Play with Purpose: The Game Sense Coaching Approach for Football (Soccer)

Foreword

About the author
About this resource

The Game Sense approach

Athlete-centred coaching: Guided discovery
High contextual interference practice
Principles of play for novice learners
Principles of play for more advanced players
Modifying and adapting game constraints to focus practice
Designing training activities

Games to develop fundamentals

Game Sense games
Correcting technique

Games to develop the principles of play

A model to describe and understand game behaviour
Common defensive strategies to create ball pressure
Game Sense games

Small-sided games

Game Sense games

Designer Games – match scenarios

Game Sense games

Play practices

Closed and open drills
Game Sense games
Tactical formations

Positions

Total football

Set piece practice

Tactical periodization

The training plan

Useful links

References

Acknowledgements