



# Management and Efficiency in training sessions

2019 Outdoor Season





more and  
more less..

**what can we do?**



## Short time for our players to practice outside the training context.



- Is the number of times we train be enough to create talents like Messi, Cristiano, Zidane, Maradona in the future ?



- The training conditions (time and space) in general are not the ideal (generally reduced).



# 01

**With this comes the need to manage training sessions time!**

## **Manage:**

**In the way that we choose what is most important to train, taking into account the children on your team.**

## **Efficiency:**

**In order to maximize the contexts that provide the emergence of what we choose as a priority.**



***What can we do to make our  
practice efficient?***



# Training time efficiency

1. Technical staff dynamics
2. Training session planning.
3. Players posture and routines.
4. Training space management.
5. The importance of maintaining a weekly pattern on the overall configuration of the exercises (key exercises).



# Technical Staff Dynamics

1. Viewing / Reviewing the game and defining the content for the week;
2. Planning the training session together;
3. Setting tasks for the training session;



# Training session planning

Definition and creation of context considering:

- Game Principles;
- Day of the week;
- Number of players (shifting);
- Training space;
- Material available;
- Time (weather);





# Training session planning

## Concerns:

- Amount of exercise to be undertaken;
- Execution / recovery time;
- Transition time between exercises;
- Teams definition for the exercises (preferably without major changes throughout the training);
- Feedback definition for each exercise;



# Training session planning

## Concerns:

**-2 in 1 (if three teams are working in a tournament mode, the team that is out can do an exercise focused on small details);**



# Players posture and routines

## Before training:

**-In the defined space in the field, perform game/ exercise proposed (“rondos”, soccer tennis, crossbar challenge) or deliberate practice according to a theme;**

## In the training:

- Be focused and committed;**
- Help gathering the material if requested;**
- Join the coach quickly when requested;**



# Teams management on the training sessions

- Define the teams on the training session planning.
- Avoid at the maximum change teams during the training session;

**Example: Subdivide the team of the final exercise for the first exercise.**



# The importance of maintaining a weekly pattern on the overall configuration of the exercises (key exercises).

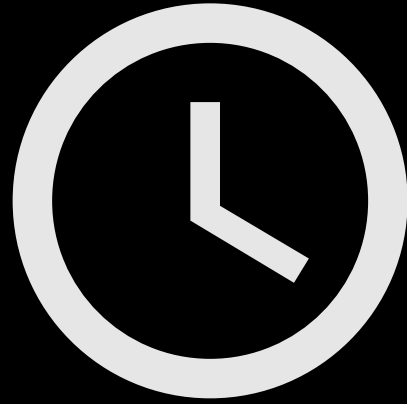
- Quick recognition by the players;
- Lower initial instruction time;
- Less need to intervene during the exercise;
- Room for creativity, for longer time in the same task;



**The importance of maintaining a weekly pattern  
on the overall configuration of the exercises  
(key exercises).**

**(video - click above)**





**In a 10 year developing process, how many training sessions do we gain if we win 5' in each training session?**



# SUMMER PROGRAM

20 WEEKS x 3 Training sessions per week

## Arrival Activity

15 minutes before each practise

SUB TOTAL:  
900'



## Training Session

60 minutes each practise

- 0-25'
- Collective Technique
  - Individual Tactics
  - Group Tactics



- 25-45'
- Group Tactics
  - Team Tactics



- 45-60'
- Group Tactics
  - Team Tactics
  - Real Game Situation

SUB TOTAL: 3600'



## Debrief

10 minutes before each practice

SUB TOTAL:  
600'



**900 + 3600 + 600 = 5100 total minutes**







**ARE YOU READY?**