

La Clínica del Fútbol



Microcycle – FC Barcelona – 2 Weekly Games

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Active Recovery

Positional Games:

- Offensive and Defensive low rhythm;
- high recovery time;
- short spaces;
- 1'30'' to 3' effort time;
- Tactical / Technical regimen.

Players who not play:

- Technical Strength Circuit:
- jumps, change of direction, stops – associated to technical moves (finalization, passes, ...).

Pass exercise

Ball Possession with transitions

Sectorial exercises:

- Finalization to attackers;
- Play from Gk to the 4 defenders and the defensive midfield.

Technical

Strength to the players who play Saturday

Tactical Work

Positional Work

Offensive Tactical Combinations

Defensive Organization – Pressure

Active Recovery

Positional Games:

- Offensive and Defensive low rhythm;
- high recovery time;
- short spaces;
- 1'30'' to 3' effort time;
- Tactical / Technical regimen.

Players who not play:

- Technical Strength Circuit:
- jumps, change of direction, stops – associated to technical moves (finalization, passes, ...).

Tactical Work

Positional Work

Offensive Tactical Combinations

Defensive Organization – Pressure

GAME

GAME

GAME

Microcycle – SL Benfica – 1 Weekly Game

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GAME	<p><u>Active Recovery</u></p> <p><u>1st Part of Training:</u></p> <ul style="list-style-type: none"> - Low intensity continuous run and stretching; - Coordination exercises; - Abdominal work. <p><u>2nd Part of Training:</u></p> <ul style="list-style-type: none"> - Positional Games; - Ball Possession (6+1x3) / 3 sets of 2' each 3 players; - Stretching; <p><u>Pass exercise in Tactical / Technical context</u></p>	OFF	<p style="text-align: center;">MORNING</p> <p><u>Players who played:</u></p> <ul style="list-style-type: none"> - Low intensity exercise; - Ball Possession. <p><u>Players who not played:</u></p> <ul style="list-style-type: none"> - Strength Transfer (high intensity exercise / reduce playing areas / 3v3 with finalization); - Technical Strength exercises (3m sprints / jumps / change of direction / maximal intensities 3 to 5"); - 4 teams in 4 goals. <p style="text-align: center;">AFTERNOON</p> <p><u>Tactical Training</u> (a lot of stops to think and communicate, Big Principles of the Game)</p> <p><u>Pass exercises in Positional context (in the morning and in the afternoon)</u></p>	<p><u>Pass exercise in System of Play context</u></p> <p><u>Finalization in Tactical/Technical context</u></p> <p><u>Finalization without context, gesture repetition</u></p>	<p><u>Tactical Training</u></p> <p><u>11v11 with adversary simulation</u></p> <p><u>Principles of the Game training</u></p> <p><u>4x10' and in the final set a lot of Set Plays training</u></p> <p><u>Pass exercises in Positional context</u></p>	<p><u>Pass Games</u></p> <p><u>Positional Games with all team in very short areas</u></p> <p><u>Semi-active opposition</u></p> <p><u>20x20m / 11v11 / 3 sets of 3'</u></p> <p><u>15' Tactical Work - 11v0 in all field</u></p>	GAME