

# Training conspect

## PART 1

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

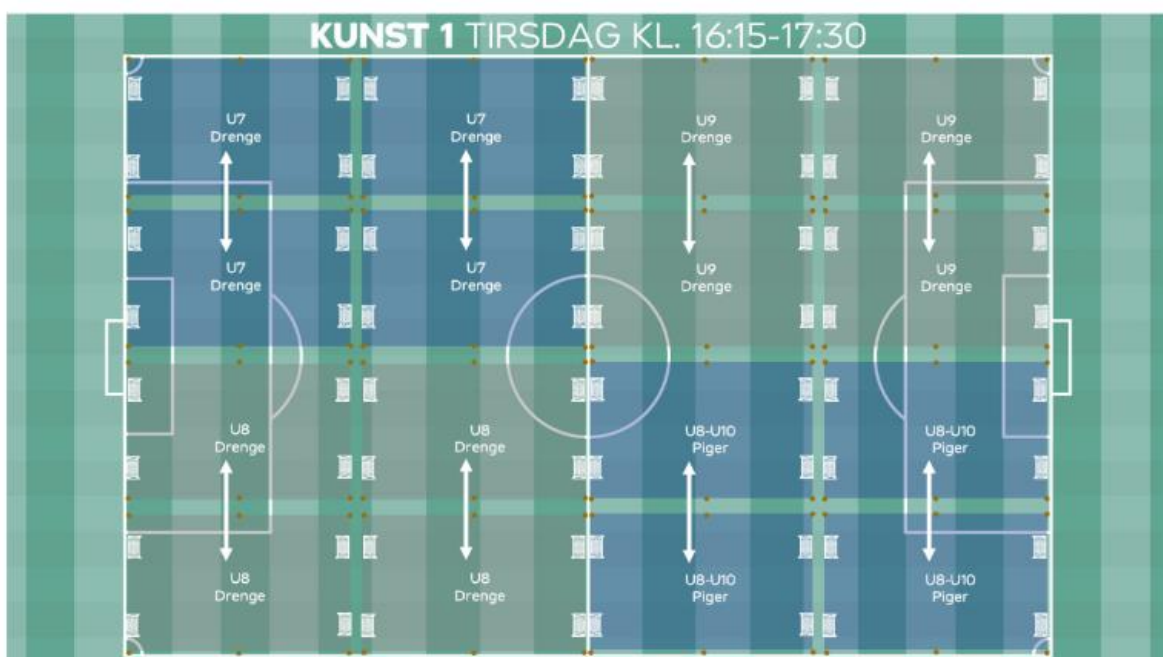
### TRAINING MODEL – NEW CONCEPT

- All players divided into 'Matching-groups' in regard to their level of skills
- Matching groups of max. 8-10 players – on the same little area from the start to the end of training. No rotation players/coaches
- All groups will have the same training programme - delivered by F.C. Copenhagen

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- All training drills will take place within the area of a Horst Wein pitch (20 x 14 metres) with four small goals

HIGH TRAINING EFFICIENCY PR.  
TRAINING MINUTE !!!



During the training we learnt that families alternate 4 exercises, this time the Roskilde sports club showed us how 4 different age groups train at the same time on a football pitch. This is a very good and planned system, especially for youth teams with limited resources. It definitely gave a different perspective to all our participants and our club. It can be a special functional system that can be used especially for younger age groups.