

TRAINING AND PERFORMANCE MANAGEMENT IN THE TOP

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In elite level soccer, “winning” is the central theme, preferable in an attractive style. Important ingredients are a clear vision of your game strategy, soccer specific team building, and guided scouting. Training and coaching are critical elements to become successful. The game can be structured according to the four main phases in the play: 1) own team has ball possession, 2) change of possession – the ball is lost, 3) ball possession opponent, and 4) change of possession – ball is won.

Each phase has specific characteristic and specifies the role of each player. Technical, tactical, physical and mental (TTPM) requirements can be defined according to game plan, position of the player and the main phase of the game. In this presentation we will discuss the game plan of FC Bayern München. Based on this plan we profile our players in terms of the TTPM-elements.

Players of FC Bayern München participate in four competitions, the “Bundesliga”, the “Pokal”, the Champion League and European/World championships. In a normal season we play 77 games and have about 238 training session. A smart training periodization of the season is crucial to maximize performance and minimize the amount of injuries. The figure below represents the number of match-injuries for our team last season (UEFA Injury study 2009/10). Main results and conclusions of this study will be presented.

The leading training principles and the periodization in macro and micro blocks will be discussed. Basically the training exercises consist of small sided games, passing exercises, position specific system exercises, position play, tactical position play up to 11 vs. 11, individual training, athletic ability and power training, sprint power and capacity training. Each training exercise has been analyzed in terms of physical training load and technical / tactical purpose in relation to game demands. The intensity, load density and/or complexity of many training session are above the game requirements.

Intensive measurements of each training session and match give us a clear picture of the physical capabilities of our players. The LPM Soccer 3D-system, an advanced technological system, is a key element in monitoring the players, both physically and tactically. A number of possibilities of the system will be demonstrated. One application is to assess the defensive organization in relation to the position of the ball and the opponent. In animations we look at the distances between players and lines. These determine the spaces that we give to our opponents, and the opportunity to defend forward. It is an excellent tool for coaching of players in game situations.

Science and innovations are important domains to create and keep the winning edge in elite sport. Several new and potential interesting areas will be addressed.

Incidence of match injuries

The mean match injury incidence for all teams was 25.7 injuries/1,000 match hours, ranging from 12.9 – 46.4.

