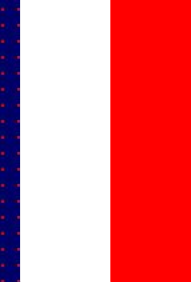




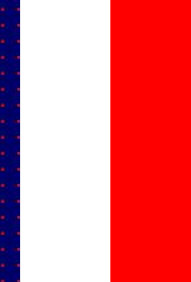
# TRAINING SESSION MODEL

30/06/2020

Michael GAUDRILLER - PSG ACADEMY RUSSIA METHODOLOGY



# SEASON 2020/ 2021

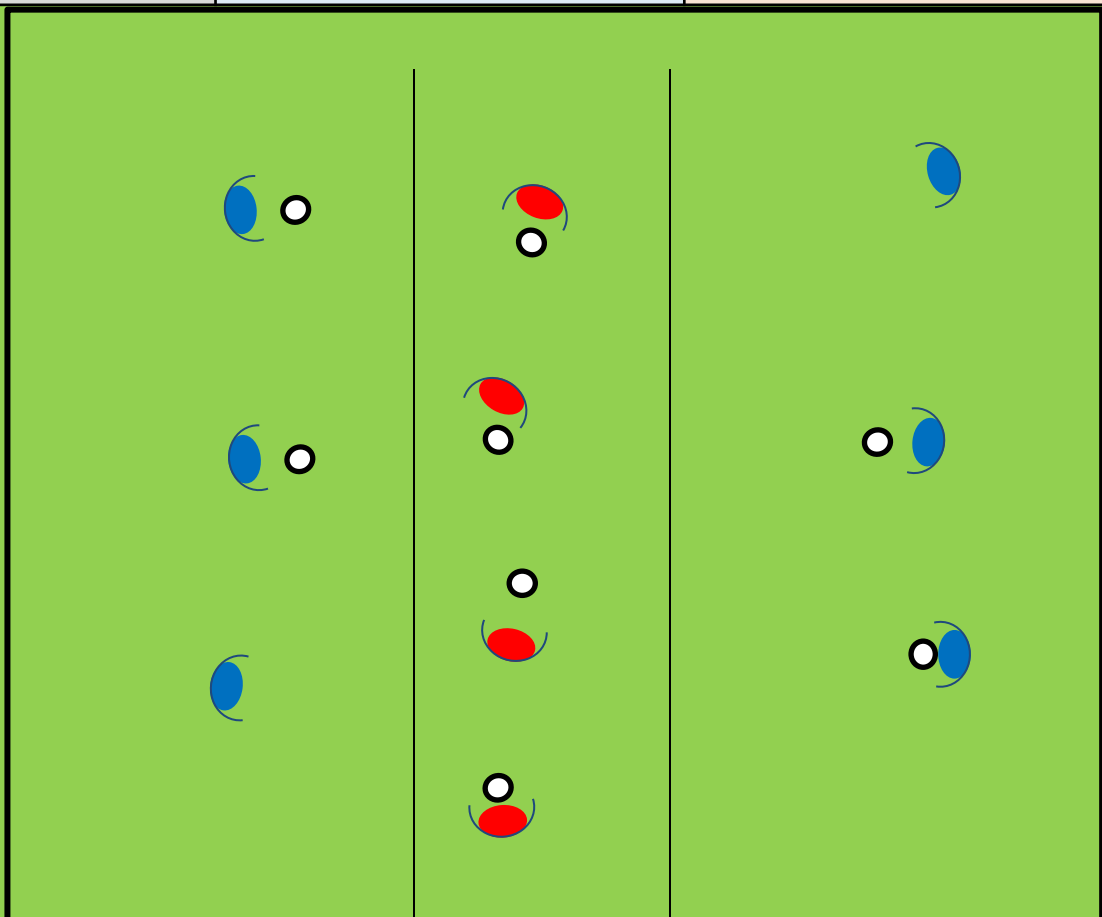


# week 3 session 5



Date	Week 1	Coach	Evgeniy Novitskiy	Duration	2
Process	Team Conditioning/Ex. ad.	Place	Dome	Players	12

Session Objective	Team(s) / Player(s) Working	Opponent Team(s) / Player(s)
Phase of Play	Progression	
Principle of Play	find free teammate, use intervals	



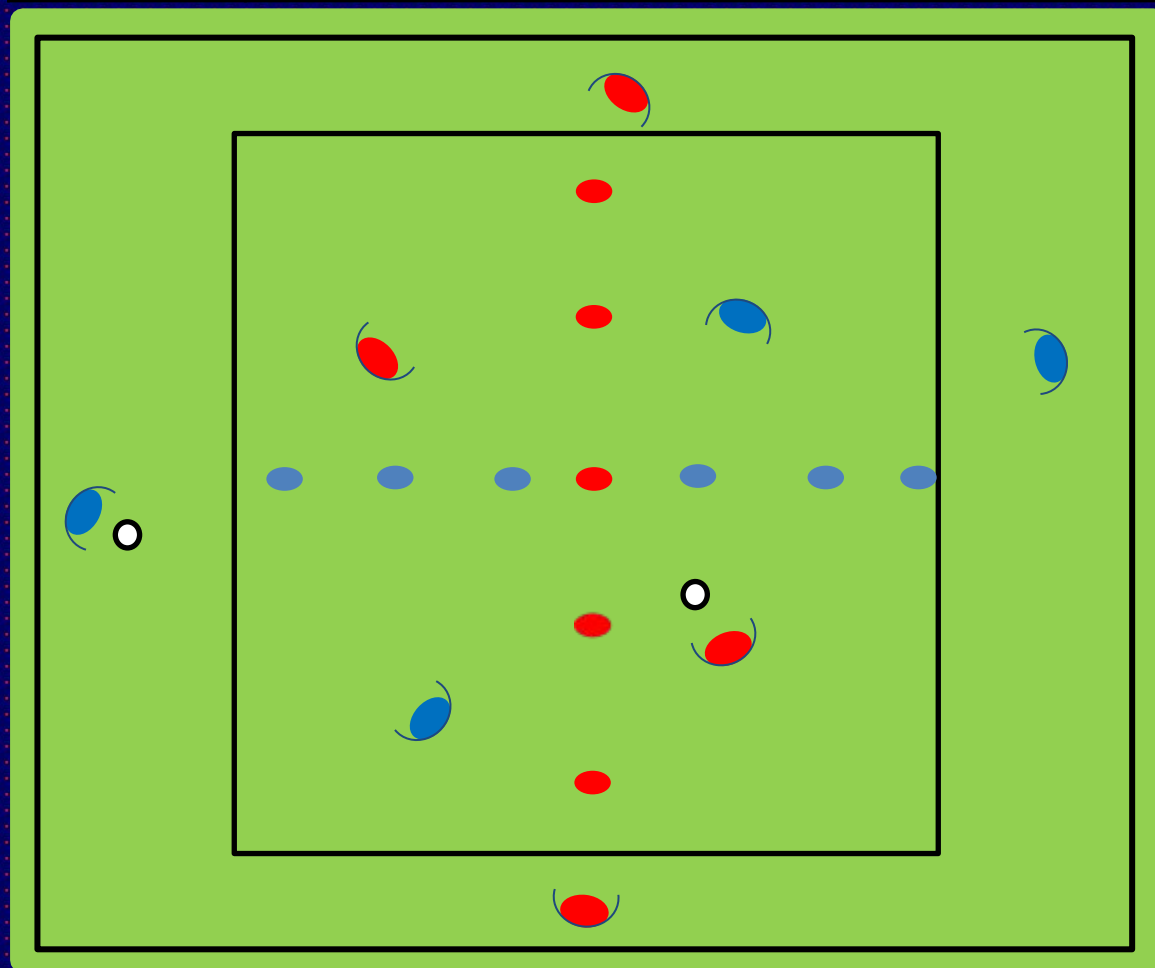
Training Session Performance Settings					
Athletical	Physiological	Ae	Technical - Tactical	Perceptions	ball, tm, op.
	Physical	End/ coord.		Technical	pass, stops, drive the ball
	Psychological	conc/ emo		Strategy	-

Training Session Settings	
Objectives	improve drive skill and passing, stop the ball, improve fft and use intervals,
Goals	Blue: Each good ball pass in interval (with inside p. foot) = 1 pt. Red: Each clear ball driving =1pt.
Rules	2 teams, 3 zones, blue divided by pairs (1 ball for pair), red each with ball.
Instructions	Blue should find teammate on opposite side and make pass to him. Teammate have find linepass in interval between red. Reds should drive balls accross middlezone, from board to board and dodge from the blue's balls.
Regulations	Use more wide or narrow pitch (depend of pl. level), add poles in the middle zone, divide blue's zone for two or three parts. Keep intervals between red's with AC.
Stimulations	change goal price, MVP for each team, bad pass or ball driving = penalty with ball mastery.
Evolutions	Coml.: add one more middle zone with red players, add ghost's for chasing blue, add driving task for blue after receiving and passing

Training Session Rating	
Collective Behavior	Everyone in movement, respect and rules understanding,
Individual Behavior	Concentration, precision, respect and rules understanding, collect information about spacing, find and create linepass, right timing for pass, passing with right technic and power
Realization Criteria	when stop the ball with inside feet relax it, for ball driving a lot of soft touches with upper of the feet.
Success Criteria	Blue team fast ball circulation, a lot of good passes in the intervals. Red team fast circulation, players don't abandone middle zone because of driving errors.



Date	week 2	Coach	Evgeniy Novitskiy	Duration	10
Process	Excercise Ad./game	Place		Players	12
Session Objective	Team(s) / Player(s) Working		Opponent Team(s) / Player(s)		
Phase of Play	Progression				
Principle of Play	Use the free space, fft, intervals				



Training Session Performance Settings					
Athletical	Physiological	Aerobic.	Technical - Tactical	Perceptions	Ball / FSP / Tm/Op
	Physical	En, coord,		Technical	Passing, run
	Psychological	Conc, motiv.		Strategy	

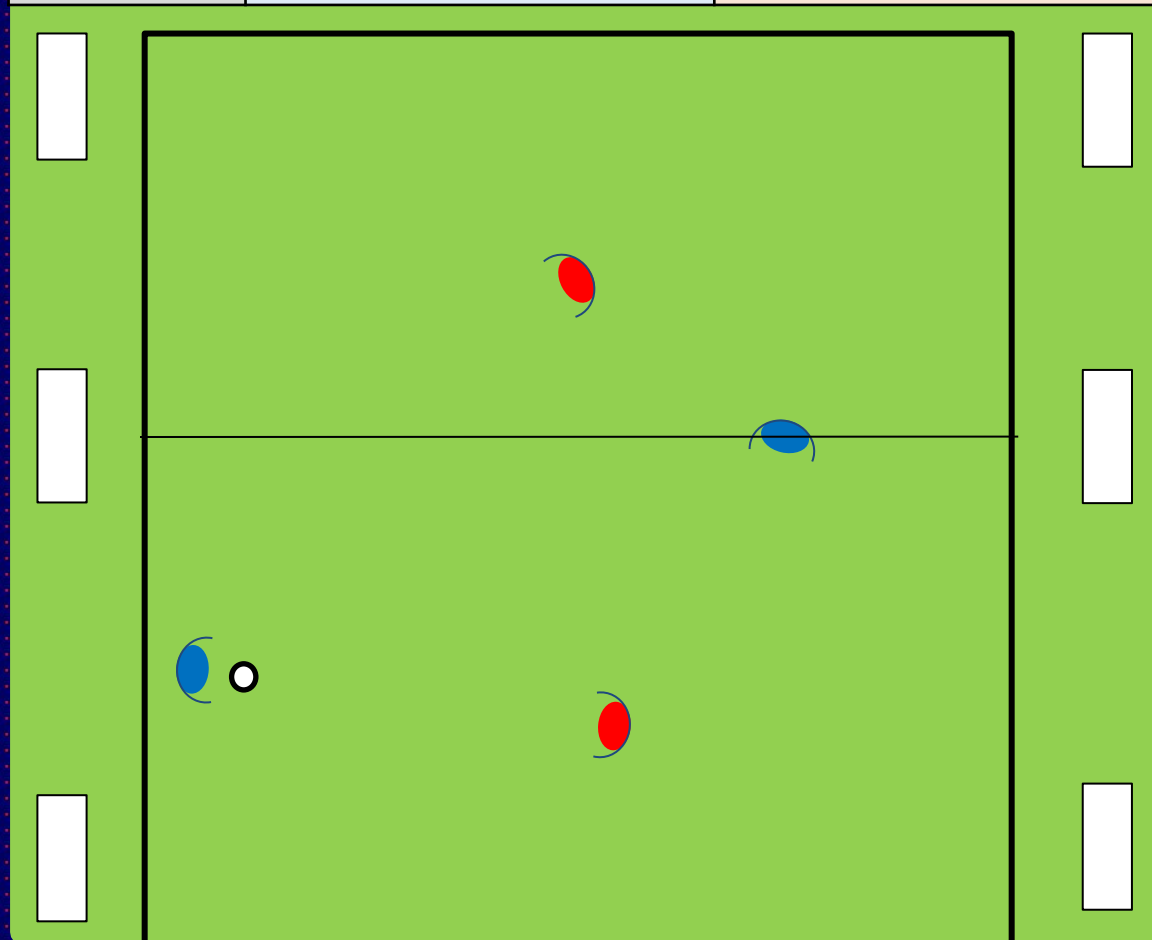
Training Session Settings	
Objectives	Improve passing in movement. free teammate and intervals finding
Goals	Take the ball from the one outside player to another (with passing) =1 pt.
Rules	2 teams, 4 players in the each, 2 inside the pitch, 2 outside the pitch, 1 ball for each team, 4 zones, cross zones lines with passing only,
Instructions	Each team have a ball, and should take from outside players to another with passing, after each pass player have to change a zone
Regulations	Change size and form of the pitch. Change number of zones (or without it), after passing to the outside player inside player change him.
Stimulations	Interval pass beetween opponent +1pt.
Evolutions	Add ghost or defenders, add joker

Training Session Rating	
Collective Behavior	High intensity,
Individual Behavior	Concentration, precision, respect the rulesand rules understanding, collect information about spacing, find and create linepass, right timing for pass, passing with right technic and power
Realization Criteria	good possition and body orientation, inside part of the foot pass and stops, head up, collect information
Success Criteria	A lot of good intervals passes, fast ball circulation,



Date	week 1	Coach	Evgeniy Novitskiy	Duration	10
Process	Game	Place	Dome	Players	12

Session Objective	Team(s) / Player(s) Working	Opponent Team(s) / Player(s)
Phase of Play	Keep ball/ progression	Prohibit pr.
Principle of Play	Use free space/ find free teammate	create the line



Training Session Performance Settings					
Athletical	Physiological	Mixed	Technical - Tactical	Perceptions	ball/ Tm/ Fs/Int. Op.
	Physical	End, str.		Technical	Pass, Dribble, running
	Psychological	Mot/ conc		Strategy	

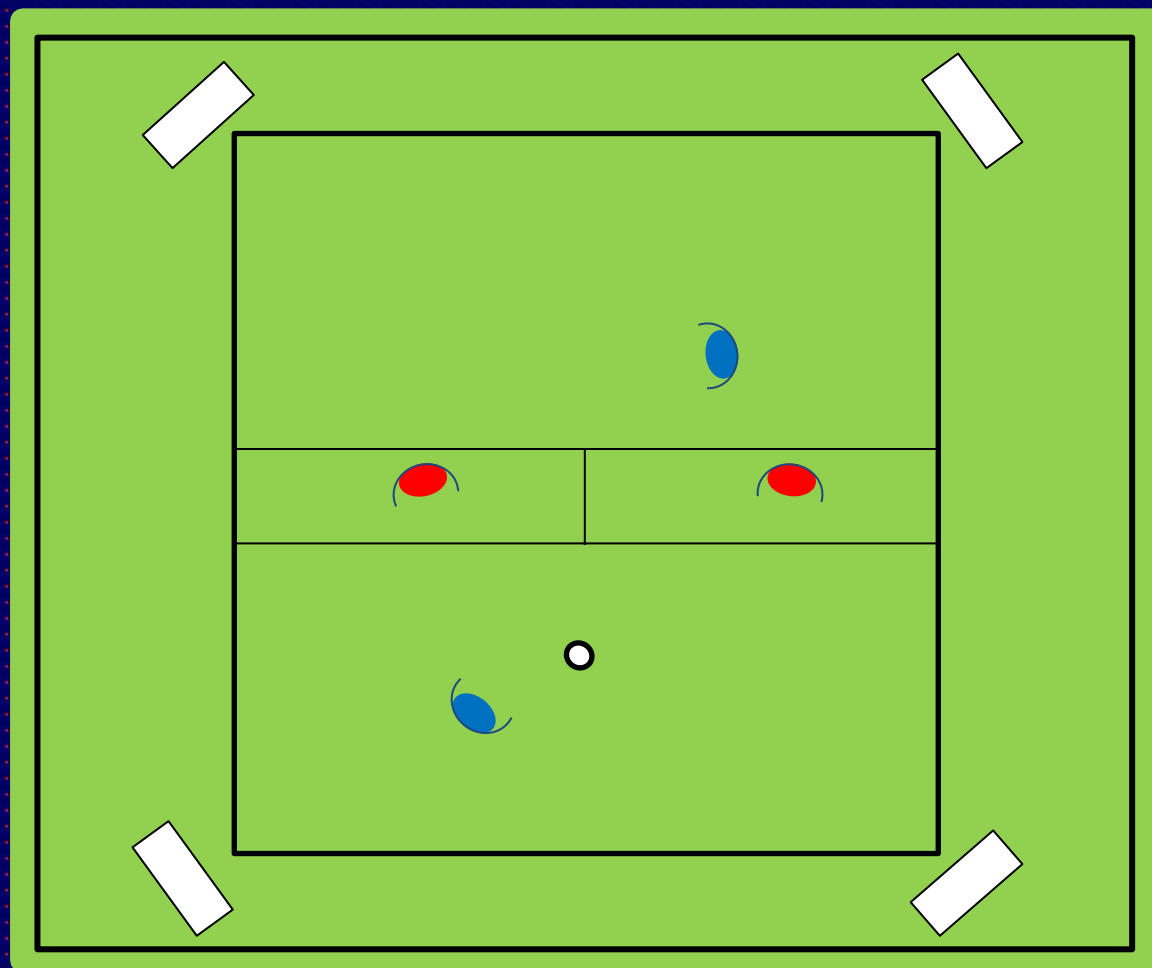
Training Session Settings	
Objectives	Improve principles of play in the intervals
Goals	Score the goal =1pt.
Rules	2 teams, 2 zones, def. team 1 player in the each zone, no corners, throw ins with ft only, gates outside of the pitch
Instructions	Find free teammate and make pass to him, teammate have to score goal
Regulations	Change pitch size and gate settings
Stimulations	Goal after int. pass +1 pt.,
Evolutions	3 vs 3,

Training Session Rating	
Collective Behavior	High level of activity, play like a team (help to teammate)
Individual Behavior	Concentration, collects game nformation, respect the rules. use right football technic, when ball lost fast recover it
Realization Criteria	Heads up, half-turned bodyorientation when player open
Success Criteria	Several times 2 opponent players cuted with interval pass



Date	week 1	Coach	EN	Duration	15
Process	Game	Place	Dome	Players	4

Session Objective	Team(s) / Player(s) Working	Opponent Team(s) / Player(s)
Phase of Play	Keep the ball/ progression	prohibit progresssion
Principle of Play	use the frees space, find free teammate	create the line

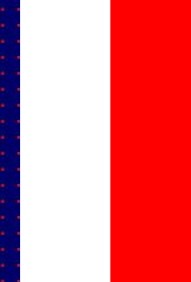


Training Session Performance Settings					
Athletical	Physiological	Ae / An LA / An AL	Technical - Tactical	Perceptions	Ball / FSP / T / O
	Physical	End / Str / Sp		Technical	pass. /run
	Psychological	Motiv / Conc / Emo		Strategy	

Training Session Settings	
Objectives	Improve keep the ball/progression, using fs and tm
Goals	Score the goal = 1 pt.
Rules	2 teams, 4 gates, no corners, if each ball out defending team take position in the middle zone after pass free, attacking players free, with pass through middle zone att. team can change gates to score the goal
Instructions	to be in movement, use the depth and intervals, find free tm
Regulations	free game with no zones, add one blue and do like Ex. Ad.
Stimulations	scoring afters pass +1pt., scoring with insid feet +1 pt.
Evolutions	add more gates, 3 vs 3, one def. can do pressing

Training Session Rating	
Collective Behavior	High level of activity, play like a team (help to teammate)
Individual Behavior	Concentraition, collects game nformation, respect the rules. use right football technic, when ball lost fast recover it
Realization Criteria	Heads up, half-turned bodyorientation when player open, fast roun to the frees space
Success Criteria	Attacking team cross middle zone with pass in intervals



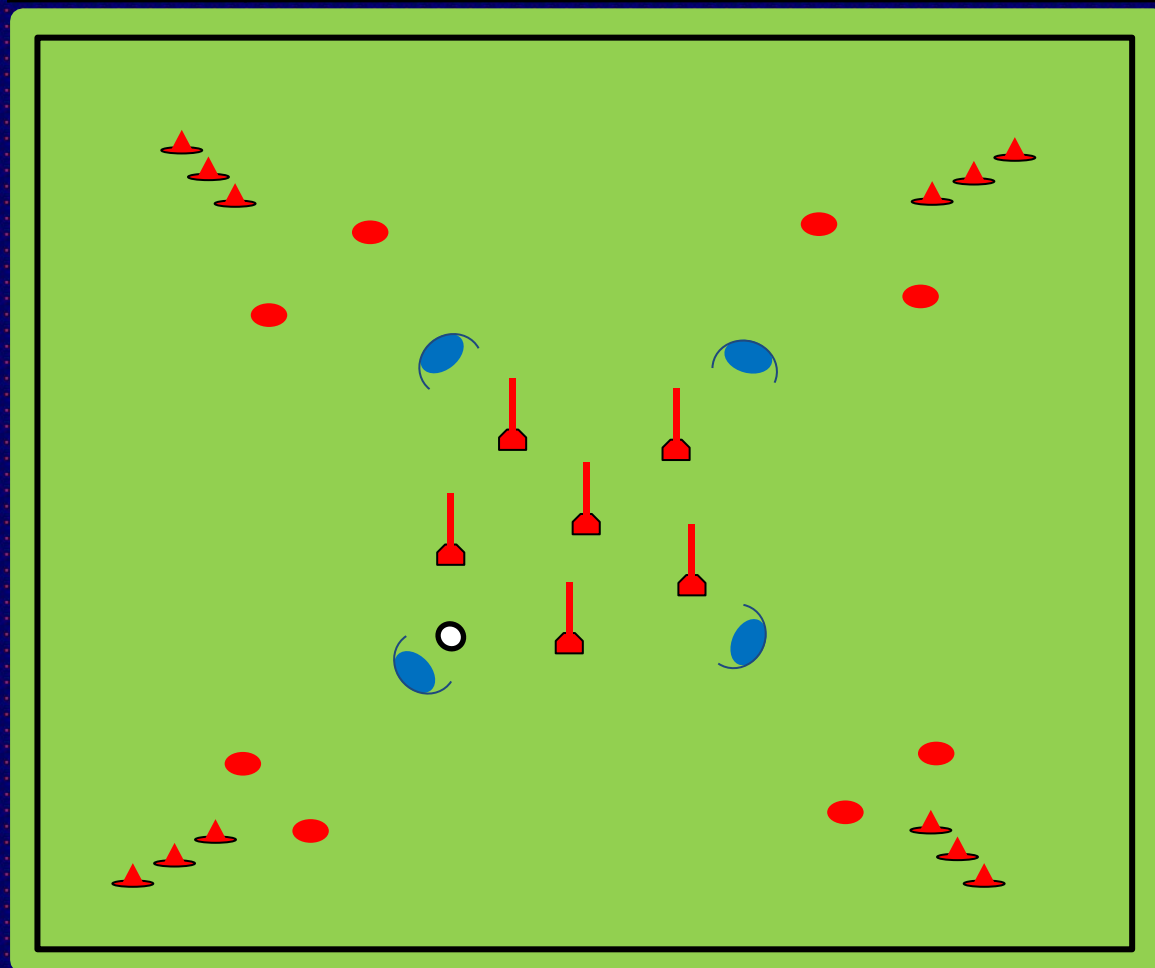


# week 2 session 6





Date	Week 1	Coach	Evgeniy Novitskiy	Duration	2
Process	Ex. Conditioning	Place	Dome	Players	12
Session Objective	Team(s) / Player(s) Working		Opponent Team(s) / Player(s)		
Phase of Play	keep the ball				
Principle of Play	find the team mate/ use intervals				



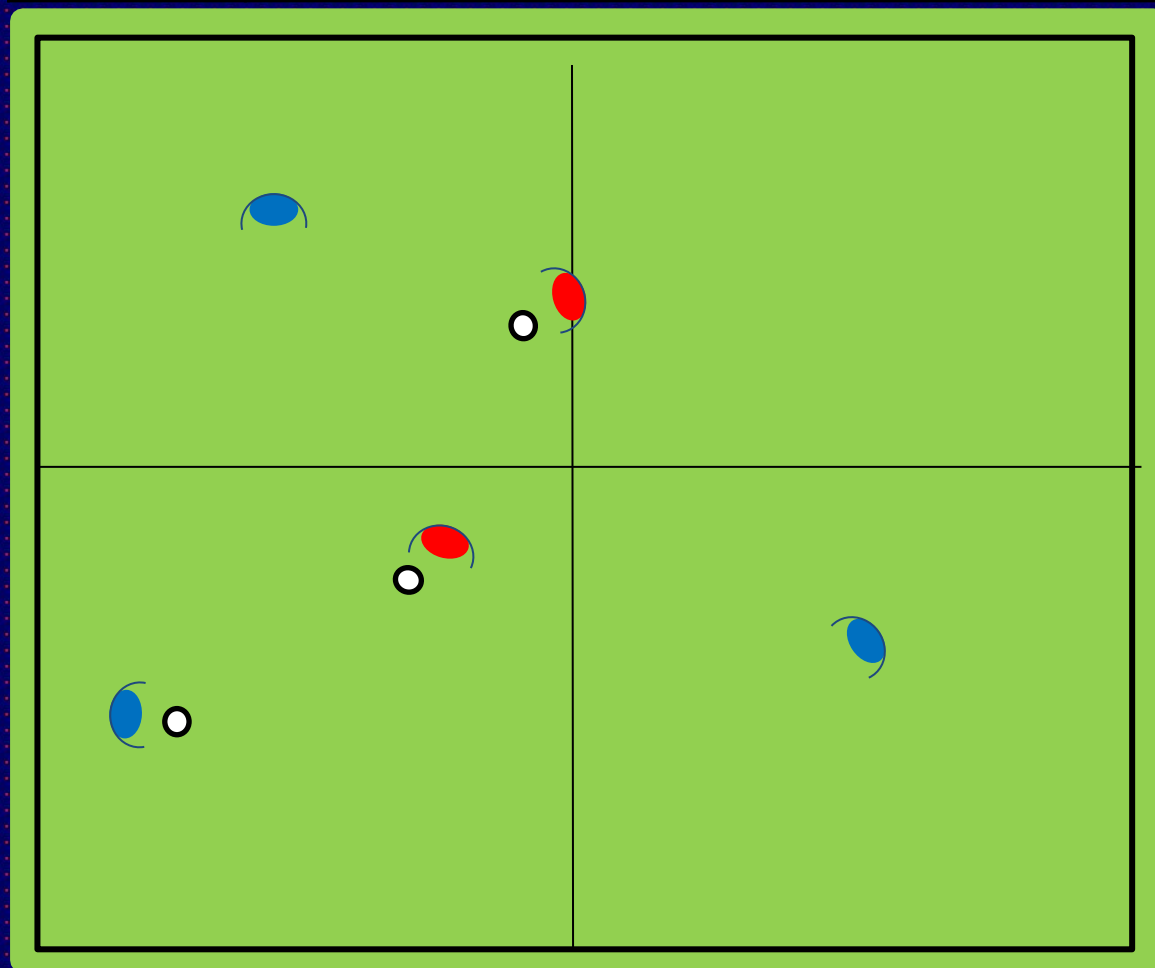
Training Session Performance Settings					
Athletical	Physiological	Ae	Technical - Tactical	Perceptions	ball, tm
	Physical	End/ sp		Technical	passing
	Psychological	conc/ emo		Strategy	-

Training Session Settings	
Objectives	improve passing and coordination, find intervals
Goals	no errors = 1 pt.
Rules	1 ball, 4 players, sticks
Instructions	Player make pass the ball to teammate position, next coordination and run back to position. Teammate do the same with next player
Regulations	change content of the coordination part
Stimulations	MVP of the drill
Evolutions	Use 2 ball for high intensity, for complexification add cones to the pitch

Training Session Rating	
Collective Behavior	Fast movement and passing circulation
Individual Behavior	Max speed coordination part, concentration,
Realization Criteria	find intervals between sticks. inside part of the foot passing, prepare body orientation for receiving
Success Criteria	quik circulation, high level of pass accuracy



Date	week 2	Coach	Evgeniy Novitskiy	Duration	10
Process	Excercise An.	Place		Players	12
Session Objective	Team(s) / Player(s) Working		Opponent Team(s) / Player(s)		
Phase of Play	Keep ball/progr.				
Principle of Play	Use the free space/ find free teammate				



Training Session Performance Settings					
Athletical	Physiological	Ae	Technical - Tactical	Perceptions	Ball / FSP / T / opp.
	Physical	En		Technical	Driving the ball/passing
	Psychological	Con/ Mot		Strategy	

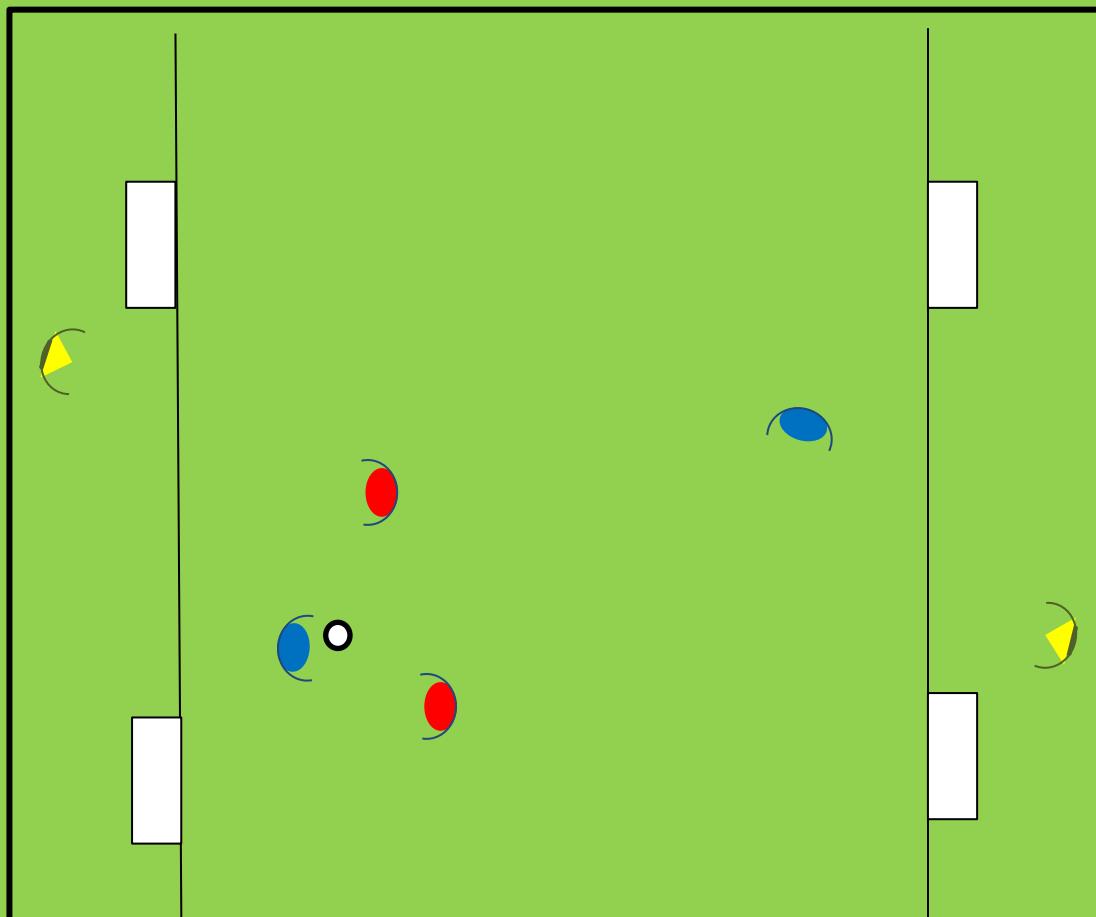
Training Session Settings	
Objectives	Improve passing and finding free teammate and use intervals
Goals	pass in interval = 1pt, for red 1 catch = 1 pt.
Rules	3 blue 1 ball, 2 ghost (red) with ball, 4 zone, if player have been chased by ghost he changes by roles with him
Instructions	Blue keep the ball. Also can drive and make passes to teammate after pass players should run and take possition in the free zone
Regulations	change size, form of the pitch and zone, use four different colours tips for marking zone
Stimulations	good pass + opening = 1 add. point, for ghost stimulation: if he make 5 times chase player it's mean he win a game
Evolutions	simplification: no ghost, cones with poles instead of it, after each pass players should run and take possition in the free zone complication: defender instead of ghost

Training Session Rating	
Collective Behavior	Everyone in movement
Individual Behavior	Concentration, precision, respect and rules understanding, collect information about spacing, find and create linepass, right timing for pass, passing with right technic and power
Realization Criteria	Heads up, half-turned bodyorientation when player open, fast roun to the frees space, fast desicion, asses inside p. of foot
Success Criteria	Ball crosses midle line, reds cuted out with interval pass



Date	week 1	Coach	Evgeniy Novitskiy	Duration	10
Process	Game	Place	Dome	Players	12

Session Objective	Team(s) / Player(s) Working	Opponent Team(s) / Player(s)
Phase of Play	Keep ball/ progression	prohibit progression
Principle of Play	find and use free space and teammate	create the line



Training Session Performance Settings					
Athletical	Physiological	mixed	Technical - Tactical	Perceptions	ball/ T
	Physical	End, str		Technical	pass, running
	Psychological	Mot/ conc		Strategy	

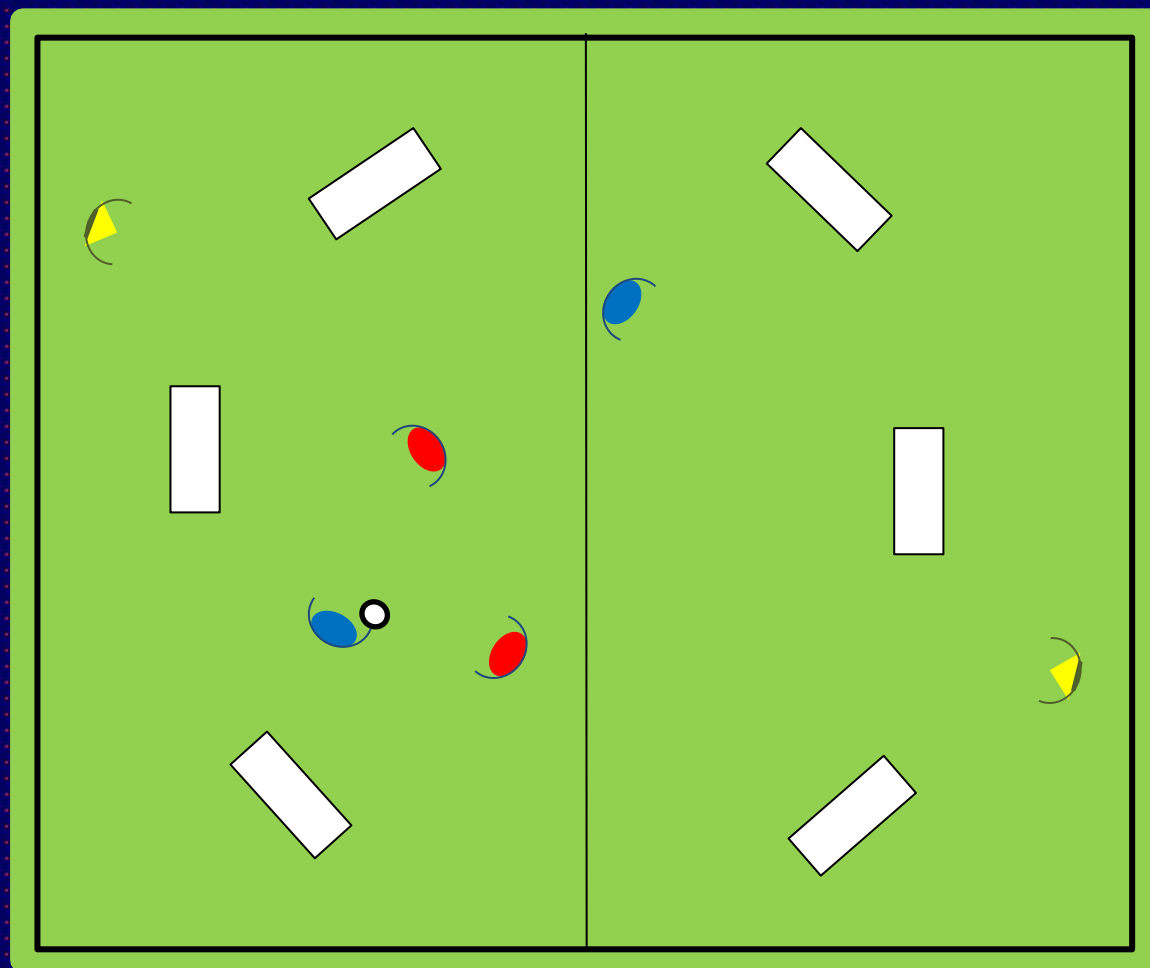
Training Session Settings	
Objectives	Improve driving the ball, passing , find free space and teammate
Goals	score the goal= 1 pt
Rules	2 teams, 2 neutrals, 3 zones, no corners, throw ins allowed do with pass or driving the ball, 4 turned backside gates
Instructions	find teammate or neutral in the scorezone, only defenders can enter it the score zone if ball there
Regulations	change number of zone. size and form of the pitch,
Stimulations	if player steal the ball on the oppponent side and score +1 add.point
Evolutions	instead neutrals use 3 vs 3 format

Training Session Rating	
Collective Behavior	High level of activity, play like a team (help to teammate)
Individual Behavior	Concentration, collects game nformation, respect the rules. use right football technic, when ball lost fast recover it
Realization Criteria	Heads up, half-turned bodyorientation when player open
Success Criteria	Opponent team cutted with interval passes



Date	week 1	Coach	EN	Duration	15
Process	Game	Place	Dome	Players	4

Session Objective	Team(s) / Player(s) Working	Opponent Team(s) / Player(s)
Phase of Play	Keep the ball/ progression	prohibit the progression
Principle of Play	use the frees space, find free teammate	create the line



Training Session Performance Settings					
Athletical	Physiological	Ae / An LA / An AL	Technical - Tactical	Perceptions	Ball / FSP / T / O
	Physical	End / Str / Sp		Technical	Dec / Rea
	Psychological	Motiv / Conc / Emo		Strategy	

Training Session Settings	
Objectives	Improve keep the ball using fs and tm find the deept
Goals	Score the goal = 1 pt.
Rules	2 teams, 2 neutrals, 3 zones, no corners, no throw ins l, 6 turned backside gates
Instructions	make pass to thye neutral to score the goal, if neutr have a ball def. can play agains him
Regulations	devide pitch for zones
Stimulations	if team do interval pass + 1pt.
Evolutions	add more gates, 3 vs 3, increase/discrease size of the pitch

Training Session Rating	
Collective Behavior	High level of activity, play like a team (help to teammate)
Individual Behavior	Concentraition, collects game nformation, respect the rules. use right football technic, when ball lost fast recover it
Realization Criteria	Heads up, half-turned bodyorientation when player open, fast roun to the frees space
Success Criteria	Attacking team make pass to neutral, or pass beetwt opp. pl.