FNSW PROJECT 22 ANNUAL TRAINING PROGRAM - SEASON 2009 / 2010

Squad 9 - 10

10

PRIMARY OBJECTIVES - INDIVIDUAL PERFORMANCE GOALS

1. Functional Games that will enhance skill transfer - Running with the ball, 1 vs 1, Shooting, Passing / Receiving, first touch are focus
2. Positioning game training that will provide basic formation training of 1-3-3 and 1-3-2-3
3. Learning to act with the ball purposefully

PRIMARY OBJECTIVES - TEAM PERFORMANCE GOALS

1. **T** - Major emphasis on developing technically proficiency players
2. **I** - Insight and understanding of positions and basic tasks required
3. **C** - Communication is developmed 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	1 2 3 4 5	6 7 8 9	10 11 12 13 14	15 16 17 18	19 20 21 22	23 24 S/F F GF	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	- - - - -

TECHNICAL COMPONENTS												
Ball Mastery (Warm-up + fun games)		Step-over / scissors / double & combination step			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							
Fakes & Feints		Scissors / Double / Triple / Maradona spinner			Step Over /Scissors / Side Step / Shimmy / Hop / Double Touch							
Stops & Starts		Cuts / hook turn / roll & step-over / step-on / wave			Wave / Pull-Push / Poke Thru							
Changes of Direction		Pull-push / step-kick / fake inside cut / double cut			In/Outside cuts / Twist off / Hook turn / Pivot turn / Step Over Turn							
Heading												
Passing & Receiving		P + R			P + R		P + R		P + R			
Control ball (First Touch)	Various short FUN games	Control				Control		Control		Control		
Instep Striking (Shot + Pass)			Instep				Instep		Instep		Instep	
Chipping + Bending												
1 v 1 (Attack / Defend)	Focus on attack	1 v 1's	1 v 1's		1 v 1	1 v 1	1 v 1	1 v 1	1 v 1	1 v 1	1 v 1	1 v 1
Finishing (Shooting)	No QUEUE exercises	Finishing	Finishing		Finishing	Finishing	Finishing	Finishing		Finishing	Finishing	
TACTICAL COMPONENTS												
2 v 2 (+ shoot / angle support)		2 v 2's	2 v 2's		2 v 2's	2 v 2's	2 v 2's	2 v 2's	2 v 2's	2 v 2's	2 v 2's	2 v 2's
4 v 4 (+ runs / body shape)		4 v 4's	4 v 4's		4 v 4's	4 v 4's	4 v 4's	4 v 4's	4 v 4's	4 v 4's	4 v 4's	4 v 4's
Support Off the Ball		Variations of 4 v 4 + 7 v 7			9 v 9	9 v 9	9 v 9	9 v 9	9 v 9	9 v 9	9 v 9	9 v 9
Maintaining Possession		Possession + 1/2/3 touch				Possession		Maintain possession		Maintain possession		
Finishing (Crossing + Shooting Zone)			Finishing		Finishing		Finishing	Finishing	Finishing		Finishing	
Back Three (5/6/2)		Introduction - Playing out from the back			B	B	B	B	B	B	B	B
Midfield (8/10)		Introduction - Midfield unit			M	M	M	M	M	M	M	M
Strikers (7/9/11)			Introduction -Finishing		St	St	St	St	St	St	St	St
Set Pieces (SP)												
Fast Break Attack (FBA)					FBA	FBA	FBA	FBA	FBA	FBA	FBA	FBA
1-3-3		Introduction			Back 3		Front 3	Back 3	Front 3	Back 3		
1-3-2-3	Introduction of outfield postions more strict task allocation					Focus 6/8		Focus 6/8	Focus 6/8	Focus 6/8	Focus 6/8	
Group/Team Play		Learning to act with the ball purpsoefully			Reinforce technical and tactical components of topic							
PHYSIOLOGICAL COMPONENTS												
Aerobic Endurance					Most endurance will now come from match play with no need for top up							
Speed Endurance (4-7 vs 4-7)	NO specific work - a by product of intense fun games					S/E	S/E	S/E	S/E	S/E	S/E	
Speed (Explosive 1 vs 0 / 1 vs 1)	Mental + Decision				Plyometrics + Agility			Agility	Agility	Agility	Agility	
Flexibility + Coordination + Balance		Dynamic Pre-session - Develop Post-session			Develop and maintain good stretching habits + specific work on Coordination and Balance exercises that will enhance dvelopment of Motor Skills							
Strength (General + Core)	Develop upper and lower body - Isometric / Dymanic				Develop and maintain good strength - this can be done with match specific exercises and using players own body weight - Many fun games							
Player Profiling			T		T	Review player's PTP results		T				T
PSYCHOLOGICAL COMPONENTS												
Theory (Players)					There are 6 sessions that need to be done Nutrition, Goal Setting etc We will arrange due to work load, weather etc							
Theory (Parents)					Regular contact and education mostly through PB and Regional Head Coach							
Theory (Coaching Staff)												

Allow players FULL recovery physically and mentally

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

INTENSITY CHART

90-100%	Very High
75-90%	High
60-75%	Medium
40-60%	Low

Non football activity

Personal Training Program

by Gonzalez / Bentvelzen
2009