

COACHES CORNER

WEEK 2 SUMMARY

Building the Training Environment

WHAT THIS SESSION WAS ABOUT

Week 2 focused on designing training sessions that transfer to real game performance.

The goal is to move away from drills and toward game-realistic environments where players make decisions, solve problems, and perform under pressure.

CORE MESSAGE

Players don't rise to the occasion, they fall to their level of training.

COMMON TRAINING MISTAKES

- Too many lines and waiting
- No pressure or defenders
- Repetition without decisions
- Activities that don't reflect the game

THE MAGELLAN TRAINING STANDARD

Every activity should include:

- Ball
- Decision
- Opponent
- Direction

TRAINING TRANSFER

"Train it See it Trust it"

WHAT GOOD TRAINING LOOKS LIKE

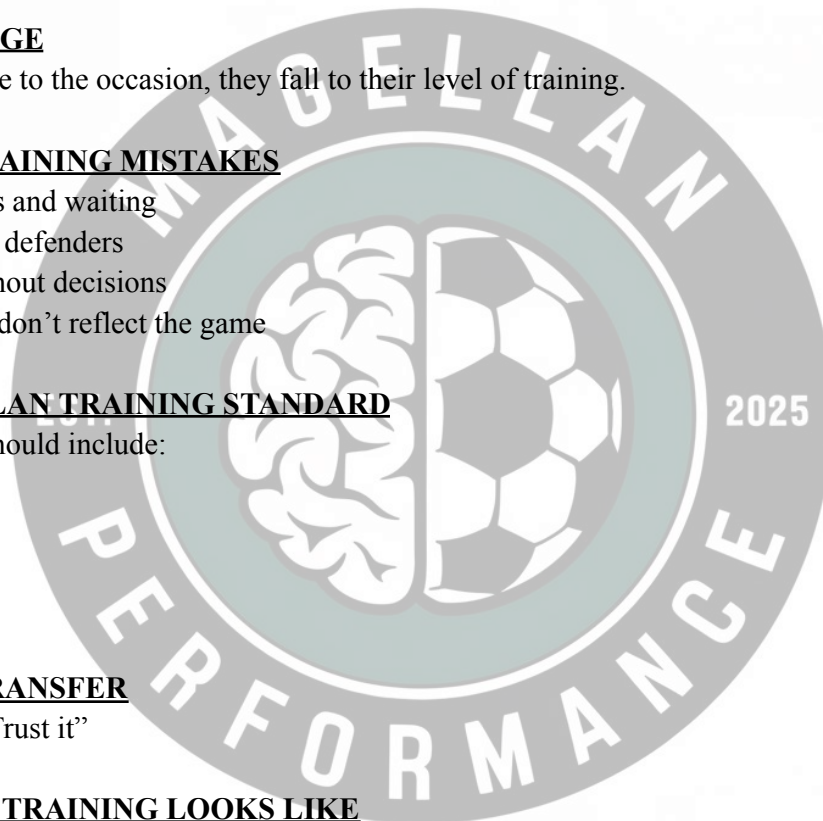
- Small-sided games (3v3, 4v4, 5v5)
- High involvement
- Real pressure and speed
- Constant decision making

COACHING APPROACH

Coach less, observe more. Use questions instead of constant instruction.

REFRAMING MISTAKES

Mistakes are part of development. Create an environment where players can try, fail, and learn.



SIMPLE SESSION STRUCTURE

1. Arrival activity
2. Small-sided game
3. Expanded game
4. Conditioned game (add rules. Ex, touch restriction, passing minimum, learned skill move etc.)
5. Free play

YOUR ROLE

You are designing an environment for development, not just running drills.

ACTION STEPS

- Reduce lines
- Add decisions
- Use small-sided games
- Let the game teach

FINAL TAKEAWAY

Better training creates better players.

