

The basics of our style of play

TOPIC: THE "SUPPORTING" SCIENCES OF FC BARCELONA
PART 3

In general, from a dynamic point of view, **how should the coach verbally intervene before and during the exercise?**

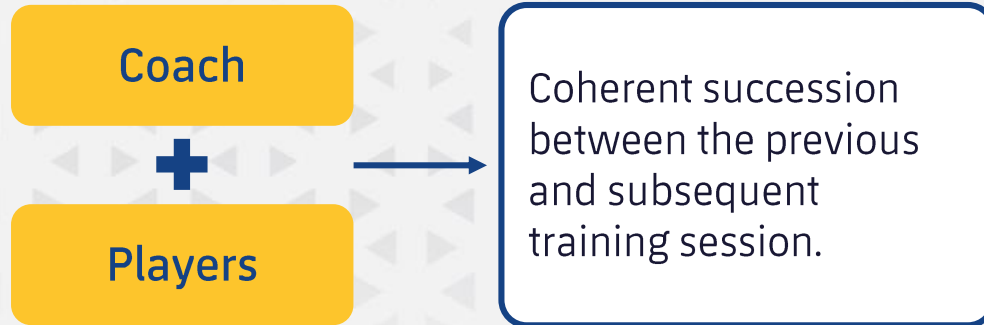
The coach must identify the intrinsic dynamics of the athlete and the team before planning the objectives. Accompanying the athletes during the training processes, acknowledging that their intervention will not be necessary at times, allowing the athlete to create autonomy.

The interventions should focus on encouraging the spontaneous emergence of the skills sought.

The coach's interventions

Care should be taken with instructions that detail very specific technical movements with different types of angles. Not only because they are not specific, but because the player neglects to pay attention to his/her movements in that context.

Every kind of instruction that coaches give creates dependency. Such dependency increases levels of anxiety and insecurity in response to a permanently changing context that is typical of soccer. During a competition, everything is unpredictable and educating dependent players ends up being a mistake. If a coach does not give instructions, he/she relies on the problem-solving capacity of the player and in turn, this increases their confidence levels.



Coach

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Players

Coherent succession
between the previous
and subsequent
training session.

