

SMALL GROUP TRAINING



Our Small Group Training sessions are like IDP's, but an opportunity to share the experience with friends or teammates.

If multiple players (2-6 maximum) are interested in the same subject, they can work together with a low player to coach ratio.

As with IDP sessions, they are open to players aged 8 and above only.

Some players work better with their friends than by themselves! Save money on the cost of an individual private training session by doing so in the small group training format.

Sample topics for small group training include the following, but players can choose what they'd like to work on to improve their game.

- Technical aspects, (ball manipulation, receiving touch, key skills such as passing/dribbling etc.)
- Street style games, fun games that players can play away from training
- Competition activities (1v1 games)

AGE GROUP TRAINING



Our Age Group Training sessions allow players to train together to improve core skills, as well as a lot of repetition in small group tactical situations. They are high tempo, aimed at getting the highest number of ball contacts per session, so bring plenty of water!

These sessions are open to all players within the specific age group, and are single gender or mixed depending upon the age groups involved.

Small group tactical concepts in 2v1 and 2v2 settings will often be used, with an aim of high repetition to improve decision making. These sessions get more advanced based upon the playing level!

- 2v1 attacking (movements with/without the ball)
- 2v1 defending (basic concepts of pressure/cover)
- 2v2 transition
- Numbers up/numbers down games (situational awareness)

These training sessions are strictly based upon the age of the player unless in the opinion of the head coach the player would benefit from playing with a younger/older group (bio banding).

POSITIONAL/SPECIALTY TRAINING



These individual or group short courses on positional or specialty training (1-12 sessions), can help players at all levels develop the skills required to play in certain areas of the field.

It is important that all players are well rounded, although extra training in position specific facets of play can aid long term player development.

In a normal training sessions, players may not get the level of repetition needed to engage in “deep practice”, meaning players don’t get a lot of chances to make mistakes and make adjustments.

Sample sessions include preventing opponents from turning (central defenders), receiving techniques under pressure (midfielders) and finishing inside the penalty area (strikers).

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