

# 6 Elements of a Training Activity

Coaches Guide 2020

This PowerPoint is a tool and resource for a coach to use to observe and check the environment/situation they have created on the training field.

**Adapt if  
necessary**

**Based on  
Player  
Behavior**

**What is the  
session  
goal?**

# Is the Training Session Organized?

**Session Goal? What is it?**

**Set up field or fields**

**Safe learning environment**

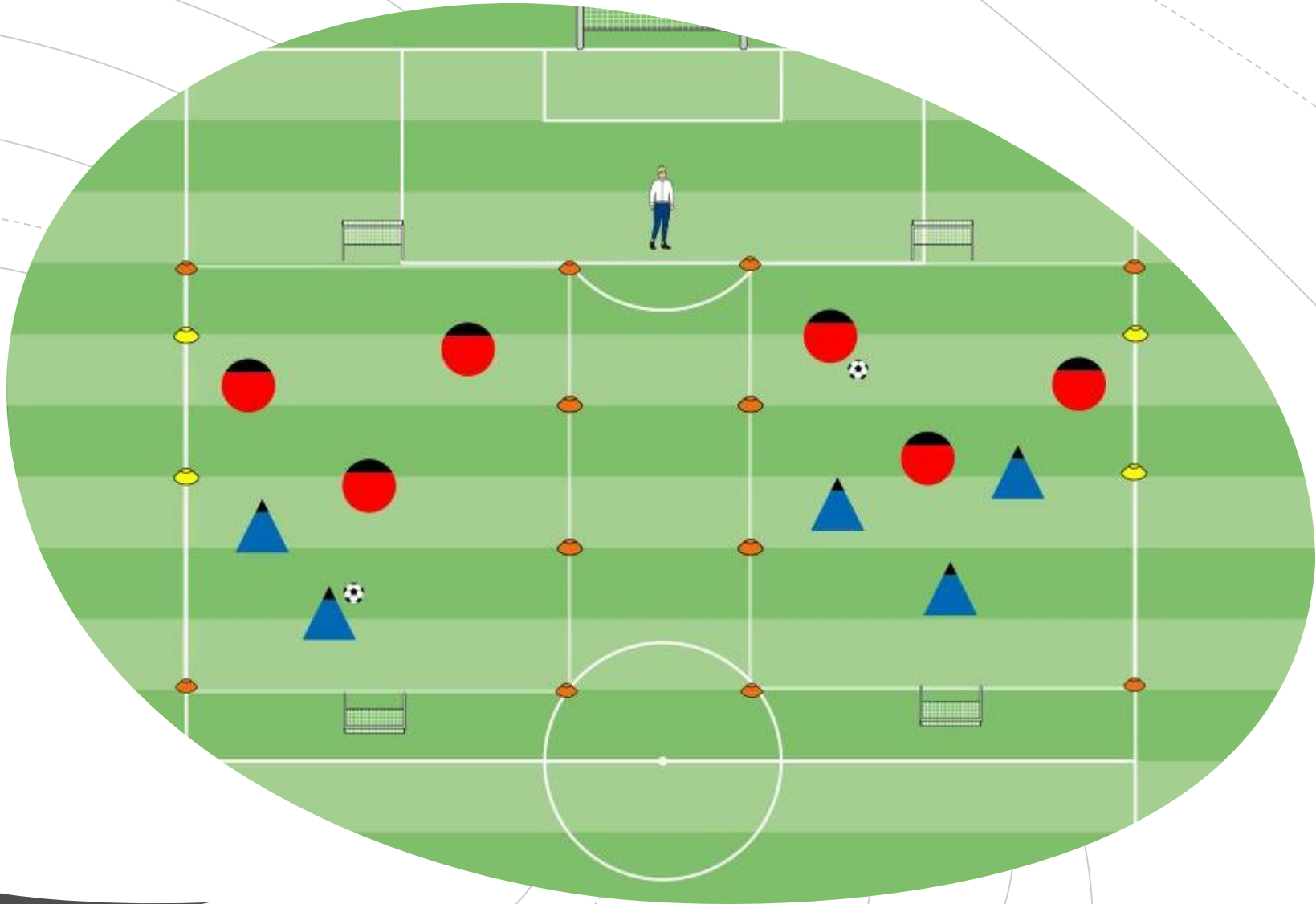
**Clear description of expectations and rules**

**Physical demands**

**Appropriate field spacing**

**Positioning of you and players**

**Transition from activity to activity**





## Game-Like/ Game Realistic

- At least one ball
- Two Teams – scoring opportunities
- Four moments of the game (attack, defend, lose ball and win ball)
- Respect laws of the game
- Player decisions are present



# Repetition

Meaningful number of repetitions during the activity.

Players need this to learn and coaches need this for key question topics.

More reps mean less of this in the background

**Challenging**  
(different levels  
for all ages)

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**Developmentally Appropriate.**

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**To help this area you can manipulate field size and numbers of the field.**

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**Attacking topic should have success and more numbers**

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**Defending topic should have success and more numbers**

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**Balance between successful and unsuccessful actions**



# Observation of Activity/Game

Step back, allow your team to play.

Watch all the players, not just the ones at the  
ball



## Coaching

Influence your players to the desired behavior – guided questions are critical for learning

Mistakes will happen, create meaningful opportunities to learn





Messenger

Jonathan Gallagher: Of course mate. No problem

now



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USE A POSITIVE  
AND ENTHUSIASTIC  
MANNER WITH  
PLAYERS AT  
ALL TIMES

DELIVER REALISTIC  
GAME-RELATED  
PRACTICES

USE GAMES  
WHENEVER POSSIBLE  
IN TRAINING

DEVELOP PRACTICES  
THAT ENABLE THE  
PLAYERS TO MAKE  
LOTS OF DECISIONS

CONNECT WITH THE  
GROUP BEFORE THE  
SESSION OUTLINING  
THE AIMS AND  
OBJECTIVES

CONNECT, ACTIVATE,  
DEMONSTRATE AND  
CONSOLIDATE IN  
EVERY SESSION

VALUE AND WORK  
EQUALLY ACROSS  
THE FA FOUR  
CORNER MODEL

SPEND EQUAL  
TIME DELIVERING,  
PLANNING AND  
REVIEWING

INCLUDE ELEMENTS  
OF TRANSITION IN  
ALL PRACTICES AND  
SESSIONS WHERE  
POSSIBLE

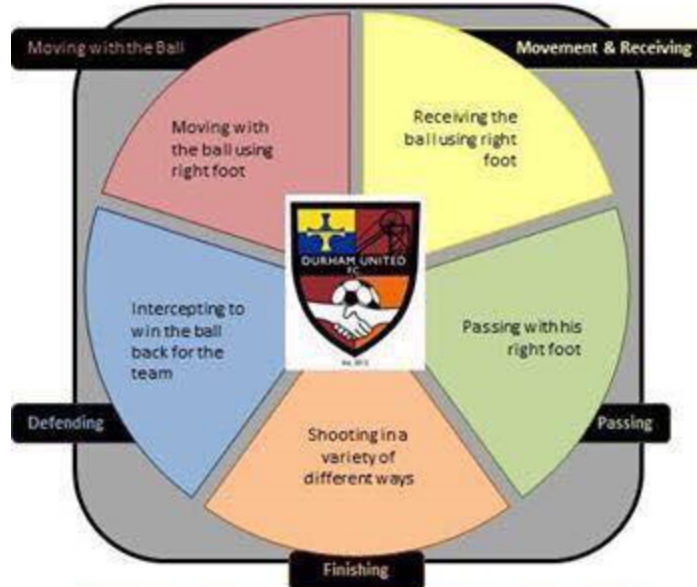
USE A CAROUSEL  
APPROACH TO  
PRACTICE DESIGN  
AND AIM TO  
MAXIMISE PLAYING  
TIME

USE VARIED  
COACHING STYLES  
BASED ON THE  
NEEDS OF THE  
GROUP

AIM FOR A MINIMUM  
OF 70% BALL  
ROLLING TIME IN  
ALL SESSIONS

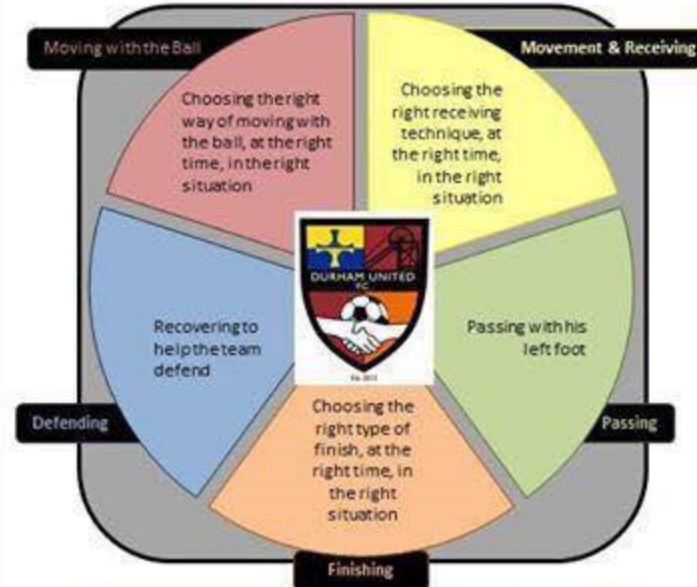
## Player Development Plan – 'The PLAYER'

### Areas of Strength



Having these areas of strength in your game is great, but remember – you can still make them even better through practice!

### Areas for Improvement



Improving these areas of your game will take time, commitment and patience – but if you keep trying then they will get better!