

THINGS TO

REMEMBER WHEN YOU FIND TRAINING SESSIONS ONLINE



UNDERSTAND PLAYER AGE

Different ages require tailored training approaches. It's crucial to adjust your coaching to suit your players' developmental age.

The coaching points you find online may be for a different age group and you may need adjust them.

ASSESS PLAYER STAGE

Know your team's abilities before diving into complex exercises. Start with foundational skills for better results.

An exercise Pep Guardiola is doing with his Man City team may not fit with the stage your team is at.



FOCUS ON CORE REQUIREMENTS

Prioritize essential skills first. Mastery of the basics builds confidence.

A complex passing pattern your players master in training, while looking good, may never happen in a game. Teach them what they need.



STRUCTURE YOUR PLAN

Adopting online sessions in the hope they will create a coherent, week-to-week structure that develops players may not achieve that outcome.

Learning is a battle against forgetting. Throwing random exercises together in the hope that something sticks may not help players in that battle.



ADAPT TO YOUR CONTEXT

Consider your environment when choosing drills. Context matters; sessions may need adjustments for optimal effectiveness.



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