

My trainers journal – Oct. 2020

Monday, October 5

Today the training sessions of MC1 and MA2 are planned. For MC1 I made a training that focuses on bonding. In recent weeks I have noticed that there is still a lot of distance between the different ages in this team. So we have to work on the team spirit. By doing certain games this workout (based on the book Energize) I noticed that at the end of the workout there was a lot of positive energy. Nice feeling that such things can quickly affect a group of people. Now build on the sense of what is there. For MA2 I had prepared a training that focused on technique of fitting and adoption. I expected 17 girls for training, but due to corona and tests I only had 7 girls. The exercises that I had devised could therefore not continue, so I had to switch. The girls who were there were also disappointed that they were so few, so you go into training differently. Fortunately, I always have a folder in my bag with separate training sessions that fit a certain number of players. From this I combined a number of exercises and the training was still reasonably focused. Negative of these training sessions: few girls, which made the atmosphere less good. Positive of these trainings: Fortunately I was able to switch because I have trainings in my folder, and C1's training had a good effect on the team. few girls so the atmosphere was less good. Positive of these trainings: Fortunately I was able to switch because I have trainings in my folder, and C1's training had a good effect on the team. few girls so the atmosphere was less good. Positive of these trainings: Fortunately I was able to switch because I have trainings in my folder, and C1's training had a good effect on the team.

Wednesday, October 7

Wednesday is the day that I guide other trainers during their training. I help them with the preparation, give them tips about exercises and what went well and what could be improved next time. Because today is the last real training before the holidays, there were a lot less children than usual. I had asked the trainers to prepare a training aimed at finishing on target. Normally they must have sent me their preparation before 1:00 pm for the 17:00 training. Today that was not successful for all 3, but I had received a good reason from all three so I checked their training later this time. It all looked good! The trainers were just a bit lost on the field in terms of time management and the division of groups for a match. Because that can be very important at this age I helped create the teams and explained how they can approach it next time. They were very happy with that, so that's great. As a tip for myself during this training, I can say that parents (because I am head yy) always come to me during training to ask questions but because of this I am often not on the field for large parts of the training. That is actually the intention so I have to keep in mind for the next time that they can ask me the questions or email me after the time. I can say that parents (because I am head yy) always come to me during training to ask questions, but because of this I am often not on the field for large parts of the training. That is actually the intention so I have to keep in mind for the next time that they can ask me the questions or email me after the time. I can say that parents (because I am head yy) always come to me during training to ask questions but because of this I am often not on the field for large parts of the training. That is actually the intention so I have to keep in mind for the next time that they can ask me the questions or email me after the time.

Monday October 19

The first training after the autumn break. That is noticeable.... The condition of the girls has quickly deteriorated after a week of doing almost nothing. So we have to work on this. For the first part of the training I made a warm-up game. The girls liked this one, even though it was perhaps a bit heavy 😊 Because we no longer have matches due to corona, we played a match against MC2 during the last 45 minutes of practice, who have training on the other half of the field. Because the game was mixed I had trouble with some of the names of the other girls when I wanted to give them tips. Fortunately, that quickly improved after I had orientated. I think it is very important as a trainer to know children by name and to know how they behave.

Wednesday, October 21

The day of the youngest youth and guiding other trainers. Today I noticed very much that the children were restless and that the trainers had difficulty with that. There was a large group of children with a lot of energy, just try to get that under control. Fortunately, my mother gave me a number of tricks as a teacher on how to perfectly get the attention of children haha. I can show this again and see and teach it to the other trainers. That always gives me a satisfied feeling.

Saturday, October 24

Gameday !!! Because it is still not possible to play matches, we play matches within the club. Today the JC1 were on the schedule. After some hassle due to the absence of our goalkeeper, I gave the girls a choice. Either you choose who will play, or I pick up a randomizer that one of you chooses. After the warm-up, they came to me that I really had to choose, because they couldn't reach an agreement among themselves. This showed me again that they are still young and find it difficult to stand up for themselves. So it came to the moment that I picked up the randomizer, and one of the girls was allowed to prepare for a game of goalkeeping. As a result, everyone was satisfied with the outcome and no one complained that it had been unfair. Something to learn from!

Monday, October 26

After last week's game, and the points that had come to light, a training session to deal with those points. The girls were aware of this themselves and were therefore also focused on the exercises that I had made to make a few things clear to them. By using a large drawing board, they understood the exercise in one go. Had I not done this, they would probably have lost their way quickly and the training would have been much messier. I was a bit disappointed at A2's next training session. Without any cancellations, there were only 7 of the 17 girls. Because I had designed a training on a large scale, I suddenly had to adjust my training for the number of girls I had. Fortunately I have a lot of experience and I know how to get a workout out of my sleeve, but a workout will never be as perfect as you would like it to be. The girls who were there were happy that I came up with a training so quickly and were also satisfied with the training.

Wednesday October 28

I notice that, due to the absence of parents along the field, I have a lot more time to really be on the field and see what is happening. This has made it even clearer for me where there are still points of development in this group of children and what I have to take into account for the next period to make

a schedule. The disadvantage of the fact that the parents are no longer allowed to enter the complex is that I miss the connection with the parents. Often you have a short conversation about how a child is doing or whether there are any particularities, but that is no longer discussed at all. That is a downside. Anyway, unfortunately we cannot change that.

Saturday, October 31

Another game on the schedule. This time against MC2. Because I knew in advance that my team was qualitatively much better, I had given the girls certain assignments to advance. For example, the keeper had to be heard more, I wanted to see circulations in midfield and a good defense in the front. Unfortunately we were still so much better that the game was actually not fun for us as a team, because there was no way of opposition, not even with the assignments I had received. After the 10-0 I stopped counting and instructed the girls to just make the best of it. Fast forward to Monday's training.

Monday November 2

After Saturday's game for MC1, there weren't many points we could work on specifically. A good time to get involved with technology. The difference in level is quite large in this team. The exercises I came up with were simple and effortless to explain. The tricky thing I always notice with such training sessions is that the girls who are less good at something, immediately become demotivated and can hardly be motivated anymore. So I have to come up with something for this, because the exercises were intended for the weaker group and focused on their qualities and what they can improve. I'm going to talk about this with another trainer to see what their opinion is.