
THE TALENT DEVELOPMENT IN FOOTBALL

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THE LEARNING PROCESS

- ✘ We all have the capacity to make **distinctions**.
(The more distinctions a mind can make the higher his power to recognize, correct and learn)
- ✘ When we make **distinctions** we create **groups**
- ✘ When we create **groups** we **remember**
- ✘ When we remember we **learn**

THE DEVELOPMENT PROGRAM

- ✘ Individual Development
- ✘ Group Development
- ✘ Collective / Team Development

THE DEVELOPMENT GENERAL PROCESS

1st: PLAYER COMPLETE
EVALUATION !!!!!



DEVELOPMENT PROGRAM CONTENTS

PHYSICAL DEVELOPMENT PROGRAM

30 %

LEARNING PROGRAM

50 %

MATCH PREPARATION

20 %

BASIC WEEK FOR A DEVELOPMENT PROGRAM

1st DAY	2nd DAY	3rd DAY
Physical Program: Strength	DEFENSE: - Individual - Group	Physical Program: Speed
MISTAKES CORRECTION	DEFENSE: - Systems	OFFENSE: - Individual
MISTAKES CORRECTION	OFFENSE	OFFENSE: - Group
	Physical Program: Endurance	OFFENSE: - Systems

METHODOLOGY

Methodology is : A body of practices, procedures, and rules used by those who work in a discipline or engage in an inquiry; a set of working methods.

WHAT DOES THIS MEAN FOR US?

Is HOW we walk our way to the excellence. HOW we achieve every single goal that leads to the next one

METHODOLOGY

✘ If we put it into collective sports training:

Methodology is : A body of practices, procedures, and rules used by those who work in a discipline or engage in an inquiry; a set of working methods.



A body of training practices with the appropriate procedures and ruled to let
The players achieve the learning needed to be able to play together

ACTIVITIES



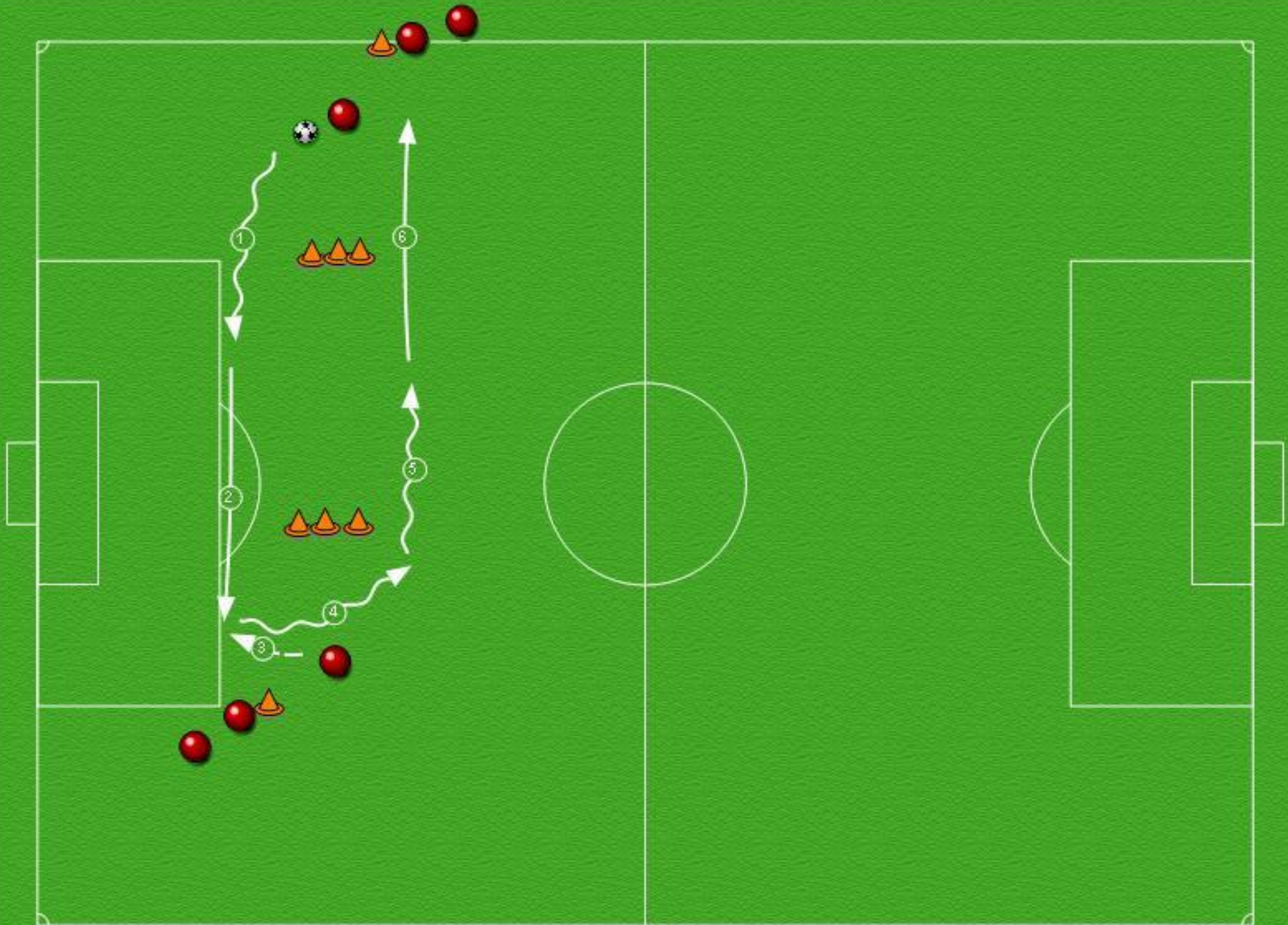
THE RIGHT KEYS

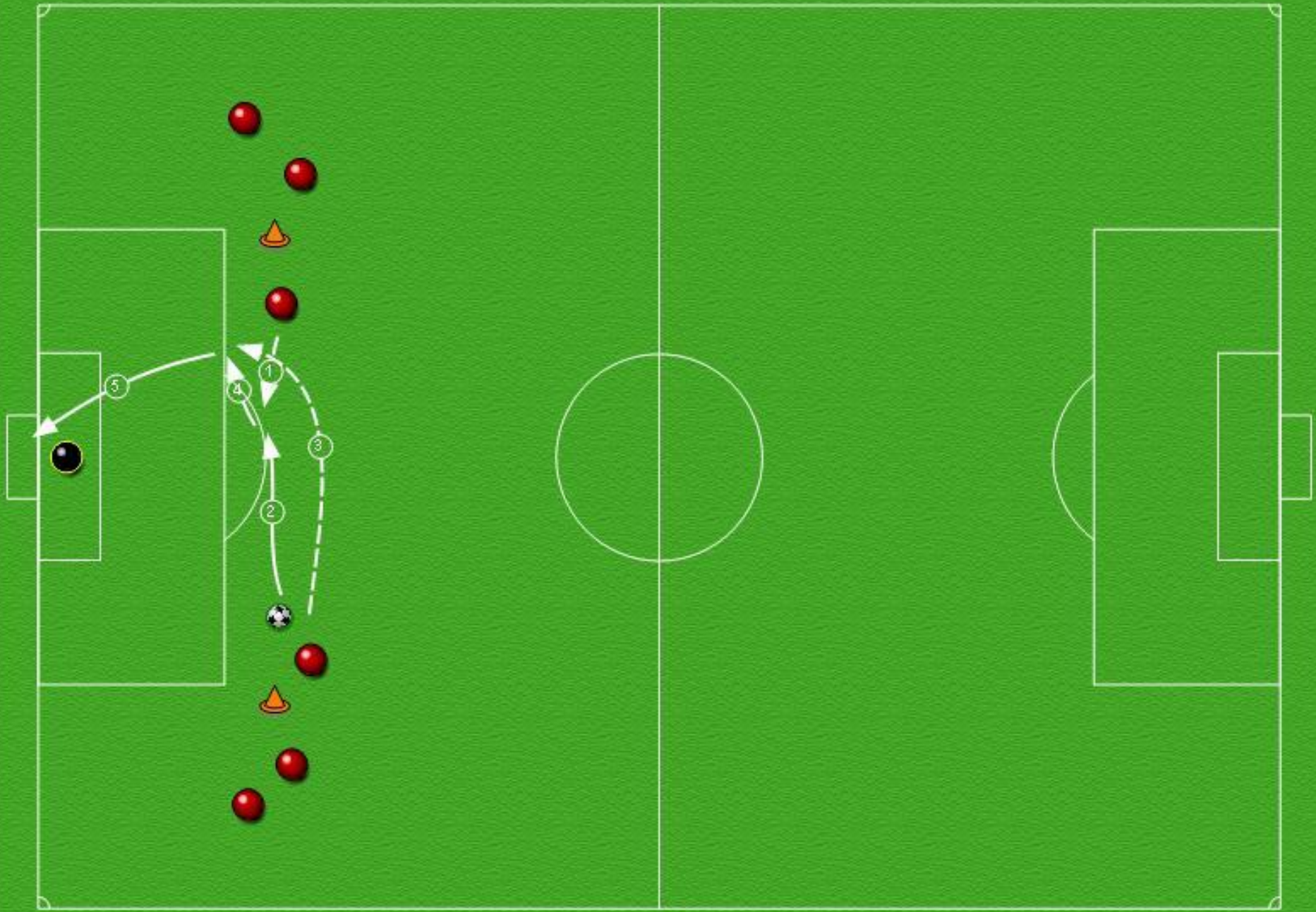
- ✘ The ACTIVITIES are our most powerful tools
- ✘ They are our keys to unlock whatever attitudes and aptitudes we desire from our players
- ✘ With the smart use of the activities we build up all the behaviors in our player/s and team

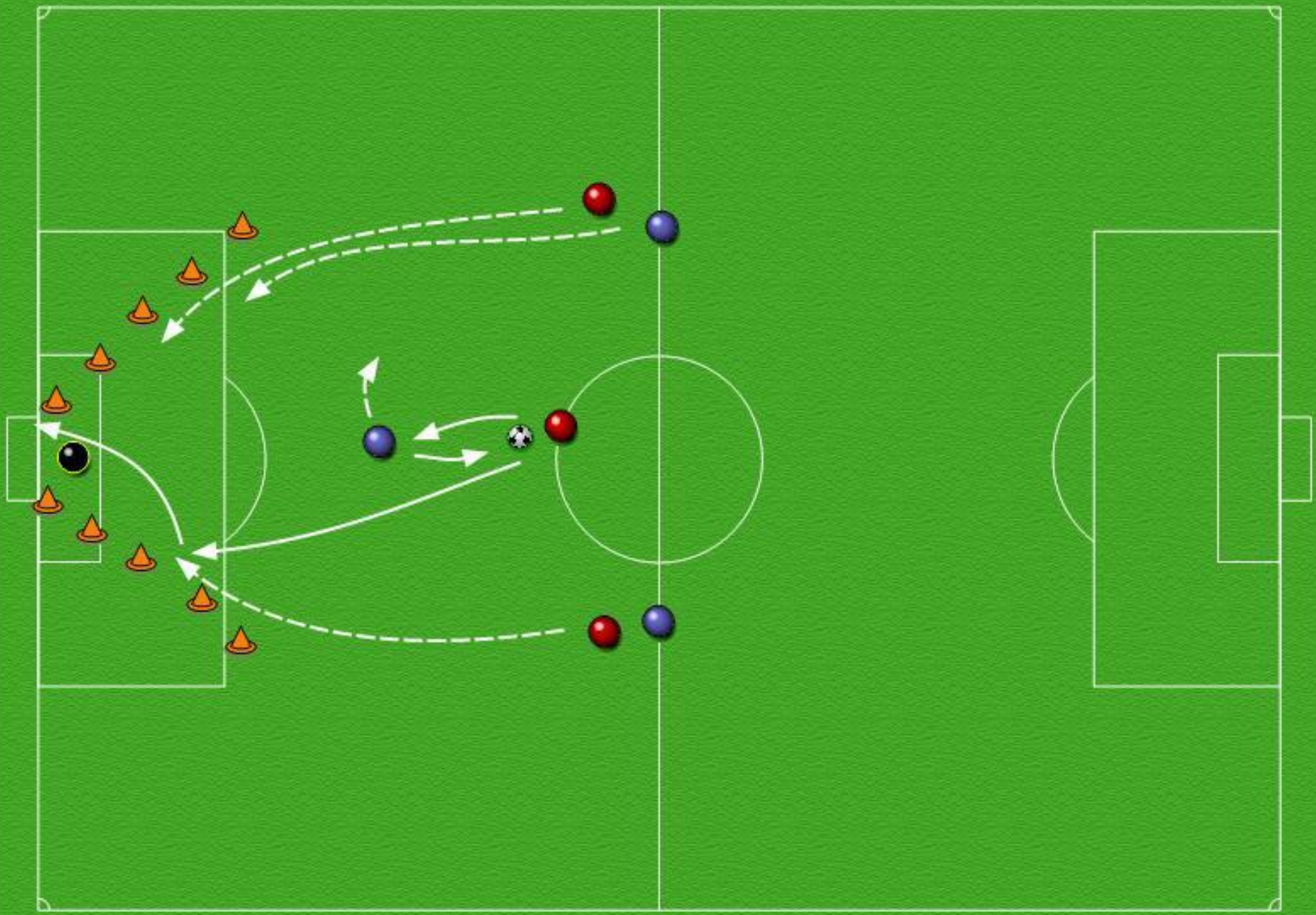
WHAT IS AN ACTIVITY THEN?

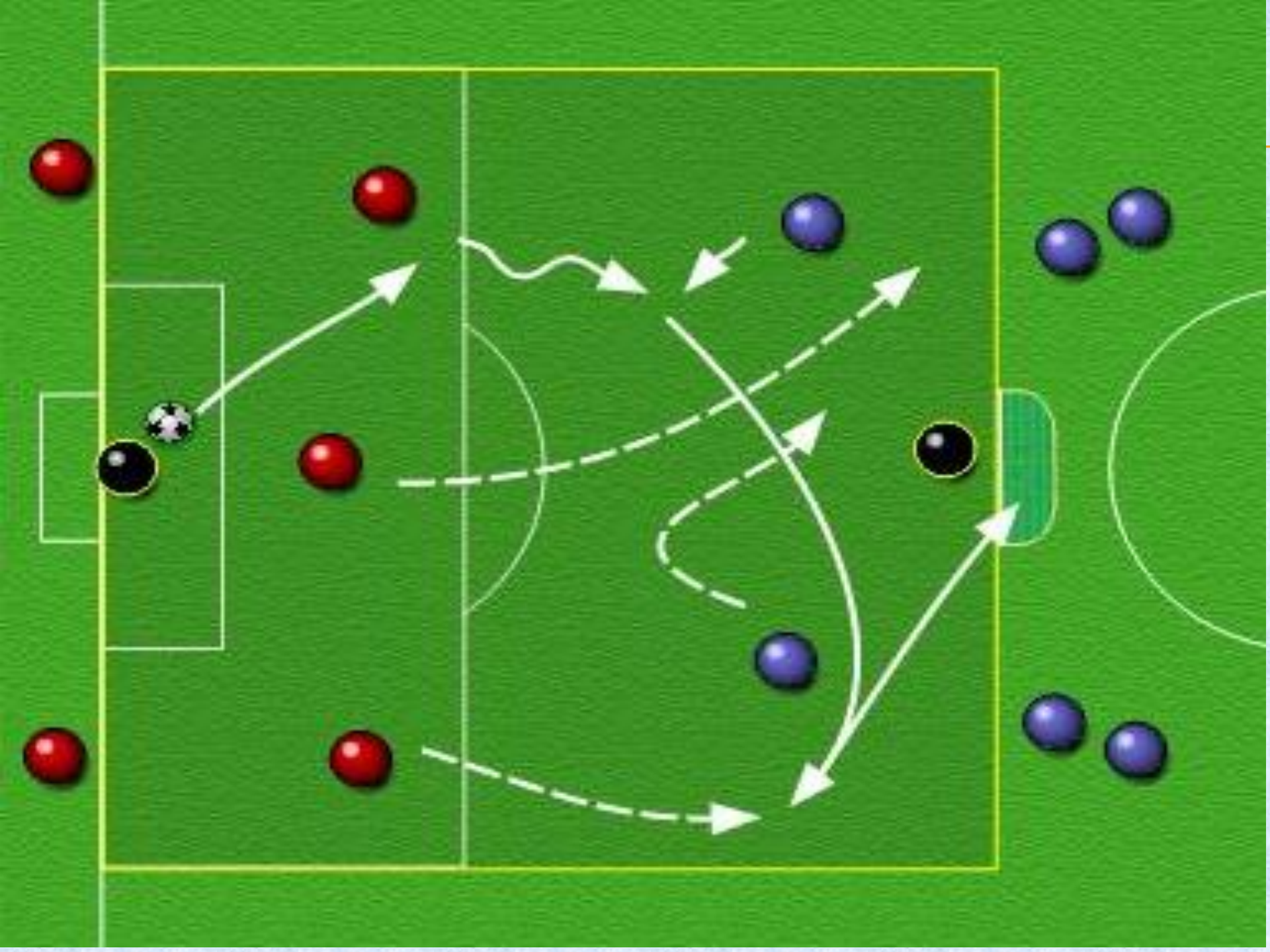
- ✘ Is a set of **TASKS** under ***certain rules*** that work together as a system to achieve a

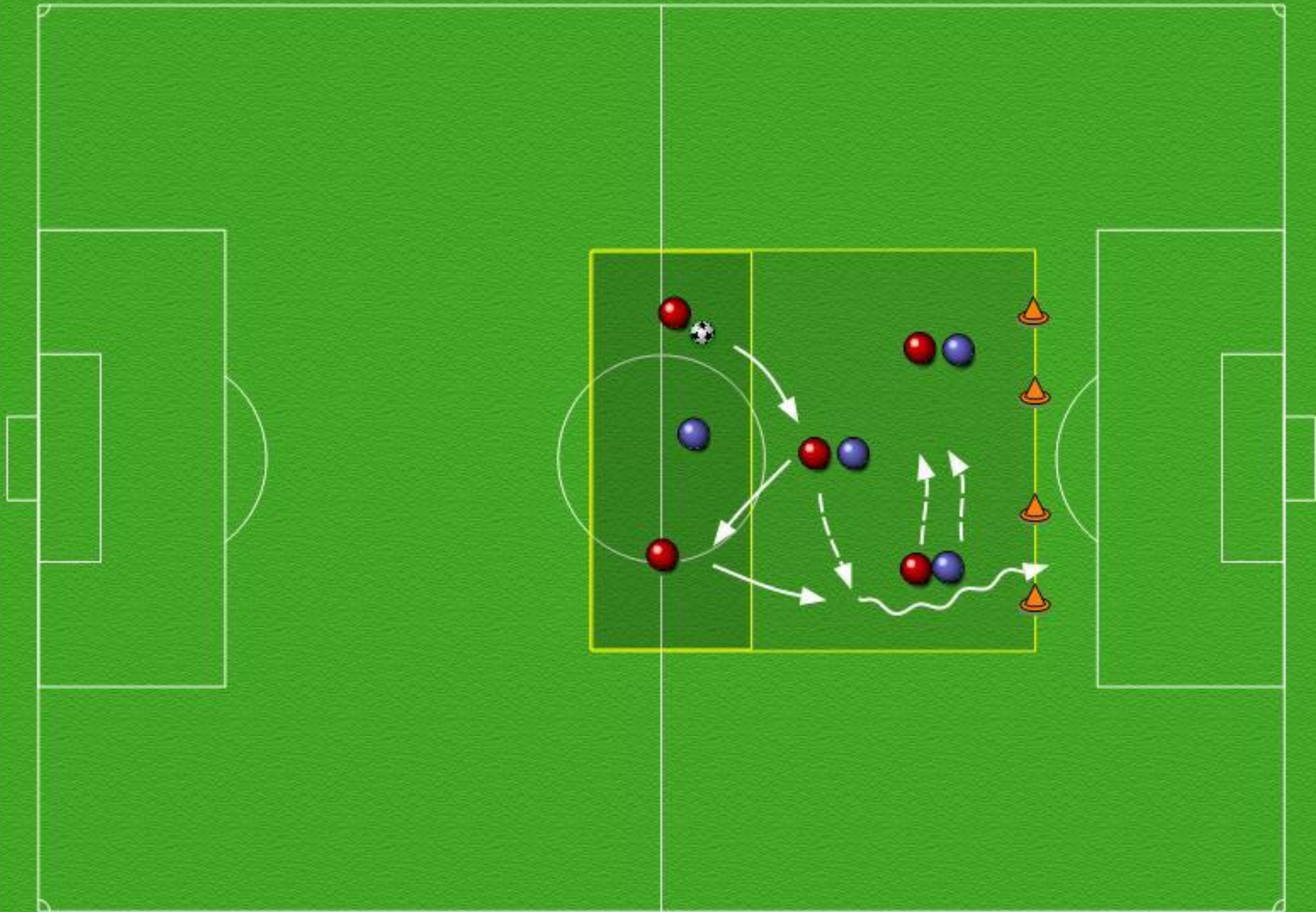
LEARNING PROCESS

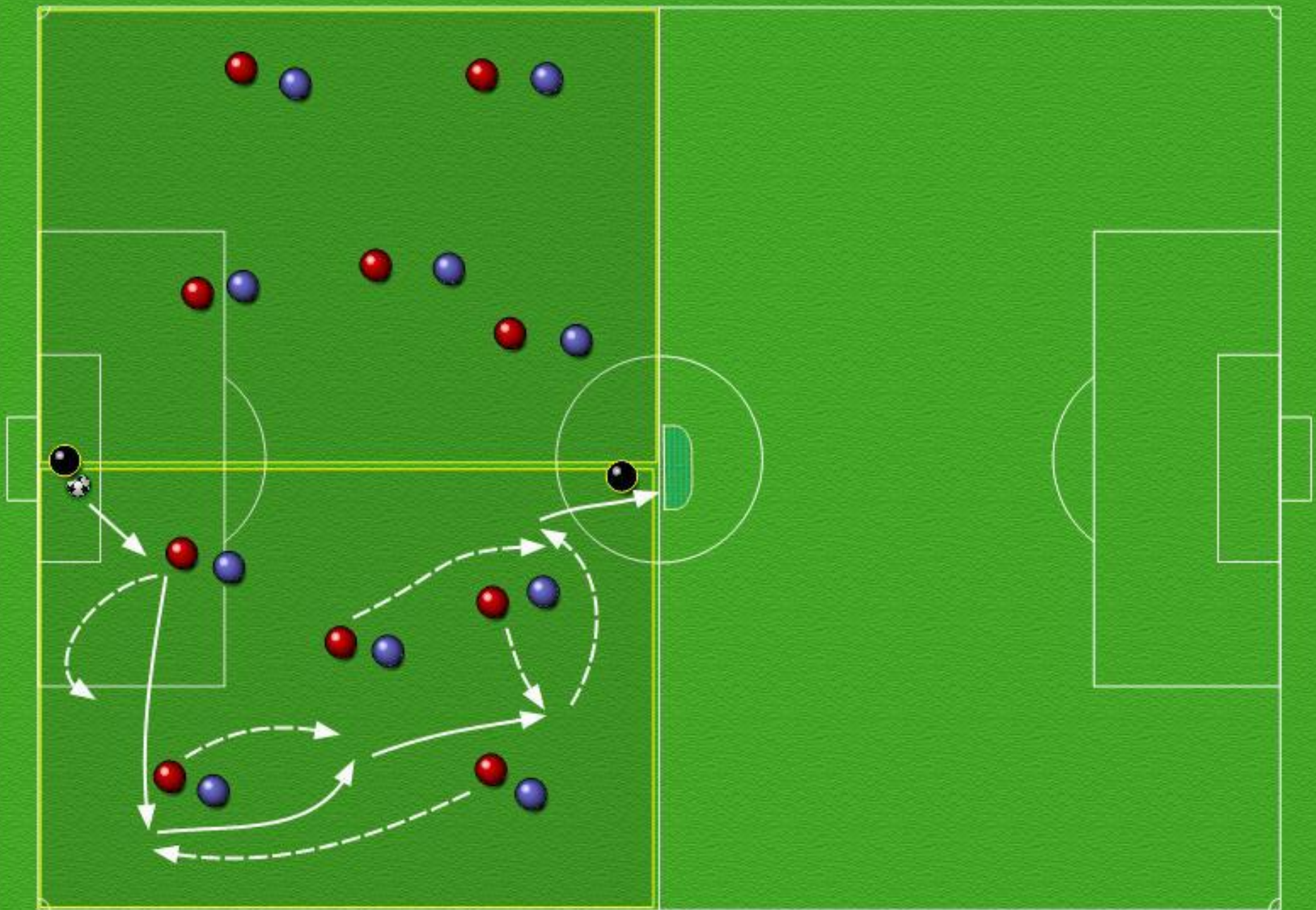












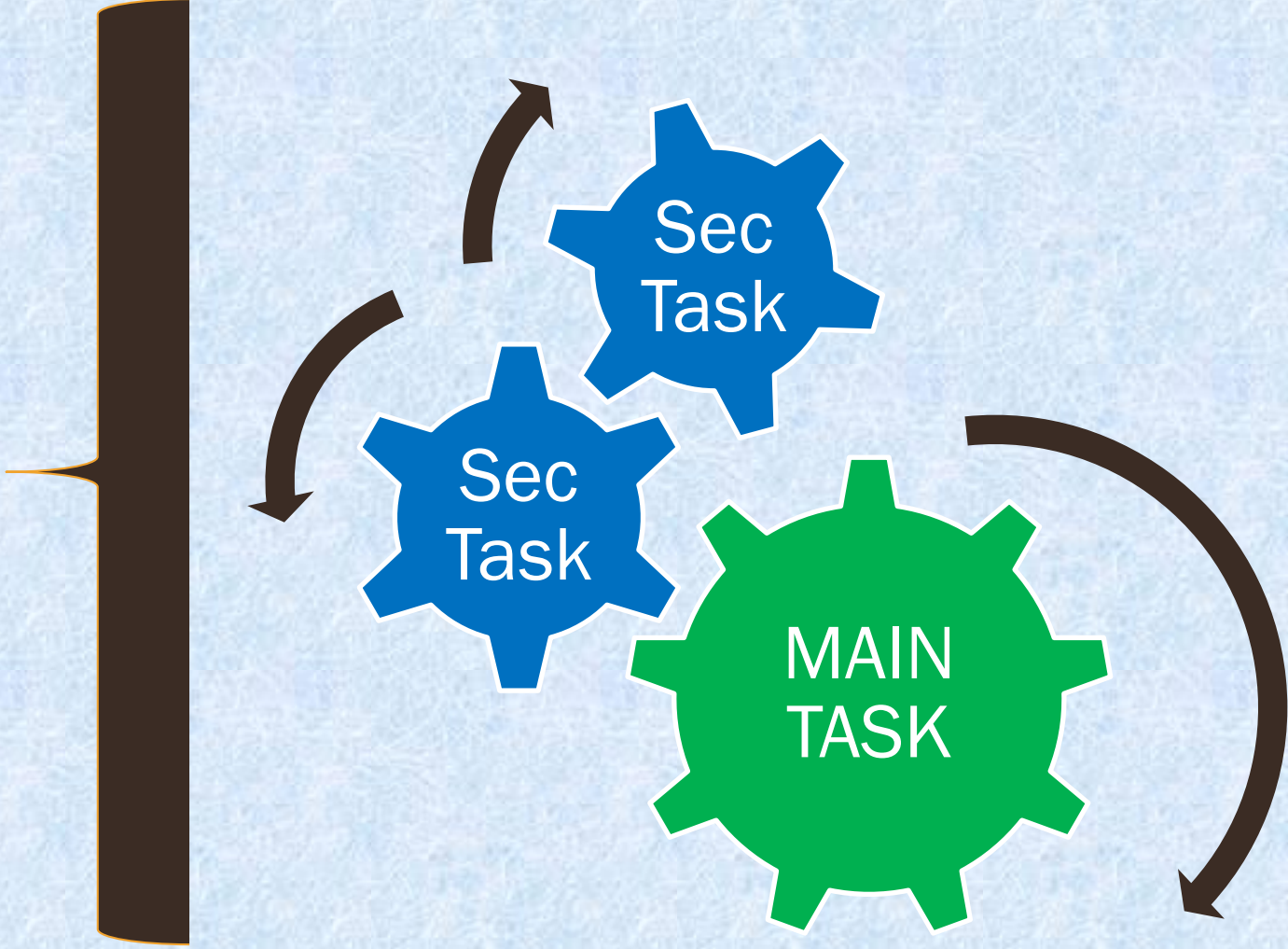
THE TASKS

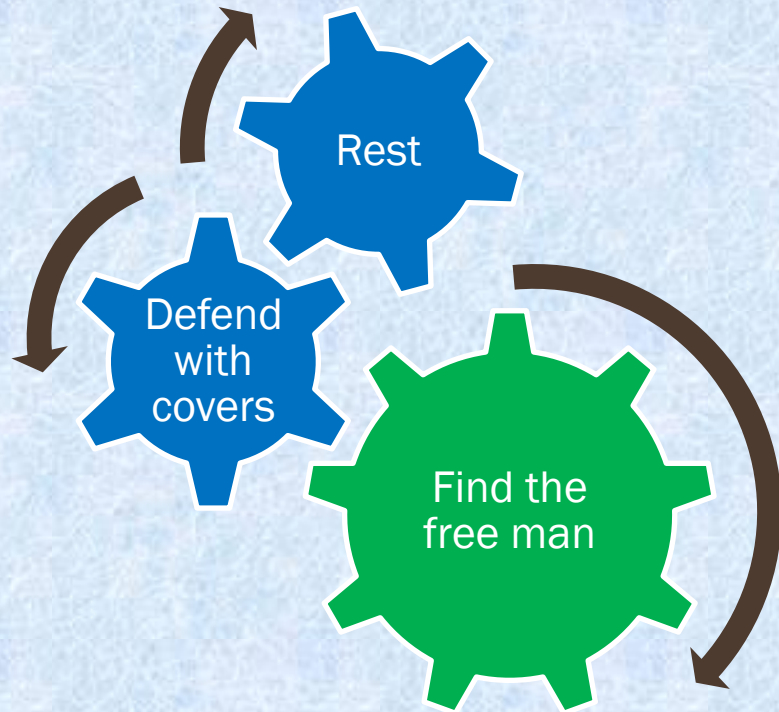
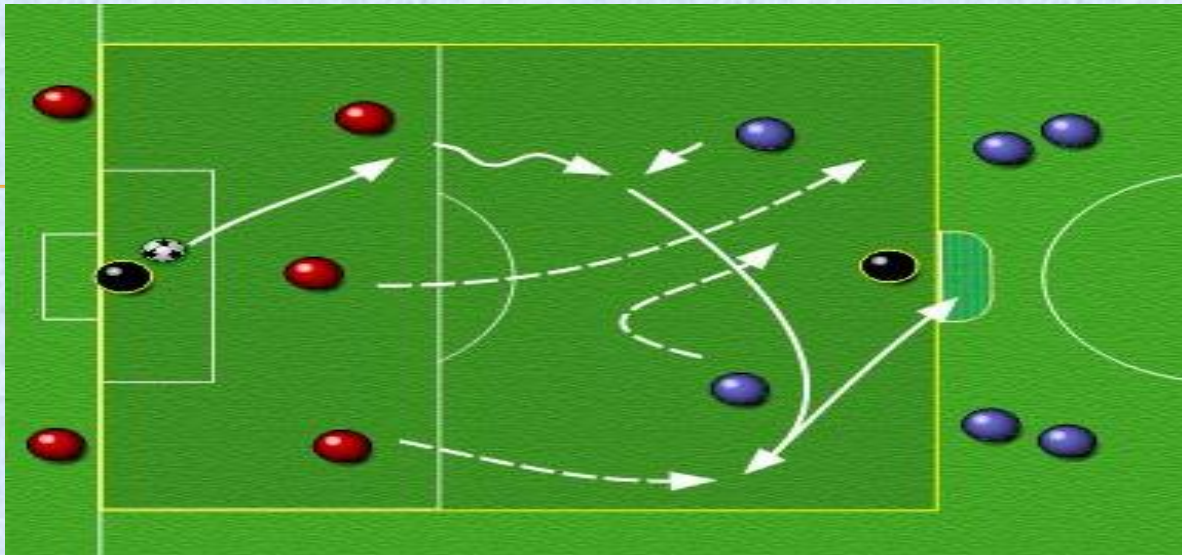
It's a situation that simulates the competition, which we make it simpler in order to help to trigger the learning in the player

OR

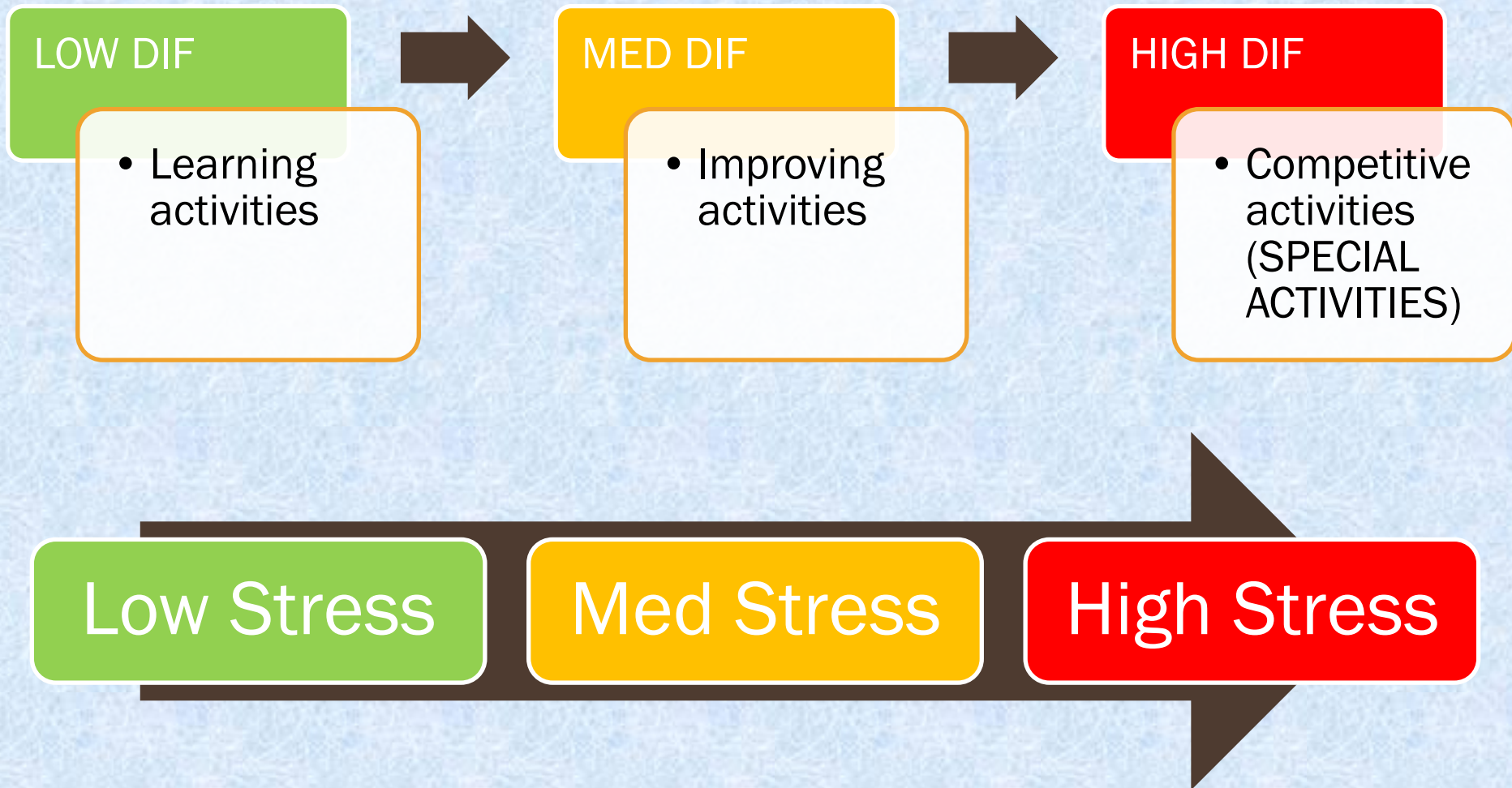
To over stimulate any aspect that we are interested to focus into

ACTIVITY





A KEY POINT: DIFFICULTY LEVEL



THE DIFFICULTY AS A TRAINING SYSTEM

We can base all of our training system on the difficulty level.

Here's an example we ran in VIKING FK: [training session](#)

And we can use it as well on our concepts plan and periodization: [week plan](#)

MAIN TASK CAN CONTAIN SECONDARY TASKS !!!

Main Task

ST 1

ST 2

ST 3

ST 4

ST 5

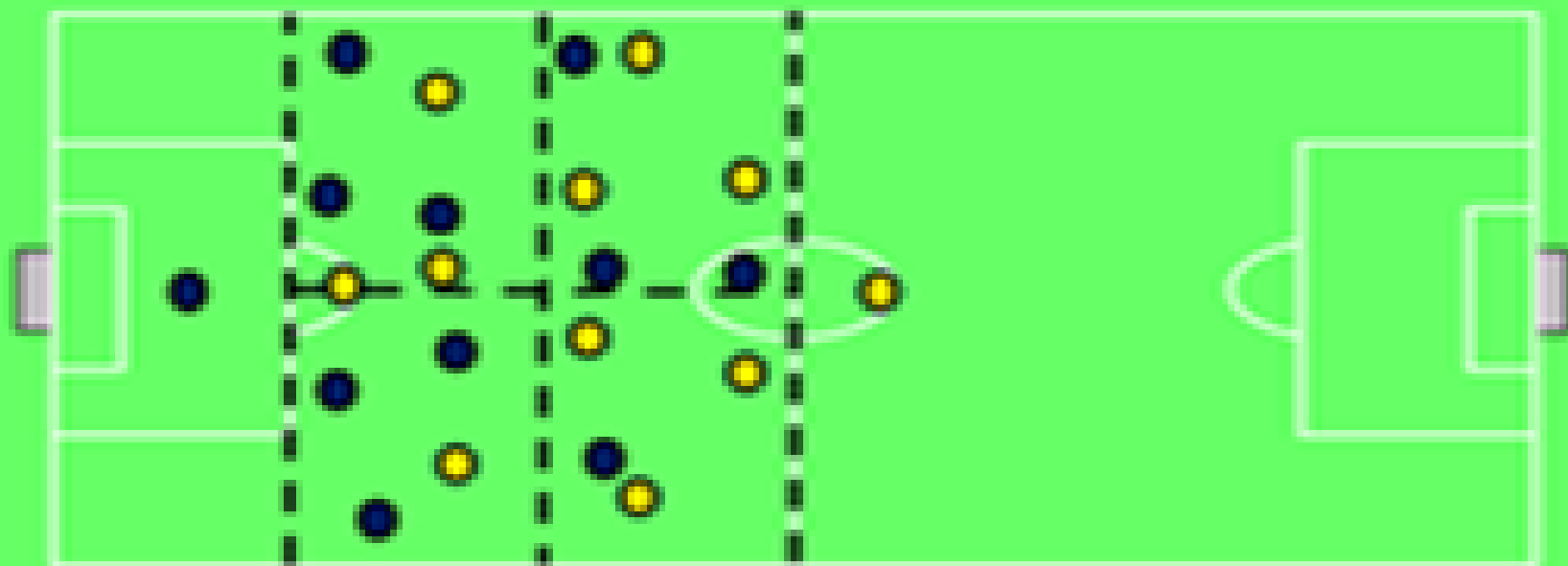
INCREASING THE DIFFICULTY

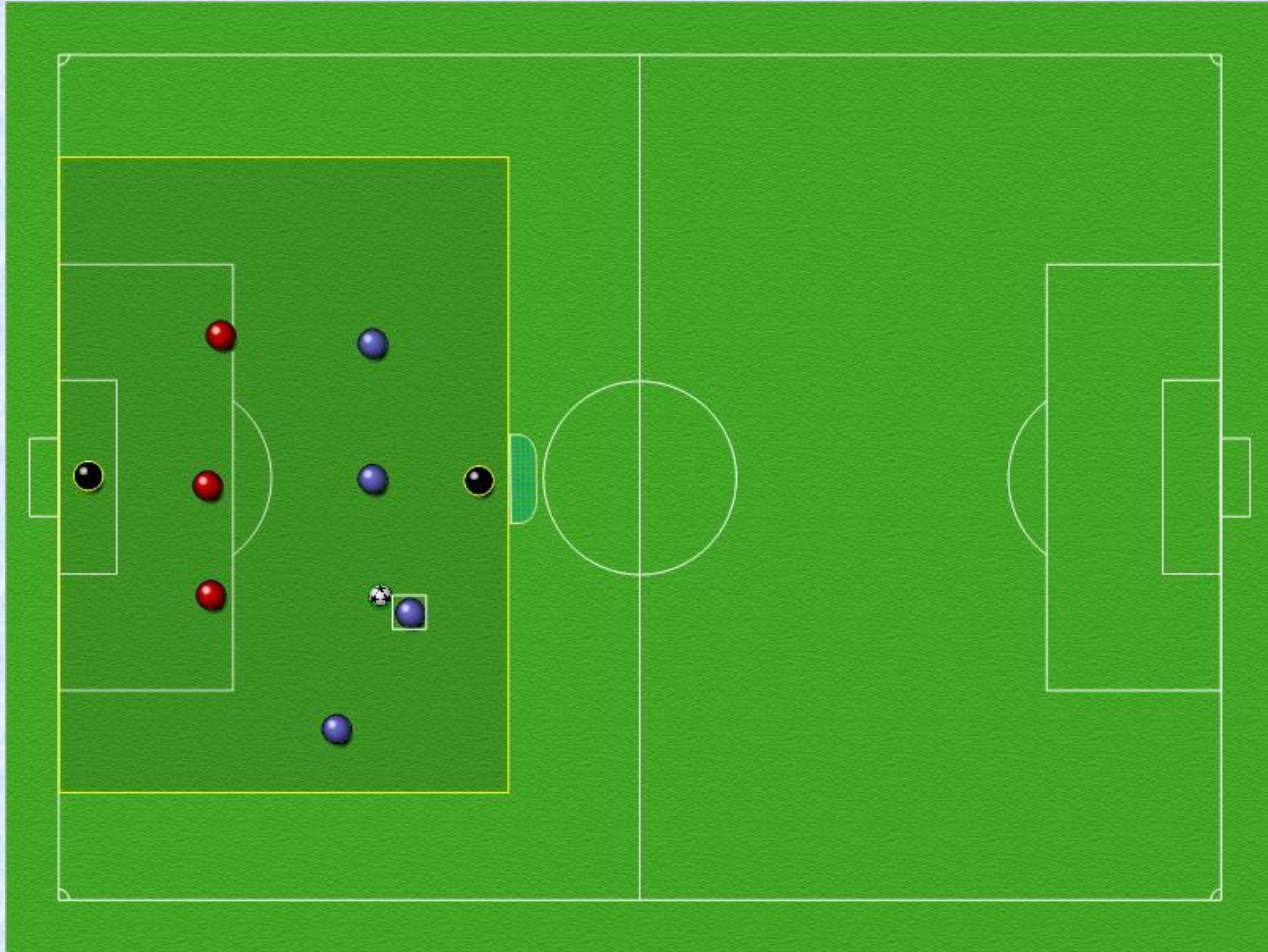
- ✘ We can increase the difficulty level of the activity just adding secondary tasks to the main task AND / OR the activity. Remember this will increase the stress of the activity as well
- ✘ We can decrease the difficulty level of the activity just removing secondary tasks to the main task and / or the activity. Remember this will decrease the stress of the activity as well

AND THE RULES?

- ✘ We set up RULES on a activity to DIRECT the FOCUS of the activity to the MAIN GOAL we want to get
- ✘ The Rules help us to keep focusing on the right goal and let it happen often enough to affect the learning process and in this way get the Activity's goal
- ✘ CAUTION! Don't let the rules affect the difficulty level as it may happen that the focus will not be where we want it to be.

ACTIVITY: CUADRANTES





Thank you very much for your attention