

# TRAINING SESSION ASSIGNMENTS

1. How does this training session fit into the rhythm of training and matches for the tournament?
2. Are the players and coaches professionally prepared for the training session?
3. What is the theme of the training session?
  - Duration
  - Intensity
4. What are the psychological factors impacting the players and how do they influence player motivation?
5. How has the coach organized the training session?
  - Equipment
  - Space
  - Players
6. How does the coach interact with the players and teach them?
  - Command style
  - Trial & error
  - Guided discovery
  - Teaching Games for Understanding
7. Does training focus on individual, group or team and why?
8. Is training in this setting to learn new things or to regenerate?
9. How do injured or reserve players interact with the team during training?

# MATCH ASSIGNMENTS

## *DEFENDING*

1. What is the team formation and do the players know how to play within it?
2. Communication within the team...
  - Does it exist?
  - Is it effective?
  - Are the key players taking responsibility?
3. Compactness...
  - Horizontal
  - Vertical
    - Does the team know how to stay together and execute in groups?
4. Is the style of defending zone or man-to-man?
5. Do the players understand it?
6. Do they defend in all thirds of the field?
7. Do they know how to defend on the flanks?
8. How quickly does the team make the transition to defense? Are they consistent?
9. Do all field players execute defensive ball skills?
  - Clearances...foot/head

- Various types of tackles...poke, block, slide (near leg/far leg)
10. Are tackles done primarily to gain possession or to simply dispossess?
  11. Do the players know how to intercept passes?
    - Tactical cues
    - Technique
  12. Do the players know and execute the roles of 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> defender?
    - Can they switch roles?
  13. Do the players know and execute the principles of defense?
  14. Does the team adjust the tactics and strategy of defending depending on the current match situation?
    - Time remaining
    - Score
    - Match importance

## *ATTACK*

1. Does the team formation help or hinder this team on offense?
2. Can the players attack as individuals?
  - ⇒ 1v1
3. Can the players attack in small groups?
4. Do the players know and execute the principles of attack?
5. Do the players know and execute the roles of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> attacker?
6. Does the team stay compact?
  - ⇒ Horizontal
  - ⇒ Vertical
7. How quickly do they make the transition to offense?
8. What varieties in attack does the team display or are they locked into one method of attack?
9. Do the players recognize when to take free kicks quickly and when to wait?
10. Are the set plays effective?
11. Do they choose correct set plays in different parts of the pitch?
12. Does the style of play suit this team?
  - ⇒ Direct or indirect
  - ⇒ Buildup or fast break
  - ⇒ Use of the flanks
  - ⇒ Rhythm of attack
  - ⇒ Speed of play
  - ⇒ Do key players take responsibility on offense?
13. Can the players execute offensive ball skills?
  - ⇒ Crossing
  - ⇒ Heading
  - ⇒ Long passes
  - ⇒ Short passes
  - ⇒ Long shots
  - ⇒ Short shots

- ⇒ Volleys
- ⇒ Half-Volleys
- ⇒ Dribbling
  - Fakes
  - Feints
  - Shielding
- ⇒ Receiving
  - On the move
  - Air balls
  - Tight space
- ⇒ Quality of the 1<sup>st</sup> touch
  - Receiving
  - Passing
  - Shooting
  - Heading
  - Dribbling
  - When to space
  - When toward support
  - When away from pressure

## **GOALKEEPING**

1. What is the goalkeeper's interaction with the team during warm-up?
2. Is a coach involved with the goalkeeper during warm-up?
3. Is the goalkeeper's attire within the team standard and make?
4. What is the goalkeeper's pregame routine?
5. What are the actions of the reserve goalkeeper?
6. How does the goalkeeper interact with his/her teammates in the first five minutes of the match?
7. Does the goalkeeper stay physically and verbally connected to the team?
8. How are the goalkeeper's communication skills?
  - Enough talk?
  - Too much talk?
  - Is the tone of voice in command or a panic?
9. What does the goalkeeper say?
  - Specific or general
  - Clear & concise
  - Any repetition
10. Describe the general positioning of the goalkeeper in the goalmouth, the goal area and the penalty area.
11. Describe the tactical reading of the game displayed by the goalkeeper.
12. Analyze the goalkeeper's angle play.
13. How is the goalkeeper's organization of his/her team while defending at free kicks and corners?
14. Discuss the goalkeeper's choice of defensive techniques.

15. Expound upon the goalkeepers mental focus during various stages of the match.
  - 1<sup>st</sup> half
  - 2<sup>nd</sup> half
  - Ball in the attacking third
  - Ball in the midfield third
  - Ball in the defending third
  - Ball in the center channel of the defensive third
  - Ball in the flank channel of the defensive third
16. What is the goalkeeper's emotional reaction after a goal has been scored against his/her team and for the next ten minutes?
17. Does the goalkeeper think and act as an attacker when his/her team is in possession?
18. Describe the goalkeeper's distribution.
  - Choice of technique
  - Does it make tactical sense?

### ***PSYCHOLOGICAL / SOCIAL / EMOTIONAL***

1. How are the player and staff interactions with game officials?
2. How do individuals and the team react to referee calls?
3. How do the players respond to climatic and field conditions?
4. What is the emotional response to team standing in the tournament?  
What impact does this response have on team performance?
5. How do the players respond to the score line and time remaining?
6. What is the team reaction after a goal has been scored for the team?
  - Immediate reaction
  - Ten minutes latter
7. What is the team reaction after a goal has been scored against the team?
  - Immediate reaction
  - Ten minutes latter
8. Is there any awareness of and use of occurrences on and around the pitch by players to their advantage?
9. How is the general interaction with teammates before, during and after the match?
10. In general how do the players react to:
  - Opponents
  - A foul
  - High pressure
  - Tight marking
  - Verbal exchanges
  - Respect
11. What are the team emotions displayed at?
  - Each kick-off
  - At the beginning of the match
  - At half-time

- At the end of the match

## TEAM

### Pregame

1. Is the warm-up?
  - a. Individual
  - b. Group
  - c. Team
  - d. Combination
2. Do goalkeepers warm-up separately or with the team or both?
3. Does warm-up consist of?
  - a. Stretching
  - b. Range of motion exercises
  - c. Rhythmic exercises
  - d. Activities with the ball
  - e. Combination
4. What team building/psychological actions are taken before kick-off?
5. Is there a group gathering before kick-off?
  - a. Starting 11
  - b. Reserves
  - c. Staff
  - d. Cheer
6. Does the bench area look professional?

### Halftime

1. Is first aid given when needed?
2. How is hydration handled?
3. For the team gathering is it
  - a. Team
  - b. Small group
  - c. Individual
4. Is the halftime talk player or coach lead dialogue or a monologue by the coach?
5. What is the interaction by the reserves?
6. What is the interaction by the staff?
7. What is the last thing done by the team before retaking the pitch?

### Post game

1. Is first aid given when needed?
2. How is hydration handled?
3. Is a cool-down done?
4. Is there an analysis?
  - a. When
  - b. Tone
5. Is there a professional attitude and action regardless of the match outcome?
6. What sort of sportsmanship is displayed with:
  - a. Opposing players and staff

- b. Match officials
- c. Own teammates and staff

## PHYSIOTHEREAPY

- \* Taping?
- \* Massage?
- \* Hydration?

## STAFF

1. How is the interaction with the players before, during and after the match?
2. What are the actions during the match?
  - ▶ Coaching position
  - ▶ Communication
3. Is there any involvement with the reserves?
4. Does the head coach involve/consult with the staff?
5. How does the staff interact with the referee and/or the assistant referees?
6. Does the coach consider the match a learning opportunity or solely focused on outcome?
7. What interaction is there with the opposing staff and players before, during and after the match?
8. What is the staff demeanor, tone and appearance?
9. Does the staff direct the organization of the bench area, team equipment and players' sportsmanship?