



FOOTBALL TEAM SEASON PLANNING

How to make an optimal schedule

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FOOTBALL TEAM SEASON PLANNING

Summary

1. Introduction
2. Models of planning
3. Personal experience
4. Q&A



FOOTBALL TEAM SEASON PLANNING

1. Introduction

- Football: from simplicity to complexity
- Why is planning so important nowadays?



Football: from simplicity to complexity

- Collective sports tend to have a degree of **complexity** and **variability** much higher than individual sports.
- In **FOOTBALL**, the **unpredictability** is extreme. As coaches, we have to deal with much more factors than in any other sport. That's why ***football drives the planet.***
- In such a complex game, **training methods** have evolved massively in the last decades. And here is precisely where **PLANNING becomes crucial** for every single football coach.
- Thus, **planning is not only the origin of collective achievements... but also of failures.**

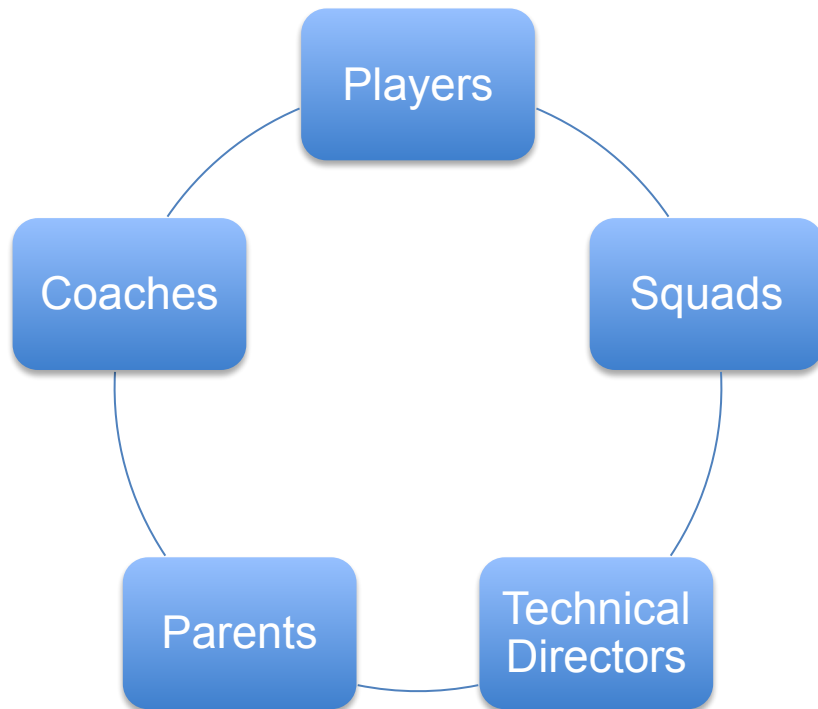


Why is planning so important nowadays?

- If somebody states that everything can be planned, this politician/CEO/football coach is either a liar or a dreamer.
It is not possible!
- From this starting point and taking into account the fact that **there are many unpredictable elements in football** (i.e. injuries, referees, opponents, weather, pitch dimensions, season fixtures...), our aim is **to be able to control as much uncertainty as possible**.
- **How?** Working in order to provide players with **multiple solutions that make them ready to solve unexpected problems** which may arise. This is also a very important part of “season planning”.

"i got a plan, believe me..."

Why is planning so important nowadays?



- For **players**: footballers will perform at a better level if they are aware of the kind of training they will do depending on the part of the season or the day of the week. **Improvisation is never a good idea.**
- For **squads**: the collective performance of a team will improve if the **work load of every single training session is well-controlled** and previously thought for a concrete aim related to the game philosophy.
- For **technical directors / clubs**: The info transmission between different stages is essential for the improvement of young players. **Sharing schedules means sharing knowledge and never starting from zero.**
- For **parents**: at early ages, parents must perceive that all the actions they can see (matches/training sessions) have a purpose.
- For **coaches** themselves: planning is a perfect tool for anticipating adversities (i.e. injuries).

FOOTBALL TEAM SEASON PLANNING

2. Models of planning

- “Structured approach”
- “Tactical periodization”
- Two different ways, one single underlying idea:
Systemic Football Training



Structured approach (Paco Seirul-lo)

- Footballers used to train as if they were athletes. However, **in a match we will never find a situation where a player is waiting for a signal in order to run 100 meters straight ahead with any opposition.**
- The fact that in football you have to dominate the ball with the feet makes it much more complex than other collective sports (i.e. basketball, handball, volleyball).
- The old-fashioned theories believed that fitness and coordination should be trained separately ($1+1=2$), whereas the “structured approach” states that **all the structures together are a “multiplier” of the player performance.** A player is able to discover different solutions to the challenges of this game by himself.
- Emotions are the key to success.



“I do not understand fitness training isolated from the elements of football. Speaking in traditional terms, technique, tactics, psychology and fitness must be trained as a whole”.

Structured approach (Paco Seirul-lo)

- This theory is **focused on the human being**. Therefore, the most important thing is analyzing **how competition affects the individual** and work on the “structures” of the football player that allow them to perform better, bearing in mind that **QUALITY > QUANTITY**.
- Each week of the season is called “micro-cycle” and follows the same structure regardless of the period. Every micro-cycle is linked to the previous and the next one in order to optimize the structures connection.
- In this context, **the coach becomes a leader that guides the players through a process of self-discovery**.
- Learning from “**Preferential simulation situations**”, training sessions as similar as possible to real game.



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Structured approach (Paco Seirul-lo)



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Structured approach (Paco Seirul-lo)



Tactical periodization (Vitor Frade)

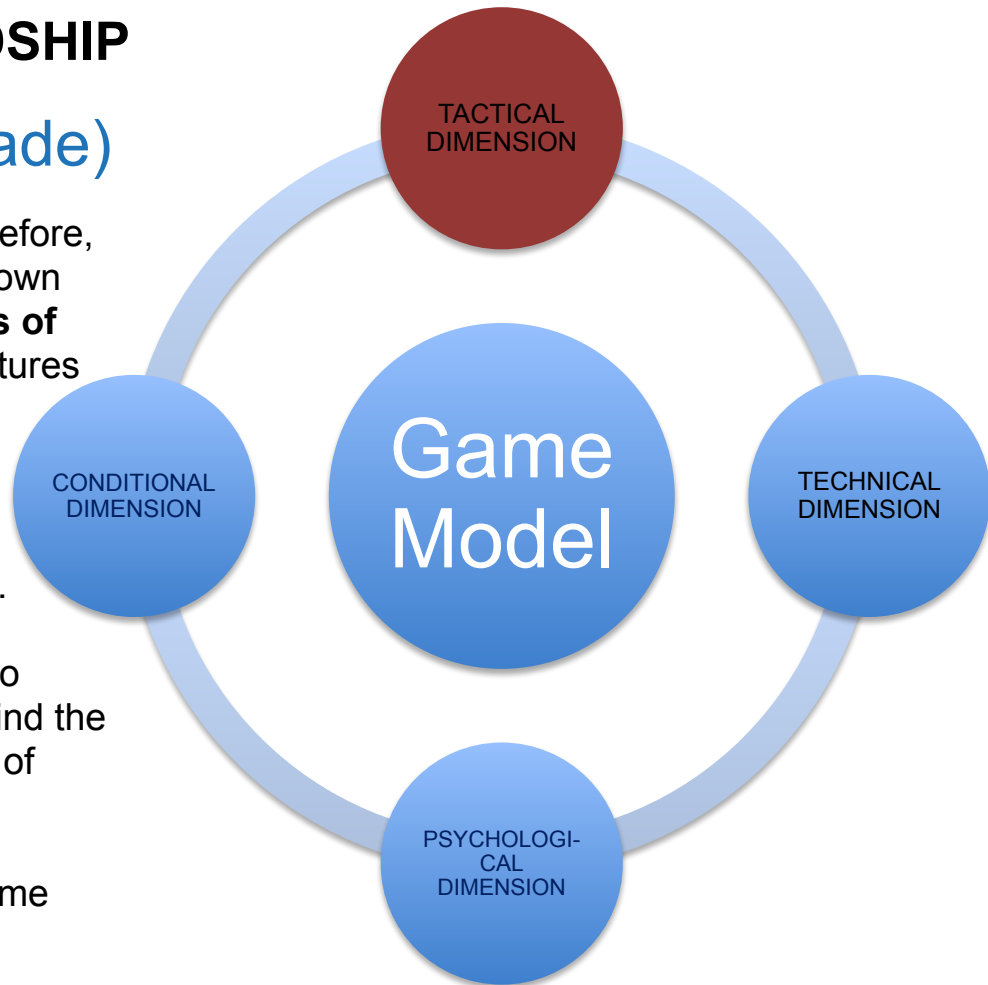
- This theory makes a **parallelism between football and the human body** (both are a set of interrelated elements with a common objective). If any of these elements fails, this affects the whole organism.
- Football is trained as a holistic sport, but **there is always a predominance of tactics in all the training sessions**, because it is understood as the heart of this game. If the heart (tactics) fails, the human body (football) fails..
- The environment of the player (relations, emotions, feelings...) is not taken into account.



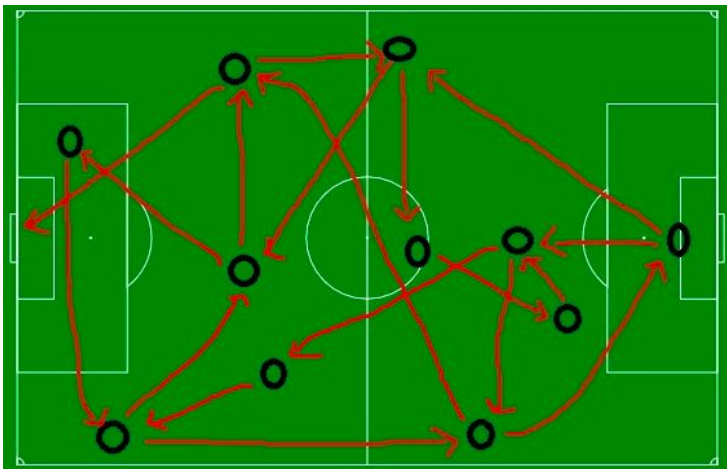
“Achieving a game model takes a long time, thus is necessary to train it from the very first day of the season and subordinate everything to the “Tactical Dimension”.

Tactical periodization (Vitor Frade)

- This theory is **focused on the game model**. Therefore, the most important thing for the coach is creating own **principles, subprinciples and subsubprinciples of the game** and work on them regardless of the features of the squad.
- Quantity > Quality (learning by reinforcement)
- Each week of the season is called “morpho-cycle”.
- The idea is to go from easy (general behaviours) to difficult (specific behaviours), always bearing in mind the “principle of hierarchical organization of principles of play”.
- The players must adapt their behaviours to the game model of their coach.



Two different ways: one single underlying idea: Systemic Football Training



	Structured approach	Tactical Periodization
Focus	Individual (player)	Game model (squad)
Dominance	All the player structures	Tactical dimension
Weekly schedule	Micro-cycles (time-lapse relation between them)	Morpho-cycles (from easy to difficult)

Common aspects
Departure from a modern conception of football (global, holistic, systemic training – understanding football as a complex sport).
Horizontal alternation in specificity: RECOVERY – ACQUISITION – RECOVERY – COMPETITION (week after week).

FOOTBALL TEAM SEASON PLANNING

3. Personal experience

- Best model? A mixture of both
- Tips for an optimal pre-season
- How to evaluate our plans during the season?



Best model? A mixture of both

- After a recovery/transitional period, I always begin with a **pre-season focused on the game model I wish to implement**. This is the period where the fundamental basis of the team must be built.
- Progressively, I switch to the structured approach as the competition period begins. In youth football, you can't give your back to the player's structures. Also, I consider very important to work on the socio-affective structure in order to strengthen and enhance young player's skills.
- Finally, I always try to work from big to small (macro-cycles, month-cycles, micro-cycles, training sessions)

TRANSITIONAL
PERIOD (Holidays)
(4-6 weeks)

PRE-SEASON PERIOD
(6 weeks)

COMPETITION
PERIOD
First Stage: 12-14 weeks
Transitional Stage: 2 weeks
Second Stage: 22-24 weeks

Tips for an optimal pre-season

- **Have everything planned beforehand.** Give the players a booklet with an schedule of the 6 next weeks (see next slide). **There is no place for improvisation during the pre-season.**
- **Don't lose your time. Work hard.** Now is the time of the season when you have to establish the set points of your game model.
- **Plan extraordinary training sessions** (play other sports, have fun outside the pitch). You are not only building a team, but also a human group.
- **Go for reasonable achievements first.** There is always time to be more ambitious.
- Forget about the results. **Friendly matches are just one more training session.**
- Collect a lot of information about your players. It will be useful for the next periods (see next slide)



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Tips for an optimal pre-season



Unió Esportiva Quart - Temporada 2018 – 2019
Cadet B – Primera Divisió (Grup 16 o 17)
Josep Rochés Ribas

a. Pretemporada

DILLUNS 20/08	DIMARTS 21/08	DIMECRES 22/08	DIJOUS 23/08	DIVENDRES 24/08	DISSABTE 25/08	DIUMENGE 26/08
INICI TEMPORADA Presentació + Sessió #1 (Quart)		Sessió #2 (Quart)		Sessió #3 (Quart)	FC Barcelona (Inf. A DH) – UE Quart	Descans
DILLUNS 27/08	DIMARTS 28/08	DIMECRES 29/08	DIJOUS 30/08	DIVENDRES 31/08	DISSABTE 01/09	DIUMENGE 02/09
Sessió #4 (Quart)		Sessió #5 (Quart) Platja*		Sessió #6 (Quart)	Quart – UE Olot "B" (Cadet 1a.)	
DILLUNS 03/09	DIMARTS 04/09	DIMECRES 05/09	DIJOUS 06/09	DIVENDRES 07/09	DISSABTE 08/09	DIUMENGE 09/09
Sessió #7 (Quart)		Sessió #8 (Quart) Platja*		Sessió #9 (Quart)	UE Quart – FE Palamós "B" (Cadet 1a.)	
DILLUNS 10/09	DIMARTS 11/09	DIMECRES 12/09	DIJOUS 13/09	DIVENDRES 14/09	DISSABTE 15/09	DIUMENGE 16/09
Descans		Sessió #10 (Quart)		Sessió #11 (Quart)	UE Quart – CE Mataró	
DILLUNS 17/09	DIMARTS 18/09	DIMECRES 19/09	DIJOUS 20/09	DIVENDRES 21/09	DISSABTE 22/09	DIUMENGE 23/09
Sessió #12 (Quart)		Sessió #13 (Quart)		Sessió #14 (Quart)	UE Figueres "B" – UE Quart (Cadet 1a.)	
DILLUNS 24/09	DIMARTS 25/09	DIMECRES 26/09	DIJOUS 27/09	DIVENDRES 28/09	DISSABTE 29/09	DIUMENGE 30/09
Sessió #15 (Quart)		Sessió #16 (Quart)		Sessió #17 (Quart)	INICI COMPETICIÓ	


2019 GAZPROM INTERNATIONAL CHILDREN'S SOCIAL PROGRAMME FOOTBALL FOR FRIENDSHIP

Tips for an optimal pre-season

PLANIFICACIÓ MICRO-CICLE



Unió Esportiva Quart - Temporada 2018 - 2019
Cadet B - Primera Divisió (Grup 16)
Josep Rochés Ribas ©



Macro-cicle: PRE-TEMPORADA		Meso-cicle: 0		Micro-cicle: 1			
Observacions: Micro-cicle que serveix per iniciar una nova temporada i també una nova categoria (cadet). Tot i que la plantilla està pràcticament definida, durant aquesta primera setmana tindrem algunes baixes (amb permís del Club) i també alguns jugadors a prova. És possible que a la última sessió (divendres) s'incorporin a la sessió d'entrenament 2 jugadors del Cadet A (Anglada i Vila) que ens vindran a reforçar en el partit del cap de setmana.							
Sessió núm.: 1		Data: 20/08/2018		Sessió núm.: 3		Data: 24/08/2018	
Duració: 90'		Resultat últim partit: -		Duració: 90'		Observacions: -	
Aspectes positius últim partit: -		Aspectes a millorar últim partit: -		Principis tàctics que es treballaran: 1) Recolzaments continus al posseïdor per donar continuïtat al joc (atac) 2) Buscar l'espai lliure constantment per oferir una nova línia de passada al posseïdor (TDA) 3) Cobertures / basculacions (defensa)		Principis tàctics que es treballaran: 1) Iniciar jugades a un costat i acabar-los a la banda contrària (canvis de canvi constants, atraure per alliberar, etc.). 2) 3)	
Principis tàctics que es treballaran: 1) Circulació de pilota (atac) 2) Cobertures (defensa) 3) Transició defensiva (què fem després de perdre la pilota?)		Proposta de sessió: <u>Escalfament:</u> Carrera contínua, mobilitat articular sense pilota, mini-circuit tècnic amb 6-7 pilotes que s'aniran intercanviant els jugadors lliurement. <u>Part principal:</u> Rondos 4x2, onades tàctiques senzilles, onades 6x5 amb objectius ofensius i defensius, circulació de pilota en situació real de joc.		Proposta de sessió: <u>Escalfament:</u> Carrera contínua, roda de passades amb circuit coordinatiu, rondos mòbils, duels 1x1 i 2x2 amb ajudes externes, onades de finalització <u>Part principal:</u> Duels 1x1 i 2x2 amb ajudes externes, onades de finalització, automatismes ofensius (desmarcatge dins-fora lateral/extrem), partit.		Proposta de sessió: <u>Escalfament:</u> Carrera contínua, mobilitat articular, rondos amb protecció de con a zona central (cobertures entre companys). <u>Part principal:</u> Fartlek d'àrea, futbol-tennis (línies de passada i circulació en atac; pressió al posseïdor i cobertures en defensa), joc de posició 7x7+4.	
Partit núm.: 1		Competició / Jornada: Amistós		Data: Dissabte 25/08/2018			
Rival: FC BARCELONA (Infantil A)		Lloc: Ciutat Esportiva Joan Gamper (Sant Joan Despí)		Hora: 12:00h			
Context del partit: Primer partit de la pretemporada.		Fortaleses:		Formació habitual: 1-4-3-3			
Dinàmica de resultats: Irrellevant		Debilïtats:					
Estil de joc: Associatiu, atac posicional amb circulació molt ràpida de pilota		Jugadors destacats:					

How to evaluate our plans during the season?

AVALUACIÓ MICRO-CICLE

Macro-cicle: PRE-TEMPORADA		Meso-cicle: 0		Micro-cicle: 1	
Observacions:					
Sessió núm.: 1		Data: 20/08/2018		Sessió núm.: 3	
Jugadors disponibles: 17		Absències: Ferran, Marcel		Jugadors disponibles: 18	
Incidències destacables: -		Incidències destacables: -		Incidències destacables: -	
Marcar amb X els tipus de tasques JOCS ADAPTATS JOCS DE POSICIÓ X – 20' CONSERVACIONS X – 15' ONADES X – 25'		Indicar el temps aproximat CIRCUITS X – 30' FÍSIC SENSE PILOTA PARTITS ESTRATÈGIA		Marcar amb X els tipus de tasques JOCS ADAPTATS X – 15' JOCS DE POSICIÓ X – 15' CONSERVACIONS X – 25' ONADES	
Partit núm.: 1 Rival: FC BARCELONA – INFANTIL "A" Resum del partit:		Competició / Jornada: AMISTÓS Lloc: CIUTAT ESPORTIVA JOAN GAMPER Estil de joc i jugadors destacats del rival:		Data: 25/08/2018 Resultat: FC BARCELONA 1-0 UE QUART <div style="text-align: center;">  1-0  </div>	



1-0



- **Micro-cycle exams:**
have I followed my plans/schedule? How much have I worked on positional games?
- **Weekly/Monthly meetings with the Methodology Department**
- **Training session attendance form** (see next slide): how many injured players have we got? Should I decrease the intensity of the training sessions?



How to evaluate our plans during the season?

- **Uncontrolled planning makes no sense:** it is crucial to control your intentions and adapt your objectives if necessary. Never move from the fundamentals.
- **Statistics form** (see next slide): as a coach, I need much information about my team). It will help to understand weaknesses and strengths.

Macro-cicle	PRETEMPORADA																COMPETICIÓ I																													
Meso-cicle	0 - Agost						1 - Setembre						2 - Octubre								3 - Novembre																									
Micro-cicle	1		2		3		4		5		6		7		8		9		10		11		12		13		14		15																	
#Sessió ent.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39							
Paritit				A1			A2				A3	A4		A5	A6																															
Resultat				70	2-2	80	7-1	3-0			1-8			6-1			1-2			4-0			3-3				1-5	1-6			0-6			3-1				0-7								
SAMU	A	A	A	70	✓	✓	80	✓	✓	40	40	✓	✓	40	✓	✓	✓	✓	40	✓	✓	40	✓	✓	✓	✓	✓	40	✓	✓	40	✓	✓	80	✓	✓	✓	✓	✓	✓						
HABTAMU	✓	✓	✓	35	✓	✓	61	✓	✓	40	40	✓	✓	61	✓	✓	57	✓	✓	49	✓	✓	64	✓	✓	✓	✓	64	✓	50	✓	✓	69	✓	✓	80	✓	✓	✓	51						
BERNAT	✓	✓	✓	35	✓	✓	52	✓	✓	60	58	✓	✓	40	59	✓	✓	60	✓	✓	80	✓	✓	A	DT	✓	✓	50	✓	✓	80	✓	✓	40	✓	✓	✓	80	✓	✓	60					
FERRAN	P	✓	✓	35	✓	✓	40	✓	✓	62	✓	✓	✓	62	40	✓	✓	43	✓	✓	CA	✓	✓	✓	✓	✓	66	✓	✓	40	✓	✓	M	M	✓	✓	40	✓	✓	69						
MOLINA	✓	✓	✓	35	✓	✓	40	✓	✓	60	62	✓	✓	40	59	✓	✓	✓	✓	49	✓	✓	✓	✓	✓	✓	80	✓	✓	71	✓	✓	40	✓	✓	69	✓	✓	80	✓	✓	69				
POL	✓	✓	✓	50	✓	✓	40	✓	✓	62	✓	✓	✓	62	40	✓	✓	60	✓	✓	80	✓	✓	✓	✓	✓	80	✓	✓	64	✓	65	✓	✓	63	✓	✓	80	✓	✓	69					
URI	✓	✓	✓	35	✓	✓	40	✓	✓	40	P	✓	✓	40	40	✓	✓	43	✓	✓	31	✓	✓	✓	✓	✓	40	✓	✓	27	✓	✓	40	✓	✓	40	✓	✓	45	✓	✓	40				
ROURA	✓	✓	✓	35	✓	✓	40	✓	✓	40	58	✓	✓	40	61	✓	✓	40	✓	✓	61	✓	✓	✓	✓	✓	40	✓	✓	51	✓	✓	43	✓	✓	40	✓	✓	44	✓	✓	60				
IAGO	✓	✓	✓	35	✓	✓	40	✓	✓	40	58	✓	✓	58	40	✓	✓	60	✓	✓	49	✓	✓	✓	✓	✓	80	✓	✓	56	✓	✓	80	✓	✓	40	✓	✓	77	✓	✓	60				
DENIS	✓	✓	✓	35	✓	✓	40	✓	✓	40	40	✓	✓	40	59	M	M	M	M	✓	✓	31	✓	✓	✓	✓	54	✓	✓	40	✓	✓	✓	33	✓	✓	40	✓	✓	40	✓	60				
ARNAU	✓	✓	✓	35	✓	✓	40	✓	✓	40	40	✓	✓	40	40	✓	✓	43	✓	✓	40	✓	✓	✓	✓	✓	40	✓	✓	40	✓	✓	40	✓	✓	67	✓	✓	40	✓	✓	40				
MARCEL	P	P	P	P	P	P	P	✓	✓	40	40	✓	✓	40	40	✓	✓	40	✓	✓	40	✓	✓	✓	✓	✓	40	✓	✓	40	✓	✓	40	✓	✓	CA	✓	✓	40	✓	✓	40				
ANGEL	✓	✓	✓	35	✓	✓	59	✓	✓	40	40	✓	✓	40	✓	✓	✓	60	✓	✓	49	✓	✓	✓	✓	✓	56	✓	✓	50	✓	✓	31	✓	✓	58	✓	✓	51	✓	✓	40				
JAN	✓	✓	✓	35	✓	✓	40	✓	✓	60	40	✓	✓	40	40	✓	✓	57	✓	✓	31	✓	✓	✓	✓	✓	33	✓	✓	40	✓	✓	40	✓	✓	57	✓	✓	53	✓	✓	30	✓	✓	40	
MAGAÑA	✓	✓	✓	35	✓	✓	40	✓	✓	60	40	✓	✓	62	40	✓	✓	40	✓	✓	31	✓	✓	✓	✓	✓	80	✓	✓	60	✓	✓	31	✓	✓	65	✓	✓	63	✓	✓	60	✓	✓	60	
PEP	✓	✓	✓	35	✓	✓	40	✓	✓	40	58	✓	✓	58	40	✓	✓	40	✓	✓	40	✓	✓	✓	✓	✓	33	✓	✓	64	✓	✓	55	✓	✓	57	✓	✓	80	✓	✓	52	✓	✓	40	
GARRIDO	✓	✓	✓	35	✓	✓	40	✓	✓	60	40	✓	✓	40	40	✓	✓	60	✓	✓	40	✓	✓	✓	✓	✓	✓	40	✓	✓	58	✓	✓	52	✓	✓	51	✓	✓	38	✓	✓	40	✓	✓	51
GISPI																																														
SERRA	✓	✓	✓	35	✓	✓	40	✓	✓	40	62	✓	✓	40	40	✓	✓	✓	✓	57	✓	✓	✓	✓	✓	✓	40	✓	✓	✓	✓	✓	✓	40	✓	✓	✓	✓	✓	30	✓	✓	✓	51		
FERRONI	✓	✓	✓	35	✓	✓	49	✓	✓	60	40	✓	✓	58	61	✓	✓	✓	✓	40	✓	✓	✓	✓	✓	✓	80	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
ADRIEL	✓	✓	✓	35	✓	✓	40	✓	✓																																					
VILA				20																																										
ANGLADA				35																																										
LEGENDA:																																														
Assistència entrenament	✓																																													
Entrenament abandonat	✓																																													
Entrenament de porters	✓																																													
Entrenament Cadet A	✓																																													
Assistència partit	Min																																													
Entrenament específic	EE																																													



How to evaluate our plans during the season?

MINUTS JUGATS																																
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16*	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TOTAL	
POL	80	80	64	80	64	65	63	80	40	69	80	60	80	80	73	64	80	76	80	68	55	62	59	80	80	80	71	80	80		2073	
HABTAMU	49	71	64	40	64	50	69	80	80	51	80	40	64		80	80	80	80	49	31	61	70	72	55	80	80	71	80	61		1832	
MOLINA	49		71	80	71	40	69	69	80	69	80	60	80	54	24	68	70	60	72	67	50	40	56	71	80	70	40	75	50		1765	
MAGAÑA	31	51	80	80	31	65	63	60	40	60	80	80	40	40	58	79	40	60	80	80	40	50	59	80	80	56	80	40	40		1723	
BERNAT	80	40		50	80	80	40	40	80	60	80	40	80	80	80	40	80	62	40	52	40	52	80	49	40	70	60	40	80		1695	
IAGO	49	80	56	80	58	50	40	60	77	60	55	60		40	67	73		68	65	67	40	60	72	49	80	70	71	80	61		1688	
PEP	40	80	56	33	64	55	57	80	52	40	67	60	80	80	35	40	40	40	65	68	72	48	21	62	41			40	60		1476	
ROURA	61	40	40	40	51	43	40	44	40	60	25	40	64	28	47	32	70	40	56	55	54	52	61	58	0	40	60	33	60		1334	
FERRAN		80	40	66	40	40		40	80	69	67	40	40	40		43	66		32	40	61	60	40	64	54	40	40	40	71		1293	
DENIS	31	54	40	33	40	40	40	60	40	40		40	52	40	40	55	40	56	40	61	40	48		40	80	71	75	40		1276		
JAN	31	40	40	33	40	40	57	53	30	40	35	60	18	40	35	32	29	54	40	31	61	58	40	78	40	53	40	58			1206	
MARCEL	40	40	40	40	40	40	40		40	40	40	40	40	40	80	40	40	40	40	40	32	40	40	40	40	40	40	80	40		1192	
ANGEL	40	40	56	50	31	58	51	23	52	40	50	60	30	40	35	40	29	46	32	40	67	50	32			27	71	40	40		1170	
ARNAU	40	40	40	67	40	30	69	23			18	60	16	40	47	50	18	28	58	40	40	60	32	40	54	53	71	40	40		1154	
GISPI													40	80	80	40	80	62	80	68	40	50	80	80	69	70	60	75	80		1134	
SAMU	40	40	40	40	40	40	40	80	40	40	40	40	40	40		40	40	40	40	50	40	40	40	40	40	40		40		1130		
GARRIDO	59	40	40	40	58	52	51	38	40	51	40	60	66	54	40	59	55	40		40	28										951	
URI	31	33	40	40	27	40	40	23	45	40	18		18	40	24	32	14	54		31	40	48	48	40	69	27		16	40		918	
SERRA	40	40	9	0		52	51	40	30	51	40	40	40	28	47		14														522	
FERRONI	80		64		51																										195	

How to evaluate our plans during the season?

- **Video analysis:** in a technologic world, it is essential to dominate multimedia. It is a tool to convince the players and to show mistakes.
- **Opponent scouting:** it is very important to give the correct amount of information to the team in a way that they are properly ready for the next match

UD CASSÀ "A"

Dades del partit >	Campionat de lliga (1a. Div. Grup 16) – Jornada 18	Classificació UE QUART: 6è (29p., 1 partit pendent)	Classificació rival: 8è (25 punts)
Dinàmica rival >	Jornada 15: Cassà 2-2 Peralada	Jornada 16: Cassà 3-4 Fornells	Jornada 17: Celrà 0-6 Cassà
Context del partit:	Partit contra un rival molt diferent del que ens vam trobar a la 1a. volta. Amb la incorporació d'alguns jugadors i gràcies a una bona dinàmica de resultats, el Cassà fa setmanes que ha sortit de la zona baixa i ha plantat cara als millors equips de la categoria.		
Partits visualitzats:	2 (enfrentament directe + CELRÀ 0-6 CASSÀ)		
ATAC >	Model de joc: Directe – No es compliquen la vida construint el joc per arribar ràpid a dalt.	Posicionament: 1-4-2-3-1	
DEFENSA >	Pressió en sortida de pilota: Moderada – Apreten amb el punta i poc més.	Posicionament: 1-4-2-3-1	
TRANSICIÓ OFENSIVA >	Intenten buscar el seu punta en llarg o bé jugar a les bandes, on tenen els jugadors amb més desequilibri (molt potents físicament). Bascular bé i no perdre mai de vista les marques!		
TRANSICIÓ DEFENSIVA >	Han millorat molt en defensa organitzada. Es col·loquen bé ràpidament i intenten acumular molts jugadors per darrera de la pilota. El seu punt feble és que alguns jugadors són lents i a d'altres els costa recuperar la posició un cop s'han incorporat a l'atac (lateral esquerra).		
Estratègia a pilota parada:	Ofensiva: Tenen jugadors de molta alçada i un bon llançador. Són perillosos per físic.	Defensiva: Acumulen molta gent per protegir porteria ja el seu porter no té un bon joc aeri.	
Fortaleses generals:	Equip físic (en alçada i en potència) que ataca molt.	Bons jugadors de mig camp cap endavant.	Aprofiten el joc directe i les APP per fer mal al rival.
Debilitats generals:	Encaixen bastants gols (37 en 17 partits).	Defensa lenta i que pot patir si ataquem bé.	Els costa recuperar posició després de pèrdua.
Jugadors destacats:	POL BRAVO (8) : Incorporat del Llagostera DH. Explosiu i amb bon xut. 9 gols en 12 partits. EDGAR ESTEVE (22) : Jugador molt ràpid que sempre busca pilota a l'espai. Màxim goleador de l'equip amb 13 gols. Contra el Cassà estava lesionat. ROBERT GARCIA (10) : Mitja punta de molta qualitat. Vigilar-lo bé perquè té arribada i fa bones assistències als jugadors més avançats.		

Formació habitual: 1-4-2-3-1



Entrenador: José María Lora	
Porters:	Victor Yankovyy (1 – Porter titular), Adam Zadakht (13 – Porter nou) .
Defenses:	Robert Mundet (3 – LD), Marc Vilà (19 – CTD), Lluís Bou (5 – CTE), Jordi Bosch (9 – LE), Oriol Gallardo (17 – CTE/LE).
Migcampistes:	Souleyman Bah (4 – MC), Sergi López (6 – MC), David Rabionet (16 – MC), Kilian Novo (2 – ID/LD), Joan Nierga (7 – ID), Robert García (10 – MP), Saloum Djimera (11 – IE), Yeray Gutiérrez (14 – IE).
Davanters:	Edgar Esteve (22 – DC), Poí Bravo (8 – DC) .
Altres jugadors:	Carlos Ailisoaie (15), Martí Ribalta (18), Álvaro Aliende (19)



2019 GAZPROM INTERNATIONAL CHILDREN'S SOCIAL PROGRAMME

FOOTBALL FOR FRIENDSHIP

For any further information or if you're looking to receive any of the forms I work with, please don't hesitate to contact me:

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Thank you!!

FOOTBALL TEAM SEASON PLANNING

4. Q&A



EARTH IS A BALL.
FOOTBALL DRIVES THE PLANET!

