

KARLSUHUE SC

Antalya Training Camp

February 19-23, 2012



By Vlad Muresan

Day 1

Sunday, February 19th 2012

2:15 pm - The team arrives at Antalya International Airport and embark on a bus to the team hotel, 60 kilometers away near the city of Manavgat, on the border of the Mediterranean Sea

4:30 pm - Team arrives at Amelia Beach Resort Hotel, checks in, followed by a light training session

5:10-6:45 pm - The first training session takes place, duration of 95 minutes. It consists of a light jog of 30 minutes, with breaks for dynamic stretching exercises to loosen up any pain or jet legs. Following the jog, the fitness trainer takes over in the gym of the hotel, putting the girls through a 60 minute workout including aerobic and anaerobic exercises, powerful dance moves that solicited the body, Pilates and some strength exercises that worked all the big muscle groups. All these were done with beautiful pump-up music in the background, providing a good atmosphere and giving each player the joy to work and feel like a true footballer. The last 5 minutes of the session, the whole team danced to the hugely successful International hit by Brazilian artist Michel Telo "Ai Se Eu Te Pego" <http://www.youtube.com/watch?v=aW2rkR3x6cY>. This gave a great ending to the session as the girls left with a smile on their face and not showing the difficulty of the work they just endured.

8:00 pm - Dinner was followed. The hotel had two wonderful restaurants that had buffet style servings, so the team were able to nutrition themselves properly throughout the course of the physically-demanding training camp. Some of the older players were even allowed to enjoy a beer with dinner each night. This proved of the maturity and trust that the manager showed in the team. After dinner, the team relaxed, stayed a bit on the laptops, watched some tv and went to bed. I stayed up a bit longer discussing technical and tactical subjects with the manager Sorin Radu, and watching the game between Paris Saint Germain and Montepellier

11:00 pm - Curfew

Day 2

Monday February 20th

7:00 am - Players that were not up to full fitness were put through their paces by goalkeeping coach Holger Wassmann on a forty minutes run, at a moderate tempo, with stretching exercises in between and at the end. Players that were considered fit were allowed to sleep in a little longer .

8:00 am - Breakfast was from 8 to 9, again in a buffet style restaurant, with many choices for food and beverages.

10:00 am - The first training session of the second day took place on Monday morning, for a duration of 80 minutes. In the first part of the session, the players were divided into three groups of 6, playing 4v2 in a space of 10x10 meters. The second part, the players were divided into two groups, with each playing a 6v2 exercises on a 15x15 meters square, while the two goalkeepers worked with the goalkeeping coach for the rest of the session. The manager then divided the team into groups of four, working on support on and off the ball, body shape to receive a pass and communication ways to transmit a pass. This was followed by exercises consisting of three players, with emphasis on the change of pace, the speed at which to show or attack a ball, with all areas of the body(inside the foot, outside the foot, thighs, chest, head). The warm down was a slow 5 minute jog around the pitch with various dynamic stretching movements

1:00 pm - Lunch

2:00-4:00 pm - The players went back to their respective rooms and rested for the second training session of the day.

4:00 pm - The second training of the day was very physically oriented and focused on the physical fitness of the players. For a duration of 90 minutes, the fitness trainer set up a 20 minutes warm up that included an easy jog with exercises of stretching. After that, the players were divided into groups of two, with each group at a station, 9 stations in total. The circuit was set up in a way so that upper body exercises were followed by lower body exercises, never two of the same kind in a row. The players worked the circuit four times, being at each station for 45 seconds, with 15 seconds break in between. After the circuit was done, the players were allowed a 2 minute break. It was a very challenging part of the session, working simply on becoming stronger physical players. This

was followed by a 20 minute stretching session and finished up yet again with a good atmosphere and the “Ai Se Eu Te Pego” song which put a great mood throughout the camp.

700-8:00 pm - Dinner

8:15 pm - There was a 20 minutes meeting between the staff and the players that discussed the goals of the training camp and the goals of the upcoming season. After this, the players were allowed free time until the curfew.

11:00 pm - Curfew



Amelia Beach Resort Hotel and Spa

Day 3

Tuesday February 21st, 2012

7:00 am - The players lacking fitness were again put through their paces on a morning run of 40 minutes with stretching exercises in between and at the end.

8:00 am - Breakfast

10:30 am - This training session was simply on finishing. For a duration of 85 minutes, the players started again in three groups of 4v2, followed by exchanging a few passes as part of their warmup. Then in groups of two, player combined with each other ending up with a shot on goal. After 25 minutes, the number of players in a group was increased to three this time adding a wide player to provide crosses. Each player had a well-known path to follow during the exercise, designed to evade the defenders and arrive in the box at the perfect time for the cross. The focus was on scoring as many goals as possible, without having the pressure of any defenders. The warm down was a simple jog around the pitch in bare feet.

1:00-2:00 pm - Lunch

2:00-4:00 pm - Rest

4:00 pm - The second training session of the day took place in the pool of the hotel for a duration of 70 minutes. This was more of a physical session, rather than a recovery one. Players swam for the first part, passing a ball with their hands. This was followed up by a few swimming battles, with a ball being in play and players competing for it. Following this, the team did many sets of one minute of leg work in the water, moving their feet and kicking their water in many different ways possible. The water was not very warm, so this session could be said that it was the most physically demanding one. The manager chose these first three days to work on the physical aspect of the game, knowing the players were fresh at the beginning of camp rather than at the end.

7:00-8:00 - Dinner

8:00-11:00pm- The players were allowed some free time again, with some of them watching the Champions League matches that were going on that night.

11:00 pm - Curfew

Day 4

Wednesday February 22nd 2012

8:00-9:00 am - Breakfast. Due to the physically demanding work done the past three days, there was no more a morning training session for any player.

10:00am - The manager had a tactical meeting discussing with the players his plans for the upcoming training session that was going to focus on their position when they have the ball. He explained to them his expectations and how he wanted the team to look in possession of the ball. This was followed by the training session where everything was put in place.

11:10am-1:00pm- The tactical training session took place for a duration of 110 minutes. After a ball-oriented warm-up, the manager worked on four tactical systems. Firstly, a 4-2-3-1 where the three central midfielders were supposed to move, create space for each other and win the numerical battle in the middle of the pitch. Outside backs were encouraged to get forward and provide crosses for the strikers and late-arriving midfielders. The two center defenders were told to open up to the edge of the box when the goalkeeper had the ball, trying to build the ball out of the back. Secondly, a 4-3-3 that looked very much like Ancelotti's famous 4-3-2-1 . Again, the central midfielders were told to have a big presence and dominate the middle part of the field, with the two attacking midfielders playing very narrow. This created space for the outside backs to get forward and be involved in the attack just like emphasized in the 4-2-3-1 before. Lastly, a classic 4-4-2 was tried, with the emphasis on the combined movement of the two strikers, making diagonal runs, and getting many early balls into the box to put pressure on the opposing defence. Yet again, outside backs were encouraged to get forward, often overlapping the wingers. Some key factors were present in all three of the tactical systems: Outside backs were very offensive, central defenders were to open up and bring the ball out of the back, central midfielders with lots of energy and work ethic and strikers ready to pounce on anything and be as productive as can be. This was followed by a 7v7 game on a half pitch, where there were no rules and players were allowed their won freedom. A penalty shootout ended the training session. This was the longest training session of the training camp; however most of the work done was static with many stops and explanations on how the manager wanted the team to look.

2:00 pm - Lunch

2:30-4:30 pm - Rest

5:00 pm - The second tactical training session took place in the afternoon for a duration of 65 minutes. After a 20 minutes 4v2 warmup, the manager worked for 25 minutes on the defensive shape of the team, again with many stops and explanations. Compactness, communication and a high line were the most common interruptions during the session. This was followed by a 20 minutes activity with crosses and players getting on the end of the ball in the box. I found it interesting that the manager worked so little on the defensive aspect of the game, compared to the morning training session on the attacking aspect. This explained his philosophy and style of play. He wanted an attacking team who kept possession, got the ball out wide and put pressure on the opponents with many crosses from the endline. He also instilled a high defensive line that was able to win the ball back as soon as it was lost and restarting their possession football yet again.

7:30 pm - Dinner

8:15 pm - There was a 20 minute tactical meeting to end the day, reviewing all that was worked on in the training session both defending and attacking.

8:45 pm - The players were given their usual free time until the 11 o'clock curfew, with many of them choosing to watch the FC Basel-FC Bayern Munchen Champions League Round of 16 Match. Most of the players went to bed sad as Basel came out victorious 1-0.

Day 5

Thursday 23rd

8:00 am - Breakfast

10:00 am - The last training session consisted of just a warm up followed by an 11v11 match, where again the players had their own freedom to play without any stops from the manager. The tiredness at this point was very visible due to the demands of the training camp.

1:00 pm - Lunch

3:00 pm - The players were given the afternoon off, with them choosing to go to the near city of Madavgat to shop. The return at the hotel was around 8 pm, followed by dinner and packing for their late night/early morning flight back to Karlsruhe

9:00-11:00pm- Last part of the camp was saved for a little celebration of the new transfers, each of them being quizzed over the history of the football club, little known facts about their manager and many laughs. It was a perfect way to end the training camp as the players seemed to forget the physical and mental tiredness they were feeling and chose to have a tremendous time with their teammates. With all said and done, the players and the tactical staff left for the airport, with many memories but also a desire to succeed on the field and get promoted at the end of the domestic season.

