

NATIONAL TEAMS PROGRAMME

Mission

- Creating ideas, concepts, working procedures and teaching methods which can be applied to the overall instruction of football players.
- Qualitatively improving a player's physical and intellectual responses, while contributing to the achievement of a maximum performance expressing the entirety of their personal virtues, at the highly competitive level required by this sport.

Vision

- To contribute decisively to attaining the objectives of all the football players and teams involved in this Programme, as the direct result of an educational process involving concepts and values that will allow them to lead an exemplary sports life.
- To develop a critical vision of the methods and procedures employed in the instruction of a football player, on the basis of permanent research and the creation of new and more efficient knowledge applied to our professional practice.

Features

- This Programme has been exclusively designed for those National Football Teams, both Men's and Women's, aimed at improving fastly their performance at international scene.
- It is conducted in participants' country of residence.
- It is an intensive training Programme.
- It can be hired by any Football Association or Federation, specially advisable when their National Team is preparing to play a high level tournament.
- The team of coaches responsible for this Programme seek to analyse and determine the team's current problems, in order to design and then put into practice, the type of training it needs.
- All the contents of the Programme are aimed at achieving players' maximum specialisation, based on their position in the team: goalkeeper, defender, midfielder or forward.
- The type of training, as well as the concepts and instruction each player is provided with, are based entirely on this specialisation.
- In connection with players' performance, the Programme seeks to stretch the limit in conditional and coordination capacities each player has already acquired, in an effort to

achieve, through repetition, increasingly difficult and intensive exercises, higher quality and more readily available resources for them to rely on.

- It is obvious from the above that the Programme intentionally seeks to exploit and develop the individual performance players have already achieved, while creating in them a new behaviour capable of offering new responses never previously attained.

General Objectives

This Programme involves maximum commitment to developing objectives aimed at optimising the individual qualities of each player.

Simply as a general reference, we list these objectives below:

- To stretch the current limit of their physical and technical-tactical performance.
- To include new tactical concepts and automated responses transferable to the game, having at their disposal greater quality and availability in their resources to resolve situations.
- To acknowledge and put in practice the concept of reciprocal cooperation, as the source of success for a team's game.
- To improve the quality of the decisions a player takes, by training their capacity for observation, analysis and execution applied to different situations during a match.
- To strengthen players' self-esteem and determination in achieving favourable results.
- To consolidate a personality capable of taking part in and leading a variety of situations typical of sport at a highly competitive level.
- To share in different competition-related experiences based on friendly games organised with local teams at different competitive levels.

Applications

The contents of this Programme are aimed at obtaining maximum results in:

- Physical preparation.
- Technique applied to game situations.
- The way each individual moves within a chosen system of play.
- Individual and group tactical movements in situations involving attack and defence.

- The creation of concepts, on the basis of situational talks and review, employing graphs and visual projections.
- Work on volition and behaviour, based on individual exercises using behavioural psychology: role taking, role playing and role creating.
- Individual and group performance applied to competition against elite players.

Benefits

These are all those things the players have been able to take on board by the time they have completed this Programme. The following is a list of these benefits and the different considerations they involve:

- Optimization of their individual capacities and qualities as football player.
- Inclusion of new resources originating in actions aimed at offering the best responses.
- Eradication of restrictions ordinarily caused by faulty movements or bad habits, lack of conceptual clarity, and the large number of inhibitions typical of each individual player.
- Optimization of the quality and level of difficulty in connection with their learning experiences.

Age of Participants Teams

- National Men's Team.
- National Women's Team.
- U-20 National Men's Team.
- U-20 National Women's Team.
- U-17 National Men's Team.
- U-17 National Women's Team.

The age of each player, as well as their experience, the period of time chosen, and their personal targets, will help us determine the profile and demands of the task to be developed.

Periods of Time

Teams interested in this Programme may opt for any of the following terms:

- 2-week term: 20 training sessions.
- 4-week term: 40 training sessions.
- 6-week term: 60 training sessions.
- 8-week term: 80 training sessions.
- Period of time specifically requested by each football institution.

Programme Contents

- 10 weekly training sessions, lasting 2:30 hours in the morning and 1:30 hour in the afternoon.
 - Physical and technical-gestural exercising of participants' conditional and coordination capacities.
 - Exercises aimed at improving movement in techniques on the basis of repetitions.
 - Physical-technical-tactical exercising: sequences of individual and group movement transferable to the different game situations.
 - Football in small groups (3v3, 5v5) seeking to exercise technical or tactical patterns, in partial, reduced or restricted spaces.
 - Formal football matches (11v11) seeking to develop technical and tactical patterns in full-size spaces.
- Group and individual tactical-conceptual discussions and reviews using graphs and projections.
 - How are movements made in each area, within the game system chosen?
 - What are the basic actions during a match that require most communication among teammates?
 - How to include preventive individual automation in the defensive and midfield areas, and where should increased game frequency be oriented in these areas?
 - What should be trained to achieve adequate group marking by exercising pressure, coverage and balance, and how should this be done?
 - How to block the kicking line towards the team own goal, and who should do it?
 - How can the opponent team's useful spaces be reduced, when, and in what area of the field?
 - In what zones of the field and game situations can the largest number of rebounds be achieved, how is this done and by applying what actions?
 - What are the movements that should be carried out to create spaces, and which are the most advisable in each area of the field?
 - What are the actions that enable a team to prolong the ball possession?
 - How can a balanced movement be achieved for the entire team and who should organize these actions on the field?
 - What immediate actions should be put into practice when the team loses the ball possession, either in the opponent's field or in the team's own field?

- Who are the players in each line who should take on a leadership role in organization and why?
 - Which are the individual and group movement circuits that should be performed when the team has ball possession, and when it doesn't?
 - How can numerical superiority be achieved and when is it advisable to use this?
 - In what situations is it advisable to put in practice a counterattack?
 - In what zones of the field is pressing carried out, in what situations, and among whom?
 - What are the individual positions for corners and free kicks, either for a player's own team or for the opponents?
 - How can the off-side rule be avoided, how is it caused, and in what situations?
 - What should be the positions for defence and attack, in the event of numerical inferiority?
 - Which actions could be prepared to surprise the opponent team in free kicks, corners and throw-ins?
 - Among whom are changeovers performed in a chosen game system, and what does this depend on?
 - What are the options a team has for scoring when the opponent team is defending itself close to their goal?
 - What should be done in the event of unfavourable group situations?
- Education and stimulation of volitional behaviour.
Development of 6 fundamental concepts on the basis of individual exercises supplied by behavioural psychology:
 - Attitude.
 - Communication.
 - Concentration.
 - Capacity to excel.
 - Determination.
 - Leadership.
 - Initial and final assessment of conditional and coordination capacities:
 - Endurance
 - Aerobic capacity.
 - Aerobic and anaerobic power.
 - Strength
 - Endurance.
 - Contrast.
 - Pulling and dragging.
 - Power (Plyometric).
 - Speed
 - Movements.
 - Starting and stopping.
 - Changing of direction.
 - Transition.
 - Coordination
 - Technical accuracy circuits transferable to different match situations.