A photograph of João Henriques, a man with short brown hair and a beard, wearing a black polo shirt and light-colored trousers. He is standing on a football pitch, gesturing with his right arm raised. In the background, other people are visible, including a man in a white shirt with arms crossed. The scene is outdoors with red and white striped banners in the background.

Training Methods & Game Ideas (ANTF)

João Henriques

(Some) General Principles/Contents

- General principles that we are using in the exercises, which is what we want for the Game.
 - ➡ Win every exercise. Always be extremely competitive, always create a winning spirit. The issue of competitiveness is even present in playful exercises. The groups, the winners, the losers. This is a general principle that we put into these exercises.
 - ➡ Keeping possession of the ball.
 - ➡ Awareness that we must draw the opponent to certain spots and then safely exploit the gap created by the opponent's pressure.
 - ➡ Reaction to the loss of the ball - crucial.
 - ➡ Know how to explore the outside game / alternate with the inside game.

Training Exercise

- The training exercise is our great tool to achieve our Game Ideas.
- We never ignore the exercise that allows us to achieve what we want to happen on the pitch!

Progressive Drills Planning

- We plan the exercises according to a learning process and logic, according to Complexity and Specificity.
- We must go through three phases: Learning, Development and Consolidation (in each of the behaviours we want for our Game Idea).

	LEARNING	DEVELOPMENT	CONSOLIDATION
Complexity	Low complexity (only one content and stimulus)	Medium (integration of several contents and stimuli)	High (complexity of the game)
Specificity	High repetition of behaviours	Ensure Repetition v Ensure Specificity	High specificity with the game

Progressive Drills Planning

- By starting with a low complexity and high repetition of behaviours, we can advance to the next phases. This takes some time!
- Depending on the level of the player and team, we can advance faster or not. And, when we feel the Learning Phase has taken effect, we can move on to the Development Phase (of those same behaviours).
- Complexity of the Development Phase - more contents, often within the same exercise. Decrease/increase the gap (crucial factor) and/or decrease/increase the number of players.
- After that, consolidate with high complexity (Game complexity). We can't predict all behaviours. Therefore, we set up the highest approximation possible to the Game, the obstacles and the difficulties found in it.

Recreational / Technical / Speed Exercise

- Speed exercise, where the players have the recreational side, but also the technical aspect (oriented ball reception to make a pass).
- Besides the physical aspects (in this case, speed), a quite simple thing that we want to develop is the technical aspect, but also the ability to win.
- Exercises that work on those issues. In any exercise, there must be a winner. This is the winning spirit. In other words, always create competitive situations. In this case, coordination, speed, ball relation. And going further: addressing the issue of competitiveness.

Recreational / Technical / Speed Exercise



Ball Possession Maintenance Exercise and Reaction to Losing the Ball

- We really like these exercises in the opening part of the training, where we create exactly what we want for our team: a strong reaction to losing the ball and being able to have the ball in tricky situations.
- 4v2 in an interior square (Keeping Possession of the Ball). When the two players in the middle recover the ball, a 6v4 game starts in a bigger square.
- General idea: a) reaction to losing the ball; b) maintaining possession of the ball; c) moving towards directionality, where we want a transition with finishing.

Ball Possession Maintenance Exercise and Reaction to Losing the Ball

- Greater complexity:
 - ➔ Place 4 mini-goals at the vertices of the larger square. So, when the four players in the middle recover the ball, the goal is to get out of that pressure (facing the six opponents that try to keep the ball).
 - ➔ In another phase related to directionality, further into the Game, we place 2 Goalkeepers and 2 regulation goals on the tops of the square. This allows an effective transition towards one of the goals, getting closer to what we want.
 - ➔ The objective is to increase complexity and specificity. Getting closer to the real game. It's a simple exercise to bring us closer to the Game Idea.

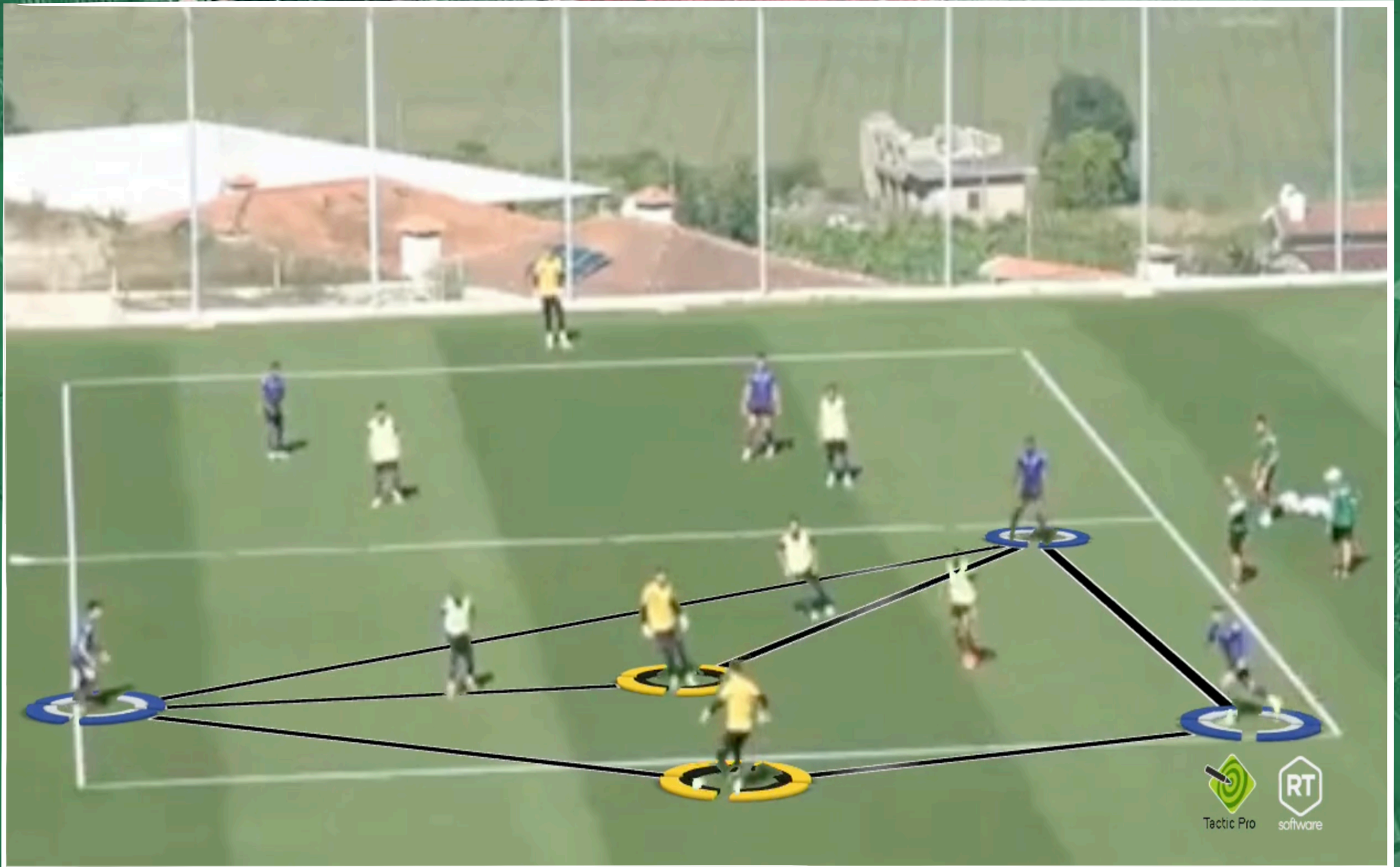
Ball Possession Maintenance Exercise and Reaction to Losing the Ball



Ball Possession and Transitions Exercise (1)

- Exercise with Goalkeepers (they play with their feet outside their comfort zone).
- “3v3 + 2 Offensive Jokers (one inside and one outside)” where they move inside towards the next gap where they play “2v2 + 1 Offensive Joker” (outside).
- When they move to the next gap there is one player of each team plus the offensive Joker inside.
- Trying to keep the possession of the ball varying the centre of the game, playing inside without long passes.

Ball Possession and Transitions Exercise (1)



Ball Possession and Transitions Exercise (2)

- Keeping Possession of the Ball with great mobility. The player that passes the ball to the “outsider teammate” leaves the interior of the game space; the one that receives the ball on the outside enters.
- Keeping Possession of the Ball in a reduced space, so that the players must think and execute quickly, keeping themselves in an advantageous position.
- Playing with directionality.

Ball Possession and Transitions Exercise (2)



Transitions and Gap Taking Exercise

- Ball Possession Maintenance Exercise to conquer different gaps.
- The team draws the opponent into a square and, when they have the ball under control, they always play in a square next to it.
- Using a large square divided into 4 parts.
- On each square a “4x4 + 2 Offensive Jokers” is played.
- The Jokers must always move between the squares to serve as support and nurture gap transitions.
- The objective is to train the variation of the centre of the game. When we are aware that getting out of pressure is always difficult, we will always have someone available to receive the ball on opposite sides.

Transitions and Gap Taking Exercise



BPM Exercise / Corridors / CPV / Finishing

- Ball Possession Maintenance (BPM), Runners, Centre of Play Variation (CPV) and Finishing Exercise.
- Ball Possession Maintenance with more players, the Joker is positioned inside and there are Outside Supports for each team (two in the wings and one in the central corridor). When the gap is conquered, the Striker is the reference to reach the finishing areas, with the involvement of players from the three corridors. The goal is to reach the opponent's goal with our team balanced.
- Increased Complexity: more Specificity (keeping the ball on interior zones with the team structured), Full-Backs on wings, Strikers as frontal supports and references to reach the finishing hotspots.

BPM Exercise / Corridors / CPV / Finishing



Sectorial Exercise

- Build-up from the wings.
- The team sets high lines to press forward, as expected.
- Always exploring the possibility to play the ball into the wings, developing the build-up in those corridors (where the sticks are positioned, called “doors”), as well as how to counter that movement (preventing the opponent from building up).
- Establishing collective high lines (defend the gap behind the back).
- Game Idea Principles: High Defensive Line; when you have the ball, exploring the game down the wings.

Sectorial Exercise



Recovery x Acquisition Exercise

- The purple team (athletes who played more than 45 minutes in the previous match) “was in recovery”.
- The red and white team players “were in acquisition”.
- Exercise where the 10 purple players only had possession of the ball (structurally organized) and tried to get to a specific zone to conquer the gap. The opposing team, composed by 5 elements (red or white), tried to recover the ball, making the opponent’s possession difficult. After recovering the ball, the mini-goals would allow developing the build-up to get the ball out of the pressure zone.
- The purple team reacted to the loss to not let the opponent achieve that objective.
- In physical recovery, but always trying to add content to the team’s way of playing.

Recovery x Acquisition Exercise



Mesocycle nº4 - Preparatory Competitive Period I (Season 21/22)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13 9/20 - 9/26	Rest	Training (Morning)	Training (Morning)	Training (Morning)	Training (Morning)	7th Gameweek Moreirense v Arouca	Rest
		-----	-----	-----	-----		
Week 14 9/27 - 10/3	Training (Morning)	Training (Morning)	Training (Morning)	Training (Morning)	8th Gameweek Marítimo v Moreirense	Rest	Rest
	-----	-----	-----	-----			
Week 15 10/4 - 10/10	-----	Training (Morning)	Training (Morning)	Training (Morning)	Training (Morning)	Preparation Game #10 Moreirense v Vitória SC (B)	Rest
	Training (Afternoon)	-----	-----	-----	-----		
Week 16 10/11 - 10/17	-----	Training (Morning)	Training (Morning)	Training (Morning)	Training (Morning)	Portuguese Cup Oriental Dragon v Moreirense	Rest
	Training (Afternoon)	-----	-----	-----	-----		

Microcycle n°13 - Weekly Plan (9/20/21 to 9/26/21)

High (90-100%)							
Medium (80-90%)							
Low (50-80%)							
Recovery							
Intensity / Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Microcycle nº13 - Weekly Plan (9/20/21 to 9/26/21)

	Monday (9/20/2021)	Tuesday (9/21/2021)	Wednesday (9/22/2021)	Thursday (9/23/2021)	Friday (9/24/2021)	Saturday (9/25/2021)	Sunday (9/26/2021)
M O R N I N G		Session #74 Time: 10:00 Place: Academy	Session #75 Time: 10:00 Place: Academy	Session #76 Time: 10:00 Place: Academy	Session #77 Time: 10:00 Place: Academy		
A F T E R N O O N						7th Gameweek Time: 15:30 Moreirense FC v Arouca	

Madeira

Training Unit #74 - (Tuesday - 9/21/2021)

Place: Academy

Number of Players:
23+3GK's

Total Time: 80 minutes

Useful Time: 69 minutes

Objectives:

- Meta Specialized; Reduced Space Play; Defensive Tactical Organization; Transitions.

INITIAL PART

Exercise #1 (20 minutes):

Individual Technique + Articular Mobilization:

Number: 8x3 (23)

Space: 1/3 of the pitch

Time: 15 minutes

Coaching Points:

- Passing
- Reception
- Ball Driving
- One-twos
- Articular Mobilization (5 minutes)



Training Unit #74 - (Tuesday - 9/21/2021)

MAIN PART

Exercise #2 (18 minutes):

1) Defensive Tactical Organization (DTO):

Number: 6v6+GK

Space: 50x30m

Time: 2x8' with 2' break

2) Defensive Tactical Organization:

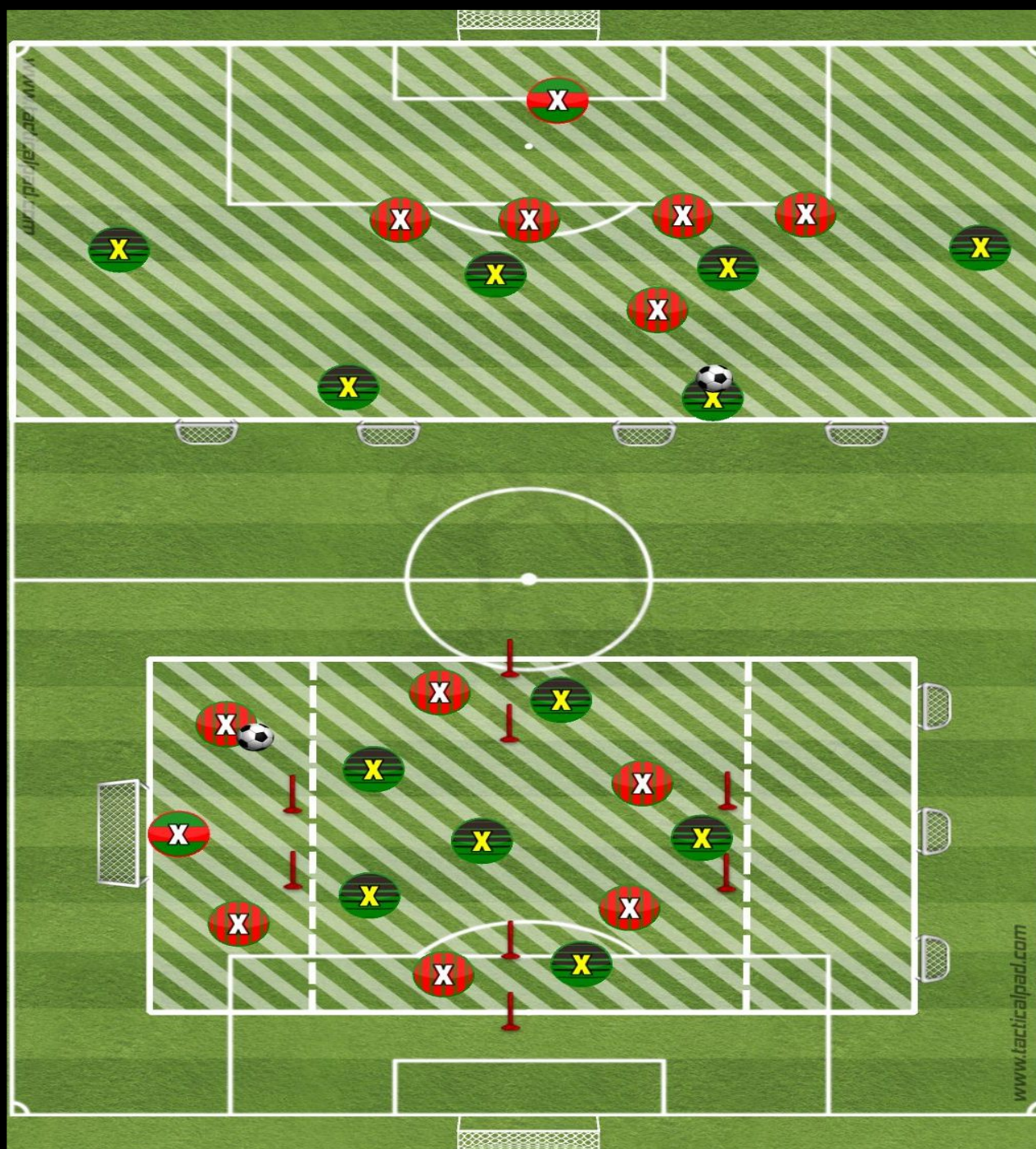
Number: 6v5+GK

Space: 40x60m

Time: 2x8' with 2' break

Coaching Points:

- DTO
- Transitions
- Reaction to Loss of the Ball



Training Unit #74 - (Tuesday - 9/21/2021)

MAIN PART

Exercise #3 (26 minutes):

Meta Specialized:

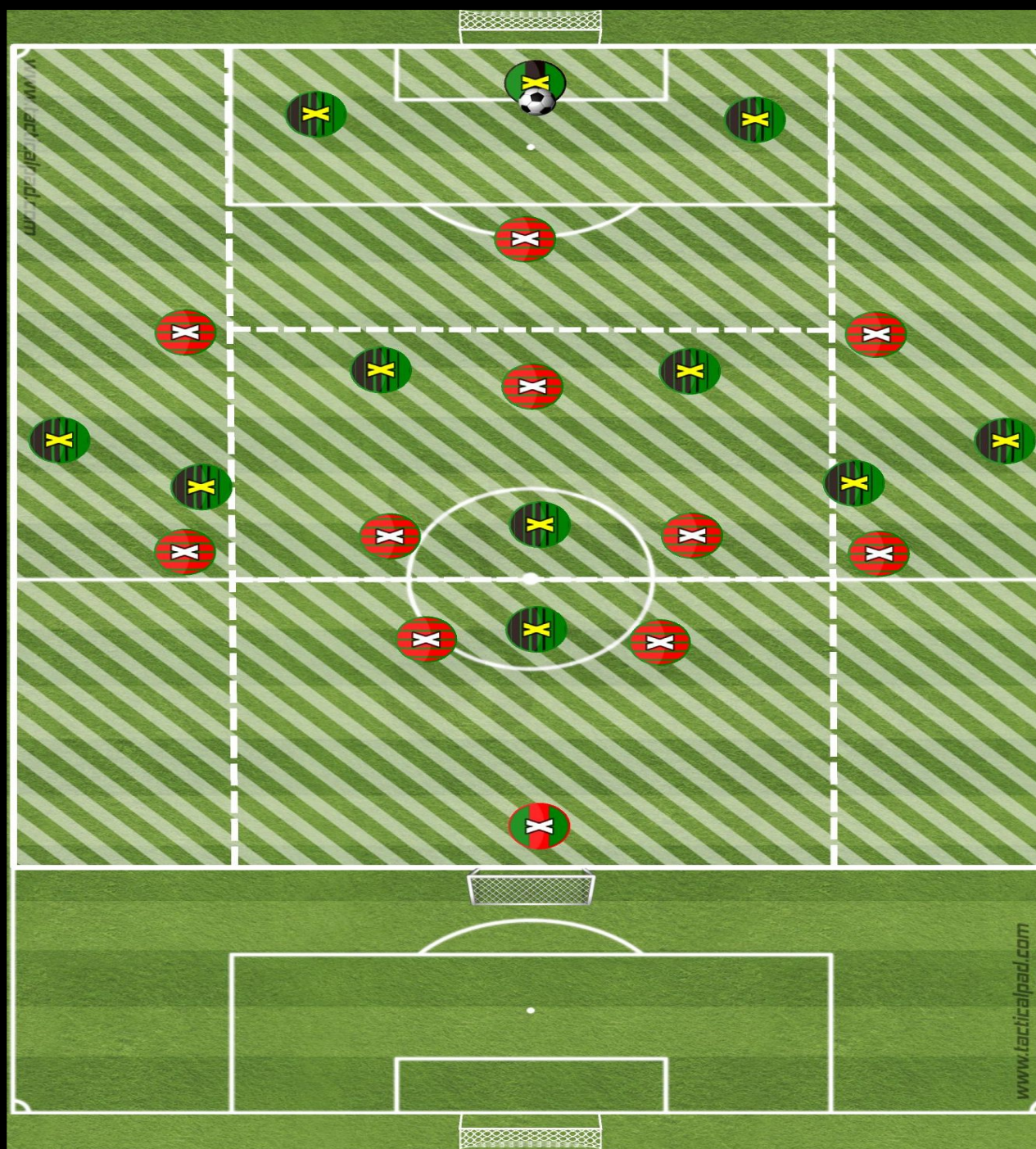
Number: GK+10v10+GK + 3 Neutral Players

Space: 80x68m

Time: 2x12' with 2' break

Coaching Points:

- DTO
- Positioning
- Balance
- Shiftings
- Defensive Transitions



Meta Specialized Exercise

- Pitch divided into 3 corridors.
- In the wings, a “2v2+1” to develop the wing build-up and create superiority with 3 players.
- The players in the central corridor establish numerical equality, divided in sectors: 2 Centre Backs v 1 Striker; 2v2 on the opposite side.
- The objective is to reach one of the corridors. On one hand, this allows developing the build-up down the wings. Then, on the finishing hotspots, two players appear + the third one on the second post, coming from behind, to have superiority inside the box (behind the Second Centre Back).
- Considerable number of players inside the box, occupying preset positions (conditioning the specificity of our goal).

Meta Specialized Exercise



Training Unit #74 - (Tuesday - 9/21/2021)

FINAL PART

Exercise #4 (5 minutes):

Return to Calm
Stretching
Conclusions

Madeira

Training Unit #75 - (Wednesday - 9/22/2021)

Place: Academy

Number of Players:
23+3GK's

Total Time: 80 minutes

Useful Time: 63 minutes

Objectives:

- Standardized; Colletive Tactical Organization.

INITIAL PART

Exercise #1 (8 minutes):

Mobilization:

Number: 23

Space: 1/3 of the pitch

Time: 8 minutes

Coaching Points:

- Articular Mobilization
- Recreational

Madeira

Training Unit #75 - (Wednesday - 9/22/2021)

MAIN PART

Exercise #2 (18 minutes):

Standardized:

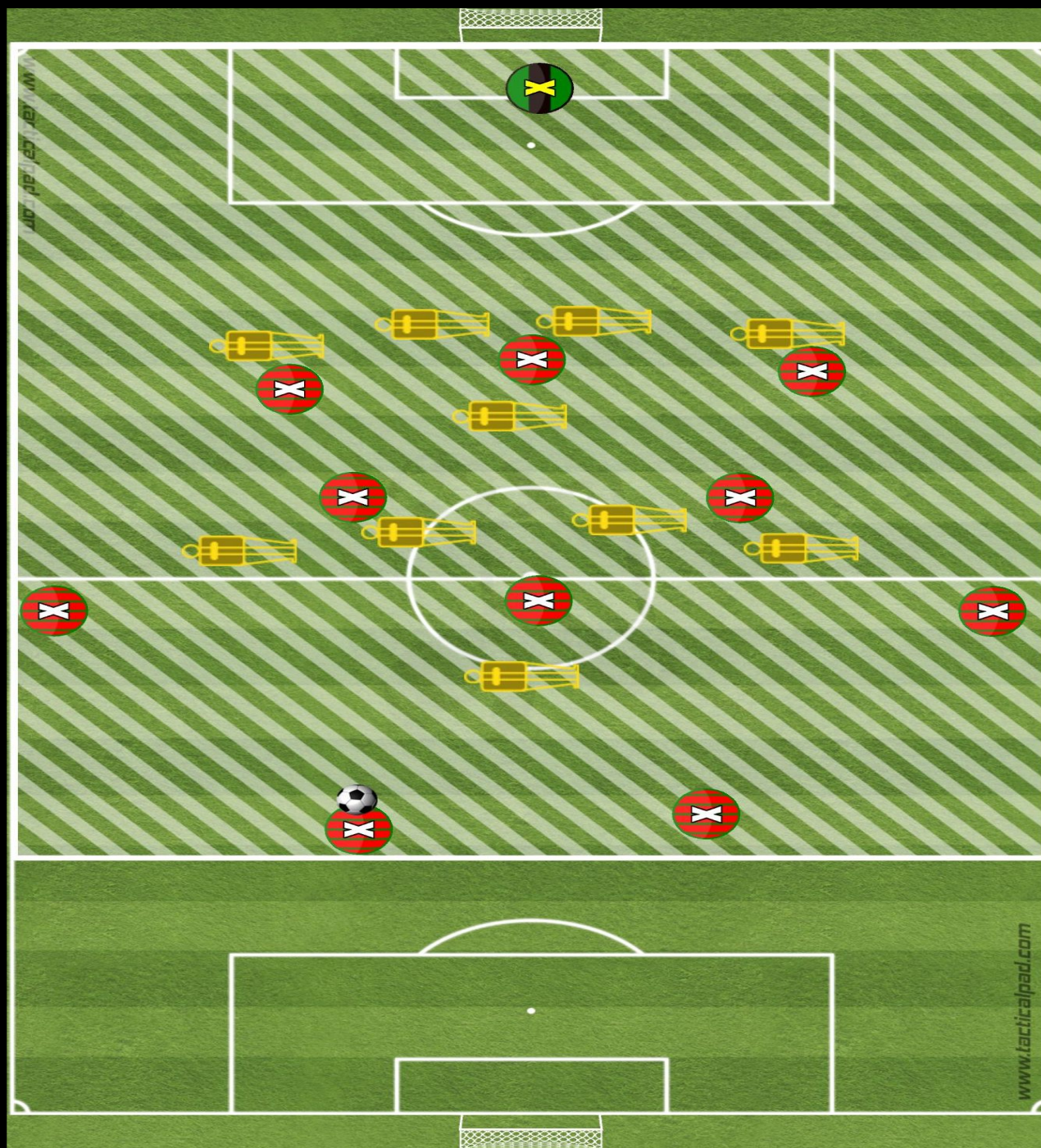
Number: 10v0+GK

Space: 80x68m

Time: 15'

Coaching Points:

- Standardized
- Movements
- Positioning



Standardized Exercise (Outside Game)

- Standardized Situation - Game down the wings.
- Outside game one-twos for the warm-up, reaching scoring hotspots with simple one-twos in specific situations: players' positions defined to reach the target.
- Lure in / play outside (using the Full-Back or Winger) to appear in the finishing hotspot - right and left.
- In the end, combine the two parts.

Standardized Exercise (Outside Game)



Training Unit #75 - (Wednesday - 9/22/2021)

MAIN PART

Exercise #3 (28 minutes):

Collective Tactical Organization (CTO) / Finishing:

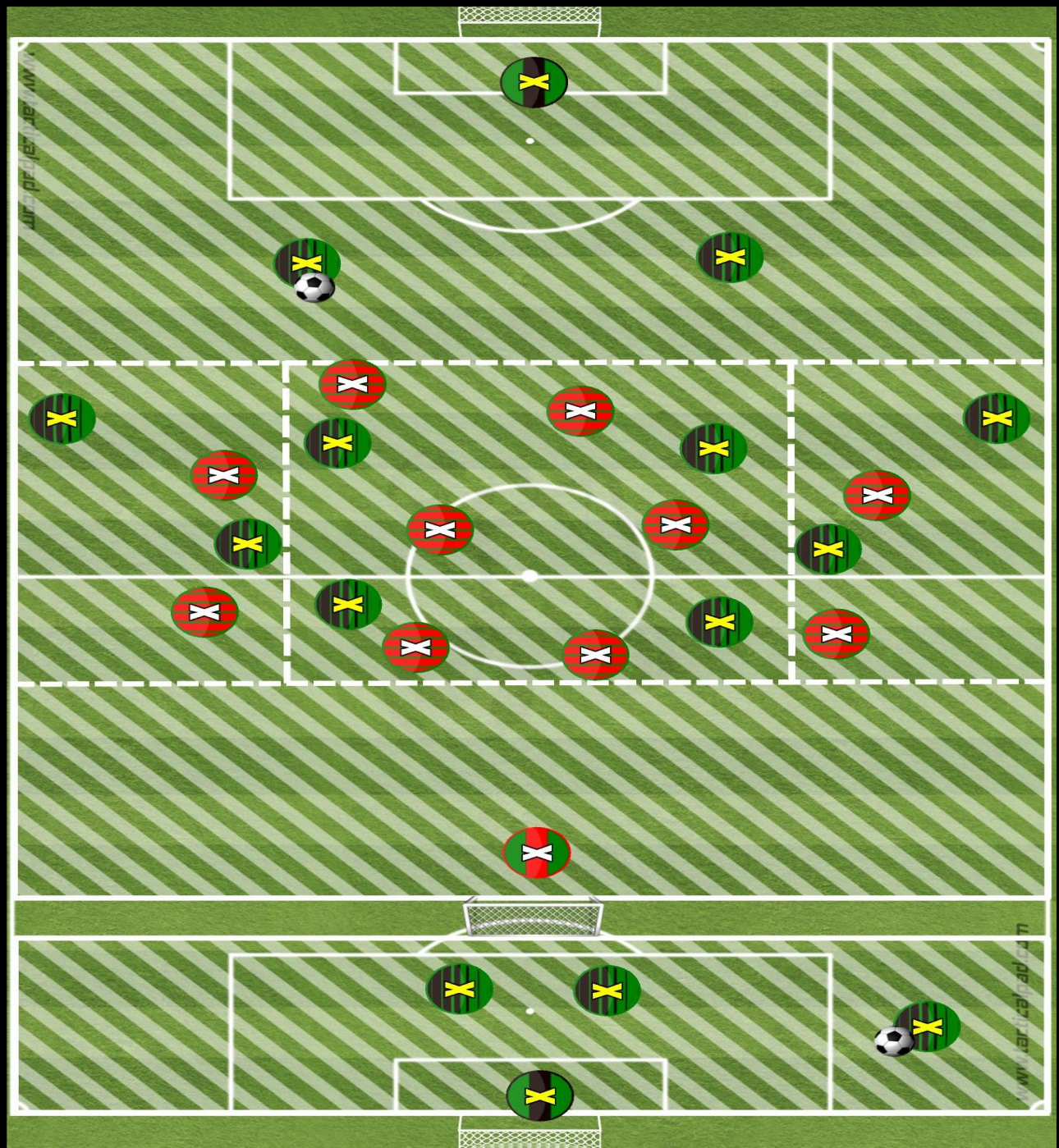
Number: GK+10v10+GK

Space: 2/3 of the pitch

Time: 3x8' with 2' break

Coaching Points:

- CTO
- Transitions
- Reaction to Loss of the Ball
- Decision Making
- Finishing



Competitive Exercise

- Approximation to the real game.
- Pitch mapped out so that the players have positional references. This is decisive for our Game Idea to be acquired and consolidated.
- In numerical equality, reach the wings (defined by the dotted lines).
- “Three-Man Build-up” to hinder the opponent’s two-men pressure.

Competitive Exercise



Training Unit #75 - (Wednesday - 9/22/2021)

FINAL PART

Exercise #4 (5 minutes):

Return to Calm
Stretching
Conclusions

Madeira

Training Unit #76 - (Thursday - 9/23/2021)

Place: Academy

Number of Players:
23+3GK's

Total Time: 75 minutes

Useful Time: 58 minutes

Objectives:

- Keeping Possession of the Ball / Reactive Speed, Finishing, Play in Reduced Space.

INITIAL PART

Exercise #1 (19 minutes):

"Rondo 7v2" / Articular Mobilization/ Reactive Speed:

Number: 3 x "7v2"

Space: 3 x "10x10m"

Time: 2x5' with 1' break

Coaching Points:

- Articular Mobilization (4')
- Keeping Possession of the Ball
- Reactive Speed (4')



Training Unit #76 - (Thursday - 9/23/2021)

MAIN PART

Exercise #2 (14 minutes):

Finishing:

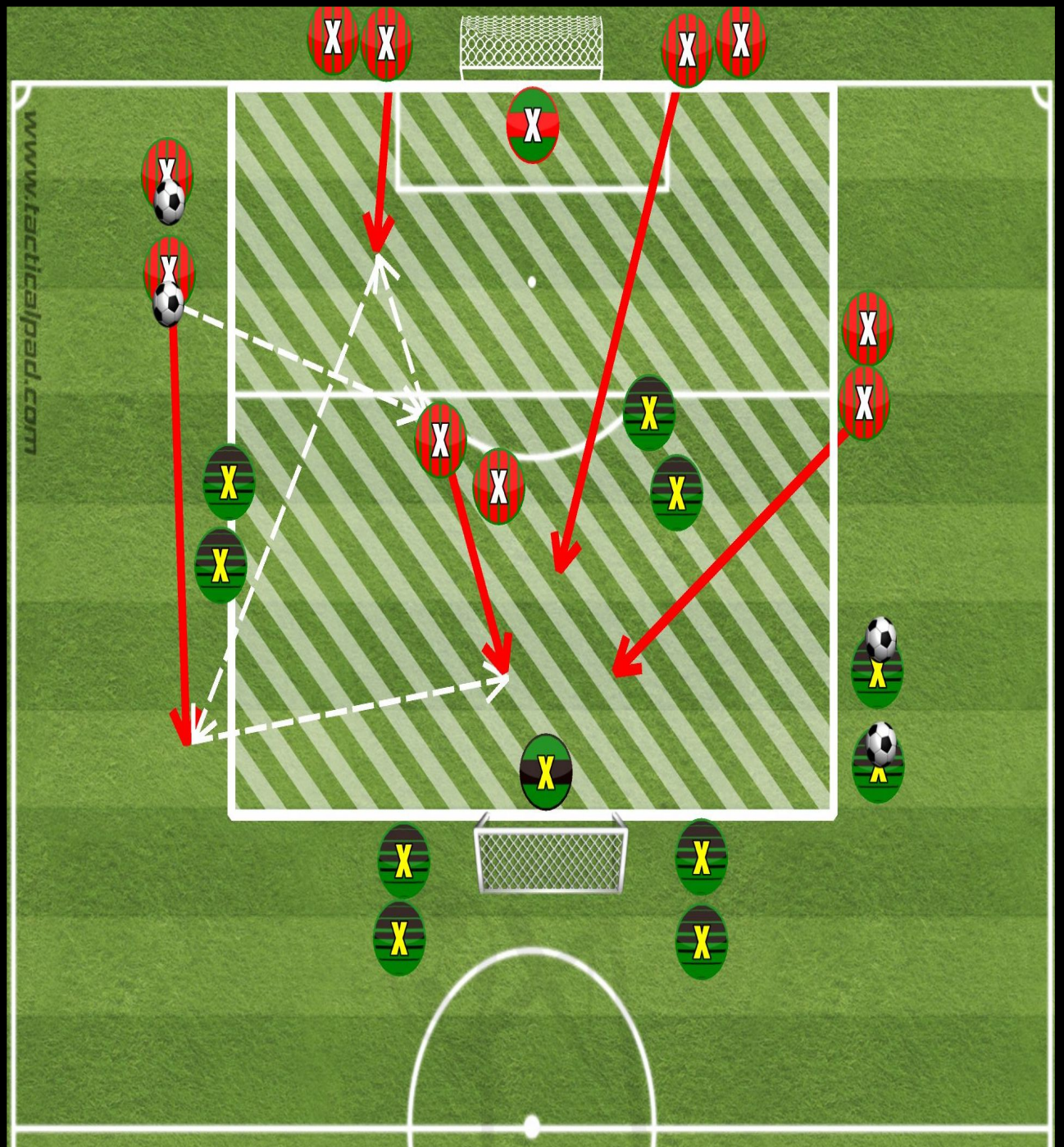
Number: 5v0+GK

Space: 40x40m

Time: 2x6' with 2' break

Coaching Points:

- Finishing
- Execution Speed
- Positioning



Finishing Exercise

- Three players in the box to score goals.
- It's important to appear properly positioned with balance in the box.
- Using several one-twos.
- Subsequent positioning of the opponent to increase complexity.
- Proper occupation of the finishing gaps.

Finishing Exercise



Training Unit #76 - (Thursday - 9/23/2021)

MAIN PART

Exercise #3 (20 minutes):

Reduced Space Play:

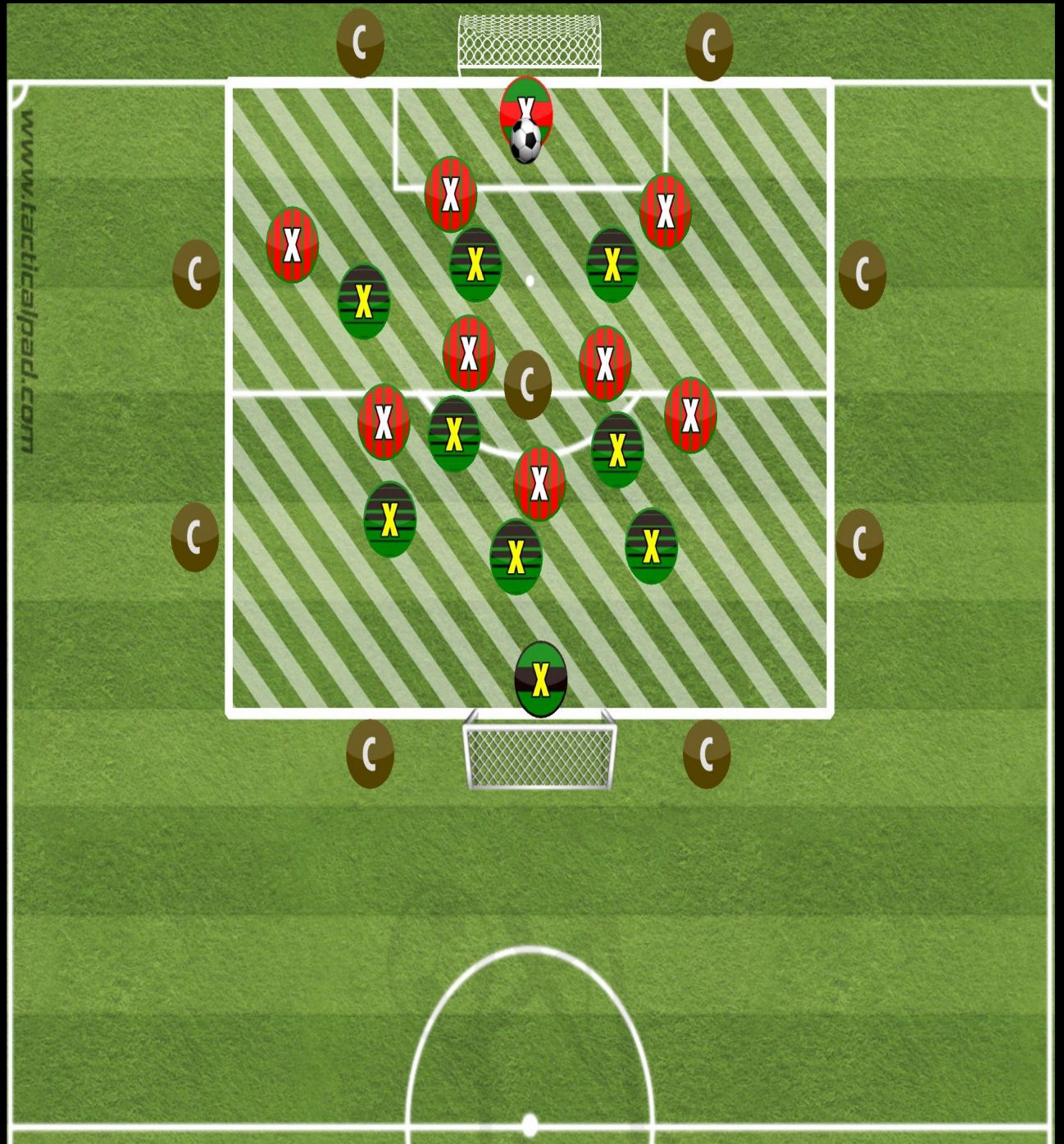
Number: GK+8v8+GK with 8 outside supports and 1 Neutral Player

Space: 40x40m

Time: 3x6' with 1' break

Coaching Points:

- Execution Speed
- Reaction Speed
- Finishing
- Competitiveness



Training Unit #76 - (Thursday - 9/23/2021)

FINAL PART

Exercise #4 (5 minutes):

Return to Calm
Stretching
Conclusions

Madeira

Training Unit #77 - (Friday - 9/24/2021)

Place: Academy

Number of Players:
23+3GK's

Total Time: 65 minutes

Useful Time: 52 minutes

Objectives:

- Tactical Schemes; Reaction Speed.

INITIAL PART

Exercise #1 (19 minutes):

"Rondo 7v2" / Articular Mobilization / Reaction Speed:

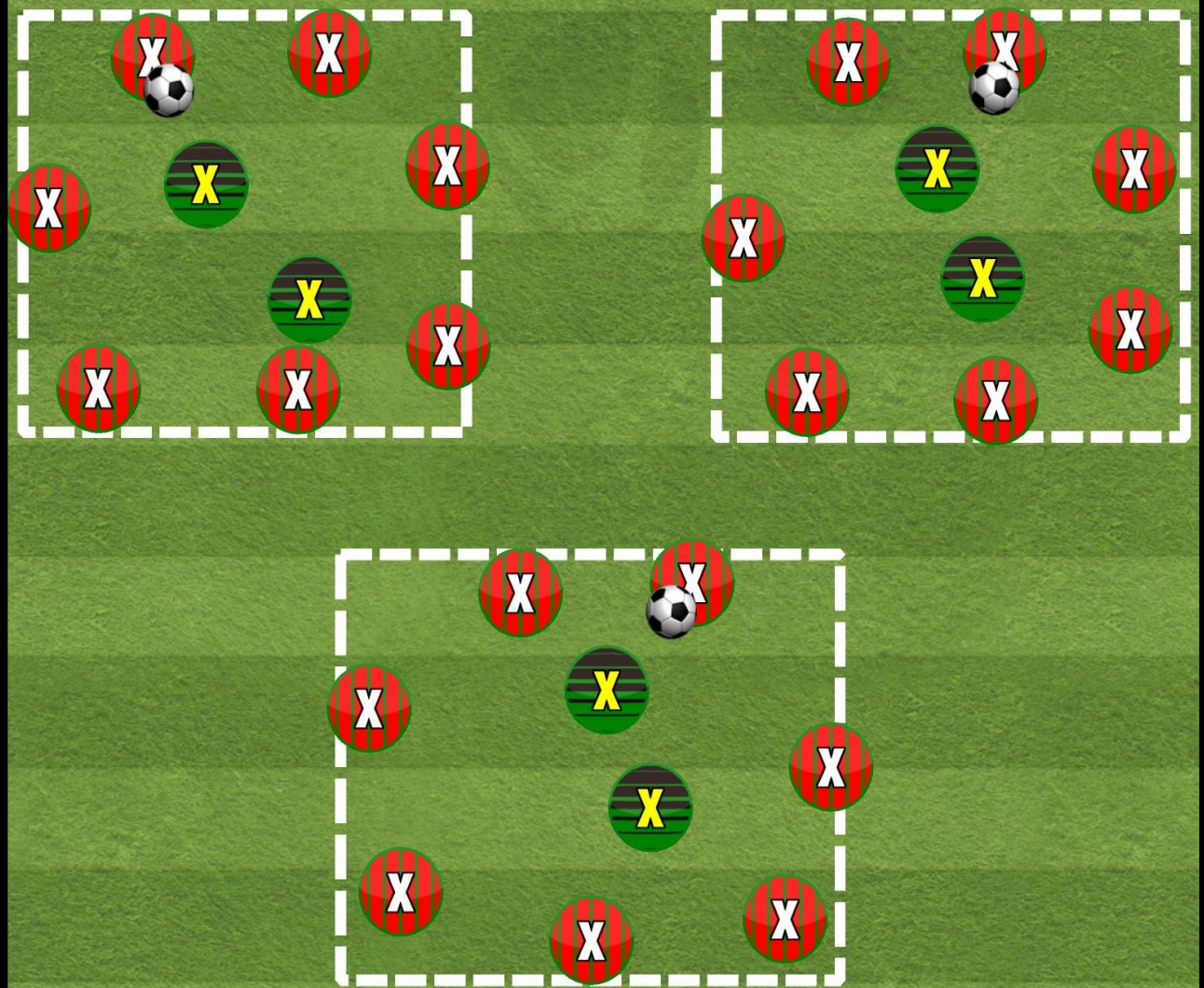
Number: 3 x "7v2"

Space: 3 x "8x8m"

Time: 10'

Coaching Points:

- Articular Mobilization (5')
- Keeping Possession of the Ball
- Reactive Speed (5')



Training Unit #77 - (Friday - 9/24/2021)

MAIN PART

Exercise #2 (14 minutes):

Tactical Schemes:

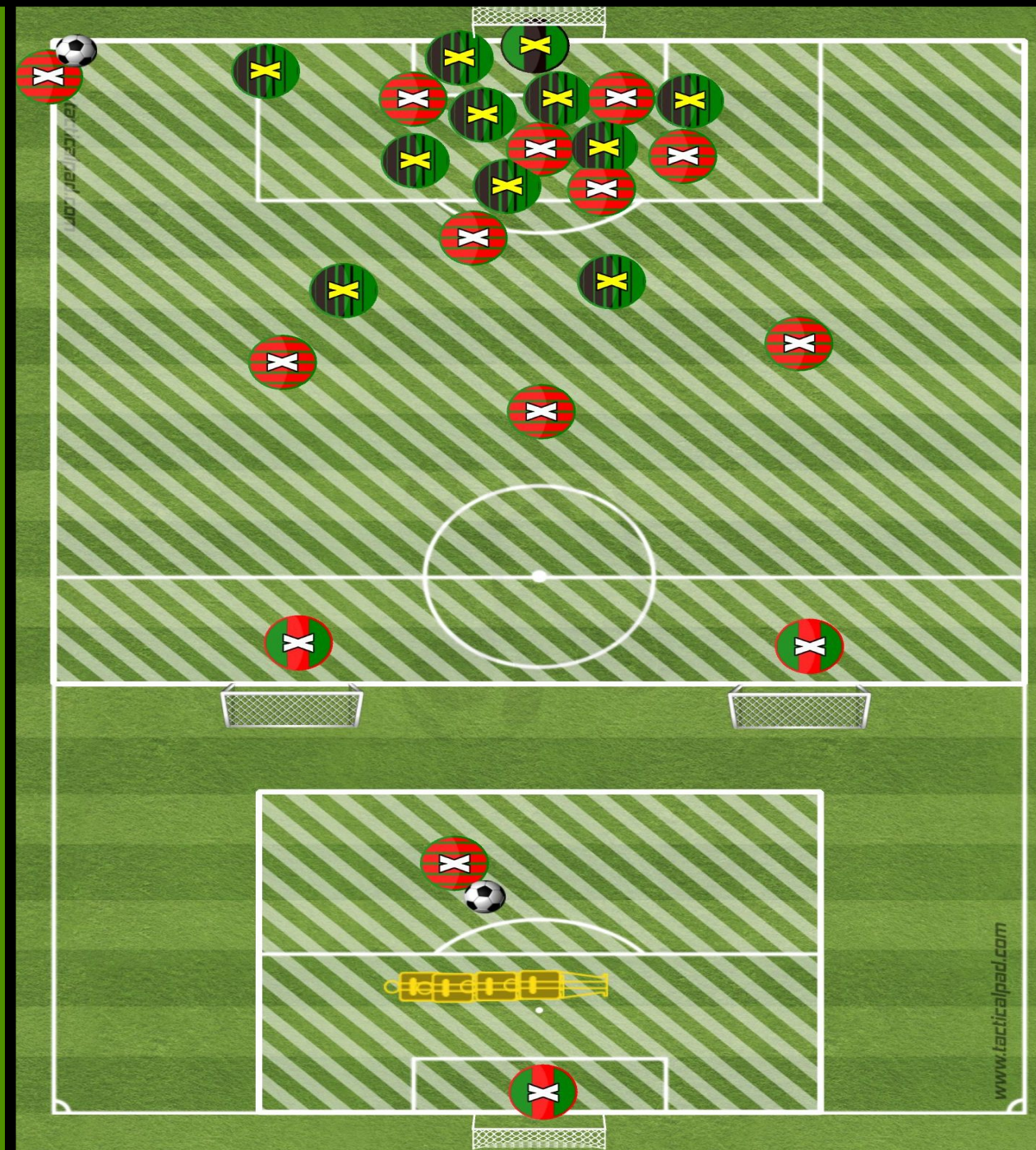
Number: 2GK's+10v10+GK

Space: Half-field

Time: 2x10' with 2' break

Coaching Points:

- Finishing
- Execution Speed
- Positioning



Training Unit #77 - (Friday - 9/24/2021)

FINAL PART

Exercise #3 (10 minutes):

Return to Calm
Stretching
Conclusions

Madeira

Reference



PORTUGUESE
FOOTBALL
COACHES
ASSOCIATION

Madeira