

FILOSOFI
SEPAKBOLA
INDONESIA



ELITEPRO
ACADEMY

Workshop Elite Pro Academy
NYTC PSSI – Sawangan, Juli 2018

Developing Academy Training Week using Filanesia & Tactical Periodisation



Integrasi

FILOSOFI
SEPAKBOLA
INDONESIA



FILOSOFI
SEPAKBOLA
INDONESIA





PERIODIZAÇÃO

TÁCTICA[®]

by Vitor Frade



Program Mingguan (Micro Cycle)

FILOSOFI
SEPAKBOLA
INDONESIA



Minggu	Senin	Selasa	Rabu	Kamis	Jumat	Sabtu	Minggu
GAME	LIBUR	Active Recovery	Sub Prinsip Strength	Prinsip Besar Endurance	Sub-sub Prinsip Speed	Activation	GAME

Program Harian

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INDONESIA



SESI PEMBUKA

SESI INTI (OPTIMALISASI)

SESI PENUTUP

INSPESIFIK

BASIS GAME MODEL
TIDAK POSISI
TIDAK FORMASI

SPESIFIK

BASIS GAME MODEL
SESUAI TAKTIK
SESUAI POSISI- FORMASI

EKSPRESI BEBAS

PASSING EXERCISE

RONDO

POSITION GAME

Position Game penekanan:
possession-pressing-transisi

PARTAI KECIL

POSITION GAME

Position Game penekanan:
possession-pressing-transisi

PHASE OF PLAY

GAME

SET PIECES

EXTRA TAKTIK

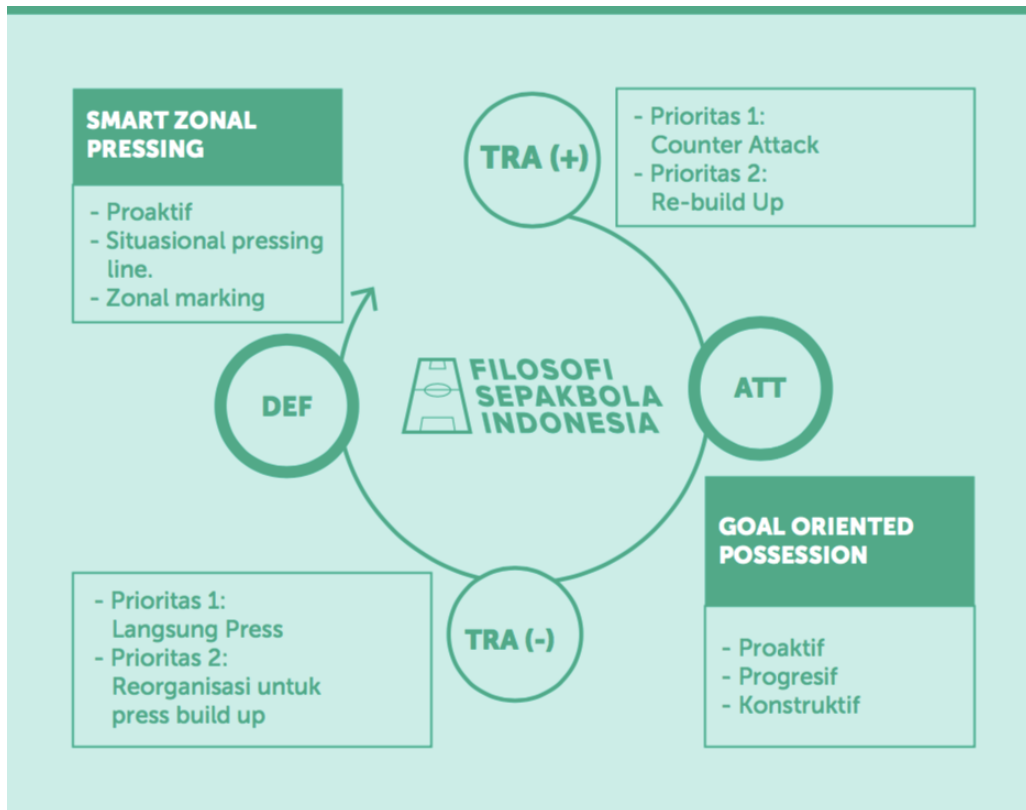
EXTRA TEKNIK

EXTRA FISIK



**FILOSOFI
SEPAKBOLA
INDONESIA**

Filanesia sebagai Game Model



Alternatif Struktur Latihan



	Minggu-1	Minggu-2	Minggu-3	Minggu-4	Minggu-5	Minggu-6
Model 1:	ATT & TRA (-)			DEF & TRA (+)		
Model 2:	ATT & TRA (-)		DEF & TRA (+)		ATT & TRA (-)	
Model 3:	ATT & TRA (-)	DEF & TRA (+)	ATT & TRA (-)	DEF & TRA (+)	ATT & TRA (-)	DEF & TRA (+)

Program Mingguan



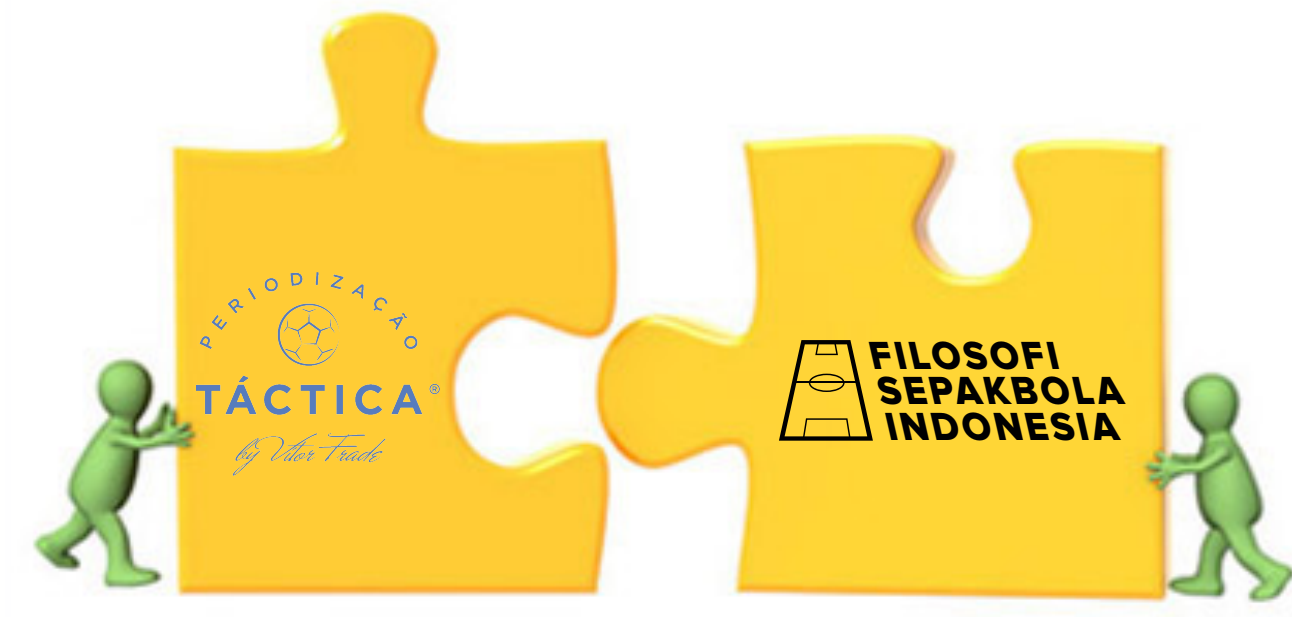
STRUKTUR LATIHAN MINGGUAN FASE PENGEMBANGAN PERMAINAN SEPAKBOLA 14-17 TAHUN.

	Hari ke-1	Hari ke-2	Hari ke-3	Hari ke-4
Pekan ke-1	Membangun serangan (Build Up)	Membangun serangan (Build Up)		
Pekan ke-2				GAME
Pekan ke-3	serangan (Build Up)	serangan (Build Up)	serangan (Build Up)	

Latihan Sepakbola

Program Harian





Dasar Pemikiran

APA YANG
ELITE PRO ACADEMY
INGINKAN?

GAME MODEL



BAGAIMANA
ELITE PRO ACADEMY
MENDAPATKANNYA?

TRAINING STYLE



WORK
METHODOLOGY

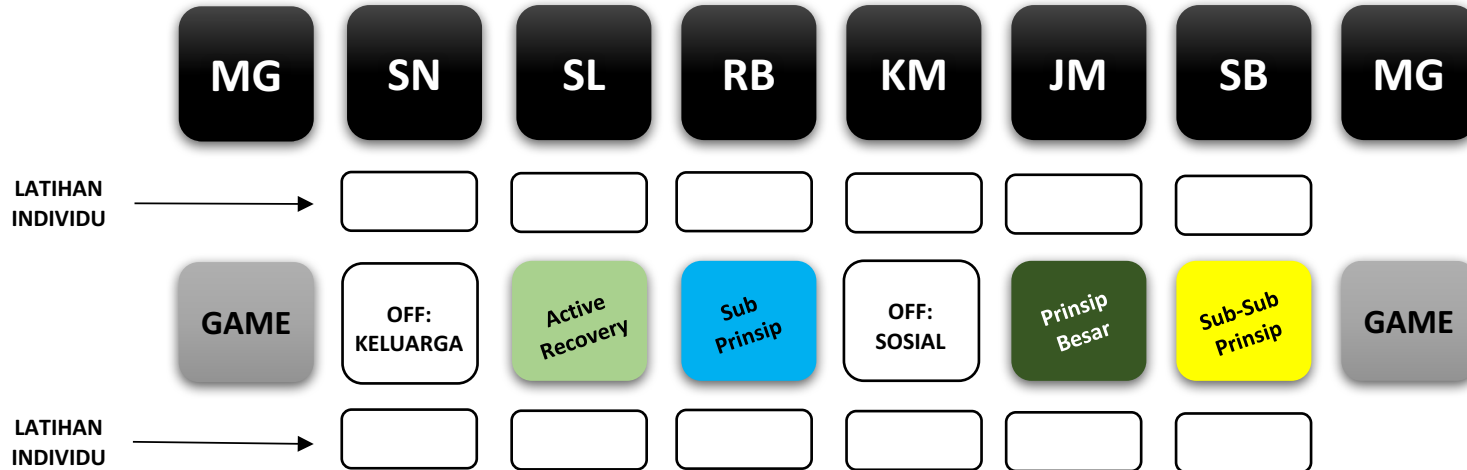
TEAM
ADDRESS

TEAM
TRAINING

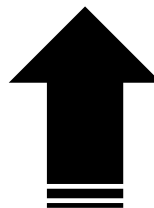
INDIVIDUAL
TRAINING

Pekan Normal

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INDONESIA

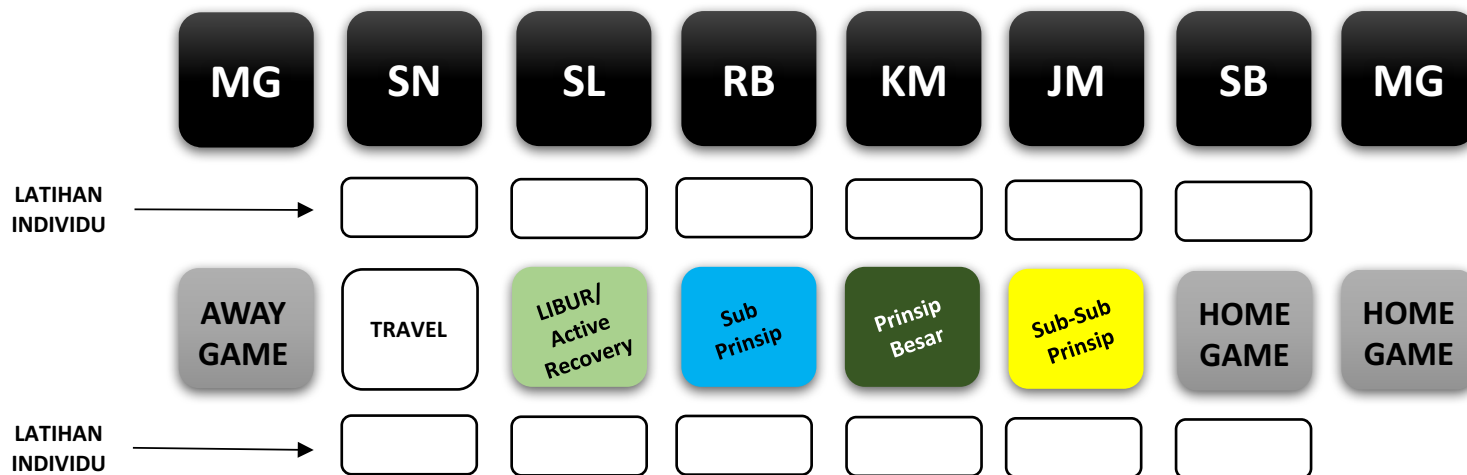


FILOSOFI
SEPAKBOLA
INDONESIA

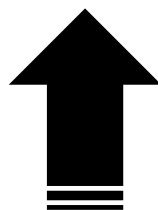


Pekan Home Game

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SEPAKBOLA
INDONESIA

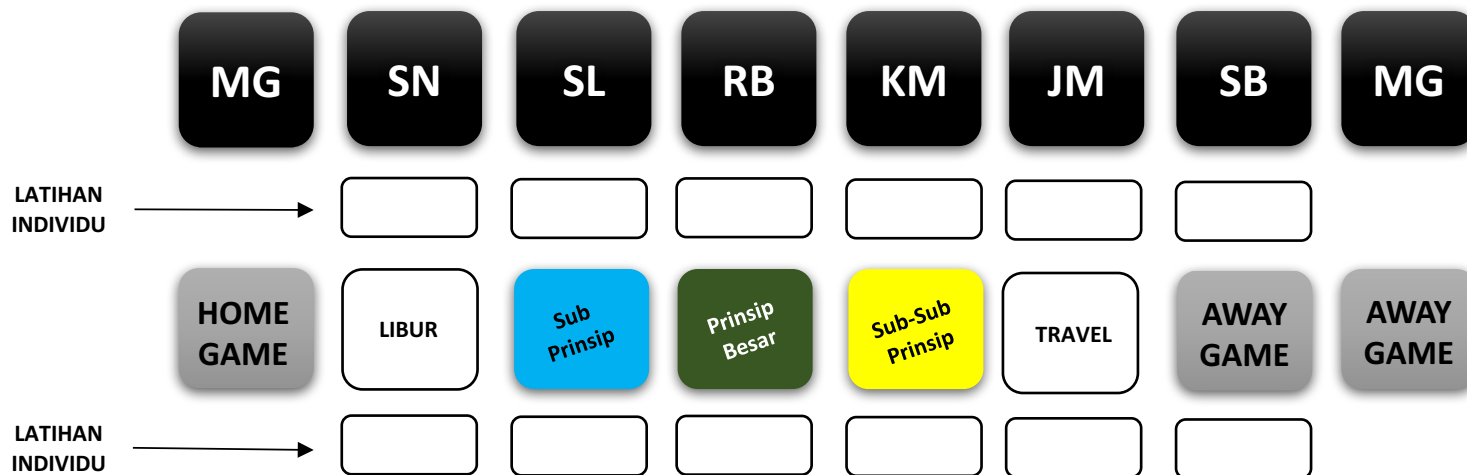


FILOSOFI
SEPAKBOLA
INDONESIA

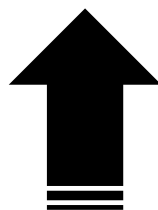


Pekan Away Game

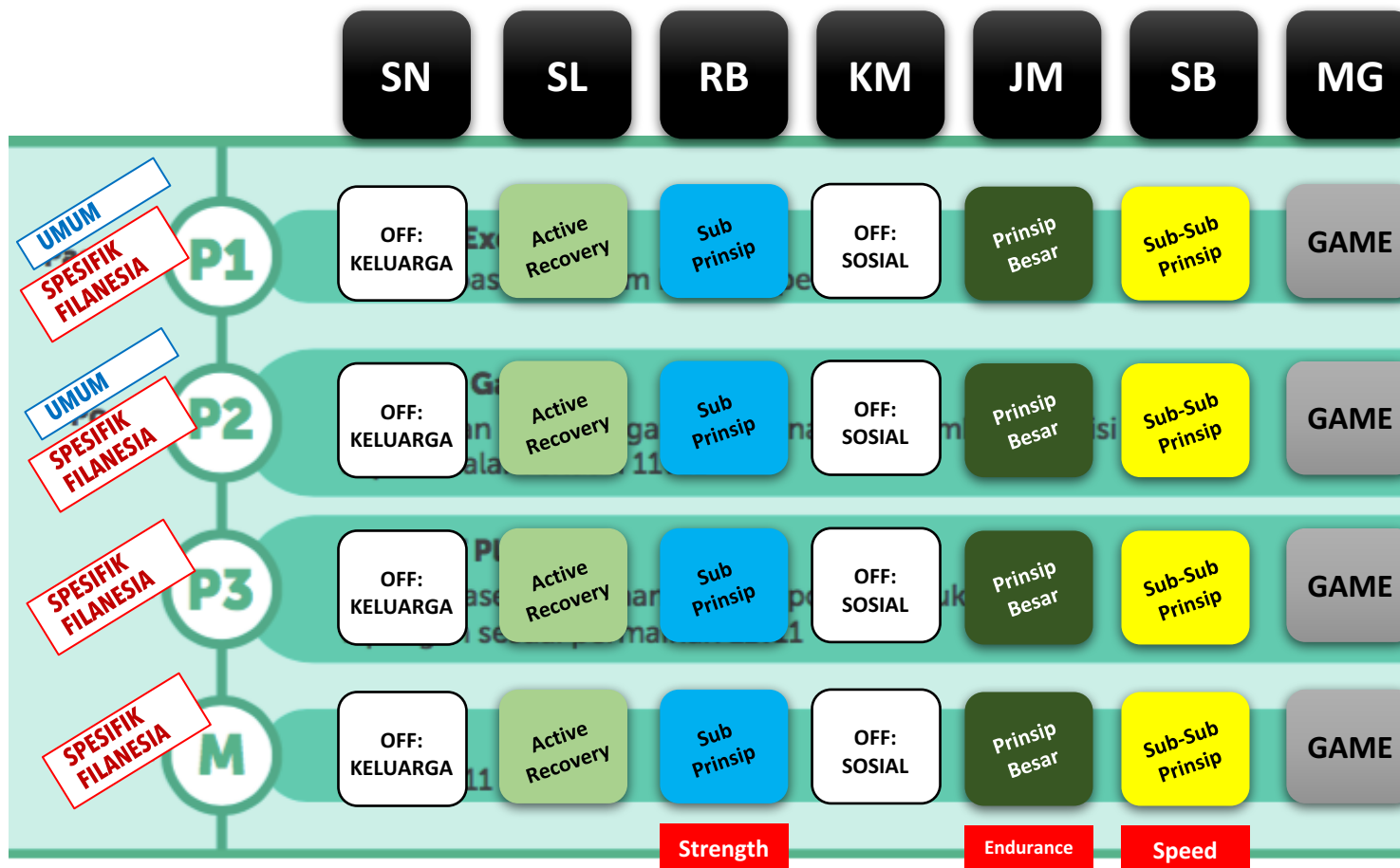
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Program Harian





CONTOH

Barito Putera Elite Pro Academy

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INDONESIA



RAPAT MINGGUAN
AKADEMI



DIREKTUR AKADEMI

FOKUS PEKAN INI?

RENCANA LATIHAN?

YA / TIDAK...

	Minggu-1	Minggu-2	Minggu-3	Minggu-4	Minggu-5	Minggu-6
Model 1:	ATT & TRA (-)			DEF & TRA (+)		
Model 2:	ATT & TRA (-)		DEF & TRA (+)		ATT & TRA (-)	
Model 3:	ATT & TRA (-)	DEF & TRA (+)	ATT & TRA (-)	DEF & TRA (+)	ATT & TRA (-)	DEF & TRA (+)

ATT & TRA (-)



PELATIH TIM U16

Integrasi Kiper
dalam latihan,
Latihan Individu



KOORD.
KIPER

Ukuran Lap, Jumlah
Pemain, Waktu,
Latihan Individu!



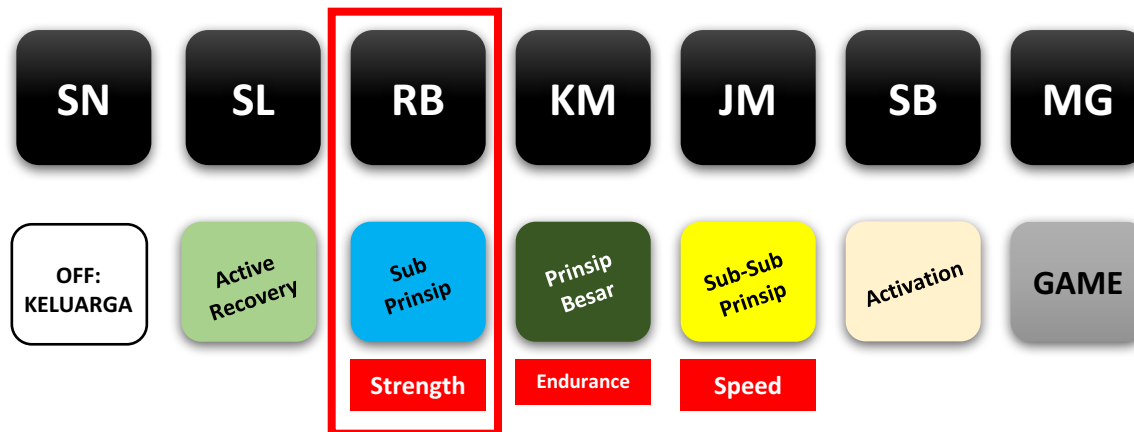
KOORD.
FISIK

Sesi Video
Team
Individu



KOORD.
VIDEO

Contoh Sesi: ATT - Bangun Serangan (Build Up)

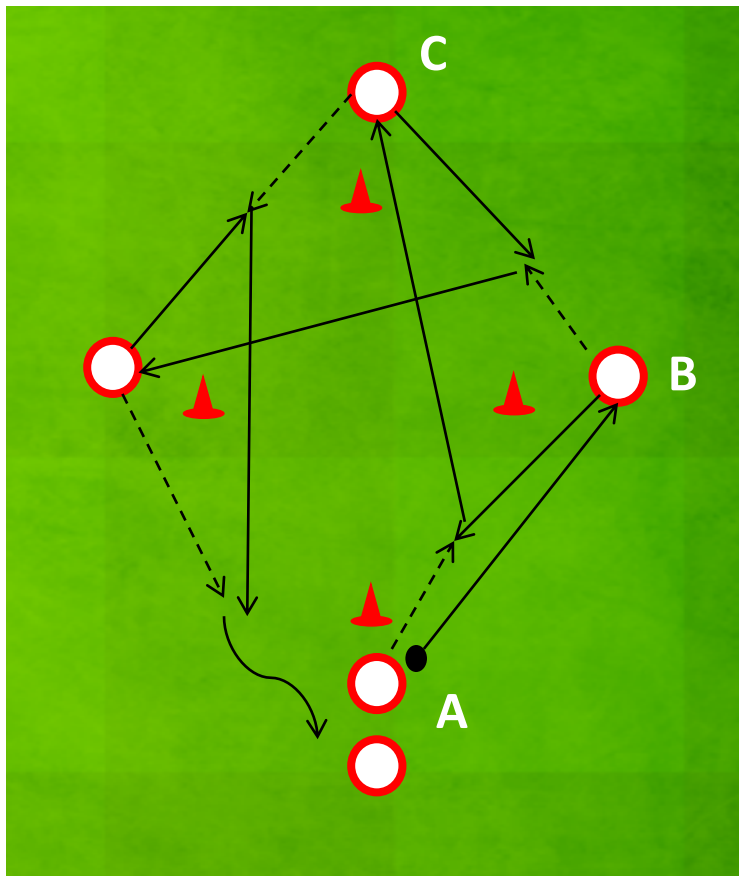


P1 : Passing Exercise

RB

Sub
Prinsip

Strength



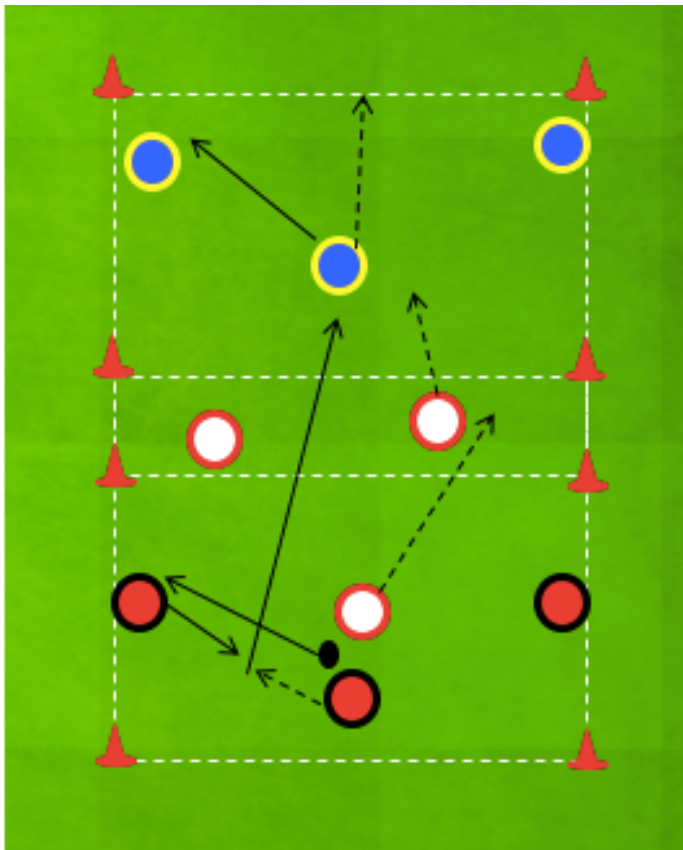
P2 : Position Game

RB

Sub
Prinsip

Strength

UMUM



P2 : Position Game

RB

Sub
Prinsip

Strength

SPESIFIK
FILANESIA



P3 : Phase of Play

RB

Sub
Prinsip

Strength

SPEKTRUM
FILANESIA

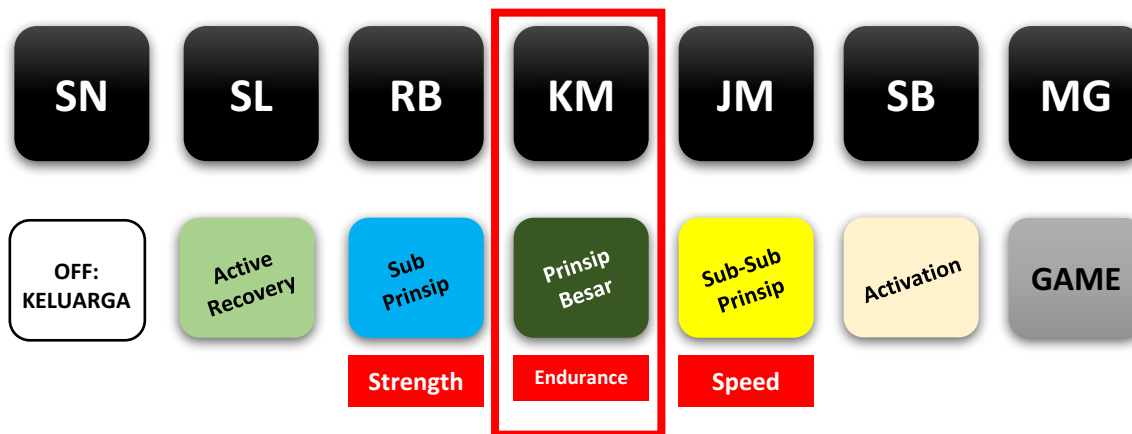


Sub Prinsip

**SPESIFIK
FILANESIA**



Contoh Sesi: ATT - Bangun Serangan (Build Up)



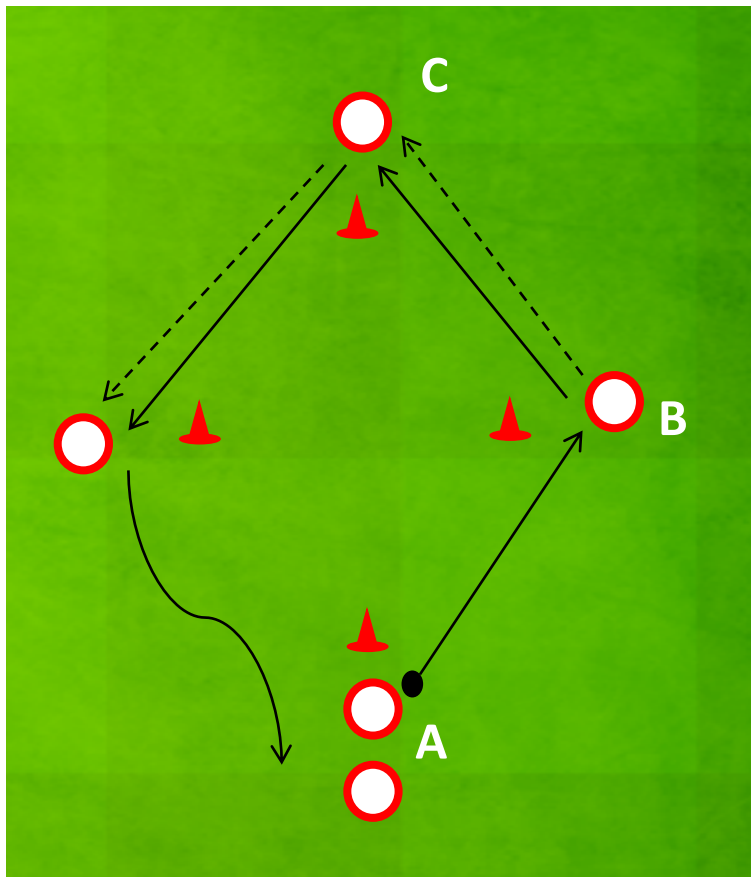
P1 : Passing Exercise

KM

Prinsip
Besar

Endurance

UMUM



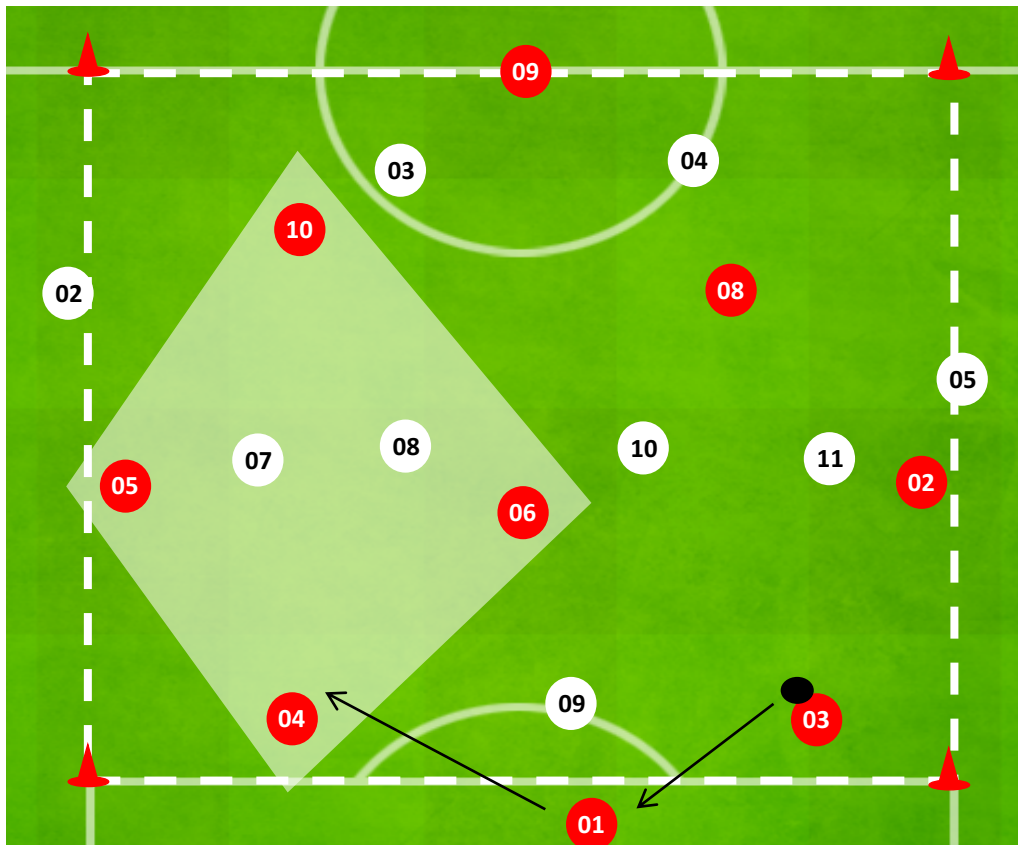
P2 : Position Game

KM

Prinsip
Besar

Endurance

SPESIFIK
FILANESIA



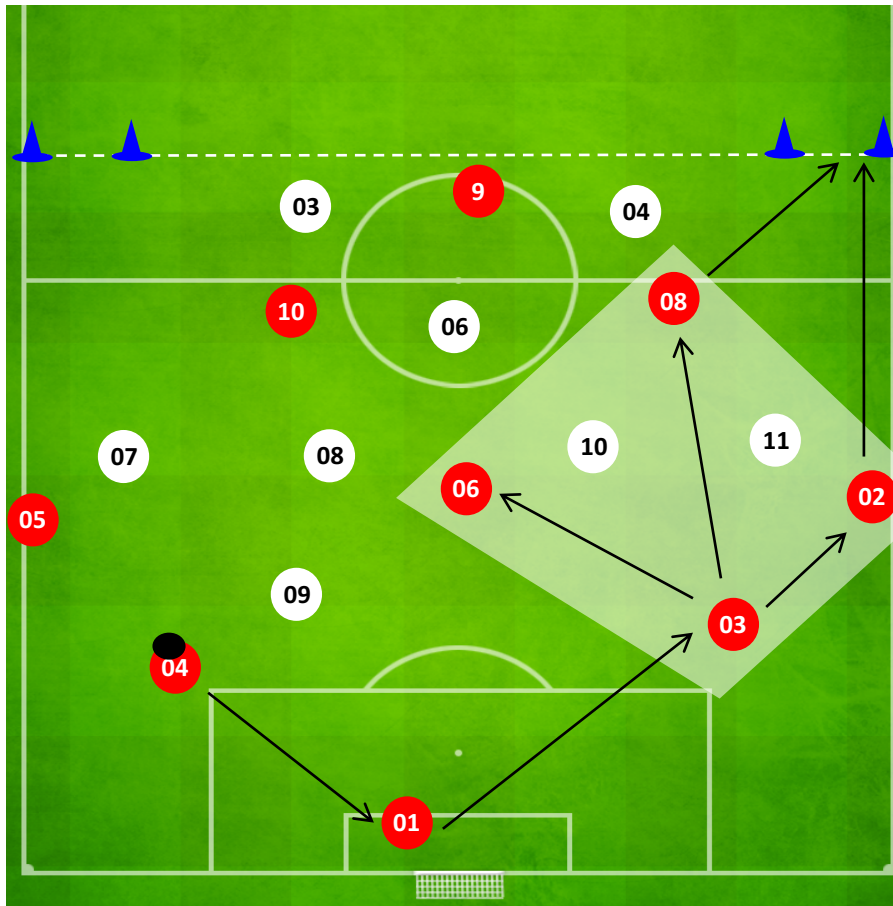
P3 : Phase of Play

KM

Prinsip
Besar

Endurance

SPESIFIK
FILANESIA



M : Game

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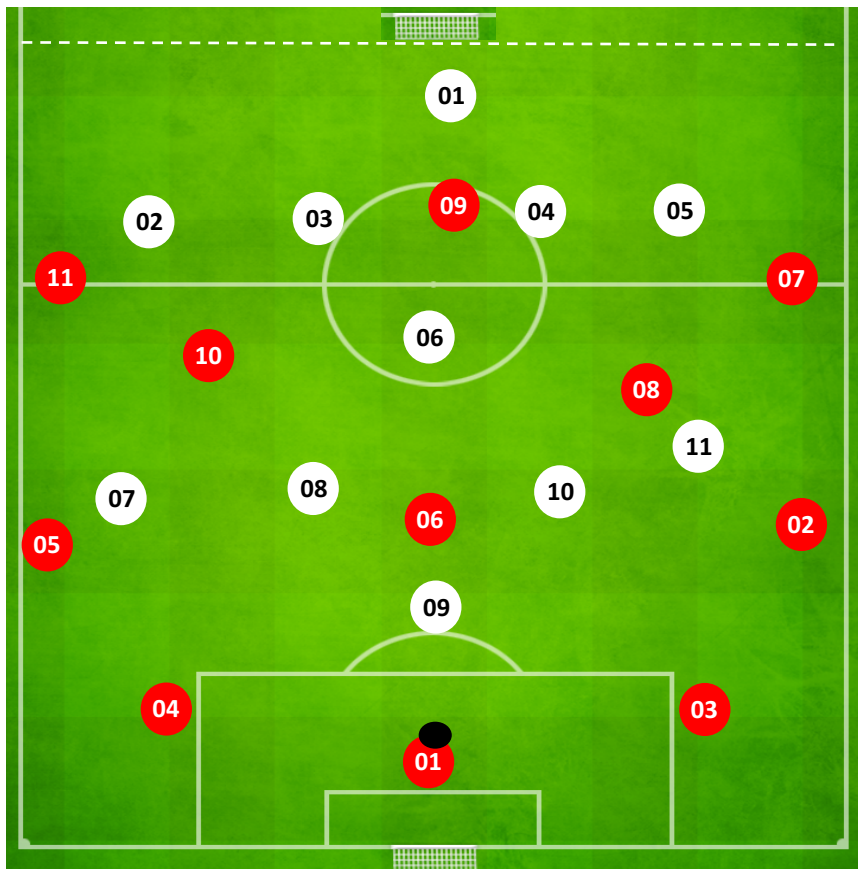


KM

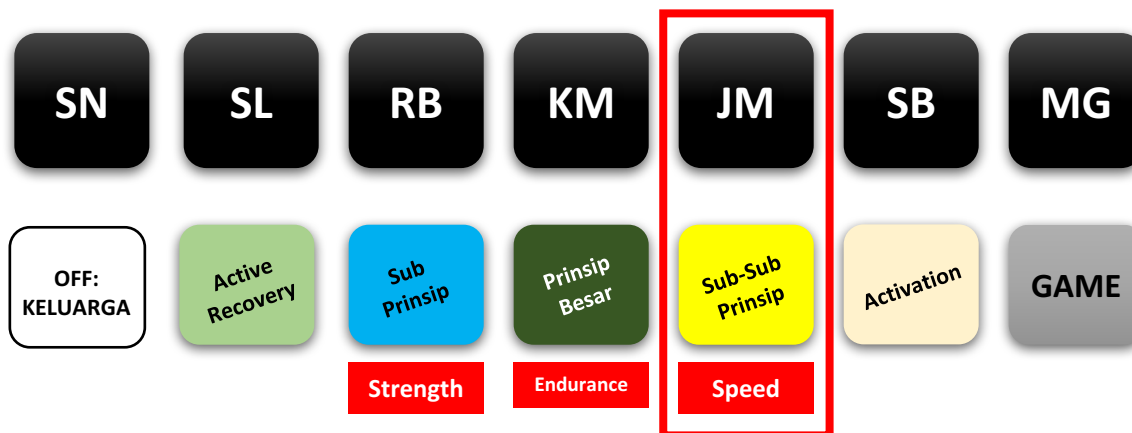
Prinsip
Besar

Endurance

SPEKIFIK
FILANESIA



Contoh Sesi: ATT - Bangun Serangan (Build Up)



P1 : Passing Exercise

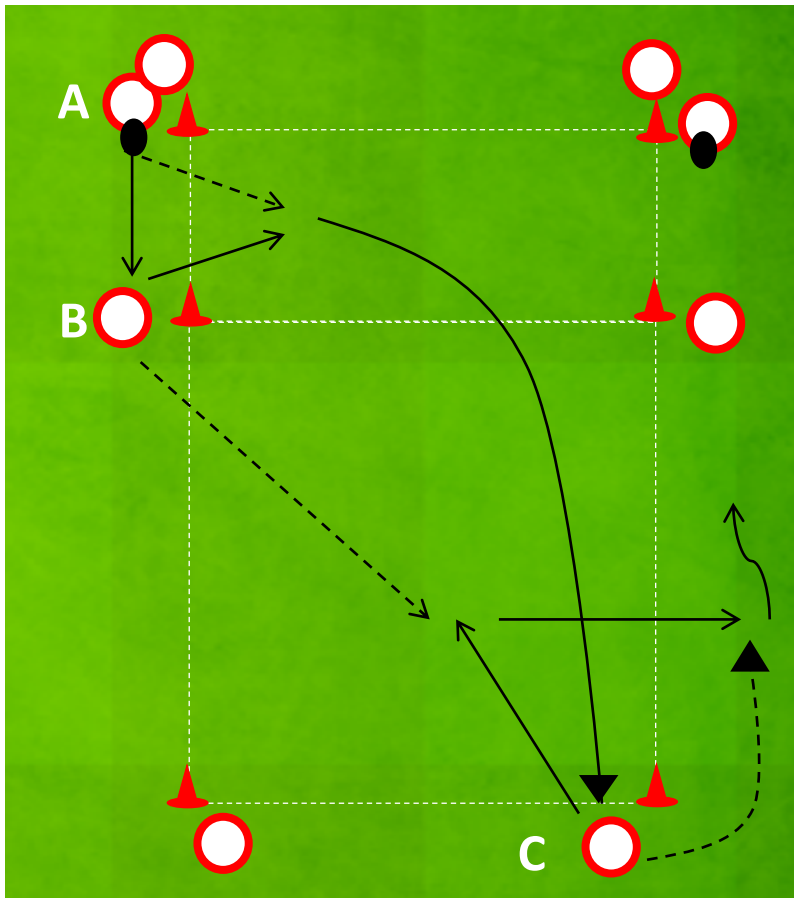
JM

Sub-Sub
Prinsip

Speed

UMUM

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INDONESIA



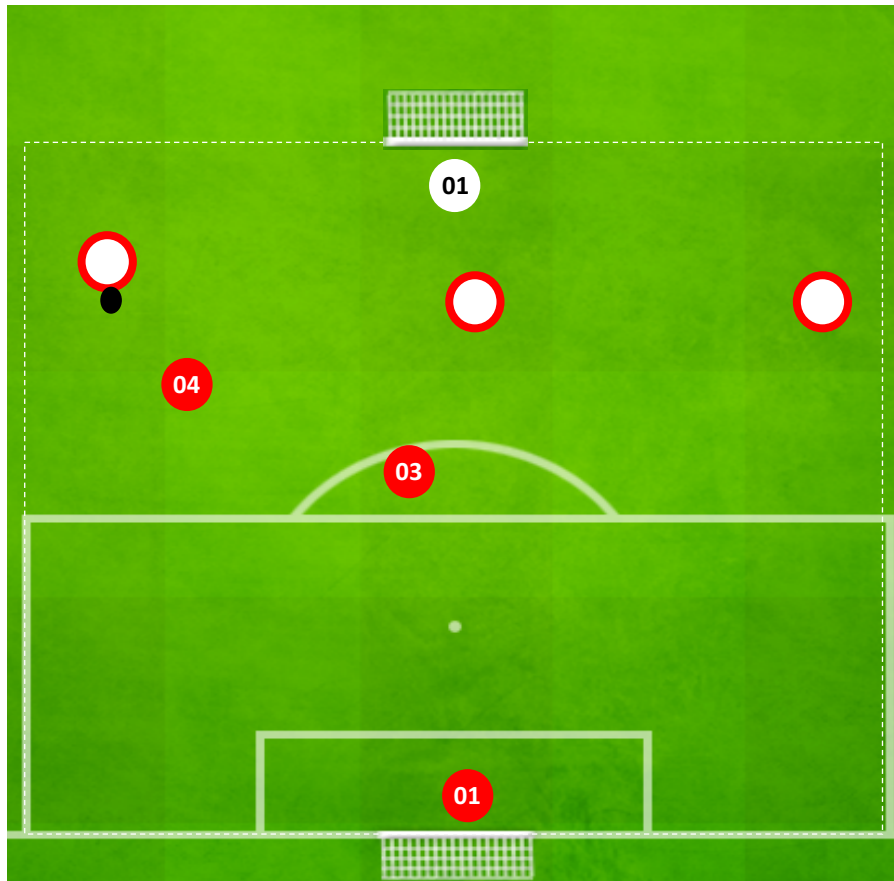
Partai Kecil: 3v2

JM

Sub-Sub
Prinsip

Speed

UMUM



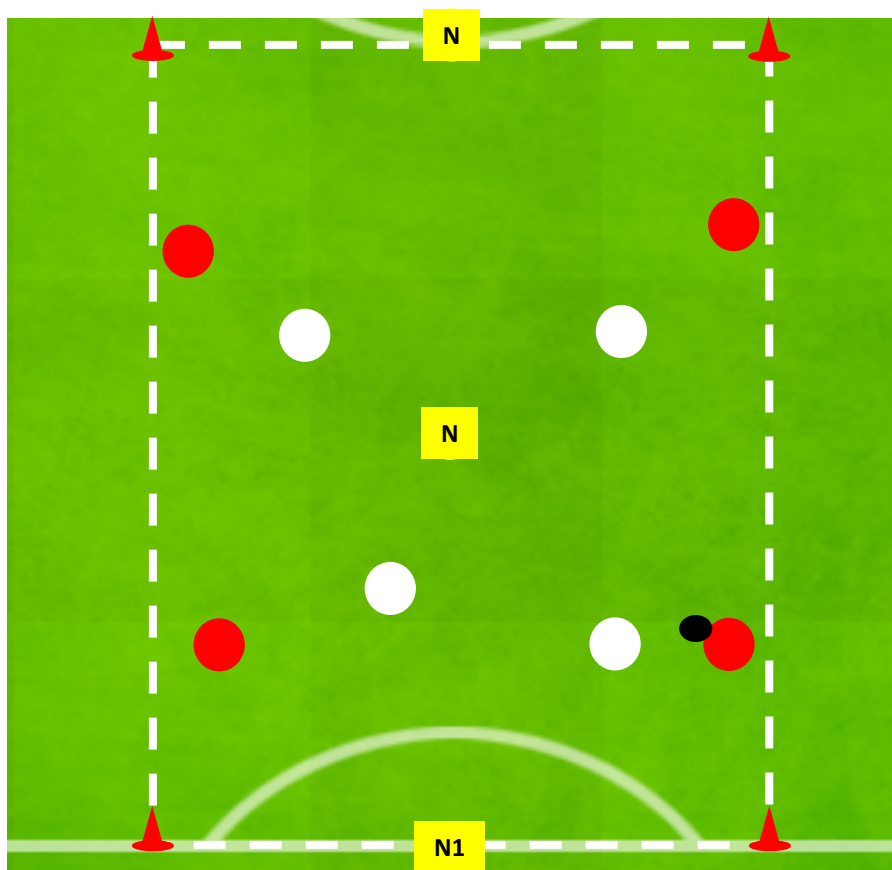
P2 : Position Game

JM

Sub-Sub
Prinsip

Speed

UMUM



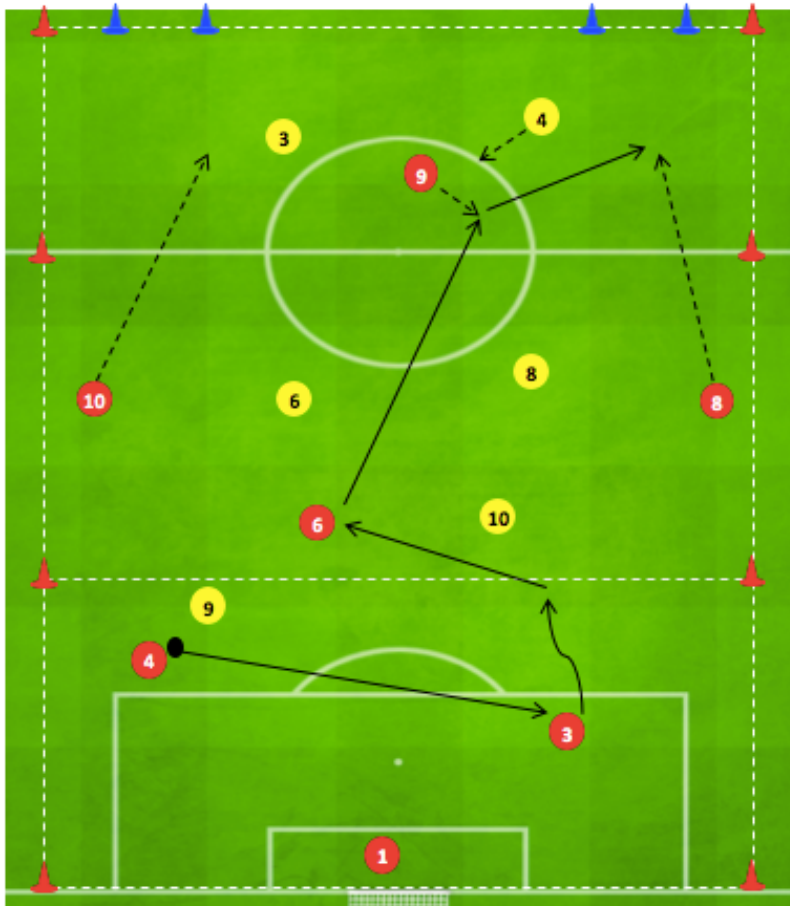
P3 : Phase of Play

JM

Sub-Sub
Prinsip

Speed

SPEKIFIK
FILANESIA



M : Game

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INDONESIA

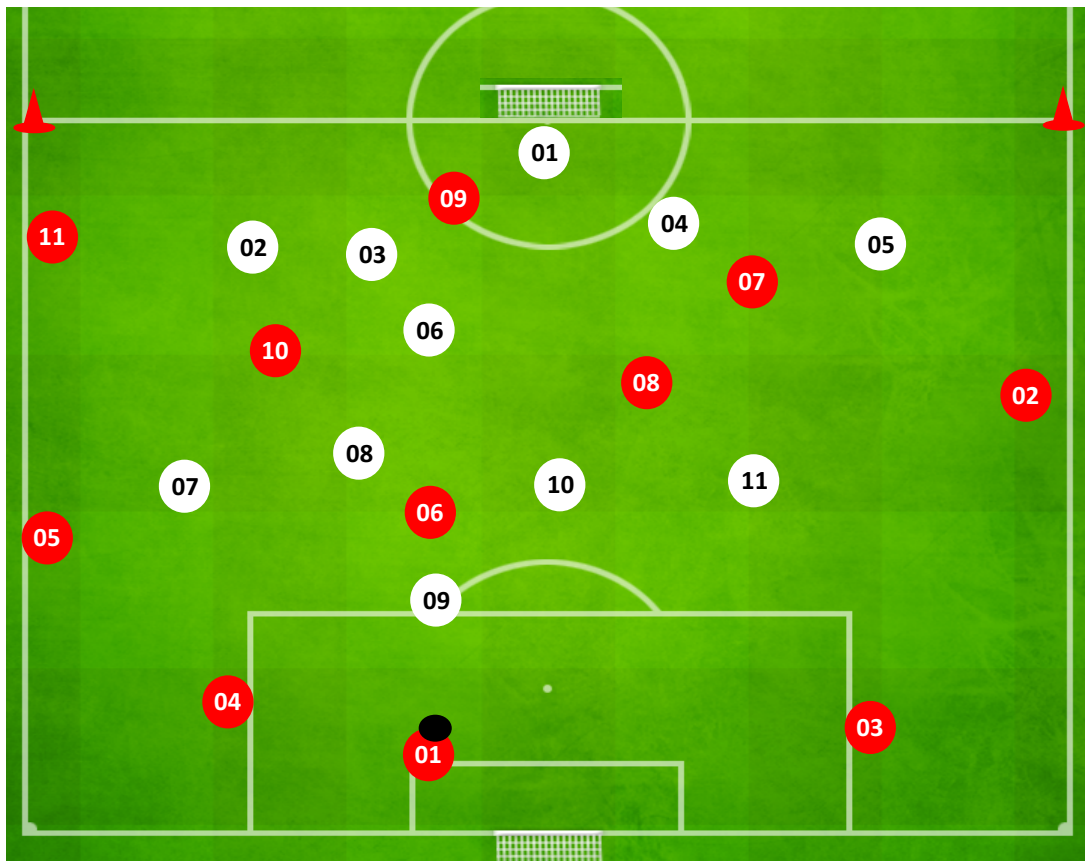


JM

Sub-Sub
Prinsip

Speed

SPESIFIK
FILANESIA





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NYTC PSSI – Sawangan, Juli 2018

Group Workshop Developing Training Plan

Workshop



- **Group 1: Sriwijaya FC, PSMS Medan, Persija.**
 - ATT & TRA (-): Hari Selasa (Game Minggu – Minggu)
- **Group 2: PS TIRA, Bhayangkara, Persib.**
 - ATT & TRA (-): Hari Rabu (Game Minggu – Minggu)
- **Group 3: PSIS, Arema, Persela.**
 - ATT & TRA (-): Latihan Individu untuk #9.
- **Group 4: Bali United, Madura United, Barito Putera.**
 - DEF & TRA (+): Hari Selasa (Game Minggu – Minggu)
- **Group 5: Mitra Kukar, Borneo FC, Persebaya.**
 - DEF & TRA (+): Hari Rabu (Game Minggu – Minggu)
- **Group 6: PSM, Persipura, Perseru.**
 - DEF & TRA (+): Latihan Individu untuk #3/#4



Terima Kasih