

# Training conspect

## PART 1

Date	June 30 - July 15
Location	Antalya
Participants	Marcin KASZUBOWSKI, Murat ÖZER
Project Name/No	Support develop Of futuRe women's foOTball (wSPieramy rOzwój pRzyszłego kobiecego futbolu) 2023-2-PL01-KA182-SPO-000177184
Age group	U10-U15
Objective	Polish participants' following the training of Antalya Deniz Sports Club, examining the exercises and how the exercises are done in an amateur sports club in Turkey, examining the coach-player relationship and showing some examples of Polish participants with athletes for positive change.

## PART II

Teaching Learning Methods and Techniques	Question and answer, lecture, practice, demonstration
Tools and Equipment	<ul style="list-style-type: none"><li>- Soccer Balls</li><li>- Cone and Slalom Bars</li><li>- Training Vests</li><li>- Pass and Shooting Goals</li><li>- Whistle</li><li>- Stopwatch</li><li>- Balance and Strength Equipment</li><li>- Stretching Mats:</li><li>- Training Notebooks and Pens</li><li>- Video Camera or Tablet</li></ul>

1. Welcome and presentation of the plan for the day :

- Participants and athletes were brought together at the training ground.
- The program of the day, the objectives and the focal points of the training were explained to the participants and athletes
- Polish participants were given general information about the level of athletes in Turkey

2. Training Preparation of Polish Participants:

- The Polish participants presented the training program they prepared for the Turkish girls' football team.
- There was a short briefing on the technical, tactical and conditioning focal points of the training plan.
- Before the training, information was given on what the athletes should expect from this program

3. Training the U10-U15 Girls' Football Team:

- The training program is detailed below

4. Training Analysis and Discussion Session:

- After the training was completed, the Polish participants and the coaches from Turkey came together to have an overview of the training
- The discussion focused on the technical and pedagogical aspects of the training, the performance of the athletes and the observations of the coaches
- There was a mutual exchange of ideas on the approaches to soccer training in both countries and how this training could be improved

5. Practical Exercises:

- Additional tactical work was carried out by the Polish participants on the weak points identified during the training
- Practical demonstration of the discussed and agreed exercise styles

6. Q&A and Feedback Session:

- After the training, a question and answer session was organized between the participants and the athletes
- Athletes' questions and feedbacks about the training were collected
- Polish coaches gave feedback by evaluating the effectiveness of the training program and the performance of the athletes

8. Closing and Evaluation of the Day:

- The general evaluation of the day was made and the achievements and experiences gained during this event were summarized.

## Football Training Program

In order to implement the work on the training program discussed together, the main motivational exercises and important topics in the training were planned for demonstration, as an example.

### 1. Warm-up and Stretching (10 minutes):

- \* Exercises with and without ball and warm-up exercises for age groups
- \* Especially for the younger age groups, playful warm-up methods were preferred to encourage them to train.
- \* Turkish coaches and Polish participants had 2 separate warm-ups

### 2. Technical Development (15 minutes):

- \* Simple technical exercises were performed, especially to get to know the soccer ball closely and to better control and feel it.
- \* Crimping techniques, which are important for beginners, were determined by Turkish coaches and Polish participants. 5 crimping techniques were demonstrated by Turkish coaches and 5 crimping techniques were demonstrated by Polish coaches (participants)

### 3. Tactical Practices (10 minutes):

- \* It was emphasized that tactical training should not be given too much importance in young age groups, tactical training should be at a simple level so that it would not be complicated and practical training should take place.
- \* Passing and running tactics have been implemented in games such as 1v1, 2v2, 3v3, 2v1, 3v2, errors have been corrected in a pedagogical method and in a way that does not destroy confidence

### 4. Motoric Training (10 minutes):

- \* All motoric training was deemed appropriate to be performed at baseline level
- \* Age-appropriate exercises of Balance, Coordination and Skill, Speed Flexibility, Strength were practiced by two coaching teams

### 5. Game and Match Simulation (20- 30 Minutes):

- \* Positive feedback during the game, mutual consensus that the game should be included in every training session
- \* Games lasted 15, 20 or 30 minutes depending on the training that day.

### 6. Cooling down and Evaluation (5 minutes)

- \* Differences were reviewed and evaluated by two groups of coaches

## Photos



## PART III

### Evaluation

The events, in which Polish participants trained the Turkish girls' football team, were a learning experience for both sides, strengthening international football education cooperation. The training programs implemented by the Polish coaches introduced innovative approaches and techniques to the athletes in Turkey. In the same way, KS Beniaminek 03 coaches benefited from the work of Turkish coaches and trainers. The technical, tactical and conditioning work carried out during the training allowed the athletes to diversify and develop their football skills.

During the training sessions and the process, both sides discovered many details that they didn't know or didn't realize. This kind of work has been very useful for women's soccer, which is just starting to gain popularity. Thanks to this meeting, relations between the two clubs improved and promises were made for the future.