

Meeting the Demands of the Game

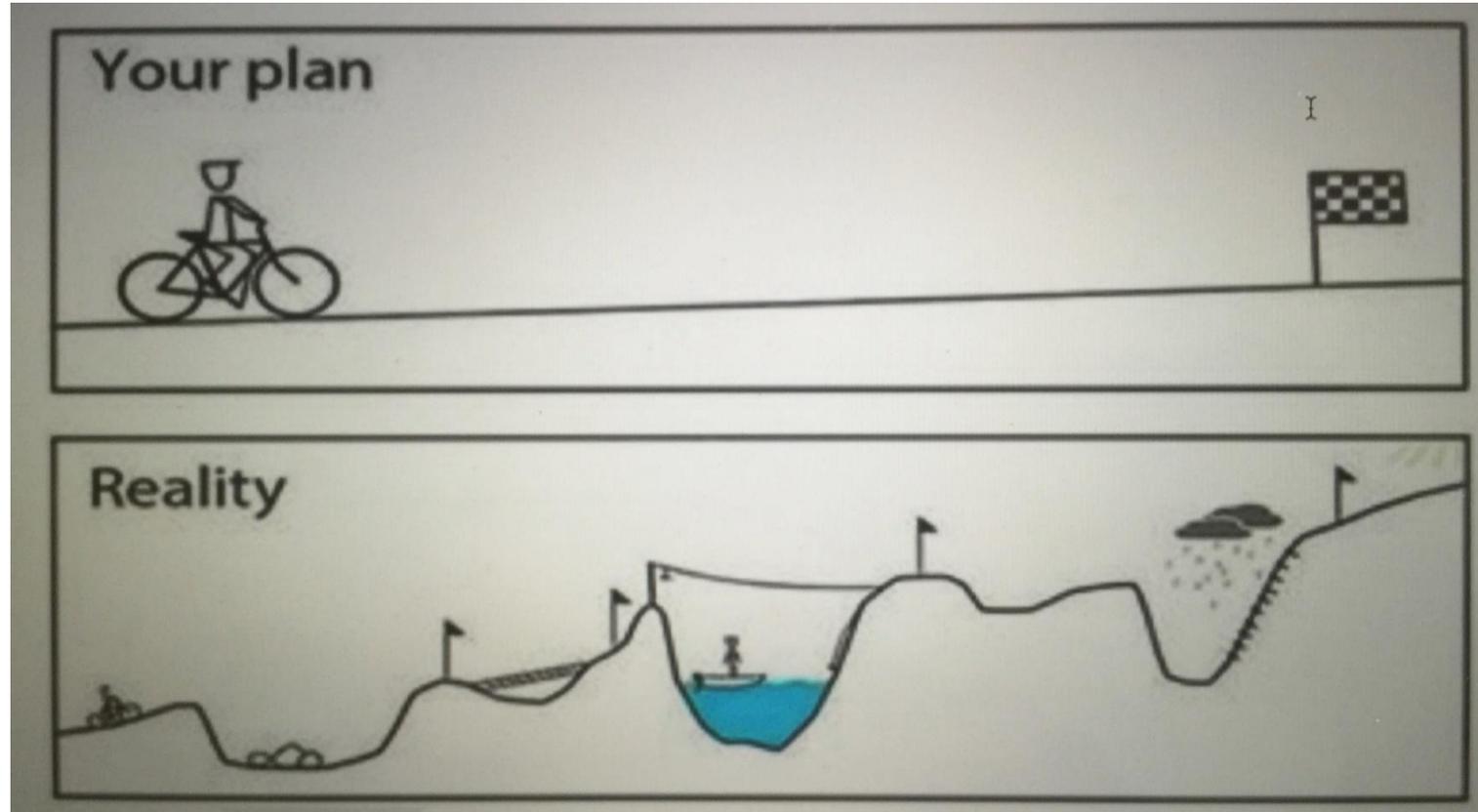
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Aware of “life happens”



Player Assessment...

Coach... Player... Teammate... Parents

- **What to look for? 5W's & 1H**
 - Start with a player without the ball (Physically)
 - Add the ball (Technically)
 - Add a teammate (Tactically)
 - Add an opponent (Tactically)
 - Keep adding players....



Paying attention to what you are doing!!



Are your sessions C.R.A.P.

Controlled – Planned, Organised Chaos

Real to the game

Atmosphere – Inspiring and Engaging

Practice – PLAY!! Opportunity to improve

Learning is taking place!!

Better training sessions = Better Players

Limited by only 2 things...

Real to the game... and what you know... 5 W's & 1 H

You control everything!!! It's all about what you know...

BUT!! Not what you tell them you know

Do you write every session?

Do you write your session for the team, the player(s)?

What's the difference?

How do you measure the success of the session

Better training sessions

Where do you start?

Any Topic/theme... Favorite topic?

Planning - BBC

Shape of the field...

Players... how many and where...

Advantage, disadvantage, extra (Joker), A Highlight or 2??

How will you start? End? Continue?

**Conditions.. vs a little more thought... Resources &
Restrictions????**

Is it real? How will I know if learning is taking place?

Better training sessions

What was the one of the last sessions you coached, Topic?

Who is your best player (First Name)

What position do they play?

In the session how did you challenge said player?

Coaching in the session / Game...

Making adjustments... challenges from what you see!!!

Headsets? Coaches and a player(s)

How do you measure the success of the session?

You are always in charge of 4 things

CARE:

Concentration

Attitude

Response

Effort

5 Pillars of the game

Physical

Psychological

Technical

Tactical

Lifestyle

Physical

- ✓ Meeting the demands of the game
- ✓ Qualities...
- ✓ 3 energy systems

- ✓ 3 speed bike...
 - ✓ 1st Gear
 - ✓ 2nd Gear
 - ✓ 3rd Gear



Things coaches are thinking about...

Periodization Basics

Definition: *a fancy way of saying planning training and development over time to maximize performance and minimize risk of injury.*

Breaks the season into segments.

General break-down:

- **Time of Season (Pre-, Early-, Mid-, Post-, Off-Season)**
- **Sport Cycle / Training Theme (Preparation, Base Tactics, Team Org.)**
- **Volume and Intensity**
- **Emphasis (Technical, Tactical, Physical, Psycho-Social)**
- **Physical Demands / Training Demand**

Periodization Concepts

- **How many trainings and games in the week or cycle?**
- **When to overload players and when to recover or underload?**
- **Which activities or sessions create the greatest physical demand on players?**
- **How long should training sessions, and activities within training sessions, go?**
- **What are the work-to-rest ratios that should be implemented in each training activity?**

1v1 Range: 5-30 seconds
2v2 Range: 30-45 seconds
3v3 Range: 1-2 minutes
4v4 Range: 2-3 minutes



5v5 Range: 3-4 minutes
6v6 Range: 4-5 minutes
7v7-8v8 Range: 5-7 minutes
9v9-11v11 Range: 8-10 minutes

Sample Range Chart



Recovery

Recovery Tips

Video

- » Takes 72 hours to fully recover
- » Day after match
- » Fluids
- » Stretching
- » Contrast Baths
- » Food

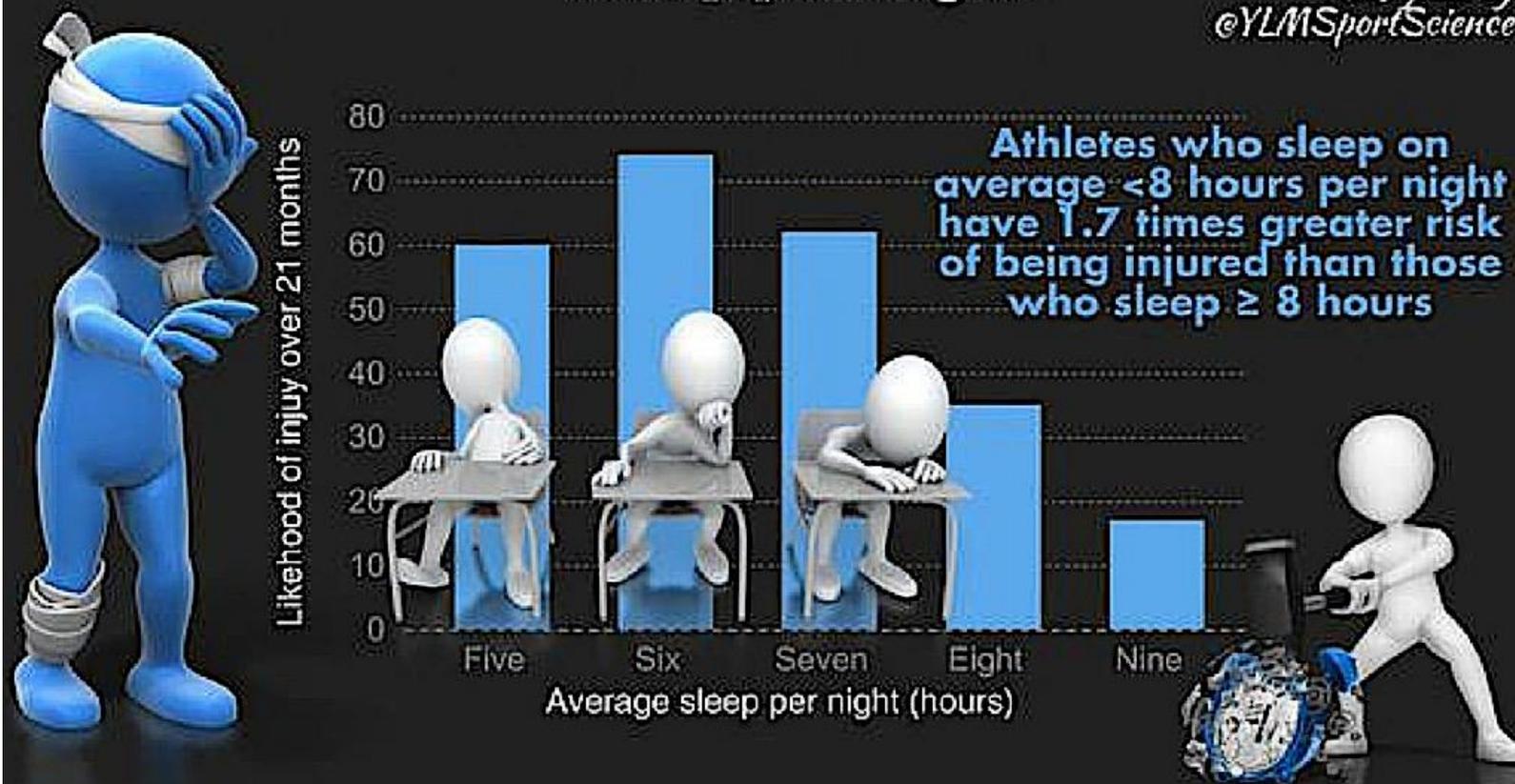




Sleep

Likelihood of Injury Based on Hours of Sleep per Night

Designed by
@YLM Sport Science

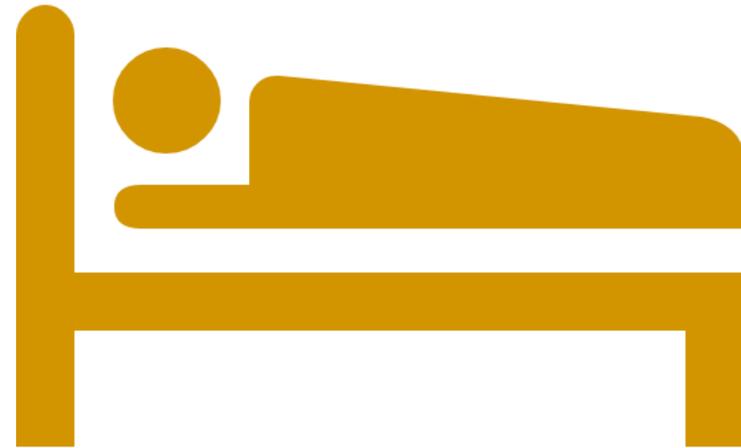


Reference

Chronic Lack of Sleep is Associated With Increased Sports Injuries in Adolescent Athletes
by Milawski et al. in J Pediatr Orthop 2014

Sleep Tips

- » Sleep Alone
- » Set a firm time to sleep and awake
- » Dim lights approx. 45 minutes to bed time
- » Stay away from “vampire” lighting
- » Room should be dark and cooler



Sleep Benefits

- » Memory consolidation
- » Reaction time and speed is improved
- » Mood
- » Less “hungry”
- » Injury reduction due to less fatigued.



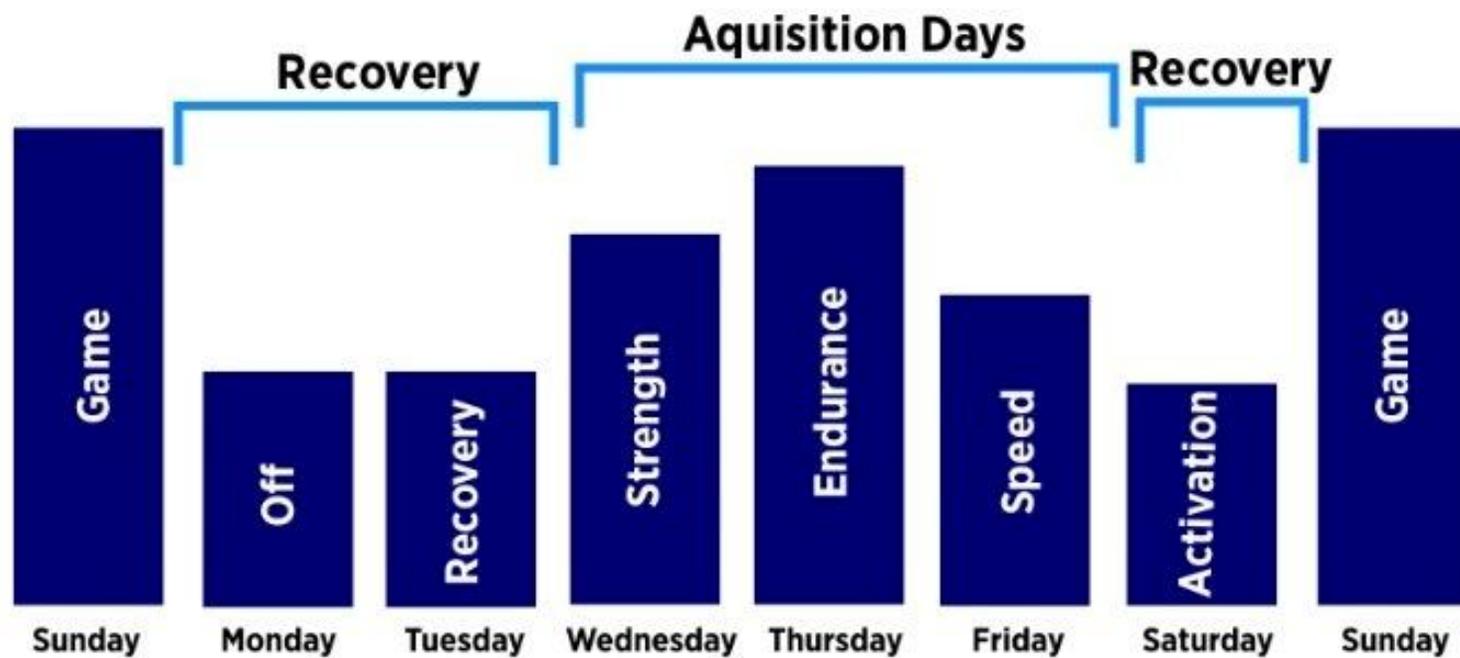
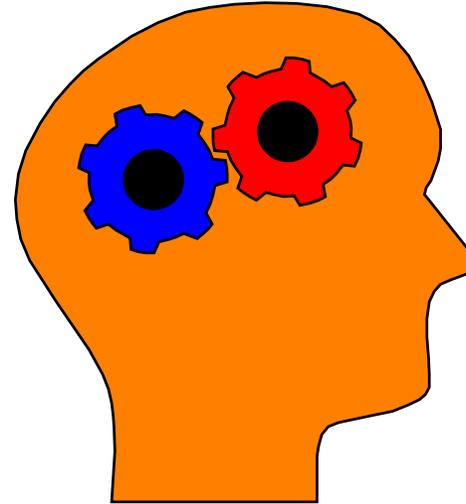


Figure 5. Standard weekly pattern.
(Adapted from Oliveira, 2007)

Psychological



- Competitive Spirit
- Frame of mind
- Communication
- Receptive to feedback
- Optimistic
- Rebound from mistake
- Persistence...



Emotional

- Control
- Intelligence
- Passion
- Enthusiasm
- Confidence
- Understanding
- Compassion
- Coping
- “Feeling”



What's your definition of Success

Shaped Early

"Progress" or "Success"?

Expectations

Coach, Player, Teammates - Parents

Demanding or Harsh?

Pride Can Equal Pressure

Sometimes Players quit before they let someone down



Opponent

PRESSURE

Self

PRESSURE

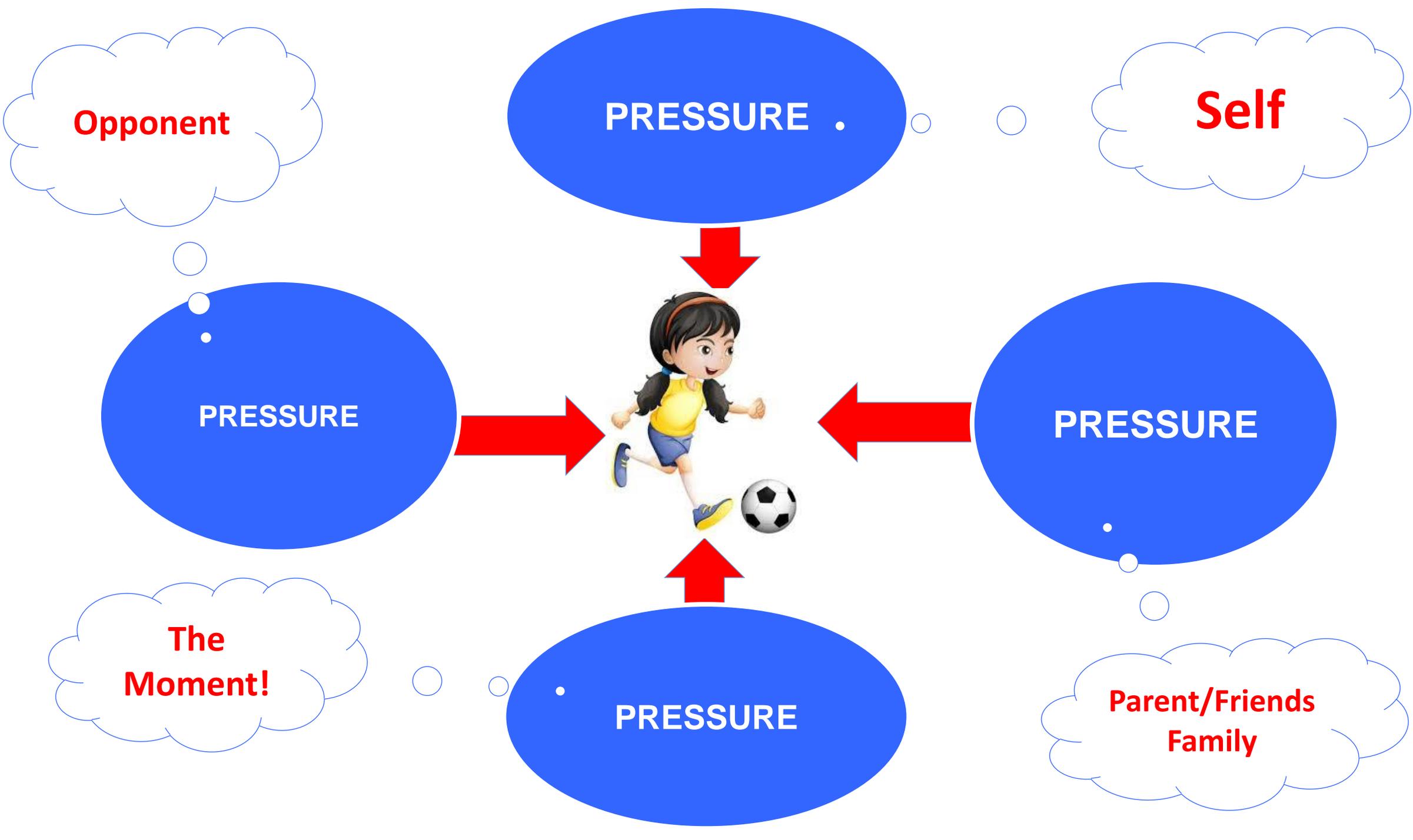


PRESSURE

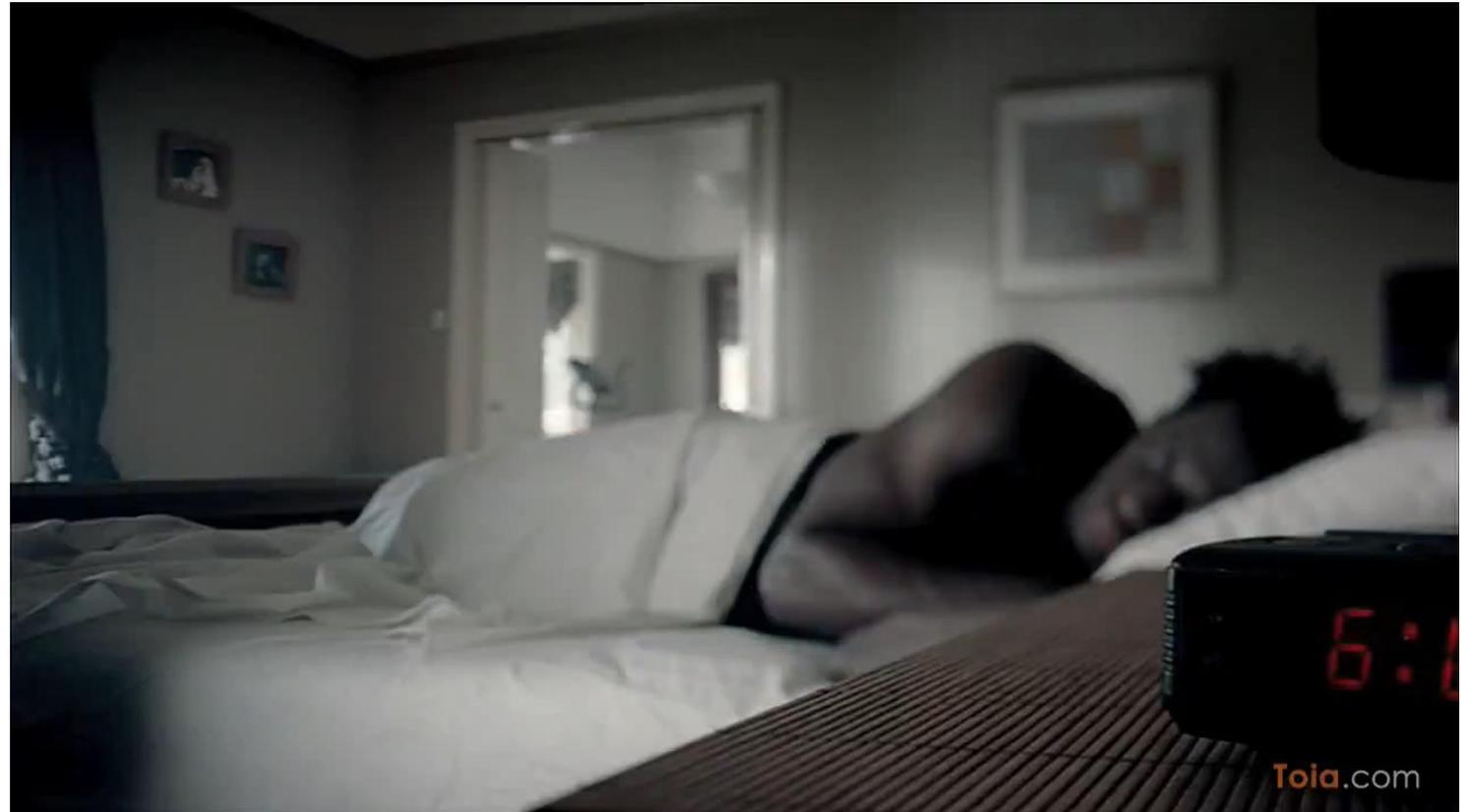
The Moment!

PRESSURE

**Parent/Friends
Family**



- Emotions Before, During, After
- Competition
 - With or Against?



Player Assessment...

More than Talent...

Three qualities difficult to teach...

- **Competitive Spirit “Fire”**
 - 3 types of competitors...
 - What’s Your Hype # 1-10
- **Self Belief**
 - “Champions are confident even when others have doubts”
- **Self Discipline**
 - Do your best & Do what’s right!
 - No matter what the circumstances!

Challenge

- The belief that change rather than stability is normal in life
 - Continuous short term goals
 - Physical
 - Fitness
 - Competitive
 - Results-oriented
 - Technical
 - Task mastery



COURAGE



Commitment

- The tendency to become deeply involved in what one is doing
 - Establish long term goals
 - S specific
 - M measurable
 - A adjustable
 - R realistic
 - T timely



Control

- The belief that an individual can remain influential (as opposed to being powerless or helpless) during confrontations with stress (Crust, 2007)



Control

- Imagery - Picture yourself!!!
 - Use all senses
 - Relaxed state
 - Practice just as any other skill
 - Internal or external
 - Coping strategies
 - Image control



You are always in charge of 4 things

CARE:

Concentration

Attitude

Response

Effort

Never let a win go to your head
nor a loss to your heart....



How do you define the success?

- If your team energy GOES UP after something has gone terribly wrong
- *Give a mediocre team a good idea and they will screw it up. Give a good team a mediocre idea and they will succeed.*



Technical & Tactical... Soccer!!!

Meeting the demands of the game

The beauty of our game... it's not Baseball...

Technique is the How

Tactics... Decisions 5 W's

Who

What

Where

Why

When



Objectives of the game

Attacking objectives:

Score a goal

Advance forward / create scoring opportunity

Maintain possession

Defending objectives:

Prevent the opponent from scoring

Slow down the opponent attack (Delay)

Regain possession

For every attacking principle there is an equal defending principle to counter it.

Principles of Play

Attacking

Penetration

Support

Dispersal / Width

Mobility

Improvisation / Creativity

Defending

Delay (Pressure)

Depth Cover

Compactness

Balance

Control and Restraint (Patience)

Where Goals are scored from...

Outside the box... Shooting from a distance

Inside the box... Own Goal!

How Goals are scored...

Shooting from a distance

Redirecting Finishing inside the box / Crosses

Combination Play or on Dribble to Penetrate

Set Pieces



A Legend's Insight Late Great Dick Bate



See it!



Do or Don't
let them hear
you!!!



For the goal!



Functions of a striker

- **S**how for the ball (Support)
 - Behind / in front / between / wide of defenders
- **S**ecure Possession
- **S**upply others with the ball
- **S**hift Defenders
- **S**core Goals!!

Stop the opponent... 1st line of defense?



Paying attention to what you are doing!!



Anticipation & Game Intelligence

- Expect to get the ball...
- Opponents tendency with the ball and without (movement)
- What's the opponent likely to do...
- Assess opponent... strength skill tendencies physical qualities...
- Weakness / strength
- Game understanding... moments / situations (Time / Score)
- Understanding space & how and when to create space for self teammate...
- When to Stand...
- Movement 1 Movement 2



Awareness / Determination / Guile

- Possibilities... what the opponent and opposition is trying to do...
- Your strength... and how to use it against opponent
- Controlled and emotional controlled physical presence
- Be 1st to the ball!!!
- Feints... slippery... setting up opponents!
- ENGAGE or not ENGAGE
- Starting positions?
- Hide attentions!
- “Get it wide... Get it wide... OR DO THAT!!! The unexpected!!!



Technical & Tactical Requirements

- Receiving the ball on the move
- Finishing with any part of the body & when you need to
- 1st touch Controlled vs PRODUCTIVE... Possession vs Penetrating
- Disguise - Pass/ shot / your intentions!
- Ability to play in one touch
- Creating space for self and teammates
 - Great players – Knowing why – where- when – for who!!!

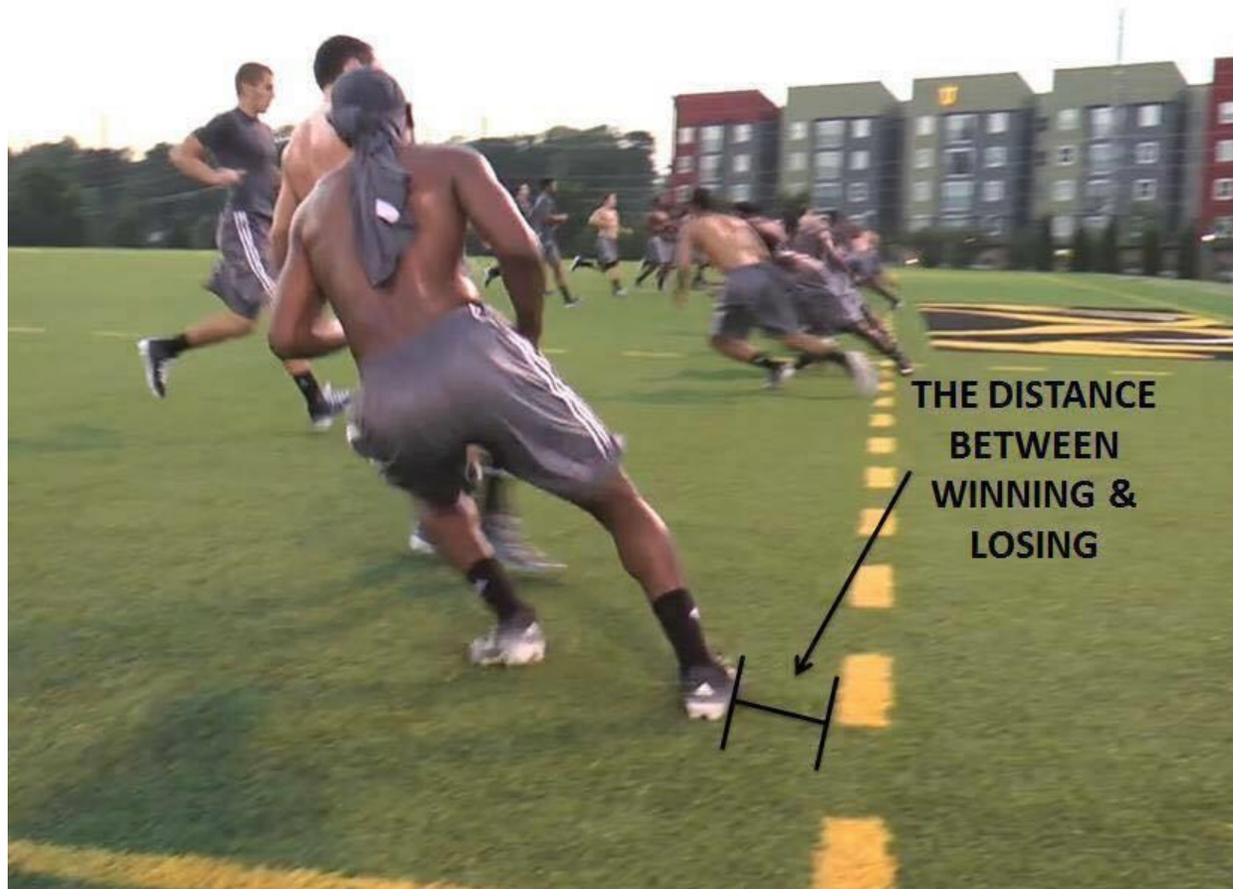


Lifestyle

- Character
- Nutrition
- Personality
- Appearance
- What qualities do you have?
- Are you an underachiever or overachiever?
- Before, during and after the game



The Difference between Winning & Losing!



You don't know what you can achieve until
you try!





Questions?

