
CHAPTER 1

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ATHLETIC BILBAO ACADEMY COACH PROFILE



Jon MORENO MARTÍNEZ **Athletic Bilbao Academy Coach**

- National football coach (level III)
- Bachelors Degree in Physical and Sport Education
- Master of physical training in football. (APF-RFEF)
- Master in High Performance Sports (COE)

Jon Moreno focuses on technical work and employs tactics into the different stages of training.

THE SPANISH COACHING PHILOSOPHY

Technical training is the foundation of a footballer's development. Young players must learn these techniques in the early stages of their footballing life.

This technical base that is formed enables players to participate properly in the game, combining with their teammates. Passing, receiving and dribbling are fundamental skills that any young player should possess in order to progress.

Technique is obviously the most important aspect but without tactics is no use to anybody. There is a big difference between a highly skilled individual and a complete football player.

If a player does not make his skills available to the group and his decisions are outside the context of the game he is unable to play successfully in this sport.

A player's technical capacity allows them to "execute" the necessary changes to "resolve" a situation within a game and this is the objective of combining technical and tactical training.

With the disappearance of street football, schools play a key role in technical training. With less practice hours available now there is a need to increase the quality of teaching to gain a better understanding in less time.

This book should serve as a reference to aid you in designing training drills which help improve players technically.

We hope that it helps!

THE METHODOLOGY OF FOOTBALL TRAINING

“The game is what teaches you, the coach/trainer guides, corrects and motivates”.

The coach must be an educator and example to the player who can lead and teach. It is not only the players that are different from each other but the coaches too and this is why each team is unique.

“Order and discipline are introduced by the coach- talent and the freedom of the game are brought by the player”.

The task- to lead the young player along the path, helping them to learn. Good communication between the coach and the player are vital and can mould behavior and the ability to adapt during training. Good communication is based on you speaking to the players correctly, your body language and intonation...which are all aimed at correcting and encouraging improvement. This communication should be used to direct and provide instruction, such as corrections or to provide guidance so that they do as you ask.

“Teaching through questions makes the student think, examine, judge, look and evaluate. Traditional teaching methods do not stimulate any of those processes. They encourage passivity, the very thing that coaches need to avoid”. (Horst Wein)

The way to make sure they “save” what you are teaching could be through the use of questions, “How could you have done that better?”, “What did you do wrong?”. These help the student develop different mental solutions to enhance initiative. You can also present other problems for them to help solve.

You hear, you forget, you see, you remember, you do and you understand. A child retains between 5-10% of what a coach says. If it is discussed with an explanation and demonstration the child retains 50% and if you explain, demonstrate and guide the child through it they will retain up to 80% of the information.

Guided discovery and problem solving are very appropriate methodologies to use in football training. These methodologies help to promote autonomy and initiative in the young player, so that they think, solve and act in their own way. Knowing how and when becomes a central aspect to both solution and execution and can be corrected by the coach.

“Results mark the continuity of the coach. In training, the continuity of the coach determines the results”. (Dimattia,W.)

We can create a methodological code for the learning process of the young footballer.

- The basis of the learning process is continuity and progression.
- Encourage initiative, autonomy and creativity in the young player.
- Make them understand an action before making them repeat it (recording). Teach the game based on their comprehension, first by understanding and later executing.
- Create tasks and activities and achievable challenges.
- Learn through playing and correct them at the appropriate time without interrupting the game.
- The exercise guide should not be the training model.
- Go from the top to bottom of the tasks, explaining how they should be and respecting the rules.
- Teach the technical fundamentals in tactical environments and open tasks, introducing technical-tactical links for both comprehensive and specific tasks.
- The coach/trainer should adapt the drills and tasks to the different stages and phases of training as well as to the characteristics and potential of the team.
- There are other sports that can be incorporated and used as alternative methods of teaching and training in football.

What to do?

Evaluate and control the training and the competition. The objective is to identify things that can be improved upon such as errors, strengths and weaknesses so that you can later adapt and integrate these aspects, both with individuals and the team to plan the weekly program.

How to do it?

With analytical details (aided decision making), drawn from the analysis of each player both during training and competitive games with passive opposition.

With global methodology to learn, correct, improve and mechanize the abilities of the young players, integrating technical and tactical aspects into the training tasks, progressing towards active or real opposition.

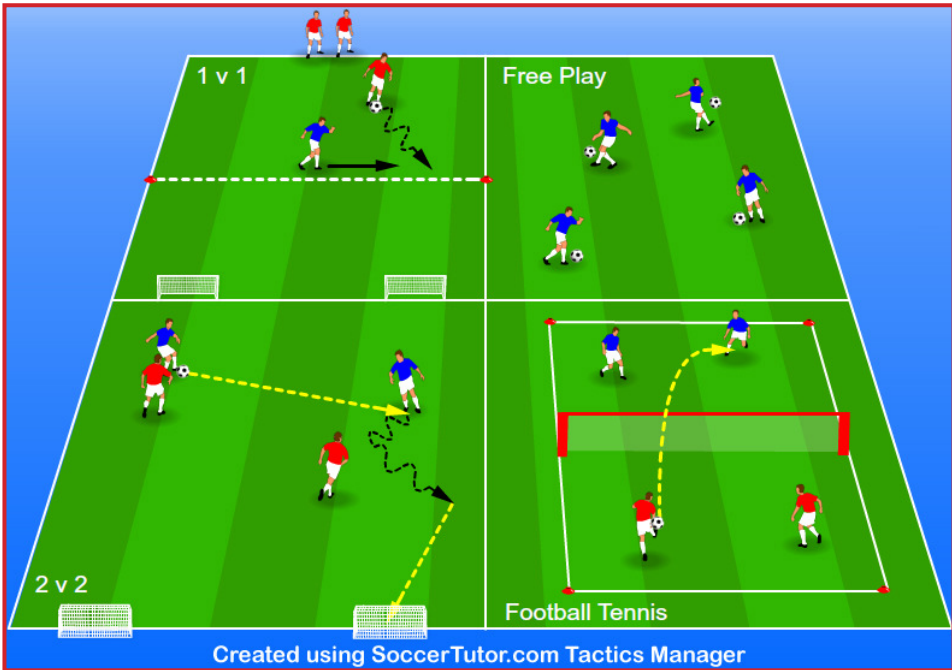
During initiation and basic football, we have to awaken the player's ability and ingenuity. Technical execution work should be progressive and gradually integrate opposition. We should always remember that football is played against opposition.

The opposition should progress from passive and inactive situations of superiority to real opposition in situations of equality.

The 2 main stakeholders in the team should comply with certain roles to ensure a pleasant coexistence:

Technical/Tactical Circuit Warm-Up

20 min



Objective

For the players to warm up with free play or with technical aspects integrated into situations with competitive opposition. 5 minutes per section. Rotate players.

Description

Section 1 - Players aim to dribble the ball past their opponent in a 1 v 1 Duel.

Section 2 - Free play where players practice technical ground or juggling skills.

Section 3 - The players play 2 v 2, with both teams defending 2 mini goals.

Section 4 - We again have 2 v 2 as the players compete in a football tennis match.

Coaching Points

Section 1 - Get the players to try different moves/feints to beat the defender.

Section 2 - Coach can give specific juggling sequences or ground moves/feints.

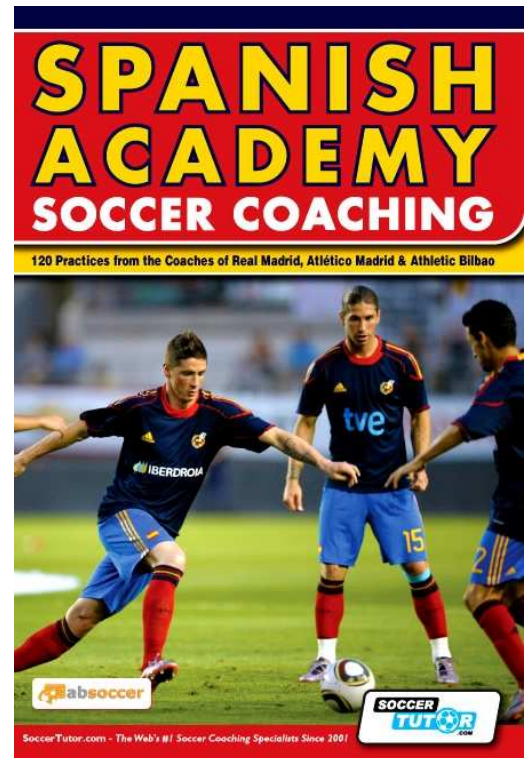
Section 3 - Quick accurate passing and creating space key to scoring goals.

Section 4 - Play 1 bounce or no bounce depending on ability or age of players.

**THIS PRACTICE WAS TAKEN FROM
THE BOOK:**

Spanish Academy Soccer Coaching

120 Practices from the Coaches of Real
Madrid, Atlético Madrid & Athletic Bilbao



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