



Temporada 25-26



Temporada 25-26

**Noves
instal·lacions**

**Nova
proposta
esportiva**

**Nova
proposta
organitzativa**



Albert Viñas



Football Manager de Cruyff Football

**25 anys professor i Director Cursos FCF/ RFEF /
UEFA**

**Experiència com Entrenador / Coordinador a clubs
com Tecnifutbol, Valls, Gimnàstic, Reus Deportiu,
Rapitenca i actualment Reus FC Reddis.**



Albert Viñas



Director FutbolSalou

10 anys

Director MareNostrum

20 anys

**Àmplia experiència internacional: Xina, Rússia,
Finlàndia, etc.**



Marc Vela



Mestre educació primària



Entrenador UEFA Pro



Entrenador futbol base Gimnàstic



Marc Vela



**Entrenador Fundació futbol base Reus
Deportiu**

**Coordinador Fundació futbol base Reus
Deportiu**

Entrenador primer equip CE El Catllar



Objectius

1

Mantenir els jugadors i jugadores actuals

2

Tots els alumnes de l'escola que vulguin jugar, tinguin equip

3

Recuperar el futbol femení



Temporada 25-26

**Nova
proposta
esportiva**





Cruyff Football

Inspiring the future of football



Johan Cruyff

1947 – 2016

PLAYER: Ballon d'Or, in 1971, 1973 and 1974
In 1999, Cruyff was voted European Player of the Century
COACH: Ajax 1985-1987
FC Barcelona 1988 -1996

2. CRUYFF FOOTBALL TEAM

GUARDIAN OF CRUYFF FOOTBALL



Jordi Cruyff
Pro UEFA Licence

- CEO of Cruyff Football
- Former Sporting Director of FC Barcelona
- Former player of FC Barcelona and Manchester United
- Global experience in roles as a coach and Sporting director.

LEADING WORK TEAM



Albert Capellas Herms
Pro UEFA Licence

- Degree in Science and Physical Activity and Sport by University of Barcelona
- Cruyff Football Methodology
- Former Deputy Director of Youth Academy and Head of Methodology of FC Barcelona
- Former FC Midtjylland Coach and U21 Denmark National team Coach
- Former Assistant Coach of Borussia Dortmund



Albert Viñas Aliau.
Pro UEFA Licence

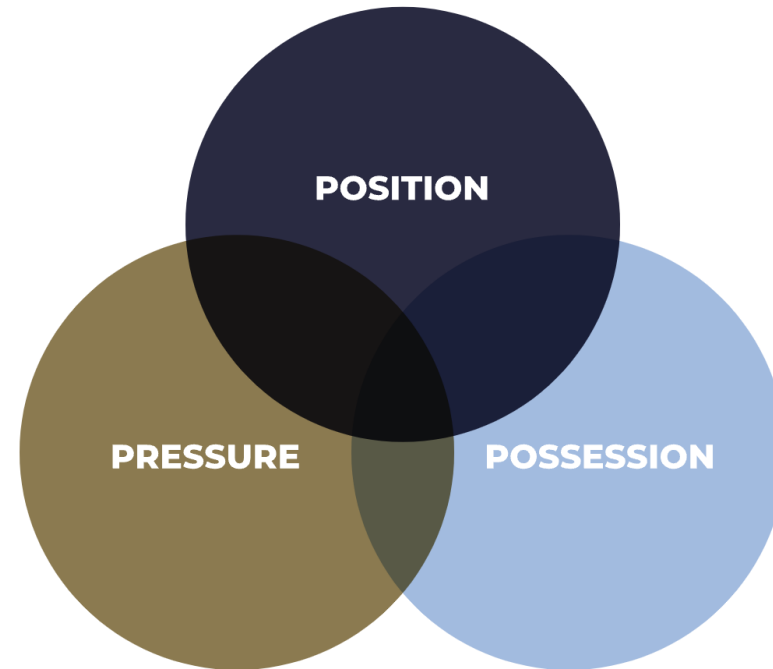
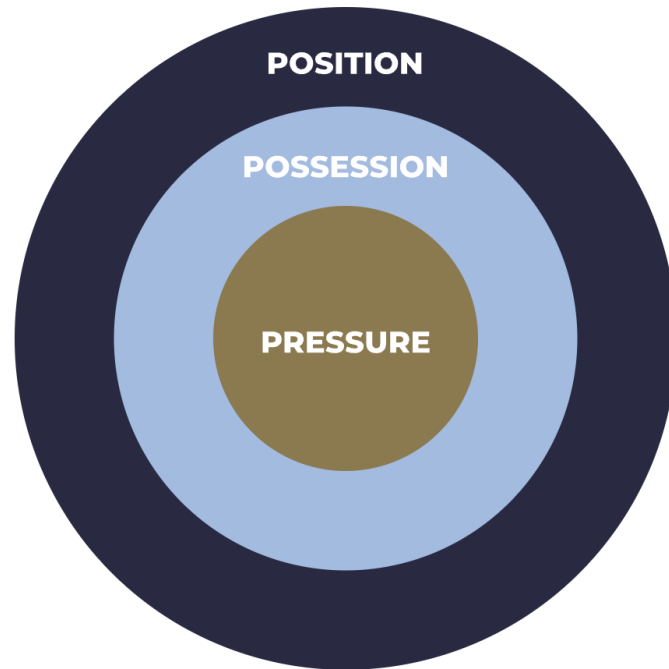
- Degree in Science and Physical Activity and Sport by University of Barcelona
- Cruyff Football Methodology
- Director of coaching courses at the Catalan Football Federation for 25 years
- CEO Marenstrum Cup
- Worldwide experience consultant

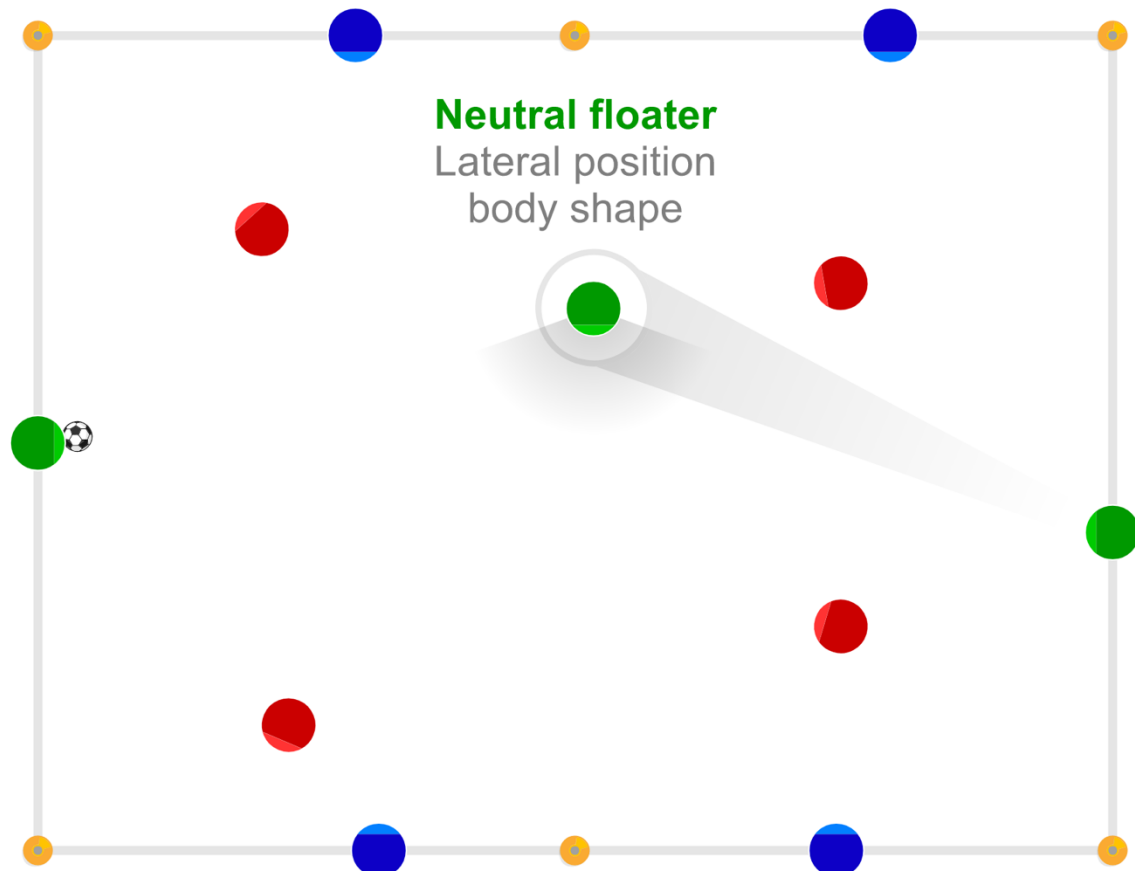


Intro to Cruyff Football Methodology

THE POSITIONAL GAME

In short, a good position on the field will allow us to have possession of the ball and to press better when we lose it.





Attack



A

TD

D

TA

13

PG 4vs4+3 D001



SETUP

EXPLANATION

TIPS

High valuable drill

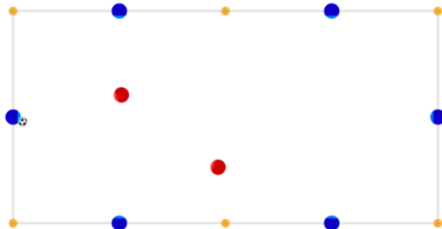
Drill details:

👤 Min. number of players:	11
👤 Recommended number of players:	11
⚽ Football variant:	F7-Aside to F11-Aside
👤 Age:	Youth, Senior
👤 Youth age:	U8 to U21
🧠 Level of difficulty:	Intermediate
😊 Level of difficulty for children:	Medium
📏 Game area:	14m x 16m or 46ft x 52.5ft
🕒 Time:	2-4 rounds of 3'-5'
⌚ Rest time between series:	1'

Materials needed

Blue bibs:	4
Red bibs:	4
Green bibs:	3
Flat markers:	1





BX 6vs2 D001



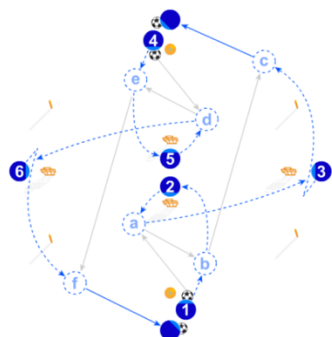
3P Line D002



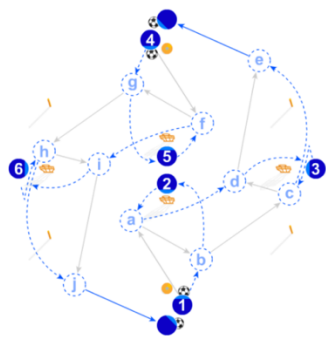
3P Line D003



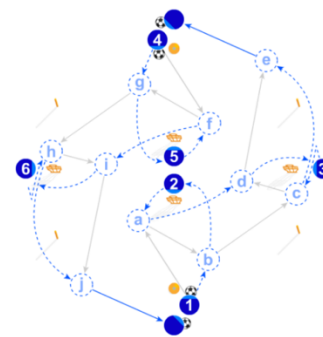
3P Line D004



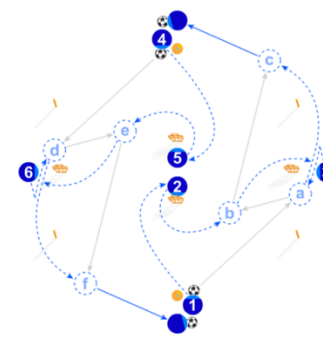
Diamond D001 R



Diamond D002 R



Diamond D003 R



Diamond D004 R



[Training](#)[Playing ▾](#)[Plannings](#)[Fundamentals ▾](#)[Webinars](#)[Contact](#)[ALL](#)[ATTACK](#)[DEFENCE](#)[PLAYING SYSTEM](#)[TRANSITION A>D](#)[TRANSITION D>A](#)

Stay between lines and 3r man

Category: Attack



Yes



No



Video



Rotate with winger and fullback

Category: Attack



Organize the rest defense

Category: Attack



Stay between lines and 3r man

Category: Attack



Stay between lines and calm

Category: Attack



Width and depth 1vs1

Category: Attack




System 1-3-1-2


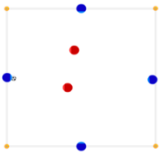



Category: Playing system



System 1-2-3-1

Category: Playing system

	Season:	Week 1	Club:	U8
	Period:		Team:	
	Medio plan:		Coach:	
	1			
Comments: We will work on receiving and passing by focusing on quality of passing, first touch and good body shape. Coaching tips: - Don't get ahead of the player by telling them what they must do, let them play and correct any mistake they may make and reinforce when something is done well. - Take advantage of breaks to make corrections and ask them how and why certain plays were done correctly.				
Session 1		Session 2		Session 3
0 - Warm-Up - Tag game The full squad 3 balls and 2 bibs. Focus: Teamwork		0- Warm-Up - Rondos: 4v1 The training starts directly with the Rondos. Focus: Utilize first touch to keep the ball moving.		0- Warm-Up - Tag game The full squad 3 balls and 2 bibs. Focus: Teamwork
1- Control pass: Triangle 2 groups of 6 players Focus: <ul style="list-style-type: none">Quality of pass: quick, firm and played to teammate's outside foot.Control with the outside foot.Good body shape to receive the ball with the outside foot. Tips: <ul style="list-style-type: none">Have enough balls to put it back into play quickly.		1- Control pass: 3p line 2 groups of 6 players Focus: <ul style="list-style-type: none">Quality of pass: quick, firm and played to teammate's outside foot.Open up passing lines.Good body shape to receive the ball with the outside foot. Tips: <ul style="list-style-type: none">Have enough balls to put it back into play quickly		1- Control pass: finishing Full Squad Focus: <ul style="list-style-type: none">Quality of pass: quick, firm and played to teammate's outside foot.Control with the outside foot.Diagonal passes Tips: <ul style="list-style-type: none">Have enough balls to put it back into play quickly
2 - Positioning game: 3v3+2 2 groups of 3 / 1 group of 4 Focus: <ul style="list-style-type: none">TrianglesQuality of passControl with the outside foot.Body shape Coaching tips: <ul style="list-style-type: none">If the attacking team are struggling to string passes together, make the pitch bigger so they have more time to execute the drill better.When the ball goes out, quickly have the extra man put it back into play.		2 - Technical game 2vs1+ finishing 2 groups of 6 players Focus: <ul style="list-style-type: none">Quality of passingCreate passing lines.Diagonal passes Coaching tips: <ul style="list-style-type: none">Concentrate on the attacker off the ball.The attacker and the defender must stay in the designated square.		2 - Positioning game: 3v3+2 2 groups of 3 / 1 group of 4 Focus: <ul style="list-style-type: none">Quality of passControl with the outside foot.Diagonal passes Coaching tips: <ul style="list-style-type: none">If the attacking team are struggling to string passes together, make the pitch bigger so they have more time to execute the drill better.When the ball goes out, quickly have the extra man put it back into play.
3 - Small-Size-Games:4vs4+4 Depth 3 teams. 1 team, an extra man on goal line, and 2 players on each side of both goals. We change after every goal. Team that comes on, the keeper starts playing the ball from his own goal. Coach must be the referee.		3 - Small-Size-Games: 5vs5+2 floaters 2 teams. 2 Extra men. We change after every goal. Team that comes on, the keeper starts playing the ball from his own goal. Coach must be the referee. Rotate the extra men in every set.		3 - Small-Size-Games: 4vs4+4 3 equal teams. We change after every goal. The team that is resting is divided up; Each player goes to one of the 4 sides of the pitch with a ball. They'll act as ball boys to help with the flow of the drill. Team that comes on, the keeper starts playing the ball from his own goal. Coach must be the referee.
Focus: <ul style="list-style-type: none">Move the ball quickly.In front of the goal, quick finishingCreate triangles.		Focus: <ul style="list-style-type: none">Move the ball quickly.In front of the goal quick finishingOpen up passing lines.		Focus: <ul style="list-style-type: none">Move the ball quickly.In front of the goal, quick finishingCreate triangles.

	Season:	U12	Club:		Date:	
	Period:		Team:		Day:	
	Microcycle: 3		Session: 8		Coach:	Time:
Comments: -We will focus on creating new passing lines by staggering the players' positions of the same line. -We will introduce the concept of quick reaction after losing possession and the 5" Rule.						
Coaching tips: - Emphasis on following up and the continuation of plays e.g. "I pass and move into a new space to create another passing line." -Encourage reacting quickly after losing possession.						
	0- Rondos 4vs2				T:15'	
2 groups 10m x 10m or 32ft x 32ft						
Rules: <ul style="list-style-type: none">2 touchesThe player on the opposite side should create a passing line.					Focus: <ul style="list-style-type: none">Quality passing to teammate's outside foot for better control.Control the ball and keep it moving into next play.	
	1- 4P Line D001				T:20'	
8m or 26ft between cones 2 sets x 9' Break between sets: 1' 2 groups of 6 players						
Rules: <ul style="list-style-type: none">The two groups work on the same drill at the same time.Players 3 and 4 must wait for the right time to make their run.					Focus: <ul style="list-style-type: none">Create passing line based on the player closest to the ball (opposite side)Get into staggered position based on closest teammate.Control the ball with outside foot.	
Coaching tips: <ul style="list-style-type: none">The main idea is to put together a sequence of passes with maximum accuracy and concentration.						
	2- Finishing: 1vs 1 run throw to the defender				T:25'	
Entire squad divided into 2 groups. 2 sets x 12' Break: 1'						
Rules: <ul style="list-style-type: none">When the attacker begins to dribble, the defender comes out.The defender must go around the same cone as the attacker, which is the one closest to goal.Rotate to next position.					Focus: <ul style="list-style-type: none">Dribble with furthest foot.Get in front of and cut off defender.Look up to see where the keeper is before shooting.Utilize body feints.	
	3- Match: 7vs7 or Small Size Game 6vs6				T:30'	
If there is another team available with players of the same age or if the coach has enough players within the same squad, a 7-a-side match will be simulated using the full pitch. Utilize 1-3-2-1 formation.						
SSG 6vs6 Full size of 7-a-side pitch. 2 Sets x 12' Break: 4'						
Rules: <ul style="list-style-type: none">Real match with a 1-3-2 formation.The coach is the referee.					Focus: <ul style="list-style-type: none">Staggering of positions.Continuing play5" Rule	

Temporada 25-26



Temporada 25-26

Formació entrenadors

**Preparació sessions
entrenament**

Informes trimestrals



Temporada 25-26

Assessorament

Internacionalitat

**Campus, tornejos, stage,
tecnificacions ...**





Temporada 25-26

**Nova
proposta
organitzativa**

**Coordinador
MARC VELA**



Entrenadors

2 entrenadors per equip



1r entrenador - Titulació



2n entrenador - Ajudant



Horaris entrenaments

BABYS – PRE BENJAMINS- BENJAMINS

Dimarts i dijous – 17:30 a 19 hores



Horaris entrenaments

ALEVINS - INFANTILS

Dimecres i divendres – 17:30 a 19 hores



Horaris entrenaments

CADETS

Dimarts i divendres – 19 a 20:30 hores



Horaris entrenaments

JUVENILS

Dimarts i divendres – 19 a 20:30 hores



Temporada

CATEGORIA	INICI	DURADA
BABYS	1 d'octubre	9 mesos
PRE BENJAMINS - BENJAMINS	15 de setembre	9 mesos i mig
ALEVINS – INFANTIL – CADET - JUVENIL	1 de setembre	10 mesos

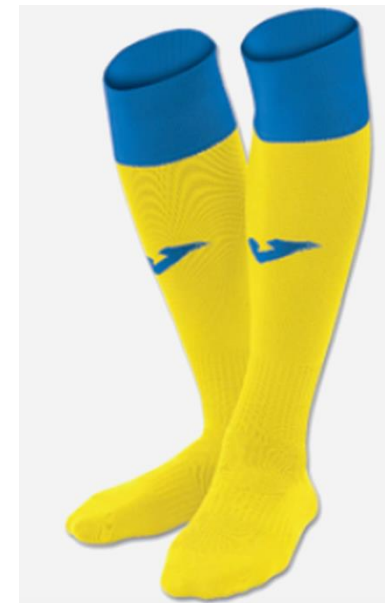


Reunions de pares

**Finals de
setembre**



Nova equipació





Quotes 25-26

Inscripció
100 €

Pagament
únic

Pagament
fraccionat



Inscripció 25-26

Oberta fins
el 15 de juny



Contacte coordinador

Marc Vela
635398226



Gràcies!!