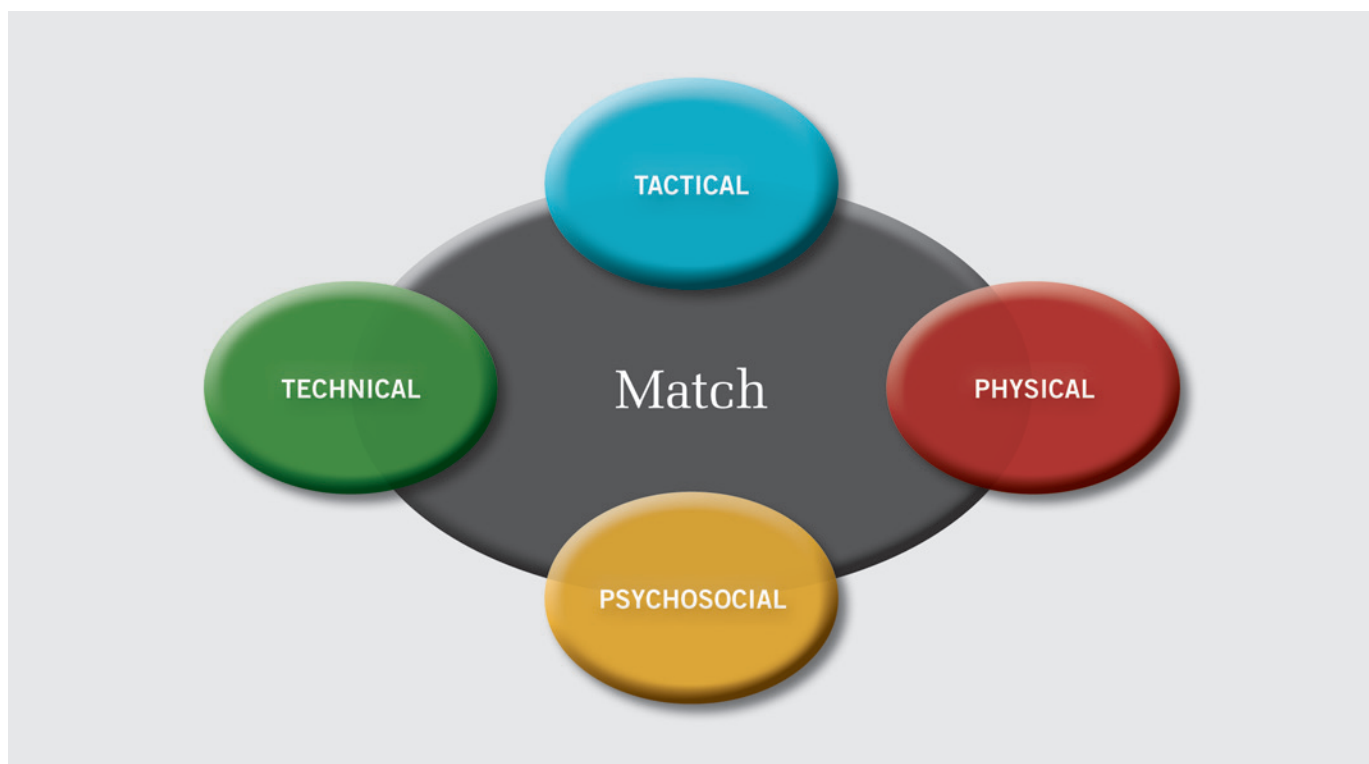

QUANTIFICATION

Identifying the needs of the team is essential in order to quantify the work during the training sessions and make a proper analysis of the game.



In this section there are samples presented to quantify the number of times that one topic or subject is covered in the training sessions during a month and during the season. As coaches, we can compare that number with the number specified in the season plan for that particular age group.

For example, a 5 in the season plan for a U14 team in the passing and receiving category means that the team must have a high amount of passing and receiving practices during the month.

4 SPREADSHEETS ARE PRESENTED IN THIS SECTION

1. Technical
2. Tactical
3. Physical
4. Psychosocial

Each one of the spreadsheets records the number of times one topic or subject has been covered in the training sessions.

Also in this section, a spreadsheet is presented to identify the team's strengths and weaknesses during the game. This information provides the coach with a better understanding of which categories or areas the team needs to improve.

Also included in this section is the team and player evaluation.

Sample spreadsheet for U15 team

TACTICAL	PLAN	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	TOTAL	TACTICAL
PERIOD →		OS	C1	C1	C1	T	T	T	C2	C2	C2	OS	OS		← PERIOD
Attacking principles	5														Attacking principles
Possession	5														Possession
Transition	5														Transition
Combination play	5														Combination play
Switching play	4														Switching play
Counter attacking	4														Counter attacking
Playing out from the back	4														Playing out from the back
Finishing in the final third	5														Finishing in the final third
Defending principles	5														Defending principles
Zonal defending	5														Zonal defending
Pressing	4														Pressing
Retreat & recovery	5														Retreat & recovery
Compactness	3														Compactness

PERIODS KEY

OS= OFF SEASON

C1=COMPETITIVE 1

T= TRANSITION

C2=COMPETITIVE 2



Sample spreadsheet for U15 team

TECHNICAL	PLAN	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	TOTAL	TECHNICAL
PERIOD →		OS	C1	C1	C1	T	T	T	C2	C2	C2	OS	OS		← PERIOD
Passing & receiving	5														Passing & receiving
Running with the ball	1														Running with the ball
Dribbling	2														Dribbling
Turning	4														Turning
Shooting	5														Shooting
Ball control	3														Ball control
Heading	4														Heading
1v1 attacking	3														1v1 attacking
Shielding the ball	2														Shielding the ball
Receiving to turn	5														Receiving to turn
Crossing & finishing	4														Crossing & finishing
1v1 defending	4														1v1 defending

PERIODS KEY

OS= OFF SEASON

C1=COMPETITIVE 1

T= TRANSITION

C2=COMPETITIVE 2



Sample spreadsheet for U15 team

PERIOD →	PHYSICAL	PLAN	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	TOTAL	PHYSICAL	
																← PERIOD	
STRENGTH	Str. endurance	3	OS	C1	C1	C1	T	T	T	C2	C2	C2	OS	OS		Str. endurance	
	Explosive strength	4														Explosive strength	
	Maximal strength	1														Maximal strength	
ENDURANCE	Aerobic capacity	4														Aerobic capacity	
	Aerobic power	5														Aerobic power	
	Anaerobic lactic	2														Anaerobic lactic	
	Anaerobic alactic	2														Anaerobic alactic	
SPEED	Reaction	4														Reaction	
	Acceleration	4														Acceleration	
	Maximal speed	3														Maximal speed	
	Speed endurance	2														Speed endurance	
	Acyclic speed	5														Acyclic speed	
Flexibility & mobility	3															Flexibility & mobility	
Coordination & balance	2															Coordination & balance	
Agility	4															Agility	
Basic motor skills																Basic motor skills	
Perception & awareness	5															Perception & awareness	

PERIODS KEY

OS= OFF SEASON

C1=COMPETITIVE 1

T= TRANSITION

C2=COMPETITIVE 2

Sample spreadsheet for U15 team

PSYCHOSOCIAL		PLAN	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	TOTAL	PSYCHOSOCIAL
PERIOD →			OS	C1	C1	C1	T	T	T	C2	C2	C2	OS	OS		← PERIOD
SOCIAL	RESPECT	5														RESPECT
	Communication	5														Communication
BASIC	MOTIVATION	5														MOTIVATION
	Self confidence	3														Self confidence
	Cooperation	5														Cooperation
	Decision - determination	4														Decision - determination
ADVANCED	COMPETITIVENESS	4														COMPETITIVENESS
	Concentration	3														Concentration
	Commitment	5														Commitment
	Self control	4														Self control
	Acyclic speed	5														Acyclic speed

PERIODS KEY

OS= OFF SEASON

C1=COMPETITIVE 1

T= TRANSITION

C2=COMPETITIVE 2



GAME ANALYSIS - TEAM

Evaluation of team performance

Age group:	<input type="checkbox"/> League	<input type="checkbox"/> Tournament	<input type="checkbox"/> Friendly
Date & time:	Opponents:	Location:	
Final score:	First half:	Second half:	
INDICATE & DESCRIBE BRIEFLY: Goals scored (O): Goals received (X):			

STRENGTHS & WEAKNESSES

Note: Use the template below and the following symbols to identify some of the key points in the game:
 Poor: 1 Below average: 2 Average: 3 Good: 4 Great: 5

TACTICAL		TECHNICAL		PHYSICAL		PSYCHOSOCIAL		
ATTACKING	1. Attacking Principles	1. Passing and Receiving	STRENGTH	Strength Endurance	BASIC	1. Motivation		
	2. Possession	2. Running With the Ball		Explosive Strength		2. Self confidence		
	3. Transition	3. Dribbling		Maximal Strength		3. Cooperation		
	4. Combination Play	4. Turning	ENDURANCE	Aerobic Capacity		4. Decision/Determination		
	5. Switching Play	5. Shooting		Aerobic Power		ADVANCED	5. Competitiveness	
	6. Counter Attacking	6. Ball Control		Anaerobic Lactic			6. Concentration	
	7. Playing Out From the Back	7. Heading		Anaerobic Alactic			7. Commitment	
	8. Finishing in the Final Third	8. 1V1 Attacking	SPEED	Reaction			SOCIAL	8. Self Control
1. Defending Principles	9. Shielding the Ball	Acceleration		9. Communication				
2. Zonal Defending	10. Receiving to Turn	Maximal Speed		10. Respect & Discipline				
3. Pressing	11. Crossing and Finishing	Speed Endurance						
4. Retreat & Recovery	12. 1V1 Defending	Acyclic Speed						
5. Compactness			4. Flexibility & Mobility					
			5. Coordination & Balance					
			6. Agility					
			7. Basic Motor Skills					
			8. Perception & Awareness					

Overall rate (1 to 5):



PLAYER EVALUATION

Microcycle – Week #: _____ Age Group: _____ Date: _____ Number of Games: _____ Sessions: _____

PLAYER'S NAME (#)	POSITION	EVALUATION (1 to 5)				STRENGTHS	WEAKNESSES
		Tactical	Technical	Physical	Psychosocial		
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							
16.							
17.							
18.							

