

ALWAYS  CCCCER  
Barcelona

# Activity distribution

# Classification task

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Improvement task	Decontextualized tasks	Contextualized task	Real situations
I.S.T	E1	E3	E5
T.D.T	E2	E4	Strategy

# Improvement specific tasks

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## I.S.T

Specific activities for improvement without or with opposition (with decision-making)

- Allows the player to improve in technical - tactic - cognitive structure
- Activities with decision making

How can we work it?

### 1. Analytic

1. Strikers: Shoot
2. Midfielders: Short - Medium - Long pass
3. Wingers: Different kind of get away
4. Defenders: Tackle

# Technical development tasks

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## T.D.T

General activities (Warm up)

- Coordinative exercise
- Work of the individual technical fundamentals without opposition or with minimal opposition

How can we work it?

1. Squares and Triangles
2. Technical circuits
3. Simple “Rondo”

# E1

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## E1

Activities with ball, with opposition, without structure and without or with orientation.

- The exercises let you work the individual / collective technical fundamentals in situations plays.

How can we work it?

1. 2x2
2. 3x3
3. 2x2+1
4. ....

# E2

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## E2

Activities with ball, with opposition, without structure and without or with orientation.

- These exercises allow the collective tactical concepts working in situations plays.

How can we work it?

1.  $4 \times 4 + 2$

2.  $6 \times 6 + 3$

3. ...

# E3

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## E3

Activities with ball with opposition, team structure and orientation.

- These exercises allow you to work specific technical and tactical concepts of each player based on their position in the field, as well as the tactical behavior and teammates relationships with / without end.

How can we work it?

1. Possessions Games with or without finalization
2. Contextualized task like a match format (more than 1 goal, different areas,...)

# E4

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## E4

Activities with ball, with opposition, team structure and orientation.

- These exercises allow work the specific concepts technical - tactical for position of the player and their tactical behavior and teammates relations with the possibility of completing a goal.

How can we work it?

1. Attack - Defense
2. Start the game
3. - 8X6
4. 10X8
5. - ...

# E5

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## E5

### Real game situations

- These exercises allow work the specific concepts on technical-tactical for position of the player and their tactical behavior and teammates relations with the possibility of completing a goal.

### How can we work it?

1. Conditioned match without external elements (max 2 goals)
2. Real game

# Strategy

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## Strategy

Activities with or without opposition in real game or not.

- These exercises allow dominate the offensive and defensive strategy.

How can we work it?

1. Analytic strategy

# Activities classification per day

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Recovery day	Tension day	Duration day	Velocity day	Recovery day
I.S.T	E2	E3	I.S.T	I.S.T
T.D.T	E3	E4	E2	E2
E1	E4	E5	E3	E3
E2			E4	Strategy
E3			Strategy	

# Recovery day

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First day after match where the main objective is the physical and psychological recovery of the players.

- ❖ What can we train:

- ❖ Principles and sub-principles of the previous game.
- ❖ Improvement specific tasks in players who did not participate in the previous game.
- ❖ Technical development tasks.

- ❖ How we can work it:

- ❖ Decontextualized tasks without high psychological burden.
- ❖ Technical tasks (Football game)

- ❖ Time:

- ❖ Working 8'-10-12 'with 2-3 stops.
- ❖ Discontinuous training with frequent stops.

# Tension day

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Tension day where we begin to work more realistically where we can make 2 decontextualized and one contextualized or vice versa, we have to do exercises where there are actions that demand more physical effort (accelerations and decelerations, changes of direction, ..).

- ❖ What we can train:

- ❖ Subprinciples in a sectorial manner.
- ❖ Subprinciples in intersectoral manner.

- ❖ How we can work it:

- ❖ Decontextualized task E2
- ❖ Contextualized task E3 y E4

- ❖ Time:

- ❖ Working 1'-3 'with a recovery that has to be three times the work.
- ❖ Discontinuous training.

# Duration day

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Duration day where all tasks that we have to be as real as possible, where we will focus on main principles with contextualized work tasks or conditioned games.

- ❖ What we can train:

- ❖ Principles

- ❖ Subprinciples in a collective manner

- ❖ How we can work it:

- ❖ Contextualized tasks E3 and E4 (increased complexity)

- ❖ Conditioned matches E5

- ❖ Time:

- ❖ Duration of 8'-10'-12-'15'

- ❖ Continuous training

# Velocity day

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Velocity day where we will focus on train principles of game but sectoral, intersectoral or individually manner, reducing the complexity of the exercises.

- ❖ What we can work:

- ❖ Principles in sectoral, intersectoral or individually manner.
- ❖ Improved specific tasks.
- ❖ Strategy.

- ❖ How we can work:

- ❖ Improvement specific tasks in individually or intersectoral manner.
- ❖ Decontextualized tasks.
- ❖ Contextualized tasks with low psychological effort.

- ❖ Time:

- ❖ Duration of 45''-2'
- ❖ 8-12 repetitions whenever has not tactic fatigue.

# Recovery day

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Recovery day where we have to reminder of the principles worked during the week but without a lot of complexity in the tasks, making simple exercises and short-lived.

- ❖ What we can work:

- ❖ Subprinciples worked during the week.
- ❖ Improved specific tasks in players.
- ❖ Strategy

- ❖ How we can work:

- ❖ Decontextualized tasks without high psychological effort.
- ❖ E3 contextualized task with low psychological effort.
- ❖ Improvement specific tasks in individually or intersectoral manner.

- ❖ Time:

- ❖ Working 4'-6'-8 'with 2-3 stops.
- ❖ Discontinuous training with frequent stops.
- ❖ Work with repetitions in specific task.