

# TYPES OF DRILLS TO BE DESIGNED



WHAT DO WE MEAN?


DESIGN DRILLS TO ORGANIZE PLAYER'S GAME ACTION AUTONOMOUSLY, INTENTIONALLY AND REFLECTIVELY

WHEN TO DO IT?

IN THE INITIATION AND SPECIALIZATION STAGES WE MUST SEEK EDUCATIONAL COMPONENT



EACH COACH OR CLUB MUST DESIGN THEIR OWN DRILLS ADJUSTED TO THE CHARACTERISTICS AND NEEDS OF THEIR PLAYERS



WHO SHOULD DO IT?

FOCUS THE PLAYERS IN A CONTENT AND CONCEPT, HIGH INTENSITY AND EFFORT



WHAT DO WE WANT?

HOW TO DO IT?

1. THE TASKS MUST REPRODUCE THE REAL CONTEXT OF THE GAME
  2. PROPOSE DRILLS WHERE THE PLAYER MUST INTERPRET, ANALYZE AND UNDERSTAND THE GAME
  3. MAKE THE TRAINING SHORTER AND MORE INTENSE
  4. USE GAMES AS THE MAIN RESOURCE
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