



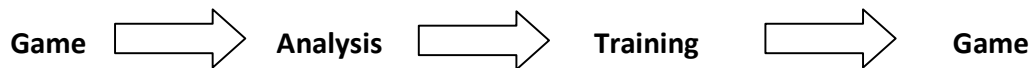
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*the pathway to develop Irish football*



## **The Training Session Cycle of Development**

**The Cycle of Development  
is**

The creation of a quality training environment to foster quality player development



### **Game**

Evaluate performance of the players  
Identify problems

### **Analysis**

Review problems  
Determine priorities

### **Training**

Develop/create the training session  
Correct problems

## **Training Session Design Considerations**

- Activities that are directional like the game
- Activities that are opposed or semi-opposed like the game
  - Activities that are like the GAME!

***“Make sure activities are realistic to the game!”***

## **Training Session Content**

- Does it look like football?
- Does the activity/practice bring out the elements of the game?
- Will the players understand where the practice fits into the game?
  - Are the objectives for the players realistic?
  - Are instructions clear and concise?



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## Training Session Delivery

### Coach Considerations

- Allow the conditions of the game to coach the theme
  - Coach at natural stoppages
  - Coach in the flow of the game
- Coach individual players as game continues

***Observe performance...don't commentate on performance***

### Player Considerations

- Players need time for uninterrupted play
- Training session needs to establish a rhythm of play which resembles game tempo
- Players need to have a chance to solve problems on their own (***Guided Discovery***)
- Players need to be exposed to same, quality training activities often...***repetition***

### Guided Discovery – what is it?

- Coach – Player Connection
- Combination of information and questions
- Guiding the players to an understanding
  - Empowerment for the players
  - Allow players time to think and then answer
- Questions that cannot be answered Yes or No (Open questions)
  - WHY, HOW, WHEN are a good starting point

***“I hear and I forget, I see and I remember, I do and I understand”***



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### **Things to Avoid**

- Excessive coaching...over-coaching
- Incorrect or inappropriate activities
  - Activities that are unrealistic
- Training sessions that don't flow and are frustrating

### **Final thoughts**

- Find ways to make the training environment competitive
- Repeat the same game-like activities often...**repetition**
  - Demand technical precision from your players
- Hold players accountable for their decisions on the field
  - Keep the session flowing
  - Make it FUN...It is a game after all!

#### ***Age Related Activities***

Activities that take into account the Technical, Tactical, Physical, Mental, and Social capacities of the player. More information on these capacities available on FAI Coaching courses.

#### ***Match Related Activities***

Activities that are designed to improve the performance of the players in the game situation and therefore mirror game situations