

GIRLS FOOTBALL TRAINING ANALYSIS

Support develop Of future women's football
(PL: „wSPieramy rozwój przyszłego kobiecego futbolu”)

2023-2-PL01-KA182-SPO-000177184

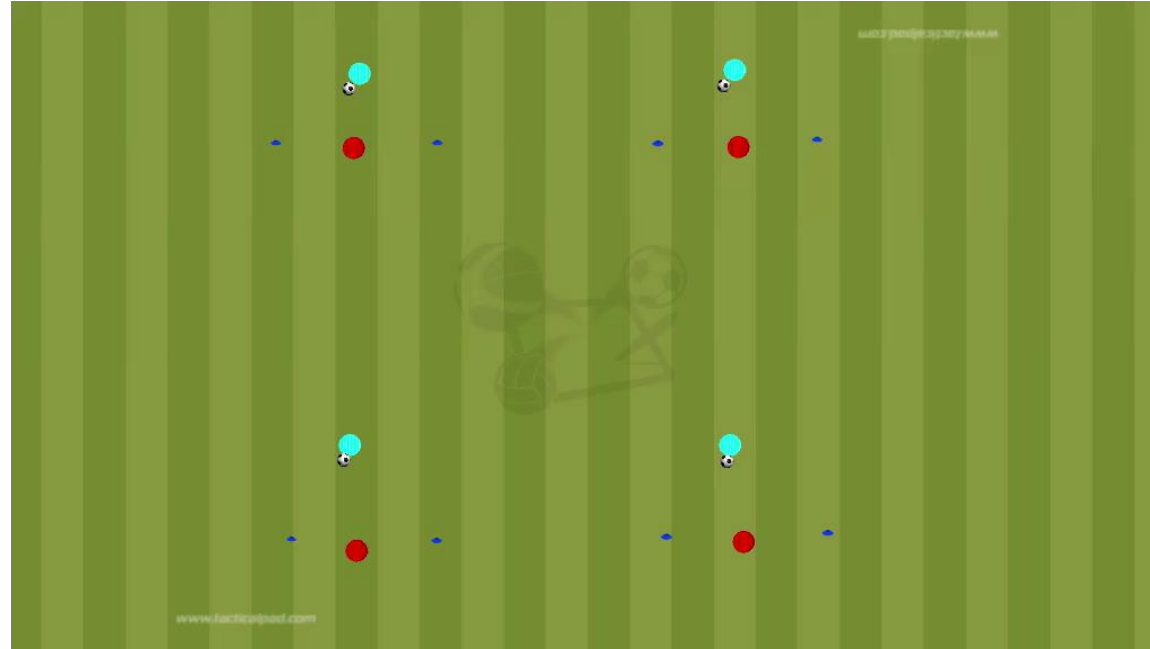
FIRST TRAINING PART

Training goal : This training generally effecting the ball relationship and also this training it gives every part body moving and body stabilization, body mobilization .

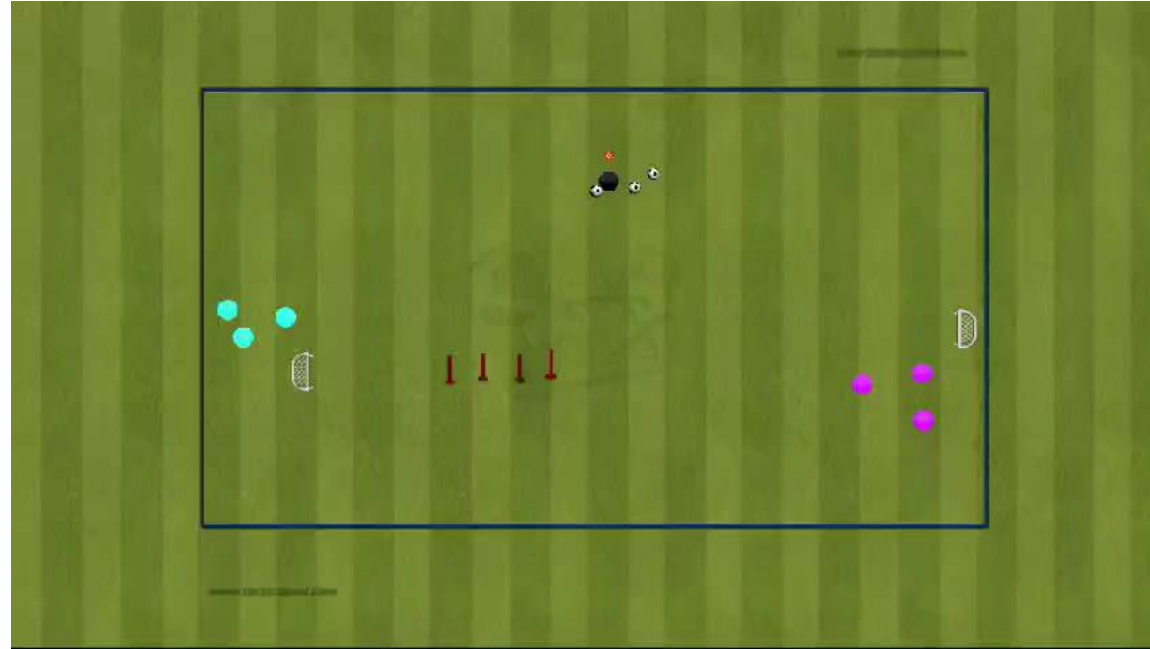
Training total time : This training total time is one hours during .

Training place : Training hall or Training ground

Training loading : Heart rate 130-140 Percent %50-60



TRAINING INCLUDE WARM UP AND PASS DRILL



SMALL SIDE GAME
1V1
MAIN PART

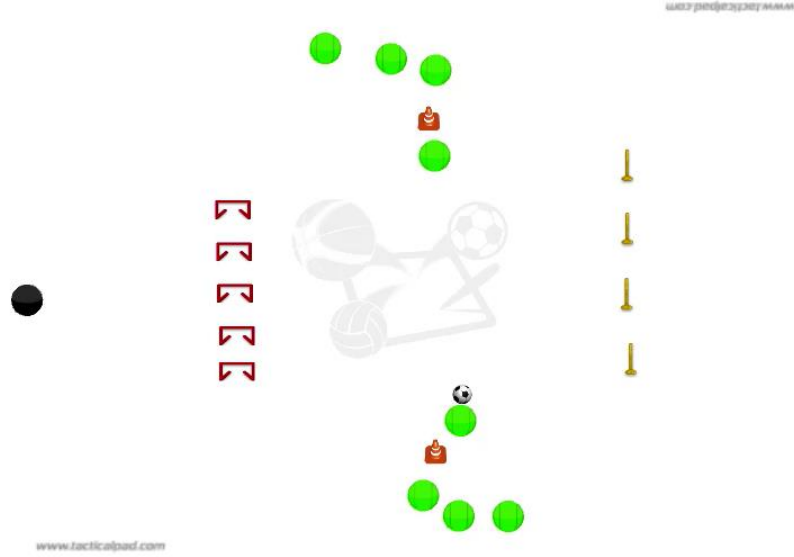
SECOND TRAINING PART

Training goal : This training developing to body strength and it gives quick foot quick body movement . Shortly the girls body improving .

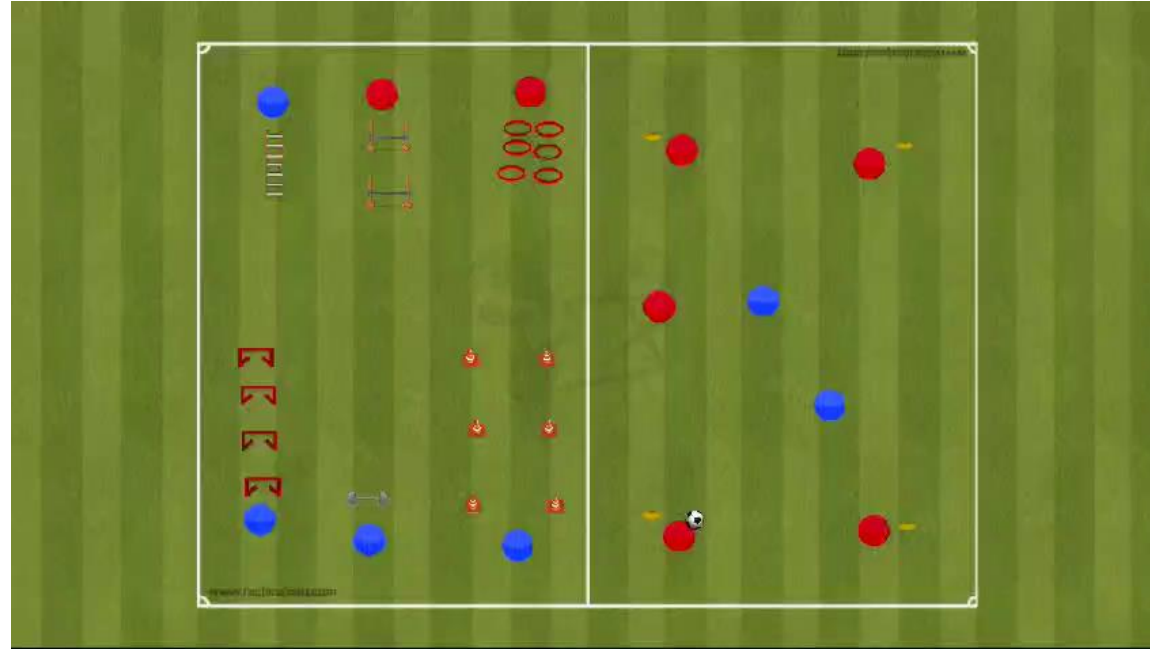
Training total time : Training one hours during continue .

Training place : Training starting in training hall or outside ground football area

Training loading : Heart rate 140-150 %65-70



TRAINING INCLUDE WARM UP



STRENGTH QUICK WORK

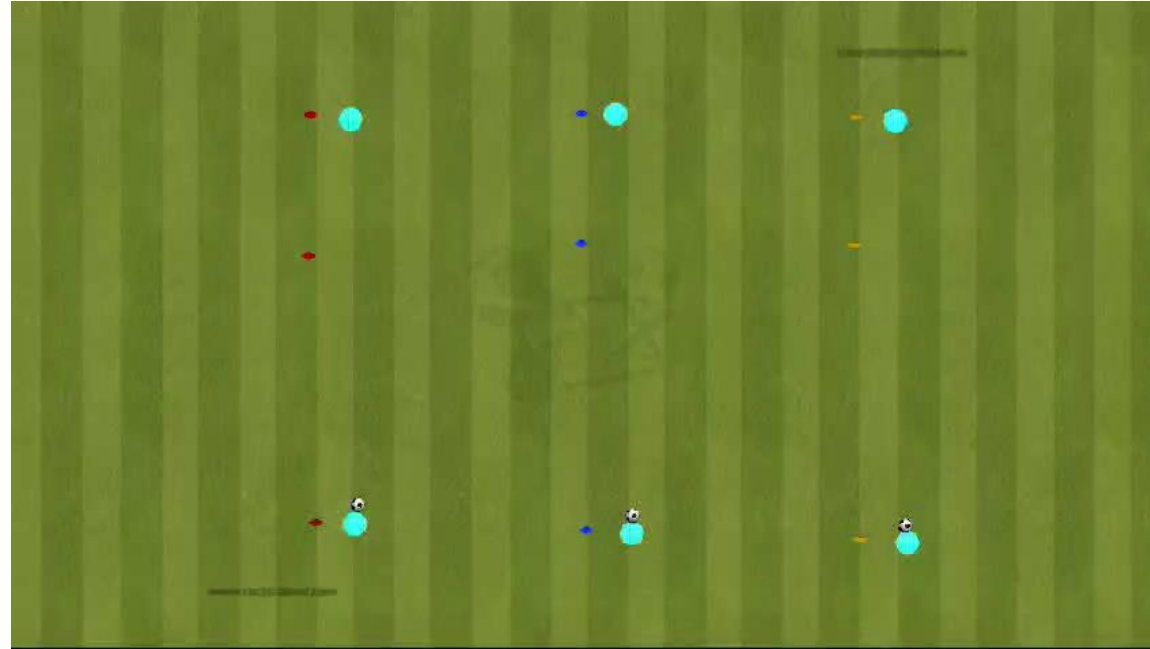
THIRD TRAINING PART

Training total time : This training goal is positional information learning when soccer pass the other soccer stand out following meeting with ball .

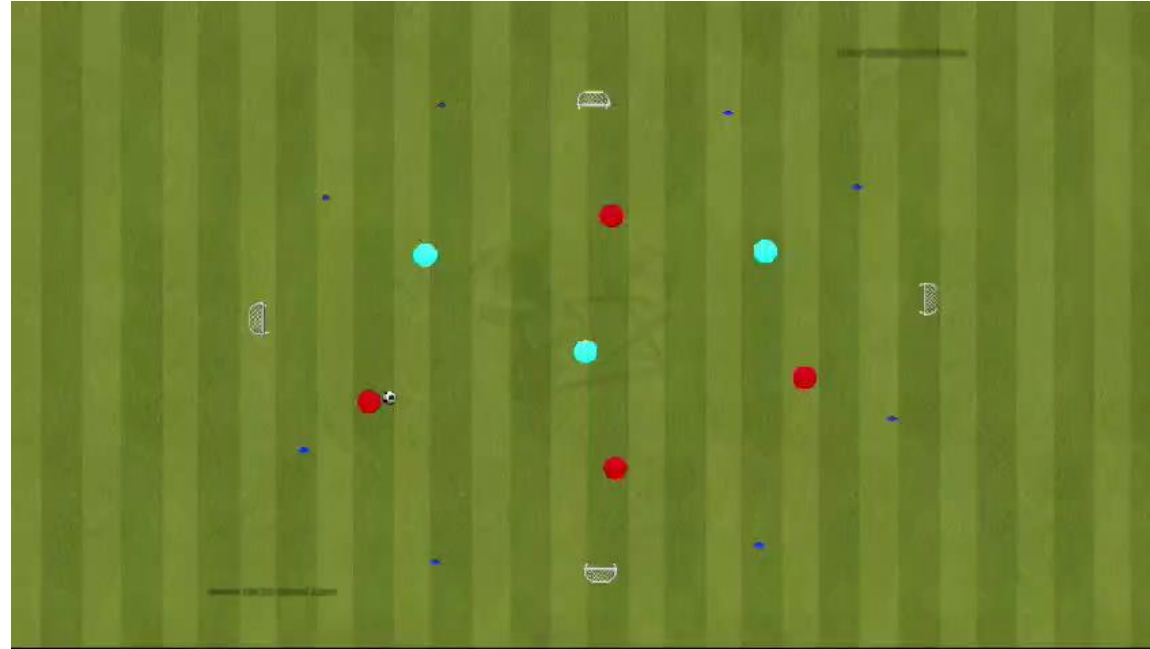
Training total time : The training continue during one hours .

Training place : Football ground or football hall

Training loading : Heart rate 120-130 %50-60



TRAINING INCLUDE WARM UP AND POSITIONEL PART



TRAINING MAIN PART
SMALL SIDE GAME 4V3

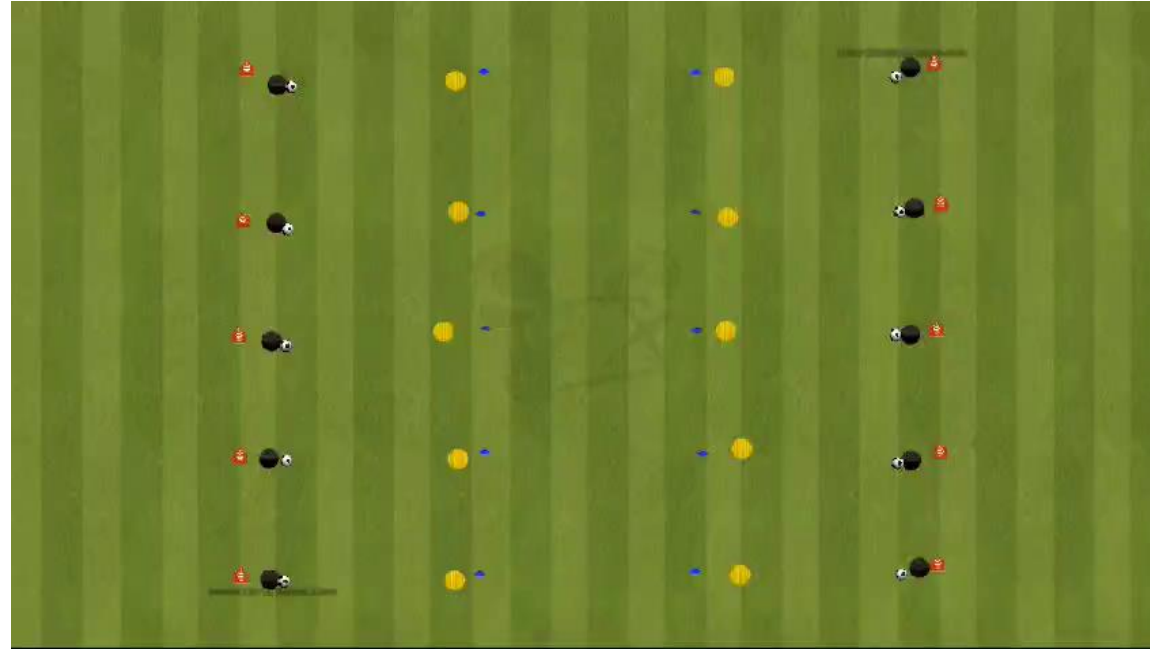
FOURTH TRAINING PART

Training goal : Training main goal is right pass and right meeting with ball right dribbling quickly change place . And true pass specialty after true place meeting with ball following shotting goal . Also the training developing enviromental control and space creation .

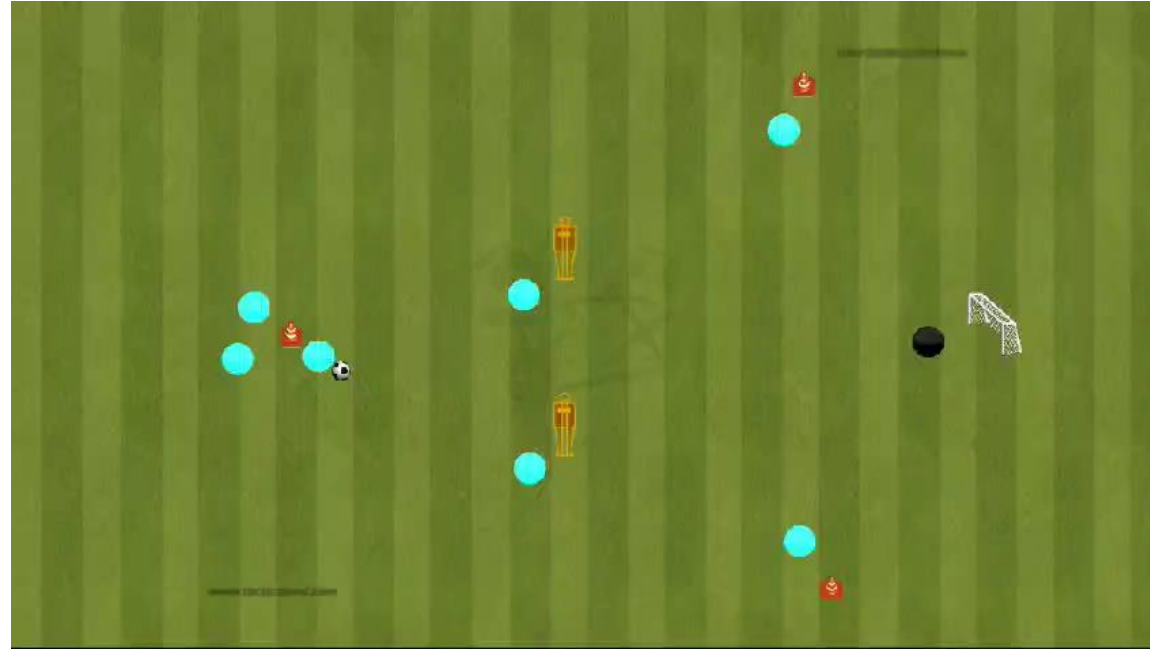
Training total time : Training continue one hours during

Training place : Training inside football ground or outside football ground able to application .

Training loading : Heart rate average 140-150 %60-65



TRAINING WARM UP TOGETHER PASS DRILL BEGINNING LEVEL



TRAINING MAIN PART SHOOTING GOAL