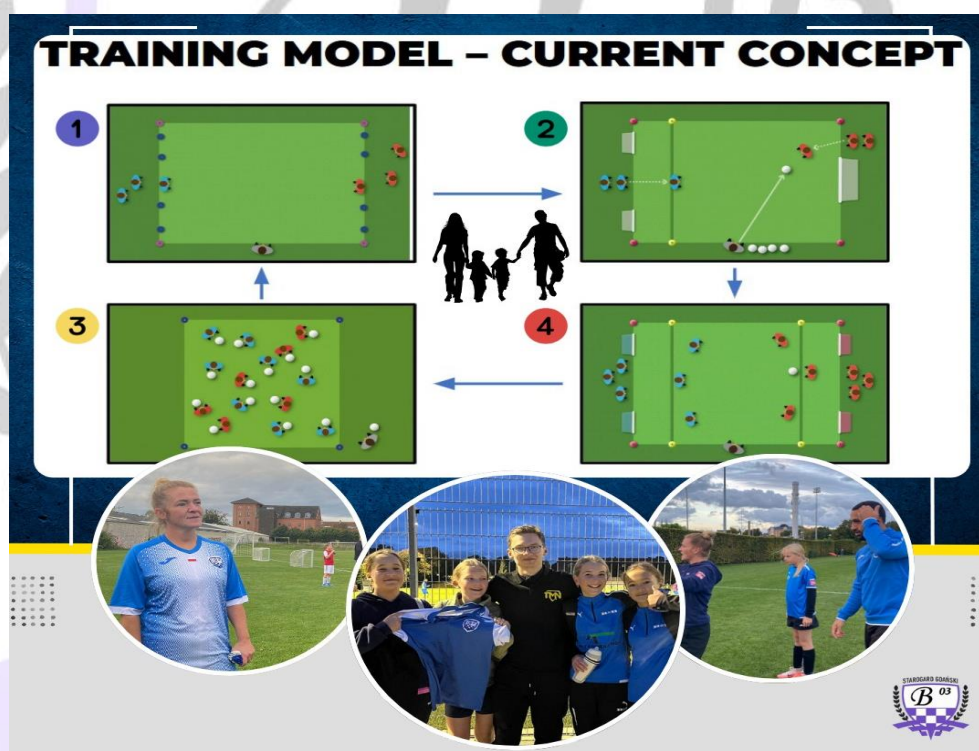


# Training conspect

## PART I

Date	28 Sep – 02 Okt 2024
Location	Roskilde Denmark
Project Name/No	wSPieramy rOzwoj pRzyszlęgo kobiecego futbolu – 2023-2-PL01-KA182-SPO-000177184
Age group	U10 – U15- Woman Football
Objective	The aim of the Denmark's mobility is to enable the observers from Poland to gain knowledge and experience about football tactics, training methods and cultural approaches by watching the girls' football team in Denmark, as well as to develop understanding and co-operation between the football cultures of the two countries by creating an environment of acquaintance and cohesion among the participants.



## EVALUATION OF CURRENT MODEL



- Easy to organize for parent coaches
- Every coach will see and coach all players during training time



- Disturbing to children to face 4-5 different coaches (and styles) during training time
- Children will rotate between drills on time – hard to succeed when being interrupted
- Parent coaches we're stressed on pitch due to the complexity in the childrens football skills

The purpose of the training program is for parents to organize the training in age groups where coaches are not available, 4 willing parents receive the training plan in a clear and understandable way, the exercises and workouts determined by the club and coaches are explained to the parents. In this way 4 different training styles start at the same time, the players move from station 1 to station 2 according to the set time. The training ends when the players have finished all the stations, after this time the soccer game starts. The matches are again played in 4 different groups depending on the number of players, the match with a lower number of players aims to get more players on the ball, this way there is more action, again each match is controlled by a parent as a referee.

**PART II**

STAROGARD GDAŃSKI

<b>Training Program</b>	<p style="text-align: center;"><b>Explanation of Football training</b></p> <ol style="list-style-type: none"> <li>1. Two groups of players, Red and Blue, take positions as shown in the picture. The Red player tries to run through the two castles defended by the Blue player, during which the player is expected to make decisions quickly and quickly for the change of decision and change of direction. The practice starts without the ball and after the completion of the practice by both groups, it moves to a 1v1 game model.</li> <li>2. The Red team players defending the big goal play a 1v1 game. If the blue player wins the ball, he/she should only aim for the big goal. After a certain time the players change.</li> <li>3. At the designated time, each player starts technical drills with a ball, the technical drills take a different turn at the signal of the parent coach, each player kicks the other player's ball away from the training area. the aim of the game can be explained as protect your own ball and hit the other player's ball, of course, before each game, technical drills and ball control are practiced, and at the signal of the coach (parent), a 45-second battle begins.</li> <li>4. In the simplest terms, it's a 3v3 game, with the parents always starting the game quickly when the ball goes out to keep the game moving.</li> </ol> <p>All exercises last 15 minutes, players who have practiced for 1 hour with 4*15 in total will move on to the match, which will last 30 minutes, 15*2.</p>
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**PART III**

<b>Evaluation</b>	<p>Participants thought of trying the exercises they learned and wrote down in their own organizations. Each participant expressed his/her opinion and his/her thoughts about the exercise.</p>
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