

# GIRLS FOOTBALL TRAINING ANALYSIS

Support develop Of future women's football

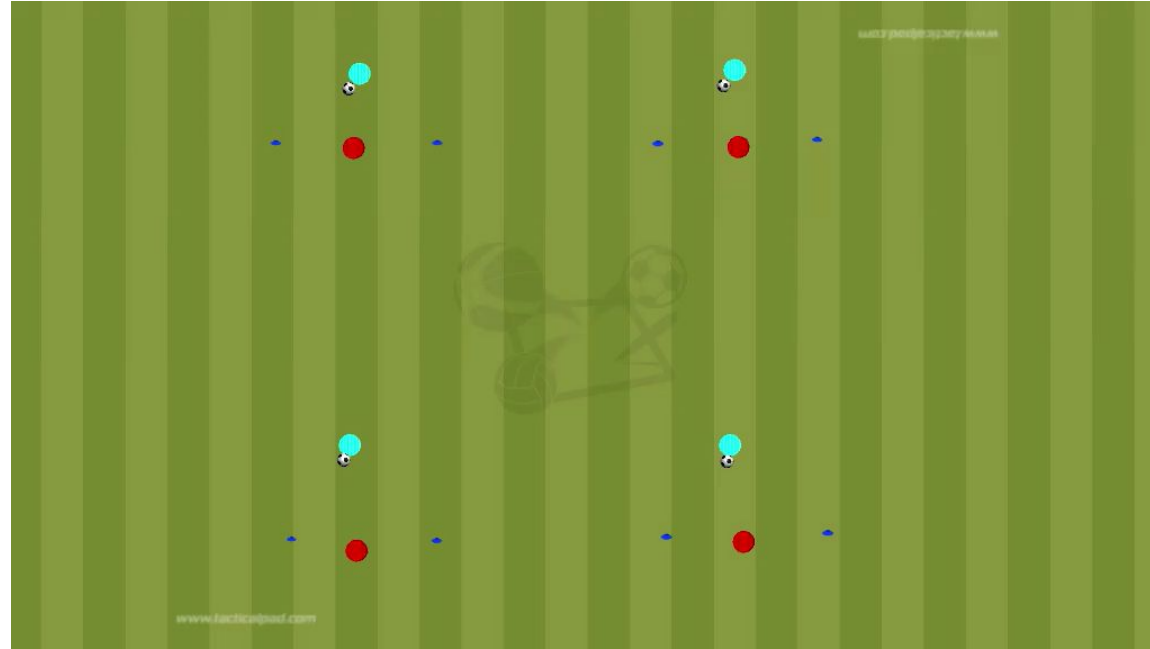
(PL: „wSPieramy rOzwój pRzyszłego kobiecego futbolu”)

2023-2-PL01-KA182-SPO-000177184

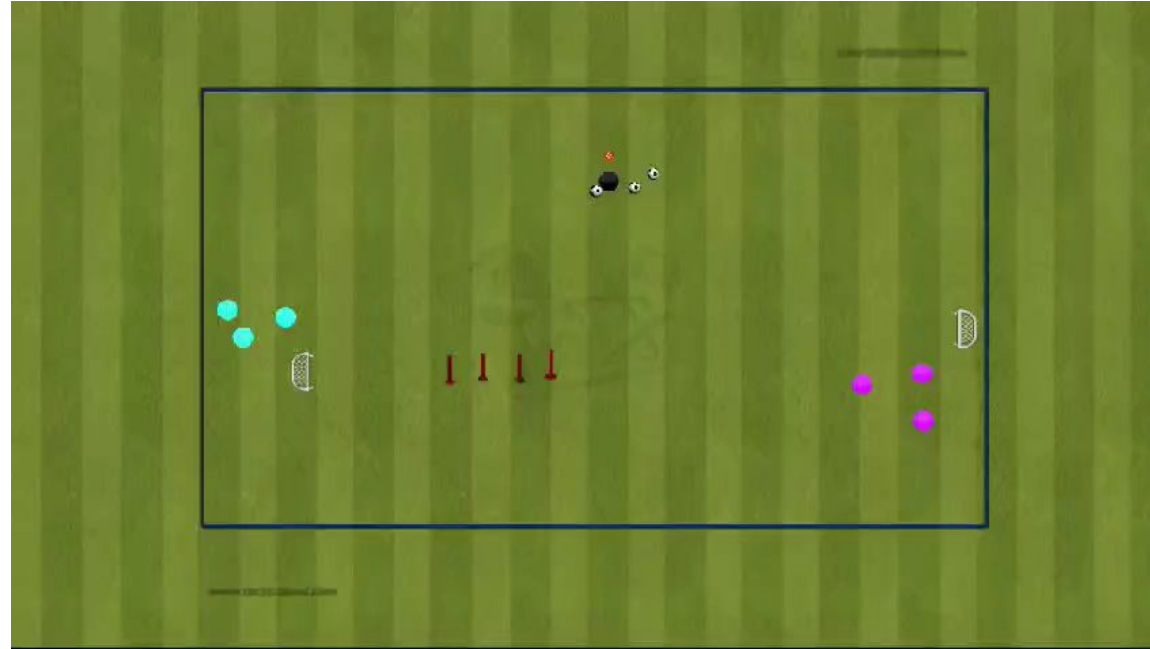
# FIRST TRAINING PART

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



TRAINING INCLUDE WARM UP AND  
PASS DRILL

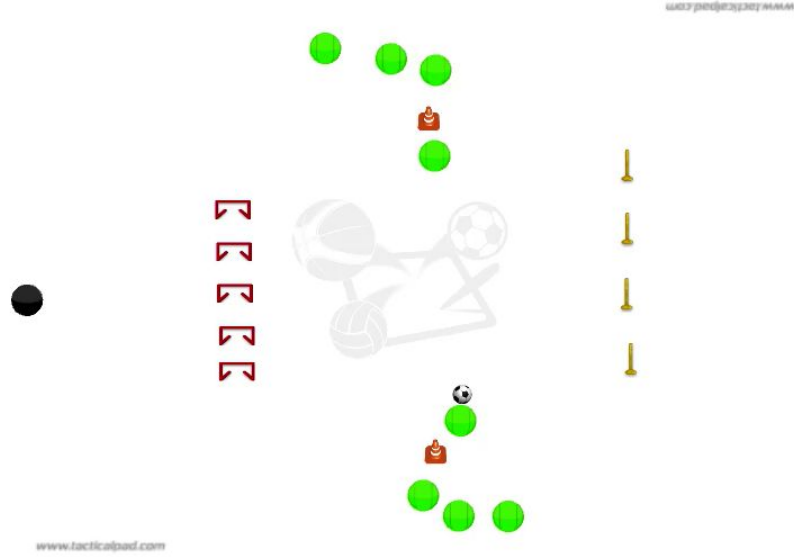


SMALL SIDE GAME  
1V1  
MAIN PART

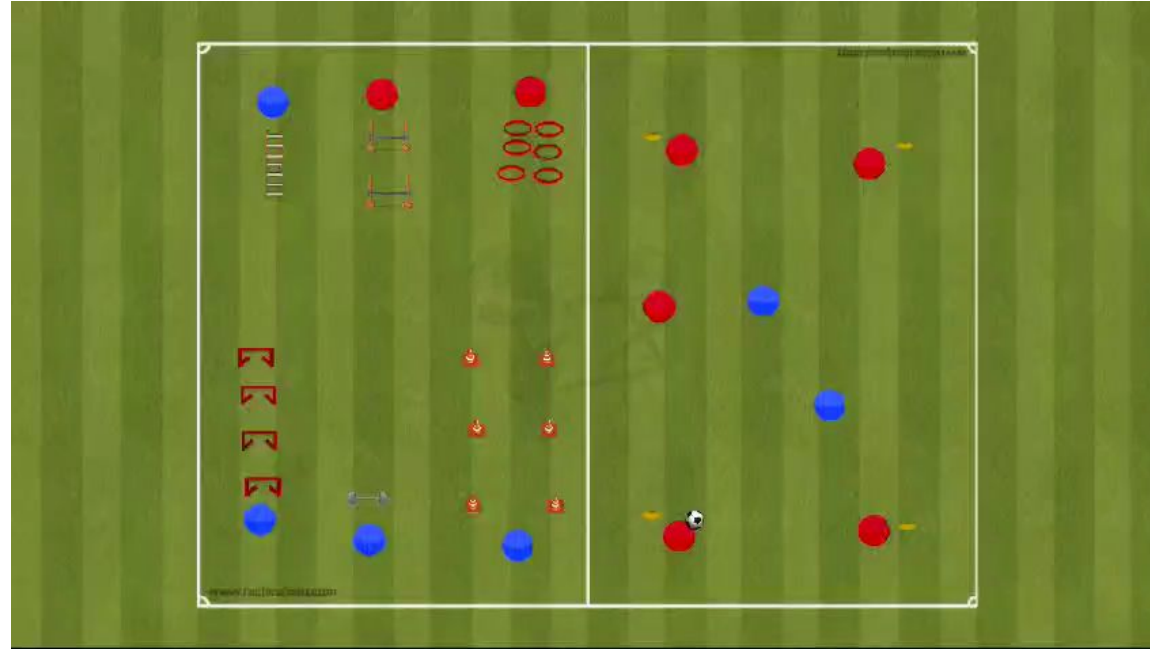
# SECOND TRAINING PART

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

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



TRAINING INCLUDE  
WARM UP



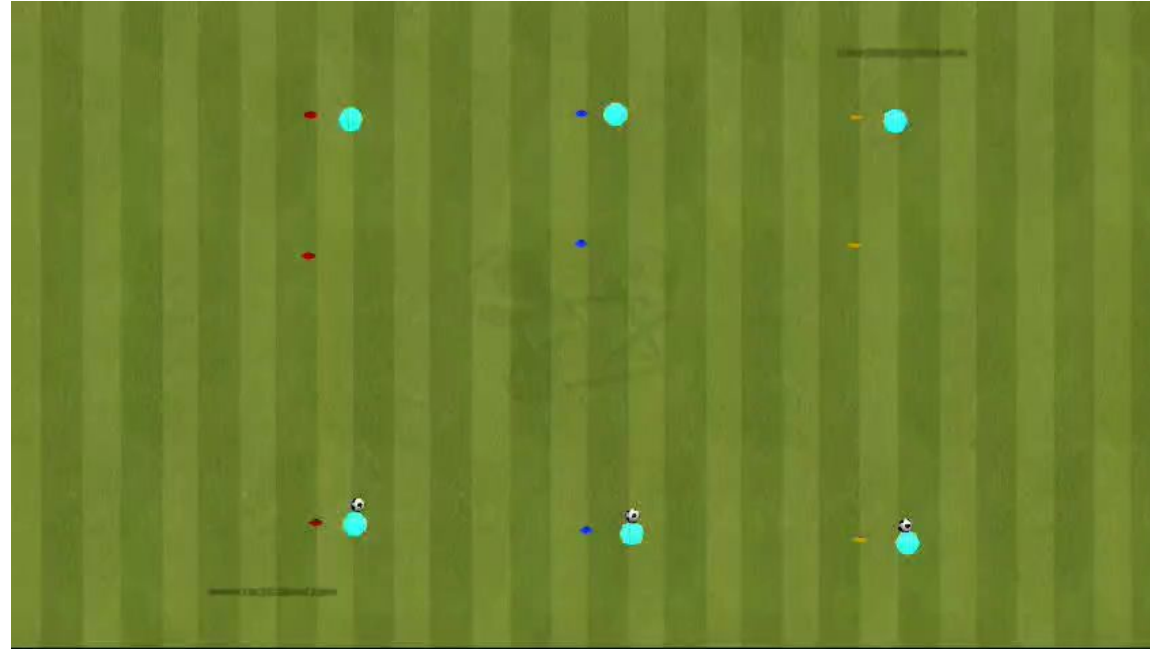
# STRENGTH QUICK WORK

# THIRD TRAINING PART

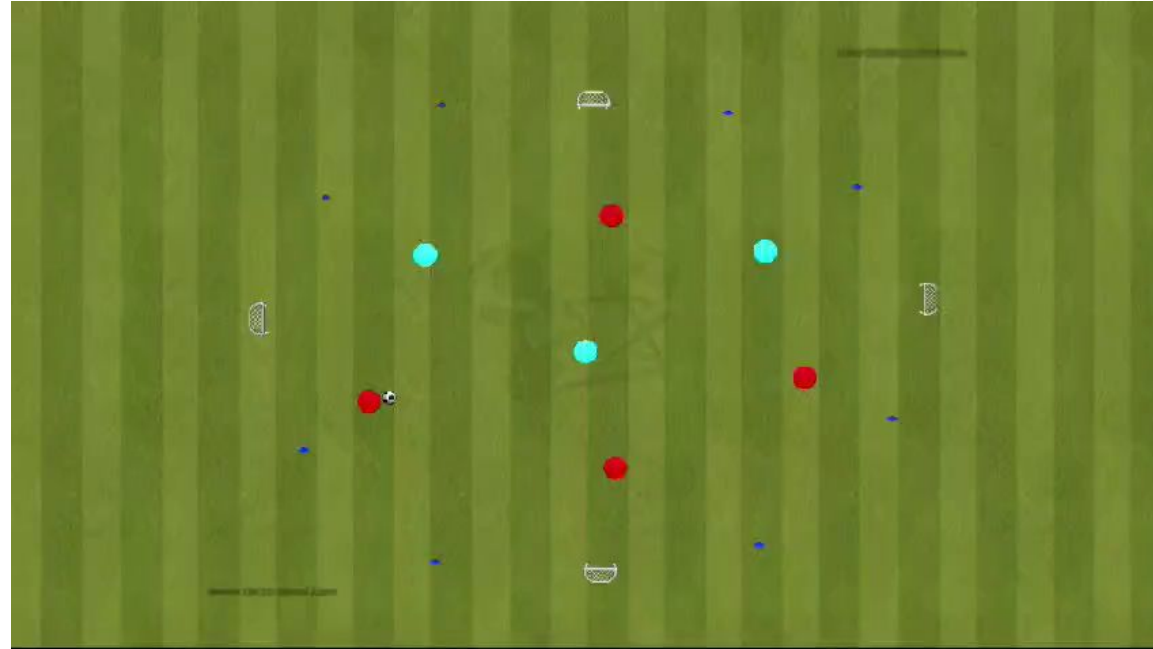
**Training total time :** This training goal is positional information learning when soccer pass the other soccer stand out following meeting with ball .

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





TRAINING INCLUDE WARM UP AND POSITIONEL  
PART

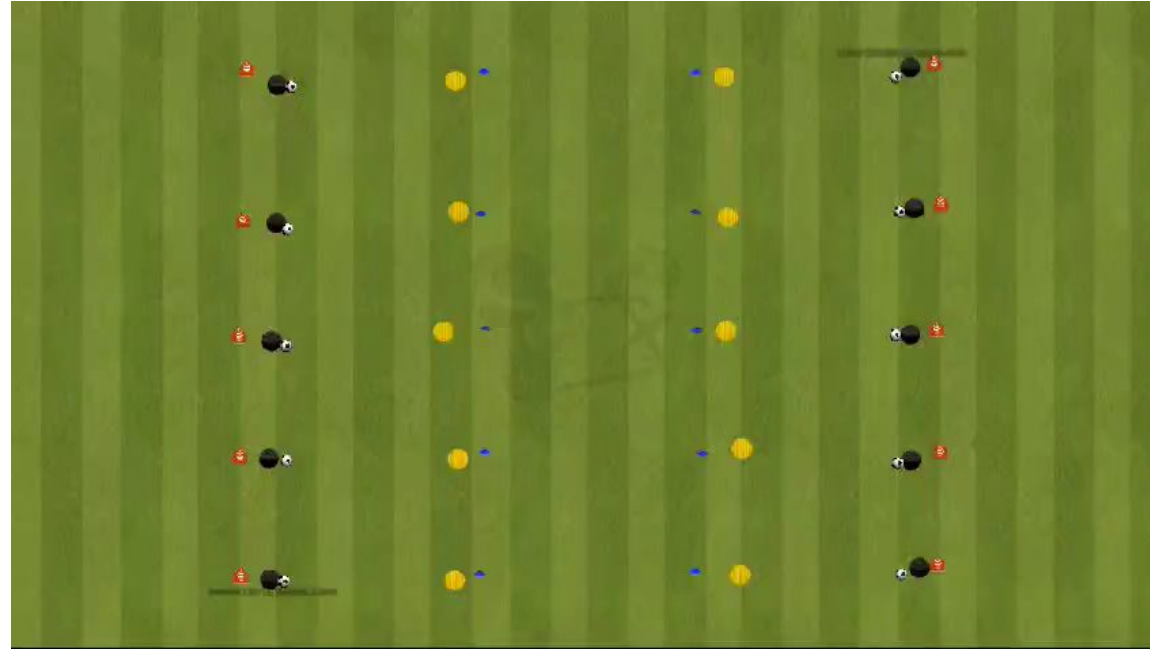


TRAINING MAIN PART  
SMALL SIDE GAME 4V3

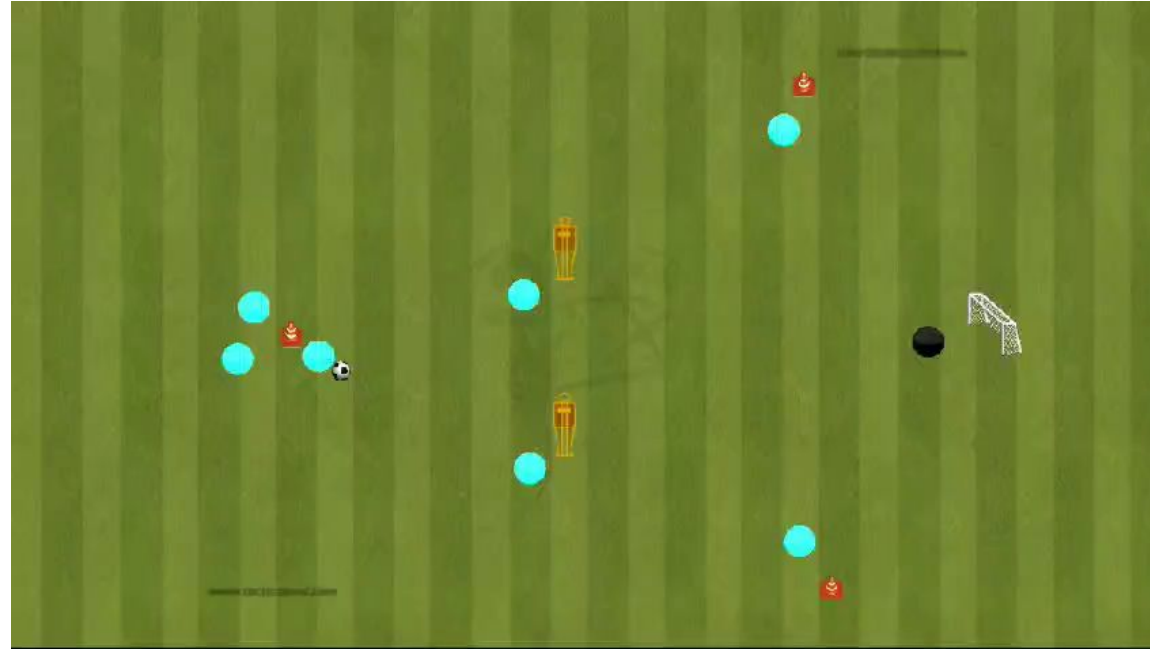
# FOURTH TRAINING PART

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



# TRAINING WARM UP TOGETHER PASS DRILL BEGINNING LEVEL

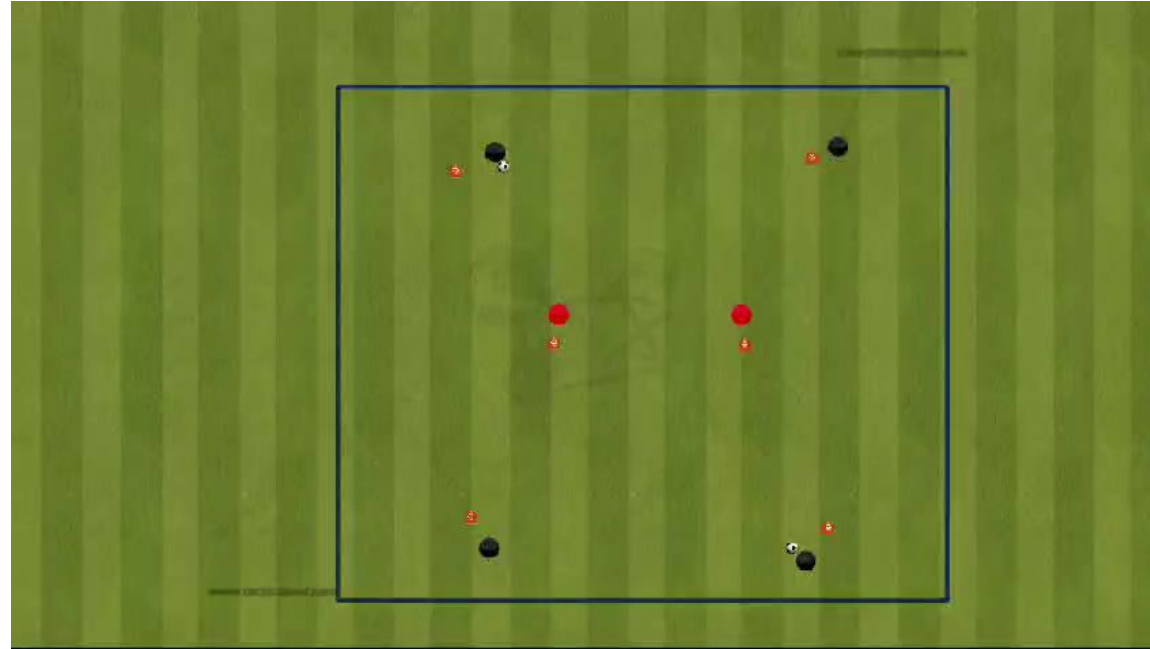


TRAINING MAIN PART  
SHOOTING GOAL

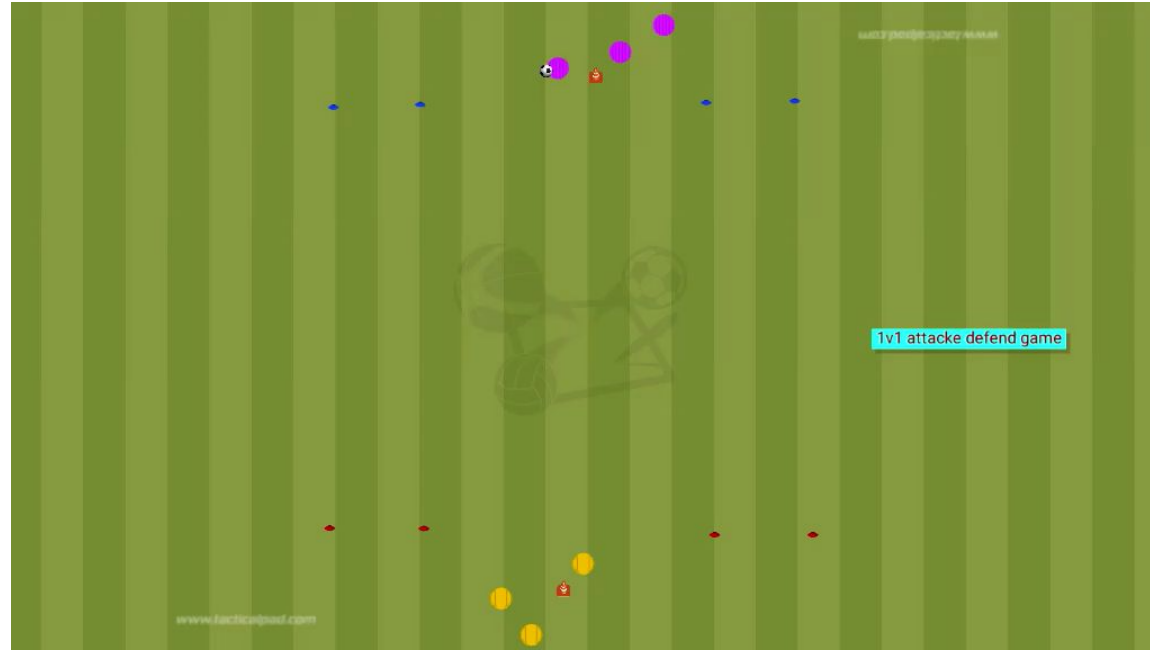
# FIFTH TRAINING PART

**Training goal :** The training main goal is about pass working warm up and before main part is same The reason preparing to main part well . After the main part is starting the main part include the small side game man to man defending and attacking tachtical work with the genarall training finish .

**Training loading :** Genarally the soccer average heart rate during the training equal 140-150 %60-70 loading percent



FIFTH TRAINING PART OF WARM UP AND  
BEFORE MAIN PART



# FIFTH TRAINING PART OF MAIN PART 1V1 ATTACK DEFEND GAME



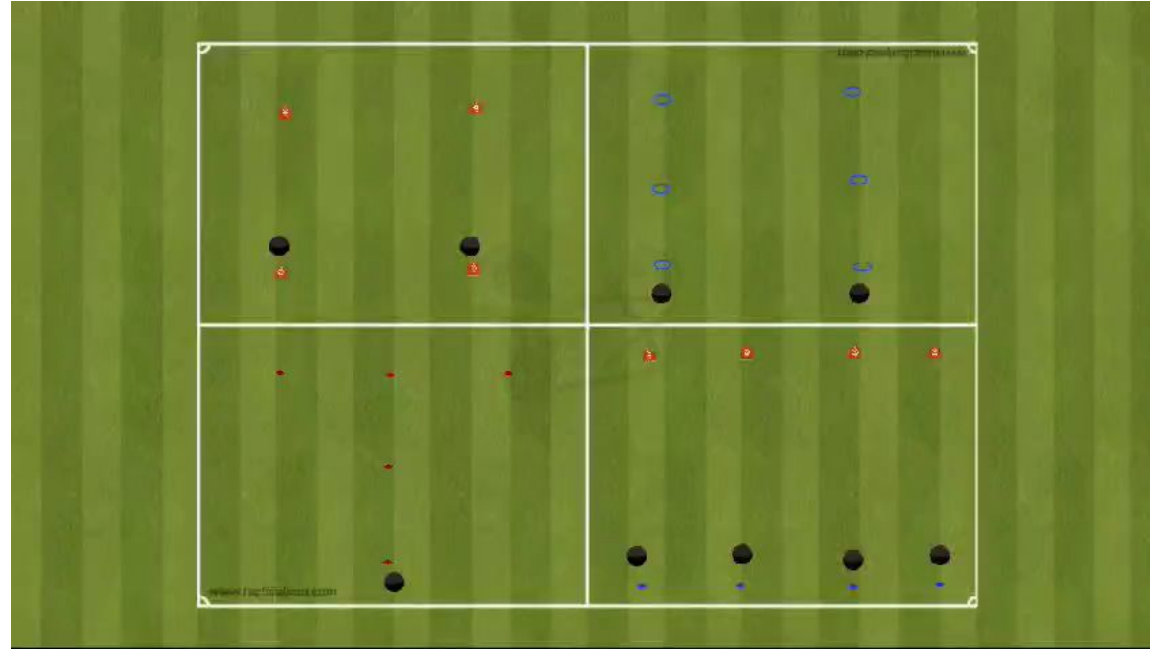
# SIXTH TRAINING PART

**Training goal:** The training inside circuit work the beginning with ball every soccer in the same time starting dribbling with ball and they are passing on the exercise coordination work step by step .When first group finish the work active resting with ball pass working . The main part work main goal is speed and quickly moving without ball .

**Training loading:** The training has to both different temptho first part temptho is 120-130 heart rate %50-60 percent / seconde part temptho is 145-150 heart rate %65-70 percent



# SIXTH TRAINING PART OF WARM UP CIRCUIT WORK WITH BALL



# SIXTH TRAINING PART OF MAIN SPEED AND FAST MOVING COORDINATION

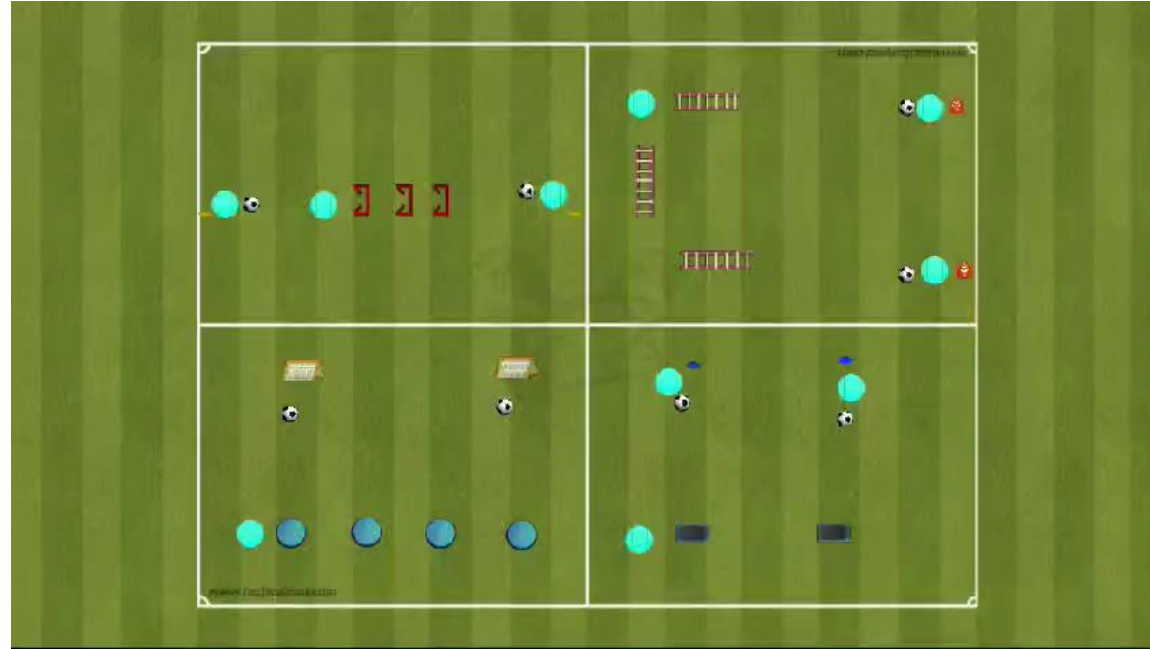
# SEVENTH TRAINING PART

**Training goal :** This training part of is so much important for especially midfielder position soccer also wall pass one short one long pass work include . Working inside lots of environmental control and quickly changing area . Main part of include every coordination work 1 soccer to 1 soccer when one soccer finish the work after changing other soccer .

**Training loading :** Generally the 2 part is same loading because the training wants the soccer lots of controle and lots of carefully move that's why totally load : 135-140 heart rate %60-65 loading percent



# SEVENTH TRAINING PART WARM UP AND VARIETY PASS DRILL TOGETHER



# SEVENTH TRAINING PART MAIN WORK

# EIGHTH TRAINING PART

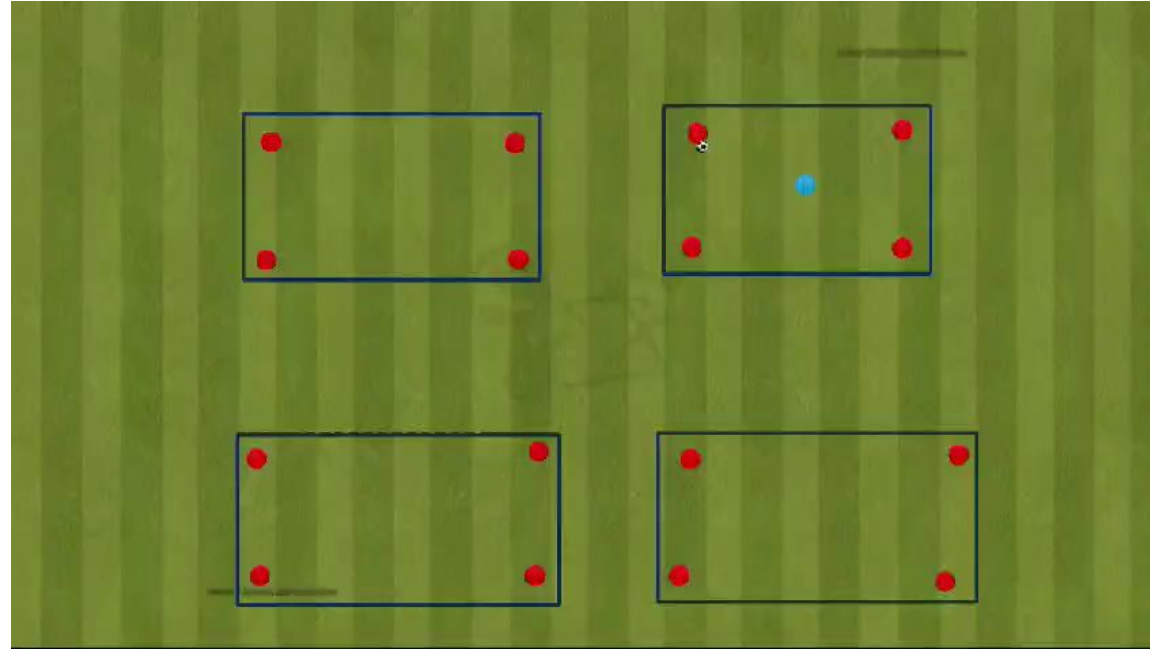
**Training goal:** The training starting warm up part the beginning line and 12.5 minutes during continue between to work break time and stretching include the same time the soccer application works one by one things . The other main part goal is one soccer pressing other four soccer between passing when 5 pass finish the other area working is continue .

**Training loading:** Generally the training average heart rate 145-150 %70 percent loading



# EIGHTH TRAINING WARM UP COORDINATION PARCOUR





# EIGHT TRAINING MAIN PART