

MAGELLAN COACHES CORNER

WEEK 7 SUMMARY Practice Design That Develops

Core Message

If it doesn't transfer to the game... it doesn't belong in your session. Great training isn't about keeping players busy, it's about preparing them for real game moments.

The Magellan Training Model

Every session should follow this structure:

Activate → Challenge → Compete → Reflect

- **Activate:** Build technique + confidence (1 ball/player, low pressure, high reps)
- **Challenge:** Add pressure + decision-making (restrictions, cones or stationary defenders)
- **Compete:** Game-real scenarios (this is where learning shows up, 1v1s 2v2 etc.)
- **Reflect:** Turn experience into understanding (*ask questions and check in on what was worked on from their perspective.*)

Session Design Principles

1. Build for Transfer

Ask yourself: "Where does this show up in a game?" If you can't answer it → adjust the activity.

2. Use Intensity Waves

Sessions should flow: Build → Peak → Reset → Rebuild

**Avoid flat sessions. Energy and focus should rise and fall intentionally. Also it should NOT constantly be highly intense the whole session, you and the players will burnout quickly. Slowly build with the activation, turn it up as you get into the session, provide a reset with breaks and then slowly build it up and peak again. Making them work 10/10 energy for 10 min+ spurts (depending on age) allows them to hit multiple levels throughout practice. And before you know it you have 50 mins+ (90 min session) of intense energy balanced out with rebuild and reset energy. Very doable*

3. Progressions & Regressions = Real Coaching

Progression (harder):

- Add pressure
- Reduce time/space
- Increase speed
- Touch Limit

Regression (easier):

- Remove pressure
- Add space
- Slow it down

Meet players where they are, then TEST them

4. Keep Players Engaged

Players disengage when:

- It's too easy
- It's too hard
- It's unclear
- It's not competitive

Fix it with:

- Clear purpose
- Fast transitions
- Competition
- Asking questions (not just giving answers)

Coaching Language Shift

Instead of telling, **start asking**: - This builds decision makers, not robots

- "What did you see?"
- "Where was the space?"
- "Why did that work?"

Reflection (Non-Negotiable)

Take **2 minutes** at the end of every session and **ASK:**

- What improved?
- What broke down?
- Why?

This builds *ownership, awareness, and game understanding*

Key Takeaways

- Every drill must connect to the game
- Structure drives development
- Adjusting = coaching
- Reflection builds smarter players

