



The individual follow-up of Elite players



Bart Van Lancker





Individual follow-up



- 10 players + keepers
- Specific training depending on long term
- Mental mindset : concentration (higher learning effect)
- Objective = individual progress!
- Teamtrainer = collective + individual progress
- School – nutrition – logistics...



Program



- Monday : 18u-19u + teamtraining
- Tuesday : 18u-19u + teamtraining
- Wednesday : free !
- Thursday :
 - 16u30-18u players topsportschool
 - 18u-19u30 other players
- Friday : teamtraining
- Saturday : game
- Sunday : recovery training + basic fitness



Sunday = running



September : 2x20min (5min rest)

October : 2x25min (5min rest)

November : 2x30min (5min rest)

December : 2x35min (5min rest)




Name	Firstname	Heartbeat	Heartbeat
Debruycker	Michiel	Between 140	and 150
Mmae	Ryan	Between 163	and 176
Leemans	Raf	Between 156	and 169
Pieters	Justin	Between 155	and 168
Roels	Timo	Between 150	and 163
Audin	Vinni	Between 154	and 167
Isci	Sefa	Between 140	and 150
Van De Putte	Jari	Between 145	and 155



Content



In function of the working points of the players:

- Explosivity : overload (1-2x/week) : speed, jumps, agility (cfr. [Tests en physical planning](#))
- Coordination : course, jump and technical skills
- Weak foot 
- Heading 
- Scoring
- Specific needs and specific matchsituations based on footage (individual discussions) 



Analysis

