

FNSW PROJECT 22 ANNUAL TRAINING PROGRAM - SEASON 2009 / 2010

Squad 11 - 12

NSW

12

PRIMARY OBJECTIVES - INDIVIDUAL PERFORMANCE GOALS

1. Functional Games that will enhance skill transfer - Special attention to Passing and Heading
2. Positioning game training that will provide basic formation training of 1-3-2-3 leading into 1-4-3-3
3. Learning the positions and basic tasks in 11 v 11

PRIMARY OBJECTIVES - TEAM PERFORMANCE GOALS

1. T - Major emphasis continues on developing technically proficient players with Skills transfer
2. I - Insight extending tactical instruction and explaining the positions basic tasks required
3. C - Communication is developed through game training and training games

MONTH	Oct-09				Nov-09					Dec-09				Jan-10				Feb-10				Mar-10				Apr-10				May-10				Jun-10				Jul-10				Aug-10				Sep-10											
WEEK (Monday)	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	1	8	15	22	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27					
COMPETITION CYCLE (Season)	OFF				POST					OFF				PRE				COMPETITION SEASON																																POST							
	3 weeks				8 weeks					6 weeks				4 weeks																																				3 weeks							
MACROCYCLES	1				2					3				4				5																																6				8			
MICROCYCLES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52					
Sessions per microcycle	-	-	-	4	4	4	4	4	4	4	4	-	-	-	-	-	-	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	-	-	-	-	-					

TECHNICAL COMPONENTS

Ball Mastery (Warm-up + fun games)

Fakes & Feints

Stops & Starts

Changes of Direction

Heading

Passing & Receiving

Control ball (First Touch)

Instep Striking (Shot + Pass)

Chipping + Bending

1 v 1 (Attack / Defend)

Finishing (Shooting)

Step-over / scissors / double & combination step

Scissors / Double / Triple / Maradona spinner

Cuts / hook turn / roll & step-over / step-on / wave

Pull-push / step-kick / fake inside cut / double cut

Heading

P + R

Various short FUN games

Control

Instep

Block tackle

Finishing

Toe Taps / Sole Taps / Slide / Pull Push / Walk Ball / V Pull Push / Ankle Roll / Side Dribbling + different parts of foot / Cutting / Dribble cut / Double Cut + INTRO COMBOS

Step Over / Scissors / Side Step / Shimmy / Hop / Double Touch

Wave / Pull-Push / Poke Thru

In/Outside cuts / Twist off / Hook turn / Pivot turn / Step Over Turn

Heading

P + R

Control

Instep

Slide tackle

Finishing

Allow players FULL recovery physically and mentally

This phase will allow for regeneration physical / mental and consolidation and revision of 12 months

TACTICAL COMPONENTS

2 v 2 (+ shoot / angle support)

4 v 4 (+ runs / body shape)

Support Off the Ball

Maintaining Possession

Finishing (Crossing + Shooting Zone)

Back Four (2/3&4/5)

Midfield (6/8/10)

Strikers (7/9/11)

Set Pieces (SP)

Fast Break Attack (FBA)

1-4-3-3 (Diamond Forward)

1-4-3-3 (Diamond Backwards)

Group/Team Play (Attack / Defend)

2 v 2's

4 v 4's

Positioning Games

Possession + 1/2/3 touch

Finishing

Introduction - Playing out from the back

Introduction - Triangle basic

Intro. - Finishing

FBA

10 linking with 7/9/11

Learning the positions and

2 v 2's

4 v 4's

Positioning Games

Possession

Finishing

B

M

St

FBA

Role of 6/8/10

Learning how the basic tasks link together

Most endurance will now come from match play with no need for top up

S/E

Agility

Develop and maintain good stretching habits + specific work on Coordination and Balance

Develop and maintain good strength - this can be done with match specific exercises and using players own body weight - Many fun games

Review player's PTP results

PHYSIOLOGICAL COMPONENTS

Aerobic Endurance

Speed Endurance (4-5 vs 4-5)

Speed (Explosive 1 vs 0 / 1 vs 1)

Flexibility + Coordination + Balance

Strength (General + Core)

Player Profiling

NO specific work - a by product of intense fun

Mental + Decision

Dynamic Pre-session - Develop Post-session

Develop upper and lower body - Isometric / Dynamic

T

There are 6 sessions that need to be done Nutrition, Goal Setting etc We will arrange due to work load, weather etc

Regular contact and education mostly through PB and Regional Head Coach

PSYCHOLOGICAL COMPONENTS

Theory (Players)

Theory (Parents)

Theory (Coaching Staff)

Intensity Chart

90-100%

75-90%

60-75%

40-60%

Very High

High

Medium

Low

Non football activity

Personal Training Program