

# Coaching Methodology to Maximise Performance

Coaches, performance experts and physical specialists involved with the preparation of football players constantly research methods or ways to analyse and examine the training loads, **aiming to maximise performance.**

Maximising performance is determined by a great number of factors within football. However, at the elite level of the game, these are the **3 key starting points:**

1. Balancing fitness vs. freshness
2. Encouraging physical robustness
3. Mental resilience

Exposing players to key physical, psychological, technical and tactical demands across the training week is the fundamental aspect of player preparation.

This involves not only **assessing training periodization and tapering strategies,** but also recognising and justifying the distinct requirements and effects imposed on players through various training scenarios (Owen et al., 2014), the various positional demands, and the conditioning needs of the individual within competitive match-play (Owen et al., 2016).

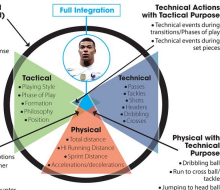
## Game Demands: Intersections and Fully Integrated Training Approach - Adapted from Bradley, et al., (2010)

### Psychological (Wrap Around)

- Decision Making
- Positional Roles
- Responsibilities
- Emotional Response

### Physical Activities with Tactical Purpose

- Recovery Run
- Covering
- Overlapping
- Pressing/Interceptions
- Squeeze to a higher line
- Run in behind
- Break into box/counter attack



# THURSDAY TRAINING DAY PRACTICES: REACTION SPEED

**2 DAYS UNTIL MATCH** (MD +5/-2)

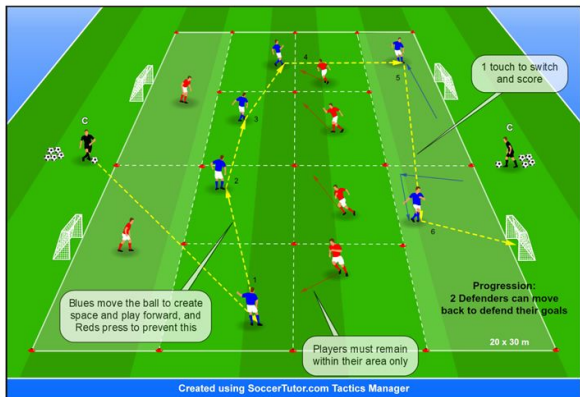
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## **THURSDAY TRAINING SESSION (60-70 min)**

Unit Principle Training and Reaction Speed Development:

1. Reaction Speed Warm-up (5-7 min)
2. Intensive Technical Practice (10-15 min)
3. Reaction Speed Conditioning Practice (5-15 min)
4. Medium Sided Possession (6-15 min)
5. Medium Sided Game (10-25 min)

## Medium Possession 6: Create Space and Play Through Press in a 6v6 Tactical Game



### PRACTICE INFORMATION



**OBJECTIVE:** Tactical possession - move ball, create space, play through the defensive line

	Volume Metrics	Practice Total	Per Min. of Work
	Total Distance (km)	1.061	0.12
	High Speed Running (m)	3.98	0.44
	Sprint Distance (m)	-	-
	HML Distance (m)	152.72	16.97
	Power Plays (HIActs)	1.33	0.15

	Intensity Metrics	Practice Total	Per Min. of Work
	Max Speed (m/s)	5.15	
	Intensity (m/min)		51.99
	Power Score (w/kg)	4.51	
	No. of Max Accels >4m <sup>2</sup>	14.75	1.64
	No. of Max Decels >4m <sup>2</sup>	16	1.78

\* The data shows the physical output per player based on research from elite level teams - see pages 81-83 for details

# FRIDAY TRAINING DAY PRACTICES: PRE-MATCH ACTIVATION

1 DAY UNTIL MATCH (MD +6/-1)

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## FRIDAY TRAINING SESSION (45-60 min)

Pre-Match Activation Training Day:

1. Resistance Warm-up (10-12 min)
2. Reaction Speed Conditioning Practice (5-15 min)
3. Large Sided Game in Small/Medium Area (10-50 min)

## Resistance Warm-up 3: Lateral Hurdles, One-Two, In-and-Out Movements + Sprint Circuit



### PRACTICE INFORMATION



**OBJECTIVE:** Physically and mentally prepare the players for the training session (with the ball)

	Volume Metrics	Practice Total	Per Min. of Work
	Total Distance (km)	0.91	0.18
	High Speed Running (m)	0.18	0.036
	Sprint Distance (m)	-	-
	Work Ratio (%)	27.3	
	Power Plays (HIActs)	1.89	0.38

	Intensity Metrics	Practice Total	Per Min. of Work
	Max Speed (m/s)	4.78	
	Intensity (m/min)		111.32
	Power Score (w/kg)	5.41	
	No. of Max Accels >4m <sup>2</sup>	12.59	2.52
	No. of Max Decels >4m <sup>2</sup>	9.61	1.92

\* The data shows the physical output per player based on research from elite level teams - see pages 81-83 for details