



FCBESCOLA

FCBEScola Coaching Seminar

University of Central Florida, Orlando, Florida

June 16-17, 2012

Day One: June 16

FC Barcelona Values

Leadership

Creativity

Success

Effort

Proximity

Emotion

Six Pillars of FC Barcelona

Spectacular team	Attacking play, fair play, iconic players, legendary (historic) team.
Effort	La Masia, comprehensive effort, commitment to club
Multicultural Sports	basketball, handball, etc.
Social Commitment	0.7% profits to social organizations
Worldwide Fan Base	
Global Presence & Innovation	Use of technology to expose FC Barcelona to world.

FCB Escola Introduction

FCB Escola operates as a youth soccer club similar to those found in the US. Participation is open and parents are charged a fee for the season. Players range in age from 6 to 11 years old. FCB Escola follows the FC Barcelona philosophy.

Two Main Objectives

- Sports – primarily soccer, but in general to encourage a sporting future.
- Social – FC Barcelona values: tolerance, respect, solidarity, friendship, citizenship, and integration.

Methodology

Instructions from coach

- Orientation – *how coach looks/acts*
- Individual/group explanation
- Adapted vocabulary – *adapted to the age level of the players*
- Guided discovery – *don't just give answers; lead players to logical conclusions (Socratic method)*

<u>Player Habits</u>	<u>Habits of Conduct</u>	<u>Coaches Profile</u>
Image/dress	<i>For players and coaches:</i>	"More teacher than coach"
Hygiene/shower	Fellowship	Motivator
Dressing room	Punctuality	Patient
Hydration	Respect/Greeting	Professor
	Tone of voice	Educator
	Responsibility	
	Respect equipment	

"Knowing how to play football doesn't make you a good coach."



Coaching Behaviors

- Use "sandwich" method to critique a player – *situate the criticism between two good things that he does. Tell him the best thing he did, then the bad thing he did, then finish with another good thing he did.*
- Contingent reinforcement – *positive reinforcement that is specific to the quality of the demonstrated performance, conveying precisely to the athlete what was executed correctly and thus contains essential information about the correct technique or strategy.*
- Feedback - *during and after training (cooldown)*
- Dress code
- Right Attitude

FCB Escola Organization and Structure

FCB Escola serves players from 6 to 11 years old:

1. Iniciación/Introduction Stage (6-7 years old)
2. Preformación/Pre-training Stage (8-9 years old)
3. Formación/Training Stage (10-11 years old)

Tryouts held once per year. Approximately 1500 players tryout. Typically only 100 openings available. No player cuts. All players pay a yearly club fee. Different from FC Barcelona Academy (La Masia) in which players are recruited/invited and training is free.

32 Teams
Iniciación (Introduction Stage) – 8 x U8 teams
Preformación (Pre-training Stage) – 12 x U10 teams
Formación (Training Stage) – 12 x U12 teams

- 12 players (maximum) per team including 2 goalkeepers (always 2 GK per team)
- 16 coaches (2 teams/coach)
- 6 assistant coaches

Progressive exercises based on age:

1. Iniciación (6-7 years old) – *coordination exercises and motor activities related to soccer*
2. Preformación (8-9 years old) – *basic soccer skills*
3. Formación (10-11 years old) – *basic tactics and the improvement of technical skills.*

Training Organization

- 2 sessions, 2 days/week - either Tuesday + Thursday or Monday + Wednesday
- Optional Friday training session for technical skills
- GKs have 1 specific training session/week (i.e. 1 team session + 1 GK session per week)
- 60 minutes per session, 6pm-7pm or 7pm-8pm

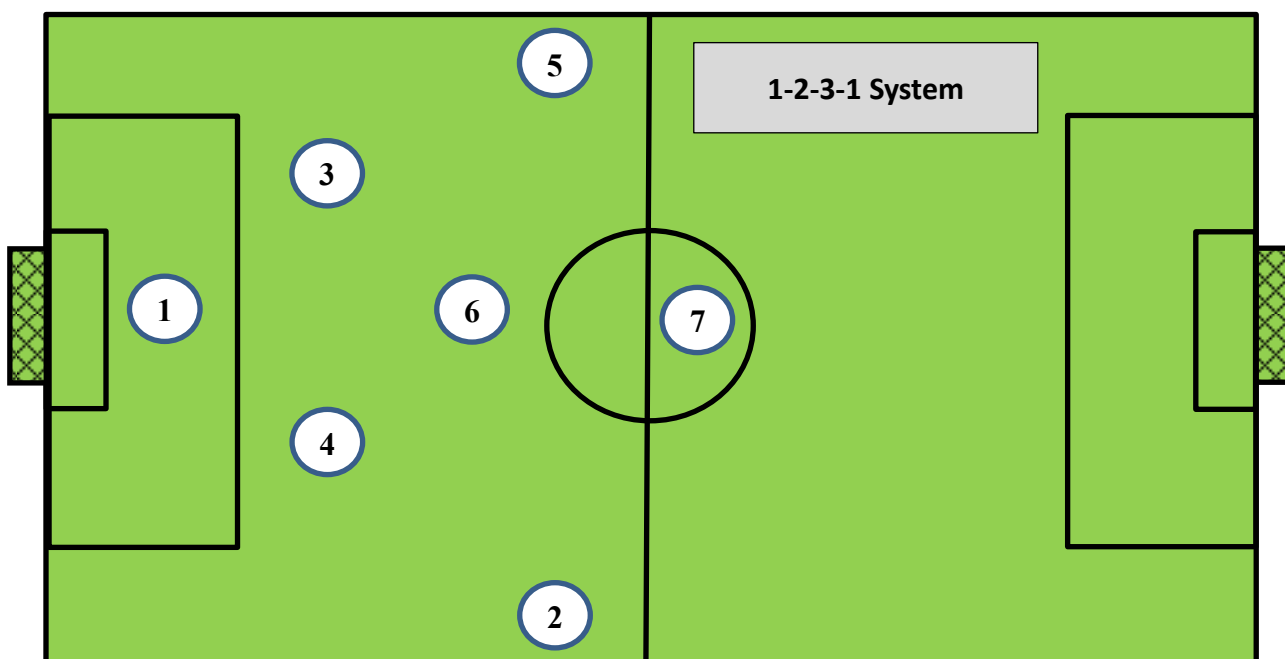
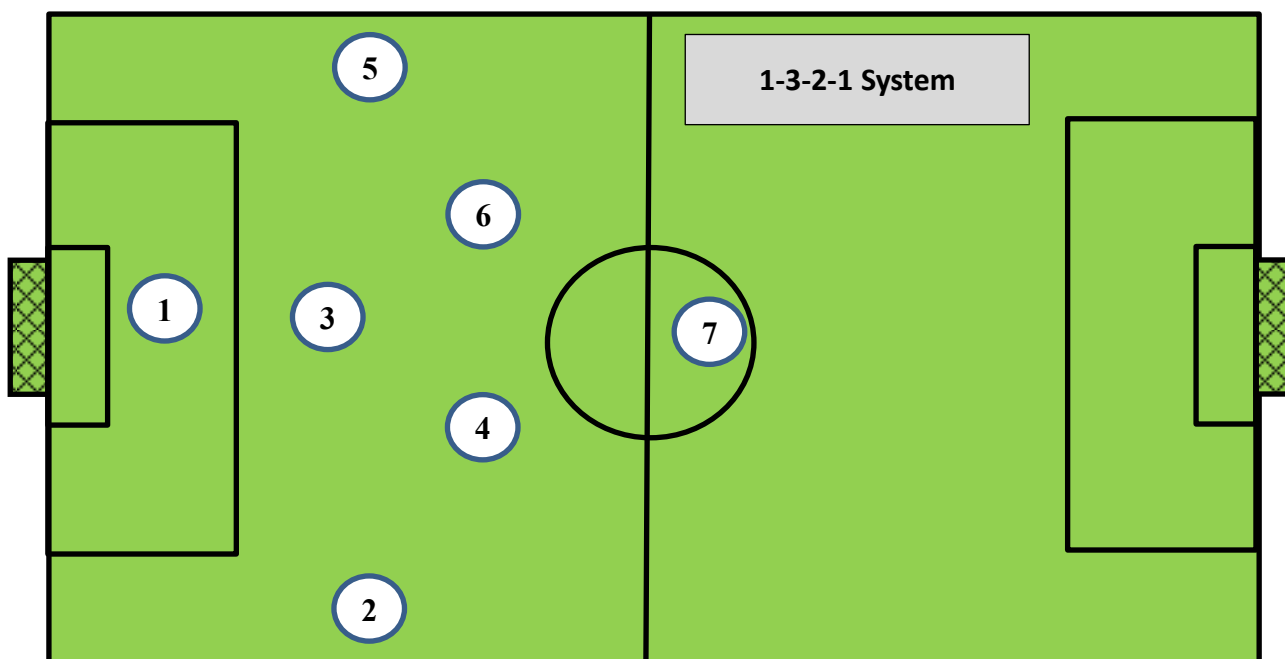
Top players invited to play in tournaments abroad (nationally and internationally). This is incentive and reward for good training.

Competition

- Saturday games – Internal league (FCB Escola teams play other FCB Escola teams).
- 2 x 25 min game, no scoring, no season standings.
- 9 month season - September to June.
- Match is for applying and assessing contents worked on during the training week.
- Players switch positions during the season so that they learn responsibilities of all positions.
- Players play equal minutes during matches.

Team Organization

- Always 7v7
- System of play: 1-3-2-1 (at stage 3 also use 1-2-3-1) – based on 1-4-3-3 system of senior team.



Conducting the Training Sessions

- Motor development (age-appropriate training)
- Group distribution
- Skill level variation

Objectives to be achieved by players
• Master main skills and techniques
• Have perspective of time and space on field of play
• Have tactical responses to development in game
• Understand and master 1-3-2-1 and 1-2-3-1 system (1-2-3-1 for U12+)
• Train and play with as much intensity as possible
• Know how to read the game
• Employ fair play

Objectives to be achieved by the coaches
• Use modern and pedagogic methodology
• Have theoretical knowledge of tactics and techniques of football
• Master needs and mechanisms of 1-3-2-1 and 1-2-3-1 systems
• Get best sporting performance out of all players
• Take notice of players of lesser level and help them progress
• Work on objectives presented in sports plan.

Didactics of Coach's Action	
Maximize time of practice	<i>Always with the ball</i>
	<i>1 ball per player</i>
Know perfectly your players	<i>Attitude</i>
	<i>Characteristics</i>
	<i>Likes/Dislikes</i>
Controlling time	<i>Manage training time</i>
	<i>Adjust as needed</i>
Effectively creating groups during training	<i>Quickly</i>
	<i>Achieve training objectives</i>
Information	<i>Simple</i>
	<i>Clear</i>
	<i>Age-appropriate</i>
Feedback	<i>Very important!</i>
	<i>Soccer related</i>
	<i>Barca values</i>
	<i>Effort</i>
	<i>Friendship</i>

Yearly Training Calendar

- 10 Mesocycles per season, September to June
- Mesocycle #1 for initial player evaluation, mesocycle #10 for recreation
- Mesocycles #2-9 made up of 4-5 microcycles (1 week in duration).
- Younger ages - separate technical training and tactical training
- Older ages - combine tech/tactics, "Global Methodology"

Monthly (mesocycle) Plan for training

Month	Skills	Tactics
Sept	Evaluation	Evaluation
Oct	Playing with the ball	Playing system
Nov	Control-passing	Attacking
Dec	Review	Review
Jan	Defensive skills	Defending
Feb	Dribbling	Transition to attack
Mar	Shooting	Transition to defense
Apr	Secondary skills	Playing system
May	Review	Review
Jun	Recreational games	Competition

Training Content

Skills Content	Tactical Content	
<u>Basic</u> 1) Playing the ball 2) Control-passing 3) Dribbling 4) Shooting <u>Secondary</u> 1) Aerial Play 2) Crossing 3) Shooting 4) Defensive Skills	<u>Attacking</u> Principle: Width & Depth 1) Losing markers 2) Free spaces 3) Overlap runs 4) 1-2s ("give and go") 5) Others: support, control pace, circulating the ball	<u>Defending</u> Principle: Support & Closing Down Space 1) Marking 2) Tracking back 3) Covering 4) Switching markers 5) Pressing 6) Others
	<u>Transition</u> Attack -> Defense <ul style="list-style-type: none"> • Retreating/recovering • Pressing Defense -> Attack <ul style="list-style-type: none"> • Counter-attack • Positional play (compact shape) • Creating free spaces 	<u>Set Pieces</u> <ul style="list-style-type: none"> • Defending corner kicks • Attacking corner kicks • Throw-ins • Kick off • Penalty kicks • Defending free kicks • Attacking free kicks • Goal kicks

Training Session Format		
0	Introduction/Preparation	
1	<u>Warm-up</u> <ul style="list-style-type: none"> • Juggling • Games • Theory 	5'-10' (15%)
2	<u>Main Part</u> <ul style="list-style-type: none"> • Skills content • Tactical content • Soccer games 	45'-50' (80%)
3	<u>Cool Down</u> <ul style="list-style-type: none"> • Games (fun, cool down games) • Stretching (also for habit forming) • Feedback with/from players 	10' (5%)

TOTAL = 60 minutes

Periodization of the Main Part of the Training Session			
Part	Exercise	Procedures	Objective
Technique	1	Coordination and Perception games	Technical
Football Games	2	Rondos, possession games, positional games, game situations, multi-games*	Tactical/system
Competition	3	Multi-games*, positional games, attack-defense, small-sided, or real games	Tactical/system

*Multi-games: multiple games with multiple teams set up in a single field/zone. Chaos games. For example, two games of 4v4 (4 teams, 16 players) going on simultaneously in the same space.

Core Content							
Game Time		Objectives of Game		System Objectives		Technical Objectives	
Setpoints	Transverse Content	Setpoints	Transverse Content	Setpoints	Transverse Content	Setpoints	Transverse Content

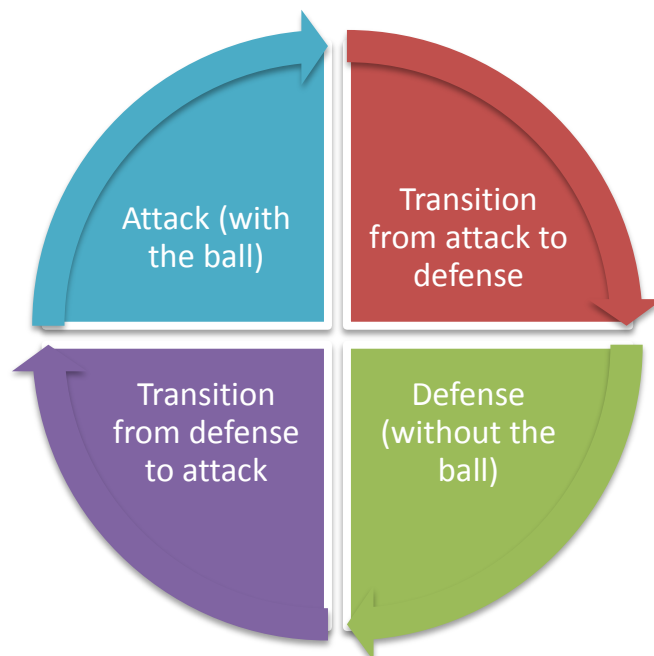
Setpoints: Arise from selection made by the team FCB Escola. They must become the means of technical relationship between coach and student (player) of FCB Escola. Seeking uniformity of corrections by all coaches at FCB Escola.

Transverse Content: The coaches are looking for a series of content that can always appear in any of the three parts of the session, for example working Perception-Analysis-Decision and transitions, carrying out adaptations in each the levels.

Periodization of Contents (all year): By Month (example)						
Month	Technical Content		Game Content		System Content	
	Offense	Defense	Offense	Defense	Offense	Defense
1	Running with the ball	Tackling	Depth & width	Support & closing down space	Functions by position	
2	Control-passing	Ball interception	Circulation of the ball	Organized pressure	Functions by position	

Game Moments

The four moments of play:



Each training exercises must include the four moments of play.

Procedures:

4 moments of the game must be practiced every week.

- Develop week in coherent way, for example:
 - 1st session: moment with the ball (attack) + offense-defense transition
 - 2nd session: moment without the ball (defending) + defense-offense transition
- Develop sessions in a coherent way, for example:
 - 1st exercise: moment with the ball
 - 2nd exercise: offense-defense transition
 - 3rd exercise: moment without the ball

Technical Content

Procedures:

- Technical content will be worked during the first part of the session.
- Technical content will also appear in the second and third part of the session, but the coach will focus on content correction in the system and in the game.

Game Content

Procedures:

- Content of base game will be in the second and third part of the session.
- Game content may appear in the first part but coach will focus on technical content.
- Second part: rondos, positional games (restricted to initiation stage), possession games, game application, game situation.
- Third part: set position, small-sided games, multi-games, real games.

System Content

Procedures:

- System exercises are treated as major in the second and third parts of the sessions.
- In the development of the first part, system content can appear but coach will focus on technical content.
- Second part: evolution, possession games
- Third part: small-sided games, actual game and multi-games.

Relationship between Game Contents and System Contents

The system contents is developed from the game contents. For each game content you must have 1, 2, or 3 system contents.

Example:

- Game Contents: *Play to different heights (vertical) through lines.*
- System Contents: *Movement of the #5 and #6, offensive automatic movements.*

Training Exercises Modification

The training exercises may need to be modified by the coaches depending on the level of play and desired outcomes. In that case, the following elements of the exercise can be modified at the discretion of the coach:

- Number of incentives for the players
- Distances/area of the exercises
- Adjusting incentives to get specific results
- Adjust the number of players
- Change the numerical superiority of one the teams
- Change the number of goals
- Change the number of contacts required/limited (i.e. 2 or 3 touches)
- Change the rules of the game

Coaching tips (from FCB Escola coaches)

- Prepare session before training
- Prepare material you will need (equipment)
- Define work area/zones (lay out cones, etc.)
- Explain exercises and games (age-appropriate)
- Change rules of exercises and games if necessary
- Use positive feedback
- Encourage athletes
- Get involved 100%