

Collective Game Culture



The Team



The Player



The Coach



Our Training



Our Game

Collective Game Culture

"There is only one ball, so you need to have it"
Johan Cruyff

The collective game culture of LPFC focuses on Possession and Recovery, based on the model created by FC Barcelona.

The culture also revolves around the concept that to enjoy the game you must have the ball.

Throughout all of the training stages the three P's are prevalent to the LPFC Culture.

Possession
Position
Pressure



The Stages of Training

Throughout the training journey,
the following aspects must always
be maintained.

Specificity over Generality

Quality over Quantity

Play, Think, Feel, Enjoy

Intergrate Talent

The Ball



"Do Not Lose It!!"

The Position

"Do Not fall Out Of Position"

The Stages of Training



Adult Teams (U18's & U21's)



Performance (U16's Squad)



Specialization (Youth/Cadets/U14's)



Initiation (Under 8's/Novices)

Interaction between the player and the coach



The Training and objectives

- Train the fundamentals of the game within the LPFC methodology.
- Continually improve the preparation and the relationship with the players.
- To fall in love with "Our Game" and instil the same passion in the players to that within the coach.
- To be the interlocutor between the player and the game, the two fundamentals of the beautiful game.

The structures that make up a player

COGNITIVE

MENTAL
ATTITUDE

CONDITIONAL

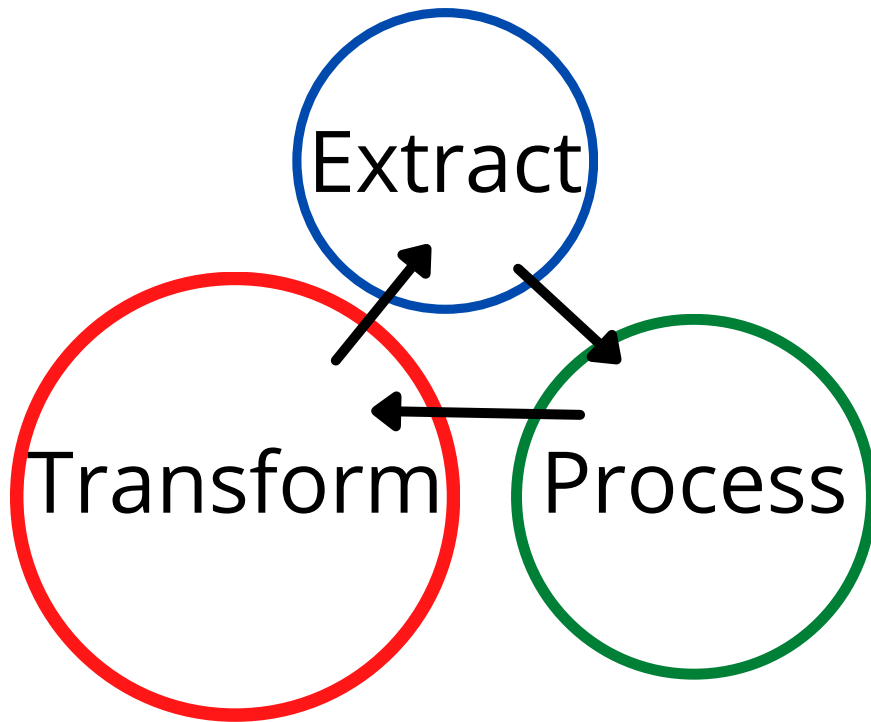
EXPRESSIVE-
CREATIVE

COORDINATION

SOCIO-
AFFECTIVE

The structures that make up a player Cognitive Structure.

'The understanding of the game'



The cognitive structure, focuses on a players ability to read the game and make decisions.

Extract, Process and Transform helps understand this structure.

- To extract is to observe, to feel and hear.
- To Process is to think, read and understand.
- To Transform is to adapt create and improve.

The most effective way to train this is to work on game situations, or to give the players problem solving scenarios which are relatable to an in game situation.

The structures that make up a player Expressive - Creative Structure.

'New ways of solving new situations'

Surprises Communication
Coordination Space
Creating-disruption
The-ball Possession
Problem-solving Movement
Intelligence, Fun
New-possibilities Empower
Situations Variability
Emotional-courage Enjoyment Flexibility
Dynamic Timing

Ultimately, the Expressive-creative structure is a means to empower players to express more creativity in a game situations. The structure relies on a coach providing challenging and varied drills which allow the player to think for themselves and use a variety of skills or techniques in order to overcome the challenge. This can be linked to many game situations where the game is forever fluid and changing and players are required to find new ways to keep possession of the ball, or recover the ball from the opposition.



The structures that make up a player

Conditional Structure.

'Strength, Speed, Endurance, Flexibility'

The conditional structure focuses on the ability of an athlete to physically perform at optimal capacity.

Conditioning plays a crucial part in the physical development of a player, ensuring they can cope with the riggers or the game and also helping them avoid injury, and recover quicker.



How conditioning support the LPFC style.

The conditional structure for top level athletes cannot be underestimated, and as such there are now more scientific approaches to athlete conditioning than any other structure.

The concept of conditioning works on the basis that to execute the mental and technical parts of the game, the body must be able to cope with all of the demands within any given situation. For example when trying to recover the ball, the athlete must be able to maintain his stamina in order to recover the ball as quickly as possible. Another example would be strength, whilst in possession, it is imperative that players are able to hold onto the ball in a challenge, avoiding being knocked down, or off balance thus losing the possession.

Individual Player Profile

The Individual player profile is the tool for observing a players progress.

- *What is the current condition and talent of the player?*

- *Identify the main skills and talent in order to optimize.*

- *Define the conditions we want to change.*

- *Train the shortcomings in order to contribute to the performance in the game.*

- *Observe the social behaviours of the player.*

- *Attempt to minimise or remove certain bad habits of imperfections.*

- *Create a player profile according to the players needs and their role within the team.*



Individual Player Profile

The Individual player profile must also focus on the structures of the player, a profile should also be created for the performance of the player during the recovery and possession stages.



What is the use?

- *To monitor progress*
- *Optimize their sporting performance*
- *Modify their own actions*
- *Adapt to the LPFC style of play.*

Interaction between the player and the coach

Behavioural Features of the coach

- **Attention to formal Aspects** - Time management, during games, training, alongside feedback and team talks. The clothing, and materials, ensuring all clothing and equipment are appropriate for the training.
- **Attitude** - The coach should not be Negative or Passive in training, but rather he must be Reactive, to game situations and scenarios. Proactive in anticipating scenarios or game situations. Active, to be involved in the training, and to be close to the players.
- **Quality of Information** - The information given must be Concise, Accurate and Clear, Useful, Prompt or Repetitive and Decisive.
- **Reinforcement** - A coach can offer reinforcement through verbal and none verbal communication, such as direct verbal feedback, written feedback, or even gestures and signals.
Reinforcement has to be punitive, players need to be reprimanded or punished in certain situations, on the flip side the coach must also provide consistent positive reinforcement to motivate and encourage the players.
- **Ability to transmit information** - The coach must be able to transmit information to the players such as the concepts, values and communication relating to all of the structures relating to the player development.