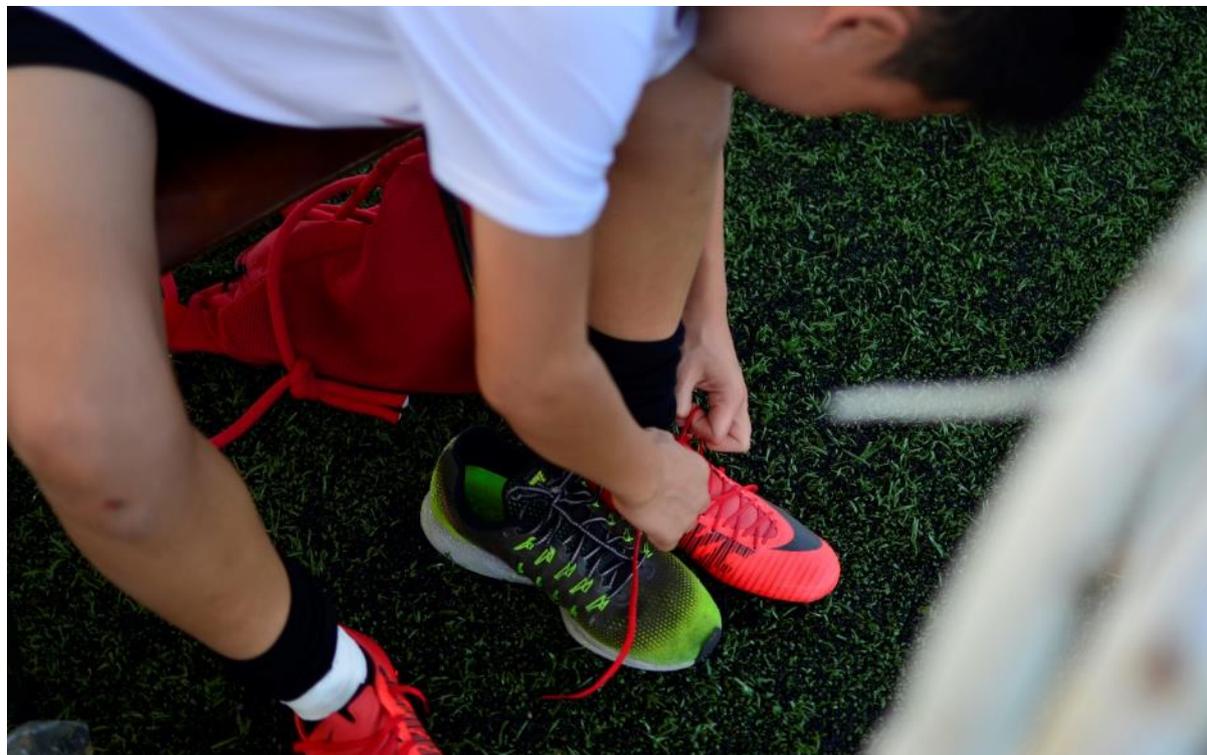


PRIVATE TRAINING (IDP)



Using our Individual Development Plans (IDP), every player can plan for success with access to professional coaching support. This allows for progress in specific aspects of play, working with an experienced coach to address agreed areas for improvement. Training continuity from session to session allows players to build upon their prior learning.

IDP sessions can be booked individually, or in blocks at reduced rates.

Every player has different needs. With this in mind, a bespoke individual training plan can cover a wide range of topics, or some very specific areas for development that need to be addressed.

Some sample IDP sessions include:

- Receiving the ball on the ground/in the air
- Beating defenders in 1v1 situations
- Finishing from crosses

Players can also have an assessment session, where a coach will analyze performance and come up with suitable suggestions for future training.

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).

ADVANCED COACHING CENTERS (ACC'S)



Advanced Coaching Center sessions are invite only and will begin later in the year, to supplement players already in competitive teams to broaden their football education.

ACC courses last anywhere from 4-12 sessions, taking a more detailed approach to specific training topics, accelerating game understanding and individual/group development.

ACC courses are for committed players willing to give great effort and be challenged in every session. The player must want to participate!

Sessions involve an in depth look at wide variety of subjects, aimed at giving more advanced technical detail and challenging the decision making skills already acquired in earlier sessions.

Topics are geared towards the needs of the individuals and group, including diverse subjects such as striking the ball out of the air, advanced combination play and pressing triggers.

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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