DEVELOPING TRAINING IN FOOTBALL

PLANNING & PROGRAMMING

Sun Nov 16th – Central Victoria Pre-season coaching seminar

RAY BREED (LEVEL 3 HIGH PERFORMANCE COACH)

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INTRODUCTION

(1) Review: Identifying strengths and weaknesses – list review, skills, conditioning, game KPIs
(2) Outcome-based planning and training
(3) Prioritising then periodising your skills and conditioning
(4) Integrating skills and conditioning
(5) Maximising your available training time – effective planning and organisation
(6) Different training methods to address outcomes
(7) Measuring and evaluating training

2 SESSIONS/WEEK x 2 HOURS/WEEK

AVOID THE ‘SCATTERGUN APPROACH’ WITH GOOD PLANNING!
THE PLANNING PROCESS

1. Review
List, Season performance (Game KPIs), Competition trends, Training program, Staffing

2. Strengths/Weaknesses
Tactical, Technical, Physical, Mental

3. Develop Outcomes/Priorities
Identify/list priority areas for training. Quantify these elements (time on each?)

4. Develop Training Plan (Pre-season phase)
Block/periodise elements into ‘chunks’.

5. Best Practice Coaching/Training Methods
Apply best methods to suit training outcomes eg. ‘game sense for tactical outcomes’

6. Weekly Training Plan
Develop individual sessions. Review/evaluate each week.
1. Review

- Season Review - Team Plan/Style
- Competition & Opposition Review
- Individual Player Review
- List Management

- Develop Team Plan/Style of Play
- Develop Individual & Line Strategies

Training Development
(Tactical, Technical & Physical)

- Game Review
- KPIs & Stats
- Player Review
(1) **LIST REVIEW:**
- Strengths/weaknesses – Physical, Tactical, Technical, Mental?
- Positional
- Does game plan/training address the available list?

(2) **GAME PERFORMANCE:**
- Strengths/weaknesses – Physical, Tactical, Technical, Mental? Game Plan?
- Subjective (observations)
- Objective eg. Game KPI’s (Clearances, I50s, lost 4th quarters)
- Competition Trends? (Best teams?).

(3) **TRAINING PROGRAM:**
- Did it address the strengths/weaknesses? Game Plan?
- Organisation of training and drill selection?
- Appropriate mix of skills and conditioning?

(4) **STAFF/ORGANISATION:**
- Efficient use of staff?
- Clear of roles?
- Pre-training organisation?
GAME ANALYSIS – KPI MODEL (outcomes):

- No of Scoring Shots
- Accuracy%

- No 150s**
- I50 Efficiency**

- In Dispute: 50/50s
- Not In Poss: Work Off Ball
- In Poss: Work Off Ball
- In Poss: Ball Movt**

- CP Diff
- CL Diff
- Tack Eff
- Poss T/O & Up Diff
- KE% HE%
- Up Diff (UM/HR)

- Oppo I50s**
## Game KPI’s (Objective)

<table>
<thead>
<tr>
<th>In poss - ball movt</th>
<th>Oppo poss - pressure</th>
<th>In dispute</th>
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</thead>
<tbody>
<tr>
<td><strong>KPI</strong></td>
<td><strong>DEF</strong></td>
<td><strong>AIM</strong></td>
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<tr>
<td>I50</td>
<td>50+</td>
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<tr>
<td>R50-I50%</td>
<td>Rebound fr/D50 to I50</td>
<td>25%</td>
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<tr>
<td>UM</td>
<td>80</td>
<td>T/O</td>
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<tr>
<td>M I50</td>
<td>15</td>
<td>T</td>
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</tbody>
</table>
2. Strengths and Weaknesses

**Performance**

- **Individual**
  - Physical
  - Technical
  - Tactical
  - Mental
- **Team**
  - Physical
  - Technical
  - Tactical
  - Mental

**Individual**
- Injury prevention
- Player screening/profiling
- Anthropometry
- Nutrition
- Injury management & rehabilitation
- Warm-up & cool-down
- Recovery
- Fitness testing
- Specific fitness prep:
  - Aerobic
  - Anaerobic (CP & LA)
  - Strength & power
  - Agility
  - Speed & acceleration

**Technical**
- Individual skills ie:
  - Tackling
  - Kicking
  - Marking
  - Contesting (ground & aerial)
  - One “percenters”
  - Defensive
  - Positioning/leading

**Tactical**
- Player recruitment
- Team structure & strategies
- Opposition strategies
- Training drills & game sense
- Team rules
- Player roles/positions
- Individual:
  - Decision-making (implicit)
  - Anticipation

**Mental**
- Preparation & readiness
- Goal setting & motivation
- Anxiety & arousal
- Player welfare, social behaviours & education
- Leadership & personal skills
- Confidence & personality
- Feedback & appropriate instructional methods
- Training methods
- Staff & player interactions
- Developing cognitive skills
### CHECKLIST – Strengths/Weaknesses

<table>
<thead>
<tr>
<th>TACTICAL</th>
<th>Rate</th>
<th>TECHNICAL</th>
<th>Rate</th>
<th>PHYSICAL</th>
<th>Rate</th>
<th>MENTAL</th>
<th>Rate</th>
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</thead>
<tbody>
<tr>
<td>Rebound fr/Def</td>
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<td>Kicking</td>
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<td>Aerobic capacity</td>
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<td>Mental Toughness</td>
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<tr>
<td>I50 entries</td>
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<td>Quick hands/under pressure</td>
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<td>Speed</td>
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<td>Training quality</td>
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<td>Leading patterns</td>
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<td>Tackling</td>
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<td>Acceleration</td>
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<td>Aggression</td>
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<td>Spread fr/contests</td>
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<td>Positional eg. spoiling</td>
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<td>Agility (CofD)</td>
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<td>Confidence</td>
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<tr>
<td>Decision-making w/ball (when/where?)</td>
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<td>Contested ball</td>
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<td>Strength/power</td>
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<td>Team work</td>
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<td>Stoppages</td>
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<td>Stoppages eg. bodywork</td>
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<td>Social interaction</td>
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<td>Pressure - turnovers</td>
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<td>Goal kicking</td>
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<td>Coaching methods</td>
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<td>Positional roles</td>
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<td>Running patterns</td>
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<td>Coach address – content, timing</td>
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**Relate to game!**

*Rating scale: 1-3 (1 – Excellent, 2 – Good, 3 – Deficient)*
3. Develop Outcomes & Priorities

(1) Identify most important KPI’s
(2) Can we change them in a season? Eg. Kick technique
(3) What proportion of time do we spend on each?
(4) How do we train/develop to improve these?
(5) Type of training? (block, random, technical, game sense)
(6) Develop game plan (ongoing in pre-season)

PRIORITY = IMPORTANCE X CHANGEABILITY

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<thead>
<tr>
<th>KPI</th>
<th>Tech/tactical</th>
<th>Physical</th>
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<tbody>
<tr>
<td>Clearances</td>
<td>Bodywork, positioning, structure</td>
<td>Strength, power, aerobic</td>
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<tr>
<td>Tackle eff%</td>
<td>Footwork, body position</td>
<td>Strength, power, aerobic</td>
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<td>Oppo T/O</td>
<td>Defensive pressure, positioning</td>
<td>Aerobic, RSA</td>
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<tr>
<td>Unc Poss</td>
<td>KE%, HE%, leading/create space</td>
<td>Aerobic, RSA</td>
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</tbody>
</table>
# Training Priorities (EG)

<table>
<thead>
<tr>
<th>ELEMENT</th>
<th>KPI</th>
<th>RATING</th>
<th>TIME</th>
<th>Sessions</th>
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</thead>
<tbody>
<tr>
<td>Rebound fr/defence</td>
<td>R50-I50</td>
<td>1</td>
<td>200</td>
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<tr>
<td>I50 entry effectiveness</td>
<td>M I50, Sc shot%</td>
<td>1</td>
<td>200</td>
<td>10</td>
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<tr>
<td>Kicking efficiency</td>
<td>I50, KE%</td>
<td>3</td>
<td>300</td>
<td>20</td>
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<tr>
<td>Quick hands/H under pressure</td>
<td>HE%</td>
<td>3</td>
<td>150</td>
<td>15</td>
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<tr>
<td>Tackling</td>
<td>TE%</td>
<td>2</td>
<td>100</td>
<td>10</td>
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<tr>
<td>Decision-making with ball</td>
<td>I50, UM</td>
<td>3</td>
<td>150</td>
<td>10</td>
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<tr>
<td>Stoppage structures</td>
<td>Cl diff, T/O fr stopp</td>
<td>1</td>
<td>160</td>
<td>8</td>
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<tr>
<td>Kick-in structures</td>
<td>KI-PC, KI-I50</td>
<td>5</td>
<td>100</td>
<td>5</td>
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<tr>
<td>Position specific skills</td>
<td>GK, stopp., spoiling</td>
<td>3</td>
<td>150</td>
<td>10</td>
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<tr>
<td>Position specific tactics</td>
<td>M I50, Sp D50</td>
<td>1</td>
<td>200</td>
<td>10</td>
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<tr>
<td>Aerobic/game running (positional)</td>
<td>4th qu, spread</td>
<td>1</td>
<td>300</td>
<td>15</td>
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<tr>
<td>Acceleration/agility</td>
<td>??</td>
<td>4</td>
<td>100</td>
<td>10</td>
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<td>Mental toughness</td>
<td>??</td>
<td>4</td>
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**Rating scale (Priority):**
1 = high, 3 = moderate, 5 = low

**Total sessions = 30**
**Total time = 3600mins (60hrs)**
## Training Priorities (BLANK)

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<tr>
<th>ELEMENT</th>
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Total sessions = ??

Total time = ??
4. Develop Periodised Training Plan

- Pre-season (conditioning, skill acquisition, team strategies)
- In-season (maintenance, recovery, team strategies, opposition)
- Periodisation of conditioning and skills (‘Block’ priorities)
- Integrating conditioning and skills (where possible)
- Sequencing in logical order/progression
- General to specific skills (eg. general strength to tackling!)
- Specificity (of movements, energy systems, skills) - positional
- Variety (repetition with variety!)
- Mixed/blocked modes eg. aim at 3-4 variables/phase
- Individualised programs – small groups/similar targets eg. inside mids
SEASON PROGRAM

PRE-SEASON (PHASE 1-4)

PHASE 1
(2/12 – 21/12)
3 weeks

PHASE 2
(6/1-31/1)
4 weeks

PHASE 3
(3/2-1/3)
4 weeks

PHASE 4
(3/3-30/3)
4 weeks

WEEKLY MICROCYCLES

IN-SEASON (PHASE 5-9)

3-4 WEEK BLOCKS
(Reviewed)

WEEKLY (ROUNDS)
### (A) PRE-SEASON PERIODISATION

<table>
<thead>
<tr>
<th>PHASE 1</th>
<th>PHASE 2</th>
<th>PHASE 3</th>
<th>PHASE 4</th>
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<tbody>
<tr>
<td><strong>PRE-XMAS</strong>&lt;br&gt;2/12-21/12</td>
<td><strong>JANUARY</strong>&lt;br&gt;6/1-31/1</td>
<td><strong>FEBRUARY</strong>&lt;br&gt;3/2-1/3</td>
<td><strong>MARCH</strong>&lt;br&gt;3/3-30/3</td>
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<tr>
<td>3 weeks&lt;br&gt;6 sessions (720mins)</td>
<td>4 weeks&lt;br&gt;8 sessions (960mins)</td>
<td>4 weeks&lt;br&gt;8 sessions (960mins)</td>
<td>4 weeks&lt;br&gt;8 sessions (960mins)</td>
</tr>
<tr>
<td>Aerobic conditioning&lt;br&gt;Strength/Endurance&lt;br&gt;IP – pre-habilitation/core&lt;br&gt;Skill efficiency&lt;br&gt;SS Game Sense</td>
<td>Aerobic/Repeat Sprint&lt;br&gt;Strength/Endurance&lt;br&gt;IP – pre-habilitation/core&lt;br&gt;Skill efficiency – FG&lt;br&gt;HG Game Sense&lt;br&gt;SS Game Sense</td>
<td>Repeat Sprint (long&amp;short)&lt;br&gt;Game specific running&lt;br&gt;Positional strategy/skill&lt;br&gt;SS/HG Game Sense&lt;br FG Tactical/ball movt</td>
<td>Repeat Sprint (short)&lt;br&gt;Acceleration/Agility&lt;br&gt;Positional strategy/skill&lt;br&gt;SS/HG Game Sense&lt;br FG Tactical/ball movt</td>
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</table>
(A) Pre-season Training Phase Priorities – EG.

<table>
<thead>
<tr>
<th>PHASE 1</th>
<th>PHASE 2</th>
<th>PHASE 3</th>
<th>PHASE 4</th>
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</thead>
<tbody>
<tr>
<td><strong>Aerobic Capacity</strong></td>
<td><strong>Repeat Sprint (long)</strong></td>
<td><strong>Repeat Sprint (short)</strong></td>
<td><strong>Acceleration/agility</strong></td>
</tr>
<tr>
<td><strong>Strength</strong></td>
<td><strong>Strength/Endurance</strong></td>
<td><strong>Power: bodywork/combat</strong></td>
<td><strong>Power: bodywork/combat</strong></td>
</tr>
<tr>
<td><strong>Pre-hab/core</strong></td>
<td><strong>Pre-hab/core</strong></td>
<td><strong>Tackling</strong></td>
<td><strong>Cont ball</strong></td>
</tr>
<tr>
<td><strong>K efficiency/K to adv</strong></td>
<td><strong>K efficiency/K to adv</strong></td>
<td><strong>Pre-hab/core</strong></td>
<td><strong>Team Defence - turnover</strong></td>
</tr>
<tr>
<td><strong>Quick hands/first give</strong></td>
<td><strong>Defence – press/cover</strong></td>
<td><strong>Defence – press/cover</strong></td>
<td><strong>FG ball movt</strong></td>
</tr>
<tr>
<td><strong>Create 2v1</strong></td>
<td><strong>Spare Def</strong></td>
<td><strong>Spare Def</strong></td>
<td><strong>FG stopp structures</strong></td>
</tr>
<tr>
<td><strong>Def 1v2 – “Keep in V”</strong></td>
<td><strong>R50 transition (R50-I50)</strong></td>
<td><strong>R50 transition (R50-I50)</strong></td>
<td><strong>Kick ins</strong></td>
</tr>
<tr>
<td><strong>Clean hands w/pressure</strong></td>
<td><strong>Tackling technique</strong></td>
<td><strong>I50 entry/leading patts</strong></td>
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<td><strong>DM w/ball (H/K/carry)</strong></td>
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<td><strong>Line skills:</strong></td>
<td></td>
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<tr>
<td><strong>Break off line</strong></td>
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<td><strong>Eg: Fwds-GK</strong></td>
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<tr>
<td><strong>Manning mark</strong></td>
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<td><strong>Mids-Stopps</strong></td>
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<tr>
<td><strong>Communication</strong></td>
<td></td>
<td><strong>Backs-3rd up</strong></td>
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<tr>
<td><strong>Mental toughness</strong></td>
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Total sessions = 30

Total time = 3600 mins
<table>
<thead>
<tr>
<th>PHASE 1</th>
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**Total sessions = ??**  **Total time = ??**
## Pre-season Content – Phase 1 – EG.

<table>
<thead>
<tr>
<th>No</th>
<th>Date</th>
<th>Time</th>
<th>RPE</th>
<th>Load</th>
<th>Outcomes</th>
<th>Description</th>
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<tbody>
<tr>
<td>1</td>
<td>4/12</td>
<td>70</td>
<td>7</td>
<td>490</td>
<td>Quick hands, Kick to Adv, 2v1, Aerobic Capacity</td>
<td>(1) 3v2 square (2) 6's lane K to adv (3) 2v1 Gauntlet (4) 3 x 1.5k w/3 mins rest (5) 2v1 Gauntlet</td>
</tr>
<tr>
<td>2</td>
<td>6/12</td>
<td>90</td>
<td>7</td>
<td>630</td>
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<td>3</td>
<td>11/12</td>
<td>90</td>
<td>8</td>
<td>720</td>
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<td>4</td>
<td>13/12</td>
<td>100</td>
<td>9</td>
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<td>5</td>
<td>18/12</td>
<td>100</td>
<td>8</td>
<td>800</td>
<td>Kick to Adv, Manning mark, Clean hands w/pressure, Aerobic Capacity, Mental toughness</td>
<td>(1) HG K to adv (2) 3v2 Gauntlet fr/gd ball (3) 3 x 1 k w/2 mins rest – teams (4) 3v2 Gauntlet (5) HG K to adv/man mark (6) 4 x 500m w/90 secs rest</td>
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<tr>
<td>6</td>
<td>20/12</td>
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<td>9</td>
<td>900</td>
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Total sessions = ??

Total time = ??
### Pre-season Phase Content (BLANK) – PHASE?

<table>
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</table>

Total sessions = ??

Total time = ??
(B) In-season Phase Content (3-4 week blocks)

<table>
<thead>
<tr>
<th>PHASE &amp; DATES</th>
<th>W/L</th>
<th>STRENGTHS</th>
<th>WEAKNESSES</th>
<th>TRAINING PRIORITIES</th>
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Total sessions = ??
Total time = ??
## Planning Load & Evaluating Session

**LOAD = RPE \times \text{TIme (Active mins)}**

- **Game:** 9 x 100 = 900
- **Training:** 7 x 85 = 595 (~66% of game)
- **Princes Park run (3.2K):** 10 x 12 = 120

### Classify training load?

1. (Difficult) – 800+
2. (Hard) – 650+
3. (Moderate) – 500+
4. (Light) – 400+
5. (Very Light/recovery) - <400

### Rate of Perceived Exertion

*EG. How hard did you find the session?*

1. Very light (slow walk)
2. 
3. Light (light jog)
4. 
5. Moderate (running)
6. 
7. Hard (Fast running)
8. 
9. Very hard (Game)
10. Maximal effort
5. Training/Coaching Methods

(1) Technical skill
- Eg. Kick to adv, cont marking, set shots
- High reps/low pressure
- Explicit & implicit
- Indiv/small-sided drill

(2) Tactical skill**
- Improve DM
- Skill eff under pressure
- High reps/pressure
- Implicit/variable
- Small-sided games

(3) Style of play
- Framework within decisions are made
- Team plays/structures
- Low reps/pressure
- Large-sided games
- Explicit & implicit
- Structured scenarios

**IMPLICIT: learning through experience without direct instruction
**EXPLICIT: learning through direct instruction
Drill classifications:

(1) Technical
- High reps of tech skill
- Min/conditioned pressure

(2) Small-sided GS
- High reps of DM skill (simple DM)
- 4+ games/max 6v6

(3) Half-Gd GS
- Mod reps of DM skill (mod DM)
- 2 games/6v6 -12v12

(4) Full-Gd GS
- Low reps of DM skill (complex DM)
- 1 game/12v12+
6. The Weekly Training Plans (microcycle)

- Relate back to periodised phase
- Always relate to outcomes

1. Pre-hab/core routine (pre-training 10 mins)
2. Warm-up (15 mins) – aerobic run, skill, run throughs, skill, agility/acceleration, skill
3. Skill/conditioning component (80 mins) – integrate skills and conditioning as much as possible
4. Warm-down (10 mins) – aerobic run/stretch
5. Fill out RPE (computer, whiteboard)

Planning is vital for maximal development
Think how much time you have for skills/week???
**Session/date:** Ph1, Sess 6, 20/12

**Training Outcomes:** Aerobic Capacity, Strength/Endurance, Press/cover, K to adv

<table>
<thead>
<tr>
<th>DRILL</th>
<th>ORG</th>
<th>KEY PTS</th>
<th>MEASURE</th>
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<tbody>
<tr>
<td>(W-UP) - Pairs draw K (5)</td>
<td>Pairs (BA)</td>
<td>Weight K to adv</td>
<td>KE%</td>
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<tr>
<td>(1) 6 pt HB square variation (6)</td>
<td>All (BA)</td>
<td>First give/quick hands Move defenders</td>
<td>HE%</td>
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<tr>
<td>(2) 4v4 Gauntlet w/kick (10)</td>
<td>2 gps (DC)</td>
<td>First give/quick hands Press up/cover off</td>
<td>HE% T/O</td>
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<tr>
<td>Conditioning: 2x5' lose partner (10)</td>
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<tr>
<td>(3) FG K drill (11)</td>
<td>All (BA)</td>
<td>Kick to Adv</td>
<td>KE%</td>
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<tr>
<td>Conditioning: Wrestling drills (6)</td>
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<tr>
<td>(4) 7v5 HG ball movt (9)</td>
<td>2 gps (4 teams) (SW)</td>
<td>Quick ball movt Press up/cover</td>
<td>KE% T/O</td>
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<tr>
<td>Conditioning: Speed lanes (5)</td>
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<tr>
<td>(5) 7v6 HG ball movt (9)</td>
<td>2 gps (4 teams) (SW)</td>
<td>Quick ball movt Press up/cover</td>
<td>KE% T/O</td>
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<tr>
<td>Conditioning: Grappling/6x50 (6). Tumbling/core (6)</td>
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<tr>
<td>(6) FG ball movement/press up (15)</td>
<td>3 teams (x10) (DC)</td>
<td>Press up/cover K to adv whit-up</td>
<td>KE% T/O</td>
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<tr>
<td>Conditioning: B'end 150s/6x40s (15)</td>
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<tr>
<td>Goal Kicking - BB court</td>
<td>Fwds (BA)</td>
<td>Concentration/pressure</td>
<td>GK%</td>
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</table>

**Skills Load - RPE: 8.5, 6km, 60 mins / Conditioning - 48 mins (Total 108mins)**
### Session/Date:

### Training Outcomes:

<table>
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<tr>
<th>DRILL</th>
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<th>KEY POINTS</th>
<th>MEASURE</th>
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<tr>
<td>Skill load? ______(RPE) x ______(Time) = ______(Units)</td>
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<tr>
<td>Conditioning? ______(RPE) x ______(Time) = ______(Units)</td>
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</table>
(2) 4v4 GAUNTLET

AIM:
(1) Quick hands
(2) Give first option
(3) D press in
(4) Tackle technique

(1) 3 A start with T/O, & 1 A is at end of grid (fwd support)
(2) 4 D are split into 2 in fwd half, 2 in def half (2 zones)
(3) Aim is for 4 A to move ball through and over endline
AIM:
(1) Quick ball movement from D50
(2) Overlap HB/K to advance (DM with ball)
(3) Def - press/cover

(1) C switches ball to opponent pocket
(2) 2v1 D50, with 1D at HB
(3) Press up to influence
(4) 7A aim to move ball quickly down one side of the ground vs 5 D
7. Conclusion

1. Testing & measuring performance:
   - 3-4 skill drills (no of times ball hits ground in 10 mins)
   - Physical testing eg. 4 x 1k TT, 5 x 300m, Max push-ups, Prone hold

2. Integrate skills and conditioning

3. Specificity – conditioning game-relate, positional eg. 3-4 groups

4. Maximise training time – planning/organisation (players know session)

5. Feedback – individual/team – how much?

6. How to maximise help/support staff? (responsibility)

7. Use leadership group (know session/meet before)

8. Evaluate weekly
GAME SENSE
COACHING &
DECISION-MAKING

LEVEL 3 AFL HIGH PERFORMANCE COACHING COURSE - 2012

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Why implicit game-based training?

- Elite players have better DM skills
- “Open” skilled game i.e., techniques executed in variety of situations
- Well-rehearsed techniques can break down under fatigue & pressure
- Research strongly supports implicit training is more effective in transferring to performance than explicit (structured drills) methods
- Implicit games are more durable in terms of player learning

Features of implicit game-based training:

- Player-centred – coaches guide/facilitate players to explore options
- Coach asks questions
- Emphasis on DM in tactical situations that can occur in a match
- Implicit learning – learn sub-consciously/‘learning from mistakes’
- Indirect learning through problem solving

The Coach is a FACILITATOR
How does Game Sense work?

1. Techniques (movement patterns) can break down in competitive situations with ‘distractions’

2. Practicing with variety of scenarios can improve attention to only ‘relevant’ cues

3. Improve DM skills through ‘experience’ i.e., learning from good and poor decisions

4. Repetition – small-sided games

5. DM becomes automatic (sub-conscious)

6. ‘Need to make mistakes to learn!’

“A poor performance is not failure, it is feedback!”
COACHING GAME SENSE

GUIDELINES FOR DEVELOPING GAMES/TRAINING

1. Aim or theme (expected outcomes?)
2. Small-sided (2-6)
3. Replicate typical scenarios
4. Length – time for repetition
5. Main rules & area
6. Variations of game
7. Prepare questions
8. Block or Random/variable practice?
GUIDELINES FOR TEACHING THE GAME

1. (Explain purpose)
2. Brief explanation of rules/limitations
3. Let game ‘play’ & observe (evaluate)
4. Is it working? Modifications?
5. Vary pressure/difficulty
6. Ask individual questions during game
7. Teachable Moments
8. Freeze play – ‘walk through’ demo
9. Feedback on decisions
10. Turn FB into questions
COACHING GAME SENSE

QUESTIONING

Coach’s role to assist players in solving tactical problems

4 concepts:
1. TIME – when should you…….?  
2. SPACE – where should you…….?  
3. RISK – which option…….?  
4. EXECUTION – how should you…….?  

Use open-ended questions

Turn feedback into questions: when, what, where, why, how?
COACHING GAME SENSE

CHANGING CONSTRAINTS

1. Level of pressure/tackling
2. Size/shape of area
3. No of players (def/att)/size of teams
4. Rules
5. Time in possession
6. Method of scoring/points eg. 3 pt
7. Positions/zones
COACHING GAME SENSE

PRESENTING GAMES:
To develop strategy we can:

1. Stay in A or D role for time of no. of turns
2. Give one gp a task
3. Set scenarios
4. Observation
5. Experienced v inexperienced
COACHING GAME SENSE

EVALUATING THE GAME

1. Did game address aims?
2. Could game be modified?
3. Sufficient repetition of skills?
4. Player involvement maximised?
5. Game progressions?
ACTIVITY NAME: 3v2 Handball. AIM: Keep possession. Draw opponent.
Create/move to space.

PLAY SMALL-SIDED GAME

QUESTION/S (RE: STRATEGY)
- How could you help out the ball carrier?
- When was the best time to handball? How did you know when to handball? (cues?) How did you know where to run?
- How did you create space?
- How did the defensive pair work together? What type of defence worked best? What else could you have done?
- How could you limit the space of the attackers?

REPLAY GAME – (STRATEGY IS BASED ON PLAYER RESPONSES)

MODIFICATION TO GAME
- Only change 1 rule/aspect of the game at a time (then ask further questions relating to the change between each game!). Egs:
  - Now team of 3 try to get as many passes in a row before tag/intercept
  - One person in team is worth 3 pts each time he receives the ball
  - One player can’t receive ball, only block/shepherd
QUESTIONS/DISCUSSION??

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