



TRAINING SESSION CREATION THE PHYSICAL ASPECT IN REFLEXION

CRÉATION DE SÉANCE D'ENTRAÎNEMENT LA DOMINANTE PHYSIQUE EN RÉFLEXION





Goals :

- How do you think when creating a session?
- What are the basics to follow?

SOCCEr NB



VULGARIZATION OF PHYSICAL ABILITIES



- Speed



- Strength : Core, lift session



- Cardio : Endurance capacity



- Endurance : Endurance power



- Speed-strength : Power, jumps, starts...



- Coordination - motricity



- Flexibility

FIELD REALITIES



• Time - duration



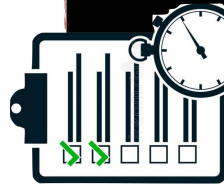
• Staff



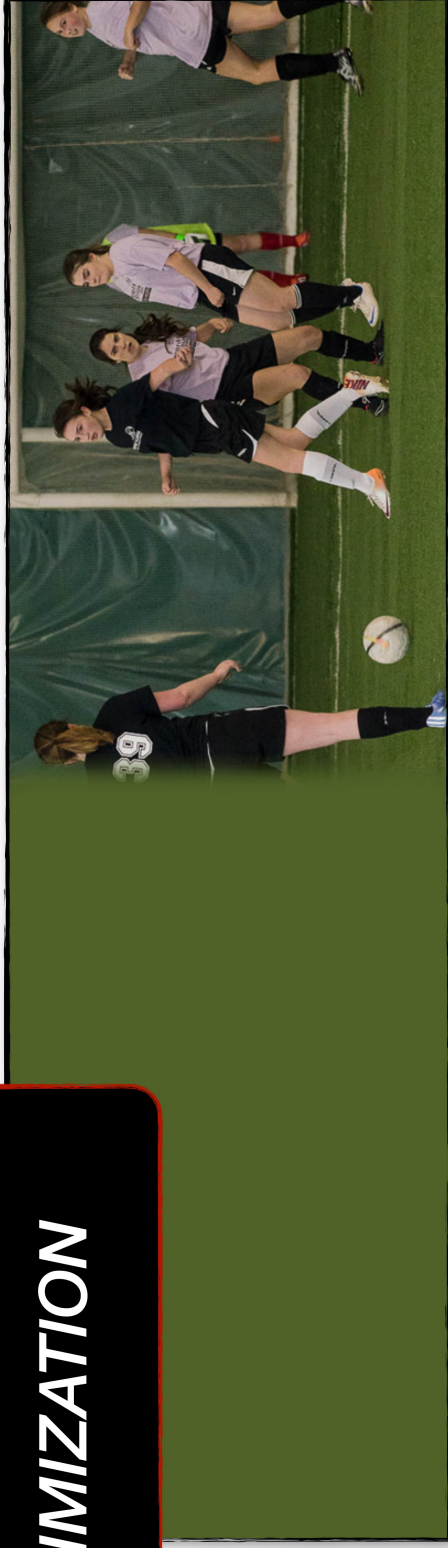
• Field - space



• Players



OPTIMIZATION



ACTIVATION / WARM UP



1. Activation benefits

- Warm-up muscles
- Injury prevention
- Focus on the training
- Training habits
- Motricity development



MUSCULAR - ARTICULAR -
COGNITIVE PREPARATION

ACTIVATION / WARM UP



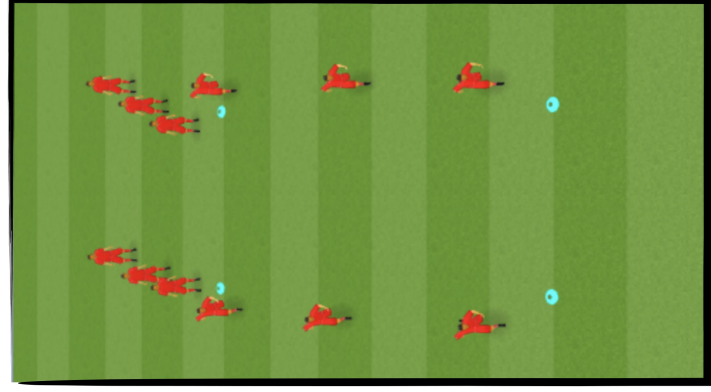
1. Warm up rules
 - Progression
 - ↗ HR
 - Unlock articulations
 - Warm-up muscles
 - Awake concentration

*TO BE PHYSIOLOGICALLY
READY TO PERFORM FOR
THE FIRST EXERCISE*

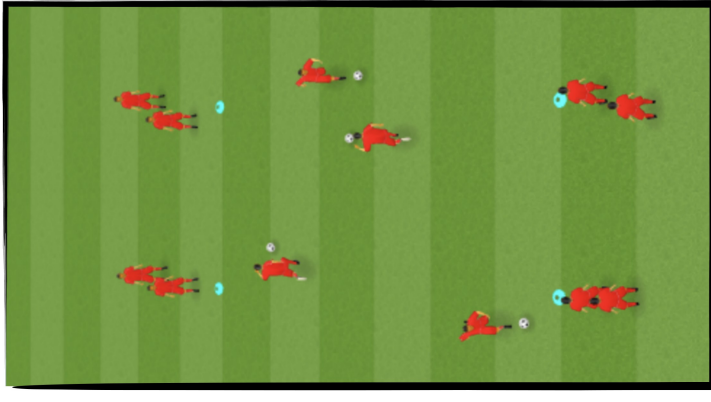
INTEGRATE AS MAXIMUM

2. Optimize the Warm-up
 - Integrate ball?
 - Integrate cooperation?
 - Integrate technical theme?
 - Integrate tactical theme?
 - Integrate mental theme?

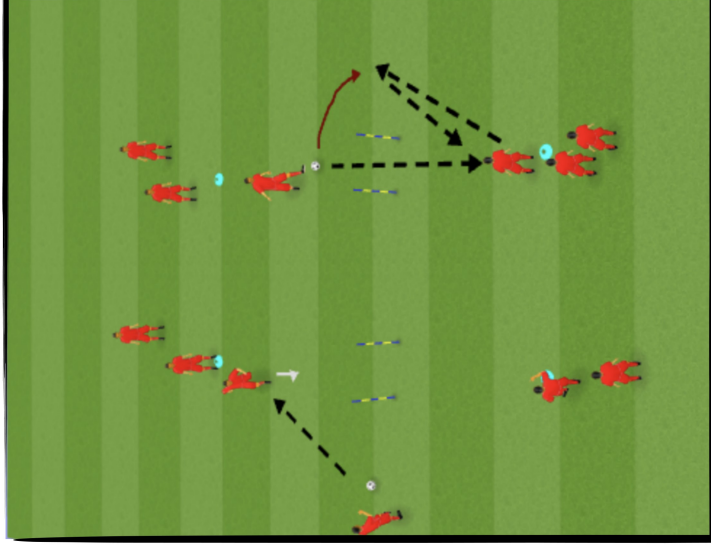
ACTIVATION / WARM UP



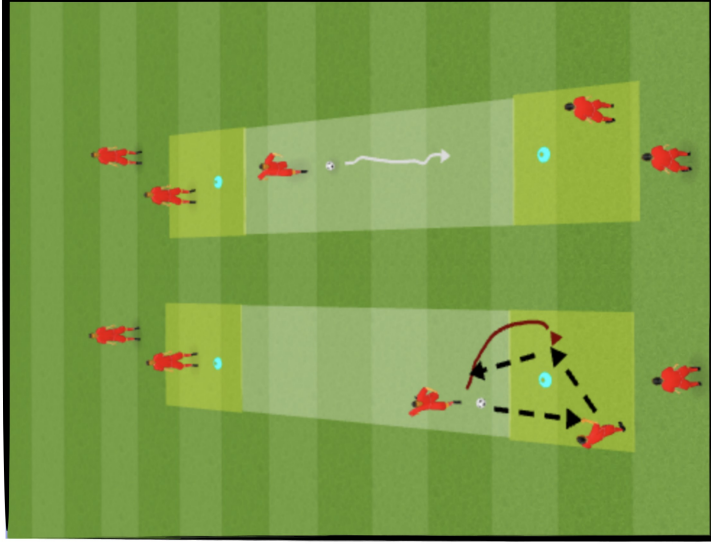
Minimize this type
of warm-up



Integrate ball
Integrate technical



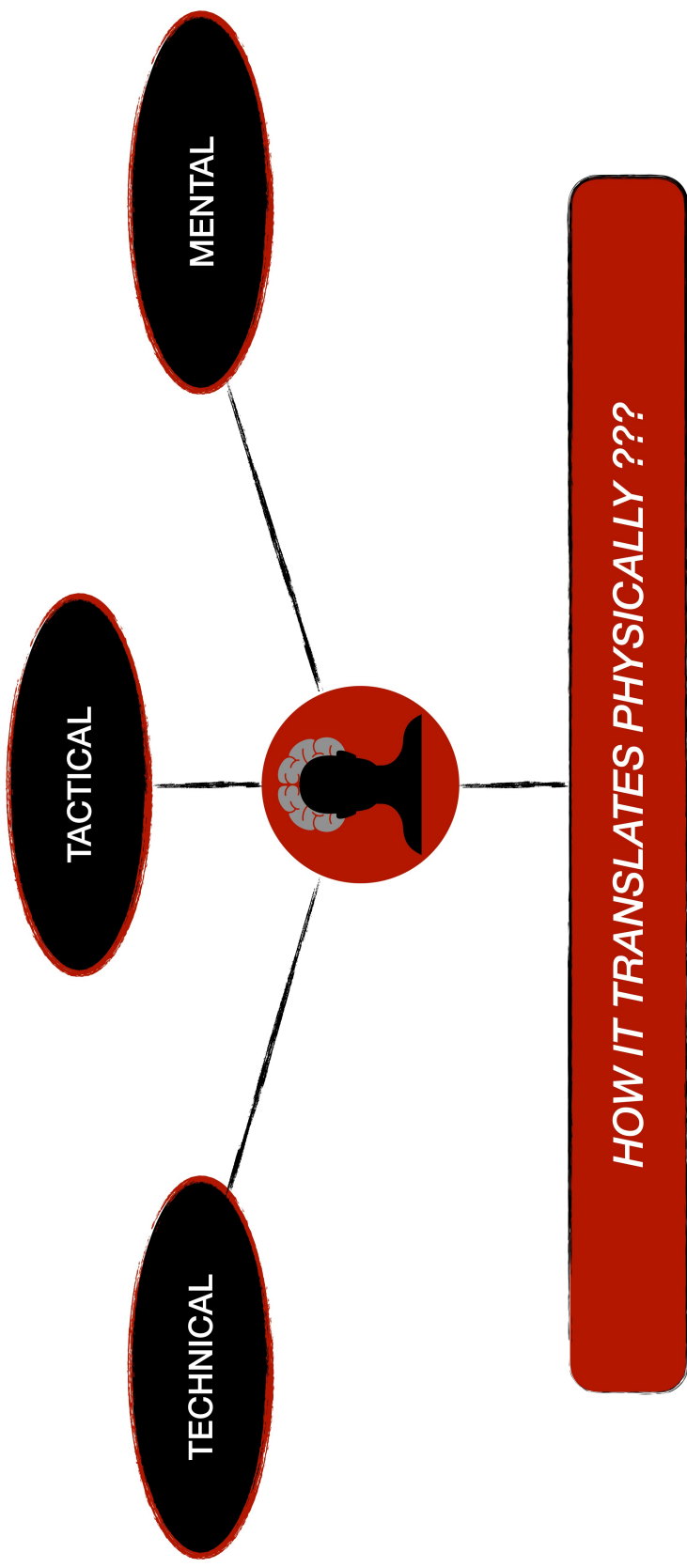
Integrate cooperation



Integrate tactical



SESSION CREATION



SESSION CREATION



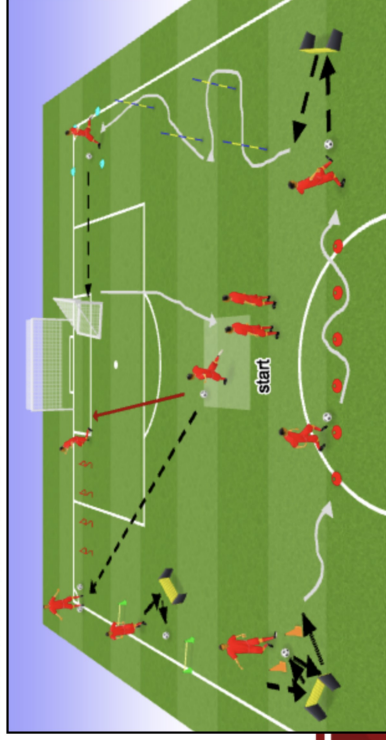
Option 1

- Choice of physical theme
- Integrate Technical - Tactical - Mental theme

EXAMPLE

CARDIO

Dribbling



MY REALITY

WARM UP

*Pressing
Sharpness-stress*



My job

SESSION CREATION



Option 2

- Choice of technical - tactical - mental theme
- Integrate physical theme

EXAMPLE

SSG

Endurance power

Your job

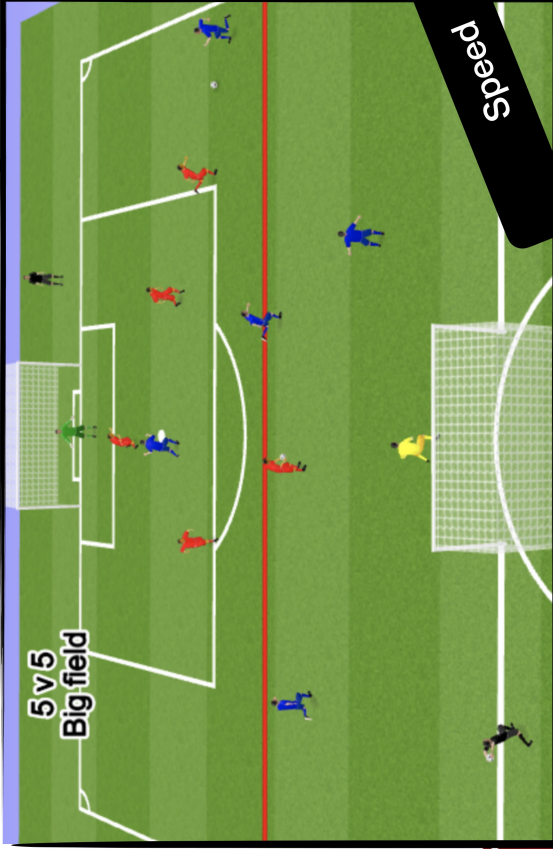




End power



End capacity



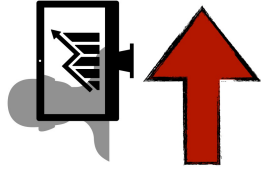
peeps



Lactic





PHYSICAL REFLEXION



CONTROL
PHYSICAL INTEGRATION

LOAD MANAGEMENT

MD	MD+1	MD+2	MD-4	MD-3	MD-2	MD-1	MD
	Cardio Coordination Stretching	Speed Cardio Coordination Stretching	Speed Cardio End power Strength Speed-strength Coordination Core	Speed Cardio End power Strength Speed-strength Coordination Core	Speed Cardio Speed-strength Coordination Stretching Core	Speed Cardio Coordination Stretching Core	



THANK YOU FOR LISTENING



Suggestion

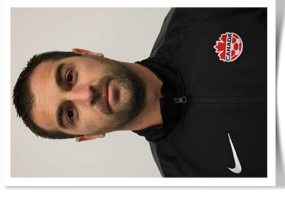


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- o 2019 - U17 - World Cup Brazil
- o 2019 - MNT - Gold Cup United States
- o 2017 - Montreal Impact - Canadian Championship Final
- o 2016 - Montreal Impact - East Conference MLS Final