

Training

content

1st part: Mental training

2nd part: Training of cognitive skills

KEY

	Path of the player without the ball
	Path of the player with the ball
	Path of the ball (from a pass or shot)
	Coach
A, B, C, D	Designation of players
A1, A2	Positions of A players

Mental training: 1. Exercises to improve mental attitudes

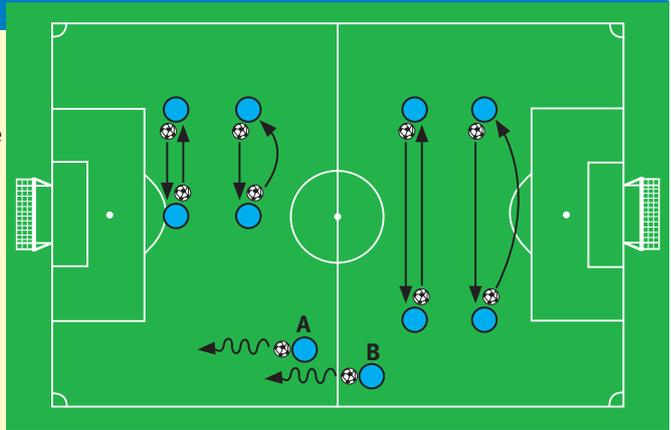
1. Technical exercise to work on concentration

Organisation: – Groups of 2 players. – 2 balls per pair.
– Work is done in stations.

Procedure:

- The 2 players stand opposite each other; one player plays the ball to his partner.
- The balls of the two groups must not touch each other:
 - the ball is played along the ground
 - one ball is played along the ground, then one in the air
 - the distance between the players is then increased
 - the players pass back, either with or without controlling the ball first
 - the players move from side to side, etc.

Variation: – Player **B** follows **A**, using the same contact surfaces.
– A limit can be placed on the time allowed before the players make a technical error (e.g. 1').



2. Technical exercise to work on concentration

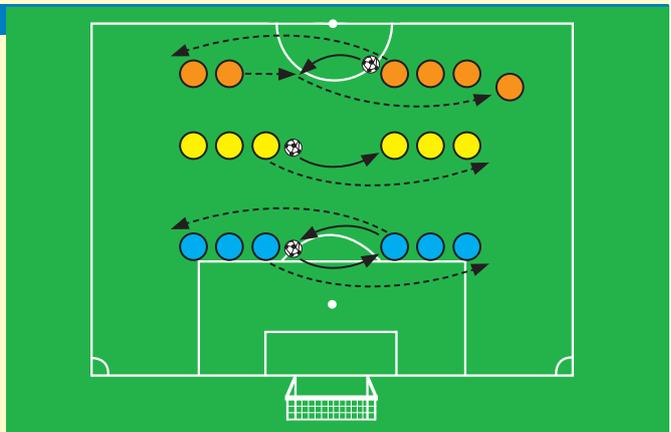
Organisation: – 3 groups of 6 players each, arranged in lines.
– 1 ball per group.

Procedure:

- 2 groups of players from the same team stand opposite each other.
- The ball is passed from one group to the other, but using only the head.
- After a player has headed the ball, he moves over to the other group.

Variation:

- The first team to reach 60 passes. Which team can achieve the highest number of passes in 1'?
- The coach can also introduce one-touch returns on the volley, or with 2 touches.



3. Technical exercise to work on concentration and helping players to find their bearings in a limited space

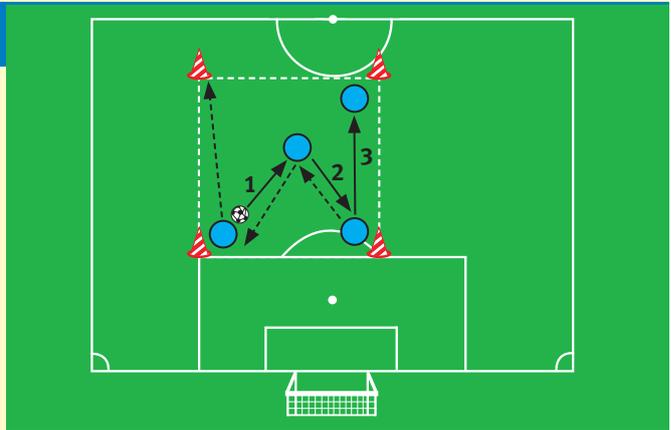
Organisation: – Groups of 4 players.
– Marked out playing area + cones or poles.
– 1 ball per group / the work is done in stations.

Procedure:

- A player plays the ball to his partner and then runs to a free base.
- the players vary the speed
- the space available is also varied
- they start with unrestricted play, then reduce to 2 touches and 1 touch

Variation:

- Using the same arrangement, the players work on retaining possession (3 v 1), with 1 or 2 compulsory touches.

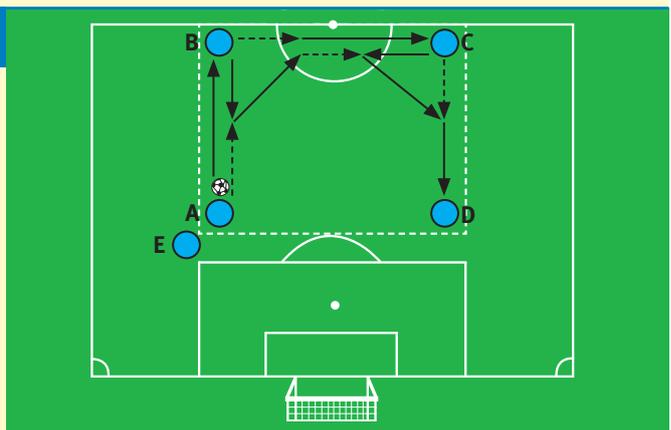


4. Technical exercise to work on maintaining concentration

Organisation: – In groups of 5 players; marked out playing area. – 1 ball per group; the work is done in stations.

Procedure: – In the square, the players pass, follow the ball and then repeat the passes. – **A** passes to **B**, who lays it back to him; **A** then passes the ball for **B** to run onto. – **B** passes to **C**, who lays it back to him; **B** then passes the ball for **C** to run onto. – etc. – The ball must always be passed along the ground (1 and 2 touches). – The speed of passing is then increased. – The direction of the passes is changed.

Variation: – The exercise is timed over 1', with the players trying not to make any mistakes. – If a player does make a technical error, the whole group has to run two laps of the playing area at high speed.



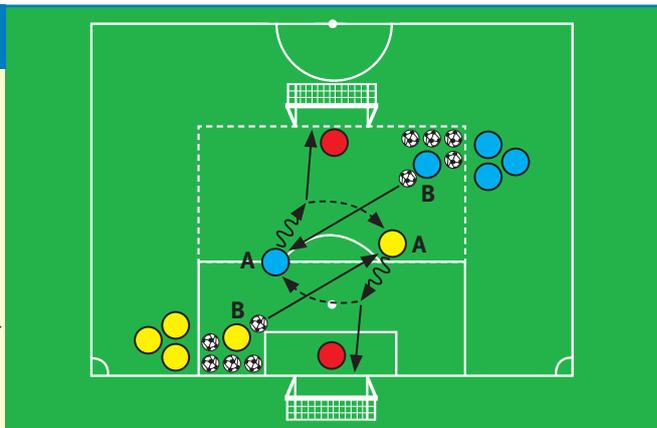
Mental training: 2. Practice game routines to improve mental attitudes

1. Practice game routine in front of goal with the players in a state of fatigue – adapting to the situation

Organisation: – Group of 10 to 12 players + 2 goalkeepers; marked out playing area with 2 large goals 30-35 metres apart.
– A sufficient quantity of balls.

Procedure: – Player **A** receives the ball from player **B**, controls it and shoots at goal. – He then turns round 180°, controls a second pass to him and shoots at goal. – Each player does this 4 times. → The coach counts the number of goals scored by each player.

Variation: – An additional attacker or a defender can be introduced. – These additional players (attackers or defenders) wear a number, and their number is called out by the coach when they are required. – The number of attempts by each player can be increased (depending on the objective of the exercise).

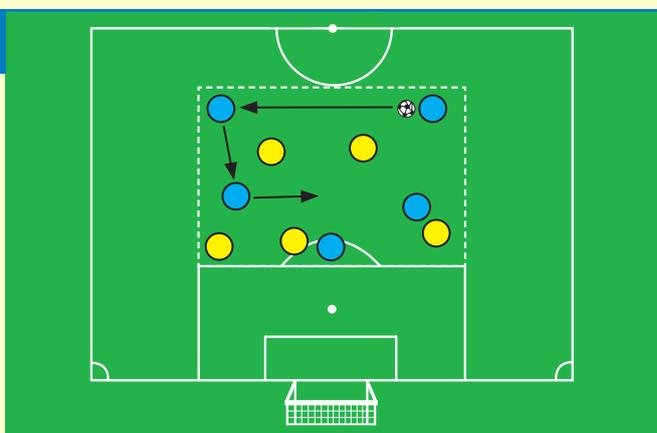


2. Practice game routine as a confidence booster (retaining possession)

Organisation:
– 2 teams of 5 (or 6) players, marked out playing area.
→ Players can also use this as pre-match warm-up routine.

Procedure:
– 5 v 5 game. – Players have to retain possession in a confined space without any opposition (the opponents just allow the team with the ball to play). – The opposition is then increased (with semi-active and active players). – The number of touches is varied. – After 1'-2', the ball is played by the other team.

Variation:
– The coach can issue technical instructions (e.g. 2 touches are obligatory). – The players have to head the ball to each another.

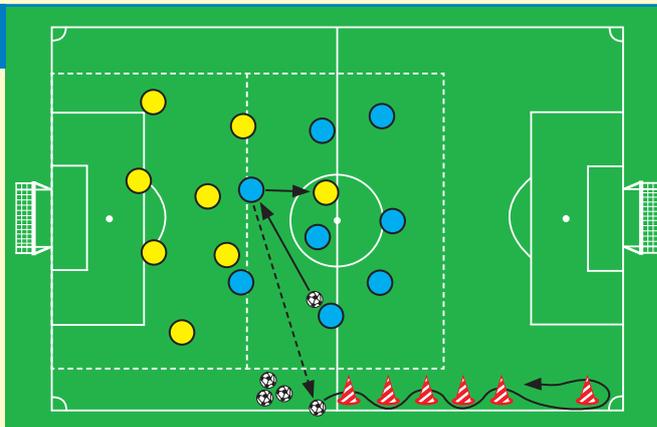


3. Practice game routine to work on concentration under stress (avoiding technical errors)

Organisation: – 2 teams of 8 (or 9) players. – 8 v 8 match without goalkeeper (or with rush goalkeepers). – Emphasis is on retaining possession.

Procedure: – Unrestricted play or with limited touches for a gradual build-up. – Any player who makes a bad technical error has to leave the pitch of his own accord. He then does a technical obstacle course (slalom run with the ball) or runs one lap around the playing area. His team has to play with one man down during this time and follow precise instructions (pressing, harrying the other team, etc.).

Variation: – The coach sends off any player who commits a technical error. – The teams can use a roving extra player. The coach counts the number of technical errors made.

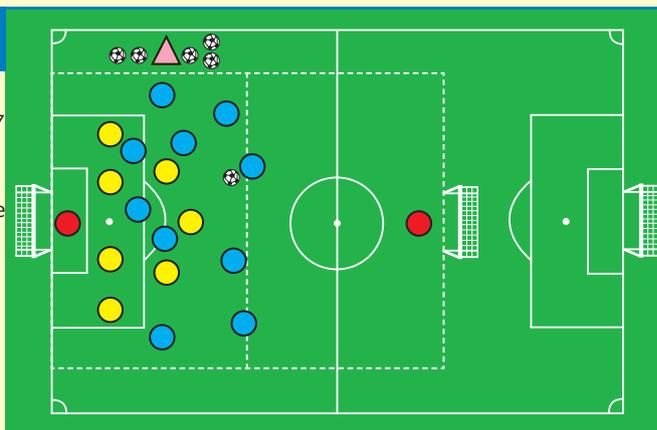


4. Practice game routine to work on control, self-confidence and aggressiveness

Organisation: – 1 blue team with 11 players and 1 yellow team with 7 or 8 players. – The game, with one team having fewer players (7 v 11 or 8 v 11), can be played either on a normal pitch or on a specially marked out pitch.

Procedure: – A normal game (played in a competitive spirit). The team with fewer players has to defend a 1-0 lead for 5'. – The 11-a-side team has to try and equalise and win the game. – The coach always feeds the ball in each time to prevent any breaks in play.

Variation: – Any team that concedes a goal loses a player. – The goalkeeper of the team that has to equalise comes up as an attacker for corners. – Play takes place only in the half of the team that is defending.



Training of cognitive skills: 1. Exercises and practice game routines

1. Collective passing exercise

Organisation:

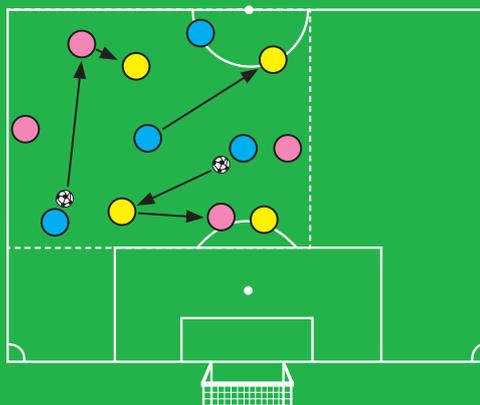
– 3 teams of 4 players each (with each team wearing different colours). – Marked out playing area. – The exercise is performed with 1 ball, then 2, and finally 3 balls.

Procedure:

– Passing game with limited touches (3-2-1). – The player with the ball always plays it to a player wearing a different colour. – The coach can give technical instructions (e.g. control the ball with one foot and pass with the other).

Variation:

– The exercise can be started with the players using their hands to play the ball. – The size of the pitch can be varied (depending on the technical or tactical objective). – The teams can have 3, 5 or 6 players.



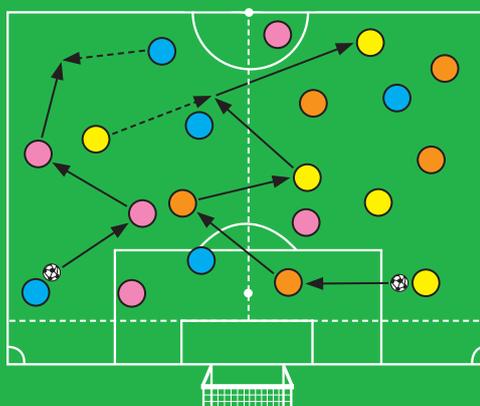
2. Collective passing exercise

Organisation: – 4 teams of 5 or 6 players each (with each team wearing different colours). – The playing area is marked out into 2 halves. – The teams play with 2 and then 3 balls.

Procedure: – Passing game with 2-3 touches allowed, passing the ball to the partner team. – The blue team plays the ball to the pink team only. – The yellow team plays the ball to the orange team only.

→ 1 or 2 players per team are always in the other half of the pitch (to work on short and long passes).

Variation: – A time limit can be imposed (e.g. players have to make as many passes as possible in 2'). – Practice game routine: 10 passes between the partner teams: (e.g. the blue team plays the ball to the pink team and the yellow team to the orange team).



3. 4 + 4 against 4 practice game to retain possession

Organisation:

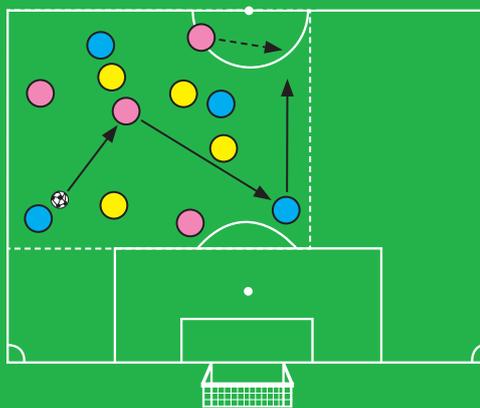
– 3 teams of 4 players each (wearing different colours); marked out playing area. → Play can be started with one of the players throwing the ball in.

Procedure:

– Emphasis is on retaining possession with 2 to 3 touches per player. – The game is played between 2 teams. The blue team plays with the pink team. The yellow team defends. When it gains possession, it takes the place of the team that has lost possession. – (e.g. blue loses the ball and yellow plays with pink).

Variation:

– The number of passes can be counted. – The pitch size can be increased to encourage long passes and switches in play. – The teams can have 5, 6 or 7 players.



4. Team unit exercises to work on passing and movement

Organisation:

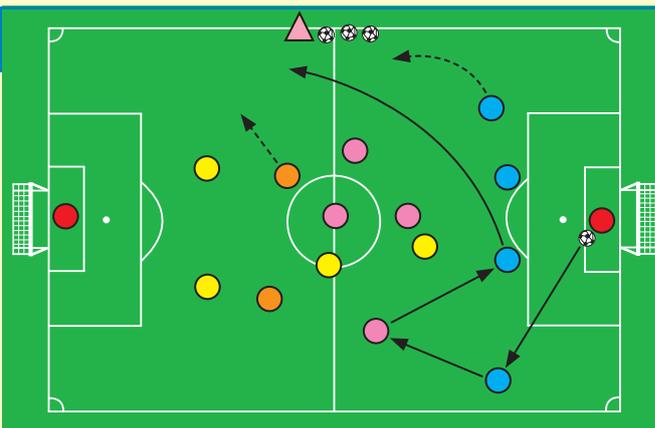
– The team plays in the formation chosen by the coach (e.g. 4-3-1-2). – Each unit wears a different colour (blue/pink/orange).

Procedure:

– The 11-player team plays against 4 to 5 opponents (semi-active and active). – Playing 1 to 2 touches, the team in action tries to finish. – The ball is always played to a player wearing a different colour.

Variation:

– The ball cannot be returned to the player who delivered the last pass. – A limit can be imposed on the number of passes allowed before scoring. – A restriction can be placed on the time allowed for the attack.



Training of cognitive skills: 2. Cognitive games

1. 3 v 3 v 3 game, working on finishing

Organisation:

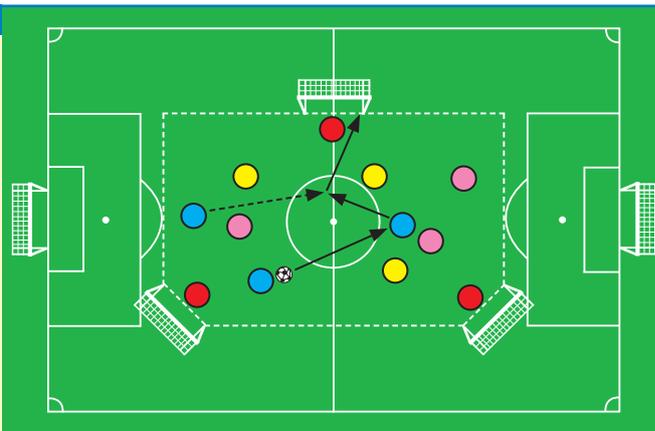
- 3 teams of 3 players each (with each team wearing different colours) + 3 goalkeepers. - Marked out playing area.
- 3 large goals (poles can also be used). - 1 ball in play.

Procedure:

- Each team plays against the other teams. - The players try to score in the goals of the other two opposing teams.
- Unrestricted play.
- > The emphasis is on making the right choice.

Variation:

- The game can be played without goalkeepers. - A floating player can be included, who plays for all 3 teams. - The size of the playing area can be varied, as well as the number of players in each team.



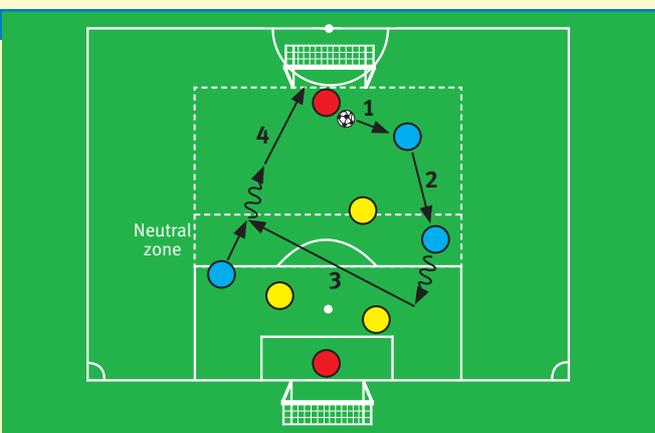
2. 3 v 3 (or 4 v 4) game, working on finishing

Organisation:

- 2 teams of 3 players each + 2 neutral goalkeepers.
- Marked out playing area + 2 large goals.

Procedure:

- Unrestricted play. The teams can score in either goal.
- The goalkeeper feeds the ball into play in the defensive zone. When the ball is in the neutral zone, the players can choose the goal in which they score.
- When a team wins the ball in the attacking zone, the ball has to be brought back to the neutral zone, either with a pass or by dribbling it.
- If one of the teams scores, that team's goalkeeper restarts play by giving the ball to his team.
- Goals can be scored however the players wish.



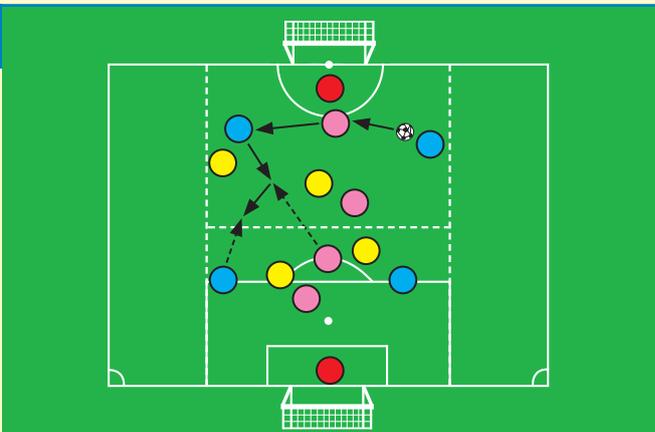
3. 4 v 4 game to work on retaining possession and finishing

Organisation:

- 3 teams of 4 players each (wearing different colours) + 2 neutral goalkeepers. - Marked out playing area + 2 goals.

Procedure:

- The blue team plays with the pink team against the yellow team. The blue team and the pink team play 2 touches each (or 1) with the aim of completing 10 passes before finishing in one of the 2 large goals with a direct shot on goal.
- The yellow team defends. If they gain possession, they can score immediately or after an exchange of passes in either of the 2 large goals. The yellow team plays normally with no restrictions.
- Roles are switched after 5 to 6'.
- Which team can score the most goals?



4. 11 v 7 game + 2 goalkeepers

- Organisation:** - 11 v 7 + goalkeepers. - Each team unit of the 11-man team wears a different colour (blue/pink/orange). - The 7-man team is yellow. - Marked out playing area + 2 large goals + 2 small goals. - The teams play in whatever formation is chosen by the coach (e.g. 4-4-2 against 3-3-1).

- Procedure:** - The 11-player team attacks, with 2 to 3 touches allowed per player. The ball is always played to a player wearing a different colour. - The yellow team defends. If they win the ball, they can play with no restrictions and try to score in the large goal or in one of the 2 small goals. - If the 11-man team loses possession, it tries to regain the ball so that it can build gradually before attacking the goal.

- Variation:** - The coach can provide specific instructions (e.g. the 11-man team has to press when the yellow team has the ball, goals can be scored only from a cross, etc.).

