

Training conspect

PART I

Date	30 June – 15 July 2024
Location	Antalya
Participants	Marcin KASZUBOWSKI, Murat ÖZER
Project Name/No	wSPieramy rOzwój pRzyszłego kobiecego futbolu – 2023-2-PL01-KA182-SPO-000177184
Age group	U10-U15
Objective	We realised that we needed to make a training plan for our project and for this reason, we prepared a joint training with the Antalya Sea Women's Sports Club and LIDOSK officials. Our aim here is for the coaches to get to know each other, to prepare the exercises and to exchange ideas with the coaches in this way.

PART II

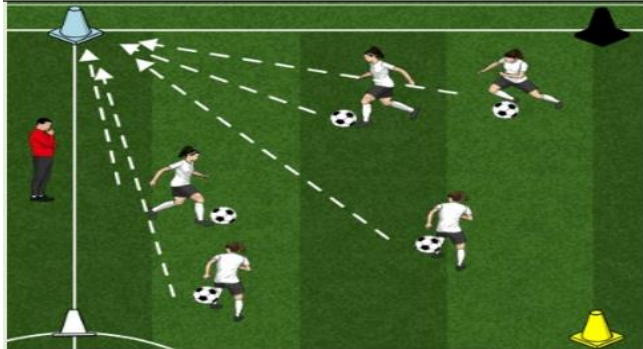
Teaching Learning Methods and Techniques		Discussion, question and answer, lecture, practice, demonstration
Tools, Equipment		<ul style="list-style-type: none"> - Soccer Balls - Cone and Slalom Bars - Training Vests - Pass and Shooting Goals - Whistle - Stopwatch - Balance and Strength Equipment - Stretching Mats: - Training Notebooks and Pens - Video Camera or Tablet
Activity program	<ol style="list-style-type: none"> 1. Welcome and presentation of the plan for the day Participants were welcomed and the program and objectives of the day were explained. 2. Activities and training sessions were planned with coaches from LIDOSK and Antalya Sea Women's Football Club. 3. Training Analysis and Group Discussion Group discussion on training observations, technical and pedagogical aspects of the training were evaluated. 4. Lunch and Social Interaction There was time for free conversation and interaction between the participants. 5. Practical Demonstration of Training Techniques The techniques and tactics observed during the training were demonstrated practically on the field. 6. Q&A and Feedback Session Questions from participants were answered, feedback collected and discussed. 7. Closing and Evaluation of the Day An overview of the day was made and a short feedback session was organized with the participants. 	



TEAM SPEECH : (5 min)

Girls need a different communication style than boys. That's why we give a talk before training so that all players feel comfortable and confident. The main things we will ask and discuss:

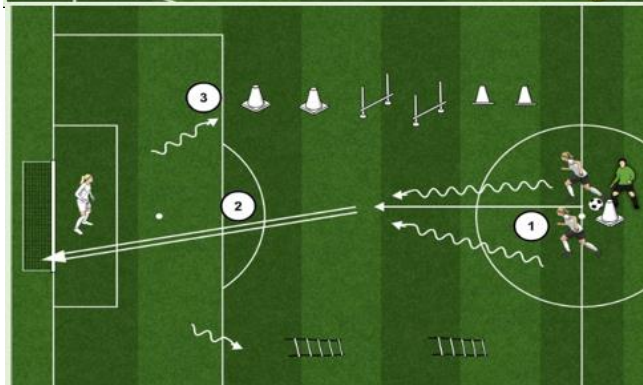
- The players are asked how they feel;
- If they have any injuries or aches and pains;
- We explain that it is natural for players to make mistakes and have problems during the exercises, in order to increase their confidence to try the drills and exercises;
- Apart from football, topics such as player-coach relationship, player-player relationship, greetings before training, farewell after training are taught to create a team spirit and to prepare a model athlete profile;
- It is ensured that the players calm down and do not feel nervous by making jokes on current issues.



WARM-UP : (15 MIN)

Each player is asked to take a ball. In 4 funnels, different types of dribbling drills are requested. While the players are dribbling, the coach calls out one of the funnels and the girls are asked to leave the ball and run to that funnel. The last girl to reach the funnel or the last 2 players are given a test or some exercises so that the girls can run fast and perform the exercise in the best way in a competitive manner.

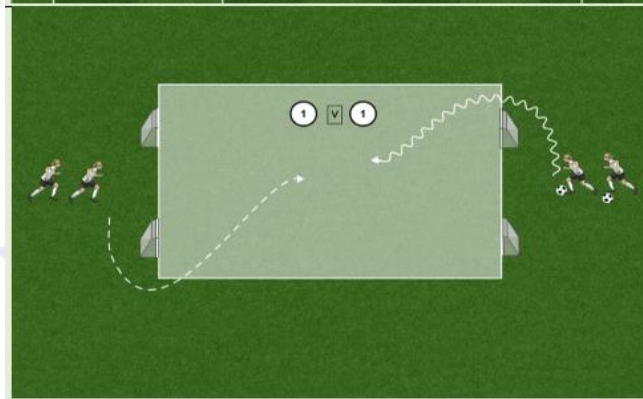
After a certain period of the exercise, fruits or objects are called out instead of the colour of the funnel in order to improve the exercise and increase the perception of the players. If the coach says cloud, they should go to the white funnel, if the coach says sun, they should go to the yellow funnel.



REACTION SHOOT COORDINATION : (20 min)

2 players wait for the coach to throw the ball. When the coach throws the ball, the good player moves towards the ball. The player who grabs the ball first and shoots finishes the exercise by doing the coordination on the right side. The player who fails to shoot first receives the ball, then finishes the exercise by doing co-ordination movements from the left side.

Players move to the ball with different waiting styles each time. For example, sitting, plank position and so on. In this way, reaction, shooting and co-ordination can be practised.



1V1 : (15 min)

The players are prepared in the same order as in the picture. The player with the ball dribbles the ball from the right or left side behind the goal and enters the playing area. The opponent has to run in the opposite direction of the dribbler. In this way, a one-on-one football match is played on the pitch. The player who does not have the ball reacts by running according to the decision of the player who has the ball and a 1v1 game takes place on the pitch. The reason why there are two goals is for the players' judgement and mental development. They shoot at the appropriate goal according to the situation and position. After the goal, the next players start the exercise.



GAME TIME : (15x2 min)

The game format is adopted, team selections are made, fair play rules are reminded and the game is played. Depending on the total number of teams, the game can be designed with variations such as 5V5, 7V7.



CLOSING SPEECH : (5 MIN)

Optionally, cool down exercises or cool down games can be performed at the end of the workout. The coach chats with the girls about the training, evaluates the exercises they have practised, advises the players on nutrition, etc. after the training, gives general reminders and finishes the training.

PART III

Evaluation	<p>All the coaches emphasized the importance of pedagogical and communication skills for the girls' training. It became clear how much the girls' self-confidence during training influenced the training. It was also agreed that the level and age group of the players to be trained is the most important criterion for the training.</p> <p>It was decided that special training sessions should be organized for age groups. The systems and the behavior and training of the girls were compared with the training in Poland and the coaches were interviewed.</p>
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