

Games and exercises for training

Our catalog of exercises is a basic planning tool for every coach. Practice games and exercises that are attractive, educational and practical (all share the same setup) make it easy to prepare for practice!



Help yourself to our catalog of exercises!

How the catalog is organized

The structure of our catalog corresponds exactly to the conceptual building blocks of mid-level amateur adult training. Every practice game and exercise includes lots of additional information that makes it easy to integrate into your program, regardless of your training conditions and the level of your players.

- Simple variations on the basic sequence make it easy to change the structure and difficulty level of each exercise. This gives you the flexibility to choose the right variation so the exercise fits your players' level.
- Helpful tips for each exercise help you overcome typical problem situations, guaranteeing your session will flow smoothly.
- Players learn best when exercises are accompanied by corrections and demonstrations. Therefore we've included correction tips to highlight the most important concepts. This additional information makes it easy for you to make the ne-

cessary corrections.

Tips on using the exercises

- Schedule practice games and exercises on a specific concept over multiple practice sessions. Focus on that concept while gradually increasing the level of difficulty.
- The playing times given are only a rough guide. Playing times and breaks may be shortened or lengthened as necessary. If players are losing their focus and slowing down, stop the exercise and switch to an active regeneration activity.
- When introducing a new exercise, explain the main points briefly and concisely (e.g. rules, scoring, technical/tactical concepts). If necessary, let players run through the basic sequence once and then stop the action to answer any last questions.

Info: The Success in Soccer Practice Planner concept



Basic setup



Training tips

- Don't jump around too much from building block to building block.
- Stable progress requires focusing on concepts over longer periods of time (e.g. two to four weeks).
- Supplement our training suggestions with your own ideas and variations. Organize your own catalog of exercises according to the same system.
- Don't try to plan too many exercises in a single session. Important tips on the right way to structure practice sessions can be found on pages 62-65.
- After each session, evaluate the exercises by asking the following questions: Was the activity too easy, too hard or appropriate to players' level? Did things flow smoothly? And above all, did players learn what they were supposed to learn?