bcoach

HOW TO AVOID THE MOST COMMON MISTAKES IN TRAINING PLANNING



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Introduction

Good training planning is essential to optimise player performance and team development.

However, many coaches make mistakes that can negatively affect their athletes' progress.

In this guide, we will discuss the most common mistakes in training planning and how to avoid them with a structured approach supported by tools such as bcoach.

Let’s go, coach!



Lack of clear objectives

One of the most common mistakes is not setting clear objectives for each training session. Without a concrete goal, players may not understand the purpose of the exercise and the session may lose effectiveness.

Solution:

- Define SMART goals (Specific, Measurable, Attainable, Relevant and Time-bound).
- Explain to the players why each drill is important.
- Use tools like bcoach to document the goals of each session and track progress.

Lack of progression in training loads

Many trainers fail to adjust workload appropriately, which can lead to fatigue, stagnation, or even injury.

Solution:

- Establish a gradual progression in the intensity and volume of work.
- Use performance data to tune workloads.
- Record and analyse training sessions with bcoach to ensure that players are developing in a balanced way.

Unstructured or improvised sessions

Lack of structure in training can result in players not properly assimilating tactical or technical concepts.

Solution:

- Design your sessions with a clear structure: warm-up, main part, and cool-down.
- Plan each session in advance.
- Use the bcoach digital whiteboard to outline drills and plays before training.

Do not individualize training

Every player has different needs and abilities, and a generic approach can hinder individual development.

Solution:

- Analyze the performance of each player and adapt training to their needs.
- Use the tracking features in bcoach to monitor individual progress and make personalized adjustments.

Not evaluating or adjusting planning

Some coaches follow a training plan without evaluating whether it is actually working.

- Conduct regular evaluations of team and individual player performance.
- Adjust planning based on the results obtained.
- Use bcoach to store training data and analyze performance trends.

Ineffective use of training time

Sometimes time on the court is wasted on over-explaining or inefficient drills.

Solution:

- Explains the exercises concisely and clearly.
- Divide the workout into stations to maximize participation.
- Use the bcoach digital whiteboard to design the plays and avoid wasting time on long explanations.

Not integrating video analysis into planning

Video analysis is a key tool for improving performance, but many coaches do not use it effectively.

Solution:

- Review training and match recordings to correct errors.
- Implement analysis sessions in weekly planning.
- Use bcoach to tag plays and highlight patterns of play.

bcoach: The ultimate tool for planning training sessions

To optimize planning and improve team performance, bcoach offers a wide range of tools designed to facilitate the organization and monitoring of training sessions:

Training session planner
Design and structure each session efficiently.

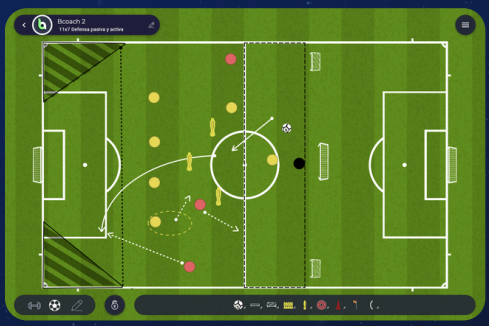
Creating training tasks and matches
Assign specific exercises for each player or group.

Match play log
Document key actions and patterns of play.

Design of completions and ABPs
Optimizes the preparation of strategic plays.

The app for football and futsal coaches

Start now



Conservation and activation
Keep up the competitive pace with dynamic exercises.

Recording general and custom statistics
Analyze the performance of each player in detail.

Digital whiteboard
Easily visualize and explain plays to improve your team's tactical understanding.

Thanks to these features, bcoach allows coaches to make decisions based on real data, better structure training sessions and enhance team development in a professional manner.

CONCLUSION

Avoiding these mistakes when planning training sessions can make a huge difference in a team's development.

Thanks to tools like bcoach, coaches can better structure their sessions, accurately track their players' performance and optimize time on the field.



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