



The soccer method



Developing individuals for teamwork

Youth training: schools of thought



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Philosophy based on games:

- Training 'the way of playing'

- K.N.V.B in Holland

Philosophy based on technical training

- Training the technical skills

- Coerver method

What's our goal?



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‘Developing players
who can make
the difference in their
position’

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- It's not the one or the other!
- To make players
'who make the difference' we need both
approaches...

Both!

approaches

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We develop the players by:

- Training ‘the way of playing’
- Training ‘the functional technical skills’

BUT...

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- The game is the thermometer / indicator
- Like in the game, the insight is the starting point
- We try to train the players as game real as possible!

- The players need to translate the development into the their game in the weekend
- Otherwise there's no development effect!



The soccer method

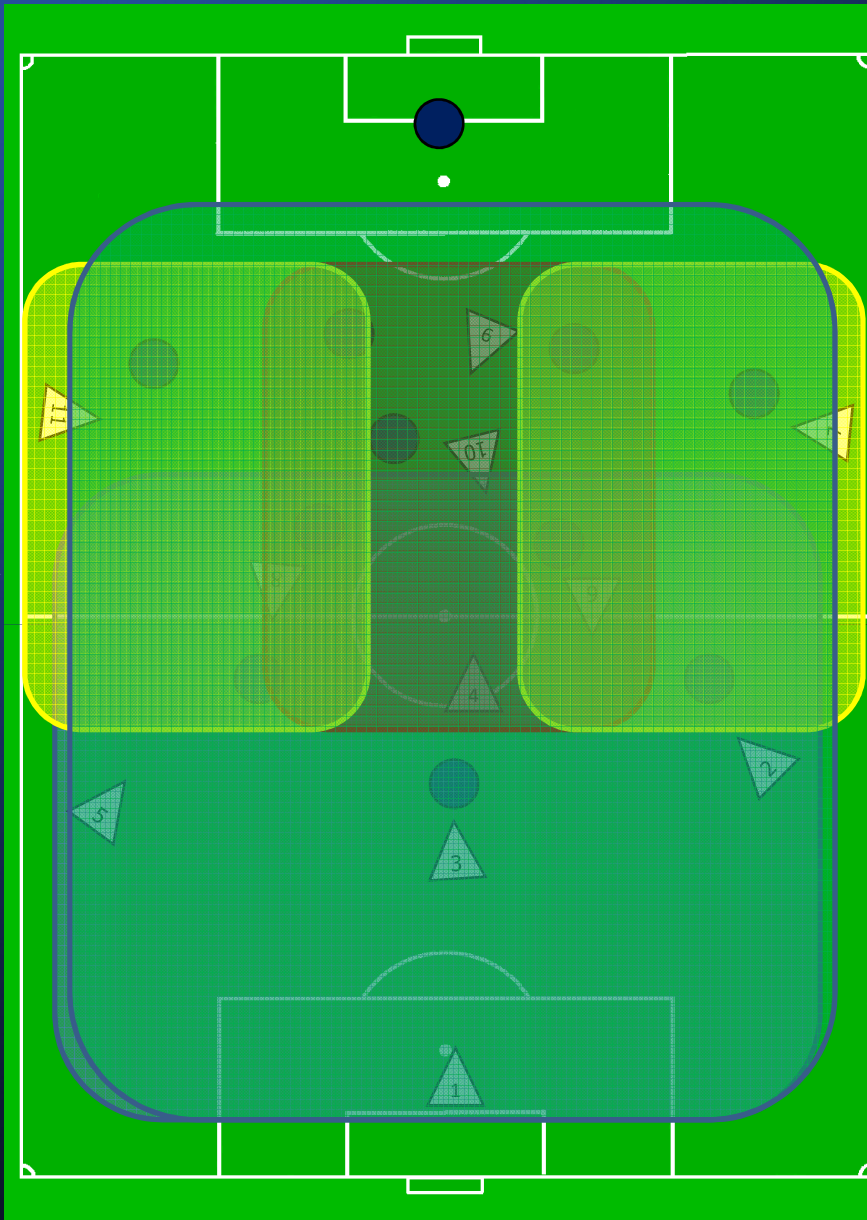


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Training 'the way of playing'



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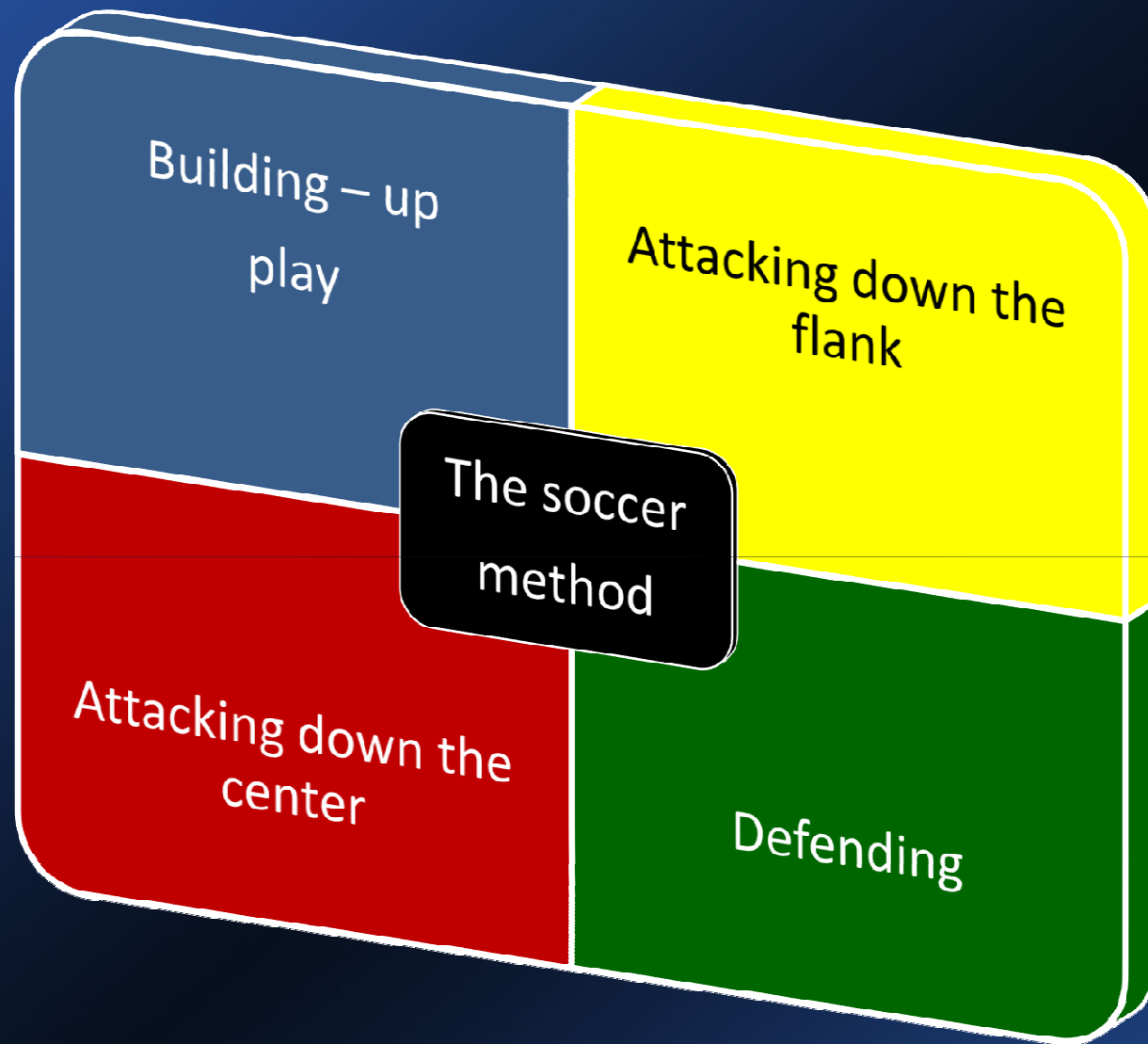
1. Building – up play

2. Attacking down the flank

3. Attacking down the center

4. Defending

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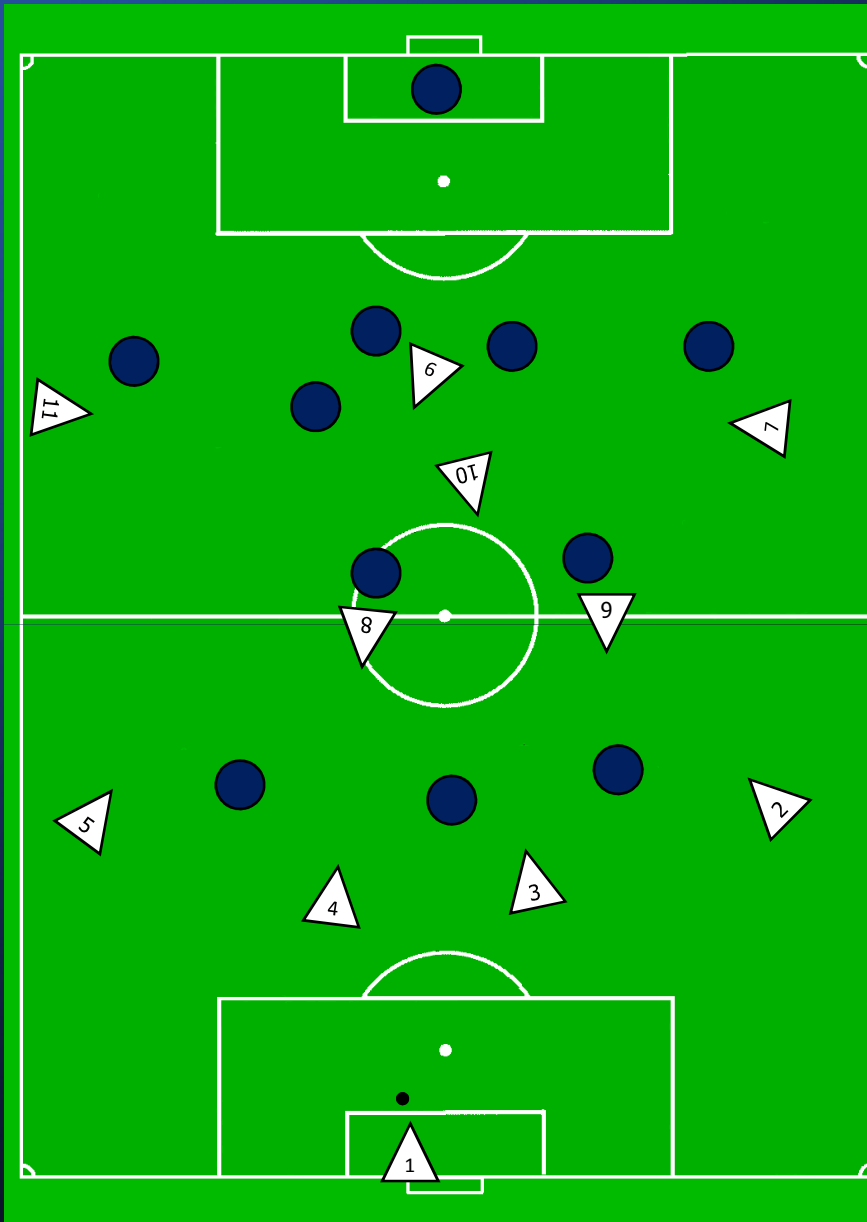


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Building – up play



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Aim of the game:

- Try to find the free player
- To play the ball deep as fast as possible
- Behind every ball is an idea

By:

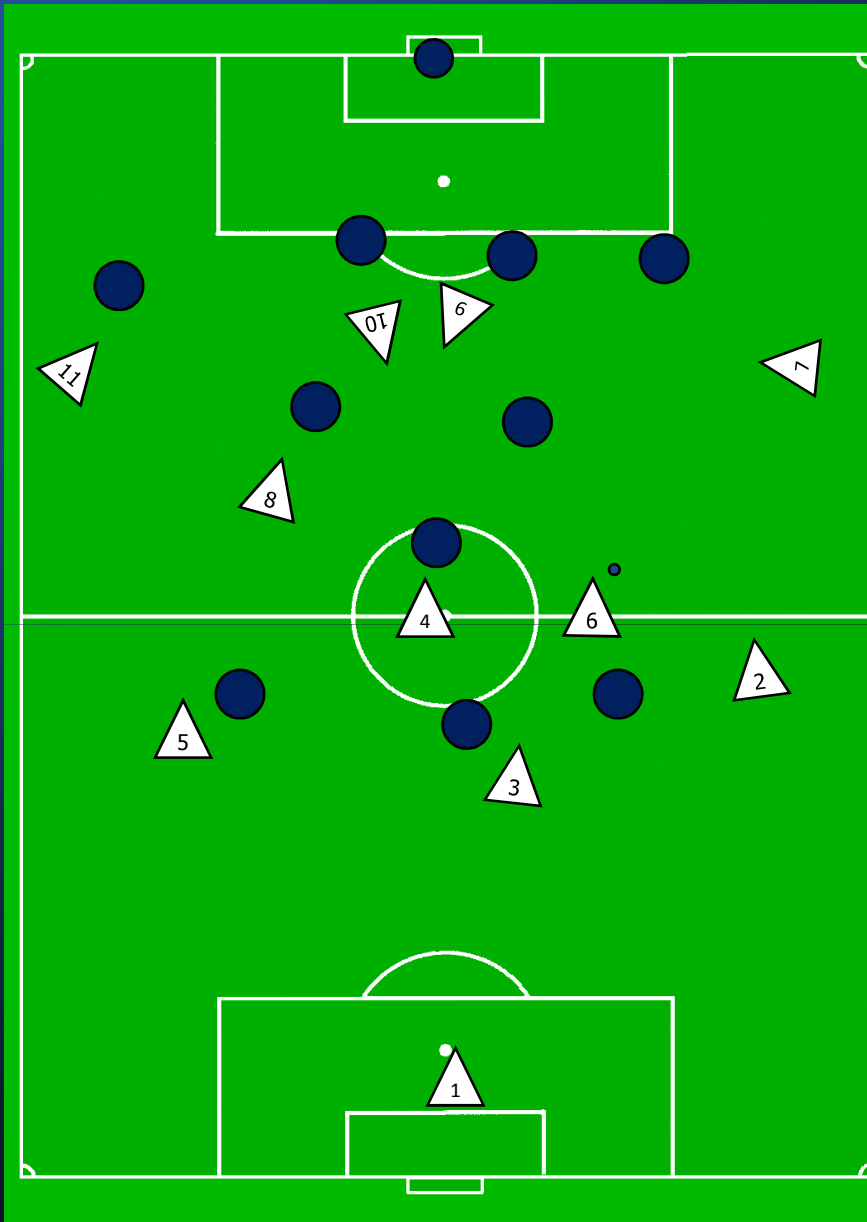
- Good positioning play
- Fast and effective ball circulation

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Attacking down the flank



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Aim of the game

- To create danger in de box
- To create a 1 v 1 situation
- To score goals

By:

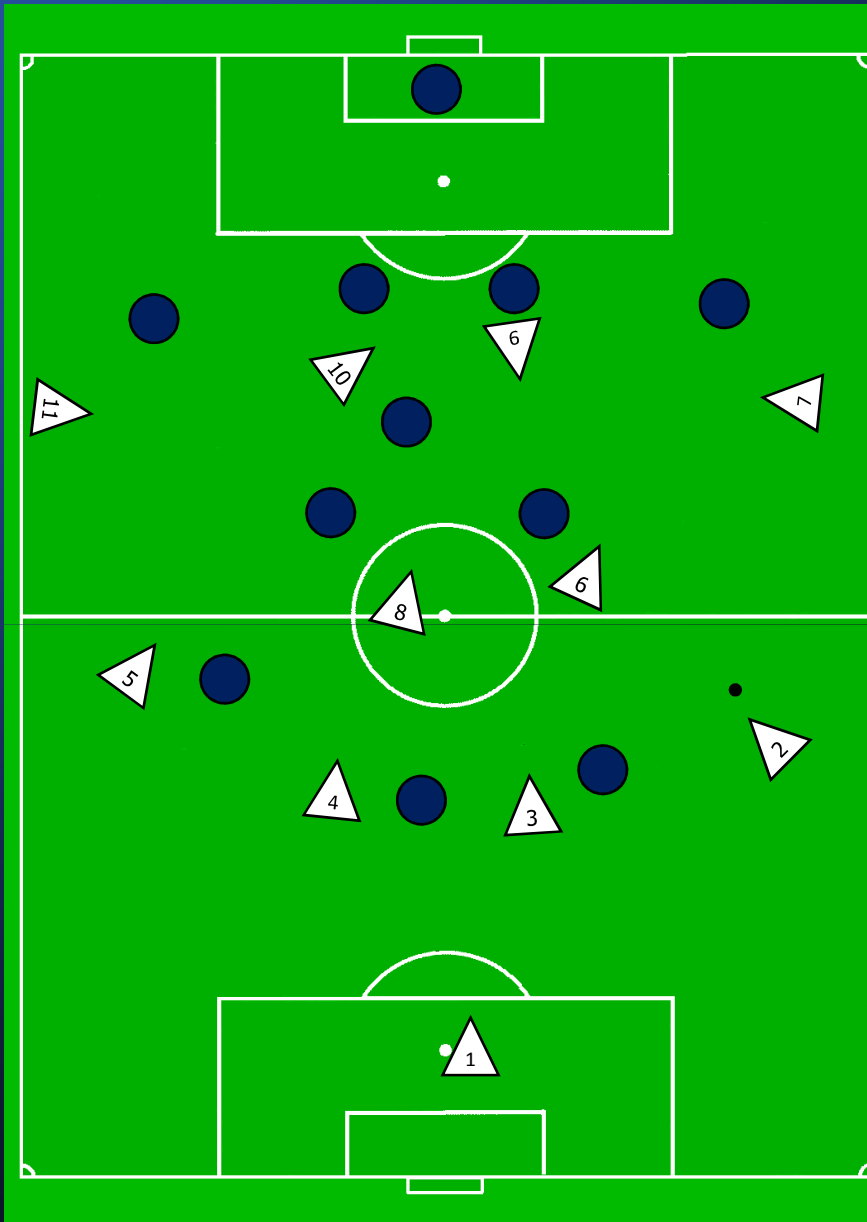
- 1 v 1
- balcirculation
- a ball deep
- shooting
- crossing

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Attacking down the center



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Aim of the game:

- To create danger in the box
- To create a 1 v 1 situation
- To score goals

By:

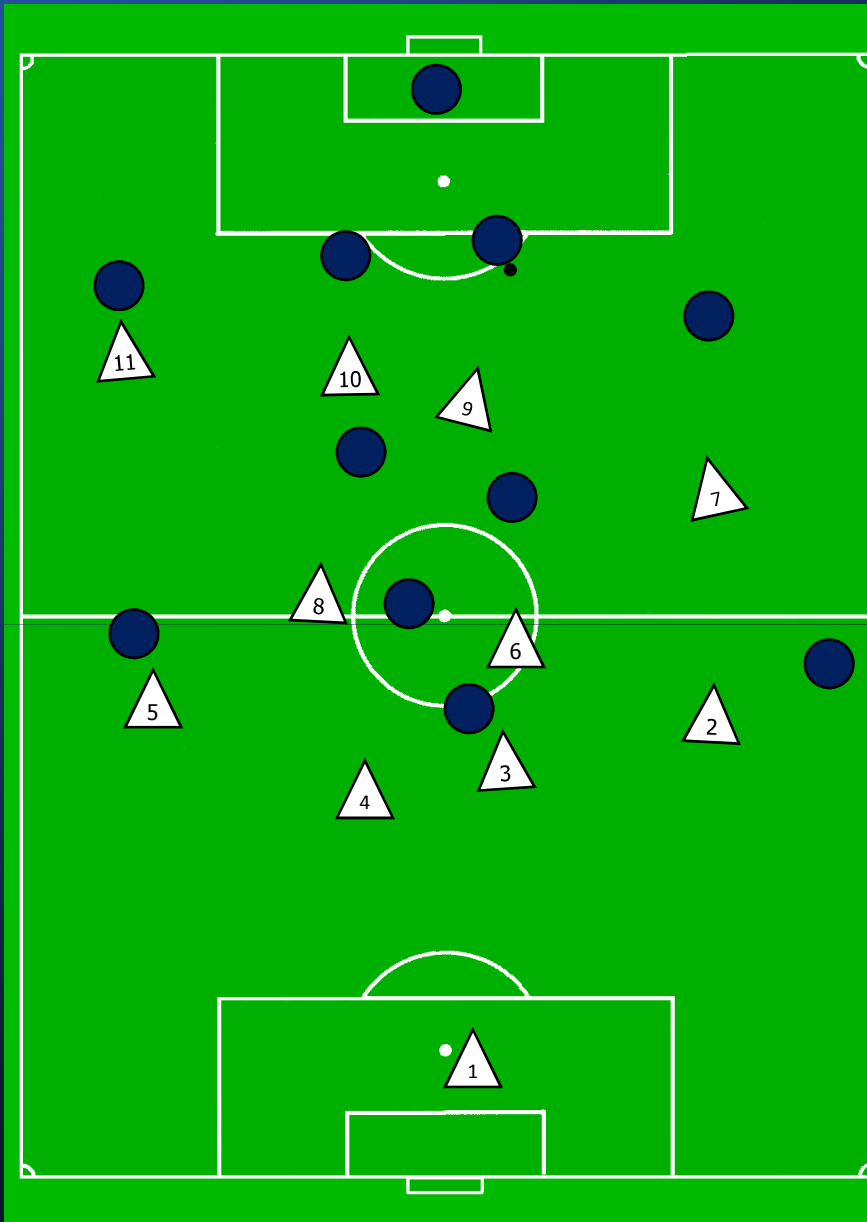
- 1 v 1
- balcirculation
- a ball deep
- shooting
- crossing

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Defending



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Aim of the game:

- To intercept the ball as soon as possible
- To prevent the opposing team from scoring

By:

- Winning 1 v 1 challenges
- Good positioning play
- Choosing the right moment to challenge for the ball

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Training 'technical skills'...



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Remarks from the pitch



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The technical skills
we train are not
always effective and
usefull in the game

To much attention for drills without opponents

The way the drills
are organized is
too far from the
game

To much attention
for attacking
moves and 1 v 1
frontal

There's no clear
build up or process
in training
technical skills

A lot of times
there's no relation
with the positions
in the game

There's no translation
to the game.
Stimulating technical
skills ends in the
training session

How can we give 'training
technical skills' more sense?



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With or without
opponents: it makes a
difference in how
our brains make decisions

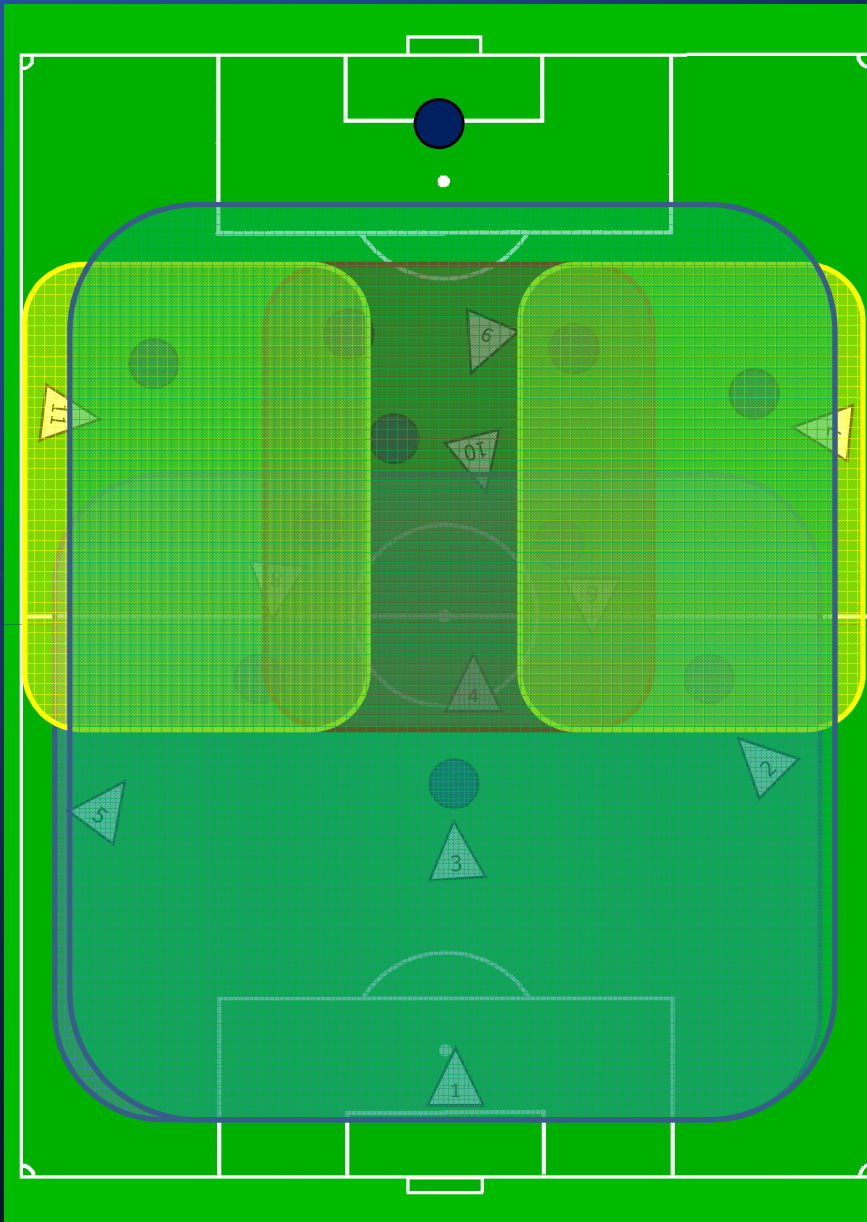
Every player has his own
characteristics based on
his strengths and
weaknesses

- Technical training has to start from the insight
- We train game situations the players can translate into the game
 - Postions / right spot on the field / right direction...
- We train without, but in general with opponents
- We start from the individuality of the player

Functional technical training



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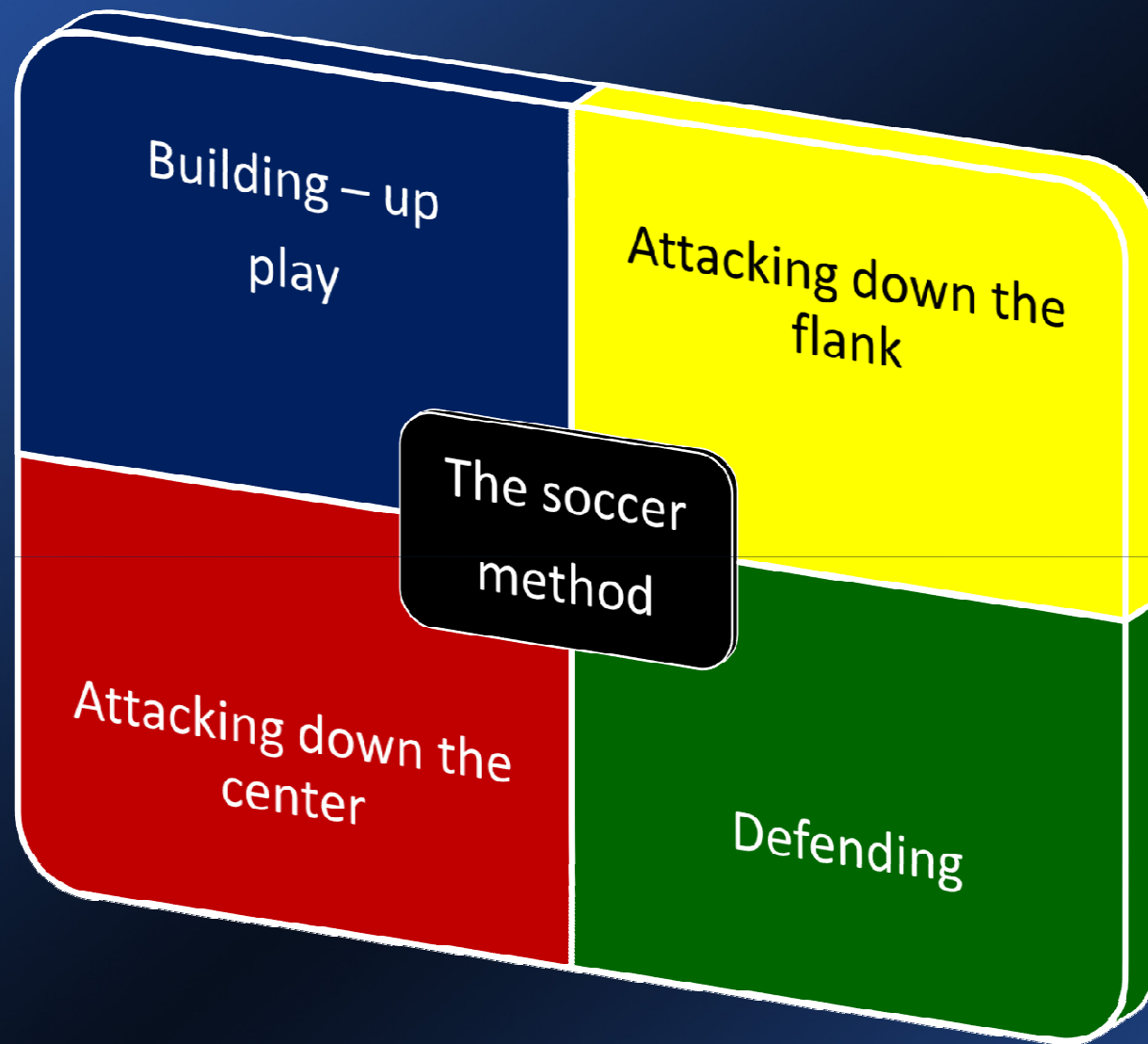
1. Building – up play

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The 11 game situations



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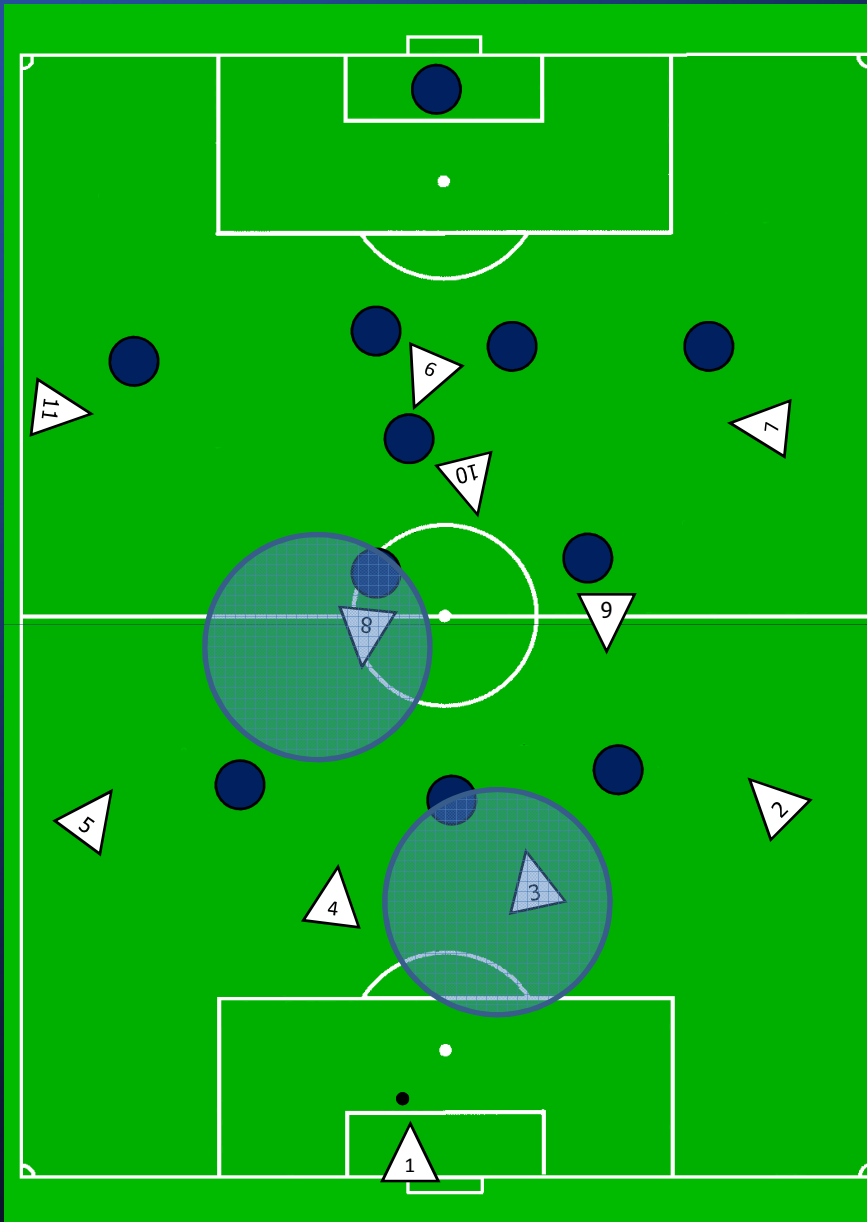
In these 4 team functions we analysed the
11 most important and effective
game situations.

We train the functional skills who occur in
these game situations

Building – up play



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Aim of the game:

- Try to find the free player
- To play the ball deep as fast as possible
- Behind every ball is an idea

By:

- Good positioning play
- Fast and effective ball circulation

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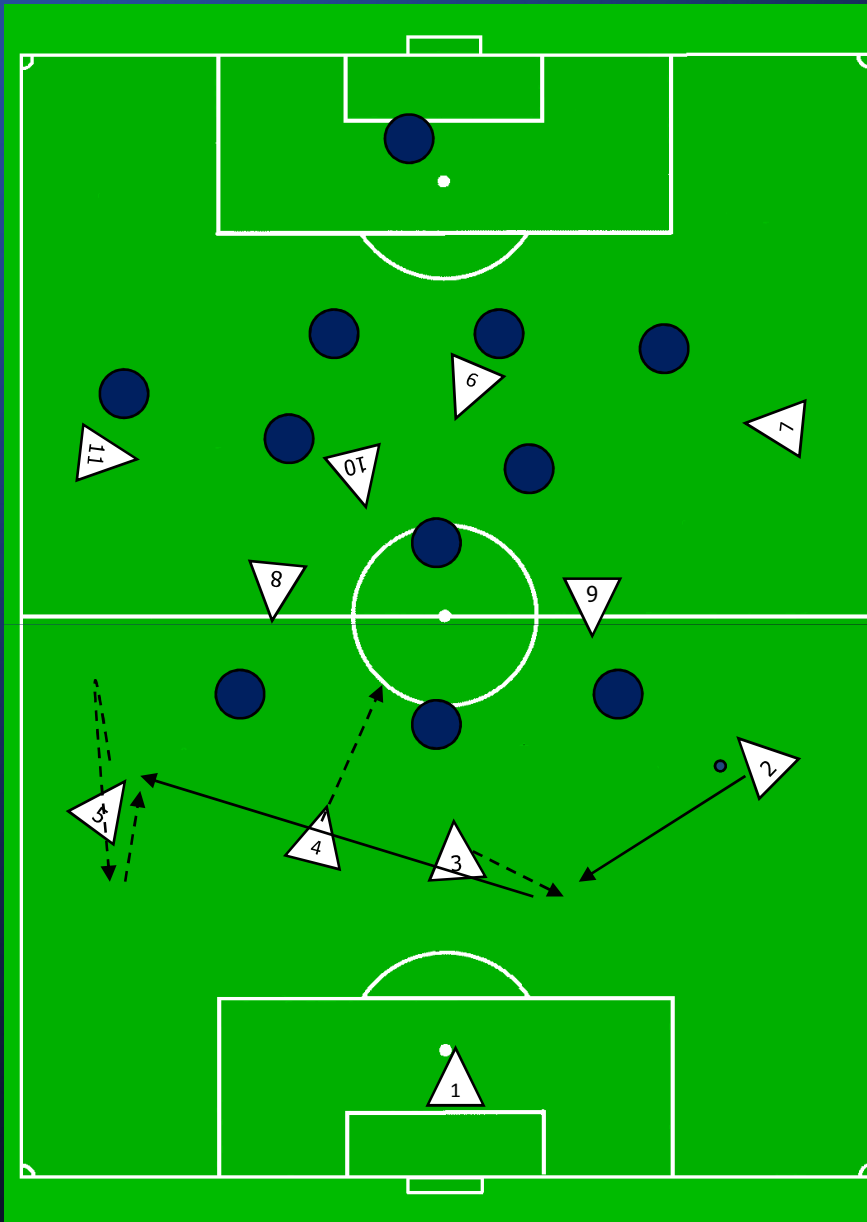
Change of play

Building up:

game situation **1**



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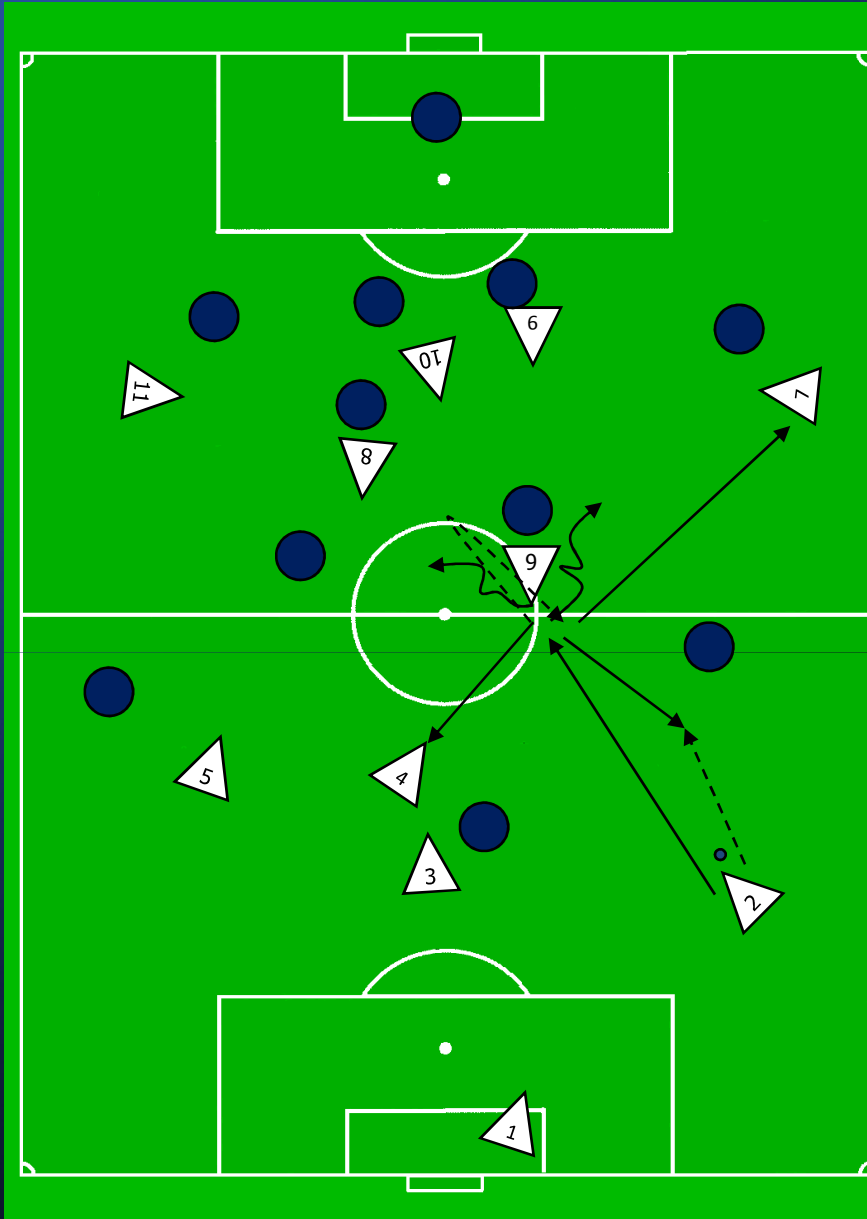
Playing the ball the midfielder

Building up:

game situation 2



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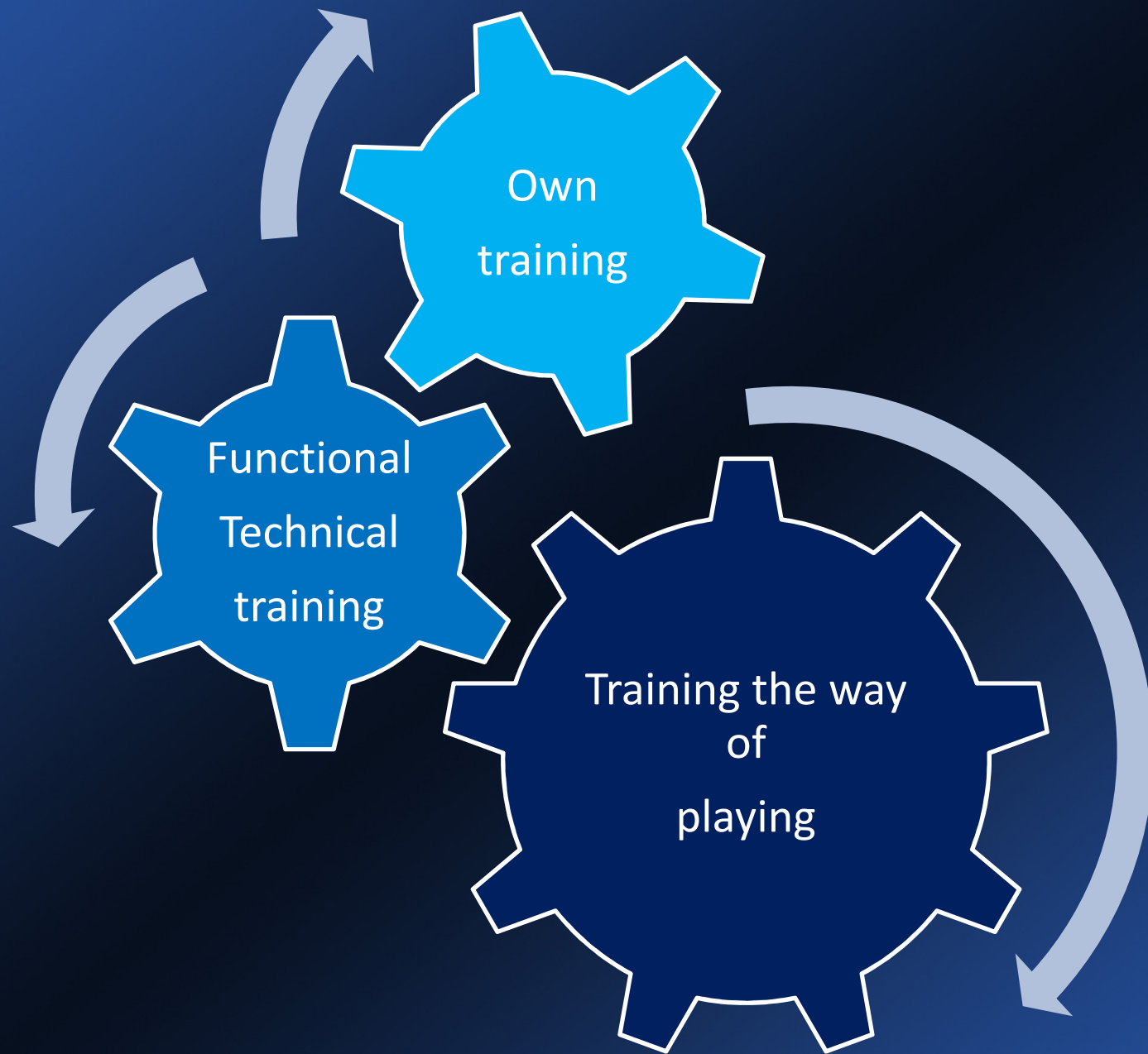


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Three ways of training



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In practise...



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WEEK 1



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WEEK 2



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WEEK 3

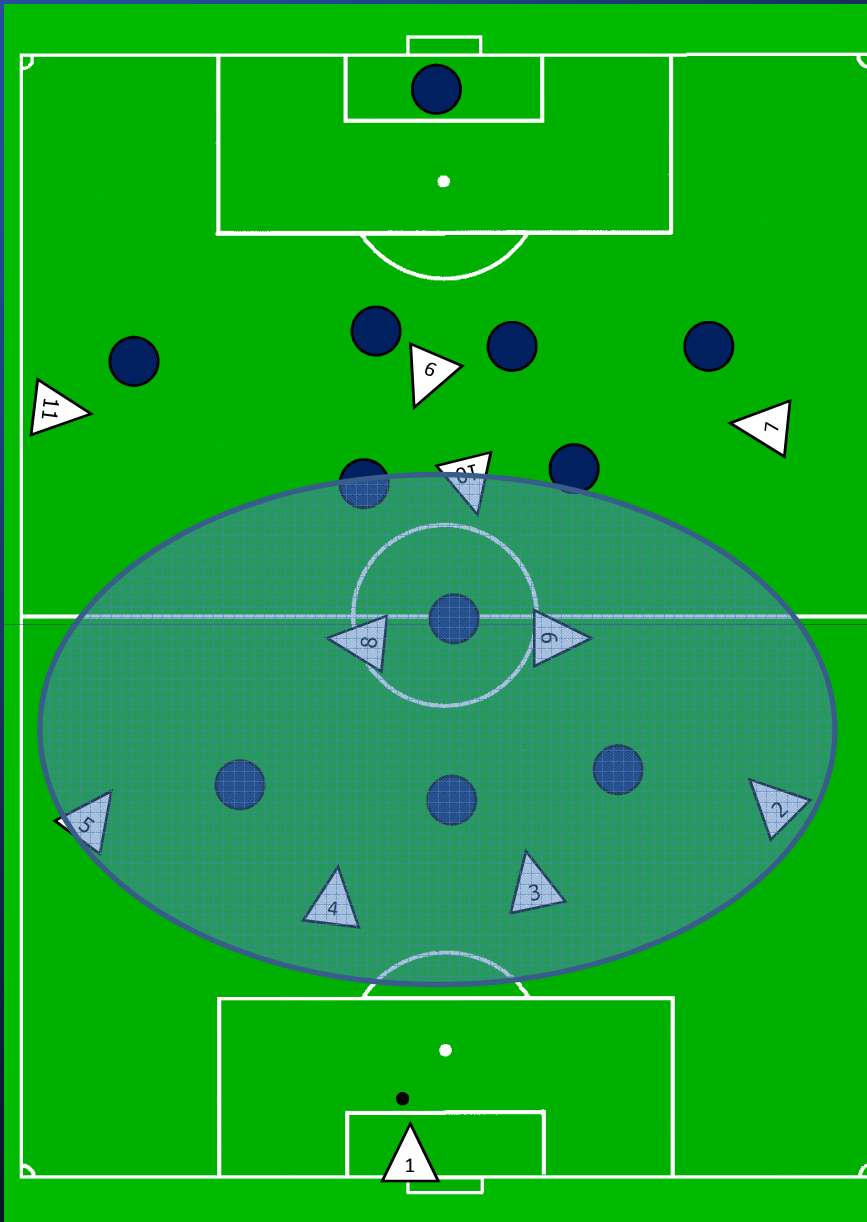


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The training session



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1 : 4 : 3 : 3 triangel point in front

Versus

1 : 4 : 3 : 3 triangel point in front

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Ontwikkelingsdoel:

Building – up play starting from the two central defenders

Formation?

We play in an 1 : 4 : 3 : 3 formation

Team function?

Building – up play

Players involved?

The goalkeeper, the two central defenders, the right and left defender and the midfielders

Part of the pitch? Direction?

- Own half
- Starting from the goal

Types of drills?

- Passing drill
- Small Games (2 : 1 – 3 : 2,...)
- Games 8 v 6
- Game 7 v 7

How do we translate it to the age-group?

U 16 / We try to specialise the players in their position. We learn the players to make the right descisions.

Planning?

We train the team function for 4 weeks