



OPEN DAY

Hódmezővásárhely FC

29 August 2015

Distribution

- ❖ We will distribute the players in 3 different groups (A-B-C), depend of the level or age.
- ❖ Every coach has to pick up his first group and do the warm up and the first exercise, after 20' all the players change the post and coach.
 - Germán: Corrective exercise
 - Xavi: Corrective Game
 - Benigno: Football Game

Time / Exercise	Warm up	Corrective Exercise	Corrective Game	Football Game	Finalization
9:00 - 9:15		Explain the train/objective			
9:15 - 9:30	X				
9:30 - 9:50		A	B	C	
9:50 - 10:00		Break			
10:00 - 10:20		C	A	B	
10:20 - 10:40		B	C	A	
10:40 - 11:00					X
11:00 - 11:15		Time to talk			

The first 15' we have to explain what they will work during the train/objective and after do the first 2 exercise the players will have one break to recover the energy. After did all the exercise we will do one meeting for speak about their feelings during the train.

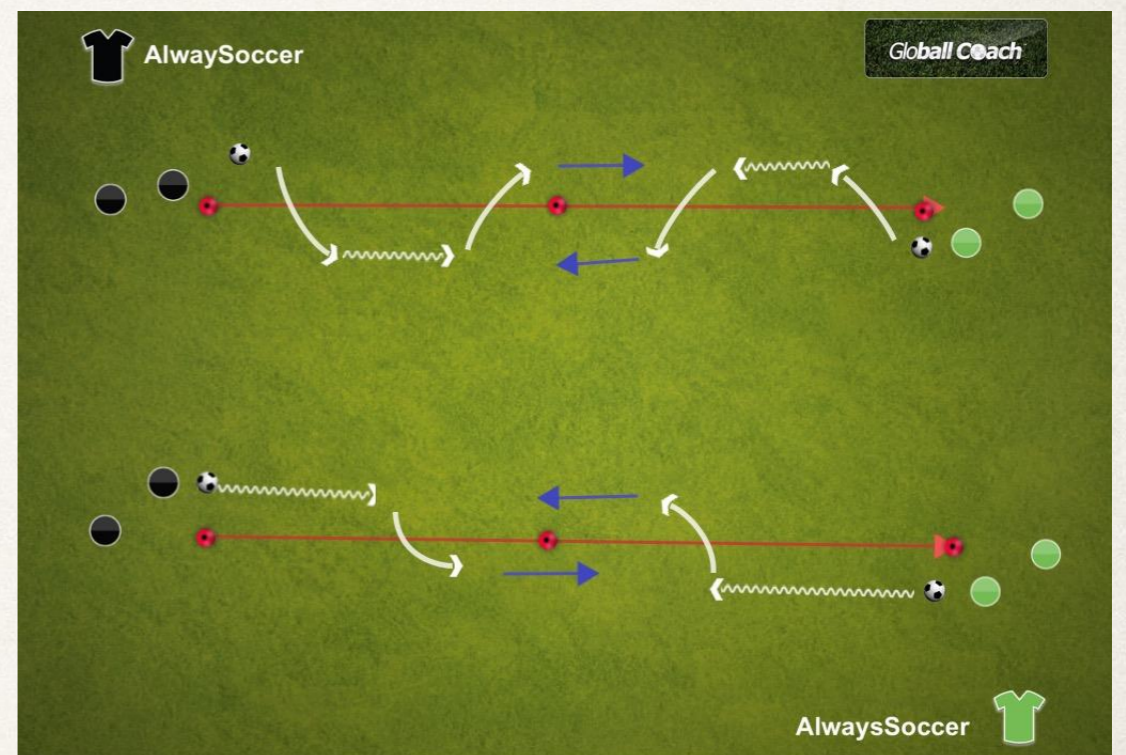
Session training

Objective

- ❖ We will work the technical concept “running with the ball”. Our objective inside this concepts is that the players have to know two different questions:
 - ❖ When can I running with the ball?
 - When I have space to progress
 - ❖ Where have I to go?
 - My objective is running where there are the space to move the opponent and create the spaces in the other side.

Warm Up

- ❖ The black players are the boss, they have to go direction to the other post but if he changes the side the other player has to change.
- ❖ Rules:
 - ❖ When they are running in right side, they have to run with right foot and the same situation in left.
- ❖ Emphasize:
 - ❖ Use good surface and up their heads during the action.



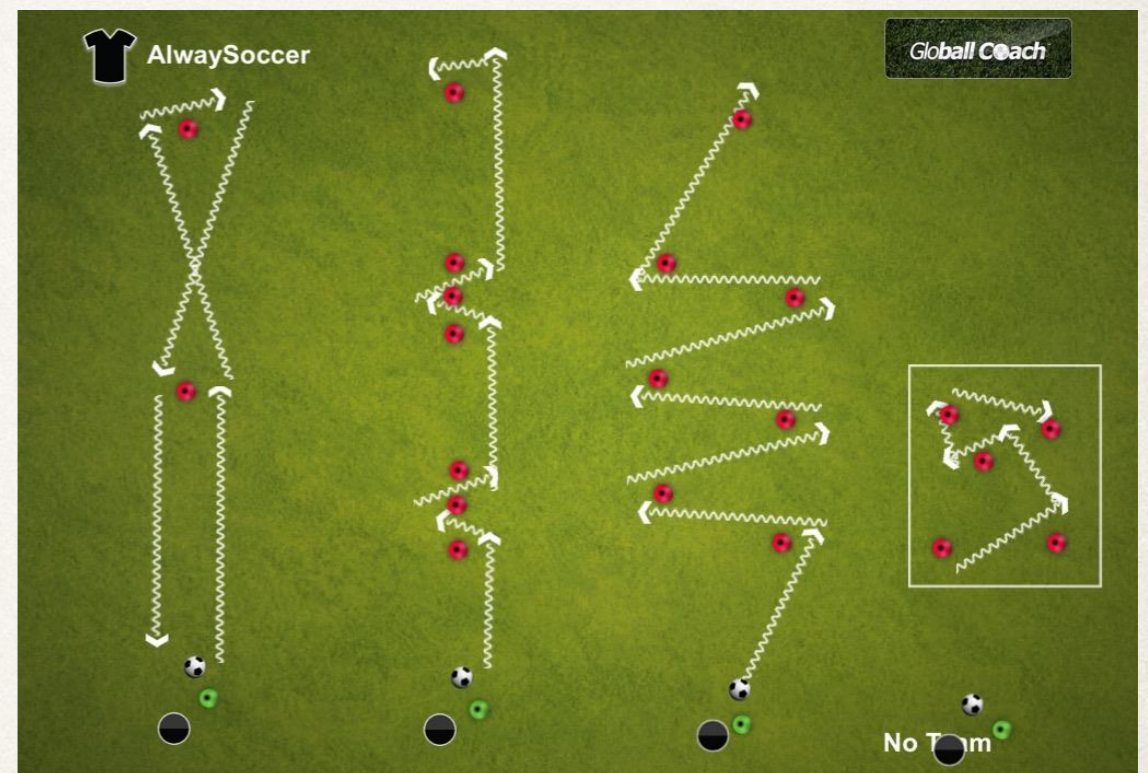
Corrective Exercise

- 4 Round:

1. The player has to run with the ball both feet, when he is running in right he has to run with his right foot and in left the same but with his left foot.
2. The players have to do one time the circuit with right and the next time with left.
3. Depends on the direction they have to run with one foot or other foot.
4. The objective is fix the coin and change direction.

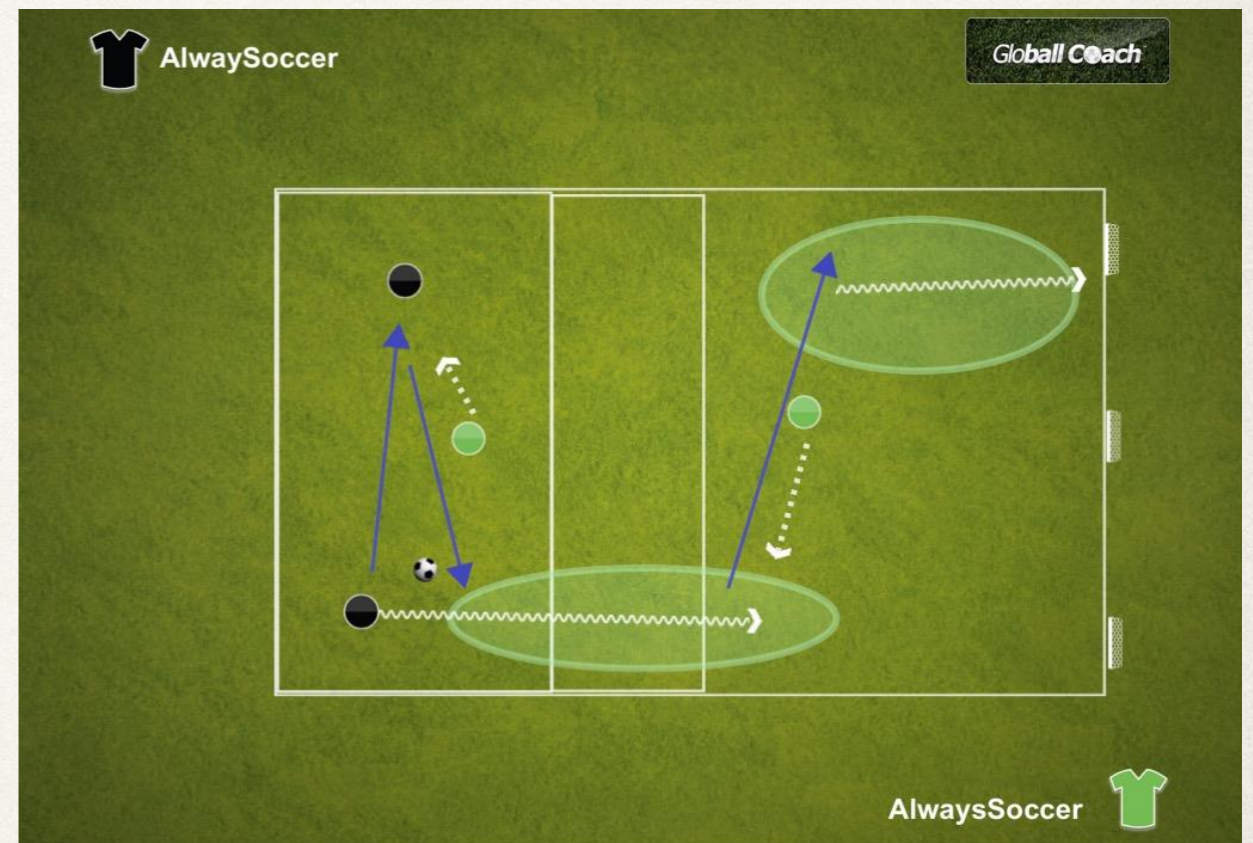
- ❖ Emphasize:

- ❖ Use good surface and up their heads during the action.



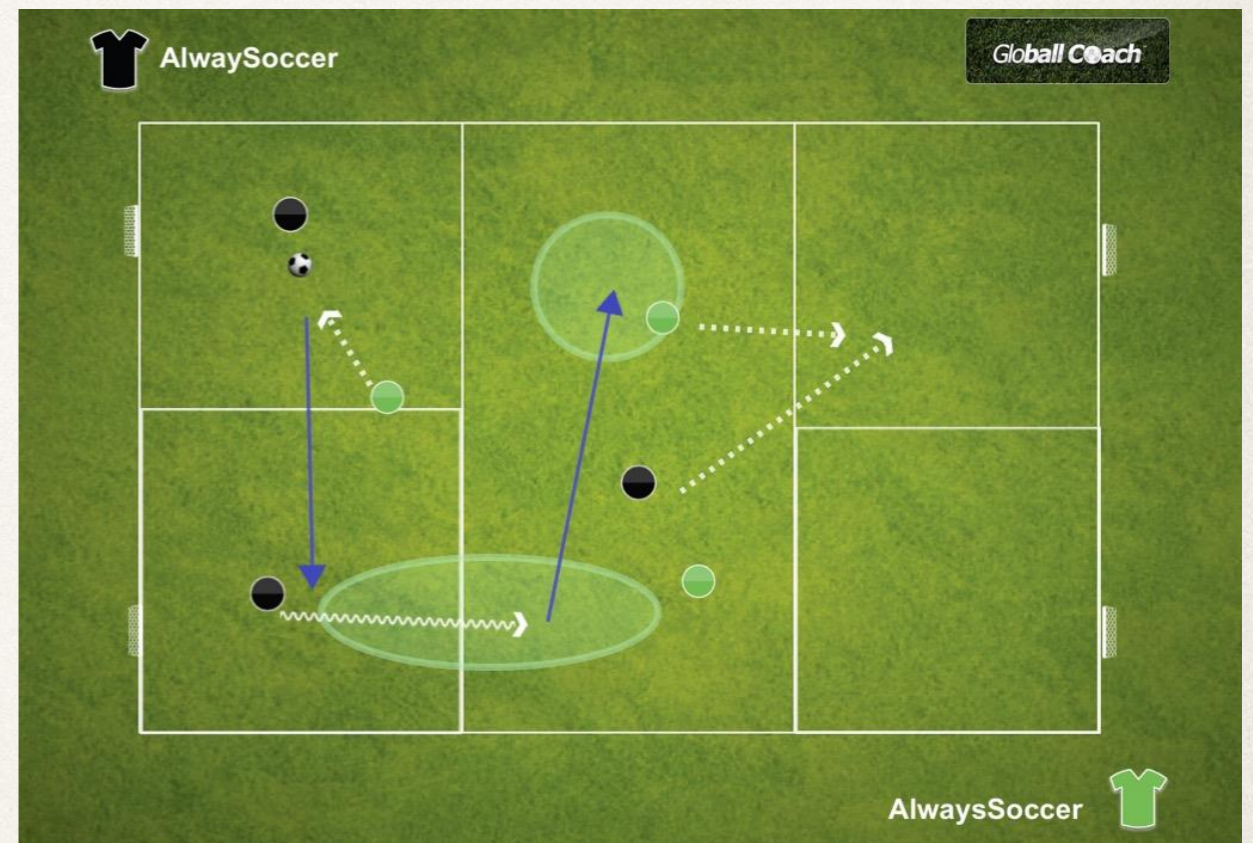
Corrective Game

- ❖ Situation 2vs1 in zone 1, the objective is move the opponent to create the space and use this space, when they arrive in zone 3 they will find the same situation.
- ❖ Rules:
 - ❖ The defender players can't move to other zones.
- ❖ Emphasize:
 - ❖ Running with the ball is a good facility but always when is a good moment "space".
 - ❖ Fix the opponent to create the space in other side.



Football Game

- ❖ Real game 3vs3
- ❖ Rules:
 - ❖ Always 1 defender in zone 1 when the ball is there.
 - ❖ Maximum 2 in zone (2).
 - ❖ If the offensive team scores in the same zone where is the defender 2 points.
- ❖ Emphasize:
 - ❖ Very important to relate the exercise with the above tasks. They have to see that all the time we are speaking the same objective. We running with the ball when we have space for progress or when we want to attract the opponent to generate the space opposite side.



Finalization

- ❖ Situation 1v1:
 - ❖ Black player has to choose which direction wants to go, if he go to right the opponent has to go to opposite direction. After exceed the coin offensive player can shoot.
- ❖ Rules:
 - ❖ If the player choose go to right, he has to running with his right foot.
 - ❖ Every 3 times, they have to change the side.

