

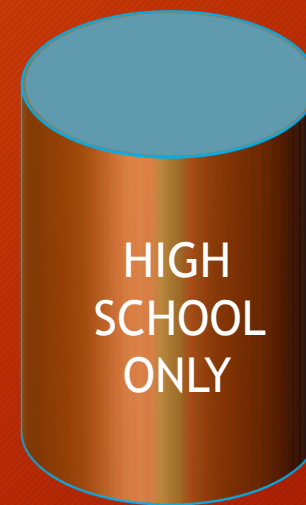
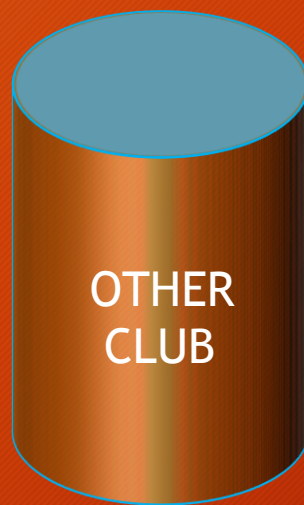
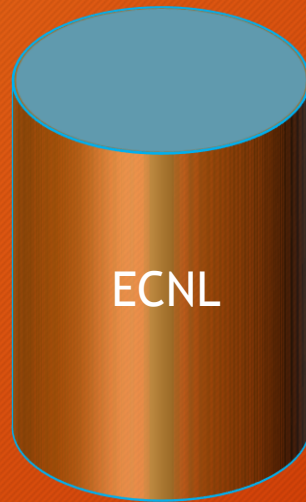
# PLANNING FOR HIGH PERFORMANCE

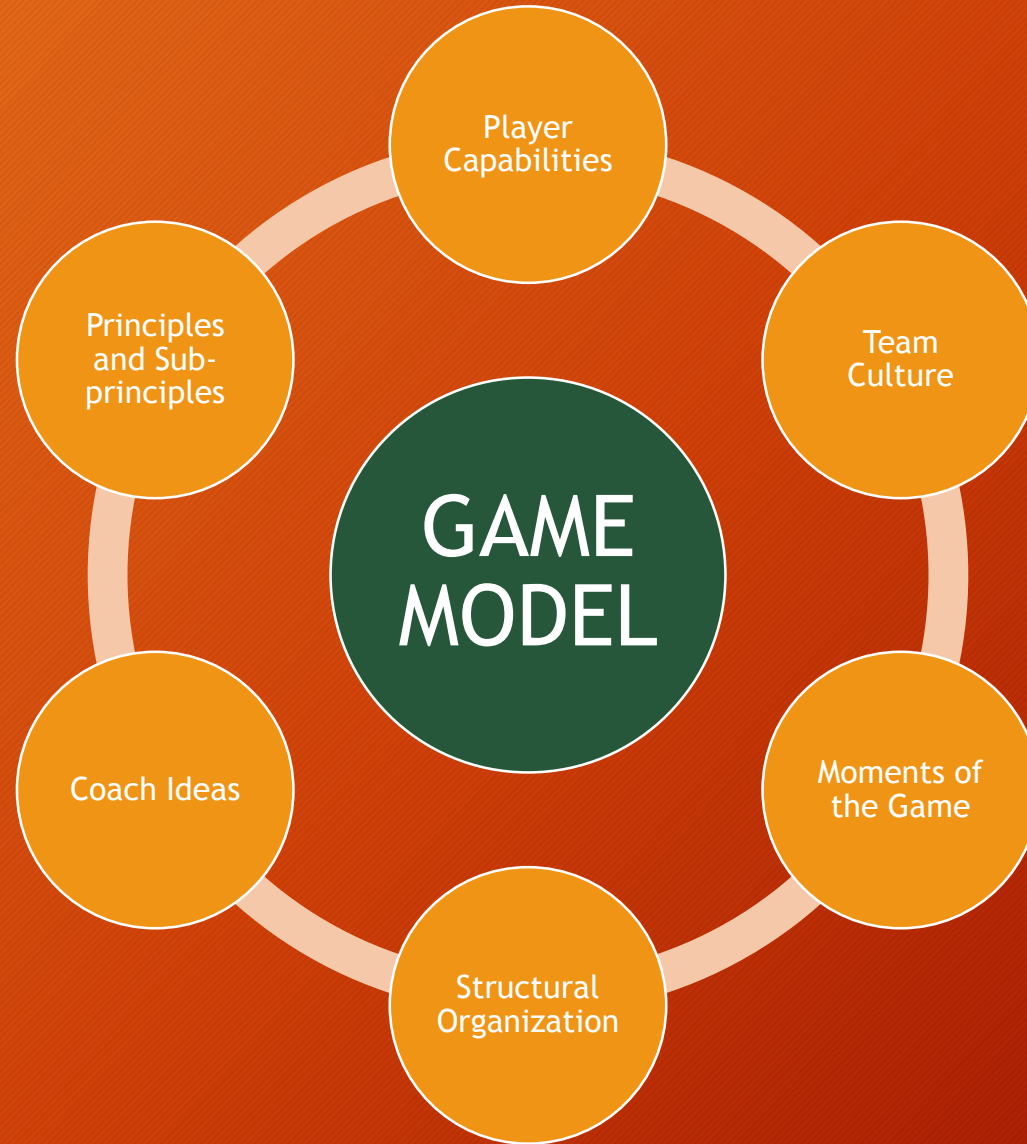
Texas High School Coaches Association - July 22, 2019

# Objectives:

- 1) Consider an individual player centered approach to the planning process.
- 2) Examine what might need to be considered in your planning process and the implications of those decisions.
- 3) Consider the academic year and how best to organize training (macro view).
- 4) Consider the spring season and how best to organize a training week (micro view).

# Who Are Your Players? What are their needs?





# Exert from Sam Houston State Game Model

1<sup>ST</sup> PHASE – PREVENT THE BUILDING OF THE OPPONENT'S ATTACK AND PRESS IN THE ATTACKING HALF (IF POSSIBLE) TO WIN THE BALL BACK (6 SECONDS).

FORCE THE OPPONENT TO PLAY LONG AND PRESS THE OPPOSITION INTO ERRORS AND RECOVER THE BALL.

PREVENT PENETRATION THROUGH THE INTERIOR DEFENSIVE BLOCK.

INTENSE PRESSURE IN THE LATERAL CHANNELS.

Open Play

Moments of the Game

Set Play



Offensive Organization

Kick Off

Offensive Transition

Free Kicks

Defensive Organization

Corner Kicks

Defensive Transition

Thrown Ins

GAME MODEL





ACADEMIC YEAR PLAN

Take a Macro View of the Season. Priorities?

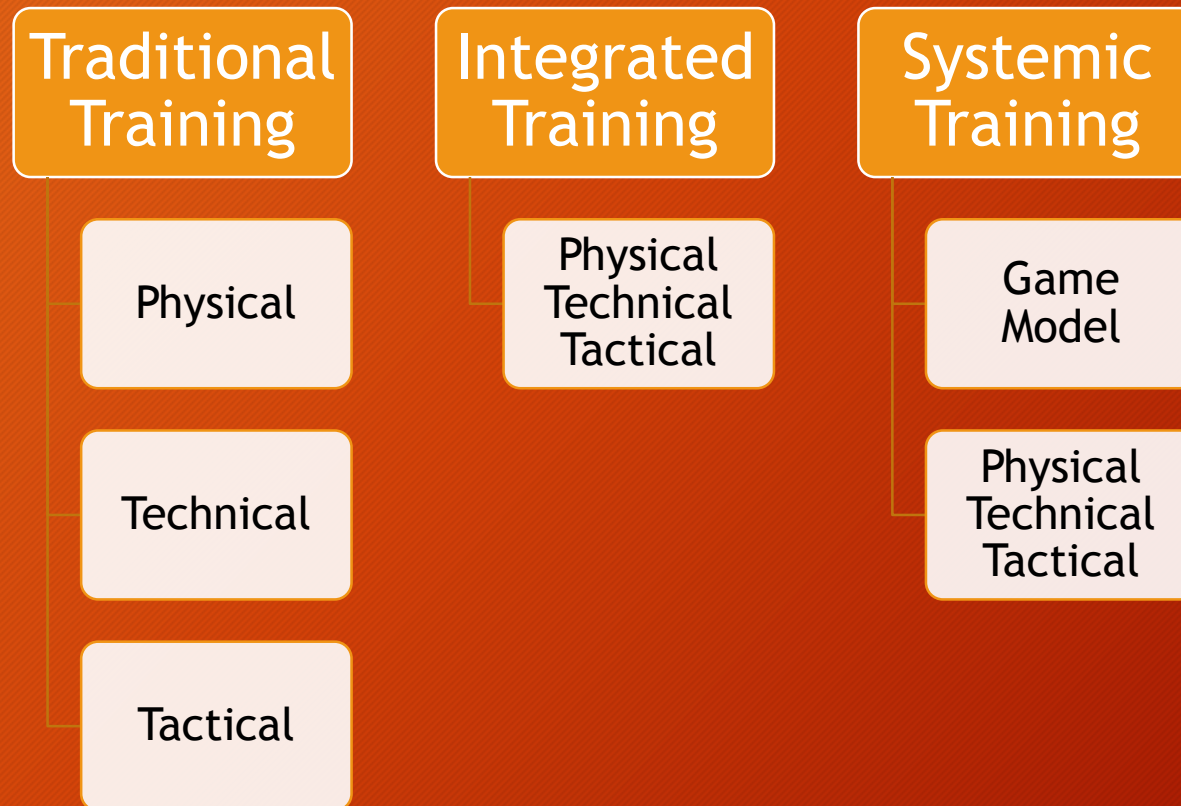
Fall  
Season

Pre-  
Season

Spring  
Season



# Training Methods



# Developmental Objective of the Exercise

## Teaching

- Develop the player's understanding of an individual, group or team concept.

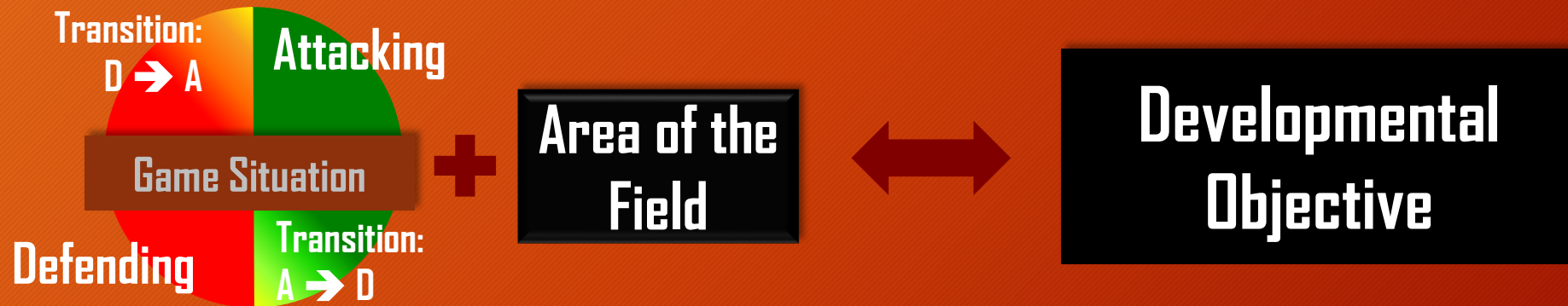
## Implementation

- Develop the player's ability to apply understanding of concepts in the game environment.

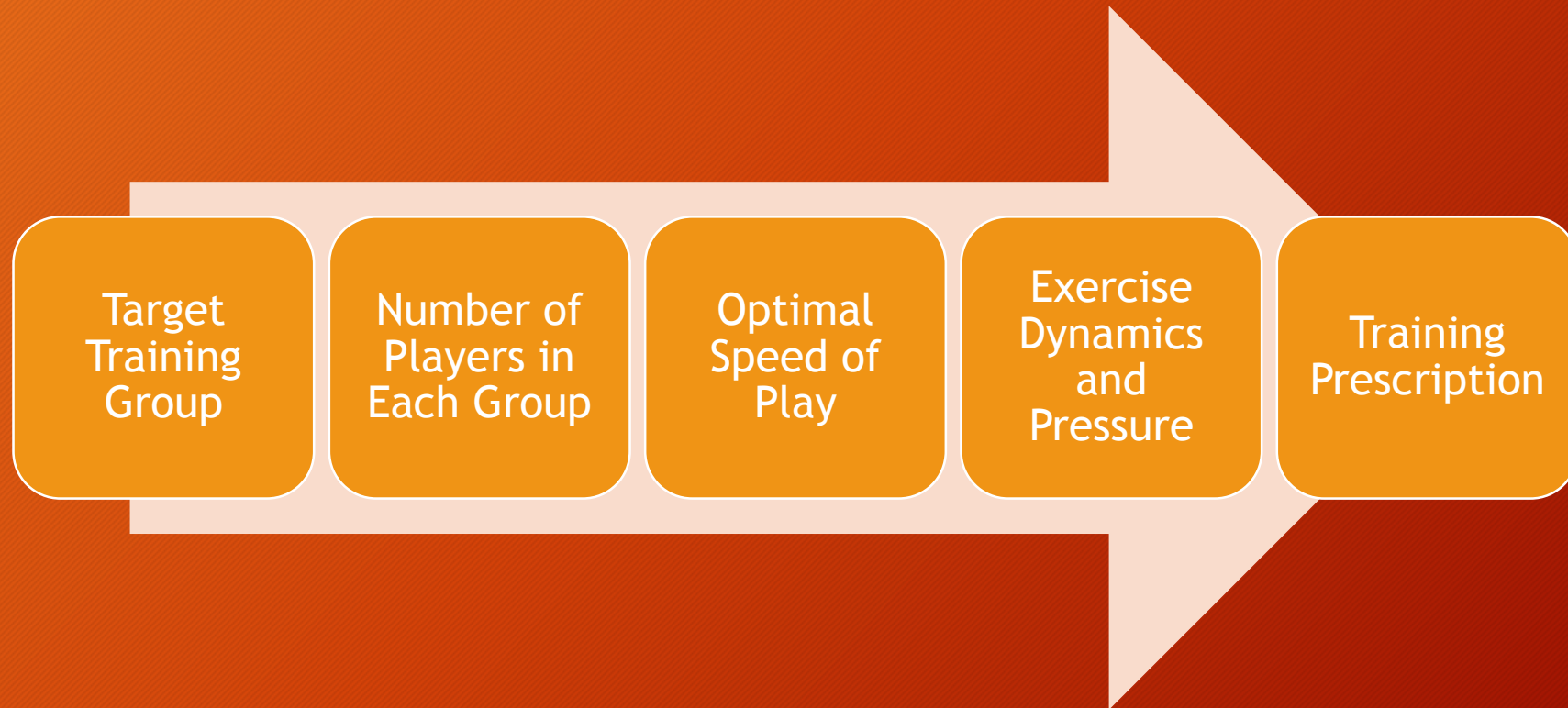
## Fitness

- Development of maximal speeds of play and/or the ability to maintain speed of play.

# Where Are We in Our Planning ...



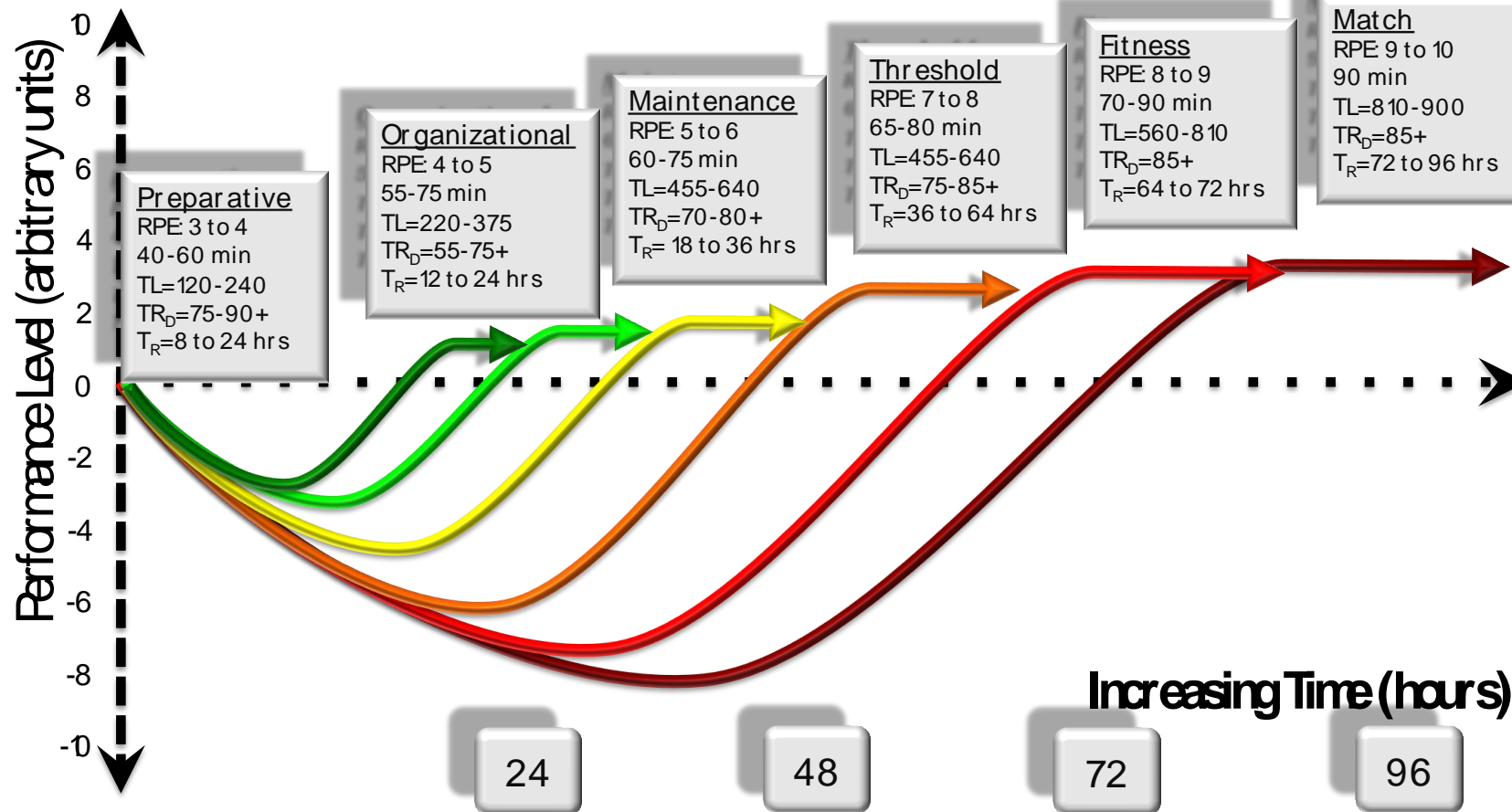
# Finalizing Your Training Prescription



# Stress-Recovery-Adaptation Readiness & Training Load Targets



John R. Gore Ph.D., CSCS  
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Adapted from Bompa 1999, Periodization Training Theory and Methodology of Training 4<sup>th</sup> edition, Champaign, IL: Human Kinetics.

# Weekly Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		GAME			GAME	

# Practical Example Prescription

- Game Model: Defensive Organization
- Part of the Field: Attacking Half (Extensive)
- Training Objective: Prevent the Building of the Opponents Attack and Press in the Attacking Half (If Possible)
- Training Group: Focus - #6,7,8,9,10 and 11.  
Opponent - #1,2,3,4,5,6 and 8.
- Speed of Play (Intensity): Teaching 5 or 6. Implementation 8 or 9.
- Repetition Time: 3-7 minutes work: 1.5-3 minutes rest.
- Number of Repetitions and Sets: ?

# Integrated Teaching or Implementation

- Attacking Half Pitch
- Restrict - Must win the ball back in the opponents half to score.
- Relate - 2-0 Behind. 7 minutes to Earn a Draw.
- Reward - Win the ball back in the opponents half and score = 3 goals.
- Coaching Focus on Game Model Principles and Subprinciples.





# Systemic Teaching or Implementation

- Attacking Half Pitch.
- Restrict - Must win the ball back in the opponents half to score.
- Relate - 2-0 Behind. 7 minutes to Earn a Draw.
- Reward - Win the ball back in the opponents half and score = 3 goals.
- Coaching Focus on Game Model Principles and Subprinciples.



# Developmental Focus: Fitness

- Halved Pitch
- Reward - Win the ball back in the opponents half and score = 3 goals.
- Focus on developing fitness.
- Organized in game that follows our game model.
- No stoppages to disrupt fitness objective. Coach in the flow.
- Encouragement from coach increases intensity.
- Intensity 9 or 10.







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