

GRASSROOTS FOOTBALL UK

**HOW TO PUT ON THE
PERFECT TRAINING SESSION
EVERY TIME...**



**...AND HAVE THEM BEGGING
FOR MORE.**



How to put on the Perfect Training Session every time...

Planning training sessions can be an exhausting process.

Its not just coming up with the ideas for the drills, its then about finding the drill, putting it together, wondering if the players will understand it, will it flow from the first drill to the next.

We've all been there, and over the course of many seasons, testing different solutions and practises we came up with the following and its been working wonders ever since.

It's about applying a Consistent, Ambitious & Engaging plan of sessions.

Having a clear focus from the start and ensuring all the Coaches are on board and are ready to go.

By following these key points, it will enable you to put on really good, engaging, rewarding and fun sessions every single week.

Planning in Blocks of Six Weeks: Building Progression.

One of the cornerstones of successful training is a structured planning approach.

Designing your sessions six weeks at a time allows you to build a coherent progression.

This facilitates a gradual increase in complexity, skill enhancement, and overall player development.

By outlining your objectives and themes for each week in advance, you can ensure a steady and logical advancement of skills and tactics.

By using our interactive Training planner, you can choose your discipline for next 6 weeks and select your drills.

Avoiding Knee-Jerk Reactions: Training over Reaction.

The desire to immediately address the shortcomings of the last game might be tempting, but adopting a reactionary approach can lead to disjointed training sessions.

Instead, focus on maintaining your original six-week plan.

This consistent progression ensures that your players receive a well-rounded training regimen, building their capabilities comprehensively rather than hastily responding to a single game's outcome.

Consistency: The Foundation of Improvement

Consistency is the bedrock of effective training. It fosters a sense of routine, creating a disciplined environment for players to thrive in.

Regular training sessions, adhering to the six-week structure, allow players to internalize techniques, strategies, and teamwork dynamics.

Consistency in your approach helps players adapt and evolve at a steady pace.

Without being over repetitive, doing the same drill a set number of times

Strategic Drill Selection: Quality over Quantity

Selecting four core drills over a six-week period might seem restrictive, but it actually cultivates a deeper understanding and mastery of specific skills.

This approach gives players ample time to refine their techniques and apply them in different scenarios.

By narrowing the focus, you're ensuring that players not only learn but also internalize and apply their learning effectively during matches.

Thematic Cohesiveness: Sharpening Specific Skills

Keeping drills under a chosen category, such as passing, finishing, defending, or transition, has manifold benefits.

This approach maintains thematic consistency, allowing players to hone a particular aspect of their game deeply.

This focused training enhances their proficiency and boosts confidence in executing specific skills during matches.

Time Management: Striking a Balance

Adhering to the chosen timescale for drills is pivotal.

Effective training is about achieving a balance between intensity and variety.

By keeping drills within the designated timeframe, you're instilling discipline in your players' execution.

This ensures that they maintain optimal energy levels throughout the session and maximizes the overall effectiveness of the training regimen.

Conclusion

In conclusion, creating the perfect training session demands strategic planning, a steadfast commitment to progression, and a disciplined execution of drills.

By adhering to these fundamental principles - planning in blocks, avoiding knee-jerk reactions, prioritizing consistency, strategic drill selection, thematic cohesiveness, and precise time management - you can ensure that each training session becomes a stepping stone toward your players' holistic development.

Remember, it's not just about creating players; it's about nurturing their passion and potential, one training session at a time.

To help you with your planning you should put together a detailed list of all your drills you'd like to use or have used before.

If you don't have any we strongly advise you to take a look at our Grassroots Football Training Drills & Plans.

With 50 Drills and over 100 pages of images and detailed drill instructions, this is the ideal solution for your training session.

Perfect for your team.

Saves you many hours coming up with drills and plans.

These Drills have been tested by many Coaches across multiple age groups.

