

Team Spirit



The biggest challenge for the coach to get the maximum from every member of his team. It is said that every person has a different level of motivation and state of mind when approaching specific problems.

A football match is a cluster of many problems, different for each player. A coach can have it all planned well in advance, I want to tactics outlined for his team during the game apply.

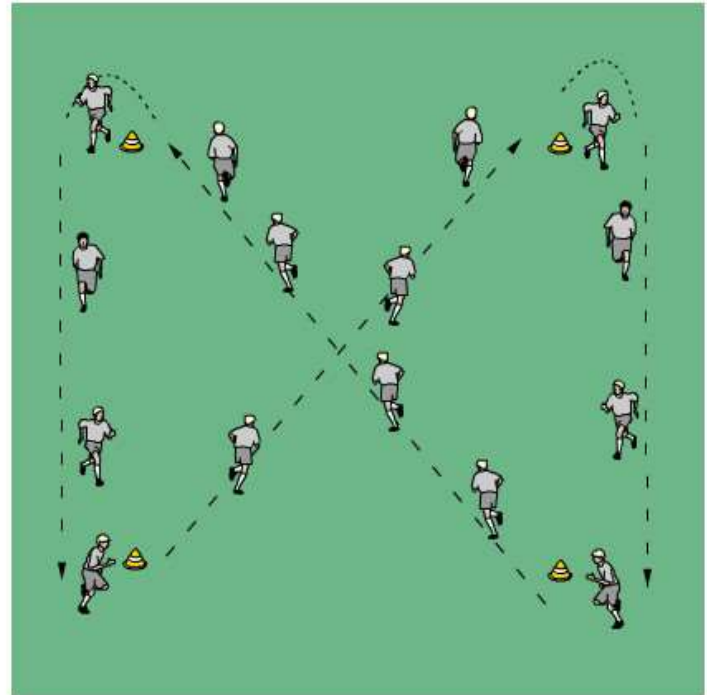
But when it comes to the actual implementation of this tactic, the behavior of players, about coping with pressure and problems concerning the consequences of errors or adverse result of poor communication with partners is very often the case that the players as a group are not functioning well in the demarcated by coaching plan.

In such moments is invaluable role of team captain, team leader behavior and mental relationships between all the players. Good climate, which operates in the team can cement a group of people before the game, to overcome any crisis during the game and also give impetus to further work after the meeting.

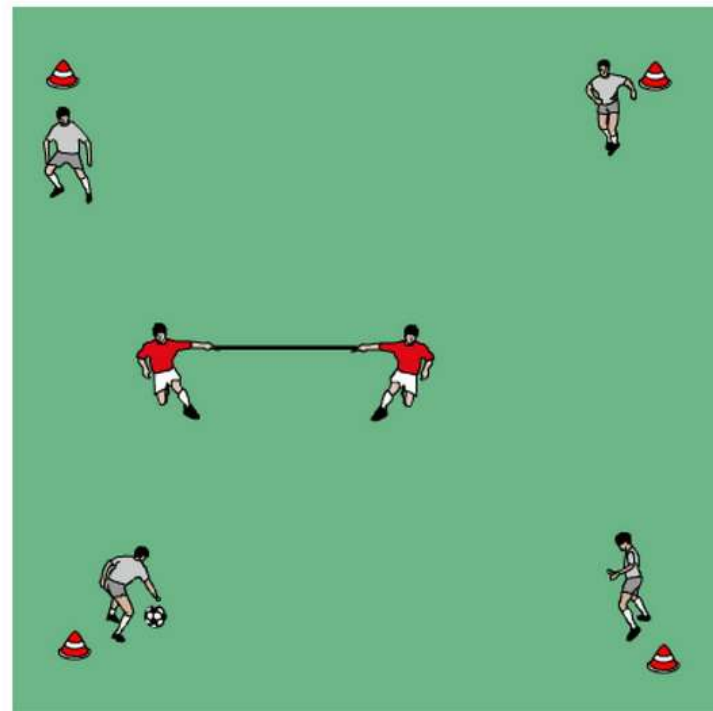
It seems that for effective teamwork spirit in the team is an integral theme. But often remains hidden and is not worked out by the coaching staff. Meanwhile atmosphere "does not happen by itself." It requires conscious work both on the field and off it. Work, which is worth taking the time for a good atmosphere in the team helps achieve favorable results.

I give you suggestions of exercises that in a great way to find a place in every training unit in each age category, and on the occasion of the "mantle of" confidence-building play in a band to hide many of the characteristics of motor development.

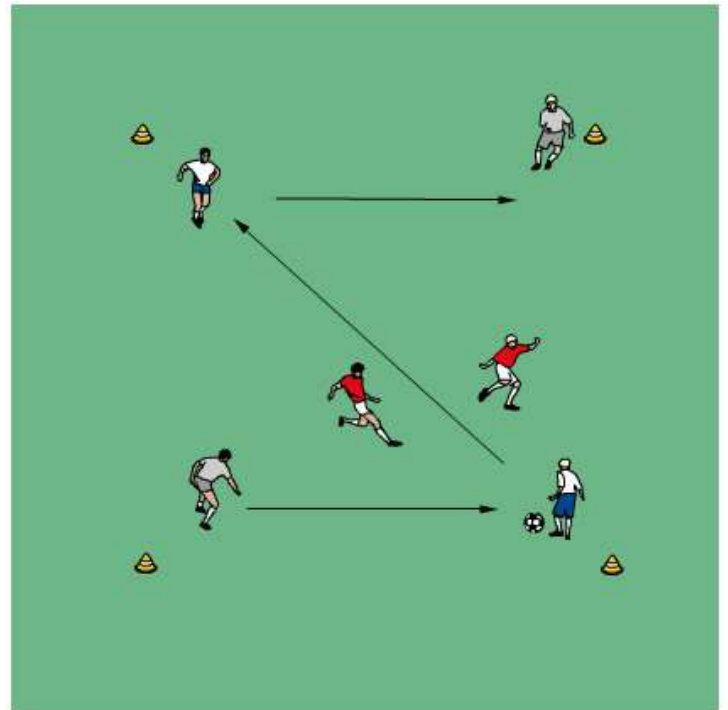
Players move on the run as shown in the figure. During the course of doing shaping exercise, which determines the order of resource and coach. The idea behind this exercise is to run through the center of the square designated players moving from two different sites running across the transition - this time running to the right, this time from the left.



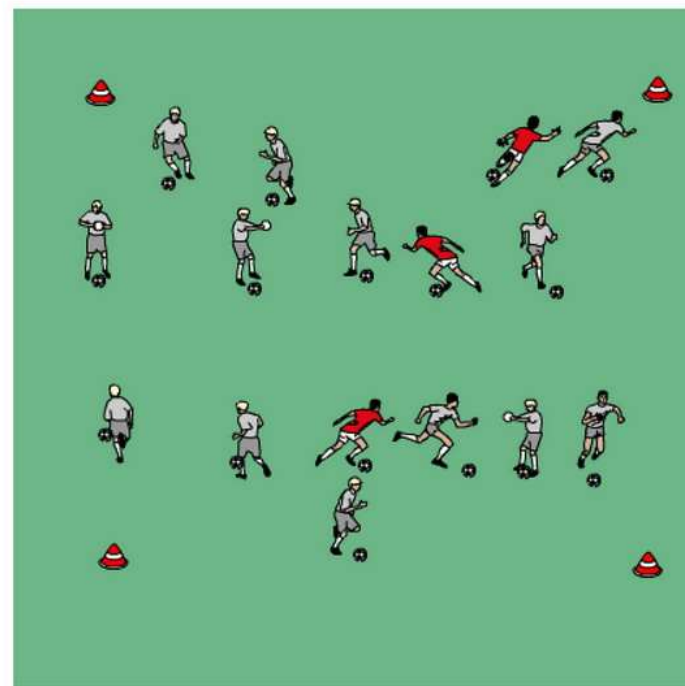
Variety of game 4 x 2 Four players on the outside. In the middle holding the two ends of the pole (or shirts). The task of players on the outside to replace the 20 pre-applications to each other so that they could not touch the ball center. If you can pass the ball outside players between players in the middle of the pass count for the fifth The player takes the central place of the capture colleague who lost the ball.



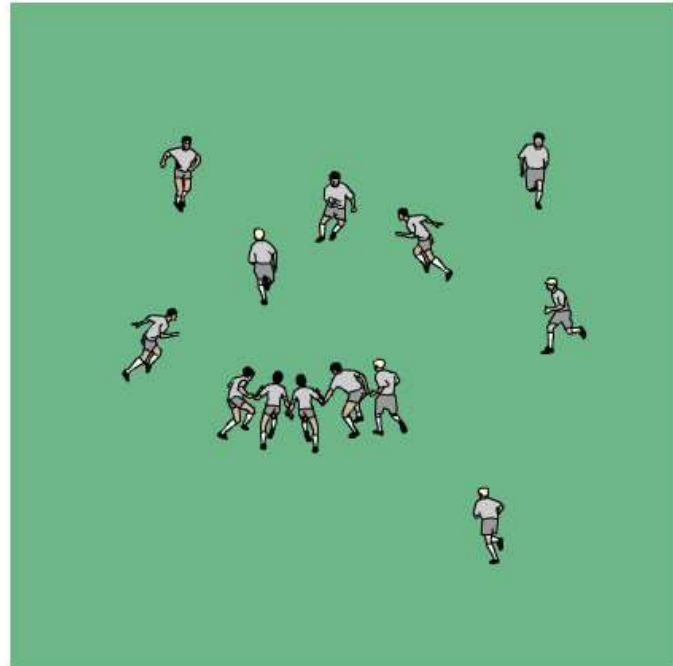
Variety of game 4 x 2 Six players creates three doubles teams. Two of them (four players) outside seeks to replace the application as long as possible between each other. Error of one of them, which has led to the interception center makes the center take place both outside and inside include two members of the team who lost the ball.



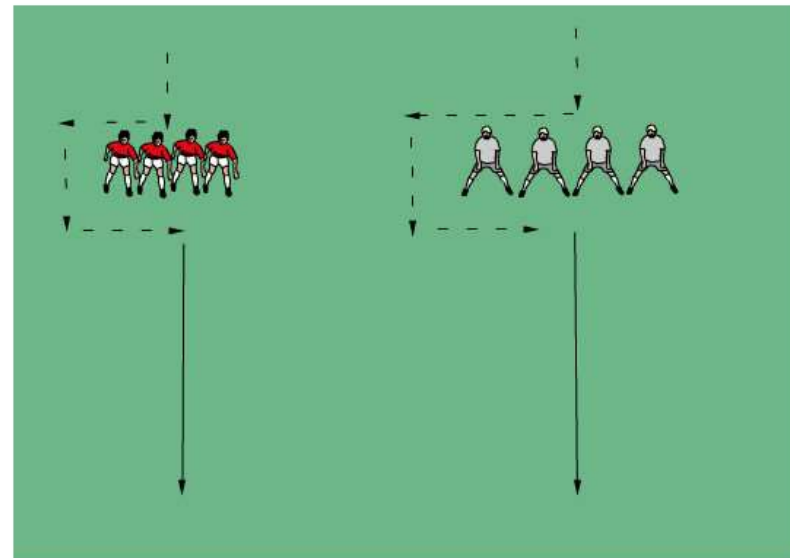
Variety coordination race. Everyone with a ball on a designated area. Two or three pursuers (each holds in his hands the marker). Players carry the ball short of the leg, trying to escape the chasing. In addition, three fugitives are holding the ball (preferably a different color) that can be given to others fleeing to protect against catching - chasing can catch only those who do not have the ball in his hands. After becoming caught chasing fleeing. In the initial phase of play is recommended to use only one ball with your hands which serve to add another after a certain time.



All players move around the designated area. Chasing trying to catch the other players. Each of the affected chasing helps hold the next. Increases the number of gripping "snowballing". Grasping can not be disconnected. The way to be connected determines coach.

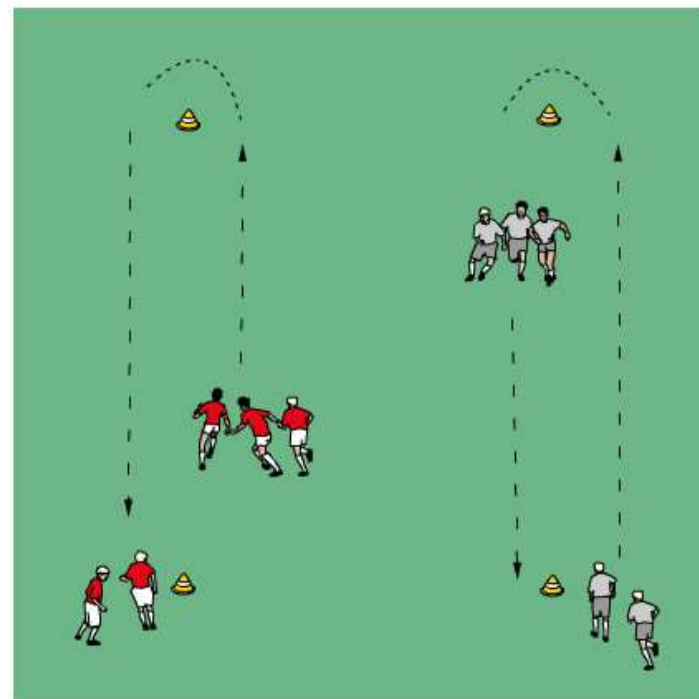


Players connected to the group perform a specific movement. For example in fours, side by side, holding hands on the shoulders of the partner perform different types of skips at the front, side, back and forth. After performing these movements run quickly in front of a few meters - disconnecting or not - depending on the discretion of the coach. Number of players in the group, a combination of players and the type of exercises and movements shall determine the coach.

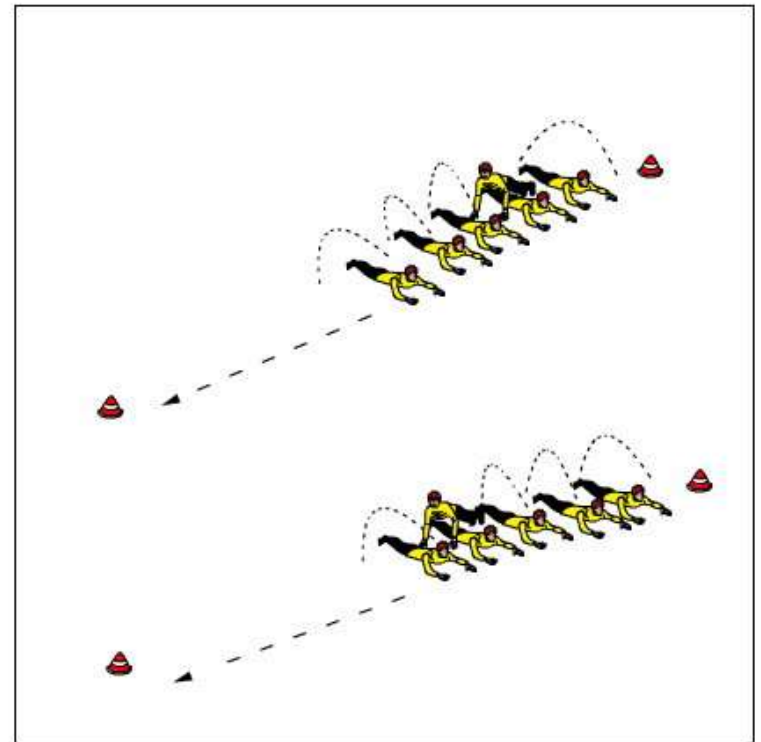


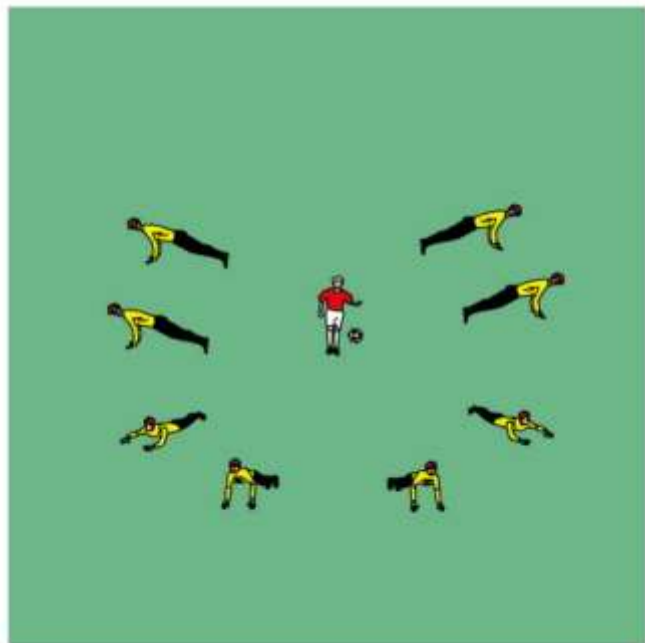
Variety race rows. Race starts one player of each team. After returning to the start "takes" with each other and together they traverse the player race distance. The third stage is connected to the players first, second and third. With each step the number of players increases "exponentially". On the last run we all have. Connected players can not be disconnected.

Distance, possible obstacles and modifications and how they are to be connected to each specify a coach players.



Exercise in the form of racing.
Setting lying in two rows next to each other on your stomach. The last of the players on his back is facing partners. The team is transfused each lying on its axis in such a way that sync partner at the top when they moved to the production belt. After this takes place as the last in a row and another partner of the players takes place at the top. The winner is the first team to return to the initial settings.



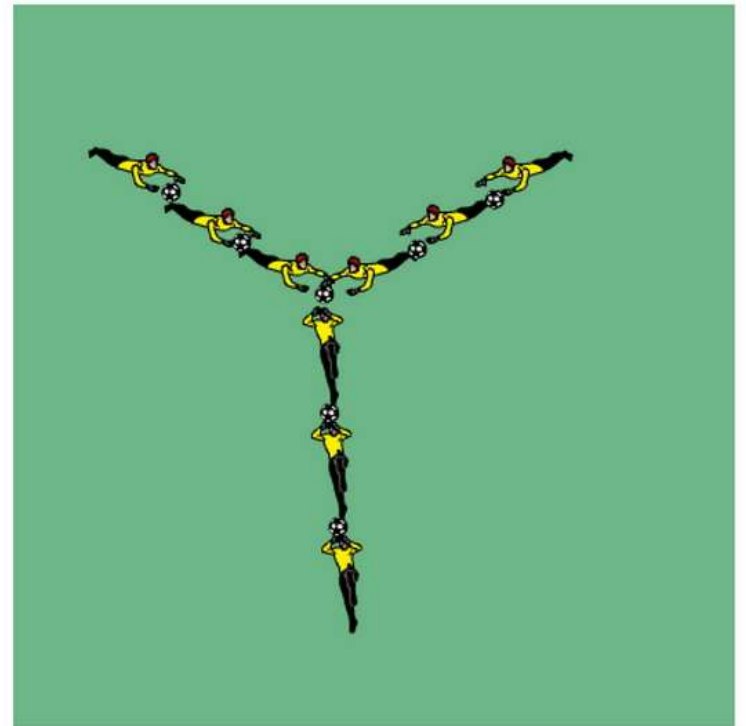


The players arranged in a circle (up to seven people), lying on his stomach in his feet pointing to the center of the circle. The player in the middle of juggling the ball. At a certain point in the middle loudly pronounce the name or nickname of one of the players who are on the circumference of a circle, while conquering the ball up. The designated player quickly gets up and tries to take a pike before it touches the ground and then proceeds to juggle. The middle is, the space outside the circle.

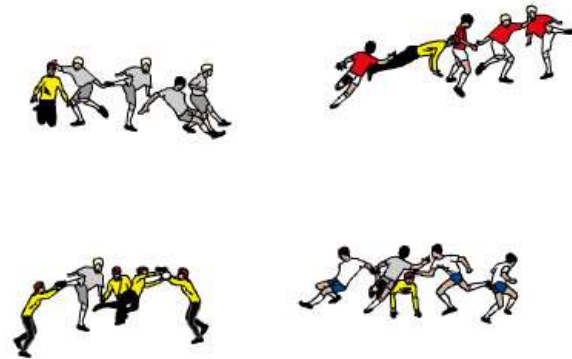
Variations:

- Players on the circumference of a circle can perform various types of exercise
- The rivalry between the inside of the wheel or wheels, as penalties for failure to master the ball
- Different ways of adopting the ball

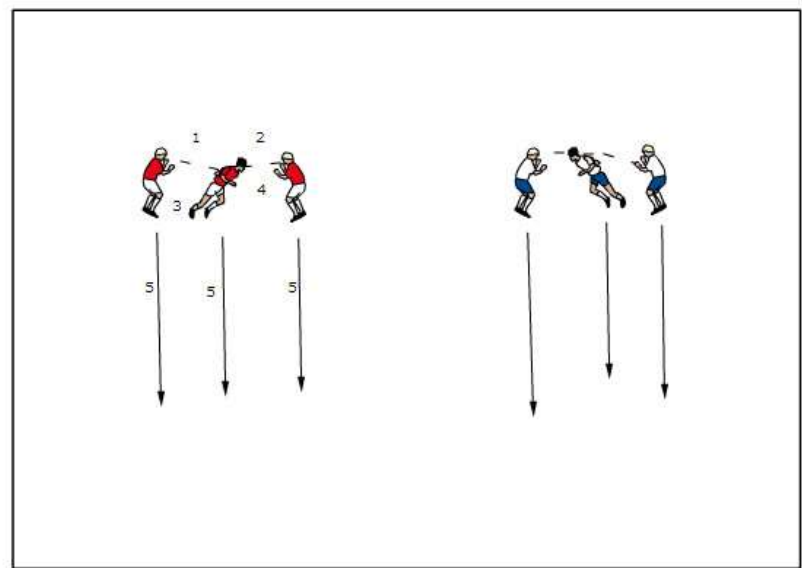
Each player carries the ball in the designated area. At a certain point the coach seems to command the number of people and they have to create a letter (for example, in the nine players - letter Y). In areas in which the players are linked together to be a ball. The first group that will work out the character wins.



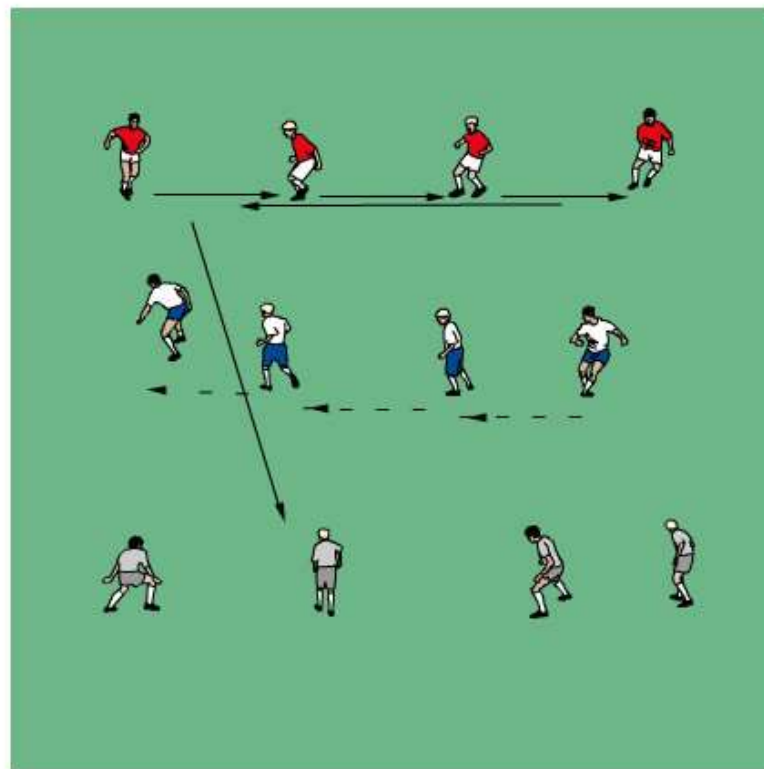
Each player in a loose trot moves in the designated area. At a certain point the coach seems to command the number of people and the way in which the whole group is in contact with the ground (such as the four - three legs - two hands). Players in any way, clutching, supporting and enhancing each other creates the specified figure. The group, which will be the first winner.



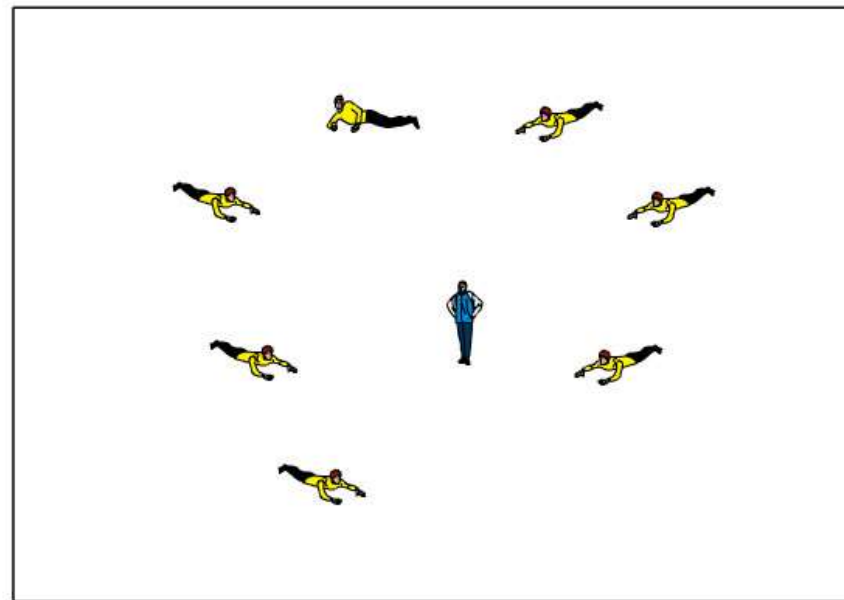
Players lined up in threes - as shown. The player in the middle of the front of one of the partners, and back to the other. Starting play closes his eyes and keeping upright, rigid silhouette, leaning toward one of the partners. This resting his hands on his back (or chest) saves him from falling and then pushes in the direction of the other partners. After several thrusts one of the players on the outside give you an appointment before the starting signal. The middle has to react and his colleagues to start at a distance up to 3-4 meters.



Players lined up as shown. The outer four players with ball mentions it among themselves looking for a convenient moment to play it to one of the four players on the other external. Four moving middle and narrowing the distance between them is trying to prevent the play between the outer.



Exercise reassuring. Players lined up in a circle at any lying. Coach in the middle for a short time gives rhythm seconds. Players try to remember the rhythm. Then close your eyes and begin to signal quiet coach counting to 60 After the deduction of any rises. Coach checks the accuracy of the counting of each of the players. The winner is who stood closest in time to 60 seconds.





Thank you for your attention !!!