

THE CENTRAL CIRCLE

Technical Department LFF

TRAINING SESSIONS

5/5

CONTENT: HOW WE TRAIN MODELS

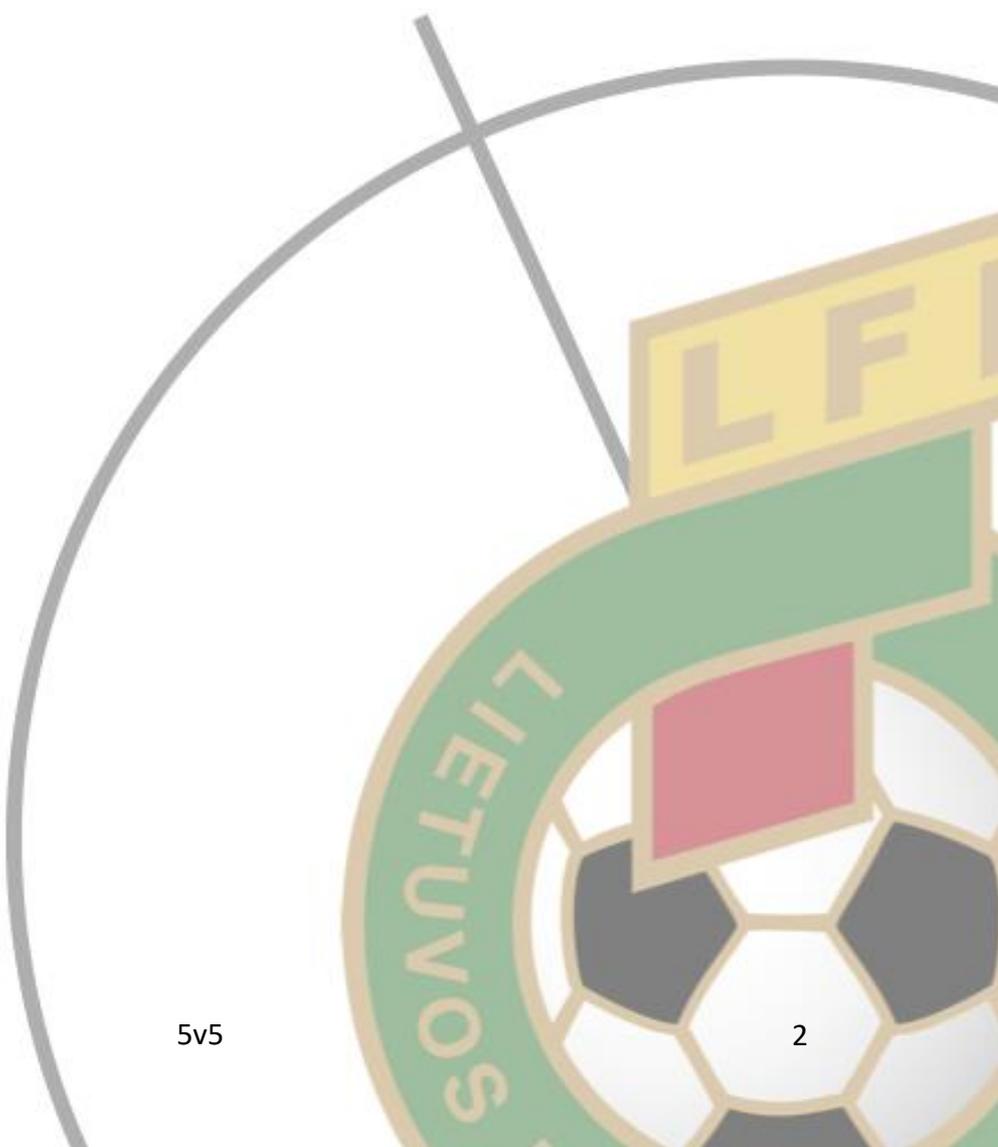
FOR ALL LITHUANIAN CLUBS, ACADEMIES, SCHOOLS





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INTRODUCTION

As Technical Director of the Lithuanian Football Federation, I am glad that we have taken a new path, based on a thorough evaluation, chosen for the RSC Anderlecht Vision and training model.

I am sure we will get the benefits of this new way of working within a few years.

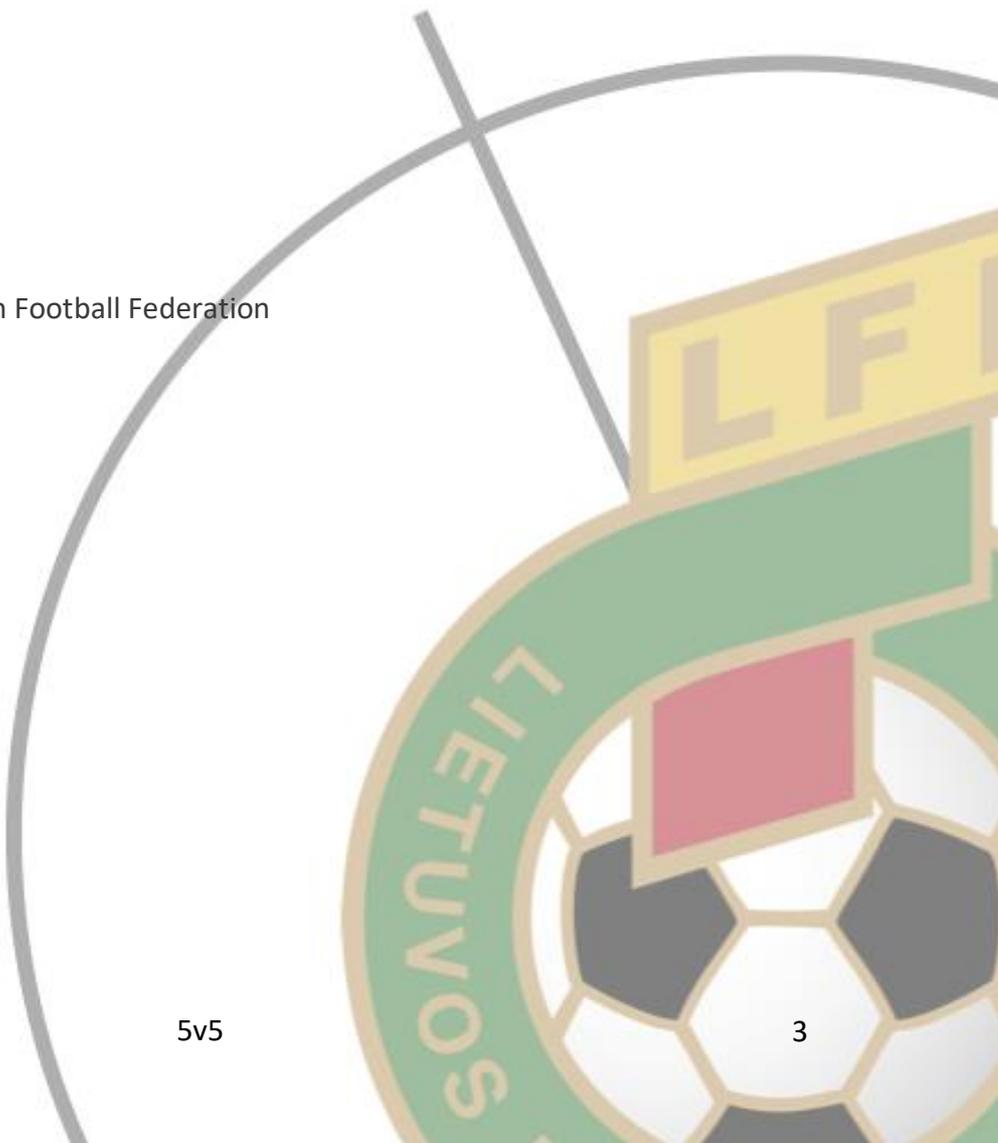
I trust and count on all people involved into this new project and with their efforts this direction has a bright future for our players development.

Enjoy the training sessions and have FUN.

Good Luck



Patrick De Wilde
Technical Director at Lithuanian Football Federation





PEDAGOGICAL, EDUCATIVE and DIDACTICAL ADVICE

The following training sessions are tools to help coaches.

They are made for Lithuanian boys and girls. It's important that the coach uses his own imagination and experience to modify each exercise to the needs of his players.

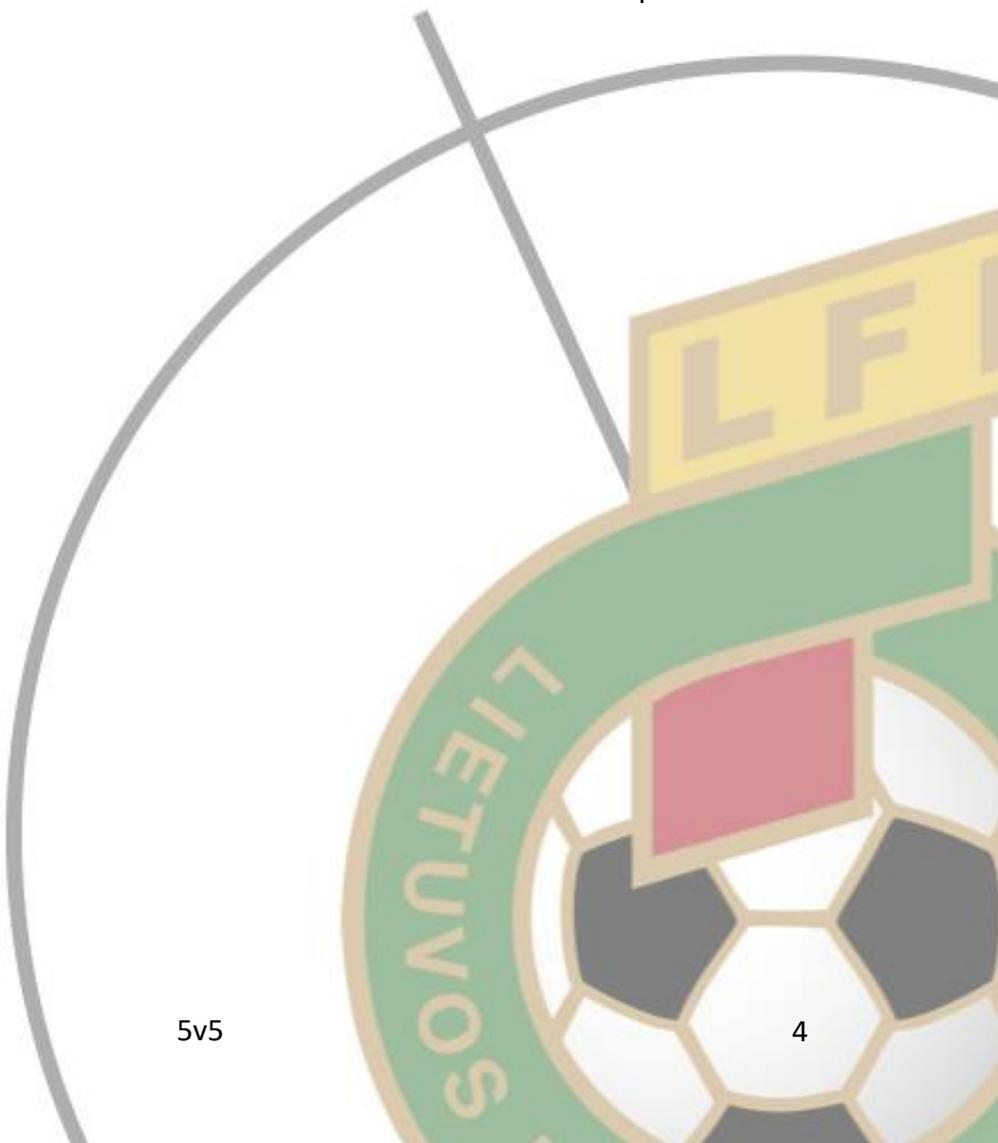
Three key points should be considered:

- 1) Age Appropriate: Adapt the exercise to the ages of your players
 - For example: - 8 year old = Passes of 5-10m
 - 16 year old = Passes of 10-35m
- 2) Skill Appropriate: Adapt exercises to the skill level of your players
 - For example: - If the exercise is too difficult = make the exercise easier
 - If the exercise is not challenging = make the exercise more difficult
- 3) Differentiation: Within exercises challenge each player to their own level
 - For example: - Players with high technical abilities can do more difficult ball mastery exercises.

Next to this it's important that the players improve their general technical abilities.

They can only improve their technical abilities when they are touching the ball.

Let's have as aim that each player can touch the ball 200 to 300 times in warm up.





BALL MASTERY WARM UP

Each training we should encourage players to touch the ball 200 to 300 times in warm up. So take 10min time per training to really boost the amount of touches of the players.

There are multiple ways to reach this:

- Juggling & Juggling challenges
 - o Level 1: 10x right foot, Level 2: 10x Left foot, ... Level 10: 5x (Left foot, Left Knee, Head, Right Knee, Right foot),...
- Ball mastery
 - o Roll Ball & Roll Ball + Skill
 - o Push & Drag the ball
 - o V-drag
 - o Touching the ball between the feet
 - o Sole taps
 - o Sole drag + Step over
 - o ...
- Technik Ball/Soccer Pal & Challenges
- Skills combinations

Exercises you can use:

<p>Ball mastery street</p>	<p>10'</p> <p>Players go with ball mastery exercises through the street. Every zone (A,B&C) can be a different exercise. For example A: Left foot push and drag B: Right foot push and drag C: Alternating feet push and drag</p>
<p>Copy the coach</p>	<p>10'</p> <p>Coach is in the middle and demonstrates ball mastery exercises. Players copy the coach. Important that coach turns around and sees all players. <i>Variation:</i> Players dribble inside the space and do skill combinations showed by the coach</p>
<p>Ball mastery & Skill Squares</p>	<p>10'</p> <p>Player 1 does ball mastery exercise till the end of the square followed by a turning skill. Now Player 2 does the same. <i>Variation:</i> Only 1 ball. After Player 1 turns he passes to Player 2. Now the exercise starts again.</p>



COOLING DOWN

A cooling down has the main aim to cool down the body after the training session. In 5/5 this can be done by a low intensity fun exercise followed by a small recap about the training. The recap should include 2 things: Feedback and Feedforward.

- Feedback: How did the training go? What did we practice? What did we learn? What can we do better?
- Feedforward: How can we do it better? What can we practice at home? What can we do extra individually?

Exercises you can use:

<p>Dynamic Duo</p>	<p>5'</p> <p>Players get divided in groups of 2 (duo's). 1 passes the ball to 2, and 2 tries to score in one touch. After they switch position. Which duo can score first with both feet? <i>Variation:</i> Player1 throws the ball, two touches finish, different angle of pass,...</p>
<p>Penalty shootout</p>	<p>5'</p> <p>If you score, you can shoot again. If you miss, you are out. Who will be the winner? <i>Players who are out can get some juggling of ball mastery challenges.</i></p>
<p>Football bowling</p>	<p>5'</p> <p>Teams play against each other. Who can knock over as first all the cones?</p>
<p>Challenges</p>	<p>5'</p> <p>Coach demonstrates some challenges (juggling, ball mastery, skills,..) that players can practice at home. Next training they need to show that they can complete the challenge.</p>

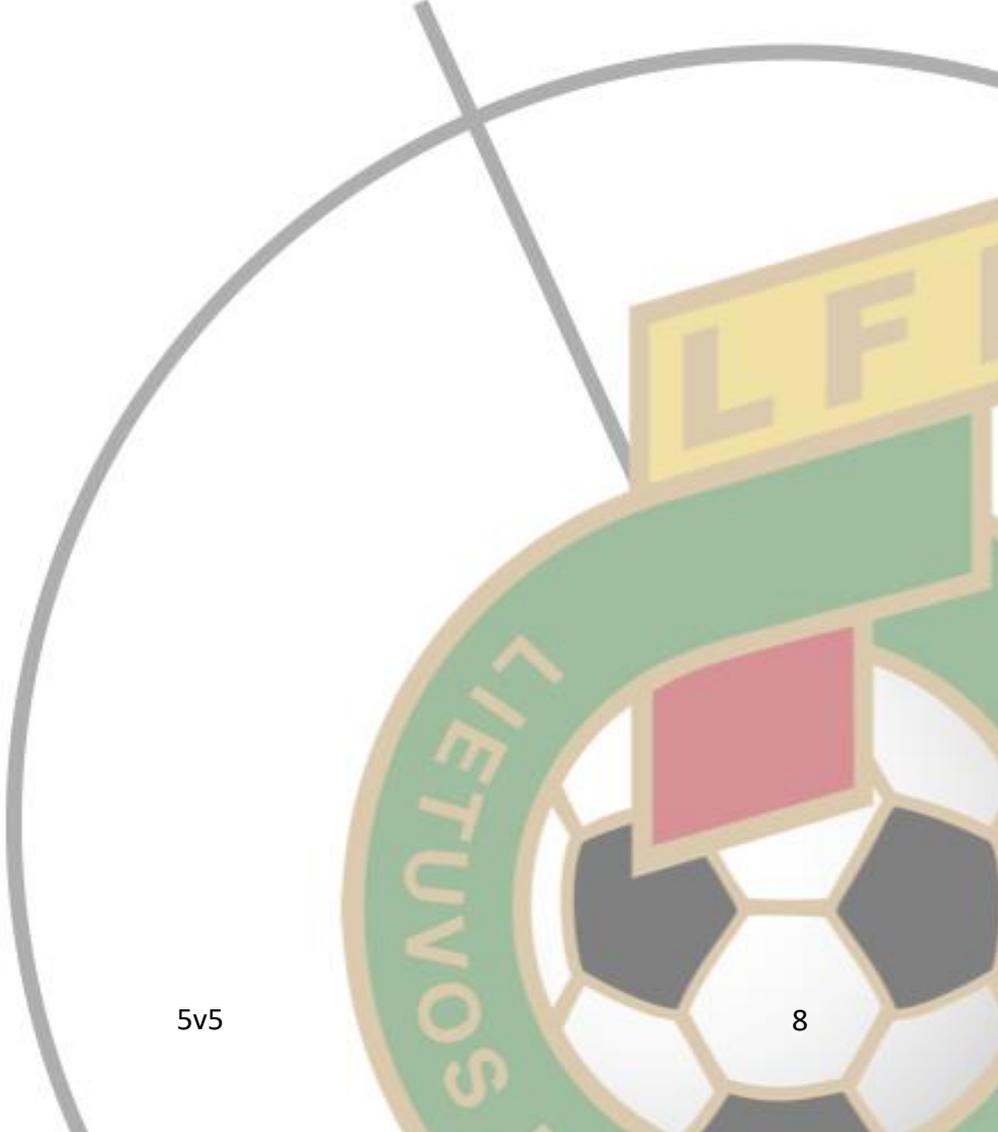


Session 1: B+ Opening Wide

<p>Topic:</p> <ol style="list-style-type: none"> 1) Switch side 2) Open Wide <p>Basics:</p> <ol style="list-style-type: none"> 1) Turning Skills (inside cut, outside cut, Cruyff turn,...) 2) Open body shape 3) Head up 	
<p>Warm up – Basics</p>	<p>20' (8x 2')</p> <p><u>Start 10' with ball mastery = 200-300 touches per player!</u></p> <p>The first four players (1) dribble together towards the yellow cone in the middle. When they arrive at the cone they do a turn skill. Their body is now opened to play towards player 3. Player 3 asks the ball between the gates and goes in line behind player 2. Player 1 takes the position of player 3. The exercise starts again with all players 2.</p> <p>Important to not make the distance too big and to work 2' on one side and 2' on the other side.</p>
<p>SSG – 1v1 – Basics</p>	<p>20'</p> <p>Wide field with two goals. Both players start central. A (attacker) can score on both goals. D (defender) tries to steal the ball and can score on both goals as well. 1 point for a goal. 3 points for a goal after a turning skill.</p>
<p>Opponent Games - 3v2K</p>	<p>7 starts to dribble. One defender presses and other defenders glide to cover. 7 does a turning skill. 3 moves into support and asks for the ball. He switches sides to 11. Defenders move to other side to press. 11 dribbles and needs to make a decision: turn back or attack. 3 comes in support. He can switch sides or infiltrate. Now it is a match with normal match rules.</p> <p>The central cone is a reference point for the outside players. If the second defender is not near to it, there is enough space to attack. If the second defender is very near, then the space is on the other side.</p>



Topic Game K4v4K	25'
	K4V4K normal match rules Players should try to apply the turning skill and switching the side. In Build up they play 5v4. So important to integrate the GK as well in the switch of play
COOLING DOWN	5'





Session 2: B+ Infiltration with ball

<p>Topic: 1) Infiltrate with ball: Dribbling with ball 2) Open Deep</p> <p>Basics: 1) Frontal Skills (Body feint, scissors, Inside-outside,...) 2) Change of speed, change of direction</p>	
<p>Warm up – Basics</p>	<p>20' (8x 2')</p> <p><u>Start 10' with ball mastery = 200-300 touches per player!</u></p> <p><u>A: 2 players, 1 ball</u> 1 dribbles with ball, 2 puts pressure on him but no active defending. 1 does his frontal skill and goes past him. 1 goes to position of 2 and 2 to position of 1. 1 passes the ball to 2 and now the exercises starts again.</p> <p><u>B: 4 players, 2 balls</u> 1' does the same as 1. 2' does the same as 2. 1 dribbles with ball, 2 puts pressure on him but no active defending. 1 does his frontal skill and goes past him. 1 goes to the position of 2 and does a turning skill. 2 is going to ask the ball from 1' and 2' asks the ball from 1. Now the exercise starts again. 2' and 1 are working together and 2 and 1'.</p>
<p>Ssg – 2x 1v1 – Basics</p>	<p>20'</p> <p>Two fields next to each other. Player 1 does a one-two with player 2. Player 2 turns around and enters the other field. Before he can defend, he needs to touch the goal. This allows player 1 to speed up. Yellow team against red. A goal is 1 point. A successful skill is an additional point. And the first team to score get another additional point. Which team wins?</p>



Opponent Games - K2v1 → 2v2K	20'
	<p>In the build up zone the teams always play K2v1. In the offensive zone it is 1v2K. The aim is that the player from the build up zone can infiltrate by dribbling to create a 2v2K. Striker (9) can not go back into the build up zone. And only one player (11 or 7) can infiltrate at the time.</p> <p><i>Variation</i> Add one neutral player who can move freely and play for both teams. This gives an advantage to the attacking team</p>
Topic game K4v4K	25'
	<p>K4V4K normal match rules Players should try to apply the frontal skills and infiltrating. Stimulate players to create 1v1 and apply the skills</p>
COOLING DOWN	5'



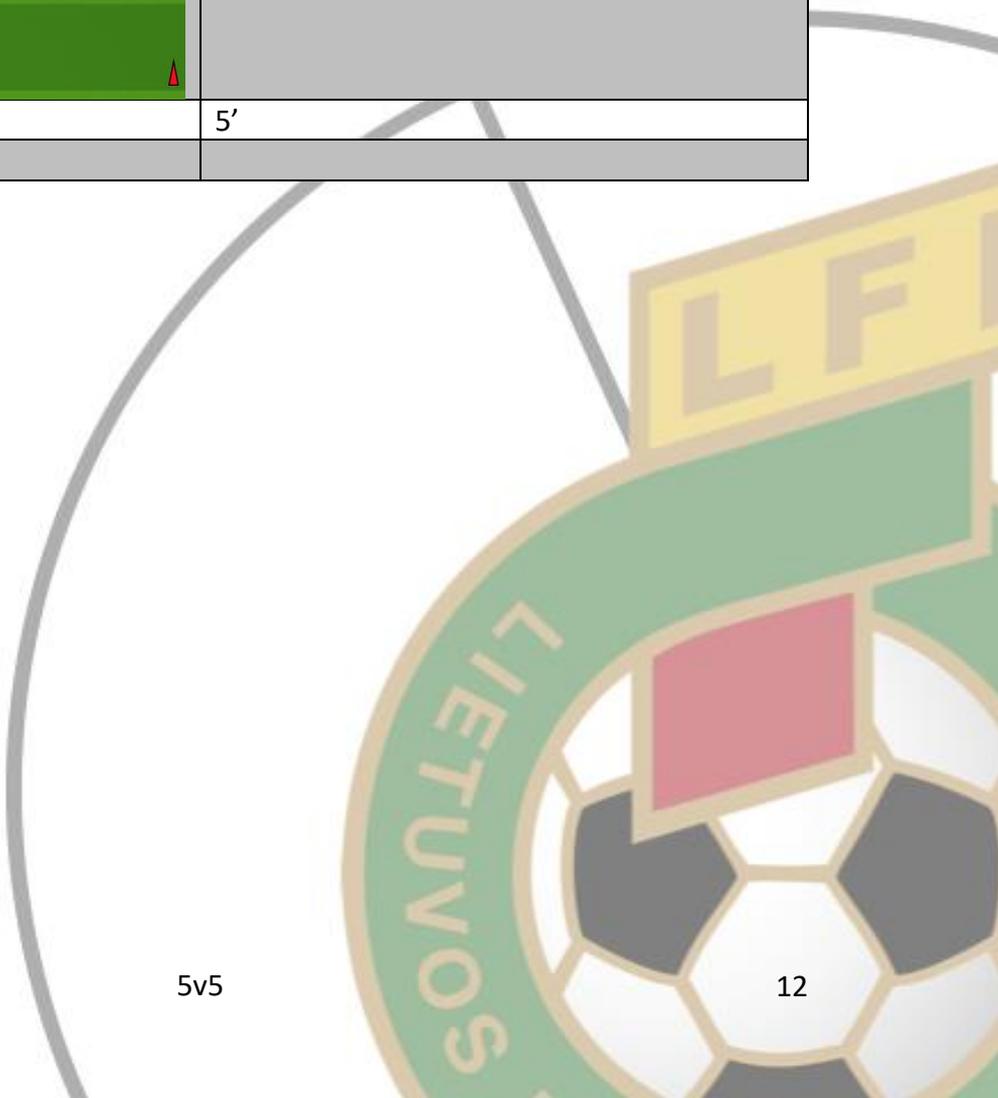


Session 3: B+ Open deep

<p>Topic:</p> <ol style="list-style-type: none"> 1) Open deep 2) Build up via 9 3) Finishing a goal chance as quickly as possible <p>Basics:</p> <ol style="list-style-type: none"> 1) Receiving + Receiving skills 2) Passing 	
<p>Warm up – Basics</p>	<p>20'</p> <p><u>Start 10' with ball mastery = 200-300 touches per player!</u></p> <p>Both 9 opens diagonal and receives the ball. He plays diagonal to 11. 11 takes ball and goes inline behind the other team. 1 goes to position of 9, 9 to position of 11. Now the exercises starts again but they open up to other side and play to 7.</p> <p><i>Variation 1:</i> 7 and 11 start lower (in line with 9) and need to time their run to be at the same time with the ball through the gate</p> <p><i>Variation 2:</i> 9 does a one-two with outside player</p> <p><i>Variation 3:</i> 9 doesn't turn forward but passes back. 1 plays directly to 11</p> <p><i>Variation 4:</i> 9 doesn't turn forward but passes back. 1 plays directly to 11 and 9 does a one-two with 11</p>
<p>Ssg – 1v2 – Basics</p>	<p>20'</p> <p>1 passes to 2. At the moment 1 touches the ball, both defenders press active player 2. Player 2 first touch is important. He can score on both goals. If the defenders win the ball they can score on the big goal</p> <p><i>Variation 1:</i> Pass comes from different angle</p> <p><i>Variation 2:</i> Players press from different angle</p>



<p>Opponent Games - K2v2K</p>	<p>20'</p>
	<p>Long and narrow field. K2v2K In build up 3 moves one way and 9 makes opposite movement. Goalkeeper tries to give first pass straight to 9. 9 needs to make decision to pass back or turn forward and create a chance. A goal scored after a pass from GK to 9 is 2 points. Every other goal 1 point</p>
<p>Topic game – K4v4K</p>	<p>25'</p>
	<p>K4V4K normal match rules In build up, the team reacts to the movement of 3. If the team can score after a pass from 1 to 9, the goal counts double. Which team will win?</p>
<p>COOLING DOWN</p>	<p>5'</p>



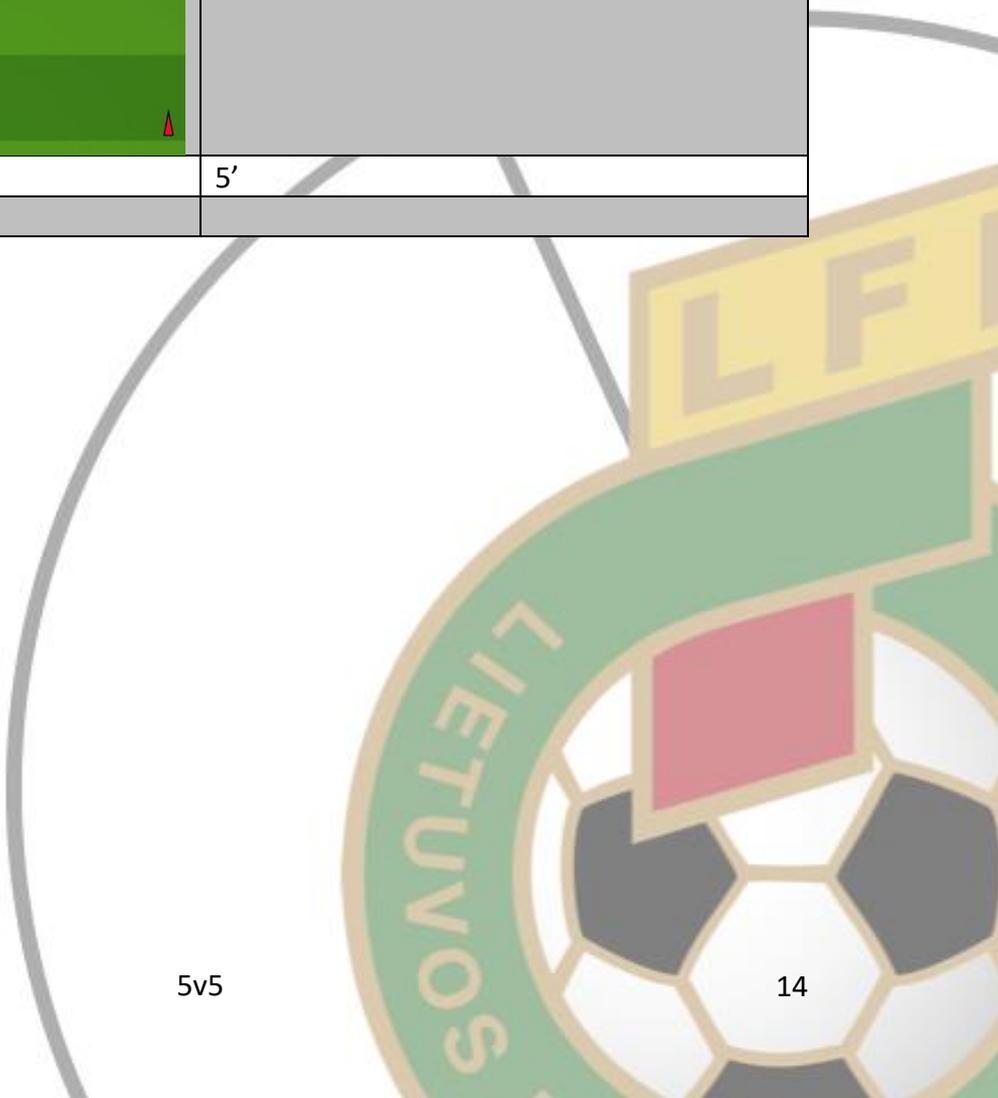


Session 4: B+ Finishing as quickly as possible

<p>Topic: 1) Finishing a goal chance as quickly as possible 2) Open Wide</p> <p>Basics: 1) Shooting 2) First touch 3) Diagonal skills (V-Move, L-Move, Zidane, ...)</p>	
<p>Warm up – Basics</p>	<p>20' (</p> <p><i>Start 10' with ball mastery = 200-300 touches per player!</i></p> <p>1,2,3 and 1',2',3' are doing the same.</p> <ol style="list-style-type: none"> 1. Player 1 passes to player 2 2. Player 2 dribbles towards the cone. Player 1 comes to press him. Player 2 does a Diagonal skill 3. Player 2 and Player 2' go towards each other. They do a frontal skill and play diagonal to Player 3 <p>Player 1 takes position of Player 2. Player 2 goes in line behind player 3'</p>
<p>SSG – 1v1 – Basics</p>	<p>20'</p> <p>1v1 with 4 goals</p> <p>D(efender) passes to A(ttacker). Attacker takes the first touch towards a goal . Now defender is pressing diagonal. Attacker can apply his diagonal skills.</p> <p>If scored after a diagonal skill, the goal counts double. Who will win?</p>

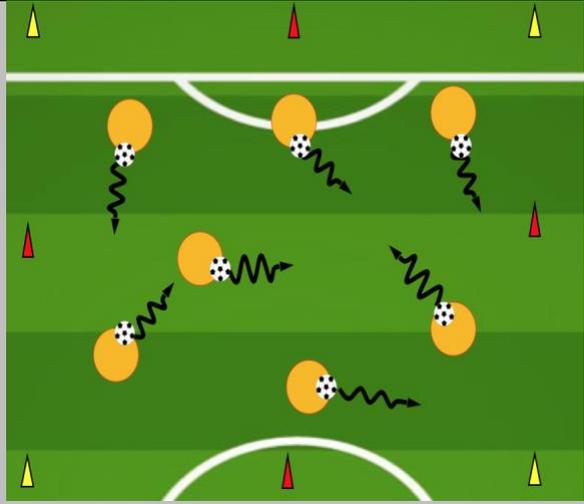
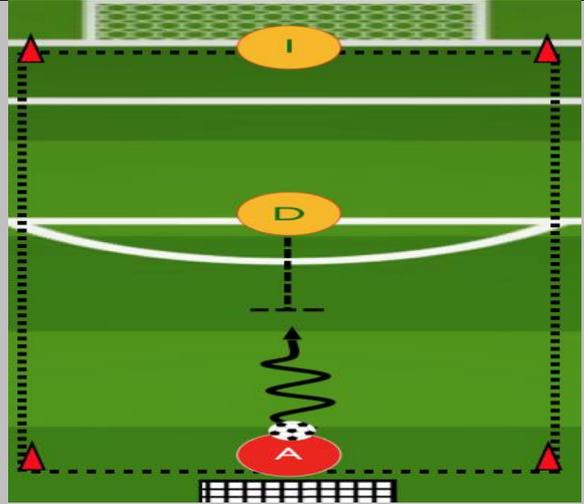


<p>Opponent Games - 2x 2v1(+1)K</p>	<p>2x 10'</p>
	<p>2 Teams work at the same time. 11 is locked between the yellow cones. 7 drops to ask for the ball. Then advances to opponent 11. He has the option to play the pass to 9 or go for the dribble. 11 is a real defender but only defends on the lin. 1. If 7 dribbles past 11. Then he can go a. Down the line and cross b. Pass to 9 if 3 presses him c. Dribble 3 and shoot 2. If 7 passes to 9, he should run deep and a. Can do one-two with 9 b. 9 can turn and shoot</p>
<p>Topic Game K4v4K</p>	<p>25'</p>
	<p>K4V4K normal match rules Players should try to create as many chances as possible. For every chance, the team receives 1 point. For every goal, the team receives 3 points. Who will win?</p>
<p>COOLING DOWN</p>	<p>5'</p>



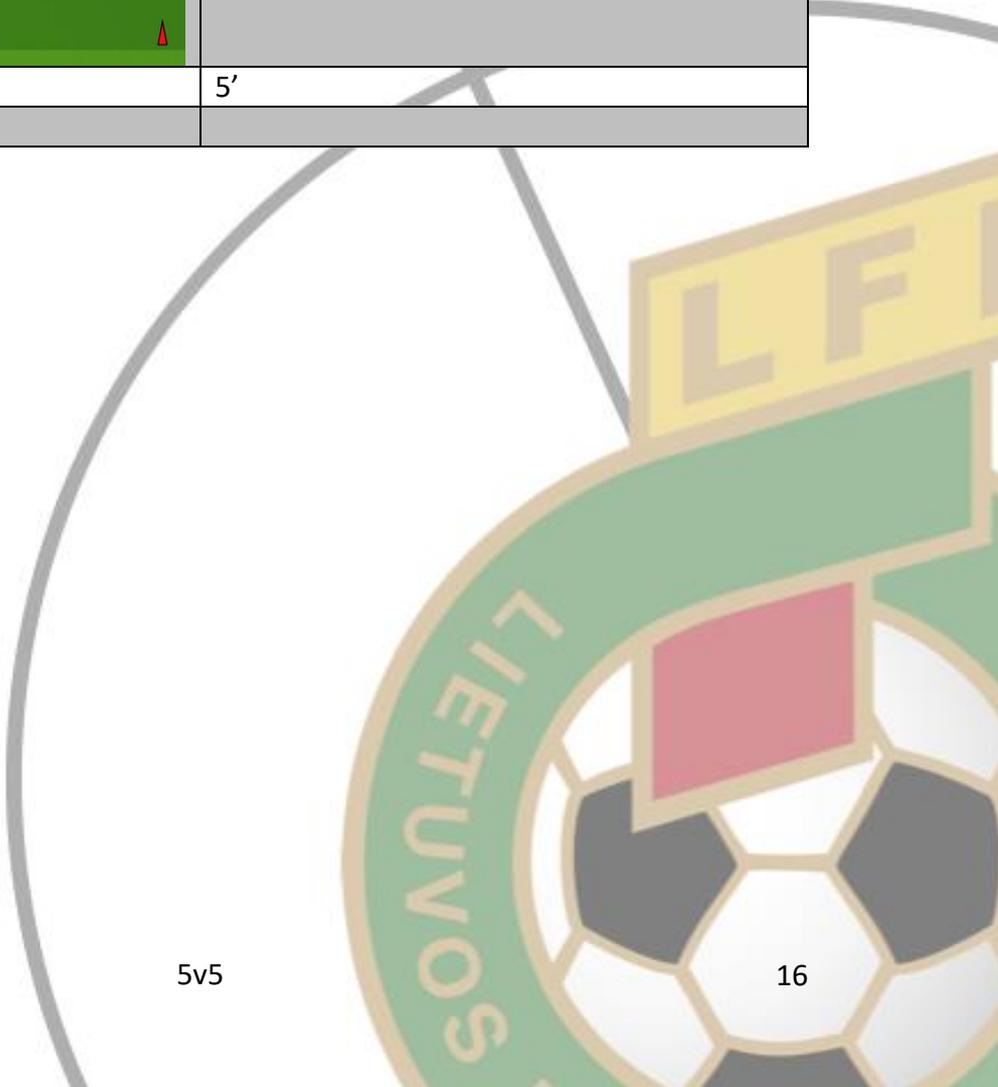


Session 5: B- Small Principle

<p>Topic:</p> <ol style="list-style-type: none"> 1) The small principle 2) Positive pressing on the ball owner <p>Basics:</p> <ol style="list-style-type: none"> 1) Press Principle 2) Never lose the duel 3) Surfboard Principle: Body sideways, Light feet, Knees bend, use of arms 	
<p>Warm up – Basics</p> 	<p>20'</p> <p><u>Start 10' with ball mastery = 200-300 touches per player!</u></p> <ol style="list-style-type: none"> 1. Ball Mastery (5x 1') <p>Coach shows Ball mastery exercise, players copy it.</p> <ol style="list-style-type: none"> 2. Skills (5x 1') <p>Coach shows different skills, players copy it.</p> <ol style="list-style-type: none"> 3. 1v1s (5x 1') <p>2 players have 1 ball. The player who has the ball needs to protect the ball. Player without ball tries to steal it. After 1 minute, who has the ball receives 1 point. Who will win?</p>
<p>SSG – 1v1 – Defending</p> 	<p>20'</p> <p>A(ttacker) starts to dribble with the ball. D(efender) closes down fast. Slows down till 1 meter in front of the attacker. He takes the surfboard stance:</p> <ul style="list-style-type: none"> - Body sideways, 1 foot forward (forcing to one direction) - Keep balance → Light feet (front of the feet) - Knees lightly bend - Use arms <p>When the attacker makes a mistake, defender steals the ball and score on the goal</p>



<p>Opponent Games - SSG - 2v2 - Defending</p>	<p>20'</p>
	<p>A(ttacker) starts dribbling with the ball. Second A(ttacker) joins him. The 2 D(efenders) need to cooperate. They need to use the individual key points from 1v1 (FE surfboard) but also cooperate together. If one goes to press, the other one should glide and cover diagonal.</p> <p>If the defenders win the ball, they can use also O(utside) player to play directly forward and to try to score on the small goals.</p>
<p>Topic Game K4v4K</p>	<p>25'</p>
	<p>K4V4K normal match rules When defending 2 principles should be applied</p> <ol style="list-style-type: none"> 1) Small principle 2) Press principle <p>Which team will win?</p>
<p>COOLING DOWN</p>	<p>5'</p>





THE FOOTBALL DEVELOPMENT MODEL

- **Learning is:**
 - an ongoing process:
 - cumulatively: the skills already acquired form the basis for new to learn the skills
- **The football development model:**
 - Create a “FUN-LEARNING” environment
 - Based on the development model of ball sports
 - Fluent passage of one phase into another
 - Repetition, repetition,
 - Age is directive: large individual differences possible by development field
 - The youth coach chooses learning aims and imply in function of the level according to the football development model.



Céderique Tulleners

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