

Specialization of training sessions





Definition: *Specialization of training is a new methodology of training, where starting from a specific age, the work is differentiated so the players are trained in a more in-depth way on the technical, tactical abilities that are more appropriate to their position on the field*

- *Before the U15: all players must be trained the same way on all technical skills*
- *After Under 15: beginning of specialization of training*

Scientific statement: *85% of the players older than 15 will not change their position on the field in their subsequent years. Included in the 85% statistic are the changes of position from a full back to an outside midfielder and vice versa, or the switch from central midfield to center back and vice versa.*





Technical specialization: below are the main individual technical abilities for a correct development of this new method of training:

CENTER BACK

- 1 LONG PASS IN THE AIR
- 2 RECEIVING THE BALL ON THE SPOT
- 3 RECEIVING AND DIRECTIONAL CONTROL
- 4 HEADING



OUTSIDE DEFENDER

- 1 CROSSING
- 3 RECEIVING AND DIRECTIONAL CONTROL
- 4 RUNNING WITH THE BALL
- 4 FEINT AND DRIBBLING

OUTSIDE MIDFIELDER

- 1 CROSSING
- 3 RECEIVING AND DIRECTIONAL CONTROL
- 4 RUNNING WITH THE BALL
- 4 FEINT AND DRIBBLING
- 5 SHOOTING



FORWARDS

- 1 SHOOTING
- 3 HEADING
- 4 RECEIVING ON THE SPOT
- 5 RECEIVING AND DIRECTIONAL CONTROL

CENTRE MIDFIELDERS

- 1 LONG PASS IN THE AIR
- 3 PASSING
- 4 RECEIVING
- 5 HEADING
- 6 SHOOTING FROM LONG RANGE



These abilities must be developed through progression:

- 1. Analytically: without opponents*
- 2. Analytically: without opponents but in ones of the field where the technical skill will be mostly used*
- 3. In game situations*

HOW DOES THE STRUCTURE OF TRAINING CHANGES:

In professional clubs or more organized clubs the introduction of the specialization of training is not difficult to implement. The presence of more instructors for each team allow the [players to be divided by position and work on various topics at the same time.

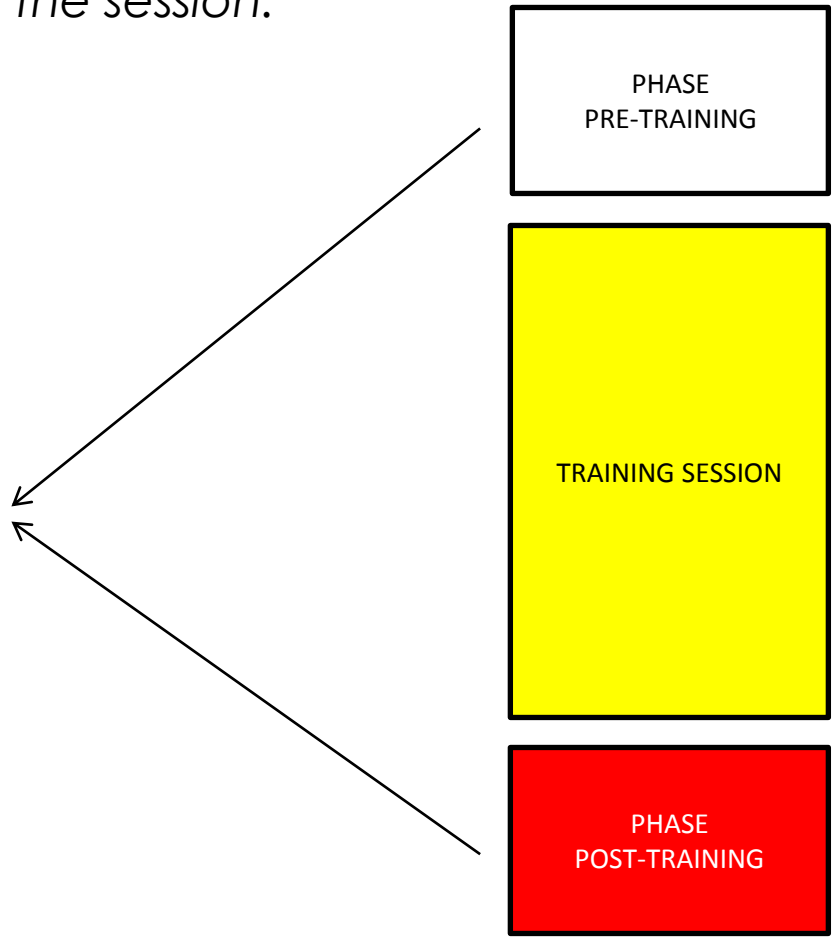




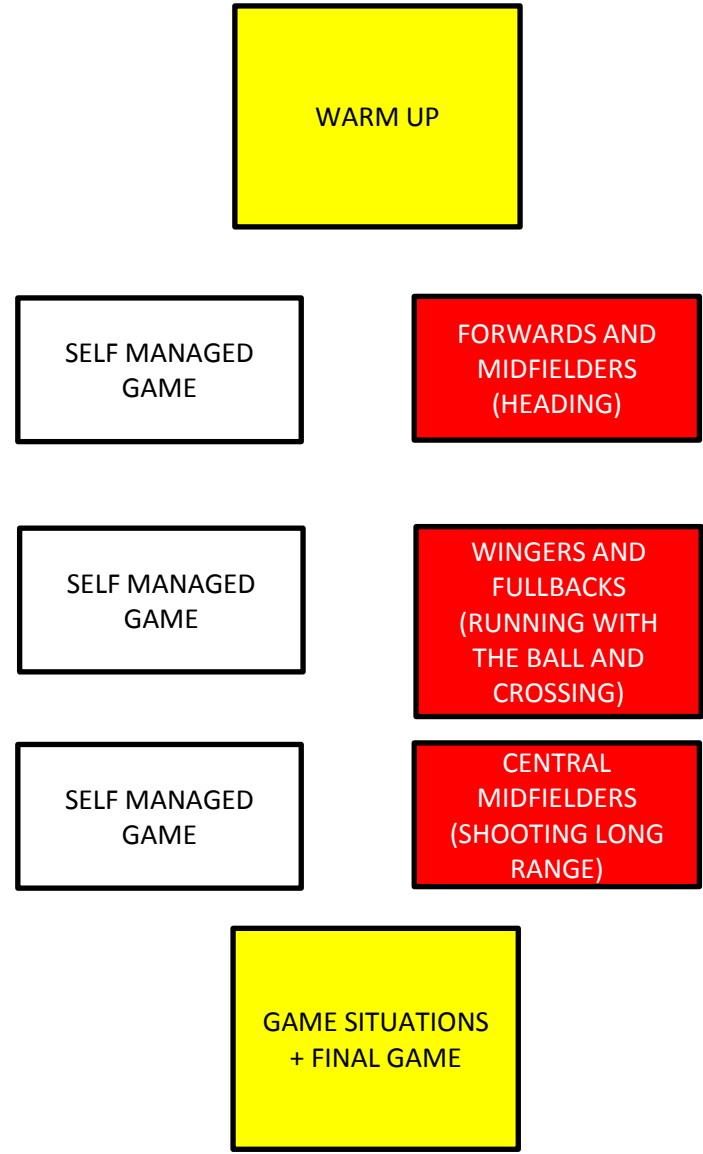
What solution is there for a coach who works alone with the players? Here are some suggestions:



A) Utilization of idle time during the session or the phases prior or after the main component of the session:



B) Utilization of the games and self managed by the players: for example we divide the team in two groups, the coach works with forward and centreback on the specific objective of heading, the rest of the players play a small sided





C) If we have an assistant or a trainer then we can use this individual to work with multiple groups.

