

Training conspect

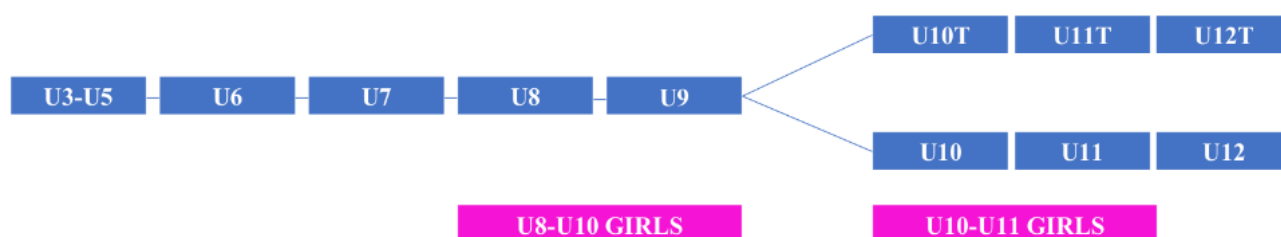
PART I

Date	28 Sep – 02 Okt 2024
Location	Roskilde Denmark
Project Name/No	wSPieramy rOzwoj pRzyszlego kobiecego fuTbol – 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.

PART II

6 participants organized a round table meeting in this training plan. In this meeting we learned how the Roskilde football academy works and we put it into a presentation and we will share with you information about the infrastructure according to this presentation program.

THE KIDS JOURNEY



- Capacity: 50 children pr. age group
- All voluntary parrent coaches (Except U10-U12 Talent)
- 1-2 voluntary team coordinators

PART III



RB1906 - FACTS

- Approx. 400 children from U3-U12
- 1 x full time Head of U6-U12
- 1 x part time development coach U6-U9
- 1 x voluntary development coach U3-U5

- Youth department to F.C. Roskilde (First team)
- Strategic partnerclub to F.C. Copenhagen
- U17 & U19 plays in the second highest national league

TECHNICAL	TACTICAL
<ul style="list-style-type: none"> - The ability to deliver - The ability to perform 1st touches - The ability to cut the ball - The ability to dribble - The ability to turn - The ability to finish <p>* ATTENTION! Evaluate in relation to both right/left legs</p>	<ul style="list-style-type: none"> - The ability to orient oneself (perception) - The ability to solve overnumber, undernumber and equal number situations - The ability to play through, around or over pressure - The ability to create and utilize space - The ability to add a change of pace to the game with and without the ball - The ability to prepare before receiving the ball - The ability to perform repress
MENTALLY	PHYSICAL
<ul style="list-style-type: none"> - The ability to be concentrated and focused - The ability to immerse oneself - The ability to receive and implement feedback - The ability to handle own and other people's mistakes 	<ul style="list-style-type: none"> - The ability to be football fast (speed and agility) - The ability to perform high-intensity runs in training and competition - The ability to be melee strong

PART IV

EVALUATION	<p>Our participants went to this meeting for the girls' football team and girls' football development and also learnt general football infrastructure information. They also had the opportunity to examine how the boys and girls teams are organised in the infrastructure. This training plan ended with the evaluation of the day in the evening. Participants asked for their opinions on the topic at the round table.</p>
-------------------	--