

College **T**echnique du **C**lub



November 23rd

Lakeshore
Soccer



CTC Meeting

- . Winter Sessions ???**
- . Goalkeeper Academy**
- . March Brake Camp**
- . FSQ Courses**
- . The Training session**
- . The Training method**
- . Field Session**

THE TRAINING SESSION

1. Creating an Environment for learning

Organization

. Select a topic

- **Individual (U9/U12) or team (U12 and+)**
- **Technical or tactical (both)**
- **Length of sessions (duration of a determined exercise)**

. Equipment

- **Balls**
- **Cones**
- **Pinnies**
- **Etc....**

According to your training session and every exercise

THE TRAINING SESSION

Starting your Session

Warm up – 15/20% of allotted Time

- . Reflects topic specific to session (Fundamental)**
- . Psychological Aspect (Mental rehearsal)**
- . Physiological aspect (physical rehearsal)**

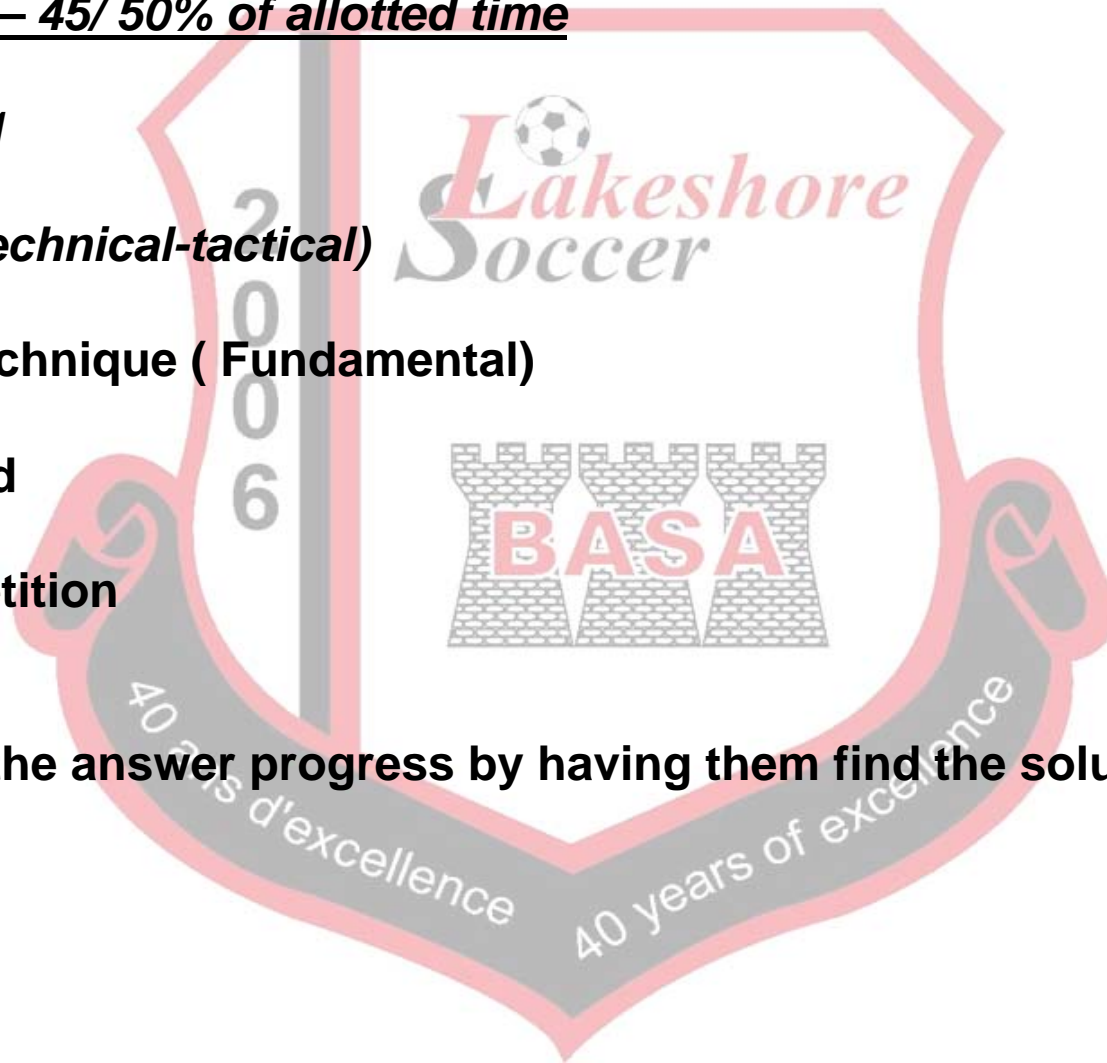
Main Activity – 45/ 50% of allotted time

Progression 1

Technical (Technical-tactical)

- . Individual technique (Fundamental)
- . Game related
- . Lot's of repetition

Give players the answer progress by having them find the solution

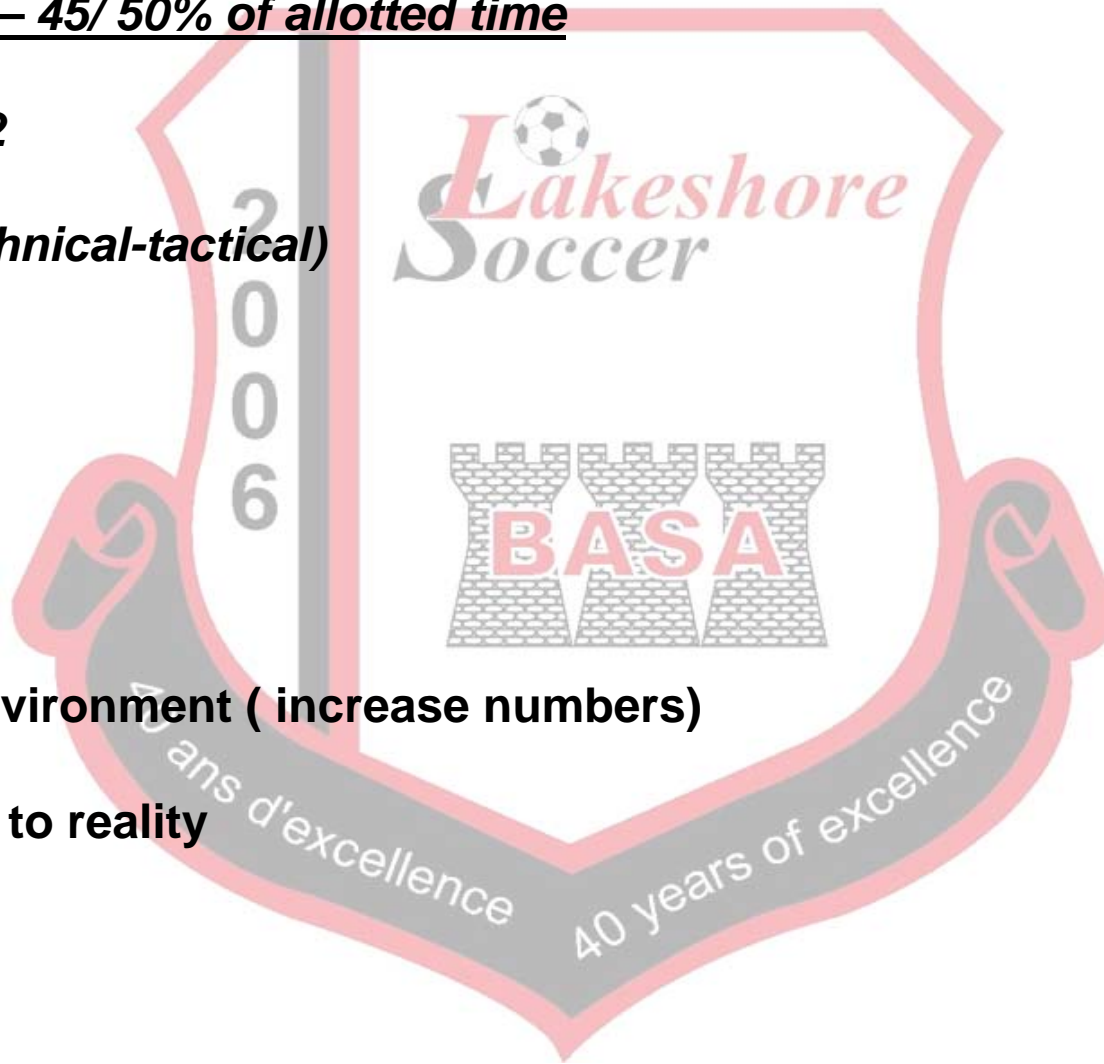


Main Activity – 45/ 50% of allotted time

Progression 2

Tactical (Technical-tactical)

- . Individual
- . Group
- . Team
- . Complete environment (increase numbers)
- . From Clarity to reality



Main Activity – 45/ 50% of allotted time

Progression 3

Tactical

- . Numbered topic (e.g.: 2v1, 3v3, etc.)
- . Increase demands (possession, penetration to goal, functional, etc.)
- . Simple to complex

Concluding activity- Game 30-35% of allotted time

- . Implement topic in match environment
- . Games with restrictions
- . 8v8 to 11v11

Cool down - Stretch



Training Methods

1) Introduction of Session

- . Teach, don't talk**
- . Brief explanations (V. A. K)**

2) Let the game be the teacher

- . Meet the demands of the game**
- . Create environment for improvisation and problem solving**

3) Mechanics

- . Proper use of space**
- . Smooth and logical progression**
- . Exercises appropriated to topic and focus**

Training Methods

4) Coaching Actions

- . Identify the problem**
- . Recognition of the “teachable moment”**
- . Freezing the action**
- . Effective demonstrations (paint picture, correct quickly and clear)**
- . Corrections specific to the focus of the session**

ASSESSMENT

DID LEARNING TAKE PLACE?

WAS FOCUS MAINTAINED?

WAS LEVEL OF SESSION APPROPRIATED FOR LEVEL OF PLAYERS?

ARE PLAYERS BETTER THAN BEFORE THE SESSION?

FIELD SESSION



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