

I believe that all coaches understand
about football, but not all of them
understand about football training..."
José Mourinho.

MODERN TRENDS IN FOOTBALL.



👍 **FUNCTIONAL INTEGRATED
TRAINING.**

👍 **GLOBAL TRAINING.**

👍 **TACTICAL PERIODISATION.**

TEAM PHILOSOPHY.

- A GROUP OF PRINCIPLES THAT CREATE ORGANISATION IN THE TEAM.
- WITH THE BALL!
- WITHOUT THE BALL!
- IN TRANSITION.
- MODELS OF PLAY.
- NOT A SYSTEM!!!



DECISION MAKING.

- DECISION MAKING IS A FUNDAMENTAL PROCESS IN TRAINING, LIKE RUNNING AND JUMPING TRAINING THE BRAIN AS WELL AS THE LEGS IS VITAL.
- THE DAILY WORK SHOULD GIVE GUIDELINES NOT ANSWERS TO PROBLEMS, FORCING PLAYERS TO THINK FOR THEMSELVES.
- GUIDED DISCOVERY.
- REACT FASTER NOT RUN FASTER!

BALANCE.



- THE BALANCE BETWEEN WORK AND RECOVERY.
- MULTI METHODS OF REGENERATION.
- SLEEP AND NUTRITION.

GAMES.



- WHAT IS THE BEST TEACHER?
- WHAT IS THE MOST SPECIFIC?
- WHAT CAN BE MEASURED?
- WHAT CAN BE OBSERVED.
- WHAT CAN BE MONITORED?
- WHAT ARE THE CONTROL SYSTEMS?

VARIATION.



- DIFFERENT INTENSITIES.
- DIFFERENT DURATION.
- DIFFERENT OBJECTIVES.
- USING OVERLOAD SYSTEMS.
- DIFFERENT DIMENSIONS.
- SEGMENTATION.



**FUNCTIONAL
INTEGRATED
TRAINING.
(FIT).**

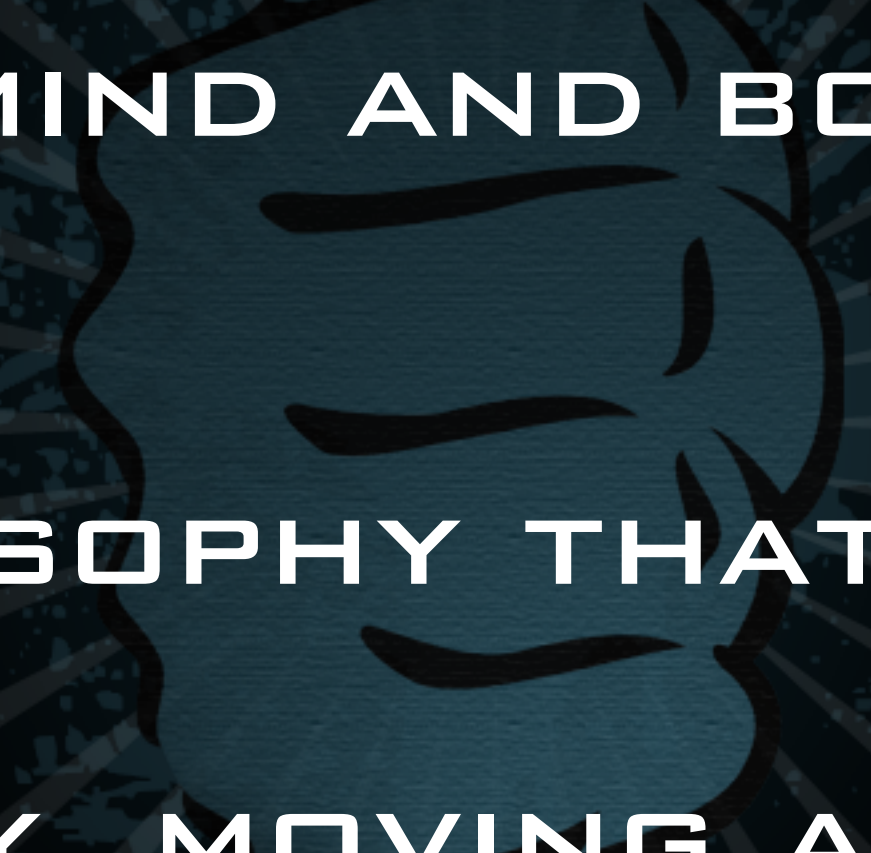
COLLECTIVE.

- 👍 **COLLECTIVE TRAINING HAS A HIGHER PERCENTAGE OF TACTICAL CONTENT.**
- 👍 **COLLECTIVE TRAINING IS ABOUT TEAM SHAPE, DISCIPLINE, AND GROUP MOVEMENT IN AN ORGANISED WAY.**
- 👍 **COLLECTIVE TRAINING IS ONLY 50% OF THE WORK NEEDED.**
- 👍 **COLLECTIVE WORK IS THE RESPONSIBILITY OF THE COACH.**

INDIVIDUAL.

- 👍 **INDIVIDUAL TRAINING IS GEARED TOWARDS EACH PLAYERS WEAKNESSES.**
- 👍 **INDIVIDUAL TRAINING IS POSITION AND AGE RELATED.**
- 👍 **INDIVIDUAL TRAINING IS THE RESPONSIBILITY OF THE PLAYER.**
- 👍 **INDIVIDUAL TRAINING CAN BE DONE ANYWHERE, ANYTIME.**

COLLECTIVE RESPONSIBILITY.

- 
- 👍 THE COLLECTIVE MIND AND BODY (ONE MIND ONE HEART)
 - 👍 A TACTICAL PHILOSOPHY THAT EVERY ONE BUYS INTO.
 - 👍 SWARM MENTALITY, MOVING AS A COMPACT UNIT, FOREVER CHANGING SHAPE.
 - 👍 LEADERSHIP CHANGING AND SHIFTING NEVER FIXED.


SWARM MENTALITY.





**FUNCTIONAL
PREPARATION.**

GENERIC OR SPECIFIC?

- 
- 👉 **WHAT ARE YOU PREPARING THE PLAYERS/TEAM FOR?**
 - 👉 **DOES THE PREPARATION TRANSFER TO THE NEXT TASK?**
 - 👉 **IS THE PREPARATION SPECIFIC AND RELEVANT?**
 - 👉 **IS THE INTENSITY CORRECT FOR THE NEXT TASK?**
 - 👉 **IS THE PREPARATION THEMED TO THE NEEDS OF THE COACH?**

WARM-UP V PREPARATION.

- 👉 THE WARM-UP IS PRIMARILY A FUNCTION THAT RAISES THE CORE TEMPERATURE OF THE PLAYERS BODY!
- 👉 ANY GENERIC MOVEMENT OR SERIES OF MOVEMENTS ACHIEVES THIS GOAL.
- 👉 IS THIS RELEVANT OR ENOUGH FOR FOOTBALL?
- 👉 DOES THIS APPROACH TRANSFER TO THE NEXT TASK?

WARM-UP.



FUNCTIONAL PREPARATION.



HAVE YOU DISCUSSED WITH THE HEAD COACH HIS REQUIREMENTS FOR THE TRAINING SESSION.



WHAT THEME IS HE WORKING ON?



WHAT DURATION AND INTENSITY IS HIS SESSION GOING TO BE.



PLAN YOUR PREPARATION FOR HIS SPECIFIC NEEDS AND GOALS!

THE FOUR KEYS.

Does your preparation have all of the following parameters?

- 👍 1. PHYSICAL.
- 👍 2. PSYCHOLOGICAL.
- 👍 3. TECHNICAL.
- 👍 4. TACTICAL.

INTEGRATION.



$$1 + 2 + 3 + 4$$

Percentage.

Psychological.

Technical.

Tactical.

Physical.



1. PHYSICAL TECHNICAL.



TECHNICAL PHYSICAL.



TACTICAL, TECHNICAL PHYSICAL.



***TECHNICAL, PHYSICAL,
TACTICAL AND
*PSYCHOLOGICAL.**

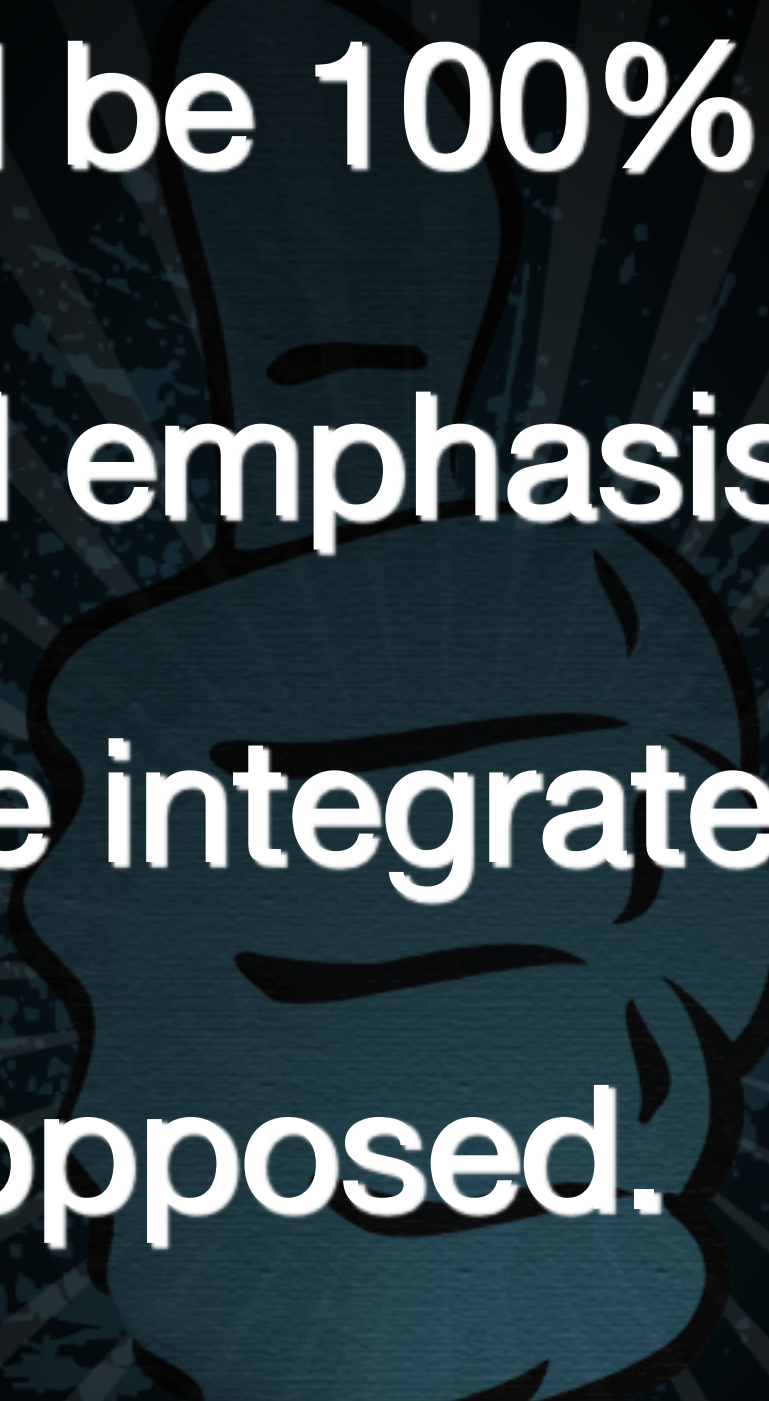


FOOTBALL SPECIFIC.

- 👍 **ALL TRAINING SHOULD BE 100% SPECIFIC TO THE NEEDS OF THE GAME, ASK A VERY SIMPLE QUESTION. “DOES THIS HAPPEN IN A GAME?” IF THE ANSWER IS YES THEN THE DRILL OR ROUTINE IS CORRECT, IF NO THEN DISCARD THE EXERCISE.**
- 👍 **ALL EXERCISES AND DRILLS SHOULD HAVE A DIRECT TRANSFER TO GAME SITUATIONS.**
- 👍 **EVERY TRAINING SESSION AND DRILL/EXERCISE SHOULD CHALLENGE THE PLAYER AND TEAM TO NEW LEVELS, AND SHOULD ALWAYS BE OF A PROGRESSIVE NATURE.**

KEY POINTS.

- 👍 THE MOST IMPORTANT POINT IS TO IMPROVE THE PLAYERS/TEAMS PERFORMANCE LEVEL.
- 👍 THE SECOND POINT IS TO REDUCE THEIR SUSCEPTIBILITY TOWARDS INJURIES.

- 
- 👍 All training should be 100% football specific.
 - 👍 All training should emphasise non fixed patterns.
 - 👍 Training should be integrated not isolated.
 - 👍 Opposed and unopposed.
 - 👍 Balanced development is crucial.
 - 👍 Train movements not muscles.

GUIDELINES.

- 👍 **MAKE THE TRAINING 100% FOOTBALL SPECIFIC.**
- 👍 **MAKE THE TRAINING PROGRESSIVE AND TRANSFERABLE.**
- 👍 **MAKE THE TRAINING CHALLENGING BUT FUN!**



FUNCTIONAL INTEGRATED PREPARATION.



FUNCTIONAL REACTIVE PREPARATION.



INDIVIDUAL TRAINING.



GROUP TRAINING.



POWER STRETCHES.


REGENERATION.



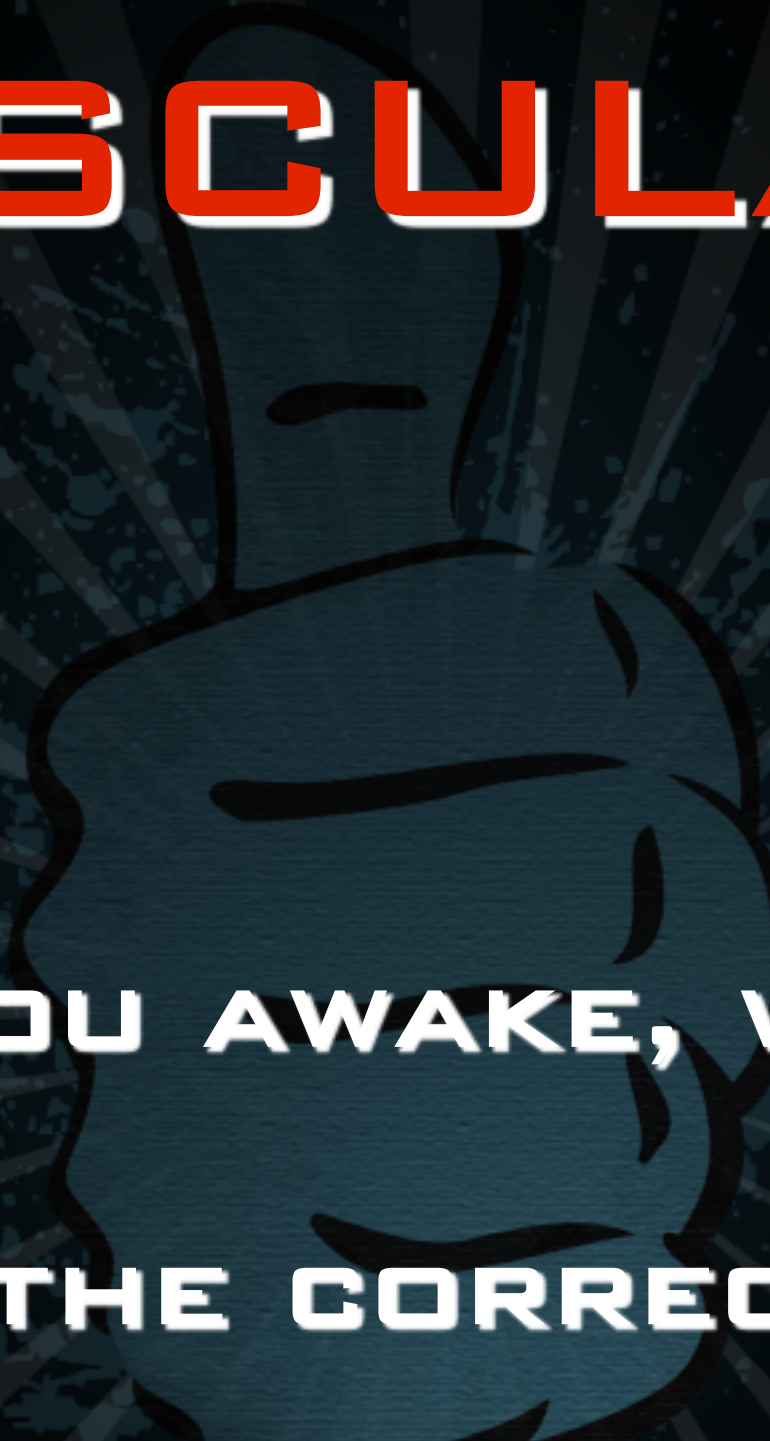


TRIGGER TRAINING.


THE MODERN PLAYER.

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- 👍 "THE SPANIARDS DO NOT WIN WITH AGGRESSIVENESS AND STRENGTH IN THE CHALLENGE,"
 - 👍 "THEY ARE MENTALLY VERY FAST. AND THAT'S AN IMPORTANT FUNCTION IN THE DEVELOPMENT OF ALL FOOTBALL PLAYERS: IT'S ABOUT BECOMING FASTER IN THE THOUGHT.
- "IF A PLAYER HAS GOOD TECHNIQUE AND A GOOD BASIC SPEED, BUT IS SLOW IN THE HEAD, THIS MAY REDUCE HIS VALUE TO THE TEAM."

NEUROMUSCULAR STATES.

- 
- 👍 1. INACTIVITY, ARE YOU AWAKE, WHERE IS THE BALL, READY?
 - 👍 2. ACTIVITY, AM I IN THE CORRECT POSITION, READY?
 - 👍 3. REACTIVITY, RELAXED, IS MY MIND EMPTY, BODY READY?

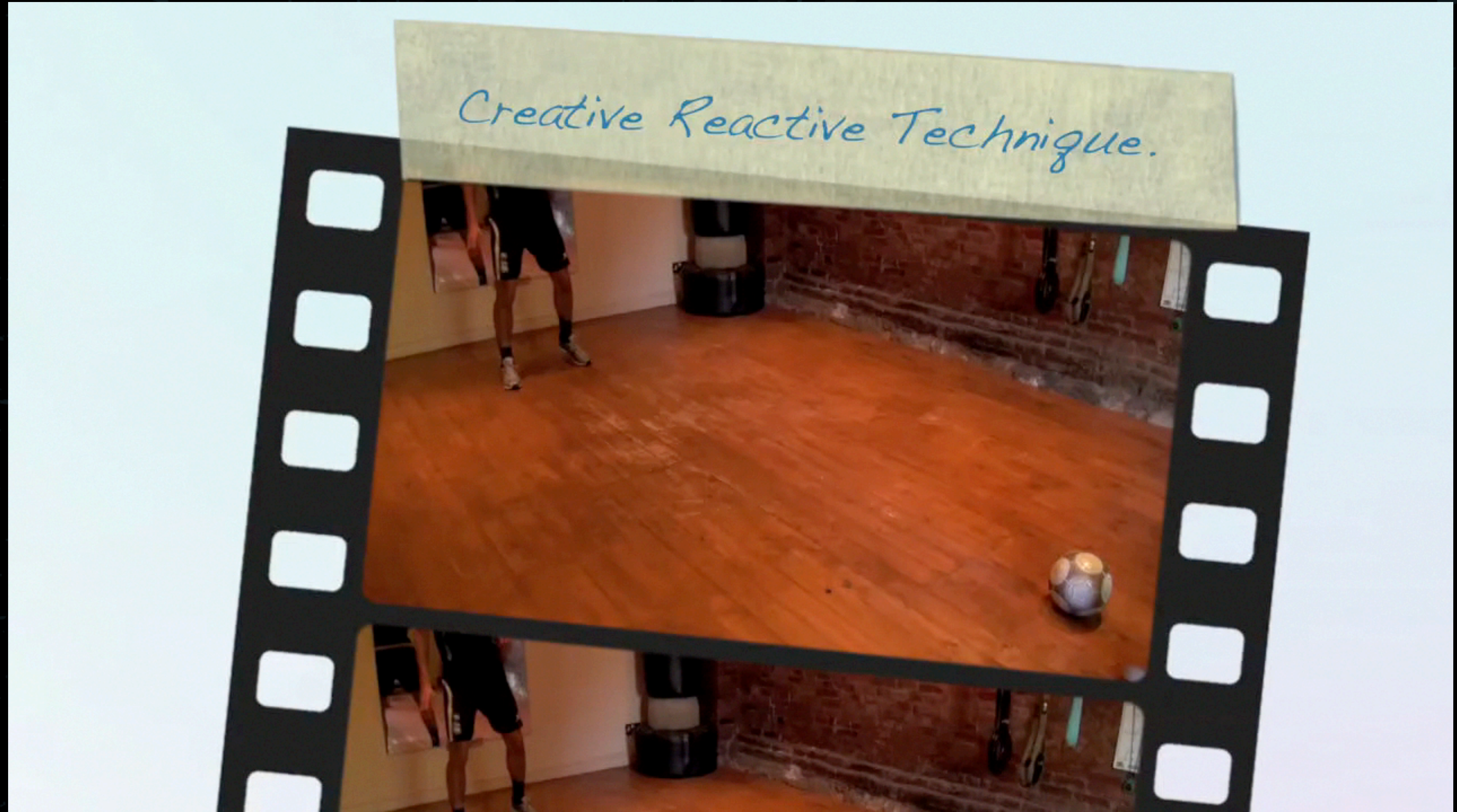
NEUROMUSCULAR TRIGGERS.

- 
- 👉 1. TO REDUCE THE TRANSITION TIME BETWEEN THOUGHT AND ACTION.
 - 👉 2. TO BE IN A STATE OF TOTAL READINESS.
 - 👉 3. TO BE IN THE “NOW” AT ALL TIMES.
 - 👉 4. CALM AGGRESSION.

BARCELONA.

- 👍 “CONSUMMATE CHOREOGRAPHY.”
- 👍 “PLOTTED IN A TRIGONOMETRY CLASS.”
- 👍 “DEATH BY A THOUSAND TRIANGLES.”

INDIVIDUAL TRIGGER TRAINING.



COLLECTIVE TRIGGER TRAINING 1.



COLLECTIVE TRIGGER TRAINING 2.



TRIANGULATION.



INDIVIDUAL TRIGGERS.

- 👉 **PLAYER IS GIVEN A PLAY BOOK CONTAINING EACH INDIVIDUAL TRIGGER.**
- 👉 **START AT THE YOUNGEST AGE POSSIBLE AND TEACH AT LEAST FOUR TRIGGERS.**
- 👉 **BUILD THIS NUMBER UP SLOWLY UNTIL IN THE FIRST TEAM UP TO TWENTY TRIGGERS ARE AVAILABLE.**

COLLECTIVE TRIGGERS.

- 👉 **START WITH THE INDIVIDUAL, THEN PAIRS, THREES, AND SLOWLY BUILD UP TO FLEXIBLE TRIANGLES.**
- 👉 **ONCE ASSIMILATED INTRODUCE THE TRIGGERS TO EVERY POSSIBLE TRAINING DRILL, S.S.G. OR EXERCISE.**
- 👉 **TWO KEYS: ONE INCREASE TEMPO. TWO DECREASE TIME AND SPACE.**

CHAOS AND ORDER.

- 👉 THE INDIVIDUAL CREATES CHAOS AND IS THE “BREAKER OF SYSTEMS.” (MESSI, INIESTA, RONALDO, FIGO, CRUYFF, MARADONNA ETC.)
- 👉 THE SWARM CREATES ORDER FROM THE CHAOS, CONSTANT SHAPE SHIFTING BUT ALWAYS DONE AS A COLLECTIVE, ONE HEART ONE MIND.

CHAOS TRAINING.



CHAOS TRAINING(ADVANCED)





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