



UEFA STUDY GROUPS

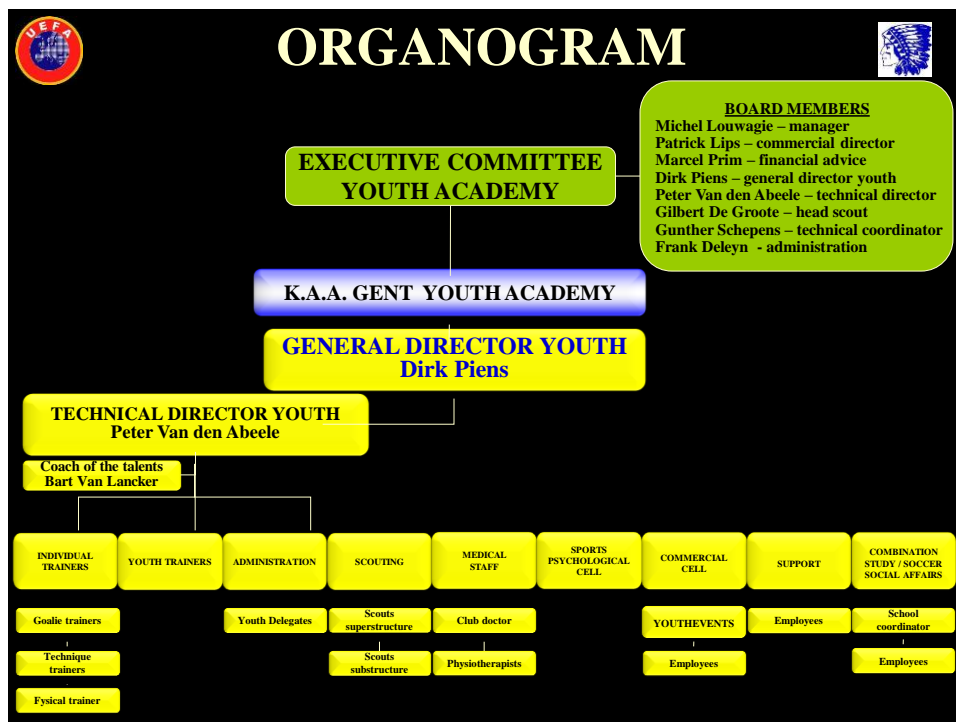
*Republic of Ireland,
Moldova,
Slovakia,*

WELCOME TO KAA GENT



Summary presentation

- **Organogram KAA GENT Youth Education**
- **Youth mission and Vision**
- **Organisation**
- **Training schedule**
- **Style of the house**
- **Football learning schedule**
- **Playing system according to different age groups**
- **Soccer learning plan**
- **Training methodology**



Youth mission

- The youth academy takes a central position in the club and is considered as an essential task.
- We want to be an institution where talented soccer players get the chance to develop their full potential.
- We want to form players who are able to achieve the fanionteam
- We want create a motivational, educational and methodical justified environment in which young players can develop and can prepare themselves for a career as a professional footballer.



Youth vision

- KAA Gent youth guides and coaches young players from 6 to 19 years old.
- We want to recruit talented young players from the region (city and province), and offer the ideal opportunities to develop their talents. with attention to the combination football and study, ethical and educational values.
- The training plan should be as complete as possible. It contains a plan for the tactical, physical, mental and technical development of the player.
- The manual of the training plan will be treated as a living document and should always be adapted to the evolution of football.
- The selection of trainers and mentors should include the necessary quality to achieve the above objectives.



Organisation

- **Total: 204 players**
 - u7 – u8 – u9 – u10 – u11 – u12 – u13 – u14 – u15 – u16 – u17 – u19
- **National youth**
 - focused on the more talented players
 - focused on the individual development
- **Reduced groups**
 - ensure play opportunities
 - Quality is more important than quantity



Training schedule

1. TEAM TRAINERS

✓ u7 → u10

- 3 training sessions a week
- 1 competition game (4 x 15')

✓ u11 → u19



- 4 training sessions a week
- 1 elite training
- 1 competition game (2 x 30' – 35' – 40' – 45')



Training schedule

2. INDIVIDUAL TRAINERS

- **Goalkeeper coaches**
 - ✓ Individual program goalkeepers
- **Individual technique trainers**
 - ✓ Individual practice for the best players
- **Physical trainer**
- **Trainer of the top players**
 - ✓ Individual practice for the topplayers
 - ✓ Monitoring the physical component
 - ✓ Analysing the recordings

UNIVERSITY-TESTING

- 3 times a year to be tested
- interpretation
- translate to exercises
- individual program
- discuss
- evaluate

TESTPROFIEL VOETBAL

Naam: Gent
Voornaam: Ibrahim



Gebortedatum: 1991-04-03
Testdatum: 2010-02-27
Leeftijd: 18.877

Club: KAA Gent
Team: Jongen
Niveau: Beroeps
Spelpositie: Midvelder
Spelvoet: Rechts

APV: 15.185

Antal leeftijdsgegevens: 15

Test	Score	Norm
Lichaamslengte	177.0	
Lichaamsgewicht	59.1	
Vetpercentage	8.3	
Zithoogte	93.1	
DPI	18.68	
Verplaatsen plankjes (aantal x)	66	
Springen over barje (aantal x)	88	
Springcoördinatie Index	126.3	
Dribbel zonder bal (sec)	12.75	
Dribbel met bal (sec)	17.37	
Dribbeltest Index	4.63	
Dynamisch Evenwicht (som)	72	
Sit And Reach (cm)	35.8	
YOYO-test (afstand in m)	4.246	
Sprint Gem. 30m (sec)	4.113	
T-Test Eerste (sec)	8.45	
T-Test Tweede (sec)	8.28	
Gemiddelde T-Testen (sec)	8.76	
Sprint Beste 5m (sec)	1.76	
Sprint Beste 10m (sec)	3.005	
Sprint Beste 20m (sec)	4.159	
Sprint Beste 30m (sec)	36.0	
Handenklus	230.0	
Staanse verplaatsing (cm)	37.0	
CMJ Beste Hoogte (cm)	47.0	
Reactiviteit Gem. Hoogte (cm)	34.0	
Reactiviteit Gem. Hgite (cm)	30.7	
Reactiviteit Beste Cont.tijd (sec)	0.199	
Reactiviteit Gem. Cont.tijd (sec)	0.221	
Reactiviteit Index	135.8	

Combination Study and Soccer

- Players topsportschool
- Players school Oudenaarde.

- Establish contacts with the schools
- Follow up results
- Follow up behaviour
- Give extra courses
- To keep informed the coach and coördinator
- Mental assistance



Communication and evaluation moments



- **Daily meeting (informal)**
 - ✓ Coaches
- **Weekly meeting**
 - ✓ Youth committee
 - ✓ Scouts
 - ✓ Coaches
- **Montly formal meeting**
 - ✓ Technical staff youth
 - ✓ Executive committee: manager + head coach + head scout + coach u21
- **Trimestrial meeting**
 - ✓ Parents
 - ✓ Players delegation
- **Evaluation moments**
 - ✓ December: interim evaluation
 - ✓ Mars: final evaluation





Accomodation




- **Present**
 - ✓ 3 grass pitches
 - ✓ 1 synthetic pitch → training centre
 - ✓ 5 synthetic pitches → Blaarmeersen
- ✓ **Near future**
 - ✓ + 3 grass pitches
 - ✓ + 1 synthetic pitch
 - ✓ + 1 power training hall
 - ✓ + new football stadium





 **FOOTBALL LEARNING SCHEDULE** 

STYLE OF THE HOUSE GEOGRAFICAL



POWER SOCCER













CHAMPAGNE SOCCER


 **FOOTBALL LEARNING SCHEDULE** 


STYLE OF THE HOUSE


CHRONOLOGICAL

TRAINERS

	1993 Walter Meeuws
	1994 – 1996 Lei Clijsters
	1997 – 1998 Johan Boskamp
	1999 – 2000 Trond Sollied
	2000 – 2001 Henk Houwaart
	2000 – 2001 Patrick Rémy
	2001 – 2002 Herman Vermeulen
	2002 – 2003 Jan Olde Riekerink
	2003 – 2004 Herman Vermeulen
	2004 – 2007 Georges Leekens
	2007 – 2008 Trond Sollied
	2008 – 2010 Michel Preud'homme
	2010 – 2011 Franky Dury
	2011 – ? Trond Sollied

Belgian school 

French school 

Dutch school 

Norwegian school 




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STYLE OF THE HOUSE

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TECHNICAL DIRECTOR YOUTH



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- ☐ 2004 Peter Van den Abeele

FOOTBALL LEARNING SCHEDULE

STYLE OF THE HOUSE

Classical method

Book Learning Soccer


Coerver exercises

Coerver exercises/Zone soccer

Zone soccer

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TRAINING METHODOLOGY KAA GENT

TRAINING IN UNITS

PRIORITY TRAINING



FOOTBALL LEARNING SCHEDULE





TRAININGSMETHODOLOGIE

01/01/2011

Peter Van den Abeele
Hoofd opleidingen

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TRAINING METHODOLOGY KAA GENT

TRAINING IN UNITS


PRIORITY TRAINING



YOUTH EDUCATION



K.A.A.GENT



Peter Van den Abeele
TECHNICAL DIRECTOR YOUTH



YOUTH EDUCATION



FUNDAMENTALS



TECHNICAL



TEAM TACTICS



MENTAL



PHYSICAL

BASIC SKILLS

SIMPLE

COMPLEX

SPECIFIC

- Finishing
- Duel
- Heading
- Tackles

SYSTEM

= Zonal football

BASIC ORGANISATION - COLLECTIVE

→ Team formation

MAIN TASKS – INDIVIDUEL PLAYER

→ >Positional

SPORTS SPECIFIC


SPORTS EXTERNAL

ENDURANCE


SPRINT

STRENGTH


COORDINATION



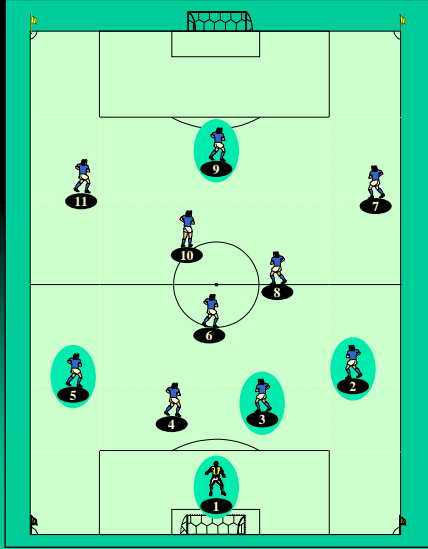
PLAYING SYSTEM

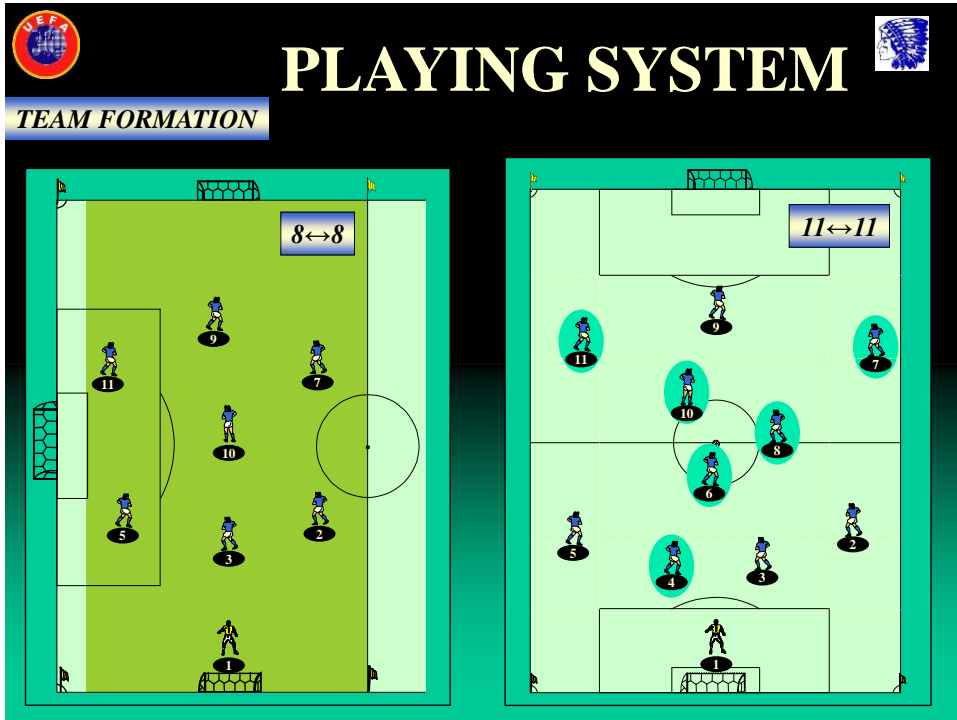


TEAM FORMATION



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STARSOCCER

TRAINING METHODOLOGY

TRAINING IN UNITS

PRIORITY TRAINING

TRAINING IN UNITS

Skills	Skills	Skills	Team Tactics	Team Tactics	Team Tactics	Physical Factor	Physical Factor
Simple	Shooting	Heading	Zonal football	Lines	Goals	Endurance	Sprint
Complex	Duels	Sliding tackles		Collective		Strength	Coordination

Diagram illustrating training units with soccer balls and players running on a track.

Example 1

Skills	JUMPING POWER	Shooting	JUMPING POWER	Team tactics
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Example 2

Physical factor	SKILLS	Shooting	Team tactics
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TRAINING IN UNITS

CONTENT

PUTTING TOGETHER A TRAINING: BASIC RULES

- ACHIEVING A **PERFECT BALANCE** BETWEEN TECHNICAL / TACTICAL COMPONENTS AND CONDITIONING (EXERCISES)
- THE INDIVIDUAL TRAINING UNITS ARE **NOT STRICTLY CONNECTED** TO EACH OTHER **ALTHOUGH THERE IS A DIRECT / INDIRECT LINK.**
 - the 'technical' training can be used in preparation to the 'shooting' training unit or the match
 - The relation between volume and intensity of the different training units is decisive for the 'conditional load'
- INTENSIVE WORK / REST OR RECOVERY SHOULD STRUCTURE THE TRAINING UNITS. THE AMOUNT OF 'INTENSIVE' TRAINING SHOULD BE **ADJUSTED TO THE PHYSICAL TARGETS**
- THE DURATION OF THE DIFFERENT TRAINING UNITS CAN VARY DEPENDING ON THE PHYSICAL PARAMETERS AND THE TARGETS THAT SHOULD BE REACHED;
- THE TRAINER HAS TO FIND A PERFECT MIX AND ADJUST HIS TRAINING APPROACH TO THE CONDITIONS (TIREDNESS, WEATHER...)



TRAINING IN UNITS

CONTENT

INTERMEDIATE EXERCISES: FEATURES

- THE **TRANSITIONAL UNIT** BETWEEN TWO TRAINING UNITS
- THERE'S A **WHOLE RANGE OF 'INTERMEDIATE EXERCISES'** AND THEY ARE **DIRECTLY CONNECTED** WITH THE PREVIOUS TRAINING OR NEXT ONE
 - After a physical intensive unit → active recovery (slowing down: jogging)
 - Before a shooting exercise → long passes
 - After a shooting exercise → active recovery (collecting the balls)
 - Running training → co-ordination (stride frequency) – stride length
 - Physical training → explosiveness or strength
- **SHORT DURATION** → MAXIMUM 5'
- **ADJUST THE PHYSICAL LOAD:** KEEP IN MIND THE PHYSICAL TRAINING EXERCISES DURING THE SAME WEEK → BASED ON EXPLOSIVENESS AND PACE
⇒ INTERMEDIATE EXERCISE = JUMP POWER



TRAINING IN UNITS

CONTENT

SPECIALS → HEADING + DUELS

- THE NEED ATTENTION BECAUSE THEY ARE A 'SOCCER SPECIALITY' AND CAN EASILY BE AN INTEGRAL PART OF EACH TRAINING.
- HEADINGS
 - In the technical training unit → heading exercises (two players / in group)
 - In the physical training unit → springpower followed by a heading
 - Intermediate exercise → headings
 - In the shooting training unit → scoring exercises: heading towards goal on a cross
 - In the tactical training unit → dead ball situations (throw-ins, corner kicks,...)
 - Training matches → special tasks (scoring by heading the ball); match-rule: players can only pass by heading the ball
 - Duels → defense / attack
- DUELS
 - Attack → match decisive
 - Defense → match decisive
 - Mental strength
 - Specific training item 'conditioning' → based on explosive muscular strength




STARSOCCER


TRAINING METHODOLOGY

TRAINING IN UNITS

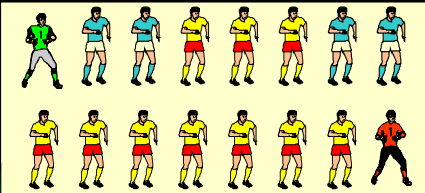
PRIORITY TRAINING



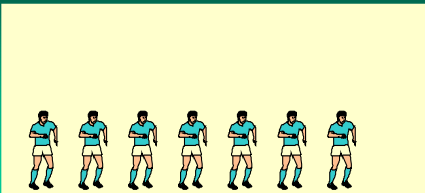
PRIORITY TRAINING



PRIORITY 1



PRIORITY 2



2 GOALKEEPERS + 14 PLAYERS

- Strict/tight organisation
- Priority rights on the playing field
- Exact number of players
- After a period of rehabilitation
→ Prio 2

REMAINING PLAYERS

- Flexible organisation
- Specific training in small groups
- Adjust easily to the number of players
- Complete the players of priority 1
→ considering if a player deserves it:
→ considering the aim



PRIORITY TRAINING



PRIORITY 1

STRICT ORGANISATION

T R A I N I N G 1	2 goalkeepers + 14 players
	<u>SKILLS</u> <ul style="list-style-type: none"> • Passing and shooting
	PHYSICAL FACTOR - Jumps
	<u>SHOOTING</u> <ul style="list-style-type: none"> • 2 Goals
	<u>TEAM TACTICS</u> <ul style="list-style-type: none"> • Match
	PHYSICAL FACTOR - 10 x 100 m

AIM = 100 %

PRIORITY 2

FLEXIBLE ORGANISATION

T R A I N I N G 2	Remaining players
	<u>SKILLS</u> <ul style="list-style-type: none"> • Passing and shooting • Bouncing board • Individual • Duel
	PHYSICAL FACTOR - Coordination
	<u>SHOOTING</u> <ul style="list-style-type: none"> • Crosses
	<u>TEAM TACTICS</u> <ul style="list-style-type: none"> • Individual / in lines • Training the positions



Organisation



PRIORITY 1

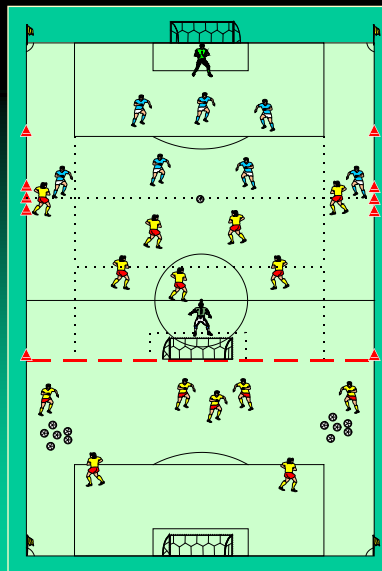
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PRIORITY 2

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TRAINING PLAN



THEMES

START POSITION

ANNUAL PLAN (age related)

TECHNICAL
TEAM TACTICS
PHYSICAL
MENTAL

GAME PROBLEM

WHAT PROBLEM OCCURS DURING
THE MATCH

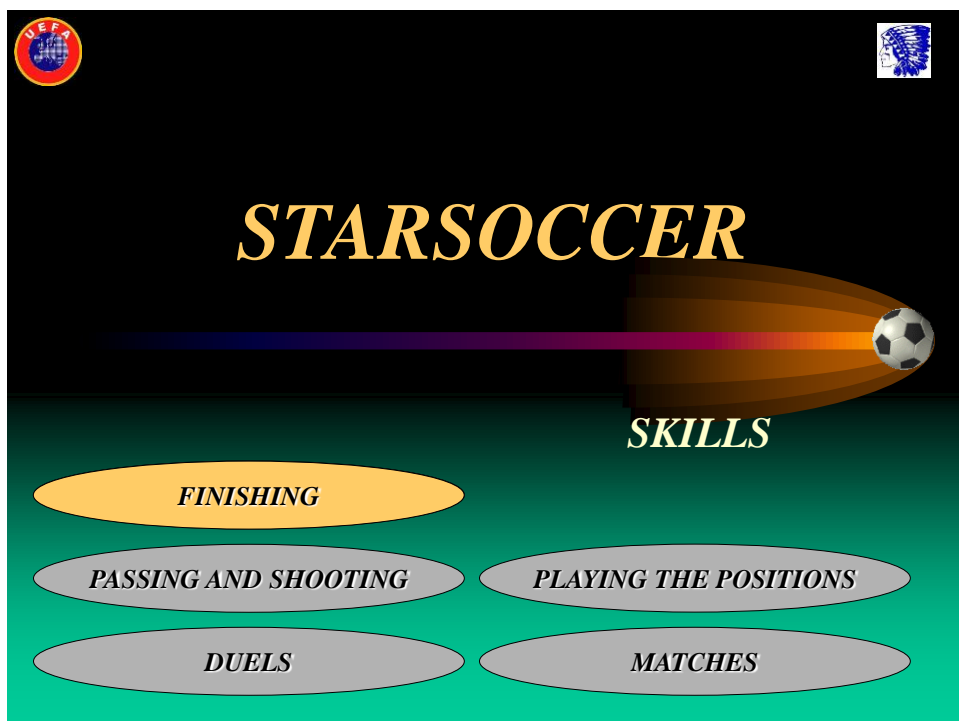
TRAINING



PLANNING YOUR WEEK

SELECT EXERCISES

- THEMES: What do I want to achieve?
- ORGANIZATION AND TASKS
 - dimensions of the pitch, number of players
- COACHING POINTS



METHODOLOGY = TRAINING IN UNITS



FINISHING FORMS

TECHNICAL	PHYSICAL
<ul style="list-style-type: none"> • PASSING EXERCISES → Passing technique • DUEL FORMS → 1:1 Situations • CROSSES → Positional choices • MATCH FORMS → Practice • DEAD BALL SITUATIONS 	<ul style="list-style-type: none"> • STAMINA → Recovery power → Interval • PACE / SPEED → Explosivity • STRENGTH → Jumping power • COORDINATION → Fast footwork

PASSING FORMS

PRINCIPLES
• AVAILABLE (to receive the ball)
• PLAY ALONG THE GROUND
• TURN OPEN
• ORIENTATED BALL CONTROL
• QUALITY PASSING → hard – correct leg
• PLAY WITH ONE TOUCH

QUICK BALL CIRCULATION
• ACCURATE BUILD-UP
• SHIFTING THE PLAY
• CREATE SPACES
• EFFICIENT POSSESSION OF THE BALL



DUEL FORMS

BASIC PRINCIPLES OF ZONE SOCCER

- INDIVIDUAL SCHOOLING
- COLLECTIVE SCHOOLING

PRINCIPLES

- 1 : 1 SITUATIONS
- ALONG THE GROUND – THROUGH THE AIR
- NUMBER DOWN ↔ NUMBER UP
- PRESSING → FORECHECKING



POSITION GAMES MATCH FORMS

POSITIONAL GAMES

- QUICK BALL CIRCULATION
- POSITIONAL CHOICES
- PHYSICAL IMPACT

MATCH FORMS

- PROBLEM ↔ SOLVING
- COLLECTIVE = TEAMWORK
- TACTICAL IMPACT



POSITION GAMES

POSITIONAL GAMES

- POSSESSION → QUICK BALL CIRCULATION
- BALL RECOVERY
- TRANSITION (Possession ↔ Loss of possession)
- NUMBER UP ↔ NUMBER DOWN
- THE ONCOMING 3rd MAN
- ETC...



MATCH FORMS

MATCH FORMS

• TRANSITION P. → Loss of P.

• OCCUPY THE CENTRAL SPINE

• BALL ORIENTATED DEFENDING

• BALL RECOVERY

• PREVENT THE LONG PASS

• 1:1 SITUATION → Marking in the box

PREVENTING GOALS

• TRANSITION Loss of P. → P.

• BUILD-UP OVER THE FLANKS

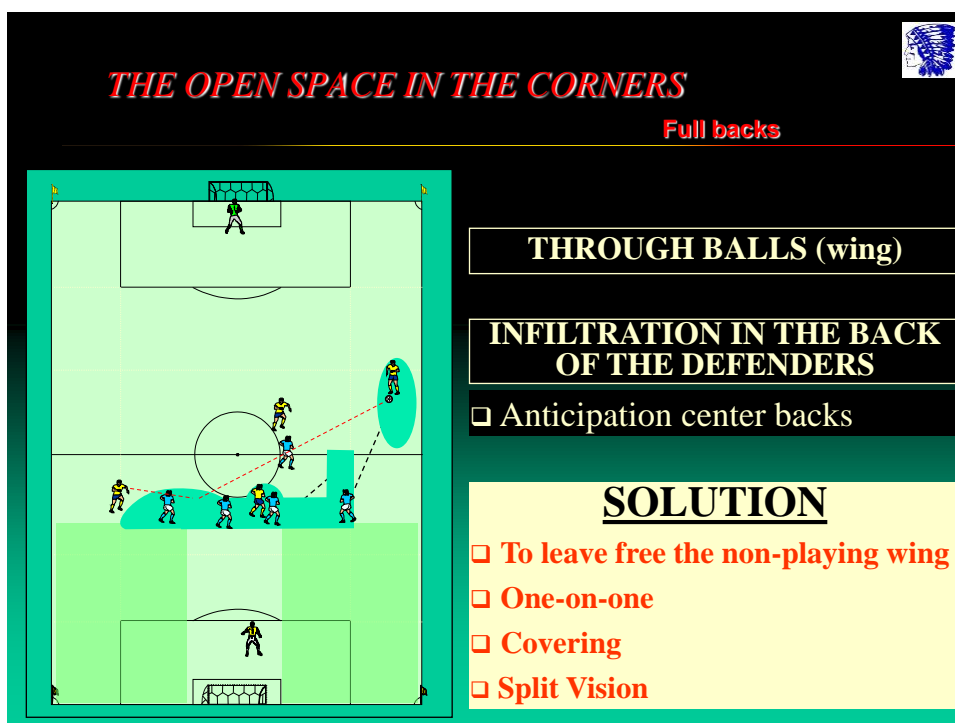
• QUICK BALL CIRCULATION

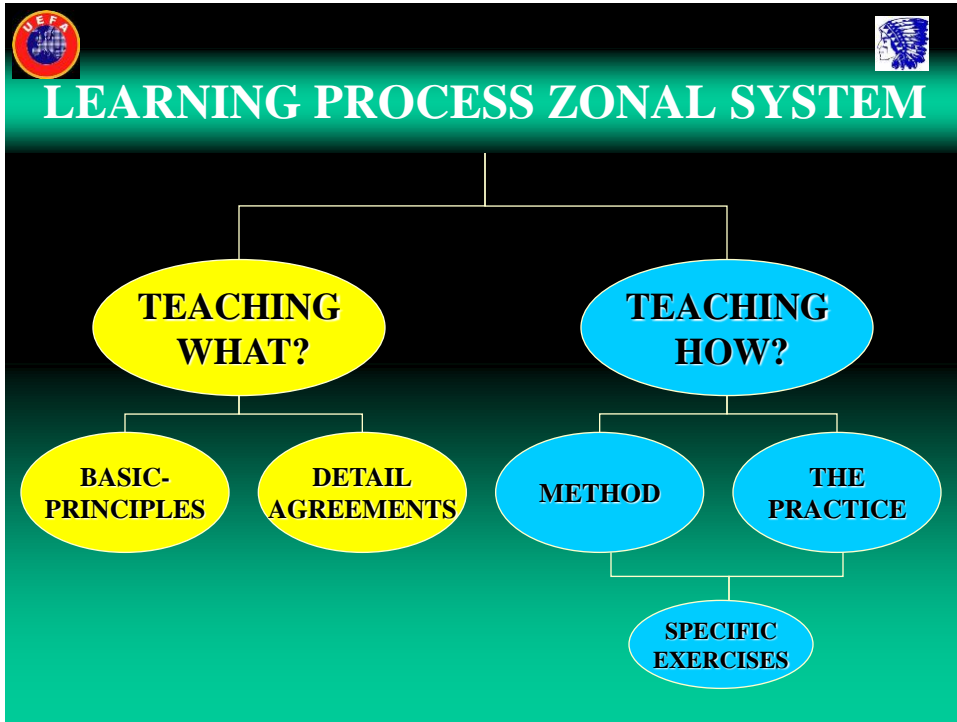
• SHIFTING THE PLAY

• DEPTH AND WIDTH IN THE PLAY

• DIAGONAL RUNS AND CROSSES

SCORING GOALS





The diagram illustrates the Teaching How? process. It is structured as follows:

- TEACHING HOW ?** (Title)
 - METHOD** (Red oval)
 - PRACTICE** (Yellow oval)

A red arrow points from the **METHOD** oval to the section below.

A. METHOD

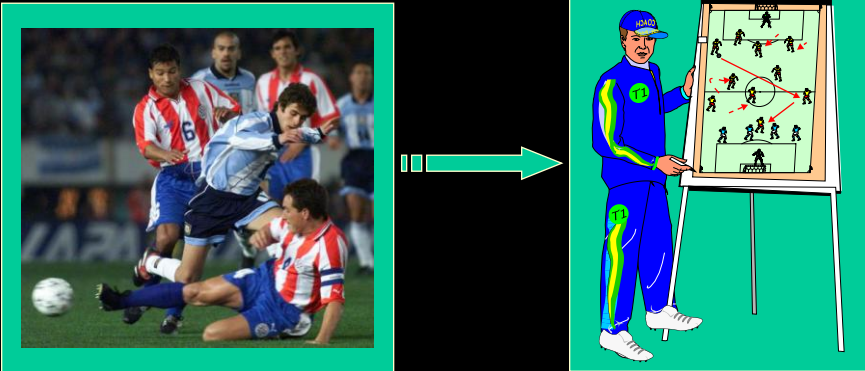
1. Blackboard theory
2. Video – match analysis
3. Positional training
4. Training the lines
5. Collective: static / active

TEACHING HOW ?

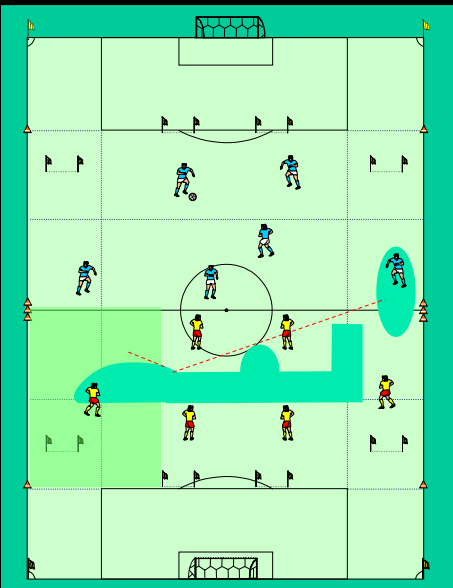
METHOD PRACTICE

B. PRACTICE

From active playing to theory



TEACHING HOW ?



GAME


- 6 ↔ 6
- eight gates

THE LONG BALL (wing)


INFILTRATION IN DE BACK OF THE DEFENDERS

SOLUTION


- to leave free the non-playing wing
- one-on-one
- covering
- split vision
 - Penetrations through the middle
 - Penetrations over the wings




TEACHING HOW ?




SPECIFIC
EXERCISES



<p>POSSESSION OF THE BALL</p> <ul style="list-style-type: none"> → construction play from behind → coming free from the opponent → create a numerical majority → positional choices in the attack → finishing 	<p>LOSS OF POSSESSION OF THE BALL</p> <ul style="list-style-type: none"> → pressure on the player in poss.ball → marking the strikers → numerical minority = zone → marking in the box → remaining defenders = organisation
SCORING GOALS	PREVENTING GOALS




YOUTH EDUCATION



K.A.A.GENT

Peter Van den Abeele

TECHNICAL DIRECTOR YOUTH



QUESTIONS?