

SIA METHODOLOGY

Technical Area
SOCCER INTER-ACTION

“The world is an open world, a world of potential
freedom and development, in which we can always
innovate and surprise”

Karl Popper

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Methodology for high performance

Our Training Methodology; Game Idea; Individualized Optimization

The implementation logic of the SIA High Performance Program starts from the connection between the training methodology, the idealized game idea for the team and the optimization of individual development.

According to our perspective it is fundamental to take into account that the game of football is nowadays recognized as a Complex Phenomenon that demands a methodology adjusted to its nature and that allows to develop the talent of the players through a process of quality training.

In this sense, the SIA methodology is inscribed in the understanding of the methodological principles of the Tactical Periodization, created in an original way by Professor Vítor Frade.

The initial purpose of this methodology is based on the need to give life to a certain idea of play in competitive situations, in a successful way throughout the entire sports season. In this way, our approach advocates that the training / learning process be developed through and in function of a "way of playing" that will be emerging and shaped by each party.

According to our purpose, in order for the training process to be of quality and maximize the development of the players, the idea of play should exalt the ability of the team to effectively manage the dynamics of possession of the ball in confrontation with rival opposition And finally materialize with goals. Coexistingly, at the time of offensive organization, the team must be prepared to react to the loss of the ball and organize defensively to pursue the recovery of the ball and know what to do when it regains possession

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The Game Idea is systematized at different levels of complexity through its principles of play, sub-principles and sub-principles depending on the phases of offensive organization, defensive organization and phase transition moments (attack-defense and Defense-attack).

Carrying out our Game Idea in practice requires a building process that shapes our culture or collective identity. The plasticity characterizes the process of modeling, combining science and art, in addition to contemplating the variability of individual expression. In this way, we allow players to express their talent in accordance with the idea of collective play and explore their limits, evolving. Based on the guided discovery the coach is shaping the idea of play in a synergistic way depending on the individual abilities and qualities of interaction between players.

The process of modeling the "play" of the team in relation to the idea of game demanded, through the methodological principle of propensities, the creation of learning contexts in training that favor the experimentation of our principles of play, "Way to play". This process of learning and acculturation is characterized by being non-linear, and thus the complex progression in the development of our game idea is another of the methodological principles to consider.

Taking into account the competitive system in which the team and the periodicity of the parties are immersed, the process of modeling our "way of playing" has to consider the repercussions of the competition and take care of the recovery processes in all dimensions, of Way to favor the overcompensation of our "way of playing". For this, it is fundamental to understand the effort-recovery and collective-individual binomials for the operationalization of the methodological principle of horizontal alternation in specificity.

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In this way, it is the understanding of the complexity inherent in the process of constructing our collective identity (idea of play, culture, context, objectives, conditions, circumstances, etc.) and the linked connection of the 3 methodological principles in temporal space Between 2 parties that allows us to configure the fundamental operational concept called Morphociclo Patrón. Therefore, it is necessarily through the systematic repetition of the Morphocycle that the adaptation and adaptability of the equipment and of the players individually is allowed depending on the construction of the "way of playing" to which it is aspired.

The identity of our teams, although it refers to certain common patterns of play or to an idea of play with Macro-Principles transversal to all ages, is also differentiated in each of our teams because it understands the variability of the qualities of each group and individually Of each player, stimulating their creative potential.

Respectively, the individualized optimization process gives the High Performance Program the possibility to maximize the development of each player according to its characteristics and potential. The effectiveness of the process of optimization of talent contemplates the management and interaction of the several fundamental nuclei:

- Visualization: Creation of reference models in the performance of game skills intended to be taught;
- Optimization: Situations directed to the adaptation and improvement of game skills;
- Contextualization: Situations representative of the game proposal, aimed at the development of its principles;
- Informal practice: Situations fostered outside the formal training period, carried out without the supervision of the coach, aiming to enhance the mastery of the game skills;

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- Competition: Representation of the team's game proposal, in a scenario of greater complexity, within a context of official competition.
- Analysis: Situations oriented to the development of the critical capacity of self and straight analysis of the performance and understanding of the game.
- Monitoring: Evaluation of the collective and individual performances according to the idealized game proposal.

The process of individualized optimization of the player's skills can be understood according to the open cycle of (1) visualization, (2) adaptation, (3) improvement and (4) contextualized application of the game competences addressed:

- (1) Observation and analysis of reference game skills;
- (2) Interpretation of observed game skills;
- (3) Refinement of interpreted play skills;
- (4) Autonomous use of game skills in competition contexts.

Visualization serves as a starting point for the introduction of challenges in the sense of encouraging the learning of game skills that will enrich the team's gameplay proposal. Aiming at the future, the coach must seek the bridge between the performances of reference and the idealized game proposal, using that information with the perspective of training the players of skills to play, offering a context conducive to the development of their creative potentialities, in A positive and successful environment. In sum, the coach should contemplate the game skills in the formal training period through situations aimed at their adaptation and improvement, at the same time as their application is requested in game contexts. To complement the training it is crucial that the coach also encourages players to systematically breed and practice play skills outside the formal training period.

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In the individualized training period, situations focused on the adaptation and improvement of playing skills should be developed simultaneously with other situations that allow their application in the context of play representative of the idea of play but of less complexity.

In the process of individualized optimization, the coach must articulate a relationship between both situations, that is, situations of adaptation and improvement must correspond to the development of subprinciples and sub-principles of the Game Idea of the team. Just as the representative situations of the game Idea must, at the same time, promote a favorable and stimulating game context to the appearance of the game skills in adaptation and improvement.

The official competition represents the passage for the most complex game context of the entire training process, assuming itself as the moment when the team expresses their playing skills in confrontation with a rival team in a unique atmosphere characteristic of the day of the match. Consequently, being an integral part of the development process of the team's game proposal, the official competition also serves as an evaluation element, allowing the coach to draw evidence to improve the training process.

The parties are unique and unpredictable contexts that offer the possibility to develop teams and players when the challenge is adequate. On the other hand, the experiences of the parties provide important results on the impact of the training process and the development of our game model from a collective scale to an individualized scale.

SIA uses specific software to support the performance analysis of the team and players. The proper use of the technology allows a more efficient analysis and synthesis of video while optimizing communication and understanding of the game by the players.

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The technical area of SIA analyzes certain game patterns of the team and the players in each moment of the game and specific sub-moments. Players develop their game culture and knowledge (theoretical and procedural) through the stimulation of their critical awareness in the analysis and understanding of different party situations in relation to the game model of the team. This analysis leads to a more complete assessment of each player and continuously monitors their evolution.

Throughout the entire training process, the coach must guide and encourage players to gradually approach the idealized game proposal, constantly creating challenges for players that allow them to overcome and grow.

However, the management of challenges requires that the coach takes into consideration that if these are too accessible can lead to a decline in the interest of players. On the other hand, if they are too difficult they can inhibit their performance. Both situations limit the evolution of players. According to our perspective, the competition must be sown in all components of the training process, both individually and as a team.

Weekly training plan is designed by our team of professionals and is characterized by being flexible and adaptable to each team and daily needs of the player. Depending on the parties, a plan is designed with team training sessions (maximum 6 hours per week), individualized theoretical and practical optimization sessions (maximum 8 hours per week), as well as the training and follow-up of the nutritionist and sports psychologist .

The main objective is to have players in the best possible conditions and 100% prepared for each match. The recovery process becomes a critical issue that we seek to take care of in the preparation of the weekly training plan. Likewise, we consider the impact of competition and training on the development of the team's game model.

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At SIA we are constantly developing and updating our knowledge to improve the learning process and the evaluation of the evolution of each player. The evaluation of the player is based on our competency model generated by our technical staff according to different levels of development and performance. The evaluation focuses mainly on the analysis of party performance based on the collective game model.

Our Competency Model organizes the evaluation of the player's performance in different interconnected areas respecting our systemic approach to player development. The scale of evaluation is also related to the level of competition and its constraints. Monitoring the development of the player is a long-term process that also allows a continuous improvement of our High Performance Program.

At SIA we do not believe in "recipe style" methods or in magic formulas with programmed exercises and standardized tests. On the contrary, the SIA training model is unique and entails the development of tailor-made training programs.

Finally, the SIA High Performance Program is scientifically grounded and from our perspective ensures the most appropriate way to optimize the development of coaches, teams and players in terms of a quality game idea, taking into account the demands of modern football .

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