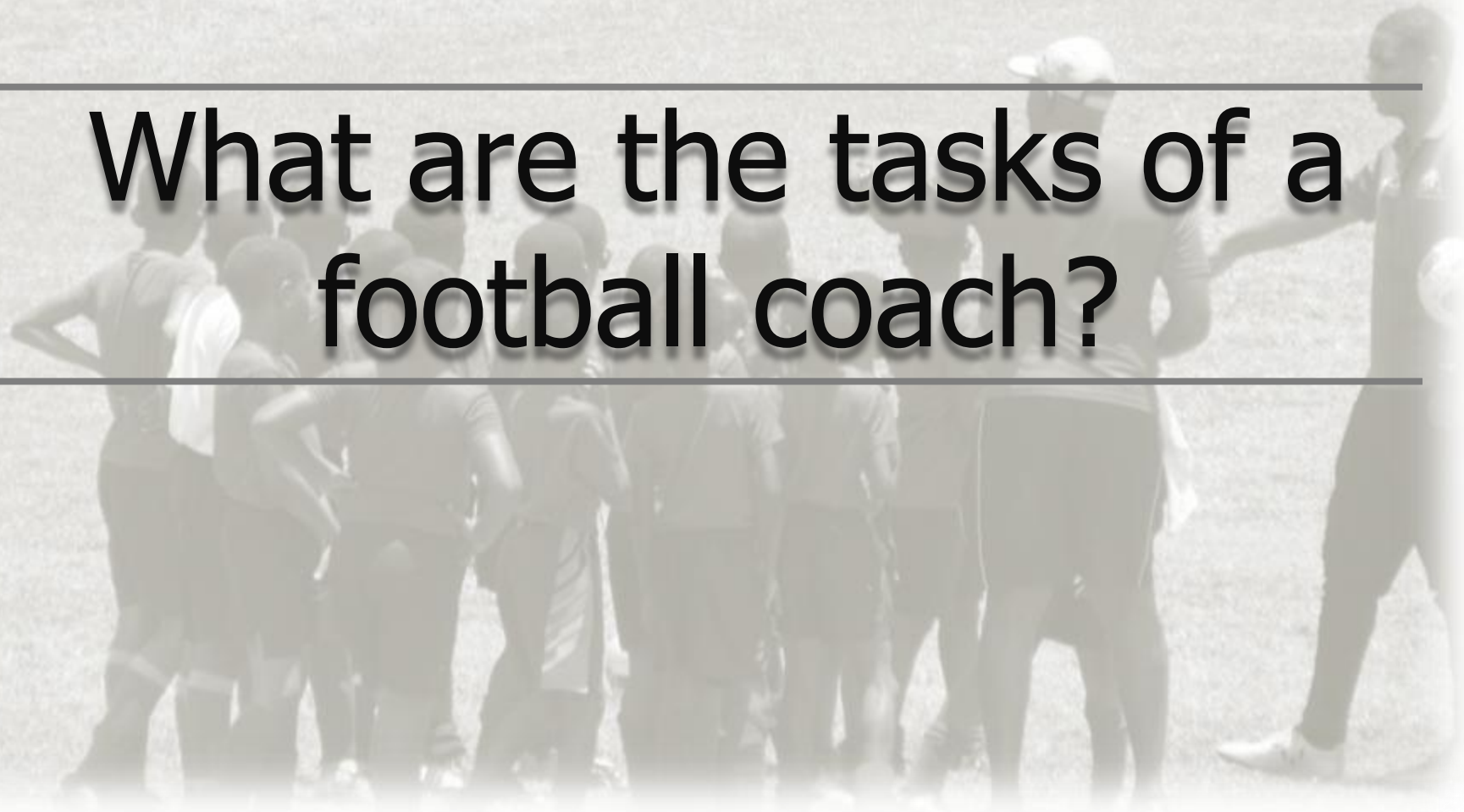


A football coach is a





**What are the tasks of a
football coach?**



The tasks of a football coach



Lead the team

Create an environment where all players and staff feel they are part of a family. Give equal attention to everybody.

Lead the individual

Understand and respect the differences. Assess each player according to his/her needs and personality.

Manage the sessions

Plan previously, take action, and evaluate each session later. Make sure everybody is in the same boat.

Lead the game

Guide the players through the games. Create a perfect scenario to optimize their performance.

Manage the environment

Take control of outside factors that may impact the players' performance. Avoid distractions.

AGE GROUP CHARACTERISTICS

	U6 - U8	U9 - U10	U11 - U13	U14 - U15	U16 - U17	U18+
Stage	Initial	Basic	Intermedium	Initial Specialization	Specialization	High Performance
Objective	Enjoy the game	Learn to control the ball	Learn to play together	Learn the tactical tasks	Learn to be competitive	Learn to win competitions
Emotional – Cognitive	Limited attention, egocentric, and only comprehends simple rules. Drills must be simple and fun.	Great desire to learn and relate better to teammates.	Accentuated development of coordination skills, great for learning, and better affective as well as interpersonal qualities.	Ideal to work on the decision making and concentration (more complex exercises). Great for developing discipline, perseverance, and self-esteem.	Most have completed their mental development.	Maturity (establishing the personality) and great mental attitude for performance.
Physical – Coordinative	Irrational and disorganized movement. Ideal for spatial organization as well as rhythmic drills	Basic motor skills getting defined and better coordination. Ideal for reactive and rhythmic activities	Interesting moment for acquisition of complex movement and functional stability of sensorial analyzers. Ideal scenario to improve balance, speed, and agility. Increase exertion in testosterone and GH.	Further increase in testosterone and GH. Very sensitive period for developing the conditional qualities, e.g. resistance and strength. Great sensibility for learning new movements.	The physical aspect plays a key element in the development of the game. Ideal for strength, resistance, and speed. Improvement on the coordination skills acquired.	Optimum physical development achieved
Technical – Tactical	U6 - (AT) Pass / receive, shoot, and dribble / ball control. (DF) Protect the goal and win the ball back. U7 - U8 - (AT) Spread out, support, and find openings. (DF) Stay compact. UP to 4v4	Start working on basic tactical tasks. (AT) Create superiority and find "free space". (DF) Stay involved and outnumber the opponent. UP to 5v5	Phase of great stabilization and increase in technical skills. (AT) Play at a faster tempo and switch positions. (DF) Delay the attack, mark the player, cover, and balance. UP to 11v11*	Training sessions should be structured similar to the adults' one. Starting the development of the tactical principles of the game. UP to 11v11	Training sessions similar to the adults' In general, sessions must follow the tactical principles of the game. Specificity should start for each position. UP to 11v11	Emphasis on specific technical-tactical responses to each match situation. Structure similar to the adults'. Training sessions must follow the principles of the game. UP to 11v11



The training plan



General concepts

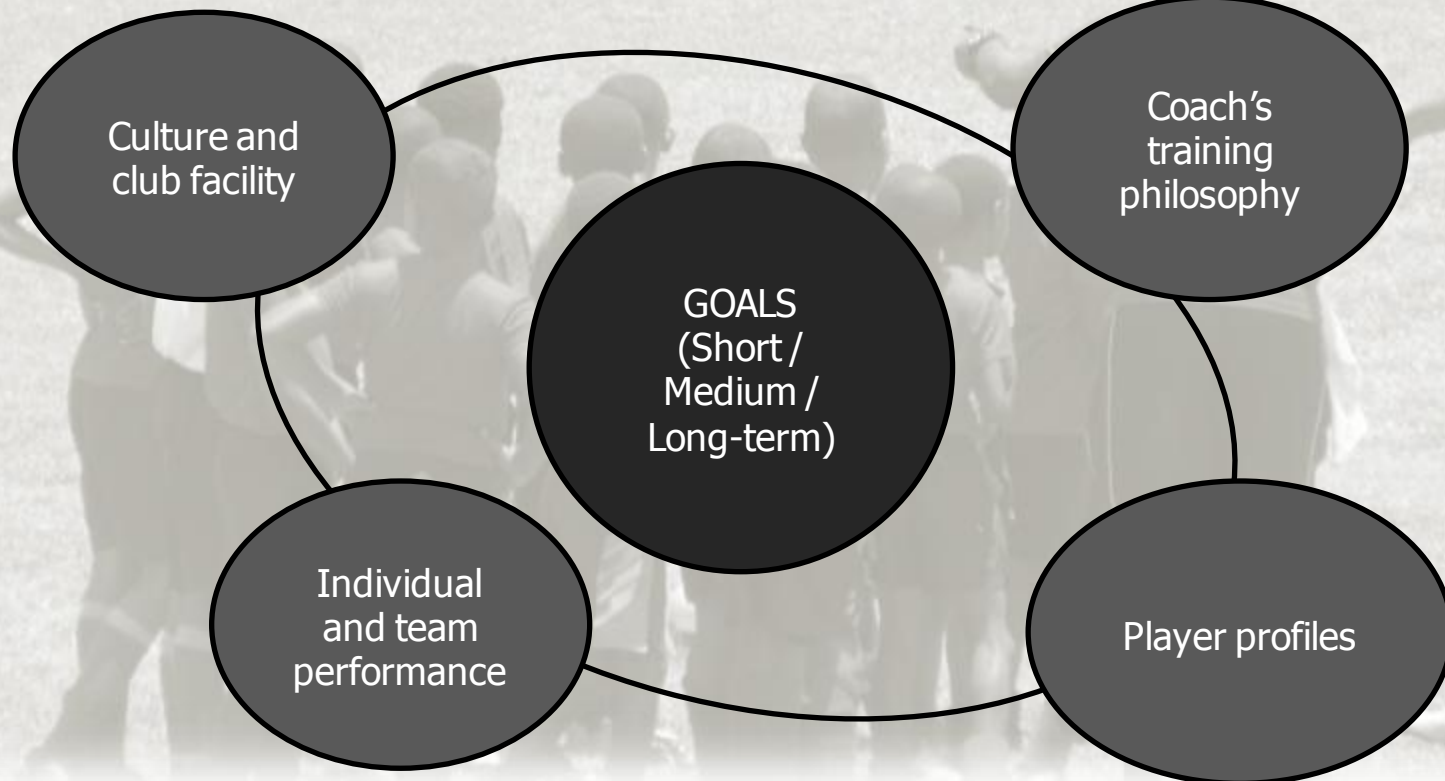


The plan



Planning

A process where you determine the objectives you wish to achieve.



The periodization



Periodization

The strategy used to structure the planned ideas.
Must have a great distribution of all training aspects.

PERIODIZATION IN TEAM SPORTS

PRESEASON

IN-SEASON

OFF SEASON

A time when technical and tactical practices are concurrently scheduled.

When regular competitions are on.

A moment where there is neither structured practices nor competitions on.

The periodization (U6)



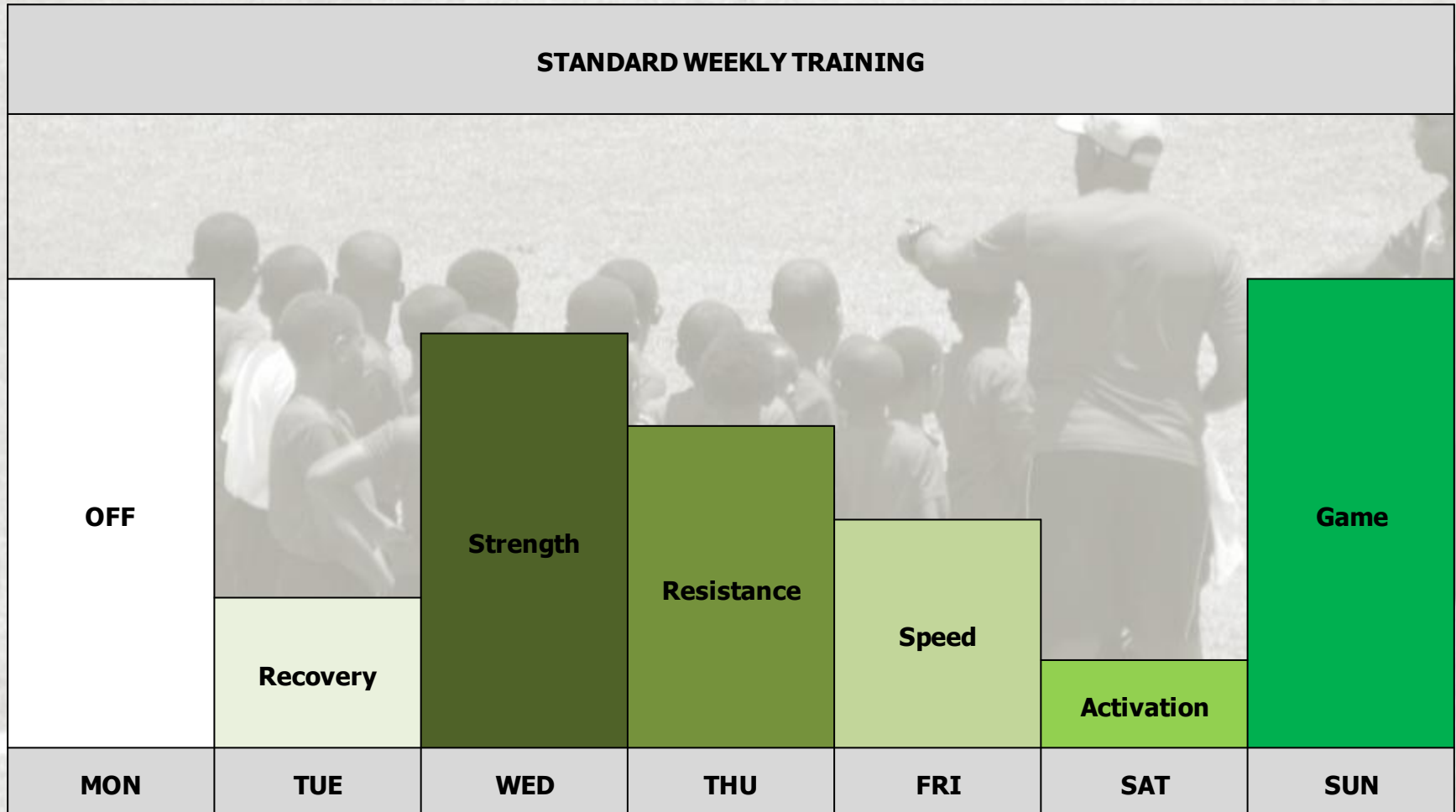
Session theme	Coaching components
Dribbling / ball control	Dribble forward, dribble past opponents, and keep the ball close to the foot. SSG up to 3v3.
Passing / receiving	Move the ball forward and find openings.
Defending	Win the ball back and protect the goal.
Shooting	Kick the ball forward, use the right part of foot (laces or inside), and create scoring chances.
Small sided games	Up to 4v4.

The periodization (U11)



Session theme	Coaching components
Dribbling / ball control	Coordination + ball control / dribbling drills. SSG up to 4v4.
Passing / receiving	Spread out, support, create superiority, find "free space", and play at a faster tempo.
Defending	Delay the attack, mark the player, cover, outnumber the opponent, and balance.
Shooting / Heading	Create scoring chances and finish in different ways.
Small sided games	Up to 7v7.

The periodization



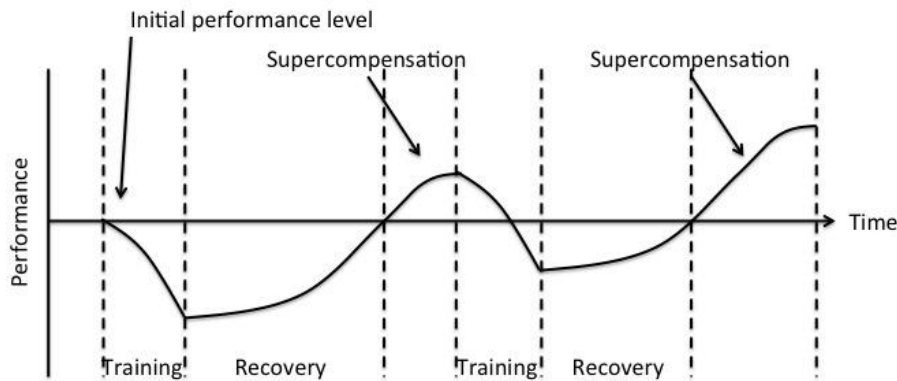
WEEKLY TRAINING PERIODIZATION – C.A. Bragantino U20 - 2015

ASPECTS	MON	TUE	WED	THU	FRI	SAT	SUN
TECHNICAL-TACTICAL	Morning SSG – Cognitive training	Morning Offensive organization Defensive transition	Morning Defensive organization Offensive transition	Morning Technical – coordinative / Setorial	Morning Preparation for the game / set pieces	GAME	OFF
	Afternoon VIDEO	Afternoon SSG (1v1; 2v2; 3v3)	Afternoon	Afternoon	Afternoon VIDEO		
PHYSICAL	Morning	Morning	Morning	Morning	Morning Speed (reaction)		
	Afternoon Recovery session Proprioception / CORE	Afternoon Anaerobic resistance Specific strength	Afternoon Aerobic resistance Proprioception / CORE	Afternoon Speed (acyclic) / Agility / Flexibility Regenerative	Afternoon		
WORKLOAD	MON	TUE	WED	THU	FRI	SAT	SUN
Very high		■				■	OFF
High			■				
Medium				■			
Low	■						
Very low					■		

HEAD COACH: César Augusto Lemos

OBS: Subjected to changes.

Workload / recovery



Classic periodization model: A training load followed by recovery results in increased performance (supercompensation).

Recovery time for different physical qualities

Endurance (aerobic capacity)	24 to 30 hours
Endurance (aerobic power)	40 to 48 hours
Anaerobic alactic speed	24 hours
Anaerobic lactic speed	48 to 72 hours
Maximum muscle strength	40 to 48 hours
Speed – strength (explosive)	24 to 36 hours

The training session



Training

A process where all fundamental aspects of the game must be replicated.
It needs to be as specific as possible to the demands of the game.

STANDARD TRAINING SESSION ORGANIZATION

**PHASE 1
(WARM UP)**

**PHASE 2
(PERFORMANCE)**

**PHASE 3
(COOL DOWN)**

It is a preparation moment. The content here works as a link to connect to the objectives of the performance phase.

The main part of the session. Where all defined objectives will be targeted.

It is a moment of physical and mental relaxation. It can also be used to communicate ideas and/or give session assessment to the players.

Training variables



INTENSITY

It refers to the training quality.

VOLUME

It refers to the training quantity.

TRAINING LOAD

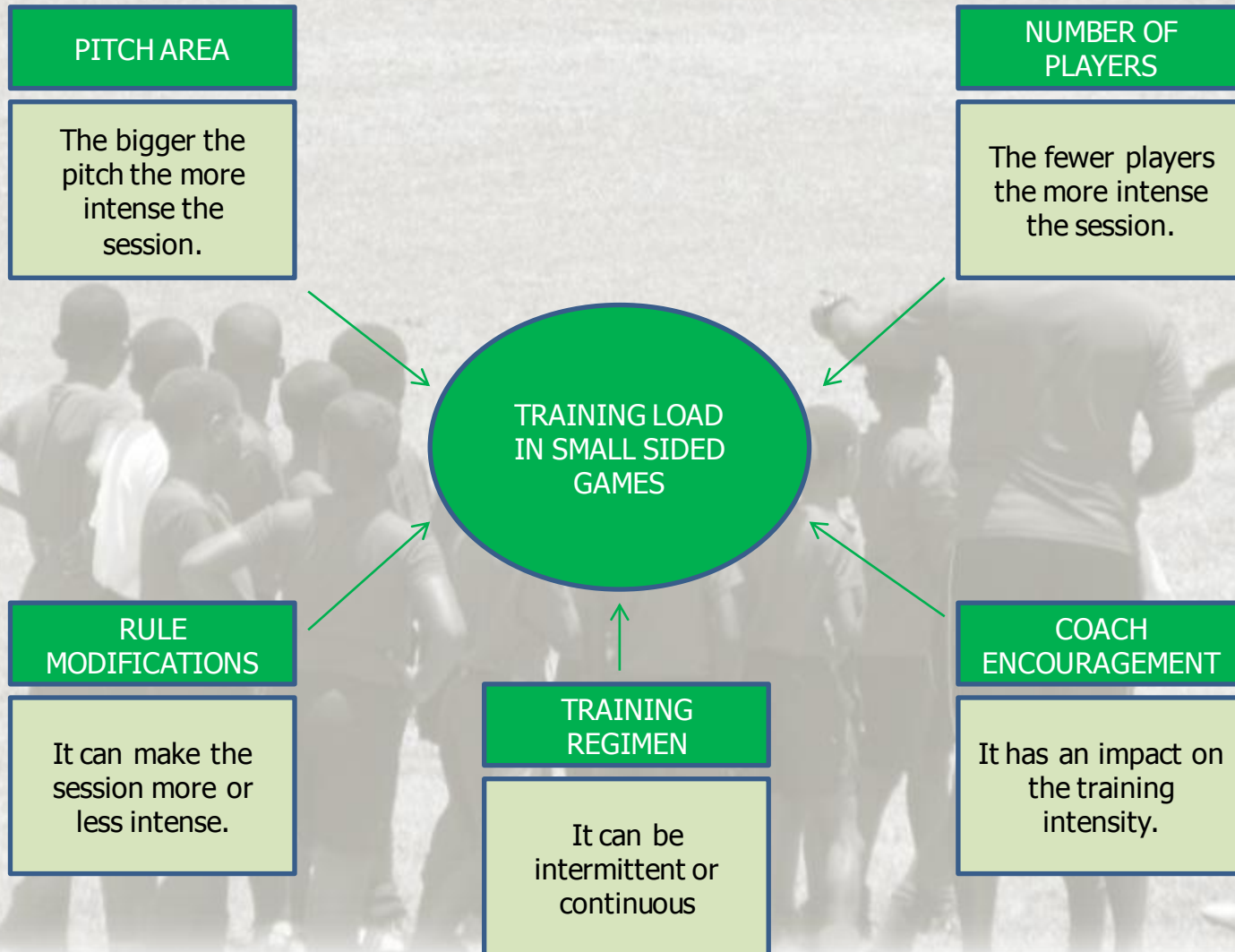
RECOVERY

A re-establishing of the initial position.

SETS

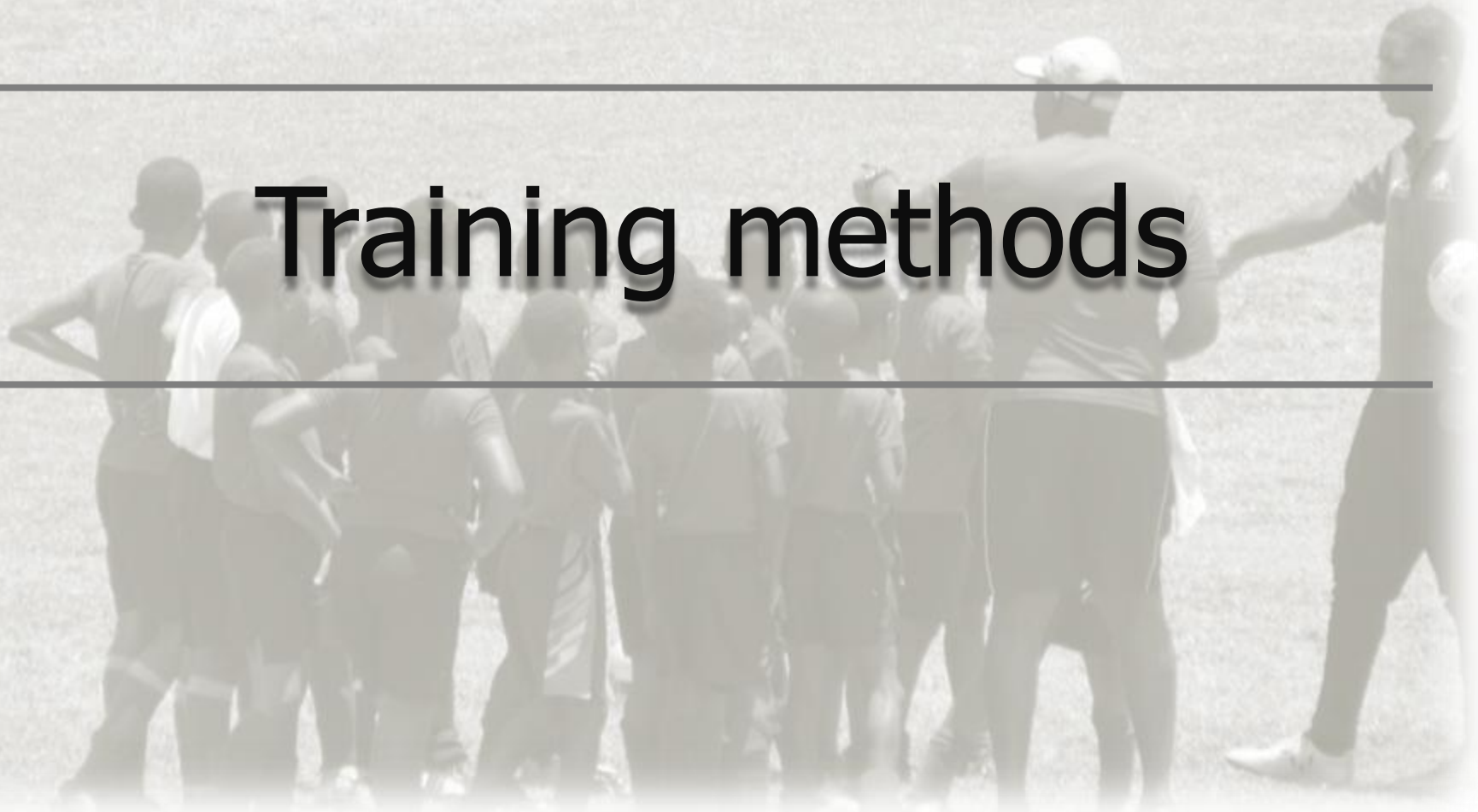
It refers to the number of repetitions performed

SSG variables





Training methods



Training methods



Main types

GLOBAL

Formal game
(Ideal for beginners)

PARTIAL

Repetition of exercises
(Ideal for intermediates and advanced)

CONDITIONED
GAMES

Game with specific objectives
(Ideal for intermediates and advanced)

Training methods



Advantages

GLOBAL

All game elements are present, higher motivation from the players, and it is easier to organize.

PARTIAL

Activity individualization, easier to make corrections, and skills are assimilated in details.

CONDITIONED GAMES

Technical-tactical elements are developed together, all activities stimulate problem-solving, and there is more active participation in the game.

Training methods



Disadvantages

GLOBAL

It takes longer to see progress, it does not attend the individual limitations, and it is hard to direct specific objectives.

PARTIAL

It is decontextualized, it does not stimulate the players' creativity, and it is harder to organize as well as keep motivation.

CONDITIONED
GAMES

The learning process is much slower and the professional must have a great amount of experience to develop the right activities.

TITLE: PLAY - U.S. SOCCER PLAY - PRACTICE - PLAY TRAINING SESSION

GOAL: Improve building up in opponent's half in order to create chances

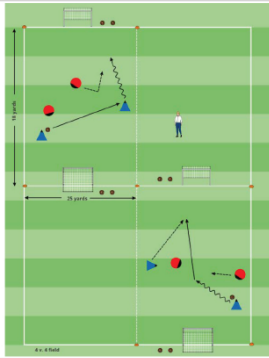
PLAYER ACTIONS: Pass or dribble forward, spread out, shoot

KEY QUALITIES: Read game/make decisions, take initiative, technical execution

U8 / 4 v 4 / 8 players

MOMENT: Attacking

DURATION: 60:00 min



1st PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents, create chances and score goals.

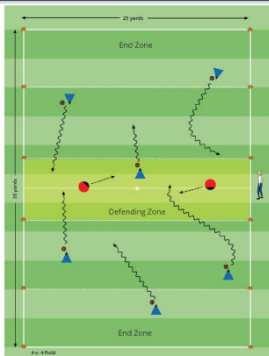
ORGANIZATION: Mark out two 18 x 12-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free play. Play for 20 minutes with two breaks.

KEY WORDS: Opening, go forward, pass, dribble

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What do you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it.

NOTES: 1st break: Coach asks questions, players continue playing to discover answers. 2nd break: Players share answers with coach and each other.



PRACTICE (Core Activity): Dribbling Game

OBJECTIVE: To dribble past opponents, create chances, and score.

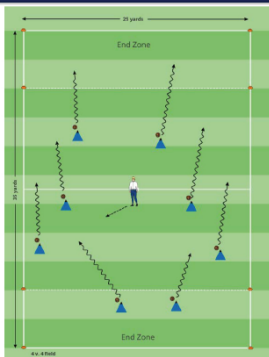
ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with a defending zone and two end zones. Players dribble back and forth into the end zones to earn points. Two defenders are stationed in the defending zone. They switch with the attackers when they win the ball, or every two minutes. Play for 20 minutes with two breaks.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start here at the Core Activity after the first play phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice Phase.



PRACTICE (Less Challenging): Dribbling Game

OBJECTIVE: To dribble past opponents, create chances, and score.

ORGANIZATION: Same as Core Activity, except the coach acts as a defender so that players have to make decisions. All the players go in the same direction.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.



PRACTICE (More Challenging): Dribbling Game

OBJECTIVE: To dribble past opponents, create chances, and score.

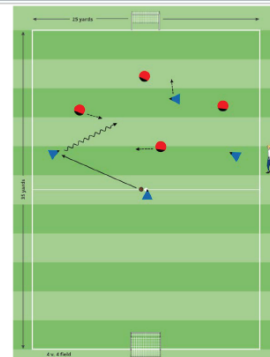
ORGANIZATION: Same as Core Activity, except the two defenders may defend anywhere but the end zones. They switch with the attackers when they win the ball, or every two minutes.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2nd PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents and create chances.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Play 4 v 4 for 20 minutes including one "halftime" (5 minutes max). LOTG.

KEY WORDS: Opening, pass, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What do you do if you see an opening? 4) How do you keep the ball close? 5) How do you dribble faster? 6) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it. 4) Be gentle/soft with the ball. 5) Use hard touches. 6) You have to use a different part of the foot.

NOTES: Play using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

Five Elements of a Training Activity

- 1. Organized:** Is the activity or organized in the right way?
- 2. Game-like:** Is the activity game-like?
- 3. Repetition:** Is there repetition, when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there effective coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

Technical training in basic training (13 to 15 years old)

Objectives: perfect the pass and directional control (receiving the ball)

Duration: 90'

1. Technical warm-up (15')

- 2 teams of 8 players pass with 2 or 3 touches maximum. Pass to players in the other team
- Game with 1, 2 and 3 balls
- With movements (runs off the ball, decoy runs), receiving the ball with directional control and passing it accurately along the ground
- In two groups, coordination runs (with and without ball)
- Suppleness, stretching

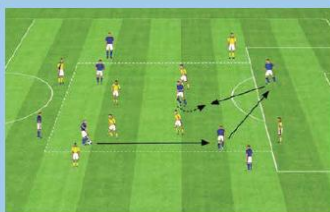


2. Introductory game format

- 2 teams of 8 players: 4v4 on a marked-out area
- Free play (then 3 touches) to keep the ball. The external support players always play (1-2 touches) with their team. Duration of 3' to 4', then change players
- Count the number of successful passes
- Quality of ball control and of the pass, movement

Variant:

- The support player receiving the ball can join the game with the ball. The passer becomes the support

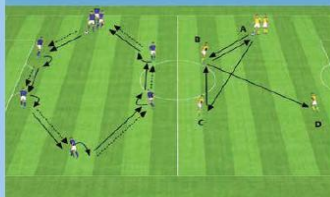


3. Technical exercise: directional control, pass and run (15')

- 2 groups of 8 players in the shape of a hexagon; distance between the players 10-15m
- Pass to feet along the ground; directional control and immediate pass (2 to 3 touches), follow the ball. Also with 2 balls (rhythm). Vary receiving the ball (inside/outside) and the pass (left/right foot). Rhythm in the movement

Variant (group of players in yellow):

- Direct pass and pass back: A passes to B, who passes back to A
- A plays a long ball to C, who passes to B, etc. The players are constantly moving



4. Technical-tactical exercise: receiving the ball, pass and move (10')

- 2 groups of 7 to 8 players on half the pitch
- Players positioned according to the formation (3-4-1)
- Circulate the ball among the team with 1 or 2 touches. All the players are moving; compact team. Change the players' positions.

Ball into the player's path; change the game; vary the passes. Look for triangle, runs off the ball, decoy runs, linking long and short play

Variant:

- Bring in 2 or 3 opponents



5. Final game (20')

- 8v8 (or 7v7) with 2 goalkeepers; play with 3 touches of the ball
- Goals: normal 1 point. Without control: 2 points
- Vary the formation. - Free play in the last 8-10 minutes. Working on movement, losing one's marker, playing without the ball and focusing on the technical quality of the passes (especially the first)

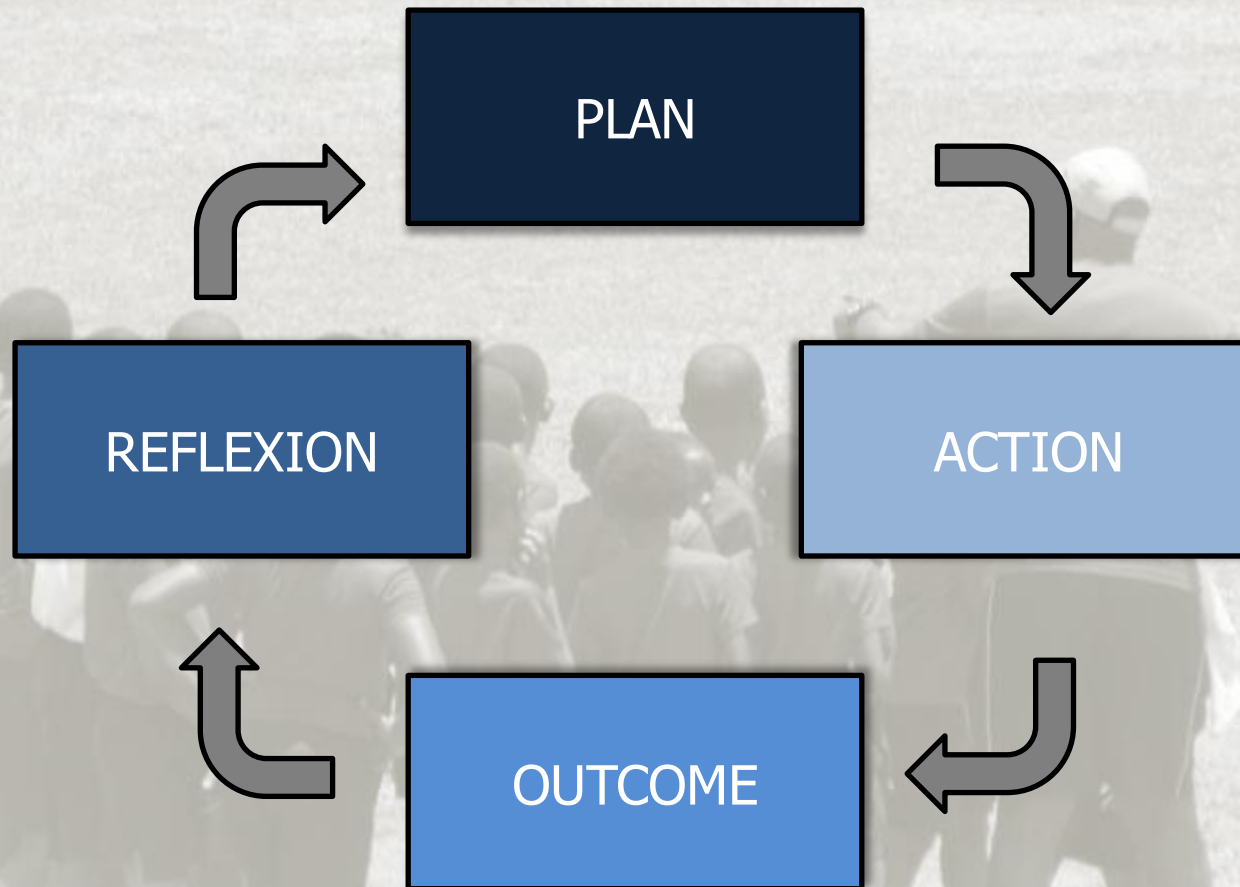


6. Cool-down (10')

- One lap of the pitch, light jog
- Recovery stretches
- The player can manage this phase of the training unaided

Date:		Period:		Workload (1-5):	
Number of players:		Duration:			
Objectives					
Organization					
					Time
Warm up					
Main part					
Cool down					
Comments					

The virtuous cycle





**“There is a time for everything,
and a season for every activity
under the heavens”**

Ecclesiastes 3:1

THANK YOU



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